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JUNE ISSUE 2025



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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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LETTER FROM

Management

Winter Welcomes: Community Updates From The Hills Estate

As the chill of winter settles in, residents can see the warmth of homes through the smoke rising from chimneys across The Hills Estate. With the season shifting, we have several important updates and initiatives to share.

Closure Of Carlita's: A New Chapter

Many residents are aware that Carlita's, our on-site restaurant, has closed its doors. While this news may come as a shock, the HOA and Board of Directors are actively exploring new opportunities to revitalize the Hills clubhouse.

We are committed to keeping our community engaged and informed, and Tender Documents for prospective openings will be shared once ready, for those interested in getting involved.

Join Us For An Upcoming Cleaning Event

We are excited to announce a community cleaning initiative scheduled for 5th of July. This event aims to bring together residents for a collaborative effort to beautify our estate. Participants will have the chance to win prizes for their

efforts, making it a fun and rewarding experience.

K-Studio and the HOA will be leading this initiative, and we will also have SANBS set up for residents to donate blood.

Posters will be distributed soon, and we encourage everyone to participate in this meaningful event.

Time For Repainting Homes

With the wet season behind us, now is the ideal time for homeowners needing a fresh coat of paint to tackle that project. The dry winter weather provides the perfect conditions for quick and efficient work, ensuring your homes look their best as we enter this season.

Addressing Misbehaving Minors

We must address a rising concern regarding the behaviour of minors in our common areas. Incidents have increased, raising alarm for the safety of all residents. We strive to maintain a secure environment for our children, so we urge parents to stay vigilant. If you notice any troubling behaviour or groups of minors causing concern, please report it to the security control room immediately.

Keeping Our Pets Safe

As winter sets in, it's crucial to ensure our furry friends are safe and identifiable. We remind all pet owners to ensure their dogs and cats are properly collared and/or microchipped. This small step can make a big difference in keeping our pets secure.

Take Action: Neuter Your Cats

The greenbelt areas and game reserve have seen an increase in feral cats and kittens. While the HOA continues its Trap, Neuter, and Release programs, pet owners can directly help control overpopulation. If you have cats, consider spaying or neutering them — it's beneficial for their health and helps keep the estates' s feline population in check.

A Warm Winter Ahead

As we embrace the beauty of winter, our sincere hope is that all residents stay warm and connected. Thank you for your continued support in maintaining the high standards of our estate. Let's work together to make this winter a wonderful season for everyone in The Hills.

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A photograph of three real estate agents walking on a wooden path outdoors. On the left is a woman with blonde hair and glasses, wearing a denim jacket over a white top. In the center is a woman with long dark hair, wearing a white button-down shirt and black pants. On the right is a man with a beard, wearing a light blue button-down shirt and khaki pants. They are all smiling and looking towards the camera. The background features lush greenery and a modern building with large windows.

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HOW PROBIOTICS POWER UP YOUR IMMUNE SYSTEM

Probiotics are often the unsung heroes of immune health. These live, friendly bacteria—found in foods like yogurt, sauerkraut, and kombucha—work hand-in-hand with your body's natural defenses to keep you feeling your best.

Your Gut Microbiome: A Dynamic Ecosystem

Your gut is a bustling hub of life, home to trillions of bacteria, fungi, and other microbes, collectively called the microbiome. In fact,

there are more microbial organisms in your body than there are human cells! This vast ecosystem plays a crucial role in your health. When it's in balance, you're more likely to feel energetic and stay healthy. But when harmful bacteria take over, it can set off a chain reaction that affects everything from digestion to immune function.

Probiotics: Reinforcements for a Stronger Defense

Here's where probiotics step in. They colonize the gut, crowding out the bad guys and producing compounds that target harmful bacteria. Species like *Lactobacillus* and *Bifidobacteria* are especially effective at promoting a healthy microbiome. They help beneficial bacteria thrive, ensuring your gut environment stays balanced and strong.

One of their key jobs? Communicating

directly with your immune system. Just beneath the surface of your gut lies a specialized patch of tissue called the gut-associated lymphoid tissue, or GALT. It's home to many immune cells, ready to jump into action. Probiotics interact with the GALT, helping those immune cells fine-tune their responses—kicking into gear when faced with pathogens and staying calm when they shouldn't overreact.

Digestive Health and Immune Function

Probiotics also support digestion in powerful ways. They produce over 200 digestive enzymes—more than your own body can manage alone! These enzymes break down food more efficiently, making it easier for your body to absorb nutrients. Some probiotics even turn certain nutrients into more bioactive forms, helping your cells make the most of what you eat.

Here's why that matters: immune cells rely on nutrients like vitamin C, B

vitamins, zinc, and antioxidants to function well. Even the best diet can't help if your body can't absorb these nutrients. By boosting absorption, probiotics ensure your immune system gets the fuel it needs to thrive.

Barrier Support and Beyond

Your skin is your first line of defense against the outside world, and guess what? Its health is closely tied to your gut microbiome. Probiotics produce short-chain fatty acids, which nourish your gut lining and also make their way to your skin. They help maintain moisture and support a strong, resilient skin barrier.

Probiotics also play a role in detoxifying your system. By supporting your liver and promoting toxin removal through your gut, they help prevent skin flare-ups like acne and keep your body's natural defense barriers strong.

The Bottom Line

Probiotics aren't a magic bullet, but they're a key player in the bigger picture of immune health. By balancing the gut microbiome, enhancing nutrient absorption, and supporting your body's natural barriers, probiotics help fortify your immune system. Pair them with a diverse, plant-rich diet and a healthy lifestyle, and you're setting yourself up for a stronger, more resilient body.



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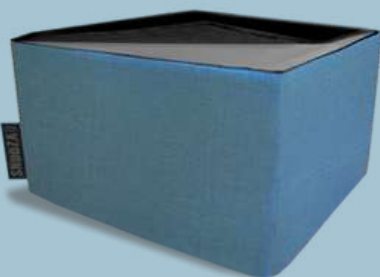
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TURN UP THE *Cozy*

Bedroom Tips to Keep You Warm All Winter

As winter approaches, making sure your home is warm and cozy is the best way to beat the winter blues. There's nothing like turning your bedroom into an inviting retreat that soothes the soul and promises restful sleep. Here's how to create a cozy, relaxing space that looks beautiful and helps you wake up refreshed and ready for the day.

Embrace Earthy Tones and Natural Materials

Start with a calming colour palette. This season, earthy hues like terracotta, deep caramel, and taupe are in the spotlight. These warm shades instantly make your room feel snug and comforting. Complement them with natural materials such as wooden furniture, rattan baskets, and linen curtains to bring a grounded, soothing vibe into your space.



Tall Rattan Lamp Set
- Woolworths



Layer Up for Comfort

A cozy bedroom isn't complete without plenty of texture. Add plush rugs, soft velvet cushions, and chunky knitted throws. A faux fur throw is an easy and fun way to bring texture and a pop of colour to your winter bedroom. Warm up with brushed cotton linen, which feels soft against the skin and offers a layer of warmth you'll appreciate on chilly nights. Mix and match materials to create depth and interest—think faux fur with linen or velvet with cotton. The goal is to surround yourself with softness and texture.

Set the Mood with Lighting

Lighting can make or break the ambiance. In winter, aim for soft, layered lighting that wraps your room in a gentle glow. Table lamps and wall sconces with warm bulbs are perfect for bedtime reading, while dimmable overhead lights let you adjust the brightness to match your mood. A rattan lamp set can bring a natural, organic feel to your space, spreading a warm, dappled glow that instantly transforms any corner into a cozy, inviting retreat.

Sustainable Choices for a Timeless Look

Invest in pieces that are built to last and reflect your personal style. High-quality bedding and classic furniture never go out of fashion and will keep you feeling snug and satisfied for years to come. Sustainable choices not only look and feel great but also support a more mindful lifestyle—something that feels even more important during winter's slower pace.

Add Bold Accents to Make It Yours

While neutral tones set a serene base, don't shy away from bold accents. A colourful piece of art, a statement headboard, or vibrant cushions can bring energy to the room without overpowering the calm. This balance keeps your space feeling fresh and alive.

The Magic of Multifunctional Furniture

If you're short on space or love to host, consider adding a multifunctional piece like the SnooZA sleeper couch. Available in various colours and fabrics, it's not just a stylish seating option—it folds up as an ottoman, giving you flexibility and style in one neat package. When guests stay over, or if the kids want to bunk down in your room for a cozy family night, simply transform it into a comfortable bed. It's the perfect way to keep everyone warm and happy without cramping your style.

Wake Up Refreshed

Finally, prioritize relaxation before bed. Keep the air fresh with a plant or two, add a diffuser with calming essential oils, and make sure your bedding is as plush as possible. A room that looks good and feels even better will ensure you drift off easily and wake up recharged.

With these simple tips, you can turn your bedroom into a winter haven that's both cozy and practical—perfect for those chilly nights and peaceful mornings.





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Tintswalo Waterberg – Safari with soul!

Tintswalo Waterberg in Welgevonden Game Reserve, is one of those rare places where serenity and wild beauty converge to offer a truly transformative experience.

Located just under a three-hour drive from Johannesburg, this malaria-free safari lodge is both accessible and remote—an ideal escape for those yearning for peace, quiet, and meaningful connections. Whether you're planning a family holiday, or a group getaway, Tintswalo Waterberg offers the perfect balance of exclusivity and warm hospitality.

The lodge accommodates up to 16 guests in five spacious and private suites, comprising two one-bedroom units, one two-bedroom unit, and two three-bedroom units, spread out on either side of the central lodge. Each suite is thoughtfully appointed with creature comforts like romantic mosquito nets, air-conditioning, ceiling fans, Wi-Fi, en-suite bathrooms (some featuring outdoor showers), and cozy fireplaces for chilly evenings.

Tintswalo Waterberg is especially well-suited for

multi-generational families or groups of friends, thanks to its safe, family-friendly design. The lodge is fenced to protect against predators and larger game, allowing children to play freely and explore. A specially designed children's programme includes educational and interactive activities to keep younger guests engaged and entertained, while parents relax in the natural tranquillity of the bush.

The main lodge area features a cozy lounge, an open-plan dining room, and a well-stocked bar, all centred around large fireplaces that create an inviting ambience in the cooler months. Outside, a wide wooden deck stretches into the bush, offering spectacular views, an outdoor dining area, as well as a sparkling swimming pool flanked by loungers to bask in the warm African sun.

Guests enjoy all-inclusive dining with house drinks and hearty, slow-cooked meals served with flair. Cuisine focuses on traditional South African dishes prepared fresh and shared family-style. Highlights include Boma dinners under a blanket of stars while the sounds of the



The need to disconnect from everyday life and re-connect to the wilderness is becoming increasingly sought after, as people are opting for travel experiences that restore the natural balance and nurture the soul.

wild echo in the distance. For an experience that's nothing short of magical, couples can opt to spend a night on the Stargazing Sleepout Deck—a romantic open-air platform set in a secluded spot overlooking a waterhole.

Furnished with a plush king-sized bed, draped in mosquito netting and illuminated by lantern light, this unique sleepout offers a breathtaking way to fall asleep under the African stars. Honey-mooners enjoy this feature complimentary, while other guests can book it for an additional fee.

The Welgevonden Game Reserve, spanning 36,000 hectares of untouched bushveld, is home to a staggering variety of wildlife. Guests at Tintswalo Waterberg are treated to twice-daily guided game drives in open safari vehicles, led by expert rangers who provide insights into the ecosystem. The reserve boasts the Big Five, along with more than 50 mammal species and 300 types of birds - a paradise for wildlife lovers and birdwatchers alike.

For those seeking an even deeper, more immersive connection with the land, 2-hour guided bush walks are available (at an additional cost and only for guests 16 and older), offering a chance to explore the terrain on foot and truly feel part of the landscape. Under the guidance of a professional ranger, you'll learn to track animals, identify plants, and appreciate the intricacies of the ecosystem from ground level.

Adding yet another dimension to the safari experience, Tintswalo Waterberg also offers late-night game drives (at an additional cost), providing guests with the rare opportunity to witness the wonders of the bush after dark. These moonlit adventures might reveal nocturnal creatures such as leopard, aardvark, porcupine, owls, and even the elusive pangolin. The drive includes refreshments and plenty of time to stargaze in silence, far from the city lights.

Whether you're seeking solitude, adventure, or quality time with loved ones, Tintswalo Waterberg delivers an unforgettable experience. Combined with Tintswalo's hallmark hospitality, attention to detail, and the spellbinding beauty of the African wilderness, a stay here is more than just a safari, it's a soulful journey. As its Dutch name suggests, Welgevonden truly is a 'serendipitous discovery' for adventurers of all ages.



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WINTER FIXES... ZERO MESS

Let the Pros Handle It

Winter in Gauteng might be dry, but that's exactly why you should roll up your sleeves and tackle your home maintenance checklist. The mild weather means no rain delays, and you'll get a head start on repairs before summer storms hit.

Here's why it's important to get stuck in now – and the top suppliers who can help you nail it. And if you bring

in a professional, you'll have more time to focus on the fun stuff, whether that's relaxing, entertaining, or hitting the golf course.

Why Winter?

1. **Less rain, more progress** – No more worrying about wet weather delays.
2. **Protect now, save later** – Fixing small problems before they grow saves time and money.
3. **Boost your comfort** – Small upgrades can make your home warmer and cozier through the cold season.
4. **Let the pros handle it** – Hire the right people, and you'll have more

free time to enjoy life's little pleasures.

Essential Winter Maintenance Jobs

Roof and Gutters

Your roof and gutters are your home's first line of defense. Winter's dry weather makes it easy to inspect them for leaks, cracks, or loose tiles that could let water in come summer. Clean gutters stop blockages and reduce the risk of water damage. Preventing leaks and water damage now saves thousands in repairs later.

Painting and Waterproofing

Cold, dry air is perfect for applying paint and waterproofing sealants. This means the products cure properly and provide long-lasting protection. Supreme Coats can help you give your home's exterior a fresh look and keep damp at bay.

Window and Door Seals

Gaps around windows and doors let cold air in and warm air out, hiking up your energy bills. Winter's a great time to seal them up. Lukems has the aluminium and glass products you need to replace worn-out windows and doors, improving insulation and saving energy.

Why it matters: Sealing drafts makes your home more comfortable and cuts heating costs.

Indoor Upgrades

You're spending more time inside – why not make it a space you love? Buchcon's team can handle renovations and maintenance jobs to refresh your living spaces. And with the current water interruptions in Tshwane, Buchcon also has water backup solutions to keep your home running smoothly. Investing in these upgrades now will pay off down the line.

Water Supply Solutions

No water? No problem. Inyati Drilling offers borehole solutions to keep your taps running even during municipal water outages. Winter's dry soil conditions

make it the best time to drill.

Why it matters: A borehole means water security for your home and peace of mind for you.

Upgrade Your Kitchen and Bathrooms

Winter's the perfect season to plan those kitchen or bathroom upgrades. Quality Granite can transform your countertops, vanities, or braai areas with stunning granite, marble, or quartz surfaces.

And if you're tired of waiting for the kettle to boil, Tile Africa's new PROBOIL.2X hot water boiler is a game-changer. It installs fast, delivers hot filtered water in seconds, and makes winter mornings easier.

Pools and Irrigation

Shut down your pool for the season and get any repairs sorted out while contractors have more time. Check your irrigation too—fix leaks and adjust water times to save water.

Finish With the Details

A cozy home isn't just about the big fixes. PMK Blinds' range of blinds and floors will elevate your interiors and make winter living a joy.

And for golf lovers who want to level up their game, Home Tee brings the perfect winter project – a upgrade that'll keep you practicing and playing even on cold days.

Little Fixes and Big Jobs

Some tasks are easy DIY fixes. Others—like trimming

tall trees, waterproofing, or drilling boreholes—need a pro. Shop around, get recommendations, and make sure you're getting the best value for your money.

Take Action Without the Stress

Home maintenance doesn't have to be a drag. By bringing in the experts, you can skip the messy DIY struggles and free up time for the fun stuff—like relaxing, spending time with family, or even working on your golf swing with Home Tee's custom backyard practice setups.

Pro tip: If you've built up some equity in your home loan, you might be able to finance these repairs through your bond. A home loan typically has a lower interest rate than other types of credit, so it's a smart way to invest in your home's comfort and value.

Get ahead this winter—call in the pros and make the most of the dry season while it lasts.

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DAD'S DAY, DAD'S WAY

Father's Day is just around the corner, and some of you might be out of ideas for how to make this day truly special. While ties and coffee mugs are classic, many dads would love a little more thought and a lot more fun. Here's the lowdown on what dads really want this year, along with some fresh ideas to make them smile.

What Dads Actually Want

Forget the fancy gadgets—most dads say they just want some quality time. A relaxed day with the family, a chance to kick back and recharge, or a fun activity that everyone

enjoys together. It's not about the size of the gift; it's about the time and thought you put into it.

Cool & Creative Gift Ideas

Personal Touches

Let's be honest: many traditional Father's Day gifts just end up in a drawer or in the trash. Skip the usual socks and novelty mugs, and go for something he'll actually use and appreciate. Think of something that speaks to his interests—maybe a new tool for his workshop, a new addition to his braai kit, or even a voucher for his favorite butcher. The idea is to pick something that aligns with his lifestyle, not something that will collect dust.

Memorable Experiences

Sometimes the best gifts aren't things, they're memories. Plan a day out that's all about what he actually wants to do—maybe a picnic, a relaxing braai, or an exciting adventure. Is there something he's always wanted to try but never gets around to? Book that bungee jump, plan a mountain hike, or set up a day to hit the trails. Even just a chance to unwind with his favorite hobby can be the perfect way to show him you really get what he loves.

Tech Goodies

If he's into gadgets, why not surprise him with some cool tech? A smartwatch, wireless earbuds, or a portable charger might be just the thing to make his day a little easier—and way more fun.

Foodie Fun

For the dads who love good eats, you can't go wrong with biltong or a tasty treat. A gourmet food basket, a cooking class, or even a special dinner you whip up at home can be a real hit.

The Role of a Father: More than Just Gifts

Beyond the gifts and celebrations, it's important to remember the vital role fathers play in their families. From providing guidance and security to sharing in life's big and small moments, dads shape the world around them in countless ways. Just as we treasure our moms, we need to look out for our dads too. This means acknowledging their hard work, checking in on their emotional well-being, and supporting their mental health. Fathers are often the quiet strength behind the scenes—let's make sure they feel seen, heard, and deeply appreciated.

Let's Hear It for the Dads

At the end of the day, it's not really about what's in the box—it's about what's in your heart. Father's Day is the perfect time to say thanks for everything he does and to show him just how much he's loved. ***So grab your ideas, get planning, and make this Father's Day one to remember!***



**Celebrating the Dads Who Do It All
Win a R500 Kings Meat Voucher!**

If your Father is the King of your castle, why not enter to win a **R500 Kings Meat** voucher?

Here's how:

1. **Like and follow our Facebook page:** KreatiefStudio
2. **Send us a WhatsApp message telling us:** "What makes your dad the best?"—funny, sweet, or downright hilarious—on 082 962 8255 (Tobia).
3. **Competition Closes:** 30 June

We're looking for the most creative, heartfelt, and funny messages. We'll choose the best one—so have fun with it!

T'c & C's Apply. Only one entry per person. This giveaway is exclusive to residents of The Hills Estate.



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SECURITY UPDATE

Dear Residents,

We are pleased to inform you that, as your security service provider, we remain committed not only to safeguarding our own estate, but also to working hand in hand with neighbouring estates to create a secure environment for all. As part of enhancing our services, we recently took the opportunity to join the Lakes Security Forum in the Pretoria East area. We have participated in several special joint operations beyond our estate's boundaries, and we are proud to have contributed to their successes, including the recovery of stolen vehicles and the deterrence of criminal elements. The current Boschkop Station Commander is also playing an invaluable role on behalf of SAPS by providing the necessary resources to ensure that these operations are conducted in line with the law.

In light of a recent increase in reports of car jamming, we urge all residents to exercise caution. Please ensure your vehicle is properly locked when visiting shops in Garsfontein and other surrounding areas. Double-check that your car doors are secure before walking away. Another concern is pickpocketing—please remain alert to those who may be following you in and out of complexes. Current trends indicate that car

thieves are now targeting car keys through pickpocketing. We also strongly encourage everyone to seek assistance from the nearest security officers rather than engaging in lengthy conversations with strangers.

Closer to home, we wish to remind residents that transporting domestic workers and gardeners in and out of the estate is a breach of security, carrying a fine of R1,000.00. We advise all residents to adhere to the correct access control procedures by registering their domestic staff and ensuring their identity documents are up to date. An enrolment form can be found on the Click-On App under 'My Documents', along with a list of the required documentation.

Another concern that has come to our attention is the behaviour of some teenagers within the estate. We must inform residents that any incident which may be deemed criminal will be referred to SAPS for resolution. We therefore appeal to all parents to speak to their children to ensure they understand the importance of behaving respectfully and safely within the community.

As part of addressing these concerns, we reached out to the station commander, Colonel Damon of Boschkop SAPS (a former SGB), who kindly accepted our request and was grateful for the initiative. Recognising this as a community issue, efforts were made in early May 2025 by Omega Risk Solutions' security manager and Constable Ramaoka to engage with Reddford House School management. Although we know not all of the children in our estate attend Reddford, many do, so we thought it was a good place to start. During these discussions, it was agreed that a community awareness programme would be an effective first step. Feedback was shared with Colonel Damon, who then mobilised the necessary role players for the agreed date and time.

On 28th May 2025 at 9am, all role players gathered at Reddford House School, where Grade 4–7 learners assembled in the auditorium. The subject for the day was **“STOP BULLYING”**.

From Boschkop SAPS:

- Colonel Damon
- Warrant Officer Ras
- Constable Ramaoka
- Constable Sefole

From Gauteng Social Development:

- Reabetswe and team

Each role player took turns to communicate and demonstrate the various types of bullying and abuse to the learners. Leaflets from the Department of Social Development were used as references. Learners had the opportunity to share their own experiences of bullying and received guidance on how to handle and prevent it.

At the conclusion of the event, the learners were delighted to receive lanyards and leaflets from the Department of Social Development. A future date will be arranged for Grade 8 and college learners, who could not attend this programme due to mid-year examinations.

We are hopeful that this proactive approach will bring about positive change in our community and equip our teenagers with valuable knowledge.

For everyone’s safety, we also remind residents to refrain from making any open fires, particularly in the reserve. Open fires pose a serious risk, not only to people but also to the natural environment we all cherish. Fires can spread rapidly, causing significant damage to property and putting lives in danger. Furthermore, the wildlife that call our reserve home are especially vulnerable to the devastating effects of fires. Even a small, seemingly harmless flame can quickly become a dangerous blaze. Let us all work together to protect the beauty and tranquillity of our estate by avoiding any activity that might spark a fire.

From the Security Team

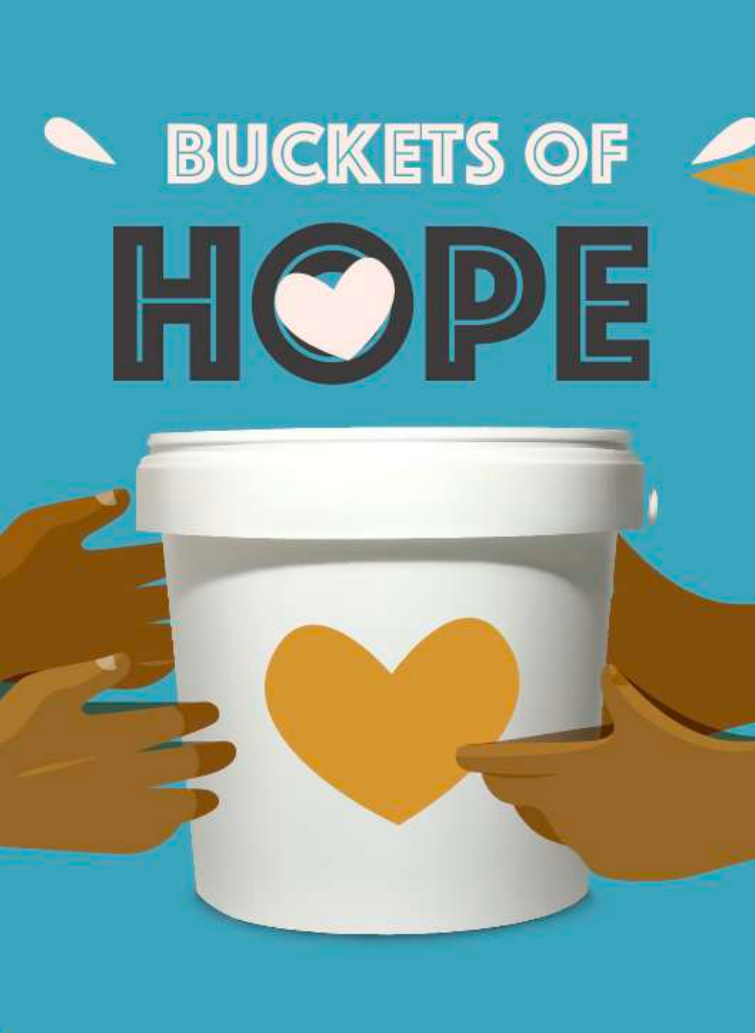




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A Heartfelt Thank You to Our Community

We are thrilled to share the success of our Buckets of Hope initiative, aimed at supporting the dedicated waitstaff of Carlitas Restaurant during this challenging time. ***Thanks to the overwhelming generosity of our community, we raised a total of R14,320.***

This incredible amount allowed us to provide each of the seven staff members with an envelope containing **R2,000**, offering them some relief and hope as they navigate the uncertainties following the restaurant's closure.

Our deepest gratitude goes to the compassionate individuals who made this possible: Phillip Fouché, Madeleine Marais, Kim Nel, Tobia von Zwietering

Your unwavering support and dedication to our community are truly inspiring.



We also extend our heartfelt thanks to our management team at the office and to every resident who contributed to this cause. Your kindness and solidarity exemplify the strength and unity of our community.

Together, we've transformed Buckets of Thanks into Buckets of Hope, demonstrating that through collective effort and compassion, we can make a meaningful difference in the lives of those around us.

Thank you for being the heart of our community.



Please note: At the time of the photo, two individuals were not present; however, arrangements were made for them to collect their envelopes.



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Embracing Winter at The Hills Game Reserve Estate

As the golden hues of autumn yield to the cool hush of winter, the garden group at The Hills Game Reserve Estate is pleased to share updates on our ongoing efforts to nurture this remarkable landscape. Even as the temperature dips and the pace of growth slows, our commitment to beauty, biodiversity, and sustainable care remains steadfast.

Winter Preparations and Essential Upkeep

The transition into winter presents unique opportunities for restorative work across the estate. Cooler temperatures and reduced rainfall have allowed us to shift focus from rapid growth management to structural and ecological care. Key winter tasks include thorough pruning of deciduous trees and shrubs, clearing stormwater drains of debris, and ensuring all irrigation systems are winterized and functioning optimally. Invasive species management continues as a core priority. **We remain vigilant against PomPom weed** (*Campuloclinium macrocephalum*) and other invasive flora, working within the guidelines of NEMBA to preserve the integrity of our indigenous ecosystems. This season, we've also turned attention to managing Kikuyu encroachment in sensitive areas, encouraging the resurgence of native grasses and wildflowers.

Supporting the Wildlife That Calls Us Home

Winter can be lean for the

estate's free-roaming wildlife, and our team is actively supporting their well-being. Regular feed distribution for game animals continues on Mondays, Wednesdays, and Fridays. We've also placed mineral licks at strategic points along the reserve, ensuring vital nutrients remain accessible during the cooler months. Fence line inspections and maintenance remain a constant focus to ensure both aesthetic appeal and wildlife safety. Our recent work along the perimeter, including clearing growth behind Reddford House, is part of this ongoing strategy to harmonize security with the natural rhythm of the reserve.

A Visit from the SALI President & Award Anticipation

In a notable highlight, The Hills was honoured by a visit from the President of the South African Landscaping Institute (SALI) on 15 April.. His visit left a strong impression, and we were pleased to receive positive feedback on the quality and care evident throughout our estate. This encouraging response has strengthened our optimism

as we look ahead to the SALI Awards announcement. The annual SALI Awards, which recognise excellence in landscaping and environmental management, will be unveiled in early June. We're excited to find out how our efforts will be acknowledged and remain proud of the standard we've maintained throughout the year.

A Season to Pause and Plan

While winter may appear to quiet the land, beneath the surface, preparation is underway. It is a season not of dormancy, but of potential—where careful tending now lays the groundwork for a vibrant resurgence in the months to come.

As always, we are grateful for the community's support and shared pride in this extraordinary estate. Together, we steward not just a place to live, but a living, evolving landscape that speaks to the beauty of balance between people and nature.

With Gratitude.
the garden group



Winter-Proof Your Garden:

A Local Guide for the Winter Months

Written By Leon

As temperatures drop during the winter months, many gardens begin to quieten down. But don't let that fool you, this is a critical time for preparing your outdoor space, keeping it healthy now will ensure it bursts back into life during spring. Living in a wildlife estate means we balance aesthetics with sustainability. Our shared commitment to indigenous planting, water-wise habits, and eco-friendly gardening gives our green spaces purpose and resilience.

Here's a locally relevant, easy-to-follow guide to winter-proofing your garden, from pruning to planting and everything in between.

Pruning: A Little Goes a Long Way

Now is a good time to neaten up overgrown shrubs and remove dead or damaged branches. Avoid harsh pruning of frost-sensitive plants, as this can encourage new growth that could leave your plant vulnerable to cold snaps.

Common plants in our estate like agapanthus, wild garlic, iris, and lavender benefit from light tidying. Remove spent flower stalks and any yellowing or dry leaves. Lavender can be lightly trimmed to keep its shape, but avoid cutting into old woody stems, wait for early spring to do more substantial shaping.

Trees: Plant, Stake, and Protect

In our estate, we're fortunate to see a variety of indigenous trees like Wild Olive, Black Karee, River Bushwillow, and White Stinkwood. These trees are not only water-wise and resilient but also provide shade, shelter, and food for local birdlife.

Winter is an excellent time to plant trees, they experience less transplant shock and have time to settle in before the growing season. It's also a good time to consider False Olive (*Buddleja saligna*) for screening and hedging, it's fast-growing, evergreen, and ideal for adding privacy while still being wildlife-friendly.

Don't forget: wind is a real factor here. Stake young or newly planted trees with soft ties to support them while still allowing natural movement that strengthens the trunk over time.



Flower Beds: Cool-Season Colour and Care

If you'd like a splash of winter colour, consider frost-hardy annuals like pansies, violas, and primulas. Prepare flower beds by removing weeds and spent plants, then add compost and mulch.

Planting now? Indigenous aloes are a great choice, they're water-wise, pollinator-friendly, and put on a fiery winter show.

Irrigation: Water Wisely and Less Often

With slower plant growth, consideration of changing water requirement is lower, but still important.

- **Best time:** Early morning, ideally between 7:00 and 8:00 AM, to avoid moisture sitting overnight and causing fungal problems.
- **Lawns:** Once a week is sufficient for warm-season grasses like Kikuyu or LM Berea.
- **Established plants:** Once a week should be enough.
- **Newly planted trees/shrubs:** Water more frequently (every 3–4 days) until established, but avoid overwatering. Always check soil moisture before watering.

Frost Protection: Insulate and Shelter

Frost is common in our area, especially in exposed or low-lying parts of the estate. Use frost cloth, hessian, or even old bedsheets to cover sensitive plants overnight, removing them in the morning once temperatures rise.

Mulch also plays a key role in frost protection. It acts as a natural blanket, helping to stabilise soil temperatures and protect plant roots.

Mulch & Bark: A Winter Must-Have

Applying a layer of organic mulch or bark around your plants helps retain soil moisture, suppress weeds, and regulate temperature, all while improving soil health as it breaks down.

It's especially useful in a wildlife estate setting, where we aim to reduce chemical use and maintain a healthy garden ecosystem.

Fertiliser: Potassium-Rich and Organic Options

In winter, avoid high-nitrogen fertilisers that stimulate soft, frost-sensitive growth. Instead, choose a fertiliser with a higher potassium (K) content, which helps strengthen plant cells against cold and frost.

For eco-conscious feeding, opt for slow-release, organic options like Talborne Organics. However, keep in mind that organic fertilisers release nutrients more slowly, and this process is temperature-dependent. In cold conditions, soil microbes that break down organic matter are less active, so you may not see results until the weather warms up.

Grasses & Ground Covers: Hold Off on Cutting

Many residents have ornamental grasses like *Aristida*, which offer beauty and structure even in dormancy. Hold off cutting these back until late August, just before spring growth resumes. This protects the crown from frost and provides winter habitat for small insects.

Keep It Wild-Friendly

A bit of wildness in your garden is a gift to nature. Seed heads, dry stems, and piles of leaves offer shelter and food for birds, insects, and small mammals. Avoid chemical sprays and synthetic fertilisers — use eco-friendly products that support your



garden's mini ecosystem.

Need Plants or Trees?

We supply a range of indigenous trees, shrubs, and eco-friendly products tailored to our unique environment here in the estate. If you're planning to plant or need help prepping for spring, feel free to get in touch, we are always happy to assist fellow residents.

Coming Up Next: Spring Prep!

In the next edition, we'll dive into how to get your garden and lawn ready for spring, from fertilising and pruning to managing weeds and pests. Until then, enjoy the quiet beauty of winter and the promise it brings.

Leon,
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OVERWEIGHT AND OBESITY: A GROWING CONCERN FOR OUR FURRY FRIENDS

BY DR VICKY LOUW (BVSC)

Pet obesity is becoming an increasingly common issue across the globe, affecting millions of dogs and cats. Why is it a concern? Being overweight or obese can lead to a range of health complications and significantly reduce a pet's quality of life and lifespan. As pet owners, we don't always recognise that our pets are out of shape. When we look at our overweight or obese furry companion we only see "chubby", "cute" and "cuddly". The truth however is that overweight and obesity have become one of the most common health problems faced by our pets today.

How to know if your pet is overweight:

During consultations, owners commonly ask us the question "How much should my pet weigh?". Unfortunately, it's usually not a straightforward "x amount of kilograms" answer. Within the same breed there can be a range of healthy weights. There are Yorkshire Terriers with a healthy body weight of 2kg while some Yorkshire Terriers will have a healthy body weight at 4kg. It all depends on the build and genetics of each animal.

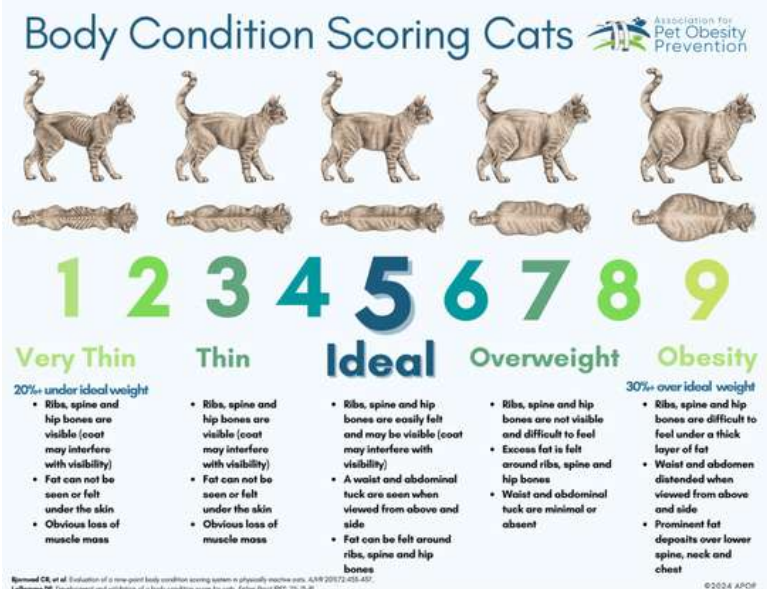


JUNE 2025



In veterinary medicine, we like to talk about Body Condition Scoring (BCS). With BCS we use our eyes and hands to determine whether an animal is at a healthy weight or not. We feel with our hands for the presence or absence of bony prominences. We also look and observe the patient from the side as well as from above to evaluate their waistline and overall muscle development.

Below are two diagrams from the [Association for Pet Obesity Prevention](https://www.petobesityprevention.org/), explaining how an animal's BCS is determined. Follow the link for a more detailed description under each heading.



There are several factors that contribute to pets being overweight or obese:

- **Overfeeding:** This is usually the most important factor contributing to weight gain. Just giving pets too much food, even if it is healthy food, can easily lead to weight gain.
- **Lack of Exercise:** Many pets, especially those living indoors, do not get enough physical activity.
- **Improper Diet:** Feeding pets human food or an unbalanced diet can contribute to unhealthy weight gain.
- **Medical Conditions:** Some conditions like hypothyroidism or Cushing's disease can lead to weight gain in pets.
- **Neutering/Spaying:** Although these procedures don't directly cause weight gain, it does have an impact on a pet's metabolism so it can play a role in how easy it is for a pet to gain weight.

Being overweight or obese can lead to a number of serious health problems in pets, including:

- Diabetes
- Heart disease
- Arthritis and joint problems
- Respiratory issues
- High blood pressure
- Reduced life expectancy
- Decreased immune function
- Basic mobility can be affected, making it harder for pets to enjoy playtime or exercise.

Prevention and Treatment:

Preventing it is far easier than treating, but both are achievable with commitment and consistency:

1. Diet Management

- Feed measured portions based on your vet's recommendations.
- Avoid table scraps and high-calorie treats.
- Choose high-quality, nutritionally balanced pet food.

2. Exercise

- Dogs need daily walks and playtime.
- Cats can benefit from interactive toys and climbing structures.
- Incorporate activities that both you and your pet enjoy.

3. Regular Vet Visits

- Routine check-ups help track your pet's weight.
- Vets can rule out medical issues contributing to weight gain.
- Nutritional counseling is available in most clinics.

4. Behavioural Changes

- Use toys or praise instead of food as reward when your pet is asking for attention.
- When it looks like your pet is asking for food, try to redirect their focus to playing or another activity.
- Stick to scheduled feeding times.

Conclusion

Your pet's body condition is important and it will affect your pet's overall health and happiness. By being proactive with diet, exercise, and regular vet visits, you can help your pet maintain a healthy weight and live a longer, more vibrant life. After all, our pets depend on us to make the right choices for their well-being—and they deserve the best.



KEEP OUR ECO ESTATE CLEAN: **SAY NO** TO LITTERING!



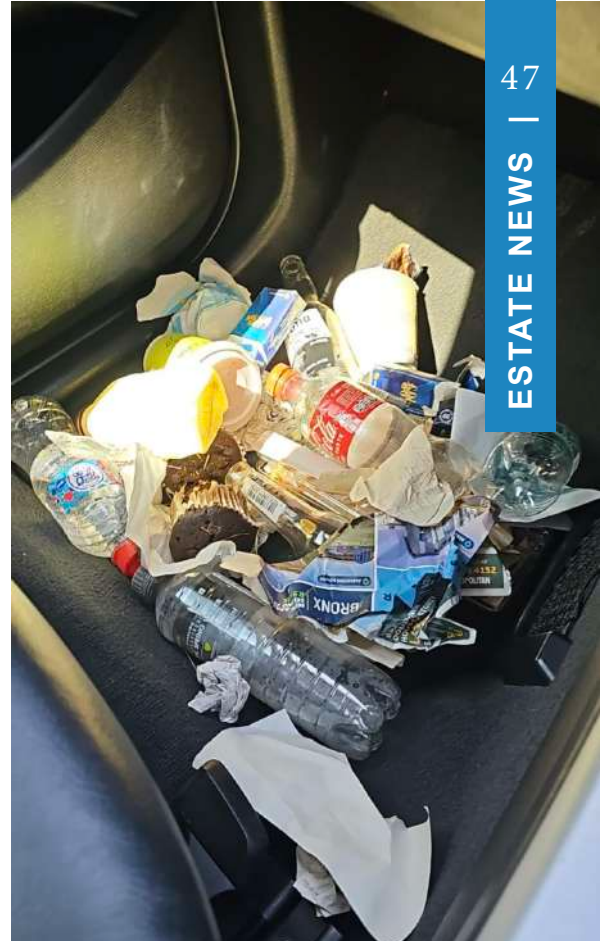
It's shocking how much trash we're picking up every day in our beautiful eco estate. We live among wildlife and a pristine landscape—let's protect that! Unfortunately, we don't yet have a way to catch those who are littering, but we're asking everyone: **please stop.**

Littering isn't just ugly—it's harmful. Trash like fruit peels, naartjie skins, and banana peels might seem harmless, but they can take years to decompose. A banana peel can take up to two years to fully break down. Naartjie peels and other citrus skins can take even longer, up to six months or more, depending on the conditions. During that time, they can attract pests, disrupt the natural balance, and even harm wildlife.



Here's what littering does:

- **Chokes wildlife:** Animals can eat or get tangled in trash.
- **Damages habitats:** Litter leaches harmful chemicals into the ground and water.
- **Ruins natural beauty:** Our estate is a sanctuary for both people and animals—litter ruins it for everyone.



We can't rely on someone else to clean it up. Here's how you can help:

Dispose of trash properly: Always make sure your waste goes in the right place. If there's no bin nearby, take it home with you. Even small items like fruit peels or snack wrappers can harm wildlife and spoil the natural beauty of our estate. Proper disposal doesn't just keep things tidy—it protects the environment we all share.

Teach your kids: Children are naturally curious and eager to learn. Show them how to respect nature by cleaning up after themselves and explaining how littering affects animals and the environment. Simple conversations and leading by example can help build lifelong habits that protect the earth and all its creatures.

Join our clean-up: On Saturday, July 5th, we're hosting a community clean-up. Bring the kids along—it's not fun cleaning up after others, but we'll make it worth it with some amazing giveaways!

Adults, set the standard: Littering isn't just a bad habit—it shows a lack of respect for your environment, your neighbors, and even yourself. As adults, we have the responsibility to set the standard for clean and safe spaces. Show by example that you care about our community and the wildlife that calls it home.



Spread the word

Share your efforts on our Huddle WhatsApp group or community Facebook page using the hashtag **#pickupyourtrash**. Positive actions can inspire others to do the same.

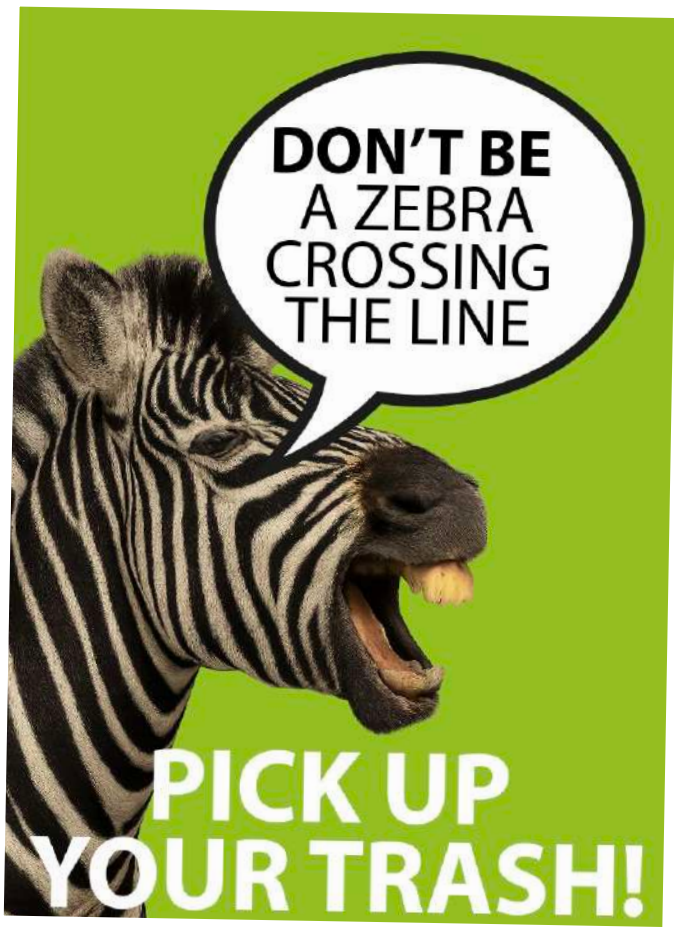
Research shows that when people see friends and neighbors talking about littering and showing good habits, they're much more likely to follow suit.

We're also making it easier for everyone to do the right thing: as part of this campaign, we're putting up new signs on bins throughout the estate to remind everyone to keep our shared spaces clean.

These will be up soon!

Plus, don't forget—we'll also have our annual blood drive that day, so it's a great chance to give back to the community in more ways than one.

Let's make sure our eco estate stays clean and safe for everyone—especially the wildlife that calls it home. Your small act of responsibility can make a huge difference.



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teen skin sorted

(No TikTok Fads Required!)

If you're aiming for clear, healthy skin, don't be fooled by every new TikTok skincare trend. While the latest viral product might promise a flawless glow, real results come from what's on your plate as much as what's in your bathroom cabinet.

The truth is, your diet can help fight breakouts, boost hydration, and support teen skin that's going through a lot of changes.

1. Hydrate with Water-Rich Foods

It's no secret that staying hydrated helps your skin, but you don't have to chug water all day. Eating water-rich foods like cucumber, watermelon, oranges and celery can give your skin an extra boost. These foods help keep your skin cells full and healthy, delivering vitamins and minerals that support repair and resilience.

2. Omega-3s for Calmer Skin

Omega-3 fatty acids fight redness and keep your skin smooth—perfect if you're dealing with breakouts. Fatty fish like salmon, chia seeds, and walnuts are great sources of these healthy fats. They help strengthen your skin's barrier, making it easier to fight off dryness and irritation.

3. Antioxidants to Fight Damage

Your skin faces a lot of stress: pollution, sun, and let's be real—teen hormones! Antioxidants protect against this daily damage. Blueberries, strawberries, spinach and kale are packed with skin-loving vitamins like C and E. They support healing and help your skin look fresh, not dull.

4. Vitamin C to Boost Collagen

Collagen is the protein that keeps skin firm and bouncy, which is important when your skin's going through a growth spurt. Foods rich in vitamin C—like citrus fruits, bell peppers and broccoli—can help your skin produce more collagen. That means brighter, stronger skin without having to pile on products.

5. Zinc for Spot Control

Breakouts are normal during the teenage years, but zinc can help. It fights inflammation and helps keep oil production in check. Oysters have loads of zinc, but pumpkin seeds, cashews and lentils are also solid sources. A balanced diet helps more than any miracle cream.

6. Skip the Sugar Spikes

While it's tempting to reach for sweets, processed, high-glycaemic foods like white bread and chocolate bars can spike

your blood sugar and lead to more oil production—hello, breakouts! Swapping in whole grains and fibre-rich foods can help keep skin clearer and calmer.

Social media can be great for tips, but not every skincare trend you see online is backed by science.

Remember: good skin isn't about the latest "miracle" product—it's about giving your skin what it really needs.

Eating smart, staying hydrated, and avoiding overloading your skin with harsh products is a better way to keep your complexion healthy.

The Bottom Line

Your skin is always changing, especially in your teenage years. The good news? You don't have to spend a fortune on endless products to get that glow. Start by focusing on what's on your plate—hydrating foods, healthy fats and antioxidant-rich produce can do wonders for your skin naturally.

But if you've already tried all the gentle, natural solutions and nothing's working, it's best to see a dermatologist. Sometimes, acne or skin issues need professional help. These problems can really knock a teen's confidence, so getting the right advice early on can make all the difference.

ESTATE photos



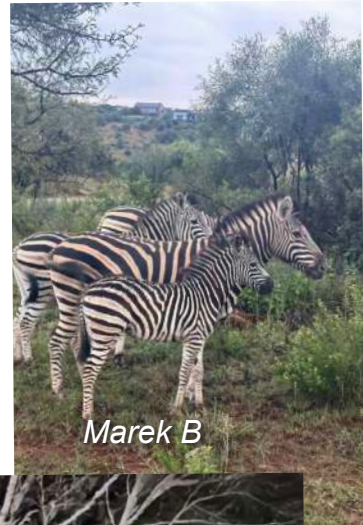
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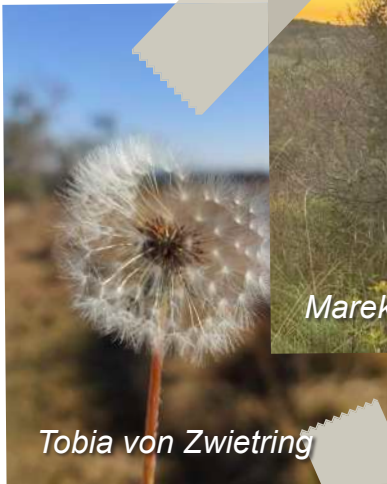
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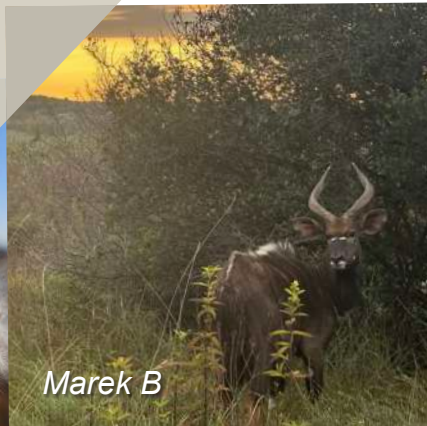
Carél Wessels



Marek B



Tobia von Zwietering



Marek B



Madeleine Marais



Felicia Msiza



Nadene Oberholzer

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

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



From the Gym Manager

Dear Members,

Our Easter Family Fun Walk and Egg Hunt event was a great success, and we would like to extend our heartfelt gratitude to The Hills Community for their participation and support. It was a day filled with laughter and joy, and it wouldn't have been the same without you.

We are also delighted to inform the residents about the new training equipment that has been added to the gym. The final batch of equipment is expected to be delivered in the coming weeks, and we are excited to see how it will enhance your workouts and overall training experience.

As we approach the winter season, we would like to remind everyone to stay warm, hydrated, and safe while training. Please listen to your bodies and take regular breaks when needed. With the colder weather and less sun exposure, it's also important to consider your vitamin D supplements to help support your immune system.

Looking ahead, the 2025 Comrades Marathon is taking place on Sunday, June 8th, and The Hills Running Club is already hard at work with their preparations. We wish them the best of luck and want them to know we are fully behind them. If you're interested in joining the running club, please feel free to contact us so we can connect you with the right people.

As part of our ongoing efforts to promote health and fitness, we are excited to announce that we're planning to launch a Teenagers Bootcamp at the gym. This program will focus on building strength, improving fitness, and boosting confidence in a fun and structured environment. We also see this as an important way to help our kids make good decisions, keep busy with positive activities, and develop strong friendships. In light of recent issues with bullying and negative behaviour in our estate, we believe this program will be another great step in the right direction. We welcome your inputs and suggestions for the Bootcamp—please direct them to me, Siyanda Manga.

Lastly, we're excited to share that we have an upcoming event on July 26th. More details will be shared soon, so please save the date!

It is our priority as gym management to support your fitness journey in the best way possible. We understand that we may not always meet everyone's expectations, and so we encourage you to raise any suggestions or concerns with us.

Warm regards,
Siyanda Manga
Gym Manager





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
- Once Off Garden work & Landscaping 30 years experience. Owner on site Call / Whatsapp 082 7599 087

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!

Melkkos

Ouma Darling's Way



There's something magical about the scent of cinnamon – a warm, sweet aroma that instantly wraps you in a comforting hug and takes you back to childhood. In our home, I remember waking up on chilly winter mornings, the kitchen already filled with that unmistakable spicy-sweet smell of melkkos bubbling away on the stove. It was always a treat – that thick, creamy goodness, so simple yet so satisfying.

The best part was sprinkling the cinnamon-sugar mixture over the hot melkkos.

As soon as Ouma Darling dished up those steaming bowls, we'd watch the sugar melt and the cinnamon swirl on top, filling the air with a sweet, cosy scent. One spoonful and it was like the world stopped spinning – all that mattered was the warmth of family and the comfort of those special moments.

Even now, whenever I make this recipe, I'm whisked back to that kitchen – to the gentle laughter, the soft glow of home, and the sweet memories of my mother's care. That's the magic of melkkos – and the cinnamon that will always bring me back to the heart of our family.

Ingredients:

- 2 litres of milk
- 2 cups of flour
- 60ml butter

For the cinnamon sugar:

- 65ml sugar
- 5ml cinnamon (this is the ratio – you can double it up or tweak it depending on how sweet you'd like it!)

Method:

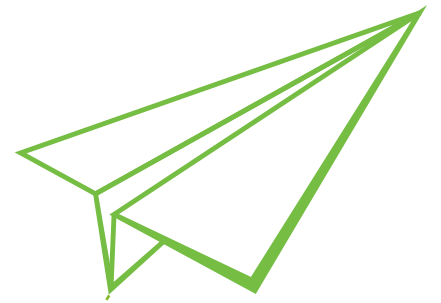
- Pop the milk and butter into a saucepan and bring it to a gentle boil.
- Add a pinch of cinnamon for a lovely warming touch.

Now, here's the fun bit: quickly sprinkle the flour into the hot milk mixture and whisk briskly until it thickens to a gorgeous, velvety consistency. If you fancy it thicker, just add a bit more flour to your liking. Cover with a lid and let it stand for 10–15 minutes so all the lovely flavours can settle in.

Spoon out and sprinkle generously with the cinnamon-sugar mixture.

Simple, comforting, and absolutely yummy – Enjoy

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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.