

THE ECO

APRIL ISSUE 2025





INYATI DRILLING

Dig deeper for a better tomorrow

 inyatidrilling  Inyati Drilling

 012 940 0507  sales@inyatigroup.co.za  www.inyatigroup.co.za



When it comes to drilling,
experience matters!

With Inyati Drilling & Mining
you are working with one of
the most trusted drilling
companies. Whether you
need exploration drilling,
geotechnical services, we
are the experts you can trust.

Inyati Drilling has been delivering
quality, cost-effective and
sustainable drilling solutions since
2009 with 45 years of experience.

We are proud to serve industries
ranging from construction and
mining to environmental and
geotechnical projects.

DISCOVER OUR DIFFERENCE

Join the list of satisfied clients and
experience the Inyati difference –
**innovative, reliable and
sustainable drilling services.**

CONTACT US TODAY



Publisher
K-Studio (Pty) Ltd
on behalf of The Hills Estate

Advertising Sales
Calvin
t 082 582 6873
e calvin@k-studio.co.za
e marketing@k-studio.co.za

Tobia
tobia@k-studio.co.za

Editor
Tobia von Zwiétring

Copywriter / proofreader
Chantel Venter

Design & Layout
K-Studio (Pty) Ltd
e tobia@k-studio.co.za
t 082 962 8255
f [KreatiefStudio](#)



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.

C CONTENTS

ISSUE 2 | APRIL 2025



- 05 IMPORTANT CONTACTS
- 07 LETTER FROM THE MANAGEMENT TEAM
- 12 LESS PREP MORE TIME
- 16 WELCOME DANIE VAN EEDEN
- 20 SOLAR INSTALLATIONS AT THE HILLS
- 24 METABOLISM GHOSTING YOU, LET'S FIX THAT
- 28 NOT ALL MOMS WANT FLOWERS
- 30 SECURITY UPDATE
- 35 GARDEN GROUP UPDATE
- 36 FUNGUS
- 38 VETERINARY PHYSIOTHERAPY: A GROWING FIELD IN ANIMAL HEALTHCARE
- 46 ESTATE PHOTOS
- 47 FROM THE GYM MANAGER
- 50 CLASSIFIEDS
- 54 HOP, SNIP, GLUE EASTER MAGIC IS UP TO YOU
- 57 INSIDE THE NEW HOME



**Elegance.
Style.
Safety.**



designer
pool covers



Specialists in the design, personalisation and integration of automatic and manual pool covers.

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.

**We are
nation wide!**



JHB (Head Office)
+27 (10) 824 8631
sales@designercovers.co.za
www.designercovers.co.za

KZN
+27 (72) 103 9875
projectskzn@designercovers.co.za
www.designerpoolcoverskzn.co.za

CPT
+27 (82) 461 8330
projectscpt@designercovers.co.za
www.designercoverscapetown.co.za

EASTERN CAPE
+27 (82) 461 8330
projectsgorge@designercovers.co.za
www.designercoverscapetown.co.za

important *Contacts*



ESTATE MANAGER

Sydney Goërtz
060 168 9906

estatemanager@
thehillsgamereserve.co.za



SECURITY MANAGER

Dennis Nyathi
0 71 513 3069

thehillsssecurity@omegasol.com



OFFICE ASSISTANT

Maryke Botes

012 941 3703 | 060 147 0402

admin@thehillsgamereserve.co.za



OPS MANAGER

Funeka Mogakane

060 154 7562

opsmanager@thehillsgamereserve.co.za



AESTHETIC OFFICER

Clarice Pretorius

060 187 9458

aesthetics@thehillsgamereserve.co.za



GYM MANAGER

Siyanda Manga

078 763 9448

siyandamanga@gmail.com

GATE COMMANDER (GARSFONTEIN)

082 826 3761

LEVY ENQUIRIES

Samashni Chetty

011 214 5200

SamashniC@trafalgar.co.za

AMBULANCE

012 310 6300

012 310 6400

PRETORIA EAST HOSPITAL

012 422 2300 (Antivenom)

POLICE SERVICES 10111

Boschkop SAPS

012 802 4210

071 675 7350

071 765 7341 (Standby Officer)

FIRE DEPARTMENT

012 358 9999

FIRE DEPARTMENT

012 358 9999

012 358 6300

TSHWANE WATER

012 427 2111 (CALL CENTRE)

TELKOM

42154 (Fault Code)

080 011 1250



ESCAPE TO A FAMILY

adventure



ESCAPE TO THE HEART OF MPUMALANGA'S SCENIC LOWVELD – Where luxury meets nature. Muluwa Lodge is the perfect family retreat – offering spacious accommodation, fun-filled activities, and easy access to top attractions.



SUPERIOR FAMILY ROOMS – Comfort for four, modern amenities, and stunning bushveld views.

ACTIVITIES FOR ALL AGES – Nature drives, sunset sundowners, walking trails with free-roaming wildlife, and picnic lunches.

EXPLORE NEARBY GEMS – Discover Sudwala Caves, Chimp Eden, and the iconic Panorama Route: God's Window, Blyde River Canyon, waterfalls & more!

CLICK HERE & SAVE 10%!

Letter From The Management Team

Dear Residents,

As the rains have graced us these past few weeks, our dedicated team has been tirelessly ensuring that our estate continues to thrive and flourish. We have several exciting updates to share that highlight our commitment to sustainability, security, and community well-being.

Going Green with Paperless Initiatives

In an effort to embrace more environmentally friendly practices, we are thrilled to announce the HOA Office is transitioning to a paperless system, specifically concerning access documentation and construction startup paperwork. This initiative not only saves valuable time but also contributes to the preservation of our trees, aligning with our goals as an Eco Estate.

Enhancing Security Measures

The safety of our residents is our top priority. As part of our ongoing efforts to enhance security, we are exploring the installation of internal cameras throughout our estate. This proactive measure is designed to bolster our

vigilance and ensure a secure environment for all. We also urge all residents to adhere to the proper procedures when reporting any security incidents.

Maintenance Matters

A heartfelt thank you goes out to all residents for your continued commitment to maintaining your gardens to the highest standards. A well-kept garden not only enhances the beauty of our estate but also increases its overall appeal.

Your efforts do not go unnoticed!

Visitor Access Made Easy

For those welcoming guests, please refer to the communication sent on November 6, 2024, regarding visitor protocols. We encourage all homeowners to utilize the Click-On App to generate access codes for their visitors. This convenient system is designed to streamline entry at the gate, significantly reducing wait times and creating a more enjoyable experience for your guests.

Wildlife Management Initiative

We are thrilled to announce our collaboration with a new wildlife management team led by Danie from Wild Route. This partnership is an exciting step forward in our efforts to preserve the ecosystem and biodiversity of our game reserve. With Danie's expertise and the resources of Wild Route, we are committed to ensuring the health and sustainability of our animals and our game reserve. We ask all residents to refrain from feeding stray cats in common areas, as this practice is vital for maintaining the natural balance of our surroundings.

Cultivating a Peaceful Community



Lastly, we'd like to foster a spirit of good neighbourliness by reminding all residents that work involving contractors or the use of powered machinery, including gardening tasks, is not permitted on Sundays. Your cooperation in this matter is greatly appreciated and helps us ensure a tranquil environment for everyone.

Together, let us continue to work towards making our estate not just a place to live, but a community we are all proud to call home.



**THIS IS
HOW
WE ROLL**
FROM JUST LISTED
TO JUST SOLD!

Let's Chat

MADELEINE | +27 (0)82 925 6177

DELLO | +27 (0)63 351 1902



Registered with the PPRA

kw ACTION
KELLERWILLIAMS. REALTY

BREATHE LIFE INTO YOUR SPACE



Products

Blinds
Carpets
Laminates
Sand & Sealing
Vinyl-LVT
Aluminium
Cupboards
Skirting



☎ 012 326 1545 ☎ 083 730 0193

646 WF Nkomo Str, Proclamation Hill
Pretoria West

leads@pmkblindsandfloors.co.za
WWW.PMKBLINDSANDFLOORS.CO.ZA



THE
RE/MAX
COLLECTION®

Fine Homes & Luxury Properties

Your Resident Property
Professional Since 2013

Sheldon
De Waal

082 854 7242



RE/MAX INFOGLOBE
Each Office Independently Owned and Operated | Registered with the PPRA



goodness
gracious
FEEL GOOD FROZEN FOOD



Give us a
try and receive
10% off
your first
order.

Delicious,
stylish &
elegant
to your
door

Goodness Gracious is a family business, producing delicious, stylish and elegant home-made meals using farm fresh ingredients since 2009.

Each recipe has been carefully hand crafted and tested, and 'preservatives' and 'additives' just do not feature in our food - just superb, quality ingredients.

Don't take our word for it, see what our customers have to say - link to our reviews page.



LESS PREP *more* TIME

Effortless Dining: The Luxury of Ready Meals for Busy Lives

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

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

Why Ready Meals Make Sense for Real Life

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

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

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

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

Not All Ready Meals Are Equal

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

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

ingredients. What sets them apart is their blast freezing method, which locks in freshness and taste, ensuring the meal you serve is as vibrant as when it left their kitchen.

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

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



goodness gracious
FEEL GOOD FROZEN FOOD

gg

Give us a try and receive **10% off** your first order.

www.goodnessgracious.co.za **SHOP NOW**

Goodness Gracious – Frozen Meals With Heart

Goodness Gracious is a family-run business focused on quality over shortcuts. Their meals are cooked from scratch, using top-tier produce, with zero preservatives or additives—just pure, flavour-packed



iCook – Nutrition Meets Simplicity

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

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

iCook: The smart solution for real-life mealtimes.



Plated Convenience – Meal Delivery with a Healthy Edge

If you're looking for variety and flexibility, Plated Convenience offers a wide range of ready-made meals, including vegetarian and vegan options. With packages like the 21-Day

Challenge or Comfort Meal Package, there's something for every lifestyle.

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

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

More Than a Meal—A Moment Together

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

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





HEALTHY MEAL PACKAGES DELIVERED TO YOUR DOOR.

Individual meals and packages
to choose from.

21 Day Challenge

Weight Loss Packages

Vegetarian & Banting Meals

Muscle Building Packages

**YOUR 10%
DISCOUNT
CODE:**

#ESTATE10

www.plated.co.za





welcome

Danie van Eeden

We're proud to welcome **Danie van Eeden** to The Hills Eco Estate as our dedicated **Wildlife Management Consultant**.

Danie is a seasoned ecologist and principal consultant at **Wild Route Environmental Consultants**, a firm he founded in 2003. With a Master's Degree in Wildlife Management from the University of Pretoria (under the mentorship of the renowned Prof. J. du P. Bothma), and over 20 years of hands-on experience in ecological consulting, Danie brings both academic excellence and real-world expertise to our estate.

His impressive background includes:

- A multi-disciplinary academic foundation in **zoology, botany, geography, and wildlife management**
- Research experience in both South Africa and abroad, including time at the **Rob &**

Bessie Welder Wildlife Foundation in Texas

- Environmental planning, habitat restoration, veld and game management, and ecological monitoring
- Mentorship and training of over 200 nature conservation students across various academic institutions

Danie is also a **registered Professional Natural Scientist (Ecological Science)** with SACNASP, and a long-time member of the **Endangered Wildlife Trust, South African Wildlife Management Association**, and the **SA Hunters and Game Conservation Association**.

How will Danie assist The Hills Estate?

Danie and his team at Wild Route will spearhead the development of a long-term Ecological Management Plan (EMP) tailored to the unique needs of The Hills. This includes:

- Conducting a baseline habitat and veld condition survey
- Mapping and categorising natural vegetation units across our 250ha reserve
- Identifying and managing alien plant species and developing a fire and erosion control strategy

- Establishing permanent ecological monitoring points for ongoing evaluation
- Providing practical, science-based recommendations on wildlife numbers, habitat suitability, and sustainable game management
- Ensuring compliance with relevant biodiversity legislation and conservation standards

With his deep-rooted knowledge of Pretoria East's landscape—having grown up in the area—and a headquarters just 2km away in Swawelpoort, Danie is uniquely positioned to support and uplift the conservation vision of The Hills.

Community Q&A

Following the informative article “Wildlife Management & Conservation” published in The ECO (1 October 2024, p.14–15) by Phillip ouché & Tobia von Zwiétring, several residents raised important follow-up questions regarding how wildlife is managed at The Hills Eco Estate. These questions touch on both ethical concerns and the financial framework surrounding animal relocation and estate policy.

As we begin our journey with Danie van Eeden, our newly appointed Wildlife Management Consultant, we have invited him to respond to the following questions to ensure full transparency and

informed decision-making:

1. When wild animals are removed from the estate, where are they taken?

In general the smaller a reserve is the more intensive the management becomes. This is especially true for the genetic management of animals where you basically have one family group and the dominant male will start breeding with his own offspring in two years time. Genetics is then traded between similar small reserves in the province by trading dominant males. In certain cases where animals are too old to breed they might be sold to game farms to recover costs.

2. Is there a cost involved in their removal and relocation?

Yes there are, on small reserves the only feasible way to capture animals are through chemical capture that can only be done by a registered veterinarian at his professional fees and there are also transport costs involved.

3. If yes, who carries this cost – the estate, service provider, or buyer?

The estate will have to cover the cost although some of it can be covered by selling of some excess animals.

4. When animals are introduced into new environments, who is responsible for their health, safety, and care during this transition?

The receiving estate/farm will be responsible for the animals once offloaded on the property.

5. At which point (if any) does the estate derive income from the sale of relocated wildlife?

If enough animals are removed and some of them are sold and not traded for new genetics, the income of those animals might be more than the captured costs.

6. Do we have a clear policy or position on wildlife relocation captured in our estate rules or governance documents?

There are general rules and regulations governing the keeping, capturing and transportation of animals within Gauteng Province that should always be adhered to by the persons responsible for the activity and this is regulated by the issuing of permits for each activity.

7. Are these activities (e.g., wildlife maintenance, removal, relocation, and sales) reflected in the estate's annual financial statements?

All costs and income derived from this are documented.

We look forward to working closely with Danie in ensuring that our estate's green zones are not only preserved, but thrive — sustainably, responsibly, and beautifully.



FIREWOOD FACTORY

BOSVELD MIX

R49.99 -8KG
BVM8

R74.99 -15KG
BVM15

SEKELBOS

R49.99 -8KG
SB8

R84.99 -15KG
SB15

KAMEELDORING

R49.99 -8KG
KD8

R89.99 -15KG
KD15

FIRESTARTERS

BOSVELD **R29.99** -4KG
BVMS

BLOEKOM **R24.99** -4KG
BLS

OTHER

ANTHRACITE **R129.99** -20KG
A20

CHARCOAL **R54.99** -4KG
CH4

BLOEKOM **R69.99** -15KG
BL15

FIRELIGHTER **R24.99** -EACH
FRL

**BOSVELD
KAGGEL** **R64.99** -15KG
BVK15

More wood available, please contact us for more information

FREE DELIVERY

Place orders by Tuesday to receive delivery in time for the weekend's braai!

Min order quantity of 10 bags (mix and match)
For orders 50 bags and over, 10% discount will apply



THESE OFFERS ARE EXCLUSIVE TO THE FOLLOWING ESTATES.

Kindly WhatsApp the relevant number below for more information and PLACE YOUR ORDER NOW

LOMBARDY ESTATE - 066 370 2210

THE HILLS ESTATE - 072 424 0354

HERITAGE HILL ESTATE - 072 785 8155

SOLAR Specialist

Farmers | Factories | Businesses

Simply switch your home or business to solar and start saving

DID YOU HEAR ABOUT THE UTILITY INCREASE OF 60%?

That's where we come in

T&C FULLY INSTALLED AND CERTIFIED

5kva Luxpower -

- ✓ 1 x 5.12kwh battery bank
- ✓ 6 x 550 watt solar panels
- ✓ Consumables

R 55 000.00 incl

5kva Deye -

- ✓ 1 x 5.12kwh lithium battery bank
- ✓ 6 x 550 watt solar panels
- ✓ Consumables

R 65 000.00 incl

8kva Deye -

- ✓ 1 x 10kwh lithium battery bank
- ✓ 12 x 550 watt solar panels
- ✓ Consumables

R 110 000.00 incl

420+

**Completed
Projects**

100%

**Customer
Satisfaction**

12kva Deye -

- ✓ 1 x 10kwh lithium battery bank
- ✓ 16 x 550 watt solar panels
- ✓ Consumables

R 129 999.00 incl

24kva Deye -

- ✓ 2 x 15kwh lithium battery bank
- ✓ 32 x 550 watt solar panels
- ✓ Consumables

R 375 000.00 incl

50kva Deye -

- ✓ 60kwh battery tower
- ✓ 60 x 550 watt solar panels
- ✓ Consumables

R 790 000.00 incl



**Pensioners get
special discount**

Before HEAVY load reduction OR tariff increase

PLEASE look at our special and distribute our ELECTRICAL and SOLAR through your family and friend

We also do General Electrical and CoC certificates, light replacements, fault findings, DB board repairs or replacements



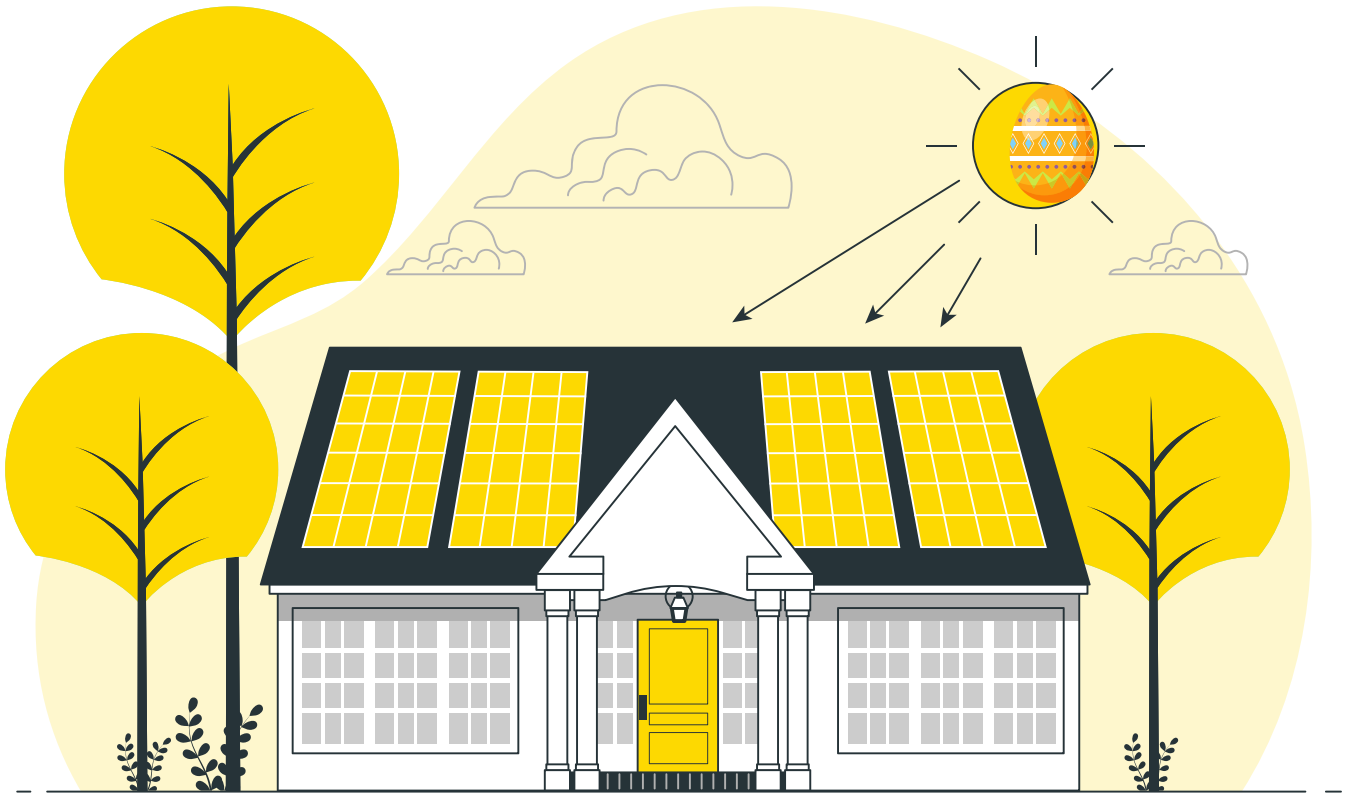
SHOCKINGSUN
SOLAR ELECTRICAL
PTY LTD

We appreciate your support !!!!!FIRST COME, FIRST SERVE!!!!!!

**Electrical &
Solar Systems**

064 533 7447

Admin@shockingsun.co.za | www.shockingsun.co.za



SOLAR INSTALLATIONS



AT THE HILLS ESTATE

With load-shedding gradually returning in South Africa, solar installations have increased. While solar power is beneficial, there are some important considerations residents may not be aware of.

If your solar installation has not been approved and tested, it is considered illegal. RNM has been appointed as the Competent Person in terms of the (GMR) 2(1) of the Occupational Health and Safety Act at The Hills Estate and is responsible for maintaining the integrity of the electrical grid. It is crucial that RNM is informed of your solar system and whether it feeds power back into the grid, as systems that export power pose a significant safety risk to technicians working in the kiosks.

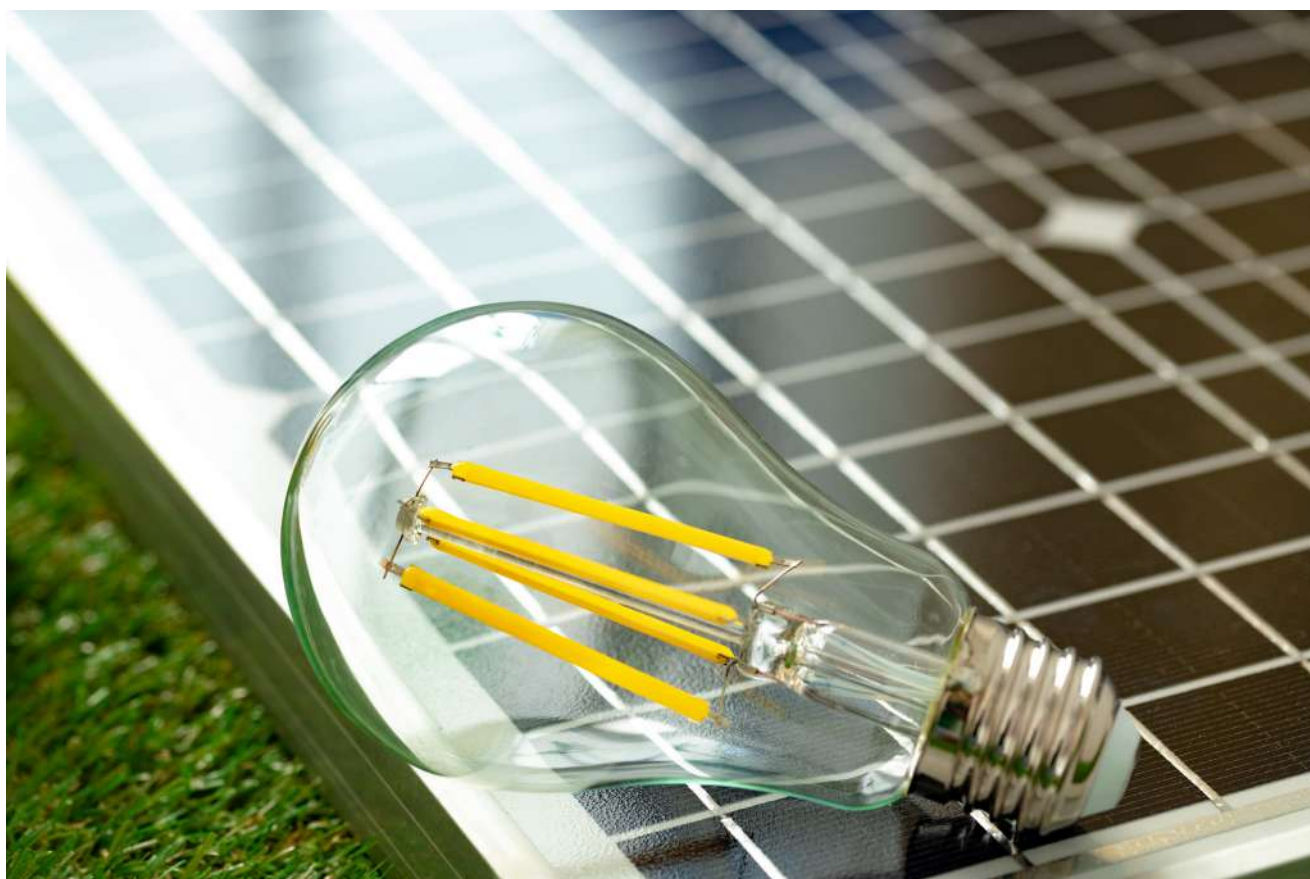
If you are installing a new solar system or have an existing one that is not registered with RNM, you can request application forms by emailing support@smartmeter.co.za. After installation, RNM will assist with the inspection. Please note that residents of The Hills Estate do not need to register their solar systems with Eskom.

It is essential to install a bi-directional meter to support your solar system. These meters, known Smartmeters, will meter reverse flow (energy exported to the grid) which will be credited against consumption from the grid when your system is registered and approved if this option was chosen at registration. STS (Token) meters are not compatible with solar systems which causes communication problems between the meter and keypad. The export tariff rates are available upon request from RNM (support@smartmeter.co.za) and will increase annually on 1 April.

The export tariff follows a Time-of-Use system. It is important to inform your solar installer about peak and off-peak hours so they can configure your inverter accordingly - either preventing or limiting grid power import during peak times.

This setting can significantly impact your monthly electricity expenses, particularly when recharging your inverter from the grid. Please note that if energy exported is more than energy consumed from the grid in a month, the rest of the credits will roll over to the next month for a maximum of twelve months. At the end of the twelve months or 31 March, whichever comes first, the credits will reset to zero.

Solar installers or an electrical engineer should be able to calculate how much energy will be exported in twelve months in order not to export more than what you consume from the grid and over capitalize on an unnecessary big system.





RESIDENTIAL & BUSINESS SOLAR SOLUTIONS

**SAVING
R2,500
p/month**



**SAVING
R1,500
p/month**



ABELA SOLAR



PVGreenCard



www.abelasolar.com Q

081 583 8013





BUCHCON
Consulting
PARTNERING WITH YOU

WATER BACK-UP SOLUTIONS

STANDARD OPTION 1

Designed to provide a household of 3 with enough water reserves to last approximately 20 days.
Calculated at 250L per day (above average).

Included:

- 1 x 5000 L water storage tank
- 1 x 1.1 KW pump with pressure switch
- 1 x 24L horizontal pressure tank
 - 1 x installation
 - 2 year warranty

R 23 990.00

STANDARD OPTION 2

Designed to provide a household of 3 with enough water reserves to last approximately 8 days.
Calculated at 250L per day (above average).

Included:

- 1 x 2000 L water storage tank
- 1 x 1.1 KW pump with pressure switch
- 1 x 24L horizontal pressure tank
 - 1 x installation
 - 2 year warranty

R 19 990.00

BUDGET PACKAGE

Designed to provide a household of 3 with enough water reserves to last approximately 3 days.
Calculated at 250L per day (above average).

Included:

- 1 x 750L water storage tank
- 1 x 0.37 KW pump with pressure switch
- 1 x installation
- 2 year warranty

R 11 490.00

T&C'S APPLY



CONTACT US TODAY

TAILOR MADE
PACKAGES AVAILABLE
FOR RESIDENTIAL &
COMMERCIAL USE
**DO YOU HAVE A UNIQUE
PROJECT WITH SPECIFIC NEEDS?**



info@buchcon.co.za



072 514 8678



www.buchcon.co.za

Metabolism ghosting you? Let's fix that.

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

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





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

1. Lift Heavy Things (aka Build Muscle)

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

2. Stop Sitting Like a Potato

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

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

3. Eat More (Seriously)

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

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

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

4. Get Real Sleep

No, 4 hours and a double espresso doesn't count. Your body needs sleep to recover, regulate hormones, and actually burn energy.

Crappy sleep messes with hunger cues and slows your burn rate. Basically, it turns you into a cranky, snack-hungry slug.

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

5. Stress Less, Burn More

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

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

6. Hydrate Like You Mean It

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

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

7. Consistency Beats Chaos

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

Yes, intermittent fasting works for some people. No, it's not magic. It still comes down to consistency and the basics.

Bottom Line: No Gimmicks, Just Good Habits

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

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



MORELETA
SERVICE CENTRE

Quote
"My Estate"
for 15%
off labour!

FOR ALL YOUR **AUTOMOTIVE** **NEEDS**

BOOK ONLINE

OUR SERVICES

- ✓ Car Services – Major, Minor & Cambelt On All Makes & Models, Petrol and Diesel
- ✓ All Mechanical Repairs
- ✓ Engine Rebuilds & Reconditioning
- ✓ Brakes, Clutches, Starter & Alternator Repairs & Replacements
- ✓ Auto-Electrical Repairs
- ✓ Battery Testing, Charging & Replacements
- ✓ Gearboxes Repairs & Replacements
- ✓ Diff & Driveline Repairs
- ✓ Turbo Repairs & Replacements
- ✓ Shock Absorbers
- ✓ Wheel Bearings
- ✓ Oil Leaks
- ✓ Aircon Service & Gas Replacement
- ✓ Wipers
- ✓ Specialised Diagnostics

 **012 111 9383**
www.moreleta-exp.co.za



NOW OPEN! PRETORIA SERVICE CENTRE – NW GATEWAY.
FREE AIRCON REGAS WITH EVERY MAJOR SERVICE!

VISIT US: 1279 DE VILLEBOIS MAREUIL DR, MORELETA PARK, PRETORIA, 0181

The Laser Clinic that HEALS & MAINTAINS your *Beauty*

Next-Level Skin Rejuvenation

Experience world-class skin laser treatments at NuSkinnovation, with award-winning laser systems from Europe. If you are looking for the most effective aesthetic laser treatments, such as anti-aging, skin rejuvenation, removal of freckles, epidermal or hormonal pigmentation, rosacea, hair removal, tattoo removal, fine lines and wrinkles, acne scarring, warts, stretch marks, brow lift, and lip plumping, and so much more, we've got you covered.

NuSkinnovation is your go-to destination, with 9 franchises nationwide. Our highly trained national and international somatologists use the latest laser technologies and techniques to give you the best possible results.

Experience the dramatic transformation of laser resurfacing with us.



Centurion

071-455-3391

Pretoria East

072-020-0444

Montana

082-640-4564

Visit our website at: www.nuskinnovation.co.za



Mother's Day is coming.

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

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

What Moms *Actually* Want This Year

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

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



Let's Talk About the Default Mother's Day

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

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

Do Better This Year

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

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

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

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

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

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

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

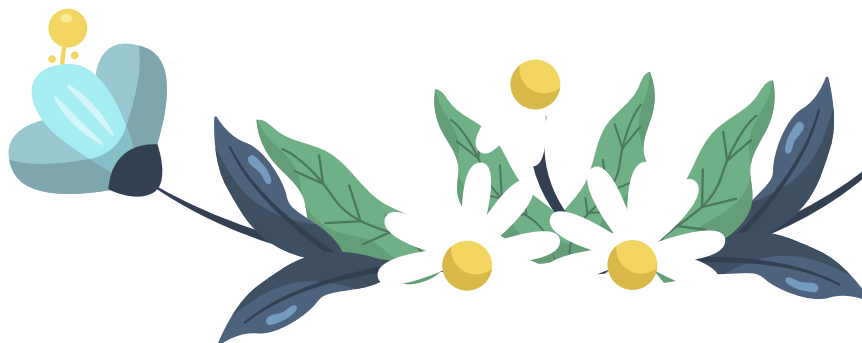
So when a mom says she wants to sleep in, or take a nap, or just lie in bed in total silence—it's not laziness. **It's recovery.**

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

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

Give her real rest. Let that be the gift.

And then—maybe—add coffee.



**Dennis Nyathi**

t 071 513 3069

e thehillssecurity@omegasol.com

SECURITY UPDATE

Dear Residents,

As the Easter season approaches—a time often marked by family gatherings, travel, and celebration—it's also a time to stay mindful of safety within our community. While the holiday brings joy and reflection, it's important that we don't let our guard down. Security and awareness remain priorities, especially during busy times.

Here are some essential reminders to help keep you, your family, and the community safe during the Easter period and beyond:

In Case of Emergency, Call the Right People

Social media can be a useful tool for staying connected, but it is not the right place to report emergencies. Platforms like WhatsApp, Facebook, and others are not monitored in real-time by emergency personnel. Instead, report any urgent issues directly to our ****24/7 security control room****. This ensures that trained personnel can respond quickly and appropriately.

Protect Confidentiality and Prevent Misinformation

Sensitive or private information should never

be shared on public forums or neighborhood group chats. Posting about security concerns or ongoing incidents online can compromise investigations, spread misinformation, or even endanger others. By reporting directly to the relevant authorities or estate management, we maintain discretion and avoid unnecessary panic.

Be Accurate When Reporting Incidents

If you witness or are involved in an incident that needs to be reported, always include clear and detailed information. Provide exact times, dates, locations, and descriptions. The more precise the report, the better equipped our security team will be to respond and investigate effectively.

Secure Your Property

A simple but often overlooked reminder: ****keep garage doors closed at night****. Open garage doors can attract unwanted attention and make homes more vulnerable to theft. Make it a habit to double-check all access points before going to bed.

Drive Responsibly Within the Estate

There has been a noticeable increase in speed violations within the estate over the past two months. This is not only a legal concern—it's a serious safety issue. Speeding endangers residents, children, pets, and the wildlife that shares our space. Please adhere strictly to the estate's speed limits at all times.

Compliance for Garden Services and Domestic Helpers

We remind all residents to ensure that ****foreign garden services and domestic helpers**** working in the estate have valid identification documents and legal work permits. This helps protect both the individuals and the broader community, and ensures we remain in compliance with immigration and labor laws.

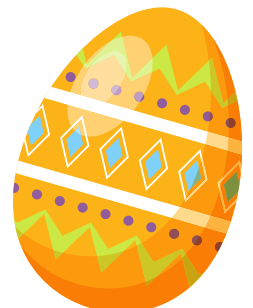
As we celebrate this special time of year, let's do so with mindfulness and care. Your cooperation and vigilance go a long way in making our estate a safer place for everyone.

Wishing you and your loved ones a safe, peaceful, and joyful Easter.

Best regards,

Dennis Nyathi

On behalf of the Security Team





Open Day

Join Our Open Day
10 MAY 09:00 - 12:00

652 Eland Street
Mooikloof
Pretoria



MOOIKLOOF



Google Rating

5.0 ★★★★★



EXPERIAN PLUMBING
Experience the difference (Pty) Ltd

Solar Geysers | Heatpumps | Geyserwise Systems | COC's
Back-up Water Systems | Rainwater Harvesting | Irrigation
Blocked Drains | Stormwater Drains | Burst Pipes | Leaking
Taps & Toilets

www.experianplumbing.co.za
info@experianplumbing.co.za
072 753 0579





SOUTHDOWNS COLLEGE

Your journey starts here.

Southdowns College provides a dynamic and progressive education for all pupils who respect individual needs, and embrace diversity and change in pursuit of academic, sporting and cultural excellence.

ACADEMIC ENRICHMENT

Our College boasts a 100% Matric pass rate and offers 15 elective subjects which include the four major art forms, Music, Dance, Drama and Art. Our Preparatory school placed first in the benchmark tests written by all ADVTECH schools and offers coding and robotics not just as an extramural but as a designated subject from Grade 1 to Grade 7. Our Pre-Primary won the much acclaimed "Best of Pretoria" award and offers a full academic day consisting of all the elements that you would need to give your child a solid academic foundation, including digital literacy, isiZulu and so much more.

Southdowns College provides a dynamic and progressive education for all pupils.

We respect individual needs and embrace diversity and change in pursuit of academic, sporting and cultural excellence. The school imparts social and leadership skills and nurtures spiritual growth to develop dynamic, independent leaders for a global society.

EXCELLENT FACILITIES

We offer our pupils Wi-Fi enabled classrooms to meet the needs of the modern curriculum, top class sports fields including an Astro, netball fields, rugby fields, tennis courts, basketball court, cricket nets, soccer fields, two heated indoor swimming pools and a high-performance gym. For our more creative students we offer a fully equipped theatre, music studios and dance studios.



Best of Pretoria
READERS' CHOICE AWARDS

- Grade 0000-12 • Academic excellence • Coding and robotics
- State of the art facilities • Family-based values
- Diverse sports offering • Boarding from Grade 8

Still enrolling for 2025!

John Vorster Drive Ext, Southdowns, Irene, 0123 • Tel: 012 665 0244

Email: smadonko@southdownscollege.co.za • www.southdownscollege.co.za





Eco-conscious Estate Landscape Maintenance



From lush gardens to water-saving irrigation systems, we seamlessly integrate eco-conscious practices into every aspect of our work. Let us transform your Estate gardens into a sanctuary of natural beauty while preserving the planet for future generations.

www.gardengroup.co.za



Proud Member of:



Nurturing Beauty: A Season of Care at The Hills Game Reserve Estate

As we settle into 2025, the garden group is delighted to update residents on our recent efforts at The Hills Game Reserve Estate. Our passion for maintaining and enhancing this exceptional landscape drives us forward, even as we navigate the shifting seasons and prepare for notable milestones like the South African Landscaping Institute (SALI) judging in late February.

Landscape Maintenance Amid Autumn's Arrival

The past two months have brought more rain than usual, turning the estate into a verdant sanctuary. This abundance has kept our team busy with regular duties, including mowing and manicuring lawns to maintain their pristine condition. Invasive plant management remains a top priority, with special attention on the PomPom weed (*Campuloclinium macrocephalum*). As a Category 1b invasive species under the National Environmental Management: Biodiversity Act (NEMBA), its vibrant blooms demand careful removal and disposal to prevent seed spread—an essential step in safeguarding the estate's biodiversity.

We've also been bushcutting fencing inside and outside the reserve, ensuring security and a neat appearance, while completing fence line cutting behind Reddford House. Tree pruning along the game reserve fencing, irrigation pipe repairs, and animal feed distribution on Mondays, Wednesdays, and Fridays have kept the estate thriving. As autumn approaches, we're preparing for cooler months with proactive planning to keep the landscape resilient and vibrant.

Spotlight on the SALI Judging

In late February, we welcomed judges from the South African Landscaping Institute (SALI), an organization renowned since 1984 for championing excellence in our industry. The judges evaluated our work across the estate, and their positive impressions left us optimistic as we await the official results. This moment underscores our commitment to delivering world-class landscaping that enhances The Hills Game Reserve Estate for all who call it home.

Adapting to Nature's Rhythm

The heavier-than-usual rainfall has fueled growth across the estate, requiring us to adapt with precision and care. From managing overgrowth to maintaining accessibility, our team has embraced these challenges with diligence, ensuring the estate remains a harmonious blend of natural beauty and meticulous upkeep.

Looking Ahead

With autumn unfolding and winter on the horizon, the garden group is planning ahead to sustain the estate's allure. We're proud to partner with this community, cultivating a landscape that reflects both nature's splendor and our unwavering dedication.

Warm regards,
the garden group

Fungus

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



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

Saprophytic fungi grow on decaying matter such as leaf litter, fallen trees and even dead animals. They are capable of converting them into nutrients that are absorbed by living plants. Mycorrhizae are fungi that develop a partnership or symbiosis with living plants, such as trees and grasses. Their presence increases the effectiveness of the plant's roots. Fungi deliver minerals and nutrients from the soil to the plant roots, which in turn supply the

mycorrhizae with water and carbohydrates. Unfortunately, fungi and fungal-like organisms (FLOs) also cause more plant diseases than any other group of plant pest. Scientists are familiar with more than 8,000 species that can cause disease.

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

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

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

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

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

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

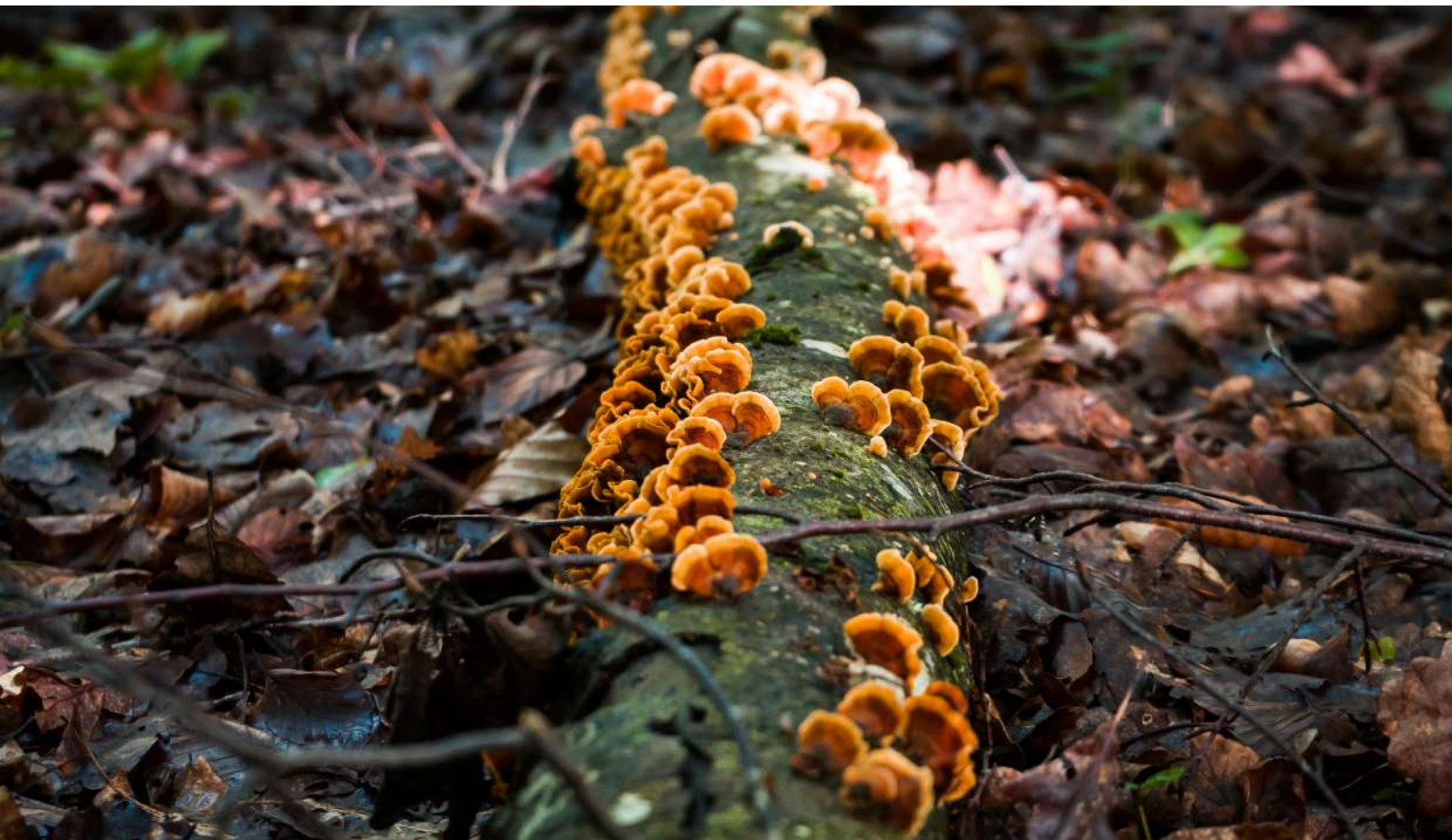
In food production, the use of genetically resistant plants, if available, should be the first line of defense for diseases caused by fungi and FLOs. There are generally more options available to professional

plant production specialists and growers to manage fungal and FLO diseases as compared to viral and bacterial diseases.

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

<https://ohioline.osu.edu/factsheet/plpath-gen-7>

<https://extension.okstate.edu/programs/gardening/grow-gardening-columns/grow-columns-2020/june-21-2020-beneficial-fungi>.





VETERINARY PHYSIOTHERAPY: A GROWING FIELD IN ANIMAL HEALTHCARE

BY DR VICKY LOUW (BVSC)

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

Common Conditions Treated with Veterinary Physiotherapy:

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

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



- **Neurological Issues:** Animals with neurological impairments, such as those caused by spinal injuries, nerve damage, or conditions like intervertebral disc disease (IVDD), benefit from physiotherapy to aid in regaining movement and function.
- **Post-Surgical Rehabilitation:** After surgery, animals often require physiotherapy to speed up recovery. This includes improving the range of motion, preventing stiffness, and restoring normal muscle function.
- **Sports Injuries:** Just like athletes, pets—particularly active ones—are prone to injuries. Veterinary physiotherapy plays a vital role in helping these animals recover from ligament strains, muscle injuries, and other trauma.
- **Chronic Pain Management:** Chronic pain conditions, such as those associated with degenerative diseases, can often be managed with physiotherapy treatments that promote circulation, alleviate discomfort, and enhance overall mobility.

Key Physiotherapy Techniques for Animals:

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

- **Therapeutic Exercises:** These are designed to improve strength, flexibility, and mobility. They can involve simple stretches or more complex movements, depending on the animal's condition.
- **Massage Therapy:** Therapeutic massage helps relieve muscle tension, improve circulation, and reduce pain, especially in animals suffering from muscle stiffness or injury.

- **Hydrotherapy:** This involves using water to help with rehabilitation. The buoyancy of water reduces stress on joints and muscles, making it ideal for animals recovering from surgery or injury. It is particularly beneficial for weight-bearing issues and arthritis.
- **Electrotherapy:** This technique uses electrical stimulation to reduce pain and promote tissue healing. It can also stimulate muscle contractions to help improve muscle tone and strength.
- **Heat and Cold Therapy:** Applying heat or cold packs helps reduce inflammation, manage pain, and improve circulation in affected areas. Cold therapy is typically used for acute injuries, while heat therapy is used for chronic pain relief.
- **Acupuncture:** Some veterinary physiotherapists incorporate acupuncture as part of their treatments, using fine needles to stimulate specific points on the animal's body to promote healing, reduce pain, and restore balance to the body.

Benefits of Veterinary Physiotherapy:

Veterinary physiotherapy offers numerous benefits for animals:

- **Pain Management:** Physiotherapy provides a drug-free alternative for managing pain, particularly for chronic conditions.
- **Faster Recovery:** After surgery or injury, physiotherapy helps speed up the healing process, allowing the animal to regain mobility and strength faster.
- **Improved Mobility:** Many animals suffering from arthritis or other mobility issues can regain significant movement with the right physiotherapy treatment.
- **Enhanced Quality of Life:** By relieving pain and promoting better physical function, animals undergoing physiotherapy often experience an overall improvement in their quality of life.

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

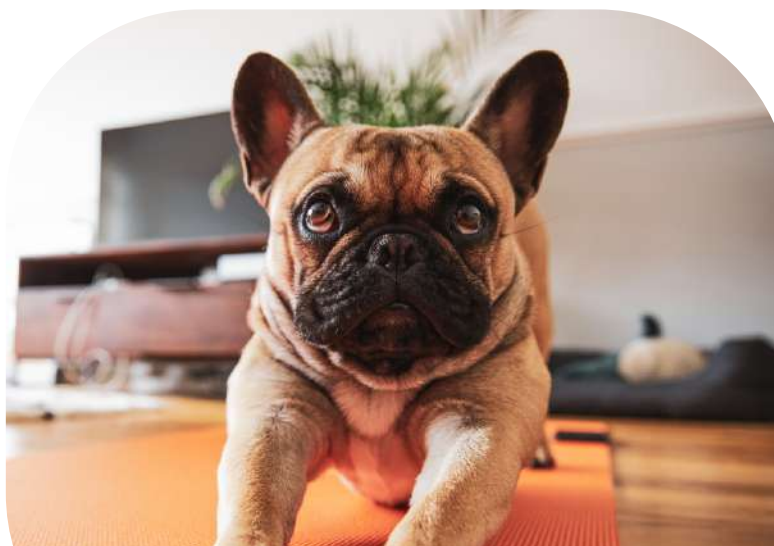
Training and Qualifications of Veterinary Physiotherapists:

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

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

Conclusion

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





WE CARE ABOUT YOUR PET'S HEALTH AS MUCH AS YOU DO

CONSULTING HOURS OUR SERVICES

Monday - Friday

08:00 – 17:00

Saturday

09:00 – 12:00

Sunday

10:00 - 12:00

- Consultations
- Dentistry
- Vaccination
- General Surgery
- Orthopaedic surgery
- Geriatric Care
- Radiography & Ultrasound
- Store
- Health certification for export



**House calls and
collections possible**



012 004 3258

063 662 1182



Plot 5 Garstfontein Rd, Rietfontein AH,
Mooikloof Companion Animal Centre.

TIME FOR A

pamper?



• BARKLEYS •

MOBILE GROOMING



MOOIKLOOF@BARKLEYS.CO.ZA

T: 072 434 4981



POOL SAFETY, STYLE & SMART SOLUTIONS

The benefits of modern pool covers.

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



Prioritising Pool Safety

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

Additional Pool Safety Tips

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



The Latest Trends in Pool Covers

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

Automatic Slatted Pool Covers

Effortless Luxury

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

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

Automatic Vinyl Pool Covers

Maximum Protection

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

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

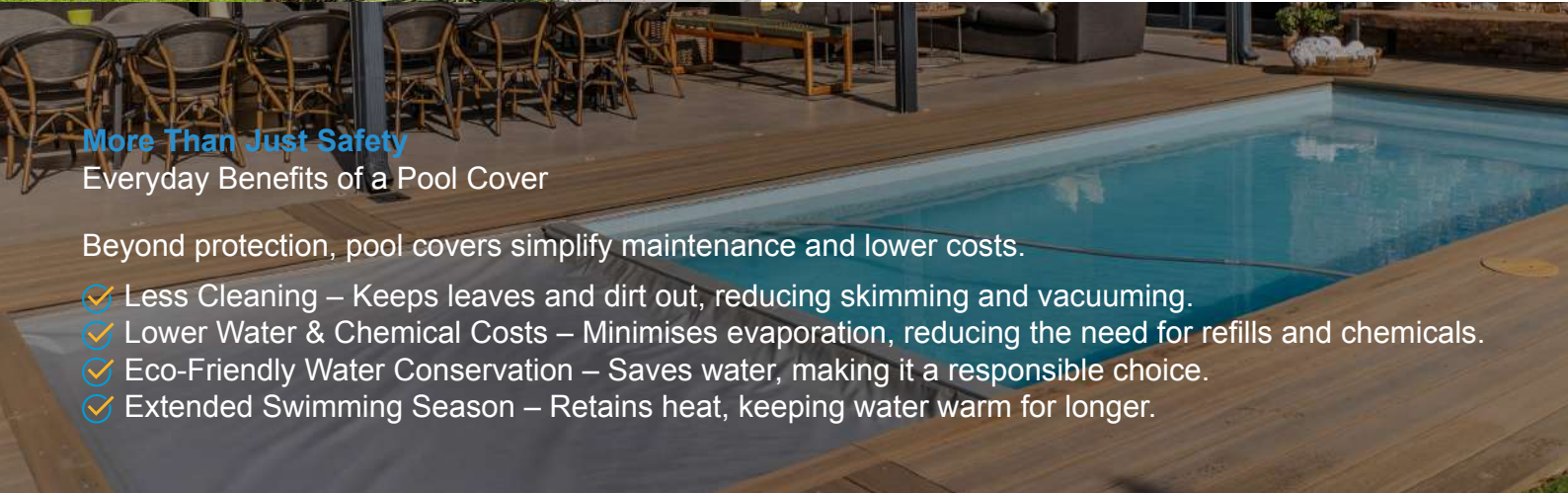


Pet & Child Safety Covers

Extra Peace of Mind

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

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



More Than Just Safety

Everyday Benefits of a Pool Cover

Beyond protection, pool covers simplify maintenance and lower costs.

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

General Pool Maintenance Tips

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

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

Upgrade Your Pool with Designer Pool Covers

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

Make pool ownership safer and simpler

Contact us today to find your ideal cover!

We are nation wide!

JHB (Head Office)

+27 (10) 824 - 8631
sales@designercovers.co.za
www.designercovers.co.za

CPT

+27 (82) 461 8330
projectscpt@designercovers.co.za
www.designercoverscapetown.co.za

EASTERN CAPE

+27 (82) 461 8330
projectsgorge@designercovers.co.za
www.designercoverscapetown.co.za

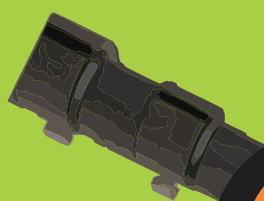
KZN

+27 (72) 103 9875
projectskzn@designercovers.co.za
www.designerpoolskzn.co.za



Connect with us!

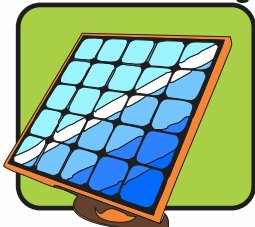




GO2GUY

Solar Panel Cleaning | Panel Inspection
Gutter Cleaning | Bird Proofing
Exterior Window Washing

Solar Panel Cleaning



Panel Inspection



Window Washing



Bird Proofing



Gutter Cleaning



- ▶ **Maximize Power Production**
- ▶ **Filtered & De-ionized Water**
- ▶ **No Chemicals =**
No Damage to Void Warranty
- ▶ **3, 4 Or 6 Monthly Cleaning**
- ▶ **10% Discount On 1st Booking**
- ▶ **Enquire About Our Combo Packages**
And Save!



For Bookings Call or Whatsapp

DEON VAN GASS
Operations Manager

072 1488 586
deon@go-2-guy.co.za

SCAN ME



FOR A QUOTE

CATHERINE VAN GASS
Admin Manager

082 470 3161
admin@go-2-guy.co.za

Use this *QR Code* and Qualify for a **10%**
Discount on your First Cleaning!

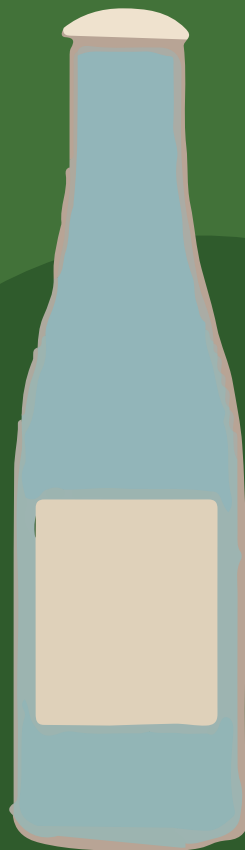
www.go-2-guy.co.za

fijnwyn AND friends

30
wine
farms

incl glass & wine tasting
R220
per person

www.fijnwyn.co.za | 082 335 5659



LIVE MUSIC - FOOD STALLS - SAFE PARKING

itickets

wine & food MARKET

SHOKRAN
EVENTS
VENUE PRETORIA

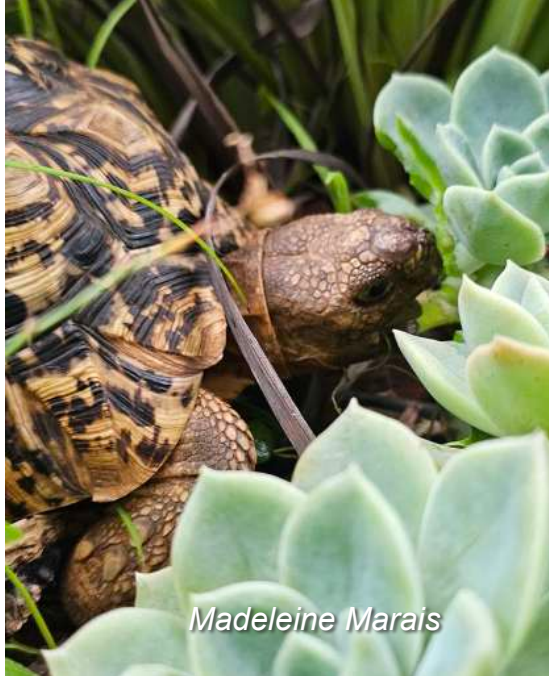
10:00 -
17:00

01 & 03

MAY



Phillip Fouche



Madeleine Marais



Dolph Kruger



Phillip Mongatane



Kashmeeta Gounder



Louise van Jaarsveld

ESTATE

Submit your photo to tobia@k-studio.co.za

photos



From the Gym Manager

Dear Members,

The past two months have brought about many exciting changes within our fitness community—and as with any season of change, new opportunities have emerged. We're thrilled to share that the past month in particular has been one of incredible growth. We've seen a consistent increase in group class attendance and a surge of energy and motivation from all of you. It's been truly inspiring to witness!

As we continue to build momentum, we're proud to officially introduce our team of **Fitness Instructors and Personal Trainers for 2025**. These dedicated professionals are passionate about helping you reach your goals and are committed to guiding you every step of the way on your health and wellness journey.

Earlier this year, we introduced a **FREE Full Body Assessment** for our members—an initiative designed to provide a more holistic view of your health and fitness. The promotional period

officially ended on 31 March 2025, but members who took part are still welcome to request their results. If you missed the offer and are still interested in doing an assessment, you're encouraged to speak directly with the Gym Manager to arrange a booking.

Looking ahead, we're excited to announce that the **Fitness Center will be undergoing a fresh new facelift** in the coming months! While some upgrades may temporarily affect your training schedule, we're confident the final result will elevate your fitness experience. One of the highlights includes the addition of an **Express Smoothie Bar** and a variety of healthy refreshments to keep you fueled and refreshed after your workouts.

Don't forget to mark your calendars! Our **next Community Fun Walk/Run** is set for **Saturday, 26 April 2025**. This family-friendly event will feature a **Mega Easter Egg Hunt** for the kids, along with fun activities for all ages. Event details and the official poster will be shared soon—watch this space!

Gym Hygiene & Self-Care Reminder for the Cold Season

As we move into the colder months, let's all do our part to keep the gym a clean, safe, and healthy environment for everyone. A little mindfulness goes a long way!

Here are a few friendly reminders to help us maintain high hygiene standards and look after ourselves:

Wipe Down Equipment

Please sanitize machines, weights, and mats after use.

Bring a Towel

Use your personal towel during workouts to manage sweat.

Wash Hands Regularly

Make use of soap, water, or hand sanitizer before and after your training session.

Cover Your Cough or Sneeze

Use a tissue or your elbow to stop the spread of germs.

Stay Home if You're Unwell

Prioritize rest and recovery before returning to the gym.

Stay Hydrated & Eat Well

Support your immune system with balanced meals and plenty of water.

Let's continue to work together to create a supportive, welcoming, and safe environment for all members—rain or shine!

Lastly, we extend our heartfelt gratitude to each and every one of you. Your continued support and enthusiasm fuel everything we do. Should you have any questions, suggestions, or concerns, please don't hesitate to speak to us. We're here to help you thrive on your fitness journey.

Warm regards,
Siyanda Manga
Gym Manager



Emanuel Naidoo

Assistant Trainer



MacD

Group Fitness Instructor
& Dance Professional



Ali Nzeru

Personal Trainer



Lesego Mmethi

Personal Trainer



Mbali Kekana

Yoga Instructor



Keanu Niemand

Technique Trainer &
Group Exercise Instructor



Trinity Niemand

Biokineticist



Thulani Chipanga

Personal Trainer & Step
Coach



Terry

Karate Instructor



Our Services include:

- Interior Painting
- Exterior Painting
- Roof Painting
- Waterproofing
- Ceiling Replacement
- Drywalling

Get in Touch

072 045 4018

sales@supremecoats.co.za

www.supremecoats.co.za

786 Ivan St, Garsfontein, Pretoria





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

- Contact Meadowdine group for Skip Bins, Chemical Toilets, Hut Hire and more. Tel 079 736 8006 / 067 400 9720
- LCL Construction, contact Lincoln on 083 650 6466
- Phill - 082-648 6164 - Builder

BEAUTY SERVICES

- Blessings Beauty Boutique. house calls can be booked. Please Book your app on time to avoid disappointments 076 782 3622
- Tulips Beauty Spa, We come to your house +27 60 550 9390.

BOREHOLE DRILLING & WATER SERVICES

- Elite Water specializes in borehole pumps and treatment, booster pumps, ozonation, filtration systems, and back-up systems. For more information, contact Riano at 061 327 2187 or riano@elite-water.co.za.
- Inyati Drilling & Borehole (Morne) 071 689 0300
- Manzi Water (Water Filling) 084 412 2084
- Reinhardt (Water Filling) 078 135 2783
- Robert (Watersystem) 082 903 5956
- Veronica (Water Filling) 072 212 6151
- Werner (Water Filling) 083 652 7976

CLEANING SERVICES / DOMESTIC & GARDENER

- Are you tired of your dirty windows? Then let us sparkle your windows. LNC is an expert in professional high-rise **window cleaning services**, catering for all types of properties. Contact NS Malepe 072 651 19471 / makua.malepe@gmail.com.
- Looking for Someone to clean your Carpets, We have used Dries before for **Carpet Cleaning** and we highly recommend his services. Contact him on 083 299 8569

- Carpet Cleaning, Rugs, Sofa's and Car Valet, we also collect & drop off after wash 079 093 2873 or 067 400 9720.
- Pureglaze Window cleaning 082 775 2862 or 076 852 1229 or email tom@pureglaze.co.za
- Lizzy is looking for work, she is reliable, punctual, honest and friendly. She irons and cleans beautifully. Lizzy : 072 423 7470. References: Moya : 083 532 0866

EDUCATION / LEARNING

- English and Science Tutor available in Pretoria East. Complete IEB NSC Bachelor's Degree Pass in 2020. Year-round achievements at Reddford House The Hills. Currently studying BSc Biological and Agricultural Sciences (2nd Year in 2022). Tutoring and Pick-up from school can be arranged. Tutoring at R120 per hour. Contact details 083 415 8235 / mokgadi.violinist@gmail.com for full CV.
- IKI KIDS sells STEAM educational products including Robotics and Coding Kits. 081 517 9589 or <http://www.ikikids.co.za/>
- Learn to Swim, contact Annette 072 128 2689 from Jolly Waters Swim School Situated in Grootfontein.
- Lida Cronje - I am a qualified teacher with 30 years of experience. I offer Afrikaans First Additional Language extra classes to learners from Gr.3 - 12 and would also like to be of service to learners in the Hills. Contact 082 558 3631

ELECTRICITY / SOLAR

- Basie (Electrician) 082 699 9107
- Ed's Electrical, Eddie (Electrician & Plumber) 082 576 6616
- Ikigai Engineering (Solar water heating, backup, and hybrid solar solutions) 081 517 9589

- JP Liebenberg - 082-390 9791 - Solar
- Marius (Electrician in the Estate, satisfaction guaranteed) 082 559 8859
- Olckers Projects (Albert) (Electrician & Maintenance) 071 496 0136
- Roby Mokone (Electrician) 082 314 7554
- Ruan (Electrician) 072 643 3228 / 082 616 6068
- Rudolf (Electrician) 083 218 4466
- Wian (Electrician) 084 555 5662

GARDENING/ LANDSCAPE

- R40 per 30kg bag of Manure. Delivery on Saturdays. Boost your garden, grass and veggies with our Manure. Contact 0794964525 to order.
- Top soil or compost delivered to your doorstep. 2m³ at only R1,680 delivery included. Bigger quantities are also available. Pieter 082 551 6670
- Enhance home deco with beautiful air purifying bamboo plants, easy to grow and maintain. Comes in a nursery pots or get it in a beautiful deco pot. In Nursery pot: large (R600), XXL(R950) or In Deco pot: large (R900), XXL R1400. Contact 0717233151

GAS SUPPLIERS

- Africa Multi Client Services (Karabo) 081 773 0317
- Chris Pagel 083 384 5345
- Fusion Gas (Craig Fourie) 082 770 2600
- 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
- Kastella Maintenance 067 415 2819

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
- Johannes (Hanging of paintings) 079 482 8676
- 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
- Thys Oelofse (Painting) 083 321 2939
- Watertite Waterproofing (Johan) (Waterproofing Services) 083 254 1400

- Proofreading, editing, copyediting, document formatting, content creation, website designing (for small to medium-sized businesses) and social media account management services. Call Susan Nganjo in The Hills at 0828826866
- EXLNT School Transport and also available for hire. Operate within Pretoria East. Contact 066 227 7574 / 072 542 4399

PET CARE

- **Paws & Claws Pet sitting**, Providing Pet Sitting Services in the Estate. I come to your home and take care of your pets' needs. Contact Mienke on 081 553 9406
- **Housesit Bruh**: House sitting, Overnight Pet Sitting, Daily feeds and hanging out, Animal walking. 081 556 5465, email: housesitbruh@gmail.com
- The Country Pet Hotel in Pretoria East offers boutique pet boarding with 24-hour care; contact 082 056 0561 or 082 920 4990.

PLUMBERS:

- AA Plumbers (Greg) 076 923 2277
- Casper Coetzee 071 944 5689 / 078 695 4167
- Chris Skhossy 072 060 5653
- Eugene 078 110 0912
- Heino 073 294 8577
- Mishack Eugene (Plumber & Construction) 082 954 7231
- MRL Plumbing 073 941 2480
- Ruan 072 643 3228 / 082 616 6068
- Rudolf (Plumber) 083 218 4466
- Source Leak Detection (Sydney) 076 229 6320

POOLS

- David Moraites (Pools) 072 299 9335
- Pacific Pools (Mike) (Pools & Pumps) 083 293 1349
- Weekly **pool cleaning** at a monthly cost of R600 - ALL chemicals included. Contact 083 278 8720.

RESTAURANT

- The restaurant and convenient store are situated next to the gym. For weekly specials and events, join our whatsapp group for updates. We do kids parties, baby showers, special celebrations etc. Contact info: 062 808 0015 or 082 46 56861. info.carlitas@gmail.com

YUMMY CREATIONS & COOL TREATS

- I am selling raw honey at R80 a bottle or Honey and Rusks at R140 Contact Gladiola 0721915097 Free delivery for the hills residents and R80 courier anywhere else in Gauteng.
- Artisan Air-roasted coffee beans/ground by Airabica Roasters! Free delivery in The Hills. Priced from R110-R330. Contact Duncan 082 440 9174 or orders@airabica.co.za
- Babbalas bomb recovery support remedy product for sale at Carlitas. Product by Shap Shap Wellness Whatsapp Schalk 082 321 9399.
- Divine Decadent Cakes - 2024 Indulge in our delicious baked goods, crafted to perfection! Our offerings include: Scones, Biscuits, Cupcakes, Cakes. To order, WhatsApp: 0786238029. Treat yourself to our delightful creations, perfect for any occasion!



Hop, snip, glue

Easter

magic is up to you!

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

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

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

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

What You'll Need:

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



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

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



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



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



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

Easter

EGG HUNT COMPETITION

FREAK SHAKES

CAN YOU CRACK THE CODE?

We've hidden Easter eggs in random spots throughout this magazine!

Your mission: Find them all and count how many Easter eggs you can spot.

The first person to WhatsApp the correct number of hidden eggs to Tobia on 082 962 8255 wins a **GRUBHOUSE MENLYN VOUCHER** for **TWO FREAK SHAKES**!

So grab a cuppa, flip through the pages, and keep your eyes peeled!

Winner will be announced on **30 April 2025**

Hop to it – the hunt is on!



Inside the New Home:

How Design in 2025 Got Personal



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

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

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

a few framed photos—unpolished, honest, and perfect in their imperfection.

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

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

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

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

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

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

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

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

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



THE DONKEY DAIRY DAY VISITS



**ESCAPE TO THE BREATHTAKING
MAGALIESBURG MOUNTAINS AND
EXPERIENCE THE MAGIC OF THE
DONKEY DAIRY! MEET OUR FRIENDLY
DONKEYS, EXPLORE SCENIC HIKING
TRAILS, AND DISCOVER THE
BENEFITS OF DONKEY MILK—ALL
WHILE ENJOYING THE PEACE OF
NATURE. JOIN US FOR A UNIQUE
FARM ADVENTURE THE WHOLE
FAMILY WILL LOVE.**



ACTIVITIES



- BOTTLE-FEED BABY GOATS
- MEET AND INTERACT WITH OUR FRIENDLY FARM ANIMALS
- ENJOY SCENIC HIKING TRAILS
- TASTE THE NATURAL GOODNESS OF DONKEY MILK
- DONKEY AND HORSE RIDES



VISIT US

OPEN ON WEEKENDS & PUBLIC
HOLIDAYS

9 AM TO 3 PM

ENTRANCE FEE: R80 PER PERSON |
PENSIONERS: R50 | KIDS UNDER 2: FREE
BOOKINGS ARE ESSENTIAL!

072 262 5369



[HTTPS://WWW.THEDONKEYDAIRY.COM/DAYVISITS](https://www.thedonkeydairy.com/dayvisits)

[HTTPS://WWW.FACEBOOK.COM/SHARE/1ETZJQTQ18/](https://www.facebook.com/share/1ETZJQTQ18/)

[HTTPS://WWW.INSTAGRAM.COM/THEDONKEYDAIRY?
IGSH=MTZ1ENRPFM5ZNZNHNG==](https://www.instagram.com/thedonkeydairy?IGSH=MTZ1ENRPFM5ZNZNHNG==)





AN ORANGE A DAY

keeps colds — and garden pests — at bay

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

Why You Should Be Eating More Oranges This Winter

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

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

Packed with Fibre and Antioxidants:

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

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

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

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

1. Natural Pest Repellent

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

2. Keep Cats Out

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

3. Add to Your Compost

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

4. Boost Soil for Acid-Loving Plants

Some plants, like blueberries, hydrangeas, and azaleas, thrive in slightly acidic soil. Mixing in shredded orange peel can help adjust the pH naturally over time.

5. Make Biodegradable Seed Pots

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

A Zero-Waste Win

Oranges are already a winter staple, but now there's even more reason to keep them in your fruit bowl. They support your health during flu season — and their peels can do a bit of good in the garden too.

One fruit, two uses. No waste.



let your brand take flight...

Reach The “*Crème De La Crème*”
With Our Unique Estate
Digital Advertising

ADVERTISE

YOUR BUSINESS IN OUR ESTATE MAGAZINES:
THE HILLS ESTATE, LOMBARDY ESTATE, HERITAGE HILL ESTATE

calvin@k-studio.co.za | 082 582 6873



KS
KREATIEF STUDIO



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 Gate Commander to facilitate access to your property.

Gate Access Coordination:

- Call the Gate Commander 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.