



# Fourways Gardens

RESIDENTIAL ESTATE

October 2026



INSIDE

Tricks, treats and  
a little extra care

Unlock the secrets to  
landing the job you want

Young readers,  
old-school fun



LONEHILL & MORNINGSIDE

# WE'VE GOT YOU!



## OPEN DAY

**SATURDAY, 31 OCTOBER**  
**09H00 - 11H00**

## Grades R to 12 | IEB Matric | 100% Pass Rate

The Bridge School graduates enjoy preferential access to Advtech tertiary institutions across the country. \*

\*Ts&Cs Apply



# CONTENTS

October 2026

- 02 Message from the Estate Manager
- 04 24/7 Security – Tricks, treats and a little extra care
- 08 Young readers, old-school fun
- 10 FWG Estate Activities
- 13 Classics Club Spring Cocktails
- 14 Monthly Draw
- 16 Quiz Night
- 19 Growing smarter landscapes through plant exchange programmes
- 20 Animals Matter
- 22 Unlock the secrets to landing the job you want
- 26 All about Exosome IV Therapy
- 30 Caprese pasta salad recipe
- 32 Restaurant competition
- 33 Book reviews
- 34 Classifieds
- 36 Inducted Property Practitioners



**Fourways Gardens**  
RESIDENTIAL ESTATE

## IMPORTANT ESTATE NUMBERS

**Fourways Gardens HOA** 011 465 7731

**Security Control Room** 011 465 5465

**Security Mobile Number** 066 261 7671

**24/7 HQ Control Room** 011 444 2237

**The Gardens Bistro** 084 613 5797

**ER24** 084 124

**Netcare 911** 082 911

**Police** 10111

**JMPD** 011 375 5911

**Lonehill Fire Department** 011 465 5792

**Eskom** 0860 037 566

**City of Joburg Municipality** 0860 562 874

04



20



30



The Fourways Gardens Estate Magazine focuses on the Fourways Gardens Residential Estate.  
The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd trading as EIA Publishing on behalf of the Fourways Gardens Homeowners Association.  
The opinions of advertisers, contributors, workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of the Fourways Gardens Residential Estate.

PUBLISHER: Nico Maritz nico@eiapublishing.co.za SALES MANAGER: Martin Fourie 072 835 8405 martin@eiapublishing.co.za  
EDITOR: Nicole Hermanson nicole@eiapublishing.co.za SENIOR SALES EXECUTIVE: Chris Grant 082 498 7660 chris@eiapublishing.co.za  
PRODUCTION CO-ORDINATOR: Anna Sawa eiaads@nowmedia.co.za DESIGN: Diane van Noort d2vn@mwweb.co.za  
JOHANNESBURG OFFICE: 32 Fricker Road, Illovo, Johannesburg. www.eiapublishing.co.za

# FROM THE ESTATE MANAGER'S DESK

Dear Residents,

Spring has settled in properly, and with it one of the busiest stretches of our calendar. There is a great deal happening across the estate at present – projects, events, maintenance and the usual seasonal work – but what has stood out to me most over the past few weeks is something less tangible: the willingness of this community to give, to help and to show up for one another.

Sometimes that generosity is very visible. At other times, it is simply a neighbour lending a hand, a resident making a call, or somebody taking the time to do the right thing.

## Investing in the places we use

Both cricket nets reopened in September following the replacement of their turf. It is a relatively modest project alongside some of the larger work undertaken this year, but it reflects our continuing approach of investing steadily in the facilities residents use and value.

Our landscaping teams have also moved into the spring planting programme, with new colour beginning to appear in beds across the estate.

On Celtis Crescent, Johannesburg Water has attended to the supply-line leak that caused disruption through September. My thanks go to the affected residents for their patience during the investigation, and particularly to Damien Booth for assisting in tracing the source. These situations are seldom convenient, but they are made considerably easier when people work together.

## Security is also a community effort

Our security operation continues to evolve in partnership with 24/7 Security Services. The 24/7 K9 Unit was deployed at the Uranium Road and Bushwillow Avenue intersections during September, adding specialist detection and tracking capability to our existing security measures.



Technology and specialist resources are important, but residents remain one of the most valuable layers of our security network. If something looks unusual, please report it to the Control Room on **011 465 5465** rather than assuming somebody else has already done so.

That same principle – noticing, acting and helping – was illustrated by several lost dogs arriving at the Control Room recently. In one case, two microchipped dogs were reunited with their owner within minutes of being scanned. Another dog, without a microchip or identification tag, had to rely on its owner eventually coming forward.

Dogs Trust's microchipping and vaccination pop-up at our Heritage Day Farmers' Market therefore arrived at an appropriate time. A collar can be lost; a microchip remains one of the simplest and most effective ways of helping a lost pet find its way home.

## More than a market

Our fourth Farmers' Market moved to Heritage Day this year, and the morning became about considerably more than shopping.

Alongside the market stalls and potjie competition, Dogs Trust offered its

community service, while Fourways Road Runners continued its collection of pre-loved running shoes for people who can put them to good use.

That collection is one part of a much wider pattern we have seen across Fourways Gardens.

Our **Cupcakes of Hope** fundraiser on the HOA lawn supported families affected by childhood cancer, with the HOA matching the proceeds from cupcake sales. Thank you to everyone who baked, bought cupcakes or simply stopped by to support the initiative.

Outside the HOA Office, our **Big Heart** continues to collect clean plastic bottle tops for The Sweethearts Foundation, where something as ordinary as a bottle top ultimately contributes towards customised wheelchairs.

Fourways Road Runners, meanwhile, has been working towards a goal of collecting **100 pairs of pre-loved running shoes**.

None of these gestures needs to be enormous on its own. That is perhaps the point. A cupcake, a pair of shoes, a handful of bottle tops or a little time given freely



can seem small in isolation. Collectively, they become something meaningful.

**October: caring for those who care for us**  
That spirit carries naturally into **Breast Cancer Awareness Month**.

This October, with the support of **Kate Jones and Discovery Financial Consultants**, we are able to offer more than a symbolic acknowledgement of the month.

On **Friday, 9 October**, Reach for Recovery will join us for a Breast Cancer Awareness Talk. This will be followed on **Monday, 12 October** by a CANSA screening day, with the mobile unit and nurse providing screenings by appointment.

A particular focus of the initiative is the women who so often spend their working lives caring for other households and families – domestic workers, nannies and caregivers – and who may not always place their own health first.

It is fitting that, in a month where we are reflecting on giving, we also make room for a different kind of giving: access, awareness and the opportunity to take care of those who spend so much of their time taking care of others.

Many families within Fourways Gardens have been touched by breast cancer, directly or through somebody they love. I hope residents will support the programme and encourage the women in their lives and households to make use of the opportunities available.

#### **A few seasonal reminders**

With the warmer weather comes rapid vegetation growth. Residents on perimeter stands are reminded that, in terms of Conduct Rule 9.14, at least **50cm clearance** should be maintained around electrified fencing. Vegetation touching the fence causes unnecessary alarms and can divert security resources.

We are also entering a period of increased bee activity. Should you notice bees establishing a hive in a common area, please contact the Estate Office or Control Room. Our swarm-management programme allows for appropriate and safe relocation.

#### **Looking ahead**

There is plenty still to come on the social calendar, including the **Classics Club Dinner on 2 October**, the **Bubbles Festival on 24 October**, **Trick-or-Treat on 31 October**, the **Classics Club Brunch on**

**6 November** and our **Festive Market on 7 November**.

The Festive Market in particular is shaping up to be one of our largest yet, while Quiz Night and Monthly Draw continue alongside the larger events.

#### **A community that shows up**

When I look back over the past month, the common thread is not really an event or a project. It is people.

A resident helps trace a water leak. Someone reports something that does not look right. A lost dog is brought somewhere safe. Residents bake for a cause, donate shoes, collect bottle tops or support somebody facing illness.

The infrastructure, landscaping, security systems and facilities of Fourways Gardens all matter, and we will continue investing in them. But they remain the frame.

**The picture is the people – and the way this community continues to show up for one another.**

*Charlene Marlin*

Estate Manager

# TRICKS, TREATS AND A LITTLE EXTRA CARE

Halloween is all about costumes, excitement and fun. A few simple safety practices can help make sure festivities are memorable for all the right reasons.

There is something special about seeing little witches, superheroes, ghosts and other colourful characters making their way from door to door in search of treats. With the Fourways Gardens Estate Halloween event taking place this October, there are likely to be plenty of excited children out and about as daylight begins to fade.

It is a fun community event, but it is also a time when roads, pavements and neighbourhood spaces are busier than usual. Whether your family is celebrating inside the estate or heading elsewhere, a little extra awareness can go a long way.

## Inside the estate

For drivers, the most important rule on the evening is simple: slow down and expect the unexpected.

Children can be excited and easily distracted, and may move between homes, crossroads or step out from behind parked vehicles without noticing an approaching car. Drive slower than usual, pay particular attention around groups of children and avoid distractions behind the wheel.

**24/7**   
**SECURITY SERVICES**  
Personal • Integrated • Effective

Parents can help make children more visible by including reflective elements, glow sticks or small torches as part of their Halloween outfits. Dark costumes may look wonderfully spooky, but they can also make a child difficult for motorists to see after sunset.

Younger children should remain with a supervising adult throughout the event, while older children should know where they are allowed to go and when they are expected home. Encourage children to keep to the participating homes and agreed trick-or-treat areas rather than wandering into unfamiliar or quiet parts of the neighbourhood.

And don't forget your four-legged family members. The doorbell, unusual costumes, excited voices and frequent visitors can be unsettling for pets. Keep dogs and other pets safely secured away from gates and front doors where they cannot accidentally escape or become frightened by visitors.

## Outside the estate

Families celebrating elsewhere should apply the same basic principles, with some additional awareness around unfamiliar surroundings.

Choose familiar, well-lit streets and stick to homes you know or those that are clearly participating in Halloween activities. Children should remain with a responsible adult, particularly after dark, and





families should ideally stay together rather than allowing children to move too far ahead.

Road awareness becomes especially important at night. Cross at safe, visible points, avoid walking between parked vehicles and never assume that a driver has seen you. A torch or glow stick is useful not only for visibility, but also for navigating darker pavements and pathways.

Parents must ensure that children know what to do if they become separated from the group. Having an agreed meeting point and ensuring older children know a parent's or guardian's contact number are simple precautions.

#### **A community effort**

Safety for an event like this is something we all contribute to. Residents can help by keeping entrances and pathways clear and well lit. Motorists can slow down and remain alert. Parents can supervise younger children, while older children can be reminded that having fun and being sensible can go hand in hand.

24/7 Security Services will maintain extra vigilance during the event, with our security teams aware of the increased movement of children, families and visitors.

Halloween should be about deciding which costume to wear, visiting neighbours, filling treat bags and enjoying a little harmless spookiness.

So, grab the torches, light up those glow sticks and keep an eye out for little monsters crossing the road.

Have fun, stay visible and make it a frightfully safe Halloween!

#### **TOP TEN HALLOWEEN SAFETY TIPS**

1. Adult supervision is essential
2. Stick to familiar areas
3. Visit known or participating homes
4. Be seen after dark
5. Stay together
6. Remain road-aware
7. Keep phones out of sight while walking
8. Have a separation plan
9. Check treats before eating them
10. Trust your instincts

## **SEE SOMETHING, SAY SOMETHING**

Please report all security-related matters immediately, without delay.

A delay in reporting = a delay in resolution.

**On-site Control Contact details:**

**011 465 5465 or 066 261 7671**

# BUILT FOR TOMORROW. FUTURE VALUE, GUARANTEED.

## CHANGAN DEEPAL S07

TODAY'S PRICE FROM

**R995 900**

GUARANTEED FUTURE  
VALUE AFTER 48 MONTHS

**R627 417\***

63% GAURANTEED FUTURE VALUE\*



| MODEL              | PRICE FROM | GUARANTEED VALUE AFTER<br>4 YEARS | GUARANTEED<br>FUTURE VALUE | FROM P/M |
|--------------------|------------|-----------------------------------|----------------------------|----------|
| Deepal S07         | R995 900   | R627 417                          | 64%                        | R13 490  |
| Hunter K50 REEV CE | R799 900   | R503 937                          | 64%                        | R10 499  |

FINANCE TERM: **48 MONTHS**    PRIME AT: **10.5%**    DEPOSIT: **0%**

\*Guaranteed Future Value applies at 25 000km per annum. Excess kilometres and vehicle condition terms apply. Monthly Service Fee R69 p/m. Initiation fee R1 207,50. Finance is subject to credit approval by Changan Finance, a product of Wesbank - a division of FirstRand Bank Ltd. An authorised Financial Services and registered Credit Provider. NCRCP20. Interest rate linked to Prime at 10.5%. 48 months. 0% deposit. Offer valid until 30 November 2026. E&OE.

Two bold expressions of next-generation electrified performance. The Deepal S07 brings 160kW of evolved electric elegance to the road, while the Hunter K50 REEV - the world's first range-extended EV bakkie - offers up to 1,000 km of combined range. The future of electric isn't coming. It's already here.

CHANGAN HUNTER K50 REEV CE

TODAY'S PRICE FROM

**R799 900**

GUARANTEED FUTURE  
VALUE AFTER 48 MONTHS

**R503 937\***

64% GAURANTEED FUTURE VALUE\*



**DRIVEN TO EVOLVE**

[changanmotors.co.za](https://changanmotors.co.za)



**CHANGAN  
FINANCE**

A product of **WesBank**



Explore More &  
Book Your Test  
Drive Today.

Changan Finance, a product of WesBank - a division of FirstRand Bank Ltd.  
An Authorised Financial Services and Registered Credit Provider. NCRCP20.

# YOUNG READERS, OLD-SCHOOL FUN

Fourways Gardens launches a new reading initiative that brings a little nostalgia, plenty of imagination and a fresh sense of excitement to the Community Library.

There is something special about choosing a book. It might be the cover that catches your eye, a familiar name on the spine or simply the promise of a story you have never read before. On 4 September, Fourways Gardens gave its young residents a new way to experience that moment when the Young Readers initiative officially launched at the Community Library.

Proudly sponsored by Francesca Beattie Properties, the initiative has given the library a fun new twist, taking inspiration from an experience many parents and grandparents will remember: browsing the shelves of a video rental store and choosing a film based on its cover.

Only this time, there are no DVDs involved.

Instead, young readers can browse a display of book covers, choose the story that catches their attention and take the cover to the HOA Office, where it can be exchanged for the actual book. It turns choosing a book into part of the adventure, adding a little mystery and excitement to what might otherwise be a simple trip to the library.

And there is plenty to discover.

The Young Readers collection includes familiar favourites such as *Harry Potter* and *Diary of a Wimpy Kid*, alongside much-loved Roald Dahl stories and other books selected to appeal to different ages and interests. Whether a child is looking for magic, mischief, adventure or simply a funny story to get lost in, there is something waiting on the shelves.

But the initiative is about more than simply encouraging children to take books home.



and share books. Its continued care and upkeep have helped keep it a welcoming space for readers.

The Young Readers initiative builds on that foundation while giving the library new energy. The 4 September launch brought young residents into the space to explore the new collection, discover how the system works and, most importantly, find a book they were excited to take home.

The timing was fitting too. The launch came just days before International Literacy Day on 8 September, a global day dedicated to highlighting the importance of literacy and access to reading. Rather than simply marking the occasion with a once-off activity, Fourways Gardens has introduced something that children can continue returning to long after the day itself has passed.

Each young reader also receives their own reading journal, giving them a place to record their reading journey. They can write about their favourite characters, memorable moments, thoughts about the stories they have read or anything else that stayed with them along the way. The journals were proudly printed by PostNet Fourways Gardens.

## A library with a new chapter

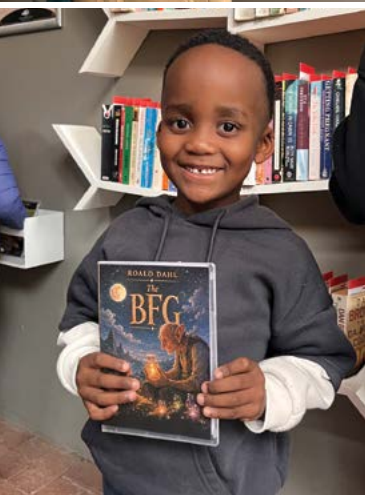
The Community Library has been part of Fourways Gardens for years, quietly providing residents with a place to discover

A special thank you goes to Francesca Beattie Properties for sponsoring the Young Readers initiative and helping bring a fresh sense of excitement to the Community Library, as well as to PostNet Fourways Gardens for supporting the programme with the printing of the reading journals.

With shelves full of stories, journals ready to be filled and plenty of young readers still to discover their next favourite book, the Young Readers initiative has opened a new chapter at Fourways Gardens – and this one is only just beginning.



**POSTNET**  
FOURWAYS  
GARDENS



# ACTIVITIES OFFERED IN OUR ESTATE

Please contact the Activity Provider directly via WhatsApp for information regarding fees, times and other arrangements. We ask that residents respect the activity providers and participants making use of their services at these times.



**Fourways Gardens**  
RESIDENTIAL ESTATE

## Adult Yoga and Pilates

Stacey Roberts 082 388 2177  
Staceroberts23@gmail.com

### Tennis Gazebo

Pilates – Monday 08h30 - 09h30

### Hall

Yoga – Monday 17h30 - 18h30

Wednesday 08h30 - 09h30

Pilates – Wednesday 18h15 - 19h15

## Goju-Ryu Karate

Roberta 083 309 5352  
Roberta.biagioni@vodamail.co.za

### Hall

Tuesdays and Thursdays

Beginners 16h30 - 17h15

Intermediate 17h30 - 18h15

Advanced 18h15 - 19h00

## Fourways Road Runners

Brittany Halton-Hall  
fourwaysrr@gmail.com  
072 537 8014

### Tennis Gazebo

Tuesday 18h00

Thursday 18h15 (Summer) 18h00 (Winter)

Saturday 06h00 (Summer) 06h30 (Winter)

## Nanny 'n Me

Joanne Bradley – 083 303 1190  
joanne@nannynme.co.za

### Tennis Gazebo/Hall

Wednesdays

Toddler Class (15 months to 3 years)  
09h30 - 10h30

Baby Class (3 months to 15 months)  
10h45 - 11h45

## Ballet

Nicky 072 238 8063  
nickyridley33@gmail.com

### Hall

Tuesday

14h30 - 16h00

## Little Kickers

Football classes for boys and girls  
aged 18 months to 8 years old

Rui Da Costa 083 450 0563  
rdacosta@littlekickers.co.za

### Phase 2 Park Soccer Net

Friday

15h00 - 17h00

## Pulsar United Soccer and Netball Training

Prince Peterson 064 541 0201  
pulsarunitedsport@gmail.com

### Phase 1 Park

Tuesdays

16h00 - 17h00

## WTHP Full Body Resistance Training

Mandy Davis 083 708 3637  
mandy@gracepoint.co.za

### Tennis Gazebo

Mondays and Wednesdays

Group 1 – 06h00

Group 2 – 07h00

Saturday

Group 1 & 2 – 07h00

## Helen O'Grady Drama

Kerry 083 410 2940  
kerry@helenogrady.co.za

### Hall

Wednesday 15h00 - 17h30

## Pancake Pantry

Kelly Lombaard 083 663 5115  
Kellyjhlombard@gmail.com

### Phase 1 Tuesday

### Phase 2 Thursday

12h00 - 17h00

## HasBean Coffee tuc-tuc

Dave and Lindy Venter  
Dave 072 344 6598  
Lindy 082 876 9456  
lindy@mimail.co.za

### Phase 2 Saturday

### Phase 1 Sunday

07h30 - 11h00

## Chain Gang MTB Club

Coach Smish 072 435 2751  
info@chaingang.co.za

### Phase 1 Cycle Track

## Exercise Classes for Seniors

Free, low-intensity movement  
classes

Contact Annie at 082 985 1042 or  
Winnie at 066 101 1041 for more  
information or to join

### Hall

Monday 08h30

Friday 08h30

# Special Offer

Enrol for 2027 during  
September and October 2026  
and save **50%\*** on the enrolment fee.

From 2 years (turning 3) to Grade 3



\*Tc and Cs apply.

ENROL NOW

curro.co.za



— YOUR FWG SPECIALISTS —  
[www.gcr.co.za](http://www.gcr.co.za)

IF YOU ARE THINKING OF SELLING AND WANT  
YOUR HOME **SOLD IN RECORD TIME**,  
THEN WE ARE THE PERFECT TEAM FOR YOU.



For over 34 years, Gaye Cawood Realty has been helping homeowners in our local area move with confidence.

Your home deserves **local knowledge, personal attention** and a team that knows how to **get it noticed**.



**GAYE**

083 601 1593  
[gaye@gcr.co.za](mailto:gaye@gcr.co.za)

Sales Property Practitioner



**CHLOË**

082 501 8800  
[chloe@gcr.co.za](mailto:chloe@gcr.co.za)

Sales Property Practitioner



**SUE**

082 452 0086  
[sue@gcr.co.za](mailto:sue@gcr.co.za)

Rentals Property Practitioner



FIBRE TO  
HOME



IT SUPPORT  
& SALES



HOME  
AUTOMATION



CYBER  
PROTECTION



WIFI  
COVERAGE

Call us today 078 181 6046  
[sales@wifimhome.co.za](mailto:sales@wifimhome.co.za)



# YOUR RESIDENT PROPERTY SPECIALIST!

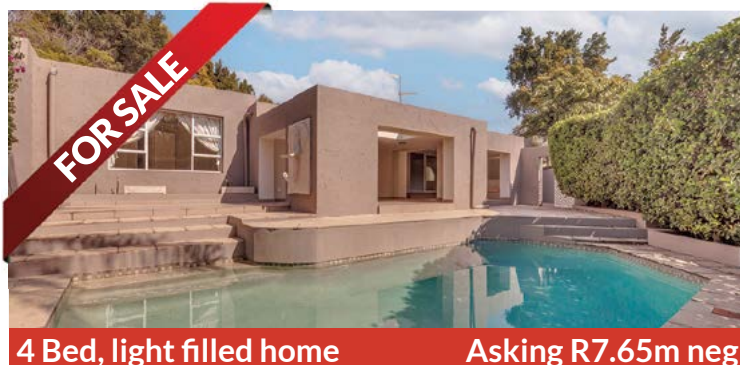
Call Francesca for a professional, written comparative valuation of your home. Let my 22 years of experience work for you!

CALL FRANCESCA - 083 678 8001 info@fbproperties.co.za



Lovely home next to the dam

Asking R4.485m



4 Bed, light filled home

Asking R7.65m neg



4 Bed home in fantastic position

Asking R5.1m



4 Bed with massive potential

Asking R4.625m

**PROUD SUPPORTERS OF DOGS TRUST**



# CHELSEA FLOWERS

Hosted by

**LIFESTYLE**  
HOME GARDEN

*Cnr Beyers Naudé &  
Ysterhout Ave Johannesburg*

*Dates: 24 Oct - 8 Nov / Ticket Sales: [webtickets.co.za](http://webtickets.co.za)*

# CLASSICS CLUB SPRING COCKTAILS

Tuesday, 1 September 2026

Spring has finally arrived, and what a colourful celebration it was!

Belinda and her team outdid themselves with the beautiful décor at the tennis gazebo. What started as standing cocktails soon turned into a relaxed sit-down catch-up over delicious snacks.

We were delighted to welcome several new faces and made a special effort to ensure everyone had the chance to meet someone new. It's always wonderful to see the connections being made within our community.

A big thank you to Taniel from Merci Flowers for her generous donation of a beautiful bunch of flowers, which was won by Janet – a former Fourways Gardens resident who continues to return for this and many other functions.

We also sang Happy Birthday to Brian, who turned 50 over the weekend. Brian had the honour of choosing our lucky flower winner – and, together with our wonderful waiters, was kept busy all afternoon – from fetching extra chairs to keeping the drinks flowing and making sure the music kept everyone in a festive mood.

I left the function with a trolley full of donated items for our charities, and it is truly appreciated!

We support:

- **Dog's Trust** – Animal food, blankets, and similar items
- **Charity Begins with Me** – Food, pre-loved clothing, spectacles, and any other usable items
- **Regomoditse Children's Home** – Home to 35 children from newborn to 18 years old, so food, toiletries, or clothing for children of any age

Thank you all for making such a difference!

We only have a couple more functions left before 2026 draws to a close – where does the time go? I'm already looking forward to seeing you all again, and to welcoming new faces at our next gatherings, including our Christmas lunch on Friday, 4 December.



If you'd like to attend but don't know anyone yet, just get in touch – I'll gladly introduce you to our wonderful group, and they'll make you feel right at home.

For more information, please contact me on 082 659 1048.

With love till next time,

*Lorna*



# WINNERS, NEAR-MISSES AND A REMINDER TO STAY FOR THE DRAW

August's Monthly Draw delivered plenty of winners – and two very good reasons to make sure you are still there when the 7pm draw gets underway.

Sometimes luck is only half the equation.

August's Monthly Draw at The Gardens Bistro produced its share of happy winners, but it also came with two tantalising near-misses that proved just how important it is to stay for the draw.

With the previous R10,500 jackpot having been won, the cash kitty had reset to R1,750 for August. When the all-important cash draw took place, the winning stand belonged to a resident in Celtis Crescent. Unfortunately, the resident was not there to claim it, meaning the cash prize rolls over and will continue to build ahead of the next Monthly Draw.

And the cash kitty was not the evening's only case of so close.

One would-be hamper winner had attended the event but left before the 7pm draw. By the time their name was called, their chance had gone with them – a useful reminder that, at the Monthly Draw, it really does pay to stay until the end.

For those who were there when luck came calling, there was plenty to celebrate.

Rogan Nolte won the kiddies' prize, while Claudio Macedo and Lara Hurst took home the evening's hampers.

The popular Burn the Bill draw also produced two happy tables, with Gary Freer and Debbie Hyman each receiving R500 off their Gardens Bistro bill for the evening.

Live music, dinner and the opportunity to catch up with neighbours provided the backdrop, but this month it was the draws themselves that supplied the story: winners, missed opportunities and the anticipation of a cash kitty that remains very much alive.

The next Monthly Draw will bring another chance to win – and if August taught us anything, it is this: come along, enjoy the



evening, and make sure you stay for the 7pm draw.

Thank you to Century 21 Fourways for their continued sponsorship of the Monthly Draw and to The Gardens Bistro for hosting the evening.

**CENTURY 21.**  
Fourways



# IT'S ALL RELATIVE TAKES AUGUST QUIZ NIGHT

The August Quiz Night saw a strong showing from the teams, with *It's All Relative* taking the top spot on 65.5 points, eight points ahead of *The Guvvies* in second. The closer contest came just behind them, with *The Guvvies* finishing on 57.5 and *Team of the Month* on 56.5, just one point apart.

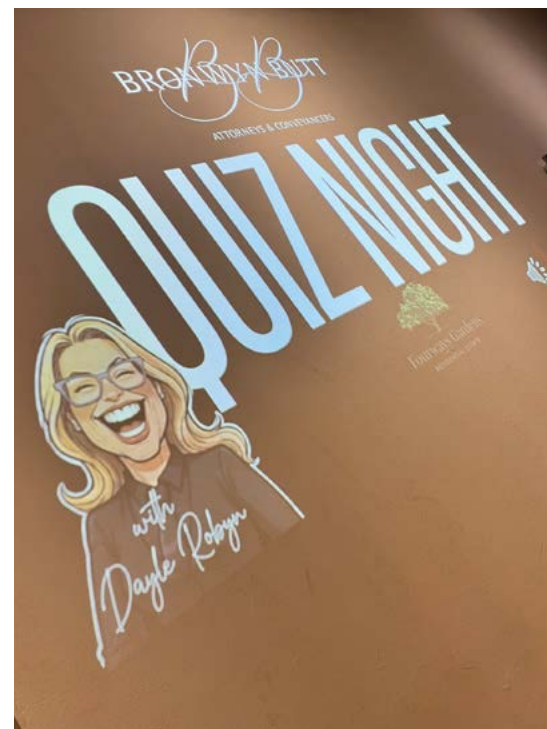
Quiz Master Dayle kept the teams on their toes with a broad mix of questions, covering everything from history and geography to sport, music, film and television, science, food and plenty more. Teams arrived with their mascots ready for the challenge, adding plenty of personality to the tables as the evening got underway. The Gardens Bistro also put together a special Quiz Night menu, with pizzas, burgers, curry and fish and chips on offer to keep teams fuelled between rounds.

When the final scores were in, *It's All Relative* claimed the top prize of R1,750, along with

a hamper filled with handmade Belgian chocolate. *The Guvvies* took second place and R500, while *Team of the Month* finished third with R250.

Thank you to Bronwyn Butt Attorneys for their continued support of Quiz Night.

With August's results now in the books, the question is who will be ready to take on the next set of questions and challenge *It's All Relative* for the top spot? For now, they have set the benchmark for the next Quiz Night.



**BRONWYN BUTT**  
ATTORNEYS & CONVEYANCERS





# Evergreen Broadacres Where Independent Living Meets World-Class Care

As retirement lifestyles continue to evolve, so too does the definition of quality care. Today's retirees are not only seeking beautiful homes and vibrant communities, but also the reassurance that, should their health needs change, expert support is close at hand.

At Evergreen Broadacres, independent living integrates seamlessly with professional, on-site healthcare designed to support residents at every stage of their retirement journey.

## Adapting to Changing Needs

Opened in 2019, the Broadacres Healthcare Centre provides both short-term and ongoing care for residents and non-residents alike. Whether recovering after surgery, transitioning from hospital, or requiring ongoing medical supervision, patients benefit from an environment that combines clinical

excellence with a warm, residential feel. The 32-bed facility is supported by a multidisciplinary team of healthcare professionals, including registered nurses and trained caregivers, with access to a general practitioner, physiotherapist, occupational therapist, dietitian and social worker. Together, they deliver a holistic model of care that addresses physical, emotional, and overall wellbeing.

## Ease & Comfort guaranteed

Unlike traditional clinical environments, the Broadacres Healthcare Centre has been designed to feel calm and welcoming. Private suites offer comfort and privacy, with en-suite facilities and modern finishes, while many open onto tranquil outdoor spaces that bring in natural light, fresh air and greenery – all known to support recovery and wellbeing.



## Assisted Living

For those seeking a more supported lifestyle without giving up independence, Evergreen's Assisted Living offering provides a practical and cost-effective solution. Assisted Living suites are available on a Life Right basis from R800,000, with monthly care packages starting from R24,000. These typically include:

- Two hours of daily nursing support
- Three nutritious meals daily
- Laundry, linen and housekeeping services
- Rates and levies

*Secure a 12-month Assisted Living package ahead of the mid-year price increase and receive 1 month free.*



## Frail Care

For more complex and ongoing medical needs, Evergreen's Frail Care suites provide a secure, supportive environment defined by clinical expertise, compassionate care, and dignity. Care plans are individually tailored to incorporate chronic disease and medication management, specialised treatments, mobility and rehabilitation, dementia care, and end-of-life support.

*Receive 20% off your first month, if booked before end July, and if you pay for 3 months upfront you'll receive the 4<sup>th</sup> month free.*

1- Bed 1- Bath 1 Parking 42m<sup>2</sup>

1- Bed 1- Bath 1 Parking

**COME SEE  
FOR YOURSELF**  
www.evergreenlifestyle.co.za

Join one of our upcoming events to enjoy a tour of the village & Healthcare Centre  
**Family Festival - 10 October @ 10am | Coffee Morning - 14 & 28 October @ 10am**

34 Frederick Road, Kengies Extension 21, Sandton

To book a private viewing, contact Annalize 087 808 7000 or info@evergreenlifestyle.co.za



**SCAN CODE  
TO FIND OUT MORE**

# GROWING SMARTER LANDSCAPES THROUGH PLANT EXCHANGE PROGRAMMES

**A**t Life Green Group, we are committed to helping estates reduce landscape costs while building healthier, more resilient, and biodiverse environments. One of the innovative ways we achieve this is through purposeful plant exchange programmes between estates within our portfolio.

Many established landscapes naturally produce an abundance of certain plant species over time. Groundcovers spread, ornamental grasses form large clumps, and perennial plants often require division to maintain their health and appearance. Rather than purchasing new stock for landscape enhancement projects, these surplus plants can often be divided and redistributed to areas where they are needed most.

This is not a lucky draw or random plant swap. Every exchange is carefully planned to support the specific objectives of each estate's landscape management programme. Plants are selected based on their suitability for site conditions, design requirements, biodiversity goals, and maintenance considerations. The result is a strategic movement of plant material that strengthens landscapes while minimising unnecessary expenditure.

The benefits are significant. Estates reduce the cost of replacing plants and establishing new landscape areas, while surplus plant material finds a productive second life instead of being discarded. Diverse planting also improves resilience



by reducing reliance on a limited number of species. Landscapes with greater plant diversity are generally better able to withstand pest outbreaks, disease pressures, changing weather conditions, and other environmental stresses.

Plant exchange programmes also contribute to biodiversity enhancement. By introducing a wider variety of suitable species across our managed estates, we create more habitat opportunities for pollinators, birds, and other beneficial wildlife. This aligns with Life Green Group's broader approach of developing functional landscapes that are attractive, sustainable, and ecologically valuable.

In addition to reducing capital expenditure, these exchanges support a circular approach to landscape management. Existing resources are utilised more effectively, waste is reduced, and the value already present within estate landscapes is maximised.

Through careful planning, collaboration, and ecological insight, Life Green Group continues to demonstrate that improving landscape quality does not always require greater expenditure. By working smarter with the resources already available, we can create diverse, resilient, and cost-effective landscapes that benefit both residents and the natural environment.

**LIFE**  
**GREEN GROUP**

# SPRING INTO ACTION BY LOOKING AFTER OUR ANIMALS

By Jeanette Furstenburg



Crowned Lapwing and chick

Photo by Warwick Tarboton

October at Fourways Gardens is a spectacular time of year. The jacarandas are beginning to blanket our estate lanes in purple; the first massive thunderstorms will bring relief from the dry winter; and our private parks and nature reserve are bursting with life.

But as we head outdoors to enjoy the warmer weather, remember that this is the most important time of year to look out for the creatures sharing our spaces – both the furry family members sleeping on our couches and the wild neighbours nesting in our gardens.

## Keeping pets safe in the estate

With the return of the summer rainfall and warmer weather, our pets face a few unique seasonal challenges:

- **The tick and flea boom:** The October warmth brings a massive spike in ticks and fleas. Now is the perfect time to update your pet's parasite treatments so as to protect them from dangerous tick-borne diseases like biliary.
- **Snake awareness:** As reptiles wake up from their winter rest, encounters in suburban gardens rise. Keep your dogs away from thick, uncleared rockeries. If you spot a venomous visitor like a Rinkhals or a Puff Adder, keep a safe distance and contact a professional rescue or removal service.
- **Braai safety:** October weekends mean braais on the patio. Keep curious paws away from hot grids and remind guests not to feed cooked bones to your dogs as these can splinter and cause severe internal damage.
- **Toxic greenery:** The hidden garden dangers. Many of us head to the local nurseries in October to refresh our flowerbeds, but several common local

Jeanette Furstenburg is a Certified Animal Behaviourist. She holds a Diploma in Companion Animal Behaviour (DipCABT) with distinction, is a member of the COAPE Endorsed Association of Applied Pet Behaviourists and Trainers International (CABTi), which is a member of the UK Dog Behaviour & Training Charter 2026. She is part of the International Companion Animal Network (ICAN). In addition, she is a member of the South African Board for Companion Animal Professionals (SABCAP).

082 445 8422 | [www.animalsmatter.co.za](http://www.animalsmatter.co.za) | [jeanette@animalsmatter.co.za](mailto:jeanette@animalsmatter.co.za)

animals  
MATTER



Cape River Frog

Photo by Abu Shawka wikimedia

## Protecting our wild neighbours

Spring means breeding season, and our estate's "tiny piece of untouched Africa" is incredibly active right now.

• **Look before you mow:** Before your gardener tames the lawn or trims thick bushes, check the area thoroughly. Masked weavers are busy weaving nests, and you might find tiny birds, geckos or even a tortoise hiding in the long grass.

• **Hadedas and plover etiquette:** It is officially nesting season for Hadedas and Crowned Lapwings (plovers). If a pair has set up home on your verge or lawn, give them some space. They can be fiercely protective parents, but their loud antics are a classic part of a South African spring!

• **Pool safety for wildlife:** Thirsty birds, frogs and insects frequently fall into swimming pools and drown. Consider installing a safety ramp or floating a pool lounge near the edge so that trapped wildlife can climb out safely. If you encounter severely injured or orphaned urban wildlife, reach out to specialised local organisations.

## A community effort

Our estate shares ecosystems. By making a few small, mindful adjustments this October, we can ensure that our community remains a safe, welcoming haven for all creatures great and small. Happy spring!

plants are highly dangerous to dogs, cats and birds. Here are a few examples:

o **The Syringa Tree (Persian Lilac):** These are common across older properties. Their golden berries ripen in autumn and frequently fall onto lawns in spring. They are highly toxic to dogs, causing severe nervous system distress if chewed or swallowed.

o **Cycads and Sago Palms:** A popular choice for a structural, modern estate garden. However, every single part of a cycad – especially the seeds inside the spring cones – contains cycasin, which can cause fatal liver failure in pets.

o **Indigenous and Exotic Lilies:** Traditional local favourites like Bush Lily, as well as Arums, Tiger Lilies and Chinchinchees, are dangerous. True lilies can cause irreversible, acute kidney failure in cats from a single nibble of a leaf or even licking the pollen off their coats.

o **Yesterday, Today and Tomorrow:** Famed for its beautiful purple to white flower colour-changing spring blooms and intoxicating scent, this shrub is a staple in older Gauteng gardens. Unfortunately, its seed pods and berries cause violent muscle tremors and seizures in dogs.



Hadedas

Photo by SA Smallholder



# UNLOCK THE SECRETS OF HOW TO GET THE JOB YOU ACTUALLY WANT

By Peter Cobby

Choosing a field of study and taking the first steps into a career can feel daunting for school-leavers and parents alike. Grosvenor Human Capital shares practical advice on honest self-assessment, supporting a young person's choices without taking over, building a CV that gets noticed, and using AI without losing the personal judgement and initiative that employers value.

## What should a school-leaver weigh up first when choosing between fields of study, and how does honest self-assessment get done?

There are multiple factors to consider, but the main ones are as follows:

- What kind of career do you want – medicine or theology; a client-facing business role or a back-office one; a job that's in the public eye or that's more private; academic or philanthropic?
- Be honest about your character. What personality traits have family and friends mentioned that you have throughout your life? Even if it is not always what you want to hear, it is likely to be fairly accurate.
- What size and style of company would suit you? Do you want the cut-and-thrust and politics of a larger corporate, or the intimacy and spotlight of a small or medium-sized enterprise?
- Think about the interests and hobbies you have enjoyed and which ones have stood the test of time. This can offer valuable insight into whether you are a team player, a loner, a creative, a leader or a follower. Most importantly, do not try to fool yourself about who you are. The person you need to be totally honest with is yourself!

If you can shape the initial stage of your career around your natural qualities, you are likely to be happier, more productive and better able to develop your skills. Remember: your career spans several decades and once you have experience and credibility, you can always reinvent yourself if you want to.

## How does a parent help with this decision without steering a child into the wrong choice?

Some parents naturally understand the importance of balance when sharing advice with their child. Others may struggle because



Peter Cobby is the founder and CEO of Grosvenor Human Capital.

although they want the best for their child, a lifetime of experience can make it easy to believe that they know better and that their child must simply take their advice.

Think of it as baking a soufflé: the ingredients must be accurate, the blending must follow the correct sequence, and the timing must be perfect – otherwise, it will fall flat!

Young adults can demonstrate a tough exterior when, in fact, they are experiencing fears and anxieties about their choices and future career. For a parent, this can feel like an opportunity to persuade them to take certain subjects because those disciplines lead to a career the parent believes would be a sound choice.

It is vital that parents revisit the self-assessment approach above. Those techniques can uncover valuable nuggets of information and

help you and your child discuss potential career matches together, before considering the steps required to secure the right study path.

A golden rule is to listen carefully and not make snap judgements. Let the information sink in. Give it a few hours or a day, then re-open the conversation by saying you have thought about what your child has said. Discuss the points that may need deeper consideration, but also acknowledge the well-thought-out points.

It is always better to leave a conversation like this on a positive note as it lets your child know that you take their thoughts seriously and are treating them like an adult. That level of respect can also make them more comfortable sharing other sensitive conversations with you in future.

Whilst it may be tempting, with all your life experience, to steer your child away from pitfalls and save them the pain you went through, remember that dealing with those experiences as a young adult taught you valuable lessons and helped you to resolve not to make the same errors again.

If you remove all the hardship of learning tough lessons, you may actually deny your child the opportunity to become resilient to life's challenges in the future.

#### **What separates a CV that gets read from one that does not, and what are the most common mistakes you see in a first CV?**

Grabbing the reader's attention depends on the organisation, what they see as the main elements of a good fit, and who has been given the task of sifting through the CVs.

The key areas are typically:

- Education – where did you study, and what grades did you achieve?
- Location – will it be easy for you to commute?
- Experience – if you are coming from university or school, what organisations, clubs or teams were you part of, and what responsibility did you have?

If you excelled, tell them. If you held a leadership role, give a specific example where your decisions and people skills shaped the success of a project. I cannot tell you how many people I have interviewed who made bold claims about what they achieved, but upon delving deeper, did not have the facts to back them up. So, be factual. If you have had internship experience, share what you gained from it.

One of the biggest mistakes is failing to think like the person – or company – who will read your CV. Keep it short, punchy and to the point, and emphasise your achievements.

The most skilful way to make your CV stand out is twofold:

- who it is delivered to
- how it is delivered

Without that extra time and dedication, you risk your CV sitting alongside hundreds of other hopefuls who simply pressed "send" and catapulted it into obscurity through the online portal.

Research who you will report to as part of your job – I mean the big boss

as well as the team leader. Use telephone calls, LinkedIn, social media, business journals and other research to understand their priorities.

Better still, speak to other people in the company. People are generally happy to help young people starting their careers who ask for guidance, especially when they show this type of initiative.

Ask yourself: would you prefer to work alongside someone who is creative, unique and has a good personality, or not? You are likely to meet such people during the interview process. How much of an advantage could you have if you have already touched base with them?

Once you have compiled your CV, send a copy with a personal introductory letter in a quality envelope to both people – boss and team leader – by courier. Someone has to sign for it, so it gives you a far better chance of reaching the decision-makers.

Ask yourself how many other applicants will take that time and trouble. In my experience, it is one of the most powerful ways to make an application stand out, and if your background meets the minimum criteria, it can leave the boss intrigued to meet the smart, creative person behind it.

#### **Should an applicant use AI to draft a CV or covering letter, and how is that viewed from the employer's side?**

AI can be a very powerful tool. It is used extensively across the commercial and public sectors. If you feel you must use it to help draft your CV or covering letter, make sure the prompts and facts you provide give the software every chance to produce something that reflects the subtleties and nuances that can make the difference between creating a match and missing one.

Also, be aware that some organisations use screening tools or processes intended to identify AI-generated content. Whether we like it or not, the development – and perhaps overuse – of AI can carry a stigma. Some people may wonder whether applying for the job meant enough to you to put in the work yourself and what that could say about how you would perform in the role.

I would recommend that you compile your own CV from the notes and key points gathered through your research. Find out exactly what they need this person to do and the skills required to excel, then reflect as many of those points as possible in your CV.

**TOP TIP:** You should always mould your CV specifically for each job you apply for.

Your CV is a personal snapshot of who you are, but it can be much more than that. You can use it to help the interviewer or decision-maker feel they are reducing the risk of making the wrong choice by inviting you for an interview – or even hiring you. Yes, even people who make hiring decisions feel real fear about getting it wrong.

I have taught people to structure their experience, credibility and achievements into a résumé that gives the decision-maker something tangible and helps them feel confident and excited about interviewing them – and eventually hiring them.

*Peter Coble is the founder and CEO of Grosvenor Human Capital, and has more than 30 years' experience in executive search. Over his career, he has interviewed thousands of candidates and advised company owners and boards on senior-level appointments.*  
[peter@grosvenorhc.com](mailto:peter@grosvenorhc.com) • 060 782 6947



AMERICAN INTERNATIONAL  
SCHOOL OF JOHANNESBURG

**LIVE  
LEARN  
BELONG**



# Where *Independence* Begins, and *Belonging* Never Ends

At AISJ Boarding, students don't simply live on campus.

They become part of a caring international community where friendships flourish, independence grows, and every learner is supported to thrive academically, socially, and personally.

## BELONGING

Boarding isn't just where our students live. It's where they find a second family.

## LEARNING

When students feel at home they are free to focus on becoming their best selves.

## INTERNATIONAL COMMUNITY

Living alongside students from around the world builds understanding that no textbook can teach.

## THE AISJ EXPERIENCE

Exceptional care, meaningful opportunities, and a genuine sense of belonging - that's what makes the AISJ boarding experience unforgettable.

## BOARDING GRADES 8-12



A supportive pathway to independence.

## 60+ NATIONALITIES



Living and learning together.

## 33 YEARS OF IBDP EXCELLENCE



Preparing students for leading universities worldwide.

## 200+ UNIVERSITY ACCEPTANCES



for the Class of 2026.

## PRIVATE ENSUITE ROOMS



Comfort, privacy, and a space that's truly your own.

"Your journey doesn't end when the school day finishes. It begins the moment you feel at home."

Discover the AISJ Boarding experience.



[admissions@aisj-jhb.com](mailto:admissions@aisj-jhb.com)



[www.aisj-jhb.com/boarding](http://www.aisj-jhb.com/boarding)



+27 11 464 1505



SCAN TO  
LEARN MORE

# ALL ABOUT EXOSOME IV THERAPY

By Izelle Hoffman

**A**s a health coach, I am all about mindful eating and healthy living. My life's work has to do with helping people become the healthiest and best version of themselves – the mindful way, of course. I was born with congenital hip dysplasia and, with 14 operations behind me, I advocate everything that's healthy. I also help people find solutions to their chronic pain and inflammation.

To this end, I recently met Dr Alistair McAlpine, a doctor offering Exosome IV therapy in the heart of Sandton. His consulting room is at Amberfield Medical, a medical clinic that offers personalised aesthetic, hormone, regenerative and longevity care in a calm, professional setting.

Every treatment plan is based on medical evidence tailored to your needs, and is personally overseen by Dr McAlpine.



I interviewed Dr McAlpine, who is both a medical doctor and a dentist. With more than a decade of experience in hormone health, together with international experience as an aesthetic medicine trainer, he combines careful medical assessment with a practical, personalised approach. His aim is to help each patient look, feel and function at their best without unnecessary or excessive treatments.

Here is the Q&A session I had with Dr McAlpine:

**Q: What is Exosome IV therapy?**

**A:** Exosomes are tiny natural particles released by cells that help cells communicate with one another. They carry important biological signals such as proteins, lipids and genetic material that help coordinate repair and healing. Exosome IV therapy aims to support the body's own regenerative processes rather than replacing or forcing them. Think of exosomes as biological "messengers" that help direct cells towards repair and better function.

**Q: When given intravenously, where do exosomes typically travel in the body?**

**A:** After an intravenous infusion, exosomes circulate throughout the bloodstream and naturally distribute to many tissues. Research suggests they are taken up by organs such as the liver, lungs, spleen and bone marrow, while areas of inflammation or injury may also attract them because these tissues release chemical signals that recruit regenerative cells and molecules.

**Q: I'm excited to hear your answer for this, but what biological processes are they believed to influence?**

**A:** Current research suggests exosomes may help regulate inflammation, improve communication between cells, support tissue repair, influence immune function, encourage new blood vessel formation and promote cellular recovery. These effects are the reason why exosomes



*Dr Alistair McAlpine*

are being studied across many areas of regenerative medicine. While the science is exciting, many applications are still under active clinical investigation.

**Q: What are the most common reasons patients consider this treatment?**

**A:** Patients are commonly interested in exosome therapy to support recovery after injury or surgery, improve exercise recovery, address chronic inflammation, support healthy ageing, optimise immune health, improve general wellbeing or complement other longevity strategies. Some patients also seek treatment for inflammatory or degenerative conditions where conventional options may be limited.

**Q: What would you say to patients who expect exosomes to be a "cure-all" treatment?**

**A:** I always explain that exosomes are not a miracle cure. They are one tool that may support the body's natural healing processes, but they cannot replace good nutrition, exercise, sleep, hormone



**Q: How long does the infusion usually take?**

**A:** The infusion itself generally takes about 30 minutes, although the entire appointment, including assessment and observation, usually lasts around 60 minutes.

**Q: Is the treatment painful or uncomfortable?**

**A:** Most patients find the treatment very comfortable. Apart from the brief needle insertion required for the IV, there is usually very little discomfort. The majority of patients spend the session relaxing while the infusion is administered.

**Q: How many sessions are usually recommended, or is one session enough?**

**A:** The number of treatments depends on the individual's health goals and the condition being addressed. Some patients notice benefits after a single treatment, while others may achieve better results with a series of infusions. Treatment plans are always individualised rather than following a one-size-fits-all approach.

**Q: Where do you see exosome therapy in the future?**

**A:** I believe exosome therapy has enormous potential within regenerative and longevity medicine. Exosomes represent one of the most exciting developments in modern regenerative medicine because they focus on supporting the body's own biological repair mechanisms rather than simply treating symptoms.

I hope you have a better idea of what Exosome IV therapy is. I had the treatment under the supervision of Dr McAlpine. It's a couple of weeks later now, and I can honestly say I've never felt and moved better. My joints are less stiff and sore in the morning, my range of motion has greatly improved and I am less fatigued, especially in the afternoons.

**Izelle Hoffman is a lifestyle chef, author and health coach.**

**For more information about Exosome IV therapy, visit [www.amberfield-medical.co.za](http://www.amberfield-medical.co.za)**

optimisation where appropriate, and management of underlying medical conditions. The best results usually come when exosome therapy forms part of a comprehensive medical strategy rather than being viewed as a standalone solution.

**Q: What are the known risks or side effects associated with exosome IV therapy?**

**A:** When high-quality, carefully screened products are used under medical supervision, treatment is generally well tolerated. However, like any IV therapy, there are potential risks, including bruising at the injection site, headache, fatigue, mild fever, allergic reactions or temporary worsening of inflammatory symptoms. Because this is an evolving area of medicine, ongoing research continues to define any side effects.

**Q: What short-term reactions can patients experience after treatment?**

**A:** Most patients experience very little downtime. Some report feeling tired on the day of treatment, while others notice improved energy over the following

days. Mild flu-like symptoms, temporary muscle aches or a brief increase in inflammation can occasionally occur as the immune system responds, but these reactions generally settle within 24 to 48 hours.

**Q: How do you decide whether someone is a suitable candidate or not?**

**A:** Every patient undergoes a detailed medical consultation before treatment. We review their medical history, current medications, lifestyle, health goals and any underlying conditions. Exosome therapy is not appropriate for everyone, so careful patient selection is essential to maximise potential benefit while maintaining safety.

**Q: What happens during a typical exosome IV therapy appointment?**

**A:** After the consultation and consent process, an intravenous line is inserted and the exosome preparation is infused under medical supervision in a comfortable clinical environment. Patients can relax and are monitored throughout the treatment before receiving post-treatment advice.



# DESIGNING LONGEVITY: BUILDING WHAT LASTS

Longevity is often marketed as a pursuit of youth: the newest supplement, the latest scan, a treatment, device or data point promising to optimise our future. But after more than two decades of building a business in an industry shaped by rapid change, technology and evolving consumer expectations, we have come to see longevity differently.

Building a long and well-lived life has much in common with building a successful business. Both require a clear purpose, the right people, an ability to measure what matters and, perhaps most importantly, the discipline to improve consistently over time.

Victor Snyder, CEO and co-founder of Skin Renewal SA, often says, **"What you can't measure, you can't manage."** In business, measurement gives us visibility. It shows us where standards are slipping, where resources are being wasted, where people need support and where progress is being made. Without that visibility, decisions become reactive rather than considered.

The same principle applies to longevity, but measurement needs context. Blood tests, scans and biological-age scores can provide valuable information and help identify patterns, but they cannot tell the whole story. They should inform better decisions, not become something we are ruled by.

From a medical perspective, Dr Maureen Allem, Medical Director and co-founder of Skin Renewal SA, says that **"the skin**



*Dr Maureen Allem, Medical Director, and Victor Snyder, CEO and co-founders of Skin Renewal.*

**is the dashboard to your health."** It can reflect the impact of stress, sleep, nutrition, lifestyle, sun exposure and the changes that happen as we age. It reminds us that longevity cannot be neatly divided into appearance on one side and health on the other. How we look, feel, function and recover are interconnected.

We have seen the same principle play out in business. A company's culture is its dashboard. It tells you whether people feel valued, whether standards are understood, whether communication is working and whether an organisation is healthy enough to grow. Revenue matters, but it is not the only measure of a successful

business. Often, the warning signs appear in the culture long before they appear on a balance sheet.

Over the years, we have also learned that having the right people in the right roles is fundamental to sustainable growth. Skills and qualifications matter, particularly in healthcare, but character matters too. We look for people who are willing to work hard, keep learning, take responsibility and contribute positively to the culture around them.

A strong culture cannot be created through slogans. It is built through daily behaviour: how people communicate, how they handle pressure, how they respond when things go wrong and whether they are prepared to step in when help is needed. Leadership is sometimes about setting clear boundaries. At other times, it means rolling up your sleeves and doing whatever is required.

Perhaps this is the most practical lesson in designing a life for longevity: **focus on the fundamentals.** Measure what matters, but do not become ruled by numbers. Pay attention to the signals your body and environment are giving you. Surround yourself with people and relationships that strengthen your capacity to thrive.

Whether we are talking about health, business or life, lasting progress is rarely created by one dramatic intervention. It is built slowly, through values, consistency, good decisions and the daily willingness to do the work.

# Africa's wild classroom. Now online.

EcoTraining brings over 30 years of safari  
and wildlife training expertise to you.

Explore our courses to deepen your  
understanding of Africa's wildlife and ecosystems.



*Find Your Course!*

+27 (0) 13 752 2532  
enquiries@ecotraining.co.za

**ecotraining**  
Guides and Guardians

## POOL RENOVATORS

**011 793 7414**

admin@poolrenovations.co.za

*Go for the Sign of Trust*

Over 30 Years Experience  
Excellence through experience



Before



After

- New Pools
- Re-marblelite
- Reshaping
- Electronic Pool Leak Detection
- Fibreglass Lining
- Solar & Electric Heating
- Salt Chlorination
- Pumps and Filters

### ELECTRONIC POOL LEAK DETECTION

- Results within an hour • No trenching or digging up paving and garden to locate leak • High level of accuracy
- Cost effective – unnecessary work eliminated



DISCOVER THE  
ELIXIR OF  
**you**  
*youth*

### Skincare, made in South Africa for South Africa.

Introducing the new Skin Renewal skincare range, proudly developed and produced in South Africa for South African skin. Created for all skin types, our multifunctional formulas combine carefully selected active ingredients to do more with less, simplifying your skincare routine without compromising on results. Exceptional skincare, priced to make advanced skin health more attainable. Available at Skin Renewal Clinics nationwide and from the Skin Renewal online store.

Gauteng: Bedfordview • Brooklyn • Fourways • Irene • Lynnwood • Morningside • Parkhurst • Rosebank • West Rand • Waterfall  
Western Cape: Big Bay • Cape Quarter • Century City • Claremont • Constantia • Paarl • Stellenbosch • Willowbridge  
KwaZulu Natal: Ballito • Durban • Umhlanga

0861 SKIN SA | 08617546 72

skinrenewal.co.za



SKIN**renewal**



# CAPRESE PASTA SALAD

Half Baked Harvest – [www.halfbakedharvest.com](http://www.halfbakedharvest.com)

This Caprese Pasta Salad has all the classics you love – juicy cherry tomatoes, creamy mozzarella, fragrant basil, and tangy balsamic – with a few delicious twists.

Half the tomatoes are roasted until they burst, adding incredible flavour and sweetness, while a peach-balsamic dressing brings the perfect balance of sweet and tangy. Creamy avocado makes every bite feel extra fresh and satisfying.

Fresh, colourful, quick, and seriously delicious, this Caprese Pasta Salad checks all the boxes. It's destined to become a summer staple!

## INGREDIENTS – FOR THE SALAD

- Olive oil
- Salted butter
- Cherry tomatoes
- Shallots
- Salt, black pepper, chilli flakes
- Short-cut pasta (fusilli or rotini)
- Mozzarella balls
- Fresh basil
- Avocado

## INGREDIENTS – FOR THE DRESSING

- Olive oil
- Peach balsamic or balsamic vinegar
- Honey
- Lemon juice
- Shallots
- Garlic
- Cayenne pepper
- Fresh basil



### Step 1: Roast the tomatoes

Start with the tomatoes. I like to roast half of the cherry tomatoes with a thinly sliced shallot, a drizzle of olive oil, a small portion of salted butter, and a pinch of salt, pepper, and chilli flakes. Roast until the tomatoes burst and become jammy and sweet – their flavour gets super concentrated and delicious. This usually takes about 20 minutes in the oven.



### Step 3: Boil the pasta

Bring a large pot of salted water to a boil and cook your pasta. I like using a short-cut pasta with some ridges – it catches all that dressing beautifully. Once cooked, drain the pasta and let it steam off for a minute or two.



### Step 2: Make the dressing

Once the tomatoes have roasted and burst, pour all those flavourful pan juices into a glass jar or bowl. These roasted juices are the base of the dressing and add so much depth.

To the juices, whisk in a bit more olive oil, balsamic vinegar, lemon juice, honey, finely chopped shallots, and garlic. Season with salt and pepper to taste. It's sweet, tangy, and just a little garlicky – so good.



### Step 4: Toss the salad

Add the hot pasta to a large salad bowl and toss it with half of the dressing to soak in all that flavour. Then mix in the roasted tomatoes, the remaining fresh cherry tomatoes, mozzarella balls, more shallots, lots of fresh basil, and of course – avocado. Don't skip the avocado! It makes it extra creamy.



# EIA RESTAURANT COMPETITION FOR OCTOBER

Don't forget to enter our monthly restaurant competition and stand a chance to win a R500 meal voucher from one of our participating restaurants.

The question for this month's competition:  
**What initiative launched at the Community Library on 4 September for young residents?**

Please email your answer along with your full name, cell number and your stand number, detailing **'Fourways Gardens Wine and Dine Competition'** in the subject line, to: [competitions@eiapublishing.co.za](mailto:competitions@eiapublishing.co.za). and like our Facebook page to enter the competition. The winner will be notified by email.

Scan the QR code or visit our Facebook page EIA Estate Magazines



## Terms and Conditions:

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



Photo by Toa Heftiba on Unsplash

**CONGRATULATIONS TO: Zelna Forsyth, our September winner of a R500 voucher.**

Remember to support your local restaurants when you feel like a night out!



PIZZA | PASTA | GRILL

# 2 LARGE PIZZAS

## + 2L PEPSI

# R229

MARGHERITA | REGINA | SPARE RIB | PEPPERONI  
CHICKEN MAYO | HAWAIIAN | VEG SUPREME





**FIND US HERE**

**FOURWAYS | 011 568 5301**

**DOWNLOAD OUR APP**



# COMPETITION

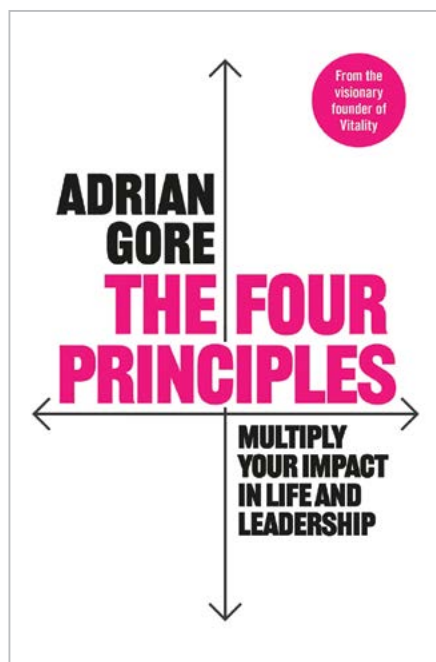


*Can you name this raptor?*

Put your raptor knowledge to the test for a chance to win a place on EcoTraining's on-demand online course, Eyes Above the Bush: Raptors of Southern Africa



Think you know the answer? Send the name of the raptor pictured here to [elearning@ecotraining.co.za](mailto:elearning@ecotraining.co.za) to be entered into the draw. Only correct answers will qualify.



## The Four Principles

By Adrian Gore

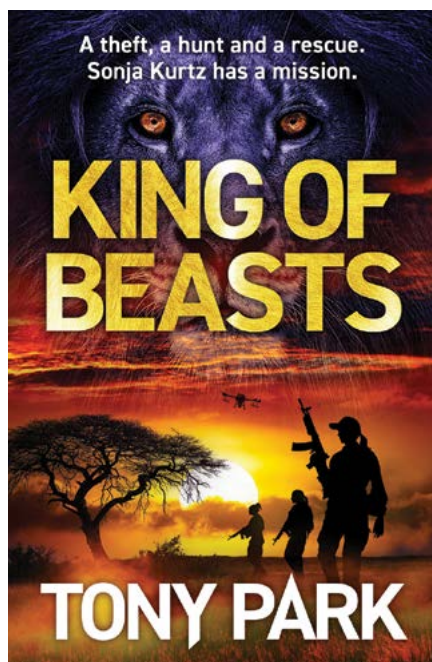
Adrian Gore is the visionary founder behind the Discovery Group and pioneer of the Vitality model, which revolutionised health insurance by rewarding people for healthy living, transforming an entire industry worldwide. Now, in his groundbreaking book, *The Four Principles*, Gore reveals the extraordinary strategies and business insights that propelled his remarkable success, offering a powerful framework to empower your life and business.

This isn't just theory; it's a tried-and-tested playbook to overcome the cognitive traps holding you back. Discover how to:

1. Harness the power of Pareto
2. Leverage loss aversion
3. Resist the 'negativity bias'
4. Act with urgency to overcome profound cognitive errors.

Gore's unique application of these principles, proven across a multi-billion-dollar enterprise, offers an unparalleled framework for entrepreneurs, leaders, and anyone ready to seize overlooked opportunities and achieve truly extraordinary outcomes. Your potential is limitless – it's time to unlock it.

**Price: R400.00**



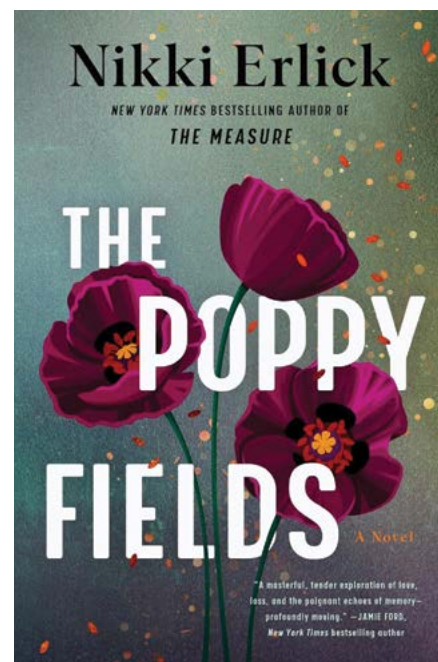
## King of Beasts

By Tony Park

An action-packed hunt across South Africa full of international espionage, twin swaps and prison escapes.

Former mercenary Sonja Kurtz's archaeologist daughter Emma is captured by Russian forces in Ukraine, while working to save priceless antiquities from the ravages of war. Emma's captor, Major Vassily Orlov, who served time in a South African prison for poaching and murder, is planning a return to Africa – for pleasure and for unfinished business – with Emma in tow. Sonja's mission seems simple: to hunt Orlov and rescue Emma. But first, Sonja must reconcile with the estranged daughter who tried to kill her: Emma's twin sister, Fiona.

**Price: R380.00**



## The Poppy Fields

By Nikki Erlick

Welcome to The Poppy Fields, where there's hope for even the most battered hearts to heal. Here, in a remote stretch of the California desert, lies an experimental and controversial treatment center that allows those suffering from the heartache of loss to sleep through their pain... and keep on sleeping. After patients awaken from this prolonged state of slumber, they will finally be healed. But only if they're willing to accept the potential shadowy side effects.

On a journey to this mystical destination are four very different strangers and one little dog: Ava, a book illustrator; Ray, a fireman; Sasha, an occupational therapist; Sky, a free spirit; and a friendly pup named PJ. As they attempt to make their way from the Midwest all the way to *The Poppy Fields* – where they hope to find Ellis, its brilliant, enigmatic founder – each of their past secrets and mysterious motivations threaten to derail their voyage.

A high-concept speculative novel about heartache, hope, and human resilience, *The Poppy Fields* poses the question: How far are we willing to go in order to be healed?

**Price: R370.00**

The Fourways Gardens Homeowners Association (FWG HOA) offers this service for advertisers to market their products or services to the Fourways Gardens Estate families. The FWG HOA cannot be held responsible or liable for any damages or misleading claims resulting from the information in these Classifieds. Placing an advert in the FWG Classifieds does not mean that the FWG HOA endorses or recommends the product or service. Please do proper service checks before using any service provider.

## SERVICE PROVIDERS

**AA AIRPORT SHUTTLE, TOURS AND TRANSFERS:** Fourways Gardens resident owner/driver. Personal, reliable transfers to/from ORT from R650 and Lanseria from R300. Half- and full-day tours arranged. All journeys are now certified carbon neutral. For all your transport or driving requirements, contact Mike on 072 284 0340, or email: ashcroft.mike@gmail.com

**AFFORDABLE ELECTRICIAN:** Issuing of COCs (same day), installation of solar systems and inverters, repairs to faulty plugs, switches, lights, ovens, stoves and geysers, commercial and industrial electrical maintenance and repairs. Call Lazarus on 073 127 3921.

**ANIMAL BEHAVIOURIST (COAPE qualified DipCABT):** If you are tired of neighbours complaining about your dog's and cat's problem behaviour's and are at your wits end as to how to change your companion animal's behaviour (aggression, anxiety, fear, constant barking, separation distress, feline scratching, inappropriate elimination, fighting) then understanding why they are reacting in the way they do is the first step in the behaviour modification programme. Call Jeanette Furstenburg on 082 445 8422 or email: jeanette@animalsmatter.co.za for a consultation. (Phase 1)

**ARCHITECT:** A building project to realise? As-built measured plans, concept designs, council approval, preparation of tender documents and administration of the building contract. Call Lance on 082 644 7843 / 011 465 1897, email: architect.script@gmail.com, or visit: craftedtimeless.online

**ASSISTING THE ELDERLY:** Hi my name is Sue; I am 61 years of age and live in Lonehill. I assist the elderly with shopping, hairdresser appointments, doctor's visits or whatever their needs may be. I am friendly and a good listener, I love just spending time with them. If you are interested or know someone who might need my services, please let me know. Call me on 082 541 4930.

**AU PAIR:** I have a valid driver's licence. I am looking for a full-time au pair position with a loving family. Having trained and worked as a Nursery School Assistant Teacher for four and a half years, I have the experience caring for children between the age's newborn to 10 years old. I've worked with many families and spent 20 years doing au pair work. I am caring, loving, honest and understanding, and have a gentle nature and many years of childcare behind me. I'm also open to taking on new challenges and doing something different other than au pair work. I'm also a horse rider and love being with horses. If you are looking for that one special au pair, call Tana on 082 929 7203.

**AU PAIR – FUR NANNY:** Contact the fur kid nanny, Dee Van Heerden, on 083 319 2220 or dee.vanheerden@gmail.com, regular sitter in FWG, reasonable rates, daily walks and feeds or stay-in, references available.

**BLUEBERRY HILL SOLUTIONS:** BlueBerry Hill Luxury Landscaping designs and maintains bespoke outdoor spaces for luxury estates, delivering timeless elegance, refined functionality, and meticulously curated landscapes for discerning homeowners who value beauty, precision, and longevity. WhatsApp 084 436 1498, visit: www.blueberryhillsolutions.co.za, or email: info@blueberryhillsolutions.co.za

**B4 ELECTRICAL:** B4 ELECTRICAL: 24-Hour call out, prompt, efficient, personal service. Call Peter on 083 452 0635.

**BLINDS & SHUTTERS:** Aluminium security shutters, vertical, block-out and sunscreen roller blinds, plus Basswood and aluminium venetian blinds – all at competitive prices. Please call Tony on 083 290 1757 or email: tony@bonetts.co.za or visit: https://www.bonetts.co.za

**BROADBAND SERVICES:** Stay connected with fast, reliable internet for work and play. Get expert advice on the best fibre package for your home and business. Hassle-free installation and setup of your Wi-Fi, router, and smart devices. Troubleshooting slow speeds and optimising network performance. Contact Nico at Your PC Guru on 082 492 7852 or email: nico@yourpc.guru

**CARPENTRY AND CABINETRY SERVICES:** Experienced craftsman with over 25 years' expertise in carpentry and cabinetry. From small repairs to full build/installations – quality workmanship guaranteed. Reliable, detail-focused, and professional service. References available in Bryanston and Fourways Gardens. Call 079 612 3197 or WhatsApp Sam on 010 006 9341.

**CAREGIVER:** Christina is looking for work as a caregiver or night nurse. She has 15 years' experience and a driver's licence. She is looking for night nurse work from Thursday to Sunday. References available. Please call 083 520 2187.

**DRY FIREWOOD:** Delivery on request. Call 082 786 3225 or email: brightfirewood@gmail.com

**DSTV INSTALLATION:** Wi-Fi extender, DSTV installation, extra view, triple view, Cat 6 LAN cabling and signal issues. Call Adam on 073 162 4048/061 219 5866, email: adamchikwenga@gmail.com, or visit: www.smartdstv.co.za

**DSTV DOCTOR:** MultiChoice accredited installer. All installations, aerials, sales, Wi-Fi extender/booster and over Cat 6E and repairs. Showmax and Netflix. Including gate motor, garage door and CCTV installations. Call Junior on 078 228 3182 / 074 729 9672, email: 4wayssat4@gmail.com, or visit www.dstvdoctor.co.za

**ENGINEER:** (Pr.Eng). Chartered Structural and Civil - FWG resident, 30+ years' experience in design and supervision. Plans and sign-off for HOA and Municipal approvals, roof solar assessments etc. Contact Paul on 072 837 6345.

**FLOORING AND CARPETS:** Carpets, vinyl planks (LVT), laminates, solid and engineered wood. 45 Years in business. Workmanship guaranteed. All brands, competitive prices. Call Tony on 083 290 1757, email: tony@bonetts.co.za or visit www.bonetts.co.za

**GATE MOTOR REPAIRS:** Gate motors, garage doors and motors, intercom systems, maintenance, repairs and installations. Call the Ninja Office: 084 354 5596 / 011 739 5710 or call Quinton on 084 354 5597.

**MGUNIGREEN FINGERS:** Garden maintenance, garden refuse removal and tree felling service. Call Isaac on 083 582 0636, email: info@mgunigreenfingers.co.za, or visit: www.mgunigreenfingers.co.za

**MR TREE FELLING:** Tree felling, trimming, pruning, stump removal. Call 071 793 0825 or email: info@mrtreefelling.co.za. Fully insured.

**ORGANIC COMPOST:** R550.00 per cube. Topsoil mix – R650.00 per cube. Two-cube load minimum. Please send WhatsApp orders to 067 632 8777 or call 063 256 1978.

**PAWSITTERS:** We don't just pet sit. . . we move in, make friends and become staff. Dogs? Easy. Cats? We negotiate with them. Rabbits, birds, fish, tortoises, hamsters, parrots, chickens and horses? Also, part of the family. Whether your pets need walks, feeding, sleepovers, medication, cuddles, company or someone to throw the ball 427 times – Pawsitters are here to help. Your pets stay happy and comfortable in their own home while you enjoy your holiday stress-free. Loving in-home pet sitting. Dog walking, overnight and weekend stays, daily updates and photos. Fourways and surrounding areas. Trusted by pets. Approved by owners. Judged daily by cats. Bookings fill up quickly during holidays and long weekends. Call 082 929 7203 or visit Facebook and Instagram: Pawsitters

**POOL SERVICES:** Maintenance, repairs, re-marblelite, pumps, sand changes etc. For all pool requirements, call Jackie or Martin on 072 132 5703.

**QUICK IT:** We provide quick, quality, on-site and secure remote IT support services for business solutions and residential clients. Call 083 600 2533 or email: quickserviceit@icon.co.za

**READY-MADE MEALS:** I am a Professional Chef working privately for a family in the estate. I make ready-made meals for Individuals and families who find shopping, meal preparation and cooking hard to fit into their daily schedules. Meals can be ordered as bulk protein or can be ordered with a starch. All meals are freshly prepared and then frozen for convenience. For those into weight loss, fitness and healthy eating, I have a high-protein, no sugar, low-carb banana bread that is great for breakfasts and/or snacks. Easy for the kids for breakfast or lunch boxes. My clients say their kids love it too! For more info and pricing, please WhatsApp me. I am happy to make deliveries. Nicole on 082 481 3742.

**SOFT RAIN IRRIGATION:** For all sorts of irrigation, from maintenance and repairs to new installations. Partners each with over 12 years' experience. Call Isaac on 078 658 4371 or Thabiso on 083 544 3432. Email: softrainirrigation@gmail.com / mohaumolefi2@gmail.com

**THE LUXE ARCH:** Luxury balloon styling and installations for every occasion. We create beautiful balloon arches, bespoke gifting and event décor for birthdays, baby showers, corporate events, celebrations and more. Make your next event unforgettable with The Luxe Arch. Call: 060 988 4294 or email: luxearchballoons@gmail.com

**TRADES AND BUILDING**

**HANDYMAN:** For all your building requirements, done to your satisfaction. Professional, honest and reliable. Specialising in painting, waterproofing, damp-proofing, rhinoliting, tiling, paving, roof repairs, building, plastering, welding, all aluminium doors and frames, gardening and landscaping and house renovations. Call Alex on 073 836 5049 / 071 836 2601 / 076 108 6912. References are available in FWG.

**HANDYMAN:** British tradesman for all the jobs you hate!!! Building, total house renovations, wooden flooring, painting, cupboards, damp-proofing, tiling, plumbing, roofing, ceilings, kitchen and bathroom renovations and electrical work, plastering, paving and alterations. No job is too small. Offers a friendly and reliable service. Contact Stewart on 084 506 9094.

**HANDYMAN:** Painting, tiling, waterproofing, paving, carpentry and steel work. Contact KP Projects, Kelvin on 067 262 4819 / 073 307 7306, or email: kelvinpainters@gmail.com

**HANDYMAN:** RECOMMENDED HANDYMAN – ESTATE APPROVED – Need quality home maintenance done without the hassle of arranging security access? I highly recommend Jimmy, who has taken care of my home since we moved in. He does top-quality work, and because he is already registered on our estate biometrics system, getting him on-site is smooth and straightforward. Services include painting, crack repair, general maintenance, and basic electrical and plumbing. Track record: reliable, trustworthy, and experienced with estate rules. Contact Jimmy on 066 076 8593.

**NIGEL POOLS (PTY) LTD:** We do all pool requirements – remarbilitating, fibreglass, pump changing, renovations, pool maintenance, etc. Contact Nigel on 073 180 3406, or email: nigelgardenserv@gmail.com

**PLUMBER AT YOUR SERVICE:** A complete plumbing business that offers efficient professional service to the domestic and commercial sectors. Blocked drains, burst pipes, geyser installations and maintenance, leaking toilets and taps, subsoil drainage, bathroom and kitchen renovations. Please contact Paul Stonley, PIRB and IOPSA registered on 082 798 3643 or email: paul@plumberatyourservice.co.za

**SEWER RATS:** Expert drain and sewer unblocking and repair. All jobs include a detailed CCTV inspection and survey of your system. Call Nigel for a quote on 072 996 0944 or email: nigel@sewerrats.co.za

**SPORTS AND LIFESTYLE**

**TENNIS COACHING:** Tennis lessons in Fourways at Fourways Gardens Residential Estate. All levels of players, kids to adults, from beginners to advanced, are welcome. Private or semi-private lessons are available. Registered instructor with TSA. Call or WhatsApp Mike on 078 345 1620 or email: mikelkirkwood99@gmail.com

**PICKLE BALL:** Professional Coaching for all age groups. We offer private and group lessons. Book your free 30-minute trial lesson. Contact Wilfred on 074 505 3182 or email: wilfredattennis@yahoo.com

**PROFESSIONAL TENNIS COACHING:** For all age groups. We also have an amazing programme called Teddy Tennis for children aged 2 1/2 years to 6 years. It works by combining music, pictures and Teddy Bear characters into an interactive and adventurous programme. Contact Wilfred Tennis Academy on 074 505 3182 or email: wilfredattennis@yahoo.com

**DOMESTIC WORKERS**

**Evelyn:** is looking for work on Tuesdays and Thursdays. She is kind, hardworking, trustworthy and reliable. She is great with pets and is a respectable South African lady. Call her on 062 202 3565 / 078 421 8007.

**Sylvia:** Is looking for work one day per week on a Tuesday. She is an excellent, experienced housekeeper. She is easy to work with and comfortable with pets. Call Sylvia on 071 215 6287, or for a reference call Joan on 065 600 7628.

**Mercy:** A South African citizen is looking for work three or five days a week, sleep-out. Call her on 072 349 3120, or for a reference call 066 214 4728.

**Noma:** Is a wonderful and reliable housekeeper. She has worked for me for the past year, and I would highly recommend her. She communicates well, is hardworking and trustworthy and resourceful. Very good with our dog and takes initiative and pride in her work. She is looking for work to fill her Mondays and Wednesdays. Call her on 073 609 0074.

**Blessed:** Is looking for work as a domestic or caregiver. She is good with children and pets. She has worked in FWG previously and is available immediately for full/part-time work. Call or WhatsApp her on 065 521 2071, or for a reference call Pumza on 082 921 8157.

**Hellen:** Due to our relocation to the Western Cape, our wonderful housekeeper of five years is looking for work on Tuesdays. Hellen is an incredibly hardworking, honest, and friendly lady who has become a valued part of our family. She is loving and kind towards both us and our pets, cleans thoroughly, and always goes the extra mile in everything she does. We can highly recommend Hellen to any family looking for someone reliable and trustworthy. She resides in Phase 1 in FWG. Call Hellen on 078 200 4783, or for a reference call Debbie on 083 235 8392.

**Phindile:** Is a 46-year-old South African lady looking for domestic or childminding work in FWG. She is reliable and trustworthy. She is looking for full/part-time work and is available immediately. She has many years working experience. Call her on 078 151 6122.

**Susan:** Is a hardworking and trustworthy 35-year-old Malawian lady seeking employment as a domestic worker. She has 12 years of experience in cleaning and ironing and comes with good references. Susan is also experienced and comfortable with children and pets. Call Susan on 064 006 3532 / 071 600 2674.

**Cynthia:** She has been a trusted domestic worker and resident caretaker since 2013. We have trusted her at all our residences. She takes care of our home and animals when we are away. She is reliable, courteous and polite. She is highly recommended. Call her on 072 481 9583.

**Lungisani:** A hardworking and reliable Zimbabwean lady is looking for part-time employment as a domestic worker, preferably for two days per week. She has 14 years of working experience and is skilled in cleaning, ironing, and general household duties. For a reference call Debbie on 082 552 5333.

**Marema:** Is a dedicated and loving nanny and domestic worker with 8 years' experience caring for children from newborn to 12 years. She is passionate about creating a safe, fun and educational environment for children, while cleaning and organising the home. She is looking for a long-term position. Call her on 084 696 6600.

**Maggie:** Is looking for domestic work on Tuesdays. She has worked for her current employer for two days a week for 10+ years. She is punctual and works in a neat, organised manner. For a reference call Nick on 072 155 0690.

**GARDENERS**

**Daniel:** A hardworking and experienced gardener is looking for part-time work one day a week. He has 13 years of gardening experience working at FWG and holds a valid driver's licence. He is also skilled in pool maintenance. Call him on 073 746 1762.

**Dickson:** Is looking for work as a gardener on Wednesdays, Saturdays and Sundays. He has 6 years' working experience and can also do housekeeping. Call Dickson on 075 981 2647, or for a reference call 082 461 5893 / 071 495 7008.

**Sam:** Due to our relocation to the Western Cape, our gardener, Sam of 10 years, is looking for work on Tuesdays, Wednesdays and Fridays. He is extremely reliable, friendly, and hardworking, and truly enjoys working in the garden. He always has a smile on his face and is not afraid to tackle any gardening task, big or small, including the pool. Over the years, he has been a valued and trusted part of our home, consistently showing dedication and pride in his work. We highly recommend him to anyone looking for a dependable and enthusiastic gardener. Call Sam on 072 896 7761, or for a reference call Debbie on 083 235 8392.

**Joel:** Is an excellent gardener who is looking for work on Mondays, Tuesdays and Wednesdays. He does general garden work and keeps my pool spotless. I can highly recommend him. Call him on 065 948 8612, or for references call Kathy on 082 417 1830.

*We have heart. We are kind and respectful.*

*We are inclusive while being an exclusive residential estate.*

# Inducted Property Practitioners

15 September 2026 • 52 practitioners • 32 agencies



## DIRECTORY BY AGENCY

S Sales R Rentals

### CENTURY 21 011 460 1599

**Jenna Chartie** 066 269 0887 • jenna.chartie@century21.co.za S R  
**Anne Copley** 083 600 0566 • anne.copley@century21.co.za S R

### CHAS EVERITT 011 463 2033

**David Parnell** 073 279 6726 • david.parnell@everitt.co.za S R  
**Samantha Smith** 072 609 0705 • samantha.smith@everitt.co.za S R

### CLUB REAL ESTATE

**Martin Riley** 082 551 1968 • martin@clubrealestate.co.za S R

### ENGEL & VÖLKERS 011 465 0410

**Chantelle Phahlane** 067 957 6155 • chantelle.phahlane@engelvoelkers.com S R

### EXP REALTY

**Claudette Flohr** 082 823 2063 • claudette.flohr@expsouthafrica.co.za S R  
**Faith Thomas** 082 852 8998 • faith.thomas@expsouthafrica.co.za S R

### FINE AND COUNTRY 010 595 0181

**Jason Shaw** 084 493 6200 • jason.s@fineandcountry.com S R

### FIRZT 011 568 8185

**Desiree Bedhasie** 083 447 3584 • desiree@firzt.co.za S R

### FRANCESCA BEATTIE PROPERTIES 011 705 2384

**Francesca Beattie** 083 678 8001 • info@fbproperties.co.za S R

### GAYE CAWOOD REALTY 011 469 4070

**Sue de Boer** 082 452 0086 • Sue@gcr.co.za S R  
**Gaye Cawood** 083 601 1593 • gaye@gcr.co.za S R  
**Chloe Woolmington** 082 501 8800 • chloe@gcr.co.za S R

### HAMILTONS

**Cilla Barath** 078 920 9077 • cilla@hamiltons.co.za S R

### HARCOURTS 010 443 9931

**Kelly Eksteen** 072 856 7255 • kelly.laura@harcourts.co.za S R

### HUIZEMARK 011 789 4448

**Gail Mather** 083 447 7327 • gmather@huizemark.com S R

### INSTAPROPERTI 082 335 1646

**Elize Murphy** 082 561 0259 • elize@instaproperti.co.za S R

### JAWITZ 010 020 2851

**Matshidiso Ntuane** 071 384 2100 • matshidiso@jawitz.co.za S R  
**Eunice Williams** 083 595 6111 • eunice@jawitz.co.za S R

### LANDVEST 083 450 1600

**Mark Bell** 083 657 3189 • Mark@landvestcc.co.za S R

### LEE'S PROPERTIES

**Kalyne Lee Nel** 071 503 3000 • kalyneleproperties@gmail.com S R

### LEW GEFFEN SOTHEBY'S 011 702 8020

**Adam Brown** 072 026 4571 • adam@sothebysrealty.co.za S R  
**Candy Toweel** 083 640 9443 • candyt@sothebysrealty.co.za S R

### LIVE REAL ESTATE 011 465 1187

**Lauren-Kate Fletcher** 079 698 3957 • laurenk@liverealestate.co.za S R  
**Samantha Wade** 078 472 0603 • sam@liverealestate.co.za S R

### MALHERBEX 011 786 9364

**Elmine Clarke** 068 691 3384 • elmine@malherbex.com S R

### MANDATED

**Mo Jacobs** 073 708 4570 • mo@mandated.co.za S R

### MERIDIAN REALTY 0861 732 589

**Rob Els** 061 130 7371 • rob.els@meridianrealty.co.za S R  
**Elizabeth Menezes** 060 970 1123 • elizabeth@meridianrealty.co.za S R  
**Kristy Strydom** 083 541 2220 • kristy@meridianrealty.co.za S R  
**Teresa Turner** 067 749 9782 • tt@meridianrealty.co.za S R  
**Kim Williams** 084 261 6633 • kim@meridianrealty.co.za S R

### OTTER ESTATES 011 705 3247

**Vanessa Huntley** 082 456 7191 • vanessa@otterestates.co.za S R

### PAM GOLDING 011 467 4119

**Belinda de Gray Birch** 079 876 5445 • belinda.birch@pamgolding.co.za S R  
**Mark McGowan** 083 358 5652 • mark.mcgowan@pamgolding.co.za S R  
**Dorette Turner** 082 893 4790 • dorette.turner@pamgolding.co.za S R

### RAWSON 010 753 2080

**Donka Zlateva** 084 208 5411 • donka.z@rawson.co.za S R

### REAL REALTY

**Fleur Franco** 082 300 6134 • FleurFranco@Real.co.za S R

### REMAX EVOLVE 010 541 2339

**Angelique du Plessis** 072 440 1215 • angelique@remax-evolve.co.za S R

### REMAX INFOGLOBE

**Shaun Murphy** 083 620 2244 • shaun@remaxinfo.co.za S R

### REMAX MASTERS 011 463 3199

**Kymn Grant-Smith** 083 982 9828 • kymn@remax-masters.co.za S R  
**Greselda Smith** 083 260 1663 • greselda@remax-masters.co.za S R

### SEEFF 011 784 1222

**Lynne Jordaan** 083 282 8813 • lynne.jordaan@seeff.com S R  
**Caroline Nixon** 083 347 2483 • caroline.nixon@seeff.com S R

### TYSON 011 467 0145

**Linda Davies** 082 371 4667 • linda.davies@tysonprop.co.za S R  
**Maria Heald** 083 455 4404 • maria@tysonprop.co.za S R  
**David Litten** 082 854 1320 • david.litten@tysonprop.co.za S R  
**Grant Raw** 079 495 9357 • grant.raw@tysonprop.co.za S R  
**Dee Thomas** 083 375 5646 • dee.thomas@tysonprop.co.za S R

### UNIQ PROPERTIES 010 443 2044

**Paula Lucas** 076 375 8579 • paula@uniQproperties.co.za S R

### VERED

**Sally Andrews** 082 451 3111 • sallyandrews@vered.co.za S R

# OCTOBER 2026 EDITION OUT NOW!!





**Crawford**  
International

# Building Global Leaders

**Age 2 to Grade 12**

From their first questions to their biggest ambitions, Crawford International develops the confidence, curiosity and courage children need to step into the world.

**Book your personalised tour**

