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March 2026

WOODLAND HILLS - WILDLANDGOED TYDSKRIF
WOODLAND HILLS WILDLIFE ESTATE MAGAZINE

The passion
and journey of
**Dr Muzi
Mngomezulu**

Animal Focus
**what is a
springhare?**

**Ringe in die
bos Soos
Shannon
dit sien**

Luxury toys are becoming a hazard



HAPPY Easter



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pecking around **town**

21 March

Flexbrands Knights Music Festival

Featuring top South African artists including Dr Victor & The Rasta Rebels, Die Heuwels Fantasties, and Early B & DJ Maeztro, with gates opening at 13:00 and all ages welcome. Tickets are available on ticketpro.co.za from R65 with street parking available at your own risk, accessible toilets provided, and no outside alcohol, weapons, cooler boxes, chairs, or other prohibited items allowed.

27 March

Strictly Soul

For the first time in the City of Roses, this R&B and soul experience brings you the best from timeless classics to today's favourites. Join the vibe from 19:00 to 00:30 at Food N Things, with dinner service available, tickets from R60 to R200 pre-sold (R250 at the door), and limited table bookings via 062 458 4458.



27 March

Farmyard Ultra

Hosted at Boomrits Adventures, this last-person-standing endurance event sees athletes complete a 6.7km trail run or 13.4km MTB loop every hour, on the hour, starting at 20:00, until only one competitor remains. Participants can also choose from 1-12 hour challenges, ultra-distance goals, team relays or a Saturday fun run/ride, with the ultimate aim of pushing limits in a true test of endurance and strategy. Entries are via <https://www.entryninja.com/.../83253-be-active-ocr-trailrun>.

31 March

Botanical Garden Market

This family-friendly market offers scenic hiking trails, a garden-view restaurant, and a relaxed outdoor space where children can play while visitors browse food stalls, craft liquor, arts, crafts, and unique clothing. Entrance is R45 for adults and R25 per child. Prospective stallholders can contact Courtney Smith at 062 898 0935 to get involved.

3-5 April

Cimarron Festival

Cimarron MC celebrates 20 years of brotherhood, open roads, and living loud at Be Human Middelwater. Enjoy lucky draws, trophies, games, food and other stalls, plus a cash bar (no cooler boxes). Weekend entry is R250, day passes R100. Contact Jeanette or Jonine for bookings.

3-6 April

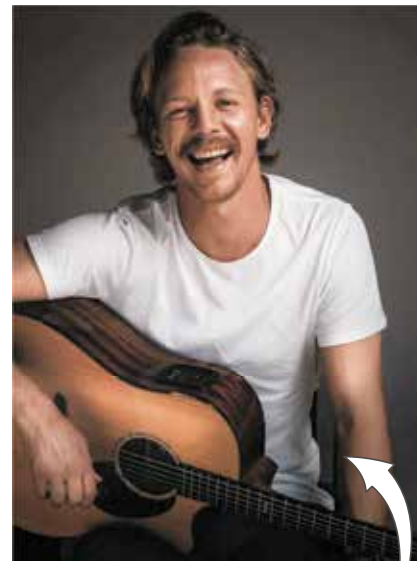
Easter Escape

Make this Easter wild at Zanchieta Wildlife Rescue & Lodge, just 20 minutes from Bloemfontein. Enjoy cosy lodge stays, breakfast and dinner options, crackling fires, a tiki bar, and family-friendly wildlife viewing without the holiday chaos. Book three nights and get unlimited animal viewing and guided tours free. For bookings WhatsApp 072 200 3272 or email bookings@zanchieta.co.za.

10 April

Roan Ash Live

Catch Roan live with his full band at the Be Human Stage at Middelwater Farm, delivering an unforgettable show in a scenic farm setting in Bloemfontein. Fans can expect favourites like "Whiskey to My Soul" and powerful new tracks from his album *Thieves* in a relaxed, family-friendly atmosphere with incredible live sound. Tickets available on Computicket from R100. Gates open at 19:00.



21-23 May

Healing of Hearts Production

Takes centre stage at the Sand du Plessis Theatre, bringing together powerful performances in dance, choir, mime, and drama. Hosted in collaboration with Pacofs, this inspiring community production promises an unforgettable celebration of creativity, healing, and unity. For more information call 082 887 3001/074 347 7993.

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establish and maintain **lawn under trees**

pretty gardens manager - **Manie Kotzé**



Establishing and maintaining a lush lawn under trees can be challenging due to shade, root competition, and our region's dry climate.

However, with the right approach, a healthy and attractive lawn beneath trees is achievable. One of the most important factors to consider is selecting the right grass species. In our climate, shade-tolerant grasses such as LM Berea (an indigenous grass that is more heat- and drought-tolerant) or All Seasons Evergreen perform better under trees than sun-loving varieties like Kikuyu.

These grasses adapt well to lower light conditions and require less direct sunlight to thrive. The best time to sow lawn seed is in early autumn (March–April) or early spring (September–October), when temperatures are mild, and moisture levels support good germination.

As tree roots compete with the lawn for nutrients and moisture, improving soil quality is essential. Before planting, loosen the soil and enrich it with compost and a well-balanced fertiliser such as 2:3:2 to improve fertility and water retention. Avoid excessive digging that may damage tree roots, and rather focus on top-dressing the area annually with compost to maintain soil health.

Managing shade and water is another important step. While you cannot remove the tree entirely, selective

pruning of lower branches can increase sunlight penetration and improve air circulation.

This helps the grass grow more evenly and reduces the risk of fungal diseases often associated with damp, shaded areas.

Watering should be adjusted, as lawns under trees often require more frequent deep watering because tree roots absorb much of the available moisture.

Water early in the morning to reduce evaporation and allow the grass to dry during the day, preventing disease development.

Use a balanced, slow-release fertiliser during the growing season to provide consistent nutrients without overstimulating growth.

Keep mower blades set higher under trees to promote stronger roots and better photosynthesis in low light, and remove fallen leaves regularly to prevent grass from being smothered.

Lastly, minimise foot traffic in shaded areas where grass tends to grow more slowly, as excessive traffic can damage these vulnerable sections; installing stepping stones or designated pathways can help protect the lawn while maintaining accessibility. 📧



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what is a **springhare**?



These rodents have long ears that are 7 cm to 9 cm long. The body colour on the dorsal side can be reddish brown, sandy, tawny brown, or cinnamon buff with occasional white or black hairs. The ventral side is white, and a line of similar color extends up the front of the thighs and inside the legs.

The tail is very hairy and has a thick black or dark brown brush at the tip end. Overall, their pelage is thin, soft, and long with no underfur.

The springhare resembles a kangaroo with short forelegs and long, powerful hind legs.

They have four toes on their hind feet with claws that look like small hoofs; these are wider than those found on the forefeet. They have a thick muscular neck supporting their short head. They also have large eyes, and their ears have a tragus that prevents sand from entering when they are digging.

SCIENTIFIC NAME	LIFESPAN	DIET
PEDETES CAPENSIS	13 YEARS	HERBIVOROUS
WEIGHT	HABITAT	GESTATION
2.5KG	SAVANNAS, GRASSLAND	78 DAYS
SIZE		PREDATORS
35 - 45CM IN LENGTH		BIG CATS, HYENAS, HUMANS

BEHAVIOUR

Springhares are mostly nocturnal, but are occasionally active in the day. During the daytime, they live in tunnels that they dig. They plug the entrance of the hole with soil from the inside of the tunnel. It is easier for them to dig during the rainy season when the soil is wet. Sometimes they leap out of their burrows when they come out at night. The springhare jumps like a kangaroo on its hind legs, retreating to its burrow when frightened.

It has been found that a pair of springhares may occupy many different burrows on different days.

They tend to make three burrows together in a circular shape. These burrows are mostly found near the largest tree or bush within their home range. The springhare's home range is within 25 to 250 meters of its burrow. It may expand its area during a drought.

BREEDING

The springhare is a non-seasonal breeder, giving birth to one offspring after a gestation period of 78 days. Females can give birth to a single pup up to three times in a year. Pups are well furred at birth and are born in burrows.



They can see and move around almost immediately after birth. Pups are dependent on their mother's milk up to about seven weeks of age and at a weight of 1.3 kg. Sexual maturity is attained at eight months.

DIET

The springhare feeds on grass roots, rhizomes, corms, stems, seeds, and leaves, and seeks out green grasses which are high in protein and water. They forage on all fours, but sit on their hind feet and tail while eating, to manipulate the food with their forefeet.

FASCINATING FACTS

- It is the only mammal to have a septum in the lower trachea. This is otherwise only found in birds.
- One pup is born. They are non-seasonal breeders, and one female will give birth on average to three offspring per year.
- The young springhare is fully independent from about seven weeks of age.
- A pair of springhares will have several burrows with multiple entrances. When exiting the burrow, they often take one large leap to the outside. This may be to evade any predators waiting outside.
- Springhares are mostly herbivorous, but will feed on insects as well.
- During times of drought, they have been known to forage up to 20 km from the burrows.
- Water needs are fulfilled through dew, rain, and moisture content obtained from plant material; they do not physically drink.
- Their large feet assist in detecting vibration. 📺

Source:

https://animaldiversity.org/accounts/Pedetes_capensis
https://www.krugerpark.co.za/africa_spring_hare.html
https://en.wikipedia.org/wiki/South_African_springhare

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I hope and believe that everyone is well-rested, safe and well underway with whatever activities they pursue. I would like to report on some important aspects that are currently the order of the day.

Firstly, I want to allay concerns regarding the buyback of power from residents. The reason why there is a cap placed on the number of units an owner can resell is to protect our network from overloading. When there is an oversupply of privately generated solar power during the summer months, that excess power ends up in Centlec's grid. That is power that has already been paid for by the HOA to the private seller, while Centlec doesn't compensate us for it. That's bad business.

Therefore, the HOA will not stop buying power from homeowners, but it needs to be managed to better balance the phases of our internal network. Owners are still encouraged to install their own solar systems, but not to try to make a profitable business out of it.

The ongoing problem with sewage spillage in the green area behind the sewage purification works continues to receive attention, and several upgrades are planned by Mangaung Metro. One of the mixers on the reactor has been replaced, and the chlorine contact channel is also scheduled to be cleaned.

The HOA won the court battle against Mangaung Metro regarding refuse removal. The court decided in our favour to do our own refuse removal and then be credited on our rates and taxes payable to the municipality. The municipality was not happy with that decision and decided to take the matter on appeal. The court rejected their application for appeal with costs. We were since informed that the Metro approached the Constitutional Court for this matter to be heard.

The tender for the establishment of a fully-fledged gymnasium opposite the padel courts has been awarded, and we are awaiting the first proposals for the building, which might be erected during the second half of the year.

Our water reserves are sufficient to cope with any disruption for a couple of days since we added the four-million-litre capacity.

Good progress was been made in curbing water losses from our own internal network. Loss through leakage is now at 5.9% on average over the last six months, which is a first-world standard. The average of the various metro municipalities is between a staggering 40% and 45%.

Losses within the Mangaung Metro Municipal water supply system are around 47.4%, meaning that almost half the available

water to the city is lost before it even reaches consumers or generates any revenue.

The proportion of municipal water systems failing basic microbiological standards has jumped from just 5% in 2014 to 46% in 2023, while overall municipal reliability has fallen to 68%.

Some owners expressed concerns regarding the annual levy increase, suggesting that it is a direct result of the fraudulent misconduct of a previous employee, and that it is unreasonably high in relation to the consumer price index.

Let me put this in perspective. The financial committee considered various options to reduce the increase in levies; however, an increase of less than 7% was not feasible, as it would just postpone the reality and not address it.

Several of the largest expenses, such as insurance, security, IT, and electricity (9% increase), rose by much more than the budgeted 7%. Operational costs had to be cut back to less than last year to get to the 7%. Yet the operational focus is once again on innovation, productivity, and optimisation of the resources at our disposal.

The average estate levies in South Africa are R3 251 per month, some of which have far less effective security systems and less facilities.

The Board believes that our R2 120 is well placed in the market, given our world-class security and facilities.

The Board is constantly endeavouring to keep the increase as low and realistic as possible, but with the estate now being 22 years old,

maintenance on infrastructure is essential.

Regarding the fraudulent actions that took place last year, I can report that the forensic investigation is in an advanced stage, and that the person in question will be charged soon.

In the meantime, all avenues are explored to recover the lost funds, and stricter financial measures have already been implemented to prevent any recurrence.

Residents are now allowed to use both access gates, irrespective of where they are registered; however, this only applies outside peak hours, and visitors' entry codes can still only be issued at the gate where you are registered.

This year we will introduce the various committees of the Board one by one, to explain to residents their functioning, vision, mandates, and purpose. In this issue we start off with the financial committee, chaired by Mr Danie Grobler.

Also, in this issue we look at expensive modern toys enjoyed by many children as part of the estate-living lifestyle, but which brings about new challenges and responsibilities to management, parents, road users, and residents in general.

My sincere thanks to all residents who abide by the estate rules and who respect other people and their property. That is what estate living is all about.

Let's treasure and protect the privilege of living on this wonderful estate that we call home.

Till next time. Keep well, stay safe.

JOHAN NAUDÉ 🏡



Kan jy glo, die eerste kwartaal van 2026 is verby met al sy hoogtepunte én uitdagings. Ons kan net met dankbaarheid terugkyk na alles wat gedurende die afgelope drie maande in ons gemeente gebeur het. Dit was 'n kwartaal vol betekenisvolle oomblikke, nuwe inisiatiewe, gesonde groei en duidelike tekens van God se trou en nabyheid. Wanneer ons die verskillende gebeure saam oorweeg, sien ons hoe elkeen op sy eie manier bygedra het tot 'n sterk en lewende begin van die jaar vir Woodland Hills NG Gemeenskapskerk.

'n Jaar saam met ds. Zak en sy gesin

Een van die hoogtepunte hierdie kwartaal is die feit dat Ds. Zak nou 'n volle jaar deel is van ons gemeente. Hy en sy gesin is nou behoorlik deel van ons gemeente. Hy is nie net die leraar in die gemeente nie, hy het 'n vriend geword.

Ds. Zak se bediening is lewendig en interessant, sy betrokkenheid is opreg en sy liefde vir mense kan gesien word in die klein en groot dinge. Hy beweeg tussen ons mense, terwyl hy fyn luister en ondersteun waar dit nodig is.

En ons moet byvoeg dat ons gemeente ewe dankbaar is vir Hesta en Delene wat 'n uiters bekwame span is saam met ds. Zak. Saam maak hulle 'n verskil van onskatbare waarde in ons geloofs familie.

Somervreugde by die Waatlemoenfees

Januarie se koelste hoogtepunt was sonder twyfel ons Waatlemoenfees. Vet pret, van kinders met rooi gesigte en taai hande, tot groot mense wat vergeet het hoe oud hulle is, maar 'n waterwurm wat hulle gou weer daaraan herinner het! Die pa's – en natuurlik ds. Zak – wou nie uitmis op die geleentheid om saam te gly nie. Vreugde is nie ingewikkeld nie en gemeenskapsbou is eenvoudig: water, son, waatlemoen, en mense wat hulself toelaat om net kinders van God te wees.

Kinderkerk kry nuwe lewe: 'Growing Hearts'

Met die vestiging van ons Kinderkerk vir gr. 1 tot gr. 7, Growing Hearts, het dit gou duidelik geword dat hierdie bediening nie net 'n nuwe program is nie, maar 'n lewende spasie waar kinders met oorgawe betrokke raak. Elke Sondag begin met Bybelles en eenvoudige, kindervriendelike gesprekke oor die verhale wat hulle hoor. Die kort video's wat daarop volg, help om Die Bybel se wêreld vir hulle oop te maak – nie net as inligting nie, maar as iets wat hulle kan verstaan en gaan uitleef.

Die kinders is nie passiewe luisteraars nie; hulle neem met oorgawe deel aan gesprekke en lofprysing. En wanneer hulle self die kollekte opneem, word dit vir hulle 'n tasbare manier

om te leer dat gee, dien en deelwees van die gemeente nie net vir volwassenes bedoel is nie.

Ná Kinderkerk skuif die jongspan aan na hul kategetiese-groepe, waar die boodskap wat geplant is nog verder gevoed word. Ons sien week na week hoe kinders vol geesdrif opdaag, hoe hulle betrokkenheid groei, en hoe hierdie nuwe ruimte iets kosbaars in hul geloofslawe begin vorm. Die goeie opkoms en getroue bywoning maak ons dankbaar – en hoopvol oor alles wat nog voorlê vir Growing Hearts.

Die Simson-preekreeks: eerlike geloofsontdekking

Hierdie kwartaal het ons die verhaal van Simson gehoor asof dit die eerste keer was. Simson is nie 'n maklike Bybelfiguur nie – hy was vol potensiaal, maar ook vol gebroke menswees. Sy verhaal konfronteer, maar troos ook. Dit wys hoe God selfs deur mense met onverwerkte issues en verkeerde keuses sy doel kan bereik.

Die rede waarom soveel mense by die reeks aanklank gevind het, was heel moontlik oor die boodskap: God se genade is nie net vir die sterk of goeie dele van ons lewens bedoel nie, maar veral vir die brose en "swakker" dele. God sal nie Sy planne prysgee wanneer ons die pad byster raak nie.

'n Gedagte vir die pad vorentoe

Wanneer ons so terugkyk na die eerste kwartaal, sien ons 'n gemeente wat aanhou groei.

Terwyl ons nou in 'n welverdiende skoolvakansie ingaan, bid ons dat elke gesin lekker sal rus en veilig sal reis waar hul paaie ook al lei. En wanneer ons terugkom, wag daar vir ons 'n opwindende tweede kwartaal – vol nuwe geleenthede om saam te groei, en met Paasfees in April as 'n besondere uitnodiging om weer stil te word voor die Here se liefde.

Ds. Zak Scholtz, Hesta Friedrich-Nel, Delene Harmse
(saamgestel deur: Annatjie Bouwer) 📷



Vlnr: André(6); Ds Zak; Jano (8) en Tanya Scholtz



Vlnr: Jano, Zak, Tanya, André en Marguerite Scholtz



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the passion and journey of **Dr Muzi Mngomezulu**

Clement **Matroos**

From a small Mpumalanga town to becoming a respected obstetrician and gynaecologist in Bloemfontein, Dr Muzi Mngomezulu's journey is one of dedication, resilience, and heartfelt service – both inside and outside the delivery room.

Born in Kwazanele, Breyten (Mpumalanga) Dr Muzi Mngomezulu's story begins in a small town where big dreams quietly took root. It was here that he began his schooling, laying the foundation for what would become a lifelong calling in medicine. After completing school, he enrolled at Sefako Makgatho Health Sciences University, where he studied medicine and took the first formal steps toward his future profession.

He completed his internship in Nelspruit, followed by community service, gaining invaluable hands-on experience in patient care. His journey then took him abroad to New Zealand, where he worked as a senior house officer. It was there that he deepened his clinical exposure before beginning his registrar training in obstetrics and gynaecology. Eventually, he returned to South Africa and settled in Bloemfontein, where he completed his specialisation at the University of the Free State.

Dr Mngomezulu credits his inspiration for specialising in obstetrics and gynaecology to Professor Ephraim Mogokong, a respected specialist often called upon when deliveries became complicated.

"He would be called when doctors had difficulties delivering babies, and he would come in and deliver successfully," Dr Mngomezulu recalls. Witnessing those life-changing interventions left a lasting impression on him and ignited his passion for the field.

Beyond clinical practice, Dr Mngomezulu also contributed to academia. He lectured in obstetrics and gynaecology at the University of the Free State for four years, shaping and mentoring the next generation of medical professionals. In 2015, he transitioned into full-

time private practice, beginning at Netcare Pelonomi Private Hospital before later moving to Mediclinic.

Leadership has been a defining thread throughout his career. From 2011 to 2015, he served as chairperson of the advisory committee at Pelonomi, later joining the advisory committee at Mediclinic. "My role beyond patient care has always been driven by community participation," he explains, reflecting his commitment not only to individual patients but also to strengthening healthcare systems.

Obstetrics, he admits, is demanding. "You are on call 24 hours and must always be ready to deliver a baby," he says. The responsibility can be intense, but for him, it is deeply personal. "It's a calling. I have always loved obstetrics and gynaecology, and I am doing it with passion."

To balance the pressures of the profession, Dr Mngomezulu turns to adventure. He finds solace riding his motorcycle or exploring rugged landscapes in his 4x4. One of his most memorable experiences was travelling along the Skeleton Coast in Namibia, an adventure he describes as unforgettable. Music, reading, and church life also form part of his grounding routine.

His dedication to community outreach extends beyond hospital walls. He has participated in educational programmes on Motheo Radio Station, informing listeners about obstetrics and gynaecology, and has engaged in motivational speaking to raise awareness about women's health.

For Dr Muzi Mngomezulu medicine is more than a career – it is a purpose-driven life rooted in service, leadership, and an unwavering commitment to mothers and families. 📍



Dr Muzi Mngomezulu.



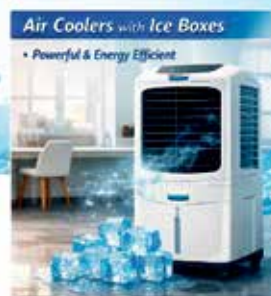
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Seeff

Expertise Built Through Generations of Trust

Meet Bianca Jonker

Top achieving Licensee and new Sole Owner of Seeff Bloemfontein.

Bianca Jonker has taken another leap in her career, and is now the Sole Owner and Licensee of Seeff Bloemfontein which is part of the nationwide Seeff Property Group. Bianca is not only one of the youngest, but one of the fastest growing licensees, and says it is an honour to take on this new role. Dynamic and ambitious, she describes this as one of the most exciting milestones of her life. An entrepreneur at heart. She joined Seeff Bloemfontein in 2022, as the youngest director with partners and, effective from November 2025, is now the Sole Owner.

Bianca was born into a business family operating a property rental portfolio, and combining the business of development with sales and rentals has been a dream come true for her. When she was initially offered a partnership role in Seeff Bloemfontein in 2022, she leapt at the opportunity, and taking over as the Sole Owner is a dream come true as she embodies and entrepreneurial and service-excellent work ethic.

From the onset, Bianca has been an achiever and already boasts an award-winning career within the Seeff Property Group as she continues to drive the business forward to the benefit of clients. Her move into leadership solidifies her reputation as a driving force for growth and excellence in the real estate market.

She brings significant management and property experience, and employs a dynamic team of skilled property agents, operating across the residential and commercial property sector in both sales and rentals. The business is backed by the Seeff Property Group, one of the top real estate groups with a 6-decade track record of success, innovation and leadership in real estate.

The Seeff Group encompasses over 1,200 agents and 200 branches across the country, and in neighbouring countries, Mauritius and Dubai. It offers the latest Proptech, legal compliance and back-office support for end-to-end business transactions, and complete peace of mind for our clients.

We focus on high visibility, dynamic marketing, networking and wide reach, which includes a database of verified clients waiting for the next property opportunity.

It is our profound honour to be a part of the Bloemfontein property market, and Woodlands in particular.

We see Bloemfontein as a growing market, and are excited to be a part of it. We are driven by excellence in all that we do. Seeff opens thousands of doors each year to new property aspirations. If you would like to know more about what we can do for you, pop into our offices in the Woodlands Village, or contact us today!

Bianca Jonker
Principal and Owner
Seeff Bloemfontein

insights from the animals **in our estate**

attention, concentration, and energy

Annatjie **Bouwer**

Nowadays, we have apps and systems that help us focus better, get more done, and manage our energy. It has led some of us to believe that we suffer from adult ADHD, without a specialist's diagnosis. But honestly, nature figured the science out long before we showed up with planners and productivity hacks. Nature outperforms our human systems, and this is why:

Animals don't have productivity books, digital planners, or stress management apps, yet their systems are elegant, sustainable, and grounded in real-world feedback loops.

Humans, on the other hand, tend to ignore fatigue and try to do everything at once. A few things become clear when you look at how animals operate:

- They conserve energy until action is necessary.
- They distribute responsibility across the group.
- They design their environment to make survival easier.
- They reset often and use natural rhythms to guide behaviour.
- They react to stress in a way that has a beginning, middle, and end.

The wildlife we are fortunate to see in our neighbourhood has built-in strategies for paying attention, conserving energy, staying alert, and recovering quickly after stressful moments. It's genuine biological behaviour, not analogy or storytelling. These behaviours come straight from research, biology, and survival mechanisms honed over generations.

Below are practical examples drawn from animals that quietly run some of the most effective behavioural "programs" out there.

Listen like an owl: selective attention and precision

Owls don't waste time scanning everything all at once. They focus on what matters most.

Barn owls, for example, use tiny differences in how sound hits each ear to create a mental "auditory space map". They are excellent at filtering out noise and locking onto the one cue that counts – even in total darkness. They don't see the whole field; they track the thing that's moving.

Human takeaway

Stop trying to take in everything at once. Pick the signal you need, tune into it fully, and let the unnecessary noise slide into the background. One cue at a time is often enough.

Stand guard like a meerkat: shared vigilance and energy rotation

Meerkats don't do lone wolf monitoring. Their whole system runs on shared responsibility.

In a group, one meerkat acts as the sentinel while the others forage. The "guard" position rotates so no one burns out, and they communicate constantly with soft "all clear" calls. It's such a smart energy-saving strategy – everyone gets to focus on what they're doing because they know someone else is watching their back.

Human takeaway

Not every task needs to be done by you. Trade roles, rotate responsibilities, and set up systems where someone else signals if something needs attention. Mutual awareness reduces mental load.

Weave like a weaverbird: design systems that reduce friction

Weaverbirds are tiny engineers. Their pendant nests with long entrance tunnels aren't built for style – they're built for function. Those tunnels reduce the chances of predators getting in and help to stabilize the structure against environmental bumps.

They put the effort in upfront, so life is easier later.

Human takeaway

Sometimes the best concentration hack is a well-designed environment. Add barriers to the things that distract you and create smoother pathways to the things you want to do. Smart design equals less reactive effort.

Ventilate like a termite mound: rhythm and regulation

Termite mounds work like external lungs. Their internal structure channels airflow so the colony can control temperature, humidity, and carbon dioxide levels. What looks like a dusty hill is an active ventilation system that runs on daily temperature shifts.

Human takeaway

Your brain needs a similar rhythm. Work cycles and rest cycles matter. Resetting airflow, figuratively and literally, keeps the system from overheating. Step away, cool down, and return – it's biology, not laziness.

Recover like a giraffe: calm vigilance and smart stress adjustment

When you walk or cycle and encounter our giraffes, they may seem relaxed, but they're excellent models for managing stress without overreacting.

Research on free-roaming giraffes shows that when something changes in their environment, like people



coming closer, they become more vigilant, and their stress hormone levels rise. But here's the interesting part: as they get used to the stimulus, their movement patterns and stress indicators settle down again. They don't stay in a drawn-out state of alarm.

Another study found that giraffe vigilance isn't just about predators; social dynamics also matter. Adults change how much they scan based on who's around them, males, females, calves, or unfamiliar individuals. They adjust their attention in real time, without tipping into chronic stress.

Human takeaway

This is the "check, assess, and release" model. Notice what's happening, decide whether it truly deserves your energy, and if it doesn't, let it go. Staying alert doesn't mean staying tense. Giraffes keep a baseline of calm awareness, something most of us could use more of.

Birdsong: easy mood regulation and mental reset

You don't need a complicated wellbeing routine; even birdsong has measurable effects. Studies have shown that both hearing and seeing birds can boost mood and mental clarity for hours afterward. Hikers who walked along trails with added birdsong reported stronger restorative feelings compared to those without it.

It's a simple, low-effort input that improves focus because your brain interprets birdsong as a sign of safety and normalcy in the environment.

Human takeaway

If your energy is dropping, step outside for a few minutes. Listen to the natural soundscape, especially the birds. Your nervous system responds faster than you think.

Animal-to-Action Guide

These behaviours are biological strategies you can pull straight into daily life. When you think in terms of "What would this animal do?" it becomes surprisingly easy to frame your own habits differently.

Owl: Focus on the one cue that matters.

Don't widen your attention unnecessarily. Narrow it.

Meerkat: Share vigilance and rotate demanding tasks.

Not everything must be carried alone. Build predictable rhythms with others.

Weaverbird: Design your environment intentionally.

Make good behaviour easier and bad habits harder.

Termite: Work in breathable cycles.

Short resets aren't optional. They're how systems regulate themselves.

Giraffe: Stay calmly aware, without overreacting.

Check what's happening, decide if it matters, then carry on.

Birdsong: Use natural cues for quick emotional recovery.

Your brain trusts nature more than you think.

You don't need to start living in the bush or tracking wildlife to use these lessons. Just paying attention to the animals around us is a pretty good reminder that nature already knows how to manage attention, concentration, and energy. We just need to be willing to learn from it. 🦋



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luxury toys are becoming a hazard

Johan Naudé

The older generation will remember that you could consider yourself lucky if you owned a bike or a pair of roller skates, or you had to build your own kaskar or draadkar.

However, the rapid excelling technological age in which we live today makes it possible to buy highly advanced toys for children, for which neither the child nor the authorities are ready yet.

I'm talking about drones, e-scooters, hoverboards, Segway Ninebot, quad bikes, petrol-powered go-carts, and the like.

During the past holiday season, the following was observed on the estate, with great concern:

- A little boy, probably not even of school age yet, rides a real petrol-powered motorcycle.
- Young girls ride scooters at staggering speeds without any protective gear – sometimes with a passenger on board, and sometimes after dark.
- Children allowed to ride a golf cart with passengers, without adult supervision.
- Parents allowing children to take control of a motor vehicle, letting them drive it themselves.
- Small children sitting on parents' laps and driving the car.

The National Road Traffic Act classifies e-scooters as motorised vehicles, which must be registered and licenced when used on public roads. But, because the estate's roads are part of private common property, the HOA is the institution that regulates them. Roads on private land are therefore not automatically regulated under the full scope of the National Road Traffic Act.

- HOA Rule 2.5.2: The Association reserves the right to impose road traffic rules.
- HOA Rule 2.5.8: Drivers of any motorised vehicle must have a valid driver's licence.
- HOA Rule 2.5.3 The Association has the right to impose a special levy for non-compliance with traffic rules on the roads within the Estate.



On this estate, it has become part of the lifestyle for children to play in the streets – provided it is safe for everyone and does not cause noise or disturbance.

However, children often lack the judgment and experience to anticipate hazards, making collisions and falls more likely. When traffic rules are unheeded, vehicles and pedestrians alike may be caught off guard, increasing the risk of serious accidents. The unpredictability of children's behaviour can create hazardous situations for all road users in the estate.

Across private security estates, the sight of children

zooming along the roads on scooters, hoverboards, Ninebots, go-carts, and mini motorcycles has become increasingly common. These modern motorised toys provide excitement and freedom, but they also introduce a range of safety concerns, particularly in communities where roads are private and traffic rules are not strictly enforced. This relaxed oversight makes it imperative to explore the risks and responsibilities associated with their use.

Motorised toys capable of reaching significant speeds pose a clear danger to the young riders themselves as well as to licensed road users navigating the same roads.

Speed can be fun, but with speed comes risk. I am amazed every day when I see children riding without helmets, at 30 km to 40 km/h. Do people underestimate the speed these high-end toys can achieve, and how quickly things can go wrong on an e-scooter? The absence of protective gear becomes even more critical with motorised toys that can reach higher speeds, where even a minor accident can result in significant harm. You will never see people ski or skateboard without a helmet, yet standing on a plank with only two small wheels seems to be okay.

When you give your child an e-scooter, or motorised self-balancing vehicle, a helmet is a mandatory accessory. Yes, wearing a helmet is mandatory for both riders and passengers on scooters and motorcycles in South Africa. It is a legal requirement and an essential safety measure to protect the rider's head in case of an accident or collision.

Gloves, elbow, and knee pads should be next on that list before the first fall, not after it. Parents have a duty to promote and monitor the consistent use of safety equipment.

Owning expensive motorised toys is not just a privilege – it is a responsibility that extends beyond the child to their parents and the community. Parents must educate their children about the risks, safe riding practices, and the importance of respecting other road users. Setting clear boundaries for where and when these toys may be used, along with regular reminders about protective gear, can help foster safer habits.

Riding scooters and other motorised toys after dark dramatically increases safety risks, especially in the absence of lights or reflective materials. Visibility drops, making it difficult for both children and motorists to detect hazards. The risk of collision grows, as does the potential for severe injury. Parents should prohibit any riding after sunset or before sunrise.

Parents are also requested to at least keep small children off the streets during peak traffic hours for obvious reasons. Collector routes such as Swartwipens Circle, frequented by large trucks and buses, should always be avoided by unaccompanied minors.

To address the challenges posed by motorised toys on the estate, a collaborative approach is needed. Parents

must take an active role in educating and supervising their children, while estate management should provide and enforce clear safety policies. Mandatory protective gear and restrictions on night riding and peak time riding are practical steps that can significantly enhance safety. By recognising shared responsibilities and committing to proactive measures, we can ensure that children enjoy their toys securely and responsibly.

Estate management also plays a crucial role by providing guidelines and monitoring compliance to ensure a safe environment for all residents. We don't want to overregulate, but if parents don't take responsibility, strict rules will have to be implemented as part of management's responsibility to create a safe environment for all residents.

Now, let's talk about drones. It is such a nice toy, yes. But private drones are strictly forbidden from being operated in the estate. Here's why:

- The South African Civil Aviation Authority (SACAA) regulates drones under Part 101 of the Civil Aviation Regulations, which came into force on 1 July 2015. Enforcement includes penalties of up to 10 years' imprisonment or a fine of R50 000 for Civil Aviation Regulations violations.
- Drones may not fly within 10 kilometers of any airport or airfield without SACAA approval and coordination with air traffic control. Woodland Hills Wildlife Estate is situated within this radius of the New Tempe Airport. Any unauthorized operations must be reported to security.
- It is an annoying sound and an intrusion on other people's privacy.
- (Management sometimes employs the services of registered and authorised drone operators for aerial surveys, game counts etc.) 📹



Rayton Garden Centre

Local heaven for plants and garden inspiration

Tucked away on the corner of Frans Kleinhans and Floris Coetzee Street, near Woodlands, Rayton Garden Centre has quietly become one of Bloemfontein's favourite green escapes. Since opening on 1 October 2024, this once small, developing nursery has grown into a thriving garden centre — a place where gardeners don't just buy plants, but leave with confidence, inspiration and a deeper connection to nature.

Rayton Garden Centre was built on a simple belief: gardening should be accessible, sustainable and joyful. Whether you're planting your very first flowerbed or refining a well-established garden, the focus remains the same — healthy plants, honest advice and solutions that work in Bloemfontein's unique climate.

Walking through the nursery, visitors are met with a carefully selected range of seasonal colour, shrubs, indigenous and exotic trees, indoor plants, succulents and speciality plants. Each plant is chosen with intention, prioritising quality and resilience rather than fleeting trends.

Advice rooted in experience

One of Rayton's defining features is its hands-on approach to customer guidance. Free consultations are offered at the nursery, where customers are encouraged to bring photos of their gardens, measurements, and information about sunlight and shade. From there, practical planting and landscaping advice is given that is tailored, realistic and climate-appropriate. A warm, welcoming, family- and pet-friendly atmosphere that supports the local economy by partnering with local suppliers wherever possible.

The importance of healthy soil and organic compost

At Rayton Garden Centre, we always tell our customers that healthy plants start with healthy soil. Preparing your soil properly before planting is one of the most important steps for a thriving garden. Good soil organic compost that's available at Rayton Garden Centre and our partner Bloem Organic Compost, not only helps plants grow strong roots and resist drought, but it also naturally protects them from pests and fungal diseases. We strongly believe in starting with organic and eco-friendly gardening methods before turning to chemicals. Protecting our ecosystem and preserving beneficial insects is a core value at Rayton Garden Centre.

Plants that thrive — and give back

Rayton Garden Centre has become particularly well known for its Salvia range, one of its top sellers. Salvias thrive in Bloemfontein's climate, are frost resistant, deter fungal diseases, and attract birds and pollinators — all while being left untouched by Woodlands wildlife. Their long flowering periods and easy care make them a firm favourite for both seasoned gardeners and beginners alike.

A strong commitment to indigenous and water-wise gardening

With water scarcity as an ongoing reality in the Free State, Rayton Garden Centre places a strong emphasis on indigenous and drought-tolerant plants. March to April are highlighted as ideal months for new plantings, allowing roots to establish before winter.

Indigenous plants are not only well adapted to local conditions, but also require significantly less water once established. They are generally more resistant to pests and diseases, thrive in poorer soils, and play a vital role in supporting biodiversity by providing food and shelter for birds, insects and small animals. Many are also medicinal or edible, making them both practical and purposeful additions to the garden such as the Spekboom, Noem-Noem and Kei-apple.

Plants to Consider When Planning Your Garden in Woodlands

Gardening in the Woodlands area comes with its own set of considerations — particularly when it comes to Woodlands wildlife. The good news is that thoughtful plant choices can make all the difference. By selecting plants with aromatic foliage, tough textures or natural defences, it's possible to create a beautiful, resilient garden that coexists with local wildlife rather than constantly battling it.

Recommended trees and shrubs

Several indigenous trees and shrubs perform exceptionally well in the Woodlands environment while offering structure, shade and habitat for birds and insects:

- Vachellia karroo (Sweet Thorn) – Extremely hardy and ideal for restoring natural woodland landscapes.
- Wild Olive (Olea europaea subsp. africana) – Evergreen, adaptable and valuable for wildlife.
- Searsia lancea (Karee) – Fast-growing, evergreen and elegantly shaped.
- Cussonia paniculata (Mountain Cabbage Tree) – Hardy and well suited to rocky areas.
- Ziziphus mucronata (Buffalo Thorn) – Exceptionally tough and adaptable.
- Buddleja saligna (False Olive) – Excellent for screening and attracting beneficial insects.
- Combretum erythrophyllum (River Bushwillow) – Excellent fast growing and shade tree.
- Ehretia rigida (Puzzle Bush) – Drought-resistant and an important food source for birds.

Aromatic plants – nature's deterrent

Strongly scented foliage often acts as a natural deterrent to grazing animals, making these plants both practical and attractive:

- Wild Garlic (Tulbaghia violacea) – Hardy and pungent, and generally avoided by wildlife.
- Wild Rosemary (Eriocephalus africanus) – Grey foliage with a sharp, herbal aroma.
- Spur Flowers (Plectranthus species), especially Lobster Flower (P. neochilus), known for its strong scent.
- Sagewood (Buddleja salviifolia) – A large, aromatic shrub with soft grey leaves.

Thorny or hairy textures

Plants with spiky, rough or fuzzy foliage are far less appealing to grazing animals:

- Buffalo Thorn (Ziziphus mucronata), with its distinctive "hook-and-stab" thorns.
- Honey-Bell Bush (Freylinia tropica), ideal for dense hedging.
- Everlastings (Helichrysum species), many with woolly leaves.
- Aloes, such as Aloe maculata (Soap Aloe), which are generally left untouched.

Tough, leathery foliage

Fibrous or leathery leaves are harder to digest and therefore less attractive to Woodlands wildlife:

- Wild Olive, once established, is seldom grazed.
- Cabbage Tree (Cussonia paniculata), although young plants may need temporary protection.
- Agapanthus (Agapanthus praecox), where leaves are rarely eaten.
- Dietes grandiflora and Dietes bicolor, widely used for their toughness and reliability.
- Lavender, a classic deterrent thanks to its strong fragrance.
- Salvias, which contain pungent oils and are considered "rarely damaged" by wildlife.

Tips and tricks with a natural solution element

- Add charcoal to soil mixes to absorb toxins and improve root health and fight root rot.
- Use cinnamon or a mild bicarbonate of soda solution to help manage fungal problems.
- For insects, choose a natural repellent such as arlic- or neem-based products. Tulbaghia (wild garlic) is not just an insect repellent but also have healing properties.
- Epsom salt (magnesium sulphate) works well as a foliar feed and helps correct yellowing leaves (magnesium deficiency).
- Soak banana leaves in water and use the liquid to water plants for a gentle natural nutrient boost.
- To make soil more acidic, add used coffee grounds or pine needles.
- For snails and slugs, make a simple beer trap or place crushed eggshells around plants as a natural barrier.



hillandale-rolbalklub

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

Lede van die Hillandale-rolbalkklub was in rooi getooi tydens die Kersrolbaldag. Altesaam 56 spelers het aan die sosiale viere-spel deelgeneem. Dié feestelike geleentheid is 'n jaarlikse instelling wat groot byval by klublede vind, omdat baie spelers dan kan deelneem in die ontspanne atmosfeer van musiek, kleur en fees.

Na afloop van die spel het spelers aangesit vir 'n heerlike ete, waarna elkeen 'n Kersgeskenk ontvang het. Pryse is van minder belang, aangesien dit die gees van die spel en die samesyn is wat saak maak.



Die jaar het soos gebruiklik afgerol (dis rolbal, nie rugby waar daar afgeskop word nie!) met die sosiale byeenkoms op Nuwejaarsdag, wat ook 'n groot sukses was.



Elma Pretorius, links, en Anne-Marie van den Berg.

Die eerste kompetisie van die jaar, die tweebal-enkelspel, het vroeg in Januarie plaasgevind. Die vrouewenner was Elma Pretorius en Anne-Marie van den Berg was die naaswenner.



Leon Crawley, links, en Michael Coomans.

Die tweebal-enkelspel vir mans is gewen deur Leon Crawley met Michael Coomans as die naaswenner.

Die klubpaarspel-kompetisie het pas uitgerol, en is in volle gang. Die resultate sal in die volgende uitgawe gepubliseer word.

Hillandale-rolbalkklub se vroue het in die Suid-Vrystaatse Ope Vierespel as naaswenner geëindig in 'n spannende eindronde wat regstreeks gestroom was, met Jannie du Plessis, ook 'n lid van die Hillandale-rolbalkklub, as kommentator.



Die naaswenner van die Suid-Vrystaatse Ope Vierespel-kompetisie is van links Petro Botha, Rita Krog, Hillary Rall en Martie Olivier.

Die naaswenner van die Suid-Vrystaatse Ope Vierespel-kompetisie is Petro Botha, Rita Krog, Hillary Rall en Martie Olivier.

Die Hillandale-rolbalkklub het voorts die uitsonderlike prestasie behaal deur die Suid-Vrystaatse Veterane Vierspel-kompetisie in die mans- én vroueafdelings te wen.

Die twee spanne bestaan uit Nellie Riddle (skiep), Petro Botha, Elma Pretorius en Retha van Rensburg, en Michael Coomans (skiep), Francois Jacobs, Francois van Vuuren en Leon Crawley.

Verlede jaar is die vier verskillende spelposisies bespreek. Vanjaar gaan ons na die verskillende kompetisieformate en terminologie kyk.

Tweebal-enkelspel:

Die kompetisie word op 'n uitklopgrondslag beslis. Tydens die uitklopfases word slegs 14 koppe gespeel en die speler met die meeste punte is die wenner.

Vir die semifinale en finale ronde is die speler wat eerste 21 punte behaal die wenner.

Gebrande koppe word nie oorgespeel nie en die witbal word op die 2 m-merk teruggeplaas.

Om wedstryde te bespoedig mag spelers nie die kop besoek voordat al vier balle gerol is nie. Indien daar 'n raakbal ("toucher") is, kan die spelers self besluit of dit nodig is dat dit vinnig gemerk moet word.

Daar is geen "merkers" nie en die witbal word op die 2 m-merk geplaas terwyl die mat binne die toelaatbare merke/afstande geskuif word.



Van links is, voor: Nellie Riddle (skiep), Petro Botha, Elma Pretorius en Retha van Rensburg; agter: Michael Coomans (skiep), Francois Jacobs, Francois van Vuuren en Leon Crawley.

Terminologie

Gebrende skof: Dit gebeur wanneer die witbal buite die grenslyne van die baan gestamp word deur 'n bal wat in spel is. In formele kompetisies word die skof gewoonlik oor gespeel. In sosiale spel word die witbal weer op die middellyn geplaas, 2 m van die voorste sandsloot af, eerder as om oor te speel.

Merker: In die afwesigheid van 'n skeidsregter of 'n skiep, sal 'n merker die rol vervul. Die speler op die mat kan vrae vra oor die stand van die kop. Die merker kan aandui waar die witbal lê, of watter bal die skoot lê, maar mag geen advies gee oor die skoot wat gespeel kan word nie. **[E]**

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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oversight is the role of the financial committee of **Woodland Hills HOA**

by **Danie Grobler**, edited by **Johan Naudé – chairman**

As members of the Woodland Hills Homeowners' Association (HOA), it's essential to appreciate those who work behind the scenes to maintain the financial health and integrity of our community.

One such vital committee is the Financial Committee (FC), whose role is one of oversight, ensuring our association operates transparently.

The committee is chaired by Mr Danie Grobler CA(SA), director of EMS Solutions. He is also the vice-chairman of the board.

The FC as an oversight committee

At its core, the Financial Committee serves as an oversight body rather than a hands-on operational or management team.

Composed of dedicated volunteers from our community, the FC's main responsibility is to monitor and ensure that all financial policies



Mr Danie Grobler.

established by the HOA board are strictly followed. This oversight helps safeguard the association's resources, promoting accountability and preventing any deviations that could impact our collective interests.

By reviewing financial management statements presented by the financial manager, audited financial statements reported on by external auditors, and internal audit reports presented by independent internal auditors, the FC acts as a watchdog, confirming that expenditures align with approved guidelines and that revenue collection remains efficient and fair.

This role is particularly important in a community like ours, where levies directly fund maintenance, amenities, and long-term improvements.

Ensuring budget compliance

A key aspect of the FC's oversight is its focus on budget adherence. Each year, the HOA develops a comprehensive budget that outlines projected income and expenses, covering everything from landscaping and security to reserve funds for major repairs. The FC reviews progress against this budget on a regular basis, identifying any variances and recommending adjustments if needed.

This proactive approach ensures that our association stays within financial boundaries, avoiding overspending or unexpected shortfalls, ensuring fiscal discipline and as such protecting the value of our properties.

Consideration of external auditor reports

To maintain objectivity and thoroughness, the FC relies on independent expertise. It receives and carefully considers reports from both internal and external auditors. These third-party professionals conduct detailed examinations of the HOA's financial records, providing unbiased insights into compliance, risk areas, and overall financial practices.

The internal auditors focus on day-to-day

operations and internal controls, while external auditors offer an annual independent audit to confirm the accuracy of financial statements. The FC discusses these findings in their meetings, using them to make recommendations to the board. This process enhances transparency and builds trust among homeowners, knowing that expert eyes are scrutinising our finances.

Reporting from the financial manager

Supporting the FC's oversight is the financial manager (FM), who provides regular updates on the HOA's financial position.

These reports include summaries of income, expenses, cash flow, and reserve fund status, giving the committee a clear picture of our association's fiscal health.

The FM's input is invaluable, as it allows the FC to assess trends, forecast potential issues, and ensure that financial strategies align with the HOA's goals. This collaboration ensures that the committee's oversight is based on accurate, up-to-date information without delving into operational details. The FC relies on the CEO and FM to ensure the reports are accurate.

What the FC does not do

It's important to clarify that the FC's role is strategic and oversight-oriented, not investigative or administrative. The committee does not verify the accuracy of detailed financial transactions, such as individual invoices or ledger entries, as that responsibility falls to the FM and auditors.

Instead, the FC focuses on policies and procedures, trusting the professionals to handle the granular details while ensuring overall compliance and policy enforcement. This distinction allows the FC to remain efficient and effective, concentrating on governance rather than day-to-day management.

Conclusion

The FC is a cornerstone of the Woodland Hills HOA's governance structure, providing essential oversight to keep our community financially sound. By ensuring policy adherence, monitoring budgets, and incorporating auditor insights, the FC helps protect our shared investments and fosters a transparent environment. We encourage all homeowners to stay engaged – whether by attending meetings, reviewing annual reports, or even volunteering for committees like the FC. Together, we can continue building a thriving Woodland Hills community. 🏡



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Ringe in die bos

Ons gooi elke jaar genoeg plastiek weg om 22,5 miljoen vullislorries vol te maak. As hulle agtermekaar parkeer, sal die ry meer as VYF keer om die ewenaar strek. Goeiste.

Geen weggooiplastiek is goed nie, maar het jy geweet dat ringe die derdegevaarlikste is? Enige plastiek in 'n ring of kring is dodelik vir diere. Ek gaan nou nie vandag die tannie wees (jip, ek word hierdie jaar oud genoeg daarvoor) wat sê alles moet in karton verpak word nie... maar sal jy so gaaf wees om jou plastiekringe stukkend te knip voor jy dit weggooi? Seblief. Dit is meestal daardie harde plastiekring wat jou plastiekbottel se plastiekprop in plek hou. Net een klein knippie met 'n skêr kan 'n lewe red.

Laat een middag gedurende die somervakansie het ek 'n hoplek op ons gras sien lê, en onmiddellik vir Buddy verdink. Jy kan 'n Jack

Russel baie dinge leer, maar nie om 'n duif uit te los nie, hoor. Ek het probeer. In ieder geval, dit was toe nie 'n duif nie. Voor my voete het die uitgeteerde lyf van 'n hoefhoep gelê met 'n plastiekringetjie stewig om sy bek. Nee, man. Ons kan beter doen as dit. Leer jou kinders ook asseblief om hierdie tipe ringe en rekkies eers stukkend te knip – selfs al gooi jy dit in die herwinningsdrom, 'n mens weet nooit wat glip uit nie.

Plastiek red darem ook lewens – soos inspuitings, IV-buise, prostese, handskoene... sonder plastiek sou moderne medisyne nie moontlik gewees het nie. Maar moenie dat die prys wat ons hiervoor betaal te hoog word nie. Herwin waar jy kan, knip soos jy gaan, en dink so 'n bietjie oor die impak van jou bestaan.

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