

THE ECO

FEBRUARY ISSUE 2025



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on behalf of The Hills Estate

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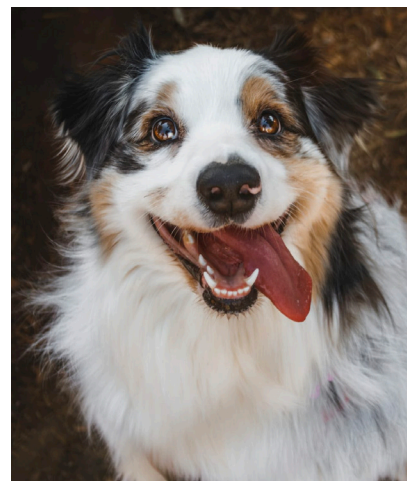
KREATIEF STUDIO



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

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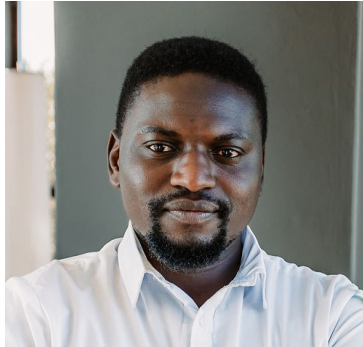
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012 358 9999

012 358 6300

TSHWANE WATER

012 427 2111 (CALL CENTRE)

TELKOM

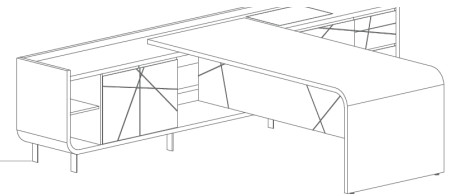
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Letter From The Management Team

A Warm Welcome Back from The Hills HOA Team!

Dear Residents,

The Hills HOA team wishes you all a very happy new year! We hope that the December break provided everyone with a well-deserved opportunity to relax and recharge. To those who travelled away, we warmly welcome you back to our Estate.
We're Here for You!

Our dedicated team is here to assist you with any needs you may have. Below are our contact details:

Estate Manager:

e estatemanager@thehillsgamereserve.co.za
t 060 168 9906

Operations Manager:

e opsmanager@thehillsgamereserve.co.za
t 060 154 7562

Aesthetics Officer:

e aesthetics@thehillsgamereserve.co.za
t 060 187 9458

Office Manager:

e admin@thehillsgamereserve.co.za
t 012 941 3703

Exciting Upcoming Projects

While we are still finalizing the details for several upcoming projects this year, we are genuinely excited about the initiatives aimed at updating and maintaining our estate. We will keep you informed as more information becomes available.

Aesthetic Maintenance on Homes

As we begin the new year, we would like to remind residents to maintain their homes. If your house requires painting or any other upkeep, please make sure to plan for it accordingly. A well-kept appearance not only enhances your property value but also adds to the overall appeal of our estate.

Share Your Pictures with Us!

We invite residents who capture the beauty of our Estate and Game Reserve to share their photos with us! Please email your stunning images to info@thehillsgamereserve.co.za. We would love to feature them on our website or on our screen at the estate entrance.

Thank you for being an essential part of our estate. We look forward to a fantastic year ahead!

Our office hours are from 08:00 to 16:30, Monday to Thursday, and 08:00 to 16:00 on Fridays.

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PAWS, CLAWS, & FLUFFY

Fame!
CONTEST



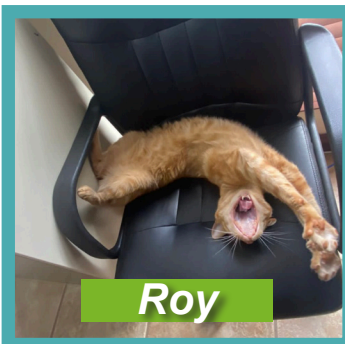
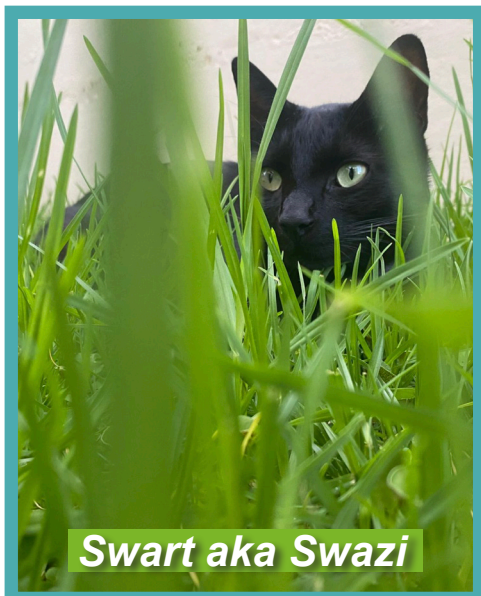
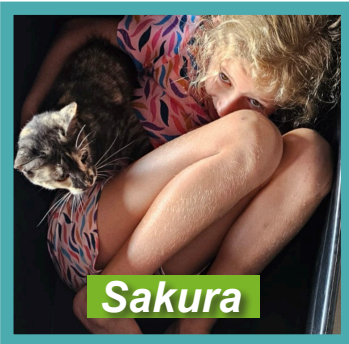
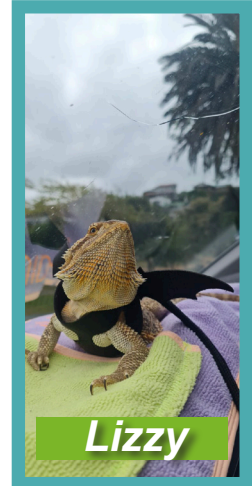
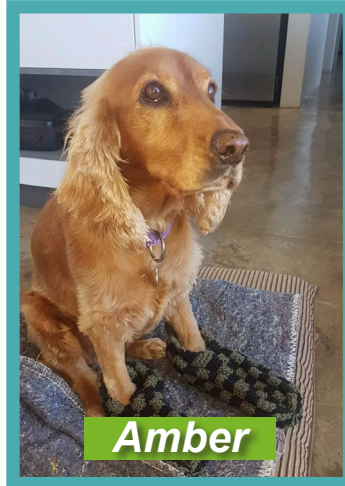
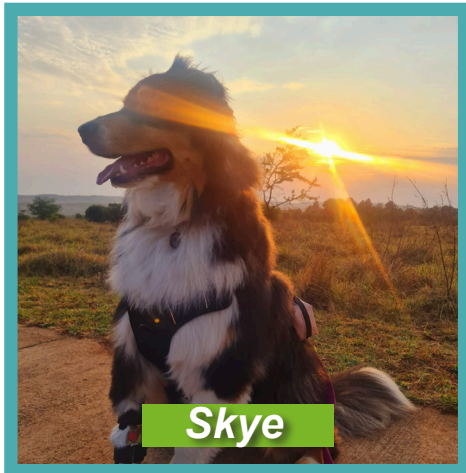
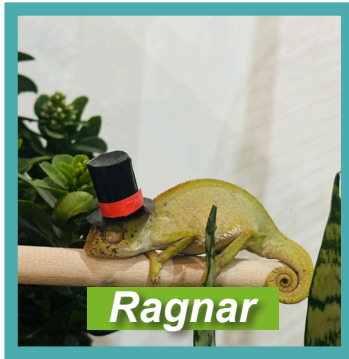
Congratulations to Ocean for winning the grand prize in our Paws, Claws & Fluffy Fame Contest!

A big thank you to Michelle Labuschagne for submitting Ocean's adorable photo. While Ocean took home the Pet Emergency Travel Kit, the amazing team at Akira Vet decided to spoil all participants

with a small gift as a token of appreciation—aren't they just the best? Located conveniently near The Hills Eco Estate, Akira Vet is your go-to for all your pet care needs.

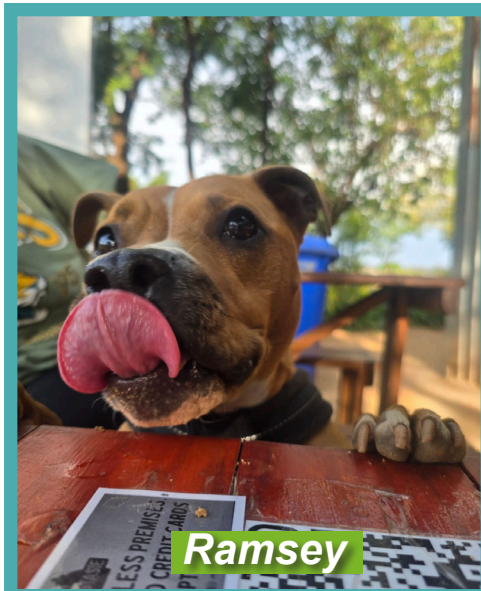
Thank you to everyone who participated in the contest by sharing your sweet, funny, and funky pet photos







Stokkies



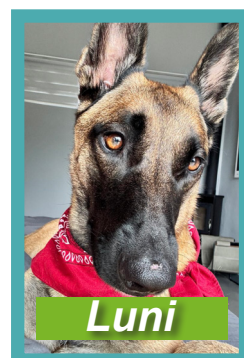
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Emma



Cody



Luni



Cooper



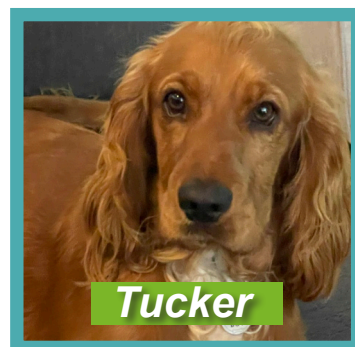
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EMPOWERING YOURSELF FOR A STRESS-FREE NEW YEAR

As the new year begins, it's a perfect time to reflect on the year that's passed and set meaningful intentions for the future. But how can we truly empower ourselves to create positive change and abundance in the year ahead without falling into the familiar traps of old habits? The key lies in self-awareness, intentional action, and creating a fresh mindset. Here's how you can embrace a stress-free and empowering start to your year.

1. Reflect on the Year That's Passed

Before moving forward, take a moment to look back. What worked for you last year, and what didn't? Identifying patterns, behaviors, or habits that drained your energy or caused unnecessary stress is the first step to transformation. Be honest with yourself, but avoid judgment. Reflection isn't about blaming yourself for what went wrong but about understanding where you can grow.

2. Set Intentions Instead of Resolutions

Resolutions often fail because they feel rigid or overwhelming. Instead, focus on setting clear, meaningful intentions. For example, instead of saying, "I want to lose weight," reframe it as, "I want to nourish my body and feel strong." Intentions are rooted in the "why," giving your goals more purpose and flexibility to evolve.

3. Let Go of Old Habits

Breaking free from old habits is no easy task, but it's essential for growth. Start by identifying the triggers that lead you to repeat unwanted behaviors. Then, create alternative actions that align with your new intentions. For instance, if you find yourself scrolling social media when stressed, replace that habit with a short walk or journaling session.



One practical method for letting go of the past is inspired by Dr. Raoul Goldberg, who suggests incorporating expressive activities like journaling, movement, or visualization to help release emotional baggage and uncover new energy for growth. These simple practices can open the door to new patterns and opportunities.

4. Create a Mindset of Abundance

Abundance isn't just about wealth—it's about recognizing and appreciating what you already have while inviting more positivity into your life. Start each day with gratitude. Write down three things you're thankful for, no matter how small. Cultivating this habit shifts your focus from scarcity to abundance, setting a positive tone for your day and year.

5. Surround Yourself with Positive Influences

The people we spend time with greatly impact our energy and outlook. Seek out those who uplift and inspire you, and distance yourself from negativity where possible. Building a supportive community can help keep you motivated and aligned with your goals.

6. Be Kind to Yourself

Self-compassion is essential when striving for change. There will be days when you slip into old habits or feel unmotivated, and that's okay. Treat yourself with kindness, acknowledge the setback, and gently guide yourself back to your intentions. Progress is rarely linear, but every small step forward matters.

7. Take Action, No Matter How Small

The smallest actions can lead to the biggest changes. Whether it's committing to five minutes of mindfulness each day, starting a gratitude journal, or saying "no" to something that drains you, these incremental changes build momentum and empower you to take control of your life.

8. Prioritize Your Well-being

Your physical and mental health are the foundation of a stress-free life. Make self-care a priority, whether that means scheduling regular exercise, getting enough sleep, or carving out time to relax and recharge. When you care for yourself, you're better equipped to face challenges and embrace opportunities.

The new year is a blank slate, offering endless possibilities for growth, abundance, and peace. By reflecting on the past, setting clear intentions, and committing to small, meaningful actions, you can empower yourself to break free from old habits and create a year filled with purpose and joy. Take this opportunity to invest in yourself and watch how your world transforms.

Let this year be the year you choose to thrive.

Introducing



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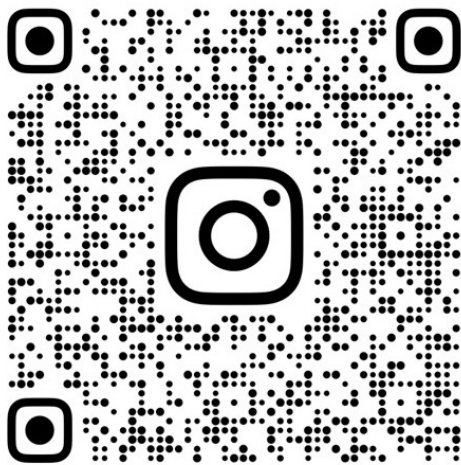
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10 Ways to Say ‘I Love You’ *this Valentine's Day*

Valentine's Day is all about celebrating love—whether it's for your partner, your family, your friends, or even yourself. You don't need grand gestures or expensive gifts to say ***“I love you.”***

Here are ten heartfelt ways to show your love this Valentine's Day, along with some practical tips to make each idea extra special.

1. Write a Handwritten Love Letter

A handwritten note never goes out of style. Write down how much your loved one means to you, why you appreciate them, and the special moments you've shared together.

Tip: Use beautiful stationery or a card for a personal touch. If you're struggling to find the right words, add a favourite poem, an inside joke, or a memory that always makes you smile.

2. Cook Their Favourite Meal

Food is a love language of its own. Surprise them with their favourite dishes, or cook together for some quality bonding time. A homemade meal always feels more meaningful than dining out.

Tip: Set the table beautifully or have a picnic in the garden. Make it extra special with your favourite wine or drink. Need help with the setup? Check out www.dialapicnic.co.za for inspiration. Add fairy lights or candles for a cosy, romantic touch.

3. Surprise Them with a Thoughtful Gift

A thoughtful gift shows you've paid attention to what they love or need. It could be something sentimental like a framed photo, a handmade craft, or a book by their favourite South African author.

Tip: Support local by shopping from small businesses or artisans. Think handmade jewellery, scented candles, or unique decor that matches their style.

4. Plan a Personalised Date

Ditch the usual dinner-and-movie routine and plan something tailored to their interests. Go hiking, or explore South Africa's stunning landscapes together.

5. Give the Gift of Quality Time

In our busy world, giving someone your undivided attention is a rare and meaningful gift. Go for a long walk, binge-watch their favourite show, or simply enjoy a quiet coffee together.

Tip: Switch off your phone and other distractions. This small act speaks volumes about how much you value your time together.

6. Say It Through Acts of Service

Sometimes, actions really do speak louder than words. Show your love by doing something helpful, like tidying the house, washing their car, or bringing them breakfast in bed.

Tip: Notice what's been weighing on them and offer to help ease the load. Simple acts like making tea or running errands can go a long way.

7. Share a Playlist or Song

Music has a way of saying things we sometimes can't. Create a playlist of songs that remind you of them, or dedicate a special track that sums up how you feel.

8. Create a DIY Gift

There's something extra special about a homemade gift. Ideas include a "jar of love" filled with reasons why you love them, a scrapbook of memories, or baked treats like biscuits.

9. Celebrate Their Achievements

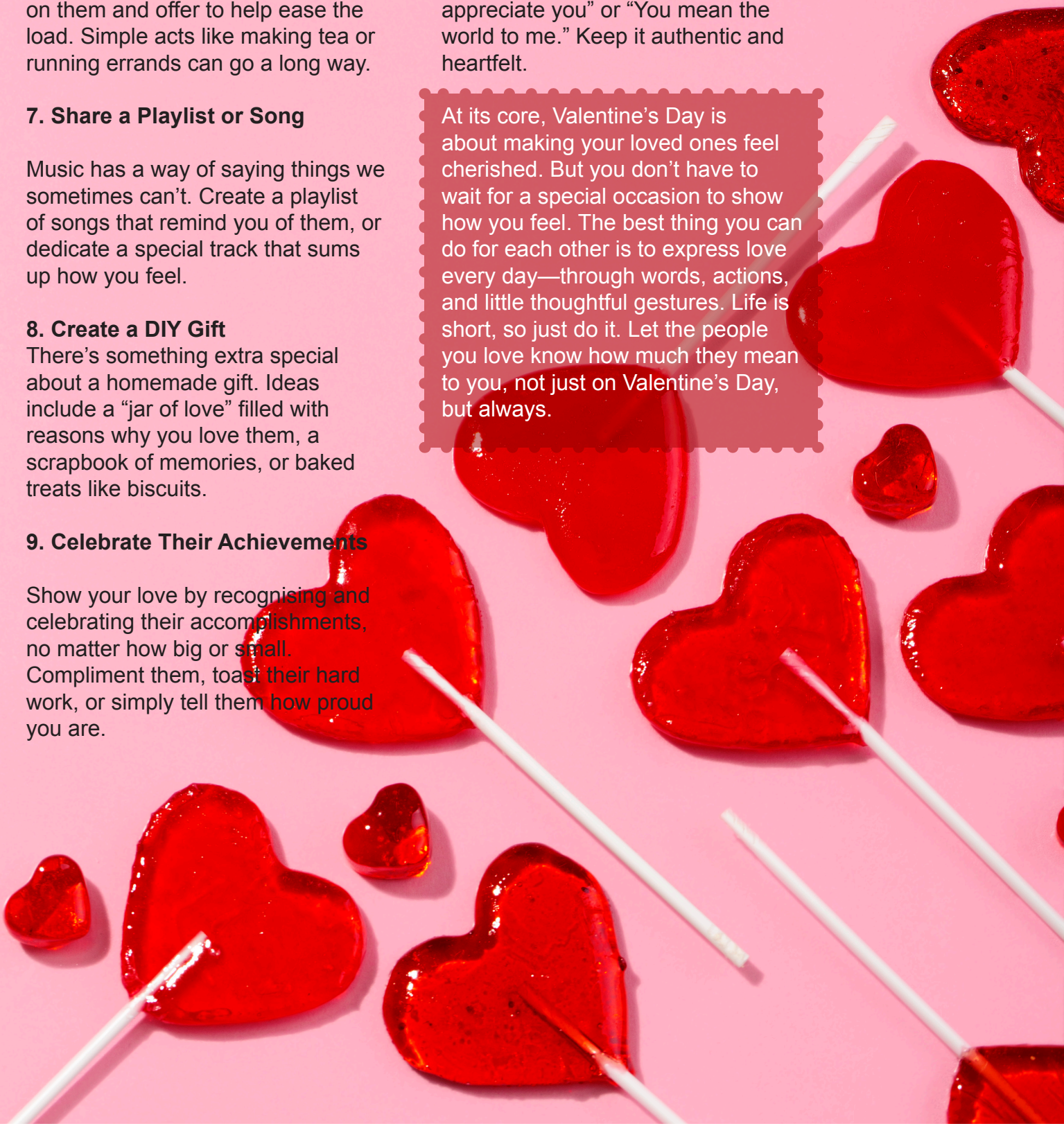
Show your love by recognising and celebrating their accomplishments, no matter how big or small. Compliment them, toast their hard work, or simply tell them how proud you are.

10. Simply Say the Words

Sometimes, the most meaningful way to say "I love you" is to just say it. Look them in the eye, hold their hand, and let them know how much they mean to you.

Tip: If "*I love you*" feels too formal, try something more casual like "I appreciate you" or "You mean the world to me." Keep it authentic and heartfelt.

At its core, Valentine's Day is about making your loved ones feel cherished. But you don't have to wait for a special occasion to show how you feel. The best thing you can do for each other is to express love every day—through words, actions, and little thoughtful gestures. Life is short, so just do it. Let the people you love know how much they mean to you, not just on Valentine's Day, but always.



LOVE WHERE YOU LIVE

photo

CONTEST



Show us what you love about your estate!

Whether it's a scenic spot, your beautiful home, or a special moment with loved ones—send us your best photo and stand a chance to **WIN 2 tickets to Fijnwyn Bubbles on 22 March!**

How to Enter:

- Submit ONE photo showcasing what you love about the estate.
- WhatsApp your photo to Tobia – 082 962 8255
- **Competition closes: 10 March 2025**

Important:

- Include your name, surname, and estate name. Consent is required for future use.
- **Winner Announcement:** The winning photo will be announced on 11 March, and tickets will be sent via WhatsApp.

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Dennis Nyathi

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SECURITY UPDATE

Dear Residents,

As we step into the new year, we would like to take this opportunity to thank you for your ongoing support and cooperation throughout 2024. We look forward to another year of growth and community engagement within our estate.

Access Control at the Gates

To enhance security and improve traffic flow at our estate entrance, we kindly remind all residents to provide their visitors with access codes before arrival. This will significantly reduce congestion and minimize delays at the gates, ensuring a swift and efficient access control process for everyone.

Child Supervision in Play Areas

We would also like to emphasize the importance of child supervision, particularly in play areas that include swimming pools. Parents and guardians are urged to ensure that children are always accompanied by an adult to maintain safety and prevent any unfortunate incidents.

Additionally, it has come to our attention that some older children are misusing playgrounds for inappropriate activities, leaving behind discarded items that pose health and safety risks. Such behavior is strictly prohibited. We urge parents to be vigilant about their children's whereabouts and actions, as discipline starts at home. Older children are not permitted on the play gyms, and surveillance cameras will be installed shortly to monitor activity. Parents of those found violating these rules will be contacted and held accountable. Please note that estate management is not responsible for supervising children, and we need all residents to work together to uphold a safe and respectful community environment.

Littering and Environmental

Responsibility We urge all residents to refrain from littering and to encourage their visitors to do the same. Our estate is home to beautiful wildlife and birdlife, and littering disrupts the ecosystem, potentially causing harm or even death to these animals. It has been reported that a visitor recently discarded a bottle while driving in the estate, leading to a fine being issued. Please remember that residents are accountable for the actions of their visitors. It is disheartening to see waste discarded within our estate or just before entering. We kindly ask all residents to dispose of their waste responsibly and empty their vehicles at home instead of littering within the estate.

Oval Clubhouse Bookings

New booking forms for the Oval Clubhouse are now available, and residents can make reservations through Trafalgar. We encourage all residents to adhere to the clubhouse rules to ensure that it remains a welcoming and well-maintained facility for the entire community.

Speeding Concerns Speeding within the estate remains a serious concern, and we urge all drivers to be mindful of speed limits and drive with caution. The safety of our residents, especially children and pedestrians, is a top priority, and we appreciate everyone's cooperation in making our estate a safer place to live.

Thank you once again for your support, and we wish you all a wonderful and prosperous new year!

Best regards,

Dennis Nyathi

On behalf of the Security Team

IMPORTANT NOTICE

CLAIM YOUR R10,000 REFUND

Don't Forget to get your House Compliant! Building a new home is an exciting journey, but it's essential to stay on top of the final steps to ensure you can reap the benefits of your hard work. One crucial aspect to remember is the **R10,000 deposit** you paid at the start of your construction project. If you obtain your completion certificate, you'll not only be eligible for a refund of that deposit but also stop any penalties that may be accruing.

To facilitate this process, you need to schedule your final inspection. If your most recent plans received approval from the CVD, the appointed Aesthetics Committee, you can easily book your inspection by

emailing inspections@cvdaesthetics.co.za. For those whose latest plans were approved prior to 2022, reach out to our Aesthetics Officer, Clarice Pretorius, at aesthetics@thehillsgamereserve.co.za to help you arrange your final inspection.

Inspections are conducted weekly, and many homeowners are successfully securing their completion certificates. We are dedicated to ensuring all residents achieve compliance and can enjoy the fulfilment of their new homes. Don't let important deadlines slip by—take action today and book your final completion inspection!

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Cultivating Excellence: Embracing Growth and Change at The Hills Estate

As we step into 2025, the garden group is proud to share the continued progress at The Hills Estate. Our dedication to maintaining and enhancing the estate's beautiful landscapes remains at the heart of our work. With renewed focus and energy, we are gearing up for the SALI Awards of Excellence 2025 and navigating the challenges brought by a period of abundant rain, following a hot spring and an early summer filled with heat waves.

Landscape Maintenance and Seasonal Preparation

The end of 2024 brought welcome but relentless rains, transforming the estate into a lush paradise. However, the fast-growing grass has kept our team busy, ensuring the lawns are perfectly mowed and manicured despite the challenging weather conditions.

Invasive plant management remains a priority, with a spotlight on controlling the notorious Pom pom weed (*Campuloclinium macrocephalum*). Categorised as a Category 1b invasive species under the National Environmental Management: Biodiversity Act (NEMBA), this aggressive weed poses a significant threat to indigenous vegetation. Our targeted interventions are aimed at protecting The Hills Estate's natural biodiversity.

As we embrace the latter part of summer, our team has also

begun preparations for autumn and winter. These efforts include strategic pruning, soil enrichment, and planning for cooler conditions to ensure the estate's landscapes remain vibrant and healthy throughout the changing seasons.

Preparing for the SALI Awards of Excellence 2025

The South African Landscaping Institute (SALI), founded in 1984, continues to uphold the highest standards in the landscaping industry. With its commitment to professionalism and excellence, SALI's Awards of Excellence highlight the nation's finest landscaping achievements. The Hills Estate's entry into the 2025 awards reflects our unwavering commitment to quality. This recognition celebrates the collaborative efforts of our team and the estate's community, showcasing a dedication to creating and preserving a world-class landscape.

Weathering Challenges with Resilience

The recent rainy period has rejuvenated the estate's greenery but also required innovative solutions to maintain accessibility and prevent overgrowth. Our team has worked diligently to balance this surge of growth, ensuring the estate remains a haven for residents and wildlife alike.

Looking Ahead

As the year unfolds, the garden group remains committed to excellence in all aspects of landscaping at The Hills Estate. We are excited to continue this partnership, fostering a space that blends natural beauty with meticulous care.

Warm regards,
The Garden Group

***Warm regards,
The Garden Group***

Love That Lasts

How to Keep Your Hoya Heart Plant Thriving!

The Hoya heart plant (*Hoya kerrii*), often gifted on Valentine's Day, is cherished for its charming heart-shaped leaves. This succulent is not only a symbol of affection but also a low-maintenance addition to any indoor space.

Hoya kerrii is a species of Hoya native to Southeast Asia. It was named after its eponymous collector, Arthur Francis George Kerr, a British physician and botanist. As the thick leaves are heart-shaped, the plant is sometimes named "Lucky-heart." This heart-shaped succulent is one of the most adorable plants on the market. You can plant it alone or even write words on it for someone special!

How to Care for Your Hoya Heart Plant

Light

Place your Hoya heart in bright, indirect light. While it can tolerate some direct sunlight, excessive exposure may cause leaf burn. If the leaves turn light green or yellow, it might need more light or less water.

Watering

As a succulent, the Hoya heart stores water in its fleshy leaves. Water the plant thoroughly when the top inch or two of soil feels dry, typically every two weeks during warmer months. In cooler months, reduce watering to once every three to four weeks. Overwatering can lead to root rot, so ensure the soil dries out between waterings.

Soil

Use a well-draining soil mix to promote healthy roots. Regular potting mixes can be too heavy; instead, combine potting soil with orchid bark and perlite to enhance drainage.

Temperature and Humidity

Hoya heart plants thrive in temperatures between 18°C and 30°C, making them well-suited for South African climates. While they can adapt to typical indoor humidity levels, they appreciate a bit of extra humidity. Placing them near a humidifier or in naturally humid rooms, like bathrooms, can be beneficial.

Repotting

Every couple of years, repot your Hoya heart to refresh the soil and prevent compaction. You don't necessarily need a larger pot; simply providing fresh, well-draining soil will support its health and potential flowering.

Propagation

If you wish to propagate, ensure you have a cutting with a stem node, as single-leaf cuttings without a node won't develop into a vining plant. After taking a cutting, let the end dry out (a process called callusing) before



Fertilization

Due to their slow growth, Hoya hearts don't require much fertilizer. Feed them twice a year in spring and summer with a balanced houseplant fertilizer diluted to half strength.

planting it in well-draining soil. Keep the soil slightly moist and place the cutting in bright, indirect light until roots develop. By following these care guidelines, your Hoya heart plant will remain a delightful and enduring symbol of love in your home!

Straight from the farmer to you!



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MERCEDES-BENZ E-CLASS CLEANS UP OVER AWARDS SEASON

News that Mercedes-Benz's latest E-Class has made it into the finals of the South African Car of the Year Awards shouldn't come as any great surprise; the sixth generation luxury sedan has been racking up trophies ever since it was launched. Here's why.

But first those gongs. Arguably the most important – to date – is the celebrated 2025 MotorTrend Car Of The Year award, given for excellence in refinement, design and engineering. In awarding the E-Class the Golden Callipers, MotorTrend noted it excelled in all six of its stringent criteria categories (safety, efficiency, value, advancement in design, engineering excellence, and performance). TopGear SA agreed, handing the E220d their coveted Executive Saloon of the Year award in December 2024. India followed suit, crowning the E-Class its ICOTY

Premium Car of the Year 2025. A stellar awards season was rounded off by Euro NCAP announcing it as their Best Performer in 2024, making it the safest car the august body tested last year.

The accolades will likely keep coming, in no small part because the latest E-Class is a wholly complete package, excelling in every area of execution, a technical tour de force that is class-leading in terms of safety, drivability, comfort, luxury, refinement, elegance and efficiency.

One of the safest cars in the world

In winning the Euro NCAP award, E-Class showed excellence in active and passive safety, adult occupant protection, child occupant protection, vulnerable road user protection and safety assist technologies. These advances flow from Mercedes-Benz's new crash test centre in Sindelfingen, a world leader in vehicle safety, where cutting-edge radar, strength and electronic technology is tested for use in systems such as Pre-Safe, Electronic Stability Control and enhanced adaptive cruise control. E-Class went through over 15 000 crash tests in its development cycle, providing invaluable data for real-world accident scenarios, saving lives in the process.

One of the most technologically advanced cars of 2025

The E-Class remains a class leader in technology integration, with features such as the dashboard-wide Hyperscreen, augmented reality navigation, personalised driver profiles, sophisticated new voice recognition software and integrated AI assistance to better learn a driver's style and habits. The key is to keep the driver and occupants as safe, connected and entertained as possible, with the car an extension of their daily lives, thoroughly prepared for every eventuality and reducing stress into the bargain.

The most comfortable Mercedes-Benz ever?

A key focus of E-Class development was holistic comfort – quiet, cushioning, electronically adaptive suspension systems, silent, smooth shifting 9G-TRONIC gearbox, interior noise reduction, seat comfort, visual space and the refinement of the cabin. Comfort is a major E-Class focus, with

seats offering massage functions, heated and ventilated options, and an advanced climate control system that maintains optimal comfort, chosen independently by drivers and passengers alike.

Unparalleled efficiency and power

The new E-Class's approach to efficiency is naturally a holistic one as well – advances in engine and hybrid technology as well as attention to aerodynamics make for a class-leading luxury saloon. A drag factor of 0.23 Cd puts it in a class of its own, and when teamed up with the popular 220d ultra clean, turbocharged diesel engine, it manages astonishing consumption figures of 5l/100km, unrivalled in its class. Sophisticated engine management systems produce equally good figures for the 220d's petrol cousins, including the barnstorming Mercedes-AMG E53, due in South Africa shortly. It features a turbocharged, inline-6 cylinder engine aided by advanced plug-in hybrid technology to deliver impressive electric-only range while maintaining Mercedes-AMG's hallmark performance.

It's beautiful too

Visually, 2025's E-Class is an exercise in subtle balance: a refined, aerodynamic silhouette with a larger grille, sharper lines, but also a more aggressive stance, blending elegance with performance cues, creating a thoroughly modern look. LED lighting technology, including adaptive headlights and signature LED daytime running lights, enhance visibility and look good. The car is ideally suited to the AMG-Line package of visual enhancements, accenting an already superb silhouette.

For more information on the award-winning new Mercedes-Benz E-Class, visit www.mercedes-benz.co.za.

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BEHIND THE TAIL: ANAL GLAND DRAMA...

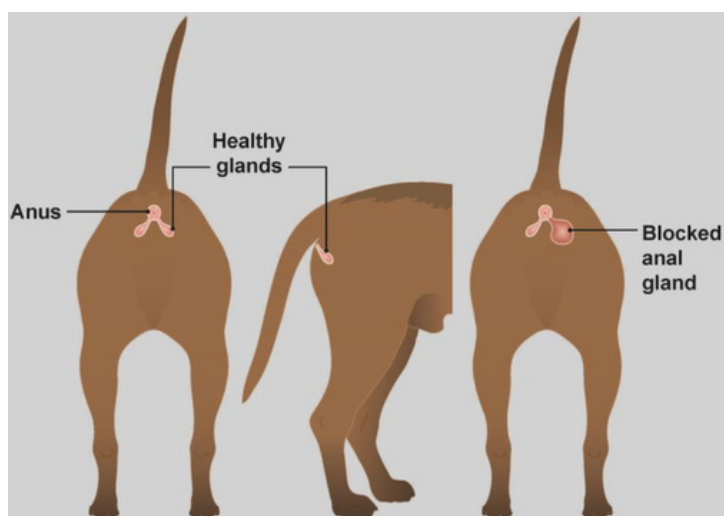
BY DR VICKY LOUW (BVSC)

Anal Glands:

Anal glands in dogs and cats (yes, cats have them too) are small sacs located near the anus, specifically at 4 o'clock and 8 o'clock positions. These glands produce a smelly secretion that is typically released when the animal defecates, helping to mark territory and communicate with other animals.

Why do Dogs and Cats have Anal Glands:

The primary function of anal glands is to provide a scent marker for animals, which is important for communication, particularly in the wild. The scent can convey information such as the animal's identity, health, and territory.



<https://www.k9ofmine.com/how-to-express-dog-anal-glands/>



Why Should Owners be aware of them?:

While most pets naturally express their anal glands during defecation, some may experience issues, such as:

1. **Impaction:** The glands may become full and unable to express naturally. This can cause discomfort or pain, and the glands may need to be manually expressed by a vet or groomer.
2. **Infection:** If the glands become blocked or impacted, they can become infected. Signs include swelling, redness, pain, or a foul odour. Infected glands may require antibiotics or surgical intervention in severe cases.
3. **Abscesses:** If an infected gland bursts, it can lead to an abscess, which can be very painful and require treatment such as drainage or surgery.
4. **Tumours:** Though rare, tumours (cancer) can form in the anal glands, either benign or malignant, which may cause symptoms like swelling, bleeding, or discomfort.

What are the symptoms to look out for that could indicate Anal Gland Pathology?

- When you notice a **foul odour** (often fishy or strong) hanging around your pet. This is often a sign of the anal glands being too full but unable to express, leading to the leaking of contents onto furniture, etc.

- **Scotting** does not only mean your pet has worms, but it could also be a sign of blocked anal glands. Blocked glands are uncomfortable, and this is the pet's way of trying to express their anal glands themselves.
- **Licking or biting at the rear end** starts when the pressure and discomfort increases.
- Sometimes they can have difficulty or show signs of **pain during defecation**.
- **The anus and surrounding tissue become inflamed** and red when an abscess is forming. This is accompanied by severe pain and discomfort.
- When an anal gland abscess bursts open, you will notice **blood and/or pus** draining from the area. Sometimes you will notice relief from your pet once the abscess has burst and the pressure is relieved.



Treatment Options:

- **Manual Expression:** A veterinarian or groomer (Yes, if you are brave enough, you can learn to do it yourself as well) can manually express the glands if they become impacted or overfull.
- **Medical intervention:** Antibiotic and anti-inflammatory drugs can be prescribed.
- **Surgical Intervention:** Anal gland abscesses can sometimes be treated under general anaesthesia, in which case dead tissue is debrided away and the wound closed with sutures. In severe cases, especially with recurring infections or abscesses, surgery to remove the glands may be considered but because of the possible complications, this is usually the last resort.

How can you help prevent blocked Anal Glands:

- **Maintain a Healthy Weight:** Overweight pets are more prone to anal gland problems, especially cats.
- **Balanced Diet:** A diet high in fiber can help keep your pet's glands healthy.
- **Improving Stool Consistency:** Fiber helps to bulk up and firm the stool, which can aid in the natural expression of the anal glands. When a pet has a firm stool, the glands are more likely to empty as the stool passes by, reducing the risk of impaction.
- **Promoting Regular Bowel Movements:** A diet high in fiber promotes regular and healthy bowel movements, which can prevent constipation. Constipation can lead to the anal glands not being expressed naturally, causing them to become impacted or blocked.
- **Prevent Impaction:** When a dog or cat has sufficient fiber in their diet, the stool becomes larger and more solid, which helps press against the anal glands during
- **Exercise:** Regular exercise helps stimulate bowel movements, which can also aid in the natural expression of the glands.

Conclusion

We hope this article has shed some light on a very hidden and mysterious part of your pet's anatomy. If you notice any signs of discomfort or unusual behavior in your pet related to their anal glands, it's a good idea to consult with a veterinarian for proper diagnosis and treatment.





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photos



From the Gym Manager

Exciting Updates & Motivation to Keep You Moving!

More Free Classes & Exciting Events Ahead

At **The Hills Fitness Centre**, we're dedicated to providing a **dynamic, welcoming, and supportive environment** where residents can achieve their fitness goals. Thanks to valuable feedback from our members and the **generous support of the HOA board**, we are thrilled to announce an **expanded class schedule** to better meet the growing demand for group fitness sessions.

As we move into February, we are now offering **8 free classes per week**—more than double the originally allocated amount! This ensures more opportunities for residents to stay active, challenge themselves, and enjoy the many benefits of group training.

The updated schedule can be found at the end of this article and we encourage you to explore the new options available. Whether you're looking to improve endurance, build strength, or simply move more, these classes are designed to accommodate all fitness levels.

A special thanks to the **HOA board** for their swift action in securing additional funding to enhance our offerings, and of course, to our wonderful residents for their continued engagement and support. Your enthusiasm helps make **The Hills Fitness Centre** a place where **fitness meets community!**

Save the Dates – Fitness Events You Won't Want to Miss!

We've got some exciting fitness events lined up for 2025! Mark your calendars and get ready for some ****high-energy workouts, expert-led sessions, and fun challenges**** designed to keep you motivated throughout the year.

Upcoming Fitness Events:

- April 26, 2025
- July 26, 2025
- October 25, 2025

Be sure to keep these dates free—you won't want to miss out! More details on each event will follow in the coming months.

Stay Motivated & Keep Showing Up!

We know that sometimes staying consistent with a fitness routine can be tough. Whether it's a busy schedule, low energy, or lack of motivation, we all experience setbacks. Here are some simple yet effective tips to help you **stay on track and keep coming back to the gym!**

- **Set Clear Goals** – Whether it's

improving your fitness, gaining strength, or simply feeling better, having a **goal keeps you focused.**

- **Stick to a Schedule** – Treat your workouts like important meetings — schedule them in and show up for yourself!
- **Join a Class** – Our free group classes are the perfect way to stay accountable, keep workouts fun, and stay inspired.
- **Find a Workout Buddy** – Exercising with a friend adds motivation and makes the gym more enjoyable. You're less likely to skip when someone's counting on you!
- **Make It Fun** – Switch up your routine, create a motivating playlist, or set yourself a weekly challenge to keep things fresh and exciting.
- **Eat & Hydrate Well** – Fuel your body with nutritious meals and stay hydrated to maximize energy levels and performance.
- **Prioritize Recovery** – Rest days are just as important as training days! Listen to your body, stretch, and get quality sleep to support your progress.

Let's Make 2025 a Year of Strength & Success!

Your fitness journey is **yours to own**, and we are here to support you every step of the way. Whether you're a regular or just starting out, The Hills Fitness Centre is a **community-driven space** where everyone is welcome and every effort counts.

We look forward to seeing you in class, at our events, and making 2025 your fittest year yet!

I have an **open-door policy** — if you have any **concerns, comments, or suggestions**, please feel free to come and chat with me. Your feedback helps us grow and improve, and I'd love to hear from you!

Operating hours:

- Mon – Thu: 05:00 – 21:00
- Fri: 05:00 – 20:00
- Sat: 06:00 – 19:00
- Sun: 07:00 – 17:00
- Public holidays: 07:00 – 16:00

Warm regards,
Siyanda Manga
Gym Manager



TIME	THE HILLS FITNESS CLASSES						
	MON	TUE	WED	THU	FRI	SAT	
05:00							
06:00			Pilates				
06:30							
07:00							
07:30							
08:00					Rebounding		
08:30							
09:00						Yoga	
09:30							
10:00							
10:30						Boxing	
11:00							
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13:30							
14:00							
14:30							
15:00							
15:30							
16:00			Rebounding				
16:30							
17:00		Karate	Conditioning	Boxing			
17:30	Abs						
18:00		Step	Extreme Core		Step		
18:30	HIIT			HIIT			
19:00							
19:30							
20:00							
21:00							

siyandamanga@gmail.com

+27 78 763 9448





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.

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- 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

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- 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
- Sarah Mbuyisa, a South African citizen, can be contacted at 0769328178. She is available on Tuesdays and Thursdays. Sarah has worked for our family for seven years, and we highly recommend her. She is in her forties, hardworking, trustworthy, and excellent with kids and pets. Sarah arrives between 7:00 and 7:15 AM, depending on her bus transport. Starting in September, she will be available on Tuesdays and Thursdays, with possible earlier arrangements. For a reference, contact Amanda Mulder at 0849886628.

EDUCATION / LEARNING

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- 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

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- Roby Mokone (Electrician) 082 314 7554
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- 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

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- 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
- 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

- 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
- 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.

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

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!

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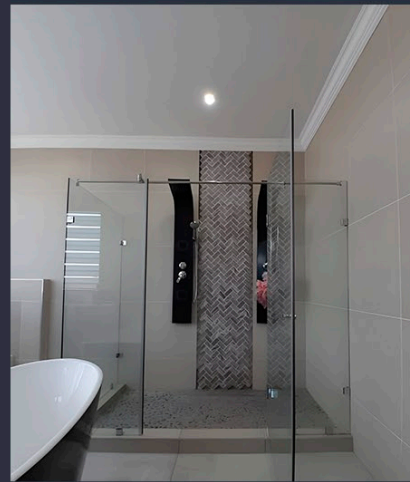
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The Plascon logo is a red square with the word "Plascon" in white, sans-serif font. A white curved line is positioned below the 'P' and 'l'.

2025 COLOUR FORECAST

HYBRIDITY



DARK

BRIGHT

NATURAL

NEUTRAL

THE WORLD IS WHAT WE MAKE OF IT

Visit www.plasconcolour.co.za for more details on the Plascon 2025 Colour Forecast.



Hybridity is the hero of the much-awaited Plascon 2025 Colour Forecast

For 2025, Plascon flips the script to harness the power of polarities and mixed states in its much-awaited annual Colour Forecast. Rather than focusing on a single colour, a colour combination, or seasonal shifts, it is the theme of hybridity that takes the day - or the night, for that matter - for 2025.

Unexpected, evocative colour sets that reference the beauty of our local context will scintillate in the months to come. The theme of hybridity runs through four carefully considered colour families: Bright, Dark, Natural and Neutral. Each colour family is based on the meeting of opposites, creating a commanding

effect that is more striking than the sum of its parts. Further distinguishing the Forecast from the format of previous years, Plascon takes the theme of hybridity a step further, extending an invitation to combine colours across the family groupings to create new possibilities.

‘After consulting with leading trend researchers, International Trend Institute (ITI), we have taken a very different direction for 2025. We understand the industry is used to the convention of having a single colour of the year, or even a colour combination of the year, and we share in this ourselves, but we’re just not feeling this in the zeitgeist for 2025,’ says Plascon Brand Manager Kristel Dreyer.

‘With so much flux in the world right now, we can’t see our way to dictating a single hue that will be meaningful for everyone, everywhere, and all at the same time. With the increasing melding

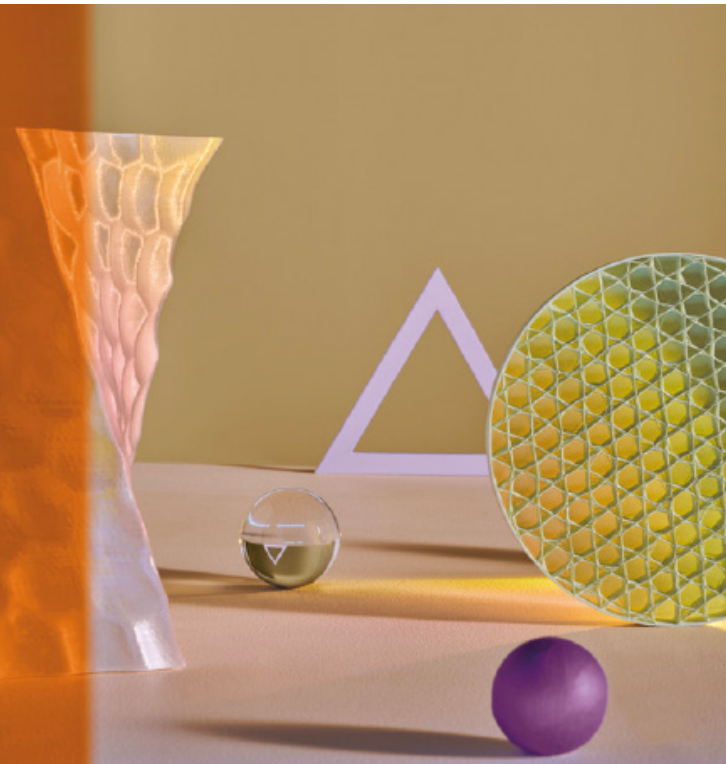
of digital and physical realms, we feel hybridity is the state everyone shares. Rather than one way of being or doing, for 2025, we’re pleased to share a multiverse of colour with you. We are trusting in our decision that an open-ended rather than finite approach to colour for next year is what people will relate to most!’ she says. ‘The spirit of the 2025 Colour Forecast is co-creation, it’s in how you interpret and bring the colour families to life yourself. It goes way further than just a single colour of the year.’

According to trend researcher Chris Reid of ITI, ‘From a conceptual level, the zeitgeist is all about multiplicity right now. No-one is any one thing any more. We change identity the way we change outfits. So the most relevant or top-of-mind colour isn’t fixed for as long as a year. Maybe we’ll be able to be more definitive about a single-minded colour of the year when our

identities and thinking coalesce more and the world is less in flux, but for now it's all about playing with possibility.'

Without any further ado, here are the four enticing colour families that invite you to make your own choices.

Bright: Digital x Physical



Leaning into the playful irreverence of online culture, the Bright colour family is as vivid as its name suggests. These hues express energy and extraversion through mood-boosting soft neons and digital fluorescents. They are perfect for those who wish to master the art of the unexpected in their interiors, or simply want to design a room that makes a statement. Included in the set are pared-back versions of four of the colours; these are more subtle, but undoubtedly imbued with the same lively spirit. They can be paired with their electric counterparts but they're also strong enough to stand alone. Even when used sparingly, this colour family is local and current. With one foot in the future and another in the past, it raises a hat to a Capetonian context in the form of the vibrant colours of the historic homes lining the streets of the Bo-Kaap.



Dark: Past x Present

Regency era opulence meets sleek contemporary design to produce the Dark colour family. Its jewel tones and rich leather colours have been selected to build tone-on-tone spaces with incredible depth or to bring a sense of grounding to a room furnished in softer palettes. The darkest colours play the role of classic black in contemporary design and this simple swop can transform the feel of a room by adding an undertone of old world-luxury. In step with South African trends which are starting to favour lavish finishings over stark, cold minimalism, the Dark colour family is poised to make a lasting impact on local audiences in 2025.

Natural: Organic x Manmade

Inspired by the unexpected synergy at the intersection of nature and the built environment, colours drawn from naturally occurring organic pigments and cultivated construction materials form the basis of the Natural colour family. The seven colours in this grouping are effortlessly evocative, creating a sense of

calm and a feeling of oneness with nature.

Beyond being gentle on the eyes, this colour family is in line with the international Japandi trend, a blend of Japanese and Scandinavian craftsmanship and balance. Building on this, the Natural palette encapsulates intentional combinations and intuitive design, with the human connection to nature tying them together.



“ By paying close attention to local and global trends, the four colour families offer a glimpse into the next phase of our country’s diversity, integration and celebration of its differences as well as its similarities. It places the power in the hands of the individual to make and remake spaces that continue to evolve. “



Neutral: Hard x Soft

Neutrals are a perennial staple bringing lasting elegance to interior and outdoor spaces. In Plascon’s 2025 Neutral colour family, they are reimagined and shaped by soft industrial design and genderless fashion trends. Mirroring the mood of the defined grey shapes of the Zeitz Museum of Contemporary Art Africa’s silos and the versatile colour and form of local unisex clothing brands, this colour family is built on pigmented neutrals that are defined yet flexible. The grouping of colours plays with contrast and harmony, offering a movement away from pure minimalism towards purposeful warmth and noticeable nuances. Concrete, wood and steel tones combine to tell a tonal story, but each colour is just as capable of acting as a neutral base for other combinations.

In response to a world that offers more options than ever before, Plascon’s 2025 Colour Forecast puts a new spin on the definition of choice. It offers a permission slip to replace ‘or’ with ‘and’, rejecting the rigid rules that once dictated interior design to embrace hybridity and create constant possibilities for the future.



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:

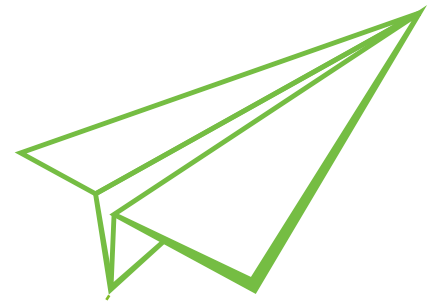
- Call the Gate Commander at the Garsfontein gate on 082 826 3761.
- **Information Sharing:** When you speak with the Gate Commander, be sure to provide your stand number. Security personnel will wait for the ambulance or police and escort them directly to your stand number. This step is essential to 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.

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