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Disclaimer: This e-Magazine is produced especially for residents/owners of Heritage Hill Estate to provide updates and useful information. It is produced by K-Studio on behalf of Heritage Hill Estate HOA. Although every effort is taken to ensure accuracy of content, Heritage Hill Estate HOA and/or the Publisher, cannot be held liable for any inaccurate information, and may not agree with all opinions expressed in this publication.

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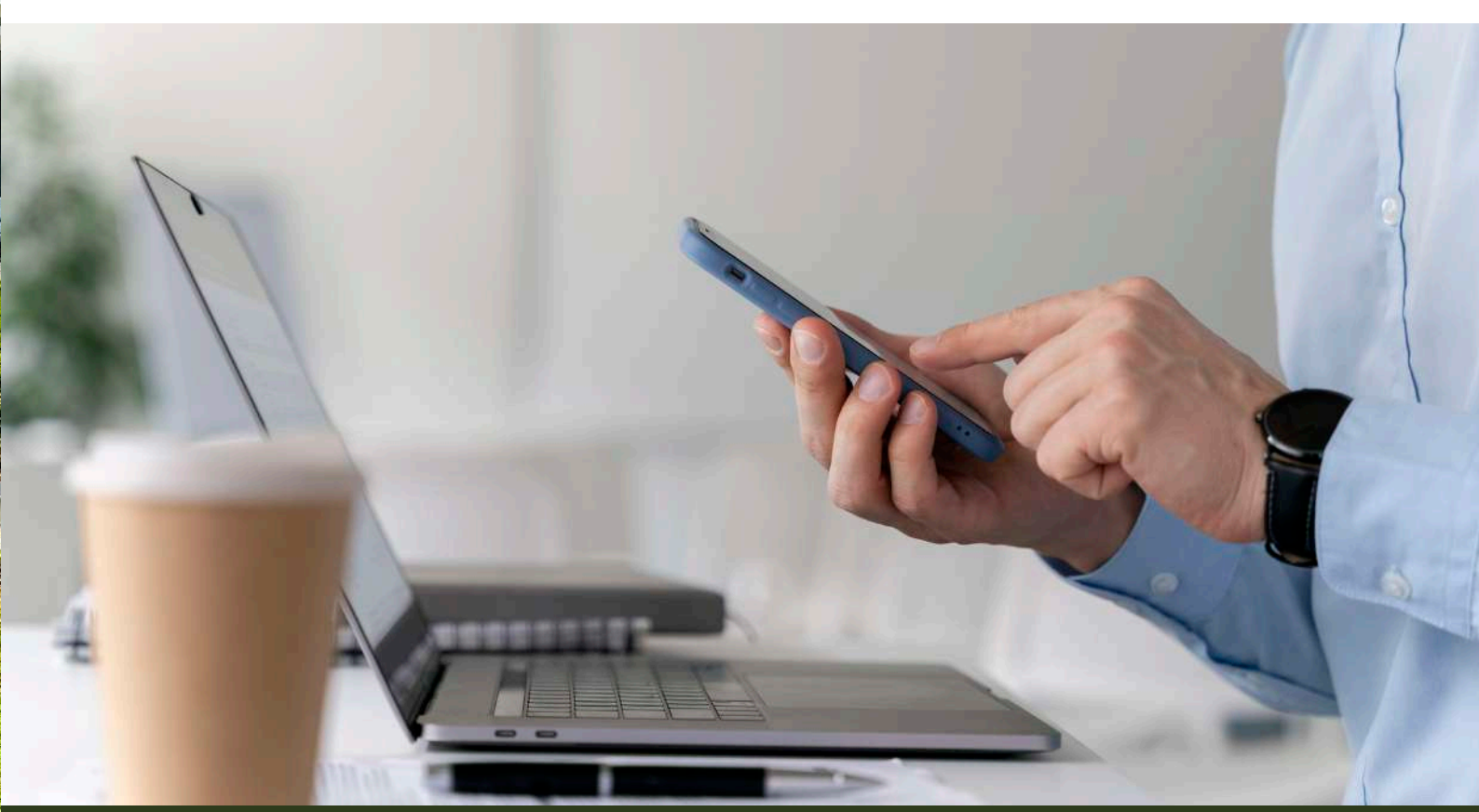

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Letter FROM THE HHHOA

2025: A Year of Change

Who could have predicted that just three months into 2025, we'd witness so much transformation?

The once serene, open land to the north of the estate is now dominated by the sounds of beeping excavators, mounds of sand, deep trenches, and a contractor's fence stretching along the lemon orchard. In the blink of an eye, the tranquil space we once claimed as our own will never be the same.

Instead of only looking ahead to an uncertain and overwhelming future, let's step back…

Heritage Hill Estate is built on land rich with history. The earliest known dwelling on this property was a modest Voortrekker house constructed in 1856 by Rasmus Elardus Erasmus and his wife. Later, in 1895, their son, Lourens Jacobus Abram Erasmus, completed a more substantial Victorian homestead (in Candlewoods Estate). The homestead in Heritage Hill was built around 1940.

The transition from farmland to residential estate began in 2004 with the creation of Heritage Hill Estate. The development aimed to balance modern living with preserving the area's historical essence. Drawing inspiration from the architectural design of the late 1800s, the estate reflects the historical roots that run deep in this land. Please turn to page 24 to read more about Heritage Hill's rich history.

Heritage Hill Estate has 419 stands, of which three are still vacant, with several parks and playgrounds integrated.

"Change is hard at first, messy in the middle, and gorgeous at the end." ~ Robin Sharma ~

We are currently navigating the "messy" phase of change—a stage where, as humans, we sometimes feel the urge to halt and return to what's familiar. But change is inevitable. By embracing it, we look forward to larger spaces that will enhance our well-being, reduce the stresses of city life, and offer our children more opportunities to explore, enjoy the fresh air, and connect more with nature.

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Fungus

When we think of fungi, edible mushrooms come to mind. They are part of an incredible, diverse kingdom of organisms.

Article by Elize Malan



In nature beneficial fungi are of great importance. There are millions known to us and even more still undiscovered on earth. Functions such as decomposing organic matter, recycling nutrients, and forming mutualistic relationships with other organisms is essential in an ecosystem.

Saprophytic fungi grow on decaying matter such as leaf litter, fallen trees and even dead animals. They are capable of converting them into nutrients that are absorbed by living plants. Mychorrizae are fungi that develop a partnership or symbiosis with living plants, such as trees and grasses. Their presence increases the effectiveness of the plant's roots. Fungi deliver minerals and nutrients from the soil to the plant roots, which in turn supply the mychorrizae with water and carbohydrates. Unfortunately, fungi and fungal-like organisms (FLOs) also cause more plant diseases than any other group of plant pest. Scientists are familiar with more than 8,000 species that can cause disease.

Fungi and FLOs are eukaryotic organisms that lack chlorophyll and thus do not have the ability to photosynthesize their own food. It can only grow as a parasite on or in a living host. All viruses, downy mildews, powdery mildews, rusts and smuts are obligate parasites.

The potato blight in Ireland and northern Europe as well as the failed wheat crops of the Middle Ages are examples of fungus on agricultural products that caused famine in European countries.

For the average gardener, fungi on plants are associated with disease.

The unattractive results of blackspot or rust or the inevitable death of some plants due to fungi is well known.

When gardening we try to avoid conditions that are favorable for the development of fungus.

We try to give plants optimal growing conditions, apply regular preventative treatments and remove infected plant material from the garden. When applying fungicide to plants it must be delivered to the area of the plant where the pathogen is active to be effective. Systemic fungicides applied as a soil drench will also destroy beneficial soil fungi.

In food production, the use of genetically resistant plants, if available, should be the first line of defense for diseases caused by fungi and FLOs. There are generally more options available to professional plant production specialists and growers to manage fungal and FLO diseases as compared to viral and bacterial diseases.

The beneficial fungi in our garden soils need to be protected and encouraged. This can be done by applying only organic fertilizers, practicing low-till or no-till gardening and avoiding fungicide use.

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POOL SAFETY, STYLE & SMART SOLUTIONS



The benefits of modern pool covers.

A sparkling pool is a luxury, but it also comes with responsibilities—ensuring safety, keeping water clean, and managing maintenance costs. That's where Designer Pool Covers comes in, offering automatic and manual pool covers that make pool ownership safer, easier, and more cost-effective.



Prioritising Pool Safety

For families with young children and pets, pool safety is non-negotiable. Accidental drownings remain a concern, making a high-quality pool cover one of the best safety investments. Unlike nets, solid covers create a secure barrier, preventing children and animals from falling in while also reducing the need for constant cleaning.

Additional Pool Safety Tips

- Always supervise children near the pool.
- Teach water safety from a young age.
- Install extra safety measures like fencing and alarms.
- Keep emergency equipment like a life ring nearby.

The Latest Trends in Pool Covers

Pool covers have evolved to offer a blend of safety, convenience, and efficiency. Whether you prefer an automated system or a manual cover, there's an option to suit every homeowner.

Automatic Slatted Pool Covers
Effortless Luxury

A favourite among modern homeowners, automatic slatted covers retract and extend at the push of a button. These sleek covers not only enhance safety but also reduce heating costs and water evaporation.

- Hands-free operation
- Energy-efficient insulation
- Minimised chemical loss
- Stylish design options

Automatic Vinyl Pool Covers
Maximum Protection

For those prioritising safety and water conservation, automatic vinyl covers provide a strong, durable barrier. Their reinforced material ensures long-lasting performance while making pool maintenance easier.

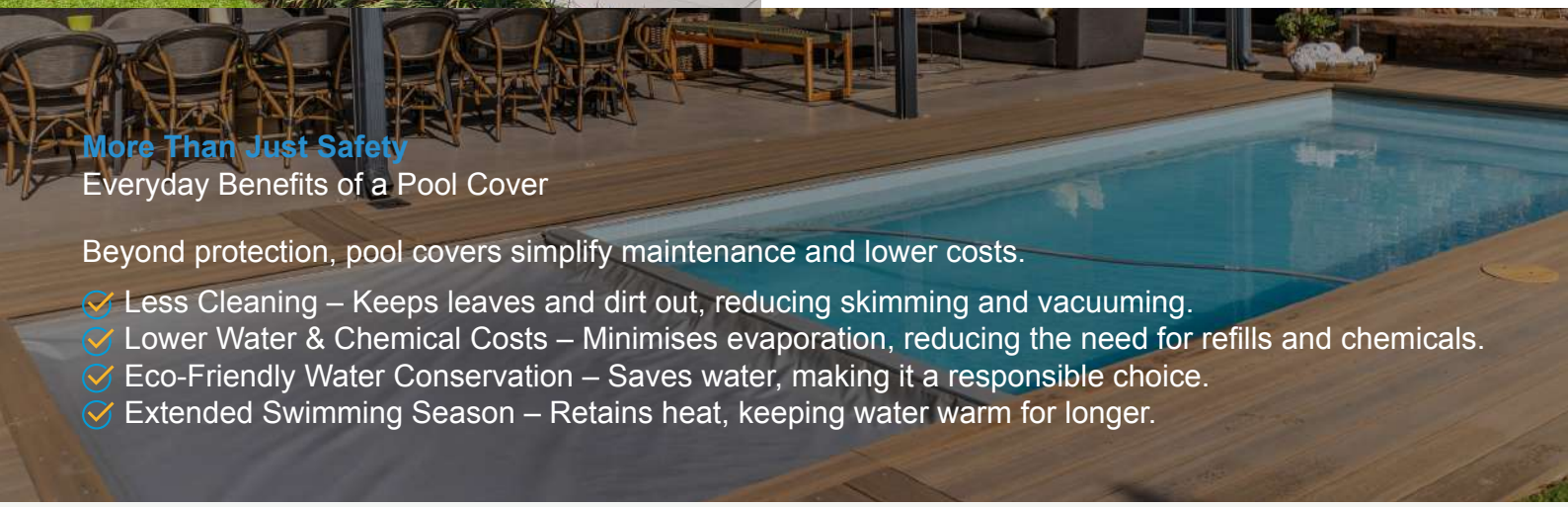
- Unmatched child and pet safety
- Significant water and energy savings
- Retains heat for a longer swimming season
- Easy push-button control



Pet & Child Safety Covers
Extra Peace of Mind

Designed for ultimate protection, these heavy-duty covers support weight, preventing accidental falls into the pool. Ideal for families with small children and pets, they also keep debris out.

- Superior safety for little ones
- Low maintenance & durable
- Prevents dirt and leaves from entering the pool
- Retains heat, reducing heating costs



More Than Just Safety
Everyday Benefits of a Pool Cover

Beyond protection, pool covers simplify maintenance and lower costs.

- Less Cleaning – Keeps leaves and dirt out, reducing skimming and vacuuming.
- Lower Water & Chemical Costs – Minimises evaporation, reducing the need for refills and chemicals.
- Eco-Friendly Water Conservation – Saves water, making it a responsible choice.
- Extended Swimming Season – Retains heat, keeping water warm for longer.

General Pool Maintenance Tips

Keeping your pool in top shape requires consistent care. Here's how to maintain clean, clear water:

- Balance water chemistry weekly—test pH, chlorine, and alkalinity levels.
- Skim and clean regularly, even with a cover, to remove floating debris.
- Run the pool pump daily for at least 6-8 hours to maintain circulation.
- Shock the pool occasionally to prevent algae and cloudy water.
- Brush pool walls and steps to stop dirt buildup.

Upgrade Your Pool with Designer Pool Covers

A pool cover is an essential investment that enhances safety, efficiency, and convenience. Whether you need an automatic slatted cover, a durable vinyl cover, or a pet & child safety cover, Designer Pool Covers has the perfect solution for you.

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VETERINARY PHYSIOTHERAPY: A GROWING FIELD IN ANIMAL HEALTHCARE

BY DR VICKY LOUW (BVSC)

Veterinary physiotherapy is an evolving branch of animal healthcare that focuses on improving the physical well-being of animals, particularly those suffering from injury, surgery, or certain chronic illnesses. Just as human physiotherapists help people recover from physical ailments, veterinary physiotherapists use similar techniques to treat and rehabilitate animals. This field combines the knowledge of veterinary science with therapeutic exercises, modalities, and rehabilitation techniques, making it essential for improving the quality of life of animals, speeding up recovery times, and enhancing mobility and function.

Common Conditions Treated with Veterinary Physiotherapy:

Veterinary physiotherapists work with animals suffering from a variety of conditions, both acute and chronic. Some of the most common conditions treated include:

- **Musculoskeletal Disorders**: Conditions such as arthritis, hip dysplasia, and other joint-related issues are frequent in aging pets. These can lead to reduced mobility and pain, but physiotherapy can help by improving muscle strength, joint function, and overall mobility.



- **Neurological Issues**: Animals with neurological impairments, such as those caused by spinal injuries, nerve damage, or conditions like intervertebral disc disease (IVDD), benefit from physiotherapy to aid in regaining movement and function.

- **Post-Surgical Rehabilitation**: After surgery, animals often require physiotherapy to speed up recovery. This includes improving the range of motion, preventing stiffness, and restoring normal muscle function.

- **Sports Injuries**: Just like athletes, pets—particularly active ones—are prone to injuries. Veterinary physiotherapy plays a vital role in helping these animals recover from ligament strains, muscle injuries, and other trauma.

- **Chronic Pain Management**: Chronic pain conditions, such as those associated with degenerative diseases, can often be managed with physiotherapy treatments that promote circulation, alleviate discomfort, and enhance overall mobility.

Key Physiotherapy Techniques for Animals:

Veterinary physiotherapy treatments are tailored to the specific needs of the animal. Some of the key techniques used include:

- **Therapeutic Exercises:** These are designed to improve strength, flexibility, and mobility. They can involve simple stretches or more complex movements, depending on the animal's condition.

- **Massage Therapy:** Therapeutic massage helps relieve muscle tension, improve circulation, and reduce pain, especially in animals suffering from muscle stiffness or injury.

- **Hydrotherapy:** This involves using water to help with rehabilitation. The buoyancy of water reduces stress on joints and muscles, making it ideal for animals recovering from surgery or injury. It is particularly beneficial for weight-bearing issues and arthritis.

- **Electrotherapy:** This technique uses electrical stimulation to reduce pain and promote tissue healing. It can also stimulate muscle contractions to help improve muscle tone and strength.

- **Heat and Cold Therapy:** Applying heat or cold packs helps reduce inflammation, manage pain, and improve circulation in affected areas. Cold therapy is typically used for acute injuries, while heat therapy is used for chronic pain relief.

- **Acupuncture:** Some veterinary physiotherapists incorporate acupuncture as part of their treatments, using fine needles to stimulate specific points on the animal's body to promote healing, reduce pain, and restore balance to the body.

Benefits of Veterinary Physiotherapy:

Veterinary physiotherapy offers numerous benefits for animals:

- **Pain Management:** Physiotherapy provides a drug-free alternative for managing pain, particularly for chronic conditions.

- **Faster Recovery:** After surgery or injury, physiotherapy helps speed up the healing process, allowing the animal to regain mobility and strength faster.

- **Improved Mobility:** Many animals suffering from arthritis or other mobility issues can regain significant movement with the right physiotherapy treatment.

- **Enhanced Quality of Life:** By relieving pain and promoting better physical function, animals undergoing physiotherapy often experience an overall improvement in their quality of life.

- **Preventative Care:** Physiotherapy can help in maintaining healthy muscle function, reducing the risk of future injuries, and managing weight to prevent additional strain on joints.

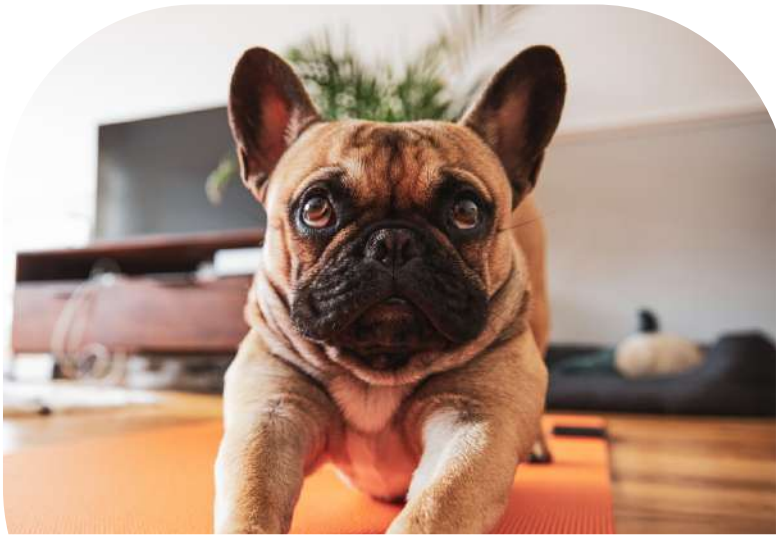
Training and Qualifications of Veterinary Physiotherapists:

Veterinary physiotherapy in South Africa is a regulated profession that involves assessing and treating animals' movement, function, and performance. The South African Veterinary Council (SAVC) regulates the profession.

Veterinary physiotherapists are trained professionals who undergo specialized education and certification programs in veterinary physiotherapy. This training combines in-depth knowledge of animal anatomy, physiology, and pathology with practical therapeutic techniques.

Conclusion

Veterinary physiotherapy plays a critical role in the rehabilitation and maintenance of animal health. Although adding physiotherapy to a patient's treatment plan will increase total therapeutic cost, it is definitely worth it as it offers a holistic approach to animal care by providing pain relief, improving mobility, and aiding recovery after injury or surgery. As veterinary medicine continues to evolve, physiotherapy is likely to become an even more integral part of animal healthcare, ensuring that pets and other animals live longer, more comfortable lives.



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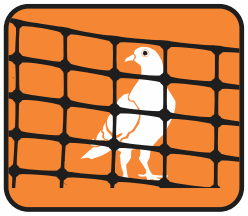

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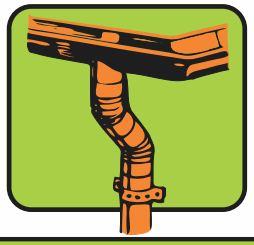

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Metabolism ghosting you? Let's fix that.



You're eating right (ish), trying to move more, and pretending to prioritize sleep. But your energy's in the gutter, the scale's not budging, and your body feels like it's on strike. Yeah, your metabolism might be ghosting you.

Here's the truth: metabolism isn't just a buzzword for fitness influencers. It's your body's power plant—converting food into energy, fueling every move, and even affecting how clear your brain feels. When it's running strong, life feels smoother. When it's dragging, so are you.

Time to stop getting ghosted. Here's how to make your metabolism swipe right again.

1. Lift Heavy Things (aka Build Muscle)

Muscle is like a metabolism multiplier. The more you have, the more calories your body burns—even while binge-watching Netflix. That's because muscle is active tissue; fat isn't. Hit the weights 2–4 times a week. It doesn't have to be hardcore bodybuilding. Just challenge your muscles consistently, and they'll return the favor.

2. Stop Sitting Like a Potato

You could crush a 60-minute workout, but if you spend the rest of the day glued to a chair, your metabolism isn't impressed. Little movements throughout the day matter more than you think. It's called **NEAT (Non-Exercise Activity Thermogenesis)**, and it includes pacing during phone calls, walking your dog, dancing while cooking—whatever keeps you moving.

Set a timer. Stand, stretch, stroll. Often.

3. Eat More (Seriously)

Starving yourself is not the vibe. Undereating makes your body panic and slow down everything—including your metabolism. Your body's like, "We're in a famine! Save every calorie!"

Also: protein. Your body burns more calories digesting protein than carbs or fat. Plus, it keeps you full and helps build that muscle we just talked about.

Pro tip: Don't fear food. Fuel up smart, especially with protein in every meal.

4. Get Real Sleep

No, 4 hours and a double espresso doesn't count. Your body needs sleep to recover, regulate hormones, and actually burn energy. Crappy sleep messes with hunger cues and slows your burn rate. Basically, it turns you into a cranky, snack-hungry slug.

Aim for 7–9 hours. Quality counts, too—ditch the doomscrolling before bed.

5. Stress Less, Burn More

Stress jacks up cortisol, a hormone that tells your body to hold on to fat—especially around your belly. Chronic stress = slow metabolism + emotional eating spiral.

You don't have to live in a Zen bubble. Just build in simple stress-busters: deep breaths, a walk outside, some music, whatever helps your brain chill out.

6. Hydrate Like You Mean It

Water is the unsung hero of your metabolism. Every cellular process—including fat burning—needs it. Even mild dehydration can slow things down.

Simple fix: drink water throughout the day. Add lemon, cucumbers, or whatever makes it less boring if that helps.

7. Consistency Beats Chaos

Skipping meals, eating at weird hours, or trying 5 new diets a month? That's a great way to confuse your body. Keep things steady—regular meals, balanced macros, and daily movement go a long way.

Yes, intermittent fasting works for some people. No, it's not magic. It still comes down to consistency and the basics.
Bottom Line: No Gimmicks, Just Good Habits

You don't need sketchy supplements, 1,200-calorie crash diets, or metabolism teas that taste like regret. What you do need is a lifestyle that supports your body instead of fighting it.

So if your metabolism's been ghosting you, take the hint: it's time to treat it right.

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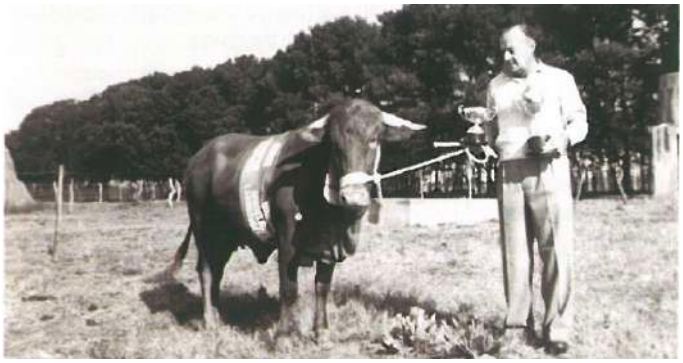
A RICH LEGACY LINGERS ON AT **HERITAGE HILL.**

The name Heritage Hill was carefully chosen to remind people about the way people dwelled in this area since 1841 and shaped our place as we live here presently. The rich legacy of our past is the foundation of the future we are busy shaping for generations yet to come.

The history of Heritage Hill started in the Cape with a young adventurer named Pieter Erasmus who arrived in Cape Town in 1688. He settled on a farm "Groenkloof" in Drakenstein aged just 19. He married Maria Elisabeth Joosten in 1691 and they had 6 children. He was the first of the Erasmus clan to respond initially to a healthy pioneering wanderlust before his descendant, Daniel Jacobus Erasmus, finally staked a claim on the land that is present-day Pretoria and the greater geographical perimeter that defines our capital.

Tracing the whereabouts of one person or a whole family was made possible by research in the archives of our country. In the Cape Colony the Field Cornets had to compile Citizen Rolls annually to show who stayed where and what the taxable assets were. Information is also obtained from the marriage and baptism registers of the churches and local authority records. With the Great Trek the appointed magistrates had to record the applications for farms along the routes in the Potgieter I and II registers now stored in the National Archives in Pretoria. The same meticulous register system was used when a new person applied for a piece of ground for farming in the Transvaal. Each farm was measured (3000 morgen) and the Field Cornet was there to record the 4 corners of the property.

In 1841, the Erasmus family arrived in the area that later become Centurion. Daniel Jacobus Erasmus



Rassie Erasmus with his prized Afrikaner.



LJA Erasmus who took after his great-grandfather with his love of hunting, with all his trophies he won for big game hunting and wildlife photography 1987.

aka Daniel "Swartkoppies" settled on the farm that he named Zwartkop. He was prompted to move to this area by his eldest son, Daniel Elardus Erasmus, who investigated this area in 1931 while he was hunting elephants in the Limpopo Valley. Daniel Elardus Erasmus was impressed with the good grazing for the herds of cattle, the rivers and the absence of poison in the veld and malaria that plagued his family in Ohrigstad. He settled on 3000 morgen next to his father's farm and named it Doornkloof. His best friend was Andries Pretorius and in 1836 the two friends became neighbors when Andries Pretorius settled on the farm next to Daniel Elardus Erasmus and his farm was known as "die Kerkplaas" where Church



Rassie and Lucia Erasmus.



Riana Erasmus, youngest daughter of Rassie & Lucia Erasmus, on wedding day with Ndebele bridesmaids, October 1980.

Square in Pretoria is today. His farm became the communal meeting place and the city of Pretoria was established.

The younger brother of Daniel Jacobus was Rasmus Elardus Erasmus aka “Dubbele” and he settled on the farm Brakfontein when he came of age. He married Louisa Catharina Erasmus and they were blessed with 10 children.

All 10 children were educated by a private tutor from Holland. Firstly a small Voortrekker house was built in 1856 and in 1895 the grand Victorian homestead was completed by his son, Lourens Jacobus Abram Erasmus. This architectural jewel was saved during the 2nd Anglo-Boer War from being burned to the ground due to the fact that Rasmus Elardus passed away in 1891 and the British army left the widow Louisa Erasmus in peace. They burned the family homestead at Rooihuiskraal. Louisa passed away in 1902, shortly after the 2nd Boer War.

It is a remarkable tale that meanders through the historical milestones of early South Africa and its first struggle for independence. Family members were involved in the Great Trek, fought a variety of wars the Battle of Italeni, the Battle of Vegkop and Bloodriver - before settling in what was then the old Transvaal, more specifically where Centurion is today.



Lucia Erasmus as bride, 1939. Her wedding dress was handmade by nuns in a monastery in France.

The grandson of “Dubbele”, Rasmus Elardus Erasmus married his blond and blue-eyed debutante, Lucia Erasmus in 1939 and built a new house for his young bride, not too far from the grand homestead where his mother and his sister, Vicky Baard stayed on after Rassie’s father passed away in 1943.

Rassie and Lucy were married for 53 years and had 4 children and 12 grandchildren. Although they lived quietly and are celebrating 7 generations on the property since 1841, they carried on the rich traditions of the past generations.The Erasmus family records, which form the basis of the comprehensive family library, document successful cattle stud farming, strong relationships with the majority of political leaders and an enduring interdependence with the local Ndebele people. The family often commissioned adornments from its proud people.A close family friend, Maggie Laubscher, was central to this effort. This symbiotic relationship was celebrated as part of a cover story on the Ndebele people of the area by the National Geographic magazine in February 1986.

They were some of the first South Africans to explore the rich gold fields of the Witwatersrand, some 50 years before the official discovery of gold. In fact small deposits of gold were found on the site of Brakfontein which were mined and minted into collector's gold coins in 1992 to commemorate the 300th anniversary of the family's arrival in South Africa. For more than 300 years the family has played a vital part in the history of taming a new land. Today that spirit and legacy is yours at an address called proudly Heritage Hill.



Rassie Erasmus with his sister, Vicky, dressed up for the inauguration of Voortrekker Museum, 1938



Wedding portrait of Rassie and Lucia Erasmus, October 1939

Heritage Hill is more than a name—it's a living legacy. Rooted in centuries of resilience, exploration, and deep connection to the land, it invites you to become part of a story still being written. Welcome home, where history shapes the future.

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Snake Awareness Presentation

Snakes in the area:

Gauteng has around 40 different types of snakes. There are around 26 species of snakes recorded for the greater Johannesburg region. Two species are considered potentially deadly, two species are considered venomous, and one species can inflict a painful bite. Most species are harmless to humans and pets.

Johannesburg is a grassland region with cool winters and frost on the highveld. Due to the climate, most of the bushveld species are absent from the general area. Brown House Snakes and Herald Snakes are by far the most encountered garden snakes. Rinkhals are also rather common around Johannesburg, especially around larger plots or in properties bordering open fields or parks. Here is a list of the 17 most common snakes that can be found in the area:

Highly Venomous

- Rinkhals (Hemachatus haemachatus)
- Puff Adder (Bitis arietans)

Venomous

- Common Night Adder (Causus rhombeatus)
- Bibron's Stiletto Snake (Atractaspis bibronii)

Mildly Venomous

- Herald Snake (Crotaphopeltis hotamboeia)
- Spotted Skaapsteker (Psammophylax rhombeatus)
- Short-snouted Grass Snake (Psammophis brevirostris)
- Cross-marked Grass Snake (Psammophis crucifer)
- Black-headed Centipede-eater (Aparallactus capensis)

Harmless

- Brown Water Snake (Lycodonomorphus rufulus)
- Aurora House Snake (Lamprophis aurora)
- Brown House Snake (Boaedon capensis)
- Common Egg-eater (Dasypeltis scabra)
- Common Wolf Snake (Lycophidion capense)

- Mole Snake (Pseudaspis cana)
- Bibron's Blind Snake (Afrotyphlops bibronii)
- Peter's Thread Snake (Leptotyphlops s. scutifrons)

What should one do should you encounter a snake?

Immediately retreat at least five paces and observe the snake from that safe distance. Bear in mind that some snakes can spit their venom with a range of close to 3 m.

Never attempt to catch or kill a snake unless you have been trained in safe snake removal and have the right equipment. Avoid using braai tongs or garden gloves to remove a snake.

Immediately clear the area of people and remove all pets, especially dogs. Dogs are natural hunters and quick to try and kill any snake that they encounter.

Call your local snake remover. There are over 800 snake removers on our free app - ASI Snakes (http://bit.ly/snakebiteapp).

How to keep snakes out of your property:

Unfortunately, there is no effective snake repellent. This includes substances like Jeyes Fluid, old oil, diesel, moth balls, various plants and commercially available snake repellents.

Keep your garden clean and neat and remove building rubble or other suitable hiding places for snakes. Water features, pet food in outside bowls and aviaries will attract snakes as they hunt for rodents and toads. Physical barriers like shade cloth or zinc sheeting wrapped or placed around a fence without gaps and around 1m high will prevent snakes from entering a property.

In the event of a snakebite:

Keep the patient calm and ensure that the snake is no longer in the immediate area. A second bite will complicate matters.

Avoid tight bandages, especially arterial tourniquets.

Cutting and sucking has no benefit, as snake venom cannot be sucked out.

Avoid all other home remedies and transport the patient to the nearest emergency room at a hospital. You can remove jewelry like rings or watches as well as restrictive clothing around the bite site as most bites will result in swelling. Keeping the limb elevated above the heart will reduce the pain and throbbing.

Always bear in mind that it is a lack of oxygen that results in most snakebite fatalities – if the patient is in a hospital and breathing is compromised, the medical team can stabilize the patient and intubate and ventilate the patient.

Antivenom is not a first aid measure and can only be administered by a medical doctor in a hospital environment. Nine out of ten snakebite victims that are hospitalized do not receive antivenom as it is not always necessary. Many bites are not severe and can be treated symptomatically.

Refrain from trying to kill the snake to take it along to the hospital – doctors do not need to know what snake was responsible for a bite, but a clear photograph of the offending snake may well assist the doctors as they will have an indication of what symptoms to look out for. Bites are generally treated based on symptoms that present in the patient.

Most snakes try and make a quick escape when disturbed. However, snakes that are stood on or attacked will defend themselves.

















DEAREST ELSA VAN SCHALKWYK AND THE RESIDENTS AT HERITAGE HILL,

On behalf of everyone at POPUP, I would like to extend our heartfelt thanks for choosing us as your beneficiary during December, particularly during the special Santa's Route initiative.

Through your generous donations, you contributed **127 items**, which collectively amounted to **R3955.73 in groceries**. Your kindness truly made a difference, and we are grateful for the support you've shown.

The donated items arrived at POPUP Tshwane Central in mid-December 2024. Although there were no learners on-site at the time, we were empowered to support POPUP learners in need during January. The two boxes of cookies were used to celebrate the Tshwane learners returning to school, served alongside tea as a special treat to start their new school year.

As Barbara Mikulski wisely said, *"Each of us can make a difference. Together, we make change."* Your collective efforts are a testament to this, and we are thrilled to have had the opportunity to work with such a compassionate group of people. Your contribution has stirred hope and is making a lasting impact on those who need it most.

Thank you again for your generosity. We look forward many more future endeavours.

Kind regards,

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LOOKING FOR A SCHOOL THAT'S MORE THAN JUST TEXTBOOKS & TESTS?

At ***Southdowns College***, they're all about shaping the future … one well-rounded learner at a time.

Tucked away in the idyllic Irene Valley in Centurion, Pretoria, Southdowns College started with a bold dream … to shape well-rounded individuals who'd go on to make a difference, not just in South Africa, but all around the world. It might've seemed like a big ambition at the time, especially with only a handful of learners in the beginning. But with a little faith and a lot of passion, the teachers and leadership team took on the challenge with open hearts and big ideas.

With a commitment to holistic education and the ideal of creating lifelong learners, the school invested in the creation of four main campuses on one beautiful property.

The journey begins at the pre-preparatory school, where their youngest learners (Grades 000 to 0) are lovingly guided by the ever-talented Ms Barbra Furness. She's been with the school for years, and with her amazing team, does wonders with the college's littlest family members.

From there, it's on to the preparatory school (Grades 1 to 7). Which is led by the knowledgeable and energetic Ms Jessica Fritz, who's backed by a team that knows the ins and outs of the school.

Then comes the high school (Grades 8 to 12), where Ms Suzan Thupane and her dynamic management team and teachers are carrying the school's vision forward, preparing young adults to face the world.

And let's not forget the school's fourth campus which is also its creative heartbeat. The SAX (Sports and Arts Exchange) Precinct. This vibrant space has it all. The school gym (with an indoor heated pool). The SAX Arena (a full-blown theatre). A fringe theatre. And the music, drama, dance and visual arts departments. Needless to say, it's where creativity shines and where learners can let their imaginations run wild.

It's no secret that women have always had a profound impact on shaping young minds, and at ***Southdowns College***, this trio of principals is proving just that. Ms Furness, Ms Fritz, and Ms Thupane aren't just leaders … they're trailblazers, inspiring the next generation by leading with strength, compassion, and a vision for excellence. They exemplify the power of women in leadership roles, paving the way for a future where young girls can look up and see that there are no limits to what they can achieve.

And so, with these phases working together like a well-oiled machine, Southdowns College isn't just creating great learners … it's nurturing responsible, innovative, and passionate citizens who are ready to take on the world. This college is not merely a place where people go to learn,

though. It's a second home. A place where lifelong friendships are made. Where learners can play together, create beautiful things and contemplate the greatness of things to come.

At ***Southdowns College***, they know that every learner has unique abilities and learns at their own pace, often seeking different outcomes from their education. To support them, the college collaborates with the parents, staff, and their academic support team to develop tailored strategies so they can truly thrive. The support team, led by the highly accomplished and published Dr Claire Symington-Viljoen, includes educational psychologists dedicated to helping students in need to produce work that truly reflects their abilities and aspirations.

This team not only provides educational support but also nurtures their students' well-being, where and when needed. They believe the path to success requires not only a healthy body but also a healthy mind. And so, their academic support team is always available to assist students in any way possible.

Over the years their learners have done them proud. Whether it's on the sports field, in the classroom or on stage, ***Southdown***s learners have shone, earning top honours across the board. But more than that, they take pride in the fact that their alumni, who now number in the thousands, have taken critical positions in society, both locally and internationally, and are valuable contributors to our civilization.

The learners that started off as children at the school are now adults who have made it into some of the best universities not only locally, but also globally. And some are now multiple degree holders, too. Their alumni consist of internationally accomplished sports stars, creators (musicians, artists, actors and dancers), researchers, developers, accountants, actuaries and lawyers to name just a few.

What started as a vision, with a handful of learners and staff, has now blossomed into a thriving institution with 1,700 future leaders. The school truly stands on the shoulders of giants and today they can say that what has come in the past will prepare them for what they will deliver







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Effortless Dining: The Luxury of Ready Meals for Busy Lives

After a long day at work, most families come home to the same familiar routine—prep dinner, eat in a hurry, rush the kids off to bed. Somewhere in between, we hope to carve out a few minutes to connect, unwind, and breathe. But with modern life moving at full speed, finding time for meaningful family moments has become a real challenge.

Dinner shouldn't be one more thing that drains you. It should be the part of the day where you regroup, talk, laugh—and enjoy good food together. That's where high-quality ready-made meals come in, offering a smarter way to nourish your family without the stress, the guesswork, or the mess.

Why Ready Meals Make Sense for Real Life

This isn't about cutting corners. It's about cutting out the chaos. With workdays running long, school obligations piling up, and constant to-do lists, dinner prep often feels like another full-time job. Planning meals, shopping, cooking, and cleaning—it adds up. And often, the fallback becomes ordering takeaways or heating up something processed and unsatisfying.

Ready-made meals offer an alternative that actually works. They give you the convenience you need, without compromising on the things that matter—like nutrition, flavour, and quality ingredients.

Instead of spending an hour chopping and stirring, you pop a pre-prepared meal into the oven or air fryer. While it cooks, you can help

with homework, chat with your partner, or just sit down for a few minutes. The result? More time, less stress, and a proper dinner on the table.

Not All Ready Meals Are Equal

Today's best ready meal providers aren't serving up bland, processed food. They're making fresh, flavour-packed dishes with real ingredients—no preservatives, no shortcuts. These meals are designed by chefs, tested for taste, and packaged with care to go straight from freezer to oven, microwave, or air fryer.

They're built for real families with real needs Whether you're trying to eat clean, avoid allergens, or feed picky eaters, there's an option for you. Some even come with side dish suggestions and heating tips to make the whole experience even easier.



Goodness Gracious – Frozen Meals With Heart

Goodness Gracious is a family-run business focused on quality over shortcuts. Their meals are cooked from scratch, using top-tier produce, with zero preservatives or additives—just pure, flavour-packed ingredients. What sets them apart is their blast freezing method, which locks in freshness and taste, ensuring the meal you serve is as vibrant as when it left their kitchen.

Delivered in packaging ready for oven, microwave, or air fryer use, Goodness Gracious meals make entertaining or weeknight dinners effortless. Side dish suggestions are included too, adding to the ease.

Feel Good Food from Goodness Gracious. Try it out and receive 10% off your first order.



iCook – Nutrition Meets Simplicity

For families juggling health priorities with full schedules, iCook is a lifesaver. Their ready meals are 100% natural, sugar-free, and preservative-free—ideal for busy parents, students, or elderly loved ones.

Whether you're managing dietary needs or simply craving cleaner meals without the kitchen prep, iCook offers peace of mind with every portion. Balanced, flavourful, and easy to heat, these meals support a healthy lifestyle with minimal effort.

iCook: The smart solution for real-life mealtimes.



Plated Convenience – Meal Delivery with a Healthy Edge

If you're looking for variety and flexibility, Plated Convenience offers a wide range of ready-made meals, including vegetarian and vegan options. With packages like the 21-Day Challenge or Comfort Meal Package, there's something for every lifestyle.

Ordering is easy through their website, and delivery across South Africa typically takes 3–5 working days. Whether you're fueling fitness goals or simplifying dinners, Plated Convenience brings healthy meals straight to your door.

Eat Well. Live Easy: 10% Discount code #estate10

More Than a Meal—A Moment Together

When dinner doesn't feel like a chore, it becomes something else entirely. A chance to pause. To sit around the table. To ask how the day went. That's the real luxury—time. And with ready meals that are healthy, thoughtfully made, and easy to serve, you get that time back.

Forget last-minute meal planning. Skip the takeout menus. Just heat, serve, and enjoy more of the moments that matter most.



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Hop, snip, glue Easter magic is up to you!

Turn an ordinary paper bag into a **bunny bursting** with cuteness. Easy to make, fun to decorate, and perfect for stashing all those sweet treats!

Looking for a fun, low-effort Easter activity the kids will actually enjoy? This adorable paper bag bunny craft—inspired by Brooke Larsen—is a guaranteed hit.

With just a few supplies and a little creativity, you'll turn plain paper bags into the cutest bunnies on the block. This easy, step-by-step guide walks you through everything, from making the ears to adding personal touches for extra charm.

Whether you're crafting with kids, prepping for a party, or just love a good DIY, these bunny bags are perfect for spreading Easter cheer. Let's make some magic—one hop, snip, and glue at a time!

What You'll Need:

- Brown or white paper lunch bag (or any paper bag)
- White, pink, and black paper (or markers)
- Scissors
- Glue stick or double-sided tape
- Pencil
- **Optional:** cotton ball (for tail), ribbon (for bow), googly eyes



First step, make the bunny ears. Start by loosely folding the brown paper bag in half, long ways. But don't crease the fold.

Then, use scissors to cut out an ear shape on the outside edge.



When you open it up, your bunny's ears should look like this with one ear on each side of the bag.



Pinch the bag 2-3 cm below the ears and tie a pastel satin ribbon to shape the body.



A cotton ball is then hot-glued on as the tail, or a colourful pom-pom can be used if that's what's on hand.



AN ORANGE A DAY

keeps colds — and garden pests — at bay

Winter is citrus season in South Africa, and oranges are everywhere. They're not just bright, juicy, and delicious — they're also one of the easiest (and tastiest) ways to give your immune system a natural boost when colds and flu are doing the rounds.

Why You Should Be Eating More Oranges This Winter

Vitamin C Powerhouse: Just one medium orange gives you over 70 mg of vitamin C — more than enough to meet your daily requirement. That's important for immune support, helping your body fight off infections and reduce inflammation.

Helps with Hydration: Cold, dry air can leave you dehydrated. Oranges are made up of over 80% water, helping to keep you hydrated while delivering nutrients at the same time.

Packed with Fibre and Antioxidants: Eating the whole fruit (not just the juice) gives you fibre and flavonoids, both of which are good for gut health and overall wellness.

So go ahead and enjoy them — but don't stop at just the fruit.

Don't Throw Away the Peels — Use Them in the Garden

Most of us toss the peels straight into the bin, but they're more useful than you think. Here are a few simple ways to make the most of your orange peels in the garden:

1. **Natural Pest Repellent**
   The strong citrus smell repels slugs, ants, aphids, and even mosquitoes. Tear the peels into strips and scatter them around plants that pests tend to bother.

2. **Keep Cats Out**
   If local cats are using your garden as their toilet, orange peels can help. Cats don't like citrus, so placing peels around your beds or pots can keep them away — no chemicals needed.

3. **Add to Your Compost**
   Orange peels are full of nitrogen, which helps balance out the carbon-rich materials like dry leaves. Chop them up before adding to your compost to help them break down faster.

4. **Boost Soil for Acid-Loving Plants**
   Some plants, like blueberries, hydrangeas, and azaleas, thrive in slightly acidic soil. Mixing in shredded orange peel can help adjust the pH naturally over time.

5. **Make Biodegradable Seed Pots**
   Cut an orange in half, eat the fruit, and use the empty peel as a mini seed pot. Fill it with soil and plant your seed — once it sprouts, pop the whole thing straight into the ground. The peel will break down and enrich the soil.

A Zero-Waste Win

Oranges are already a winter staple, but now there's even more reason to keep them in your fruit bowl. They support your health during flu season — and their peels can do a bit of good in the garden too. ***One fruit, two uses. No waste.***





Inside the New Home:

How Design in 2025 Got Personal



Walk into any well-loved home in 2025, and you'll feel it instantly—this is not just a place to live, it's a place to be ***yourself***.

The clean, neutral boxes of the past few years are giving way to something warmer, more expressive, and infinitely more interesting. Spaces are layered with texture. Corners have curves. Rooms are multitasking with grace. This isn't about following a trend—it's about creating a space that feels real, grounded, and alive.

In one sunlit living room, a curved velvet sofa wraps around a low, imperfect stone table. The ceiling above? Painted in a soft, smoky plum that changes with the light. Nearby, built-in shelves hug the walls, holding books that are actually read, pottery made by hand, and a few framed photos—unpolished, honest, and perfect in their imperfection.

Across the hall, a spare bedroom moonlights as a yoga space, office, and guest room. A wall-mounted desk folds up when not in use, and a murphy bed disappears with a quiet click. The room shifts depending on what the day calls for.

There's a shift happening, not just in how homes look, but how they ***feel***. Texture is replacing bold color as the most expressive design tool. Linen, plaster, clay, raw wood—these materials tell a story of touch. You want to sit, stretch out, run your hands over the surfaces. It's design that invites you to slow down.

Curves are softening spaces everywhere. Arched doorways, rounded chairs, even the shape of mirrors—all lean into a sense of calm. This subtle shift changes how a room holds you. It's more human. Less rigid.

The ceilings—once forgotten—are getting in on the action too. Whether painted in saturated tones, wrapped in wallpaper, or detailed with beams or slats, they're adding height, mood, and personality in places people used to ignore.

You'll find vintage pieces tucked into nearly every room—not to recreate the past, but to ground the present. A worn wooden table in a sleek kitchen. A thrifted lamp next to a minimalist bed. It's a quiet rebellion against the disposable and the mass-produced.

And maybe the biggest change: perfection is out. Style is shifting away from hiding and toward ***showing***. Open shelves display ceramics and cookbooks. Living rooms feature curated chaos instead of color-coded minimalism. People aren't staging their homes—they're living in them, and letting that show.

Luxury, too, has changed. It's no longer loud. It's quiet. It's in the weight of a wool throw, the grain of solid wood, the perfect chair that's built to last. "Less, but better" is the new mantra—and it shows.

All of this adds up to homes that are harder to define and easier to love. They're layered, multifunctional, slightly messy, and unmistakably personal. The trend? It's you. How you live, what you love, and how you want to feel.

Because in 2025, home isn't about impressing anyone. It's about belonging—to the space, to the moment, to yourself.







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LEFT: Paul with his chair designs. | RIGHT: Paul doing deliveries

Where it began: The Lighouse Story

by Linki Raubenheimer





Patrick Leepile
Patrick has been with us through it all and has become a big part of our Lighouse Family

Looking out the window on the factory floor, remembering my childhood, the smell of sawdust and freshly cut wood, the mechanical humming of machines and at men work I am still in disbelief that these distant memories have become my career.

My Father, Paul Labuschagne, started his love of engineering at a young age, disassembling his father's tools to see how they function all to his parents' dismay. In his school years, mathematics and other subjects did not seem to prompt his curiosity, woodworking did.

After graduating from Tshwane University of Technology in Engineering (1989) his childhood hobby and passion refused to let go. With immense help from his wife Tersia, they set out to create 'Die Stoel', a furniture manufacturer dedicated to building strong and reliable chairs. Die Stoel later expanded to all types of furniture. This early endeavor would spark a lifelong passion for woodworking and ultimately his discovery of the word of God.

L I G H O U S E





In 2013, my mother and father packed their bags and moved to Taiwan, opening a small furniture manufacturing company whilst teaching as a missionaries. They ended up staying for four years. After their return, I was working for a small IT company, but as I quickly learned this was not meant to be. I quit my job a month after my parents returned and started working as a sales representative at their first show under their new company LIGHOUSE (Pty) LTD with our eyes always first on Jesus Christ our Lord.

From our first show at the Decorex Expo in 2016 we went full throttle with a focus on designing and manufacturing our client's custom furniture ideas. With my father's extensive knowledge of woodworking, manufacturing and factory management combined with my mother's natural talent for sales and networking, we quickly grew into the small powerhouse we are today.







Lighouse has faced many challenges throughout the years yet we prevailed and had a steadfast attitude with an eye on the future. We hope to continue creating our client's dream furniture and expand our brand even more.

Enquire on your dream furniture by contacting us at ***071 431 6342***
or by emailing us at ***sales@lighouse.co.za***.
Visit our online shop with our standard products on ***www.lighouse.co.za.***



Mother's Day is coming.

Cue the usual: flowers, brunch reservations, maybe a candle she didn't ask for. Sweet, sure. But let's not confuse effort with impact.

Because in 2025, most moms aren't quietly hoping for roses—they're hoping for relief.

What Moms *Actually* Want This Year

We checked in, and the answers were... honest:

- **Sleep:** Not a nap. Not "I'll keep the kids quiet. Actual sleep. In a bed. Alone.
- **Silence:** No whining. No snack requests. No one calling her name through the bathroom door.
- **No decisions:** Don't ask her what's for dinner. Don't ask where the socks are. Use your adult brain. To not manage anyone else's emotions.**Or schedule.** Or lunchboxes. Just for a day.
- **To not plan her own appreciation:** If she has to organize the celebration, it's not a gift—it's just one more thing.

Let's Talk About the Default Mother's Day

Most ***"relaxing"*** Mother's Days still require moms to be half-on: wrangling kids during brunch, pretending the spilled juice is fine, fielding "Where's my hoodie?" while smiling through it.

The truth is, that one card and one mimosa don't touch the mental load she carries the other 364 days.

Do Better This Year

- **Take over. Fully.** Handle the meals. The chaos. The questions. She doesn't want to be consulted—she wants out.
- **Handle the invisible stuff.** If you think "helping" is doing the dishes, but you didn't remember the permission slip, try again.
- **Don't wait to be asked.** If she has to spell it out, it loses its magic.
- **Skip the generic gifts.** Unless she specifically loves bath bombs, they're a no.

This year, the best gift isn't in a box—it's in the effort to make her feel like she can *exhale*.

Forget the flowers. Handle the load. Let her be unavailable. That's love. That's the good stuff.

And here's why it actually matters: rest isn't a luxury—it's a form of healthcare.

Sleep deprivation doesn't just make someone cranky. It impacts mood, memory, stress levels, and even immune function. Long-term, it's linked to anxiety, depression, high blood pressure, and burnout—things moms are already at high risk for.

What's worse? Most moms aren't getting close to what they need.

According to the Sleep Foundation, **women need around 8 to 10 hours of sleep per night**—more than men—because of the complex mix of hormonal shifts, mental multitasking, and emotional processing their bodies and brains go through daily. On top of that, women experience more insomnia, and mothers especially are constantly interrupted by kids, responsibilities, and the mental load of keeping a household running.

So when a mom says she wants to sleep in, or take a nap, or just lie in bed in total silence—it's not laziness. ***It's recovery.***

It's her body and brain asking to be cared for in the most basic way.

This Mother's Day, the most thoughtful thing anyone can offer is the space to rest deeply and unapologetically. Not as a treat, not as a once-a-year escape—but as a reminder that her health matters. That her exhaustion isn't invisible. That the load she carries is seen.

Give her real rest. Let that be the gift.

And then—maybe—add coffee.



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