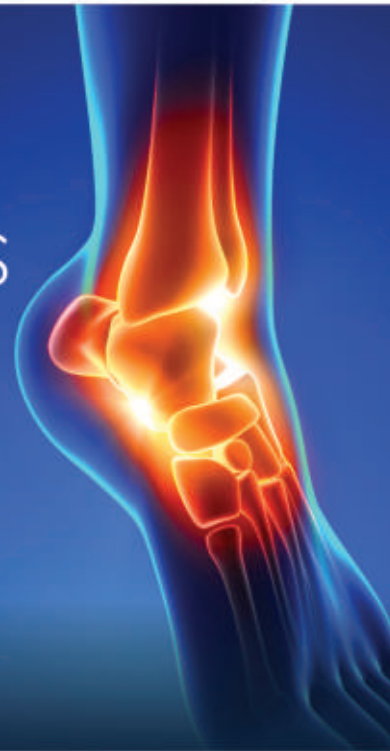


FOOT & ANKLE AND PAEDIATRIC ORTHOPAEDICS



Dr Katherine Troisi

Orthopaedic Surgeon
Foot & Ankle Specialist

Operating from Hilton Life
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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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FOOT AND ANKLE

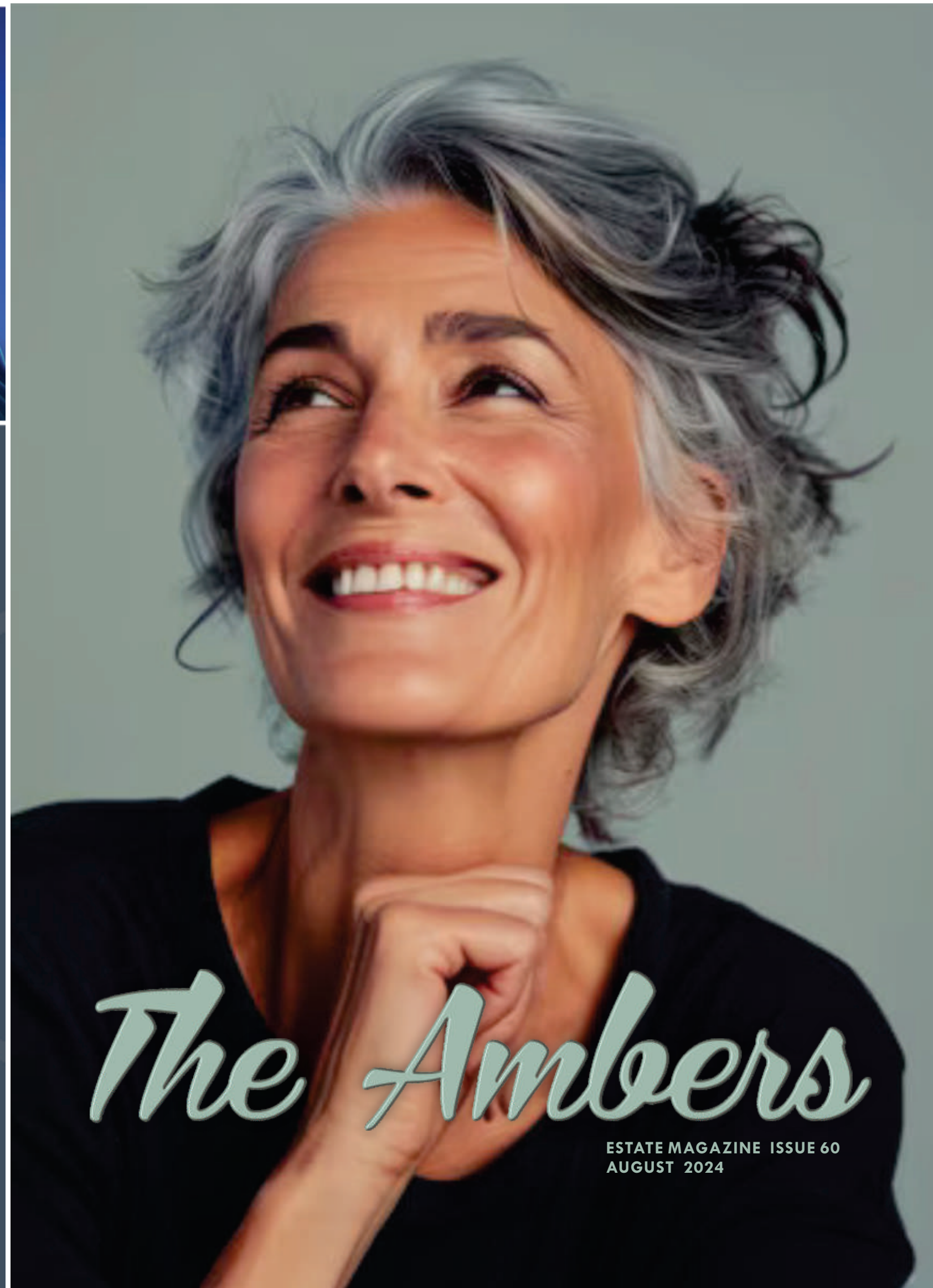


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The Ambers

ESTATE MAGAZINE ISSUE 60
AUGUST 2024

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Amber Glades
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Amberglen
Amberfield

Dear Readers

Hello once again,

It seems just like the other day I was writing my editorial for the Autumn edition; time is indeed passing us by! Can't believe that we have been together now for over 12 years.

I have been visiting a very elderly friend in the last few days. At 89 she had to have a bowel operation, and I was amazed to see her when I visited the next day. She was sitting up in the High Care Unit laughing and joking about being the only woman with 7 male patients, and her with a strapless sheet as clothing, and it made me realise that life is what you make it no matter what your age! It's possibly a case of - "Is your glass half full or half empty?" Well let me put this fact straight its always full because the second half has the air around us as top-up anyways! Seriously though, the older you are the better you seem to cope with what life throws your way these days. What is the secret ingredient? As my grandfather would have said "They don't make 'em like they used ta." And that's not meant as a joke.

It takes courage to do a lot of things in life, things we don't necessarily like or want to do, but it takes just one step. Just one step of this so-called courage and the rest just seems to follow. Let's face it, if you don't take that one step, you will possibly regret it for the rest of your life. But... if you do, just think of the pleasure of being able to say, "I did it"!

Our thoughts are very powerful. What we create in our head can have a huge impact on our attitude and our reality. So, even if you are not having a very good day, think of one positive thought and hold on to it. You'd be surprised how it can greatly change the rest of the day.


I want to thank our advertisers, some of whom have been with us since that first issue. I appreciate your support, and you, in turn hopefully the support of our readers. Please wherever possible support the advertisers, this magazine would not be possible without them!

Till we meet again, and wherever you go be safe.

Pat Franken

082 552 3027

I have learned... that actually, I can!

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Amber Valley

Hooray For The Ambers Tennis Courts New Surface



It was with great excitement that the new astro turf surface was laid on the tennis courts in Amber Valley. What an improvement! The official opening of the courts new surface was on the 2nd July 2024. Bobby Nefdt did the honour of cutting the ribbon. We all thank Bobby for the great motivation plan he did to have this new surface done, and for all the work he and the others involved did. The Ambers now have a surface to be proud of. On the 16th July a Fun Tournament was organized by the committee. Bobby Nefdt did the draw format and there was a great turnout of eager players. Players were organized into two teams: The white Team and the Blue Team. The tournament was won by the Blue Team: John Wray, Colleen Bates, Pam Metcalfe, holding the Trophy, Marlene Wilton, Cheryl Nefdt, Barbara Mulford, Sean Daly and Bobby Nefdt.

Our chairman, Roger Warren, sourced from St John's Pick n Pay, cooked the most delicious fillet on the braai. Prega rolls, Roger \$ Lise's special tomato relish, and tossed French salad, followed by chocolate cake, tea, and coffee, made for a delicious meal. Lucky to have a Chef as one of our players!

Let's keep playing tennis!
 Barbara Mulford 0332390656
 Photographs :Gerry Mulford



FRUITS OF THE VINE

By Cynthia Dibben

Another successful wine tasting evening was held in the Amberglen Lounge. The wines up for tasting were from Riebeeck Cellars from the Western Cape. An informative explanation of each of the six samples was given. Much chatter took place in between the swirling of glasses and the serving of snacks and sandwiches. The concentration of the participants was tested as lucky draw prizes were allocated to those who could answer questions from the descriptions. Those attending were able to order bottles of wine of their choice which were delivered to our doorstep.

Thanks must go to the various organisers of this event. We look forward to many more.



FIFTY SHADES OF AMBER

By CYNTHIA DIBBEN

Autumn at Amberglen brings with it many delights, including plants with many hues of amber. The Wikipedia definition of the colour amber is 'a pure chroma colour, located on the colour wheel midway between the colours of yellow and orange'. In many cultures, the colour of amber held great significance. Yellow and honey amber were associated with the sun and were believed to bring good luck and happiness. Red amber was thought to bring passion and love, while green amber was believed to promote balance and harmony. Amber is fossilized tree



Amberglen

SNIPPETS

ORIGAMI FOR BEGINNERS

By FIONA HIGGINSON

At Amberglen we have the opportunity to learn Origami, which is the Japanese art of paper folding.

Hilda Robertson, who has loved and practiced the art of Origami since her childhood in Holland during WWII, has lived in Amberglen for 19 years, and has facilitated a support group to provide hand-craft activities for the Care Centre residents for 14 years.

However, with the introduction of home care, people tend to move into the Care Centre much later, usually when they can no longer manage to fold and cut paper precisely. As a result, Hilda tries to host a session in the Main Centre at least once a month for any residents who would enjoy some good company around a table while they make decorations or cards for some special occasion. And one can always find an excuse for a special occasion: Valentines Day, Remembrance Day, Spring Day, Easter, Christmas, birthdays etc.

Hilda does not charge a fee and she provides guidance and the materials. She would love to draw people in, especially those who would benefit from a pleasant outing. Carers are also welcome. It is only an hour.



resin that has been appreciated for its colour and natural beauty since Neolithic times. Much valued from antiquity to the present as a gemstone, amber is made into a variety of decorative objects. Amber is used in jewellery and has been used as a healing agent in folk medicine. So, as can be seen from these descriptions, the 'amber' in the name Amberglen has many apt connotations.

On my walks around our Village, I have tried to count the various shades of amber and challenge you to find at least fifty. There are many tones found in the various Aloes, Red Hot Pokers, Golden Showers, Honeysuckle, Wild Dagga, Strelitzia and of course the Liquid Amber trees to name just a few. Happy hunting!



SOUNDS LOVELY CONCERT

By Fiona Higginson

The Sounds Lovely Ensemble was true to form on Saturday 8 June, in the Main Centre Lounge.

The concert was very professional, slick and diverse, making it easy to enjoy. In the 18 acts there was a mix of classical and modern, serious and funny, poetry and song, and all excellently compered by Patrick Murray. It was a little bit for everyone, and it was all over in 70 minutes.

This was my first encounter with the Sounds Lovely Ensemble so, in order to find out more about it, I popped in for tea with its main organizer, Pat Bennet.

Pat - an excellent pianist (and producer) - moved into Amberglen in 2016. It was not long before she met a local group of singers, the Midlands Minstrels, in need of a pianist. Thus, between 2017 and 2021 the group performed about 12 times at various Ambers and at Golden Pond. In 2021 the Midland Minstrels dispersed and Pat, along with Patrick Murray and Keith Humphris, formed the Sounds Lovely Ensemble.

The Ensemble draws in a diverse selection of other performers to create variety in their programme, putting on two or three concerts a year. The current concert, besides being performed at Amberglen, was also presented at Amberfield and Greendale. There is no charge, but the funds raised from donations are distributed to charities such as the Howick SPCA and Hospice. The core members form an oversight committee to ensure that the funds are properly administered.



THE AMBERS 6



MANDELA DAY OUTREACH

By Cynthia Dibben

'Who Let the Dogs Out' from the popular 1990s song was most appropriate for Amberglen's community outreach project to celebrate Mandela Day. A painting project at the local SPCA supported by our management, grounds and maintenance staff and some residents led to the dogs being housed in alternate accommodation while the kennels were being refurbished. The maintenance staff spent many hours during the week painting the inside of eight kennels in preparation for the 67 minutes of time given on 18 July. The rest of the staff and volunteers could now complete the painting of the outside of these kennels in a fresh grey colour. The high wall behind the cat section was also revamped with a few new coats of paint.

Donations of dog and cat food, blankets, newspapers and other items were delivered to the SPCA on the day. Grateful thanks must go out to the whole Amberglen community for their generosity of donated goods and contact time.

Two of Nelson Mandela's quotes are certainly appropriate for this successful outreach day.

"It always seems impossible until it's done."

"Well done is better than well said."



HOBBY & CRAFT EXHIBITION

By CYNTHIA DIBBEN

Coinciding with our Wednesday morning market on July 17th there was a hive of activity as our lounge was transformed into a colourful setting with an assortment of crafts and hobbies on display. What talented Amberglen residents we have!

There was a varied selection of interesting skills and techniques ranging from quilting, embroidery, knitting and crochet, painting, paper crafts, woodworking, model making and many more. It was good to see evidence of outreach projects supporting various charities as well as our own Care Centre involvement. Sharing these gifts is rewarding as it encourages others to take up a new hobby or revive skills that they never had time for before retirement. In this way we can meet new people and keep our brains and bodies active.

Thanks must go to all the exhibitors, the organisers and visitors to this productive and worthwhile display.



THE AMBERS 7



ENDANGERED SPECIES by Gavin Hayhoe Ambers Stamp Club

“Endangered” means a species is in danger of extinction throughout all or a significant portion of its range. “Threatened” means a species is likely to become endangered within the foreseeable future

AMBERS STAMP CLUB



At this time there are fewer than 300 Sable in the Kruger National Park having at one time being estimated to be more than 36000 in the lowveld area outside the Kruger National Park in 1940's. **The regal Sable**, arguably the most beautiful antelope in the Park, has specific habitat requirements that include tall grassland and open woodland. The giant sable is threatened by illegal hunting for meat, illegal capture and transport for wild life ranching and hybridisation with the closely related roan antelope.



Yellow breasted Pipit is a species of bird in the Pipit and Wagtail family. It is found in Lesotho and South Africa. Its natural habitats are subtropical or tropical high altitude grassland between 1400 and 2000 meters above sea level, arable land with luxuriant grass 15-30 cms tall.



The Oribi is a small Antelope recorded from the Northeastern to southeastern parts of South Africa as well across the African continent up to the Sahel in North Africa and West Africa. There are 12 suggested extant subspecies of the Oribi, while the 13th subspecies is considered extinct. Only one subspecies is recorded in South Africa and it is an evolutionary significant unit i.e. it has a distinct ancestry from the rest of the African populations. Although mostly recorded from protected areas the habitats of the Oribi in South Africa are largely fragmented due to human socioeconomic activities including agriculture, forestry, settlement, infrastructure, as well as bushmeat for consumption.



The Large blue butterfly. This is the largest and rarest of blue butterflies, distinguished by the unmistakable row of black spots on its upper forewing. Undersides are pale brown with black spots. The Large Blue is one of the most enigmatic butterflies, whose remarkable life cycle involves spending most of the year within the nests of red ants, where the larvae feed on ant grubs. The species was first recorded in Britain in 1795 and in 1979 the species became mostly extinct in Britain. With improved conservation methods it has been successfully reintroduced from Sweden in 1984.



There has long existed a very negative misconception around the **African Wild dog** or painted dog. Because of this, there are fewer than 450 painted dogs left in South Africa. Violent snaring of wild dogs is one of the most brutal ways of killing, and unfortunately this happens much too often in



our wildernesses. The only viable population exists in The Kruger National Park, and the Endangered Wildlife Trust has sponsored a major monitoring and reintroduction programme here. They have already successfully introduced wild dogs into the park and hope to continue this great work.

Riverine rabbit is nocturnal and can only be found in deep silt flood plains of seasonal Karoo rivers and can't be found anywhere else in the world, making it very vulnerable to habitat loss. Private landowners are encouraged to participate in conservation stewardships. Its habitat regions are tropical and terrestrial while its terrestrial biomes are desert or dune and scrub forest.

Blue swallow. The destruction of natural habitat has been found to have led to a rapid reduction of it's already small population, which is projected to continue in the future unless immediate conservation action is taken across its entire distribution range. The destruction and degradation of its grassland and wetland habitats on both its breeding and its non breeding grounds. It breeds in the Afromontane (from South Africa to Tanzania), wintering north of Lake Victoria. The nest is usually attached to the roof or side of a hole in the ground.

The geometric tortoise is a critically endangered species and is found in a very small section in the South- Western Cape of South Africa. They live in Nature Reserves and farms in a limited area of the Western Cape Province. The geometric tortoise has a striking pattern of yellow stars on a dark brown background of its shell. Its neck and legs are yellowish in colour. This colouration offers a good camouflage. The female may be up to six inches (150) cms long.



Pickergills Reed frog. It is easy to be overlook an animal that is only 3cm long, but once you know about it's existence it's hard to not care about its future. The Pickergills frog is one of the most endangered amphibians in South Africa. It is endemic to the coastline of Kwa Zulu where their numbers are shockingly low and vastly spread out along the coast. Habitat urban development also poses a major threat.

In South Africa, the **wattled crane** population has declined by 35% over 20 years, leading to the population falling to numbers as low as 131 in 1995. In a water-scarce country like South Africa, wetlands play a crucial role for the nesting habits of the Wattled Crane and through the storage, purification, stream flow regulation and recharging of ground water. The wattled crane is now concentrated in the Okavango Delta and is the most wetland dependent of African's crane species.

Black rhino has a very thick skin which acts like a protective plating but is sensitive, as the blood vessels are close to the skin surface and can easily be scarred. Rhinos soak in mud or roll in dust as protection against sunburn and insect bites. They spend the majority of the morning late afternoon and nighttime eating, and rest during the hottest part of the day. The front horn can grow up to 4ft and both horns are used to dig up roots and break branches for better access to food. Black rhinos can run at 40 miles per hour and can go for up to five days without drinking water by obtaining moisture from succulent plants,

Although the **Spotted Hyena** is currently categorised as Least Concern on the IUCN Red list, the population are known to be decreasing outside the protected areas. Their status is threatened by deforestation and hunting. The spotted Hyenas have distinctive vocalisations. In fact, they are the most vocal mammals in Africa, with over 11 different sounds recorded. The famous giggle they produce sounds like a human laughing. This laugh is used during times of nervous excitement or

submission to the dominant hyena. **The dusky shark** is one of the most threatened coastal and shark species with estimates of declines of as much as 99% in the last 30 years in the Atlantic Ocean and 75% in the last 35 years in the Indian Ocean. As apex predators, sharks play an important role in the ecosystem by maintaining the species below them in the food chain serving as an indicator for ocean health. They help remove the weak and sick as well as keeping the balance with competitors helping to ensure species diversity.

The Bearded Vulture satisfies the population criterion for regionally Critically Endangered. Population size estimated at between 368-408 individuals in South Africa. Poisoning is the most significant threat impacting vultures today. In most cases, vultures ingest poison baits. Bearded vultures fly at relatively low altitudes, and they are also at risk of flying into wind turbines, particularly in the Alps. The Bearded Vulture almost exclusively feed on bones, and those that are too large will be dropped from heights to break them into smaller pieces.

The Chestnut climbing mouse *Dendromus Mystacalis* is not protected under cities, the IUCN Redlist, or the ESA threatened and Endangered animals but was recently recorded in low numbers in Rocky Highveld Grassland and Moist Degraded Grassland on Nature reserve. It constructs nests in low bushes and Ezemvelo trees up to 2 metres off the ground. These nests are used during the warm and wet season, primarily for rearing young and resting.



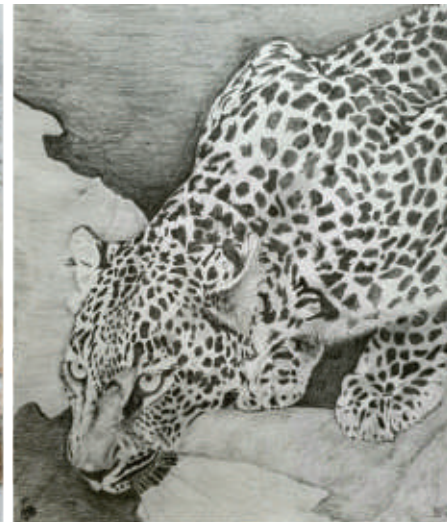
AMBERS STAMP CLUB

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



The Ambers Budding Artists

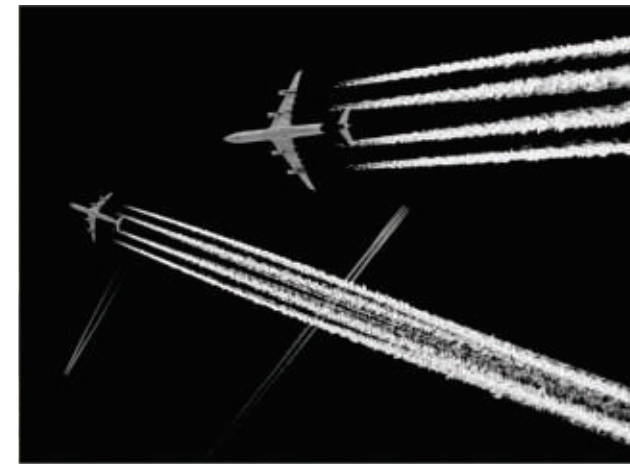
Congratulations to Neville Bennewith from No. 8 Harrier Lane, Amberfield



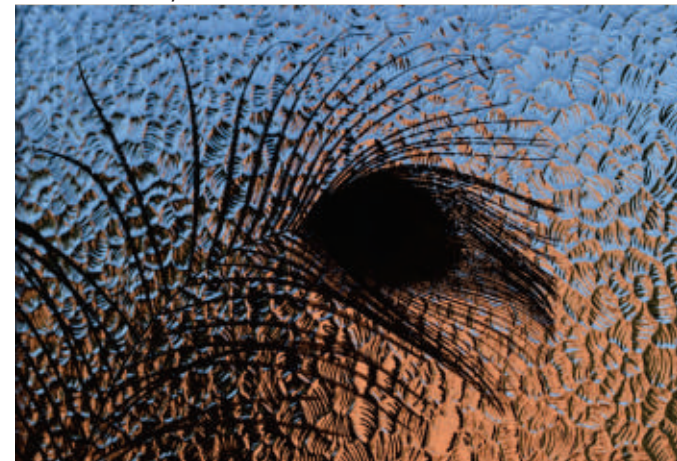
"we're never too old to try new things..." Pat Franken



July Judges Choice Junior
Sudd Fisherman by Nicole Forrester



July Judges Choice Senior
Busy Skies by David Mullin



July Set Subject Feathers Judges Choice Junior
Dramatic by Sue Grills



July Set Subject Judges Choice Senior
Blacklit Feather by David Mullin



June Monthly Competition Judges Choice Junior
Low Fly by Julie Johnston



June Monthly Competition Judges Choice Senior
Dried Roses 3 by Diane Hampson



June Set Subject Books Judges Choice Junior
Family Heirloom by Julie Johnston



June Set Subject Books Judges Choice Senior
Classics by Toni le Roux

Amber Camera Club's June and July Winning Images

Contact:

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Amberfield Retirement Village **NEWS & EVENTS**

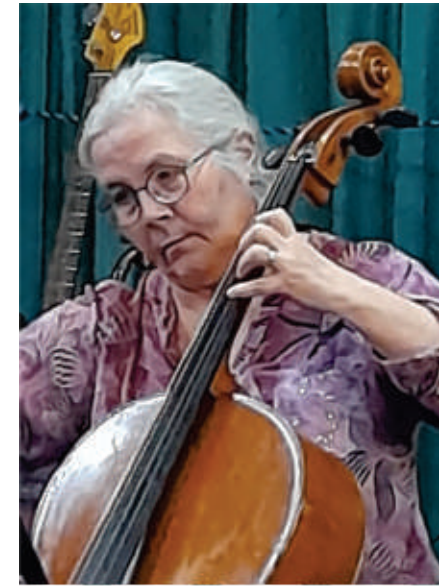
by David & Pauline Dalton



**Father's Day
Saturday
Lunchtime
Braai**

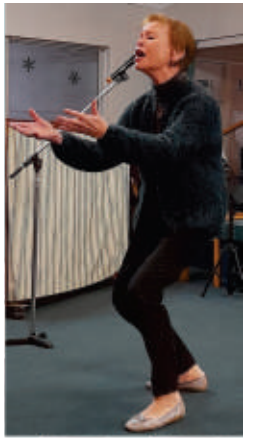


A fun and festive get together was held in the Quad and braai area to celebrate Father's Day, on a glorious June afternoon. Besides a bring-and-braai, residents got two special surprise treats indeed. With thanks to Rawdon's Brewery for a donation of a keg of craft beer and to the Social Club for a keg of Pink Gin. On top of which, residents were entertained by a group of belly dancers to boot. The vibe was tremendous, making for a fulfilled afternoon.



Sounds Lovely Ensemble

Sounds Lovely, a group of entertainers from Amber Glen (who used to be called The Minstrels) provided some lovely sounds to a packed audience at Amberfield one Sunday in June. On the programme included bass, baritone and "night club" contralto singing, Barber Shop Quartet, guitar improvisations, classical piano, and a liberal smattering of clever jokes from the Master of Ceremonies, Pat Murray. As usual, a brilliant piano accompaniment was provided throughout the show. The audience responded generously to the Donation Box, with the money to be put towards the purchase of musical instruments for a local school.



A concert in May given by Erin Fourie and Helen Vermaak

was well attended by residents. The show included songs about love, in all its forms, from the golden oldies to some golden newbies: from the sublime to the hilarious, ranging from Frank Sinatra to Ed Sheeran, and Dean Martin to Carole King: which are linked with fun and interesting quotes. "Insanity is hereditary; and we get it from our children."

Patrons were also treated to tea and sandwiches and a surprise gift of handmade soap with the compliments of J Leslie Smith.



Claude the French Welder a light-hearted true account by David Dalton

During the 1970s while studying at university, I managed to get a job at a factory during a varsity vacation at a steel company called Dorman-Long in Vanderbijlpark. As I was going to be there for only a number of weeks I jokingly said to my mom "I'll be working at Dorman ... *but not for Long!*" Due to Vanderbijlpark's cosmopolitan white population, besides locals the factories dotted around the Vaal Triangle had attracted their fair share of artisans from the UK and Europe.

It was during my time at Dorman-Long that I met a Frenchman called Claude. He was shaped much like the cartoon character, Obelix, fortyish with a somewhat generous proportioned nose, a conker that would have made Charles de Gaulle himself proud. He was an excitable, demonstrative man – which, I suppose, just about describes half the French male population. So it was to this big-schnozed Frenchman welder that I had been assigned as an 'assistant'. In his distinctive French accent, Claude described himself as a '*wel-dier*'. The factory would convert semi-finished steel products from Iscor into finished products, and his job was to weld girders together for use in building structures.

Now the colourful Claude's favourite expression was "*Oh lo lo*". I soon realized that this was in response to just about any query or comment. Be it from the Charge-hand, a second-in-charge to the foreman (naturally pronounced "*Charge-un*" by Claude), or a shout from the Irish crane driver high above our heads, or simply a question from me, would elicit an avalanche of "*Oh lo los!!!*"

One morning the Charge-hand, a short portly Afrikaans chap, came over and had a word in Claude's ear. I suspected something important must be afoot because the Frenchman immediately leaped up, flagging the '*crane-drive-vier*' down, as he whizzed past in his little cage on rails under the factory roof high above us. When he got no response, the Frenchman stamped his foot predictable mouthing "*Oh lo lo!!!*" The outcome of all this was that a steel girder was delivered to Claude's work station for a

priority job!

By the end of the week the Frenchman had me muttering "*Oh lo lo*" to myself (minus the garlic-inflamed fumes, I must add). During the second week Claude invited me for lunch at his flat in town. Now lunchtime, consisting of only a forty-five minute-long break, which meant we had to make a high-speed dash in the Frenchie's Peugeot Station-wagon banger.

The strangest thing happened when Claude pulled the car over on the curb *right next* to a stunning looking lady standing outside a block of flats. Ribbing him, I said "Hey Claude look ..." (throwing in an *Oh lo lo* for good measure).

Frowning, Claude looked at me saying rather nonchalantly "Oooh. She ... she ... she for *my wife!*" With that he got out the car, me following rather red faced.

We hurried through lunch and all too soon we were roaring back to the factory. I cannot remember what we had for lunch but the Frenchie's wife looked a real dish - "*Oh lo lo lo lo!*" you might say.

My interesting and entertaining stint at Dorman (... but not for Long) soon drew to a close after the Christmas Holidays and I returned to varsity, richer in pocket, and much richer for the experience, too!



Amberglen 7 Summits, 7 Flights - PIERRE CARTER

A large crowd packed the Lounge drawn by the intriguing title and amazing photos on the poster on the noticeboard. Was it even possible that someone could paraglide off the highest peaks in 7 continents?



He then climbed Mt Aconcagua, in South America, followed by Denali in North America (Alaska).

His next summit was closest to home: Kilimanjaro. He has climbed it 7 times and paraglided down 5 times. These were always in tandem, as he offers trips to people who are interested, but not sufficiently experienced to go it alone.

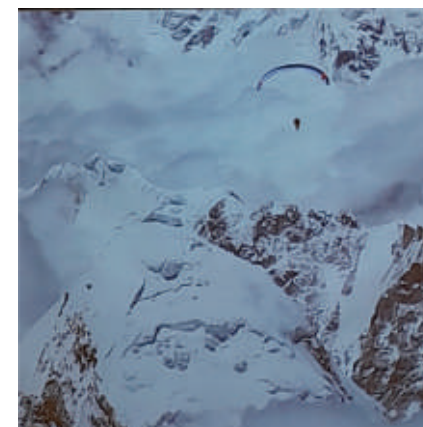
The second half focused on his trip to Everest, with amazing photos, and a few short videos, giving some idea of the difficulties involved, even in getting to Base Camp. Nepal hadn't ever issued a permit to fly off a mountain, but Pierre decided to take a chance that they would change their minds in time for him. He linked up with a very experienced Sherpa company, who began applying for permission, which finally came through the night before summit day! But the permit only allowed flying from an altitude of 8 000 m (26 000ft), which was slightly lower than the summit of Everest.

Weather is always a huge consideration in climbing, and especially in paragliding. On Summit Day, Pierre had to make the very difficult decision whether to climb right to the top or take the opportunity to paraglide down. He chose the latter, and decided to fly from South Col. The others left about 10pm, but he had an anxious wait in the morning, keeping an eye on the weather where he was, and where he hoped to descend. He eventually decided to go for it, but as there was no wind he had a very breathless 'run' with his glider to finally get it airborne.

Getting to Nepal and then up to the 5 Camps, with several acclimatization days at each camp, took nearly 8 weeks. His descent to Gorak Shep, a little beyond base camp, took 20 minutes! He had chosen this site as it had some grass, and no boulders! So, he is the first person ever to legally paraglide from Everest.

I wondered how he climbed with what looked like a cumbersome paraglider. But the weight was only 2.1kg and took up less space than his sleeping bag!

He plans to paraglide from his final summit, Mt Vinson in Antarctica, in December. So, we do hope to see him again with another awe-inspiring presentation.



Well, Pierre Carter proved that it is possible – if you're not scared of heights, and are fired up by adrenaline! In the first half of his presentation, His passion for climbing began in school holidays at the family cottage in the Cathkin Valley of the Drakensberg.

His interest in paragliding began in the late 1980's. He heard of a couple who began paragliding off high mountains – and so he decided to attempt the highest peaks on 7 continents.

Unfortunately, for reasons unknown, many governments banned flying off their mountains just before he wanted to do so, which resulted in having to change many of his plans.

He began by climbing Mt Elbrus in Russia, the highest peak in Europe, but the lowest of the continental summits. Pierre told us how friendly the Russian people were, and he returned to climb there again. (This was before the war in Ukraine!)

Fruit & Veggie
Market
Fridays



Did you know?

You can keep updated
of events and social activities
on the Amberfield News & Natters



That's all Folks
Until Next Time



What a week of celebration it was in Amber Glades!

By Mrs Jean Timm

Launching it was the screening of the Durban July Handicap. Residents and friends dressed up, entering into the festive spirit with prizes offered and bets to be won.

Then came the concert by Audrey M, whose engaging personality, lovely voice and appropriate choice of songs gained her many new fans.

Chris Duigan, bringing his own piano, followed. Very well known in this area, he lifted our spirits with his introductions and the music he played. We marvelled at the way his fingers moved with lightning speed and accuracy over the keys and were awed when thinking of the way his mind retains every note.

Wimbledon – and balloons and flowers in the traditional colours welcomed viewers. Both the ladies' and the men's finals were screened, with mounting excitement as the matches drew to their end. Of course, there were divided loyalties, so both whoops and wails punctuated the two afternoons.

No divided loyalties for the rugby, however! United, we cheered our 'Bok boys on to the final whistle. (Ah, well! We can't win them all.)

Needless to say, all this could not have happened without the hard work and support of our ever-willing staff. The careful organisation, the catering, the flowers and decorations, the waiting at tables and clearing up – so many were involved to give us a memorable time, and we thank them all. We did, indeed, celebrate community, togetherness, and the joy of being alive in this beautiful part of our country.



Located in Howick, within the picturesque KwaZulu-Natal Midlands, Amber Glades stands as a luxury senior living village. Our spacious studio and 1-bedroom apartments blend sophistication, comfort and security, presenting an affordable yet refined living experience.

Tailored specifically for individuals aged 60 and above, our residents enjoy the benefits of secure, independent and assisted living, creating a lively community atmosphere contributing to your overall well-being. Our commitment extends beyond physical spaces, ensuring companionship, support and personalised care are readily available, fostering a sense of security and peace of mind.

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On My Mind by William Meyer

UNDERSTANDING AND VALUING NVIDIA – “show Me The Money” * EXTRAORDINARY PROFITS FROM ORDINARY SHARES * WINNING STOCK MARKET STRATEGIES

Some readers may have seen the hit movie Jerry Maguire starring Tom Cruise as a sports agent who is fired by his firm for sending an email accusing the firm of unethical business practices.

After he leaves, he decides to start his own firm and manages to persuade only one client – an aspiring football star by the name of Rod Tidwell to follow him. What ensues is a difficult client relationship fraught with many arguments. His client wants a ten-million-dollar contract to secure his family's future and Jerry battles to achieve this.

In the classic scene Rod demands his contract shouting “show me the money!”. Jerry Maguire gained a cult following and has enriched our world with several catch phrases but the most famous remains: “show me the money!”. This is also foundational for valuing investments. Cash flow is where valuation models begin and end.

So where does Nvidia's cash come from? Well, let's look at Nvidia's biggest clients.

Google's first quarters AI (Artificial Intelligence) spending was pegged at \$12 billion (double from last year) Google DeepMind CEO Demis Hassabis said Google will spend over \$100 billion overtime to develop AI technology. Microsoft and Open AI have plans to build a U.S. – based data centre called “Stargate”. This data centre would house a supercomputer made up of millions of AI chips, and could also cost up to \$100 billion. Amazon plans to spend \$150 billion in the coming 15 years on data centres. This will give the cloud-computing giant the ammunition to handle an expected explosion in demand for artificial intelligence applications and other digital services. As Nvidia has 80 percent of the market this could place the company in pole position for years to come.

Tom Cruise manages to pull off a happy ending in Jerry Maguire with his single client and I think shareholders who remain loyal to Nvidia will also be richly rewarded.

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!

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Fenestra strives to be a great South African and international specialist investment group. We are driven by a passion for outstanding performance and an unwavering commitment to our philosophies and core values.

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Fenestra limits its attention to about 50 outstanding companies but will invest in no more than 10 of them. This restricts the portfolio to only five or six outstanding performers. It is a style of investment advocated by the world's most famous investor, Warren Buffet, of whom CEO William Meyer is an avowed disciple.

Criteria

The criteria for investments are simple but top of the list is honesty of management. Other key investment criteria include an established profit history, a growing market with growing margins, strong cash generation ability and some blue-sky potential. It is also preferable if the managers are very significant shareholders.

Performance

Since inception in 1990, Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI). In recent years, Fenestra's greatest successes included limiting the negative return in 2008 to under 15% when the ALSI showed a 26% drop after the global financial meltdown.

The bottom line

Fenestra doesn't invest clients' money in generic portfolios. Rather investment portfolios are custom made. We listen to our clients, find out exactly what their investment objectives are and design portfolios accordingly.

William Meyer CEO

Some Things In Life Demand Qualified Professional Services

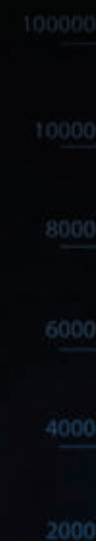


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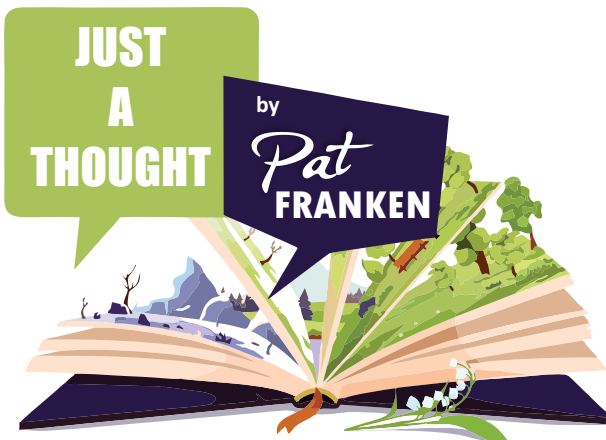
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William Meyer CEO

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'In a good book room you feel in some mysterious way that you are absorbing the wisdom contained in all the books through your skin, without even opening them.' – Mark Twain

One thing that I love to do, is read, it takes me past the worries of the world, and into the adventures of another. As a rule, I always read at least a few pages every day, often it is a lot more than that. I squeeze reading in whenever I can — primarily during travelling, after waking up, in between working and then of course throughout the weekend. Reading for me, is part of my life, part of my day, and think to myself without a book, where would I be?

For some it's a pleasure, sometimes a challenge but always a choice! Whether or not I wanted to read differs from time to time, but when I first began to enjoy reading, was at a young age, it hadn't popped out of nowhere, it had spurted with picture books on my mother's knee.

My brother and I would settle down with stuffed animals surrounding us as she opened a book. Looking back at some of those picture books, I still have I might add, that they actually contained significant messages that I hadn't noticed before. The messages were quite inspiring notes such as if you spread the love and kindness, you would receive back the same love. I don't think I have realised the importance and meaning that the author put behind the stories back then as clearly, but I remember I had some moments when after reading the books, I decided to put myself in their character and imagine what I would do in those scenarios. I would act how the character would act like and do in real-life.

My children know me so well, shopping for me has degrees, if there is a bookstore around, leave me there and fetch me later!

There's something about books that inspires trust, attracts admiration or instills confidence. For one, a book on a given topic is much more elaborate and "serious sounding" than, say, a social post or an article— for me anyway, someone committed months, years, or even decades, to researching and writing it. Besides, it allows readers to engage in a deeper exploration of something at their own pace, in the comfort of their own space.

Images of readers lost in books, in quaint old yet warm bookshops, and holding their favorite cuppa comes to mind, when I think of reading. Some of them evoke thoughts of nostalgia or even jealousy, usually in a nice way that makes you resolve to "catch up on your reading" in the not-too-distant future.

Alas, if only wishes were books! Books may demand more in terms of your time compared to watching a film, but once they hook you in and grab you by the lapels of your curiosity and hunger for knowledge and understanding,

THE AMBERS 20

you can hardly put them down. You also find it harder to forget the storyline, lessons or insights from a book you really liked.

Again, it's probably true that films or videos provide a bigger visual feast than books. But it's also true that books give better flight to your imagination and, if I may dare say, a higher canvas to project your thoughts and ideas.

Because reading increases your vocabulary and your knowledge of how to correctly use new words, reading helps you clearly articulate what you want to say. The knowledge you gain from reading also gives you lots to talk about with others. I love talking to people - especially little kids - who read a lot.

A look at some of the bestselling books of all time—across many subjects —enables us to appreciate the breadth of their scope and the depth of their impact. From the *Bible* to *The Lord of the Rings*, from *Romeo and Juliet* to *A Brief History of Time*, from *Think and Grow Rich* to the *Harry Potter* series...books have not only captured much of human knowledge but also kept us going in our constant pursuit of happiness.

For me it's an opportunity to 'see how the other half lives' and view the world as someone other than yourself experiences it. Books help us fight off ignorance, gain perspective, learn something new, or just plain entertain us. And I love them for it.

A book, and to borrow a line from the poet John Keats, is a thing of beauty that is a joy forever.



'KNIT AND NATTER'

By SAM GOEMAN

The knitting group meets twice a week in our Care Centre and we have the privilege of having one male resident join the group. Mr Whittstock – more well known as Theuns, has fitted in well and enjoys the 'knitter & knatter' of the group. He enjoys making beanies using a plastic hoop and churns them out at a rate of knots. This week he produced 38 beanies to be donated to charity. Well done Theuns!



BEWARE: DONATIONS AND TAX

The words "...I out of love and affection hereby donate the following..." are often used in donation agreements. Those words may turn into a poisoned chalice.

Before you make a donation be sure that you are aware of its implications. This will ensure that your kind gesture does not come back to haunt you from a financial point of view.

To make a valid donation the following elements must be present:-

1. The donor (the person giving) must donate money or an asset with commercial value;
2. Out of free will;
3. To the donee (the person receiving);
4. As a gift;
5. Which gift the donee must accept; and
6. All legal requirements set for the donation must be met.

The donation of land and rights in land has its own specific legal requirements to be valid under South African law.

A person who sells an asset well below its market value may encounter a situation where SARS views the sale as a part sale and a part donation. This may result in a donations tax liability levied on the difference between the fair market value and the purchase price.

Donations by a South African natural person up to a limit of R 100 000,00 per year are exempt from paying donations tax. For entities such as trusts and companies this amount is limited to R 10 000,00. Where the value of all the donations is more than this but less than R30 000 000,00, a flat rate of 20% is levied as donations tax.

The donor is liable to pay the donations tax to SARS. If he does not pay, SARS may recover the unpaid tax from the donee. Donations tax is payable by the end of the month following the month of the donation.

Certain types of donations are exempt from the payment of the donations tax. The most common examples are:-

1. Donations between married people; and
2. Donations to registered public benefit organisations ("PBO").

Where a donation is made to a PBO, the donor may request what is referred to as a "Section 18A certificate" from the PBO. This certificate is a helpful tool in the donor's management of his tax liability as he may be able to set off his donation against his taxable income.

Before you make a donation, it is always best to seek advice. Be sure to speak to your attorney and your tax advisor.



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Getaway Reads

Relax with a good book

The Protector

by Tony Park
Adventure



A gripping new thriller by the master of adventure Tony Park about rescue, revenge and redemption, and the things we do to protect the ones we love. Professor Denise 'Doc' Rado is South Africa's expert on pangolins, busting poachers and freeing the endangered anteaters in elaborate undercover stings.

After a risky operation backfires, Doc's life is shattered, but she still has to lead an eclectic group of donors on a wildlife tour of Southern Africa.

But there's a target on her back. As the safari ventures deep into Africa, Doc fears they're being followed and she will do anything to keep them all safe - especially Ian Laidlaw, a handsome Australian businessman turned accidental philanthropist. Is Doc being hunted by the poachers she once fought, or is there some other bloodthirsty predator prowling the wilderness?

Available on line from Takealot or Loot or from your favourite bookstore.

Amber Valley



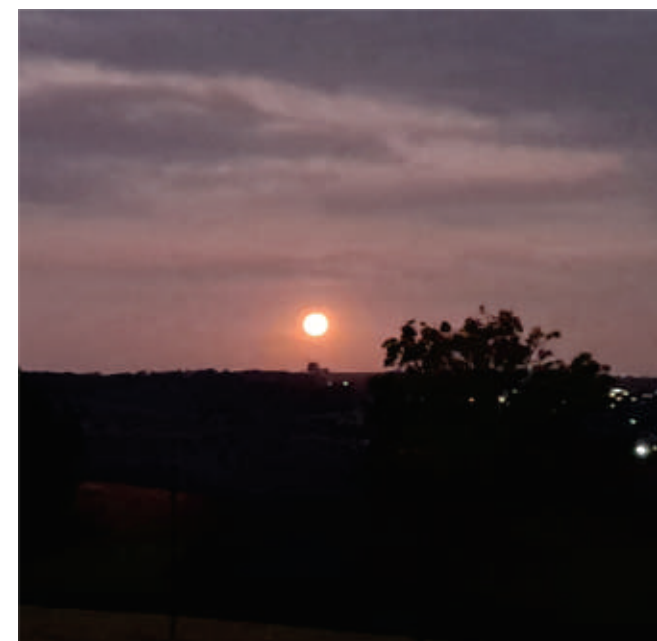
June's Strawberry Moon

Photos and Article by Robin Davis Amber Valley

The full moon on the 21st of June this year happened at the same time as the Winter Solstice, and only happens once in twenty years when the moon is directly "opposite" the sun when viewed from the earth. At this time, it rises as the sun sets and sets the next morning as the sun rises. It is also called a Strawberry Moon, not because it appears pink or looks like a strawberry.

The name is of Native American origin and was given by farmers who observed the full moon in June which is of course summer in the northern hemisphere, and that it was the most suitable time of year for the relatively short season of the strawberry harvest. Depending where you come from this moon is also known as the Rose Moon, Hot Moon, and Planting Moon.

And so armed with all this information and a cell phone to take photos, three of us from Amber Valley braved the chilly winter weather on the evening of Friday 21st of June, and went out to look at the Winter Solstice Strawberry Moon from Falcon Dam.



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Cape Flowers | West Coast Flowers - 27 to 31 Aug (4 nights / 5 days) (fully booked)

September 2024

Springbok Lodge, Nambiti (2 nights) and Cathedral Peak Hotel (2 nights) - 15th to 19th September (4 nights) - (fully booked)

Greece - Cruise Greek Isles - 16 to 25 September (6 nights/7 day cruise excl. flying time) (fully booked)

October 2024

Tembe Elephant Park - 6 to 9 October (3 nights)

A Zululand Getaway Hluhluwe & St Lucia - 17 to 20 October 2024 (3 nights)

Hermanus (fly in) - 26 to 30 October (4 nights)

Last opportunity to book

A Zululand Getaway (St Lucia, Hluhluwe) - 17 to 20 October 2024 (3 nights)

November 2024

Nambiti Game Reserve (Springbok Lodge) 10 to 13 November (3 nights) - (fully booked)

Clarens - Cherry Picking Festival - 14 to 17 November (3 nights) - **Limited space**

Amakhosi - 5* experience, the Big 5 - 27 to 30 November (3 nights)

December 2024

Pumula Hotel - 1 to 4 December 2024 (3 nights) Filling up fast

The 2025 schedule will soon be available. For enquiries or bookings please reach us on:

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Bill Carter, 1941 - Founding Grandfather



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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.

Poetry Corner

EASTER BUNNIES PAY A VISIT

By J. ESPREY

My post box isn't all that low
How he reached up there, I'll never know
But he left two eggs for me to find
Chocolate ones, of the Woollies' kind!

I hope that bunny had some fun
Giving Easter eggs to everyone ...
For me, it was a great surprise
Indeed, I could scarce believe my eyes.

So thank you, Amber Bunnies all
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It shows us that you really care ...
And I'm more than glad to be living here!

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What causes thinning hair?

Thinning hair may be caused by lifestyle habits, genetics, or both. Certain medical conditions may also lead to thinning hair.

Lifestyle habits may include:

- Overtreating your hair: This includes colouring, perms, hair sprays and gels.
- Wearing tight hairstyles: Whether you're wearing an updo or pulling your hair up in a ponytail for, this can tug on your hair and break it from the follicles causing thin spots over time.
- Not getting enough of certain nutrients in your diet: Iron, folic acid and other minerals all help follicles produce hair naturally.
- Experiencing chronic stress: Too many stress hormones can trigger a conditions, which your hair can fall out, and the hair follicles enter a long "resting" phase where new hair doesn't grow.

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Amberglen NEWS

Parkinson's and Alzheimer's Support Groups established in Amberglen.

Grieving

By Fiona Higginson

While it is good to aspire to 'live life to the full', as is the Amberglen Motto, we also all do experience - both personally and with loved ones - aging with its many maladies, and death.

Fortunately, both of these two sides of life are catered for at Amberglen; and not only in the Care Centre.

As more and more people opt to stay in their own homes for as long as possible, home care and support have grown in importance. This is considered a good trend that is occurring internationally.

This is why we have the My Care service that provides carers in the home; and the Cottage Care service that provides nursing and social assessment and assistance services in the home.

Claire Robertson is the Cottage Care Manager who also focuses on the practical social needs of residents who are ill or frail and therefore require assistance.

Owing to a felt need, Claire has established two support groups in the Main Centre at Amberglen. These are a Parkinson's Support Group that meets twice a month; and an Alzheimer's (Dementia) Support Group that meets monthly. Both groups are open to newcomers and outsiders; they each have about 10 members at present.

The first Parkinson's Group meeting of the month is taken by a Physiotherapist, Claire Cumming, who runs a specialised exercise class, while the second meeting is a support group facilitated by Claire.

The Dementia Group draws in the loved ones of those with dementia and is also a participant-active support group.

Lesley Harvey, a Counsellor who specializes in the emotional challenges and grief associated with chronic illness and death, presented *Mourning the Living*.

Lesley stressed: 'It is essential for individuals dealing with dementia and Parkinson's, as well as their community of caregivers, friends, and family members, to have a deep understanding of the complexities of these conditions. By expanding our knowledge, we can provide better support, cultivate empathy, and improve the overall quality of life for those affected. Through education, we foster a more compassionate and informed community that can effectively address the diverse needs associated with these diseases.'

'As we direct our attention to their hidden impact, we inevitably uncover the truth: Parkinson's and dementia not only affect those diagnosed but also take a toll on those who carry the emotional burden through grief and caregiving.'



PLEASE JOIN US FOR OUR KZN ANNUAL World Alzheimer's Day Event

Thursday, 19 September 2024

TIME:	VENUE:	COST:
10:00 - 13:00 Registration and coffee from 9:30	Amberglen Retirement Village, 31 Karkloof Road, Howick, KZN	R130 per person including tea and a finger food lunch

SPEAKERS & TOPICS:

Dr Piero Jonck (General Practitioner): "Identifying Early Cognitive Impairment and Protecting Brain Health"

Dr Penelope Alison (Speech Language Pathologist /Transformation Life Coach /Author): "A Virtue Based Approach to Alzheimer's Care"

Christopher Wildman (Music Therapist): "The Role of Music in Enhancing Quality of Life for People living with Dementia"

Please email Elena on elena.hattingh@adasa.org.za to register. Registrations close on 13 September.

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References available from residents at Amberfield, Amberglen, Amber Valley and Midlands homes

Ambers MARKETPLACE

SUPPORT YOUR LOCAL COMMUNITY



ADVANTAGES OF NICHE MARKETING:

Broad advertising is ideal for large corporations, Coke for example as a worldwide brand can take this approach. On-line advertising is perhaps the best example of the broadline method of: "hit everywhere and hope it sticks."

Niche marketing is about focusing on smaller groups with interests aligning perfectly with a business's products of service specifically – and it makes a big difference to the bottom line.

With this in mind Kal-Media Publishing have designed The Ambers Marketplace in the Ambers Magazine, which has proven to be popular with our readers and local businesses and services.

Over the years it's increased in popularity – ARE YOU HERE?

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 contact Pat on
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Growing
Eggplant, Aubergine, Brinjals
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Start under cover and plant out when frosts have finished. Some varieties with slim, long fruit such as Asian Bride produce their fruit earlier. Mulch well and keep well-watered. Grow in seed trays, and plant out in 4-6 weeks. Sow seed at a depth approximately three times the diameter of the seed. Best planted at soil temperatures between 24°C and 32°C. May need staking.

Space plants: 60 - 75 cm apart
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 Avoid growing close to: Potatoes



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You may not know it, but you have the power to help thousands of needy people, simply by leaving a charitable bequest to the Community Chest in your Will. If you are amending your present will or perhaps preparing a new one, please consider leaving a bequest to Community Chest. Your gift will go a long way to providing care and sustenance to many deprived and handicapped children, as well as assisting our elderly in KwaZulu-Natal.

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- Child Assessment Centres
- Family Care Centres
- Youth Work Projects
- Shelters
- The Terminally Ill
- Programmes for the Prevention of Substance Abuse
- Skills Development and Job Creation
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Contact Gordon McDonald on 031 303 3890 or email: gordon@communitychest.co.za and he will gladly explain the tax benefits and help you with your gift.

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HOWICK HILTON HILLCREST - We've got you covered!

It's a strange phenomena that the more we become global residents due to the internet, the more we long for communities! Interestingly it's Gen Z the generation who have never known anything except a world bulging with technology leading the pack towards nostalgia; sales of printed books, videos and LP records are enjoying a surge, for example Taylor Swift sold over three and a half MILLION vinyl records! It is easy to understand why people enjoy something tangible instead of just on screen.

The internet has changed radically from inception when there were hardly any ads – now we are bombarded! Kal Media made the decision early on (unlike many of our competitors) not to switch entirely to on-line versions of our magazines, as we understand people like to take time to relax away from technology. Additionally, it allows advertisers of local businesses to advertise in their unique community, to their target audience.
We're still here for you....

The Ambers



THE AMBERS

The Ambers Magazine established in 2012, quickly became a firm favourite with the residents of this popular gated community. Each issue is packed with their contributions and features about 'The Ambers Life'; from news about clubs events and socials to life stories of local hero's and celebrities. Additionally, the yearly photographic competition has grown and the standard of entries in volume and quality is simply outstanding. In 2018 due to demand by the advertisers and readers alike the publication grew in pages and became bi-monthly – a sure sign of success.

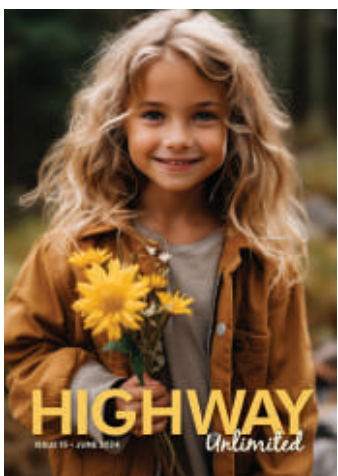
Each issue features a Health & Medical section, as well as the Ambers Marketplace highlighting local businesses. The publication is delivered to residents of the Ambers Estates as well as popular retail outlets in Howick. It is an ideal advertising vehicle for businesses wishing to attract the senior residents of The Ambers.



HILTON LIFE

Hilton Life was launched in 2014, originally as a quarterly publication. It was extended to a bi-monthly publication in 2019 at the request of the advertisers. There is a uniqueness about the region and the magazine has captured this special trait. The publication is delivered to residents of the Garlington Estate in Hilton as well as popular retail outlets in Hilton, Howick and Nottingham Road.

It is an ideal advertising vehicle for business wishing to attract the Hilton and Midlands residents.



HIGHWAY UNLIMITED

Highway Unlimited was launched in 2021, after Covid, to give our advertisers who advertised previously in Estate magazines a bigger footprint of exposure for their money. This bi-monthly publication gives focus to business owners wishing to attract Highway residents and other business outlets. Delivered via shopping centres, supermarkets and coffee bars, we've have no doubt this 'baby' will flourish and grow rapidly.

Kaleidoscope Media Publishing
Pat Franken 082 552 3027
pat@kal-media.co.za
www.kal-media-publishing.co.za



Never underestimated the power of print!

THE AMBERS 34

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SHOP 10, THE QUARRY CENTRE, 57 HILTON AVENUE, HILTON, KZN

Air Fryer COOKING



Whether you enjoy them warm with classic cinnamon sugar or drizzled with vanilla glaze, here's how to make donuts in your Air Fryer.

INGREDIENTS – Makes 15

- 250ml (1 cup) milk
- 3 tsp dried yeast
- 70g (1/3 cup) caster sugar
- 450g (3 cups) plain flour
- 1/2 tsp salt
- 1 egg
- 50g butter, melted

Cinnamon sugar coating

- 70g (1/3 cup) caster sugar
- 3/4 tsp ground cinnamon

Vanilla glaze

- 380g (2 1/2 cups) pure icing sugar, sifted
- 3 tsp vanilla extract
- 60ml (1/4 cup) milk

“Doughnut Lassies”



METHOD

Heat the milk in a saucepan over low heat until just warm. Remove from heat and pour into a large bowl. Add yeast and 1 tablespoon of the sugar. Use a fork to whisk until well-combined. Cover and set aside for 10 minutes or until frothy. Add the flour, salt, egg, butter and remaining sugar to the yeast mixture. Use a stand mixer with the dough hook attachment to knead, on low speed, until combined. Increase speed and beat for 5 minutes or until the dough is smooth and elastic. Transfer dough to a lightly oiled bowl and cover with plastic wrap. Set aside in a warm, draft-free place for 45 minutes or until the dough has doubled in size. Punch down the dough. Use a lightly floured rolling pin to roll out the dough on a lightly floured surface to a 1.5cm thick. Use a 7cm-diameter pastry cutter to cut 15 circles from the dough. Use a 3.5cm-round pastry cutter to cut the centres from each circle (see tip). Transfer doughnuts to trays lined with baking paper. Set aside for 30 minutes or until doughnuts have risen slightly. Preheat a 7-litre air fryer to 180C for 3 minutes. Carefully place doughnuts in the basket in batches. Cook for 5 minutes or until golden and cooked through. For cinnamon sugar doughnuts, combine the sugar and cinnamon in a shallow dish. Once doughnuts are cooked, spray with oil, then toss, one at a time, in cinnamon sugar to coat. For vanilla glazed doughnuts, place a wire rack over a baking tray. Place icing sugar and vanilla in a medium bowl. Gradually add milk to form a thin icing. Use a fork to dip the doughnuts, one at a time, in the glaze. Turn to coat. Transfer doughnuts to the wire rack. Set aside for 15 minutes or until the glaze sets.

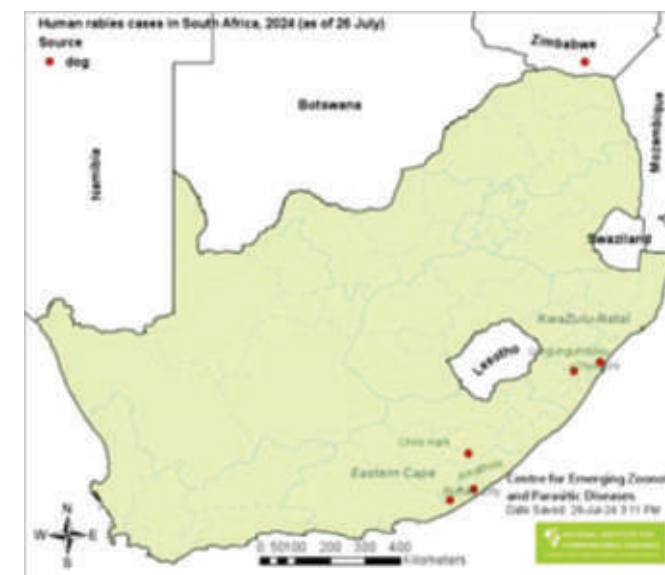


Did you Know?

Doughnuts became an important part of life in the trenches during World War 1 (and later in World War II), where they were served to soldiers by female volunteers called “Doughnut Lassies.” The women had originally planned to bake pies or cakes but had found their equipment limited, especially near the front lines. Doughnuts, requiring little more than a pan or kettle of boiling oil in addition to the baking ingredients they had on hand, were relatively easy to prepare. Doughnuts continued to be associated with the war effort for those at home and the taste of home for those in the trenches. They grew increasingly popular after World War I was over.



Rabies can be prevented. Be aware of its dangers.



Rabies is one of the oldest diseases known in medical history. At least 59 000 humans succumb to the disease every year worldwide. Unfortunately, about 50% of the human deaths occur in children under 15 years of age. Typically, 5 – 10 cases of human rabies are laboratory confirmed per year in South Africa. As of the end of July 2024, 6 people have died of rabies in South Africa. All of the cases were linked to domestic dog bites. Four of the cases involved children under the age of eight, with two cases reported in adults, a 27-year-old man and 61-year-old woman.

The rabies virus is spread to humans and other animals through contact with saliva of infected animals. Bites or scratches or licks to wounds, grazes, broken skin, or to the lining of the mouth and nose are examples of unsafe contact. As in animals, rabies in humans can present in the furious (hyperactive/agitated) or paralytic (dumb) forms.

In South Africa, mostly domestic dogs are diagnosed with rabies. Other animals may also be infected with the virus, including domestic livestock (such as cattle and sheep) and wildlife (such as jackal). This year a rabies case in a wild Cape Fur Seal from Big Bay, Blouberg, Cape Town has been confirmed.

Rabies is a vaccine-preventable viral disease. Rabies is nearly 100% fatal once clinical symptoms appear. The most effective way to reduce the risk of human rabies is to vaccinate dogs and cats to ensure that the disease is not passed onto the owners or the general public.

People who have been bitten by a potentially rabid animal should immediately wash the wound with soap under running water for at least 15 minutes and then seek medical attention.

At Midlands Veterinary Hospital we offer Free Rabies Vaccinations for pets every weekday at our Free Nurses Clinic from 2-2:30pm (by appointment only). Please contact us on 0333306184 to book your pet's Free Rabies Vaccination or to find out more.
Midlands Veterinary Hospital
www.midlandsvet.co.za

DID YOU KNOW? Did you know that we offer the following services to our VIP Ambers & St. John's Pets

WHAT WE OFFER:

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- HOUSE VISITS:** A Veterinarian will do house visits for Vaccinations at no extra fee. As well as for when its time to say goodbye to your furry loved one
- FREE NURSES CLINIC:** Daily FREE Nurses Clinic from 14:00-14:30. Free Services: Nail clipping, Dental check, Weight Clinic, Dosing tablets and Free Rabies Vaccinations

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Midlands Eye and Laser Surgery is a well-equipped facility, with state-of-the-art technology that ensure optimal patient care. A unique ophthalmic practice with friendly staff.

Dr Nicholas Davey (Ophthalmologist - Eye Surgeon) has taken over Dr Alan Sara's practice at 96 Main street, Howick. It is his mission to enhance patients' quality of life by providing the highest standards in laser procedures available in South Africa, followed through with his compassionate patient care.

Midlands Eye and Laser Surgery offers Laser Eye surgery, which caters for patients' various eye conditions. The main focus is in restoring these patients with the gift of sight and helping them live their lives with renewed purpose and value. All our laser equipment is the latest available technology. With refractive errors affecting most of the world's population,

Laser Eye Surgery technology treats short-sightedness, far-sightedness and astigmatism or a combination of the problems potentially leaving patients free of spectacles, contact lenses and reading glasses.

Midlands Eye and Laser Surgery also specializes in Premium Cataract Surgery, Modern Cornea Surgery, Diabetes management, Microinvasive Glaucoma surgeries, AMD Macular Degeneration and Cosmetic Eye lid Surgery.



Medical aids and hospital plans cover Cataract, Glaucoma, Retina Surgery and most procedures. Dr Davey is contracted to medical aid schemes, charges medical aid rates and is a designated services provider.



DR NICHOLAS DAVEY
MBCHB (UFS) | FC OPHTH (SA)
Ophthalmologist
Eye Surgeon



Howick Rooms 033 330 2244 | 96 Main Street

Ladysmith 036 637 6660 | Suite 1, 2nd Floor, Essen Day Hospital, 10 Malcolm Rd

Website: pmbophthalmologist.co.za