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April 2010
Edition 015



Lifestyle Magazine
Celebrates
1st Birthday!

INDEX

Letter from the Editor, edition 015

Dear Reader,

Here's to the first year (15 editions!) of Lifestyle Magazine! We hope you've enjoyed the journey with us so far and will be sticking around for many more editions to come!

In this edition we focus on the "greener side of life" - we explore various products which could benefit the environment...and your pocket!

From geysers and ovens powered by the sun, to oxygenated showerheads using less water and electricity, we explore all!

We also took a trip along memory lane and decided to republish a couple of our favourite articles from the past year - hope you enjoy the memories with us!

Happy reading!

Kind regards,

Tania Wannenburg
tania@lifestylemagazine.co.za

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Silver Hill Lodge



Silver Hill Lodge is a thatched 4 star luxury lodge situated on the fringe of the Midlands Meander, surrounded by the mountains of the Drakensberg. The 7 luxury en suite rooms and 2 self catering units, bar lounge, dining room and sun lounge all have spectacular views of the mountains and the Kamberg valley, and this makes the Lodge a most perfect setting for your wedding.

Although we do not have a chapel on the estate, we have had many successful wedding ceremonies held at either the quaint church 13km away, or in the pine forest next to the Lodge, or in a marquee on the front lawn. The lodge's public areas are well suited to wedding receptions and we can easily cater for 40 seated guests or around 100 guests buffet style.

During your stay, you and your guests can enjoy the many activities on the estate which include hiking, trout fishing, boating, golf driving range and for the children, jungle gym, pool, trampoline and volley ball. Close by there is a 9 hole golf course, the famous Kamberg Rock Art centre and the Blue Crane Reserve as well as many hikes and trout fishing sites.

Blaauwpoort Lodge



Blaauwpoort Venue & Lodge is situated on a privately owned Game Farm that is set in the lush greenery and unspoiled natural beauty of the bushveld overlooking the majestic Magaliesberg. In a safe and private environment, 45km from Pretoria and 100km from Johannesburg, Blaauwpoort is the ideal breakaway and has the perfect setting for a wedding, conference, birthday, corporate function or anniversary.

The unique thatch roof venue consists of a main hall, a small private hall and an oversized balcony overlooking a magnificent valley. The venue boasts an ambience of tranquility in its country surroundings and will accommodate for a variety of tastes. A Beautiful outdoor wedding chapel next to 8-meter high age old Allows is part of this unique setting and our indoor chapel compliments the bushveld surroundings.

For more information on Silver Hill Lodge or Blaauwpoort Lodge, visit www.foreverafter.co.za .



Here is a short summary of who Gerhard & Lee are and why they can claim that they have a unique, professional approach to every wedding to ensure that their services will enhance the wonderfulness of your Big Day – and create wonderful memories for the rest of your life.

Gerhard du Toit together with his wife, Lee, create an accurate, unforgettable and enjoyable reflection of your wedding – from the preparation, all the way through till late into the evening of your Big Day.

They believe in the fun aspect that a wedding day invariably brings; the importance of individual, couple, and family portraits; and most of all, to capture all the special moments.

All photos are taken digitally with professional Canon equipment, and all digital darkroom post-processing are done personally. This ensures that your reproductions are of exceptional quality.

Every wedding is an individual affair and has its own requirements. We therefore design all our packages around your requirements and take into consideration all aspects of your Big Day.

Gerhard & Lee encourage couples who consider using their services to set up a meeting with them – with no obligation from your side.

This will give you the opportunity to get to know them, view their existing portfolio and examples of current products they offer you. It is also of the utmost importance that you feel comfortable with your photographers, enabling you to relax and be the perfect model for perfect photos.

For more information on Gerhard & Lee Photography visit www.foreverafter.co.za

Gerhard & Lee du Toit Photography

Situated in Centurion but accepting commissions countrywide, Gerhard & Lee du Toit – Creative Photography offers you two photographers on YOUR wedding day, capturing your memories in a fun & professional manner. Their style can be described as photo-journalistic with a creative and arty approach. All photo's are processed and supplied to you in high resolution, with options of photo prints, Standard Coffee Table books, Elite Coffee Table Books, Designer Albums and Furi Fine Art Albums available. They only accept ONE wedding per day to offer you full coverage of up to 12 hours on YOUR wedding day.

Your wedding day is undeniably one of the most important occasions in anybody's life. That is the day that you want everything to be perfect – and the photographer you choose will play an important part to ensure that your Big Day is captured in such a way that it will keep all your wonderful memories fresh and alive, every time you revisit your wedding album.

Your Big Day is being planned and many arrangements need to be made between all the excitement and anticipation for what lies ahead.





Are you looking for live food for your anoles, tarantulas, sliders, bearded dragons or other reptiles, amphibians and arachnids? Our "Insect Deli" has it all!



Crickets

Full of protein, vitamins, and minerals, and fun to eat!

From bearded dragons to anoles, tarantulas to red-eared sliders, just about every reptile, amphibian, and arachnid enjoys live crickets.

Crickets are a good staple for their diets, and they're full of natural appeal. Shake a few crickets into their habitat, and watch your animal hunt, chase, and slurp



Mealworms

An excellent live food source for small mammals, reptiles and birds as well as a live bait for panfish.

Our lively mealworms are grown in an environment that fattens them slowly. We do not force grow them with hormones or anything other than our blend of natural ingredients.

"Common mealworms" (*Tenebrio molitor*) are probably the most widely raised feeder insect available. Mealworms are extremely easy to keep. Just store them in your refrigerator at 10 degrees Celsius and they go into a dormant state and will last for months.



1. *Gromphadorhina Portentosa (Madagascan Hisser)*
2. *Phoetalia pallida (Pallid Roach)*
3. *Oxyhaloa deusta (Cape Red Head)*
4. *Nauphoeta cinerea (Lobster Roach)*

Superb food for all Bearded Dragons!



Superworms - *Zophobas morio*

Our lively Superworms are also grown in an environment that fattens them slowly. We do not force grow them with hormones or anything other than our blend of natural ingredients.

Superworms are super active - this makes them irresistible to reptiles and fish. Twice the size of a giant mealworm, these worms have a soft body that is easy for pets to digest.

Superworms make an excellent live food source for small mammals, reptiles and birds as well as a live bait for panfish.

For more information and prices on our feeder insects, send an email with the subject FEEDER INSECTS to tania@lifestylemagazine.co.za. Include your contact details and a representative will contact you. Retail and wholesale price lists are available.

Audi Advanced Driving

For further information please contact:
FOUR RINGS PROMOTIONS CC
Irmi Reif
Tel: 011-466 06 07
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4rings@audi.co.za
www.4rings.co.za



Audi driving experience has been contributing to road safety in South Africa by means of driver training programmes for the past 21 years. Research and development, utilizing gained experience and input from similar courses offered by Audi AG abroad ensures the best driver training available in South Africa.

AVAILABLE COURSES:

HPDC: HIGH PERFORMANCE DRIVING COURSE

This is a full day course on the Kyalami Grand Prix Circuit in Johannesburg. During this course clients can discover their own limit of vehicle control and hone their skills under full-time expert instruction.

- The day consists firstly of a lesson on the theory of vehicle dynamics, and then the rest of the day is spent on practicing high performance driving techniques, emergency situation simulations and demonstrations on the latest vehicle technologies. All done in the safety of the racing circuit.
- An opportunity to sample the superb Audi Vehicles.
- An executive lunch and refreshments are included.
- Tuesday's and Thursday's
- We can also offer this course at the Killarney Race Circuit in Cape Town, Aldo Scribante in Port Elisabeth as well as the Roy Hesketh Race Track in PMB - Dates for these venues can be viewed on our website.

SHPDC – 'S' VEHICLE HIGH PERFORMANCE DRIVING COURSE

An opportunity to attend the HPDC in either an Audi TT or the latest Audi S5.

ASDC - ADVANCED SAFETY DRIVING COURSE

This is a full day course designed to improve your skills of on road defensive driving, skid control and collision avoidance. Emphasis is placed on wet weather driving and reaction to emergency situations, under the supervision of expert instructors.

Clients meet at Audi Kyalami for a brief technical presentation on vehicle handling and control, and then travel to GEROTEK in 'Audi driving experience' vehicles, during which time "IN-CAR" instruction is given on awareness and defensive driving techniques. At GEROTEK we cover skid control, the value of the latest electronic driving aids, collision

avoidance and simulated wet weather situations, ending off with a Gymkana to test your skills. We then return to Audi Kyalami for a debriefing.

- An opportunity to experience the superb Audi Vehicles.
- An executive lunch and refreshments are included.
- Monday's, Wednesday's + Friday's

Q7 - ALL TERRAIN DRIVING COURSE

The Q7 is extremely capable as an off road vehicle and you will learn how to get the most from it. The Q7 is an SUV so there are many differences in the way the vehicle is used off-road compared to a dedicated 4x4 vehicle.

The day begins with a short theory presentation highlighting techniques that will be used during the day. Clients are then exposed to some off road driving to prepare them for the exciting day ahead. This is followed by a high performance road exercise where the clients will learn just how capable the Q7 is as on road which is where SUV drivers traditionally spend most of their time.

After brushing up their high performance on road skills, clients get chance to get closer to nature in an exciting off-road excursion where they will spend a large part of the day learning the awesome off road capabilities of the Q7 while practicing various different exercises.

The course is unique in its approach as it is aimed very much at the SUV driver, an rapidly growing market segment.

*For more information and prices on Audi's Advanced Driving Courses, send an email with the subject **AUDI ADVANCED DRIVING** to **tania@lifestylemagazine.co.za**. Include your contact details and Audi Advanced Driving will contact you.*



Victoria Boutique Villa, Cape Town



"A new experience in Luxury Guest House accommodation in Cape Town, South Africa."

Victoria Boutique Villa is a beautiful Victorian home in the heart of cosmopolitan Gardens - a perfect blend of contemporary elegance and old world charm. Our unique location makes it the ideal home for the discerning holiday or business traveler.

Whether for you it's appreciating the original lead-light windows, charming fireplaces, ornate pressed-tin ceilings and beautiful old Oregon pine floors, or the luxury and comfort of a modern en-suite bathroom, attention to detail with modern and stylish additions, we welcome you to experience the unique ambiance of the Victoria Boutique Villa.

Built in 1902, Victoria Boutique Villa is ideally located in the peaceful, up-market residential area of Upper Gardens. Close to trendy and sophisticated cafes and restaurants, in the foothills of magnificent Table Mountain, minutes from the central business district, the V & A Waterfront, beautiful beaches and magnificent world-class wineries, you can make the Victoria Boutique villa your home.

Our Villa comprises five luxury rooms and two garden budget

rooms. The Villa rooms blend modern luxury with the original features of the grand old Victorian home. In your Villa room you will find comfortable beds with crisp white linen, modern en-suite bathroom, mini-bar, air-conditioning, work station, Wi-Fi internet, flat screen satellite TV, mobile phone, tea/coffee making facilities, safe, hairdryer, robes, slippers and built in wardrobes. In addition our Villa Suite - a gracious and charming room - boasts a kings size bed, separate bathroom including a claw-foot bath, and private hall.

Guests can enjoy our full breakfast and sundowners in the dining room or the sunny veranda which overlooks the sparkling pool. Enjoy the magnificent view of Table Mountain from our veranda, and relax with a glass of South African wine in the elegance and comfort of our lounge which boasts a beautiful Victorian fireplace for those cold winter nights.

The Victoria Boutique Villa has the space and facilities required for an enjoyable and relaxing stay.

www.victoria-villa.com





Thinkstock

Are you singing the blues at work?

Do you have problems sleeping on Sunday nights knowing that you have to return to work the next morning? Are you constantly daydreaming about your dream job? Are you always checking the clock at work, counting down the minutes until the day ends? If so, you might be suffering from workplace blues.

Don Thibert, director of academic affairs for Everest College, has decades of experience helping thousands of individuals a year move into progressive new careers. The seasoned career expert says it's important to evaluate your work situation and offers great advice for finding career happiness.

"Most people are so desensitized by the daily grind that they don't even realize they're unhappy, let alone what to do about it. Given the recession, people are too busy just trying to keep their heads above water - they don't have time to imagine the work situation that would make them really happy," says Thibert.

To determine how blue you really are, Thibert suggests tracking your workplace blues for a month.

"Keep a daily record of what made you happy or unhappy each day and give yourself a score on a scale of one to 10, one being totally unbearable unhappiness and 10 being an absolute joy. By the end of the month you should be able to identify if you're happy - specifically what you like and don't like about your work," says Thibert. "If your average score at the end of the month is six or lower, it's time to start strategizing for happiness."

New evidence north of the border shows that Americans are not alone in experiencing workplace blues. A recent survey commissioned by Everest College found 59 percent of Canadians said 2009 was mediocre at best; one quarter called it either "a downer" or downright "depressing" and nearly three quarters said they suffer work-related blues at least occasionally.

"For some, it's possible to find happiness in their current job," explains Thibert. "But there are still many with a failing grade in the happiness department. In those situations, career training is a door opener to a more rewarding work life and greater overall satisfaction. Every day I see how it can really change your life and I encourage people to meet with counselors if they need some help to evaluate their career training options."

- end



EXTRACT FROM "HOW TO HANDLE LOSING YOUR JOB"

So what you've secretly feared has happened – you've been paid off! What now? You've got bills to pay, kids to feed and you're feeling a bit dazed – especially if this is the first time this has happened to you.

Let me reassure you that it is natural to feel like this because we are all "wired" to react in a specific way when confronted with a loss, and losing your job is a loss. We are "wired" from birth to experience certain emotions in a certain order when faced with a catastrophe e.g. losing your job, and we therefore really have no control over this cycle of emotions.

THE EMOTIONAL STAGES WHICH YOU CAN EXPECT TO EXPERIENCE

The following are the emotions which you can expect to experience in the near future:

- ♦ Shock and denial e.g. "This can't be happening to me, They've made a mistake"
- ♦ feeling angry e.g. "After all my years of loyal service they pay me of!"
- ♦ A bargaining mindset e.g. "Isn't there another job in the company I can have, even if it means a pay cut?"
- ♦ Depression e.g. "What's the point of trying again, the next time the same thing will happen"
- ♦ Acceptance e.g. "Yesss well, I knew we were not making our overheads in income" the testing stage e.g. "Let me go and see Peter, maybe he knows someone who needs my skills and experience"
- ♦ Gaining insight and understanding. e.g. "You know, I can't understand how I lasted so long in that job. I'm now doing something I always wanted to do".

PRACTICAL TIPS ON HANDLING THE SHOCK, ANGER AND DEPRESSION STAGES

Shock and denial

We need to absorb what is happening to us bit by bit and not all at once so the best methods to use here are:

To repeat the story of how you lost your job over and over to take the sting out of it i.e. to reach a stage where even you begin to get bored with it

- ♦ Get involved with friends and colleagues who are positive i.e. who see possible opportunities in your situation for yourself
- ♦ Start a physical exercise programme as this will increase the number of "feel good" chemicals in your brain
- ♦ Offer to help those less fortunate than yourself - it does not matter how bad you think things are there are always people much worse off than you at all times.

Feeling angry

It does not matter how you express your anger i.e. inwards or outwards, both involve you expending energy. It is much better to channel this angry energy in a personally beneficial way such as:

- ♦ Physically exercising – this is a good time to pay attention to all those jobs around the garden and home/flat which you have been putting off for so long. A good rule of thumb is that the length of your physical activity should correspond to the intensity of your anger level.
- ♦ Learn and begin to use self-calming methods such as visualisation and controlled breathing.

Depression

The emotions underlying this stage need to come out in one way or another. The following methods can be of use here:

- ♦ Watch DVD's/films with a story-line similar to your situation and carefully identify how the main character resolves his/her joblessness - or similarly challenging - situation
- ♦ Watch all the comedies that you can
- ♦ Hang out with positive friends, you know, those who always have "Can do" and "Next time" and "You've now got a chance to do what you've always wanted to do" attitudes

Feeling depressed is normally accompanied by a total lack of will to do anything and the best way of handling this is to compile a daily "To do" list on which you list even the smallest activities.

Start your daily list with quick and easy tasks and cross them off as you finish them. This will give you a sense of achievement and increase your motivation to continue with the other activities on your list.

The rest of this e-book then discusses and gives practical guidelines on how to:

- ◆ Cushion your family, especially your children, from your being jobless
- ◆ Leave your current employer with dignity
- ◆ Establish a short-term financial foundation from which to launch your future
- ◆ Identify a more effective approach to changing your joblessness status
- ◆ Either replace your current job or, identify and initiate a career.

It ends off by giving two practical examples of individuals (one male and one female) who were retrenched and who used the measured approach to become even more successful and happy than they were before their retrenchment.

EXTRACT FROM "HOW TO BECOME SUCCESSFUL"

You will find that being successful means different things to different people.

Generally, we see people as being successful when we personally regard them as being materially better off than we are ourselves i.e. we compare ourselves with them to our detriment e.g. :

- ◆ They either have a lot more money than we do, or
- ◆ They hold a more senior position of one kind or another in a company, organisation or field, or
- ◆ They receive much more publicity than we do.

But what do successful people themselves say about success and how they've risen to the top?

We can summarise their input by saying that they concentrate on satisfying six basic needs by using seven common laws.

They do not concentrate on only satisfying one of the basic needs to the exclusion of the others!

These 6 basic needs are:

- ◆ The need to be healthy
- ◆ The need for healthy relationships with other people
- ◆ The need for peace of mind
- ◆ The need for goals
- ◆ The need for a sense of personal value
- ◆ The need for financial freedom.

A description of these basic needs are given and practical example are given of how they are met by successful people.

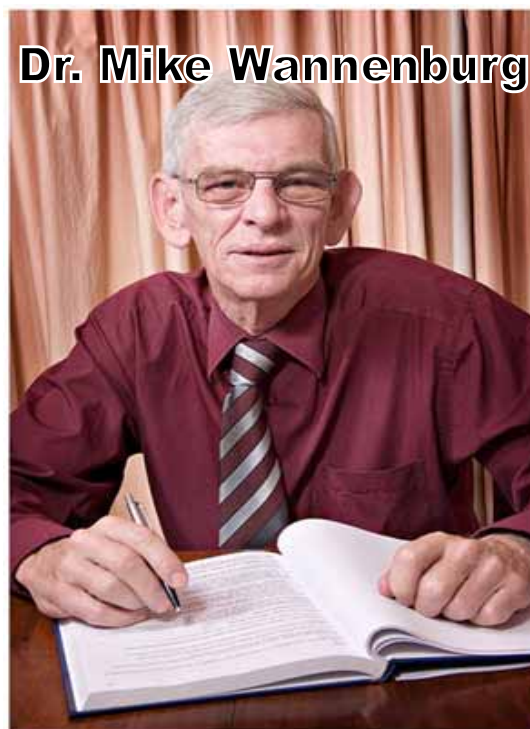
The 7 laws they use are:

- ◆ The Law of Internal Control
- ◆ The Law of Accident
- ◆ The Law of Reinforcement
- ◆ The Law of Cause and Effect
- ◆ The Law of Belief
- ◆ The Law of Attraction
- ◆ The Law of Expectation

which, taken together, form a specific way of looking at life and the events people are confronted with daily.

It can best be described as a Success Mindset and everyone researched had the exact same approach to the daily happenings in their personal and professional lives.

This e-book is laid out so that a very easy personal self-evaluation, after each described basic need and law, allows the reader to determine which of the identified attendant activities they are using and which not. As such it easily identifies those things which the reader needs to focus on so as to become more successful.



Dr. Mike Wannenburg

To purchase the complete "How to handle losing your job" or "How to become more successful" (R99.00 each) send an email to sales@lifestylemagazine.co.za with **EBOOKS** as your message title.

Air to Air Africa



The first time man defied the laws of gravity in a hot air balloon was in 1783. From this time on it has been one of the adventure activities on many peoples must do list. This simple form of flight has not changed much in all this time. Air to Air fly 3 commercial balloons. The traditional wicker baskets can carry 8 , 12 and 16 passengers. These baskets are weight related depending on the cubic capacity of their envelopes and for this reason booking well in advance is essential.



Balloons require stable air conditions and for this reason flights take place at sunrise. Passengers meet for tea and coffee 30 minutes before take off. Most of the flights take place from a private golf estate on the Crocodile River in the Kromdraai Conservancy also known as the Cradle of Humankind, approximately 35km from Jo'burg. As all the balloons are on trailers these can be moved to a destination of your choice for larger groups.

You don't need to be physically fit to stand for an hour while you float along at tree top height and you may get to pick a leaf from the top of a tree, or speak to passers by who have stopped to take a picture of you as you drift along in relative silence. That is until the pilot burns to maintain heat in the envelope and keep the balloon in flight. Tranquil and calming are the word that most describe the experience.

Balloons move with the wind and therefore where you land no one knows. Not even the Pilot can tell you prior to flight. Each flight is different and the ground crew's job is to find the balloon on landing. As tradition dictates the landing is celebrated with a glass of Champagne and /or orange juice. You are then whisked away in the retrieval vehicle and taken for a well deserved breakfast.



Air to Air Africa will then present you with a certificate to remember the day you defied the law of gravity.

Flights take place daily throughout the year, and is a wonderful gift to receive or a romantic way to celebrate that special event, be it a birthday, engagement and anniversary. For a corporate function or team building experience or even to launch a new product. Air to Air Africa can place your company's banner around the balloons.

For more information and prices on Air to Air Africa's Hot Air Balloon Flights, send an email with the subject AIR TO AIR AFRICA to tania@lifestylemagazine.co.za. Include your contact details and Air to Air Africa will contact you.



Healthy, versatile and delicious.

Westfalia's Premium Avocado Oils offer a tasty, fresh alternative to stir fries, salads, marinades, vegetables, seafood, meat dishes, pasta, roasts and even baking!

Westfalia's Avocado oil is beneficial to your health, as it is cholesterol free, contains omega 3, 6 & 9 essential fatty acids, is rich in Vitamin E and antioxidants. Avocado Oils also have a high heat tolerance which reduces the formation of unhealthy substances during cooking. The high heat tolerance also results in you using less oil when frying, sautéing and roasting.

Westfalia Avocado oils are Kosher and Halaal certified, and are approved as part of the Heart and Stroke Foundation eating plan.

Westfalia Premium Avocado Oil is 100% avocado oil extracted from selected avocados. No artificial ingredients are added to this natural product.

Westfalia Premium Avocado oils are available in Natural, Garlic, Lemon, Chilli, Mediterranean and Basil infusions at leading retailers nationwide.

Who is Westfalia?

Westfalia Fruit Products is the 'fruit' division of the Hans Merensky Foundation.

The Foundation is the largest avocado grower in South Africa and the Westfalia brand name is recognized as a leader in the avocado industry worldwide.

Westfalia Fruit Products

Westfalia Estate is situated on the foothills of the Drakensberg escarpment near Tzaneen in the Limpopo Province. This farm was home to Dr Hans Merensky and is the centre of Westfalia's agricultural operations.

What is Avocado Oil?

The Avocado Fruit is rich in mono-unsaturated fatty acids, and is known to have a high oil content.

Avocado Oil is extracted from the pulp of ripe avocado's. The skin and the pip are removed, and the flesh is placed into a centrifuge.

The flesh is 'spun furiously' and separates into water, oil and solids. The water is siphoned off in one direction, the oil in another direction, and the solids are processed to form compost which are used on our Organic Avocado Orchards.

Westfalia Avocado Oil is therefore 100% natural.

What are the uses of Avocado Oil?

Avocado Oils are extremely versatile and have many uses

Westfalia extracts crude Avocado Oil which is sold in large volumes to the cosmetic industry. Avocado Oil forms the basis of many beauty products, hand creams, nail and hair care products.

Westfalia also refines Avocado Oil for culinary use. Avocado oil has many health benefits and is growing in popularity amongst gourmet chefs and consumers alike.

What are the health benefits of Avocado?

Avocados contain: vitamins, A, B-complex, C, E, H, K, and folic acid, plus magnesium, copper, iron, calcium, potassium and many other trace elements.

Avocados provide all of the essential amino acids as well as Omega 3 and 6.

Avocados contain mono-unsaturated fats, which do not increase cholesterol.

Avocados are rich in potassium as well as copper.

The high vitamin E content in avocados is associated with a reduced risk of cardiovascular disease.

Additional benefits of Westfalia Avocado Oil:

One of the major benefits of Avocado Oil is the high smoke point of between 250 - 270°C (Olive Oil's smoke point is around 180°C).

The high smoke point makes Avocado Oil an ideal oil to use when cooking at high temperatures.

Oils change form and become less healthy after they have reached their smoke point. This is when unhealthy 'trans' fats are formed. As such, Avocado oil is one of the healthiest oils to use during cooking

Another benefit of Avocado Oil is that it has a very light consistency. As such you require less oil to coat your pan or food. This results in you using less oil.

Avocado Oil = The healthy alternative

Westfalia has introduced 6 different Avocado Oil Variants:

- Plain
- Garlic
- Chilli
- Lemon
- Basil
- Mediterranean

The range of Westfalia Avocado Oils are available in 250ml and 500ml pack sizes.

Westfalia Avocado Oil - PLAIN

The plain variant of Avocado Oil is very neutral in flavour. The taste of the oil may be described as slightly 'buttery' or 'nutty' in flavour.

Westfalia Avocado Oil Plain is ideal for use as:

A healthy alternative for all recipes requiring oil (sunflower, vegetable or olive oil)

Baking – muffins, cakes, desserts

Frying, sautéing and stir fries

Marinades

Salad dressings

Westfalia Avocado Oil - LEMON

This natural LEMON infusion, is undoubtedly the most popular! With a strong and vibrant lemon taste, Westfalia Avocado Oil Lemon is ideal for use:

When preparing fish & chicken dishes in particular

With prawns and other seafood dishes

In oriental stir fries

As a salad dressing

Marinades (Tenderises & flavours meat)

Westfalia Avocado Oil - GARLIC

This natural GARLIC infusion, is loved by all garlic lovers! Strong in flavour, but not overpowering, Westfalia Avocado Oil Garlic is ideal for use:

When sautéing onions and browning all forms of meat
For all meat roasts (your roast potatoes will be particularly yum!)

With chicken, fish, prawns and in stir fries

As a 'garlic lovers' salad dressing

Marinades (Tenderises & flavours meat)

Westfalia Avocado Oil - CHILLI

This natural CHILLI infusion, is mild but has a distinct 'bite'! Despite being a slow selling, this variant is normally one of the most popular variants after tasting.

Westfalia Avocado Oil Chilli is ideal for use:

Sautéing onions and browning meat for spicy dishes

Chilli Con Carne, spicy soups, meats and curries

With chicken, fish, prawns and in stir fries

Marinades

Westfalia Avocado Oil - BASIL

This natural BASIL infusion, is a new addition to our range!

Westfalia Avocado Oil Basil is ideal for:

Pasta dishes

Salad dressings – esp. Capri' Salads

Fresh and cold meat dishes

Marinades

Westfalia Avocado Oil - MEDITERRANEAN

This natural MEDITERRANEAN infusion, is a new addition to our range! Westfalia Avocado Oil Mediterranean contains a medley of mixed herbs, and is ideal for:

Roasts – particularly good with Lamb

Preparation of meat dishes,

Salad dressings

Marinades – try this with your next braai!

Westfalia Recipe Books are available depicting a variety of recipes that have been compiled by various Food Editors.

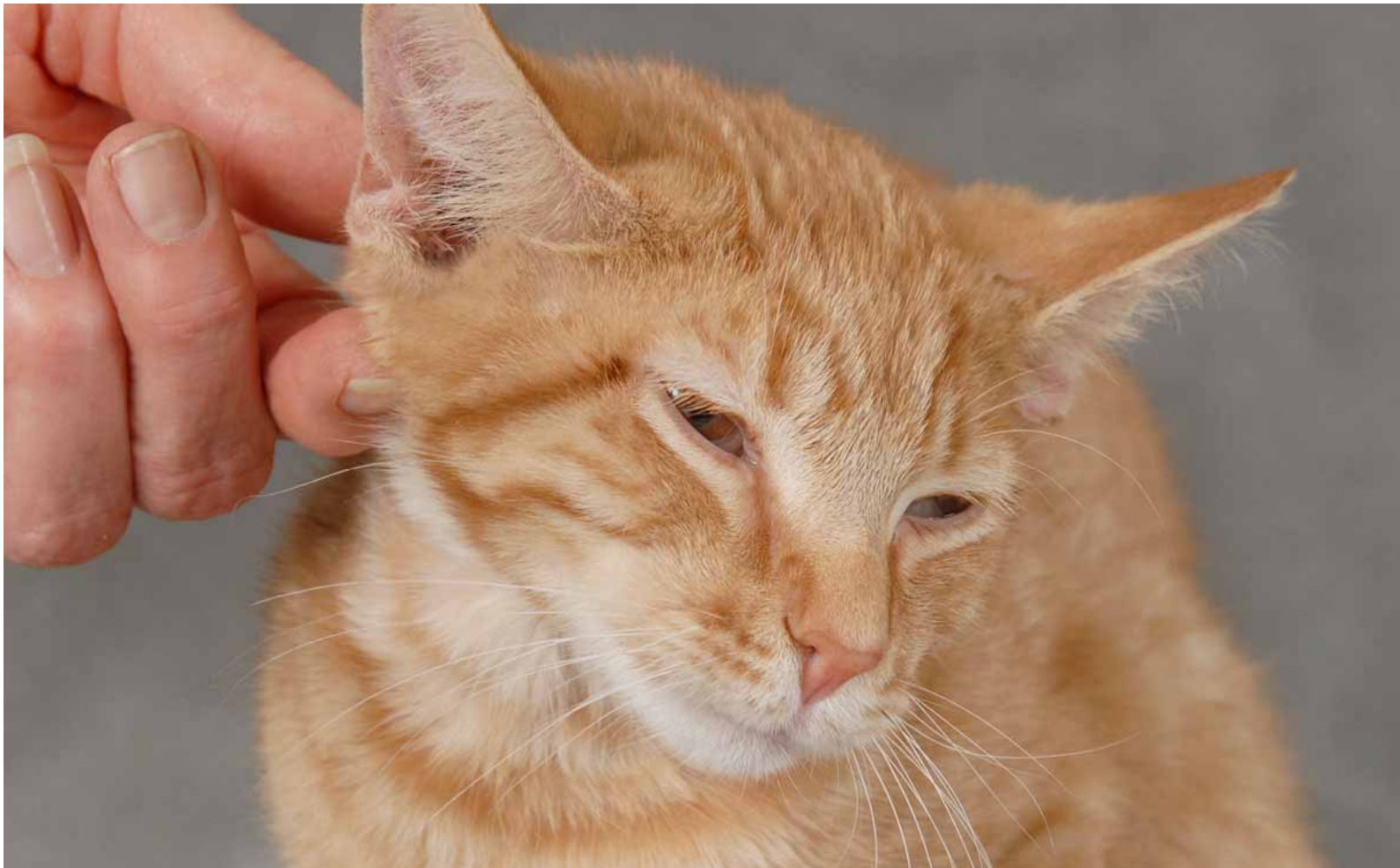
The recipe books give a visual overview of the versatility and diverse uses of Avocado Oil

Westfalia Avocado Oils are endorsed by the Heart Foundation and are certified Halaal and Kosher

In our super-stressed world it's good to know there are still product innovations with natural ingredients that offer a healthy alternative.

www.westfalia.co.za

011 450 1230



Therapy Animals Prove “Man’s Best Friend” holds healing power

ARA

When Sunny, a 3-year-old golden retriever, began working for San Diego Unified School District last spring, one of her first students was a fourth-grader with cerebral palsy, mobile only with the aid of a walker.

Adaptive physical education teacher Andrea Bazer says that as soon as this young student met Sunny, she was eager to take Sunny for a walk -- first with the help of her walker, then with Bazer helping, and finally without any assistance. This transformation took several months, but once the student knew she could walk Sunny without the walker, she realized she didn't need a walker at all.

"She walks all over school now," says Bazer, who has worked as an adaptive physical education teacher for the district for six years. "It's amazing to see. Sunny gets the kids to do many things that they won't do for me. When they're working with Sunny, they forget they can't do things."

Therapy animals like Sunny are highly trained and play very active roles in the educational or therapy program they're involved in. Sunny helps by playing fetch and other interactive games with the students. Children in therapy with horses benefit through interacting with the animals and riding them. A client must be confident to lead and/or train a therapy animal, and this provides an opportunity for growth.

Today, animals help out in educational and health care settings so often that the wide array of roles they play can be a bit confusing. For example, within the ranks of assistance animals, there are therapy dogs like Sunny and also visiting animals, which visit the sick in hospitals or nursing homes, providing a warm, soft head to pat.

Bazer works with about 45 preschool to sixth grade children with disabilities at five schools, and she said that Sunny is an asset in her class. Sunny recently helped Bazer achieve a breakthrough with a preschool-aged child who was refusing to open up when faced with a stranger - Bazer. "The child's first word during the assessment was 'dog,' as soon as he saw Sunny," Bazer explains.

Sunny is a hard worker as well; she works 40 hours a week at schools, and then Bazer regularly takes her to the Naval Medical Center in San Diego to give a psychological boost to wounded soldiers receiving treatment.

Dr. Hayden Sears, vice chairman of the American Veterinary Medical Association's (AVMA) Committee on Human-Animal Bond says the impact animals can have on hospital and nursing home patients, people with disabilities, children and the elderly in therapy situations is remarkable to witness. Dr. Sears worked with therapy animals prior to becoming a veterinarian.

"I have also done a lot with horses and people," Dr. Sears explains. "People with multiple sclerosis, people with broken backs, all the way down to children with cerebral palsy, really benefit from working with a therapy horse."

Dr. Sears says that while most people associate therapy animals with a psychological boost for patients, the impact can also be very physical. For example, horseback riding is known to stimulate the nervous system and offer strengthening and mobility therapy for the disabled. Research consistently shows that therapy animals are helpful with multiple conditions, including heart disease, substance abuse, schizophrenia and dementia.

The active ingredient in animal therapy is a little-understood concept called the human-animal bond. The AVMA has officially recognized the existence of the human-animal bond since 1982. And the AVMA states that this bond has existed for thousands of years. "Interactions with animals can provide emotional and physical health benefits for diverse human populations, including the elderly, children, physically disabled, deaf, blind, emotionally or physically ill, and the incarcerated," AVMA policy states.

Therapy animals have a long history, as well. Florence Nightingale recommended the use of a small pet to provide companionship to the sick, and ancient Greeks believed dogs had healing powers.

While most therapy animals are dogs and cats, therapists have found success using chickens and even small ruminants like goats.

"There have been therapy programs that have worked with cattle," says Carol Davis, executive director of Paws'itive Teams, a California organization that trains both therapy and service animals. Paws'itive Teams is the organization that trained Sunny.

Davis says that over the past decade she's seen the demand for her animals increase and more diversity in the work these animals are asked to do. Today, therapy animals trained by Paws'itive Teams work with foster children during evaluation sessions and with children who have been victimized.

"We have one dog that works at a county courthouse with children who have been abused and will have to testify against their abuser," Davis says. "In some cases, the judge will allow the children to take the dog with them onto the stand for support."

The AVMA policy on therapy animals suggests that the relationship between therapy animals and their human clients must be mutually beneficial, explains Dr. Emily Patterson-Kane of the AVMA Animal Welfare Division.

"People experience great benefits from living or working with therapy animals, and we must make sure that the animals benefit from working with us," Patterson-Kane says. "The real power of the human-animal bond is that people and animals can make each others' lives richer and more meaningful."

- end





Surprising Secrets of Sea Salt

Does the word "sea" invoke romantic images of voyages to distant, foreign lands? If so, it's probably no surprise that Americans' renewed fascination with the glamour of exotic cuisine has vastly expanded the market for sea salt.

Strange names, such as Kala Namak, Fleur de Sel, Alaea, Salish, Black Lava, and Murray River are becoming more familiar to us as a growing number of sea salts become available. These interesting, colorful and tasty variations of the salt eaten every day can be used for dry rubbing on meats and poultry before roasting, scattering a smidgen during pan sauteing or even sprinkling as a finishing touch just prior to plate presentation.

Sea salts are "de rigueur" and can instantly connect a humdrum dish to Hawaii's Bonzai Pipeline, the windswept coast of Brittany, the mythic island of Cypress or Australia's famed Murray River Delta.

Because of the many varieties, there is no formal definition or any international standard for sea salt. Some insist that sea salts can only be the solar-dried product of fresh sea water, while others declare that all salt deposits, including those found deep under ground, are sea salt since they originally derived from ancient seas eons ago.

Consequently, sea salts around the world vary in color, texture, taste and purity. Sodium chloride is

the molecule in all salt that is responsible for its typical taste and can occur in levels from 60 percent to 99.9 percent depending upon the variety of sea salt. Impurities in sea salt are generally other minerals typically found in the sea and mud of the harvest area. It is these impurities that impart unique flavors to sea salts.

There has been a great deal of talk regarding the nutritional value of these other minerals, but there have been no reliable clinical studies published to support their supposed benefit. In fact, there is one serious problem associated with sea salt. Many people are misled to believe that sea salt naturally contains sufficient iodine to replace the iodine found in iodized salt. Without exception, this is not the case. Iodine is critical for cognitive development in children and parents must understand that sea salt does not provide sufficient iodine for this purpose.

While there is no international standard for sea salt, there is a standard for Food Grade salt. It is the Codex Alimentarius standard agreed upon by all countries. The critical part of this standard is that Food Grade salt, regardless of where it comes from, be it sea salt, rock salt or evaporated table salt, must contain a minimum of 97 percent sodium chloride. This means that anyone who uses Food Grade sea salt in their recipes will have approximately the same sodium content as if they had used the normal evaporated table salt. There may be slight differences, but because Food Grade

salt must have a minimum of 97 percent sodium chloride, these differences are insignificant.

Because it is the sodium chloride that is responsible for the typical salty taste we love, it is impossible to lower the level of salt without affecting the taste, unless you add complex additives to artificially amplify your taste perception or to mask the bitterness of some mineral replacers. The jury is still out on whether the reduced salt formulations of foods, which employ a cocktail of complex

synthetic chemicals to replace traditional salt, are of any real health benefit.

Whether those sparking crystals are white, black or any color in between, whether they are fine or coarse and whether they come from ancient seas caught in the grip of geological time or from refreshing seas of far-off destinations, enjoy your salt, one of nature's essential nutrients. To learn more about sea salt, visit www.salthealth.org.

- end



contribute to these broader health problems. However, further research is needed to better understand the connection between oral and systemic health - as a cause-and-effect relationship has yet to be established.

With more than 75 percent of Americans older than 35 afflicted with some form of gum disease there is no better time than now to take action and improve your oral health. New research suggests that adding an antimicrobial mouthrinse to your oral care routine is a good place to start.

Findings from a two-week study conducted at the University of Medicine and Dentistry of New Jersey showed that rinsing with Listerine Antiseptic twice a day, as directed, can significantly reduce the amount of bacteria that may travel from the mouth to the bloodstream in people with mild to moderate gum disease.

New York-based dentist Dr. Gregg Lituchy advises "a healthy mouth starts with a complete oral care regimen that includes brushing, flossing and rinsing twice a day, every day with Reach and Listerine Antiseptic products."

The makers of Listerine Antiseptic bring the potential link between the health of your mouth and the health of your body to life through a first-of-its-kind educational video that presents a look inside the body to illustrate what may happen when bacteria travels from the mouth to the bloodstream in people with advanced gum disease. To view this video and learn more about the mouth-body connection visit www.listerine.com/health.

Is there a link between mouth health and overall well-being?

Did you know there are more bacteria in one person's mouth than there are people on earth? For people with severe gum disease, new science suggests that these bacteria may be linked to other serious health issues such as diabetes, heart disease or pneumonia.

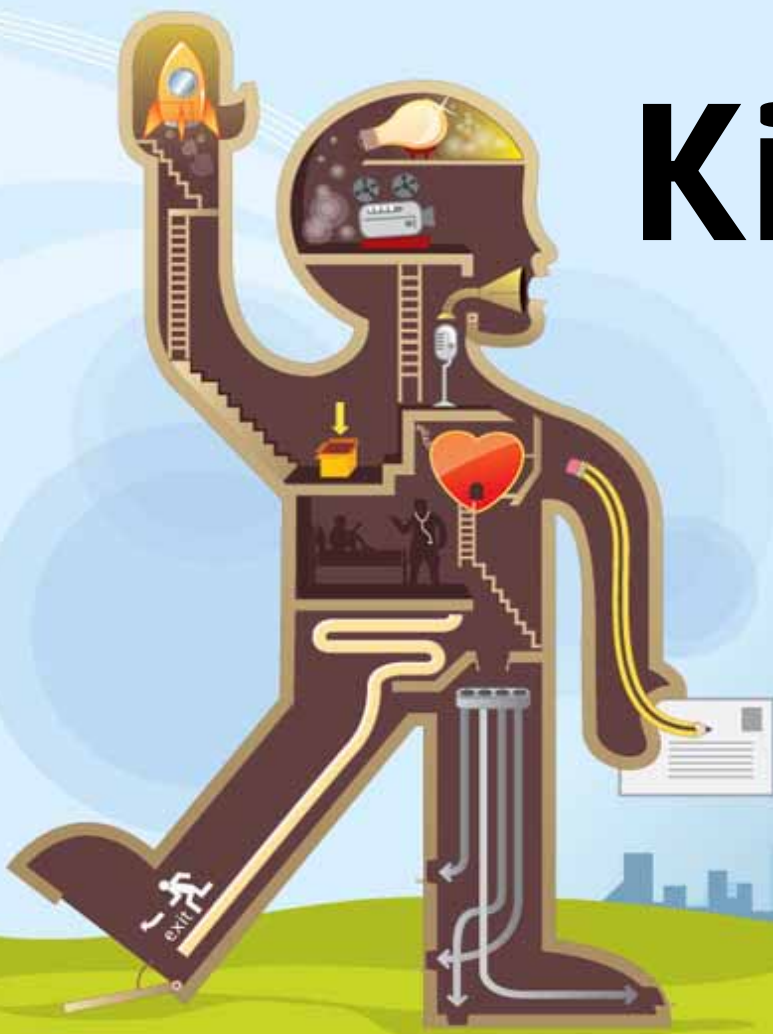
In fact, a recent study presented at the 87th International Association for Dental Research General Session and Exhibition found that heart attack victims had higher numbers of bacteria in their mouths.

One theory regarding the connection between the health of your mouth and your body says that plaque and gingivitis germs can travel from your mouth to your bloodstream and ultimately

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Kitta-Kind

Hoofstuk 3 .



“Kom Dina, jong, ons is laat! Jy weet juffrou Nel het juis vanoggend gekerm dat die saalprefekte vroeër as gewoonlik moet aanmeld.”

Kitta is altyd die sloerkous, maar vanaand is dit nie haar skuld as hulle gaan laatkom nie. Hulle moet nog eers die stoele in die saal regpak, en sorg dat die galery en dei kantdeure gesluit is sodat die kinders nie sonder kaartjie sinlsuip nie, die snoepie tafel moet nog uitgestal word en dan moet hulle half sewe by die deure wees om kaartjies te skeur en plekker aan te wys.

Dis nogal lekker om in die middelgraad te wees. Jaaa... mens is nog nie 'n senior nie en jy's te groot vir die juniors, jy's te dom om 'n stem te kry op vergaderings, maar die gaafste deel is, jy kan al die skoolaktiwiteite saam met die seniors en die juniors bywoon! Jy kan gratis al die vertonings in die skoolsaal sien en boonop mag jy na die vertonings die sangers en kunstenaars se handtekeninge gaan vra in die kleedkamers. Kitta het 'n boekie vol wonderlike herinneringe. Die dag en datum is op elke bladsy bygeskryf.

“Dina-a-a-a, hoekom is jy so stadig vanaand? Ek wag mos nooit vir jou nie.”

Kitta merk haar vriendin se warboel klere opgebondel op haar bed. Haar spieëlkassie lê gesaai van die grimering, rome en allerhande

potjies en buisies. Haar skooltas is nog onoopgemaak. As jy haar vra, was Dina die hele middag nie eers in haar kamer nie. Sy het wraggies dorp toe ge'slip' en nou-net eers teruggkom! Kitta hoop niemand het Dina sien terug 'slip' nie, en sy hoop die prefekte besluit nie om vanaand inspeksie te hou terwyl die kinders wat nie skool toe gaan nie, in die studiesaal is nie.

“Ek sal jou jou nog vertel, gee my skoene aan. Ek het vanmiddag saam met Jeanette en Hilda uitgeslip.”

Kitta sluk amper haar kleintongetjie in. Hoe kan Dina met daardie meisies vriende wees? Almal weet dat Jeanette en Hilda en 'n paar ander meisies wat sy nie ken nie, op Vrydagaande, hand-aan-hand, nog steeds in hulle skoolklere, met die dorp se grootste lummels, in die donker vryplekke rondhang. En almal wonder of die meisies drank gebruik en dalk nog rondvrotel met die mans. Dina se gedagtes is besig om weg te dryf na die middag se heerlike uitstappie, maar Kitta wil sommer net loop.

“Kry jou eie skoene, ek sal by die saal vir jou wag!”

In die deur kyk Kitta om toe Dina weer opgewonde begin babbel.

“Ons het daar by die rivier gaan piekniek hou. Daar was hierdie ongelooflike aantreklike ou, jy moet hom sien! Hy’s ‘n boekhouer wat hierdie maand daar by Jeanette se Pa begin werk het. Hy’s vier-en-twintig, maar ek belowe jou, hy’s ‘n ware heer. Die ander meisies het saam met hulle ouens in die karre gaan kuier, maar hy... Hy het net een keer so sensueel oor sy lippe gelek toe hy my vashou, maar ek het net my kop geskud. Ons het die hele middag net langs die rivier af geloop en gesels. Hy het die sagste, warmste hande! Hy is nie soos ander mans nie, hy soek nie net een ding by ‘n meisie nie, ek weet dit klaar. Ons het ‘n ‘date’ vir die naweek om inry toe te gaan, maar jy mag my nie split nie. Gelukkig is Juffrou Botha kongres toe, en die ander jufrouens wat koshuisdiens doen, sal ons nie uitvang nie.”

Kitta wonder stil hoeveel keer Dina nou al saam met daardie wilde meisies in die nag uit die koshuis uitgeslip het. Sy wonder oor reg en verkeerd. Sy wonder oor goeters soos gewetes en oor opvoeding en sy wonder oor hierdie ontluikende vrou wat so opgewonde is dat sy bereid is om haar skoolwerk agterweë te laat. Dina, van alle mense, wat nie tevrede is met enige punte laer as A’s nie.

Die agterste rye, onder die galery, in die saal word altyd gedeps deur die seniors in die skool. Die seniors wat ‘dates’ het. Daar is nie wafferse klank nie, en mens sien niks op die verhoog van daar heel agter af nie, maar hulle gee nie om nie, dis ‘n heerlike donker kuierhoekie. ‘n Kaartjie se prys is goedkoop as jy dit vergelyk om die heelaand snoesig omarm te sit en dalk nog ‘n soentjie of twee te kan steel, as die onderwysers nie kyk nie.

Kitta wys vanaand net plekke aan vir die grootmense, sy is nie lus vir die skoolkinders nie. Sy kies die burgemeesterspaar, haar gunsteling onderwyser en sy gesin, die gryskop oom met die swart aandpak en ‘n tantine-strikdassie, en al die enkelopende deftige dames van die dorp met hulle blink oorbelle en goue klingelarmbande. En te veel ‘make-up.’

Sy het uit die hoek van haar oog gesien toe Rudi en Lenoire inkom. Hulle sit ook agter in die skemerte onder die galery. Sy maak verskoning om kamma toilet toe te gaan en loop toe agter om die saal en gaan sit bo-op die galery. Vanaand kan dit haar min skeel of hulle agterkom dat sy nie op haar pos is nie, sy sal net sorg dat sy na die tyd weer help om op te ruim.

Kitta het inasemtyd en dinktyd nodig.

Sy haat dit om ‘n koshuisbrak te wees! Sy wens sy kan met haar Ma praat. As sy in die dag huis toe bel, is daar nooit antwoord nie. Sy weet hulle is besig om iewers op die plaas hard te werk in die brandende son, maar op daardie oomblik voel mens of hulle nooit vir jou daar is nie.

Sy het haar Ma nou nodiger as ooit, want sy wil weet wat om met hierdie warboel gedagtes te maak wat haar lewe so skielik kom ombodder het. Dit gaan ‘n la-a-a-ng naweek vir haar wees. Sy sal haarself moet regruk en konsentreer op haar skoolwerk, sy het juis nie so goed gedoen in die eerste toetsreeks nie, Sy het nie gedink hierdie jaar gaan so moeilik wees nie. Sy gaan vra nie eers Tobie Cronje en Laurika Rauch se handtekening nie.

Kitta praat vir die week aspris nie met Dina nie, sy is te bang vir wat sy haar gaan vertel oor die inry-toe-ganery. Sy wil nie weet van mooi mans en die heerlike lewe na skool nie. Sy het gehoor dat daar ‘n klompie meisies kantoor toe geroep is oor die interkom, en so in die verbyloop het sy gehoor hoe Dina vir iemand sê, sy verstaan nie waaroor die bohaai gaan nie, hulle het net kafee toe gegaan om koeldrank te koop vir die middernagpartytjie.

Kafee se voet !



Do your bit to Help save the Planet

By installing a

Power Saving Showerhead!

What are the savings to Planet and Pocket, through installing an Oxygenics® eco-Showerhead in your home?

If you are currently using a showerhead that is like the Niagara Falls, then you can make a huge difference to both your pocket and the planet for minimal effort.

A family of four, each showering once a day for 6 minutes, will save the following:

- R4000 at current electricity and water rates
- Over 2 megaWatt hours of electricity, enough to power the average South African home for 6 months
- 90 000 litres of water, enough to fill 3 swimming pools, which is also 90 000 litres that is not going to our already overflowing water treatment plants
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The magic of Oxygenics:

Oxygenics® water and Power saving showerheads incorporate a unique combination of patented technology and materials resulting in exceptional performance and stylish, cost-saving designs.

After two decades of research and development, Oxygenics® was voted among the top 100 building products in the USA in 2007. Oxygenics® exceeds all relevant North American test and materials specifications.

The financial and environmental benefits of fitting an Oxygenics® showerhead are dramatic...

Invigorating performance – Oxygenics® showerheads use unique, patented technology based on the Venturi effect giving a result that cannot be matched by other showerheads. A superb and invigorating shower experience, whilst using less water and power

Maintenance free – the single orifice design of Oxygenics® showerheads, coupled with internal components made of non-stick Delrin® (Teflon-like material, patented by du Pont) mean that mineral deposits and hard water will never again be a problem

Healthgiving – Oxygenics® showerheads are designed to help rejuvenate the skin, by boosting oxygen levels and preventing breakdown of collagen and elastin

Stylish – The variety of beautiful Oxygenics® finishes and superb craftsmanship are a testament to the technology that lies within.

Cost Saving – Oxygenics® showerheads are better than free. Not only will you have the best possible shower experience, but you can easily save R 2 000 - R3 000 or more per year on your water and power bills

Reassuring – Your showerhead is covered by a lifetime warranty against clogging or manufacturers defects. Click here for details of warranty

Residential and Commercial – there is an Oxygenics® showerhead for every application. A great range of styles and finishes to complement any bathroom

Wide Range of Water Pressures – The entire Oxygenics® range operates under a wide pressure range.

Oxygenics® Wall Mounted eco-Showerheads"

All Oxygenics® showerheads incorporate patented technology to provide a superb, oxygenated shower experience at flow rates below 9.5 litres per minute, saving water and power. All exceed ANSI (American National Standards Institute) requirements for water-efficient showerheads.



ValueSmart Showerhead R87
Excellent performance at standard pressures
Smart chrome and black finish. Black ABS base
9.5 LPM max at 550 Kpa. 7.5 LPM at 250kPa



Smart Showerhead R175
Excellent performance at standard pressures
Delrin core – no clogging. Elegant chrome finish
Chromed ABS base
9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



SkinCare Showerhead (without comfort control) R345
Excellent performance at standard pressures. Delrin core – no clogging. Elegant chrome finish. Chromed brass base. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



SkinCare Showerhead (with comfort control) R345
Excellent performance at standard pressures. Delrin core – no clogging. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



Elite Skin Care Showerhead (plus comfort control) **R495**

Excellent performance at standard pressures. Delrin core – no clogging. Comfort control lever. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



Five Star Resort Showerhead with Comfort Control **R595**

Excellent performance at standard pressures. Delrin core – no clogging. Comfort control lever. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



IntelliShower Dual-Function Wall Mount Showerhead **R595**

Excellent performance at standard pressures. Delrin cores – no clogging. Adjustable spray, core jet, or broad and gentle rainspray. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



TriSpa Multi-function Wall Mount Showerhead **R645**

Excellent performance at standard pressures. Delrin core – no clogging. Adjustable spray, core jet, multi-jet massage or focussed jets. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



Storm eco RainShower **R645**

Excellent performance at standard pressures. Delrin core – no clogging. Adjustable spray, core jet, multi-jet massage or focussed jets. Elegant chrome finish. 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



BodySpa Skincare Kit, Including Wand, 1.5m Hose, Holder and Flow Control Valve **R645**

Excellent performance at standard pressures. Delrin core – no clogging. Complete with fitting for installation on a standard shower arm. Enjoy the benefit of both a fixed and handheld shower in one Elegant chrome finish 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



Evolution Multi-function Handheld Showerhead including Wand, 1.5m Hose, and Holder **R795**

Excellent performance at standard pressures. Delrin core – no clogging. Complete with fitting for installation on a standard shower arm. Enjoy the benefit of both a fixed and handheld shower in one. Adjustable 4 pattern spray, double core jet, flood massage, focused jet and needle jet Rotating head for increased coverage Elegant chrome finish 9.5 LPM max at 550 kPa. 7.5 LPM at 250kPa



'Value' Eco-Showerhead for low pressure and gravity-fed systems **R110**

Excellent performance at low pressures from 0.7 to 1.5 bar. Dual function – needle-jet or massage pulsator spray. Elegant white finish. 9.5 LPM max at 150 kPa



'Value' Eco-Showerhead for low pressure and gravity-fed systems **R125**

Excellent performance at low pressures from 0.7 to 1.5 bar. Dual function – needle-jet or massage pulsator spray. Elegant chrome finish. 9.5 LPM max at 150 kPa



Hulle sê dat sommige mense met die maan gepla is, ek is vir baie jare met die son se energie gepla. Ek is 100% oortuig dat ons hopeloos te min van die son gebruikmaak. In ons huis gebruik ons deesdae nie meer vir Eskom vir beligting in die nag nie, maar maak gebruik van sonpanele wat solar batterye laai en die batterye verskaf dan krag aan Glimdiodes (LED's) wat lig verskaf. Omdat ek so klein bietjie van elektronika af weet, maak ek gebruik van die "ogies" wat by huis alarms gebruik word wat die glimdiodes aanskakel, sodra 'n ou in die vertrek in beweeg.

VERSKILLENDE SONGEISERS:

Ek dink 'n ou kan amper 'n boek skryf oor songeisers, want daar is 'n baie groot verskeidenheid op die mark beskikbaar. Daar is hoëdruk en laedruk, verder is daar direkte en indirekte stelsels en daar is die met vakuumbuise en ander wat op nog 'n verskeidenheid maniere van die son se energie gebruikmaak.

MY SONGEISER:

Ek het baie gesoek vir 'n goeie, maar bekostigbare songeiser en ek het dit gekry en gedurende die vakansie een aangeskaf en sommer self geïnstalleer. Dis 'n laedruk geiser, 150 liter en die koste R3895. Dit sluit die BTW in, maar sluit nie 'n element, termostaat en ander benodigdhede in nie. Die nodige kleppe, pype en ander benodigdhede het in my geval ongeveer R1000 beloop. Toe ek die geiser gekry het, het ek iemand gevra om my net te help om die ding op die dak te kry. Terloops, ons huis het 'n platdak. Die res van die instalasie het ek man alleen gedoen, geen ander hulp nie. Van loodgieters werk weet ek bitter min, maar daar is deesdae soveel soorte pype en pyplasse beskikbaar, dat 'n ou nie 5 jaar opleiding nodig het om met pype te kan werk nie. Gelukkig het die Liewe Here my nie met tien duime geskape nie.

Ek het die geiser ontvang en dit op so 'n lekker reënerige dag. Ek het die geiser so in die reën op die dak staangemaak, dit het darem net baie saggies gereën, dus kon ek dit doen. Ek het dit vol water gemaak, maar verder niks gedoen nie. Die volgende dag was dit 'n sonskyndag en ek kon rustig die installasie doen. Ongelukkig het ek meer as die helfte van die dag gesukkel met 'n klep wat ek gekoop het net om later te moes uitvind dat dit foutief was. Ek moet beklemtoon dat die klep nie deel is van die geiser nie, maar moet daarmee saam geënstalleer word. Indien ek nie so met die stukkende ding gesukkel het nie, sou ek op daardie dag baie beter kon vorder.

Omdat die tyd my ingehaal het, het ek tydelike pype na ons badkamer aangelê, want ek en die res van die gesin was baie nuuskierig of die ding sou werk. Waar die tydelike pype met die uitlaat van die geiser moes koppel, het ek sommer tydelik 'n plastiese kraan aangebring. Na donker het ons dogter, Risa, besluit dat sy gaan bad. Ek en vroujie is saam badkamer toe, sodat ons kon voel of die water darem warm is. Die kraan by die bad in oopgedraai en koue water het uitgekom. Dis egter gewoonlik so, want die koue water wat in die pype is moet mos eers uitkom. Toe het die water lou begin raak en toe redelike warm en toe so warm dat 'n ou nie jou hand onder die water kon hou nie. Skielik het die water in 'n dunner straal verander, en al dunner en dunner geword en toe ophou loop. Ek kon dit nie verstaan nie, want die geiser hou 150 liter water en daar was nog nie so baie water in die bad nie. Omdat dit donker was, was ek nie lus om op die dak te klim en fout te soek nie. Die volgende oggend redelik vroeg was ek op die dak. Het jy al gesien sommige ouens wat rook se sigaret hang met so 'n 45 grade uit sy/haar mond. Toe ek na die kraan kyk het dit ook met 45 grade van die pyp waaraan dit vas was, gehang. Daardie kraan het gesmelt en die water wat in die bad moes beland, het die dak warm gemaak. Dit het my oortuig dat ek reg gekoop het.

Die Sondag na tweede Kersdag, so ongeveer om drie namiddag lê ek op die bed en ontspan. Dit is 'n wolkelose dag. Dis baie stil, want min voertuie ry verby die huis. Daar is nie 'n radio of TV in die kamer wat lawaai maak nie. Later hoor ek 'n geluid waaraan ek nie gewoon is nie. Kyk, elke huis het mos maar geluide wat eie is aan so 'n huis. En ons is mos maar almal gewoon aan ons huis se geluide of geraas. Ek begin wonder wat ek hoor. Loop uit die kamer en in sommige vertrekke hoor ek die vreemde geluid en in ander vertrekke nie. Omdat ek nie enige oplossing in die huis kan kry nie, loop ek na buite. Die eerste waarna ek kyk is die geiser om vas te stel of iets nie daar foutief is nie. Toe ek opkyk, sien ek die oorsaak van die geluid, want stoombolle kom by die veiligheidsyp uit. Die geiser se water is besig om te kook. Toe is ek vir die tweede keer oortuig dat ek reg gekoop het.

RUGSTEUNING:

Jy sal moontlik wil weet wat gaan gebeur as die son nie skyn nie en soos die oumense gesê het ons 'n geelperskereën het. Dan, my vriend, moet jy maar gebruikmaak van onse vriende Eskom. Die geiser het 'n opening waar 'n gewone elektriese element ingeskroef kan word en in die element is mos 'n plek waar jy die termostaat kan indruk. Indien jy dit doen, dan het jy twee opsies: [1] Jy kan 'n kontrole koop wat self die element sal aanskakel, afhange van hoe dit gestel is OF [2] Jy kan sommer self by jou skakelbord die krag na die geiser aanskakel as jy dink die wter gaan nie warm genoeg wees nie. Ek hou van laasgenoemde, want dan is ek in beheer. Met die ander opsie besluit die kontrole namens jou.

Ek het 'n paar opmerkings om te maak:

1] JY MOET AANPAS: Laat ek dit baie duidelik stel, dat as jy van die son se energie afhanklik is om die water in jou huis te verwarm, MOET jy bereid wees om aan te pas. As jy ten duurste vir Eskom te wil betaal, dan kan jy sommer net knoppies druk en dinge werk. Indien jy egter van die son afhanklik is, dan moet jy bereid wees om sommige dae in kokende watre te stort of te bad en op ander dae mag die water bietjie kouer wees. Indien jy in die aand sou bad of stort, dan moet jy besef dat jy bietjie suinig met die warm water moet wees, omdat dit eers weer die volgende dag verwarm gaan word. Gelukkig is die mens baie aanpasbaar en 'n ou leer baie gou wat om te doen.

2] PYPE: Indien jy, soos ek, van 'n laedruk geiser gebruik maak, kan jy alles vergeet wat jy in hierdie geselsbrief gelees het, maar hierdie wenk moet jy onthou. Moenie en ek herhaal - moenie van dunner pype as 20 mm gebruik maak nie. Onthou dat met 'n laedruk geiser is jy afhanklik van swaartekrag vir die watertoevoer en hoe dikker die pype is, hoe makliker gaan die water beweeg. Spandeer gerus die ekstra paar rand en kry beter vloei.

3] TOEVOER VANAF STADSRAAD: Daar is twee maniere om die water vanaf die stadsraad in die geiser te kry. Die een is om gebruik te maak van die ou bekende "Latco valve" en die tweede is dieselfde as wat in jou toiletbak gebeur. Die Engelse noem dit 'n "Toilet sistern". Ek het eers die Latco probeer, maar het later besef dat dit nie lekker werk nie. Die ding werk as volg: 'n Latco-klep se drukking kan verstel word en met hierdie verstelling kan jy beheer hoeveel water in die geiser moet invloei. Ek het dit probeer, maar ek sal dit nie aanbeveel nie (miskien is ek bietjie dom), maar by ons wou dit nie werk nie. Die ander opsie werk beter. Toe ons geiser afgelewer is, was daar so 'n "toilet system" beskikbaar, maar omdat ek die Latco wou probeer, het ek dit nie gekoop nie.

Omdat dit vakansie was, moes ek maar noodgedwonge my eie maak. Omdat ons huis baie breë "fasieborde" het kon ek my kontrêpsie lekker wegsteek en is dit nie van die pad af sigbaar nie, anders sou dit onooglik wees. Al wat ek gedoen het, was om 'n plastiese kan te neem, 'n "balklep", soos die in die toiletbak, aan die binnekant van die kan aan te bring en die nodige in- en uitlaatpype vas te maak en siedaar, dit werk 100%.

4] STORT EN WASMASJIE: Toe ek iewers in die verlede gehoor het van 'n laedruk songeiser was my eerste bekommernis, dat die stort nie lekker sou werk nie, want ek was bang dat die drukking van die koue water die warm water in die geiser sou terugforsaer, dis nie so nie. Die stort werk baie lekker. My tweede bekommernis was ons wasmasjien. Ek was nie seker of die lae druk genoeg warm water sou inlaat nie. Dit is ook nie 'n probleem nie. Alles werk 100%.

5] WAT EK NOG WIL DOEN: Ek het nie ons bestaande geiser verwyder nie. Ek het bloot die watertoevoer na hom gestaak. Ek dink dat deel van die geheim van 'n songeiser is dat jy soveel as moontlik warm water moet kan stoor. My plan is dus om iewers in die nabye toekoms die ou geiser en die songeiser te koppel met 'n sonpomp wat die water tussen die twee gaan sikuleer. Dit gaan beteken dat as die son skyn, dan gaan ons meer as 300 liter warm water hê. Indien die son dan nie vir 'n dag lekker skyn nie, gaan ons nog gestoorde warm water hê.

6] STEL JY BELANG: Indien jy in dieselfde geiser belangstel as wat ek aangeskaf het, kan jy dit deur my aankoop en die pryse is as volg: 100 Liter - R2595. 150 Liter - R3895. 200 Liter - R5695. Dit word aanbeveel dat vir elke persoon in die huis jy ongeveer 50 liter warm water per dag benodig. Die geiser word gratis afgelewer tot 100 kilometer vanaf Pretoria. Die prys sluit net die geiser, met die vakuumpype, staander en BTW in. Die ander items soos hierbo genoem moet ekstra aangekoop word. Die kontrole se prys beloop R595. 'n Termostaat en element kan jy by jou plaaslike handelaar aankoop. Die gedoente wat soos 'n toilet werk se koste beloop R295. Jy sal self moet installeer of iemand kry om dit vir jou te doen.

Kontak gerus vir Danie by d@nie.co.za vir enige verdere Songeiser inligting.





SONOOND - Laat die son jou kos gaarmaak!

Ingestuur deur Danie van Eg-Afrikaans

Die sonoond bestaan uit 'n swart houër wat van plastiek gemaak is. Baie stewig. Binne is dit uitgevoer met dun blink plate en dit het 'n deurskynende plastiese deksel.

Die moets en die moenie's:

- Jy moet geduldig wees.
- Jy mag nie loer as die kookproses aan die gang is nie.
- Jy gebruik 'n swart pot.
- Dis logies dat dit die maksimum sonlig moet kry.

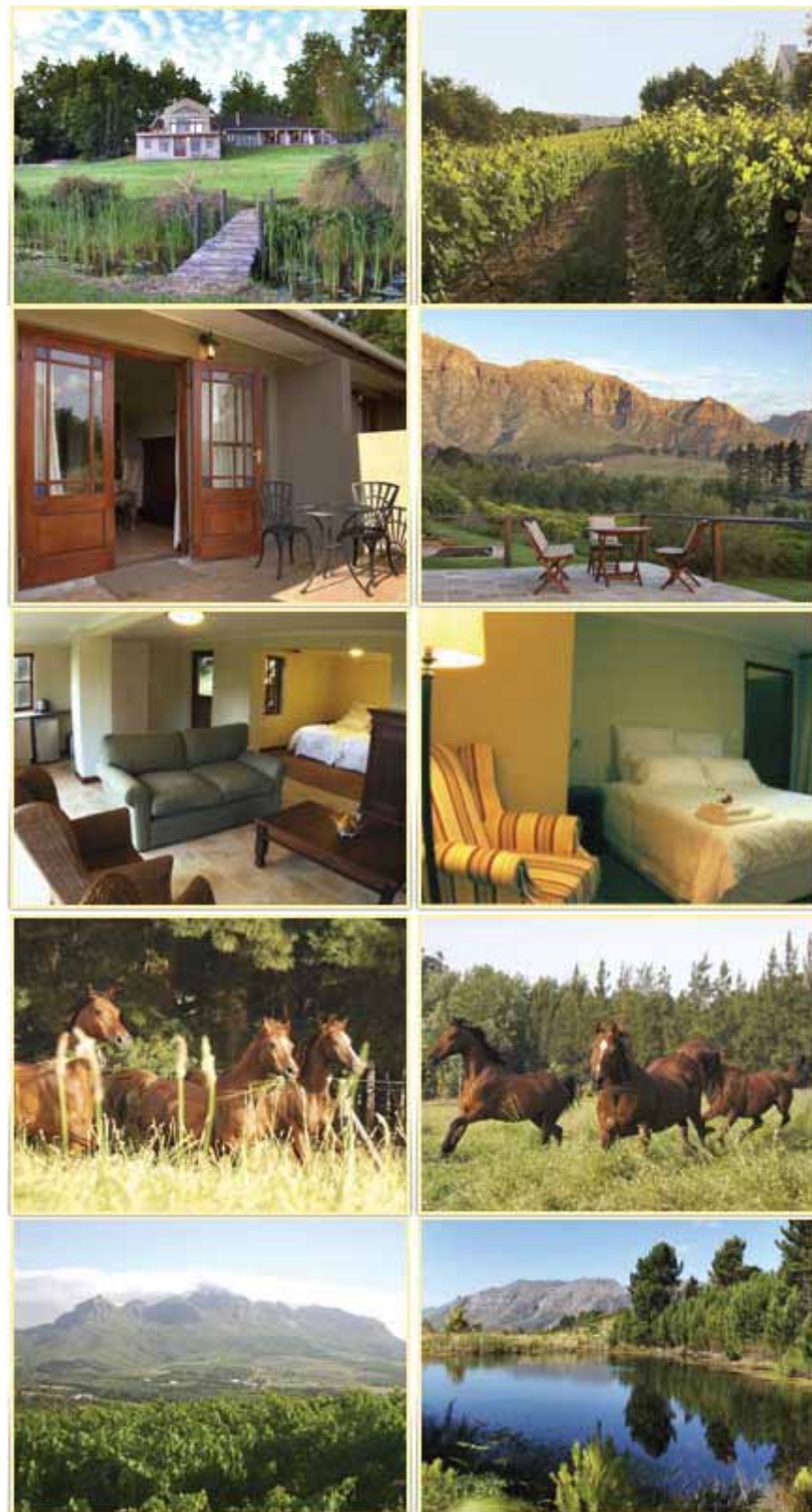
Die gaarmaak proses:

- Plaas dit wat jy wil gaarmaak in die pot en plaas dit dan in die oond.
- Gaan kyk kort-kort of die oond soveel as moontlik sonlig kry.
- Los die pot vir 4 ure, gaan intussen rustig aan met jou werk of kuier saam met jou gesin.
- Al word die pot baie warm kan jy ontspan, dit sal nie die kos brand nie.

Die oond is ongeveer so groot soos 'n gewone TV stel en is baie lig in gewig. 'n Kind van 6 jaar sal dit maklik kan dra.

Bestel vandag nog jou eie sonoond teen slegs R400! Vir meer inligting, kontak Danie (d@nie.co.za)





Paradyskloof Guest House

Nestled at the foothills of Stellenbosch Mountain, Paradyskloof Guest House offers a refuge from the hustle and bustle of everyday life. Beautiful vineyards and breathtaking mountain vistas create the backdrop for this idyllically situated sanctuary.

The historical town of Stellenbosch, in the Western Cape Winelands of South Africa, lies only moments away offering a wide variety of activities and indulgences. Comfort and style as well as peace and serenity combined with the endless attractions of the Cape Winelands make Paradyskloof Guest House the perfect retreat for any traveler.

Our five units offer the latest in modern conveniences as well as good old fashioned comfort. All our rooms come standard with satellite television, a microwave, a small fridge and a bath and hand shower combination. Guests have the option of a queen size bed or two single beds covered in luxurious white linens. All our beds are extra long for added comfort.

A health breakfast provides the energy needed to explore the rich and enjoyable basket of pleasures the Cape Winelands has to offer.

All Rooms Include: Satellite TV, Microwave, Small Fridge, Extra Length Queen Size Bed or 2 Extra Length Single Beds, White Linens, Bath and Shower Combination, Private Patio.

The 3 Larger Rooms Include: Sleeper Couch, Lounge Area, The Lap of Luxury.

Our three larger rooms also include a comfortable sleeper couch and lounge area.

At Your Leisure:

Indulge all your senses at Paradyskloof Guest House. As you wake up to the aromas of olive trees and vineyards drifting through your room, the symphony of bird songs set the pace for a day in paradise. Whether you choose to visit the Arabian horses or just stare into the distance, beauty surrounds you. Paradyskloof Guest House however, offers more than just the perfect setting:

With easy access to informal trails on the foothills of Stellenbosch Mountain our location is perfect for casual hikers and mountain bikers alike.

A trout filled dam serenely set against the backdrop of this paradise offers fly fishing lovers the opportunity to cast their cares into the setting sun.

A salt water swimming pool offers a delightful refuge from the warm Cape summers.

Neighbouring Vriesenhof Wine Estate has its own wine tasting centre and is within easy walking distance from your front door.

For the golf enthusiast two world class golf courses, Stellenbosch Golf Club and Kleine Zalze Golf Estate, are less than five minutes drive away.

Whether you're a gourmet or just love good food, Stellenbosch and the surrounding area offer a vast array of excellent restaurants and bistros.

If you have any more time to spend our friendly staff are bursting with ideas to make your stay even more memorable.

www.paradyskloofguesthouse.co.za
kabouterbos@wam.co.za
021 880 2538 / 079 895 1707

Orlando Towers



ORLANDO POWER STATION, in its heydays from 1964 to 1989, was one of the most advanced power stations in the southern hemisphere. Although the facility is no longer in operation, you can still **FEEL THE POWER!!!**

Orlando Towers offers you the first ever swing between 2 cooling towers, a whopping 100m from the ground. Ride the lift to the top of the towers and swing out towards the Orlando Dam, between the two cooling towers.

And they're not just any towers! These two cooling towers are the largest landmark in historical SOWETO, now one of South Africa's biggest tourist attractions. The towers were originally built for the Orlando Power Station, the most advanced facility in the Southern hemisphere in its day. Although the facility is no longer in operation, you can still FEEL THE POWER!!! Join us for the most exhilarating view of Soweto ever!

Your safety assured

The Orlando Towers adventure facilities will be established and run based on professional operations and a high regard for safety through adherence to safety standards.

Bob Woods, the founding member of Orlando Towers, is a leading figure in the industrial rope access industry in South Africa, having spent many years developing safety standards and work-at-height training standards for the local industry, culminating in the establishment of RAAFA - the Rope Access and Fall Arrest Association of Southern Africa.

It is Bob's desire to establish a truly world-class vertical adventure centre at Orlando Towers, with safety as a primary focus both in the construction and operation of the facilities.

All structural components have been developed and signed off by engineers specialising in cooling towers, and all activities have been established and tested by Level 3 certified rope access technicians, some of whom have been instrumental in establishing bungee jump sites elsewhere in Africa.

About us:

Orlando Towers (Pty) Ltd was established in 2007 by Skyriders (Pty) Ltd, with the concept of developing the disused Orlando cooling towers in Soweto into a vertical adventure facility and tourist attraction for Soweto.

Aimed at drawing local Gauteng adventure enthusiasts as well as adventure tourists to the site of the Orlando Towers, it will also feed a large number of people into Soweto, which is now one of South Africa's largest tourist attractions.

Inspiration:

The Orlando Towers vertical adventure facility was the brainchild of Bob Woods back in 2001. Bob, a Skyriders director and rope access specialist for many years, was contracted to provide the rope access technicians for maintenance operations on the disused towers, and was awestruck by their power and magnificence - enough to want to share the "almost religious" experience of viewing Soweto from the top of the towers with the world at large.

His idea was to build the first ever vertical adventure centre in a cooling tower. The adventure experiences will eventually include swinging, bungee jumping, climbing, abseiling, rap jumping, a zip line and more.

Development approvals:

The Orlando Towers vertical adventure site is the fruition of many years of negotiation with the local municipality, engineers and bridge builders, and the people of Soweto themselves.

For more information and prices on Orlando Towers, send an email with the subject Orlando Towers to tania@lifestylemagazine.co.za. Include your contact details and Orlando Towers will contact you.





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VOORBEELD VAN 'N STUKKIE UIT 'N GEBEDSAKSIE NUUSBRIEF:

Bid asseblief vir my sus HANLIE, dat God dringend 'n koper sal gee vir haar huis. **Annetjie**

Gebedsmaats, bid asseblief vir MY. Ek het my werk verloor en is nou in 'n vreeslike finansiële krisis. My gesondheid is ook nie van die beste nie. Ek vra asseblief vir gebed dat God ons Vader deur Jesus Christus en die Heilige Gees vir my paaie sal oopmaak en dat 'n wonderwerk sal gebeur, dat ek verlos word van my finansiële krisis, gesond word en 'n baie goeie werk sal kry en gelukkig sal wees. Baie dankie vir julle gebede. Jesusliefde. **EM**

Bid asseblief vir MY dat ek die rookgewoonte kan los en 'n gesonde lewe kan lei. Ek het geweldig pyn in my bors aan 'n sekere kant en vermoed dis as gevolg van die rook. Ek het baie bemoediging en ondersteuning nodig en voel oorweldig aan net die gedagte. **A**

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[Gipsbeeldjies] (26763) Kan iemand dalk vir my sê waar in Pretoria Noord kan ek gipsbeeldjies koop vir iemand om te verf. Sal dit baie waardeer. Baie dankie. Karen [Reageer op hierdie navraag deur op hierdie nommer te klik >>>> 26763](#) Pretoria Noord

[Velirritasie] (26752) My broer (46) sit in 'n rystoel en sy boude begin nou rooi word. Wat kan ons aansmeer/gebruik daarvoor? Pikkie [Reageer op hierdie navraag deur op hierdie nommer te klik >>>> 26752](#) Pretoria

VOORBEELD VAN 'N STUKKIE UIT DIE BEGIN-JOU-DAG-MET-'N-LAG NUUSBRIEF:

Ek ontdek toe ook die rede waarom ek uit my diep welverdiende slaap ontwaak het. Dis Lala, die Chauchauwa wat in die middernagtlike ure haar snoesige bedjie verlaat het weens moeder natuur se ingebore gene om op my dubbelbed onder die blouwit vereduvet in te kruip, vir ingeval die ystydperk teruggekeer het. Soos vantevore het die brose diertjie natuurlik net menshitte opgesoek en vergeet sy is 'n Titanic en ek 'n ysberg op die dubbelbed, veral wanneer dit by omdraai kom. Ek het haar per abuis al vantevore byna in 'n pannekoekhondjie verander, waar sy hewig ontsteld haar misnoë in rasegte Chauchauwa styl te kenne gegee het met skril AK-47 angsblaffies opgevolg deur venynige happies in die rigting van dreigende gevaar met haar vlymskerp "tooth pic" tandjies.

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