

THE ECO

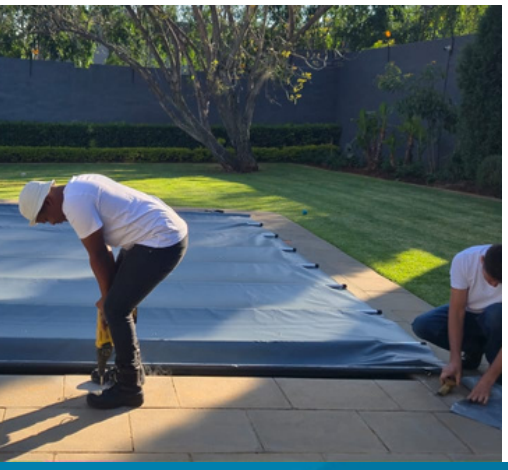
OCTOBER ISSUE 2026

THE HILLS

GAME RESERVE LIFESTYLE ESTATE

designer pool covers









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THE HILLS
GAME RESERVE LIFESTYLE ESTATE

Disclaimer: This e-Magazine is produced especially for residents/owners of The Hills Estate to provide updates and useful information. It is produced by K-Studio on behalf of The Hills Estate HOA. Although every effort is taken to ensure accuracy of content, The Hills 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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IMPORTANT *Contacts*

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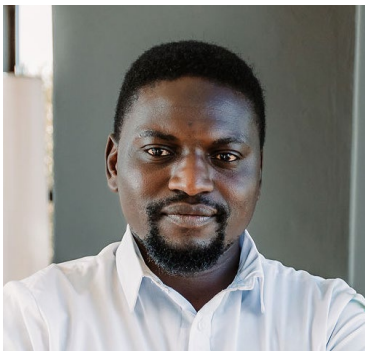

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STAY CONNECTED

Follow our official channels for estate updates, reminders and important information.

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USEFUL CONTACT NUMBERS

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From the MANAGEMENT TEAM

Dear Residents,

Spring has certainly brought a fresh energy to the estate, and as we head towards summer, it is wonderful to see so many of the projects we have been working on beginning to take shape. We would first like to welcome **Funeka Mogakane** as our new Estate Manager. We are delighted to have her step into this role and look forward to this next chapter for the estate, working together with the management team and our community.

Many residents will already have noticed some of the changes taking place around the estate. The gym renovation has now been completed, just in time for those summer fitness goals! New tiles and paint have given the space a calm, earthy feel, while a new feature wall adds a fun, photo-worthy touch. We have also introduced new equipment to offer residents a greater variety of training options, and it has been encouraging to see the gym so well used already.

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Aesthetics & Facilities Officer
Clarice Pretorius
060 187 9458

Updated email addresses will be shared once they have been set up.



The pool alongside the gym has also received some attention, with new marbelite and an upgraded exterior feature wall that ties in beautifully with the restaurant and newly renovated gym.

Outside, spring has brought its own transformation. Both the Atterbury and Garsfontein entrances have received landscaping makeovers, with a selection of indigenous and water-wise plants adding colour and texture. This work will continue, with further landscaping planned for the clubhouse entrance leading towards the restaurant and gym.

Our natural spaces remain an important part of what makes our estate special. New trees have been planted around the dam and clubhouse, adding to the environment we hope future generations will continue to enjoy. New benches and picnic tables have also been installed in these areas, creating more places to stop, sit and enjoy the surroundings. We hope residents will make good use of them and help us keep these shared spaces beautiful by using the bins provided.

And there is still plenty to look forward to. Planning for the new sports facility is progressing, with earthworks currently being finalised. Once this phase is complete, an RFP will be issued for the development of the facility between the clubhouse and Extension 7. It is an exciting project that will eventually give residents even more opportunities to be active and enjoy time together.

October will also give us another reason to get together, **with a Sunset Wine Market** being planned by the restaurant in collaboration with the Recreational Committee. More information will be shared soon, but we hope it will be a relaxed evening where neighbours can meet, unwind and enjoy the start of the warmer season.

There is something particularly special about this time of year on the estate. The days are getting longer, our green spaces are coming alive again and there is a sense of summer just around the corner.

Thank you to every resident for your continued support, patience and involvement as these projects unfold. Each improvement, whether big or small, contributes to making our estate a place we can all enjoy and be proud to call home.

Warm regards,
The Management Team

“Each improvement, whether big or small, contributes to making our estate a place we can all enjoy and be proud to call home.”

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READY FOR SUMMER?



Simple ways to help your garden thrive through Pretoria's heat, summer storms and thirsty days.

As Spring settles in and temperatures begin to climb, our gardens seem to wake up almost overnight. New growth appears, lawns turn greener and flower beds begin filling with colour. But October and November also bring longer, hotter days, sudden Highveld thunderstorms and a garden that can become surprisingly thirsty.

A little preparation now can make all the difference, helping your garden stay healthy, resilient and beautiful throughout summer.

Feed the Soil

A thriving summer garden starts below the surface. Healthy soil holds moisture more effectively and gives plants access to the nutrients they need during their busiest growing season.

Add a layer of good-quality compost to garden beds and gently work it into the upper soil without disturbing established roots. This is also a good time to feed actively growing plants with a suitable fertiliser, following the recommended application rates.

More is not necessarily better. Overfeeding can damage roots and encourage excessive soft growth, so always follow the product instructions.

Mulch Before the Heat Arrives

If there is one simple job worth doing before the hottest days arrive, it is mulching. Spread a generous layer of organic mulch, such as bark, wood chips, compost or leaf litter, around trees, shrubs and garden beds. Mulch helps reduce evaporation, keeps the soil cooler and suppresses weeds that would otherwise compete with your plants for water.

Leave a little breathing room around plant stems and tree trunks rather than piling mulch directly against them.

> “A summer-ready garden isn’t about watering more. It’s about helping every drop go further.”

Water Wisely

When the weather heats up, it can be tempting to give the garden a quick splash every day. Deep, less frequent watering is generally more beneficial than constantly wetting only the surface. A thorough watering encourages roots to grow deeper into the soil, where moisture remains available for longer. Early morning is usually the best time to water, giving plants an opportunity to absorb moisture before the heat of the day.

Pay attention to individual areas too. A sunny flower bed, established tree and shaded corner do not necessarily need the same amount of water. And remember, wilting does not always mean a plant needs more water. Constantly wet soil, yellowing leaves and struggling plants may be signs of overwatering or poor drainage.

Give Pots a Little Extra Attention

Containers can dry out much faster than garden beds, particularly on hot patios and in areas exposed to afternoon sun.

Check pots regularly by feeling the soil rather than watering automatically. Adding mulch to containers can help slow moisture loss, while grouping pots together may provide some protection from intense heat.

Make sure every container has adequate drainage. After a summer downpour, water should be able to escape freely rather than leaving roots sitting in soggy soil.

Prepare for Summer Storms

Highveld thunderstorms can bring heavy rain in a short time. Keep drains and gutters clear and make sure water can drain freely without pooling. After a storm, check for broken branches, displaced mulch, exposed roots and waterlogged pots.

Watch for Summer Visitors

Warmer weather can also bring aphids, mealybugs and whitefly. Check new growth and the undersides of leaves regularly so problems can be treated before they spread.

Healthy soil, mulch and smart watering will help your garden handle the heat, rain and everything a Pretoria summer brings.



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In luxury homes, every detail matters. From architectural flow to finishes that reflect personal taste, modern homeowners are investing in spaces that offer both beauty and long-term practicality. One feature increasingly found in premium residences is the private Home Lift, not as a medical necessity but as a lifestyle upgrade that brings comfort, elegance and future readiness into the home.

This is where Lifta SA has become a trusted name in South Africa's high-end residential market.

Lifta SA specialises exclusively in premium Home Lifts designed for private residences. With over 600 Home Lifts successfully installed across South Africa, Lifta has built a reputation for European quality, refined design and expert local installation. From coastal villas to multi- storey city homes, Lifta Home Lifts have become a natural addition to discerning properties where convenience and design go hand in hand.

Unlike traditional elevators, Lifta Home Lifts are designed to work with the home rather than reshape it. They operate on slim support rails and do not require a lift shaft, machine room or deep pit. This allows them to be installed in a wide range of spaces, including stair voids, corners and open-plan living areas, while maintaining architectural integrity.

Lifta offers two main models tailored to different lifestyle needs. The Duo Home Lift is compact and elegant, ideal for standing passengers or a seated ride. It suits homes where space efficiency and discreet integration are priorities. The Trio Home Lift offers generous internal space and is suitable for two people or a wheelchair, making it a perfect choice for homeowners who want to future-proof their residence without compromising on style.

Design is central to the Lifta offering. Each Home Lift can be customised with a range of wrap finishes in contemporary colour options, allowing the lift to blend seamlessly into luxury interiors. Quiet operation, smooth travel and intuitive controls ensure that the Home Lift enhances everyday living rather than drawing attention to itself.

Design is central to the Lifta offering. Each Home Lift can be customised with a range of wrap finishes in contemporary colour options, allowing the lift to blend seamlessly into luxury interiors. Quiet operation, smooth travel and intuitive controls ensure that the Home Lift enhances everyday living rather than drawing attention to itself.

One of the key advantages for high-end homeowners is the simplicity of installation. Once the required preparation work is completed, a Lifta Home Lift can be installed within just two days. This makes it an attractive option for both new builds and existing homes where owners wish to upgrade without lengthy construction or disruption.

Beyond design and engineering, Lifta SA places strong emphasis on service and professionalism. Each project begins with a free, no-obligation onsite consultation where experienced advisors assess the home and recommend the most suitable solution. Installation is carried out by trained teams who work with precision, care and respect for the home environment.

For affluent homeowners, a Home Lift is no longer only about accessibility. It is about ease of movement, dignity, independence and adding long-term value to a property. A Lifta Home Lift supports multigenerational living, enhances resale appeal and ensures that a home can be enjoyed comfortably for years to come.

As luxury living continues to evolve, Lifta SA remains at the forefront of intelligent home mobility. With proven experience, hundreds of installations and a clear understanding of premium homes, Lifta is redefining how South Africans move within their most valued spaces.

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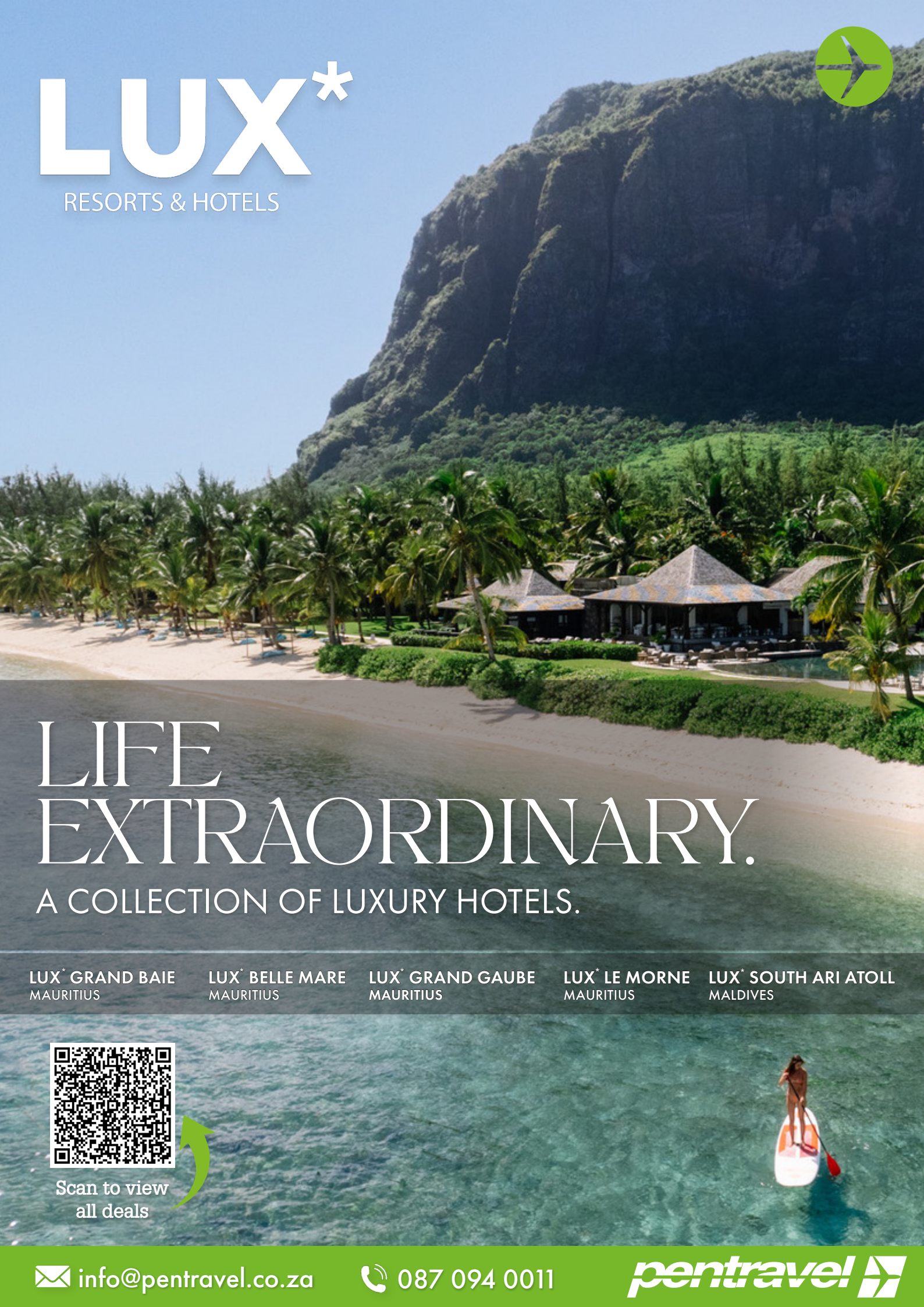
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The Holiday You Actually Need

Beach, bush, city or mountains? Perhaps the best way to choose your next escape is to first ask what you need from it.



We usually start planning a holiday with one question: Where should we go?

But perhaps there is a better question to ask first: What do I actually need from this holiday?

Because the perfect escape for someone craving rest could feel painfully slow to someone desperate for adventure. A packed city itinerary might be exhilarating when you want something new, but exhausting when what you really need is sleep, sunshine and nowhere to be.

Before opening another booking site, think about how you want to feel when you come home.



I Need to *Switch Off*

If life has been a blur of deadlines, school runs and notifications, don't replace your everyday schedule with a holiday itinerary. Choose somewhere that makes doing very little feel perfectly acceptable. Think slow mornings, long lunches, a good book and nowhere you need to be.

Your escape: Beach, spa retreat or quiet countryside stay.



I Need *Something New*

Maybe life has simply become a little predictable. Visit a city you've never explored. Try unfamiliar food. Wander without an itinerary. Take the road you've never taken before. And remember, you don't necessarily need a passport. Sometimes somewhere completely different just a few hours from home is enough to give you that wonderful feeling of discovery again.

Your escape: City break, foodie weekend or cultural getaway.



I Need *Adventure*

If seven days beside a pool sounds more boring than blissful, you probably need a little adventure. Look for destinations where you can hike, snorkel, explore, go on game drives or simply discover somewhere completely unfamiliar. Just resist planning every hour. Adventure needs breathing room too.

Your escape: Mountains, safari, road trip or active coastal getaway.



I Need to *Reconnect*

Sometimes what we really need isn't a new destination. It's uninterrupted time with the people we love. Choose accommodation that encourages everyone to slow down and be together. Think long dinners, braais, swimming, games and conversations without everyone disappearing back into their normal routines.

Your escape: Bush lodge, family villa, farm stay or seaside house.

CHOOSE THE FEELING FIRST

Forget the trending destinations for a moment. Do you need rest, adventure, connection or something new? Start there. ***Because the best holiday is the one that gives you what you didn't realise you needed.***

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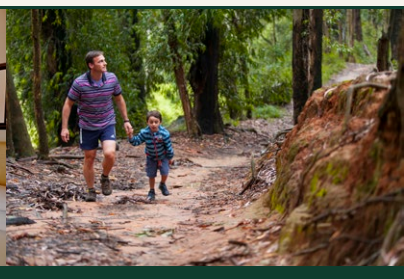

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THE HOME THAT HELPS YOU FEEL BETTER

A beautiful home is not only about how it looks. Increasingly, the spaces we love most are the ones that help us feel calmer, lighter and more at ease in everyday life.



For years, the idea of a dream home was often shaped by appearance alone. We admired the perfect kitchen, the statement staircase or the beautifully styled living room. While aesthetics still matter, many homeowners are now asking a different question: how does this home make us feel?

It is a quiet shift, but an important one. A home can influence our mood far more than we realise. The way natural light enters a room, whether fresh air moves easily through the space, how much noise travels from one area to another, and even what we see when we look out of a window all shape the experience of daily life.

This is why wellness-led design is gaining attention. It is not about turning a home into a spa or following a trend for the sake of it. It is about creating spaces that support the people living in them. A bedroom that feels restful, a kitchen that invites connection, a reading corner that offers a moment of pause, or a patio that encourages more time outdoors can all make a home feel better in a very real way.

Natural light is often one of the biggest game changers. Bright, sunlit spaces tend to feel more uplifting and open, while dark rooms can feel heavy and closed off. Even simple choices such as lighter window treatments, well-placed mirrors or a more thoughtful furniture layout can help a room feel brighter and more welcoming.

"The best homes do more than look beautiful. They help us breathe a little easier."

Good design is not only seen. It is felt.

Airflow matters too, especially in our climate. Homes that allow air to move freely often feel fresher and more comfortable. Opening up a space to a garden, courtyard or patio can strengthen that sense of ease and connection. The relationship between indoors and outdoors is one of the qualities that makes a home feel alive.

There is also a growing appreciation for quieter, gentler interiors. This does not mean empty rooms or sterile minimalism. It means choosing comfort over clutter, texture over excess, and spaces that work with everyday life instead of against it. When a home functions well, it can lower stress in subtle but meaningful ways.

Ultimately, the most memorable homes are not always the most dramatic ones. They are often the ones that feel calm, balanced and effortless to live in. They help us exhale. And in a world that rarely slows down, that may be one of the most valuable design qualities of all.





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Calm before the finals



Two weeks to go. The books are open, the timetable is full and suddenly every subject feels urgent. The good news? The final stretch does not have to be frantic to be effective. When exams are close, the temptation is to do everything at once. Rewrite every note. Relearn every chapter. Study until midnight. Panic about the sections that still feel shaky.

But the final two weeks before exams are not really about doing more. They are about getting clearer about what matters most. A little structure, enough sleep and a realistic plan can do far more than hours of unfocused studying.

"The goal in the final two weeks is not perfection. It is calm, focused progress."

01 Start with what needs attention

Before creating a study timetable, take a quick look at each subject and ask one simple question: what am I least confident about?
That is where the focus should go first. There is little value in spending an entire afternoon revising work that already feels comfortable simply because it is easier. Keep the list manageable. Three priority areas per subject can feel far less overwhelming than trying to “study everything”.

02 Practise, do not just reread

Reading notes can feel productive, but it is easy to reach the bottom of a page and realise very little has actually stuck. Try doing something with the information instead. Answer questions without looking at your notes. Explain a concept out loud. Write down everything you remember about a topic before checking what you missed. Use past papers where possible. The goal is not simply to recognise the work. It is to be able to recall and use it when the question appears in front of you.

03 Shorter can be smarter

A three-hour study marathon is not always better than three focused 40-minute sessions. Work in blocks, take proper breaks and change subjects before your concentration completely disappears. During study time, put your phone somewhere out of reach. Even a quick glance at a message can easily become ten minutes of scrolling. And when you take a break, actually take one. Stretch. Eat something. Step outside. Give your brain a chance to reset.

04 Sleep is part of studying

Staying up late may feel like gaining extra study time, but an exhausted brain is not particularly helpful the next morning.
Especially in the final days before an exam, sleep should be part of the plan rather than something that happens only when the work is finished. There will always be one more page to read.

WHAT ACTUALLY HELPS

- Choose your priority topics.
- Use past papers.
- Study in focused blocks.
- Put your phone away.
- Ask for help when needed.
- Eat properly and sleep.
- The night before, do a light review, pack what you need and get a good night’s rest.

WHAT DOES NOT HELP

- All-night cramming.
- Comparing yourself to friends.
- Rewriting every note from scratch.
- Trying to fix every subject in one day.
- Panicking over one difficult study session.
- Starting new work or studying late into the night before an exam.

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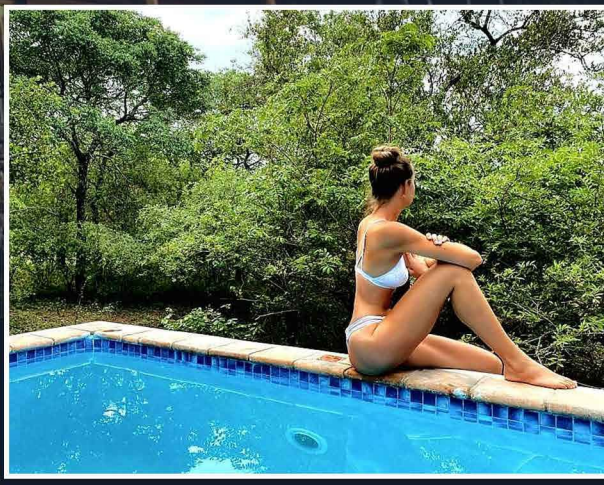

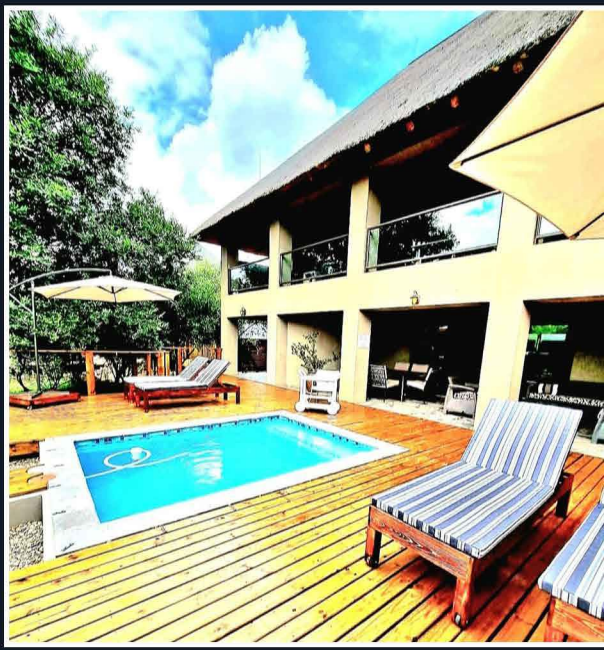

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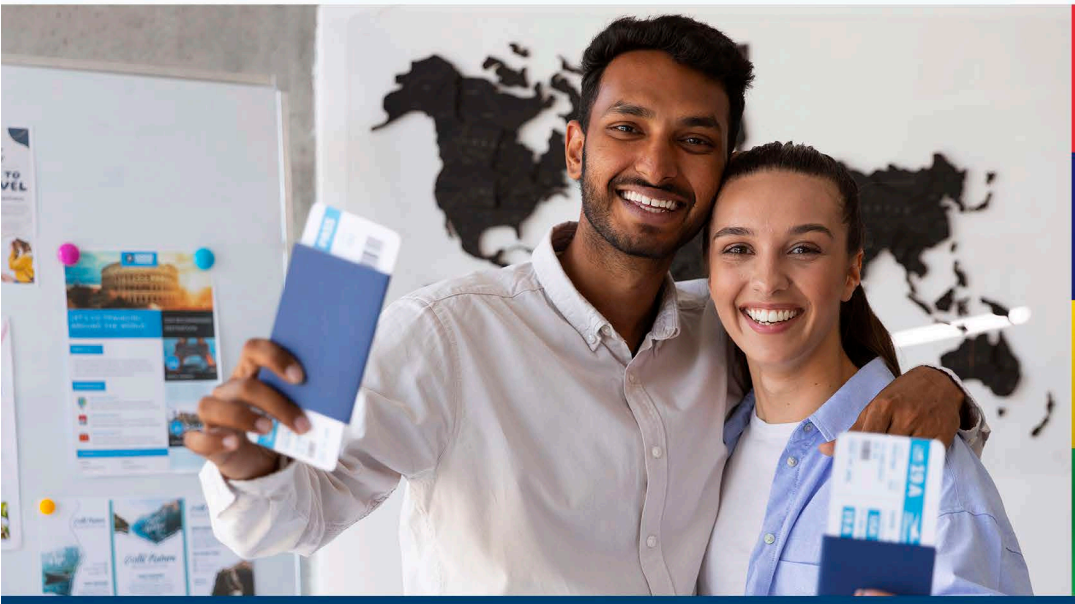
Strategic Consulting & Management Solutions Ltd is a Mauritius-based consultancy specializing in relocation, residency, immigration, and business setup services for individuals, professionals, investors, retirees, and entrepreneurs looking to establish themselves in Mauritius.





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THE SCOOP ON POOP: NOT ALL DIARRHOEA IS THE SAME

BY DR VICKY LOUW (BVSC)

Diarrhoea is one of thecmost common problems we see in dogs and cats. Sometimes it really is just an upset tummy, but sometimes it can be the first sign of infection, such as parasites or bacteria, dietary problems, pancreatitis, intestinal disease or even a foreign body.

Not all diarrhoea looks the same

Diarrhoea does not necessarily mean completely watery stool. It can be:

- Soft but still formed
- Pudding-like or completely watery
- Frequent small amounts
- Covered in mucus or slime
- Streaked with fresh red blood
- Very dark or black

The amount, frequency, colour and contents can help us determine which part of the gastrointestinal tract may be unhappy.

Small bowel vs large bowel diarrhoea

Small bowel

This typically produces larger volumes of diarrhoea, but your pet may not need to go outside constantly. You may also notice vomiting, weight loss, gas, poor appetite or very dark stool.

Large bowel

These pets often want to go over and over again, but only pass small amounts. Common signs include:

- Urgency
- Straining
- Mucus or slime
- Fresh red blood
- Frequent small stools
- Accidents in the house

What does blood mean?

Bright red blood usually comes from the lower intestinal tract. A small streak can occur with an irritated colon or straining and is not automatically an emergency. However, large amounts of blood or repeated bloody diarrhoea, especially when accompanied by vomiting, weakness or lethargy, should be assessed by a vet.

Black, sticky or tar-like stool is different. This may represent digested blood coming from higher up in the gastrointestinal tract and is more concerning.

What about funny colours?

Yellow, orange or green diarrhoea can sometimes occur when food is moving through the intestines too quickly. Colour can also be influenced by bile and, of course, whatever questionable thing your pet decided looked delicious that day!

Colour alone does not give us a diagnosis. However, persistent unusual colour, especially very pale, grey or black stool, deserves investigation.

And the slime?

That jelly-like coating is usually mucus produced by the intestinal tract, particularly the colon.

It commonly occurs with colitis and may be associated with dietary indiscretion, stress, parasites, infections or other causes of intestinal inflammation.

When can I monitor at home?

A single mild episode in an otherwise healthy adult pet can often be monitored if your pet is:

- Bright and behaving normally
- Eating and drinking
- Not repeatedly vomiting
- Not painful
- Not passing significant amounts of blood
- Not suspected of eating a toxin or foreign object

A little poop etiquette goes a long way!

Remember, diarrhoea is not always caused by something your pet ate. Some causes are infectious and can spread to other animals and may even pose a risk to people. Parasites and infectious organisms can be shed in faeces, contaminating grass, soil, pavements, communal gardens and other public spaces. Other dogs can then be exposed through contaminated paws, noses, water or the environment.

If your dog has diarrhoea, avoid dog parks and other busy dog areas until they are better, especially if you do not yet know the cause.

When should I make a vet appointment?

Make an appointment if:

- Diarrhoea continues for longer than 24 to 48 hours or keeps coming back
- There is repeated blood or mucus
- Your pet is vomiting
- Appetite decreases
- Your pet is losing weight
- Your pet seems painful or uncomfortable
- There is a persistent change in normal stool habits

When should I RUN to the vet?

Seek veterinary attention urgently if diarrhoea is accompanied by repeated vomiting, severe lethargy, weakness or collapse, pale gums, large amounts of blood, black tarry stool, a painful or swollen abdomen, an inability to keep water down, suspected poisoning or possible foreign-body ingestion.

We are also more cautious with puppies, kittens, elderly pets and animals with existing medical conditions, as they can become dehydrated or deteriorate more quickly.

Should I bring a poop sample?

Yes, please! If possible, collect a fresh sample, no older than 24 hours, in a clean container or plastic bag and bring it along. We may want to check it for parasites, Giardia or other abnormalities. And do not be embarrassed about bringing us poop. We are vets. We have seen worse. And I personally get excited about looking at stool under the microscope!

One soft poop is not always a concern. But if diarrhoea persists, keeps coming back, or is accompanied by changes in appetite, weight or behaviour, it is worth checking with your vet. When in doubt, give us a call. We are here to help!

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EST ATE

photos

Every day, beauty whispers to us - birdsong in the dawn, gentle creatures on velvet hooves, sunrise blushing, and sunset sighing. Let's share these moments together.


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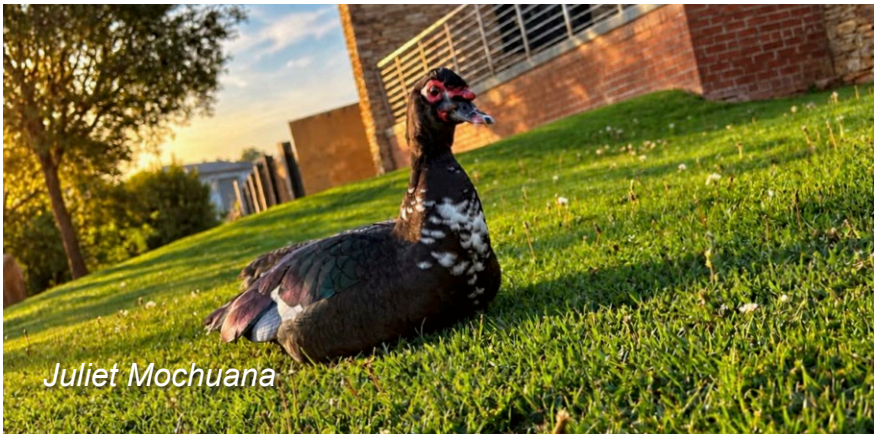
Jaco Munnik


Juliet Mochuana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Submit your photo to tobia@k-studio.co.za or whatsapp 082 962 8255



A NEW CHAPTER AT THE HILLS FITNESS CENTRE

A message from Keanu Niemand, our new Gym Manager

Hi everyone,

For those who don't know me yet, I'm **Keanu Niemand**, and I'm excited to be stepping into my new role at The Hills Fitness Centre.

The gym has actually been part of my life at The Hills since 2021, when I started offering HIIT classes to residents. What began as one class gradually grew to twice a week, and over time I've had the privilege of getting to know many of you through training and the Fitness Centre.

My professional background is a little different from what you might expect. I hold a BCom Honours degree in Industrial and Organisational Psychology with Labour Relations, as well as an Olympic Weightlifting certification. I originally completed the weightlifting qualification to improve my own knowledge for competitions, but it quickly developed into something much more.

I discovered how much I enjoy helping others become stronger, more confident and more comfortable in their training.

As I take on this new role, my focus is simple. I want the Fitness Centre to be a space that residents genuinely enjoy using. A gym that is welcoming, well looked after and suited to the needs of our community.

I'm looking forward to building on what is already here, getting to know even more residents and continuing to create a premium fitness experience at The Hills.

MEET THE TEAM

I'll be working alongside our gym supervision team, who will help ensure that residents continue to receive the support they need at the Fitness Centre.

Nhlanhla Bucibo
Gym Supervisor, Group &
Personal Trainer

Nico Le Roux
Gym Supervisor
Weekends & Public Holidays

The Fitness Centre has been part of my life at The Hills for several years, and I want it to be a place where residents feel comfortable, motivated and excited to train.

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SECURITY UPDATE

Dear Residents,

We are pleased to report that there has been a significant decrease in behavioural complaints across the estate. We do, however, continue to receive complaints relating to noise, nuisance and behaviour that can lead to unnecessary disputes between neighbours.

We kindly remind residents to be considerate of those living around them and to abide by the Estate Rules, which are there to ensure a safe and pleasant environment for everyone.

Clubhouse Parking Concerns

We have recently received complaints involving teenagers and young adults gathering in the clubhouse parking area to party, play loud music, use prohibited substances and leave litter behind. The clubhouse parking area is not a party venue. Homes are situated close to this area, and loud music and disruptive behaviour create an unnecessary disturbance for surrounding residents. This behaviour will not be tolerated.

We ask parents to please discuss responsible behaviour within the estate with their teenagers and young adults.

Littering in the Estate

We have also noticed an increase in littering around the estate. As residents of an eco estate, we all have a responsibility to protect our environment and wildlife. Please dispose of rubbish responsibly and encourage family members, visitors and staff to do the same. Where littering incidents are reported, CCTV footage may be reviewed to identify those responsible, and fines may be issued in accordance with the Estate Rules.

Staff Access Registration

Most domestic staff and gardeners have now been registered for access, helping to make access control at the gates quicker and more convenient. Residents are encouraged to register their staff rather than collecting them outside the gate. Registration also assists Security in keeping accurate records of entry into and exit from the estate.

Speeding Remains a Concern

Speeding continues to be a serious concern and poses a risk to residents, children, pedestrians and wildlife.

We urge all motorists to adhere to the estate speed limits at all times and to remind visitors and service providers to do the same.

CCTV Footage and Investigations

Residents are reminded that CCTV footage can only be released to an investigating officer where a formal case has been opened. Where a complaint requires footage to be reviewed, Security will conduct the necessary investigation and provide feedback to the complainant. In accordance with POPIA, personal information cannot be shared unless legally permitted or agreed to by the parties involved.

As we head into the festive season, we ask everyone to play their part in keeping our estate safe, clean and considerate of those around us.

We wish all our residents and their families a safe and enjoyable festive season.

The Security Team



WHY CHOOSE US?

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MESSAGE FROM THE OWNER

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I'm Michael Wendels, founder of Legend Furniture Removals. Since 2008, we've helped people across South Africa and beyond relocate with confidence and peace of mind.

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CLASSIFIEDS

If you would like to advertise in the Echo's Classifieds section, please email Tobia at tobia@k-studio.co.za by the 15th of every month. The Classifieds section is exclusively available to The Hills residents, allowing you to advertise at no cost. Please include your stand number and contact details for references.

Classified advertisements are intended to connect residents with trusted services and are not typical sales promotion adverts. They serve as a platform to bring together community members who can benefit from each other's services.

As a resident, you are welcome to recommend good and reliable service providers for inclusion in the Classifieds. Please inform us if a service provider has changed their contact number or is no longer available, so we can update or remove them from the list accordingly.

Important Notice: The publishers and the HOA are not responsible for the quality of services provided by any suppliers listed. Satisfaction with service delivery is not guaranteed, and any concerns should be addressed directly with the service provider.

BUILDING/ CONTRACTORS

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- **Lucas Projects:** Specialist offers reliable, high-quality home maintenance and improvement services, including painting, roof leak repairs, ceilings, molding, cornices, skirting, and pergola construction. With proven experience and multiple completed projects in The Hills and Midstream, Lucas delivers workmanship you can trust. **Contact 079 388 8489**

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- JP Liebenberg - 082-390 9791 - Solar

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- Roby Mokone (Electrician) 082 314 7554
- Ruan (Electrician) 072 643 3228 / 082 616 6068
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- Frank (Collects and supplies gas cylinders in the Estate) 082 557 1550
- Gas lady (Barbara) 082 305 2419
- Gerrie Marnewick 071 602 9349
- ID Gas 065 955 0115
- Kish 012 804 1003 / 072 548 0735
- Monile Gas Solutions 078 244 7667

HANDYMAN

- Calvin 076 894 4624
- Evert von Zwietring 081 582 4387

MEDICAL

- Dr. Kendrah da Silva, Chiropractor, is available for appointments at her Olympus practice and also offers a convenient home office in The Hills for residents. Contact her at 082 566 9831.
- GP practice with a Clinic in Tierpoort. Tierpoort Medical. Dr David Hyams Tel 060 324 2048

OTHER SERVICES

- Dawn Appliances (All repairs to appliances) 079 789 6746 / 078 812 5592 - Reference: Guido 082 323 8163
- Hennie Watkins (Aluminium Doors) 012 379 5989 / 082 857 5232
- Johnathan (Aluminium Doors) 078 469 7506
- JP (Garage Doors) 074 122 2942
- Malesa (Painter) 073 559 9513
- Mike (Tiler) 063 413 6525 / 069 108 8422
- Patrick (Tiling) 078 858 1160
- Watertite Waterproofing (Johan) (Waterproofing Services) 083 254 1400
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Mobile: 078 688 4491

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- Chris Skhossy 072 060 5653

- Eugene 078 110 0912

- Heino 073 294 8577
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- MRL Plumbing 073 941 2480

- Ruan 072 643 3228 / 082 616 6068

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A GOLDEN FIRST



Our very first harvest. 13 bottles. R18 850 raised.

This year marked a rather special first for The Hills: **our very first batch of estate honey**.

Harvested from the hives right here on the estate, the first crop produced just 13 bottles, making each one a little piece of The Hills and something worth bidding for.

During the Honey Auction, residents quickly embraced the fun, with generous bids turning our very first harvest into an incredible **R18 850** raised.

What makes the result even more meaningful
is where the money will go.

All funds raised through the auction will be used towards environmental projects within the estate.

Helping to support and protect the natural environment that makes The Hills so special.

Our bees already play an important role in that environment, pollinating plants and trees across the estate. Now, the honey they produced will also contribute directly towards future environmental initiatives.

A heartfelt thank you goes to every resident who placed a bid and supported this first-ever auction. You helped turn 13 bottles of honey into something much bigger.

And to the lucky residents who took a bottle home, enjoy every drop. This was the very first batch, after all.

While beekeeping is still an unusual feature in residential estates, The Hills is proud to be among a small number of South African estates embracing managed hives as part of a broader commitment to biodiversity and environmental care.

For any bee removals, please contact Waldo on 081 408 2900.

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rootin' for a stroll

A SPRING FAMILY FUN DAY



Some events are enjoyed for a day. Others leave something behind.

From the Environmental Team

The Hills Spring Family Fun Day on 12 September was one of those occasions. Organised by the Environmental Committee and Management Team, the day brought residents together to walk, learn, plant, give back and celebrate the natural environment that makes our estate so special.

The morning began with the **Garden Group Fun Walk**, the biggest walk they have hosted at The Hills to date. More than 300 boerie rolls were prepared for participants, and the wonderful turnout was another reminder of the incredible community spirit within our estate.

Residents also arrived with bags and boxes of pre-loved tekkies. By the end of the collection, an amazing **400 pairs of shoes** had been donated, enough to spell out the word **HILLS**.

The shoes were delivered to **The Sneaker Shack at Hazeldean Shopping Centre** for its **Project Run initiative**. Donated shoes are cleaned and prepared before being passed on through charitable partners, giving usable footwear another life while helping make running and sport more accessible to others.

Click here **to read more about Project Run:**

We planted trees, shared knowledge and gave 400 pairs of shoes another journey, but most importantly, we did it together.

Along the Fun Walk route, residents could stop at the capture boma, where Jason from the Environmental Team explained how it works and the role it plays in responsible wildlife management within the estate. Our younger residents had plenty to discover

too. Children planted coral tree cuttings to take home, nurture and hopefully return next year to plant in the estate. Jason also spoke about the importance of planting indigenous species and the role they play in supporting our local ecosystem.

At the dam, children took part in a fish release and learnt more about the species living beneath the water. Indigenous tilapia are being introduced while larger predatory bass are gradually being removed. The estate is working with Fisheries HBP, who are assisting with netting the larger bass and advising the Environmental Team on improving the health and ecological balance of the dam.





















Children also helped plant water plants on the newly built floating island wetland, another exciting environmental project taking shape at the dam. The plants can help absorb excess nutrients from the water while creating additional habitat for insects, birds and aquatic life.

One of the highlights of the day was undoubtedly the snake talk by Hencke Marais, a South African herpetologist, nature conservator and wildlife curator. The Hills works closely with Hencke on wildlife matters within the estate, and his knowledge and enthusiasm had the children completely captivated.











Growing a Greener Hills

The tree planting was made possible by an extraordinary show of support. Twenty-six residents sponsored trees, and we would like to sincerely thank every single one of them. Most of the new trees were planted around the dam and included Cape willow, Combretum erythrophyllum, Celtis africana and coral trees.

The HOA made sure there was plenty of fun between all the learning, with a face painter, farm animals and entertainment for the children. The day also marked the opening of the newly renovated Fitness Centre, celebrated with delicious mimosas and an opportunity for residents to enjoy the refreshed space.

Supporting Those Who Support Us

A special thank you goes to the businesses who chose to invest in our community. We encourage residents to support them in return.

Garden Group sponsored the Fun Walk and prepared more than 300 boerie rolls for participants.

WildRoute Environmental Consultants deserves a special thank you to Danie van Eeden for donating an incredible 38 coral trees. WildRoute specialises in wildlife management, rehabilitation, environmental consulting, urban greening and environmental education. www.wildroute.co.za

iLawn sponsored grass for the new picnic area at the dam. They grow and deliver high-quality Kikuyu instant lawn suited to South African conditions. www.i-lawn.co.za

KW Action - MD Realty, led by Madeleine and her team, Dello Marais, Refilwe Nchabeleng, Erna Nell and Lucia, are active members of The Hills community and property specialists within the estate. If you are looking to buy, sell or rent, get in touch with the team. Madeleine: 082 925 6177

Akira Animal Hospital had each member of its team donate a tree. Their services include preventative care, vaccinations, medical assessments, pain management, end-of-life care and house calls. www.akiravet.co.za

Trafalgar sponsored trees and provides property management services to sectional title schemes and homeowners associations across South Africa. www.trafalgar.co.za

Behind the day itself are many hours of planning and people who continue to push environmental projects forward throughout the year.

A heartfelt thank you goes to Funeka, Maryke and Clarice from the Management Team, to Phillip Fouché, who has taken the environmental project under his wing, and to every member of the Environmental Team.

The difference their work is making is becoming increasingly visible throughout The Hills.

A special thank you goes to Lesta Erasmus, who generously sponsored a photographer for the day, and to Bodine Coetzee for capturing the event so beautifully. Thanks to them, we have a wonderful visual record of the people, moments and memories that made the day so special.

Everything they do has one purpose at its heart: to leave our estate greener, healthier and better for the people, animals and wildlife who call it home.

Years from now, the trees around our dam will still tell the story of a community that chose to invest in its future.



















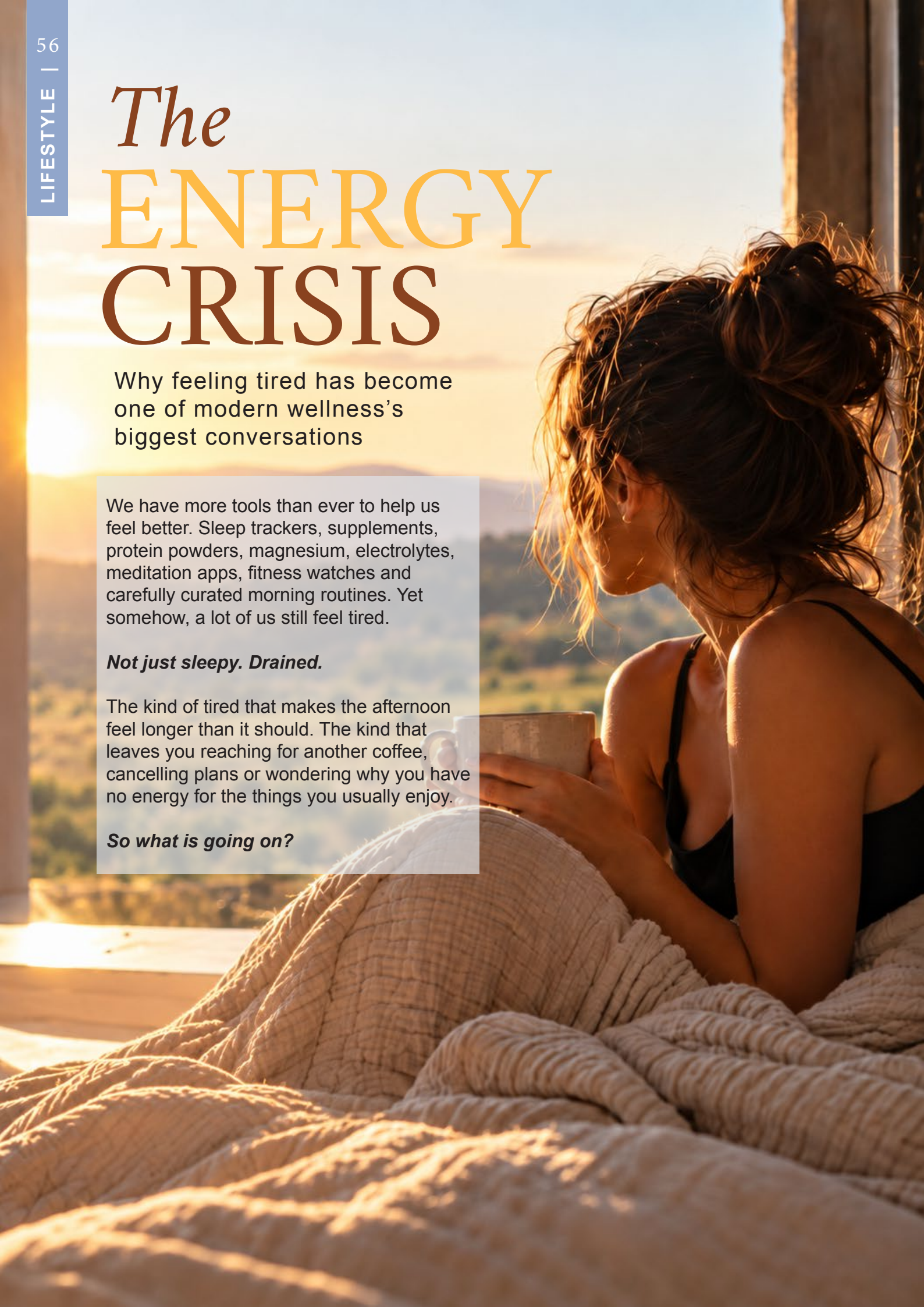

CATCH & RELEASE





The ENERGY CRISIS

Why feeling tired has become one of modern wellness's biggest conversations



We have more tools than ever to help us feel better. Sleep trackers, supplements, protein powders, magnesium, electrolytes, meditation apps, fitness watches and carefully curated morning routines. Yet somehow, a lot of us still feel tired.

Not just sleepy. Drained.

The kind of tired that makes the afternoon feel longer than it should. The kind that leaves you reaching for another coffee, cancelling plans or wondering why you have no energy for the things you usually enjoy.

So what is going on?

We are switched on all the time

Work no longer ends when we leave the office. Our phones come home with us. Messages arrive after hours. Social media fills the quiet gaps. Even relaxation can involve staring at another screen. While we may technically be resting, our minds are often still busy processing information.

Stress also has a physical cost. When the body remains under pressure for long periods, good sleep, concentration and energy can all suffer. This is one reason conversations about cortisol and nervous system health have become so popular in wellness circles. Not every tired day means your cortisol is “out of balance”, but chronic stress can absolutely leave you feeling depleted.

Sleep is not always the whole answer

Going to bed earlier helps, but sleep quality matters too. Late-night scrolling, irregular bedtimes, alcohol, caffeine too late in the day and even a room that is too warm or bright can affect how restorative sleep feels.

Then there is the growing obsession with sleep tracking. Ironically, constantly checking whether you slept “well enough” can create another thing to worry about.

Sometimes the simplest habits are still the most useful: a consistent bedtime, less screen time before bed, morning sunlight and a dark, cool bedroom.



Maybe the question isn’t how to squeeze more energy out of ourselves, but why we’re running on empty in the first place.

Food and hydration matter more than we think

A rushed coffee for breakfast, a light lunch and another coffee at 3 pm may get us through the day, but it is not exactly a recipe for sustained energy. Protein, carbohydrates, healthy fats and enough overall food all play a role in keeping energy stable.

Hydration matters too. Even mild dehydration can leave you feeling sluggish, headachy and unfocused. This is partly why electrolytes, protein and creatine have become such big wellness talking points recently. They may have their place, but supplements cannot replace the basics.

Then there is real fatigue

There is an important difference between being tired after a busy week and feeling persistently exhausted.

Low iron, vitamin deficiencies, thyroid problems, sleep disorders, hormonal changes and certain medical conditions can all contribute to ongoing fatigue.

If tiredness is persistent, worsening or interfering with everyday life, it is worth speaking to a healthcare professional rather than trying to fix it with another supplement.

Maybe we need less, not more

Wellness has become incredibly good at selling us ways to optimise ourselves.

Do more. Track more. Take more. Improve more.

But perhaps energy is not always something we need to manufacture. Sometimes we need to look honestly at what is draining it.

Too little sleep. Too many commitments. Constant notifications. Not enough food. No time outside. No movement. No space to simply be still. The answer may not be another product or another perfect routine. It may simply be giving the body and mind more opportunities to recover.

Small shifts that may help

Keep sleep and wake times fairly consistent, get outside in the morning, eat enough protein and whole foods, drink water regularly, move your body most days and create small periods where your phone is genuinely out of reach.

None of these are glamorous wellness hacks.

But sometimes the least exciting habits are the ones that make the biggest difference.



butchery

WE PACK ACCORDING TO YOUR CHOICE • DELIVERED TO YOUR DOOR

MONTHLY PACKS



PACK 1

- **1.5kg** Beef Mince
- **1.5kg** Beef Sausages
- **1kg** T-Bone / Club Steak
- **1kg** Chuck / Braising Steak
- **1kg** Oxtail
- **1kg** Pork Chops
- **500g** Minute Steaks
- **1kg** Goulash
- **500g** Cheese Grillers

R1150

PACK 2

- **6 x 500g** Beef Mince
- **6 x 500g** Beef Sausages
- **6 x 500g** Pork Chops
- **4 x 500g** Chicken
- **2 x 400g** Beef Patties
- **2 x 500g** Tenderised steak
- **2 x 500g** Goulash

R1850

PACK 3

- **3kg** Beef Mince
- **3kg** Sausages
- **2kg** Chuck / Braising Steak
- **2kg** Chicken
- **4 x** 400g Beef Patties
- **3kg** Pork Chops
- **3kg** T-Bone / Club Steak
- **3 x** 500g Goulash
- **3 x** 350g Pork Stir-Fry
- **3 x** 350g Beef Stir-Fry

R2700



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IN THE EVENT OF AN EMERGENCY

Medical Assistance:

- **Primary Contact:** Immediately dial 082 911 for Netcare Pretoria East. This will connect you to emergency medical services for prompt assistance.
- **Secondary Contact:** After requesting medical help, it is crucial to contact the Control room to facilitate access to your property.

Gate Access Coordination:

- Call the Controll room at the Garsfontein gate on 082 826 3761.
- **Information Sharing:** When you speak with the Gate Commander, be sure to provide your stand number. Security personnel will wait for the ambulance or police and escort them directly to your stand number. This step is essential to ensure that the emergency responders can locate your home quickly and avoid any delays at the gate.

Police Services:

- **Emergency Number:** Dial 10111 for immediate police assistance.
- **Local Police Stations:** Boschkop SAPS:
  T: 012 802 4210 **C:** 071 675 7350 **Standby Officer:** 071 765 7341

By following these steps, you help ensure that emergency responders can reach you as swiftly as possible, minimizing any potential delays that could arise at the estate entrance.

lily lane
Jewellery

TIMELESS
BEAUTY

Jewellery that tells your story

GOLD

is always a good idea

MADE TO LAST

designed to be cherished forever

EVERYDAY
LUXURY

for every moment

www.lilylanejewellery.co.za
info@lilylanejewellery.co.za

DISCOVER OUR COLLECTION



CEPPO
HARDBODY
TILE COLLECTION

2 SIZES
600x600mm
600x1200mm

3 FINISHES
matt, polished
& slip-resistant

2 COLOURS
grey & sand

TILE COLLECTIONS

one look, endless possibilities

The Ceppo Hardbody tile collection is engineered to create a beautiful, seamless look across all your living spaces. This versatile Hardbody range is available in **two sizes (600x600mm and 600x1200mm)** and comes in **two colours, grey and sand**, to perfectly suit your personal style. Tailored for effortless indoor-to-outdoor transitions, the collection features **three finishes: a smooth matt, polished, and a slip-resistant** option that is ideal for outdoor patios and wet areas.
For similar design continuity, Tile Africa also offers the Cielo and Miami collections, along with a wide variety of complimentary wood-look and marble-look tiles that match beautifully to complete your home's aesthetic.

Visit your nearest store, or tileafrica.co.za to find out more

TILEAFRICA®
OUR HOME IS YOUR HOME