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THE VILLAGE

AUGUST ISSUE 2026

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contents

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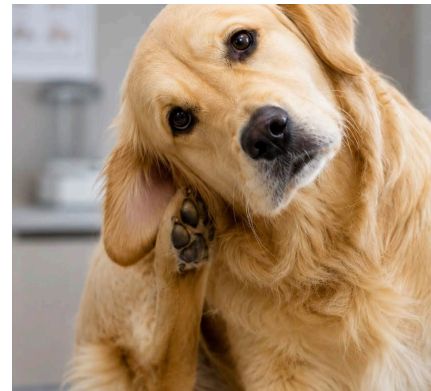


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HERITAGE HILL
— A VILLAGE IN THE CITY —

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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Letter

FROM THE GM

A New Chapter for Our Garden Services

Dear Residents,

I'm not sure if winter forgot about us this year, but as the seasons begin to change, so too will our garden services.

As part of the Board's commitment to good governance, transparency, and best-practice procurement, the HOA conducted a formal Request for Quotation (RFQ) process to procure garden maintenance services. The current service provider, The Garden Group, along with six other companies, was invited to submit proposals.

Following a comprehensive evaluation, a shortlist of service providers was compiled. Each submission was assessed against predetermined criteria, including pricing, industry experience, service delivery capability, and overall value for money.

After careful consideration, the contract has been awarded to DSMG Horticultural & Cleaning Services, who will officially assume responsibility for the estate's garden maintenance from 1 September.

We would like to extend our sincere appreciation to The Garden Group for their years of dedicated service to Heritage Hill

Estate. Their commitment and hard work have contributed significantly to maintaining the beautiful environment our residents enjoy, and we thank them for their professionalism and support throughout their tenure.

We are excited to welcome DSMG to the Heritage Hill community and look forward to working together to maintain and enhance the high standard of landscaping that our residents have come to expect. We are confident that this transition will be a smooth one and that DSMG will prove to be a valuable partner in caring for our estate.

Thank you for your continued support as we strive to ensure the best possible service and value for the Heritage Hill community.

Regards

Janus





SOCIAL EVENTS

calendar

AUGUST

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

SEPTEMBER

- **Mon 7th:** Blood Drive
(15:00 – 19:00)
- **Sat 12th:** Big Screen Rugby
England vs Springboks
(16:00 - 21:00)

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



Live performance
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LEMON FESTIVAL

Date: Sunday, 16 August

Time: 12:00 - 15:00

Venue: In the Lemon Orchard

Look out for more information on our App


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VS



Big Screen Rugby

Date: Saturday, 12 September

Time: 16:00 - 21:00

Venue: In the Rose Garden

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Braai Facilities will be available

Look out for more information on our App



HERITAGE HILL
A VILLAGE IN THE CITY

Annual Winter Walk Warms Hearts

On 18 July 2026, in celebration of Mandela Day, our community gathered for the highly anticipated Annual Winter Walk. This special event, graciously hosted each year by our landscaping service provider, Garden Group, once again provided a wonderful blend of fitness, friendship, and giving back.

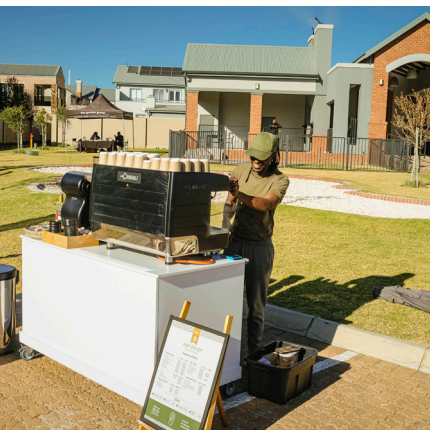
Approximately 40 residents participated in the enjoyable 4 km walk, with the route carefully planned and marked by Garden Group's Area Manager. After completing the walk, participants were treated to delicious boerewors rolls, kindly sponsored by Garden Group for each walker, a beloved tradition that everyone looks forward to.

This year's walk also featured a meaningful outreach component. Residents were invited to bring a new or gently used blanket, which will be donated to Tswelopele Secondary School in Tembisa and the Centurion SPCA to help keep both people and animals warm during the winter months.

A heartfelt thank you goes to Garden Group for their continued generosity and commitment to making this annual event such a success. We also extend our sincere appreciation to every resident who participated in the walk and contributed a blanket. Your support and kindness embody the true spirit of Mandela Day, making a positive difference in the lives of others.

We look forward to seeing even more residents join us for next year's Winter Walk!







Movement, Laughter and Friendship at the Clubhouse

A group of senior ladies gathered at the clubhouse yesterday for a wonderful morning filled with movement, laughter, and camaraderie.

The session started with an hour of mat Pilates, expertly led by a dedicated instructor who guided everyone through the exercises with patience and encouragement. Judging by the expressions on some faces, it was clear that a few of the movements were quite challenging! One reminder echoed throughout the class: "Breathe in, breathe out!" Despite the effort required, everyone embraced the experience with great enthusiasm and a few well-earned smiles.

After working up an appetite, the ladies enjoyed a delicious soup-and-bread lunch. The menu featured comforting pumpkin soup with a hint of ginger and a hearty farm chicken soup, both served with freshly baked bread and creamy farm butter.

It was a delightful morning of fitness, friendship, and good food, leaving everyone feeling refreshed and looking forward to the next gathering on 15 October. Please look out for more details on our App.



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1kg Goulash
500g Cheese Grillers

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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 T-Bone / Club
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

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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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Michael Wendels

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WHY DOES MY DOG KEEP GETTING EAR INFECTIONS?

BY DR VICKY LOUW (BVSC)

If you're feeling frustrated because your dog's ear infection keeps coming back, you're certainly not alone. Many owners, and believe it or not, even veterinarians, become frustrated and discouraged when ear infections keep coming back.

It's easy to hope that another course of ear drops will finally solve the problem, but unfortunately, this rarely happens. While the medication may clear the current infection, it does not address the underlying cause, which means the infection is likely to return. The truth is that recurrent ear infections are usually a sign of an underlying condition that needs to

be identified and managed to achieve long-term success.

What Exactly Is an Ear Infection?

The ear canal normally contains small numbers of bacteria and yeast that live there without causing any problems. When the environment inside the ear changes, becoming warmer, wetter, or more inflamed, these organisms can multiply rapidly and lead to infection.

Signs of an ear infection may include:

- Constant scratching at the ears
- Head shaking
- A foul or yeasty smell
- Redness and swelling
- Brown, yellow, or green discharge
- Pain when the ears are touched
- Holding one ear lower than the other.

Some dogs become so uncomfortable that they stop playing, avoid being touched, or seem unusually irritable.

Why Do Ear Infections Keep Coming Back?

Recurring ear infections are rarely just "bad luck." There is usually an underlying cause that creates the perfect environment for infection.

1. Allergies

Allergies are by far the most common reason dogs develop chronic ear infections. Dogs may be allergic to environmental allergens such as pollen, grasses, dust mites, or moulds, or to certain ingredients in their food.

These allergies cause inflammation inside the ear canal, making it easier for bacteria and yeast to grow. A common misconception is, "It can't be allergies because my dog isn't scratching elsewhere." In reality, the ears may be the only affected area, especially early on. Some dogs may only have recurrent ear infections instead of widespread itchiness. Always consider allergies, even if your dog isn't itchy elsewhere.

1. Moisture

Dogs that swim frequently or enjoy regular baths often retain moisture inside their ears. Warm, damp ear canals provide an ideal environment for yeast and bacteria. Drying the ears thoroughly after swimming/grooming and using a veterinarian-recommended ear rinse can help maintain a healthy ear canal environment, remove excess debris, and reduce the likelihood of recurrent ear infections.

2. Ear Shape

Some breeds naturally have narrow or floppy ear canals that trap heat and moisture. Dogs with heavy hair inside the ear canal may also have reduced airflow, increasing the likelihood of infection. Breeds such as Cocker Spaniels, Labradors, Golden Retrievers, Basset Hounds, and Poodles are commonly affected.

3. Ear Mites or Foreign Material

Grass seeds, plant material, excessive wax, or ear mites can all irritate the ear canal and trigger inflammation. Once the ear becomes inflamed, secondary bacterial or yeast infections often follow.

4. Biofilms

One of the lesser-known reasons infections become chronic is the formation of a biofilm. A biofilm is a protective layer produced by

certain bacteria that acts like a shield, making them much harder to eliminate with antibiotics alone. This is one reason your veterinarian may recommend specialised ear-cleaning solutions before applying medication. Breaking down the biofilm allows the medication to reach the bacteria more effectively.

Why Can't I Just Keep Using Ear Drops?

While ear drops are essential for treating infections, they only address the bacteria or yeast present at that moment. If the underlying allergy, inflammation, or anatomical problem remains untreated, the infection often returns weeks or months later. Repeated infections can also cause permanent thickening and narrowing of the ear canal, making future infections increasingly difficult to treat.

Why Your Veterinarian May Recommend Ear Swabs:

Not every ear infection is caused by the same organism. By examining a sample of ear discharge under the microscope, your veterinarian can determine whether the infection is caused by bacteria, yeast, or both. In chronic or severe cases, a culture and sensitivity test may be recommended to identify the bacteria and determine which antibiotics are most effective. This helps ensure your dog receives the right treatment from the start.

How Can You Help Prevent Future Ear Infections?

Although not every infection can be prevented, there are several ways to reduce the risk:

- Keep your dog's ears clean using products recommended by your veterinarian.
- Dry the ears thoroughly after swimming or bathing.
- Manage underlying allergies effectively.
- Attend follow-up appointments to ensure the infection has completely resolved.
- Avoid inserting cotton buds deep into the ear canal, as these can push debris further inside and cause injury.

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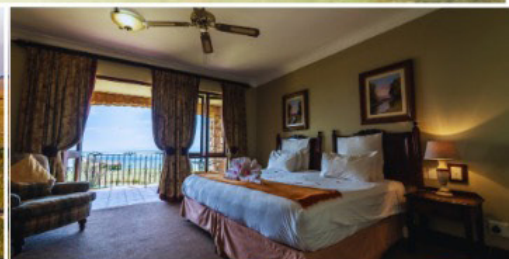
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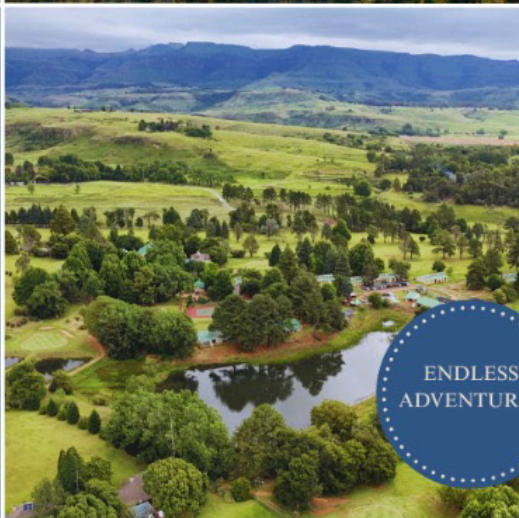
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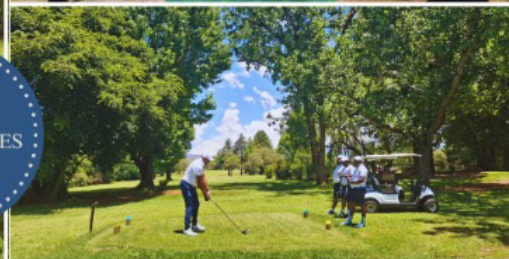
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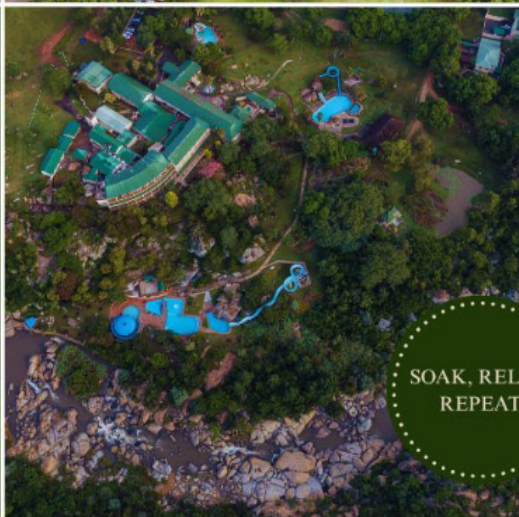
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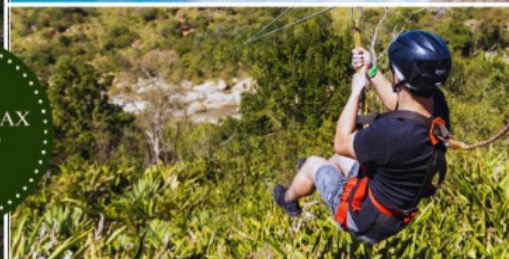
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Winter's Showstopper

Caring for Cymbidium
Orchids Through the
Blooming Season

Just when much of the garden begins to look a little quieter, Cymbidium orchids step into the spotlight. Their tall flower spikes, elegant leaves and richly coloured blooms make them one of winter's most rewarding plants.

Commonly known as boat orchids because of the shape of their central lip, Cymbidiums originate across tropical and subtropical Asia and Australia. There are currently 92 accepted Cymbidium species, but generations of careful breeding have produced thousands of hybrids for home gardens and the cut-flower industry.

These hybrids offer an extraordinary palette of white, cream, yellow, green, blush pink, deep rose, burgundy, orange, bronze and reddish-

brown. Many flowers also feature contrasting lips, stripes, speckles or darker markings, making every plant feel slightly different.

Let Them Enjoy the Winter Light

Cymbidiums enjoy bright light, particularly during Pretoria's cooler winter months. A position with gentle morning sun and bright filtered light for the rest of the day is ideal. Too much harsh midday sun can scorch the leaves, while deep shade may prevent the plant from flowering well the following season.

Their leaves offer a useful clue. Healthy leaves should be a fresh apple-green colour. Very dark green leaves may indicate that the orchid is not receiving enough light.

Although Cymbidiums tolerate cooler temperatures better than many other orchids, they still need protection from severe frost. Place them beneath a covered patio, under a roof overhang or in another bright, sheltered area where cold air does not settle around them.

Feeding While Your Orchid Is Blooming

During July and August, many Cymbidiums are either flowering or carrying developing flower spikes. At this stage, avoid giving them a high-nitrogen fertiliser intended for leafy growth. Too much nitrogen can encourage soft foliage when the plant should be directing its energy towards flowers.

A flowering orchid fertiliser, with a higher proportion of potassium, is the better choice while spikes are forming and blooms are developing. Plantland currently lists **Starke Ayres Flowering Orchids**, a water-soluble formula designed to support spike formation as vegetative growth slows.

Use it lightly and always according to the instructions on the packaging. During the coldest part of winter, feeding can be reduced to half strength every two to four weeks. A plant that is cold, wet or completely inactive does not need to be pushed with extra fertiliser.

Never pour concentrated fertiliser onto dry roots. Water the plant lightly first, or apply the diluted feed as part of its normal watering routine.

“Feed the season your orchid is in, not the season you wish it were in.”

When to Feed the Roots

Once flowering has finished and fresh green or cream-coloured root tips begin to appear, the plant is entering its active growing stage. This usually happens from late winter into spring.

That is the time to switch to a growth-focused fertiliser. **Starke Ayres Growing Orchids**, also listed by Plantland, has a higher nitrogen content and is formulated to encourage new roots, leaves and strong pseudobulbs. Those pseudobulbs store the energy the plant will need for next winter's flowers.

Feed during active growth according to the label, usually as part of a regular watering schedule. Remember that more fertiliser does not mean more flowers. Excess salts can damage orchid roots, so occasionally flush the pot thoroughly with clean water.

At the time of writing, Plantland's online store listed both the Growing Orchids and Flowering Orchids products at approximately R159.99 each. Stock and in-store prices may vary, so it is worth confirming availability with your nearest Pretoria branch.

Water With Care

Winter watering should be gentler than summer watering. Feel the potting mixture before reaching for the watering can. It should begin to dry slightly before being watered again, but it should not remain completely dry for long periods.

Water in the morning so that excess moisture can drain before temperatures drop at night. Never allow the pot to stand permanently in water, as cold, waterlogged roots can quickly begin to rot.

After the final blooms fade, remove the old flower spike near its base with clean, sterilised secateurs. Then watch closely. The appearance of fresh roots and new shoots is your signal that the next growing cycle has begun.

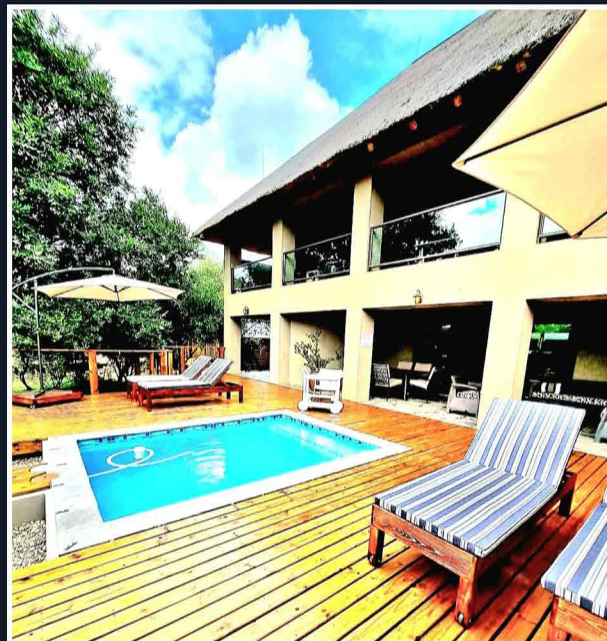
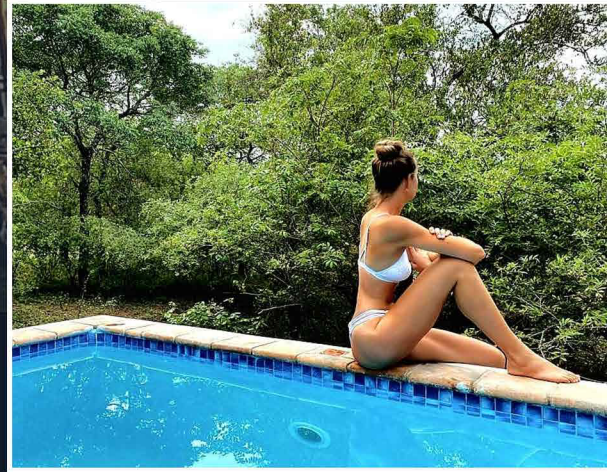
With the right light, careful watering and fertiliser matched to each stage, a Cymbidium can return year after year, turning the quietest months of the garden into its most colourful.



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HOW TO SPOT A FAKE HOLIDAY RENTAL.

There's a special kind of excitement that accompanies booking a beach vacation. Imagining serene mornings on a balcony while the sea awakens below, browsing through photos in the evenings, and the countdown that begins as soon as your travel dates are confirmed all contribute to one of the most delightful feelings in a hectic year. This anticipation deserves to be cherished, especially considering it rests on trust in someone you've never met.

That's why it's important to take a moment to reflect before any payment is made. Unfortunately, unverified and fraudulent holiday listings have become increasingly common along popular areas of the South African coast, with the KwaZulu-Natal North Coast being no exception. A stunning array of images and an enticing price tag no longer guarantee a listing's authenticity. The good news is that identifying a legitimate host is straightforward once you know what signs to look for.



IDENTIFYING A TRUSTWORTHY HOST

A reliable host will never resist verification. To ensure authenticity, research the property independently across multiple platforms and look for a consistent history of reviews rather than a few clustered on an obscure site. You can also perform a reverse image search on the photographs. A legitimate listing typically appears under the same name and location consistently across various online platforms, while a fraudulent one may not.

Before making a deposit, request a formal invoice and appropriate documentation, and verify the provided phone number through a reputable directory service.

A credible host will always be reachable via a verified website or listing and will never pressure you into making a decision before you feel comfortable.

If a rate seems unusually low for the property being offered, consider that as a red flag rather than a stroke of luck. A genuine host will also be open about the property details. They will clearly inform you about the specific complex, its security and whether it's beachfront or a short walk away, without embellishing the facts to make the booking sound more appealing. If a host struggles to answer these questions clearly, take note before you commit.

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DISCOVER OUR COLLECTION

SHE Shines

Celebrating the incredible
Women in our Community

What if women
did not **always**
have to be
strong?

Every August, we speak about strong women. We celebrate their resilience, courage and remarkable ability to keep going. These words are well deserved, but perhaps this Women's Month we should ask a different question.

Behind many capable women is a list no one else can see. It contains the appointment that must be remembered, the birthday gift that still needs to be bought, the message that requires a reply, the groceries running low and the person who may need a little extra encouragement today.

She may be leading a meeting, building a business or managing a household,

while quietly carrying the emotional temperature of everyone around her. She notices. She remembers. She anticipates. She keeps things moving.

Often, this work
is performed so
naturally that it
becomes invisible.

Women's Month should be more than compliments, flowers and familiar messages about strength. It should be an opportunity to truly see women. Not only for their achievements, but also for the countless ordinary things they do that make other people's lives feel safer, warmer and more manageable.

South Africa's Women's Month honours the thousands of women who marched to the Union Buildings on 9 August

“

There is no
Medal for being
exhausted.

”

1956. They came from different communities and backgrounds, but they stood together with extraordinary purpose.

Their legacy reminds us that strength has never only been about standing alone. Sometimes, the bravest thing a woman can do is reach for another woman's hand. Sometimes, it is asking for help, setting a boundary or admitting, **“I cannot carry all of this today.”**

There is no medal for exhaustion

You do not have to earn rest by reaching breaking point, and you do not need to make yourself smaller so that others feel comfortable. You are allowed to celebrate what you have achieved without immediately explaining how much further you still have to go. Perhaps shining is not about being polished and perfect. Perhaps it is the woman beginning again after disappointment, the mother rediscovering herself beyond motherhood, the daughter finding the courage to choose a different path, the friend who stays, the entrepreneur trying once more, or the woman learning that saying “no” does not make her unkind.

Make life lighter

Perhaps the most powerful way to celebrate

Women's Month is to make life lighter for another woman. Recommend her business, speak her name in a room full of opportunity, offer practical help instead of simply saying, “Let me know if you need anything,” check on the friend who always appears to have everything under control, and remind a young girl that her ideas deserve to be heard.

Be kind to yourself too

Most importantly, extend some of that same kindness to yourself. This August, may we celebrate women not only for how much they carry, but for who they are when they finally put the load down. May every woman feel seen, supported and reminded that she does not have to prove her worth.

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From Marks to *Momentum*

Helping children approach the next round of exams with confidence, not fear

The textbooks are open again, study timetables are back on the fridge, and exam season has returned.

This time, however, children are not starting with a completely clean slate. They may be carrying confidence from earlier successes, disappointment from difficult

results, or anxiety about repeating the same mistakes.

By the third term, many learners are also tired. The excitement of a new school year has faded, the workload has increased, and for a child who struggled before, the next exam can feel more like a warning than a fresh opportunity.

This is where parents can make a real difference.

Look Back Without Blame

Previous marks can be useful, but only when they are approached calmly.

Instead of asking, “Why did you get this mark?” try, “What made this subject difficult?” The aim is not to interrogate your child, but to understand what happened.

Perhaps they knew the work but struggled with time. Maybe they spent hours reading notes without practising questions. They may have misunderstood a key concept, started too late, or felt anxious during the exam.

A disappointing mark is not always laziness. Sometimes it simply means the study method, routine or support

needs to change.

“A disappointing mark is not a label. It is information that can help a child take the next step differently.”

Separate Results From Identity

Children can quickly turn one result into a belief about themselves.

“I failed maths” becomes “I am bad at maths.”

Parents can help by changing the language around results. Remind your child that struggling with a topic does not mean they are incapable. It means they have not mastered it yet.

A mark reflects how a child performed on one task, on one day. It does not measure their full intelligence, effort or future potential.

Build a Routine That Works

A study timetable is only helpful if it is realistic. Children still need time to eat, rest, move and unwind. Long study sessions every afternoon can quickly lead to exhaustion.

Shorter, focused sessions often work better. Instead

of writing “study science”, set a clear task such as “revise photosynthesis and complete ten practice questions”.

Studying should also be active. Encourage your child to test themselves, explain concepts aloud, use flashcards or practise past questions.

Progress, Not Perfection

Not every child will jump from 50% to 80% in one term. Sometimes progress means improving by five marks, completing every question, asking for help or studying consistently for the first time.

Notice those changes.

Avoid comparing your child with siblings or classmates. Every learner has different strengths, challenges and circumstances. Comparison usually damages confidence rather than building motivation.

Ask for Help Early

Children should not have to wait until they fail before receiving support.

Encourage them to speak to a teacher when something does not make sense. A little extra guidance now may prevent a much bigger gap later.

Parents can also contact the teacher if they notice

ongoing difficulty, unusual anxiety or a sudden drop in performance.

Rest Is Part of the Plan

A tired brain does not learn well.

Sleep, movement, healthy meals and short breaks are not distractions from studying. They are part of effective preparation.

As the next exam approaches, the most helpful message may not be, “You need to work harder.”

It may simply be:

“Let us look at what happened last time, decide what we can change, and take the next step together.”

After the report Card

- ✓ Listen before you speak.
- ✓ Let your child share
- ✓ Focus on what can be improved
- ✓ Avoid bringing up old mistakes or comparing marks
- ✓ Affirm their worth beyond academics
- ✓ Celebrate the effort they are making right now



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The Braai That Built a Neighbourhood

There is something about the smell of a braai that makes people slow down.

A gate opens. A neighbour leans over the wall. Someone arrives carrying a bowl of potato salad, another brings fresh bread, and before long, people who usually only exchange a quick wave are standing together around the fire.

In South Africa, a braai is rarely just a meal. It is an invitation.

It gives us a reason to gather, to talk and to share more than food. Around the flames, conversations begin easily. Children play nearby, stories are exchanged, and friendships often start without anyone realising it.

This is especially meaningful in an estate, where we may live only a few houses apart but still become caught up in our own routines. Work, school runs, errands and busy weekends can make it easy to remain strangers. Yet one simple invitation can change that.

“Come over for a braai.”

Those few words can turn neighbours into friends.

“A braai does more than feed people. It creates a place where everyone feels welcome.”

Heritage Day gives us the perfect opportunity to celebrate the traditions that connect us. While many families may cook different foods, use different spices or follow their own customs, the heart of the gathering remains the same. It is

about making space for one another.

One household may serve boerewors and pap. Another may bring chakalaka, roosterkoek, sosaties or a treasured family salad. Someone else may arrive with a dessert that has been made in their family for generations.

Every dish carries a story.

That is what makes a neighbourhood braai so special. It becomes a table filled with different backgrounds, memories and flavours. No one has to celebrate in exactly the same way. The variety is part of the celebration.

A braai also creates the kind of relaxed environment where people naturally connect. There is no formal seating plan, no pressure and no need for a perfect menu. Guests gather where they are comfortable, children move freely, and everyone contributes in some way.

The fire becomes the centre of the evening, but the real warmth comes from the people around it.

“Neighbourhoods are not built only with roads and houses. They are built through shared moments.”

This Heritage Day, consider extending the invitation a little further.

Invite the new family down the road. Include the neighbour who lives alone. Ask everyone to bring one dish that means something to them. Create a shared playlist, set up a few chairs outside and allow the afternoon to unfold naturally.

It does not need to be a large event. Some of the strongest community bonds begin around a small fire with only a handful of people.

In a world where much of our communication happens through screens and community groups, gathering face to face has become more valuable than ever. A braai gives us the chance to pause, look up and really get to know the people who share our neighbourhood.

Long after the coals have cooled and the plates have been cleared, the connection remains.

Perhaps that is the real meaning of a neighbourhood braai. It reminds us that home is not only the house we live in. It is also the people who greet us, look out for us and gather beside us.

And sometimes, all it takes to build that kind of neighbourhood is a fire, a few chairs and an open invitation.



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