

SEDERT 2004

June 2026



die **HOUTKAPPER**

the **WOODPECKER**

WOODLAND HILLS - WILDLANDGOED TYDSKRIF
WOODLAND HILLS WILDLIFE ESTATE MAGAZINE



LECHWE

Life between
land and water

Staying on
track with
**Wayde van
Niekerk**

Soos Shannon dit sien:
Moenie in die water mors nie

NEWS FROM THE ENVIRONMENTAL COMMITTEE

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pecking around **town**

12 June
Klipwerf-orkes

Afrikaans music lovers are in for a treat as Klipwerf-orkes: Dans will perform at the Buffalo Live Entertainment Venue from 20:00 to 23:00. Tickets are R200 plus R7,50 booking fee on Quicket. Cash bar and food will be on offer. For more information, phone Anton on 083 7600 609.



13 June
Rosestad en Vriende-
galakonsert:

Experience the Rosestad Gala Concert, a family-friendly Rosestad and Friends event at Sand du Plessis Theatre from 19:00 to 22:00. Enjoy popular hits performed by the Bloemfontein Philharmonic Orchestra under the direction of Paul Loeb van Zuijlenberg, featuring Cezanne Yzelle and Timothy Moloi, alongside Rosestad personalities. Tickets are R180 and available via Quicket or Rosestad's website, with open seating.



13 June
Hofstories: Van agter die Toga

Extreme Bikers is hosting a fundraiser to assist Hospice Bloemfontein at Be Human Middelwater farm at 16:30. Enjoy a fun day of Stanley Reinders and Willem Edeling sharing courtroom stories with a lot of laughter, while indulging in a spit braai and the available cash bar. For booking enquiries or more information, phone Pieter Skein on 082 444 4398 or Melissa Janse van Rensburg on 072 999 9992, alternatively, email melissa@law.co.za.

13 June
The Charm Social

Join a ladies' afternoon gathering by We Wear What at 30 Louw Wepener Street, Dan Pienaar in Bloemfontein at 15:00. Promising good vibes, indulging in scrumptious snacks, and sipping on good wine, while creating your own custom charm pieces such as bracelets, necklaces, bag charms, and phone charms. Tickets are R350 and can be found on the We Wear What website. They include snacks, a glass of wine, and beauty tips. For more information, phone 081 243 5951 or email hello@wewearwhat.co.za.

18 June
Dad's Night Out with St Andrews' School

Enjoy an evening of flavour, fellowship, and fine spirits at Urth Restaurant in Bloemfontein from 18:00 to 22:30. Guests can expect an evening of fellowship, premium spirits, and a four-course dining experience paired with brandy, cognac, and bourbon. Tickets are R500 per person and available via the Urth website, the Saints school office, or by calling 051 451 1913.

20 June
Trail Run and MTB Racel

The SPS Club Brandfort trail run 2026, hosted by Aktief, will take place at Be Human Middelwater Farm outside Bloemfontein at 08:00. The event invites runners, walkers, cyclists, families, and fitness enthusiasts to enjoy scenic outdoor routes and community spirit. Participants can choose from various trail runs of 5km, 10km, and 20km, as well as MTB distances of 20km and 40km. Registration details, start times, and entry links will be announced soon. For enquiries, contact 082 564 9804.

20 June
Famous Brew and Still's Monthly Themed Quiz Night

Join the monthly themed quiz evening at 2 Levisseur Street, Westdene at 19:00. Friends, families, and colleagues can enter for R10 per person to compete for a R500 restaurant voucher and other prizes. Enjoy a Quiz Night Platter for two at R249. Booking is essential via 076 836 1266 to secure your team's spot.

21 June
Father's Day Breakfast & Lunch Buffet

Treat the special fathers in your life this Father's Day, at Famous Brew and Still, 2 Levisseur Street, Westdene, from 09:00 to 15:30, with a hearty breakfast buffet or delicious lunch buffet. Bring the whole family for a memorable experience for breakfast at R199 per adult and R98 for children under 12 or Lunch at R349 per adult and R165 for kids under 12. Bookings essential - phone 076 836 1266 to reserve your table.

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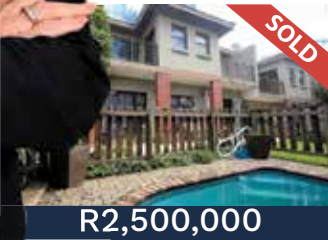
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Autumn and winter are widely regarded as the most effective seasons to restore and rejuvenate garden soil, particularly in our region, where hot summers and cold winters can leave soil depleted.

As temperatures begin to cool and rainfall becomes more moderate, the soil retains moisture more effectively without the stress of intense heat. This creates the ideal environment for organic matter to break down and for beneficial soil organisms to become active again, laying the groundwork for healthy spring growth.

During winter, plants slow down their growth, shifting energy into root development rather than leafy expansion, and the soil naturally rests. This makes it the perfect time to improve soil structure and fertility, as nutrients added now will be readily available when plants need them most.

Proper winter care helps retain moisture, prevent erosion, and encourage beneficial microbial activity.

Reviving your soil in winter ensures that by the time spring arrives, your garden beds are rich, balanced, and ready to support vigorous new growth. One of the most effective ways to restore soil health is by incorporating compost.

Adding well-decomposed compost improves soil structure, enhances moisture retention, and introduces essential microorganisms. Spread a generous layer over your garden beds and gently work it into the topsoil. This not only enriches the soil but also helps break up compacted areas common after a long growing season.

Mulching is another crucial step. Applying organic mulch such as bark, straw, or dry leaves helps regulate soil temperature, reduce moisture loss, and suppress weeds. As mulch slowly decomposes, it further contributes organic matter back into the soil.

In our climate, mulch also provides insulation against colder winter nights, protecting soil life and plant roots. Fertilizing during autumn and winter should be done thoughtfully. Use a balanced, slow-release fertilizer to replenish nutrients used up during the growing season.

Organic options are particularly beneficial, as they feed the soil over time rather than providing a quick, short-lived boost. By focusing on compost, mulch, and appropriate fertilization during the colder months, you can transform tired, nutrient-poor soil into a thriving foundation. This seasonal investment pays off with healthier plants, improved resilience, and a more productive garden year-round. 🌱



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lechwe - life between **land and water**

The lechwe is a graceful yet somewhat elusive antelope, uniquely adapted to life in wetlands. Not exactly what you would expect in the Free State, is it? However, in Woodlands these distinctive animals can be found in just one area: the marshland at the N1 dam, where they graze peacefully. You might spot them when driving past the dam on either side of the road, or from the picnic area at Bergendal overlooking the wetlands. Here, a small but well-balanced group of 6 rams, 16 ewes and 4 juveniles add a quiet, almost hidden charm to the estate's natural beauty.

The lechwe is a medium-sized antelope, closely related to the waterbuck. The hindquarters are noticeably higher than the forequarters. Reddish brown on the upper parts and flanks, and white on the under sides and inner legs.

The front of the forelegs and of the hocks are black, and it has white patches around the eyes. Only the rams carry lyrate-shaped horns. The hooves are distinctly elongated, which is an adaptation to the wet and soggy substrate of their preferred habitat.

SCIENTIFIC NAME KOBUS LECHE LECHE WEIGHT 70 to 120 kg SIZE ABOUT 1 METER TALL	LIFESPAN AVERAGE 15 TO 25 YEARS HABITAT MARSHY AREAS DIET HERBIVOROUS	GESTATION BETWEEN 7 AND 8 MONTHS PREDATORS LIONS, HYENAS, LEOPARDS, HUMANS
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BEHAVIOUR

Lechwe is territorial.

Rams are territorial and do not share space, whereas males that fail to establish territories congregate in bachelor herds. Territories are actively defended. Ewes and their offspring form breeding herds and move freely between territories of contesting territorial rams, which will compete for mating favours only while receptive ewes are within their domains.

Territorial behaviour may last up to a few months during the mating season. Breeding is not strictly seasonal. However, there is a tendency for ewes to drop their calves during late winter and early summer

when water levels recede.

Terminally pregnant females leave the herd to give birth to single lambs in the cover of clumps of bushes, where they keep their offspring hidden for two to three weeks.

The coat is covered in protective grease

The coat is greasy and water-repellent. Females have tawny to chestnut coats and look much alike, apart from minor differences in markings. Red lechwe females are the most colourful; they are bright chestnut with white underparts, throat patch, facial markings, and undertail, and black stripes down the front of their legs.

The presence of mature males is advertised not only by the sweeping long horns and head-high proud posture but by darker coats and markings, which are most pronounced in the black lechwe of Zambia's Lake Bangweulu.

Clumsy runners

Females and young stay closest to the water, upon which lechwes, clumsy runners on dry land, depend to escape predators. Bachelor males aggregate on drier ground farther from the water and are kept separate by the aggression of territorial males, some of which also occupy sizeable properties farther inland, where females come during the rains when the population is more dispersed.

DIET

Lechwes enter water to feed on aquatic grasses, an abundant resource underutilized by most other herbivores, and graze the grasses that spring up as floodwaters recede. They are quite literally "edge" species; on the widest, flattest floodplains, thousands of lechwes migrate distances of up to 80 km (50 miles) as the water rises and falls with the rainy and dry seasons. 📺

Source:

www.krugerpark.co.za/africa_lechwe
www.britannica.com/animal/red-lechwe



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A friend of mine from the lawn bowling club recently announced he now has 72 winters behind him. As if it were more important than having the same number of summers behind him. Somehow, winter is more significant due to its noticeable impact on almost everything around us.

Trees shed their leaves to conserve energy. Reptiles go into hibernation. Flies and mosquitoes die. Humans go into survival mode. We gather firewood, fill up the LP-gas. The fan is moved to the garage, and out comes the patio heater, electric blankets, and winter duvets. The geyser heating times must be reset, and the temperature set to a higher number. And do not forget to switch off the irrigation, as plants now require less water.

As we travel through space further away from the sun, we also notice the difference in daylight colour with a softer bluer hue, less harsh than the bright light of summer. The slanting winter sun is shining deeper into our homes, heating them from the inside. We have four fewer hours of daylight, which affects our mood.

It even affects our diet. Ice cream and drinks at the poolside are unthinkable. Outdoor braai and summer salad for lunch now makes way for hearty beef stew, oxtail, and my personal favourite – lamb shank curry potjie, mostly prepared on the indoor braai.

As we spend more time indoors, the chances of catching the flu and other illnesses increase due to the proximity of people. We must be more vigilant with personal hygiene. Get the flu vaccination if you are over 60 or have a weak immune system.

Now is a good time to paint the house, fix broken things, and do some maintenance. Or, start planning your new summer garden. Take out those overgrown shrubs. Maybe there is a nice spot where you can introduce a secluded shaded seating area under a tree, or an area that can be changed to a waterwise garden.

Yes, whether we like it or not, the El Niño phenomenon is predicted to start in October and will probably last until late summer. We must be prepared for less rain, shrinking dam levels, and water supply disruptions. It's the cycle of nature that we cannot change, but we can adapt and prepare.

Those who haven't yet installed a back-up water tank of at least 2,000 litre capacity – now is a good time to consider it. But before you buy, make sure you comply with the HOA rules applicable to water tanks. And get it professionally installed to ensure it functions correctly with constantly circulating water to avoid water becoming stale and causing bacteria growth.

Hopefully, winter will also keep those nasty youngsters at home who are vandalising the HOA property, especially over weekends and school holidays. This is a major problem. Parents should be aware of their children's whereabouts at all times, who they hang out with, and what they are busy with.

As I was hiking through the woods on one of my favourite hiking trails on the estate, I was shocked to see empty beer cans, bottles, and other waste along the route. Please, let us all put in an effort to clean up the estate and keep it clean for the coming generations. We should be proud of this beautiful environment, this piece of paradise that we have the privilege to call our home.

Parents must take notice that management will act harshly against those criminals who vandalise and plunder, and try to destroy the beauty of the estate. They will be heavily fined and probably face criminal charges. There are cameras all over the estate, so they can and

will be identified.

Now, back to business. Management became aware of large-scale irregularities committed by the former Financial Manager. Immediate action was taken, followed by disciplinary, criminal and civil action against the employee.

An urgent sequestration application was launched against the person concerned, and a final order of sequestration was granted. The HOA liaised with the trustee to follow the necessary steps to, as far as possible, recover the funds.

An independent forensic investigation has also been conducted to determine the full extent, but due to the scope and complexity, the report is not yet completed.

Regular talks take place with the Department of Public Prosecution (Hawks) regarding the criminal charges that have been filed. We will keep owners informed of the progress on an ongoing basis.

The position of financial manager was filled on 1 May by Susan Ridgard after the finance committee interviewed several candidates. Susan is a qualified accountant (AGA/SAICA) with experience in audit and the preparation of financial statements for municipalities. She completed her clerkship at Nexia SAB&T.



In 2022, the HOA launched an application to the Free State High Court requesting a declaratory order that the HOA will be responsible for the removal of household waste and further that the Mangaung Metro Municipality will not be entitled to any levies against owners of immovable property in the estate in the future.

The application was argued, and judgment was granted in favour of the HOA on 13 December 2023. However, the metro applied to appeal against the aforesaid order, but the application was **dismissed with costs** by the Free State High Court on 18 September 2025 and then also by the Court of Appeal on 4 February 2026 and lastly also by the Constitutional Court on 26 March 2026.

The HOA is in the process of assessing and recovering the costs of the various applications lodged by the metro.

The HOA will soon meet with municipal officials of the metro to discuss the practical implementation of the order and will pass on the necessary information to the owners in this regard.

The problem with raw sewerage spilling into our wetlands persists, especially after heavy rainfall, but it is being addressed. Management is in constant dialogue with the municipality to address the issue. The major problem is that large volumes of stormwater from the northern suburbs, especially the newer developments behind the Lettie Fouché School, enter the stormwater system, which was not designed for such a load. Often, residents will allow stormwater to enter the drainage gulleys on their properties to get rid of stormwater, which is illegal, but very difficult to control.

A formal complaint has been filed with the Human Rights Commission, which is also investigating the case. Management is supported by the ward council member, Johan Pretorius, who also liaises regularly with the relevant municipal departments. The metro has undertaken to increase the intake of the Sewerage Works to cope with the increased load. However, no start date has yet been communicated to management.

On a positive note, a very successful mountain bike race organised by the HOA in collaboration with various sponsors took place during April. The bonfires and festivities at the beer garden continued long after sunset. Homeowners also had the opportunity to mingle with friends and families and showcase this beautiful estate and all its facilities to the outside world.

Winter is a time to reset. To reflect. Spend more time with the family.

Keep well. Stay warm.

Until next time.

JOHAN NAUDÉ 📧

Nuwe gemeentestrategie

Die Woodland Hills Gemeenskapskerk het 'n nuwe gemeentestrategie, gekombineer met 'n bemarkingsplan, ontwikkel. Dit sluit in 'n nuwe visie, missie en logo wat dit visueel uitbeeld. Hou gerus dop vir veranderinge in die komende maande op die gemeente se sosiale media en webtuiste. Ons gaan ook die kerkzaal en ander ruimtes herontwerp en oorverf. Hierdie verandering vorm alles deel van 'n groter, strategiese en visionêre skuif om 'n moderne en relevante gemeente te wees – wat ons liefde deur daad uitleef, verhoudings met betekenis bou en tot diens in die Koninkryk is.

Visie

'n Aktiewe gemeenskap wat geloof uitleef deur liefdevolle daad wat lei tot betekenisvolle verhoudings in diens van die Koninkryk.

Slagspreuk

Liefde. Verhoudings. Diens.

Nexum-toerustingseleenthede

Ds. Zak Scholtz en Johleen Olivier (van Radio Rosestad) het met 'n besigheidstoerustingseleentheid begin. Woodland Hills Gemeenskapskerk is een van ses rolspelers wat elkeen die geleentheid het om een keer per maand op 'n Donderdagaand vyf sakelui te nooi na 'n toerustingseleentheid. Dit word aangebied in die kerk se lapa. In April het die Woodland Hills-bestuurskantoor as gasheer opgetree met Jacques Venter as gasspreker. Sy onderwerp was *Business Technology Security*.



Willem van Huyssteen en Esmé Human van die Woodland Hills bestuurskantoor

GRIT5-deelname



Almal het fluks gehelp om pannekoek en vetkoek te verkoop.

Op 18 April het die kerk 'n stalletjie by die GRIT5 beman waar vetkoek en pannekoek verkoop is. Van die gemeentedelede het hul fietse nadergetrek of hul hardloopskoene afgestof. Ander het ywerig gehelp om kaneelsuikerpannekoek en vetkoek met kerriemaalvleis te maak en te verkoop. Die hoofdoel was bewusmaking vir ons nuwe logo.



Koranna-wegbreek

Om deur modder te ry, het nuwe betekenis gekry toe vyf 4x4-voertuie op 24 April koers gekies het na die Korannaberg in die Oos-Vrystaat. Begelei deur gids Jan Oberholzer en sy geskiedenis- en omgewingsinsigte, het Douglas Davidson die groep se roete beplan. Die Kersieplaas en Hoogland Essensiële Olies is ook besoek. Een van die hoogtepunte was die bediening van Nagmaal deur ds. Zak Scholtz, by die plaas.



Die groep het heerlik ontspan.



Nagmaal is bedien by die olieplaas.



'n Groot kurkboom is ook van nader bekyk.

Paasfees 2026

Soos ouergewoonte het gemeentedelede met Paasfees, die kruistog meegemaak deur die drie kruise na die kerk te dra. Dit was ook 'n tyd waarin ds. Zak Scholtz gefokus het op die karakter van Maria Magdalena en haar belewenis van Jesus se opstanding.

Sesotho-Bybelstudie

At the beginning of the year, the congregation decided to start a Sesotho Bible Study. This initiative is presented by Sidney Dywili in Sesotho and is growing from strength to strength with numbers increasing almost weekly. We would like to encourage residents of Woodland Hills to get involved or send their workers to be part of this wonderful opportunity for learning and spiritual growth. Monyetla o babatsehang oa ho ithuta le khōlo ea moea!



On a Tuesday evening, the group reads and learns with Sidney Dywili/Mantsiboeng a Labobeli, sehlopha se bala le ho ithuta le Sidney Dywili.

Jesus-rolprent

Die gemeente het saam met Campus Crusade betrokke geraak by die buite vertoning van die Jesus-rolprent. Die rolprent word aan plaaswerkers gewys. Dit word een keer per maand aangebied en is ook 'n kosbare geleentheid van saamwees vir gemeentedelede.



Die skuur op die plaas Riverton is ingerig om die rolprent te kon vertoon.

Basaar 2026

Die Woodland Hills-kerk se basaar, wat op 29 Mei plaasgevind het, is reeds 'n mooi herinnering. Met die fokus om die gemeenskap te betrek, saam te kuier en nuwe vriendskappe met bure te bou, was dit 'n besonderse geleentheid. Baie dankie aan elkeen wat dit ondersteun het. Jul betrokkeheid maak dit moontlik om God se Koninkryk in die Woodland Hills-gemeenskap verder uit te brei.



Ds. Zak Scholtz en Hesta Friedrich-Nel.



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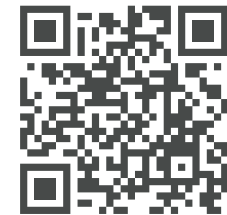
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Staying on track with **Wayde van Niekerk**

Gypseenia **Lion**

Despite travelling the world, breaking records, and competing on the biggest stages in athletics, South African track and field athlete Wayde van Niekerk still calls Bloemfontein home.

After years of competing internationally and even spending time living in the United States, Van Niekerk says the Free State city continues to offer something he values deeply.

Stability, family, and peace of mind mean a lot to him. "I went out looking for a house and found my home in Woodlands," he says, reflecting on settling in the city after his world record success in 2016.

For the Olympic champion, safety has become one of the most important parts of building a life for his family. Frequently travelling for competitions means he often spends long periods away from home, making security and community support essential.

Family has become the centre of his world. Married since 2017 and now raising two sons, Van Niekerk says fatherhood shifted his perspective on life and success.

"Family has always been very close to my heart. Now that I have my own kids ... knowing that I can raise them in a beautiful environment, not just Bloemfontein, but Woodland Hills as well, it's something that I've really cherished."

Despite being born in Cape Town and having opportunities to settle elsewhere, he says Bloemfontein continues to make sense for both his career and family life. "What I've built in Bloemfontein and how the city has positioned me to achieve the successes that I've had," he explains, "remains difficult to walk away from."

He also values the slower pace of life.

When he is not training, Van Niekerk admits he is a homebody. Much of his free time is spent with his wife and children, enjoying the outdoors around their estate, gaming, swimming, or simply relaxing at home.

"There's nice space just to lie back and appreciate where you are," he says, recalling moments where giraffes wandered close to their home.

While his athletic journey has included major triumphs, it has also brought difficult setbacks that he had to navigate on and off the track. Van Niekerk admits the mental battle often proved tougher, especially after these challenges briefly interrupted his momentum.

"My journey has been very well documented in terms

of injuries, but I don't allow the loneliness (of being an athlete) and setbacks to define me. You have to keep repositioning yourself mentally, keep finding positive direction, and keep believing that there's still something greater ahead."

According to his Olympic biography, Van Niekerk has produced a rare sequence of sprint milestones across multiple distances. In 2017 in Ostrava, he set a world-best 30.81 seconds in the 300m, breaking previous marks held by Michael Johnson and Usain Bolt, just days after recording 9.94 seconds in the 100m.

These performances added to his record-breaking profile, making him the first athlete to break 10 seconds for 100m, 20 seconds for 200m, 31 seconds for 300m, and 44 seconds for 400m.

He never stopped chasing growth. His move to the US helped him reset mentally and train among some of the world's best athletes, but ultimately, family brought him back home. "You miss home; you want to be around your family. That sense of community and friendship and family ... that's why we decided to come back home."

Van Niekerk also believes young athletes need to understand the value of building a professional identity beyond the sport itself. In today's digital age, he sees social media as more than just entertainment, but rather as a tool that can shape future opportunities. "It's a corporate platform. It's a platform where you advertise, where what you put out, the world sees."

He encourages younger athletes to be intentional about the image they create online from the beginning. "It's so important from day one to be very mindful of what you want to put out there and how you want to put it out there. A brand is how you build success for yourself," he advises.

For him, social media has become an extension of his professionalism and personal motivation, while still allowing him to protect the privacy of his family life.

Now in the later stages of his career, Van Niekerk remains focused on both athletics and building a future beyond the track through property investment and mentorship. "There's still a bit of fight in me. I still have goals that I really want to achieve and try to tap into, at least get as close to as possible." 



Wayde van Niekerk

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hallucinations. cyberchondria. and science

Annatjie **Bouwer**



I was recently bitten by a pet rabbit. He is usually tame and even-tempered, but that day he wasn't his usual friendly self. The bite mark was bleeding, and it made me wonder. And of course, I did what we all tend to do: I asked Google. What followed will probably sound familiar. Within minutes, I was convinced I was bitten by a rabid rabbit.

The symptoms sound the same, and the more I read, the more convinced I became I might have rabies. One question became a big fear simply by searching online.

I made a new friend

It is easy to understand why we search online for health issues. It is free, fast, and private. Technology is taking our search for medical information even further. It is no longer just Google; we have Artificial Intelligence (AI)

tools that we can talk to, ask questions, and they can suggest possible diagnoses. It feels as if we are taking control and the bots are sympathetic, compliment us, and seldom confront or correct us. Google, Gemini, and ChatGPT can be impressive and perform well in controlled environments. If used correctly, they can help us decide what to do next, for example, should I see a doctor urgently or can it wait?

Hallucinations and cyberchondria

AI tools can produce incorrect but convincing information (known as hallucinations), and the accuracy varies significantly between different AI tools; the diagnostic performance drops in complex, real-world scenarios.

At the same time, studies confirm people tend to

**“The greatest enemy of knowledge
is not ignorance;
it is the illusion of knowledge.”**

**– Daniel J. Boorstin (1914–2004),
influential American historian, educator, and author**

become more anxious the more they search online for symptoms (cyberchondria), often overestimating the severity of their condition.

This creates a perfect storm. Technology can sound certain, and we are inclined to believe it when we start worrying. Even advanced AI tools are far from perfect, especially in real-life situations where information is incomplete and messy. Often when we search, we stop reading and start interpreting. We connect dots that may not belong together and filter information through fear. Suddenly, a small symptom feels like a big problem.

But real life is messy, people describe symptoms differently, and information is incomplete. Google is intelligent, but not wise, so keep in mind context matters. Different platforms can also give different answers to the same question. And because the results sound confident, they can be very convincing even when they are wrong.

What am I reading?

Let's view this as a tool rather than an answer. You can search for your symptoms and ask AI, but it doesn't replace a conversation with someone trained to interpret, ask the right questions, and see the bigger picture. The danger is not only in what we read, but in how easily we believe it. We live in an extraordinary time of access to information, but with that comes responsibility. Dr Google, Gemini, and ChatGPT are helpful companions. And perhaps the most important question is not: “What does the internet say?” but rather: “What do I do with what I have read?”

My own experiment

I did my own experiment and asked AI (Microsoft Co-Pilot) to find four scientific articles (I found the citations online). I provided the titles, authors, and publication dates. Co-Pilot neatly summarised the content of the articles for me. At the same time, I asked a research librarian at a medical faculty for the articles. She could provide only one, because it turned out that two of the four articles don't exist, and the other one had the wrong author. When I pointed this out to Co-Pilot, the response

was: “... it should not have substituted or inferred missing references without clearly flagging uncertainty”. Co-Pilot confirmed this was clearly an example of AI hallucinations, citation risks, and why verification matters. It apologised for the mistake and thanked me for catching this.

Another example is an experiment in which researchers deliberately created a fake medical condition (bixonimania) and supported it with obviously flawed and fabricated academic papers, to test how AI systems handle misinformation. Alarmingly, several major AI chatbots treated the condition as real, confidently describing symptoms and even suggesting medical advice, despite clear warning signs that the underlying research was fictitious.

This demonstrated that AI tools can mistake well structured but false information for credible evidence, spreading misinformation rather than correcting it, especially in areas like health, where users may already be vulnerable.

The study also revealed a broader issue: fabricated information can not only be repeated by AI but may even leak into academic literature, highlighting the risks of relying on AI outputs without verification and underscoring the need for critical thinking, source checking, and human oversight when using these tools.

Reliable sources

Use trusted organisations such as: The World Health Organisation (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, NHS (UK) and the South African Health Products Regulatory Authority (SAHPRA).

These sources are reviewed, evidence-based, and designed for public understanding. If you are worried, see a medical professional immediately.

This is a good place to pause and reflect on our personal online health research. And remember this quote: “The greatest enemy of knowledge is not ignorance; it is the illusion of knowledge.” – Daniel J. Boorstin (1914–2004), influential American historian, educator, and author. 📖

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hillandale-rolbalklub

Johan **Naudé** en Michael **Coomans**

One of the greatest attributes of lawn bowls is the opportunity it gives to foster sociability and camaraderie among fellow bowlers. And, as part of this, some conventional courtesies and standards must be observed on and off the green. Here are a few:

1. Dress in accordance with the club's regulations. Wear the correct flat-soled shoes.
2. The friendly gesture of handing the jack to the opposing lead sets the tone for the game.
3. Listen to instructions from your skip before bowling.
4. All players should stay stationary and quiet behind the player delivering the bowl.
5. When standing on the head, make sure your shadow does not fall across the line your opponent wishes to take and does not shade the jack.
6. No bowls should be touched or moved before an opponent has a chance to determine the results, and the end has been declared.
7. Possession of the rink and mat passes to your opponent once your bowl comes to rest or becomes dead.
8. It is unlawful and discourteous to encroach on adjoining rinks.
9. It is a courtesy for the middle player to place the next player's bowl on the mat before joining the other players at changeover.
10. Negative or disparaging remarks on the opposing team are not good sportsmanship.
11. Congratulate an opponent on a well-played bowl and don't complain if they have a lucky shot.
12. Be gracious in defeat and humble in victory.



Op die foto bo oorhandig Francois Jacobs (regs), ondervoorsitter van Hillandale (vorige houers van die trofee), die trofee aan Albert van Rensburg (links), voorsitter van Bloemfontein Rolbalklub. Die wedstryde is vanjaar gespeel op Hillandale-rolbalkklub se baan.

Hillandale se driehoekige **Mannedag** wat jaarliks op Erfenisdag gehou word, het hierdie jaar tussen Hillandale-, Hilton- en Bloemfontein-rolbalkklub plaasgevind. Bloemfontein-rolbalkklub was vanjaar se wenner.



Martie Olivier has been elected as a selector of the Southern Free State veteran ladies' team. Congratulations!

HILLANDALE EWIE CRONJÉ PRESTIGE BOWLS OPEN DAY - SATURDAY, 9 MAY 2026

All clubs in the greater Bloemfontein, as well as the clubs in the Southern Free State, were invited to our annual open day. Not only does it serve as a fundraiser for our club, but it is our vision to market and promote the game of bowls among all ages and communities, and without the support of Hillandale Lifestyle village, Woodland Hills Wildlife Estate and our many sponsors, this would not have happened.



Die wenner van die opedag was die Munisipale Rolbalkklub, beter bekend as Munsies. Van links is Ernst Wagner, Andy Peterson, Johan Beer en Herman Kleynhans. Baie geluk!



Voorwaar 'n kleurvolle sonskyndag wat nog lank onthou sal word. Hier word kopgekras en beduie hoe die volgende bal gespeel moet word.

In hierdie uitgawe bespreek ons die **klubvierspel**:

- Die klub se vierspel is 'n gemengde kompetisie vir mans en vroue.
- Wedstryde word oor 21 skofte beslis. Elke speler speel met twee balle.
- Die kompetisie word op 'n uitklopgrondslag beslis.
- Spelers word nie toegelaat om gedurende die kompetisie van posisie te verander nie, behalwe in die geval waar 'n skipper vervang word en die derde dan skipper moet speel.
- 'n Plaasvervanger mag nie die skipper van 'n span word nie.
- In geval van 'n dooie witte (reël 19) en 'n dooie skof (reël 20) moet die skof oorgespeel word.
- Gebrande skofte moet oorgespeel word.
- Indien die wedstryd gestaak word weens weerstoestande nadat 15 of meer koppe gespeel is, word die wenner bepaal deur die span met die meeste punte op daardie stadium.
- Indien minder as 15 koppe gespeel is, moet die wedstryd op 'n later stadium gespeel word, maar dan word die wedstryd van vooraf gespeel (0/0).

Terminologie:

“Dooie witte” gebeur wanneer die witbal in die “ditch” (sandsloot) van die baan beland, of buite die baanlyne eindig, of korter as 'n afstand van 23 m van die voorste middelpunt van die mat gerol is.

“Dooie skof” wanneer die witte dood verklaar is. Die kop moet dan oorgespeel word in dieselfde rigting, en dieselfde persoon rol weer die witte, en speel weer die eerste bal van die skof. 

The Hillandale Bowling Club invites all prospective players to contact Michael Coomans, the club secretary, on 071 143 3422, to arrange for an introduction to the club and the wonderful game of lawn bowls. May all your bowls be touchers!



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news from the environmental committee

Prof. J.W. Swanepoel

THE COMMITTEE

Prof. J.W. Swanepoel – Voorsitter/Chairman
Dr. Johan de Beer – Chosen member and vice-chairman
Prof. Paul Oberholster – Chosen member
Prof. Robert Bragg – Chosen member
Mr. Willem Botha – Chosen member
Mr. Willem Strydom – Chosen member
Mr. Jurgens van Loggerenberg – Co-opted member
Mr. Smiley Marais – Co-opted member
Dr. Jacques van Rooyen – Co-opted member
Mr. Willem van Huyssteen – CEO
Mr. Erik Potgieter – Facilities and events manager
Ms. Lumari Jacobs – Admin, aesthetics and HR manager
Mr. Andrew Maritz – OPS manager



NEWBORNS

1 Giraffe calf
3 Waterbuck calves
1 Zebra calf
Keep an eye out on your next game drive – these little ones are still finding their feet!



WILDLIFE

The veld is in excellent condition following good rains, and our wildlife population is thriving. A full game count was recently conducted – results elsewhere on page. The committee is monitoring a number of animals showing signs of illness. Residents are asked to report any unusual animal behaviour to management. A foot-and-mouth-disease outbreak on a neighbouring farm has placed all split hoofed animals within a 10 km radius under quarantine. No game can be bought or sold at present. Management is in close contact with the coordinating parties and will keep residents informed. Dassie numbers are on the rise – 19 caught year-to-date. Caracals on the estate serve as a natural control mechanism. Inform management if you experience any problems with the dassies. The environmental committee is set to formally investigate the implementation of field and game-view cameras as a primary data collection tool. By deploying

these non-invasive devices across the estate, we aim to gain a deeper, evidence-based understanding of our local biodiversity without disrupting natural behaviours. While the survey will cover all local fauna, a primary objective is the monitoring of caracal (Caracal caracal) activity. These elusive, nocturnal predators are vital to the estate’s ecological balance, yet their secretive nature makes traditional tracking difficult. The use of motion-activated cameras will allow the committee to:

- Map territorial ranges
- Monitor population health

GAME COUNT

The following species were observed during the most recent game count:

Species	Male	Female	Juv.	Total
Zebra	1	12	1	14
Springbok	12	24	11	47
Oryx	6	11	2	19
Waterbuck	13	18	6	37
Lechwe	6	16	4	26
Giraffe	1	4	3	8
Impala	5	20	18	43
Sable	—	16	2	18
Roan	3	2	2	7
Kudu	4	9	4	17
TOTAL	51	132	53	236

GRAND TOTAL: 236 animals
TRAILS & FACILITIES

The estate’s lifestyle trails – suitable for MTB, running and hiking – are continuously maintained. Report any hazards or concerns to the office. Hennie’s GRIT5 took place on 18 April 2026 at the Stables: It was a fantastic 5-hour mountain bike and run/walk endurance race! Residents particularly enjoyed the food stalls, bar, and live music around the boma fire pit after and during the race. Many thanks to all participants and supporters – it was a wonderful community event.

INVASIVE PLANTS

Treatment of invasive plants is ongoing. The team has a clear zone plan and works according to the importance of the invasive plants. Good progress has been made compared to previous seasons – but the rain is holding back progress.

WATER LOSS

Through continuous leak monitoring and repairs – including four major leaks repaired at Hillandale Lifestyle Village in December and January – the estate’s water

loss has dropped dramatically. From a peak of 24.7% in April 2025, it has now dropped to just 5.2% by 26 April 2026. This is definitely a remarkable improvement, and we would like to express our gratitude to the teams who are managing it so well.

WATER QUALITY

Good news: the estate’s drinking water consistently meets all SANS 241:2015 standards. No E. coli or total coliforms were detected. Water Technovation continuously monitors the water quality and then makes recommendations regarding chlorine application. All dams within the estate are continuously and proactively monitored to ensure optimal water quality. Key parameters such as turbidity and aeration are assessed on a regular basis to support a healthy aquatic environment and overall system performance. Seasonal rainfall plays an important role in this process, as higher rainfall events naturally assist in improving water quality through dilution and system flushing.

MUNICIPAL WATER WORKS

The municipality-operated Mangaung Northern Sewage Treatment Works remains a challenge at times. The works currently experience capacity issues during high rainfall events, and the quality of the effluent can sometimes vary due to operational and mechanical factors. Management is actively working with the municipality to achieve continuous improvements and to ensure that the waterworks meet the required standards.

BIO PONDS

The Bio Ponds are fully operational and monitored by postgraduate students as part of an active research project. They play a key role in improving water quality across the estate’s dams – a great example of science directly benefiting our community. Next steps include tracking performance as inflow rates change and more plants are established.



CONCLUSION

The environmental committee is proud of the progress being made – from remarkable improvements in water loss to the thriving wildlife population and successful community events. Our estate is a living ecosystem maintained by the dedication of management, specialist partners, and especially our engaged and passionate residents. We invite every resident to be part of this journey – report what you see, support management’s efforts, and enjoy the natural beauty we all share. Take care of our estate, and it will take care of us. 🇿🇦



Shortly after the grand opening of his furniture shop and showroom in Pretty Gardens on 4 April, “**The Woodsmith**” Stefan Armer immediately threw himself into his next challenge: securing a last-minute booth at the Bloem Show.

After just a few days of preparation, the master carpenter, trained in Germany, created a stylish exhibition stand, which the jury awarded the **Gold Award** and **NOK Floating Trophy** for the best furniture exhibition.

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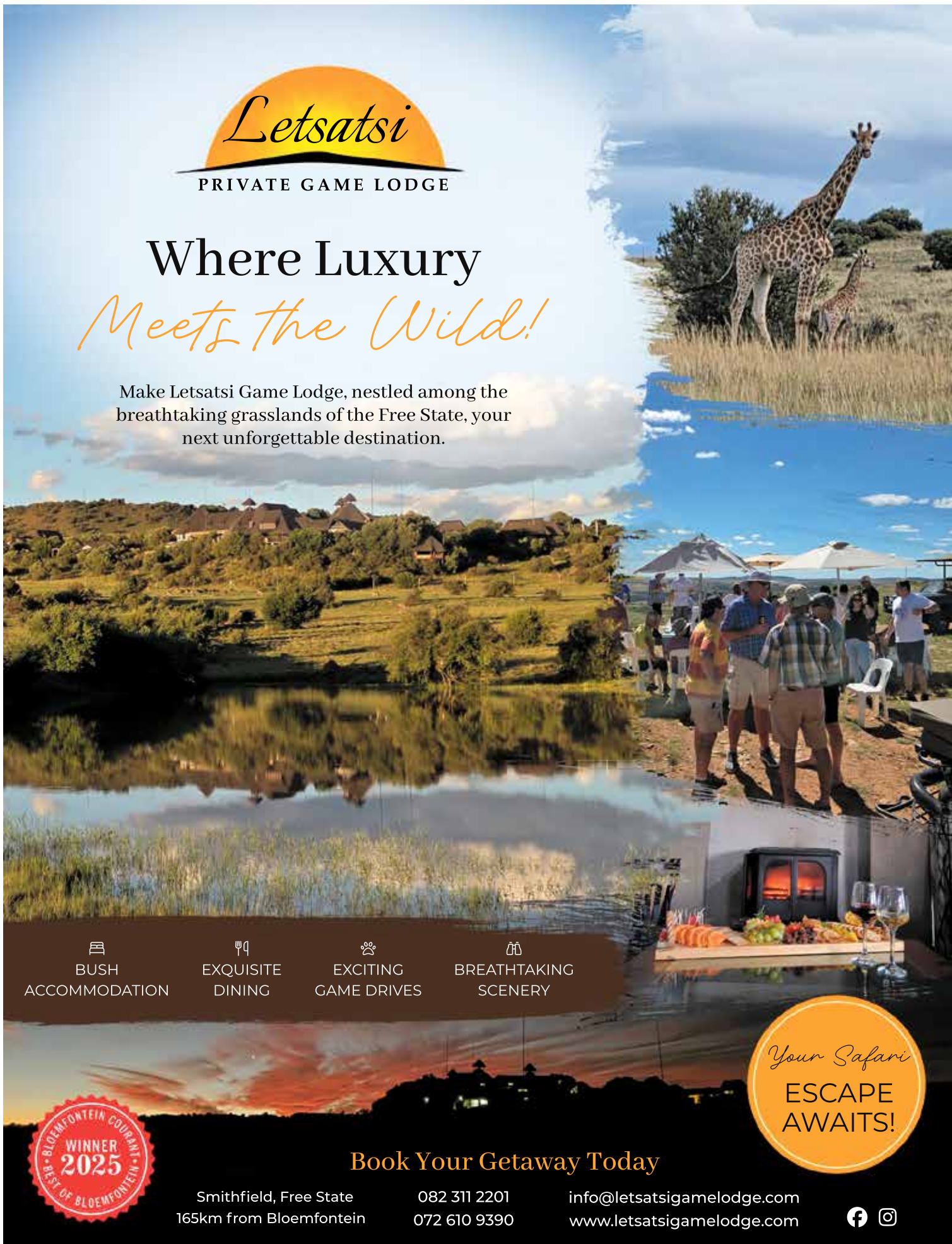
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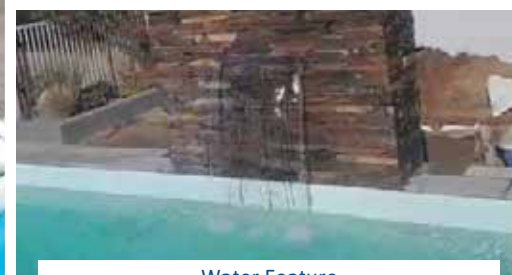
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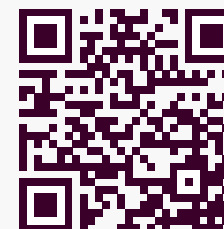
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planning a building project-who to consult

Johan Naudé

When one embarks on a building project, whether it is a new building, internal changes, or an extension, there is one aspect that is important to everyone – the budget. Unless you have recently Googled whether your name appears in the top 10 richest people in South Africa. If your name doesn't appear there, the budget is important. Many people have a casino-finish planning, but a budget barely enough for a shack. Because the average person doesn't know what current building costs are. So, to test their project against their budget, they invite a builder to have a look.

CLIENT EXPECTATIONS



CLIENT BUDGET



Now, the builder desperately needs the work and doesn't want to scare the client with the actual cost. They give a ballpark figure way below the actual cost. Because, without a bill-of-quantity or at least a specified and dimensioned building plan, they are not bound by the figure they quote. Often, they will advise the client on certain construction methods and materials that are cheaper. This is not wrong because, after all, they have the day-to-day experience of building and construction. So, the budget then fits the project, right?

The next step – call a registered architectural professional to draw up the plans for municipal approval. Only now do you get real professional advice. There are rules of the Estate and National Building Regulations to comply with. Now the cost escalates, because those cheaper methods and materials are not allowed on the estate, or the cheaper construction method will not follow acceptable building codes. An engineer's design may be required for certain design elements. Bad news. The

budget is exceeded. Or the project must be scaled down drastically.

What is the correct way of approaching a planned building project? Always start with a registered architectural professional who knows and understands the Estate rules and the National Building Regulations. They will also be able to give you an independent and unbiased estimate of the current building cost. Once the building project is designed with due consideration for your needs and your budget by a trained professional, you can test the market by inviting contractors to give you a quotation.

For larger projects like a new house, it is advisable to appoint a quantity surveyor from the outset to work closely with the other design professionals. This way, you will only pay for what you get in the end. Nothing more, nothing less. And most often, you will save more due to the accuracy of project management and costing than what you paid for their professional fees.

Many people are not aware of the rules and regulations applicable to building work. For instance, they think it is okay to subdivide the double garage into two extra bedrooms, because it is internal and doesn't involve major structural changes, right? Wrong!

Or they think it's okay to enclose their property with a boundary wall less than 1,8m high, because someone told them that you don't need building plans for a free-standing wall that is less than 1,8m tall. Wrong again!

There are even those who think that Woodland Hills Wildlife Estate is excluded from the municipal by-laws or building regulations, because it is a private township with its own rules. Wrong!

Let's look at each of these simplified examples. First, the garages. Yes, the space is there, and it already has a floor, walls and roof. But it is approved as a non-habitable space. Cars don't need natural light or ventilation, for instance. Humans do. So, you need approved building plans to change it to a space suitable for human habitation. And then the Estate rules come into play. By converting the garages into a habitable space, you need to build another double garage as well, because having a double garage is a minimum requirement for dwelling houses on the estate. There goes the budget.

Boundary walls are probably the most controversial item in a building project, and a lot can be said about who is responsible and to whom it belongs. But as far as plans go, formal building plans are not required in terms of the National Building Regulations if it's less than 1,8m

Be very careful who you ask for advice on your building project. You will always get many so-called expert opinions from people who are not professionally trained, even though it's well-meaning and based on limited experience.

tall. But still, a minor works permit is required, which will require fully detailed and dimensioned drawings to show what the intention is, although it can be drawn by the owner or the builder. In the Estate, however, you need to submit fully detailed sketches for anything higher than 1,2m, but lower than 1,8m, which you can attempt yourself if you know all the Estate rules about free-standing walls, and provided it is not part of a swimming pool enclosure. Then a new set of regulations applies. Or, when it is a streetfront boundary wall, where aesthetics play a major role, then you certainly need to know the rules. Or consult a professional.

Woodland Hills Wildlife Estate is a private township, which means the homeowners may establish their own set of rules, in addition to municipal by-laws, regulations, and the law itself. So, which takes precedence? The simple answer is whichever is the strictest. If the HOA rule is more binding and restrictive than the law or

regulation, then it applies. (Without affecting your constitutional rights, of course.) The law and building regulations will therefore always take precedence over the rules, unless the rules have additional requirements, mostly from an aesthetic, safety or privacy perspective.

The bottom line is – be very careful who you ask for advice on your building project. You will always get many so-called expert opinions from people who are not professionally trained, even though it's well-meaning and based on limited experience. Always start with a SACAP-registered architectural professional to give you the correct advice, even if it is not what you want to hear at first. But they will always come up with the alternative, often out-of-the-box solution as well.

That's what they are trained for. If in doubt, start by calling the Woodland Hills administration office or e-mail admin@woodlandhills.co.za. 📧



nuts for your lunch bag

owner of miss nutty and founder of **ivannah food forest & nursery** -
Nel Paulsen



Nel Paulsen

Nel Paulsen, owner of Miss Nutty and founder of Ivannah Food Forest & Nursery, spends her days exploring fruit trees, food-forest systems, and functional foods that support better everyday nutrition. As a wellness advocate, she believes the simplest foods often deliver the greatest benefits. She shares why nuts remain one of the most effective lunchbox staples.

Why nuts?

Nuts are one of the most reliable midday fuels for both adults and children. They travel well, withstand South African heat, and provide a powerful combination of protein, healthy fats, and slow-release energy. A small handful can help steady blood sugar, improve concentration, and prevent the afternoon energy crash.

Despite this, nuts are often misunderstood. While some believe they cause weight gain, moderate portions actually support satiety and balanced eating. Others assume raw is best, but dry-roasted nuts without added oils or sugars are equally nutritious and often easier to digest. Even concerns about salt come down to choice – unsalted and lightly salted options are widely available.

The nutrient-rich trio: nuts, dried fruit & dates

Paulsen often sees nuts as part of a trio rather than a standalone snack. Combined with dried fruit and dates, they form a balanced, portable whole-food option that feels indulgent while still nourishing the body.

Dried fruits such as apricots, figs, raisins, apples, and

mango add natural sweetness along with fibre, iron, and antioxidants. They are especially popular with children, offering a treat-like feel while still delivering key nutrients.

Dates bring soft caramel-like sweetness and a natural energy boost, rich in potassium, magnesium, and fibre. Paired with nuts, they form a “mini meal” that is satisfying and free from refined sugar. A date stuffed with almonds or walnuts can sustain focus through school or work hours.

This trio also forms the base of simple homemade snack bars, with dates acting as a natural binder for no-bake, preservative-free options.

Why this matters

In her work with families, Paulsen notes the biggest challenge is often time and overwhelm rather than intent. Global and local research highlights limited dietary diversity among children, with too many refined snacks and too few whole foods.

Nuts, fruit, and dates offer a practical bridge – easy to pack, long-lasting, and appealing even to fussy eaters.

Simple combinations

Almonds with blueberries, cashews with dried mango, or peanuts with banana chips create balanced, portable lunchbox options for the whole family.

Choosing fresh, dry-roasted nuts and storing them properly ensures quality and makes them a reliable everyday staple. 📦

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Moenie in die water mors nie

Net mooi niks kan sonder water gebeur nie. Selfs kunsmatige intelligensie (KI) het water nodig om te bestaan. Elke keer voor KI jou antwoord, moet hy (of sy) eers 'n slukkie water vat. Regtig. Die syfers verskil, maar die meeste meen dat so 50 antwoorde min of meer 500ml water gebruik (om die rekenaarbediener af te koel en elektrisiteit op te wek).

Jou koppie koffie verg dubbel die hoeveelheid water om te maak. Jou T-hemp het 2 700 liter water gekos, en die appel wat jy eet ongeveer 70 liter. So, wanneer jy water in die pad sien afstroom, is dit letterlik 'n ramp.

Kyk, ons kan beslis nie sonder water nie, maar ons moet dit met effens meer respek benader. My ouma-hulle het 'n groot droogte beleef en ek was vreesbevange om 'n kraan in haar huis oop te draai.

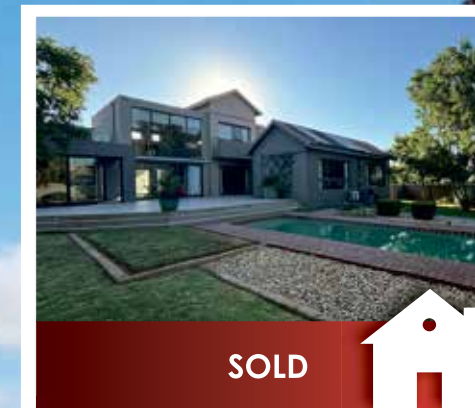
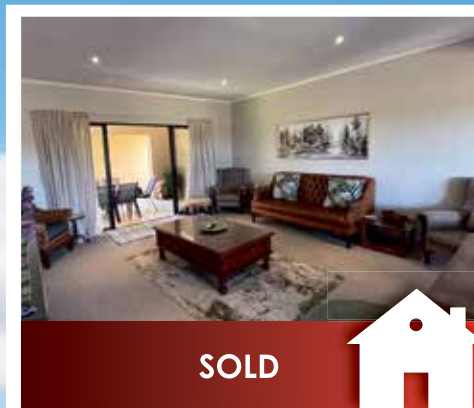
Ek drink tot vandag toe nie tee nie, omdat sy vertel het hoe hulle moes tee maak van die water

waarmee hulle tande geborsel het. Dis darem ook nie reg nie. Om water te gebruik beteken nie jy mors dit nie. Ons MOET water gebruik. Maar jy kan dit morsig of mooi doen. En dit het nie noodwendig met jou kraan te make nie.

Moenie simpel speletjies met KI speel nie – gebruik dit sinvol. Dra jou klere so lank as wat jy kan, en moenie val vir elke winskoop wat jy raakloop nie (ek praat hier grootliks met myself). Beplan jou etes beter sodat daar minder kos (en liters water) vermors word. Nie omdat jy bang is nie, maar omdat jy jou verwonder aan water en dankbaar daarvoor is.

Deesdae wanneer ek met Buddy gaan stap, stop ons nie meer by elke bossie nie, maar by elke poel – die reënwater is vir hom baie lekkerder as die kraanwater in sy bak by die huis. Ek staan geduldig en wag want ek weet een van die dae is ons paadjie weer droog.

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