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APRIL 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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LETTER FROM

Management TEAM

Dear Residents,

Autumn Update: Exciting Developments in Our Estate

As the crisp autumn air settles in and we all start to cozy up in our winter attire, embrace warm drinks, and rekindle the flicker of fireplaces, there are some thrilling updates to share about our vibrant estate community.

amara Continues to Bloom even in Autumn

amara The Hills, has quickly become a favourite among residents, receiving rave reviews for its delectable food, stunning views, and welcoming atmosphere. To enhance the experience, we've recently installed a generator, ensuring that everyone can still enjoy amara even during unexpected blackouts.

Playground Revamp

The playground in front of amara The Hills has undergone a complete transformation, making it an inviting haven for families. With fresh play equipment and newly planted trees, the playground in Extension 4 has also received an upgrade. It's a perfect spot for children to enjoy and create lasting memories.

New Walkway along Garsfontein Road

With the goal to enhance

accessibility, we have paved a new walkway along Garsfontein Road specifically for pedestrians traveling to and from our estate. The surrounding area will be landscaped to ensure it remains welcoming and warm to all visitors.

Safety First: Speed Bumps on Impala Road

In our ongoing commitment to safety, we will be installing speed bumps on Impala Road to deter speeding. This installation will be done in phases, and we appreciate your patience during this time as it may cause some road delays. Our security team will be on hand to assist with any issues that may arise.

Pre-Sale Inspections: Ensuring Transparency

For those considering selling their homes, pre-sale inspections have been implemented. This process allows potential buyers to be informed of any aesthetic items that may require attention. Transparency between the agent, seller, purchaser, and HOA is essential. But it's important to note that the outcome of the inspection will not hinder the sale; buyers simply need to acknowledge any noted items.

Speed Control Cameras

You will notice that we have already started with the implementation of our speed

control camera system across the estate. The next couple of weeks will be used to fine-tune the calibration of these cameras. Traffic boards will soon be visible, monitoring vehicle speeds to help promote safer driving habits. Please remember the speed limits of 40 km/h on Royal Albatross Road and 30 km/h on all other estate streets. Sticking to these limits plays an important role in keeping our community, residents, children, and pets safe.

Time for a Fresh Coat

As we prepare for the drier months ahead, homeowners are encouraged to assess the condition of their exteriors. A fresh coat of paint can not only enhance the beauty of your home but also positively impact the overall aesthetic of our beautiful estate. After all, we all take pride in enjoying a picturesque neighbourhood free from signs of wear.

As we embrace this season of change, let's come together to celebrate these developments, ensuring our community remains a safe, beautiful, and inviting place to call home.

STOP!

Get Approval First!

From the Aesthetics Committee

Before making changes to your home, make sure you have the necessary approval in place. While it may be tempting to start with improvements like a new pool, fresh paint, paving, screening, fencing, or building extensions, all external modifications must first be approved by the Aesthetics Committee.

What needs approval?

In The Hills Estate, any external alteration to your property requires prior approval. This includes, but is not limited to:

- Paint colour changes
- Pools
- Room additions
- Driveway or paving extensions
- Fencing, screening and landscaping
- Any other external building work

Please do not assume that because similar changes appear elsewhere in the estate, they were approved, or that yours will automatically be approved too.

How to apply

For paint colour changes:

Download the paint application form from The Hills website, attach your physical paint sample, and submit it to the HOA office.

For larger external modifications:

A SACAP-registered architect must prepare your plans. Submit the plans, proof of payment, and supporting documents to: submissions@cvdaesthetics.co.za

Please note that submissions are reviewed every Friday, and feedback is provided within ten working days.

Important to remember

Approval of your plans does not always mean you may begin immediately. Larger projects may require additional documentation or a pavement deposit before work starts. Please confirm all requirements with the Aesthetics Officer before proceeding.

Need guidance?

If you are unsure whether your planned changes require approval, please contact the Aesthetics Officer:

e: aesthetics@thehillsgamereserve.co.za
m: 060 187 9458

If in doubt, ask first. It saves time, money, and stress.

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Autumn Pool Care

Safety, savings and smarter living
as the seasons change



As the days get shorter and the evenings cooler, many families assume pool season is “over.” Yet autumn is exactly when your pool needs the most attention and protection. Falling leaves, wind-blown debris and cooler nights can quickly turn a clear pool into a maintenance headache – and even when nobody is swimming, an uncovered pool still poses a safety risk for children and pets.

Designer Pool Covers has seen this pattern for years and recommends a different approach: treat autumn as your “smart season” – the moment you lock in safety, savings and easier maintenance for the months ahead.

Why Autumn Is the Moment to Cover Up

As temperatures drop, keep your pool covered when not in use, this is even

more important in autumn than in summer.

- Save water in windy, dry conditions**
 Autumn winds accelerate evaporation. A well-fitted cover can dramatically reduce water loss, which is critical in South Africa’s dry climate and during any restrictions.
- Keep leaves and debris out**
 This is the season when trees shed and gusts carry dust and litter straight into your pool. A cover keeps the mess on top, not in your water, cutting cleaning time and reducing strain on your pump and filter.
- Stabilise water quality**
 With less debris and less evaporation, your water chemistry remains more stable. Designer Pool Covers’ clients typically find they need fewer chemical top-ups going into winter.
- Maintain temperature and comfort**
 Even if you are only swimming on warmer autumn days, a thermal or solar cover helps retain heat overnight and reduces the chill from those cooler evenings.

Most importantly, a correctly specified safety cover creates a strong barrier over the water. Drowning is silent and can happen in seconds – and it is not limited to summer. For households with children, pets or frequent visitors, this layer of protection is non-negotiable.

Autumn Trends in 2026

Working with homeowners, architects and estate developers nationwide, Designer Pool Covers has identified three clear autumn trends this year:

- 1. Safety you can walk on – with style**
More clients are asking for solid, tensioned safety covers that can be walked on when properly installed and closed, providing a visually neat surface instead of an open, dark pool. Autumn is when many owners finally act on “we’ve been meaning to make this safer” and choose solutions that double as a design feature.
- 2. Automating the autumn close-up** As families spend more evenings indoors, automatic covers are becoming the go-to option. With the turn of a key or push of a button, the pool is closed in seconds – making it realistic to secure the pool every night without a second thought. This is especially popular on properties with lots of trees, where the daily leaf fall can be intense.
- 3. Designing for year-round efficiency**
Instead of “summer only” thinking, Designer Pool Covers is seeing more homeowners plan for 12-month performance. Thermal and safety covers are being specified together with heaters, pumps and landscaping so that the pool stays efficient and low-maintenance from autumn right through to spring.



To make the most of the season, here are a few practical steps:

- **Do an autumn “health check”**
Before leaf-fall peaks, check your water balance, inspect your pump and filter, and have any issues addressed. Adding a quality cover at this stage locks in that work instead of letting autumn undo it.
- **Match the cover to your lifestyle**
If your pool is still used on warm autumn weekends, an automatic or easy-to-roll manual system will make daily opening and closing effortless. If you largely stop swimming after April, a robust safety or thermal cover that can stay on for longer periods may be ideal.
- **Think safety first, then aesthetics**
For families with young children or pets, safety covers should be the starting point. From there, Designer Pool Covers can help you choose colours and finishes that complement your paving, deck and garden so the cover enhances your outdoor space.
- **Plan now for winter and next summer**
An autumn-installed cover protects your pool through winter, reduces green-pool

- surprises in spring and means your water is closer to “swim-ready” when the first warm days arrive.

Why Designer Pool Covers Is the Autumn Essential

Designer Pool Covers has built its reputation on combining safety, durability and design – and autumn is when all three matter most.

- Custom-made safety and thermal covers for most pool shapes and sizes
- Sleek automatic systems and practical manual options for every lifestyle
- A wide range of colours to coordinate with your outdoor finishes

- UV-resistant, high-quality materials designed for South African conditions
- Professional installation and guidance on seasonal care and use

Whether you want a luxurious automatic safety cover you can close at the touch of a button, or a robust manual solution to get you through leaf-fall season with minimal fuss, Designer Pool Covers can recommend, supply and install a system tailored to your pool.

This autumn, protecting your pool is about more than just convenience. It is about creating a home environment that is safe, efficient and beautifully maintained all year round – and that is exactly what Designer Pool Covers is here to deliver.



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Rethinking the Rooms You Use Every Day

Thoughtful ways to transform your home...

A home should do more than look beautiful. It should support the way you live, feel inviting and reflect your personality with ease. That is why more homeowners are moving away from formal interiors and towards spaces that feel warmer, more functional and more personal.

One of the strongest interior trends right now is layered, lived-in design. Instead of rooms that feel too polished, people are choosing texture, softness and practical flow. It is an approach that balances beauty with comfort and makes every room feel more usable.

If you are thinking about updating your home, start with the rooms you use most.

THE LIVING ROOM: WHERE COMFORT COMES TO LIFE

The living room is the space where a home's personality shows. It is the place where people relax, gather and unwind, so comfort should always lead the design.

Texture is one of the easiest ways to bring warmth into the space. Natural materials like wood, linen, cotton and rattan add depth and softness, while layered throws and upholstered seating make the room feel more inviting.

Layout matters too. Furniture should support connection and easy movement, helping the space feel welcoming and well balanced.



THE DINING ROOM: STYLE IN THE DETAILS

A dining room should feel welcoming and considered. One of the easiest ways to refresh it is to move away from furniture that matches too perfectly. Mixing finishes, tones or textures can make the space feel more natural and more refined.

Scale matters too. A rug should be large enough for chairs to stay on it even when pulled out, helping the room feel balanced and complete. To finish the space, keep the table styling simple and intentional. A vase, bowl or candlesticks can add interest without overwhelming the room.



THE KITCHEN: WHERE FUNCTION MEETS STYLE

Kitchens are central to how we cook, gather and connect, so they need to work well while still feeling refined.

Good design starts with flow. The fridge, sink and stove should support easy movement, while task and ambient lighting help the space feel both practical and inviting. A well-chosen backsplash adds character and durability, bringing style to a hardworking room.



THE BEDROOM: A SPACE TO UNWIND

A bedroom should feel like a retreat. Soft bedding, supportive pillows and a well-layered bed can instantly make the room feel more restful and refined. Colour matters too. Calmer, muted tones help create a peaceful atmosphere and make it easier to switch off.

The best bedrooms are not only beautiful. They are designed to support comfort, rest and everyday living.



OUR APPROACH

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Leaf it to Autumn

As the air cools and autumn settles in, your garden quietly shifts into preparation mode. While everything above ground may seem to slow down, below the surface there is a lot happening.

This is the season where strong roots are built, setting your garden up for a healthy winter and a vibrant spring. With a focus on indigenous planting and a few smart habits, your garden can thrive with less effort and more reward.

Why Autumn Sets the Tone

Autumn creates ideal conditions for root development. The soil is still warm from summer, while the cooler air reduces stress on plants. This combination allows roots to establish deeply and efficiently. Research consistently shows that plants established in autumn develop stronger root systems, which improves their resilience and growth in the following seasons.

“Strong roots are built in autumn, long before you see the results in spring.”

This is why what you do now matters. A little attention in autumn can make a noticeable difference in how your garden looks and performs later.

Go Indigenous for a Smarter Garden

Indigenous plants are naturally suited to South African conditions. They are adapted to local rainfall patterns, soil types, and temperature changes, which means they require less water and maintenance while being more resistant to pests and diseases.

Consider planting favourites like Aloe, Agapanthus, Spekboom, and Wild Rosemary. These plants are hardy, water-wise, and bring year-round structure and interest to your garden. Spekboom is especially valuable, known for its ability to improve soil quality and store carbon.

Choosing indigenous is not just practical, it is a long-term investment in a garden that works with nature.

Add Colour That Lasts All Year

If you would like to keep your garden looking vibrant through every season, there are several indigenous flowering plants that provide long-lasting or repeat blooms.

Plants like Gazania, *Bulbine frutescens*, *Scabiosa africana*, and *Felicia amelloides* (blue daisy) are excellent choices. These plants are known for extended flowering periods, often blooming for most of the year under the right conditions. They add pops of colour while still being hardy and water-wise, making them perfect for estate gardens that need to look good without constant upkeep.



Feed the Soil for Stronger Roots

Healthy soil supports everything in your garden. Autumn is the ideal time to add compost or organic fertiliser, improving soil structure and nutrient content. This helps roots grow deeper and stronger before winter dormancy.

Fertilisers with a higher potassium content are especially beneficial at this time of year, as potassium supports root strength and improves resistance to cold and disease. Studies in lawn and garden care confirm that autumn feeding helps plants store energy, leading to better growth in spring.

Lawn Care: Less is More

Your lawn also needs a seasonal adjustment. One of the biggest mistakes during autumn is cutting grass too short. Short grass weakens the plant, reduces its ability to photosynthesise, and makes it more vulnerable to cold stress.

Instead, keep your lawn slightly longer than in summer and reduce mowing to about every second week, depending on growth. This allows the grass to maintain strength and protects the soil underneath.

“A lawn cut too short today is a weaker lawn tomorrow.”

It is also important to keep the lawn free of heavy debris, but avoid excessive disturbance. A well-maintained autumn lawn will recover much faster and greener when spring returns.

Water Smarter as Temperatures Drop

As the weather cools, your garden naturally requires less water. Overwatering can lead to shallow roots and increase the risk of disease. Rather water deeply and less frequently to encourage roots to grow downwards.

Indigenous plants, once established, are particularly efficient and often need very little additional watering during autumn and winter.

Tidy Up With a Light Touch

Autumn is a good time to clean up your garden, but there is no need to strip it bare. Remove dead or diseased plants, trim where needed, and clear excess leaf build-up.

Leaving some organic matter behind can actually benefit your soil by acting as insulation and slowly breaking down into nutrients. A balanced approach keeps your garden neat while still supporting natural processes.

A Season to Set Your Garden Up for Success

Autumn is not a winding-down season, it is a preparation season. By focusing on indigenous planting, improving your soil, adjusting your lawn care, and planting long-lasting colour, you create a garden that is both beautiful and sustainable.

A little effort now means less work later and a garden that continues to thrive through every season.





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Mothers are Magic

Celebrate Her Beautifully This Mother's Day

There is no single definition of a mother.

She may be the one who raised you, the one who stepped in when it mattered most, or the one who simply chose to love you like her own. She could be a grandmother, a stepmom, an aunt, a mentor, or a friend who became family.

And yet, no matter who she is, her impact is unmistakable.

Mothers have a way of shaping our lives quietly. Not always through big, visible moments, but through the everyday things we often take for granted. The check-ins, the encouragement, the sacrifices made without ever asking for recognition.

This Mother's Day is not about perfection or pressure. It is about pausing long enough to truly appreciate her.

To notice the things she does.

To say the words we sometimes assume she already knows.

To give back, even in the smallest way.

“It’s not about how much you do, but how deeply you show you care.”

For some, that might look like a slow morning together. For others, it could be a message, a visit, or simply time intentionally set aside. The beauty of Mother's Day is that it does not need to look the same for everyone.

What matters is that it feels real.

It is also a day to honour the women who carry the role in different ways. The ones who love fiercely without the title. The ones who show

up, guide, support, and nurture, often without ever being asked.

Because motherhood is not only a role. It is a presence.

A mother's love is not defined by titles, but by the way she shows up, again and again.

And perhaps the most important reminder of all is this: appreciation should not be reserved for one day of the year. But if Mother's Day gives us the opportunity to express what we often leave unsaid, then it is worth embracing.

So this year, keep it simple. Keep it sincere.

Say thank you.

Spend time.

Show her she matters.

Because at the heart of it all, that is what she has been doing for you all along.

A Little Something Extra for Mom

To make celebrating even more special, Indezi River Creamery has shared a selection of delicious recipes and simple serving ideas to help you spoil mom at home. From thoughtful breakfasts to beautifully put-together platters, it's all about adding a touch of love to the table.

That is why we have partnered with Indezi River Creamery and The Barnyard Theatre to give you the opportunity to truly spoil her this Mother's Day.

Competition

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Mothers are Magic



Breakfast flapjacks with whipped cheese

The classic breakfast in bed. Now with an inspired topping that you can be properly proud of! [Recipe here.](#)

Simple cheeseboard with pizzazz

It's unbelievably easy to impress with a simple cheese board. The perfect lunch or sundowner dinner...

[Get inspired here.](#)

(Requires no actual cooking!)

Good-for-you smoothies

There are many ways to say "I love you." These kefir-based smoothies are just one. But they are beautiful, delicious, and exceptionally good-for-your-gut. [Some ideas here.](#)



There is a kind of magic that comes without a wand or a cape. It lives in the hands that can make something out of nothing, in the voice of someone who knows your thoughts, in the woman who holds it all together while making it all look effortless.

Mothers - biological or spiritual, allocated, chosen or found - are the OG magicians.

Nothing says 'I appreciate you' like making something from scratch.

Here are a few ideas to **make mom the star of the show** by using hero ingredients and adding love.

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Whether you are visiting for a weekend escape or planning a bucket-list diving experience, Sodwana Bay offers something truly unforgettable.

Why Sodwana Bay is So Special

Located within the world-renowned iSimangaliso Wetland Park, Sodwana Bay is one of the southernmost coral reef systems in the world. This means you get to experience tropical-style diving without leaving South Africa.

The reefs are alive with colour and movement. Think tropical fish, sea turtles, rays, and if you're lucky, even dolphins or whale sharks passing through. It's not just a dive, it's an underwater safari.

"Sodwana Bay isn't just a destination, it's an experience that stays with you long after you've surfaced."

Top Things to Do in Sodwana Bay

Even if diving isn't your main focus, there's plenty to keep you busy:

- **Beach Days:** Long stretches of unspoiled coastline, perfect for relaxing or swimming
- **Snorkelling:** A great option for families or beginners wanting a glimpse of marine life

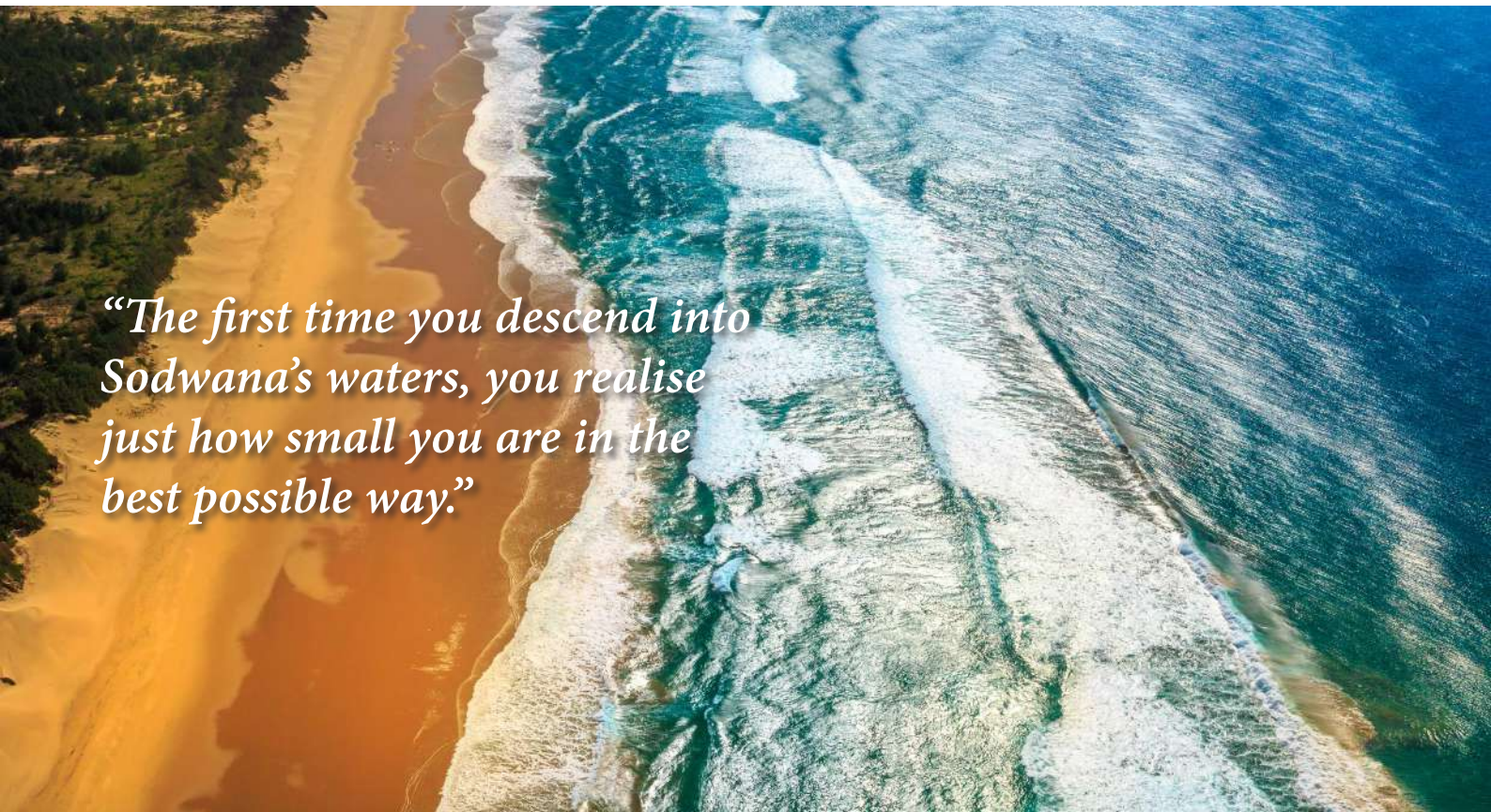
- **Deep-Sea Fishing:** Known as one of South Africa's top fishing spots
- **Turtle Tours (Seasonal):** Witness nesting turtles along the shoreline
- **Game Drives Nearby:** Combine your beach trip with bushveld adventures in surrounding reserves

Sodwana Bay is one of those rare places where bush, beach, and ocean all meet.

The Diving Experience

Diving here is suitable for both beginners and experienced divers. There are multiple reef sites, each offering something unique, from shallow reefs perfect for first-timers to deeper dives for the more advanced.

Expect warm waters, excellent visibility, and an incredible diversity of



"The first time you descend into Sodwana's waters, you realise just how small you are in the best possible way."

marine life. Most dives are boat launches directly from the beach, which adds a bit of excitement before you even reach the reef.

Helpful Diving Tips

If you are planning to dive in Sodwana Bay, a little

preparation goes a long way:

- **Book in Advance:** Dive trips are popular, especially during holidays
- **Go with Professionals:** Choose an experienced dive operator for safety and local knowledge
- **Check Your Certification:**

Ensure your diving certification is up to date

- **Stay Hydrated:** The coastal heat can be deceptive
- **Relax and Take It In:** Don't rush the experience, the magic is in the details

If you're new to diving, many operators offer introductory

dives, making it accessible even if you've never tried it before.

Make It More Than Just a Trip

What makes Sodwana Bay truly special is how it slows you down. There's no rush, no noise, just the rhythm of the ocean and the feeling of being completely present.

It's the kind of place where memories are made, whether you're watching the sunrise over the ocean, spotting marine life beneath the surface, or simply enjoying time with family and friends.

For a comfortable and convenient stay, Sodwana Bay Lodge offers a great base. Set within lush coastal forest, it's close to the beach and dive launch sites, making it ideal for both divers and holidaymakers. With a relaxed atmosphere, on-site dining, and easy access to activities, it allows you to fully unwind while staying close to all the action.

Thinking of diving into your next adventure?

Chat to a trusted local dive expert and turn your Sodwana Bay visit into an experience you'll never forget.



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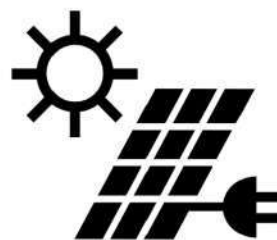
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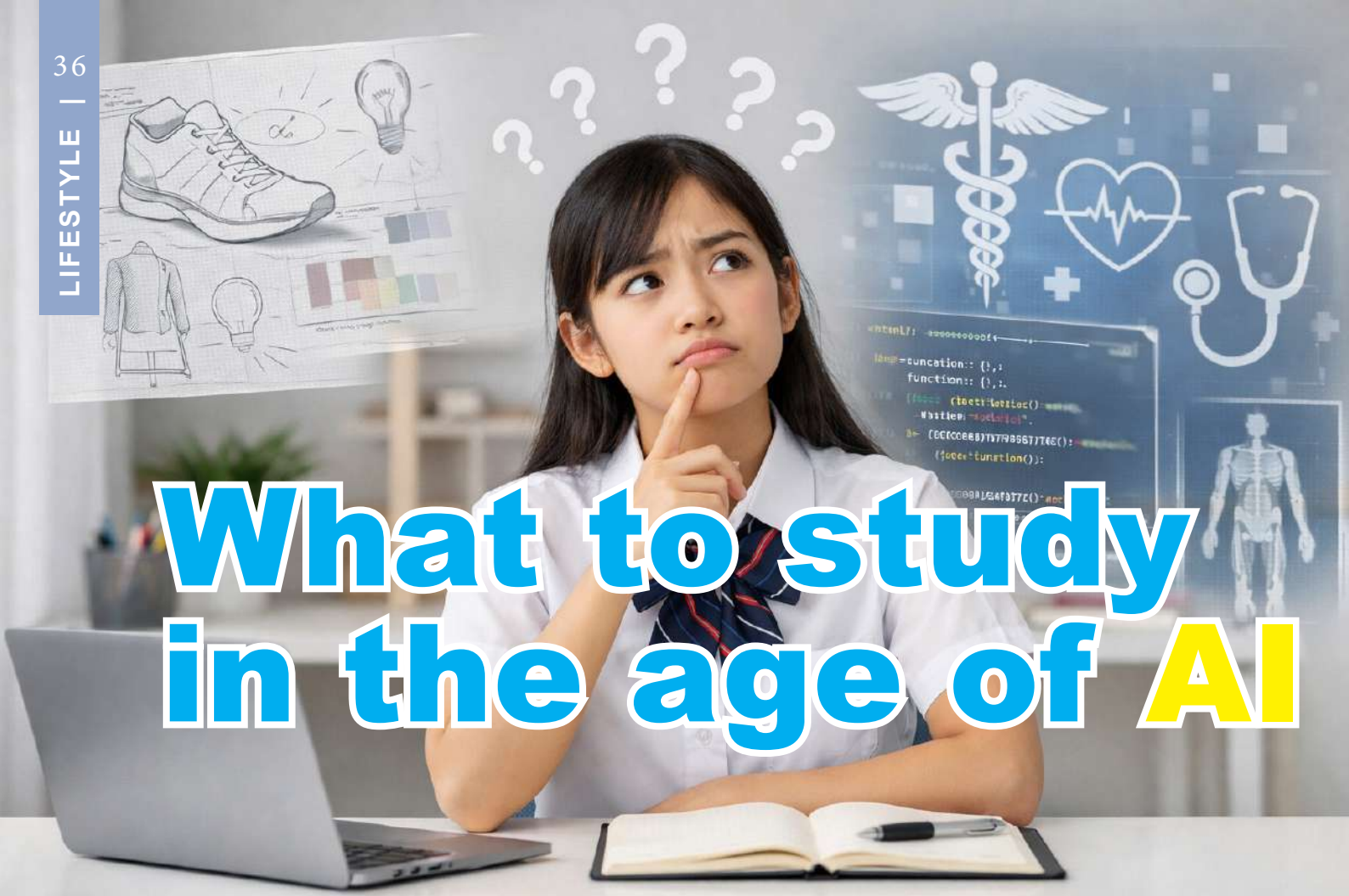
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What to study in the age of AI

Choosing your subjects can feel like a big decision, especially with so much talk about artificial intelligence changing the world of work.

Many learners are starting to wonder if certain careers might even disappear. The truth is, most careers are not going away, they are simply changing. What matters now is choosing subjects that give you flexibility and help you grow, rather than trying to predict the future perfectly.

What is really happening with AI?

Artificial intelligence is becoming part of everyday life, from writing and design to

analysing information. But it mainly replaces simple, repetitive tasks rather than entire careers. According to World Economic Forum, the jobs growing the fastest are those that combine technology with human skills like thinking, creativity, and problem-solving. This means learners should not be afraid of AI, but rather learn how to use it as a tool that can help them work smarter.

Are creative careers still a good choice?

Creative careers like graphic design, architecture, interior decorating, writing, and editing are still very relevant, but they are evolving. AI can help generate ideas and speed up work, but it cannot replace human understanding, taste, and decision-making. Research from McKinsey & Company shows that while AI can assist with creative tasks,

human judgment remains essential. A designer, for example, does not just create something that looks good, they solve problems and communicate ideas in a meaningful way.

“AI can help you create, but it can’t replace your ideas and understanding.”

What subjects should you consider?

Instead of choosing subjects based on fear, learners should focus on keeping their options open. Subjects like maths and science can lead to careers in engineering, medicine, and technology, while business and economics open doors to finance and entrepreneurship. Creative subjects like art and design remain valuable, especially when combined with technology. The key is not to limit yourself too early, but to choose a mix of subjects that allow for different opportunities later on.

Why combining skills is powerful

In today’s world, having more than one skill is a major advantage. People who can connect different fields are becoming more valuable than those who only focus on one area. For example, a designer who understands marketing, or a scientist who can analyse data, will have more opportunities. According to the OECD, jobs that require problem-solving, communication, and critical thinking are far less likely to be replaced by automation, which makes these combinations even more powerful.

Skills that will always matter

No matter what subjects you choose, certain skills will always help you succeed. These include problem-solving, creativity, understanding technology, communication, and working well with people. These are the abilities that make you stand out and remain valuable, even as technology continues to change the workplace.

“Your subjects matter, but your skills matter even more.”

Start building now

Learners do not have to wait until after school to start preparing for their future. Building small projects, learning new digital tools, and exploring interests can make a big difference. According to LinkedIn, employers are increasingly looking for people who can show what they can do, not just what they have studied. This means practical experience is becoming just as important as formal education.

You do not need to have everything figured out right now. Choosing subjects is about creating opportunities, not closing doors. Stay curious, challenge yourself, and be open to learning new things. It can also be a wise step to speak to professionals who can guide you, and even complete career assessments to help identify where your strengths lie. At the same time, do not ignore what you genuinely enjoy. The best path is often where your abilities and your interests meet. **The future will belong to those who can adapt, think for themselves, and keep growing, and that is something every learner can develop.**



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3 Minute habit

That Changes Everything

It's easy to get caught up in the idea that big results require big effort. Early mornings, strict routines, complicated systems. Yet sometimes, the smallest habits are the ones that quietly shape the biggest changes.

There is one simple practice that stands out for how effective it is, without demanding much from you. It takes just a few minutes a day, requires no special tools, and yet has the power to sharpen your thinking, improve your decisions, and build a sense of control over your life. It's the habit of writing things down. Not pages and pages, just a few intentional lines each day.

“Small daily reflections create big long-term clarity.”

Why It Works So Well

What makes this habit so powerful is not the effort, but the consistency. When you

write something down, you are forced to process it. You move from reacting in the moment to actually understanding what happened and why. Over time, this builds sharper thinking and more intentional decision-making. After a few weeks, you begin to notice patterns in your behaviour. You see what drains your energy, what motivates you, and what keeps repeating. This awareness alone is often enough to shift behaviour naturally, without forcing change.

It Builds More Than You Think

Writing also improves memory and learning in a simple but effective way. Even a quick note like “today I realised this” helps ideas stick, allowing you to build on lessons instead of losing them. At the same time, this habit quietly builds discipline. Because it is so small, it is easy to stay consistent. There is no overwhelm, no pressure, just a daily moment of showing up for yourself, and over time, that consistency strengthens your ability to follow through in other areas of your life.

What It Actually Looks Like

In practice, it is incredibly simple. At the end of each day, **take a moment to write down one thing you did, one thing you learned, and one thing you would do differently.** That's it. No need for perfect wording or deep insights every day, just honest reflection. You can do it in a notebook, on your phone, or wherever it feels easiest. The format does not matter. What matters is that you pause long enough to notice your day.

“Clarity doesn’t come from doing more. It comes from noticing more.”

Why This Beats Flashier Habits

There is nothing wrong with ambitious routines like early mornings or structured schedules, but many of them rely heavily on motivation, and motivation is not always reliable. This habit is different. It relies on attention, something you can return to even on your busiest days. Instead of trying to control everything, it helps you understand what is already happening, and from that understanding, better choices naturally follow.

The Long-Term Payoff

If you stick with it for a few months, you will have something surprisingly valuable: a clear record of how you think, how you improve, and how you make decisions. It's not loud or dramatic, but it works. And sometimes, the smallest habits are the ones that create the strongest foundations.



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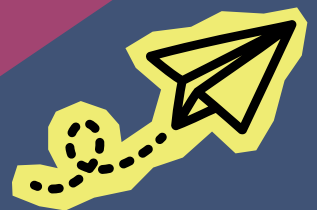
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INTERNAL & EXTERNAL PARASITES IN DOGS, CATS, & CHICKENS – PART 2

BY DR VICKY LOUW (BVSC)

Protecting Your Pets Starts with Prevention

Parasites remain one of the most frequent health challenges in both pets and poultry, often going unnoticed until problems arise. Despite their size, these organisms can have a serious impact on your animal's wellbeing if not managed early. Internal parasites, like worms and protozoa, as well as external pests such as fleas, ticks, mites, and lice, can affect dogs, cats, and chickens alike. In many cases, animals may appear perfectly healthy while an infestation is already developing beneath the surface.

Understanding how these parasites affect animals is an important first step in protecting their health. In part 2 we continue the discussion now focusing on external parasites.

External parasites (on the body):

External parasites irritate the skin, feed on blood, and can transmit serious diseases.

Common external parasites in dogs and cats

- **Fleas** – cause itching, allergies, skin infections, and transmit tapeworms
- **Ticks** – spread diseases such as biliary (tick fever/bosluiskoores), ehrlichia (tick-bite fever/bosluisbytkoores), and anaplasmosis
- **Mites** – microscopic external parasites that infest the skin or ears of dogs and cats, often resulting in itching, inflammation, and hair loss.
- **Lice** – less common, but can cause intense skin irritation.



Common external parasites in chickens

- **Red mites** – suck blood at night, hide in the coop
- **Northern fowl mites** – live on the bird
- **Lice** – feed on feathers and skin debris
- **Scaly leg mites** – burrow under leg scales

Why parasites are a serious problem?

While they are often small and easy to overlook, their impact on animal health can be substantial. One of the most immediate effects of external parasites across species is skin irritation and discomfort. Infested animals may show signs such as excessive scratching, biting, feather or hair loss, scabs, and inflamed skin. In some cases, animals develop allergic reactions, particularly to flea saliva, which can lead to severe itching and secondary skin infections.

External parasites can also cause more serious systemic health problems. Blood-feeding parasites such as fleas, ticks, and poultry mites can lead to anaemia, especially in young, small, or heavily infested animals. In chickens, heavy mite infestations may result in weakness, reduced egg production, and poor overall condition.

Another major concern is that many external parasites act as vectors for other diseases. Ticks, for example, can transmit a variety of infectious agents to dogs, cats and humans while

fleas can spread tapeworm infections when animals and even humans, yes you read correctly, accidentally ingest infected fleas during grooming or sleeping.

Summary of the effects of external parasites:

- Dermatitis, skin irritation, skin infections
- Anaemia and weakness
- Poor growth and weight loss
- Organ damage
- Transmission of serious (and zoonotic) diseases
- Reduced egg production in poultry

Prevention is far better than cure:

Good parasite control should be routine, not reactive.

For dogs and cats:

Routine prevention: Most flea and tick preventatives should be given every 4-12 weeks, depending on the product used.

Regular checks: Especially after spending time outdoors or in areas with long grass.

Household treatment: If fleas are present, it is important to treat all pets in the household and the environment (bedding, carpets, and sleeping areas).

When parasites are detected: Treatment should begin immediately, and follow-up treatments should be given according to the product guidelines to break the parasite life cycle.

For chickens:

Inspection: Check birds and the coop at least once a week for signs of mites or lice. Routine preventative treatment: Treat the coop every 4–6 weeks, especially during warm months when parasites reproduce faster.

Deep cleaning: Perform a thorough clean and treatment every 2–3 months. This includes removing bedding, cleaning surfaces, and applying a coop-safe parasite treatment.

When parasites are present: If mites or lice are detected, treat both the birds and the coop immediately, and repeat treatment after 7–10 days to break the parasite life cycle.

Additional prevention tips

- Keep bedding clean and dry.
- Provide dust baths for chickens (sand/ash mix).
- Pay special attention to cracks, perches, and nesting boxes, where mites often hide.
- Quarantine new birds before introducing them to the flock.

Parasites are extremely common in dogs, cats, and chickens, but with the right preventative care they are very manageable. And if you are wary of just treating, please come and chat with us to select the most appropriate product for your pet's lifestyle and risk level.



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From the Gym Manager

At Nourish Wellness at The Hills Fitness Centre, the focus has always been about more than just exercise. The mission is to create a space where residents can build strength, develop healthy habits, and feel part of a supportive wellness community.

With the changing season ahead, Nourish Wellness is expanding its offerings and community events to help residents stay active, motivated, and connected.

Why Staying Active in Winter Matters

As temperatures begin to drop, it is common for physical activity levels to decrease. Colder mornings and shorter days often make it easier to postpone workouts or spend more time indoors. However, maintaining regular movement during winter plays a crucial role in overall health. Consistent exercise helps to strengthen the immune system, improve circulation, increase energy levels, and support mental wellbeing during the colder months.

Even two to three training sessions per week can significantly improve resilience, reduce stress, and help individuals maintain a strong and balanced lifestyle throughout the season.

New Classes Shaped by the Community

The growth of the fitness centre is guided by the needs and interests of the community itself. A recent member survey allowed residents to vote on the types of classes they would most enjoy adding to the club's offering.

The results have led to the introduction of two exciting additions to the weekly schedule.

Building a Healthier Community at The Hills!

Within the vibrant lifestyle of residents at The Hills Game Reserve Estate, wellness has become an increasingly important part of daily life. As routines become busier and the winter season approaches, maintaining an active lifestyle is one of the most powerful ways to protect both physical and mental health.

Pilates – Now Available

Pilates classes officially launched this month and have already been warmly received by members.

This low-impact but highly effective training method focuses on core strength, posture, flexibility, and controlled movement. Pilates is particularly beneficial for residents looking to improve mobility, reduce the risk of injury, and support overall body balance.

It provides a perfect complement to strength training and cardiovascular workouts, making it suitable for beginners and experienced members alike.

Boxing – Coming Soon

Following strong demand from the community, boxing fitness classes will soon be introduced at the club.

Boxing workouts combine strength, endurance, coordination, and cardiovascular training into one dynamic session. Beyond the physical benefits, boxing is also widely known for its ability to relieve stress and build confidence while offering an engaging and energetic training environment.

These classes will focus on fitness-based boxing, making them accessible to members of all fitness levels.



A Year of Community Wellness Events

Community connection remains one of the most important aspects of the Nourish Wellness vision. To encourage greater participation and engagement, the fitness centre will host a series of wellness-focused events throughout the year.

The first event was a success and the next one taking place end of March, introducing residents to new programs, trainers, and opportunities to become part of the growing fitness community.

This event will be followed by additional gatherings every second month:

- May 30th
- July 25th
- September 26th
- November 28th

Each event will feature a blend of fun walks/runs, group workouts, wellness education, and community interaction designed to make fitness approachable, enjoyable, and inclusive for residents of all ages and fitness levels.

A Message from the Founder

Siyanda Manga, founder of Nourish Wellness, believes that fitness has the power to shape stronger communities.

“For me, fitness has never only been about the gym floor. It is about creating an environment where people

feel supported, motivated, and inspired to take care of themselves. When individuals become healthier and stronger, the entire community benefits. Our goal at Nourish Wellness is to make wellness a natural part of everyday life here at The Hills.”

Looking Ahead

As the seasons change, Nourish Wellness continues to grow alongside the community it serves. With new classes, engaging events, and a shared commitment to wellbeing, residents are encouraged to take advantage of the opportunities available within the Estate.

This winter, the message is simple: stay active, stay connected, and invest in your health.

THE HILLS FITNESS CLASSES

SCHEDULE

MON	05:30	Pilates	TUE	17:00	Karate
	17:30	Abs		18:00	Step
	18:30	HIIT		—	—
	—	—		—	—
WED	05:30	Pilates	THU	18:30	HIIT
	17:30	Conditioning		—	—
	18:30	Box Fitness		—	—
	—	—		—	—
FRI	05:30	Pilates	SAT	08:00	Karate
	18:00	Step		09:00	Yoga
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EGG-STRA *Sweet*

DIY Easter Treat Boxes

By Micha von Zwiétring

There is something truly special about a handmade Easter surprise, especially when it is created with love and a touch of creativity. Instead of throwing away your empty egg cartons, why not turn them into charming little treat boxes? It is a simple, budget-friendly idea that feels far more personal than anything store-bought and adds that extra bit of magic to Easter morning.

“Sometimes the most meaningful gifts are the ones made by hand, not bought off a shelf.”

Recycling your egg cartons is not only a clever way to reduce waste, but it also gives you the perfect base for a creative project. These little boxes are ideal for kids, guests, or even as thoughtful gestures for neighbours. And the best part? Each one can be completely unique.

What you need

- 6-egg carton (cardboard, not plastic)
- Paint (acrylic works best)
- Shredded paper or tissue
- Sweets (mini eggs, chocolates, marshmallows)



- Glue (optional for decorations)
- Ribbon of your choice
- Scissors

Step-by-step (simple and clean)

1. Prep the carton

Start by trimming off any rough edges to neaten it up. If the lid feels a bit flimsy, reinforce it with a small piece of tape on the inside to make it sturdier.

2. Paint it

Choose your colours and paint the carton using two light coats rather than one thick layer. This gives a smoother finish and prevents the cardboard from becoming soggy. Make sure each coat dries properly before adding the next.

3. Add filler

Place a small amount of shredded paper or tissue into each compartment. This keeps your sweets in place and adds a soft, gift-like feel when opened.

4. Fill it

Now for the fun part. Add your selection of treats into each section. You can mix different sweets or keep each compartment themed with the same treats for a more uniform look.

5. Close and decorate

Close the carton and finish it off with a ribbon, string, or a cute sticker. A handwritten name tag can make it feel even more personal.

“It is not about how much you give, but how much thought you put into it.”

Ideas to make it look really good

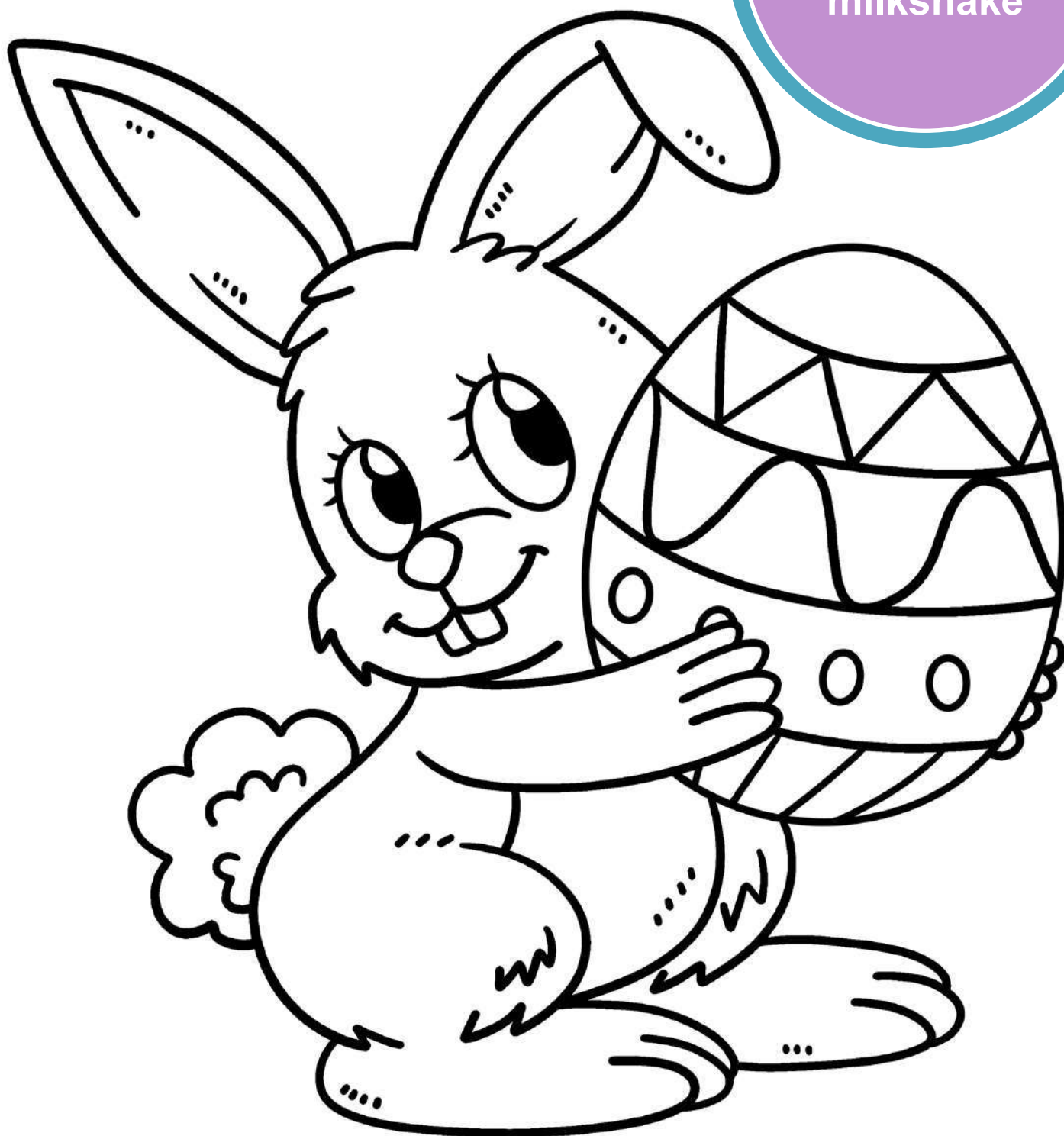
- **Pastel theme:** Soft pink, blue, green, and lavender for a classic Easter look



- **Bunny face:** Draw simple eyes and whiskers on the lid
- **Chick theme:** Paint it yellow and add a tiny orange beak
- **Speckled eggs:** Flick paint lightly over the surface for a natural egg effect

This little DIY project is more than just a craft, it is a fun way to slow down, get creative, and make something special. You can do this with your mom, your friends, or your siblings, and everyone can decorate their own box in their own style. It makes Easter feel extra exciting because you created it yourself.

WIN AN
amara
milkshake



Download this magazine, print this page, and let the little ones get creative with their Easter colouring. Parents can take a photo of the finished artwork and send it to tobia@k-studio.co.za. The child with the best colouring page will **win an amara milkshake** and be featured in the next estate magazine. **Winner Will be announced on the 27th of April.**

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Limited space per edition





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
- **Lucas Projects:** Specialist offers reliable, high-quality home maintenance and improvement services, including painting, roof leak repairs, ceilings, molding, cornices, skirting, and pergola construction. With proven experience and multiple completed projects in The Hills and Midstream, Lucas delivers workmanship you can trust. **Contact 079 388 8489**

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

CLEANING SERVICES / DOMESTIC & GARDENER

- **The Lifestyle Organising & Cleaning Expert** offers top-notch, reliable, and affordable cleaning services tailored to your needs. From home and office cleaning to deep cleaning and disinfection, move-in/move-out cleans, and decluttering and organising, their team ensures your space is spotless and stress-free. With flexible scheduling to suit your lifestyle, they make it easy to keep everything in order.

Contact them today for a free quote: Call or WhatsApp 071 345 7401

- 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

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.
- International education just 10 minutes from The Hills. Offers individualized learning with dedicated classes for high-needs learners. Proudly partnered with Tuks, African Basketball Academy, and TS Galaxy to provide enriched after-school experiences. Start anytime. Learn more today: admissions@aisj-jhb.com

ELECTRICITY / SOLAR

- 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
- The Hills Estate Garden services R999 p.m. 082 450 0933.
- Once Off Garden work & Landscaping 30 years experience. Owner on site Call / Whatsapp 082 7599 087

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
- Evert von Zwietering 081 582 4387

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
- 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
- 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

PET CARE

- **Paws & Claws Pet Sitting**
Offering reliable and caring pet-sitting services right here in the Estate. Micha comes to your home to make sure your pets are looked after, loved, and comfortable while you're away.
Contact Micha on 082 962 8255
- **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.

TRANSPORT

- EXLNT School Transport and also available for hire. Operate within Pretoria East. Contact 066 227 7574 / 072 542 4399
- The Hills Estate School Transport
Contact 082 450 0933

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
- 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!



Nature in motion:

A Fresh Chapter for Our Estate

From the Environmental Team

Residents may have already noticed it... something is changing. There's a quiet transformation happening all around us, and it's something worth celebrating.

From the trees planted during our recent tree planting event to the introduction of indigenous flowers, our landscape is beginning to reflect the natural beauty of South Africa more than ever before. These small changes are creating a healthier, more balanced environment for both residents and wildlife.

“Every tree planted and every indigenous flower added is a step closer to a thriving, natural ecosystem.”

A Greener, Healthier Landscape

One of the key focus areas has been the removal of invasive species, particularly fountain grass and pompom plants. While fountain grass may look attractive, it spreads aggressively and disrupts local ecosystems.



Fountain grass invading the reserve and taking over the natural habitat.

If you still have fountain grass on your stand or around your home, we kindly ask that you replace them with indigenous alternatives such as *Aristida* or other locally suited grasses.

Our landscaping team is working tirelessly behind the scenes. Garden Group is currently clearing dead trees and restoring the greenbelt in Kingfisher, helping to revitalise these natural areas and keep them safe and beautiful for everyone to enjoy.



Pellets with medication and a roller system for applying Deadline treatment.



We have also addressed erosion next to Royal Albatross, at the reserve gate opposite Hummingbird. The area has been filled and stabilised, and large indigenous aloes have been planted to restore and enhance this space.

In preparation for winter, grass cutting has already begun in key areas as part of our fire prevention efforts, helping to keep the estate safer during the dry season.

The Boma: Almost Ready

The Environmental Team has been hard at work on the Boma, which is nearing completion. This important facility will play a vital role in wildlife care within the estate.

The Boma is designed to treat and manage animals when needed. A specialised system will automatically spray a treatment, known as Deadline or Delete All, to help control ticks and parasites when animals enter the enclosure.



The system installed to spray and treat wildlife.



We've also managed to create a concrete stand for the lick blocks, ensuring they remain off the ground and out of the mud, improving both hygiene and accessibility for the animals.

In addition, a lookout hide will soon be available, giving residents the opportunity to quietly observe wildlife in a respectful and peaceful setting.

Breathing Life into the Dam

Our dam is another area receiving thoughtful attention. The team has been maintaining the reeds and carefully introducing aquatic plants in environmentally friendly planting bags.



This ensures that the plants enhance the ecosystem without taking over.

We are planning to build a jetty and a new walkway at Extension 7, as well as introduce an aerator to the dam in 2027. An aerator will help improve water quality by increasing oxygen levels, supporting healthier fish and reducing algae build-up.

“When we care for our environment, it gives back in ways we can see and feel every day.”

A Shared Responsibility

To support these efforts, additional garbage bins have been placed around the dam. We ask all residents to please make use of them and encourage children to respect these shared spaces by not littering.

For those who enjoy fishing, please remember that it is strictly catch and release, and all equipment should be removed and the area left neat after use.

Welcoming New Wildlife

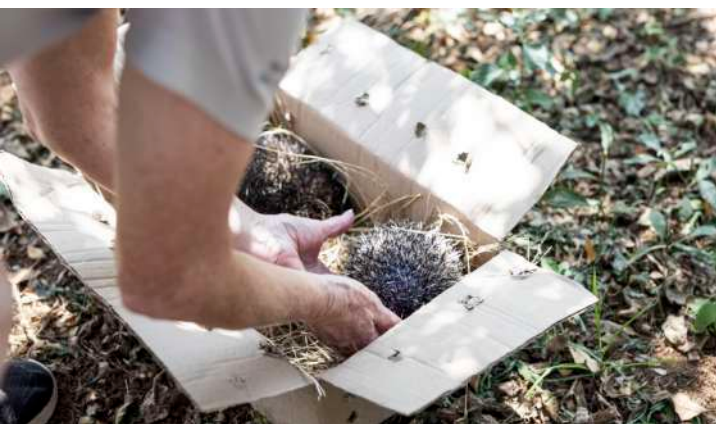
One of the most heartwarming projects has been our collaboration with [Friends of Free Wildlife](#). Together, we have successfully released rehabilitated animals back into a safe, natural environment within the estate. We ensured that all the necessary permits from Nature Conservation were in place before these releases took place.

Recent releases include:

- 5 Hedgehogs
- 1 Greater Spotted Cuckoo
- 1 Fiscal Flycatcher
- 3 Diederik Cuckoos
- 9 Sparrows
- 5 Robin Chats
- 2 Grey Hornbills
- 4 Thrushes

We are also currently investigating the possible release of leopard tortoises.

This is more than just maintenance... it's a long-term vision. A vision where our estate continues to grow into a space where nature thrives, wildlife is protected, and residents can truly feel connected to the environment around them.



Don't miss our update in the next issue

The Environmental team

Floating

With Purpose



There is something quietly remarkable about seeing a floating island on the dam. At first glance, it looks like a natural part of the landscape, almost as if it has always been there. But what many residents may not realise is that this island was carefully designed and built from scratch, with a very specific purpose in mind.

This project is a true example of vision meeting action.

More Than Just a Beautiful Feature

Floating islands, also known as floating wetlands, play an important role in improving the health of a dam. They are not just aesthetic additions, they are working systems that support the entire aquatic environment.

This approach is based on guidelines developed through a conservation innovation project by BirdLife South Africa and NCC Environmental Services.



The guidelines highlight how vegetated water systems provide **feeding, breeding, and nursery spaces for aquatic life**, which in turn attract **birdlife** and support a thriving natural habitat..

Over time, this process helps improve water quality, creating a healthier and more balanced ecosystem.

A Habitat in the Making

Beyond water quality, the floating island creates a safe and natural habitat for a variety of species. Aquatic plants provide shelter, feeding areas, and breeding spaces for fish and smaller organisms. In turn, this attracts birdlife and contributes to a thriving, living environment around the dam.

As highlighted in the document, vegetated areas serve as feeding and breeding zones for fish and aquatic invertebrates, which then attract birds that rely on them .

It is a beautiful cycle, and this island plays a small but powerful role in keeping it going.

Built from Vision and Hard Work

This project would not have been possible without the **dedication and creativity of Phillip Fouché**. He took the idea and brought it to life, building the island from the ground up.

While it may appear effortless as it floats on the water, this was no small task. The scale of the island required careful planning, teamwork, and a lot of hands-on effort. It is one of those projects where the final result looks simple, but the work behind it tells a very different story.

It was also a true team effort, with fellow homeowners stepping in to help along the way, from assisting with the build and sourcing materials to even lending a boat.

And now, it has become a feature that adds both value and purpose to our estate.

Growing Something Meaningful

The planting of water vegetation is just the beginning. As the island matures, it will continue to grow into a stronger, more effective system. The roots will extend further, the plants will establish themselves, and the impact on the dam will become even more noticeable over time.

Projects like this remind us that small environmental interventions can lead to long-term benefits. It is not about quick fixes, but about creating sustainable solutions that work with nature, not against it.

A big thank you to Phillip Fouché for continuously finding ways to improve our environment.





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.