

SHOULDER PAIN



Dr Rian Smit
Orthopaedic Surgeon
Shoulder Specialist
Operating from Hilton Life
& Lenmed Howick Hospitals

Dr Smit specialises in shoulders and treats a wide variety of conditions. Non-surgical treatment options include diagnostic ultrasound, barbotage and specialised injections of PRP, steroids or Synvisc. Surgical treatment options include arthroscopic or open procedures for rotator cuff problems, frozen shoulder and sport's injuries as well as shoulder replacement for osteoarthritis.

Shoulder Complaint:
Pain and weakness when lifting your arm. Pain when lying on your shoulder.

Possible Causes:
Rotator Cuff Disease, Bicep Tendonitis

Shoulder Complaint:
Pain when bringing your hand to your mouth. Pain and stiffness with most movements; usually slow onset with or without clicking or grating.

Possible Causes:
Osteoarthritis with cartilage loss

Shoulder Complaint:
Pain after sport's injuries, gym injuries or falls.

Possible Causes:
Tendon, ligament or cartilage tears. Dislocation with ongoing instability or fractures.

Shoulder Complaint:
Severe stiffness and pain, typically in people aged 30 to 50.

Possible Causes:
Frozen Shoulder



KNEE SURGERY



HIP SURGERY



SHOULDER SURGERY



REVISION HIP, KNEE & SHOULDER SURGERY



FOOT AND ANKLE



PAEDIATRICS

World-class healthcare in the KZN Midlands

Tel (033) 329 5730 • info@midorth.co.za • www.midlandsorthopaedics.co.za

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



MIDLANDS
Orthopaedics

The Ambers

ESTATE MAGAZINE ISSUE 61
SEPTEMBER | OCTOBER 2024



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

We make it possible

Buying
Selling
Renting

Your No1 Amber Agents!



Harcourts Ambers

Yard 41; Karkloof Road; Howick; 3290
Tel: 033 330 3436 (Office)
Tiffany: 074 444 9694 (FETC Real Estate, PPRE)
Debbie: 0825570107 (FETC Real Estate)
Tracy: 072 204 8194 (Rental Manager)
www.amberproperty.co.za

Amber Glades
Amber Lee
Amber Ridge
Amber Lakes
Amber Valley
Amberglen
Amberfield

Dear Readers

Well spring is finally here, or certainly according to the calendar, although this weather doesn't know what it is doing of late, some days full blown summer days, one day we are peeling everything off, next day we are wearing jerseys and jackets, almost like we took a trip to another country. Deep snow in Nottingham Road and warm sun on the south coast. But it is certain that the days are getting longer and lighter earlier each morning, new leaves and blossoms are vigorously appearing.

It is again time to throw out the old and make way for the new. Not just a home de-clutter, it could be a life change, a job change, a time to finally take that plunge and do what you have always wanted to do, but never had the chance or the guts to finally make that pivotal decision. Sometimes things happen in our lives, and it's during those darker moments, that we feel that we have reached the end of our world, to find that it leads to a new purpose and the chance to do what we have always wanted to do. You just need to look!

At the moment I don't know what day of the week it is, don't get me wrong! I'm overjoyed to be so busy, in a world where everybody seems to be falling over themselves with boredom. The secret here is to keep searching for something different to do to keep going and to keep motivated. Let's face it, it's hard to be positive when all you feel is doom and gloom!

On a lighter note, my granddaughter told me yesterday that there are only 86 days to Christmas. Every year I promise myself that I will start early – shopping, planning, but it never happens, time seems to run away again and again. The frightening fact is that time is passing us by, and every year we are a year older. As one ages, and it's happening to all is us, one feels the need to cram more into each hour, and each day, or is it just me?

Proudly, this is the 12th year of visiting your home, and we have some very loyal advertisers that have been with us from the inception. Please wherever possible support them.


Till we meet again,
Wherever you go be safe!

Kind regards

Pat Franken

082 552 3027

I've learnedthat you realise just how strong a person is, when you see them at their weakest.

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

Follow us:
  

Contents

- 4 Pamper Day in The Care Centre at Amberglen
- 5 Amberglen Snippets
- 6 Ambers Stamp Club Sir Edmund Hilary
- 8 Amberfield News & Events
- 10 Slices of Life - David Dalton
- 12 Amber Camera Club August Winning Images
- 14 Investment Advice with William Meyer
- 16 Just A Thought Pat Franken The Rustle of Spring
- 17 Conveyancing Law
- 18 Travel Quizz
- 19 Getaway Reads
- 22 The Ambers Health & Medical
- 26 The Ambers Marketplace
- 29 Money History
- 32 Air Fryer Cooking
- 33 Why is my Dog Itching?

While every effort has been made to ensure the accuracy of the content, Kaleidoscope Media cannot be held responsible for any misfortune, injury or damages that may have arisen therefrom.

Copyright Kaleidoscope Media 2023. All rights reserved. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval system without prior consent from the publisher.

The information in this publication is correct at the time of going to press and will be subject to any changes that may occur. E&OE.



Sisonke

Transfer Services
Together we are one!

- Door to Door Transfers
- Airport Shuttles & Transfers
- Weddings, Concerts, Theatre
- Sport
- Events
- Cruise Ship Transfers

 **083 225 5585**  Follow us on Facebook

info@sisonketransferservices.co.za

Driven On Purpose, Driven With Service Excellence Always In Mind!

PAMPER DAY IN THE CARE CENTRE

By Ronel Mitchell

Womens Day was officially celebrated on Friday the 9th of August. As it was a public holiday most of the staff were not here to celebrate it with the residents hence a Monday morning Spa surprise. What was wonderful to see was that the men were very intrigued and participated wholeheartedly. Residents were treated to foot spas and then feet and hand massages followed by nails being painted an assortment of colours. Eunice Colmer who turned 101 the previous day opted for a sparkly bright blue.

By the sounds of it and the smiles all around I think a Spa morning will definitely have to be held again.



Amberglen Spring Day Lunch

By Fiona Higginson

Tuesday, 2 September was sunny with a pleasant Spring temperature. It was a perfect day for our **Spring Day Lunch** held in the Main Centre Dining Room.

For those who made reservations for the lunch were treated to another excellent culinary event at a very reasonable price. It was delightful to see everyone in their colourful summer clothes and hats.

Diners were offered tasty, well-presented delicacies that one would very seldom rustle up at home. The starter was Smoked Salmon and cream cheese roulade, followed by a choice of Roast Leg of Lamb or Stuffed Chicken, roasted vegetables and potatoes, with Tiramisu for dessert. Many tables brought their own wine. Tea and coffee was served to round off a gourmet experience.

Yet another WELL DONE to our Chef, Barnaby, and his team.



Women's Day Lunch

By Cynthia Dibben

Our dining room was transformed into a swirl of pink to celebrate Women's Day. Barnaby and his dedicated team went all out to spoil us with a sumptuous meal. We were treated like royalty with attractive place settings, well-plated, delicious food choices and flowery cupcakes to end. There was a great deal of chatter and merriment with some tables topping off their meal with pink wine to suit the theme. Thanks must go to all those involved in arranging this happy event.



Toe Tapping Super Troupers

By Cynthia Dibben

Once again, we were treated to a wonderful display in our dining room corresponding with at our Wednesday market, this time by Tony's Tappers. This talented group of tap dancers with the awe-inspiring average age of 80 entertained the large crowd with three lively numbers. For each item they were kitted out in different brightly coloured outfits. The dedication and energy with which they performed is to be admired and we thank them sincerely for their contribution to our entertainment programme and for uplifting our spirits.





This story was the subject of a Presentation by James Grinyer at the Ambers Stamp Club on the 13th May 2024

SIR EDMUND HILLARY

AMBERS STAMP CLUB



Edmund Hillary

Edmund Hillary was probably best known for being the first person, together with Sherpa, Tenzing Norgay, to reach the summit of Mount Everest in the Himalayas. However, he gained many notable achievements in his life-time. He was born in Auckland New Zealand in 1919. His father was an apiarist and so to was Edmund, tending thousands of bee-hives. He started mountaineering when he was 16 years old. In 1948, he climbed Mount Cook, New Zealand's highest mountain. During World War 2, he joined the NZ Royal Air Force and was stationed mainly in the Solomon Islands and Fiji, where he met with an accident and was badly burnt.



Mount Everest

The first attempt to climb Everest was in 1921 by a team from Britain. There had been ten major expeditions and two 'lunatic' solo attempts. Hillary had two reconnaissance expeditions in 1951 and 52. John Hunt who led the 1953 attempt, sponsored by the Joint Himalayan Committee of the Alpine Club of Great Britain and the Royal Geographical Society, asked Hillary to join them. The expedition consisted of 400 people, including 362 porters, 20 Sherpa guides with 4500 kg of baggage. This was the 9th British expedition to Everest. Hunt chose 2 pairs to attempt the Final Climb. Hillary was paired with Sherpa mountaineer Tenzing Norgay. The one pair had to give up due to exhaustion and altitude. Tenzing and Hillary made it to the summit (29028ft - 8848m) on 29th May 1953. Hillary had carried 27kg pack - a heavy load at sea level, let alone at that rarefied atmosphere.

The Conquest of Everest was announced to the British on the eve of the Coronation of Queen Elizabeth, and was considered a gift to the Queen from New Zealand to commemorate her Coronation. Hillary was knighted by the Queen shortly thereafter.

The Commonwealth Trans Antarctic Expedition. 1955-8

Participating countries: UK; NZ; Australia; SA.

In 1955, Hillary was asked to lead the New Zealand contingent, Sir Vivian Fuchs was overall leader who was planning to make the first Trans Antarctica Crossing of the Antarctic Continent. In the summer of 1955-6, Hillary helped Fuchs to establish the Shackleton Base just inland from where Shackleton had hoped to land at Vahsel Bay to make a crossing.



The RAF also established South Ice Base advance base 440km inland from Shackleton Base (marked as 'Depot' on the envelope). The next summer, Hillary established Scott Base on Ross Island on the opposite side of the Continent --- this base still serve the NZ Antarctic research teams. 22 men overwintered at Scott Base and thereafter established supply depots for Fuchs' crossing. He completed the task and he, with 3 others made a dash for the South Pole with modified Massey Ferguson Tractors. They reached the Pole on 4th January 1958 and were the first to do so since Robert Scott, making Hillary the third person to reach the South Pole by travelling overland. He reached the Pole 16 days before Fuchs, which was considered arrogant by some. The success of the whole venture overshadowed any ill-feeling.



Later Exploits and Ventures

Hillary climbed 10 other peaks in the Himalayas by 1965. Although his Everest and Antarctica were greatly respected, it was his subsequent humanitarian work which made him NZ most revered person.

He became aware of the need for humanitarian aid in the Everest region of Nepal which was home to the Sherpas. He commenced this work in 1960 through his Himalayan Trust Fund, and over decades, until his death in 2008, he was credited with much infrastructure in this remote region of Nepal. He completed over 27 schools, 2 hospitals, 12 clinics, numerous bridges and roads and an airfield. In 2003 he was made an honorary citizen of Nepal.

In 1977, he led a jet boat expedition 'Ocean to Sky' from the mouth of the Ganges to its source. It was during the steep climb to the source that Hillary experienced his first ever debilitating altitude sickness.

In 1985, he was appointed as the NZ High Commissioner to India, Nepal and Bangladesh. He was based in New Delhi for 4 and 1/2 years.

Also in 1985, he was invited to be part of a 4 man team to fly in a ski plane across Canada to the North Pole. One of the team was Neil Armstrong. He said, he had only seen the North Pole from the Moon so, was excited to see what it look like from ground level. They flew from Edmonton to Ellesmere Island, Northern Canada, riding along in a tiny Otter twin engine airplane. The weather was good so they seized their opportunity, crammed back into their plane, and set off for the North Pole. On April 6, 1985, they touched down at the North Pole. Now safely at the top of the world, they popped a bottle of champagne, which froze solid before even two glasses were poured. With this Hillary became the first person to stand at both poles, as well as the summit of Everest.



In 1995, he received the highest British civilian award - the Most Noble Order of The Garter.



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

Amberfield Retirement Village NEWS & EVENTS

by David & Pauline Dalton



Newcomer's Welcome Tea

Newcomers to Amberfield were invited to an afternoon tea hosted by the Social Committee. The newcomers were given a warm welcome including a cup of tea or coffee with jam & cream scones, sandwiches & chocolate biscuit cookies.



Howick Choristers

The Howick Choristers delighted a packed audience with an afternoon of well-known music and song. They also paid tribute to our 107 year old resident, Ruth Hall, by featuring a couple of her compositions written during many decades of her musical career. Donations were given to charity.



A classical treat and honour for Amberfield!

A wonderful opportunity was provided to hear world-renowned, professional artists right here on our Amberfield's doorstep, when an amazing duo played the piano and violin. Incredibly this included Emmanuel Bach and his mum Jenny Stern. Emmanuel and Jenny mesmerised the audience with their classical recital. Jenny, a concert pianist in her own right, magnificently accompanied Emmanuel who kept everyone spellbound with his virtuoso performance.



Slices of Life with David Dalton 😊



The Two Grannies a true story

Pauline Platten (the future Mrs Dalton) and I first met in Vanderbijlpark in the 1970s. We were teenagers at the time and began to meet at parties & discos (and pubs!!!) Our families took a very different route to get to Vanderbijl.

The Daltons with four boys arrived in Vanderbijlpark in the mid-1960s from Messina, now called Musina (Limpopo Province). My Dad, a doctor for the Messina Mining Co took a transfer to the Iscor Medical Benefit. The Plattens immigrated to South Africa in 1972. They came from Hartlepool when Mr Platten was recruited by Iscor, the giant iron & steel works in Vanderbijlpark. The family consisted of three girls and two boys.

By the end of the 1970s Pauline and I married. To make it easy for our son to distinguish between the two Grannies, we decided a fun way would be naming them after their respective dogs. So my Mom was called Granny Peggy, after her slobbering Boxer (not to suggest for a moment that my Mom was a slobberer!)

Now as it happened, the Platten's Alsatian was called *Satan*, and not because of his dark features either! Living next door to a Pastor, Mr Platten was peeved when he noticed that his neighbour beat his wife and kids, *even on the day of rest!!!* So when the family obtained their dog, Mr Platten a no-nonsense Yorkshireman, named it after Lucifer himself.

Initially the Pastor's head would pop up above the boundary wall whenever Satan was called. Miraculously the beatings stopped. Being called Satan the man of the cloth must have had some sort of *"Damascus-like experience"*. This then is the story behind Granny Satan's nickname.

Our son would call out "Mom who are we visiting today ... Granny Peggy or Granny Satan?"

In the district with Basil a true story

Basil, a very proud ex-farmer, would impress upon this point at every opportunity. As subject inspectors my colleagues and I would visit and advise schools, throughout the province. This story is based on my work experience in the field as a subject inspector in the late 1980s. I was based in Pietermaritzburg.

Typically our job included working in rural areas. Four of us usually travelled together sharing two cars. On one such occasion we found ourselves visiting schools along the South Coast. Anxious about getting home before dark, we debated the quickest route back to Maritzburg, hoping to avoid rush hour on the Highways.

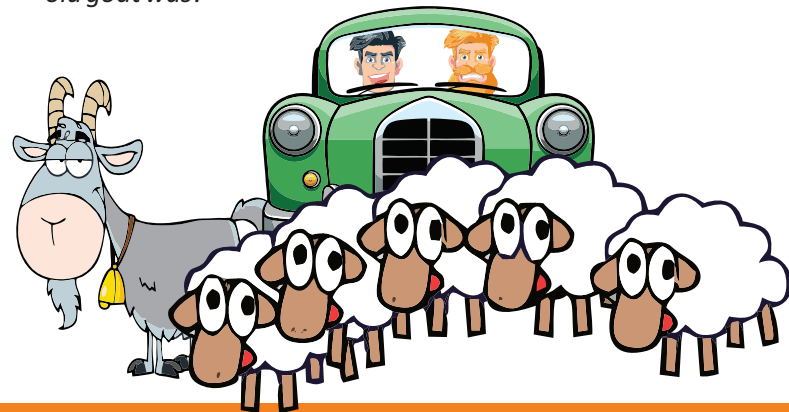
It was at this point that Basil piped up, "Guys, not to worry. I have farmed in the district for twenty years," he announced, rocking back on his heels. "These country districts are like my backyard ... I know a shortcut through the district on dirt ..." He giped, "You city boys must learn to travel on dirt roads *as well, you know!*"

The other two opted to rather chance the highway. As Basil and I went along, Basil gave me a history of the district. Every piece of local yarn was concluded with the exclamation, "I'm very well-known in the district. *After all I farmed here for over twenty years, you know!*"

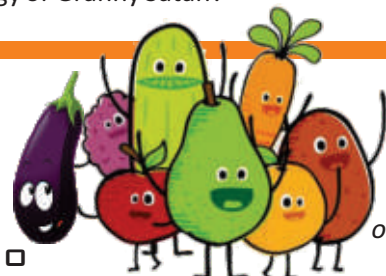
After a few hours dusty travel, brought the guided tour to a narrow one-lane country bridge. Crossing the bridge was no easy feat mind you, as a flock of sheep was being driven across it just ahead of the car. As we approached the bridge, the sheep, becoming aware of the vehicle, stopped, turned around to look, and let out a chorus of, "Baaaasils!!!" Whereupon, tongue in cheek I retorted, "Gosh ... You are well known in the district Basil!" I got a glower so I dared not say anything else.

A little while later passing a gate, pointing Basil said "Old Harry there had his old goat pinched by some scoundrel in the district."

Fearing another dreaded glare, I didn't ask *what* or *who the old goat was!*



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

www.midlandscompost.com

AMBERGLO PLANT FOOD

EST 1993

"soil for life"

Compost/Lawn Dressing (Exclusive Weedfree Nutri-Mix)

IT'S : 80dm³ bags @ R95

FOR : LAWNS, PLANTS, TREES

YOU : GET 10+ BAGS DELIVERED

HOME DELIVERED SPECIALS

40 plus 4 bags & less 10%
20 plus 2 bags - 15 plus 1 bag
8m³ Tipper Load @ R5900

*Prices may
vary with
distance travelled

Whatsapp Orders Taken
Mobile Card Machine Available
Fast Delivery Included
083 513 6569



Ambers!
R90 p/bag
(extra bags &
discounts
still apply)

Smaller quantities available @ SPCA opposite Build It,
3's Company, Plan & Plant, Hopewells.
Please support

Amber Camera Club August Winning Images

Contact: ambercameraclub@gmail.com



Monthly Competition Judges Choice Senior - Walking Home in the Mist by Mark Preston-Whyte



Set Subject Soft Focus Senior - Water Droplets by Toni Le Roux



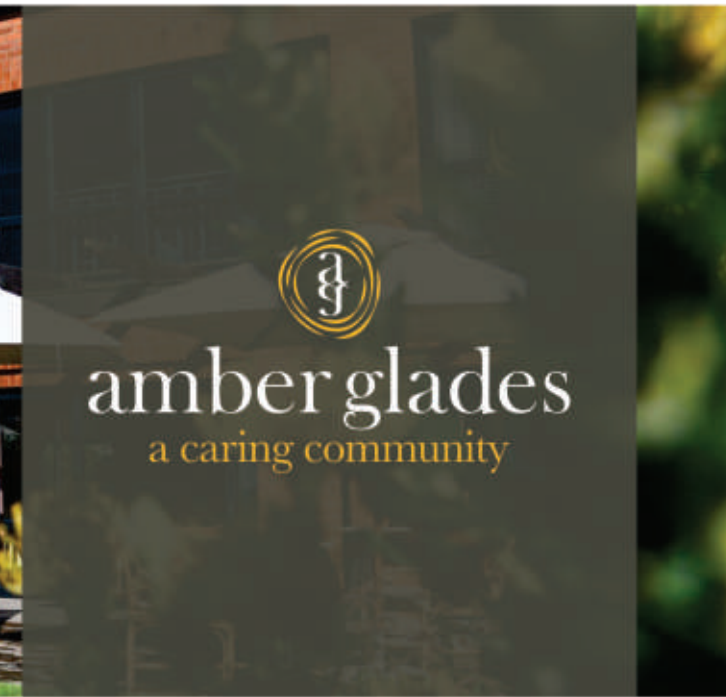
THE AMBERS 12

Left
Monthly Competition Judges Choice Junior
Flying High by Nicole Forrester



Set Subject Soft Focus Junior
Thoughts by Ashley Wheeler

SENIOR LIVING REDEFINED



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.

At Amber Glades you are encouraged to embrace life. Your independence is supported and your personal choice matters.

-  Swimming Pool
-  Pet Friendly
-  24 Hour Security
-  Home Care
-  Assisted Care
-  Outings & Events
-  Backup Generator
-  Internet Access
-  Purpose-Designed Gym
-  Coffee Lounge



PLEASE CONTACT MICHELE FOR
MORE INFORMATION: 078 868 4736

info@amberglades.co.za | www.amberglades.co.za



On My Mind by William Meyer

ALL ABOARD THE AI ROCKET : EXTRAORDINARY PROFITS FROM ORDINARY SHARES WINNING STOCK MARKET STRATEGIES

Artificial Intelligence is the new rave investment trend and at the forefront of this sector stands Nvidia Corporation.

NVIDIA is an American technology company that is a pioneer in the design and production of specialised computer chips – more specifically graphics processing units (GPU's) for high – performance computing as well as chip units for mobile computing and the automotive market.

More significantly the company is the dominant supplier of artificial intelligence hardware and software. And now, not surprisingly, Nvidia has become the fifth publicly traded company to reach a market capitalisation of more than \$1 trillion – joining the very exclusive club of Apple (3 trillion) Microsoft (2.5 trillion), Alphabet (Google) (1.5 trillion), and Amazon (1.3 trillion).

NVIDIA announced blockbuster results on the 24th May propelling the shares for a stratospheric rise of more than 25% the next day. Analysts for once were at a loss for words. The results were very good. Quarterly revenue was \$7.19 billion, up 19% from the previous quarter.

Data Centre revenue was a record \$4.28 billion and most importantly second quarter revenue is forecast to grow to an amazing level of \$11.00 billion. This is an increase of one hundred and fifty seven percent.

If you think this is good the forward-looking statements were even more encouraging.

“The computer industry is going through two simultaneous transitions – accelerated computing

generative AI,” said Jensen Huang, founder and CEO of Nvidia.

“A trillion dollars of installed global data centre infrastructure will transition from general purpose to accelerated computing as companies race to apply generative AI into every product, service, and business process.

Our entire data centre family of products is in production. We are significantly increasing our supply to meet surging demand for them”, he said.

Let's face it, Tech stocks have had a huge run. The million-dollar question is whether or not this trend continues on to new highs.

The next two weeks will be decisive as the magnificent seven are all reporting their June quarter results. Investors need clarity on which companies can most quickly monetise the incredible potential of AI.

The research team at Fenestra already know which these companies are and new clients can take advantage of this huge opportunity.

NVIDIA, for example, is up by 600 percent over the last five years. If you missed NVIDIA don't be too despondent. There are several other Moonshot opportunities to get aboard the AI train.

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!

Why Fenestra?

Our Mission

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.

Focus

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



FENESTRA

Asset Management

Our dedicated team has one goal: to make money with our clients.

William Meyer CEO

Our numbers do the talking.

NVIDIA is Fenestra's largest investment.

10 Year Increase **24,938%**

Contact Fenestra for a free analysis of your portfolio.

+27 (0) 21 689 7855

info@fenestra.com fam@mweb.co.za

Visit: www.fenestrasa.com

KwaZulu-Natal: 11 Hatikulu Rad, Mooi River, 3300



FENESTRA ASSET MANAGEMENT/ FSCA-LICENCE NO. 688/ Licensed Financial Service Provider

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!



Have you ever felt that something that you do, and I am not talking about working this time, I am talking about something that you loved to do a few days a week and now you are making excuses as to why you do not want to be there anymore? For me it boils down to, in this case, negativity and making others feel directly or indirectly not good enough to be there – a situation that used not to be like this.

I absolutely, positively cannot stress enough: the people around you have a direct impact on what happens in you. I know that they cant control you, that they are not in charge of your happiness and we, too, are not in charge of theirs. In the end we are all responsible for ourselves, but I digress, that is not what I am saying.

What I am saying is that their attitude, as a leader or someone in authority, is going to rub off on you. Whether they are positive or negative. Whether they are reactive or whether they respond with wisdom. Or whether they are actively growing, learning, and trying to do better. The way they manage themselves, the way they treat others, the way that they view their close relationships, for me, it all matters.

What one needs from someone in authority is their confidence in you which is likely to give you confidence in yourself, and their insecurity is likely to make a similar impact. What I am trying to say is that the more I attended on these few days, well, their focus changed the way I began to feel about myself, and it began in just the teeniest tiniest ways. Their attitude compass, of arrogance, of self-importance, has revealed itself as the weeks have passed and has moved my compass needle from north to south. Such a pity!

I know that others have felt the same because I can see it in their body language. So, I have decided to choose who it is I feel I should surround myself with. I decided it is essential that I choose people who are like minded. Why let someone else ruin your day, when you were having a perfectly good one to start with. Is there someone or something in your life that makes you feel inadequate? that you would prefer not to be present? that makes you feel uninvited or excluded? Think about it! Feel better, make that decision.

THE RUSTLE OF SPRING

The cold earth awakes from its slumber
New buds emerge and unfurl
Warm, sunny days, bring songs of praise
Life has returned to the world.

Young zebras frolic and gambol
Warthogs all snuffle and snort
Young life abounds, the air fills with sounds
Of all that the new season's brought.

Winter withdraws icy tendrils
That have stifled all thoughts of outdoors
Folk fix their gaze on crisp vibrant days
That sing of new hope and new joy.

New chicks peep out from their shelter
Frogs start their throaty refrain
Buzzing bees fly to the flowers nearby
And a thirsty earth drinks in the rain.

Fields burst with joy into colour
Spreading their fragrance abroad
Daisies galore, pansies and more
Sweet gifts of love from the Lord.

Spring, like a heavenly artist
Whose palette boasts colours galore
Splashes the earth with its signs of new birth
Over mountain and valley and moor.

Trees that were bare through the winter
Proudly are dressed once again
Cherry and peach, elder and beech
Burst with their colours' refrain.

Scents that were dulled in the winter
Waft once again through the air
Blossoms and rain, nature's champagne
Whisper to us like a prayer.

For many that live in the Ambers
Winter has come to their bones
Yet just round the bend is a life without end
There's a Saviour who beckons us home.

Just rest in His kindness and goodness
Surrender and He'll do the rest
The winter that clings will turn into spring
As you lean on His comforting breast.

Hope will arise like the sunshine
Filling your heart and your mind
Thoughts that were dark, scary and stark
Now become buoyant and kind.

Now winter has fled from the Ambers
And nature's displaying her art
Let's embrace the new life, freedom from strife
Let the rustle of spring fill your heart.

Dave Walker
Author and freelance writer



Who has the right to choose the Conveyancing Attorney when buying or selling a property?

One of the most common questions posed to conveyancers by both sellers and purchasers of properties, (and sometimes for other property related matters as well) is **who is entitled to appoint the conveyancer**. There is possibly more misinformation out in the marketplace about this issue than any other issue.

Like any other aspect of the agreement of sale, the appointment of a conveyancer to deal with the registration of a transfer is a contractual matter to be negotiated between the purchaser and the seller. Just as neither the purchaser nor the seller can unilaterally dictate terms and conditions of an agreement of sale to the other party, so the appointment of a conveyancer is equally negotiable. The seller is perfectly at liberty to stipulate that the appointment of a conveyancer nominated by the seller is a non-negotiable term, in which event the purchaser will have to either abide by this term or will alternatively have to purchase a different property. Likewise, a purchaser would be entitled to impose a similar term, and, if the seller were not in agreement with the purchaser's instance / nomination, then the seller will simply have to find another purchaser – or, if the seller is desperate for the sale to proceed, will have back down. Likewise, the purchaser may have to back down.

There is a common misconception that in Kwa Zulu-Natal the purchaser has a "right" to appoint the conveyancer. This view is based on a misinterpretation of a Supreme Court case going back many years, which is often misunderstood by many parties in the property industry. The case concerned involved the issue of the appointment of a conveyancer, and the Court held that if the appointment of the conveyancer to attend to the registration of a transfer was not an issue, at the time the agreement of sale was concluded, and if the parties had not either expressly or impliedly indicated their desire to appoint the conveyancer, then in that event, and in only that event, the purchaser, in Kwa Zulu-Natal, is entitled to nominate the conveyancer. This does not of course mean that the purchaser has this enviable right.

A property practitioner, who is paid a commission for brokering a successful sale agreement, may not in any way, directly or indirectly, influence either the seller or purchaser to use a specific conveyancer. A property practitioner guilty of this conduct may have to pay back the commission earned on the deal.

For more expert advice on the topic please feel free to contact one of our property experts for assistance.

J Leslie Smith & Company Inc.
ATTORNEYS, CONVEYANCERS AND NOTARIES PUBLIC

- Estates and Trusts
- Property
- Family Law
- Labour
- Notarial Practice
- Criminal Law
- Litigation
- Insurance
- Pension Funds
- Municipal and Local Government

332 Jabu Ndlovu Street, Pietermaritzburg, 3201 | Tel: + 27(0)33 845 9700 | Fax: + 27(0) 33 845 9720 | www.jlesliesmith.com
103A Main Road, Howick, 3290 | Tel: +27(0)33 845 9701

TRAVEL QUIZZ

- 1: What is the most visited tourist destination in the world?
- 2: What is the most photographed landmark in Australia?
- 3: What is the scientific name for the Northern Lights?
- 4: What was Ho Chi Minh City previously called?
- 5: Which Walt Disney World park in Florida has the World Showcase?
- 6: What is the nickname for the clock at the end of the Palace of Westminster?
- 7: Which Central South American country is home to the largest Salt Flats in the world?
- 8: Which city is referred to as "the windy city?"
- 9: What was the original purpose of the Leaning Tower of Pisa?

- 10: What is the largest museum in the world?
- 11: What is the name of the famous Indian Mausoleum built by emperor Shah Jahan?
- 12: What is the name of the tiny island that holds the Statue of Liberty?
- 13: What is the name of the current tallest building in the world?
- 14: In which South African city can you find Boulders Beach, which is inhabited by a large number of wild penguins?
- 15: What is the smallest independent nation in the world?
- 16: What is the capital of New Zealand?
- 17: Which South American city is home to Sugarloaf Mountain?
- 18: What did the city of Leningrad become known as in 1991?
- 19: What is the currency of Thailand called?
- 20: Which National Park contains the largest salt flat in the US?

ANSWERS ON PAGE 20



CATHEDRAL PEAK HOTEL
Drakensberg • South Africa

Escape to the Drakensberg with our

SENIORS SPECIAL

PAY ONLY R1535 PPPN
in a Standard Room, single or sharing

Inclusive of all meals, mid-morning and afternoon tea, coffee & bakes as well as a full entertainment programme.

No minimum night stay - applicable for Sunday to Thursday nights only

Quote the code below when making your booking to claim your discount:

AMBER

Valid from 1st Nov '24 - 31st Oct '25, excluding peak periods for over 60's only. Rates exclude levies. T's & C's apply.

+27(0)36 488 1888 | reservations@cathedralpeak.co.za | www.cathedralpeak.co.za

SINCE 1939
85 YRS
OF EXCELLENCE

Getaway Reads



THE INSTITUTION BY HELEN FIELDS

They're locked up for your safety. Now, you're locked in with them. *How do you find a murderer in a prison full of killers?* On a locked ward in the world's highest-security prison hospital, a scream shatters the night. A nurse has been murdered and her daughter has been taken. And with only five days to find the girl, the clock is ticking for Dr Connie Woolwine to find a killer hiding in plain sight...

THIS IS WHY WE LIED BY KARIN SLAUGHTER

One toxic family. Eight suspicious guests. Everyone is guilty. But who is a killer? Welcome to the McAlpine Lodge: a secluded mountain getaway, it's the height of escapist luxury living. Except that everyone here is lying. Lying about their past. Lying to their family. Lying to themselves. Then one night, Mercy McAlpine – until now the good daughter – threatens to expose everybody's secrets. Just hours later, Mercy is dead. In an area this remote, it's easy to get away with murder. But Will Trent and Sara Linton – investigator and medical examiner for the GBI – are here on their honeymoon. And now, with the killer poised to strike again, the holiday of a lifetime becomes a race against the clock...

Travel with AFRICA MEMORIES TRAVEL

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

We pick you up from your home, Pack your bags – we do the rest
Short getaways | Exciting destinations | Rewarding Experiences
Includes: road transfers to-and-from destination, accommodation, meals, activities

The 2025 schedule will soon be available. For enquiries or bookings please reach us on:
booking@africamemories.com or info@africamemories.com
Val - 083 441 4514 / Carol 073 168 8201

TRAVEL QUIZZ ANSWERS

- 1: Times Square
- 2: The Sydney Opera House
- 3: Aurora Borealis
- 4: Saigon
- 5: Epcot
- 6: Big Ben
- 7: Bolivia
- 8: Chicago
- 9: Bell tower
- 10: The Louvre in Paris
- 11: The Taj Mahal
- 12: Liberty Island
- 13: Burj Khalifa
- 14: Cape Town
- 15: Vatican City
- 16: Wellington
- 17: Rio de Janeiro
- 18: St Petersburg
- 19: Bhat
- 20: Death Valley



DID YOU KNOW?

The Great Wall of China's strength comes from sticky rice

Workers built the Ming dynasty sections of the Great Wall by mixing together a paste of sticky rice flour and slaked lime, which was the standard ingredient in mortar, the workable paste used to bind building blocks. The sticky rice mortar bound the bricks together so tightly that in many places weeds still cannot grow.

Italy has a Free Public Wine Fountain

In the small town of Ortona, Dora Sarchese Winery has opened a free for the public fountain. It's not the first public wine fountain in Italy - Venice has a fountain in St Mark's Square for its annual carnival but the one in Ortona is open all year round.

2024 *The* CAVERN & Kal-Media PHOTOGRAPHY COMPETITION

You Can Win

3 Nights for 2 Adults sharing during the low season period, including all meals, teas and guided morning hikes. Plus 2 complimentary 30 minute Back Massages at the Forest Retreat Spa.

**THEME
CLOSE UP on
NATURE and SEASONS**

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.

THE GREAT OUTDOORS



"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 Carte, 1941 - Founding Grandfather

The **CAVERN**
EST. 1941

NORTHERN DRAKENSBERG - KZN

036 438 6270 | 083 701 5724 | info@cavern.co.za | www.cavern.co.za



Daily Hikes



Horse Rides



80km MTB



Kids Areas



Swimming



Forest Spa

The Cavern and Sungubala Eco Camp are proud members of the newly established Northern Drakensberg Nature Reserve. Comprising 6,500 hectares of pristine grasslands and mountains, and home to a diversity of plant and animal life, the NDNR forms a crucial wilderness corridor stretching from the Sterkfontein Dam to the uKhahlamba Drakensberg World Heritage Site. The NDNR aims to preserve the rich cultural heritage of the area and become a hub of local socio-economic upliftment.



Sungubala
ECO CAMP

SELF CATERING

AN ECO ESCAPE

063 030 7161 | info@sungubala.co.za | www.sungubala.co.za

Ambers HEALTH & MEDICAL

DR. DAVID SMART
UROLOGIST

HILTON • HOWICK
 PIETERMARITZBURG

Tel: 033 329 5710
 Emergency: 082 567 9394
 Email: pmburology@global.co.za

DR. ASH MOOPEN
 BDS (U.LKO), PGDip (ENDO), PGDip (DENT) (U.STELL)

Gentle Dental

PENSIONERS discount offered

52 Main Street, Howick 50 Coronation Street, Scottsville,
 Email: ashdental39@gmail.com behind Scottsville Mall, PMB
Tel: 033 330 3191

HOME-BASED CARE

"Your quality of life is our business!"

Our flexible care packages include:

- Personal Care
- Nutritious Meals
- Transportation
- Medication Management
- Household Management
- Stimulating Companionship
- Tech & Admin Support
- Total Peace of Mind

24/7 Care

...And So Much More

Always Respecting Your Home & Your Rules!

Our dedicated Carers provide personalised care of the highest standard, tailored to meet your specific needs.

Contact Lynda: 079 881 0563 www.cgcarers.co.za

"Elderly people are like plants. Whereas some go to seed, or to pot, others blossom in the most wonderful ways. I believe beauty competitions should be held only for people over seventy years of age. When we are young, we have the face and figure God gave us. We did nothing to earn our good looks. But as we get older, character becomes etched on our face. Beautiful old people are works of art. Like a white candle in a holy place, so is the beauty of an aged face."

~James Simpson

Butlin Hearing CLAIRE
 WELCOME TO THE WORLD OF SOUND
033-330 3966

FREE House call to Ambers
FREE Hearing Screening test
FREE Hearing aid cleaning service
FREE 30 day Hearing aid Trial
 Hearing aid fittings/ Adjustments
 Repair & Services
 Reg with all Medical Aids

signia
oticon
WIDEX
PHONAK

OPEN DAILY @ ST JOHNS – 033 330 3966

HOWICK DENTAL CARE

Dr Jenny Lemmon-Warde
 B.Ch.D. (Stellenbosch)

Lenmed Howick Private Hospital

Suite 1 Consulting Block
 107 Main Street Howick
 033 330 4799
 078 364 2006
 admin@howickdental.co.za

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 Health & Medical Pages** 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?**

ADVERTISE HERE!
 contact Pat on
082 552 3027

SUMMER SALE **BUY ONE GET ONE FREE**

Cash Offer

Up to **30% OFF**

Complete pair of Spectacles
 eye exam, frame (brands included) & lenses


FREE Prescription Sunglasses
 T&C's Apply.

MOFFATT OPTICAL 079 150 2589 moffattoptical MoffattOptical www.moffatt.vision

Avenues - 033 880 0128 Cascades - 033 347 1888 Church St - 033 342 6333 Hayfields - 033 386 9300 Hilton - 033 343 1084 Howick - 033 330 5945 Parklane - 033 342 9631

RH
ROD HASTIE
— HOWICK OPTOMETRIST —
PASSIONATE ABOUT EYE CARE

Dip Optom (SA), CAS (NEWENCO)



No Rush Optometry:
Longer consultations
in a safe, relaxed
environment, at
Medical Aid rates.

Suite 4, Oatlands
Medical Centre,
52 Fraser St, Howick.
033 330 4190
064 505 5217

**SMS EYETEST + NAME
to 064 505 5217**
We will phone you to arrange an appointment
rod@howickoptometrist.co.za

W
CBWright INC.
MEDICAL ORTHOTISTS & PROSTHETISTS

Manufacturers of:
Artificial Limbs
Custom made:
Shoes
Bracing
Foot Orthotics
Diabetic Orthotics

Suppliers of:
Neck & Back bracing
Sport Injury Bracing
General Bracing
Compression Stockings
Wheelchairs
Walking frames
3 & 4 wheel walkers
Commodes
Toilet seat raisers
Shower stools etc




Pietermaritzburg:
266 Boom Street
Pietermaritzburg 3201
T: 033 394 2787/8
info@cbwright.co.za

Howick:
50 Fraser Street
Howick 3290
T: 033 330 7809
Fax: 033 342 5286

www.cbwright.co.za

Dental Zone
A healthy smile will last a lifetime!



Dr Bianca Janssen Dr Ilze Wessels
Dr Brittany Westhorpe-Pottow Dr Lizane van Wyk

Preventative • Restorative • Cosmetic
Orthodontic • Prosthodontic
Dentistry

Suite 2, 1st Floor Hilton Health, 3 Monzali Drive Hilton
Tel: 033 343 1744 hilton@dentalzone.co.za
86 Roberts Road, Clarendon, Pietermaritzburg
Tel 033 342 2602 reception@dentalzone.co.za
www.dentalzone.co.za

ESCAPE THE WINTER
BLUES WITH CRISP VISION

AS THE CHILL SETS IN, ENSURE YOUR VISION STAYS
CRYSTAL CLEAR WITH OUR EXPERT EYE CARE SERVICES.

FROM STYLISH FRAMES TO ADVANCED LENSES, WE HAVE
EVERYTHING YOU NEED TO SEE THE BEAUTY OF THE SEASON.



JOHN MEYER OPTOMETRIST
your future in focus
033 343 0881

OPEN ON THE FIRST SATURDAY MORNING OF EVERY MONTH
3 MONZALI DRIVE, HILTON HEALTH AND WELLNESS CENTRE, GROUND
FLOOR, SUITE 2B, 3245 HILTON, KZN

Alpha Pharm
your first step in healthcare

**ORIENT PHARMACY
& MEDICINE DEPO**

Shop 19-21 Howick Centre
Harvard Street
Howick

Tel: 033-3305416
Fax: 033-3303812

WE ARE OPEN 7 DAYS A WEEK
Mon. - Fri 08h00 - 18h00
Saturday: 08h00 - 14h00
Sun & Pub Hols: 09h00 - 13h00

Free deliveries Monday to Friday
Contracted to most medical aids

LET US CARE FOR YOUR LOVED ONE IN THE COMFORT OF THEIR OWN HOME

THE MORE WE CARE
the more beautiful life becomes

- Qualified home carers
- Basic home care
- Wound care
- Post-operative care
- Palliative care
- Night care
- Meal preparation
- Bathing and dressing
- Grooming assistance
- 24-hour Care
- Short- or long-term
- Live-in care
- Alzheimers and Dementia
- Transport/Mobility
- Medication reminders
- Exercise assistance
- Incontinence care
- Communication
- Emergency procedures

Nightingales
HOME-BASED CARING SERVICES

Mark 082 301 4270 • Lorraine 072 602 7505
Tel: 033 330 4313 • Email: nightingales@telkomsa.net
www.nightingaleshomecare.co.za f

Enquiries and consultations are free of charge and strictly confidential.

SIMPLY GENETICS

SINEAD CAMERON - MACKINTOSH
GENETIC COUNSELLOR

Genetic Counselling Services:

- Preconception
- Prenatal
- Paediatric
- Cancer
- Family history of a genetic condition
- Health, lifestyle and ancestral
- And much more!

Contact us to find out how we can help you and your family!

 Suite 5, Hilton Health
 +27 66 022 5738
 simplygeneticsteam@gmail.com
 <https://www.simplygenetics.org/>

KATE-MARIE HEARING SOLUTIONS
— better life through hearing —

For all your HEARING HEALTHCARE requirements



- Hearing Tests
- Hearing Aids
- Hearing Aid Repairs & Services
- Medical Aid Rates

Kate-Marie Butlin:
072 970 9427

HOWICK: Suite 4, Howick Medical Centre, 107 Main Road
HILTON: Hilton Health Medical Centre
PMB: Hayfields Mall Pharmacy
AMBERS: House Calls Available

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?

"Take Advantage Of Niche Marketing"

ADVERTISE HERE!
 contact Pat on
082 552 3027



Affordable **Car Servicing & Spares**



We specialise in German Cars and carry spares on-site for all popular German cars. However, we are fully trained to undertake the servicing of all makes of cars.

Servicing made simple, quick and cost effective
Collect and Deliver Service Available

3 Exchange Lane Howick
Tel: 033 330 2966
Cell: 083 633 4656
Email: keithm@adept.co.za





UNILECT
AUTO ELECTRICIANS
CCR Reg. No. 1986/018715/23



TRACETEC
TRACKING & SECURITY | FLEET MANAGEMENT



SANJI
SECURITY SYSTEMS



FMI

FREE Battery Checks
Car Air-conditioning Re-Gas R500 incl VAT

60 Main Street Howick Tel: 033 330 4196 Fax: 033 330 3745
Cell: 082 552 7308 Emergency/After Hours: 082 552 7308

MIKES MINI MOVES

For all your:
 Local & Distance Moving, Storage & Packing, (G.I.T.)



The Packing Team



Laura will come into your home and pack your valuables with unmatched competency and care. I will supply boxes, bubble wrap and everything that is needed to move you to your new home.

Contact: 082 381 6838 or 033 394 1046 Idherbst@gmail.com



Custom IT

Tel: 033 330 8989
 info@customit.co.za
 www.customit.co.za
 46 Main St. Howick

Computers & Repairs

- Computers - Laptops - Repairs - Networking - Peripherals -

AFFORDABLE SOLAR POWER

Finance Available
Industry Experts
Professional



VEENSTRA ELECTRICAL



PVRE

082 2299 419



Maid True Clean

PROUDLY OFFERS

Fully supervised home cleaning service
 Professional, trustworthy, caring and hard working staff.
 Efficient, convenient, fast and hassle free service.
 Weekly, bi-monthly, monthly or individual appointments.

THOROUGH HOME CLEANING SERVICE INCL:

- Staff, all cleaning chemical and equipment
- Hygienic cleaning of bedroom, living & patio areas
- Carpets vacuumed with dust free machine
- Dusting & cleaning of all surfaces
- Kitchens & bathrooms cleaned & sanitised
- Kitchen & bathroom wall tiles scrubbed
- Furniture, silverware, brass & copper polished
- Inner windows, walls & doors cleaned
- Pictures & ornaments cleaned
- Floors, garages swept & mopped

10% Off Pensioners first visit!

Please do call for a quote

JUANITA DE JONG

082 806 4098 or
after hours 033 330 3479



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



"Revolves around ALL things garden"

A Howick-based, creative owner run, values based company, with many years of service to Ambers residents

- Paving & cobble edging
- Trellis installations
- Bed area preparation
- Planting
- Irrigation systems, water features, pots & rock-work
- On time consults to discuss YOUR needs
- Layout drawings for Body-Corporate approval
- Cost effective installations that add value
- Once-off revamps & on-going Garden Care options





Garth-John Keough - Creative owner
 ☎ 082 779 1111 ✉ gardenatomy@gmail.com

CLEVER LOGO - INNOVATIVE COMPANY

"Over 50 Years of Service to our Customers"

Recliners, Wingback Chairs, Special Needs Chairs, Lounge Suites

Visit our Showroom

Phone Dave 082 771 3231 for details please



JENNY
 Compact Recliner
 From R5600
Depending on Fabric



ON SPECIAL
ASHLEY
 Wingback
 From R3900
Depending on Fabric



BELINDA
 RECLINER



KATHLEEN
 CHAIR



ANGELA
 RECLINER

Matching Sofas available for all our designs

CONTACT:
DAVE DE VILLIERS 082 771 3231, 033 386 7480

DE VILLIERS FURNISHERS

Email: davedevilliers19@gmail.com

VISIT OUR NEW WEBSITE www.devilliersfurnishers.co.za

MAKING YOU MORE COMFORTABLE

THE AMBERS 26

THE AMBERS 27



YOU CAN MAKE A DIFFERENCE

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.

Those who will benefit include:

- Children's Homes
- The Elderly
- Child Welfare
- The Physically Challenged
- Mental Health
- Programmes
- Early Childhood Development
- 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
- The Chronically ill and HIV/AIDS Sufferers

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.

Community Chest Durban

communitychest.co.za



Oakleigh Funeral Home

086 111 1380 (24 hrs)

PRE-PAID OPTION

PRE-PAID SERVICES: Preparing the physical and financial details of your funeral/ memorial service

A Pre-Paid gives an individual the opportunity to plan and pay for "tomorrow's" service at "today's" price. All funds are invested into a trust account and remain in the client's name until the time of need, at which point Oakleigh Funeral Home will recall the funds.

What is required:

- Minimum age is 65+ years.
- An appointment with an Oakleigh Consultant.
- Your SA identity document.

"Walking Alongside You" **086 111 1380 (24hrs)**

Pietermaritzburg 033 342 6116 25 PETER KERCHOFF STREET	Howick 033 330 3400 GREENDALE ACRES CENTRE	Gillitts 031 205 9959 3A, GILLITTS CORNER	Durban 031 205 9959 384 UMBILO ROAD
---	---	--	--

www.oakleigh.co.za info@oakleigh.co.za

Money History a brief look....

A significant amount of evidence establishes that many things were traded in ancient markets that could be described as an exchange; these included livestock and grain as well as 'pretty' things. Due to the complexities of ancient history it has not been possible to trace the **true** origin of the invention of money, there are many interpretations. Various metals were used in the barter system, so perhaps as it became formalised it became a monetary system...

The Romans use of bronze while not among the most ancient examples, is well documented, and likewise ancient Sparta minted coins from iron to discourage its citizens from engaging in foreign trade. In the early 17th century Sweden lacked precious metals, and so produced 'plate money' large slabs of copper 50 cm or more in length and width, stamped with indications of their value.

Paper money was introduced in Song dynasty in China during the 11th century but the development of the banknote began in the 7th century, with local issues of paper currency. Its roots were in merchant receipts of deposit during the Tang dynasty (618-907), because merchants and wholesalers wanted to avoid the heavy bulk of copper coinage in large commercial transactions. The Song government had run out of copper to make new coins, and issued the first generally circulating notes, named Jiaozi. These notes were a promise by the ruler to redeem them later for some other object of value, the jiaozi did not replace coins, but was used alongside. The central government soon observed the economic advantages of printing paper money, and by the early 12th century, the banknotes issued in a single year amounted to 26 million strings of cash coins.

In the 13th century, paper money became known in Europe through the accounts of travellers, Marco Polo's account of paper money during the Yuan dynasty is the subject of a chapter of his book, 'The Travels of Marco Polo.'

Today we live in an age of digital currency, and who knows what in the future....



COIN CLUTTER

My hobby in Amber Valley is the collection of coins of all countries. Should you have any that are cluttering up your space, please give me a call and I will happily come and get them out of your hair!

Frits Rijkenberg 5256 (or 033 239 5256)



COMPUTER WORLD

Sales | Hardware | Software | Service | Repairs | On-site Support

www.computer-world.co.za

SALES **SERVICE** **REPAIRS**

INCREDIBLE DEALS ONLINE & IN STORE

- ✓ Software
- ✓ Hardware
- ✓ Networking
- ✓ Accessories
- ✓ Laptops
- ✓ Computers
- ✓ Printers

Expert computer repair

Quick & reliable service

Howick 033 345 0919

The St John's Village Lifestyle Centre

Dargle Dale Kennels and Cattery

"A Pet's Paradise, a home from home for your pets. Heated kennels available."



THE COUNTRY HOTEL FOR PETS Merrivale

CELEBRATING 50 YEARS 1969-2019

Monday - Friday: 7:30am - 5pm
Closed for Lunch 1-2pm
Saturday: 7:30am - 12Noon
Sundays: 4pm - 5pm ONLY
Public Holidays: Closed

Tel: 033 330 6035 Cell: 071 174 0598
www.dargledalekennels.co.za

• Every accepted evaluation/quote comes with a FREE gift

• We offer a referral fee for every customer referral and deal done

• Trained professionals throughout KZN and Nationwide, Retirement Villages & Residence

We buy GOLD & SILVER JEWELRY in any condition

- Gold and silver Jewelry (also broken)
- Coins & banknotes
- Medals and badges
- Watches & pocket watches
- Vintage costume jewelry
- Diamonds, Sapphires, & Rubies
- Silverware
- Stamps
- Old tin toys
- Gold coins
- Tea sets
- Cufflinks
- Antiques
- Collectables

FREE QUOTATION / EVALUATION WITH NO OBLIGATION

DEON
083 619 3510

We pay instant CASH or EFT



MARITZBURG Auctioneers

Established 1953
70 years & 3 generations of auctioneering excellence

APPRAISERS • GENERAL AUCTIONEERS • STOCK LIQUIDATORS • VALUERS

LET US SELL FOR YOU!

KZN'S largest quality furniture auctioneers specialising in antiques, collectables, household goods and ANYTHING of value. Government appointed appraisers for deceased estates and valuations.

2 WEEKLY AUCTIONS WITH SPECIALISED AUCTIONS ON SATURDAYS

BUYING OR SELLING:

Household Furniture & Sundries • Antiques • Cottage Furniture • Art • Collectables • Modern and Contemporary Furniture • Silver & Art Nouveau • Doulton • Wedgewood • Clarice Cliff & many others • Stoves • Fridges • TV's & DVD's • Sound & Hi-fi Equipment • Household appliances • Beds • Bicycles • Wardrobes • Lawnmowers & Garden equipment • Tools & Machinery • Catering Equipment • Office Furniture • Linen and Clothing • Industrial Farm Equipment • Vehicles • Trucks • Trailers

EXPERTS IN DISPOSAL OF ENTIRE HOUSEHOLDS

Deceased Estates, Relocations, Insolvencies & Liquidations

We will call at your convenience at home or business premises and value your moveable assets.

VALUE, PACK & COLLECT - AUCTION OR CASH

TURN YOUR ANTIQUES, FINE FURNITURE, COLLECTABLES, CHINA & ANY POSSESSIONS OF VALUE INTO CASH!

SPECIAL RATES FOR SENIOR CITIZENS PERSONAL & DISCREET SERVICE - Call now 082 062 4432

(033) 342 2544/72
Cameron: 082 062 4432

www.maritzburgauctioneers.co.za

Maritzburg Auctioneers, 421 Greyling St, Pietermaritzburg, 3201

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 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 30



Sweet Treats Spiced Apple Dessert Scones

Ingredients Serves 4

- 1 cup self-raising flour
- 1/2 tbsp caster sugar
- Pinch of salt
- 30g butter, chilled, chopped
- 1/3 cup buttermilk
- Buttermilk, extra, for brushing
- 1 small granny smith apple, peeled, cored, thinly sliced
- 1/3 cup brown sugar
- 1/2 tsp mixed spice

Method

Preheat oven to 220C/200C fan-forced. Line a baking tray with baking paper. Position oven rack in the top half of oven.

Sift flour, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

Make a well in centre of mixture. Add buttermilk. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.

Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 7cm round cutter, cut out scones. Press leftover dough together. Repeat to make 4 scones.

Arrange apple in base of four 1/2 cup-capacity ramekins. Sprinkle with sugar and spice. Place scones in ramekins on top of sugar mixture. Brush tops with extra buttermilk. Place ramekins on tray. Bake for 10 minutes or until light golden and sugar is bubbling around edge. Set aside for 4 minutes before turning out onto plates. Serve.

Serve scones with whipped cream, double thick cream, butter or mascarpone. Dip cutters into flour between cutting to prevent dough sticking to them. Make sure rolling pin is lightly floured before use. All scones are cooked on a baking tray lined with baking paper.

QUALITY & PROFESSIONAL IT SERVICES YOU CAN TRUST



BLUETECH IT SOLUTIONS

★★★★★ The Tech Guys That Come To You

At Your Service For All Things Tech!

- Assistance & Training
- Hardware & Software Installations
- Data Backup Service & Recovery
- Virus Removal & Cyber Security
- Inverter Systems
- Wi-Fi Upgrades
- We specialise in repairing all devices

CONTACT US FOR FREE COMPUTER
HEALTH CHECK



CELLPHONE REPAIRS

- SALES
- SCREEN REPAIRS
- GENERAL REPAIRS
- BATTERY REPLACEMENTS
- PHONE ACCESSORIES
- SCREEN PROTECTION / DEVICE WRAPS



LAPTOPS & COMPUTERS

- DEVICE CLEAN-UPS
- SSD INSTALLATION'S] FOR INCREASED SPEED AND PERFORMANCE
- RAM UPGRADES
- DATA BACKUP AND DATA CLONING
- DEVICE TRAINING



GAMING CONSOLES AND DEVICES

- SALES
- REPAIRS
- UPGRADES

www.bluetechit.co.za admin@bluetechit.co.za 073-239-8149 / 076-449-1425

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

You've not had roast pork until you've had roast pork from an air fryer. it's prepped in 5 minutes and on the table in an hour - and that crackling is something else!

Air Fryer COOKING

What's the best way to cook pork belly in an air fryer?

The trick is to use two different cooking times. Firstly, start high to get that crackling nice and crisp - just how pork crackling should be! Then cook it lower so the pork retains its juiciness without the meat drying out. What we're aiming for here is dry crackling skin, but perfectly moist pork meat underneath. There's no need to boil or par-boil your pork first before adding it to the air fryer with this method, making it quicker and easier.

INGREDIENTS

Serves 4

1kg Pork Belly Roast Boneless, rind scored (see note)
2 tsp sea salt flakes
Olive oil spray

METHOD

Note: If time permits, place pork on a tray, uncovered, in the fridge for up to 2 days to dry the rind out.

Preheat the air fryer to 200°C for 3 minutes. Pat pork dry with paper towel. Rub salt into pork rind.

Place the pork in the air fryer basket and spray with oil. Set timer for 25 minutes and cook until the rind crackles. Reduce temperature to 160°C. Set timer for 30 minutes and cook until pork is tender and cooked through.

Notes:

If pork starts to over-brown during cooking, cover with foil.



Add apple sauce of the freshest kind as an accompaniment.

Apple sauce

Makes 1 1/2 cups

INGREDIENTS

2 medium granny smith apples, peeled, cored, chopped
1 tbsp caster sugar
1/4 tsp mixed spice
1 tbsp lemon juice

METHOD

Place apple, sugar, mixed spice, lemon juice and 1/4 cup cold water in a saucepan over medium heat. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 10 minutes or until apple is tender.

Transfer mixture to a food processor. Process until smooth. Season with salt and pepper.

NOTES

Serve with pork cutlets, roast pork or glazed ham.
Suitable to freeze in an air tight container for up to 2 months.
Reheat in a small saucepan over low heat.



WHY IS MY DOG ITCHING?



With warmer weather creeping in, you might find your dog itching more often. There are many causes of a dog's itchy skin, so it can be very tricky to determine what the origin is. Seeing your pet uncomfortable and scratching continuously can be very distressing for you and your pet, so soothing your dog's itchy skin takes priority. The two main things that give a dog itchy skin are pests and allergies, both of which can be seasonal. Making sure you're on the right track of treatment and using safe products to reduce their discomfort is of utmost importance.

1. Fleas and Ticks

Once you notice your dog itching, always check for fleas and ticks first! These blood-dependent pests use dogs as hosts all the time, and can latch on anywhere. Ticks can go unnoticed for some time until they become fully engorged and large enough for you to spot and remove. Keep in mind these irritating insects can and do carry a variety of dangerous diseases, so it's important to check for them during all seasons in the KZN Midlands. We advise using year-round tick and flea treatment for pets in our area.

2. Food Allergies

Just like people, dogs can be allergic to just about anything. If you don't find any fleas or ticks and your dog still has itchy skin, you might be dealing with an allergy of some sort. Food allergies, while rare, do happen and eliminating foods can prove necessary to find out what ingredient(s) your dog is allergic to. You can work with us to guide you on the process of seeing if any of these food allergens are triggering your pet's allergy.

3. Environmental Allergies

If your dog is still itching, but he doesn't have fleas or a food allergy, he may have some environmental allergies to things like pollen. There are therapeutic foods to improve your dog's skin health and aid in protecting them from these environmental allergens.

Depending on the severity of your dog's itchiness, treatment can range from minor to extensive, going beyond just one method. Simple oral medication might be ideal during the worst parts of the year, along with regular grooming and medicated shampoos. Desensitization "allergy injections" may help too. Of course, steroid injections and stronger medications are suggested if your dog's itching persists. Regardless of the cause, a consult with a vet is vital before taking matters into your own hands.

When to visit us at Midlands Vet?

As we have covered, there are many reasons your dog might be itching, but the two most common ailments are pests and allergies. Regardless of the reason, seek advice

when you first notice your dog itching. Don't give any medications prior to your visit to the vet. Although the treatment might be quick and simple, the last thing you want is to make a decision that causes its own adverse reaction. Whereas fleas and ticks are best treated with prevention (which can be purchased in a variety of forms), food allergies are treated with limited-ingredient foods to eradicate the offending ingredient. Environmental allergies are tougher to treat, but can be easily managed.

At the end of the day, keeping your dog happy and healthy and itchiness at bay is important. There's nothing a little tender loving care and veterinary treatment can't fix. Soon enough, you'll find your dog comfortable and back to normal.



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:

FREE DELIVERIES Free delivery of Pet food, Tick & Flea treatments and accessory purchases. Deliveries on Tuesdays & Thursdays (12:00-15:00). Place your orders by 11am

PENSIONERS DISCOUNT Every day is Pensioners day! Discounts on Vaccinations, Pet food, Tick & Flea treatments and accessories

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

Call us to find out more
033 330 6184
4 Curry's Post Road,
Howick

MIDLANDS VETERINARY HOSPITAL
TRADITIONAL VALUES | MODERN VETERINARY CARE



OPHTHALMOLOGIST DR DAVEY NOW IN HOWICK

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