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APRIL ISSUE 2026

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HERITAGE HILL
A VILLAGE IN THE CITY

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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APRIL ISSUE 2026











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rcoetzer@tsebo.com
067 411 3721

Security duty phone:
081 824 0923

Security Office:
012 657 2350
(or extension 11111)

PRETOR GROUP:

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Connie Stergianos
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012 001 9000 /
ConnieS@pretor.co.za

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011 316 3010

SAPS Flying Squad
10111

Fire Brigade, Lyttelton:
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Netcare:
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ER 24: 084 124

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Snake Bite Assist:
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HHHOA

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Letter FROM THE GM

Dear Residents,

As we move further into the year, the Board and management team would like to take a moment to reflect on the current environment and to provide an update on key focus areas.

Security remains our highest priority. With increasing pressure on residential estates across the country, we continue to assess and strengthen our access control systems, visitor management protocols, and on-site guarding strategies. Residents are reminded to remain vigilant, ensure that access codes are not shared indiscriminately, and comply with all entry procedures. These measures are only effective when consistently applied by everyone.

Infrastructure and maintenance also remain under close review. The estate is experiencing the natural wear that comes with time, and we are actively implementing preventative maintenance programmes to preserve both functionality and aesthetic standards. We ask that residents also ensure their house maintenance is kept up to date.

We will have an increase in building and renovation activity. While this is positive and appreciated, residents and contractors are reminded to strictly adhere to the estate's building guidelines and conduct rules.

The phase two construction of new dwellings is about to start, with some plans already approved by the HOA and submitted to Tshwane. We expect the first construction work to start within the next few months.

Community engagement remains important. A well-functioning estate depends not only on rules and systems, but on mutual respect and cooperation among residents. We encourage constructive communication and the use of the appropriate channels when raising concerns or suggestions.

We thank all residents for their continued cooperation and contribution to maintaining the high standards of Heritage Hill Estate.

Kind regards,

Janus

Estate Manager
Heritage Hill Estate

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SOCIAL EVENTS calendar

FEBRUARY

- **Sat 14th:** Microchip Day (09:00 – 11:00)

MARCH

- **Fri 6th:** Colour Walk/Run (17:00 for 17:30 – 18:30
- **Thu 12th:** Seniors High Tea (10:00 – 11:30)
- **Mon 16th:** Blood Drive (15:00 – 19:00)

APRIL

- **Sat 18th:** Great Eggscape (09:00 – 10:00)
- **Sat 18th:** Wine & Champagne Festival (14:00 – 17:00)

MAY

- **Mon 18th:** Blood Drive (15:00 – 19:00)

JUNE

- **Thu 11th:** Seniors' soup and bread (11:30 – 13:30)

JULY

- **Mon 13th:** Blood Drive (15:00 – 19:00)
- **Sat 18th:** Mandela Day Winter Fun Walk with Garden Group (08:30/09:00)

AUGUST

- **Sun 16h:** Lemon Festival (12:00 – 15:00)

SEPTEMBER

- **Mon 7th:** Blood Drive (15:00 – 19:00)
- **Fri 11th:** Movie in the Park (18:00)
- **Sat 12th:** Family Amazing Race (15:00 – 16:30)

OCTOBER

- **Thu 15th:** Seniors' high tea 10:00 – 11:30)

NOVEMBER

- **Mon 2nd:** Blood Drive (15:00 – 19:00)
- Sat 28th: Market & Santa's coming to town (TBC)

DECEMBER



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Caring for Our Estate's Animals: It's Community Effort

Heritage Hill is known for being an animal-friendly estate, and our residents' love for animals plays a big role in creating the warm community we all enjoy. Please take a moment to learn about the various initiatives and ways you can help take care of our animal-friendly environment.

Microchipping Drive Success

Recently, the Heritage Hill Care Group hosted an important initiative to help keep our pets safe. On **14 February 2026**, the Heritage Hill Care Group, together with a qualified veterinary nurse, conducted a **microchipping drive** where residents' pets were microchipped in the comfort of their own homes. The initiative was very successful, **with more than 20 cats and dogs chipped across the estate.**

Microchipping is one of the most effective ways to ensure your pet can be safely returned to you if they get lost. The tiny chip, inserted under the pet's skin, contains a unique identification number linked to the owner's contact details.

The HH Care Group has a microchip scanner, which means that if a pet is found wandering in the estate, we can quickly scan the animal, identify the owner, and help reunite them with their family. If a pet leaves the estate and is found elsewhere, it is standard protocol for veterinary clinics or shelters to scan for a microchip, allowing them to contact the owner directly. If your pet is not yet microchipped, we strongly encourage you to consider doing so. It significantly increases the chances of your pet being returned home safely.

Please Do Not Feed or Take In Pets That Are Not Yours

Recently, we have had a few situations where pets have left their homes and started wandering around the estate. In many cases, kind-hearted residents have found these animals and, out of compassion, started feeding them.

While this is done with good intentions, it unfortunately creates challenges when trying to return the animal to its rightful home. Once pets discover a place where they receive food and attention, they often settle there and may stop returning to their owners.

To prevent this from happening, please do not feed or take in pets that are not yours.
If you notice an unfamiliar animal spending time around your home, please contact Estate Management, who will notify the HH Care Group. The Care Group will then help identify the animal and ensure it is returned safely to its owner. If an owner cannot be located, they will assist with the appropriate next steps, which may include responsible rehoming.

Even if you know who the owner is, please avoid feeding the pet. Pets can be very territorial and quickly develop habits of visiting homes where they receive food or treats. While it may seem harmless at the time, it can create problems later—especially if you move and a new resident moves into your home. Additionally, some pets follow strict feeding regimes, and giving them unfamiliar food may cause health problems.

Moving with Pets – Especially Cats

When moving homes, it is important to remember that relocation can be stressful for animals. Dogs generally adapt quickly and tend to stay close to their owners. Cats, however, are much more territorial and may attempt to return to their previous home.

To help cats adjust safely to a new home:

- Keep your cat indoors for at least 2–3 weeks after moving.
- Create a safe indoor space with familiar bedding, toys, and litter.
- Gradually allow supervised outdoor access once they have settled.
- Ensure your cat is microchipped and wearing identification.



Most importantly, your pet remains your responsibility at all times. Pets may not be abandoned or left to roam the estate without returning home. It is neither fair to the animal nor to other residents to have animals wandering the estate without a responsible owner.



Supporting Our Estate's Animals

Heritage Hill is home not only to our residents' pets but also to a variety of wild and feral animals that form part of our estate's ecosystem. **These include:**

- A resident duiker (small deer)
- Koi fish in the estate dam
- Feral cats in the surrounding fields that help control rodents

The HH Care Group looks after these animals and ensures they receive care when needed, including food and medical attention.
To continue this important work, the Care Group relies on community support and donations.

Residents who would like to contribute can make a once-off donation or set up a monthly recurring contribution. Donations help cover food, veterinary care, and other necessary expenses for the animals under the Care Group's care.

If you would like to contribute, simply **email Elsa with your donation details**. The amount can be added to your monthly levy account, or you may make a direct deposit into the estate's bank account.

Every contribution, big or small, helps us maintain the caring and responsible environment that makes Heritage Hill such a special place to live.

Let's all work together within these different initiatives to ensure we maintain a happy, animal-friendly environment and community for us all.

Flowers, Flavours and Friendship



We recently hosted a special morning at the clubhouse for our residents aged 60 and above. Seven lovely ladies joined us for a relaxed and meaningful get together filled with connection and creativity.

Two talented residents made the morning truly memorable. Shirley from Shirli's Bakhuis treated everyone to a delicious spinach and feta quiche, followed by a rich chocolate ganache cake that was thoroughly enjoyed by all. Karen from Innerbloom added a creative touch by sharing her expertise on how to arrange flowers beautifully in a vase. Each guest created their own arrangement and took home a bouquet in a glass bottle as a keepsake from the day.

It was a warm and welcoming gathering where laughter flowed easily, new skills were learned and meaningful moments were shared. These are the kinds of mornings that make our estate feel like home.

A morning filled with flowers, flavour and beautiful connection.

For your own special occasions, Shirley can be contacted on 082 603 3795 and Karen on 078 560 3097.

You can also follow them on Instagram at @shirlis_bakhuis and @innerbloomfloraldesigns.

We are looking forward to our next gathering on Thursday, 11 June at 11:30 for Soup and Bread.















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A Splash of Colour & a Whole Lot of Fun

Our fourth Colour Walk/Run was a vibrant success! The event on Friday, 20 March, took place along our unique 3.5 km village route, starting at the Clubhouse and winding through the Estate.

Participants were soon covered in every colour of the rainbow, creating a lively, joyful atmosphere that was simply contagious. The vibe was energetic, happy, and buzzing — pure medicine for everyone who watched the participants enjoying themselves so effortlessly.

We welcomed 189 participants, each of whom received a well-deserved Heritage Hill Colour Run medal and a Leapfrog goodie bag at the finish line.

A contribution of R1 890 will be made to the Tshelopele Secondary School.

A special thank you to Anita from Leapfrog Property Group for her continued support, to our cyclist, Cristiaan van der Walt, who led the race and showed the participants the route, and to the teams (local businesses) who managed the colour stations: AWX Maintenance, Heritage Hill HOA Board, HL Performance Consultant, Koeitjies & Kalfies Heritage Hill, and Midstream Running Club.

The adults managing the colour stations seemed to have a lot of fun as well.

Without our local businesses generous support in contributing to the lucky draws, this evening would not be as successful as it always is. A colourful shout-out goes to:

- **Leapfrog Property Group - Anita (082 879 4702)**
- **STBB Attorneys**
- **BetterBond**
- **Ansen Flowers**
- **Beauty Connextion**
- **Delizioso Restaurant**
- **Flawless Photography**
- **HL Performance Consultant**
- **Lavish Beauty Boutique Heritage Hill**
- **Lavish Hair Artistry**
- **Mugg & Bean (Midstream)**
- **Nici-Lené – Accessories, Gifts and Décor**
- **Pilates & Co**
- **Rose Glow CO**
- **The Stoep Restaurant**

Top Dog American Gourmet Hot Dogs and Chip ‘n Dip made sure you didn’t have to cook on Friday night. **Just Enjoy Coffee Company** was there to satisfy your thirst.

Every event hosted in our Estate aims to bring families together, create opportunities for new friendships, and give everyone a chance to forget about everyday challenges for a few hours. Just “lekker” vibes all around!

“If you want to go fast, go alone.
If you want to go far, go together.”

Thank you to all our sponsors and participants for making this event memorable! It was colour, sweat and cheers, and we can’t wait for the next one.
































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A Matric Class That Sets the Standard

Southdowns College proudly celebrates the exceptional Class of 2025 – a group whose results reflect academic excellence, resilience and unwavering commitment.

In a demanding year, our matriculants rose to the challenge, achieving a 100% pass rate and an outstanding 96.33% Bachelor's Degree pass rate, placing them among the country's top-performing cohorts. The class earned an impressive 182 distinctions, highlighting consistent excellence across a wide range of subjects.

Leading this success are our top achievers:



- **Aria Sudu**, ranked first in the grade, achieved an outstanding average of 90.46% and earned eight distinctions. Aria's results include being placed in the IEB Top 1% for English Home Language (93%), as well as Top 5% nationally in five subjects and a Level 7 in Life Orientation, demonstrating excellence not only academically but holistically.
- In second place, **Mukundi Mudzingwa** attained an impressive average of 87.85% with eight distinctions, including a distinction in Further Studies Mathematics and Alpha Mathematics. Mukundi was also recognised in the IEB Top 1% for Computer Applications Technology (92%), highlighting both analytical strength and technological aptitude.
- **Langelihle Mkhize**, placed third in the grade, achieved an excellent average of 87.69% with eight IEB distinctions. Her results include distinctions in both Further Studies Mathematics (Standard) and Alpha Mathematics, reflecting a strong mathematical foundation and academic versatility.

Beyond the top three, the depth of achievement is equally noteworthy, with learners achieving between five and seven distinctions – a true reflection of a strong academic culture.

These outstanding results are the product of a powerful partnership between dedicated teachers, supportive families and motivated pupils.

We celebrate the Class of 2025 – confident, capable and future-ready graduates ready to take on the world.



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EGG-STRA Sweet

DIY Easter Treat Boxes

By Micha von Zwietring

There is something truly special about a handmade Easter surprise, especially when it is created with love and a touch of creativity. Instead of throwing away your empty egg cartons, why not turn them into charming little treat boxes? It is a simple, budget-friendly idea that feels far more personal than anything store-bought and adds that extra bit of magic to Easter morning.

"Sometimes the most meaningful gifts are the ones made by hand, not bought off a shelf."

Recycling your egg cartons is not only a clever way to reduce waste, but it also gives you the perfect base for a creative project. These little boxes are ideal for kids, guests, or even as thoughtful gestures for neighbours. And the best part? Each one can be completely unique.

What you need

- 6-egg carton (cardboard, not plastic)
- Paint (acrylic works best)
- Shredded paper or tissue
- Sweets (mini eggs, chocolates, marshmallows)



- Glue (optional for decorations)
- Ribbon of your choice
- Scissors

Step-by-step (simple and clean)

1. Prep the carton

Start by trimming off any rough edges to neaten it up. If the lid feels a bit flimsy, reinforce it with a small piece of tape on the inside to make it sturdier.

2. Paint it

Choose your colours and paint the carton using two light coats rather than one thick layer. This gives a smoother finish and prevents the cardboard from becoming soggy. Make sure each coat dries properly before adding the next.

3. Add filler

Place a small amount of shredded paper or tissue into each compartment. This keeps your sweets in place and adds a soft, gift-like feel when opened.

4. Fill it

Now for the fun part. Add your selection of treats into each section. You can mix different sweets or keep each compartment themed with the same treats for a more uniform look.

5. Close and decorate

Close the carton and finish it off with a ribbon, string, or a cute sticker. A handwritten name tag can make it feel even more personal.

"It is not about how much you give, but how much thought you put into it."

Ideas to make it look really good

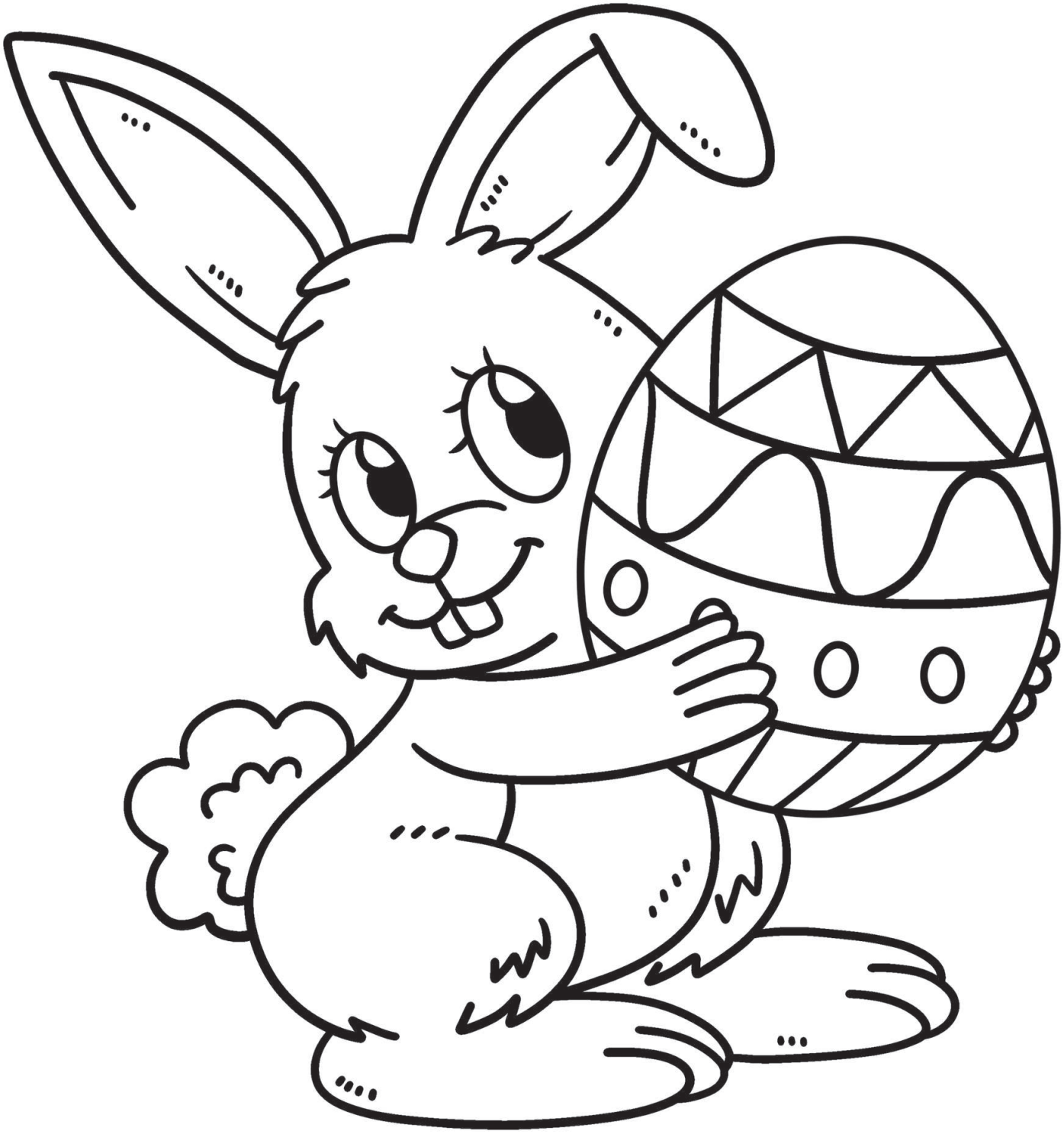
- **Pastel theme:** Soft pink, blue, green, and lavender for a classic Easter look





- **Bunny face:** Draw simple eyes and whiskers on the lid
- **Chick theme:** Paint it yellow and add a tiny orange beak
- **Speckled eggs:** Flick paint lightly over the surface for a natural egg effect

This little DIY project is more than just a craft, it is a fun way to slow down, get creative, and make something special. You can do this with your mom, your friends, or your siblings, and everyone can decorate their own box in their own style. It makes Easter feel extra exciting because you created it yourself.



Download this magazine, print this page, and let the little ones enjoy a fun and creative Easter activity. Parents are welcome to take a photo and share their child's artwork with us at tobia@k-studio.co.za to be featured in the next estate magazine.

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Autumn Pool Care

Safety, savings and smarter living as the seasons change

designer pool covers

As the days get shorter and the evenings cooler, many families assume pool season is "over." Yet autumn is exactly when your pool needs the most attention and protection. Falling leaves, wind-blown debris and cooler nights can quickly turn a clear pool into a maintenance headache – and even when nobody is swimming, an uncovered pool still poses a safety risk for children and pets.

Designer Pool Covers has seen this pattern for years and recommends a different approach: treat autumn as your "smart season" – the moment you lock in safety, savings and easier maintenance for the months ahead.

Why Autumn Is the Moment to Cover Up

As temperatures drop, keep your pool covered when not in use, this is even more important in autumn than in summer.

- **Save water in windy, dry conditions**
  Autumn winds accelerate evaporation. A well-fitted cover can dramatically reduce water loss, which is critical in South Africa's dry climate and during any restrictions.

- **Keep leaves and debris out**
  This is the season when trees shed and gusts carry dust and litter straight into your pool. A cover keeps the mess on top, not in your water, cutting cleaning time and reducing strain on your pump and filter.

- **Stabilise water quality**
  With less debris and less evaporation, your water chemistry remains more stable. Designer Pool Covers' clients typically find they need fewer chemical top-ups going into winter.

- **Maintain temperature and comfort**
  Even if you are only swimming on warmer autumn days, a thermal or solar cover helps retain heat overnight and reduces the chill from those cooler evenings.

Most importantly, a correctly specified safety cover creates a strong barrier over the water. Drowning is silent and can happen in seconds – and it is not limited to summer. For households with children, pets or frequent visitors, this layer of protection is non-negotiable.

Autumn Trends in 2026

Working with homeowners, architects and estate developers nationwide, Designer Pool Covers has identified three clear autumn trends this year:

1. **Safety you can walk on** – with style More clients are asking for solid, tensioned safety covers that can be walked on when properly installed and closed, providing a visually neat surface instead of an open, dark pool. Autumn is when many owners finally act on "we've been meaning to make this safer" and choose solutions that double as a design feature.

2. **Automating the autumn close-up** As families spend more evenings indoors, automatic covers are becoming the go-to option. With the turn of a key or push of a button, the pool is closed in seconds – making it realistic to secure the pool every night without a second thought. This is especially popular on properties with lots of trees, where the daily leaf fall can be intense.

3. **Designing for year-round efficiency** Instead of "summer only" thinking, Designer Pool Covers is seeing more homeowners plan for 12-month performance. Thermal and safety covers are being specified together with heaters, pumps and landscaping so that the pool stays efficient and low-maintenance from autumn right through to spring.



To make the most of the season, here are a few practical steps:

- **Do an autumn "health check"** Before leaf-fall peaks, check your water balance, inspect your pump and filter, and have any issues addressed. Adding a quality cover at this stage locks in that work instead of letting autumn undo it.

- **Match the cover to your lifestyle** If your pool is still used on warm autumn weekends, an automatic or easy-to-roll manual system will make daily opening and closing effortless. If you largely stop swimming after April, a robust safety or thermal cover that can stay on for longer periods may be ideal.

- **Think safety first, then aesthetics** For families with young children or pets, safety covers should be the starting point. From there, Designer Pool Covers can help you choose colours and finishes that complement your paving, deck and garden so the cover enhances your outdoor space.

- **Plan now for winter and next summer** An autumn-installed cover protects your pool through winter, reduces green-pool

surprises in spring and means your water is closer to “swim-ready” when the first warm days arrive.

Why Designer Pool Covers Is the Autumn Essential

Designer Pool Covers has built its reputation on combining safety, durability and design – and autumn is when all three matter most.

- Custom-made safety and thermal covers for most pool shapes and sizes
- Sleek automatic systems and practical manual options for every lifestyle
- A wide range of colours to coordinate with your outdoor finishes
- designed for South African conditions
- Professional installation and guidance on seasonal care and use

Whether you want a luxurious automatic safety cover you can close at the touch of a button, or a robust manual solution to get you through leaf-fall season with minimal fuss, Designer Pool Covers can recommend, supply and install a system tailored to your pool.

This autumn, protecting your pool is about more than just convenience. It is about creating a home environment that is safe, efficient and beautifully maintained all year round – and that is exactly what Designer Pool Covers is here to deliver.





designer pool covers









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Are you looking for a pool cover that offers elegance, style and safety?

Designer Pool Covers have an array of options to fit your needs. From elegant, luxurious automatic pool covers to affordable manual pool covers, we have you covered. Our covers can fit most shapes, designs and pool sizes, with various colours to choose from. All our covers meet international standards.

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Mothers are Magic

Celebrate Her Beautifully This Mother's Day

There is no single definition of a mother.

She may be the one who raised you, the one who stepped in when it mattered most, or the one who simply chose to love you like her own. She could be a grandmother, a stepmom, an aunt, a mentor, or a friend who became family.

And yet, no matter who she is, her impact is unmistakable.

Mothers have a way of shaping our lives quietly. Not always through big, visible moments, but through the everyday things we often take for granted. The check-ins, the encouragement, the sacrifices made without ever asking for recognition.

This Mother's Day is not about perfection or pressure. It is about pausing long enough to truly appreciate her.

To notice the things she does.
To say the words we sometimes assume she already knows.

To give back, even in the smallest way.

"It's not about how much you do, but how deeply you show you care."

For some, that might look like a slow morning together. For others, it could be a message, a visit, or simply time intentionally set aside. The beauty of Mother's Day is that it does not need to look the same for everyone.

What matters is that it feels real.

It is also a day to honour the women who carry the role in different ways. The ones who love

fiercely without the title. The ones who show up, guide, support, and nurture, often without ever being asked.

Because motherhood is not only a role. It is a presence.

A mother's love is not defined by titles, but by the way she shows up, again and again.

And perhaps the most important reminder of all is this: appreciation should not be reserved for one day of the year. But if Mother's Day gives us the opportunity to express what we often leave unsaid, then it is worth embracing.

So this year, keep it simple. Keep it sincere.

Say thank you.
Spend time.
Show her she matters.

Because at the heart of it all, that is what she has been doing for you all along.

A Little Something Extra for Mom

To make celebrating even more special, Indezi River Creamery has shared a selection of delicious recipes and simple serving ideas to help you spoil mom at home. From thoughtful breakfasts to beautifully put-together platters, it's all about adding a touch of love to the table.

That is why we have partnered with Indezi River Creamery and The Barnyard Theatre to give you the opportunity to truly spoil her this Mother's Day.

Competition

Enter our competition and stand a chance to win:

- 2 Barnyard Theatre tickets
- An Indezi River Creamery Party Platter

How to enter:

- Scan the QR code or ***click here***
- Complete the quick entry form
- Entries close on **30 April 2026**.
- The winner will be announced via email or WhatsApp.



Indezi River CREAMERY
THE BARNYARD THEATRE
KS KREATIEF STUDIO

Mothers are Magic



There is a kind of magic that comes without a wand or a cape. It lives in the hands that can make something out of nothing, in the voice of someone who knows your thoughts, in the woman who holds it all together while making it all look effortless.

Mothers - biological or spiritual, allocated, chosen or found - are the OG magicians.

Breakfast flapjacks with whipped cheese

The classic breakfast in bed. Now with an inspired topping that you can be properly proud of! Recipe here.

Simple cheeseboard with pizzazz

It's unbelievably easy to impress with a simple cheese board. The perfect lunch or sundowner dinner...
Get inspired here.
(Requires no actual cooking!)

Good-for-you smoothies

There are many ways to say "I love you." These kefir-based smoothies are just one. But they are beautiful, delicious, and exceptionally good-for-your-gut. Some ideas here.



Nothing says 'I appreciate you' like making something from scratch.
Here are a few ideas to **make mom the star of the show** by using hero ingredients and adding love.

She has great taste.
Serve her good food!



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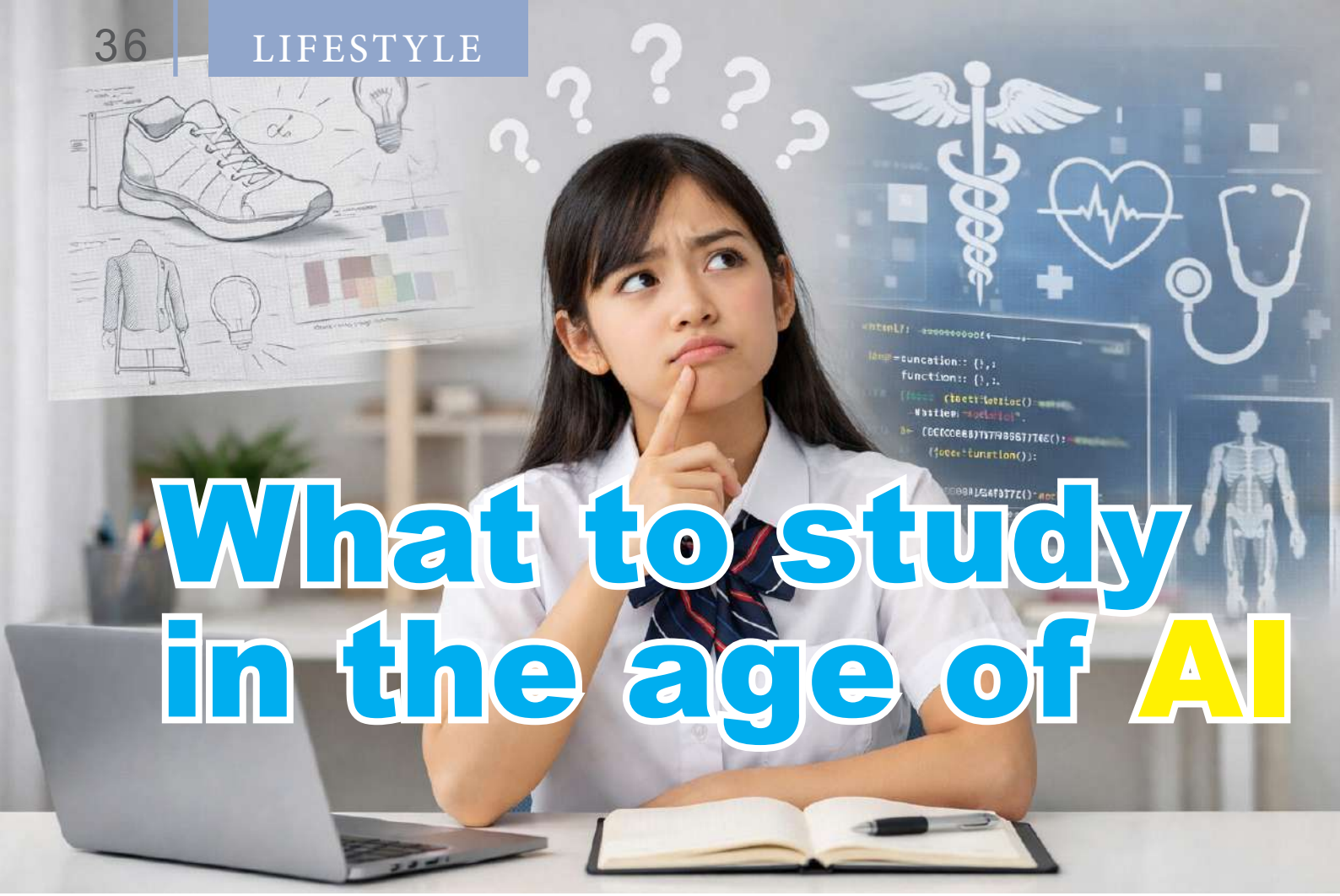


What to study in the age of AI

Choosing your subjects can feel like a big decision, especially with so much talk about artificial intelligence changing the world of work.

Many learners are starting to wonder if certain careers might even disappear. The truth is, most careers are not going away, they are simply changing. What matters now is choosing subjects that give you flexibility and help you grow, rather than trying to predict the future perfectly.

What is really happening with AI?

Artificial intelligence is becoming part of everyday life, from writing and design to analysing information. But it mainly replaces simple, repetitive tasks rather than entire careers. According to World Economic Forum, the jobs growing the fastest are those that combine technology with human skills like thinking, creativity, and problem-solving. This means learners should not be afraid of AI, but rather learn how to use it as a tool that can help them work smarter.

Are creative careers still a good choice?

Creative careers like graphic design, architecture, interior decorating, writing, and editing are still very relevant, but they are evolving. AI can help generate ideas and speed up work, but it cannot replace human understanding, taste, and decision-making. Research from McKinsey & Company shows that while AI can assist with creative tasks,

human judgment remains essential. A designer, for example, does not just create something that looks good, they solve problems and communicate ideas in a meaningful way.

"AI can help you create, but it can't replace your ideas and understanding."

What subjects should you consider?

Instead of choosing subjects based on fear, learners should focus on keeping their options open. Subjects like maths and science can lead to careers in engineering, medicine, and technology, while business and economics open doors to finance and entrepreneurship. Creative subjects like art and design remain valuable, especially when combined with technology. The key is not to limit yourself too early, but to choose a mix of subjects that allow for different opportunities later on.

Why combining skills is powerful

In today's world, having more than one skill is a major advantage. People who can connect different fields are becoming more valuable than those who only focus on one area. For example, a designer who understands marketing, or a scientist who can analyse data, will have more opportunities. According to the OECD, jobs that require problem-solving, communication, and critical thinking are far less likely to be replaced by automation, which makes these combinations even more powerful.

Skills that will always matter

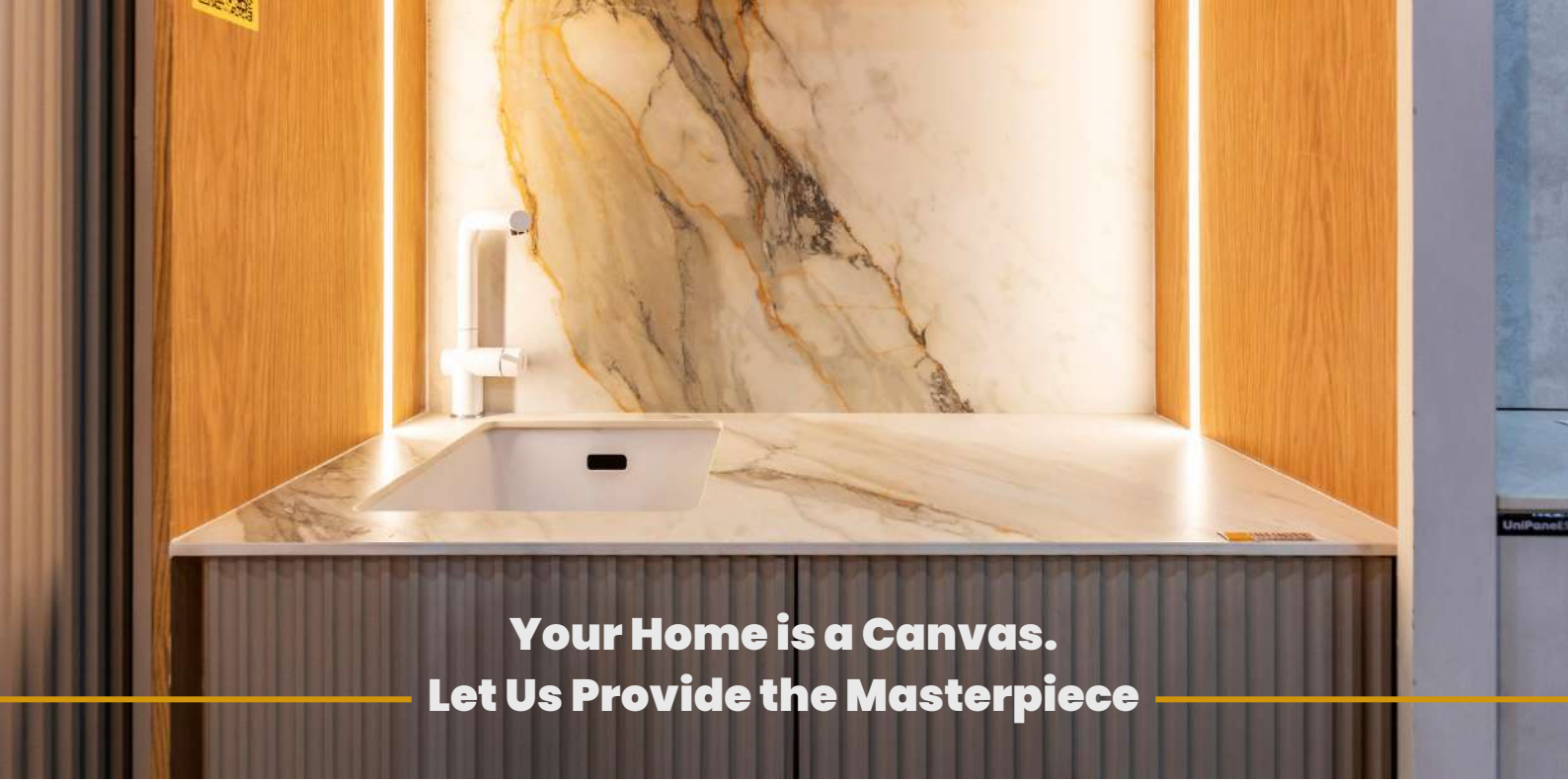
No matter what subjects you choose, certain skills will always help you succeed. These include problem-solving, creativity, understanding technology, communication, and working well with people. These are the abilities that make you stand out and remain valuable, even as technology continues to change the workplace.

"Your subjects matter, but your skills matter even more."

Start building now

Learners do not have to wait until after school to start preparing for their future. Building small projects, learning new digital tools, and exploring interests can make a big difference. According to LinkedIn, employers are increasingly looking for people who can show what they can do, not just what they have studied. This means practical experience is becoming just as important as formal education.

You do not need to have everything figured out right now. Choosing subjects is about creating opportunities, not closing doors. Stay curious, challenge yourself, and be open to learning new things. It can also be a wise step to speak to professionals who can guide you, and even complete career assessments to help identify where your strengths lie. At the same time, do not ignore what you genuinely enjoy. The best path is often where your abilities and your interests meet. **The future will belong to those who can adapt, think for themselves, and keep growing, and that is something every learner can develop.**



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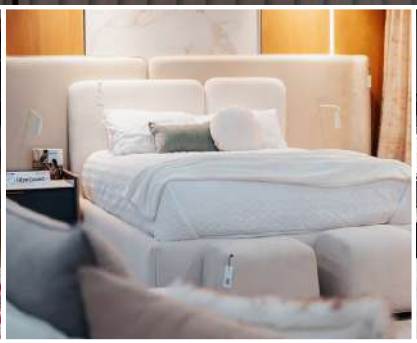


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Rethinking the Rooms You Use Every Day

Thoughtful ways to transform your home...

A home should do more than look beautiful. It should support the way you live, feel inviting and reflect your personality with ease. That is why more homeowners are moving away from formal interiors and towards spaces that feel warmer, more functional and more personal.

One of the strongest interior trends right now is layered, lived-in design. Instead of rooms that feel too polished, people are choosing texture, softness and practical flow. It is an approach that balances beauty with comfort and makes every room feel more usable.

If you are thinking about updating your home, start with the rooms you use most.

THE LIVING ROOM: WHERE COMFORT COMES TO LIFE

The living room is the space where a home's personality shows. It is the place where people relax, gather and unwind, so comfort should always lead the design.

Texture is one of the easiest ways to bring warmth into the space. Natural materials like wood, linen, cotton and rattan add depth and softness, while layered throws and upholstered seating make the room feel more inviting.

Layout matters too. Furniture should support connection and easy movement, helping the space feel welcoming and well balanced.



THE DINING ROOM: STYLE IN THE DETAILS

A dining room should feel welcoming and considered. One of the easiest ways to refresh it is to move away from furniture that matches too perfectly. Mixing finishes, tones or textures can make the space feel more natural and more refined.

Scale matters too. A rug should be large enough for chairs to stay on it even when pulled out, helping the room feel balanced and complete. To finish the space, keep the table styling simple and intentional. A vase, bowl or candlesticks can add interest without overwhelming the room.



THE KITCHEN: WHERE FUNCTION MEETS STYLE

Kitchens are central to how we cook, gather and connect, so they need to work well while still feeling refined.

Good design starts with flow. The fridge, sink and stove should support easy movement, while task and ambient lighting help the space feel both practical and inviting. A well-chosen backsplash adds character and durability, bringing style to a hardworking room.



THE BEDROOM: A SPACE TO UNWIND

A bedroom should feel like a retreat. Soft bedding, supportive pillows and a well-layered bed can instantly make the room feel more restful and refined. Colour matters too. Calmer, muted tones help create a peaceful atmosphere and make it easier to switch off.

The best bedrooms are not only beautiful. They are designed to support comfort, rest and everyday living.



OUR APPROACH

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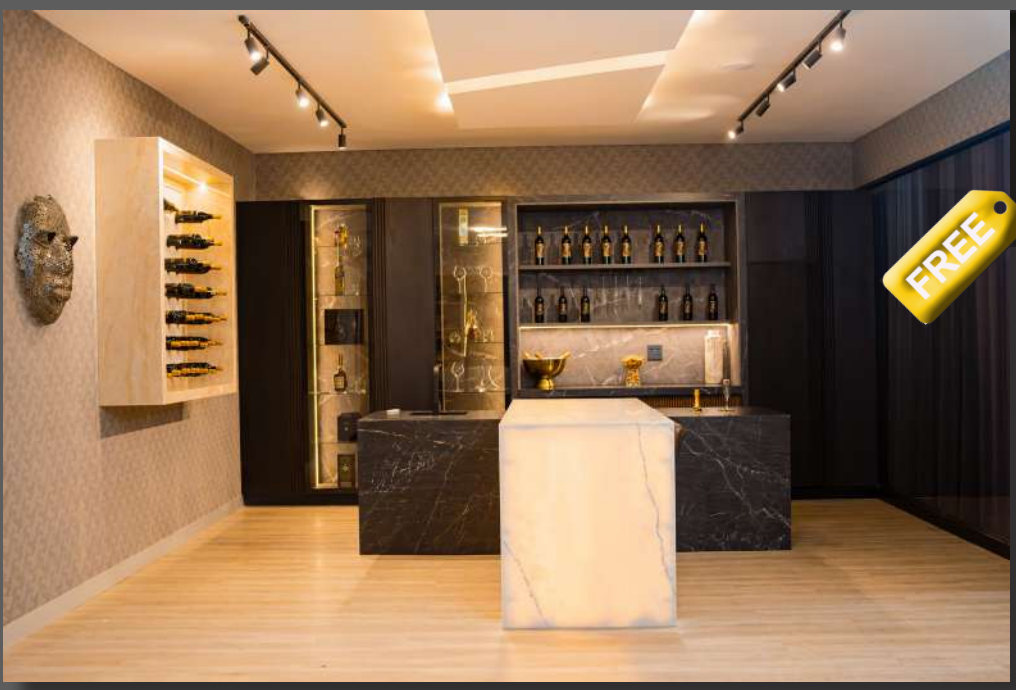

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Leaf it to Autumn

As the air cools and autumn settles in, your garden quietly shifts into preparation mode. While everything above ground may seem to slow down, below the surface there is a lot happening.

This is the season where strong roots are built, setting your garden up for a healthy winter and a vibrant spring. With a focus on indigenous planting and a few smart habits, your garden can thrive with less effort and more reward.

Why Autumn Sets the Tone

Autumn creates ideal conditions for root development. The soil is still warm from summer, while the cooler air reduces stress on plants. This combination allows roots to establish deeply and efficiently. Research consistently shows that plants established in autumn develop stronger root systems, which improves their resilience and growth in the following seasons.

"Strong roots are built in autumn, long before you see the results in spring."

This is why what you do now matters. A little attention in autumn can make a noticeable difference in how your garden looks and performs later.

Go Indigenous for a Smarter Garden

Indigenous plants are naturally suited to South African conditions. They are adapted to local rainfall patterns, soil types, and temperature changes, which means they require less water and maintenance while being more resistant to pests and diseases.

Consider planting favourites like Aloe, Agapanthus, Spekboom, and Wild Rosemary. These plants are hardy, water-wise, and bring year-round structure and interest to your garden. Spekboom is especially valuable, known for its ability to improve soil quality and store carbon.

Choosing indigenous is not just practical, it is a long-term investment in a garden that works with nature.

Add Colour That Lasts All Year

If you would like to keep your garden looking vibrant through every season, there are several indigenous flowering plants that provide long-lasting or repeat blooms.

Plants like Gazania, Bulbine frutescens, Scabiosa africana, and Felicia amelloides (blue daisy) are excellent choices. These plants are known for extended flowering periods, often blooming for most of the year under the right conditions. They add pops of colour while still being hardy and water-wise, making them perfect for estate gardens that need to look good without constant upkeep.











Feed the Soil for Stronger Roots

Healthy soil supports everything in your garden. Autumn is the ideal time to add compost or organic fertiliser, improving soil structure and nutrient content. This helps roots grow deeper and stronger before winter dormancy.

Fertilisers with a higher potassium content are especially beneficial at this time of year, as potassium supports root strength and improves resistance to cold and disease. Studies in lawn and garden care confirm that autumn feeding helps plants store energy, leading to better growth in spring.

Lawn Care: Less is More

Your lawn also needs a seasonal adjustment. One of the biggest mistakes during autumn is cutting grass too short. Short grass weakens the plant, reduces its ability to photosynthesise, and makes it more vulnerable to cold stress.

Instead, keep your lawn slightly longer than in summer and reduce mowing to about every second week, depending on growth. This allows the grass to maintain strength and protects the soil underneath.

"A lawn cut too short today is a weaker lawn tomorrow."

It is also important to keep the lawn free of heavy debris, but avoid excessive disturbance. A well-maintained autumn lawn will recover much faster and greener when spring returns.

Water Smarter as Temperatures Drop

As the weather cools, your garden naturally requires less water. Overwatering can lead to shallow roots and increase the risk of disease. Rather water deeply and less frequently to encourage roots to grow downwards.

Indigenous plants, once established, are particularly efficient and often need very little additional watering during autumn and winter.

Tidy Up With a Light Touch

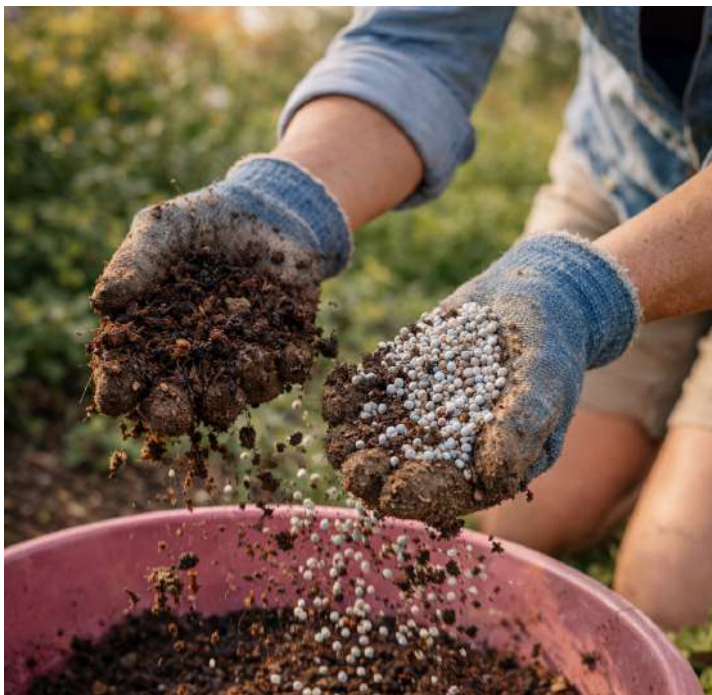
Autumn is a good time to clean up your garden, but there is no need to strip it bare. Remove dead or diseased plants, trim where needed, and clear excess leaf build-up.

Leaving some organic matter behind can actually benefit your soil by acting as insulation and slowly breaking down into nutrients. A balanced approach keeps your garden neat while still supporting natural processes.

A Season to Set Your Garden Up for Success

Autumn is not a winding-down season, it is a preparation season. By focusing on indigenous planting, improving your soil, adjusting your lawn care, and planting long-lasting colour, you create a garden that is both beautiful and sustainable.

A little effort now means less work later and a garden that continues to thrive through every season.



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3 Minute habit

That Changes Everything

It's easy to get caught up in the idea that big results require big effort. Early mornings, strict routines, complicated systems. Yet sometimes, the smallest habits are the ones that quietly shape the biggest changes.

There is one simple practice that stands out for how effective it is, without demanding much from you. It takes just a few minutes a day, requires no special tools, and yet has the power to sharpen your thinking, improve your decisions, and build a sense of control over your life. It's the habit of writing things down. Not pages and pages, just a few intentional lines each day.

"Small daily reflections create big long-term clarity."

Why It Works So Well

What makes this habit so powerful is not the effort, but the consistency. When you write something down, you are forced to process it. You move from reacting in the moment to actually understanding what happened and why. Over time, this builds sharper thinking and more intentional decision-making. After a few weeks, you begin to notice patterns in your behaviour. You see what drains your energy, what motivates you, and what keeps repeating. This awareness alone is often enough to shift behaviour naturally, without forcing change.

It Builds More Than You Think

Writing also improves memory and learning in a simple but effective way. Even a quick note like "today I realised this" helps ideas stick, allowing you to build on lessons instead of losing them. At the same time, this habit quietly builds discipline. Because it is so small, it is easy to stay consistent. There is no overwhelm, no pressure, just a daily moment of showing up for yourself, and over time, that consistency strengthens your ability to follow through in other areas of your life.

What It Actually Looks Like

In practice, it is incredibly simple. At the end of each day, **take a moment to write down one thing you did, one thing you learned, and one thing you would do differently.** That's it. No need for perfect wording or deep insights every day, just honest reflection. You can do it in a notebook, on your phone, or wherever it feels easiest. The format does not matter. What matters is that you pause long enough to notice your day.



"Clarity doesn't come from doing more. It comes from noticing more."

Why This Beats Flashier Habits

There is nothing wrong with ambitious routines like early mornings or structured schedules, but many of them rely heavily on motivation, and motivation is not always reliable. This habit is different. It relies on attention, something you can return to even on your busiest days. Instead of trying to control everything, it helps you understand what is already happening, and from that understanding, better choices naturally follow.



The Long-Term Payoff

If you stick with it for a few months, you will have something surprisingly valuable: a clear record of how you think, how you improve, and how you make decisions. It's not loud or dramatic, but it works. And sometimes, the smallest habits are the ones that create the strongest foundations.



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Just Fit Specialise in Personal, Group and Online training, Muscle toning and Building. Weight loss, Nutrition plan and Coaching. Janine – 083 454 9087 or janine@justfit.co.za

Midstream Athletics Club
Join our weekly Time Trial, held every Tuesday afternoon at 17:30 at the Parkrun parking area on Midstream Ridge Drive. Follow us on Instagram Facebook Email: midstreamac@gmail.com

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