



HIGHWAY

ISSUE 14 • APRIL 2024

Unlimited

HILLCREST HILTON - HOWICK



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We provide a platform for those optimistic business owners out there who get up each day and make the most of it. We won't let you down, we will get print copies out everywhere we can, and you will also be in our on-line issues on the website. To support your trust, we will pack each issue with articles that mean something. Earth issues, Health, Ideas and Solutions for the Communities because we are incredibly special, this is a unique part of the world - Hillcrest, Hilton and Howick.



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Highway UNLIMITED

Was launched in 2021, after Covid, to give our advertisers who advertised previously in Estate magazines a bigger footprint of exposure for their money. This Bi-monthly publication gives focus to business owners wishing to attract Highway residents and other business outlets. Delivered via Shopping Centres, Supermarkets and Coffee Bars, we have no doubt that this 'baby' will flourish and grow rapidly.

Hilton Life

Was launched in 2014, originally as a quarterly publication. It was extended to a bi-monthly publication in 2019 at the request of the advertisers. There is a uniqueness about the region and the magazine has captured this special trait.

Like all publications in the Kal-Media stable the magazine is 'shared' not 'thrown away', which of course makes excellent value for the advertisers. The publication is delivered to residents of the Garlington Estate in Hilton as well as popular retail outlets in Hilton, Howick and Nottingham Road.

It is an ideal advertising vehicle for business wishing to attract the Hilton and Midlands residents.

The Ambers Magazine

Was established in 2012 and has grown leaps and bounds. Packed with features about the residents of this popular gated community the magazine also features a Health and Medical Directory.

Residents are encouraged to contribute articles and cover shot photography, which is why it always makes such interesting reading. In 2018 due to demand by the advertisers and readers alike the publication grew in pages and became bi-monthly, which of course makes immense value for the advertisers.

The publication is delivered to residents of the Ambers Estates as well as popular retail outlets in Howick. It is an ideal advertising vehicle for business wishing to attract the senior residents of The Ambers.

Digital media won't replace print media. Print media is evolving in the same way as cars didn't replace horses. Horse riding evolved from transport to sport to recreation. Print has moved away from broad base to the concentrated.

Dear Readers

My youngest granddaughter turned 3 last week, the time has indeed flown. Watching the mothers at the birthday party and their stamina following their little ones around and pandering to their every demand, I was so glad that once upon a time, I too had that stamina, and I had my kids to run after.

One thing that I did notice was that as my granddaughter was given her gift, she looked each child in the eye and thanked them profusely for her present. Something that I was so proud of, and possibly, that her parents had instilled in her, the fact that we should be grateful for each gift given, no matter how big or small.

There is a proverb that says "manners maketh the man." Translated simply, the proverb states that politeness, good manners, and civility are essential to humanity. Your mannerisms and characteristics make you who you are, and you are judged by manners and conduct.

Instilling etiquette in your children is a challenging but worthwhile effort. You might think well-mannered kids are born rather than raised or that your kids will naturally pick up on the way to act from watching those around them. However, while some kids do take to manners more naturally, it's vital to teach and reinforce these important skills to your children.

It is so good to see this happening more and more, children who, even to each other, express thanks for deeds and kindnesses.

Till we meet again,
Warmest regards

Pat Franken

082 552 3027



I've learned..... it doesn't take much energy to be kind to one another.



IN THIS ISSUE

- Page 05 Just a thought
- Page 07 Are Dreams vital in life?
- Page 09 Watercrest Vet - Human medication isn't pet medication
- Page 11 Livesmart - Omega 3 - Support for athletes
- Page 13 April celebrates International children's book day
- Page 15 Riley Physios - Stroke - what to look out for and how to treat it
- Page 18 A banana a day, keeps the doctor away
- Page 21 Salt Cravings

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Immunity Boosting Smoothie Recipe



INGREDIENTS

- ▶ 1 carrot, washed, peeled, and chopped into about 5 pieces
- ▶ 1 banana, peeled and chopped
- ▶ 1 whole clementine, peeled, segmented
- ▶ 1 inch knob fresh ginger, peeled and grated
- ▶ 6 to 8 ounces freshly squeezed orange juice
- ▶ 2 tablespoons fresh lemon juice
- ▶ ¼ tsp turmeric powder
- ▶ ⅛ tsp ground cinnamon
- ▶ ⅓ cup plain yogurt
- ▶ 1 cup ice
- ▶ sweetener, optional

INSTRUCTIONS

- ▶ Add all ingredients to a high-powered blender in the order listed (sweetener is optional); process until completely blended.
- ▶ Taste for sweetness and adjust accordingly.
- ▶ Pour the smoothie into a glass and enjoy!

<https://diethood.com/immunity-boosting-smoothie/>



JUST A THOUGHT

I was having my nails done the other day, and at the next table was an older lady, the nail technician asked if she may take a photo of her nails to put on her Facebook page. A normal enough request. But the lady hurriedly pulled her hands away and said, "My hands are old and ugly, I don't want to draw attention to them".

I was surprised because I have passed my 3 score and 10, and although my hands fit into that category, I had never ever thought of that. I do dread getting older, and no its not because of the wrinkles it is because I still have so much that I need to do.

For me, age is a privilege that is denied to many, and even if it is the autumn of your life, we should realise just how precious time is.

Your hands are the story of your life. They tell of love, care devotion and hard work. These hands have touched and held things that some people can only wish for. I do not think of my hands daily and no I don't loathe these hands either. I just have always taken care of my nails and hands.

These hands have held 4 babies, held teenagers tight, drove my kids to school over the years and hugged my grandchildren. They have planted tomatoes and written articles and a book and put cream on tired eyes at night. These are the hands that clutched my

husband's back when we danced out wedding waltz, touched each newborns perfect face, the hands that touched my parents for the last time and put their photos in places over the house, lest we forget.

These hands have played in the mud and batter, and learned to knit and crochet, have been rung in grief and sadness, and used the middle finger to a passing impatient motorist.

Yes, I will agree that these hands have gone from bearing velvety skin and long red nails to wrinkled and running with wormy veins, but thank God, they are still working and strong. These hands have become my history holders and am proud of their hard-earned journey and for the fact that they still make everything happen in my life - all that is good and right.

Alas! they keep no secrets any longer, but they bring my mother back to me each day I wash dishes and cook her recipes or to dial the number for my children no longer in my nest. They are veiny and spotty and the map of the life that I cannot erase, but they still keep allowing me to add new chapters.

**They are the hands
of truth!**

About Divorce

Divorce is becoming more and more common, particularly amongst couples with young children. Let's look at some myths about divorce and some ways to reduce the short and long-term fallout.

Myths

1. Young children are not affected by divorce as they are too young to understand and are more adaptable.
2. Mothers have more right to the children as they have given birth to them or may take on a more nurturing role from young.
3. A child needs to know what the other parent has done to "break up the family".

Research has indicated that children of all ages, even into adulthood are affected by divorce. One of the most important things for children is a sense of security and stable and consistent attachment figures. These can be parents, extended family, or other meaningful people in a child's life, but home life is where a child comes back to, goes to sleep in and needs to be a place of physical and emotional safety.

However, divorce happens - so what research has also shown is that the way that the divorce and post-divorce process is managed by all parties, including extended family has a major impact on children's adaptation and capacity for later healthy adult attachments.

One of the choices to start with is how do you tell the children, when do you tell them, what do you tell them?

Like any communication this needs to be age appropriate, non-blaming, and aim to reduce distress. The more you co-operate, the better the adjustment can be. You will be in each other's lives through your child for many years and facilitating your and your child's comfort is important.

The next choice is mediation or litigation. These options can be researched and the appropriateness for each situation decided.

We, as humans can feel a strong range of emotions and the children can be a way in which the other is punished or inconvenienced e.g.

- Trying to get full custody (primary residence) vs shared, when the other is a competent parent.
- Not arriving to fetch or drop your child when you are meant to.
- Being unreasonably inflexible with arrangements with the other parent.
- Discussing the other parent's faults in detail or dropping remarks about them to your child.



- Expecting full loyalty from your child and not seeing them as a separate person who wants to love the other parent.

Despite your best efforts, it may be that one of the parties in the divorce loses interest in the children, is not reliable over the long-term, does not contribute financially, moves on to create a new family who are more important etc.

The main thing is that we can only decide on how we wish to conduct ourselves in relation to the divorce and post-divorce relationship. We cannot control someone else, and some people are determined to play out their anger for many years. However, we can, where possible, look at our own intentions closely and remember the guiding principle - **"is this in the best interests of my child?"**.

Sometimes what we believe to be in the best interests of the child is valid. However, some of the rationalizations of what is in the best interests can be contaminated with one's own interests and unresolved emotions.

In divorce, layers of emotion are played out in many ways by all members of the family, the parents, the children, the extended family and friends.

Healing can be a long and a hard process.

However, the simpler and more co-operative one can keep it, the more one can rise above the urge to punish or withhold from the other, the more one is determined to work with one's own hurt, resentment, or anger, the better the outcome will be in years to come.

"All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose" Brian Tracy.

I never get tired of talking about peoples' dreams. I love hearing little children's dreams, teenagers, excited adults and yes even reminiscing senior citizens. To me dreams are like expanding the boundaries of our 'real' lives.

For me, if you one doesn't have a dream in life, one is going nowhere. They are so necessary! Because without dreams there will be no ambitions to chase, no goals to reach. To me we are nothing without dreams, it would be like chasing a non-existent shadow or that dreaded wild-goose chase. We just can't achieve anything in life with out goals, so to achieve these goals, we need to dream.

Even the most successful people in life, once had dreams, - small ones, big ones - that is what made them what they are today. Surely one would lose interest in life, if one didn't have dreams? Daily life would be boring and tiring with the same old monotonous routine. There are so many exciting things to dream about, things to have, things to do, places to go. Because with dreams, you will find a purpose to live your life. You will start working hard towards that dream and you will never loose interest in trying to achieve what you dream, motivation will be the driving force behind you and becoming successful or achieving.

But that's not the end of it, to dream is not to forget about it, to dream is the start of the hard part, the serious wake up and work for it part. Otherwise what is your dream really, without the hard work? Its just a subconscious desire that you will never achieve.

Just think of that feeling of self-satisfaction and the ecstatic feeling of achievement. Without these gratifying feelings, there can be no motivation. Dreaming gives you that attitude to do better or wanting to constantly improve oneself. Yes, there will be some failures along the way, nobody said that life would be a smooth ride, but your attitude will keep you moving onwards and upwards. These are there to enhance your personality, your perseverance and to make you learn.

Dreams can change the whole course of your life, it almost becomes the most essential thing in one's life, because without dreams we will be nowhere.

Are DREAMS vital in life?



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VET TALK with Dr. Nic

HUMAN MEDICATION ISN'T PET MEDICATION

When it comes to the care of our pets, as pet owners we only want the best for our pets. As veterinarians we absolutely only want the best for our patients too. Even though there are so many similarities between us and our mammalian pets on a cellular and physiological level, there are also huge differences physiologically between us. This is why it is so important to NOT use human medications in your pets unless you have spoken to a VETERINARIAN.



All too often I hear of clients who wanted to give their pet some pain killers or anti inflammatories (NSAIDs). It could be because it's after hours or the owner simply can't make it into the vet at that time. In our profession, these are probably some of the most commonly used medications and used responsibly, they can be taken long term to assist with our patients who have arthritis and other joint issues. However, dogs are not small horses, cats are not small dogs and neither are small children / humans when it comes to the selection of an appropriate anti-inflammatory. What I mean by this is, if you give your child 10ml of an anti-inflammatory liquid for example, you can't extrapolate the size of a child to a pet, and then dose your dog or cat with 5ml, it doesn't work that way. We always work out the dose according to your pets weight and use an appropriate veterinary formulation. Veterinary anti inflammatories have been specifically formulated and pharmaceutically designed for our pets. Most of the human anti inflammatories are in fact toxic to our pets. I also don't understand why so many people consult with their human pharmacist instead of just picking up the phone or popping into your local veterinary practice to talk to YOUR VET about the best medication to use. With all due respect to our hard-working pharmacists, they ARE NOT qualified in ANIMAL physiology to safely advise you on which medications to use, your vet is. We as veterinarians wouldn't advise you on how to treat yourself (unless it was with regards to a zoonotic disease), in fact we are prohibited from doing this, vets are not allowed to treat humans, for the same reasons pharmacists are not trained to advise on

anti inflammatories in our pets. To put it bluntly, you asking for advice from your pharmacist about your pets medical conditions is just as dangerous as asking a pimp about gynaecological issues. Pick up the phone, send an email or WhatsApp your vet and ask them for advice, and if it's after hours, call your local emergency 24-hour facility for advice. Our pharmacists absolutely have their place, we can't do without them, but they are not qualified to give you advice with regards to your pets health.

Some of the most commonly used human anti inflammatories, as mentioned, are actually toxic or potentially toxic to your pets. Just because you have them in your home doesn't mean they are appropriate or safe for use in your pets, and they shouldn't be used.

IBUPROFEN (Mypaid, Myprodol and other trade names) - has a very narrow margin of safety and is a frequent culprit in toxic poisoning in dogs, cats and ferrets. The incorrect use of Ibuprofen can very easily result in kidney damage (often irreversible) as well as liver damage, diarrhoea and vomiting. The BSAVA Small Animal Formulary, a very commonly used reference guide in our profession, doesn't even list Ibuprofen as an anti-inflammatory option, no dosage available. So rather don't use it.

ASPIRIN (Disprin and other trade names) - One of the first noticeable signs is loss of appetite. Other signs include vomiting, diarrhoea, and intestinal haemorrhage brought on by ulceration in the stomach and small intestines. The central nervous system is affected and your dog may have trouble walking,

appear weak and uncoordinated, or even collapse. Loss of consciousness and sudden death can also occur. So rather don't use it.

PARACETAMOL (Panado, Calpol and other trade names) - While we commonly use this medication in DOGS, it has a narrow dosage range and should be used responsibly. If you decide to use it in your cat though, you WILL end up killing your cat, there is no "pc" way of saying this. Cat's do not possess the metabolic enzyme/pathways to metabolise paracetamol and if dosed, and emergency veterinary treatment is not administered, your cat will die. This is what I was hinting at when I mentioned that cats are not small dogs - just because you may dose your dog with paracetamol, doesn't mean you can dose it to your cat. Signs of toxicity from Paracetamol may develop within 1-4 hours of ingestion. Paracetamol can cause a decrease in the red blood cell's ability to carry oxygen (methemoglobinemia). Liver damage may also occur. Red blood cell changes can occur within 4-12 hours. Cats may become depressed or weak, with rapid breathing, a high heart rate, panting, abdominal pain, vomiting or drooling. So rather don't use it unless you have spoken to your VET, NOT your pharmacist, to work out a dose for your DOG according to their weight. Many Pharmacists and pet owners will think that Paracetamol is safe for pregnant women and children, therefore it must be safe for dogs and cats. Again, cats are not small dogs, and you will kill your cat if you dose them with Paracetamol.

DICLOFENAC (Cataflam, Voltaren and other trade names) - This active ingredient is more so used in production and other large animals, but it has no place for the use in dogs and cats. It is also highly toxic to birds, especially vultures. An incorrectly disposed of large animal carcass that was treated with Diclofenac have been reported and proven to wipe out entire colonies of vultures. The only noted use for this active ingredient in our pets, is in an eyedrop for pain relief after eye surgery or if there is a corneal ulcer present. The same damage to the kidneys and liver occurs in dogs and cats as with all the other anti inflammatories already mentioned. So rather don't use it.

MELOXICAM (Coxflam, Mobic and other trade names) - Yes, we use this active ingredient all the time in dogs and cats, however we always work out the dose according to your pet's weight. The dosage is different for dogs and cats (again, a cat isn't a small dog) and if you use your dog's medication for your cat, you can very easily cause kidney and liver damage as well as gastrointestinal signs such as vomiting and diarrhoea, possible gastric ulceration as well. When I took over ownership of what is now Watercrest Veterinary Clinic, there were 2 existing patients who were getting Coxflam (human formulation) chronically for arthritis.

It was discussed with the owners of each dog that it was not advisable to use the human formulation, all reasoning discussed with the clients, but both clients insisted on using it chronically. When I eventually refused to dispense the medication in this form anymore, both clients somehow managed to get it from their pharmacy. Both dogs (different households) eventually presented with severe gastric ulceration, one of which was so bad, we had to put it to sleep, that's how serious it was. The Meloxicam formulation in veterinary medications is different to human ones, and are safer for longer term use. But again, call or speak to your VET about the correct dose of this active ingredient.

Anti-inflammatory drugs are also schedule 3 and above which means they can only be dispensed if your pet has been seen by a veterinarian. If your pet is on chronic anti inflammatories, then every 6 months, by Law, they have to have script renewal, the same as any human on Chronic medication, the same rules apply. So you cannot get anti inflammatories "over the counter" at a vet practice, unless they have an active script.

When your pet has had anti inflammatories dispensed, for whatever reason, the dose and instructions are very specific. If it states **ONCE** a day, that means once every 24 hours. The dose would have been worked out according to your pets weight and will be within the dosage range for that particular anti-inflammatory. If your pet has been given anti inflammatories for pain and they don't seem to be controlling the pain - **DO NOT GIVE ANOTHER DOSE**. Dosing more will not reduce their pain anymore. With anti inflammatories, more does not equal better results. If the instructions say ONCE a day, it is for a reason. If you then dose your pet an **ADDITIONAL** dose within the 24 hours, you are overdosing your pet and this could result in vomiting, diarrhoea, gastric ulceration, acute kidney failure and liver damage. Please follow the instructions given to you by your veterinarian and don't deviate from them. If the medication isn't working then you need to discuss this with your vet, don't think you're doing the right thing by giving more, because you will inevitably be doing more harm than good.

THE BOTTOM LINE IS THIS: Our pets are not humans. Human medications are formulated for humans, and dosing your pets with human medication can seriously injure them, so rather don't do it. Your vet or emergency vet will always be available for advice, pick up the phone, send us a message or email and we will give you the appropriate advice in the best interest of your beloved pet. We are here to help you.



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CHOCOLATE BAR-ONE CAKE

INGREDIENTS

- ▶ 45ml cocoa powder
- ▶ 80ml hot water
- ▶ 150g butter or margarine, softened
- ▶ 200g sugar
- ▶ 3 eggs
- ▶ 280g Snowflake Cake Wheat Flour
- ▶ 15ml Snowflake Baking Powder
- ▶ 3ml bicarbonate of soda
- ▶ 2ml salt
- ▶ 250ml buttermilk or plain yoghurt

FOR THE ICING

- ▶ 55g Bar One, cut into pieces
- ▶ 100g dark chocolate, coarsely chopped
- ▶ 60ml fresh cream
- ▶ 45ml butter or margarine

METHOD

- ▶ Mix cocoa powder and water until smooth and set aside to cool slightly.
- ▶ Cream butter and sugar together. Add eggs, one at a time, beating well after each addition until light and creamy. Add cocoa powder mixture.
- ▶ Sift flour, baking powder, bicarb and salt together and add, alternately with buttermilk, to creamed mixture.
- ▶ Spoon mixture into a greased 23cm loose-bottom round cake pan. Bake in a preheated oven at 180°C for about 50 mins. Leave in pan for a few minutes before turning out onto a wire rack to cool completely.
- ▶ **To make the icing:** Mix all the ingredients together in a small saucepan. Place over low heat until melted. Spoon over top of cake and leave to set. Decorate with extra chopped Bar One.

<https://www.snowflake.co.za/recipes/chocolate%20bar-one%20cake>



OMEGA 3

support for ATHLETES

According to various studies carried out between 2016 and 2020 based on dietary analysis and blood omega 3 fatty acid concentrations, a high proportion of athletes appear to have low levels of omega 3 blood concentrations. This is largely due to a lack of adequate dietary intake of foods containing quality Omega 3 fatty acids.

Multiple studies and trials carried out by the Gatorade Sports Science Institute shows that omega-3 supplementation reduces inflammatory markers and improves: muscle protein synthesis, cardiovascular dynamics, and reaction and recovery time.

Beyond the well-documented benefits of Omega 3 fatty acids, they also play a role in:

Muscle strength – Omega 3s boost muscle protein synthesis, which increases muscle mass and strength. Research shows omega 3s, particularly EPA, improves protein metabolism.

Endurance - Omega 3s act as a vasodilator, increasing oxygen flow during exercise which in turn increases endurance. Other studies have also shown that a higher omega 3 intake can help reduce fatigue, further improving athletic endurance.

Recovery and injury prevention - Due to omega 3's anti-inflammatory properties, they are beneficial for muscle recovery and injury prevention. For athletes, recovery is one of the most important aspects of performance. A higher intake of omega 3s improves cell integrity and function which helps to reduce muscular damage. In a joint clinical trial by the Washington University School of Medicine and the University of Nottingham School of Graduate Entry Medicated Health, it was found that just 7 days of omega 3 supplementation can decrease post-exercise muscle damage and soreness. Additionally, omega 3s have been shown to help improve sleep which is a vital part of performance

recovery. Furthermore, because omega 3s help prevent muscle breakdown they are a useful tool to help maintain body composition whilst recovering from injury.

Omega 3 requirements for athletic performance are greater than that of the general population. Factors such as sex, body weight, energy metabolism, training volume, and inflammatory response will all influence needs; the higher doses that are required would likely need to be obtained through supplementation as achieving high levels from diet alone is difficult. For most, a minimum dose of 2g (2000mg) EPA + DHA is enough to maintain performance levels, however, based on effective doses from athletic research, 3g (3000mg) or more is a recommended daily dose if one wants to improve: complex reaction times, motor activity, decision making, reduce exercise-induced muscle soreness, improve physical performance and enhance recovery.

Smart Omega EPA-DHA750 is highly refined to remove impurities, leaving only the purified essential fatty acids with higher levels of EPA and DHA allowing you to reap maximum health benefits.

Are you unsure whether you are covering all of your body's nutritional and dietary needs? Contact our Hillcrest office at (031) 765 5113 to set up an in-person or video consultation so that we can help you get on track.



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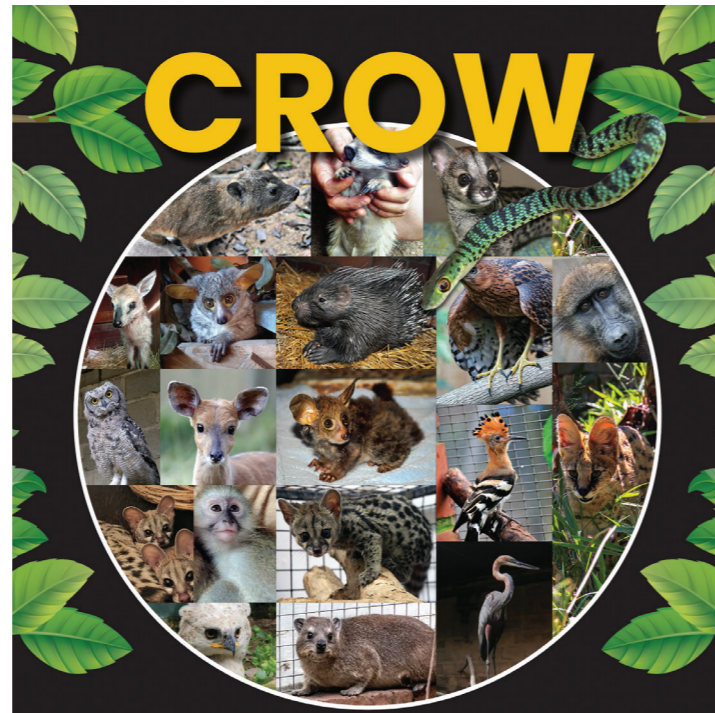
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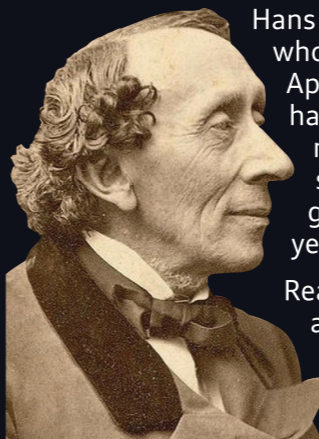
CROW



Founded in 1980, CROW is currently one of South Africa's longest serving wildlife rehabilitation centres. Run by a small, yet highly dedicated team of staff and volunteers, CROW helps over 3000 wild animals in distress from across KwaZulu-Natal every year. Our mission is to rescue, rehabilitate and release as many injured, orphaned or displaced indigenous wildlife as we can. Professional wildlife rehabilitation is a specialised, time and resource-intensive operation.

CROW currently does not receive governmental subsidies and is therefore totally reliant on the generosity and support of the public.

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Hans Christian Anderson who was born on the 2nd April 1805, is believed to have said 'Life itself is the most wonderful tale'. His stories have delighted generations for over 200 years.

Reading to children from a young age is proven to improve cognitive skills and help along the process of cognitive development.

It also essentially provides them with knowledge of the world, which in turn will make sense of what they will see, hear, and read.

Read to a young toddler and in a matter of seconds, thousands of little cells in their growing brain respond, and new cells are formed adding a little more definition and complexity to the intricate circuitry that will remain largely in place for the rest of their lives.

Reading daily to young children can help with language acquisition, communication skills, social skills, and literacy skills. The reason being is it stimulates the part of the brain that allows then to understand the meaning of language and helps build language, literacy, and social skills.

Their vocabulary will grow as well. Its mostly a one-on-one application for children to communicate with their parents and vice versa. According to studies completed, students that were exposed to reading before pre-school are more likely to do well when they reach their period of formal education.

Small children rarely sit still for long, and often difficult to get them to focus. They will squirm and become distracted, but eventually they will learn to stay put for the duration.

So, stimulate their imaginations, explore people, places, and events beyond their immediate experiences. It will open doors to all kinds of new worlds for them. If you are an avid reader, you will understand what it is like for a little to enjoy the world, through books, and let their imagination widen, dream bigger, it will only benefit school, work and life in the future.

Every time you read to a child; you are sending pleasure messages to the child's brain.

Reading, after all, is the key to lifelong learning, and if you instill that love at an early age then a loving of continuous learning will follow. It's the single most important activity you can give your child.

Remember anytime, is a good time for a story.

April celebrates INTERNATIONAL CHILDREN'S BOOK DAY

- a day to inspire
a love of reading.





STROKE

WHAT TO LOOK OUT FOR AND HOW TO TREAT IT

As one gets older, there tend to be more health challenges to face. Being aware of the types of food you eat, maintaining your activity levels, reducing stress and managing any chronic conditions may seem trivial and can often be overlooked. They are, however, very important and, if neglected, could potentially result in future health complications.

A Cardiovascular Accident, commonly known as “stroke”, is just one of the many complications faced by the elderly population. A stroke occurs when blood flow to the brain is prevented, which then deprives the brain of oxygen and blood causing the death of brain cells. The effects of a stroke can cause lasting brain damage, long term disability and can be fatal.

There are two types of strokes known:

- **Ischemic stroke:** a blood clot in a blood vessel of the brain cuts off blood flow.
- **Haemorrhagic stroke:** a rupture of a blood vessel within the brain prevents blood flow.

Transient Ischemic Attack or “TIA” is another condition that is similar to a stroke, or can be considered as a minor stroke. This can be caused by the disruption of blood supply to the brain for short duration and symptoms may only last for 24 hours or less. A person who suffers a TIA is at higher risk for a major stroke.

Common causes and risk factors:

- Uncontrolled high blood pressure
- Uncontrolled diabetes
- Cardiovascular diseases - can cause blood clots that lead to stroke if not treated
- Smoking - can damage blood vessels and cause an increase in blood pressure
- Family history of stroke or TIA
- Age - as you get older, your risk of stroke increases.
- Obesity

Symptoms and what to look out for:

There are a few signs that occur prior to suffering a stroke:

- Sudden numbness or weakness on one side of the face, arm or leg.
- Sudden confusion, difficulty understanding or articulating speech.
- Sudden trouble seeing in one or both eyes.
- Sudden difficulty walking, loss of balance or coordination and dizziness.

If you feel that you or someone you know may be having a stroke, there is a F.A.S.T way to assess:

- **F - Face:** Ask the person to smile, notice if one side of the face is drooping.
- **A - Arm weakness:** Ask them to raise both arms, notice if there is weakness or difficulty lifting one arm.

- **S - Speech:** Is the person able to speak clearly or understand what is being said; take notice of slurred speech.
- **T - Time:** If the person is experiencing all of these symptoms, it’s time to call the ambulance. Immediate medical attention is required to ensure a good prognosis. If symptoms are left untreated for long durations, it may worsen and become more difficult to recover.

The medical treatment provided would depend on the type of stroke suffered. For ischemic strokes, the aim is to restore blood flow to the brain and with haemorrhagic strokes, the aim is to control the bleeding.

Some people may suffer with one or more of the following symptoms following a stroke:

- Paralysis or weakness of one or both sides of the body.
- Numbness or tingling sensation on the affected side.
- Pain felt upon movement of hands or legs on the affected side.
- Difficulty with understanding or articulating speech.
- Difficulty with reading and writing.
- Difficulty with chewing or swallowing.
- Difficulty controlling bowel/bladder movements.
- Difficulty with thinking and memory retention.
- Muscle stiffness or limp muscles noted on the affected side.
- Balance problems.
- Changes to your sense of perception (knowing where your body is in space).
- Mood changes, such as feeling sad or depressed.

Recovery after a stroke will occur over the next few months, as the swelling in the brain reduces and the nerves adapt to undertake several functions that were comprised during the stroke. This can continue years after the stroke has occurred as you continue to build strength and endurance.

Rehabilitation aims to maximise physical functional and promote independence. Rehabilitation should commence within the first few days after the stroke has occurred. This aids in the transition from hospital to home and may prevent further complications. The rehabilitation team includes a broad spectrum of healthcare professionals, of whom physiotherapists play an integral role.

Physiotherapy improves functional mobility. This include movements such as rolling to one side of the bed, sitting, standing, walking and improving the functional use of your arms. Physiotherapists also focus on components that aid in and are significant for functional mobility, such as:

- Improving active range of motion of the limbs
- Muscle strengthening
- Improving sensation, coordination and sense of perception
- Balance in sitting and standing
- Endurance

Physiotherapists will assess your symptoms and design a treatment plan that is individualised and appropriate for you. This is to ensure you are receiving an effective treatment tailored to your needs and goals. They will

also determine whether you may need an assistive device and which device is best suited for you.

“Prevention is better than cure” as the saying goes and it couldn’t be more true. There are multiple ways in which you can stay healthy to prevent a stroke from happening.

Here are a few tips to maintain a healthy lifestyle and avoid the risks:

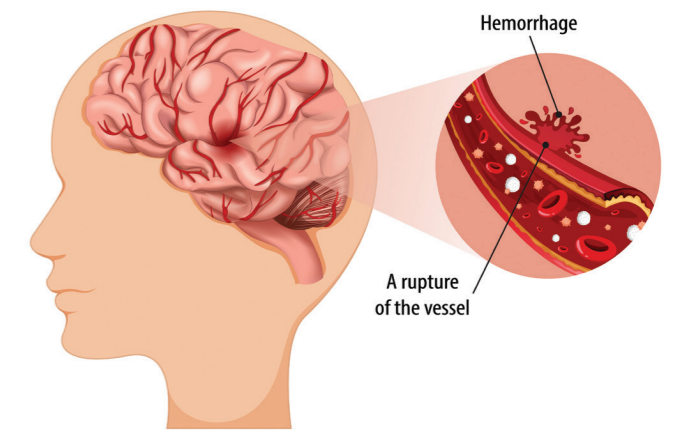
- Maintain a healthy diet
- Maintain a healthy weight
- Increase physical activity
- Reduce or quit smoking
- Control your chronic conditions. If you suffer from diabetes, high blood pressure, heart disease and/or cholesterol, you run a high risk of suffering a stroke.

It is suggested that you have these conditions checked regularly and to be diligent with taking your prescribed medication.

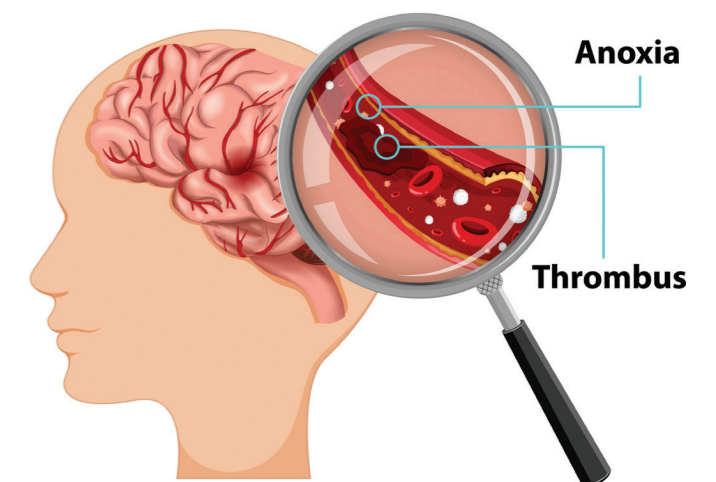
Getting older is not easy. It makes one more vulnerable to developing chronic illnesses and susceptible to more health complications. If you can maintain healthy lifestyle, keep up your physical activity and control your chronic conditions, you can still live life to the fullest and get the best moments out of it.

Teneil Ramauttar - Riley Physiotherapists Inc.

Haemorrhagic stroke



Ischemic stroke:





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Hibiscus Hospital - Cato Ridge 4th Anniversary

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Dr R.S. Singh

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Maxilo-Facial Surgeon

Dr V. Raghubar

Neurologists

Dr H. Paruk

Dr A. Naidoo

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Dr S. Lubelwana

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Dr Matha Radiology

Cato Ridge Dialysis Centre



Hibiscus Hospital Cato Ridge marked a significant milestone as it will soon celebrate four years of dedicated service to the community. Since its inauguration on April 20, 2020, the hospital has been a beacon of healthcare excellence, providing essential medical services to residents and travellers alike.

Situated conveniently on the N3, Hibiscus Hospital Cato Ridge as the only private hospital on the N3 has been a lifeline for many, offering 24/7 casualty services with easy access. This accessibility has alleviated the need for community members to travel long distances to Durban or Pietermaritzburg for urgent medical care. Our efficient Casualty Department assists patients immediately without long waiting periods and we have ample available beds for admissions.

Over the past four years, the hospital has experienced continuous growth, becoming the go-to medical facility for residents in Pietermaritzburg, Scottsville, Ashburton, Camperdown, Hammarsdale, Inchanga, Mpumalanga, Hillcrest, Kloof, and the surrounding areas. Its strategic partnership with Private Ambulance Services ensures swift and efficient patient transport, further enhancing its commitment to emergency care.

Hibiscus Hospital Cato Ridge boasts state-of-the-art medical infrastructure and is staffed by highly skilled specialists and personnel dedicated to providing compassionate and comprehensive care to every patient. The hospital's acceptance of most medical aids reflects its commitment to accessibility and affordability for all members of the community.

Looking ahead, Hibiscus Hospital Cato Ridge is poised for further growth and aims to strengthen its collaboration with local industries.

Mr Jetendra Poorun, Executive Director and Hospital General Manager said: "As we enter its fifth year, the hospital remains steadfast in its mission to serve the community and looks forward to many more years of providing exceptional healthcare services".



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Hibiscus Hospital Cato Ridge not only provides a high standard of medical care, but continually strives to maintain a hygienic, patient focus and friendly hospital environment for the whole family



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Did You Know

- ▶ The high potassium content in bananas can help lower blood pressure.
- ▶ The fibre in bananas can aid in digestion and help prevent constipation.
- ▶ Eating bananas may help reduce the risk of developing asthma.
- ▶ Bananas are a natural remedy for heartburn and acid reflux. (source: USDA)

Health benefits of banana

- ▶ May improve digestion.
- ▶ Helps to improve heart health.
- ▶ Helps to build lean muscles.
- ▶ Supports bone health.
- ▶ Helps muscles to recover after exercise.
- ▶ Helps to reduce bloating.
- ▶ Helps to make you feel fuller
- ▶ May improve kidney health.
- ▶ Helps to fight against anemia
- ▶ May help with a hangover.
- ▶ Supports eye health.
- ▶ May help to whiten the teeth.
- ▶ Pectin in Bananas may help detoxify the body.
- ▶ Bananas may help the body burn fat.
- ▶ Bananas may help keep diseases at bay.

A BANANA A DAY Keeps the doctor away...

This humble fruit is very powerful and prominent to include in your diet. Doctors always advise you to include an apple in your diet to keep your health balanced. However, a banana is as nourishing as an apple so you can add them to your diet. They contain essential nutrients that can have a protective impact on health.

Bananas are a good dietary source of potassium and magnesium, two nutrients which are essential for heart health. Normal sized banana contains 400mg of potassium and small amounts of magnesium, as well as Vitamin B6, good for digestive and heart health. Researchers have also concluded that eating potassium rich foods reduces the risk of stroke and heart disease by 27%.

Bananas are one of the most popular and handy fruits on the market. This elongated, golden-yellow fruit is botanically a berry. It belongs to a Musaceae

family, usually found in all parts of India, where the banana is an important fruit. It can be used in various sweet dishes such as desserts and salads.

Researchers in the Netherlands looked at nearly 25,000 British men and women between the ages of 40 and 79 and found that as potassium consumption in women went up, blood pressure went down. In fact, every one gram increase in daily potassium was associated with a 2.4 mmHg lower systolic blood pressure.

While there was no association with blood pressure in men, both men and women with the highest potassium intake were at lower risk for heart-related problems regardless of salt intake.

Potassium helps the body get rid of sodium in the urine. Foods that are rich in potassium include bananas, avocados, potatoes, milk, and salmon.

BANANA SMOOTHIE

INGREDIENTS

- ▶ 1 cup sliced banana, frozen is best, about 1 large banana.
- ▶ ¼ cup Greek yogurt, plain or vanilla.
- ▶ ¼ cup milk, dairy, almond, oat milk, etc.
- ▶ ¼ teaspoon vanilla extract.

INSTRUCTIONS

Place all ingredients in a blender. Blend until smooth, adding more milk if needed to reach desired consistency. Serve immediately.

Choose one or more of these extras to add to your smoothie to boost the flavor and nutrition!

- ▶ Add a teaspoon of ground flax seeds or chia seeds to add more fiber and other nutrients.
- ▶ Adding 2-3 tablespoons of raw old-fashioned oats makes this banana smoothie a more filling breakfast.
- ▶ Mixing in a spoonful of peanut butter or almond butter will boost the protein in this banana smoothie.
- ▶ Cinnamon pairs well with bananas, so try blending in a pinch of cinnamon. Add a teaspoon of cocoa powder for a chocolate banana smoothie. Also try my chocolate protein smoothie (made without protein powder).

<https://kristineskitchenblog.com/banana-smoothie/>



HEALTHY 3 INGREDIENT BANANA OATMEAL COOKIES

INGREDIENTS

- ▶ 2 medium ripe bananas, mashed
- ▶ 1 cup of uncooked quick oats
- ▶ 1/4 cup crushed walnuts

INSTRUCTIONS

- ▶ Preheat oven to 350°F. Spray a non-stick cookie sheet with cooking spray or baking paper.
- ▶ Combine the mashed bananas and oats in a bowl. Fold in the walnuts.
- ▶ Place a tablespoon of each on the cookie sheet.
- ▶ Bake 15 minutes. Makes 16 cookies.

<https://www.skinnytaste.com/healthy-cookies/>



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The age-old question: Are you a salty food or a sweet food person? There's a time and place for both - but there's something extra satisfying about the salty goodness of pretzels, popcorn, and potato chips, especially if your food preferences lean towards savoury. Whatever salty bite you're munching on, it can feel impossible to stop after just one. But how much is too much?

We're warned pretty often about the perils of consuming too much sugar, but seem to hear less about how to keep salt cravings and consumption in check. What's fueling your salty food pangs? are they hurting your health? and what can you do about it? We spoke to a registered dietician to get to the bottom of this hankering for salt and how to help moderate your sodium intake.

Sodium is an essential mineral and does have a rightful place in a balanced diet - but we need way less sodium than most of us consume in a day.

Even if your refrigerator is stocked with healthy snacks, there are still times when we can't help but crave a bag of potato chips or some French Fries. Whatever it may be, it better be salty! Why is it that sometimes we end up craving salt?

The flavour of salt is extremely addictive. Since salt is essential for survival, our bodies and minds are built to appreciate it.

Top 3 reasons you are craving salt:

► **Stress**

Usually, when we are anxious, we begin to crave comfort food. Why? It's because we want to feel better. And these comforting foods tend to contain a lot of salt and sugar. Therefore, the next time you're eyeing a bag of chips, it would be wise to first assess your mood and then think of other stress-relieving activities such as contacting a friend, listening to music, or playing your favourite game.

► **You're starving yourself**

The expert says, "When you just have salad for lunch, you're setting yourself up for failure in the

afternoon and evening. If you go too long without eating, your body will crave the fastest fuel, and it can think of refined grains and simple sugars and salt. That's how starving will lead to salty cravings." So, eat the appropriate number of meals for your body, and you won't crave salty food.

► **You crave what you already eat**

Cravings for salt are related to habits. Your body is likely to have a greater desire for salt if you consume a high-sodium diet because that is what it is accustomed to receiving. Reduce your intake of processed and packaged foods to reduce your cravings for salty foods. Your body may become accustomed to consuming less salt as a result, decreasing your cravings.

It is also suggested that you might think of swapping salt in recipes with a salt substitute like salt-free acid (vinegar or lemon juice) or with spicy foods for extra flavor with less salt. Additionally, high-sodium restaurant meals tend to have higher salt content than food cooked at home, so the dietician recommends aiming to cook food at home more often and making a habit of reading nutrition labels to look at salt content.

It has also been found that in order to lower sodium levels in the body, fresh mushrooms, bananas, and avocados are great additions to your diet. Additionally, it is suggested that limiting processed foods, deli meats, bacon, sausages, and soups can help lower your salt intake.

Lastly, understand that indulging in these foods occasionally, is completely fine. We all do that, but salty food can be addictive. Realizing that your body could be trying to tell you something might help you curb urges and adopt a more balanced diet.

Humans naturally crave salt because it's necessary for our survival, dieticians say. But, if you find that you're constantly craving sodium, you may want to chat with your doctor.

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HOW EXERCISE BOOSTS THE BRAIN AND IMPROVES MENTAL HEALTH

New research is revealing how physical activity can reduce and even ward off depression, anxiety, and other psychological ailments.

Health disorders such as depression and anxiety aren't easy to treat. Medications help many, but have a high failure rate and may bring nasty side effects. Talk therapy is time-consuming and expensive. And neither approach is suited to preventing the disorders from developing in the first place. But many people overlook another

option that, when it works, can be one of the most effective, least disruptive, and cheapest ways of managing mental health disorders: exercise. It's hardly news that exercise is good for your physical health, and has long been extolled for mental health as well. But researchers are now making progress in understanding how, exactly, exercise may work its mental magic.

Exercise, they are learning, has profound effects on brain structure itself, and especially in regions most affected by depression and schizophrenia. It also provides other, more subtle benefits such as focus, a sense of accomplishment and sometimes social stimulation, all of which are therapeutic. And while more is generally better, even modest levels of physical activity, such as a daily walk, can pay big dividends for mental health. "It's a very potent intervention to be physically active," says Anders Hovland, a clinical psychologist at the University of Bergen in Norway.

Knowable Magazine is an independent journalistic endeavor from Annual Reviews.



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