



Children need more than just you

We like to think that we are the be all and end all to our children, but we are not.

While we are their anchors and safe harbours in life, their teachers, leaders, confidantes and disciplinarians, it still takes a village to raise a child. They need more than just us. They need other adults who have had different life experiences, who perhaps see things from a different perspective and thus spot things in our children that we don't, or support them in ways that we can't.

This doesn't in any way diminish our role in their lives.

In fact, it is a wise parent who acknowledges that their children need more than they can give, from time to time.

We need to be thankful for the help and

inspiration that others bring.

Encouraging

Just this past holiday, my youngest son, Matthew, finally learnt to waterski after years of refusing to even try.

In part, he was galvanised into action because his cousin of the same age was there and Nic got up within his first few tries, however, there was the undeniable role of the inspirational uncle.

Now, don't get me wrong, my husband and I have been really encouraging and understanding as we have tried to get Matthew up on skis. Eventually we realised we were being counter-productive and let the matter lie.

'All in his own time,' we decided, 'there's no point pushing.'

And so, in December, with my husband at the helm of the boat and Uncle Richard in the water holding my son steady and gently coaching him, Matthew got up on his first attempt!

Oh the joy on his face. My heart nearly burst with pride. And we could claim no part of that victory at all, but it didn't matter. What did is that Matthew had triumphed over whatever his mental block was, thanks to his uncle and his cousin.

Bigger world

It can be the same with teachers, sports coaches and other adults who come into your child's life either for a short time, for a season, or for the rest of their lives.

Value them. Honour them.

Teach your children that what they experience,

21st Century Parenting

NIKKI BUSH

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the meaning of each experience and who they are, is defined by the nature and quality of their relationships.

The richer and wider their relationships, the bigger and more interesting their world will become.

COMBAT TRAINING for women

DUSCHANKA HITZEROTH

Women are one of the strongest creatures to walk this earth, but sometimes they are physically overpowered.

Ensuring your safety and protection at all times is imperative.

Enter Jan van der Walt (43)... not your personal bodyguard but equipped and ready to show you your strength!

A trained rifleman in the South African Defence Force for 12 years, later a member of the national karate team and several years of experience in the armed response security field, Jan's goal is to impart these skills to women and victims of crime.

Owner of Pro Perfection Consultants Self Defence Academy, and Head Coach of the 'Guardians' team, Jan is trained in combat and skilled in knowing how to stay calm during a fire fight and take care of his crew.

'During many years of working for armed response companies, I dealt with several victims of robbery, hijacking, rape, attempted murder and the like. The truth is, the damage stays much longer after the event takes place,' he said.

'I knew I had to help somehow and with my skills in karate, kickboxing, judo and boxing, I figured that I might not be able to prevent crime but I can help ensure that victims of crime are able to protect themselves.

'The academy started for women only, and has grown to cater for all genders and ages. We teach our pupils to think and stay calm. Give them tools to understand body language, focus, breathing, targeting power, nervous point striking,



Pro Perfection Consultants Self Defence Academy head coach and owner, Jan van der Walt

PHOTO: Duschanka Hitzeroth

close and distance fighting, defence, control, fitness and what can be used as a weapon,' he said.

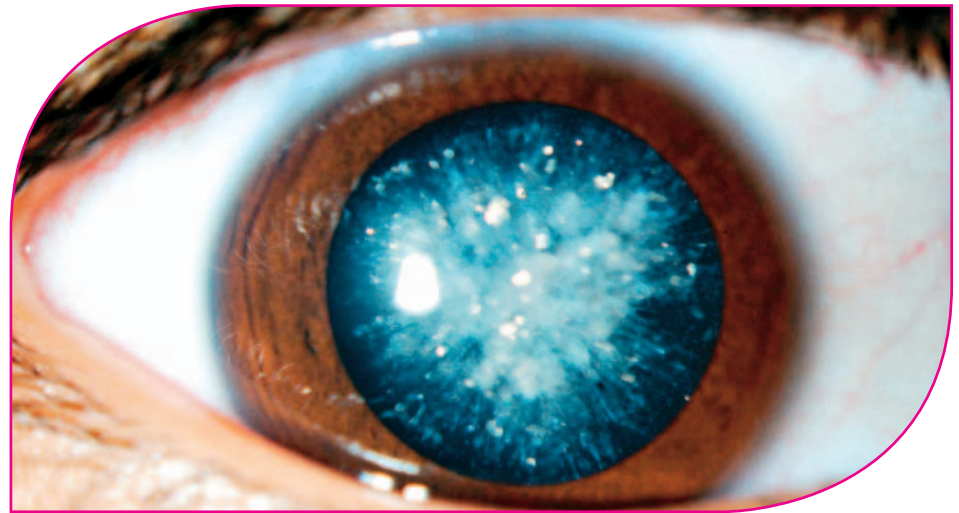
The academy currently has 47 pupils and is aimed at regaining pride and dignity for crime victims and to promote confidence and resilience in others.

'There is a misconception that women are weaker than men. So I train them in what, when and how to manipulate a grown man's body.'

'The aim is to instil confidence, strengthen mental stability, create self-belief and worth and show individuals their capabilities,' said Jan.

The academy, run together with his wife, Miekie, who is a qualified nursing practitioner and karate greenbelt holder has been invited by Mixed Martial Arts Association President Paul Caves, to participate at the 'Destiny 2015 Tournament' in Cape Town.

For more information on classes contact Jan on 079 8810833 or Miekie on 076 1297102



The dangers of cataracts

AMY JENKINS

Our sight is our most dominant sense, and one we often take for granted.

Ray Pillay of The i Shop, Richards Bay, talks about the dangers of cataracts and how one can prevent them from affecting one's sight.

The crystalline lens is a transparent structure within the eye that, along with the cornea, is responsible for focusing light onto the retina.

The formation of opacities in the lens may result in a blurry image being perceived by the brain.

This opacification or cloudiness within the lens is called a cataract.

Cataracts may be congenital or it may be acquired through other causes.

These causes range from the ageing process, prolonged exposure to sunlight or radiation, use of certain medications, systemic disease such as diabetes, trauma to the eye, smoking and possibly the use of alcohol.

It may result in poor vision, sensitivity to light or glare with night driving, difficulty with distinguishing colours, double vision and may require frequent change in spectacle prescription.

These symptoms may also be present

in other eye conditions, so it is advisable to check with your eye care practitioner if you experience any of these symptoms.

Prevention

Cataract is the leading cause of blindness in SA, accounting for about 50% of cases.

It is recommended to wear sunglasses that protect against UV and hats with a brim when outdoors.

Cessation of smoking may reduce risk or onset of cataracts.

If older than 60 years, a comprehensive eye exam is recommended every two years or sooner if symptoms are noticed.

Treatment of early cataract includes an update of spectacles, change in lighting, anti-glare coatings on spectacle lenses and use of sunglasses.

Surgery is recommended if the cataract impedes performance of daily activities, impacts on health of eyes or if it prevents view of the retina, such as in diabetic retinopathy.

Once the cataract is removed a replacement artificial intra-ocular lens is inserted. New spectacles may be required after the procedure.