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JUNE ISSUE 2026



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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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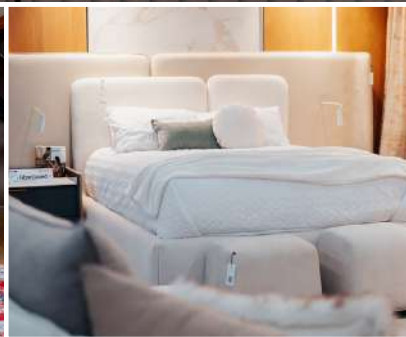
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LETTER FROM *Management* TEAM

Embracing Winter at Our Estate

Dear Residents,

As winter settles over the estate, there's something special about this time of year. The cooler mornings, cosy evenings, and peaceful atmosphere remind us just how fortunate we are to call this community home. We hope everyone is keeping warm and enjoying the beauty the season brings to our estate.

Before the full winter chill arrived, several exciting projects around the estate were completed, and we would love to share a few updates with you.

Our entrance along Impala Road has received a fresh new look with a full repaint, helping create an even more welcoming arrival for both residents and visitors. The Capture Boma is also nearing completion, and it has already sparked curiosity amongst the wildlife exploring the area.

The newly installed speed control cameras are now operational. Our teams are still fine-tuning the systems and addressing a few technical adjustments, and we thank residents for their patience during this process. As always, please continue to adhere to the estate speed limits to help keep our roads safe for everyone.

One of the sweetest highlights this season has been the harvesting of our very first batch of honey from the estate's bee hives. It is wonderful to see nature thriving within our community, and we are thrilled to share in this small but meaningful milestone.

As we head further into winter, we would also like to remind residents of a few important procedures and upcoming events.

If you are planning any movement in or out of the estate, including furniture removals, please remember to submit your movement control form to the office at least 48 hours in advance. This helps ensure a smooth process for both residents and security teams.

Winter is also a great time to take care of exterior maintenance around the home. If your paintwork is beginning to show signs of wear or cracking, we encourage residents to start planning repainting and maintenance where needed. Please remember that any colour changes must still follow the estate's approved palette and be submitted for approval beforehand.

Please also save the date for the upcoming RNM Q&A Session taking place on 11 June at 18:00 in the auditorium at Reddford

House. Residents are encouraged to attend and make use of this opportunity to ask questions regarding electrical reticulation and related matters.

Lastly, as winter sets in, we encourage all residents to make sure they have the correct emergency numbers readily available:

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Control Room: 082 826 3761

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Emergency: 10111
Local Boschkop SAPS Contact:
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C: 071 675 7350
Standby Officer: 071 765 7341

Thank you for continuing to make our estate such a caring and welcoming community. Let's continue looking out for one another and enjoying all the beauty winter has to offer.

Wishing you a warm and wonderful winter season.



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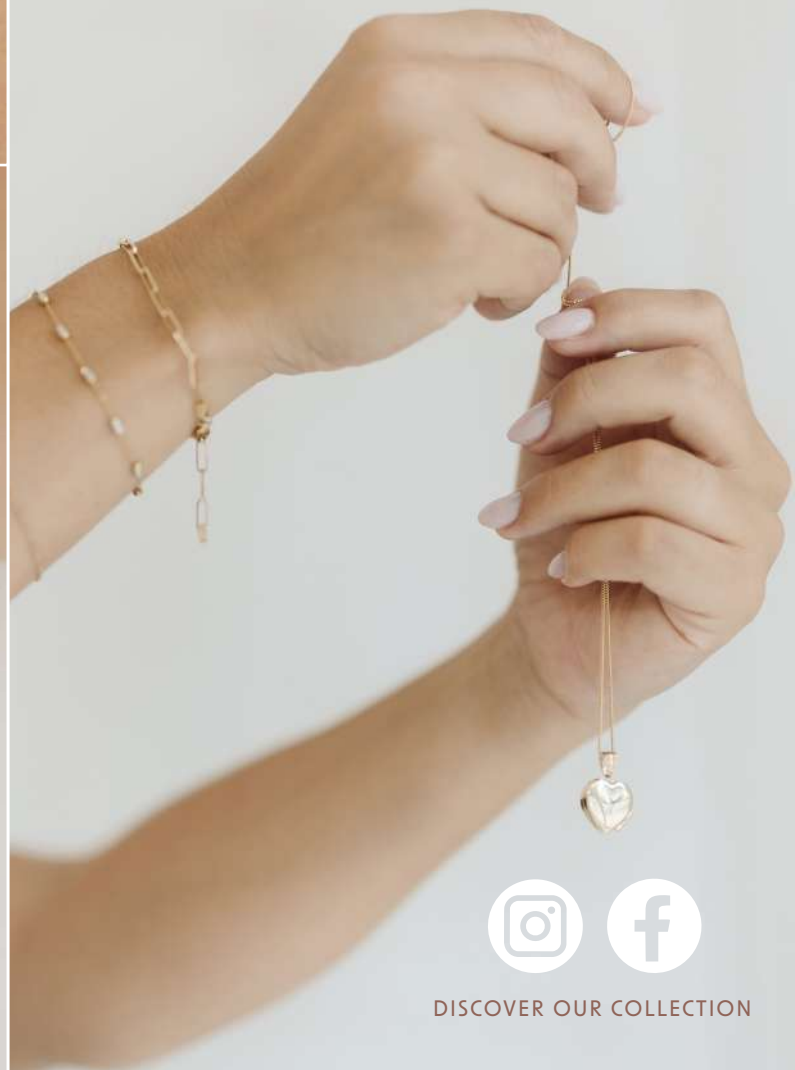
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DISCOVER OUR COLLECTION

Your Indoor Plants Are Feeling Winter Too

written by Tobia von Zwiétring

I've noticed it in my own home lately.

Plants that absolutely thrived during summer suddenly started looking tired. Leaves began turning yellow, some started drooping, and a few even lost leaves overnight.



During summer our homes are filled with fresh air, open windows, sunlight, and warmth. In winter, everything changes. Windows stay closed because it's too cold, the air becomes drier, heaters come on, and sunlight suddenly disappears much earlier in the day.

Our homes become completely different environments, and our indoor plants feel it too.

1 Too Much Water Can Actually Be the Problem

One of the biggest mistakes many of us make in winter is continuing the exact same watering routine we used in summer.

But plants grow slower in winter. The soil stays wet for much longer, especially in colder rooms with less sunlight. I realised some of my plants were not struggling because they were thirsty, they were

struggling because the roots were staying too wet.

Now I always check the soil first before watering, and it's made a huge difference already.

2 Less Sunlight Affects Plants More Than We Think

Even bright rooms feel darker in winter.

I've noticed that some plants that loved a specific corner during summer are suddenly unhappy there now. They become leggy, lose colour, or stop growing altogether simply because they are not getting enough light anymore.

Moving a few plants closer to windows helped almost immediately.

It's amazing how sensitive plants actually are to seasonal changes inside a home.

"Winter changes your home environment completely, and your plants feel every bit of it."

3 Dry Winter Air Is Tough on Plants

Between heaters, fireplaces, and closed windows, indoor air becomes incredibly dry during winter. Some of my plants developed brown edges almost overnight.

Plants naturally enjoy a bit of humidity and airflow, which we unknowingly remove during colder months.

I've started grouping some plants together, and it actually seems to help create a slightly more balanced environment around them.

4 Dusty Leaves Also Matter

Because homes stay closed up more during winter, dust builds up far quicker indoors.

I recently wiped down the leaves on a few plants and honestly couldn't believe the difference afterwards. The leaves looked shinier, healthier, and apparently it also helps them absorb more light properly.

Sometimes the smallest things make the biggest difference.

5 Some Plants Simply Handle Winter Better

Not every plant enjoys winter indoors equally.

The plants coping best in home now seem to be:

- Snake Plants
- Zz Plants
- Pothos

- Monstera
- Rubber Plants
- Philodendrons

They seem far more forgiving during colder months, especially in rooms with less sunlight and drier air.

6 Indoor Plants Make a Home Feel Alive

Especially in winter, when gardens become quieter and we spend more time indoors, plants soften a space and make a home feel warmer and more alive.

And maybe that's why we notice so quickly when they start struggling too.

So if your indoor plants are suddenly looking unhappy this winter, you're definitely not alone. They're simply adjusting to the season, **just like we are.**



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ARCHITECTURE OF BELONGING: CRAFTING THE INTERIOR NARRATIVE

A luxury home is never defined by square meters alone. While architecture provides the structure, light, and proportion, it is the interior experience that determines how a space is truly lived in, felt, and remembered.

Today's luxury homeowner seeks more than beautiful rooms. They seek identity, intentionality, and spaces that feel deeply personal. The era of superficial styling and generic, mass-produced interiors is fading. In its place emerges a more sophisticated approach, one where interior design and bespoke manufacturing work in harmony to create homes with lasting emotional and architectural value.

When every detail, from spatial planning to the precision of bespoke joinery, is considered as part of one cohesive vision, a residence transforms into something extraordinary: a sanctuary designed entirely around the people who inhabit it.

For homeowners looking to elevate their living environments, these four principles form the foundation of intentional luxury design.

MASTER THE VOLUME: DESIGNING FOR SCALE AND FLOW

One of the greatest challenges in expansive, open-plan homes is maintaining warmth and intimacy within large volumes of space. Without thoughtful spatial planning, even the most impressive architecture can feel disconnected and impersonal.

Rather than fragmenting spaces with unnecessary walls, use architectural joinery and custom-designed furnishings to define purposeful zones while preserving openness and flow.

A floating dual-aspect media unit, a sculptural sideboard, or integrated floor-to-ceiling cabinetry can subtly separate living, dining, and entertainment areas without interrupting the natural rhythm of the home. The result is a space that feels expansive yet grounded, elegant without sacrificing comfort.



At Ezomdabu Concepts, we believe interior architecture and custom craftsmanship are inseparable.

INVEST IN STRUCTURAL STATEMENT PIECES

Furniture should never feel secondary to the architecture around it. Mass-produced pieces often compromise proportion, material quality, and spatial harmony, diminishing the overall visual impact of a room.

We advocate for the use of fewer, more intentional pieces designed specifically for the home they inhabit.

A custom-configured modular sofa upholstered in richly textured fabric. A handcrafted dining table designed as the centerpiece of gathering and conversation. Bespoke furnishings bring permanence, presence, and identity into a space.

When thoughtfully designed, furniture becomes an extension of the architecture itself. Timeless pieces that carry both function and legacy.

LAYER TEXTURE TO CREATE DEPTH AND CONTRAST

Minimal interiors often risk feeling sterile when materials lack contrast and dimension. True luxury engages the senses. It is experienced not only visually, but through texture, warmth, and materiality.

Create visual richness through carefully layered contrasts. Soft textiles against brushed metals. Organic timber against ultra-matte cabinetry; full-grain leather paired with textured stone or steel.

These combinations introduce tension, balance, and sophistication, allowing contemporary spaces to feel refined yet deeply inviting. Luxury lives in the details and often, in the materials you feel before you fully notice them.



CONCEAL THE FUNCTIONAL TO PRESERVE THE BEAUTIFUL

An exceptional interior should feel effortless. Clutter, exposed mechanics, and poorly integrated storage interrupt the calm and clarity that define premium living.

Through seamless, flush-fit custom cabinetry and integrated storage solutions, we design spaces where functionality remains invisible.

Pocket doors conceal fully equipped coffee stations and prep kitchens. Floating entertainment units discreetly manage cables and technology. Hidden storage preserves clean architectural lines while allowing curated furniture, artwork, and finishes to command attention.

The goal is simple: visual silence that allows the design to breathe.

At Ezomdabu Concepts, we approach every project holistically. Bridging conceptual interior design with meticulous, hands-on craftsmanship.

Contact Ezomdabu Concepts to arrange a private consultation for interior design and bespoke joinery, and receive 10% off on accepted quotes using code "K10JULY".



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What Does Dad Want?

Every Father's Day, families across the world ask the same question: What would you like for Father's Day? And every year, dads seem to give exactly the same answer. **"Nothing."**

Not a hint. Not a suggestion. Just... nothing.

It's enough to drive spouses and children slightly mad. After all, there must be something he'd like, right?

The truth is, dads are probably the hardest people on earth to buy gifts for. They don't make wish lists. They don't casually leave online shopping tabs open for everyone to discover. And if they really want something, they've usually bought it themselves long before Father's Day arrives.

The funny thing is that most dads aren't complicated at all. In fact, they're often the

simplest people in the family. They enjoy the little things. A good braai. A day outdoors. A family gathering. Watching their favourite sport with something cold in hand. So why do so many insist they don't want anything?

Part of it may come down to the role many fathers have played throughout their lives. They're used to being the providers, the problem-solvers, the ones making sure everyone else is taken care of first. Being the centre of attention doesn't always come naturally, and receiving gifts can sometimes feel less important than seeing their family happy.

That doesn't mean Father's Day isn't important. In fact, it's often the thought behind the gift that matters most. Dads may not always say it, but they notice the effort. They appreciate the fact that someone took the time to think about what they would enjoy.

The best gifts are rarely the most expensive. They're the ones that feel personal. A gift

linked to a hobby, an interest, or something Dad genuinely enjoys doing. It's often those practical, meaningful gifts that end up being used for years and become part of family memories.

That's one of the reasons we love the idea behind Donkey Long Tong. Their range is built around the things many South African dads already enjoy: braaiing, camping, outdoor adventures, and spending time with family and friends. These aren't gifts that get tucked away in a drawer and forgotten about. They're made to be used, enjoyed, and become part of the stories Dad will tell for years to come.

“Most dads don't want a big fuss. They just want to know they're appreciated.”

Competition

Enter our Father's Day competition for a chance to win a Donkey Long Tong 80cm Braai Tong, proudly made for South African braai masters.

How to enter:

- Scan the QR code or [click here](#)
- Complete the quick entry form
- Entries close on **16 June 2026**.



KS
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So, what does Dad really want this Father's Day?

The answer probably isn't “nothing.”

More often than not, it's knowing that the people he loves took the time to think about him. And if you're still searching for the perfect gift, we've made it easy. Simply scan the QR code, follow our social media pages, and enter our Father's Day competition for a chance to win a Donkey Long Tong gift Dad will genuinely appreciate.

Because while Dad may say he wants nothing, we all know he deserves something special this Father's Day.

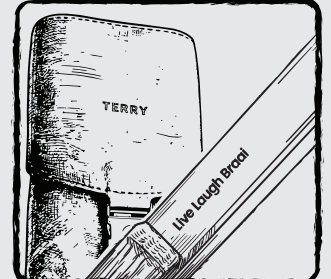


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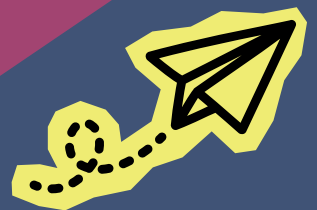
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SUSPENDED *Above the* WILDERNESS

DISCOVER LEPOGO LODGES

” *There are safari lodges... and then there are places that completely change the way you experience the African bush.*

Hidden deep within the untouched wilderness of the Lapalala Wilderness Reserve, Lepogo Lodges offers something rare: a luxury safari experience that feels wildly exclusive, deeply personal, and surprisingly meaningful.

Just a few hours from Johannesburg, this breathtaking destination is malaria free and one of South Africa's most talked-about luxury escapes, it's easy to see why.

A Safari Experience Unlike Any Other

Perched dramatically on a cliff edge above the Palala River, Noka Camp at Lepogo Lodges feels almost suspended in nature. Glass-fronted villas overlook endless wilderness, each with private plunge pools, sky beds for sleeping under the stars, outdoor showers, and interiors

that blend modern design with earthy African textures. But what truly sets Lepogo apart is the feeling of privacy.

As the only operator on a 50,000 hectare reserve, guests often spend hours on safari without seeing another vehicle. No crowds. No traffic jams around sightings. Just the sounds of the bush, open landscapes, and unforgettable wildlife encounters.

And yes, the wildlife is extraordinary.

The reserve is home to the Big Five, as well as cheetah, wild dogs, rare antelope species, an abundance of wildlife, and hundreds of bird species, all set against the breathtaking landscapes of the Waterberg region. Guests can enjoy unforgettable game drives, guided walking safaris, river experiences, stargazing under clear African skies, bush breakfasts, and even visits to ancient rock art sites.

“This is not just a safari. It’s a complete reset for the soul.”

Luxury With Purpose

What makes Lepogo even more remarkable is that it operates as a non-profit luxury lodge. Every profit generated goes back into conservation, wildlife protection, and surrounding communities.

The lodge is heavily focused on sustainability, from solar-powered infrastructure to carbon offset programmes and conservation initiatives protecting species like rhino and cheetah.

In a world where luxury travel often feels disconnected from impact, Lepogo has managed to combine both beautifully.

Guests are not simply observing nature from a distance. They are contributing to preserving it.

Why Everyone Is Talking About It

International travel publications, luxury travellers, and safari enthusiasts are all lavishing praise on this hidden gem. Visitors consistently describe the lodge as “life-changing,” praising everything from the breathtaking architecture and exceptional cuisine to the intimate wildlife encounters and warm hospitality.

The lodges are situated within South Africa’s first Dark Sky Park which was recently awarded to Lapalala Wilderness where minimal light pollution allows for extraordinary stargazing and unforgettable nights beneath the Milky Way (weather permitting!)



Imagine falling asleep beneath a canopy of African stars, hearing lions roaring somewhere in the distance while the river flows below your villa. It's the kind of experience people remember forever.

The Perfect South African Bucket List Escape

While many luxury safari destinations market mainly to overseas travellers, Lepogo has become a local bucket-list escape for South Africans wanting something extraordinary close to home. Whether it's a romantic getaway,

milestone celebration, family trip, or simply a break from busy city life, the experience feels immersive from the moment you enter the reserve. Unlike many crowded safari destinations, Lapalala still feels untouched. **Quiet. Raw. Wild.** Exactly the way nature should be.

“Some places impress you. Others stay with you long after you leave. Lepogo does both.”





LEPOGO LODGES



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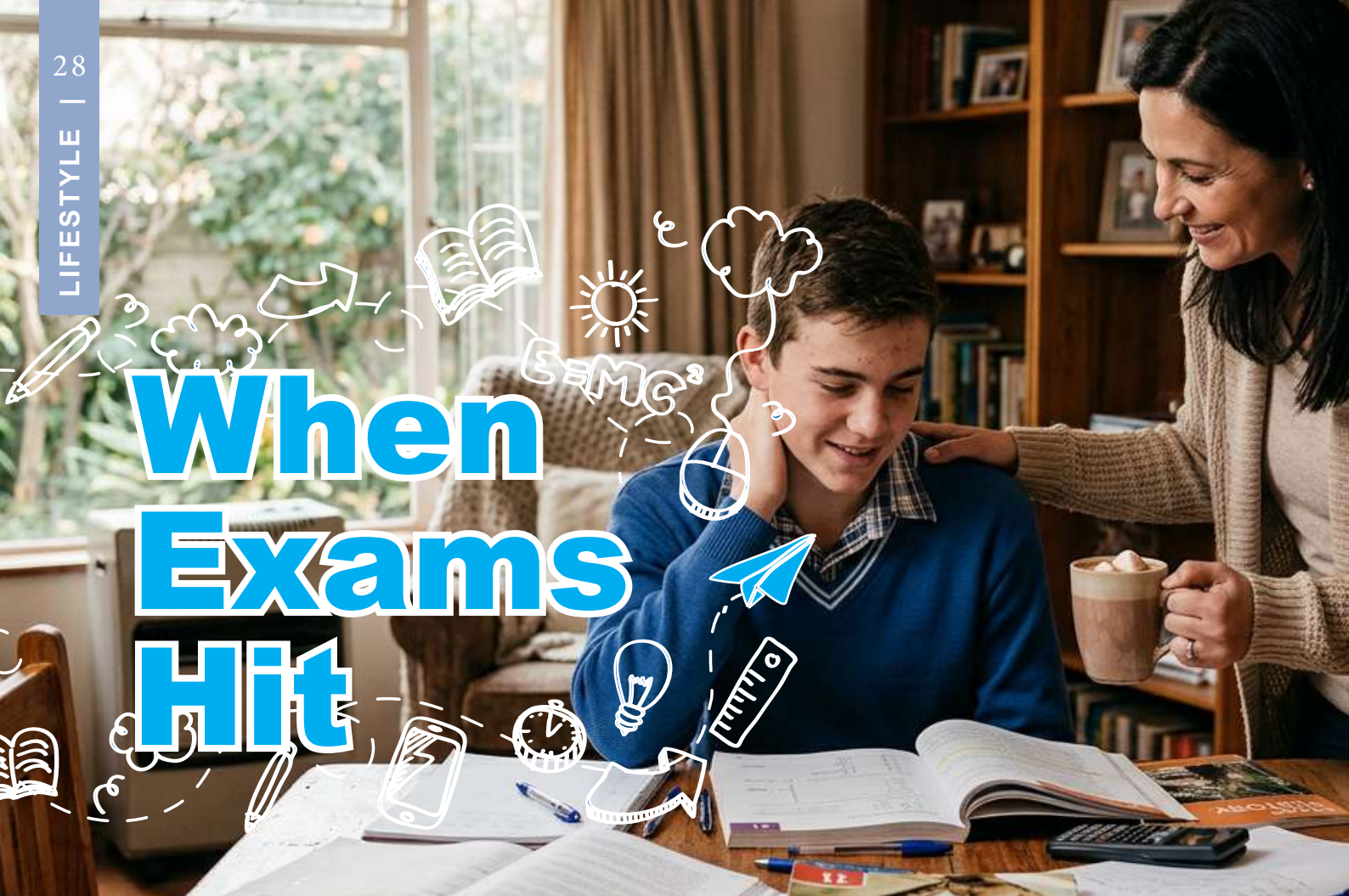
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When Exams Hit

If your home feels a little more tense than usual right now, you're probably not alone.

June exams have a way of changing the atmosphere in a household. Suddenly everyone seems a little more stressed. The dining room table disappears under textbooks, study schedules cover the fridge, and conversations often start with, "How much studying have you done today?"

As parents, we naturally want our children to do well. We remind them to study, help them prepare, and encourage them to give their best. But during exam season, I've often wondered whether our children need

something even more important than study notes.

They need support.

Not every child shows stress in the same way. Some become emotional. Others get irritable. Some suddenly complain of headaches or stomach aches. Others spend hours staring at their books but struggle to focus.

What looks like laziness is often anxiety. What looks like attitude can sometimes be overwhelm.

The pressure children face today is very different from what many of us experienced growing up. Along with exams, they are dealing with sport commitments, friendship

challenges, busy schedules, social media, and the constant feeling that they need to keep up.

Sometimes the best thing we can do is remind them that one exam does not define who they are. That does not mean lowering expectations. It means helping them keep perspective.

A child who feels calm, supported, and confident often performs better than one who feels pressured every minute of the day.

The Little Things Matter

When exam season arrives, parents often focus on study timetables, extra lessons, and revision notes. While those things certainly help, it is often the small everyday actions that make the biggest difference.

Making their favourite meal. Sitting with them while they study. Taking a short walk together. Watching an episode of a favourite series after a productive afternoon. These moments remind children that life continues beyond the next test paper.

One thing many parents forget is that rest is productive. A walk around the block, a family meal, or even a good laugh can sometimes do more for concentration than another hour of staring at notes.



Sleep is equally important. A tired brain struggles to absorb information, no matter how many hours a child spends studying. Sometimes the most productive thing they can do is close the books and get a good night's rest.

What Parents Can Say Instead

During exams, children often hear questions like:

“Have you studied enough?”

“Are you ready?”

“What mark do you think you’ll get?”

While these questions come from a place of love, they can sometimes add to the pressure.

Instead, try asking:

“How are you feeling about tomorrow?”

“Is there anything I can do to help?”

“What can we do to make this week a little easier?”

Those small changes can make children feel supported rather than evaluated.

More Than A Report Card

Exams are important, but they are only one chapter in a much bigger story.

Years from now, your child probably won't remember every mark they received. They will remember how they felt during this season and whether the people around them made them feel supported, encouraged, and loved.

The goal is not only to raise successful students. It is to raise resilient, confident young people who know their worth is not determined by a percentage on a piece of paper.

As exam season continues, perhaps the most important message we can give our children is this:

Do your best.

We'll be proud of you anyway.

“Sometimes the most valuable thing a parent can say during exams is, ‘I’m proud of you, no matter what happens.’”



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"ONE BITE WON'T HURT... OR WILL IT?"

BY DR VICKY LOUW (BVSC)

Human Food for Pets: What's Safe and What's Not.

Our pets are family, and most owners have experienced those pleading eyes at the dinner table. While sharing a small snack may seem harmless, some human foods are safe for pets, while others can cause serious illness. Here's a simple guide to what's generally safe — and what should never be shared with your dog or cat.

Safe Foods and what to rather avoid:



Plain Cooked Meat

Lean, unseasoned cooked and deboned/deshelled meat is usually one of the safest treats for both dogs and cats.

But avoid: fat trimmings, smoked, marinated or salty meats, garlic or onion flavouring, too much tuna may contribute to nutritional imbalances, especially in cats.



Eggs

Boiled eggs are a healthy source of protein for both dogs and cats.

Exotic Doesn't Mean Exempt:

But avoid: Raw eggs can contain bacteria like Salmonella and E. coli. Raw egg whites contain a protein called [avidin](#), which can interfere with the absorption of biotin (Vitamin B7). This can lead to skin issues and poor coat quality and nutritional imbalances.

Vegetables, Roots, Legumes

Carrots (cooked or raw), pumpkin (cooked), green beans (cooked or raw), sweet potato (cooked), cucumber (raw), rice (cooked), red lentils (cooked), oats (cooked) and plain pasta (cooked).

But avoid: Raw potatoes, especially green potatoes or green potato peels, contain natural toxins called [glycoalkaloids](#), including [solanine](#). Raw or undercooked beans like kidney beans contain natural substances called [lectins](#), which can be toxic and cause gastrointestinal upset.

Fruits

Apples (without seeds), bananas, blueberries, watermelon

But avoid: Avocado, citrus, seeds and pits, unripe, green tomatoes, tomato leaves, tomato stems (contain compounds called solanine and [tomatine](#), may cause toxicity

Dairy

Small amounts of plain yoghurt or mild cheese may be tolerated by some pets.

But avoid: blue cheese and mould-ripened cheeses. These can contain substances called roquefortine toxins, which are produced by the moulds used during the cheese-making process.

Important: Foods and beverages that can kill

Alcohol is highly toxic to dogs and cats, even in relatively small amounts. Also consider fermenting dough, alcoholic desserts, liqueur chocolates.

Coffee, Tea & Energy Drinks

Caffeine is toxic to pets. Keep coffee grounds and tea bags safely out of reach.

Xylitol

[Xylitol](#) is an artificial sweetener found in sugar-free gum and sweets, some peanut butters, certain baked products. It is extremely toxic to dogs and can cause severe low blood sugar and liver failure.

Chocolate

Especially dark chocolate, baking chocolate and cocoa powder contain high levels of caffeine and [theobromine](#) from cacao beans. Dogs and cats cannot metabolise these substances effectively, causing overstimulation of the nervous system and heart that can become life-threatening.

Onions, garlic, leeks and chives

These compounds cause [oxidative damage](#) to the red blood cells, making them fragile and causing them to break apart prematurely — a condition called haemolytic anaemia. These are often hidden in gravies, sauces and leftovers.

Grapes, Raisins, Sultanas and Currants

Should never be fed to dogs. Even small amounts can cause sudden and potentially fatal kidney failure in some dogs. The exact toxic substance is still not fully understood, which makes these poisonings unpredictable.

Macadamia nuts

Macadamia nuts are highly toxic to dogs, although the exact toxin is still unknown. Even small amounts can cause poisoning.

Nutmeg

Nutmeg contains a compound called [myristicin](#), which can affect the nervous system and become toxic when enough is consumed. Dogs are most commonly affected, although other pets may also be sensitive.

Bones

Cooked bones can splinter and cause broken teeth but most importantly choking, intestinal obstruction and internal injury.

A good rule of thumb:

When sharing food with your pet:

- No salted or sweetened foods
- No spicy, heavily seasoned or smoked foods
- Yes to plain, cooked, deboned meat
- Always double-check the safety of plants, herbs and spices before offering them
- And remember: the only beverage pets truly need is fresh water

When in doubt, rather avoid it or ask your veterinarian first.



Conclusion

Sharing food with your pet involves responsibility. While some human foods are safe and nutritious in small amounts, others can be dangerous or life-threatening. It's best to keep treats simple, plain, and pet-appropriate, avoiding sharing from your plate. When unsure, skip it or check with your vet, as one bite can make a difference.

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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

As we move into the cooler season, we are excited to share some incredible developments taking place at The Hills Fitness Centre. At Nourish Wellness, our commitment remains the same: creating a vibrant, results-driven and inclusive wellness environment for every resident.

One of the most exciting developments is the expansion of our Pilates offering. Due to growing demand and positive feedback from residents, we have introduced additional early morning Pilates classes at 05:30. Whether your goal is to improve flexibility, strengthen your core, enhance posture or simply begin your day with purposeful movement, these sessions offer the perfect balance between strength and mindfulness. The additional classes form part of our ongoing mission to make wellness more accessible while accommodating the schedules of our growing fitness community.

We are also proud to welcome Tiffany, our new resident Biokineticist, to The Hills Fitness Centre team. Tiffany's expertise brings tremendous value to residents seeking rehabilitation support, injury prevention, mobility improvement, post-operative recovery and scientifically guided exercise programmes. Her presence further strengthens our vision of providing not only fitness services, but holistic health and wellness support under one roof.

Adding even more energy to the centre is our new Boxing Coach, Siyanda Ngcobo. Siyanda joins us with a passion for helping people improve their

Growing, Evolving & Moving Together

Managed by [Nourish Wellness](#)

“

*Wellness
thrives when
we grow
together.*”



fitness while learning valuable boxing skills. Residents can look forward to dynamic sessions designed to enhance cardiovascular fitness, coordination, agility, endurance and overall strength. Whether you are stepping into a boxing class for the first time or have previous experience, there is something for everyone.

Another recent highlight has been the launch of The Hills Squat Challenge. This fun initiative quickly created excitement and healthy competition among members. Designed to encourage consistency, strength, endurance and accountability, the challenge brought residents together in a motivating and supportive way. Members embraced the opportunity to push their personal limits, celebrate milestones and cheer one another on throughout the challenge. The enthusiasm surrounding the event has been inspiring and reflects the strong sense of community that continues to grow within our fitness centre.

In recognition of Mental Health Awareness Month, The Hills Fitness Centre proudly hosted a special wellness event on 30 May 2026. The event brought residents together for a meaningful day focused on health, connection and emotional wellbeing.

Throughout the day, residents participated in engaging wellness activities, fitness experiences and meaningful conversations that highlighted the importance of mental

wellness. The event reinforced the vital role that movement, physical activity, community support and healthy lifestyle habits play in maintaining a balanced mind and body.

The atmosphere was uplifting, energetic and inspiring. Residents came together to prioritise self-care, build connections and support one another. It served as an important reminder that wellness extends far beyond physical fitness. It is equally about nurturing mental resilience, emotional wellbeing and creating supportive spaces where people can thrive.

We extend our sincere appreciation to everyone who attended and contributed to making the event such a memorable success.

At Nourish Wellness, we remain committed to continuously enhancing your fitness and wellness experience and look forward to bringing even more exciting developments to The Hills Fitness Centre in the months ahead.

Your wellness journey continues with us.



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Dennis Nyathi

t 071 513 3069

e thehillssecurity@omegasol.com

SECURITY UPDATE

Dear Residents,

As we move into the winter season, we would like to remind all residents of the importance of safety and security within our community. By working together and remaining vigilant, we can help ensure that The Hills remains a safe and enjoyable environment for everyone.

There are a few important matters we would like to bring to your attention:

Speeding Within the Estate

Excessive speeding continues to be a concern within the estate and poses a risk to residents, visitors, children, and our wildlife. We kindly urge all motorists to adhere to the estate speed limits and remain alert at all times. Additional communication regarding the first phase of speed enforcement measures will be shared with residents shortly.

Scooter Safety

We have observed an increase in children using scooters throughout the estate without the appropriate safety equipment. The use of personal protective equipment, including helmets and other recommended safety gear, is essential to reduce

the risk of injury. We appeal to parents and guardians to ensure that children understand and follow safe riding practices at all times.

Movement Control Forms

To assist with security and access control, all residents are reminded that a Movement Control Form must be completed and submitted to the HOA before any furniture or large household items are moved out of the estate. Compliance with this process helps prevent unnecessary delays at the gate and supports the overall security of our community.

Winter Preparedness

As part of our winter preparedness efforts, members of the Security Team recently completed Basic Fire Fighting training. This forms part of our ongoing commitment to ensuring that staff are equipped to respond effectively to emergencies should they arise during the winter months.

The Security Team has also completed an assessment of the estate perimeter and identified opportunities to further enhance security measures. Additional security features will be implemented in selected areas, while potential risks, including vegetation that may impact visibility or security along the perimeter, have been addressed.

The HOA distributed a Request for Proposal (RFP) for security services during May 2026. All submissions will be carefully evaluated based on current service offerings, proposed enhancements, innovation, and overall value. This process ensures that residents continue to receive the highest standard of security services while maintaining market-related pricing.

In the event of an emergency, we encourage residents to contact the Security Control Room directly. Prompt reporting allows for the fastest possible response and enables the appropriate resources to be deployed without delay.

Thank you for your continued cooperation and commitment to making The Hills a safe, secure, and welcoming place to live.

Kind regards,
Your Security Team



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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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- IKI KIDS sells STEAM educational products including Robotics and Coding Kits. 081 517 9589 or <http://www.ikikids.co.za/>
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- 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 /
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- Gas lady (Barbara) 082 305 2419
- Gerrie Marnewick 071 602 9349
- ID Gas 065 955 0115
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Fire Today, Safety Tomorrow

“A controlled burn today can help prevent a devastating wildfire tomorrow.”

From the Environmental Team

As winter settles in and the veld begins to dry out, The Hills Estate will be conducting controlled burns over the next two weeks as part of its annual fire management programme.

While the sight of smoke or burnt grass can understandably raise concerns, these carefully planned burns play an important role in protecting residents, wildlife, property, and the natural environment that makes The Hills such a special place to live.

Importantly, these burns are not carried out without planning or oversight. The Hills has received an approved burn permit from the Welbekend Fire Protection Association (WFPA), ensuring that all prescribed burns comply with regional fire management regulations and safety requirements.

Preparing for Fire Season

Over the past few weeks, The Hills has been actively preparing for the upcoming fire season. Most of our security personnel hold accredited fire training certificates, and during the last week of May, members of the HOA team, Environmental Team, and several Garden Group employees completed additional fire response training to ensure they know exactly what to do should a veld fire occur.

The estate has also invested significantly in fire preparedness. According to the approved permit, The Hills has a dedicated fire trailer, fire beaters, backpack firefighting units, blowers, trained personnel, and additional firefighting equipment available to assist in fire management operations. All fire safety equipment has recently been serviced, inspected, and prepared for the season ahead.

The Estate's Environmental Management Plan requires the implementation of controlled burns to reduce fire risk and maintain a healthy ecosystem.

Why Burn the Veld?

Although fire is often viewed as destructive, it is actually a natural part of South Africa's grassland ecosystems.

Over time, dry grass, fallen plant material, and dead vegetation accumulate. This creates what fire experts refer to as a fuel load. The larger the fuel load, the more intense and dangerous an uncontrolled fire can become.

Controlled burns remove this excess vegetation under carefully managed conditions, significantly reducing the risk of large, fast-moving veld fires later in the season. Research has shown that prescribed burning is one of the most effective tools for reducing the severity of wildfires and protecting both people and property.

What About the Wildlife?

One of the most common concerns residents raise relates to wildlife, particularly tortoises, reptiles, insects, and other small animals that live within the estate's natural areas.

Protecting biodiversity is always an important consideration during planning. Controlled burns are conducted under carefully selected weather conditions and are designed to move slowly and

predictably. This gives many animals the opportunity to move away from the affected area.

While a recently burnt area may initially appear lifeless, nature often responds remarkably quickly. Fire stimulates fresh plant growth, recycles nutrients back into the soil, and encourages healthier grasslands. Within weeks, new green shoots begin emerging, attracting insects, birds, and grazing animals.

Many indigenous grassland species have evolved alongside periodic fires and depend on them to maintain healthy habitats. Fire also helps prevent woody plant encroachment and supports greater biodiversity across the ecosystem.

A Healthier and Safer Estate

Controlled burns provide several important benefits:

- Reduce dangerous fuel loads
- Lower the risk of severe veld fires
- Stimulate healthy new grass growth
- Return nutrients to the soil
- Support biodiversity and ecosystem health
- Help maintain healthy grassland habitats
- Create safer conditions for residents, homes, and infrastructure

Although the landscape may appear blackened immediately after a burn, it is often the first step towards a healthier, greener veld in the months that follow.

What Should You Do If You See an Uncontrolled Fire?

If you notice a veld fire that appears uncontrolled, or if a fire starts unexpectedly, please do not attempt to fight it yourself.

Instead:

1. Move to a safe location.
2. Note the exact location of the fire if possible.
3. Immediately contact the Control Room.
4. Follow any instructions provided by estate staff.

Control Room (Garsfontein Gate) 082 826 3761

The sooner a fire is reported, the faster trained personnel can respond and prevent it from spreading.

Through proactive planning, specialised training, approved permits, serviced equipment, and ongoing environmental management, The Hills continues to take every possible step to minimise fire risks while protecting the beautiful natural environment we all enjoy.



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WINTER WELLNESS

From the inside out

The habits that seem small today may be the ones that carry you strongest through winter.

As winter settles in and the temperatures drop, many of us start reaching for jerseys, blankets, and hot drinks. While there's nothing wrong with getting comfortable, winter is also the season when colds, flu, and other seasonal illnesses tend to make the rounds.

The good news? Supporting your immune system doesn't require complicated routines or expensive supplements. In many cases, it's the simple daily habits that make the biggest difference.

Small, consistent choices can strengthen your body's

natural defences, lift your mood and help you feel your best all winter long.

Move your body. Eat nourishing foods. Get outside when you can. Prioritise sleep. Manage stress. Drink enough water. These small actions add up to something powerful.

1 Move More Than You Feel Like

Let's be honest. When it's cold outside, exercise is often the last thing we feel like doing.

Yet regular movement plays an important role in overall health and immune function.

It improves circulation, supports better sleep, and can boost your mood during the colder months.

The key is not to overcomplicate it. A walk around the estate, a gym session, yoga, stretching, or even dancing around the house all count. Consistency matters more than intensity.

2 Your Gut Is Part of the Wellness Puzzle

Many people are surprised to learn that a large portion of the immune system is linked to the gut.

Winter is a great time to focus on nourishing meals. Think colourful vegetables, fruit, whole grains, legumes, and fibre-rich foods. Fermented foods such as yoghurt and kefir can also help support a healthy gut environment.

Rather than focusing on individual “superfoods”, aim for variety. The more colourful your plate, the better.

3 Don't Ignore Vitamin D

During winter, many of us spend less time outdoors and more time inside. This can affect vitamin D levels.

Vitamin D plays an important role in immune health, which is why spending time outdoors during daylight hours can be beneficial, even on cooler days.

A quick walk in the sunshine may do more for your wellbeing than you realise.

4 Sleep Is Your Secret Weapon

When life gets busy, sleep is often the first thing we sacrifice. Unfortunately, it's also one of the most important factors for staying healthy.

Quality sleep allows the body to repair, recover, and regulate many of the systems involved in immune function. Aim for a consistent bedtime and

create a sleep environment that is cool, dark, and comfortable.

5 Manage Stress Before It Manages You

Winter can sometimes feel long. Shorter days, busy schedules, and everyday pressures can all contribute to stress.

Finding small ways to recharge can have a surprisingly positive effect. Read a book, spend time outdoors, enjoy a coffee with a friend, or simply slow down for a few minutes each day.

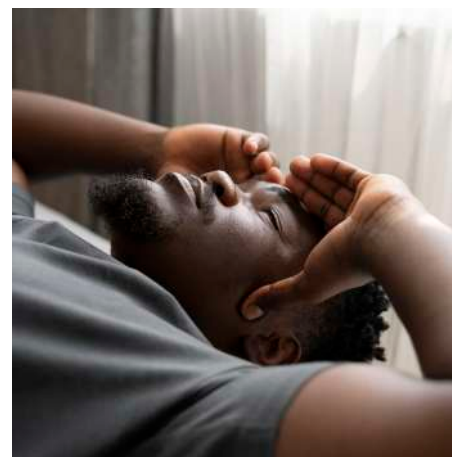
Wellness is not just about what you eat or how much you exercise. It's also about taking care of your mental and emotional wellbeing.

6 Small Habits, Big Impact

There is no magic solution for perfect health during winter. However, small daily choices can add up over time.

This winter, focus less on perfection and more on consistency. Your body will thank you for it.

“The habits that seem small today may be the ones that carry you strongest through winter.”



5 SIMPLE WINTER WELLNESS HABITS



MOVE DAILY



EAT COLOURFUL FOODS



GET ENOUGH SLEEP



SPEND TIME OUTDOORS



MANAGE STRESS



IN THE EVENT OF AN EMERGENCY

Medical Assistance:

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

Gate Access Coordination:

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

Police Services:

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

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