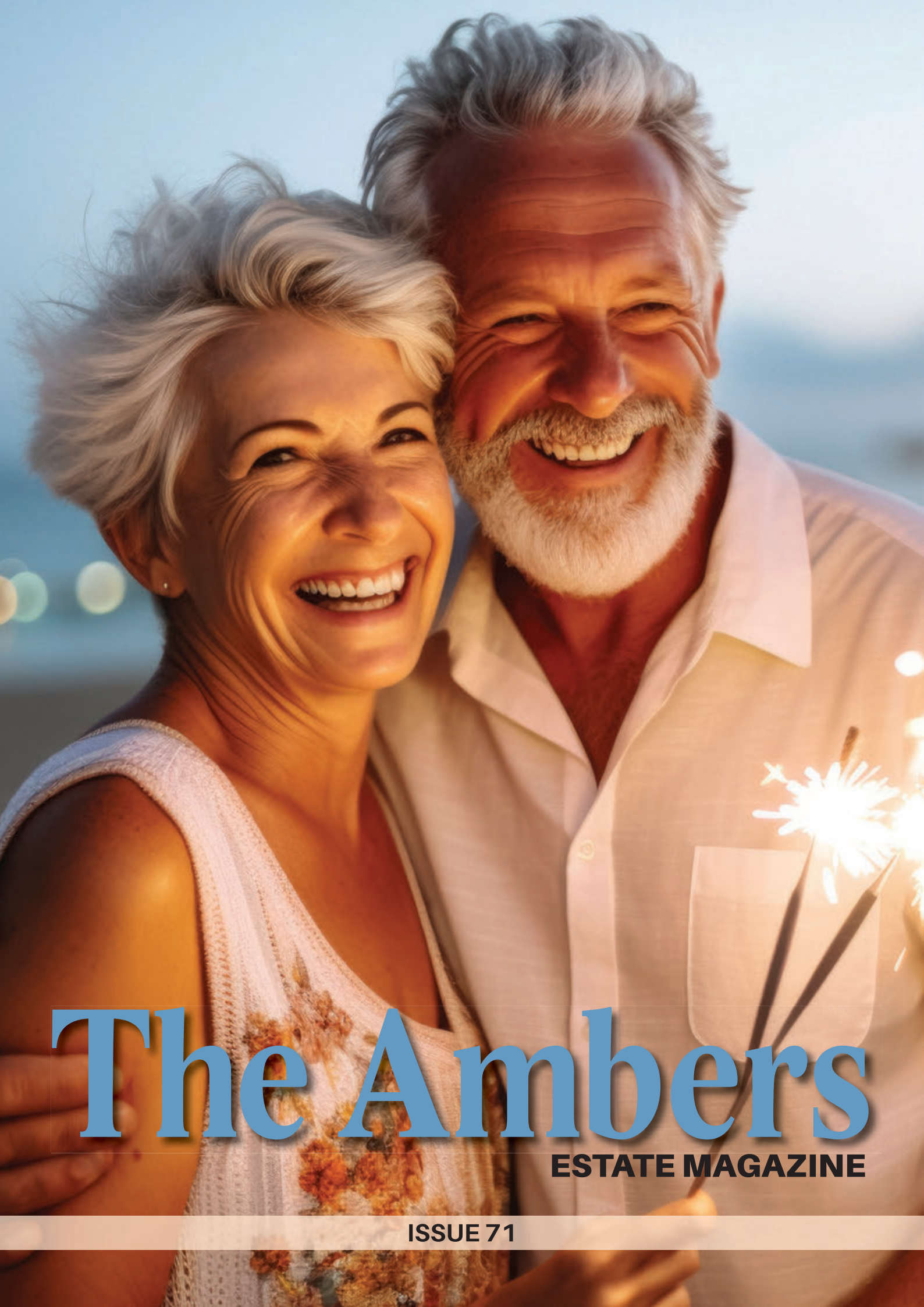




The Ambers

ESTATE MAGAZINE

ISSUE 71

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

Dear Readers

It seems incredible that we are reaching the halfway point of the current year, and in exactly the same period of time we will be tearing off the page to the dawn of yet another year! As the saying goes "Time and tide waits for no man".

I was sitting having my breakfast the other day, and watching a saved re-run of The Antiques Roadshow, and see the ever-increasing value of furniture and ceramics. Possessions, that had been in the family not for years but centuries, things that have to be sold to live or just needing to downsize, and more often than not, just not modern enough for the newer generation. What amazes me, the most, is the history that actually surrounds these articles.

Which leads me to the fact that my 18-year-old granddaughter and I have been putting together the family tree, for the last 5 years, which I might add she is really serious about. With the help of a fifth-generation cousin (who lived in Durban North at one stage) that I have found in Australia, we have managed to, and this includes her generation, go back 10 generations to 1662. We have managed to find documents of boat trips, from SA to UK and back, immigration documents and birth, baptism and death documents.

If only I had had the enthusiasm to do with my grand parents what she and I are doing now, a whole world of information has been lost forever, and more is the pity! All I say is this, it might not seem important now, or you might procrastinate, there is definitely no time like the present - Ask, dig, trace and look now, before the previous generations are lost forever!

With that cryptic message, please be safe out there! Till we meet again

Pat Franken 082 552 3027

I've learned....it's a slow process but quitting won't speed it up.

IN THIS ISSUE

- Page 06** Amberglen - Mother's Day Concert with Audrey M & Mother's Day Lunch
- Page 07** Amberglen - Easter Egg Drive
- Page 08** Amber Valley - Ambers Pickle Ball takes shape
- Page 09** Amber Valley - Afternoon Tea with Elwyn
- Page 10** Amberglen - Modern Challenges not always easy
- Page 12** Armchair Travel - The Shoehouse near Outshoorn
- Page 14** Ambers Stamp Club - Endangered Species
- Page 17** Midlands Veterinary Hospital - Nail clipping for Dogs
- Page 19** Midlands Veterinary Hospital - Taking your dog on holiday
- Page 20** Amberfields - Mother's Day Celebration & Arts & Crafts
- Page 21** Amberfields - Braai enjoyed by residents & Tenor Chris Coetzer
- Page 22** Amberfields - Bocketts Farm Park - Piggy Race
- Page 23** Amberfields- Saga of the matric exam leak
- Page 30** Amber Camera Club - Winning Images from May & June
- Page 33** Just a thought - Loving becoming a Nanna again
- Page 34** Do you have enough batteries?

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Pat Franken
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On My Mind by William Meyer

**Making Sense Of Your Cents Investing Overseas –
The Importance Of Diversifying Your Portfolio *
Extraordinary Profits From Ordinary Shares *
Winning Stock Market Strategies ***

Geopolitical risks and massive market volatility are factors investors need to contend with. At times like this the importance of planning carefully and considering off-shore opportunities and idiosyncratic shares is clear.

It is critical for investors to have an international strategy. Adding an off-shore equity/currency component to a South African portfolio reduces the risk of volatility of the overall portfolio. If any one currency or country enters a bear market, an investor will be protected by a diversified portfolio.

The best countries to invest in have fewer government regulations and interference, less government ownership, fewer trade unions, lower taxes and no foreign exchange controls. A thoughtful allocation of capital that results in an ambivalent attitude towards political risks and currency moves is another way to avoid catastrophe.

Idiosyncratic growth stocks are an important building block in achieving this goal.

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William Meyer
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The bottom line

**Fenestra doesn't invest clients' money in generic portfolios.
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clients, find out exactly what their investment objectives are and
design portfolios accordingly. William Meyer CEO**

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.

"The inherent vice of capitalism is the unequal sharing of blessings, The inherent virtue of socialism is the equal sharing of miseries."
Winston Churchill

We all find some of the 'faces' of capitalism unacceptable. At Fenestra we strive to change what we can. Our clients use their success to set up legacies for the greater good. We need to remember we are custodians and stewards of our wealth and we must act wisely.

I also love Apple CEO Tim Cook's words in the latest Apple results: "We're always searching across a world of possibilities, finding those places where we can do the most good."
We are grateful. Apple helped us find the Fenestra motto for 2025.

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.

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Since inception in 1990 Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI).

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MOTHER'S DAY CONCERT with Audrey M Diana Coke



along, and dancing at times. She also called singers up from the audience to join her in certain songs. Ros Pearson joined her to sing 'All I ask of you' from Phantom of the Opera; Karin Herd and Audrey did an energetic 'New York, New York', and Liz du Preez sang 'Jerusalem' with her. A young girl who had sung with her at St Johns School also joined her, and they performed 'Special Star' by Mango Groove.

She also entertained us with snippets of her background. She was born in Zimbabwe and met her husband at UCT. As she now lives in KZN she says she can wear the tall Zulu headdress of a married woman, which has become her signature. She says it gives her a boost from her 5-foot nothing! But her personality is such that she gives the impression of being a very imposing lady, without any help.

Audrey's Christian faith shines through in many of her songs, and her penultimate piece was a moving rendition of the Lord's Prayer, beginning with Zulu words and then on to the English version. She ended her concert with the ever-popular 'Pata Pata'.

Apart from a special Mother's Day lunch, Amberglen residents were also treated to a Mother's Day concert that afternoon, given by Audrey M.

Audrey has a wonderful rich soprano voice as well as a delightfully warm personality. She sang a range of well-known songs, which had the audience clapping

MOTHER'S DAY LUNCH

On Mothers' Day, Sunday 10th May, a happy crowd of diners in the Amberglen Dining Room enjoyed another of Barnaby's incredible meals. Some of them were fortunate enough to be joined by family members.



EASTER EGG DRIVE



22 boxes were donated to Umgeni Hospital, ensuring that all staff and patients received one.



Amberglen residents have once again shown what very special people live here. Our General Manager put out a call for 480 Easter eggs to be given to Umgeni Waterfall Hospital patients. The final number received was 3 500!



The children at Hawkstone Primary School in the Dargle were also the happy beneficiaries of the remaining Easter eggs.

With the permission of the Deputy Head of Nogqaza Primary School in Kwa Mevana, about 16 people from Amberglen - staff and residents - descended on the school and, to the delight of the surprised and excited children, Easter Eggs were handed to each child and their teachers. Songs were sung in thanks, and this provided them with an unexpected and welcome break from their normal school routine. Looking at the smiling faces of our volunteers at the end of this exercise, it seemed they enjoyed it as much as the children.

So very many thanks to all who contributed so generously.



The Greater Ambers Pickleball Committee From left back: Tony Sharples, Carol Friedman, Barry Jennings, Cheryl Nefdt Front: Clare Van Daele.

On Saturday, 9 May, an exciting milestone was reached for residents of Greater Ambers with the formative meeting held to officially establish The Greater Ambers Pickleball Club. What began just a year ago as a brand-new activity introduced to residents has now grown into a thriving and enthusiastic club with 52 members.

Leading the initiative from the very beginning has been committee chairperson Clare Van Daele, whose dedication and energy have played a major role in the success of pickleball at Greater Ambers. Clare has worked tirelessly alongside trustees, management, and the Start Up Committee to secure venues, equipment, and an organised structure that would enable residents to participate and enjoy the game.

When the first group stepped onto the court last year, everyone was a complete beginner. Since then, the improvement in players' skills and confidence has been remarkable. Yet members agree that the greatest achievement has not been competition, but rather the friendships formed, the laughter shared, and the strong sense of community created along the way.

The club has already hosted three fun tournaments and a training clinic, all of which have contributed to growing enthusiasm for the sport. Members describe the atmosphere as warm, encouraging, and inclusive - a reflection of the wonderful spirit within the group.

One of the greatest attractions of pickleball is that it can be played and enjoyed at every level of ability, making it particularly well suited to older adults. The game combines elements of tennis, badminton, and table tennis, but is played on a smaller court with less physical strain on the body. This makes it easier on the joints while still providing excellent exercise.

For older people, pickleball offers numerous health and lifestyle benefits. Regular play helps improve balance, coordination, flexibility, and cardiovascular



Sandy La Marque (on the right) organised for the two coaches, Michelle and Torsten, to coach us at our training clinic. She has also organised weeklyAmericano tournaments which are extremely popular.

fitness. It also promotes mental alertness and overall wellbeing. Just as importantly, the social aspect of the game helps combat loneliness and isolation by bringing people together in a fun and supportive environment. The camaraderie and shared enjoyment on the court often become as valuable as the exercise itself.

Following the formative meeting, members gathered for a relaxed braai, which provided the perfect ending to a memorable milestone. The occasion was not only a celebration of how far the club has come in a year, but also an exciting glimpse into a vibrant future for pickleball at Greater Ambers.

With such enthusiasm, friendship, and community spirit already firmly established, The Greater Ambers Pickleball Club is clearly set to continue growing from strength to strength.



Club members enjoying the braai.

Greater Ambers Pickleball secured an historic victory at the KZN Pickleball Federation 2026 Provincial Tournament, held from 23 to 24 May 2026. Marking the club's first-ever representation at the provincial level, GA player Sandy La Marque captured the championship title in the U4.0 Mixed Doubles 50+ division with her partner.

The three-day tournament drew a highly competitive field of more than 80 players across multiple sections. Sandy delivered a remarkable endurance performance, competing in four separate sections and playing a grueling total of 22 games to 15 points each.

Alongside her playing partner, Sandy advanced through two intense semifinals before winning the finals in the mixed u4.0 doubles 50+ division to secure the provincial title.



Mike Spain, Elwyn Jenkins and Tracy Laubscher posing at Elwyn's Grade I school satchel on the wall in the Amber Ridge Auditorium

In "An Afternoon with Elwyn and Friends", Amber Valley resident Elwyn Jenkins entertained an appreciative audience in the Auditorium with readings of his own and other writers' stories. He was joined on the stage by Ambers Drama Group members Mike Spain and Tracy Laubscher. Robin Davis arranged the slides and music and directed the programme.

The afternoon started with the revealing of a plaque with Elwyn's Grade One school satchel on it which his mother bought for him in January 1945, just after he turned five, and was about to start school at Keate Street Primary School in Ladysmith. With the consent of the Trustees of Amber Ridge the plaque with the ink-stained satchel is now proudly mounted on a pillar near the Function Room in the Amber Ridge Auditorium Complex, the home of many talks Elwyn has given and shows he has produced and taken part in over the years.

In the entertaining programme that followed, Elwyn

told personal stories of his childhood in South West Africa (now Namibia) and Mike read an excerpt from a letter Elwyn's father, a Chaplain in the South African Air Force stationed in Libya, wrote in 1942 to the mother of a pilot who had been shot down. Mike also read another war story Elwyn's father broadcast on the SABC from Cape Town on Christmas Day in 1946. These and other stories were serious and moving and were accompanied by pictures and music in Elwyn's usual style.

After interval with tea and scones provided by the Ambers Drama Group, Elwyn read excerpts from a series of entertaining and often amusing letters he had written at Christmas time to friends and relatives. These letters highlighted life in The Ambers from when he moved in to his cottage in Saddle Lane in 2010, right up to "last Christmas" in 2025 when the first piece of Christmas music he heard in one of the local supermarkets was the song of the same name performed by George Michael of the group Wham! This song had been included in the Drama Group's Christmas Special "What Next!" Elwyn devised the year before.

Nearing the end of the afternoon, Elwyn was joined by Tracy, who read the account of "Blossom Broadbeam, the Johannesburg chick from Bez Valley" and her friend who applied for jobs as usherettes at the Colosseum cinema in Johannesburg. This hilarious piece was written by South African author Jenny Hobbs. Elwyn concluded with a scandalous piece item by couch potato David Bullard on "How not to run the Comrades".

The Afternoon with Elwyn and Friends was a truly insightful look into the amazingly interesting life Elwyn has led and was thoroughly enjoyed by those with whom he shared it in the Auditorium.



MODERN CHALLENGES FOR THE MATURE CITIZEN

Linda Barlow



Growing older brings wisdom, experience, patience... and an astonishing number of battles with packaging, technology, and household items clearly designed by people under thirty.

Take **medicine**, for example. You carefully throw away the big cardboard box because it takes up half the bathroom shelf. Then, at midnight, while trying to take a headache tablet, you read the bottle: “**Directions for use** : see package insert.” Wonderful. The package insert is now happily buried somewhere in the municipal dump. So you decide to look it up online. Twenty minutes later you’re still trying to “Accept Cookies”, prove you are not a robot, and work out whether you need “professional information” or “patient information”, both written in language understandable only to pharmacists and NASA engineers.

And when you finally do find the dosage instructions, they’re printed in tiny white letters on a pale yellow background. Apparently medicine companies think all their customers are twenty-two years old with perfect eyesight and a ring light.

Then there are **shampoo and conditioner bottles**. Why do they look exactly the same? In the shower, without glasses, it becomes a dangerous guessing game. Shampoo? Conditioner? Body lotion? Tile cleaner? You just take your chances and hope your hair survives.

Another situation happens when you cut your finger and urgently need a **plaster**. The wrapper, however, has been sealed tighter than a bank vault. There you stand, bleeding steadily, trying to peel open slippery plastic with the very finger that’s leaking.

Electrical plugs are another challenge entirely. Once inserted into the wall, they apparently become a permanent fixture. Younger people pull them out with one casual tug. The rest of us have to grip the counter, brace one foot behind us, and prepare for a full-body effort.

And then: The undisputed champion of senior frustration - **childproof bottles**. We completely understand the idea. Keep children safe. Excellent plan. Unfortunately, they are also remarkably effective at keeping out pensioners. “Push down and twist,” the instructions say cheerfully, as though we still have the grip strength of an Olympic rock climber.

Plastic containers and lids deserve their own documentary series. Every cupboard contains dozens of containers and hundreds of lids, yet somehow none of them fit each other. One lid belongs to absolutely nothing currently in the kitchen. Another container has mysteriously lost its lid sometime around 2019. And if you do finally find a matching pair, the container is stained orange from leftover curry that no amount of soaking will ever remove.

Modern packaging in general feels unnecessarily aggressive. Bacon packets require hedge clippers. Cheese packets never reseal properly despite promising they will. Biscuit packets tear neatly only in television advertisements. And those black plastic rubbish bags! Impossible. You stand rubbing the top corners together for what feels like half an hour before you can place it into your bin.

Technology, of course, has its own little surprises. Every appliance now beeps. The microwave beeps. The washing machine plays a cheerful tune at the end of the cycle. The fridge starts alarming if you leave the door open longer than four seconds while trying to remember what you came to fetch in the first place.

Television remotes now have about ninety buttons, although normal people use only four. Accidentally pressing the wrong one can somehow change the language to Finnish and make all the channels disappear.

And passwords! Every website wants one capital letter, one symbol, one number, and apparently a personal sacrifice. Then, after finally creating a password acceptable to the system, it calmly informs you: “You cannot use a password you have used before.” That’s unfortunate, because you can barely remember the current one.

Still, despite all these daily irritations, older people survive remarkably well. Mostly because we’ve become resourceful. We keep reading glasses in every room, own scissors capable of opening industrial packaging, and usually know at least one younger person who can reset the WiFi and open stubborn jars.

Wisdom, after all, is knowing exactly when to say: “Please come over and just quickly help me with this thing.”



J Leslie Smith
ATTORNEYS



Who Will Look After Your Beloved Pet?

Planning ahead means caring for every member of your family – even the four-legged ones.



Many of us think of our pets as family. They offer companionship, unconditional love and bring joy to our everyday lives. It's therefore not surprising that some people choose to leave money or even part of their estate to a much-loved pet.



Bequests to pets have been made around the world. One well-known example involved a German aristocrat who left a substantial estate for the care of her beloved Alsatian dog.



While it is certainly possible to make financial provision for your pet, careful planning is essential.



Any amount left for your pet's care should be reasonable and appropriate for its expected needs. It is also important to remember that your loved ones—such as your spouse, children or other dependants—must be properly provided for in your Will.



If most, or all, of your estate is left to a pet or to someone outside your immediate family, your dependants may have the right to claim maintenance from your estate. This can lead to disputes and delays during the administration of your estate.



Parents have a legal duty to support their dependent children, and surviving spouses may also have legal rights to claim maintenance if adequate provision has not been made for them in a Will.



When these claims arise, they often need to be calculated by specialist professionals, which can delay the finalisation of the estate and increase costs.

Plan with Confidence

A carefully drafted Will helps ensure that:

-  Your loved ones are protected.
-  Your pet will continue to receive proper care.
-  The risk of legal disputes is reduced.
-  Your estate can be administered as smoothly as possible.

 **At J Leslie Smith Attorneys,** we can help you prepare a Will that reflects your wishes while ensuring your family and your beloved pets are properly provided for.



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Ambers 11



ARMCHAIR TRAVEL

The Shoe House near Outshoorn

The Shoe House is a quirky and eye-catching attraction located near Oudtshoorn along the scenic Garden Route. Shaped like a giant shoe, this unusual building was constructed in 1990 by entrepreneur Ron Van Zyl as a creative way to draw visitors to the area. Its playful design immediately captures attention, making it a popular roadside stop for tourists exploring the region.

Originally, the Shoe House functioned as a museum and curio shop, where visitors could browse local crafts and learn about the story behind its construction. Over time, it has also been used as a guesthouse, offering a unique overnight experience inside the "shoe" itself. This combination of novelty architecture and practical use has helped maintain its appeal, turning it into more than just a photo opportunity.

Today, the Shoe House remains a symbol of creativity and small-town charm in South Africa. It reflects the imaginative spirit of local tourism and provides a fun, memorable stop for travelers. Whether visitors are passing through or staying the night, the Shoe House offers a lighthearted experience that stands out from more traditional attractions.

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AMBERS STAMP CLUB

By Gavin Hayhoe

ENDANGERED Species

Due to climate change species round the world are coming under pressure and it is of worth presenting a selection of different species.



The African Penguin Endemic to southern Africa was listed as critically endangered by the International Union for Conservation of Nature. Today there are thought to be

less than 10000 breeding pairs in the wild. SANCOB is one of the longest running seabird conservation groups in Southern Africa focused on restoring populations through rescue missions. Over the last 30 years African penguins have suffered an 80% collapse driven by Pollution, habitat destruction and food scarcity with a study naming starvation as a leading cause of death. A recent study found between 2004 and 2011 on Robben and Dassen Islands more than 60000 birds perished from mal nourishment. A major victory was reached with an agreement by conservationists and the

commercial fishing industry to establish no-take zones protecting 6 key breeding colonies in South Africa for 10 years. African Penguins rely on small schooling fish such as sardines and anchovies as their main food source. Along the South African coast sardines are becoming increasingly scarce forcing the penguins to travel much further offshore to find food a shift that is taking its toll on both adult survival and livelihood of their chicks. In 2021 Birdlife South Africa established the world's first manmade protected penguin colony in De Hoop Nature Reserve In partnership with SANCOB and Cape nature where released penguins are now breeding.



Stanley Bustard is a subspecies of Denham's bustard is classified as vulnerable in SA. The 2000 Red data book for birds lists the status of the Nominal race as vulnerable, estimating that in the next 3 generations it is expected to decline by 10% in South Africa. The

males are among the heaviest of all flying birds. Recent threats from large scale agriculture and the bushmeat trade have resulted in the sudden decline in this species of open ground including grassland, flood plains and burnt fynbos.

The IUCN conservation status of each **Pangolin** species range from vulnerable to critically endangered due to habitat loss and illegal poaching. More than one million Pangolins were brutally murdered for black market trade in past 10 years. That is 11 pangolins every hour. They are the only mammals covered in protective keratin scales which they use to roll into a ball against predators. They have no teeth and use long, and sticky tongues to eat ants and termites. The scales make up to 20% of their body weight.



The **Wandering Albatross** has the largest wingspan at 3.5m of any bird. It is classified as critically Endangered and nests, almost exclusively on Gough and Tristan da Cunha Islands. The black rat population specifically established themselves after the shipwreck of schooner Henry B Paul at Sandy point in 1882 (See the stamp above). The Albatross is threatened from invasive rodents who have been found to eat the eggs and damage the adults while they are incubating the eggs. Major threats include bycatch in longline fishing (killing+9500 annually) and ingestion of plastic pollution also causing high mortality. Using their large wingspans as a sort of sail and angling the feathers on each wing's end to turn, Albatross can gain lots of momentum and fly long distances without using much energy at all and by locking their wings, they can rest and sleep in the air, meaning they can spend years without having to go to dryland.

Major threats to the **Brown Hyena** are humans. The brown hyena also called the Strand Wolf is a species of hyena found in Namibia, Botswana, western and southern Zimbabwe, southern Mozambique, western Eswatini and South Africa. It is the only extant species in the genus Parahyaena. It is currently the rarest species of hyena whose persecution is based on mistaken belief that it is harmful to livestock. Farmers find brown hyenas scavenging on livestock carcasses and wrongly assumes that they have killed them.



There are three species of **Orangutan**. - Bornean, Sumatran, and Tapanuli, which are endangered. They are critically endangered due to rapid population declines driven by habitat loss, prolific emergence of palm oil plantations, deforestation, logging and illegal hunting and forest fires.



The **Scarlet Macaw** is listed as least concern by the IUCN due to its wide range but, is considered threatened or endangered in parts of Central America. The northern sub species is, critically endangered in regions like Mexico, Guatemala and Costa Rica due to habitat loss and illegal pet trade. These birds are intelligent, noisy and consume seeds which help regenerate forests by dispersing the seeds.



Bat eared foxes

are not currently considered endangered and are classified as least concern by the IUCN red list. They have a widespread stable population across the arid and southern grasslands of eastern and southern Africa. While not endangered, they face local threats from habitat loss persecution by farmers and hunting for their fur.



Since the recent discovery of a living **coelacanth**, research on the ecology and the process of animal adaptation has been continued throughout the world. The species is classified as "Critically endangered" in the Red List. The Coelacanth specimen caught in 1938 was considered to be the zoological find of the century. This living fossil comes from a lineage of fishes that was thought to have been extinct since the time of the dinosaurs. The coelacanth was previously believed to have gone extinct around 70 million years ago.



Discovery of the Coelacanth off the coast near East London in 1939



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Nail clipping for Dogs

Nail maintenance is an important part of your dog's health.

Why should you trim your dog's nails?

Regular checking or clipping your dog's nails is important, as splayed and overgrown nails can cause discomfort for them. Unclipped nails can also break or get hooked on blankets resulting in nail bed infections or broken nails having to be removed under sedation.

Canine nail anatomy

Dog's nails should be treated with extra care. Much like humans, canine nails are made of a tough material called keratin, but in addition to the fibrous keratin outer layer, the nail also consists of an inner called 'the quick'. This is made up of many sensitive nerves and blood vessels, making cutting dogs nails correctly more challenging, as getting it wrong can cause them pain and bleeding and a lifelong fear of having their paws touched.



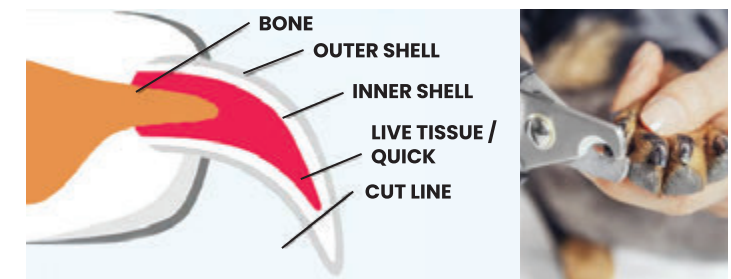
How long should a dog's nails be? Signs your dog's nails may need clipping.

Like ours, dog nails grow constantly, the amount of clipping needed depends largely on the breed of your dog, age and their activity levels. Many dogs will file their nails down naturally as they walk on hard concrete or tar surfaces. If your pet's activity levels have declined as they have aged, or they have an injury preventing them from being as active as they usually would be, overgrown nails can quickly become

an issue. A good rule of thumb is that the nails should not protrude far over the pad and there should be a small gap between the nail and the floor when they are stood upright. Healthy nails shouldn't split, look rough or break easily.

How to cut your dog's nails?

Positive association to nail trimming is key to getting your dog to cooperate and not be fearful. Nail clipping at home is possible as long as you know what to do! A few days before trimming, try touching your dog's feet more often, get them to give you their paw in return for a treat, show them the clippers to get them used to them before going straight in and clipping. This will help them be more familiar with having their paws touched.



A dog's nail consist of an outer shell which is comprised of dead cells (like our finger nails). The outer shell (a hard material) protects the soft tissue - the blood supply, called the quick. If your dog has light coloured nails you can usually see the quick through the nail shell. This makes it easy to see where you need to cut the dogs nail-just below the quick.

If your dog has dark colour nails and you are uncertain as to where to clip the nail...look underneath the nail. You will see that the nail looks solid (completely filled in) from underneath - up to a point. After that the nail appears hollow - all you see is the nail shell - no fill (no quick). By taking a look at the nail from underneath you can see where to cut. Until you have more confidence cutting your dog's nails, just clip a little off the end. Once you gain confidence you can clip a little more off.

At Midlands Vet Hospital we understand how hard it is to clip your pet's nails at home that is why we offer free nail clipping every weekday from 2-2:30pm by appointment only. Our team of qualified Veterinary Nurses are highly trained to help clip even the trickiest nails.

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MOTHER'S DAY CELEBRATION

David and Pauline Dalton



Amberfield residence, many of them mothers & even grandmothers themselves, celebrated Mother's Day in style, with a jolly get together & a delightful Sunday roast.

As we know, Mother's Day is a celebration honouring the mother of the family or any motherlike figure in your life. It is the celebration of mother-hood, maternal bonds, and the influence the mothers have in a society. Mothers tie the family together and bring so much love to the household while they do. "Mothers are like glue. Even when you can't see them, they're still holding the family together."

Susan Gale (author, educator, and caretaker who is widely quoted for her famous tribute to motherhood.) In South Africa, Mother's Day is celebrated each year on the second Sunday in May, similar to the US & other countries.



ARTS & CRAFTS Getting creative at the Amberfield Art Group



BRAAI enjoyed by residents one Friday night



TENOR CHRIS COETZER once again, entertained residents



BOCKETTS FARM PARK "Piggy Race"

- ♥ Fireman Ham
- ♥ Alison Gammond
- ♥ Snoop Hogg
- ♥ Hugh Grunt
- ♥ Jack Squealish
- ♥ Beatrix Trotter



While visiting the UK recently, Pauline & David's family took them to Bocketts Farm for a day out. Bocketts Farm is a family-run, working farm set in the stunning Surrey countryside, offering free range family for everyone.



With a blend of adorable animals and exiting play areas, both indoors and out, is one of the SE's favourite all-weather destinations. From farm animals to cheering on a pig race, jumping on board a tractor ride and exploring acres of play, there's something to delight all ages.

Pig racing in the UK is a popular, family-friendly attraction at agricultural shows and open farms, miniature pigs trotting on custom tracks. Crowds cheer pigs on with humorous names. Pauline's pig, Fireman Ham, ran in the winner. My pig, Snoop Hogg, making a pig's ear of it, trotted in stone last. And unlike his namesake, successful American rapper, Snoop Dogg, ending up bottom of the charts!

Who said pigs can't fly!

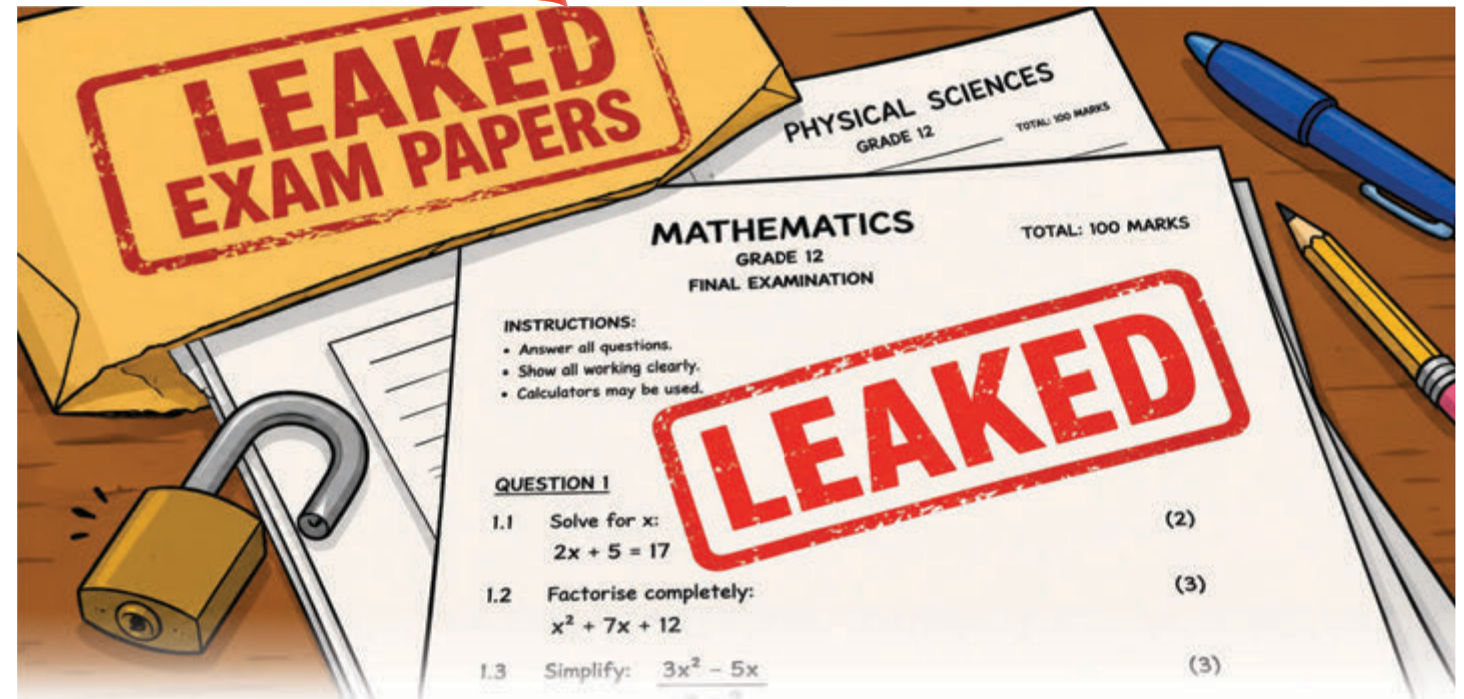


STRICTLY COME GARDENING

have monthly walks and talks around the garden.



by David Dalton of Amberfield



"THE SAGA OF THE MATRIC EXAM PAPER LEAK"

an embellished account of a work experience

During the 1990s I worked for one of the five education departments in KwaZulu-Natal (before the amalgamation of the separate departments that existed at the time). It struck me that my department's examination officials gave the impression that they approached the end of each school year with a sense of great trepidation. The smooth conducting of public examinations may appear a rather mundane affair to the man in the street, but it sometimes can prove to be a testing time, indeed. In fact, the exam authorities appeared to be more fearful of the examination than the candidates who sat for the examination itself!

Besides the logistics of the whole affair there was the dreaded aspect of an exam leak! Apparently, no matter how tight the security measures were, every so often regular as clockwork, leaks in the system would occur that could test the acumen and patience of the most ardent Heath Robinson. Public confidence in the education department was at stake, as poor press reports further dented perceptions about the education system. The problem could cost the department extra finances to set and print papers, not to mention the emotional anguish for those that had to re-sit a paper.

Seemingly, leaked papers would be sold by some or other avaricious official. Such an episode occurred during exam time when I was still in service. At any rate, by mapping exam results, officials were able to pinpoint the suspected 'epicentre' of the suspected leak by analysing

schools that achieved abnormally exceptional results. By so doing the finger pointed to a particular office which, due to the vast expanse of the province, was a distribution point for a particular rural district. It became apparent that the official in charge of this office was peddling examination papers to scholars. A 'greasy palms', so to speak.

As this could be a serious offence, education officials duly notified the police of their suspicion, who in turn planned to catch the perpetrator 'red-handed'. However, somehow tipped-off the scoundrel set about creating a cover up. He cleverly, or so he thought, threw a brick through a windowpane of his district office and broke into his own safe! The police arrived, and with great choreographed timing, Greasy Palms rushed out to meet them, hands held on his head, exclaimed, "Thank goodness you have arrived." Wide-eyed he pointed to the broken office window, he cried "My office has been broken into ... and ... and some examination papers taken."

Unconvinced by this attempted Oscar performance, the policeman in charge nevertheless arrested the official. Perplexed, snivelling, Greasy Palms cried "Hey. What are you doing? Can't you see that my office was broken into?" "Sir, if your offices had been robbed", pointing to the brick on the ground "Can you please explain why the brick was thrown from the inside out?" With that he was led away. The problem of an exam leak was laid to rest (for the time being at least!)

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POTATO AND LEEK SOUP RECIPE

INGREDIENTS

- ▶ 60ml (1/4 cup) Olive Oil
- ▶ 1 Brown onion, halved, chopped
- ▶ 1 Garlic clove, crushed
- ▶ 4 Medium (about 700g) potatoes, peeled, cut into 2cm cubes
- ▶ 2 Leeks, pale section only, washed, dried, thinly sliced
- ▶ 1.25L (5 cups) vegetable stock
- ▶ 3 Thick slices day-old white bread, crusts removed, cut into 2cm cubes
- ▶ Olive oil, extra for croutons and to serve
- ▶ 125ml (1/2 cup) thickened cream
- ▶ 2 tbsps finely chopped fresh chives

METHOD

Step 1

Heat olive oil in a large saucepan over medium-high heat. Add the onion and garlic and cook, stirring, for 3 minutes or until the onion softens. Add the potato and leek and cook, stirring, for 5 minutes or until leek softens.

Step 2

Add the stock and bring to the boil. Reduce heat to medium and gently boil, uncovered, for 20 minutes or until potato is soft. Remove from heat and set aside for 10 minutes to cool.

Step 3

Meanwhile, preheat oven to 200C or 180C fan-forced. Place bread in a roasting pan. Drizzle with remaining oil and toss until bread is evenly coated. Toast in preheated oven, shaking pan occasionally, for 10-15 minutes or until crisp. Remove croutons from oven and set aside.

Step 4

Transfer one-third of the potato mixture to the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat in 2 more batches with the remaining potato mixture. Alternatively, use a stick blender to blend in the saucepan.

Step 5

Place the soup over medium heat. Add the cream and stir to combine. Cook, stirring, for 5 minutes or until hot. Taste and season with salt.

Step 6

Ladle the soup among serving bowls. Top with croutons, chives, a drizzle of olive oil and serve immediately.

COMMON COLD

Usually caused by a virus

- ▶ Runny or stuffy nose
- ▶ Sore throat
- ▶ Cough
- ▶ Sneezing
- ▶ Mild fever
- ▶ Body aches



OR

ALLERGIES

Usually caused by allergens

- ▶ Sneezing
- ▶ Itchy, watery eyes
- ▶ Runny or stuffy nose
- ▶ Itchy nose, throat or ears
- ▶ No fever
- ▶ Symptoms last as long as exposure



It can sometimes be difficult to tell whether a runny nose, sneezing, or a scratchy throat is caused by a common cold or seasonal allergies.

Both conditions share similar symptoms, especially in their early stages, which often leads to confusion. However, understanding the differences can help families manage symptoms more effectively and know when extra care might be needed.

A common cold is caused by a viral infection and usually develops gradually over a few days. It is often accompanied by symptoms such as a sore throat, mild fever, body aches, and general tiredness. Colds typically last about a week to ten days and tend to improve on their own with rest, fluids, and basic symptom relief.

Allergies, on the other hand, are the body's response to harmless substances like pollen, dust, or pet dander. Unlike colds, allergy symptoms such as sneezing, itchy eyes, and a clear runny nose can last for weeks or even months, especially during certain seasons. Allergies also usually do not cause fever or body aches, which can help distinguish them from infections.

While the symptoms may overlap, paying attention to timing and patterns can help identify the cause. If symptoms appear suddenly, persist for a long time, or return at specific times of the year, allergies may be more likely. If there is uncertainty or symptoms become severe, it is always best to seek advice from a healthcare professional for proper guidance and peace of mind.

How to Avoid Getting a Common Cold

- ▶ **Wash your hands regularly** with soap and water (at least 20 seconds)
- ▶ **Avoid touching your face** (eyes, nose, mouth)
- ▶ **Keep your distance** from people who are sick
- ▶ **Cover coughs and sneezes** (use a tissue or your elbow)
- ▶ **Disinfect frequently** touched surfaces (phones, remotes, door handles)
- ▶ **Boost your immune system:**
 - ▶ Eat a balanced diet
 - ▶ Get enough sleep
 - ▶ Stay hydrated
- ▶ **Manage stress**, as it can weaken immunity
- ▶ **Avoid sharing personal items** like cups, utensils, or towels
- ▶ **Stay home if you feel unwell** to prevent spreading germs
- ▶ **Keep your environment ventilated** with fresh air
- ▶ **Exercise regularly** to support overall health

How to Avoid Allergies

- ▶ **Identify your triggers** (pollen, dust, pets, mould) and avoid them where possible
- ▶ **Keep windows closed** during high pollen days
- ▶ **Shower and change clothes** after being outdoors
- ▶ **Clean your home regularly:**
 - ▶ Vacuum carpets and
 - ▶ Dust surfaces often
 - ▶ Use allergy-proof covers on pillows and mattresses
- ▶ **Wash bedding** weekly in hot water
- ▶ Keep pets out of bedrooms and off furniture
- ▶ **Reduce indoor humidity** to prevent mould growth
- ▶ **Use air purifiers** to improve indoor air quality
- ▶ **Avoid smoke and strong perfumes**
- ▶ **Check pollen forecasts** and limit outdoor activity when levels are high
- ▶ **Take prescribed allergy medication** when needed

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THREE-INGREDIENT CAULIFLOWER SOUP

INGREDIENTS

- ▶ 1 Large head white cauliflower
- ▶ 4 Cups vegetable stock, cooled
- ▶ 1/3 Cup cream

METHOD

- Step 1**
Preheat oven to 200C.
- Step 2**
Season and lightly spray cauliflower with olive oil and place in the oven for 30 minutes or until golden.
- Step 3**
Remove from oven and set aside to cool.
- Step 4**
Once cooled, slice the cauliflower into two halves and chop off the florets, reserving a couple for later use.
- Step 5**
Place the chopped cauliflower, stock and cream into a blender and process until smooth.
- Step 6**
Heat up the soup when ready to serve and season with salt and pepper. Top with remaining florets.

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Amber Camera Club

MAY Monthly Competition Winning Images



Junior winner, 'My Shade'
by Gaye Nothnagel.



'Rim Lighting' Set Subject, Junior winner 'Carved Bear'
by Ian Salvesen.



Senior winner, 'I'm all wet'
by Christine Theron.jpg



'Rim Lighting' Set Subject, Senior winner, 'Backlit Hyena' by Christine Theron.

Contact: ambercameraclub@gmail.com



Amber Camera Club

JUNE Monthly Competition Winning Images



'Senior winner 'Hello There'
by Chris Swingler.



Set Subject 'Architecture', Senior winner, 'The corner house'
by Julie Johnston.



Set Subject 'Architecture', Junior winner, 'Harrington House' by Brian Groenewald.



Junior winner 'Spionkop Sunrise'
by Brian Groenewald.

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RULES

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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.

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Loving becoming a nanna again

I think that one of the things I am most grateful for, and never regretted was being a mother, and as time went by a grandmother.

I had some great news the other day, I was to be a nana again for the 5th time. My second son is to become a father again. I have 4 grand daughters, and this new arrival is to be my first grandson. I feel that personal joy each time one of my children becomes a parent. For me, mothers decide to be mothers long before dads do. Anyone can father a child; but it takes a special person to be a dad. Both my sons are dads, in every sense of the word. As a child I had a dad, not only did we share DNA but he shared the responsibility of my growth and development, as well as teaching me new things, being part of my school life, shared his affection with me, and most of all, besides showing huge respect for my mother at all times, he taught me that I could do anything that I wanted to do with my life, that there were no boundaries and that he had my back.

For the new generation of dad, and more especially because moms must work these days, and the fast pace of life in the 21st century, it means washing the dishes, bathing the kids, ironing uniforms, and doing it with love.

My point is that if manners maketh the man, then surely, it's the dad who should maketh the manners? It's not just please and thank you, good manners should extend to the ability to eat in a decent restaurant. They should be able to make small talk with anyone, with confidence. Should help with the chores and do it with a good grace.

A good man will teach his child that every person deserves a clean slate when you meet them for the first time. That all people deserve kindness and respect. That you look a person in the eye when you speak with them and shake hands with a firm grip.

No matter how annoying a woman is, a man teaches his son that you do not need to hit a woman to prove that you are a man. That you are not a pushover because you show compassion for a fellow human being.

Perhaps one of the most important principles we can teach our child, is how to think for themselves, so they can develop as individuals, not mini versions of their dad, as cool as that sounds. What an incredible privilege it is to mould and shape little children into people of value for tomorrow.

Do you have **ENOUGH BATTERIES?**



It's often the smallest things that cause the biggest frustrations at home - and batteries are a perfect example. Whether it's a child's toy that suddenly stops working, a remote control that refuses to respond, or a flashlight needed during a power outage, the question quickly arises: do you have enough batteries? In busy family households, these little power sources are easy to overlook until the moment you need them most.

Having a steady supply of batteries on hand can save time, stress, and unexpected trips to the store. Many everyday items rely on them, from clocks and gaming controllers to wireless devices and emergency equipment. Taking a moment to check which battery sizes your household uses most often can help you stay prepared. Keeping a small supply in a designated drawer or container makes it easy for everyone in the family to find what they need.

It's also helpful to think about smart storage and organization. Batteries should be kept in a cool, dry place and stored safely, especially in homes

with young children. Using simple labels or small containers can prevent mixing new and used batteries, which often leads to confusion and wasted time. Some families even create a simple system for testing and sorting batteries, making it easier to know what's still usable.

Another consideration is the growing use of rechargeable batteries. While they may cost more upfront, they can be reused many times, making them a budget-friendly and environmentally conscious option over time. They're especially useful for high-use items like toys and gaming devices. Investing in a charger and a few sets of rechargeables can reduce waste and ensure you're never completely out of power.

In the end, having enough batteries is about being prepared for everyday moments and unexpected situations alike. A little planning goes a long way in keeping your household running smoothly. With a simple system in place, you can avoid those last-minute scrambles and keep everything - from playtime to practical needs - powered and ready to go.

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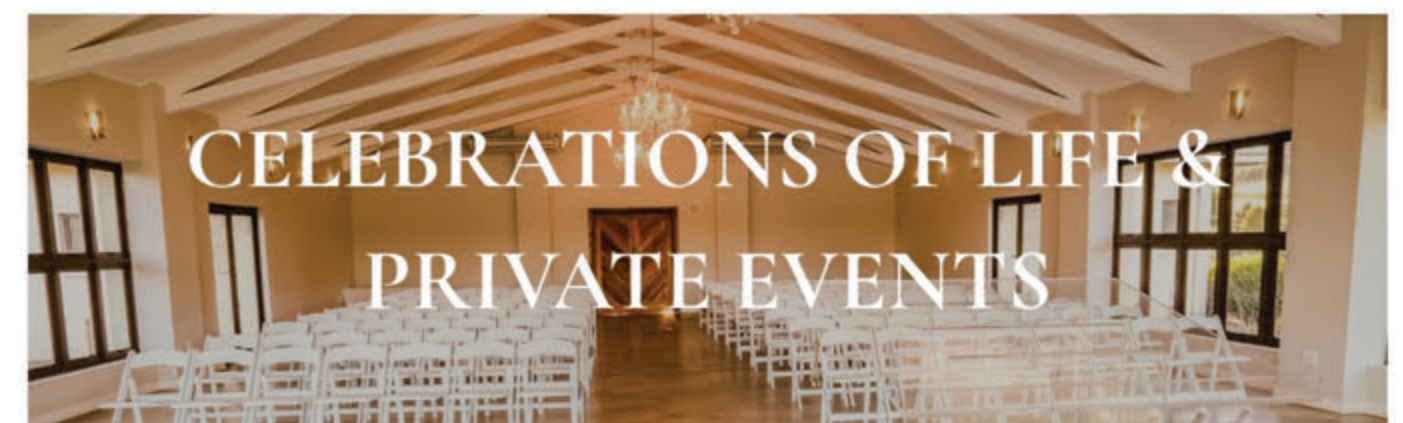
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