

FOOT & ANKLE AND PAEDIATRIC ORTHOPAEDICS



Dr Katherine Troisi

Orthopaedic Surgeon
Foot & Ankle Specialist

Operating from Hilton Life
& Lenmed Howick Hospitals

Life in present days, is rather stressful and often, degenerative foot and ankle conditions such as bunions or claw toes, are set aside or ignored. Unfortunately, not seeing to these problems only leads to further degeneration and chronic pain, keeping you from an active happy lifestyle.

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- Flatfoot and cavus foot correction
- Degenerative foot and ankle conditions
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- Congenital deformities such as clubfoot; development dysplasia
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FOOT AND ANKLE



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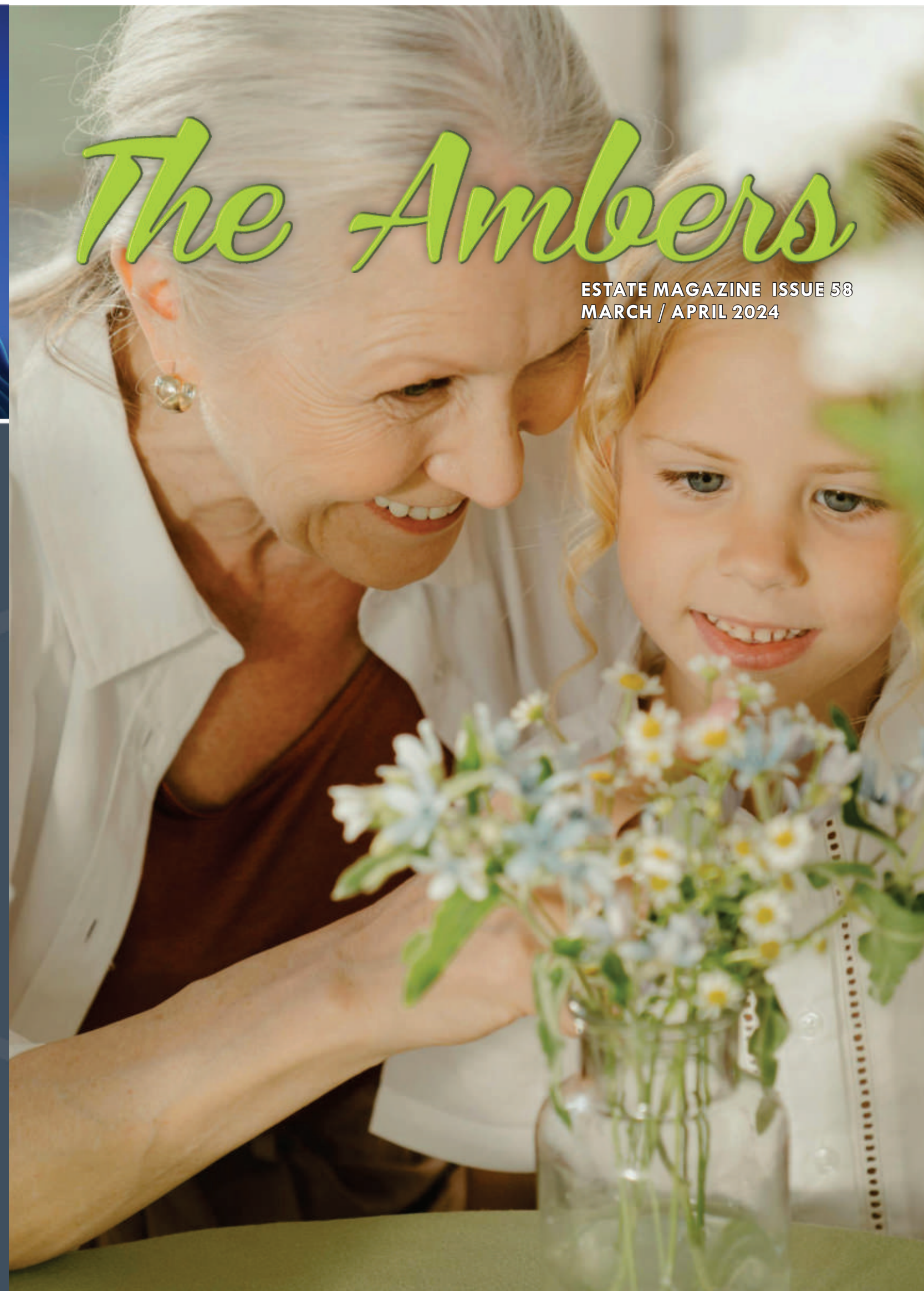
Midlands Orthopaedics was established in 2013 to replicate the service offering of the big teaching hospitals in the first world. The aim was to create expert specialist level care for the Pietermaritzburg and Midlands area.



MIDLANDS
Orthopaedics

The Ambers

ESTATE MAGAZINE ISSUE 58
MARCH / APRIL 2024



“The biggest adventure you can take is to live the life of your dreams” – Oprah Winfrey

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“The difference between ordinary & extra ordinary is the little bit extra.”

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Harcourts

Dear Readers

My son was in Richards Bay for three days this week, and the tropical storm that hit Mozambique touched down in that area, the winds the rain and havoc was unbelievable, and one could only watch. Yesterday on the way back he went into Stanger, and the flooding on the streets from this same storm was horrendous. The elements are certainly not being fair anywhere in the world. Yesterday we had jerseys on and today its nearly 30 degrees again.

Sitting waiting for granddaughter to come out of school, during the Wednesday heatwave, heard two parents talking, next to my car, one was saying that there is so much flooding up the north coast, and she cant even do her washing as she hasn't had water for 10 days, and that, that day her water had come back on, rushed to do her piling up washing, to find that the lights had gone out as the cables had been stolen. To crown it all she was, with the help of some of the schoolboys changing her tyre, as hers had been torn hitting a pothole. So clearly it wasn't her day.

She was clearly frustrated but surprisingly, not heated in her conversation. Remember those days when we first put in car alarms, and as soon as one went off, for no reason, we all dashed out to see if it was our vehicle. Then, we didn't bother. Is this how we are becoming with water, electricity, refuse and potholes?

Well, I'm looking out my window as I write this and realize that the sun is shining and it's a beautiful and that yes, no one can possibly do anything to change that. Let's try, no matter how hard and frustrating it is, let's stay positive and thankful for the things that we have that no one can change.

Till we meet again,
 Warmest regards

Pat Franken
 082 5523027

I've learned.... That one of the simplest ways to stay happy is by letting go of the things that made you sad.

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Living in Amber Glades

Written by Mrs Jean Timm
(Amber Glades resident)

For some, the bi-weekly films are a must; for others, the weekly music-therapy or biokinetics classes can't be missed; some enjoy the presentations of famous classical composers, like Handel, Chopin and Beethoven, while others prefer listening to more modern music each week. Snooker, Bridge, Chess and Rummy continue to draw devotees, while regular walkers on our circuit chat in passing, or pat our canine friends. Our lovely coffee shop, of course, is a regular gathering place for socialising.

We have enjoyed a few special events recently. There was fierce competition coupled with much camaraderie during the jigsaw competition, contrasting with the elegant but relaxed atmosphere at the Valentine's Day cheese and wine celebration.

A major event was the grand opening of our chipping and putting green. It was very well organised, from transport in our new Amber Glades Glider, to the cutting of the traditional tape by our developer and our Mayor, to the snacks and champagne. A highlight was the competition. Residents, some who had never before held a golf club, entered in teams of four, so there were wails when that little white ball plopped into the bunker, and shouts of delight if it landed on the green, and finally into the hole. All, however, thoroughly enjoyed the morning.



ON BECOMING A REVERSE CELEBRITY By JOHN GARDENER

Having reached a certain age – and the gloomy conclusion that my best efforts aimed at achieving celebrity status have come to nought – I have embarked upon a quest to become a Reverse Celebrity. And by golly, it works!

After only the briefest period adjusting to my new status as a nonentity, ordinary folk in the public domain have started to accost me.

“I say!” they cry, “aren't you the chap who wasn't in Isidingo last week?”

“Never been near the show in my life!” I respond cheerfully.

“Well I never!” they gasp. “Just wait until we tell the girls at work about this!”

Only the other day, in the Spar, I was approached by a curious couple who had spent several minutes giving me sidelong glances.

“You're not Harrison Ford, are you?” asked the man, eyeing my wheelchair doubtfully.

“Afraid not,” I said.

“There you are, Mavis. I told you we'd never seen this bloke before.”

After several minutes spent uncomfortably shuffling her feet, Mavis ventured a question of her own. “Can you tell us which new productions you won't be appearing in this year? Just so I can tell the family when I get home, you know how it is.”

“With pleasure,” I said brightly. “You can count on not seeing me in the next Harry Potter production and I'll be conspicuous by my absence from the new James Bond movie. And oh, yes, Jurassic Park V will have to struggle along without me, I'm afraid.”

“Well there's a thing!” muttered Mavis in obvious astonishment while her husband studied a tin of house-brand marmalade. “But what about leading ladies?”

“Now let me see,” I said. “I've not locked lips, or for that matter shared any smouldering moments, with the likes of Madonna, Jessica Alba, Halle Berry, Angelina Jolie or Cameron Diaz. Like ships in the night we've been. Never clapped eyes on a single one of them – apart from in the cinema, you understand.”

“This really has been most fascinating, hasn't it, George?” Mavis said, tugging her husband's arm and then, in a disappointed tone of voice, “but I must say that I thought you'd be taller.”

As the distance between us increased Mavis turned one last time and offered apologetically, “I hope you don't mind us not asking for your autograph, only there ...”

Her voice faltered and so I completed the sentence for her. “No, I quite understand. There really doesn't seem to be much point, does there?”

And then they were gone.

I've taken to my newfound insignificance like a duck to water and can report that my diary is entirely uncluttered for the coming year. Not a single entry, social or otherwise!

Supermarkets, libraries, swimming pools and town halls will be declared open, ribbons will be cut and bottles of bubbly will be smashed on the prow of tugboats in Durban Harbour. Flocks of white doves will be released and clusters of helium-filled balloons will drift skywards, and all of this without my participation or input.

For, as I am proud to announce to anyone prepared to listen, I'm in with the out crowd.



BEDROOM SNAKE

By Gordon Flower

I was doing my usual Saturday housework chores on 3rd February and was about to vacuum the bedroom when something unusual caught my eye underneath the curtain in the corner of my bedroom. On closer inspection I realised it was a snake, sleeping peacefully all curled up. It turned out to be a young puff adder. I called Don McArthur for advice, and he identified it. He called his cousin, Justin Herd, who came over with some braai tongs to try and remove it. After a couple of attempts, which only served to antagonise the snake, rudely awakened from its slumber, he managed to get it into a large bucket and took it away to find a suitable place to release it. This is Africa after all, so unwelcome guests do sometimes make an appearance. I was extremely relieved to see the back of it and am very grateful to Don and Justin for their expert help.



THE MIDMAR MILE

By Sjoukje du Toit

Forty years ago our family of six swam the Midmar Mile together. Life happened and for many years I did not swim again.

Whilst teaching at Penryn College in Nelspruit I inspired the children to swim the Mile, and so, in 1998, I started again. I missed a few races here and there, but then decided to dedicate my 24th Mile to our son, Nico, who passed away tragically in June 2023.

Saturday 10th February arrived cold and windless, with a calm dam. But, oh dear! a strong wind came up and blew across the dam, causing huge waves. Being very buoyant I was continuously swept to the side by the current and must have swum two miles instead of one! I also swallowed many litres of dam water, and what was going to be a calm and peaceful swim meditating on my son's life, turned into a matter of survival. I finished, albeit a half-hour slower than last year, and, I must admit, I had to dig very deep to finish at all.

VALENTINE'S DANCE

By Cynthia Dibben

Our Dining Room was transformed into a colourful carnival of pink, white and red with balloons, hearts and stars adorning the tables and windows. Music was provided by the ever-popular Barry Ritson, who had the participants dancing the night away. Our heartfelt thanks must go to the organizing committee of the Social Club and other willing residents who gave generously of their time and talents to create the ambience for this successful event. It is wonderful to see the enjoyment this brought to our residents and visitors, and we look forward to more events of this nature.





Birds of the Greater Ambers

by Norman Freeman

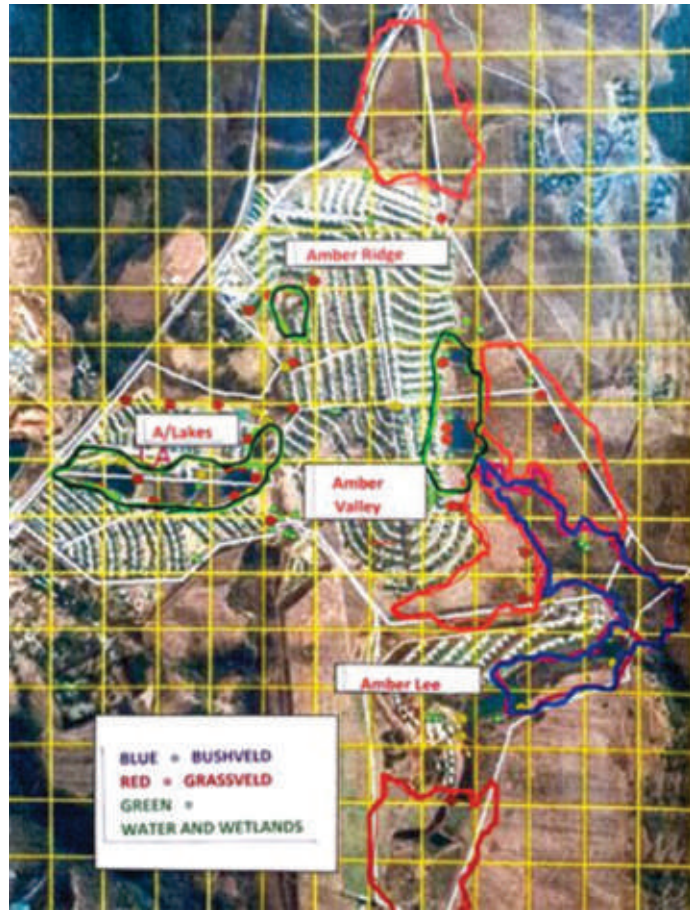
AMBERS STAMP CLUB

Philatelist's – or simply stamp collectors, collect in a manner in which they find enjoyment. Some focus on Countries, some postmarks, some on a specific theme such as ships, fauna and flora and many other subjects. This presentation is based on a thematic, its subject being the birds of the Greater Ambers. The geographical area of what is known as the Greater Ambers includes Amber Valley, Ridge, Lakes and Lee.

This article presents some of the less commonly recorded species illustrated on Postage Stamps and divided into each habitat.

Since 2013, two hundred and ninety three (293) species have been recorded. This is a significant number of diverse species for a relatively small area made possible mainly by the varied habitats the Ambers offers including Gardens; Bushveld; Grasslands; Water and Wetlands all offering food and breeding sites. Included would be birds recorded flying overhead as well as a number of visiting Migrants.

An example of the intra-African migrants is the pair of White-throated Swallows which return year after year to their same nesting site under the eaves at the entrance to the Auditorium.



Habitats within the Greater Ambers

GARDENS

With almost 1 800 homes with developed gardens offering a wide variety of trees, plants and shrubs, certain birds are drawn to these giving pleasure as we enjoy seeing them from our patios. Typically these are Sparrows, Doves, Robins, Chats, Geese, Guinea-fowl, Weavers, Quelea, Thrush and Sunbirds.

Some less often seen include:



White-bellied Sunbird



Black-headed Oriole



African Harrier Hawk



Red-chested Cuckoo

BUSHVELD

The Ambers boasts a number of areas comprising bushveld and thickets. The “Game area” of Amber Valley includes for these along the sides of streams and slopes leading to relatively thick bushveld mainly toward the junction of Amber Valley, Amber Lee and Kwawula. The lakes in Amber Lee are edged with riverine bushveld and a portion of their fence line borders on WESSA. A wide variety of bushveld bird families are recorded in these areas – Batis, Flycatchers, Barbets, Prinea, Warblers, Spurfowl, Eagle Owl, Hoopoe, Brown-hooded Kingfisher, Southern Boubou, Brubru and Canaries, with a number of specials such as:



Violet-backed Starling



Grey Cuckoo-shrike



Cape Batis



Yellow-throated Wren-Warbler

GRASSVELD

The majority of the Ambers commonage, including Amber Valleys “game area” and large tracts of Amber Lee are covered with grass-veld comprising a range of different grasses providing seed, insects and nesting habitat for birds. Commonly found families are Swallows, Longclaw, Pipits, Cisticola's, Guinea-fowl, Warblers and Larks. Surprises occur with:



Ground Hornbill



Secretary Bird



Cape Longclaw

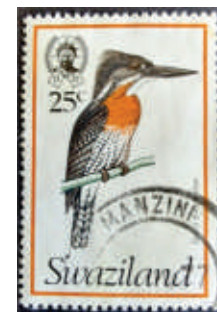


Grey-crowned and Blue Crane



WATER AND WETLAND

Again, the Ambers boasts some 18 dams, the majority with well-developed wetlands. Both water and wetland attract a varied number of families such as Coots, Moorhens, Dabchick, Rails, Geese, Ducks, Reed and Swamp Warblers, Spoonbill and Heron. Specific species include:



Giant Kingfisher



Burchells Coucal



Purple Swampphen



Purple Heron



African Jacana

AERIAL

The Ambers list of birds includes for birds which have been recorded flying overhead. A significant proportion would be the raptors – Buzzard, Eagles, Sparrow-hawks and Kites both resident and migratory. Sightings of a number of these include:



Long-crested Eagle



Martial Eagle



Yellow-billed Kites



Barn Owl (nocturnal)

SUMMER MIGRANTS

Migration to South Africa takes place during the Summer months when our weekly bird walk sightings are bolstered with visitors. Some are intra-African migrants. Others are Palearctic moving to South Africa from northern Russia and Scandinavia covering incredible distances to get here. There is a record of a Ruff (Wader) having flown 15 400 kms from its northern breeding grounds. Some include:



European Swallow



Black Cuckoo



Greater Striped Swallow



European Bee-Eater



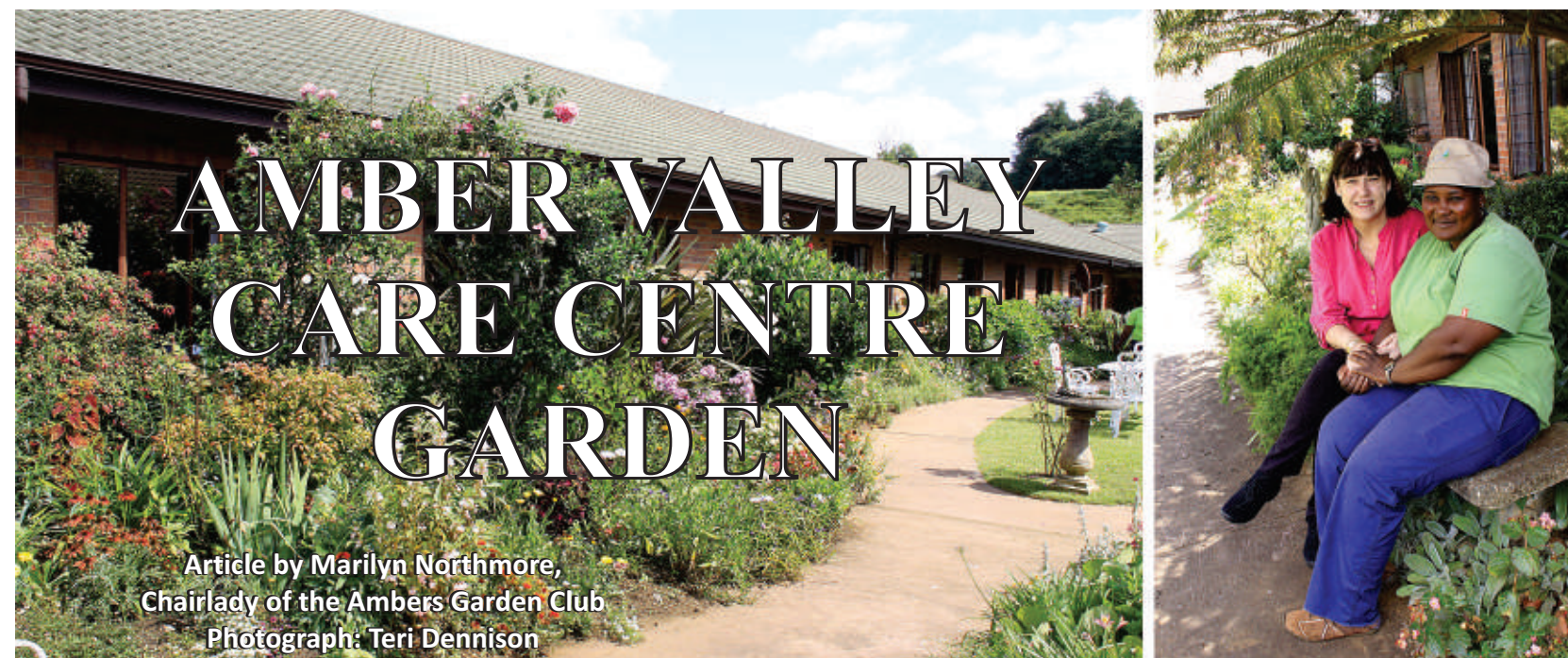
Violet-backed Starling

We are certainly very privileged to be living in such a wonderful place as the Greater Ambers with all its varied habitats resulting in such diversity in bird life.



AMBERS STAMP CLUB

For more Information about The Ambers Stamp Club please contact: James Grinyer 033 239 0717 or Aubrey Bowles 033 239 2135 082 316 3308



A few years ago, I wrote an article on the above gardens but having visited them recently felt it was time to give the readers an update.

Over the years I have watched these lovely gardens mature, no garden matures on its own, only with hard work, dedication and skill.

Busiwe Dlamini (Busi) came from the employ of Fresh Landscapers to work at the Care Centre Gardens.

With encouragement from Matron Jade Luck, and advice from experienced gardeners, Busi nurtured them into what they are today.

Busi comes every day from the Karkloof where she lives with her husband Ephram and their two children.

On arrival at the Centre there are two stunning rockeries with wonderful Aloes and ground covers. In the Care Centre one can walk off the central veranda into the wonderful garden, which all the residents can enjoy. How fortunate are those whose rooms look onto the Roses, Azaleas and a variety of perennials, potato bushes - the list is never ending.

Busi tells me she loves to plant seedlings and watching them grow, which they certainly do. She also said she talks to her plants, but thinks some people think she is mad! So does King Charles, so she's in good company.

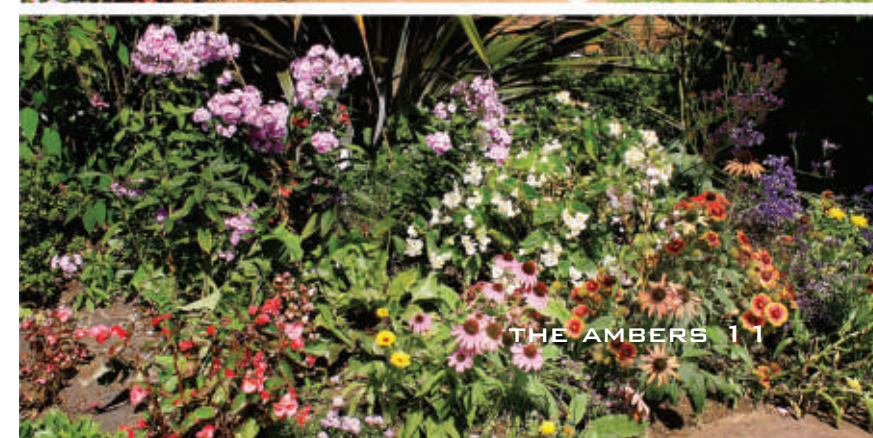
The Bunny Garden off the D wing lounge is also stunning although a little different. At the far end is a raised Memorial Garden for past staff of the Care Centre, full of interesting plants. Many different succulents and Grasses add to the variety, and again Roses and Azaleas.

Busi tells me she never stops gardening as she and Ephram cultivate a large vegetable garden at home.

I always say that a garden must flow and encourage you to walk and discover all the aspects of the design - this garden certainly does.

It has been wonderful to watch Busi and Matron Jades vision come to fruition, noting the importance of accepting advice.

So many enjoy what you have done and may your dream go from strength to strength.



Amberfield Retirement Village **NEWS & EVENTS** by David & Pauline Dalton



“This was no storm in a tea cup!”

In mid-January, as happened elsewhere around Howick, a typhoon-like storm ripped through the Amberfield estate. Although short-lived the damage was tangible. Some of Amberfield's wonderful old trees sadly succumbed to the devastating storm. Young trees were also affected as were some buildings and even fences. One old tree fended off the storm but eventually yielded, but luckily came to rest by only leaning on a unit's dry yard. To add insult to injury a woodpecker was observed having a right go at some of the trees left standing. The Amberfield community came up trumps to help clean up, assist neighbours and the garden service. Mopping up took several weeks to clear the debris.



Howick Community Church: A Pantomime in January

The story is conveyed with a delightful humour but grounded in scripture. The cast of the Community church mime to the soundtrack of “The Great Potentate”. Casper, the wise man has been distracted along the way to Bethlehem and arrives late! He regales the audience with his adventures as he finds his way to Nazareth. Thank you for a wonderful afternoon's entertainment.



KZN Youth Choir

In January the KZN Youth Choir consisting of sixty members made a surprise visit to Amberfield. The Concertmaster's enthusiasm was tangible and along with the pianist, two guitarists and drummers, delighted residents with a fun morning's entertainment.



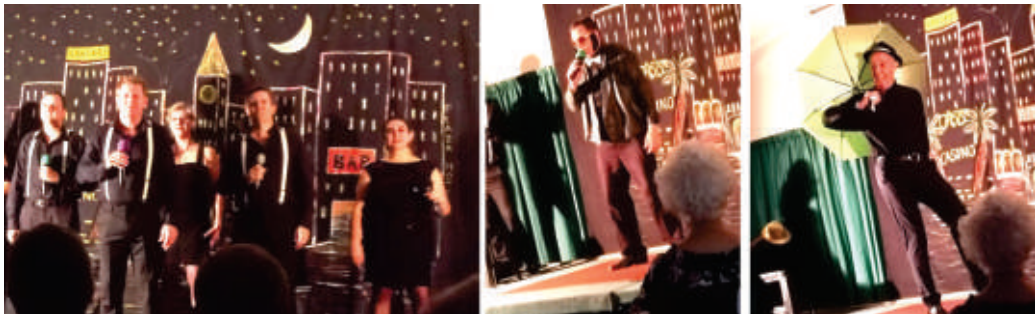


Valentine's Day Breakfast

A Continental type breakfast to celebrate love and life on Valentine's Day was held in the Amberfield dining room. Those who attended had a fantastic meal and enjoyed some time together. Thanks to Monica Ashe, the Social Committee & helpers for organising the event and J Leslie Smith Attorneys for sponsoring the breakfast. Thanks also to Indenzi River Creamery for their donation of cheese, Fairfield Dairy for the assortment of yoghurts and Greendale Spar who are always supportive.



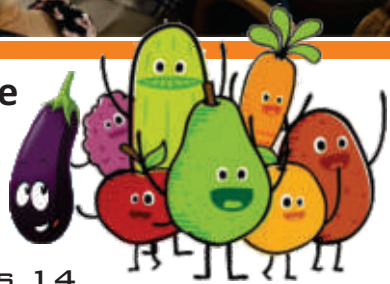
The Pig & Whistle 'Memories' produced by Meryl Kurz



In March the Social Club hosted the evening with talented entertainers which included Tyron & Layle Cathy, Andrew & Belinda Butler, Dale McCaskill and Warwick Hulbert. The audience was taken on a trip down memory lane with songs such as – Heartbreak Hotel, a Million Dreams (Greatest Showman), a Platters medley, Cabaret, Sha Na Na, Mustang Sally and many more. Over 100 people enjoyed this wonderful event organised by Monica Ashe.



Fruit & Veggie Market Fridays



THE AMBERS 14

Did you know?

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THE VICTORIANS AND

Easter traditions were not defined by the Victorians. However, they certainly embraced it with aplomb!

The first major tradition to gain popularity throughout the 19th century was the Easter egg hunt. This was a German custom dating back to the 16th century, when Martin Luther organised egg hunts for women and children in his congregation. The hollow Easter eggs symbolised the empty tomb of Jesus which, according to Christian tradition, was discovered by women. As a child, Queen Victoria, whose mother was German, would have taken part in Easter egg hunts. She continued to enjoy this custom with Prince Albert and their children, popularising the activity among Victorian families.

Decorating eggs for Easter as a symbol of rebirth and fertility is a practice that dates back to early Christians in Mesopotamia (modern-day Iraq), who dyed eggs at Easter time. Victorian children took part in this tradition, hard-boiling and decorating eggs, colouring them with natural ingredients such as onions, berries and lemon peel or wrapping them in gorse flowers.

It was also custom to gift decorated eggs, which replicated the fashionable, but very expensive, Fabergé egg. These could be made of papier mâché decorated with materials such as silk, lace and ribbon, or sugar decorated with lace frosting depicting scenes of spring, nests, or rabbits. Chocolate eggs were also crafted during the 19th century, but it was in 1875, when British chocolate company Cadbury made their first Easter egg, that chocolate became a commercial feature of Easter.

Continuing the theme of Easter treats, **hot cross buns** were enjoyed on board the SS Great Britain. On the 10th of April 1857 Samuel Archer, the ship's Surgeon, writes in his diary that he "had hot cross buns for breakfast". Although hot cross buns existed before the Victorian era (the nursery rhyme dates back to 1798), eating them on Good Friday was popularised by the Victorians, with street vendors selling them cheaply at Easter.

Easter



An essential item in a Victorian woman's wardrobe, to be worn to church on Easter Sunday, was an **Easter bonnet**. These were made from straw, more suitable for the spring months, and were either specially made or repurposed old bonnets with new decorations. Victorians also began the practice of sending seasonal cards and Easter was no exception. With the introduction of the halfpenny stamp and railways, it became much easier to send greetings cards to relatives and friends.



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THEME CLOSE UP on NATURE and SEASONS



"Our work is to create beauty, to make the land more fertile, to make our living, to leave the world better than when we came into it."

Bill Carter, 1941 - Founding Grandfather



The CAVERN

EST. 1941

NORTHERN DRAKENSBERG - KZN

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RULES

Please read these carefully, your entry will be disqualified if you don't follow the guidelines.

Closing Date of the Competition is **1st December 2024**

Competition is open to Ambers Residents **ONLY**.

No more than 2 entries per person.

Please email to: pat@kal-media.co.za Ensure you put Cavern Competition in the subject box.

Please advise your name, address and contact details.

Please give a title to your photograph.

If the files are big upload to www.wetransfer.com and notify Pat that you have done so.

Please send your entries in JPEG format.

Photography must be your original work.

Prizes cannot be exchanged for cash. The Judge's decision is final.

TAKING YOUR CAT TO THE VET



All cats should have at least an annual veterinary check, but some will require more frequent visits. For many cats, a veterinary visit is a stressful experience. However, there is much we can do to reduce this stress.

By nature, cats are independent, territorial, need to be in control of their surroundings, and sensitive to different smells – all these things make veterinary visits stressful, for both you and your cat.

However, there are simple things that can make a big difference:

Transporting your cat to the Hospital

- Make sure you use a good cat carrier. All Cats must be placed in a Cat carrier when visiting Midlands Veterinary Hospital.
- Never travel with the cat loose in the car – always use a sturdy and safe carrier.
- A carrier that opens at the top is much easier to use as the cat can be gently lifted in or out.
- Cover the carrier with a blanket or towel during the

journey to keep the cat calm.

- Secure the carrier in the car in a footwell or on a seat (with a seatbelt) so it cannot move.
- Drive carefully and gently.
- Stay calm so the cat doesn't pick up stress from you. Be reassuring and avoid loud noises.
- On arrival at the clinic, avoid rushing. Keep your cat in the carrier and hold it carefully – avoid swinging the carrier or banging it against objects or your legs.
- Make sure there are familiar smells for the cat – use some or all of these tips:
 - The cat will be less alarmed if the carrier smells familiar and reassuring.
 - Put blankets/bedding in the carrier that the cat normally sleeps on or curls up on at home.
 - Also, place an article of clothing belonging to the cat's favourite person in the carrier.
 - Spray the carrier with [Feliway](#)® (a calming synthetic cat scent or pheromone, which may be available from your vet), at least 15 minutes before putting your cat in it.

If your cat panics at the sight of the carrier, keep calm. Keep the basket close, but out of sight. Wrap the cat in a thick towel/blanket that smells familiar. Put the cat and the towel into the carrier quickly but gently. A top-opening carrier makes this much easier. Take some spare bedding (smelling of home) in case the cat is sick or soils the carrier.

In the waiting room

At Midlands Veterinary Hospital we are passionate about keeping our feline friends calm.

- Please use our Kitty corner once checked in with reception.
- Please place your kitty up on the “cat parking signs or raised areas where the cat carrier can be placed above floor level while waiting..
- Please kindly cover your cat carrier with one of the blankets provided if it is not already covered.
- Talking in a quiet voice and with a reassuring tone.

Staying at the clinic

If your cat needs to stay at the Hospital. We are equipped with a cat only, temperature controlled Cat only Ward.

Taking your cat back home after a visit to the vet

Going home

When your cat goes back home after a stay with us:

If it has had an anaesthetic that day, your cat may still be subdued and unsteady on its feet.

- Cats may be nervous and disorientated on returning home – talk to them and stroke or groom them gently, allowing them to initiate closer contact whenever they are ready, and use the synthetic cat pheromone [Feliway](#)® to add reassurance and security to the home.
- Try to prevent your cat from licking any wound or pulling any stitches present. If this happens, contact us and ask about a special soft collar for your cat to wear temporarily.
- Contact us if you have any concerns such as the wound looking red, swollen or discharging; or if you feel that your cat is not recovering well.
- Make sure any medication is given as instructed, and the full course is completed.
- Pain can be difficult to recognise in cats. Signs include loss of appetite, hiding or being withdrawn. If you have any cause for concern, contact us for advice.
- Provide a quiet, warm spot in the house for your cat to convalesce – with food, water and a litter tray (keeping the tray away from the food).

Re-introduction to other cats at home

Your cat will have picked up unfamiliar scents whilst at the clinic. This may be more pronounced if there has been an overnight or longer stay. These smells may provoke anxiety to any other cats in the home because they smell aversive and/or because they mask the cat's natural scent thus making identification of the cat difficult. It is best to reintroduce the returning cat gently:

- Do not overwhelm the returning cat with attention from humans, other cats, or dogs.
- Make sure you are present to assess the response when

the cats are re-introduced.

- Spray the areas of your home where the cats spend most of their time with the synthetic cat pheromone (scent) [Feliway](#)® Classic if this is available.

Visiting your vet | Potential stressors for cats visiting the vets

- 1 DISCOMFORT, PAIN, SICKNESS
- 2 LACK OF CONTROL
- 3 CHANGE IN ROUTINE (eg, kept in before coming to the vets, food withheld)
- 4 TRAVEL
- 5 INABILITY TO ESCAPE (eg, from cat carrier, from restraint, from consultation room)
- 6 PREVIOUS NEGATIVE EXPERIENCES (eg, scared last time at the vets)
- 7 UNPLEASANT OR STRANGE SOCIAL EXPERIENCES (eg, seeing, hearing or smelling unfamiliar animals such as other cats and dogs)
- 8 UNFAMILIAR HANDLING (eg, restraint, medical examination)
- 9 UNPLEASANT OR STRANGE SENSATIONS (eg, smell of disinfectant, stethoscope placed against chest)

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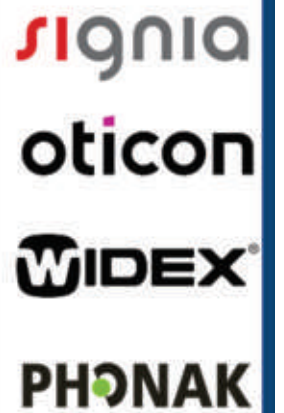


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Upgrades to Lenmed Howick Private Hospital make it the community's hospital of choice

When the Lenmed Group acquired Howick Private Hospital three years ago, its intention was to offer a comprehensive healthcare facility that appealed to and catered for the local community's needs. Since Lenmed acquired this hospital, it has been doing just that. Lenmed Howick has undergone several improvements in line with the residents' needs and with the view to being Howick and the extended community's hospital of choice.

Comprehensive and enhanced facilities at Lenmed Howick

Lenmed Howick boasts a wide selection of personalised in-hospital and out-of-hospital healthcare services to cater for its members. General ward facilities are complimented with high-care, surgical and soon an ICU ward that offer state-of-the-art facilities. Since the improvements and expanded service offerings to these facilities, the group has already seen a great uptake in admissions and positive patient outcomes. The units are supported by a dedicated team of specialist medical professionals whose duty is to ensure that its members are in safe hands and afforded the best care possible.

The recently upgraded emergency department is open to the community 24 hours a day, 7 days a week. It is manned by a team of dedicated medical professionals who are on site to take care of patients' needs. Patients also have access to a range of specialists, from ENTs to paediatricians. These doctors are conveniently located on the hospital premises.

Lenmed Group consistently serving the community for forty years

Lenmed Howick Private Hospital is one of nineteen (19) hospitals in the Lenmed Group. The Lenmed Group is a world-class chain of private hospitals that delivers quality healthcare services to the community. The South Africa, Ghana, Botswana

and Mozambique facilities have been established in carefully selected locations based on the community's needs, offering a broad range of specialities and services.

Lenmed was founded in 1984 during Apartheid by a group of passionate doctors, who saw the need to offer much-needed healthcare services to the community in Lenasia, Soweto and neighbouring suburbs. Over time, the Group has established a brand that represents superior, personalised care with patient outcomes being at the forefront.

Embrace every day!

Lenmed Howick Private Hospital is committed to offering its members the highest level of care and it continues to support the Group's warm and compassionate philosophy, which is to offer healthcare services that create healthier and prosperous communities.

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This unwavering commitment to excellent healthcare is reflected in the design of new patient care spaces; the addition of specialised onsite medical professionals and advanced medical care units giving the community the peace of mind they deserve.

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WHEN I AM AN OLD WOMAN by Jenny Joseph

I shall wear purple
 With a red hat which doesn't go, and doesn't suit me,
 and I shall spend my pension on brandy and summer gloves
 and satin sandals, and say we've no money for butter.
 I shall sit down on the pavement when I'm tired
 and gobble up samples in shops and press alarm bells
 and run my stick along the public railings
 and make up for the sobriety of my youth.
 I shall go out in my slippers in the rain
 and pick the flowers in other people's gardens
 and learn to spit.
 You can wear terrible shirts and grow more fat
 and eat three pounds of sausages at a go
 Or only bread and pickle for a week
 And hoard pens and pencils and beer mats and things in boxes.
 But now we must have clothes that keep us dry
 and pay our rent and not swear in the street
 and set a good example for the children.
 We will have friends to dinner and read the papers.
 But maybe I ought to practise a little now?
 So people who know me are not too shocked and surprised
 When suddenly I am old and start to wear purple!

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Air Fryer COOKING

Air Fryer Chicken Schnitzel

Delicious, quick and tasty - it's the only schnitzel recipe you need from now on!

INGREDIENTS

Makes 4
 4 x 180g Chicken Breast Fillets
 100g (2 cups) breadcrumbs
 20g (1/4 cup) finely grated parmesan cheese
 1 egg, lightly whisked
 2 tbsp milk
 50g (1/3 cup) plain flour
 Olive oil spray
 Lemon wedges, to serve

METHOD

Place a chicken breast in between two pieces of cling wrap. Use a mallet or rolling pin to pound out until 2cm thick. Repeat with remaining chicken. Combine breadcrumbs and parmesan in a medium bowl. Whisk together the egg and milk in a separate medium bowl. Place the flour on a plate and season. Dip the chicken in the flour, shaking off excess. Dip in egg, then breadcrumb mixture, pressing firmly to coat. Transfer to a tray. Cover and place in the fridge for 15 minutes. Preheat the air fryer to 200°C for 3 minutes. Spray the chicken with olive oil spray. Arrange half the chicken in a single layer in the basket of the air fryer. Set the timer for 12 minutes. Cook, turning chicken halfway through, until golden and cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining chicken. Serve the schnitzel with Lemon wedges. or Lemon Sauce

Lemon Cream Sauce

Easy lemon cream sauce, one minute to make in the microwave, it is perfect for fish, chicken, salmon or drizzled over vegetables.

Ingredients

50 grams butter (chilled)
 ¼ cup cream
 2 Tablespoons lemon juice 30 mls
 ½ teaspoon garlic powder
 2 teaspoons parsley

Instructions

Place all ingredients in a small microwave-proof bowl or jug. Heat on medium power for 20-second bursts in the microwave, stirring/whisking well after each burst, until the butter is melted and the sauce is smooth and velvety. You don't want to overheat the cream, i.e. you just want it warm enough to melt the butter this will give you a thick sauce. Serve



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JUST A THOUGHT by **Pat FRANKEN**

Sitting at the robot yesterday, it was unbelievable how in the space of a minute, one person had gotten out of his car and approached another behind him, banging on the window and screaming on the top of his voice – what had previously transpired who knows, because I was driving alongside both these cars, and nothing appeared to have happened.

This great outburst and expression of anger, I'm thinking had nothing to do with the traffic or the road. Possibly it was the release of anger, built up from a bad day at the office, or a bad day in general, and was eventually expressed en route home or to wherever.

Which lead me to thinking, that the appearance of these urgent outbursts, are escalating on a daily basis, and I'm not talking about aggression here, I'm talking about escalated road rage. Arrive alive says: "road rage, is an incident in which an angry impatient driver, threatens to injure or kill another motorist, pedestrian or messenger".

Can we really blame high pressure lifestyles, everyday stresses or is it just a plain lack of consideration for one's fellow man and are we safe to say that this has contributed towards a factor of our high road fatalities. Well, it certainly, as I witnessed yesterday, has become a major threat to safe driving.

And, according to social media, its not just our country, it a social thing that seems to be increasing all over the world at an alarming rate, especially in metropolitan areas, along with traffic congestions, road works, bad roads, inconsiderate drivers, and this all constitutes to a very high level of frustration. People who are already vulnerable to aggressive outbursts are led to express their rage even

more critically towards total strangers.

The holiday season will soon be upon us, we all should do our part, and next time I want to vent about the non -considerate non-indicating driver ahead, or the one who turns in front of me, I believe the fact we are all human, we all retaliate, I can safely say that 90% of us do – admit it!

So please:

- Forget work at work.
- Forget home at home – concentrate on your driving.
- Play music.
- Plan your journey or leave a little earlier.
- Be courteous you can't change other drivers attitudes, but you can try and change yours
- Count to 10 (old fashioned I know, but it is said that it works)

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EASY TOFFEE APPLE SELF-SAUCING PUDDING

Ingredients 8 servings
 3 large Granny Smith apples, peeled, cored, thinly sliced
 2 cups self-raising flour
 2 tsp ground cinnamon
 2/3 cup brown sugar
 1 cup Vanilla Custard
 1/3 cup milk
 50g butter, melted, cooled
 1/4 cup golden syrup
 1 cup boiling water
 1/2 cup caster sugar
 1 1/2 cups Vanilla Custard, extra for serving

Method
 Preheat oven to 180C/160C fan-forced. Place apple in a microwave-safe bowl. Cover loosely with plastic wrap. Microwave on HIGH (100%) for 3 minutes or until softened. Drain.
 Combine flour, cinnamon and half of the brown sugar in a large bowl. Make a well. Add custard, mild, butter and golden syrup, mix well to combine.
 Spoon 1/2 the batter into a 5cm-deep, 16cm x 23cm baking pan, spreading to level. Arrange 1/2 the apple slices in rows, slightly overlapping, on top of the batter. Top with remaining batter, spreading to level. Arrange remaining apple slices on top. Place pan on a baking tray.
 Combine boiling water and remaining brown sugar in a jug. Carefully pour the mixture, over the back of a large spoon, over apple layer. Bake for 45 to 50 minutes or until pudding springs back when lightly touched and sauce has bubbled up around edges of pan.
 Meanwhile, 10 minutes before the end of cooking time, place caster sugar and 1/2 cup water in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil for 6 to 8 minutes or until mixture turns dark golden in colour. Remove from heat. Stand for 20 seconds to allow bubbles to subside. Carefully pour hot toffee over hot pudding. Stand pudding for 2 minutes to allow toffee to set.
 Serve the pudding immediately with extra custard.

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Two-pot Retirement System

The "two-pot" system proposed in a bill aims to divide pension contributions into two distinct pots: a savings pot and a retirement pot, effective from 1 September 2024. Members can allocate one-third of their contributions to an accessible portion of their retirement savings, receiving a one-time boost from a vested component. This boost is a minimum of 10% of the member's retirement fund value on 31 August 2024, up to R30 000. The remaining two-thirds are allocated to a preserved savings portion until retirement.

Contributions, along with growth and earnings, in the retirement pot cannot be accessed until retirement, where they must be used to purchase a retirement income, unless legislated minimum values apply. The accessible savings portion allows withdrawals without ceasing employment, resigning, or retiring. Members can make a single withdrawal per year, with a minimum withdrawal amount of R2 000. If a member resigns and has already made a withdrawal, an additional withdrawal is allowed if the gross interest in the savings component is less than R2 000.

Withdrawals from the savings component are added to taxable income and taxed at marginal rates. In the event of a member's death, beneficiaries can receive the savings component benefit as per the Pension Funds Act. After the implementation date, retirement funds must create a "retirement component" within the existing fund. The assets in this component must be preserved until retirement, and upon retirement, it is to be paid in the form of an annuity, including a living annuity, subject to the annuitization threshold of R165,000.

Existing members of funds do not have to re-enrol to have access to the two-pot system, as existing funds will be adapted to accommodate the new system and each fund will have to amend its rules.

If you need any further information or assistance, please contact our Pension Law department at J Leslie Smith Attorneys, Whyona Sithapersad on 033 845 9700 or email on whyona@jleslie.co.za or her Secretary: tanya@jleslie.co.za

NASEEBA SADAK

Candidate Legal Practitioner LLB, LLM

J LESLIE SMITH ATTORNEYS & COMPANY

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GET YOUR MONEY OUT – A BOLD AND BALANCED INVESTMENT STRATEGY

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*** WINNING STOCK MARKET STRATEGIES ***

In today's investment climate, capital and asset allocation are mission critical.

However, most asset management companies don't actually do share selections, choosing instead to focus on fund selections.

If you allocate your available capital into five tranches of 20% each – each tranche into a different fund – the reality is that you are actually invested in thousands of different companies. And each fund will come with its own layer of fees.

Institutional investor portfolios are typically over-diversified with their one-size-fits-all approach. They tend to focus on in-house unit trusts, bonds, cash, exchange traded funds and some stocks, to the extent that the worth of their top 10 holdings is diluted to less than 2%, while the portfolio manager's top picks ultimately represent less than 0.2% each. Sadly, the reality is that even if the top picks perform brilliantly, they're not going to positively impact the portfolio.

Over diversified portfolios will never outperform the benchmark because, to all intents and purposes, they are the entire market, impersonating managed portfolios, but accompanied by high fees that erode performance and returns.

Fenestra is different!

We are a fiercely independent boutique investment company founded in 1992.

We select stocks from a universe of local and international businesses. Each company is carefully researched. Top equity picks for a portfolio are weighted at 5% at the least.

This strategy allows Fenestra to avoid investing in companies that don't have a compelling investment case or reliable and trustworthy management teams. This is how we managed to avoid stocks such as Steinhoff, Tongaat Hulett, Brait, African Bank and EOH. We also avoid perennial underperformers such as Woolworths, Aspen, BAT and Sasol. What sets Fenestra apart is the ability to have an objective local and global view, and an intimate knowledge of different markets.

To protect themselves against market risks, investors need to be diversified, but not too diversified or they won't see any significant

return. Diversification has pros and cons. It is possible to enjoy the benefits of diversification without diluting performance.

The trick is to be invested in different currencies and countries in a focussed way: a wide spread is not advisable.

More than 90% of a portfolio's return stems from the capital allocation decision. Asset classes to consider include the US dollar, gold, other dollars, and different currencies, countries and industries. Exposure to offshore equities is essential because of the limited opportunities offered by the JSE, and to track global growth themes not available on the local bourse. In recent years the number of listed companies on the JSE has shrunk significantly, providing investors with a limited pool of businesses in which to invest. Making the situation even worse is that few new companies are being listed.

A balanced portfolio should have an allocation to safe-haven assets such as the Swiss Franc and gold, because capital preservation is critically important. The equity components need to perform well because from a return point of view they carry the entire portfolio.

Sadly, South Africa is not an important investment destination. Rising public debt, lack of decisive plans to grow the economy, electricity supply problems and rolling blackouts and sluggish legal processes to address corruption in state-owned enterprises are some of the reasons why capital does not flow into the country. And without investment South Africa will battle to stage an economic recovery and its unemployment figures will continue to soar.

High growth companies are typically found in Silicon Valley rather than Sandton.

Call Fenestra and we will get you started!

If you are not happy with your portfolio performance or would like a second opinion, please do not hesitate to contact Fenestra for a free, independent, objective and confidential review of your portfolio. Protect your wealth. Optimise your returns.

Contact Fenestra now!

William Meyer - 0796244031

Our numbers do the talking.

A decade ago, we predicted that Apple would become the world's most valuable technology company. We also recommended Amazon shares when they were trading at \$9. They are now trading at \$151. Microsoft's shares were trading at \$25. They're now \$376. Apple's shares were then trading at \$12. They have now risen to \$185.

These shares have gained hundreds of percentage points and some of Fenestra's 2023 picks are already up more than 100%. Apple is now the most valuable company in the world, worth \$2.9 trillion. Microsoft is worth \$2.8 trillion.

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