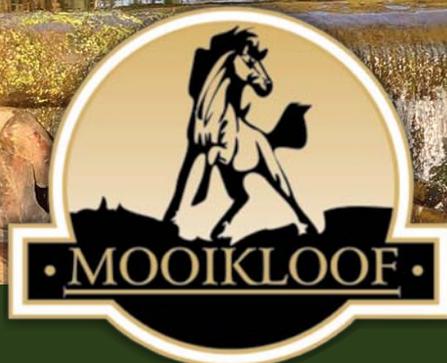


# FROM THE HORSE'S MOUTH



Issue 5 | 2018

THE OFFICIAL PUBLICATION OF THE MOOIKLOOF OWNERS ASSOCIATION



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*From the Horse's Mouth* focuses on Mooikloof Estate. The magazine is delivered to the home of each resident on the Estate. The magazine is co-ordinated and published by *Estates in Africa (Pty) Ltd* on behalf of the Home Owners' Association of Mooikloof Estate. The opinions of workers and personnel of *Estates in Africa (Pty) Ltd* do not necessarily reflect those of the HOA of Mooikloof Estate.

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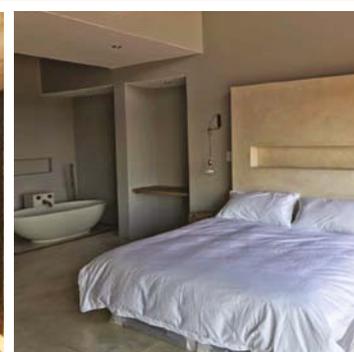
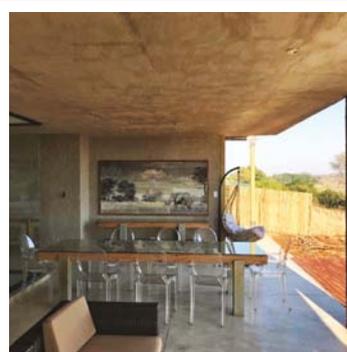
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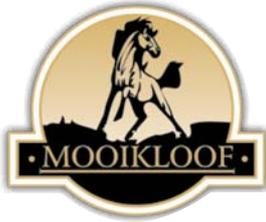
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CONTRIBUTIONS FROM RESIDENTS TO  
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## Inspirational Thoughts

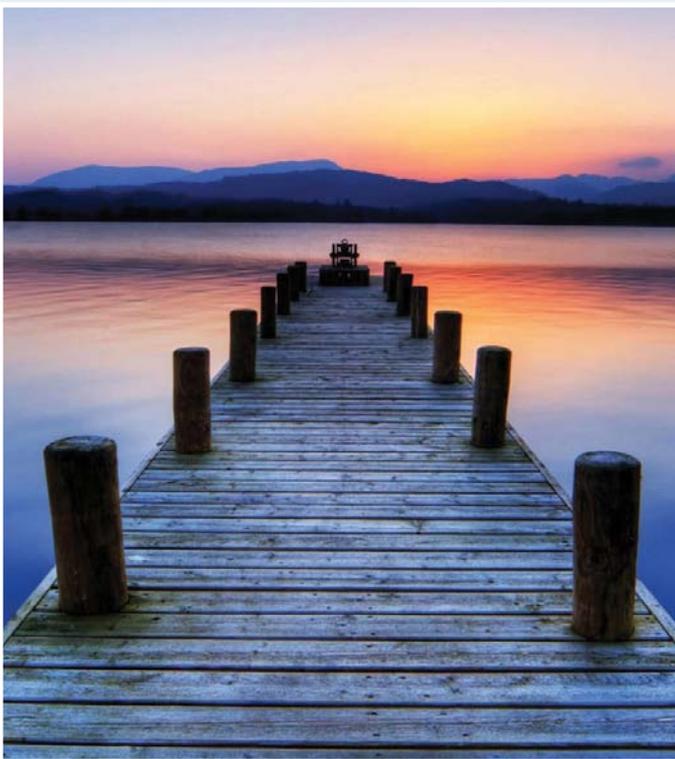
### Verse: Romans 8:39

'No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God.'

- How great is our Heavenly Father's love for us.
- His love is vast and beyond all ability to measure.
- Nothing has the power or the ability to separate us from His love for us.
- We just need to open our hearts and receive His love for ourselves.

**PRAYER:** Lord, today I stretch out my arms and I receive Your great love for me. I declare that I am loved by my Saviour and Lord and nothing can separate me from this love. Amen.

Kind Regards, Pastor Andrew & Vanessa Roebert,  
ALIVE TO GOD - Visit our website [www.alivetogod.com](http://www.alivetogod.com)



## Geseënde Moedersdag

Jeannette Malan

**M**eimaand is sinoniem met Moedersdag, want op die tweede Sondag in Mei vier ons altyd Moedersdag. 'n Dag waarop daardie persoon vir wie jy Mamma sê op 'n spesiale manier vereer en onthou word. Die winkels is skielik vol sepies, badolies en handerom – alles spesiaal toegedraai en met pienk strikke versier. Sjokolades word ook die afgelope maand voor in kafees en supermarkte uitgestal asof dit jou herinner jy mag die besondere dag vergeet nie. Selfs die Lindt-hasies wat nie oor Paastyd verkoop is nie, pryk skielik met pienk strikkies om hulle nekkies. Indien jy besluit dit is net nog 'n foefie van 'n winkel om geld te maak, versag jou hart dadelik as jy die pragtige Moedersdagkaartjies sien. En natuurlik haal jy dadelik jou kredietkaart uit.

Maar waar het dit alles begin? Hierdie wonderlike dag het sy oorsprong te danke aan twee Amerikaanse vroue, Julia Ward Howe en Anna Jarvis, wat gevoel het 'n moeder en dit wat sy vir ons beteken, moet op 'n spesiale manier gevier word. Op 8 Mei 1914 het die Amerikaanse president Woodrow Wilson, 'n dokument onderteken wat Moedersdag deel van die jaarlikse kalender gemaak het. Dit was nie net beperk tot Amerika nie, maar het gou versprei na die hele wêreld. Eintlik is dit verkeerd om 'n mens se ma net een dag van die jaar te eer en te bederf. Sy moet eintlik 24/7/365 op die hande gedra word. Want elke ma wat 'n kind gebaar en groot gekry het, is 'n dapper mens.

'n Ma is iemand wat jou onvoorwaardelik lief het.

'n Ma is iemand wat saam met jou kan lag en haarself heeltemal kan oorgee aan die oomblik.

'n Ma is iemand wat jou goed voorberei vir die harde wêreld wat jy alleen moet gaan.

'n Ma is iemand wat vir jou cover by jou pa as jy aangejaag het. (Gelukkig is ma's slim en gee voor dat hulle nie van die helfte weet wat jy aangevang het nie!)

Met spesiale vergunning van die tydskrif **SARIE** plaas ek hierdie pragtige herinnering wat 'n vrou van haar ma het:

### Die Hemelse Oproep

*Ek wil my ma bel. Ek wil met haar praat. Ek wil haar stem hoor, maar ek kan nie, want die hemel het nie 'n nommer nie. Nie onder die H's in die telefoongids nie en ook nie in die Geelbladsye nie. In hierdie tegnologiese eeu met sy sateliëte is daar geen direkte lyn hemel toe nie.*

*Een nag droom ek dat ek deurkom hemel toe: "Kan ek met my ma praat? Net vir drie minute, asseblief."*

*"By watter afdeling is sy?" vra 'n sagte stem.*

*"Afdeling? Seker by die hekel en brei," want haar hande was nooit stil as sy TV gekyk het nie.*

*Maar die stem sê: "Ons het nie 'n hekel- of breiafdeling nie. Ons is omvou deur die warmte van God.*

*"Dan seker die kombuis-afdeling..." Sy sal seker daar wees, want as sy wou kon sy darem lekker kook.*

*Maar die stem sê: "Ons leef van die vrugte van die gees."*

*"Probeer dan asseblief die tuinafdeling?" vra ek. Wat 'n planter was sy nie. Sy het altyd oral steggies en saadjies afgebedel en geplant.*

*"Ons saai nie en ons plant nie. Ons besit reeds die ewige saad."*

*Ek raak desperaat: "Watter afdelings is daar nog?" Die stem praat sag: "Ons het kore."*

*"Kore? Ek weet darem nie. Sy't nie daarvan gehou om in 'n koor te sing nie, en sy was nooit goed genoeg om aria's alleen te sing nie. Watter afdelings nog?" vra ek benoud, want my drie minute raak nou kort.*

*Die stem raak nie ongeduldig nie: "Daar is ook hulle wat sit." "Sit?"*

*"Ja, hulle sit en luister."*

*"Ja, sy sal daar wees," jubel ek.*

*Sy kon lekker luister en saam gesels met haar hande en haar oë en haar alles. "Roep haar vir my, asseblief."*

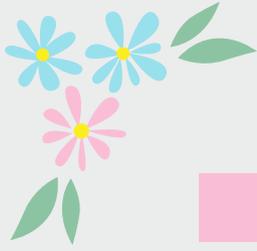
*"Die wat luister na God's Woord mag nie onderbreek word nie. Maar ek sê jou wat, jy kan saamluister..."*

*Die oggend toe ek wakker word, onthou ek die stem. Ek bid nie, ek luister net.*

*Ek hoor 'n stilte vol vrede en in die vrede is daar troos. En in die troos is daar arms wat my vashou en dit voel soos my ma se ou lyf. Dit verdryf die verlange en die verdriet. En ek word bewus van die direkte lyn hemel toe – 'n lyn wat daar was voor almal so slim geword. 'n Direkte lyn wat nooit onderbreek word nie en wat nooit beset is nie. Jy hoef nie eers die nommer te onthou nie...*

*Want die hemel is 'n kniebuiging ver.*

Aan al die mamas in Mooikloof: 'n Geseënde Moedersdag. As jy nog 'n ma het, vier haar. Gee bietjie van jou tyd en van jouself. Daar is niks so groot en onvoorwaardelik soos 'n ma se liefde nie. Hulle sê juis dat God moeders geskape het, omdat Hy nie oral kan wees nie. Haar arms is altyd oop om jou vas te hou; haar hart klop soveel warmer net vir jou en haar oë sien soveel meer raak as wat jy ooit sal weet...



# Mother's Day Poems



Compiled by Jeannette Malan

With Mother's Day only a few days away, we have compiled some of the most beautiful poems that honour our dear mothers. From "Only One Mother" to "Wonderful Mother," these poems were written to touch the heart and soul of the most important teachers we've had – our mothers.



## My Mother kept a Garden

My Mother kept a garden,  
a garden of the heart,  
She planted all the good things  
that gave my life it's start.

She turned me to the sunshine  
and encouraged me to dream,  
Fostering and nurturing  
the seeds of self-esteem...

And when the winds and rain came,  
she protected me enough-  
But not too much because she knew  
I'd need to stand up strong and tough.

Her constant good example  
always taught me right from wrong-  
Markers for my pathway  
that will last a lifetime long.

I am my Mother's garden.  
I am her legacy-  
And I hope today she feels the love  
reflected back from me.

- Mary Johnson



## Only One Mother

Hundreds of stars  
in the pretty sky,  
Hundreds of shells  
on the shore together,  
Hundreds of birds  
that go singing by,  
Hundreds of lambs  
in the sunny weather.

Hundreds of dewdrops  
to greet the dawn,  
Hundreds of bees  
in the purple clover,  
Hundreds of butterflies  
on the lawn,  
But only one mother  
the world wide over.

- George Cooper



## Mom and Me

Best friend's forever  
Mom and Me  
picking flowers and  
climbing trees

A shoulder to cry on  
secrets to share  
Warm hearts and hands  
that really care.

- R. Flick



## M – O – T – H – E – R

"M" is for the million things  
she gave me,  
"O" means only that she's  
growing old,  
"T" is for the tears she shed  
to save me,  
"H" is for her heart  
of purest gold;  
"E" is for her eyes,  
with love-light shining,  
"R" means right, and right  
she'll always be,  
Put them all together,  
they spell "MOTHER,"  
A word that means  
the world to me.

- Howard Johnson



## Wonderful Mother

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He moulded her heart  
of pure gold;

In her eyes He placed bright  
shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.

- Pat O'Reilly

# Stable News: Paris, The World Capital of the Horse



## The Longines FEI World Cup™ Jumping Final and the FEI World Cup™ Final

What a show! The FEI Longines Show Jumping and Rolex Dressage Finals were held in Paris, France this year.

The event was held in the indoor sports arena and concert hall, named the AccorHotels Arena, situated in the ancient suburb of Bercy. The Bercy district is found on the right bank of the River Seine and in the 18th Century this area was used extensively for warehousing and in particular, for the storage of wine.

The top 40 riders were selected from 13 qualifying shows held throughout the 2017/18 circuit all across Europe. These horses and riders are the world's best of the best.

The atmosphere in the indoor stadium was electric. It's quite phenomenal how much the horses can tolerate when it comes to a very enthusiastic and very patriotic crowd. Every time a French rider entered the arena, the crowd went ballistic. Interestingly, all the horses are allowed to wear ear veils, which is a light material 'hood' over the ears. However, only the show jumping horses are allowed to have ear plugs. The dressage divas have to do without. The welfare of the horses is of

the utmost importance and if there is any sign of physical or drug abuse, the horse and the rider are eliminated from the competition. Horses are randomly selected for anti-doping tests where urine and blood samples are collected and analysed.

The crowd participation was encouraged with live scoring from the judges. The spectators were able to download an app on their smart phones called "Spectator Judging" and score each dressage rider. It was great fun to watch the reactions of the crowd when they compared the two riders which were projected onto massive screens situated all around the arena.

The end result of five days of competing saw Bezie Madden and her phenomenal horse Breitling LS, take first place for the United States. Second place went to another United States rider, Devin Ryan on his lovely horse Eddie Blue.

The hotly contested dressage final was won by Isabell Werth (GER) on Weihegold and with second place going to Laura Graves (USA) riding Verdades.

What an electric performance with 16 of the highest qualifiers dancing their dressage tests to beautifully choreographed music. Next year the finals are to be held in Lyon, France.



The hotly contested dressage final was won by Isabell Werth

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# Ek het 'n voëltjie hoor fluit.....

Janie van Heerden

## Die Muisvoël

**M**uisvoëls is kleinerige voëls wat net in Afrika, suid van die Sahara aangetref word. Muisvoëls vorm die biologiese familie Coliidae wat in twee genera onderverdeel word. Omdat Muisvoëls nie naby aan ander voëlspesies verwant is nie, word hulle alleen in die orde Coliiformes geplaas.

Muisvoëls kry hul naam natuurlik van die donserige voorkoms van hul vere, hul lang sterte en muisagtige geskarrel tussen die takke. En hulle is soms so stil soos muis. Vrugteboere sê hulle is ook so lastig soos muis, want hulle kan groot skade in 'n boord aanrig. Die Gevlekte Muisvoëls is hier die grootste skuldiges.

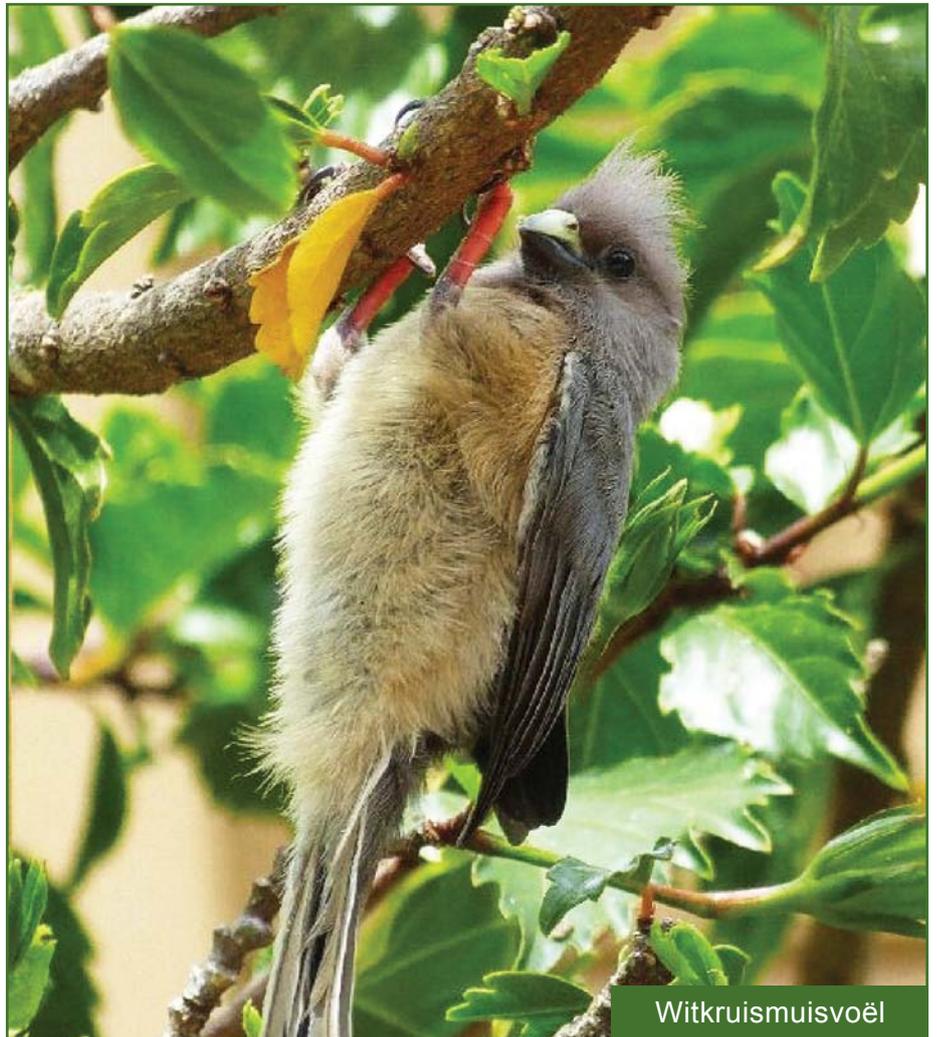
Maar kom ons fokus op hul andersheid, eerder as hul swakheid vir vrugte.

Hulle is uit-en-uit Afrikavoëls en daar is ses spesies in totaal waarvan drie spesies bekende tuinvoëls in Suider-Afrika is. Dit is die bruinerige Gevlekte Muisvoël met sy wit en swart bek (Speckled Mousebird), die Rooiwangmuisvoël met sy kaal wange en kenmerkende 'tshivovo' roep (Red-faced Mousebird) en die grys Witkruismuisvoël met sy bloedrooi pote asook die wit kruis wat jy sien wanneer hy wegvlieg (White-backed Mousebird).

Al drie soorte opereer in groepe en doen alles saam, maar bestudeer jy hulle afsonderlik kom jy agter dat elke spesie eiesoortige gewoontes het. Byvoorbeeld - 'n groep Rooiwangmuisvoëls vlieg reguit en vinnig as 'n groep saam, terwyl die ander twee eerder "volg-die-leier" speel. Die Gevlekte Muisvoëls sal letterlik een-vir-een van een boom na 'n ander vlieg totdat almal oor is.



Gevlekte Muisvoël



Witkruismuisvoël

Dit is baie koddig om 'n spul Muisvoëls te sien wat, veral soggens en laatmiddag, wyds-been aan 'n tak hang, met hul bors son toe gedraai. Hulle kan dit doen omdat twee van hul vier tone aan elke poot, anders as meeste ander voëls, na albei kante toe kan draai om so die vasgryp te vergemaklik.

Daar is goeie redes vir die gewoonte. Een is om sonenergie (hitte) deur hul donker vel op te vang. Snags koek hulle dan saam om so min as moontlik van die hitte te verloor. Sonbaai moet ook die vere droogmaak. 'n Muisvoël se vere het nie waterwerende olie soos ander voëls nie en word maklik sopnat in reënweer. Hulle verkleum sommer gou in skielike koue, veral as hulle nat is. Daarom verkies hulle ook eerder 'n daaglikse sandbad as 'n bad in water.

Rooiwangmuisvoël



Rooiwangmuisvoël



Witkruismuisvoëls



Gevlekte Muisvoëls

Muisvoëls is een van die min voëlspecies wat 'n brandwag gebruik om vir gevaar uit te kyk terwyl die res bad. Daar is 'n vermoede dat sonbaai ook help met die verteer van hul kos, daarom die gewoonte om na ete krop-in-die-lug in die son te hang.

Naas vrugte eet hulle ook nektar, blomme, blare en so dan en wan 'n vlieënde termiet vir proteiene.

Alle voëls wat in hierdie reeks beskryf word, is in Mooikloof gesien.

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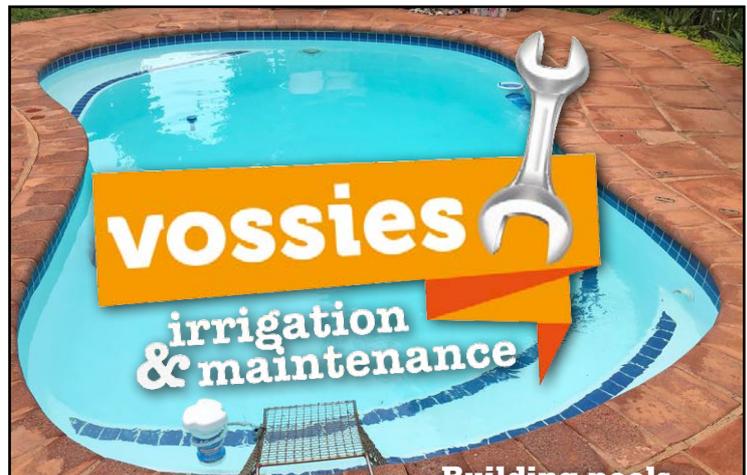
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# Bome gee lewe - Mooikloof se inheemse bome

## Die Gewone Haakdoring

Janie van Heerden



'n Pragtige eksemplaar van die Gewone Haakdoring



Takkies met blare waar die haakdorinkies duidelik gesien kan word



Die mooi liggeel blomme van die Haakdoring

**W**il jy 'n boom plant wat droogte- en rypbestand is? Een wat veldbrande oorleef, goed groei in sanderige grond en in verskeie habitate floreer? Een wat redelik vinnig groei en genoeg son deurlaat dat die gras daaronder groei?

Dan is die Gewone Haakdoring (*Acacia caffra* of *Senegalia caffra*) net die boom waarna jy op soek is. Die boom kom in die oostelike dele van die land voor in beboste dele, rotsagtige heuwels, in droë riviervalleibosse, in vlak rotsagtige grond, maar

ook in sanderige spoelgrond op rivieroewers en tussen kusstruikgewasse.

Dit is een van die akasia's met die minste dorings. Die dorinkie is onder die blaarstele gesetel en is klein, swarterig en effens gekrom.

Die Gewone Haakdoring is een van die heel eerste bome waarvan die saad na die reën sal ontkiem en ook een van die eerstes om in die lente te bot. Dit is bladwisselend en die nuwe lente-blare is 'n sagte, vars groen veeragtige vorm.

Die blomme is 'n romerige wit met 'n soet reuk. Hulle verskyn van September tot November, maar blom op hulle mooiste in Oktober. Dit is 'n belangrike bron vir bye om heuning te maak. As die boom in blom is hoor mens die gezoem van die bye om die blomme duidelik.

Die blomme word deur bruin saadpeule gevolg.

Die gewone haakdoring kan tot 14 meter hoog word waar dit in gunstige omstandighede groei. In droër dele bly dit slegs 'n groterige struik. Die stam is gewoonlik verdraai; die spinthout is witterig en die kernhout 'n baie donker bruin met 'n fyn grein sonder defekte.

Die harde hout maak lekker kole vir 'n braaivleisvuur of om die koue te verdryf.

Die Zoeloes gebruik die bas om 'n aftreksel te maak wat 'n mens se bloed glo 'skoonmaak'. 'n Aftreksel van die blare, gemeng met melk, word as maagspoeling gebruik.

Die blare en sade is goeie voer vir vee en wilde diere en die gom is eetbaar. Swart renosters vreet die stam en bas, en bobbejane vreet die blomme en saad.

Omdat die hout so hard is, word die Gewone Haakdoring gebruik om heiningpale te maak en selfs vir ornamentele werk. Die tipiese pype wat die Xhosas rook word van sy pragtige wortelhout gemaak en sy sagte lang takke word in mandjie-vlegwerk gebruik.

Die wortels is nie aggressief nie en sal nie plaveisel of mure beskadig nie.

Dit word ook die volgende name genoem: Hakiesdoring, Katdoring, Wag-'n-bietjie-doring. Caffra is die Hebreeuse woord wat verwys na iemand wat op die land leef.

By Debbie Walton



## Oxtail Potjie

*We're heading towards winter and who doesn't love a potjie?!*

Cooking a potjie isn't only about the food is it? It's a time of bonding, chatting and sitting round the black cauldron with friends and family literally all afternoon – and the result is always delicious. This easy and delicious recipe serves eight guests.



Season to taste and serve with rice, mash or homemade bread!

## Recipe

### Ingredients:

- 30ml butter
- 30ml canola oil
- 1.5kg oxtail, small pieces seasoned flour
- 1 onion, sliced
- 3 cloves, garlic, sliced
- 1 large carrot, diced
- 1 large stick of celery
- 2 sprigs rosemary
- 12 pickling (baby) onions, peeled
- 250g baby carrots, peeled (or just 4 large carrots, cut into large chunks)
- 12 baby potatoes
- 250ml strong beef stock
- 30ml tomato paste
- 500ml good red wine
- Freshly ground salt and pepper

### Method:

- Coat the oxtail pieces liberally in seasoned flour.
- Heat the butter and oil in the potjie.
- Brown the meat and set aside.
- Add the prepared onion, garlic, carrot, celery and rosemary and fry until softened. Add the remaining veggies and heat through.
- Add the meat, followed by the hot stock, tomato paste and wine.
- Cover and simmer gently over moderate heat for 4 hours. Add more wine if the liquid evaporates too rapidly.

# Eat Better to Sleep Better



By Ajita Ratanjee – Registered Dietician at Easy Health Wellness. [www.easyhealthwellness.com](http://www.easyhealthwellness.com)

*A good night's sleep is wonderful for the body, mind and spirit. Waking up refreshed and feeling energised rather than tired and lethargic is a huge bonus and a vital element that improves quality of life.*

**M**any people I know struggle to get in a good night's sleep. There are various reasons this may be happening to you. Did you know that your diet can influence sleep quality?

Sleep is one of the most important needs in life. A lack of sleep results in both physical and mental exhaustion. Our ability to think, our creativity and general alertness is diminished due to a lack of sleep. It can also result in moodiness and grumpiness; and nobody likes being around moody, grumpy people.

Some big dietary culprits that may be causing you sleep deprivation are:

- **Caffeine** – coffee, chocolates and sodas late in the day or before bedtime is not a good idea.

- **Spicy foods** – these can cause heartburn which can wake you up or prevent you from falling asleep as lying down increases chances for heartburn.

- **Alcohol** – it may relax you for a short while however it is disruptive to sleep patterns and deter you from reaching deep sleep.

- **High fat meals** – Fat triggers the digestive processes and causes a build-up of stomach acids, which while lying down, can creep into the oesophagus causing discomfort (heartburn). A high fat diet also interferes with the production of orexin, one of the neurotransmitters that helps regulate your sleep/wake cycle along with melatonin.

- **Heavy meals consumed before bedtime** – when eating a huge portion of food before bedtime; falling asleep can be much more difficult. There is discomfort,

heartburn and your body is still processing digestion of food. Eat lighter meals especially if you are eating a late dinner.

There are foods that assist sleep quality:

**Tryptophan:** Tryptophan is an amino acid that when ingested gets turned into the neurotransmitter serotonin and then converted into the hormone melatonin. Best food sources of tryptophan:

- Dairy products (milk, low-fat yogurt, cheese)
- Poultry (turkey, chicken)
- Seafood (shrimp, salmon, halibut, tuna, sardines, cod)
- Nuts and seeds (flax, sesame, pumpkin, sunflower, cashews, peanuts, almonds, walnuts)

- Legumes (kidney beans, lima beans, black beans split peas, chickpeas)
- Fruits (apples, bananas, peaches and avocado)
- Vegetables (spinach, broccoli, turnip greens, asparagus, onions, seaweed)
- Grains (wheat, rice, barley, corn, oats)

**Magnesium:** Magnesium is a powerful mineral that is instrumental in sleep. It is a natural relaxant that helps deactivate adrenaline. A lack of magnesium can be directly linked to difficulty going and staying asleep. Magnesium is often referred to as the sleep mineral. Excellent sources of magnesium:

- Dark leafy greens (baby spinach, kale, collard greens)
- Nuts and seeds (almonds, sunflower seeds, brazil nuts, cashews, pine nuts, flaxseed, pecans)
- Wheat germ
- Soybeans
- Banana
- Avocados
- Low-fat yogurt
- Fish (salmon, halibut, tuna, mackerel)



- Sardines
- Okra
- Broccoli
- Soybeans
- Fortified cereals
- Fortified orange juice
- Enriched breads and grains
- Green snap peas



**Vitamin B6:** Vitamin B6 helps to convert tryptophan into melatonin. A B6 deficiency has been linked with lowered serotonin levels and poor sleep. A deficiency in B6 is also linked to symptoms of depression and mood disorders which can lead to insomnia. Highest food sources of B6 are:

- Sunflower seeds
- Pistachio nuts
- Flaxseed
- Fish (tuna, salmon, halibut)
- Meat (chicken, tuna, lean pork, lean beef,)
- Dried prunes
- Bananas
- Avocado
- Spinach



**Melatonin:** Many of the vitamins and minerals that are on this list are there because they help aid in the production of turning serotonin into melatonin. However, there are a few excellent sources of naturally occurring melatonin in foods:

- Fruits and vegetables (tart cherries, corn, asparagus, tomatoes, pomegranate, olives, grapes, broccoli, cucumber)
- Grains (rice, barley, rolled oats)
- Nuts and seeds (walnuts, peanuts, sunflower seeds, mustard seeds, flaxseed)



### Drinks that are great for sleep

It's not just foods that are great for sleep. Many drinks contain essential vitamins and minerals that help aid good sleep. A few of the ones to try are:

- Warm milk
- Almond milk
- Chamomile tea
- Passion fruit tea
- Peppermint tea



A few changes in your diet can get you well on your way to a good night's sleep. Food is a great healer of the body, choose your foods well!

**Calcium:** Calcium is another mineral that helps the brain make melatonin. A lack of calcium can cause you to wake up in the middle of the night and have difficulty going back to sleep. Calcium rich diets have been shown to help patients with insomnia. Dairy products that contain both tryptophan and calcium are among the best sleep inducers. Sources of calcium include:

- Dark leafy greens
- Low-fat milk
- Cheeses
- Yogurt



Almond milk is full of essential vitamins and minerals that help aid good sleep



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## How to get your children/teenagers to avoid risky behaviours?

By Sheila du Plessis (Counsellor of Maragon Mooikloof, Author and presenter at 'A Fresh Approach to Parenting')



*Do you understand you cannot stop your children/teenagers from choosing to take risky behaviours?*

### The secret to parenting is to:

- Negotiate with your children/teenagers to have regular open and honest discussions as a family.
- Plan this time to be fun-filled and informative.
- Invite them to voice their opinions and suggestions and listen to what they have to say without interrupting. (However, parents will still have the final “say” up to the point when the children/teenagers become adults.)
- No one likes being criticised or judged. Children/teenagers hate this because they don't know how to respond.
- The relationships in the family need to be built up and not torn down.
- Check the words that you use when talking to them and your body language.
- The words they use will help you know what is going on in their thoughts and which choices and actions are likely to take place.
- Know the signs so you can identify when an emotional melt-down is near.
- Keep tabs on any unwanted choices and actions they seem to be repeating.

*Children/teenagers are particularly vulnerable in taking risky behaviours when they are having an emotional roller coaster ride and thought melt-down.*



Identify their beliefs and expectations, even if these are “way out”. This will lead you to their thought patterns.

#### Say It!

- “We would appreciate it if you could please do...”
- “Please think about this choice again, we are a bit concerned about the possible results.”
- “You probably don't realise that we are anxious about you making that choice... we know you can make a better choice here.”
- “We understand it is difficult standing out from your friends. Are they going to bail you out of trouble if you get caught?”

Get used to the fact that you, the parents, will need to have an explanation for every boundary you set! They will want to know why you have certain opinions about their “freedom”.

They will not accept parents saying: “Because I said so” or “That is how it is, and you cannot argue with our judgement.” This makes them resentful and more prone to risky behaviours.

**Story:**

“But nothing is going to go wrong so stop worrying”. These are the last words my friend heard her 16-year-old son say when he left on a climbing trip. Two hours later, she got the phone call that there had been an accident! He had died on impact.

**How do parents know what they do?**

Parents honestly don't know what situations their children/teenagers get into when they leave the safe haven of the home.

The children/teenagers need to be properly “armed” so as not to be emotionally manipulated by others and be led into dangerous choices and actions.

Children/teenagers know how to keep secrets from their parents. As they get older, you may not know them as well as you thought you did.

**Who are you going to trust?**

Parents are the greatest influence to equip their children/teenagers to understand the difference between acceptable and unacceptable (risky) behaviours.

Parents cannot become deceived into thinking that their children/teenagers will get to know the right values and standards on their own.

If parents don't play their role, they will seek facts from their friends.

- Do their friends know any better?
- From what are they all drawing their information and facts?
- Have you thought that risky behaviours may seem normal to them?

**They may wonder why their parents get so stressed about them?**

As a family, you need to build boundaries together, through negotiation, because they need to know their boundaries.

Have you ever thought that having no boundaries may give them the freedom to take risky actions?

If you have not discussed which behaviours are in fact unacceptable and they carry these out, are they to blame?

Parents need to explain and discuss how they feel about every unacceptable issue. Don't leave anything uncovered.

**We can further break down unacceptable behaviours into big issues and small issues:**

Parents, stop continually reminding them of the many small issues. Spend more time discussing the big, unsafe and dangerous issues. Stay consistent with the consequences for what will really affect their future.

**Big and small issues:**

**Exercise:** Use this exercise as an example on how open discussions are going to be informative and reassuring. In this exercise, you need to explain that you as a family need to discuss and agree on the differences between acceptable and unacceptable behaviours.

They need to appreciate it is easier to discuss issues like this before a crisis arises. It is extremely difficult trying to restore damaged relationships, pain and hurt.

Parents need to do this exercise during designated family time. Give out a piece of paper and pen to each member of the family. Each member must draw four columns on the paper.

The columns need to be headed “acceptable” and “unacceptable” behaviours. The other two columns need to be headed “big” and “small” issues.

Compare your interpretations with each child/teenager's interpretations. This is the start in learning how they view which behaviours are acceptable,

and which behaviours are not acceptable.

Remind them, you will have to become involved in big, complicated and serious issues while they are still dependent on you. The problematic consequences are as much a thorn in your side, as in their sides.

Big issues:

---

Smoking

Alcoholism

Stealing

Drugs

Lying

Pornography

Cheating

Abusive behaviour

Sexual activity

You will have additional ideas for big issues. I identify any activity which is going to bring uncertainty, distrust, disappointment, doubt, suspicion or trauma to the family as risky behaviours.



*Success may be one open discussion and one confident choice away!*



The group at George Airport ready to set off

## The Last *Tour de Farce*

Mooikloof Equestrian Estate is known for its horse riding of course, but it also has some wonderful cycling routes and walking trails for the adventurous spirit. So why not get the family out the house and explore the many cycling trails on the Estate?

This natural environment is home to various species of wildlife including blesbuck. There is a country-style ambience to the Estate, so “get out of the city” and enjoy more outdoor time on your bikes in the Estate.

In this article by well-known comedic writer, James Clarke he shares his hilarious stories about a bunch of rather old men on their cycling tours. It's a funny read!

*Not long ago I succeeded in persuading half-a-dozen of my one-time colleagues to take part in a 500km cycle ride. It was to be the tenth, and last, of our annual cycle rides exploring darkest Europe. After all, some of us were getting on a bit. Harvey had passed 80.*

Our Tours de Farce had begun by cycling down the Danube from Passau in Germany to Budapest. One year we crossed France; then Italy; we cycled the length of the Thames; we crossed Switzerland... but where to go for *Tour de Farce X* - our final expedition?

Then somebody said, “To hell with exploring Darkest Europe again, let's explore Lightest Africa!” and so we decided to follow the Cape coast from Knysna to Cape Town. No need for passports; no more having to shout at foreigners to be understood.

We turned to Liz Szabo, champion long-distance cyclist and proprietor

of Escape Cycle Tours for advice. She organises cycling tours in Africa and Europe with her business partner, Chris Murray who supplies the transport - an immaculately kept luxury bus towing a 14-bike trailer.

Harvey and I would be using electrically-assisted bikes despite being called “a couple of bloody Hell's Angels”.

We drove in the bus to overnight at Knysna but, because two of us could only fly down the next day, we decided to start cycling only when we all met at George airport. The route from there was a switchback of climbing and freewheeling but

even with an e-bike I was getting some healthy exercise.

We dipped down to the mouth of the Klein Brak River and up the other side to our B&B, Soekie's Ocean Guest House in Hartenbos on the east side of Mossel Bay. Next morning, we skirted Mossel Bay and headed west along a very quiet gravel road that cut through the heart of what is known throughout the botanical world as the "Cape Floristic Region" – at 90 000 square kilometres, it is the smallest of the world's seven floral regions but, size for size, the richest in variety. At times, it was a bit like cycling through the Chelsea Flower Show. We were to overnight at Stilbaai, a neat but rather sterile village of 6 000 people. Tourists come there from the other side of the world to be lowered beneath the waves to watch monster sharks nudging the bars.

Our B&B that evening was in an annex of the suburban home of a former Springbok cyclist, Abie Botha who, daily, in his younger years, used to cycle from Pretoria to Krugersdorp and back – 140km before work on a bike without gears.

The next day, we continued westwards through the uplands for Witsand and the Breede River where we were to spend the night well inland. We stopped for a coffee break at a derelict pleasure resort near the hamlet of Vermaaklikheid (it translates to "joyfulness"). It looked as joyful as a Bagdad air raid shelter. Although the site had been open to the elements for years and reclaimed by *Flora Capensis*, it is still treated on maps with a respectably-sized typeface.

Here was the fundamental difference between cycling in Europe and cycling in South Africa. In Europe every six or seven kilometres there's a reason to stop - so many antiquities, interesting villages, markets, cafés... By contrast, routes in the Cape often continue straight, dipping and climbing and the only antiquities we saw were each other. But there's an unsurpassed tranquillity and, often, exhilaration. The landscape



The last *Tour de Farce* team with guests. On the far right: Chris Murray known as the "Bike whisperer"

changes from golden grassland to cropland; from montane to seascapes with frequent glimpses of wildlife.

On day five my notes read "a mere 35km covered today but some heart-breaking climbs on gravel roads. My battery only just coped with one or two of the steepest gradients". Nevertheless, Liz or Chris, depending whose turn it was to cycle with us rather than drive the bus, would cycle alongside and chat and then spurt forward to those up front. We were headed for Malgas, a hamlet on the Breede River. The Breede is quite a grown-up river in South African terms and we used a hand-hauled pont to cross it.

On the sixth day, after cycling over hummocky countryside densely cloaked in fynbos, we found ourselves on a high ridge looking down a steep winding road that plunged into a wide fynbos valley. To the south, there was a line of high coastal dunes covered in snow white sand.

To our right, we could make out a collection of 19th century Cape colonial buildings and, about 16km beyond, a bird's eye view of de Hoop Nature Reserve, one of South Africa's most attractive game reserves where we spent the night and enjoyed, at the Fig Tree restaurant, one of the best dinners we'd experienced on all 10 tours.

Next day we cycled on smooth tar and level ground towards L'Agulhas, a small pizza-



Liz Szabo of Escape Cycle Tours

dispensing town of tasteless architecture but within a pleasant ride of Cape Agulhas itself where we paid our respects to the African penguin colony on the bottom tip of Arica.

We stayed over at L'Agulhas where we reached the stage of no longer being able to separate clean clothes from ones we'd worn, not even by smell – but at least I had cleverly folded away a clean set for our last night which was to be in Stellenbosch, South Africa's most elegant city where Liz had negotiated a good tariff at a most splendid 18th century hotel, the Oude Werf.

Cycling over the rolling countryside towards the coast we were irresistibly drawn into a winery, the Black Oyster Catcher, partly because it was there.

There are many circular wine routes in the region for cyclists whether athletic or . . . like us.

By now I was shamelessly using my bike's electric motor even when I did not have to. Thus I was first to arrive at Elim – a quaint 250 year old, very faded mission station, deep inland. Here we had a plain but wholesome lunch (pickled snoek) in the church hall and waved aside their apologies for having only three wine glasses.

We then “racked” our bikes and drove back to the coast, to Gansbaai which looked more attractive than the usual rather mundane Cape coastal towns.

This was the penultimate day of the last of our 10 tours and as Harvey lived in nearby Hermanus not far from Rex who'd cycled with us the first five Tours de Farce, we hired a private room in the Burgundy restaurant. We told Rex of the vicissitudes of our Cape ride - of the hills and how we were forced to drink wine from beakers.

“Why do we do it?” wailed Harvey in mock despair.  
“Adventure before dementia” suggested Rex.

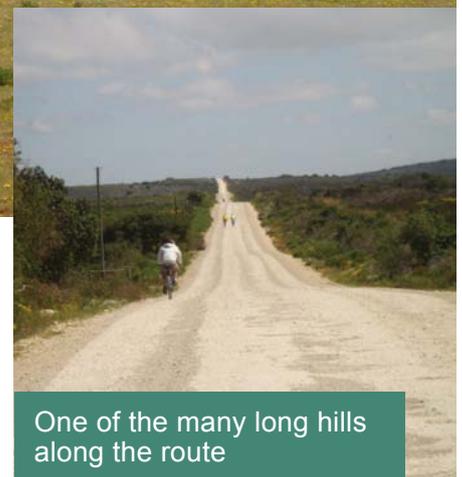
Next day, we used the bus from Hermanus to Betty's Bay for we wanted to cycle the long way round hugging the coast to reach Gordon's Bay by lunch time. The ride from Betty's Bay took us first to Pringle Bay and then along the eastern shore of False Bay, one of South Africa's most beautiful routes. Across the water we could see Table Mountain.



The bus crossing the Breede



Roadside cottage



One of the many long hills along the route



The original *Tour de Farce* team. From the left: Rex Gibson, Richard Steyn, James Clarke, Peter Sullivan, Harvey Tyson. All but Rex made the last tour. Not in the picture is Alan Calenborne who took the photo

So ended the last *Tour de Farce* – an idea that began on a whim and took us many thousands of kilometres through a dozen countries and, last of all, our own. I recalled Joel Chandler Harris' Uncle Remus saying:

***I journeyed far, I journeyed fas';  
I glad I foun' dis place at las'.***

Visit: [www.jamesclarke.co.za](http://www.jamesclarke.co.za)

## 9 Historical events you didn't know took place in the same time period – Hannah Dredge

*History is a fascinating subject. It includes all the makings of a really great story. There are mummies and Egyptian cats, pirates, ancient carvings, dinosaurs, World Wars and infinitely many other parts to this story. And history continues to surprise us. Just when we think we've got the hang of it, it sweeps us off our feet again.*

For instance, it seems like the pyramids were built in the most ancient of times and that they are in no way related to modern history. But this is evidently not the case when one considers just what else was happening at the time of the Pyramids' construction. And this is just one case of many. So, in this list, I provide you with a list of 9 concurrent World History events just to provide some perspective and hopefully teach you something new:

**1. Oxford University was built before the pyramids were built and existed before the Aztec Empire:** Crazy to think about isn't it? While Oxford may be regarded as a symbol of modernity and learning for the future, it has actually been around since the year 1096 in some form or another. Contrary to this, the Aztec Empire was only formed in 1428 and the construction of the pyramids is believed to only have started in 2630.

**2. Orville Wright was still alive the year when America bombed Hiroshima and Nagasaki:** When asked to comment on the bombings, Orville told press that while he had no regrets about inventing the plane, his heart was broken by the way American had chosen to use it.

**3. The Titanic sunk in the same year that Oreos were first sold in the United States:** 1912, a year of some of the greatest tragedy that the world had seen to date. It was no wonder that comfort foods such as Oreos were needed.



**4. Nintendo was founded when Jack the Ripper was still roaming the streets:** Back in 1889 when Londoners were still living in fear of the mysterious Jack the Ripper, Nintendo was founded. It wasn't about Mario and Wii Sports at that time, rather about playing cards, but it was still around.

**5. Queen Elizabeth and Marliyn Monroe were born in the same year:** To be exact, the Queen and Marilyn Monroe were born 40 days apart in 1926.

**6. Prisoners started being sent to Auschwitz at the same time that McDonalds was founded:** McDonalds is certainly also considered to be a symbol of post-war capitalism but in reality, the first McDonalds opened its doors on 15 May 1940 and five days later the first prisoners arrived at Auschwitz.

**7. Star Wars: A New Hope was released in the same year that France had their last execution by guillotine:** While Luke Skywalker and Han Solo were fighting to restore justice in the Galaxy, the last person was executed by guillotine in France in 1977.

**8. Harvard didn't initially teach calculus because at the time of Harvard's opening calculus hadn't been invented yet:** Harvard was founded in 1636 and Newton only came along with his calculus publications in 1666. To be sure, there were early forms of calculus around before then but it was Newton who first published an official account of the calculus

that had been formulated up until that point.

**9. There were still Great Woolly Mammoths at the time of the Pyramids being built:** When I think Woolly Mammoths I think Ice Age and Dinosaurs, not Ancient Egypt. But yes, as it was, there was still a small population of Woolly Mammoths living on an island just off the coast of Siberia in around 1650BC while the last pyramids are said to have built between 2648-2667BC. Imagine how intimidating the Pharaoh would have been if he addressed his people from the back of a mammoth!



Makes you think, doesn't it? We know all the facts but it puts a little twist on our perspective to think that some of these events took place concurrently.

# MOTORMATTERS

## EDITORIAL COMMENT

BY ALAN ROSENMEYER



Cars and transport form an integral part of everyone's lives. Whether you view cars as simply a mode of getting you from A to B or, like me, you have oil flowing through your veins instead of blood, you simply cannot live without them.

For a true petrolhead, it's an ever changing world, moving at an exceptional pace of technological development. Most important to me, personally, are the constant advances in safety technology. Each and every little step that assists in reducing the annual carnage on our South African roads deserves to be recognised and applauded.

On these pages every month we aim to bring you a mixture of issues of interest, from new launch news and facts, to test reviews of cars that pass through our hands, giving us the opportunity to pass on our opinion of what it's like to live with

that particular car for a period of time. We are candid in expressing both our likes and dislikes of each particular car. A video of every test car is posted on our YouTube channel and the link will be provided with every review. We don't believe that there are any (or many) actually bad cars on our market but maybe it's a case of some are more, or less, good than others.

For the average person faced with the prospect of buying their next car, it can be a most daunting process. My belief is that you need to analyse your specific needs and criteria, set price parameters and then arrive at a short list of possible candidates. These pages will focus on providing information and facts aimed at assisting you in doing this.

We will also provide regular features focussing on safety, whether it's road safety or the

latest safety technology being offered on the market. Finally, there will be special features of classic, exotic and collectable cars.

MotorMatters is proud to have been given the opportunity to provide this content for the Estates in Africa group of magazines. We would love to hear from you and receive your comments, feedback and suggestions.



Alan with his trademark hat



# FORD MUSTANG 5.0L GT CONVERTIBLE

*You either love American muscle cars or you don't, it's actually that simple.*



Most youngsters (if they love cars) grow up with posters of 3 cars.....Lamborghini, Ferrari and the Ford Mustang. Ever since the Ford Mustang, known as the Pony, was first launched in 1964, the legend has grown, even here in South Africa where extremely limited numbers were imported over the years due to the cars being built as left-hand drive only. That all changed with the launch of the current generation, and every petrolhead and muscle car enthusiast in SA had reason to rejoice when it was announced that the first EVER right hand drive Mustang was being added to the range.

For a Sunday rally run recently, I arranged a special test drive of the top of the range V8 convertible version to use as my transport. To say it was the centre of attraction among a number of other special classic cars is an understatement.

Many purists will tell you that the Mustang's handling and finishes

still don't match some of the top European brands. My response is very simply... I DON'T CARE. It's a Mustang. It's the quintessential American muscle car. It's big, it's loud and it can be 'In Yer Face', but that's exactly how it's meant to be.

The Mustang is available in SA with either a 2.3L Ford Ecoboost engine or the big, growling 5.0L V8. Many believe that the 2.3L, with 233kW is a far better buy from the aspect of the lighter engine giving better balance plus the lightning response from the turbo. The V8 has no turbo, so it kicks out 306kW and a massive 530Nm in a marginally lazy way. An easy test of the massive torque is that you can allow the car to rumble over the prolific speed bumps found in most estates without even touching the accelerator pedal. Then, when you click a little toggle switch below the infotainment screen and change from normal mode, to sport/race track or snow modes... that's when the fun begins.

The Mustang is available in Coupe or Convertible versions with either engine and even manual or automatic transmissions with both engine choices. Here is where I am going to emphatically state my personal preference - V8 convertible with automatic transmission. How can you possibly contemplate your American Muscle car with any other recipe? Again being personal, I refused to drive with the top up.

This is a selfish car, you cannot deny that. Back seat space is limited and the elements are harsh on those relegated to the cheap seats. But this is a car you buy for yourself (and maybe your loved one) and I only know one way to drive it - cruising down the highway with the top down listening to the classic V8 rumble.

Mustang prices range from R 720 000 to R 950 000 for the range topper as tested. All I can say is... I want one just like this.

Go to this link to watch our video review: <https://www.youtube.com/watch?v=DNCGDkIIYpc>

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### Universal Roofing

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## Hospital:

### Netcare Pretoria East Hospital

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## Health & Wellness:

### Icare Woodlands SC

Icare Optometrists has been in the eyecare industry since 1985 located in Alberton City and the third is located in Woodlands in Pretoria, on Woodlands Boulevard, shop 72, Cnr Garsfontein and De VilleBois, Mareuil, Pretoria . Contact Izel : 012 997-7857 for an appointment/quote.

### Dr Alta Saunders

General Practitioner for all your guidance in healthy living. Contact Dr Saunders on: 012 480 1985.

### Dr Elmien de Kock

Your family practitioner: E-mail: [reception@drdekock.co.za](mailto:reception@drdekock.co.za) Tel: 012 991 7922.

## Health & Wellness:

### Dr Christa Rocher

Your GP in Irene Village Mall Family Health, Child Health, Women's Health. Call: 012 662 0305. [Info@christacare.co.za](mailto:Info@christacare.co.za) [www.christacare.co.za](http://www.christacare.co.za)

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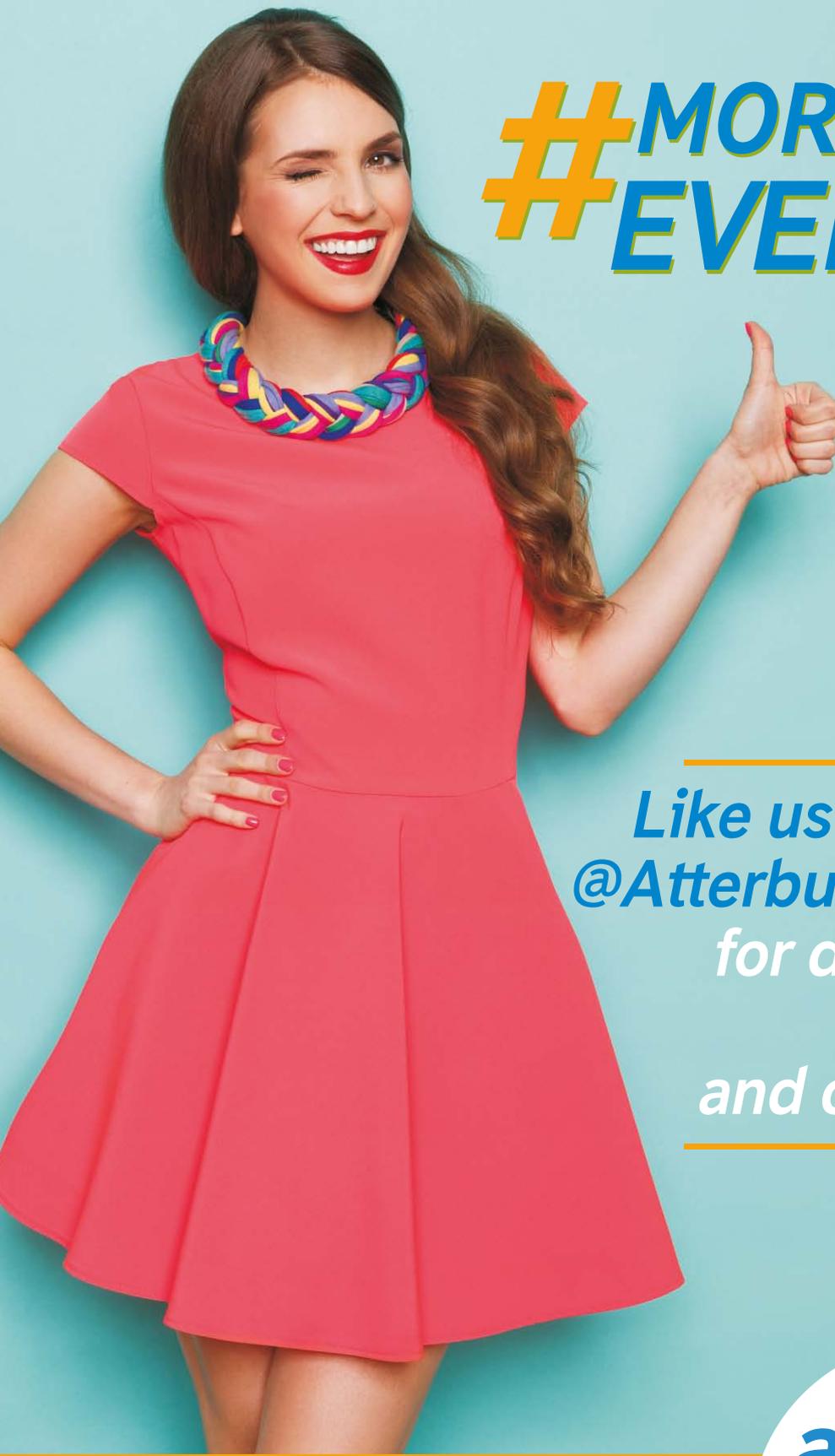
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