

# Hobbies & recreation



A supplement compiled by Marlene Bilewitz. Cell 083-475-0288, (011) 023-8160 or e-mail: marbil@global.co.za

## An immeasurable sense of satisfaction and achievement

*Time spent in active physical or mental activity is more likely to create a satisfied and happy person.*

MARLENE AND BARRY BILEWITZ



HOBBIES ARE essential for all ages and all genders, helping to de-stress, enhance quality of life and provide essential family time. Extending oneself through involvement in hobbies, sport and dance, makes for a balanced mind and a sense of achievement for young and old.

Pick something you are passionate about, something that makes you happy during your recreation time and leaves you feeling relaxed and positive. Pick something that is challenging. Today, instructional videos or DVDs are available that can teach you almost anything.

Be realistic and don't expect to master your new interest right away - you have the rest of your life to develop your skills. Soon you'll experience a great sense of personal satisfaction as you become more and more accomplished.

Hobbies give pleasure, satisfaction and enhance self-esteem - the three things you won't find in a stressful person. While simple hobbies like reading and listening to music divert your mind from worries, creative hobbies give a sense of pride and help to overcome worry as well.

There are no deadlines to meet, no rules or pressures. Hobbies are not linked to success; they merely involve doing something that you like. You are "free" and your own master while you are involved in your creative hobby.

If you normally socialise with your workplace colleagues, the level of conversation is liable to be work-related. Hobbies create an entirely new forum where you can find people who enjoy doing what you do - outside the work environment.

With many hobbies there is an "end product" that the hobbyist can gain great pleasure and satisfaction from. Often this sense of achievement is in stark contrast to humdrum everyday working life where the individual can feel he or she is merely a small cog in a large wheel.

Expand your horizons and learn new skills or develop talents you never knew you had. While there are many to choose from, here is a list of hobbies that are useful in relieving stress.

**Gardening**  
Gardening gets you into the sunshine and fresh air. You are also spending your time creating more beautiful surroundings to come home to each day. Organic gardening goes back to the beginnings of time and is a natural approach, eliminating all the



harmful pesticides and herbicides that are often used in agriculture today.

**Photography**

Whether you simply learn to take better pictures of your friends and family, or delve into the world of creating true art, looking through a lens can bring you to the essence of a scene. The ability to capture that, is what makes a good photographer. The end-product may provide such a sense of satisfaction.

**Scrapbooking**

Whether you have a few pictures, or boxes of them, scrapbooking can be a great hobby. It combines artistry with journaling, to create a unique vehicle for displaying your memories and passing them on to future generations.

**Puzzles**

Solving and putting together puzzles calls for patience and brain power; it is also a great opportunity to get the family involved.

**Art**

From painting, drawing to sculpting, art is another therapeutic activity. Like music, art provides a means for escape, concentration and personal expression. Creating artwork allows you to explore your imagination and creativity.

**Knitting and sewing**

In spite of the repetition when using machines, the involvement and creative experience is most satisfying, especially when you can wear or use your unique creation.

**Music**

Music has the ability to stir the emotions. It can be calming, uplifting or even disturbing - taking you into another world. Whether you actively play an instrument or merely listening, it is a soul-enriching experience.

**Reading**

Avid and occasional readers alike can benefit from reading to relax their mind, use their imagination and adopt new ideas, skills and vocabulary. When you curl up with a good book, you put the rest of the world at bay. You take time out to travel to distant worlds, to learn about different time periods, and to expose yourself to new philosophies. You are essentially taking a vacation of the mind.

**Woodworking**

Woodworking is a hobby that has been popular for untold years. It is cathartic - sanding or cutting wood is a great way of getting rid of pent-up stress and tension. It is also very satisfying - doing a good job and making something that looks professional, can give you a wonderful sense of personal achievement and pride.

**Cooking**

There is nothing more heart-warming than cooking from your own recipe and providing culinary pleasure to family and friends. Keep in mind the benefits of healthy eating when choosing ingredients.

**Bird watching**

Bird watching has become the second fastest growing hobby in America, ousted only by gardening. Just watching birds, identifying them, or discovering a rare species and listening to their songs, can have a soothing effect on the mind and body. Johannesburg has more species of birds than any other city in the world, due to our great number and variety of trees. Binoculars, photographic and sound equipment, are useful tools that can widen the scope and enhance the pleasures obtained from this hobby.

**Collecting**

There's stamp collecting (philately), coin collecting (numismatics), collecting teddy bears and/or antiques, your collection can be soul enriching but also become a great investment.

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## HOBBIES &amp; RECREATION SUPPLEMENT



# Redgwoods is growing and growing...

South Africa's biggest toy, gaming and baby products retailer, Redgwoods has continued to grow its sales, spurred by competitive pricing, a strong customer-centric focus, as well as new store openings. The owner of Reggie's, Toys R Us and Baby and Company, has in the past 36 months refurbished one third of its retail stores and opened 14 new ones.



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"OUR HYBRID one-stop shops are working very well and offer great convenience with baby products, toy, gaming and gifting solutions for the whole family under one roof. Our pricing is super competitive and our product range is extensive," said Issy Zimmerman, director of Redgwoods.

"We have been buying aggressively in the Far East and managed to take appropriate foreign exchange forward cover to insulate ourselves against some of the volatility of the rand. As a result, we have been able to provide our customers with prices that offer real value for money."

#### Reggie's and Baby and Company Online for fun, convenient shopping

The launch of two online stores for the Reggie's and Baby and Company chains a year ago, are showing positive returns, growing into the biggest online toy and baby offering in South Africa.

The new online stores are proving popular with parents-to-be, parents, children, aunts, uncles and grandparents stretched for time as they offer hassle-free shopping in the comfort of their homes.

The stores are also attracting considerable traffic from expats wanting to send gifts to their loved ones in South Africa.

#### Babies R Us at Toys R Us, a one-stop shop haven for moms

Babies R Us is a separate store within Toys R Us offering a fresh and creative space with clearly demarcated areas for the different categories such as clothes and linen, care, feeding, play and development, to make for easy reference.

#### About Redgwoods

Redgwoods is South Africa's largest toy and baby retailer owning Toys R Us, Reggie's, Baby & Company and Little People stores. Redgwoods also has Babies R Us stores within all their Toys R Us stores, specialising in baby products. Currently it sells toys, games and baby merchandise through:

- 24 Toys R Us stores
- 33 Reggie's stores and 1 x Reggie's Online store
- 1 baby and Company Online store
- 2 Little People stores

## HOBBIES & RECREATION SUPPLEMENT

# Cooking courses with Susan Greig

Susan Greig.



"IF COOKING is complicated, you'll never enjoy making it," says Susan Greig.

We offer once a month inspirational theme courses. All you need is basic food knowledge and a desire to hone your skills in order to make simple, delicious food.

Susan holds classes once a month at Miele's Bryanston showroom. These classes start with a demonstration by Susan, then everyone sit together and sample the food. Her philosophy is fresh and above all simple: "My classes are based on seasonal produce, fresh is best, quick and easy dishes reign. Making mistakes is part of the process - cooking should be real and unaffected and most of all fun.

"Food should be a delight to the visual senses, which are evoked before the other senses kick in," adds Susan.

Hands-on, interactive cooking classes are a fantastic team-building tool. These courses can be tailored to suite corporate clients or kitchen teas.

Each lesson costs R300 and includes six recipes demonstrated by Susan and tested by yourself - just bring a pen and a hearty appetite.

Themes include:

- Delicious desserts and starters
- A taste of India
- Asian delights
- Soups and casseroles
- Sensational summer salads
- Easy summer entertaining
- Year-end feast

Best of all, Susan's classes are entertaining with her outrageous sense of humour and her tips go beyond recipes - to serving and presentation, which she believes are key to food's eye appeal.

Al fresco entertaining is Susan's signature style, which mirrors her casual, bubbly personality and the absolute joy she has for food. You miss these classes and you will miss out! For further information or to book, you may contact her on 083-616-0136.

A delighted student wrote: "I had a dinner party last night and it was fantastic. My husband says you have turned me into a goddess in the kitchen."

• For more testimonials go to [www.susangreig.co.za](http://www.susangreig.co.za)

# The Chocolate Den - a real food crafter's delight



THE CHOCOLATE Den is a food crafter's delight. We are stockists of a large variety of baking products, ingredients and bakeware. We keep the largest range of chocolate moulds in Africa. We supply four different brands of chocolate in lots of different flavours and qualities. We also have a large variety of different chocolate morsels for cookies and biscuits.

Chocolate vermicelli, hundreds and thousands, icing flowers, silver balls, are just some of the many decorative edibles we have available.

Packaging is one of our specialties from cellophane packets to printed cake boxes and clear plastic boxes.

The Chocolate Den runs courses in our craft college that is situated next door to the shop. Chocolate classes from basic moulding to specialised Belgium chocolates is taught.

Chocolate cakes with collars is a very popular class at the moment, and we have imported a wide range of chocolate transfers that are used to make these beautiful but simple-to-make cakes.

Cake icing, from beginners to advanced, is taught by highly-acclaimed teacher Adrienne Horn. Our classes take place throughout the week, both morning and evening.

During the July holidays we will be running a variety of programmes aimed at children and a course specifically aimed at older teenagers where they will learn to work with Belgium chocolate as well as decorating cakes and cupcakes with chocolate, making dessert bowls and a variety of delectable filled chocolates.

Recently the Chocolate Den started packaging down kosher products under the supervision of the Johannesburg Beth Din. This has proved to be more popular than expected with the community,

leaving our shelves empty. We are working on getting more variety and stock onto our kosher shelves in the near future.

Pop in to the Chocolate Den and experience our friendly, helpful atmosphere where you will find endless things to delight and keep you busy.

flavours of

# Susan Greig

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*Evening classes: 18:00 – 22:00*

*For more information and bookings, contact Susan on 083-616-0136.*

*See our website at [www.susangreig.co.za](http://www.susangreig.co.za)*

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HOBBIES & RECREATION SUPPLEMENT



## Join Arthur Murray Dance Studios and laugh off work stress

*The value of the role of dance in stress management and health promotion, should not be underestimated. Your response to stress can make all the difference to the quality of your life.*

DANCING OFFERS the perfect release and helps you relax before the negative effects of stress impact your health. With its freedom of movement and sense of abandon, dance is the perfect candidate for a little relief.

Your body and your mind "communicate" with each other. Any form of mental stress causes physical tension in the body. Dancing relieves tension and also provides emotional benefits such as decreased anxiety, depression and fatigue, as well as promotes an overall sense of well-being.

It helps release endorphins, or your body's natural, make-you-feel-better chemicals. These chemicals can help induce relaxation, "relieve pain" and reduce stress hormones that contribute to poor health.

Dancing at Arthur Murray Dance Studios is a

great tool for fighting everyday stress. Visit us at [www.arthurmurray.co.za](http://www.arthurmurray.co.za) to redeem your e-voucher or phone (012) 342-1000 (Pretoria), (011) 918-0501 (Benoni), (011) 706-7557 (Bryanston) and (011) 675-1187 (West Rand - Florida).

### About Arthur Murray Franchised Dance Studios

Arthur Murray Franchised Dance Studios have been equipping South Africans with Latin American and ballroom dance skills since 1912. With its average dancer being 33 years old, it caters for all ages and emphasises the social aspect of dance rather than the perfection of it.

Studios are located in the Western Cape (Table View, Plumstead, Durbanville); Gauteng (Pretoria, Benoni, Bryanston and West Rand); and the Eastern Cape (Port Elizabeth).

## Bridge - a prime mind sport

BRIDGE IS the Anglicised name for Birtch which was an evolution of Russian whist. It is one of only two mind sports recognised by the International Olympic Committee, the other being chess.

Contract bridge is a social card game very popular in the Jewish community. The competition version is known as duplicate bridge, as the same sets of hands must be played by each competing team.

Duplicate (tournament) bridge is also very popular in our community, country-wide. Three of the six members of the South African men's team which reached the quarter-finals of the Bermuda Bowl 2007 in Shanghai, were Jewish.

Disciplining the mind should ideally be started at a young age and the mind should be positively stimulated constantly throughout one's life. Studies published in the Washington Post on July 19, 2003 show that playing bridge, chess or a musical instrument, reduces the chances of developing Alzheimer's disease or other forms of dementia by as much as 75 per cent.

Unfortunately, there is very little interest shown in bridge by our youth, either at school or tertiary institute level. This is a strange anomaly as there are more than 27 000 learners and students in Israel who are members of bridge clubs; in fact, bridge forms a part of the school curriculum there.



Alon Apteker and his partner Neville Beber, seen competing in the World Wide Simultaneous Pairs Bridge Tournament at the Links Bridge Club. (Photograph: Nicci Niselow)

There are two schools in Alexandra township north of Johannesburg, with bridge clubs that are supported by the South African Bridge Federation, which is actively trying to get our youth interested in this wonderful game.

The Links Bridge Club at 147 10th Street, Orange Grove - housed in the old Linksfield Bowling Club premises, opposite the Linksfield Clinic - is open seven days a week for tournament bridge.

Interested players - beginners to experts - are welcome. People without partners can come along on a Tuesday and a Thursday to our supervised bridge mornings. Partners will be found for you.

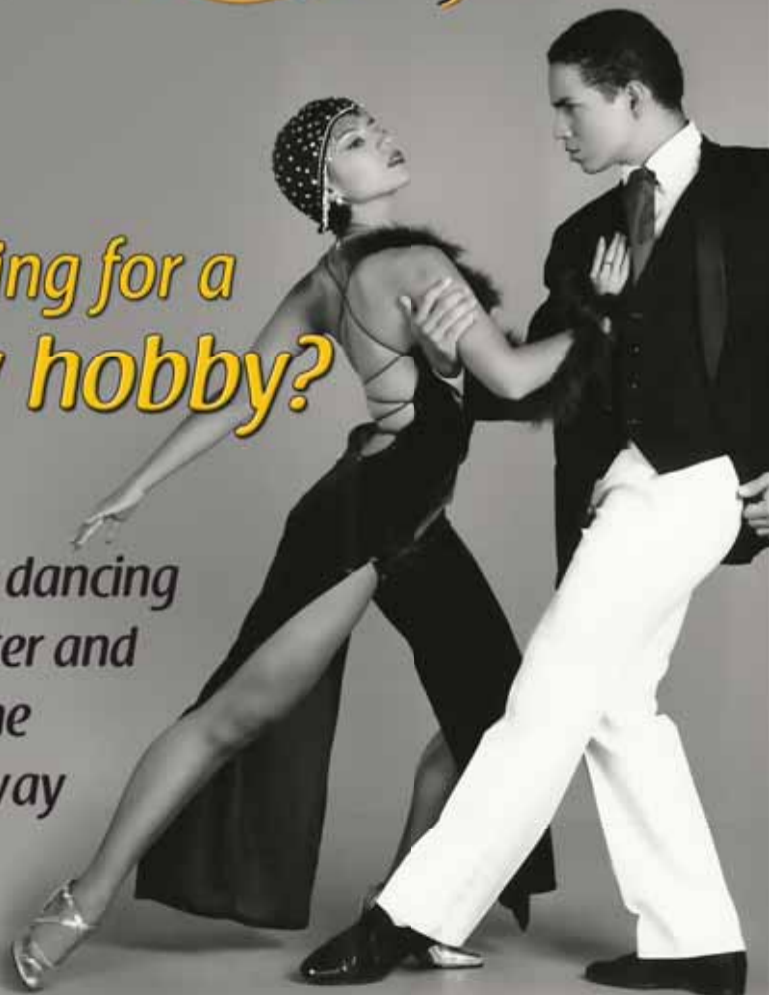
Contact Diana on 083-377-4192 or go to our website [www.gbu.co.za](http://www.gbu.co.za)

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*Learners from Alexandra Township with their bridge teachers from SABF*

**DAILY BRIDGE AVAILABLE AT:**

- The Links Bridge Club
- Sandton Bridge Clubb
- Orchards Bridge Club
- Blairgowrie Recreation Centre

**Contact: Diana Balkin**  
cell: 083-377-4192 or refer to website: [www.gbu.co.za](http://www.gbu.co.za)

**HOBBIES & RECREATION SUPPLEMENT**

# Andreas Attic: Hobbies and collectables is a way of life to treasure

*Hobbies are a way of collecting interesting things and objet d'art that everyone does - or has done - at some time in their lives. They give you purpose in life, help make you a more interesting person and offer you something to talk to others about.*



FOR MANY of us the fascination with "hoarding" or collecting things began when we were very young and we got a free animal in our cereal box at breakfast - or when our parents took us to fast-food outlet for a meal and we got a toy with it.

Suddenly, the "meal" became interesting - and we wanted to go back again and again to get more toys in the collection. Soon we had a whole box of toys and they were the envy of all our friends. We would exchange them, swap them - or just play with them.

As one grows older, the things one collects change as one's ideas and ideals progress. The importance of the objects we collected as children often diminishes, only to be replaced with more adventurous or interesting things.

But those toys from our childhood could be the nest-egg for our retirement. Those toy Dinkie cars our grandparents bought our parents - and which have been passed down to us and to our children - could be very valuable, depending on their condition and rarity.

But more important than their value is the joy collecting objet d'art can offer. And their variety is endless. From toys, to stamps, to art, to wood carvings, figurines, crystal, furniture, dolls, silver, coins, comic books, porcelain - the list is endless.

And this is where collecting becomes a personal journey, a way of brightening up one's day and giving one an interest away from the hum-drum of work and paying bills.

Think of it as going on a treasure hunt, travelling around shopping malls and second-hand shops investigating all the pleasures these places have to offer. What a wonderful way to pass the time, to relax on a weekend afternoon - often outdoors - at one of the many antiques fairs or auctions and sales that seem to spring up all around you.

And then you find that special "something" that catches your eye and brings gladness to your heart - and you take your treasure home with you.

Starting a collection can be done from the comfort of your own home - in your own time - and can be supplemented by surfing the Internet in search of other treasures, or simply to gauge the age of your piece and its value.

And there is always a buyer in the market who will be ready and willing to buy your collection from you, or sell you items to add to your own collection.

What a wonderful way to make new friends, and renew all acquaintances. It's an interesting

way of getting to know the value of things our parents may have introduced to us to when we were young.

As a child we are curious and intrigued by coins, cars, dolls and animals, but as we grew up this fascination turned to other things: beautiful porcelain, crystal, art, silver and furniture, and each has its own special appeal. And there are treasures from all.

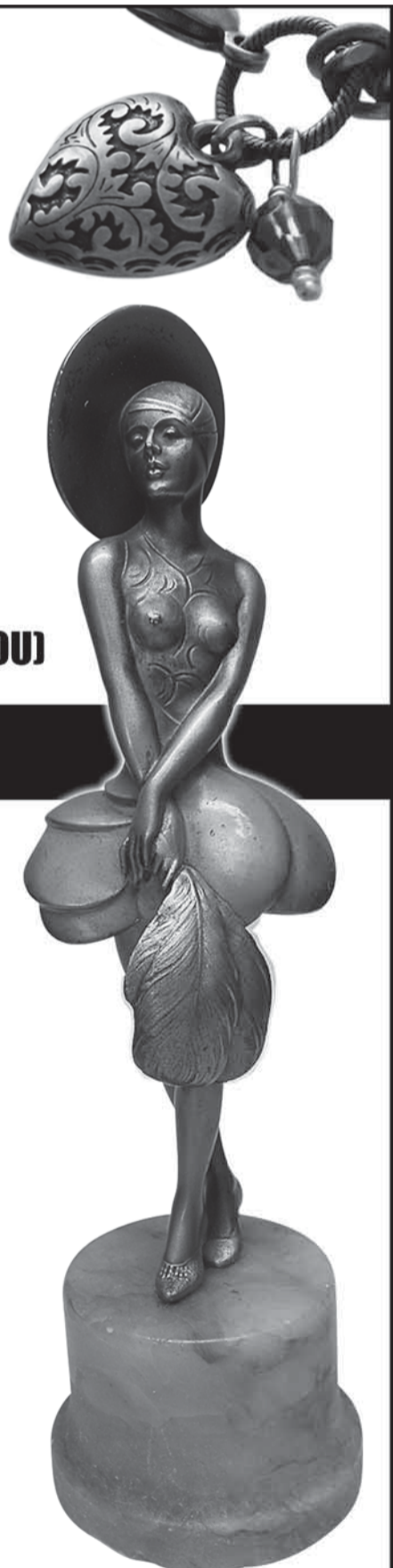
You are never too old or too young to start collecting objet d'art. Always look out for porcelain such as Moorcraft, Royal Dalton, and Royal Albert, (to name a few) and hallmarked silver and gold as an investment for the future.

• If you want assistance with selling any of your collections, call Andrea on cellphone 083-760-0482.



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**PAINTINGS:** South African artists and other good pieces including bronzes, sculptures and figurines.

**ANTIQUES & COLLECTABLES:**

**SILVER:** Hallmarked silver, silver plate and EPNS, (cutlery, bowls etc)

**GOOD CHINA & PORCELAIN:** All good pieces. Royal Doulton, Moorcroft, Royal Albert, etc

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**HOBBIES & RECREATION SUPPLEMENT**

## Byerley offers an ideal school holiday programme

*Thinking of what your kids will do during the extended school holidays? Byerley Park Stables have arranged a full day programme, starting Friday June 11 till Monday July 12.*

PARENTS CAN drop their kids off in the morning and will have the option of collecting them at lunch, at the end of the day, or they are welcome to spend a few days with us. The accommodation will be "pony camp" style and children will need to bring sleeping bags and camp mattresses.

**Activities**

- Own a pony for a day
- The world of tack (including visit to tack factory)
- X-country day (building a jump out of trees and jumping it later)
- Horsey movies
- Be a vet for a day (horse hospital trip)
- Treasure hunts
- Paint a jump day
- Show prep and washing a horse day
- Horse health and how to treat them day
- Horsebox and loading
- Design a stable yard
- Soccer

- Highveld horse care unit
- Learn to lunge
- Course building
- Learn to ride a course with correct striding
- Stable management
- Basics of being an instructor
- Feeding
- Outing to Gold Reef City

**Current members:** Morning option 1: R100; full day option 2: R150; sleep over option 3: R200.

**Non-members:** Morning option 1: R150; full day option R200; sleep over option R250.

Wondering what to do with your children during the holidays?

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June 11 - July 12.

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