



## July 2014 Newsletter

With the mid-year school holidays just behind us, life has been thrown back into routine with the start of the third school term.

We hope you all had a lovely holiday and maybe even enjoyed a change of scenery.



Fuel Fit Club

There have been a few changes on our community site ([www.harfield-village.co.za](http://www.harfield-village.co.za)) that we would like to make you aware of. We have a new 'area info' page offering an oversight of interesting information about the village. Our home page has also been updated.



Tree Care



We received wonderful feedback about the **Tuk Tuk** service, sponsored by **Norgarb**, which was featured in our **May newsletter**. As a result, the service has now launched and you can read more about it by clicking [here](#). The use of the Tuk Tuk is completely FREE and operates for the convenience of the local residents in the Claremont, Harfield and Kenilworth areas. Bookings can be made directly with our driver,

Tendai. Please visit our updated **Tuk Tuk** page to read more.

Norgarb Properties are looking for an additional driver. If you have a motor cycle licence and are looking for work please contact Lew on [info@norgarb.co.za](mailto:info@norgarb.co.za).



Sulette Kruger  
Physiotherapy

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To give you an idea of how useful it is to promote your business through this medium, here is a testimonial from Chris Jones, owner of **Treecare**, featured in last month's newsletter:

To the Harfield Online team

I just wanted to say a big thank you to you guys. I recently listed my business on your website [www.harfield-village.co.za](http://www.harfield-village.co.za) and advertised in your last month's newsletter. I was really impressed that on the same day as the newsletter went out I had already received 3 enquiries, and then a further two enquiries came through! On top it all this was for FREE, so hats off to you guys for the amazing site and newsletter and thanks to Norgarb who I believe sponsors this service. I will certainly recommend you guys to other businesses owners in the area

Regards

Chris - Tree Care - Cambridge St, Harfield Village



Giodano Hair Design



Recycle Rachel



Did you know that we have feral cats living in our area? This particular cat in the photograph has been seen roaming long distances in Harfield Village. Does anybody know whose it is, or perhaps it is feral. **Kenilworth Vet** have put together useful information on how to deal with feral cats. It also highlights the difference between identifying stray cats and feral cats. Useful information on who to contact if you have a feral cat is also

available. Click [here](#) to read this article.



Tuk Tuk's

Our village is full of exciting winter specials this month. Why not try out some of these:

**Home Bar** is offering a deal for all those thirsty guys out there with a sense of humour: Buy one beer for the price of two and get your second one absolutely free ;-). Any concerns to be raised with Charlie at the bar!



Kenilworth Vet



**Studio2Pilates** offers ladies only fitness classes and is running a winter bundle promotion during July and August. For only R1200.00 per month, you get access to 1 private Pilates class per week, 1 Yoga group class per week and 1 Barre group class per week. For more info email [dianne@pilatescape.co.za](mailto:dianne@pilatescape.co.za) or phone 082 294 2870.



Harfield Guest Villa

Early bird specials run at **Brad's** and **Zapata** and the early 'curtain raiser' special runs at **The Avenue**. You need to be in by 6pm with last orders before 6:45pm.



Kim Hofmann Dietician

**The Avenue** also has the Monday night Burger Special running. All burgers are R50 on Monday nights! Booking is essential.



Rosmead Super Spar



Half price sushi at **Sakura** from 11am till 10pm (excludes platters and take-aways)

**Rouge Day Spa** have weekday



specials. Mondays is Mani Pedi day. You can get an express manicure or pedicure for only R100 each or R150 for gellish. They also have a special on Wednesdays called 'Wax on Wax off Wednesdays.' They offer 25% off all waxing on Wednesdays.



Steers

To advertise any specials you are running, please email them to [ads@harfield-village.co.za](mailto:ads@harfield-village.co.za) by the 10th of every month. Remember, it is absolutely FREE to list your specials in the community newsletter as it is kindly sponsored by **Norgarb Properties**.



Thai World

**Our community business listings continue to grow from month to month. New businesses that we have listed are featured below.**



**Ebrahim Dollie** is a carpenter by trade, specializing in fitting doors, skirting, roofs, carports, pergolas, knotty pine ceilings and all general carpentry. He also does painting work and fixes and replaces roofs. He is able to offer good advice on the best products and solutions to roof problems. Ebrahim offers a friendly, reliable and reasonably priced service. He has recently replaced a few roofs in the village, including Norgarb and Heads Properties.



Banana Jam Cafe

**The Learning Lab** offers a range of educational, social, emotional and developmental support services tailored to meet the unique needs of each of their visitors. Their team consists of Educational Psychologists, Learning Support Therapists and Registered Counsellors. Services available to children and adolescents include: play therapy, psychotherapy and counselling; psycho-educational ('global') assessments; school-readiness assessments; learning support and study skills development; and, career guidance workshops and assessments for Grade 11s and 12s. They also offer support to parents as well as relevant talks and workshops throughout the year. Their commitment is to optimise the learning and development journey for all!



Home Bar





**Swimmattix Swim School** offers Toddswim, Learn to Swim, Squads, Adult (learn to swim) and Master Squads and private lessons. All their instructors are fully qualified and registered with Western Province Aquatics and Swimming of South Africa. Swimming lessons take place in indoor heated swimming pools.



Twigs with Beans

#### Effective Relief from Shingles :Shingles

**GO** is an extremely effective Shingles Viral Medicine specifically developed by Dr Mari Jordi (M. Hom) who specialises in the treatment of shingles. When the body's immunity is low (often due to stress or anxiety) this may activate the shingles virus which exhibits as a painful rash causing extreme discomfort. If you would like relief from shingles contact this doctor who can ensure that you receive the treatment as soon as possible.



Burton's Paving



**Yoga and Relaxation** offers small Yoga classes in a home studio environment with flow to a

garden-setting, mornings and evenings, in Harfield Village in the Southern Suburbs of Cape Town. The classes include a good yoga workout, with a wide variety of postures, and are concluded with relaxation and Pranayama (breathing exercises) at the end of the class. Altogether it's a comprehensive yoga practice leading to increased flexibility, strength and well-being.



The Children's Studio



**Carte Blanche** specialises in creating handmade and designed greeting cards for all occasions. The cards themselves are blank, for your own unique message and are printed on recycled paper. We also sell locally produced printed shoulder bags (red and brown) as well as African Schwe-Schwe bags made with reversible material which can be rolled into a small attached pouch for easy carrying. We also produce sustainable, locally designed notebooks, made from recycled paper with beautiful and unique hand-designed covers. We do these in various sizes.



Econo Recruit

A reminder that St. Ignatius Church Hall will be closed for renovations during August and September. **Line dancing** classes will take place at Dance4Fitness Studio at 36 Franklin Road Claremont.

We are still trying to find information about the oldest cottage in our village. If there is some special heritage about the cottage you live in, please share the history and email us historical anecdotes at [admin@harfield-village.co.za](mailto:admin@harfield-village.co.za). Again, we are appealing to our readers to share with us photographs of yesteryear.



Take Note Music

There has been an increase in burglaries and theft from motor vehicles in the past few weeks. Please ensure you take all the necessary precautions and be vigilant at all times. Report all suspicious behaviour to the police and to your armed response service providers. Remember that the **Harlyn Neighbourhood Watch** patrol our village. Volunteers are always needed so if you would like more information please contact the chairman at [Damien@hulme.co.za](mailto:Damien@hulme.co.za).



Village Home Bakes



A reminder that you can have your say at the **Harfield Village Association AGM** which is on the 14th of August at the Methodist Church on 2nd Avenue. Time is 18:30 for 19:00

From the Principal's Pen:

### Should I renovate before I sell?

This is a question we are frequently called in to advise on and for good reason too!



Zant Services



Nearly every property is unique as are the personal and financial circumstances of the owner. There are, however, some rules of thumb that could be considered.

Firstly, we need to define the word "renovate" and then we need to talk money. There is a difference between minor improvement and deliberate structural or extension work in order to maximise ones return on a property investment. For those who know what they are doing, development and "fixer uppers" can be a profitable

game, but not always for the faint hearted.

To continue reading this article click [here](#).

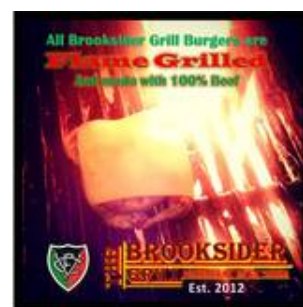
- To see what our past clients have to say about us please [click here](#).
- To see what we have FOR SALE please [click here](#).
- To see what we have SOLD please [click here](#).



Econo Heat

**BREAKING NEWS:** Prime interest rates go up to 9.25%. Homeowners, already hard-pressed to manage the rising costs of living, can take only small comfort in the mild interest rate hike of 0.25%, which will take the repo rate up to 5.75% and the prime lending rate to 9.25%.

[www.norgarb.co.za](http://www.norgarb.co.za) | 021-6741120 | Claremont to Tokai



The Brooksider Grill

Remember to [like our Facebook page](#) to receive fun informative updates about our village.



Simply Asia



Pink Coffee Boutique



Oblivion

