



NEWSLETTER



AUGUST/SEPTEMBER 2019 ISSUE

Essentially it is still winter but I am sure you can feel spring gently nudging its way back into our lives! The birds are singing and the blossoms are out! We are so incredibly lucky with the weather that we have in Gauteng!

NEW MANAGING AGENT

The trustees would like to welcome Anthony (Tony) Dellas as our new managing agent, effective from 1 September 2019. Tony is the owner of Decapolis Realty Solutions. The business has been in operation for 16 years. Tony's portfolio includes managing Body Corporate Schemes as well as Home Owner Associations. Tony's contact details are included in the 'Contacts Page' towards the end of the newsletter. We look forward to working with Tony and his team.

STERITEC – NEW GARDEN SERVICE



Steritec have been appointed as our new garden service effective from 1 August 2019. Isaac and Titos our long standing gardeners have been retained by Steritec and are now receiving the salaries and benefits that they were not receiving from their previous employer. If you have any queries or suggestions to improve their services to you please feel free to pop me an email. thecarriagegate@gmail.com

SWIMMING POOL MAINTENANCE

To continue in the spirit of uplifting people around us, Harold has been trained by Arnold Webb to do the maintenance for the swimming pool. Our pool has never looked better! Thank you Harold for doing such a sterling job! Harold is also available to wash cars – Cell 082 669 3481.



Summer is around the corner please remind your child not to take the creepy out of the swimming pool and not to leave hair bands and clips in the pool.

Remember : the swimming pool area can be booked for private functions. Please feel free to pop me an email for booking details thecarriagegate@gmail.com

CITY RECYCLERS – THE CARRIAGE GATE RECYCLING INITIATIVE

Finally our recycling is back on track. City Recyclers do their collections on Mondays, leave your recycling next to your dustbin on Monday mornings for the gardeners to collect. If you have an overflow of recycling you can drop your bags off at the servitude next to the gate. You do not have to sort your recycling, City Recyclers collect mixed recycling and they sort at their depot. Please put your recycling in a green or blue plastic bag so that we can differentiate between recycling and normal garbage.

You can recycle the following:

All office paper, white paper, coloured paper, newspaper, magazines, catalogs, phonebooks, junk mail, paperboard, tissues boxes, heavy weight folders, paper towel and toilet paper rolls, food packaging (unwaxed only), shredded paper, books, empty paper coffee cups, pizza boxes (food and wax paper removed), corrugated cardboard, brown paper bags, boxboard (shoeboxes, gift boxes, cereal boxes), metal and tin beverage containers, metal and tin food containers, aluminium foil, aluminium take-out containers, aluminium pie plates and trays, kitchen cookware: metal pots, pans, tins and utensils, all colour glass bottles and jars, clear glass, green glass, blue glass, glass food containers, beer and wine bottles, all plastics.



RECYCLE RECYCLE RECYCLE – LETS ALL WORK TOGETHER TO TRY AND MAKE A DIFFERENCE!

URGENT REMINDER – IF YOUR PUPS POOP – YOU SCOOP!



Living together as a community means that we have to be respectful of our neighbours at all times. It is a golden rule to clean up after your pups!

If your dogs are barking excessively there are a number of ways of dealing with the problem.

- Leave the TV or radio on when you are out.
 - Invest in a bark collar, a number of our residents have gone this route and by all accounts it works, contact me and I will put you in touch with them for some advice.
- Take them for regular walks to avert boredom.

GARDEN REFUSE

All garden refuse is collected once a week by the gardening service. If you have refuse from your garden put it into a black bag and drop it off in the dustbin area near my office.

FIBRE AND DSTV DISHES

If you have installed your own DSTV dish it has to be removed. According to the rules and regulations of the complex a DSTV dish is not allowed to be installed. A decision was taken by the trustees not to upgrade the existing communal dish and had fibre installed around the complex, which would also allow for the changes in DSTV. The costs of pulling the fibre to your unit will be R3048.01, this includes a DSTV connection. You can either use Infraplex as your ISP or you can organize your own ISP. If you have any questions please pop me a mail.

WATER SAVING TIPS!



Water or lack thereof is such an emotive subject. Our WhatsApp group is working well with reporting issues and keeping us all in the loop when there are problems. The link for the WhatsApp group for water outages, burst/leaking pipes and sewerage leakage is <https://chat.whatsapp.com/EJgvyY9z3PLKR2LuJYhwng>

- Cut your shower time by two minutes
- Turn off the tap when brushing your teeth
- Run your washing machine and dishwasher when they're full and on 'eco' and 'fast' settings
- Use the half-flush on toilets where possible
- Repair leaking taps immediately

SAFETY TIP OF THE MONTH

WHAT TO DO IF YOU BREAKDOWN ON THE ROAD (these are guidelines ONLY)

- Do not panic!!! Focus!
- On WhatsApp drop a pin onto your family WhatsApp group.
- Then activate "Share Live Location". Be sure to activate '8 hours' and post this onto your family group. IF YOU DON'T KNOW HOW, FIND OUT! I am happy to show you how!
- Now leave a voice note to say what happened and where you are.
- Play it back to ensure it is audible.
- Now repeat this process on an appropriate CPF Emergency Group. (CPF Street Network) – 'clearly' state your 'name and location' and that you need help.

- Do all of the above FIRST so that if you are distracted your location is ALREADY shared.
- Now phone a reliable family member. Stay on the phone if needed.
- Contact Road Side Assistance if you subscribe to this or similar service.
- Assess the safety of the area where you are stuck. Make a decision to stay with the car or move to a place of safety.
- If unsafe identify the best place of safety in the immediate vicinity (especially if isolated or at night) and move to this place of safety if you feel the need. Put your phone on silent so if it rings your location is not revealed to potential robbers. If at night dim brightness setting on phone and ensure no one can see the phone glare.

IF YOU HIT ROCKS IN THE ROAD OR A ROCK SMASHES YOUR WINDSCREEN

- Keep driving on the shoulder of the road with your hazards on for as far as possible. Get at least a few km away from point of impact. Robbers will pursue up to a km or so. Rims can be replaced your life cannot be replaced!
- Do not be concerned about your car. Your cell phone is more value to you than your car in these circumstances. Focus on your safety.

IMPORTANT SAFETY NUMBERS

Guard House	076 511 4317 (Please only use for security emergencies)
Kgori Manager, Exceed	082 319 6746 (Please only use for security emergencies)
Chubb Security – Armed response	087 209 1101
Police Flying Squad	10111
Crime Stop	08600 10111
Cellphone Emergency:	112 (MTN, Vodacom and Cell C)
ER24	084 124
Netcare	082 911
Hatzolah Ambulance	083 222 1818
Ambulance	10177
Netcare Linksfield Hospital	011 647 3400
Life Bedford Gardens	011 219 9000

IMPORTANT CONTACT NUMBERS

COMPLEX MANAGER – Tracy Atkinson	082 955 3303 thecarriagegate@gmail.com
MAINTENANCE – Kevin Milnes	076 695 1349 vikenhome@gmail.com
DECAPOLIS – Tony Dellas	082 652 7642 mwasd@iafrica.com
KPS – Bruce Crichton	011 615 2693 bruce@kpsmanagement.co.za
DRIP KING PLUMBERS – Len	082 558 8758
HYLTON ELECTRICAL – Hylton	082 465 5327
INFRAPLEX (FIBRE)	010 590 8856
INFRAPLEX EMERGENCY – Duncan	079 221 4519
DSTV – Joseph	072 355 1073



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AR CONSULTING SERVICES

Feeling stuck or restless and not sure how to move forward? Have you thought about coaching? Coaching allows you the opportunity to think and evolve. It also helps you create the life you want to live.

Change is constant and becoming a better version of yourself is your choice to learn to honor yourself amidst whatever life presents you in your personal or work space. My aim is to create a safe space that allows you to think and to explore to help you become a better version of yourself which will assist you to reach your desired goal or outcome.

If you want to know more contact me for a free 30 min consultation. Thank you.

ALETTA RAJU
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Baby Sitting & Dog Walking Services

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 5pm—9pm—R350.00 (7 days a week)
 After 9pm—R90.00 per hour (7 days a week)

Dog Walking

R50.00 per walk per dog small/medium breed (30—45 mins)
 R70.00 per walk per dog large breed (1 hour)

CONTACT : TAKARA BROOK (Unit 68)
 073 166 4350

Practical Language Learning

School and adult English and Afrikaans lessons

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Contact Lee-Ann: info@plljoburg.co.za or
 081-529-1398

AMBIENT CONTRACTING SERVICES

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We have well-equipped, mobile and competent teams of site crews and sub-contractors who are able to work in local as well as neighbouring territories. Only the most reputable suppliers are employed, whose products are tried and tested and meet the requirements of the industry, thereby making our services to you of exceptional standards.

CONTACT ADERITO ON ambient@ambient.co.za

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CONTACT GUITTE

On
 071 159 9275
 For more information

Metanoia Life Coaching

I am Lina Vieira, a holistic therapist who would be delighted to offer you Life coaching, Swedish massage, Reflexology, Reiki or any combination of these to help you find peace and healing. I am fully qualified in all of these fields.

In my practice, I work with the fundamental four pillars that make up each one of us: our mental, physical, emotional, and spiritual aspects.

If you become my client, I will use my broad-ranging skills to address each of your needs in a holistic way that balances these four pillars.

During life coaching sessions, I will connect with you on an issue, using a variety of techniques and skills to empower you and facilitate you finding your own solution to your problem.

My greatest passion is helping to empower young ladies between the ages of 17 and 23. I believe our young women need coaching, mentoring, encouragement and motivation to catapult themselves into the future and achieve their dreams and goals.

To my coaching skills, I can add my treatments, Massage, Reflexology and Reiki. I have practiced in these fields for 20 years. The unique combination I am able to provide you adds up to a balanced, perfect care package that will help you to complete your healing process by dealing with issues related to any of the four pillars.

My soul purpose is to help you make shifts and move forward to love this journey you are on, to conquer your challenges and to grow and evolve. I am here to encourage and empower you to live your truth and purpose.

CONTACT LINA ON metanoia4321@gmail.com or <https://micwebsite1234.wixsite.com>

WEEKLY MEDITATION CLASSES & BUDDHIST PSYCHOLOGY FOR DAILY LIFE

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New Vision Design has done various types of draughting/drawings such as details, sections, elevations, floor plans, pumps, windows, doors, aluminium sections, steel components, flanges and much more. We also offer site visits at a small charge.

Time tracking is essential and we will send you the amount of hours we work on your project for future reference.

We have full use and training of our recent AutoCAD software installed on our computer. This program is expensive and requires training, therefore it is a huge requirement for any draughting service.

When you employ a draughtsman full-time, they usually expect the company to supply them with the expensive programme—this way, by hiring us, you cut out the expense of the software/program as well as having to pay a monthly salary to a draughtsman whom you might only need every second month for example.

New Vision can provide interior design, space planning, 3D conceptual designing with sample boards, construction, plumbing and electrical drawings.

Allow us to make your area as perfect as you always dreamt it would be!

New Vision Design can build spectacular scale models of any structure you intend to build in real life or any type of model you would like us to build.

CONTACT NIKIKA ON 082 303 5381 or Nikita@newvdesign.co.za
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