



The Home of
Stoer
Talk

**COMPLETE LIST:
BIRDS OF THE ESTATE
MAKE A SENSORY GARDEN
LOCK IN NOW: JUNE EXAMS!**

ISSUE 2 | 2026

It's cold outside, but the market is HOT

Warm up with these hearty soup recipes



Chicken Noodle Soup

INGREDIENTS

900ml Chicken stock
1 Chicken breast
1 tsp Ginger
1 Garlic clove
50g Rice
2 tbsp Sweetcorn
2-3 Mushrooms
2 Spring onions
2 tsp soy sauce
Mint to taste

METHOD

Pour the stock into a pan and add the chicken breast, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.

Put the chicken on a board and shred into bite-size pieces. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce. Simmer for 3-4 mins until the noodles are tender.

Ladle into two bowls and scatter over the remaining spring onion, mint or basil leaves.

INGREDIENTS

90g Butter
2 Onions
1 Garlic clove
500g Mushrooms
2 tbsp Plain flour
1l Chicken stock
1 Bay leaf
4tbsp Cream
Chopped parsley

METHOD

Heat the butter in a large saucepan and cook the onions and garlic until soft but not browned, about 8-10 mins.

Add the mushrooms and cook over a high heat for another 3 mins until softened. Sprinkle over the flour and stir to combine. Pour in the chicken stock, bring the mixture to the boil, then add the bay leaf and simmer for another 10 mins.

Remove the bay leaf. Blitz the mixture using a hand blender until smooth. Stir through the cream. Scatter over the parsley, if you like, and serve.

Mushroom Soup



REMAX
Property Merchants

Registered with the PPRA | 012 480 1752
739 Blesbok Street, Rietfontein AH, 0002
Each Office Independently Owned and Operated

Deana Strijdom
064 657 1805

Donavan van Rooyen
082 384 4858

FROM THE EDITOR

Dear Residents,

Even though the cold has started to set in, its such a beautiful time of year with gardens changing colour and fireplaces starting to glow.

In this edition, be sure to look out for the photos captured at the movie night and colour run held. The fun was captured perfectly!

We also received some stunning photos of roses from one of our residents, taken just before the cold weather arrived. The colours were spectacular and serve as another reminder of this beautiful environment where residents take pride in their gardens and surroundings.

One of the things that makes Boardwalk Meander particularly special is the rich birdlife. It is incredible to have such a wide variety of birds regularly spotted throughout the estate, around the dams, walkways, and gardens.

A special thank you to the residents who have contributed to compiling a list of the birdlife seen in the estate. It is something truly unique and adds enormously to the enjoyment of living here.

Take the list and images in these pages and see how many you can spot!

Enjoy this edition!
- Angela



CONTENTS

ESTATE NEWS

Chairman’s Message	2
From the Office Pen	3
Movie Night held on 27 February 2026	4
Colour Run on 11 April 2026	5
A Heartfelt Farewell at Vineyard Village	7
Plants, Plants, Plants	9
Photos by residents	10

LIFESTYLE

Why the June checkpoint matters for matric success	16
Sensory Gardens for Mental Health	26
Wat Is ‘n Ouma?	28
Listings	29

NATURE

Greater Painted-snipe	18
Birds/Voëls observed in Boardwalk Meander	20



Stoep Talk focuses on Boardwalk Meander Estate. The magazine is compiled and published by Estates in Africa (Pty) Ltd trading as EIA Publishing, on behalf of the Boardwalk Meander Home Owners Association (HOA) Board of Directors. The opinions of personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA and Management of Boardwalk Meander Estate. Articles written are edited for grammar; they reflect the authentic styles of the writers. We encourage residents to contribute to the estate magazine. Contributions may be forwarded to office@estatebwm.co.za

Publisher: Nico Maritz, nico@eiapublishing.co.za
Advertising: Martin Fourie (Marketing Manager) martin@eiapublishing.co.za, 072 835 8405
Sales Executive: Gerdie Murphy, gerdie@eiapublishing.co.za, 082 556 9863
Production Coordinator: Chris Grant, chrisg@nowmedia.co.za
Design & Layout: Leonardo Lupini, leonardol@nowmedia.co.za
Johannesburg Office: Now Media Centre, 32 Fricker Rd, Illovo 011 327 4062

MESSAGE FROM THE CHAIRMAN

Goeiedag aan al ons inwoners

Ek vertrou dit gaan goed met almal en dat julle die lang naweke geniet het.

Thank you to John for his hard work on keeping our estate looking fantastic. Thank you to AMAX and Rooi Bul for your hard work and thank you to Bull Security for keeping us safe and always looking neat and professional. Our estate shows your hard work and we all appreciate it. The two ladies in the office are running a good ship and are always prepared to help.

Thank you to my fellow board members for your attention to necessary matters and assisting where needed.

Enjoy the second edition of the Stoeptalk.

Ons moet begin voorberei vir winter – maak julle hout bymekaar vir die kaggels vir daardie lekker wintersaande saam met jou familie.

- Deon Strydom



REMAX
Nobody in the world sells more Real Estate than RE/MAX

Jowic
Narina Fischer
082 456 6051 / narina@allestates.co.za

Resident Agent passionate about Boardwalk Meander and its people

Repeatedly awarded the Top Individual Agent in SA

30 Years of Realtor experience - 29 Years with RE/MAX

REMAX remax.co.za
Each Office Independently Owned and Operated

FROM THE OFFICE PEN

Good day to all our residents

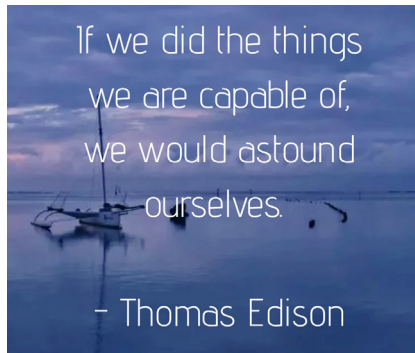
I hope you enjoy the second edition of our magazine for 2026.

Ensure your contact information i.e. contact number and e-mail address is correct at the office. If you are not registered on the EstateMate application yet – feel free to visit us to assist you as this is the only communication platform for Boardwalk Meander.

If you are interested to get involved in compiling articles for the Stoeptalk – please feel free to contact me for more details at 012 991-2770 or office@estatebwm.co.za.

Take care of yourself – also try to always be kind – maybe your kindness is what someone needs today.

- René



Elevate your escape
BOOK NOW

CURATED EXPERIENCES, REFINED DINING,
AND BREATHTAKING SAFARIS IN THE HEART OF THE WATERBERG.

DESIGNED FOR EFFORTLESS LUXURY

Quality service you can trust!

Talladega Auto Clinic
Six Fountains Adventure Centre
cnr Etienne & Bendeman Blvd
Six Fountains, Ext 6, Pretoria East
Tel: 012 809 4472 / 4469
Email: service@talladega.co.za

For everything your car needs.

HONESTY LIBRARY

If you love to read – this is the place to visit.

We have a wide selection of books for your enjoyment. Come and select a few for hours of escaping to another life.

As our books are getting a bit older and well read - we would love it if you could give us some of your older-no-longer-wanted-or-needed books. All our older books or books that have been on the shelves for a long period of time are donated to the Cullinan Library.

Feel free to contact us at the office should you need any assistance/help or want to donate some books.

Thanking you in advance for any new reads!

MOVIE NIGHT HELD ON 27 FEBRUARY 2026

This event was a fantastic success. All involved enjoyed this and asked when we are planning to do this again. WATCH THIS SPACE!!!

Thank you for all the arrangements and a hearty thank you to all our vendors – they were all a great hit and kept everybody happy with good drinks and great food. Clamber Club were also a hit with the little ones again.

We will inform you of the next date!



COLOUR RUN ON 11 APRIL 2026

While this event was a little quieter than usual, those who joined us made it one to remember!

Residents who took part in the run thoroughly enjoyed the course, with great feedback on how well the route

markers were set out. Along the way, our four water points added an extra splash of fun – literally – as participants were showered in vibrant colours.

One young runner summed it up perfectly when he said, *“You threw me with red powder – I enjoyed it, Auntie René!”*

Moments like these are exactly why we love putting these events together.

If you missed out this time, don't worry – you'll definitely want to join us for the next one! The upcoming fun run and volleyball date will be announced soon, and we look forward to seeing even more of our residents there.







A HEARTFELT FAREWELL AT VINEYARD VILLAGE: HONORING A QUIET GUARDIAN

On a mild autumn afternoon, Wednesday, **29 April 2026**, the **Vineyard Village Clubhouse** glowed with warmth and gratitude as residents gathered to bid farewell to **Willem Hechter**, the beloved caretaker of the **Vineyard Village Body Corporate**. For years, Willem had been the quiet guardian of the Village, the man who fixed what was broken before anyone noticed, greeted every visitor with a firm handshake and kind word, and treated the village's grounds and homes with the pride of his own.

A Celebration of Community

The clubhouse transformed into a beautiful celebration space, proving that heartfelt gatherings don't need grandeur. Long tables draped in soft beige linen and sage-green runners stretched across the room. Elegant, tiered stands held delicate chocolate brownies, lemon meringue tarts, and pastries adorned with edible flowers. Vases of blush-pink roses, lilies, pink statice, and eucalyptus filled the air with gentle fragrance, while ornate vintage lanterns with flickering candles cast a cozy glow over glass jars and polished gold cutlery.

Near the windows, a drinks station beckoned with bottles of Ken Forrester Petit Merlot and Sauvignon Blanc on a tree-slice platter, surrounded by ice-filled galvanized buckets of beers, ciders, and soft drinks.

Rows of elegant glassware waited for toasts. Old stories were shared, new memories made, and Willem moved among them, slightly embarrassed yet deeply moved.





Tributes to a Local Legend

Colleagues and residents took turns sharing tales of his dedication: the early mornings, thoughtful solutions, and countless small acts of kindness that made Vineyard Village feel like a true home. One voice captured the sentiment perfectly:

"We don't have a big hall or a fancy program, but we have something better: the right people in the right place to say goodbye to a very special person. Willem was the man who kept this place going, often without us even realizing it. Today, we give him the recognition he deserves, and we send him off with a smile."

A group gathered near the open doors for photographs, Willem's friends and community members like family, some holding drinks, others with arms crossed or hands in pockets, smiling with easy familiarity. The farewell was deeply personal: good food, flowing drinks, beautiful flowers, and heartfelt words under one roof.

As the sun dipped lower, casting long shadows across the Village, the mood was one of warm appreciation, not sadness. Willem Hechter may be stepping away from his official role, but his place in residents' hearts is secure. He helped build more than a well-maintained Village; he fostered a community that looks out for one another.

A Message from the Hechters

In his own words, shared with gratitude:

"I would like to take this opportunity to thank you all for the privilege we had with the farewell function. It was a special privilege and pleasant experience for us to be able to meet again with friends with whom we have come a long way and who, I know, still have the interests of the Village at heart. Although we have now retired, we are not lost to the Village; we are not moving. All our experience, built up over the years, remains at the disposal of the Board of Trustees; it will be a privilege for us to continue contributing. Thank you very much again, Willem and Estelle Hechter."

As guests left that evening with full stomachs and fuller hearts, the lanterns still glowed softly. The Vineyard Village Clubhouse, once quiet again, held the echoes of a beautiful send-off for a man who gave so much.

Farewell, Willem. And thank you.



PLANTS, PLANTS, PLANTS

I will be sharing some interesting facts, ideas and lots more about plants/gardens to be enjoyed and to try.

There are a lot of different gardening sites you can visit to get ideas. I will also be sharing some of these with you.

See here (right and below), for the best plants for different rooms in your home.

- *René*



KITCHEN			
Bromeliad	Basil	Mint	Succulents
BEDROOM			
Jasmine	Aloe Vera	Snake Plant	English Ivy
LIVING ROOM			
Monstera	Areca Palm	Ficus	Snake Plant
BATHROOM			
Spider Plant	Boston Fern	Pothos	ZZ Plant

PLANTS TO IMPROVE YOUR INDOOR SPACES

Snake Plant	Areca Palm	Spider Plant	Lucky Bamboo	Pothos	Jade Plant

PHOTOS BY RESIDENTS

Kruger Vorster kindly shared photos of his beautiful roses – what a treat!”


Thank you Kruger – we appreciate your participation and love the beautiful photos.

The Queen Elizabeth is this stunning pink.



This rose is called Rina Hugo and is in a dark pink shade. It smells divine.

Richard Bailey captured a photo of this green dove one day.
Thank you Richard – we appreciate the contribution.



*Yes – you do get green doves in South Africa. The most common species you’re likely to see is the African Green Pigeon (*Treron calvus*). Despite the name, it’s often called a “green dove” informally.*

**"LEARNING HERE ISN'T
JUST ABOUT WHAT
YOU KNOW. IT'S ABOUT
WHO YOU BECOME."**

LEARNING WITHOUT LIMITS

At the **American International School of Johannesburg (AISJ)**, academic excellence is just the beginning. For over 40 years, we have empowered students to explore, create, and grow in a learning environment tailored to their needs.

With campuses in both **Pretoria & Johannesburg**, the school serves expatriate and local families alike, combining world-class academic standards with a commitment to the holistic development of the child. Students are not just taught; they are known. Our students are given the freedom to pursue their passions, explore new interests, and shape their own educational journey.

LEARNING ISN'T LINEAR

AISJ's instruction is designed to adapt - helping students understand ideas, not just facts. Students ask questions, make connections across subjects, and apply their knowledge in meaningful ways, preparing them for life beyond the classroom. We emphasise a deeper understanding, critical thinking, and real-world problem-solving.

Academic rigour is built on decades of experience, having offered the **International Baccalaureate Diploma Programme (IBDP)** for over 30 years and now expanding excellence to the Elementary School with candidacy for the **International Baccalaureate Primary Years Programme (IB PYP)**. These globally recognised programmes provide students with the critical thinking, inquiry skills, and conceptual understanding necessary to succeed in top universities and beyond.

Early Learning starts at 3! AISJ now offers a Pre-K 3 programme, providing three-year-olds with a nurturing, inquiry-based introduction to school that fosters curiosity, confidence, and a love of learning from the very beginning.

DESIGNED FOR DIFFERENCE

One of AISJ's most distinctive features is its focus on ensuring that every student receives the education they need in the way that best suits them. By **embracing neurodiversity**, we create learning experiences that adapt to a wide range of strengths, needs, and ways of thinking.

Every child learns differently, and those differences are understood, valued, and supported. Learning environments and pathways are thoughtfully designed to meet students where they are, honouring diverse learning styles and interests.

By adjusting instruction, support, and opportunities as students grow, we ensure that each learner is appropriately challenged, intentionally supported, and empowered to build confidence, independence, and success.



DISCOVER HOW A STRONG START LEADS TO A BRIGHT FUTURE!

THE FOUR PILLARS OF LEARNING

AISJ's balanced education is built on four pillars:

- **Academics** - Concept-driven, inquiry-based learning prepares students for top universities worldwide
- **Arts** - Opportunities in visual arts, music, and performance starting from 3 years old
- **Athletics** - Participating in local and international sports tournaments, arts festivals, and conferences
- **Service** - Students engage meaningfully with local and global communities, developing empathy, leadership, and a sense of responsibility

Together, these pillars ensure students develop academically, creatively, physically, socially, and as globally minded individuals ready to contribute positively to the world around them.

"Our learners are prepared not just for school, but for the world beyond it."



A BOARDING EXPERIENCE THAT FEELS LIKE HOME

For students in Grades 8-12, AISJ's luxury boarding programme offers a supportive, independent environment where learners grow academically, socially, and personally. Boarding combines rigorous academics, personalised pathways, and a nurturing community, providing continuity and stability for families, especially those who are internationally mobile.

Students live and learn alongside peers from diverse backgrounds, forming friendships and skills that last a lifetime. Here, they develop independence, resilience, and a sense of belonging - preparing them for university, careers, and life beyond school.

"At AISJ, learning has no limits, and neither do our students."



WHY AISJ STANDS OUT

AISJ provides academic excellence, a global perspective, and a deep commitment to the whole child. Every student is recognised as an individual, with learning designed to meet their strengths, interests, and ways of thinking.

From the first steps in early childhood through graduation, we offer continuity, care, and community at every stage of the journey. Students explore their passions, build confidence and resilience, and grow as curious, capable, and independent learners.

Our goal is to shape learners who are not only academically prepared but also confident, adaptable, and ready to engage with the world. Students leave AISJ equipped - not just for the next grade, but for life beyond school, wherever their journey takes them.

Our students graduate ready for universities and opportunities around the globe. Our alumni have gone on to attend top institutions in the US, UK, South Africa and beyond, combining academic excellence with the skills and confidence to thrive anywhere in the world.





AMERICAN INTERNATIONAL
SCHOOL OF JOHANNESBURG

A child wearing a blue helmet and a harness is ziplining against a blue background with a geometric pattern. The child is holding onto the ropes and is in mid-air.

Strong
START!
Bright
FUTURE.

STARTING AT 3 YEARS OLD (000)

EXCEPTIONAL
INTERNATIONAL EDUCATION

DISCOVER HOW A STRONG START LEADS TO A BRIGHT FUTURE!

Campuses in Pretoria & Johannesburg

Pre-K (000) - Grade 12

INSPIRING GLOBAL THINKERS

- International Baccalaureate Primary Years Programme (PYP) Candidate School
- International Baccalaureate Diploma Programme (IBDP) for 33 Years
- French and Spanish are offered at every grade level

SMALL CLASSES. BIG IMPACT.

Personalised learning that nurtures individual strengths, confidence, and growth

INCLUSIVE EDUCATION

- Embracing neurodiversity through individualised learning pathways
- Multiple learning pathways offered

LUXURY BOARDING EXPERIENCE

A world-class boarding programme that supports independence, well-being, and academic focus for students in Grades 8-12

ACCESS TO GLOBAL UNIVERSITIES

99% of AISJ graduates pursue higher education at global universities across the US, Canada, UK, Europe, Asia, Africa, Australia, and beyond.



admissions@aisj-jhb.com



LOCK IN NOW: WHY THE JUNE CHECKPOINT MATTERS FOR MATRIC SUCCESS

As the second term of 2026 kicks off, the real work of Matric begins in earnest. This is not a year where performance suddenly matters in September, but rather a full-year campaign with the June exams the first major checkpoint that truly counts, an education expert says.

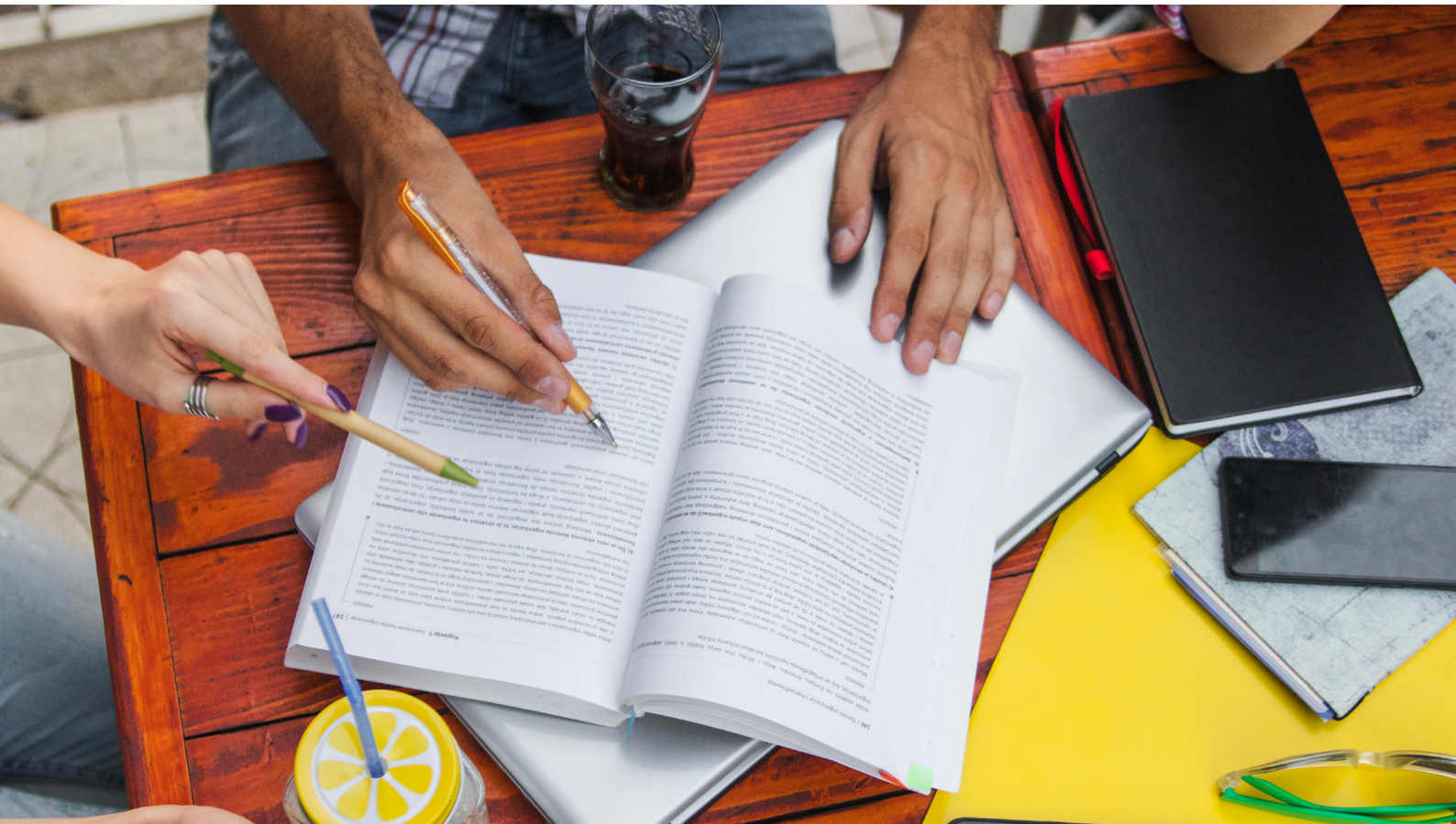
“These mid-year exams cover the bulk of Term 1 and 2 work, feed directly into your school’s progression report, and (most importantly) decide whether you walk into the second half of the year with momentum or playing catch-up,” says Dr Alucia Mabunda, Campus Head at [IIE Rosebank College](#).

“Nail them and your APS starts looking strong, your confidence skyrockets, and your university options strengthen. Slack now and you’ll spend July to November firefighting instead of flying. These next few months are your non-negotiable window to build an unbeatable foundation,” she says.

WHY THE JUNE EXAMS MATTER

- They form the first official record of Matric performance that universities and bursary providers review;
- Strong June results create early momentum and confidence heading into the second half of the year;
- They reveal foundational gaps early, giving students time to fix them before final NSC exams;
- Good mid-year marks improve a learner’s overall APS;
- Performing well now prevents a stressful catch-up period from July to November, and
- They can reveal whether a learner’s current plans for post-Matric study are realistic, allowing time to reconsider or adjust before it’s too late.





Dr Mabunda says there are three solid moves Matrics can make now to perform to the best of their ability in the upcoming and, ultimately, final exams:

1. BUILD AN EXAM-SIMULATION TIMETABLE THAT TREATS JUNE EXAMS LIKE THE FINALS

Stop “studying when I feel like it.” Aim to block 3 focused hours every single weekday (and more during weekends) using the exact DBE/IEB or Cambridge weighting of each subject. Put your phone in another room, use the Pomodoro 50/10 method, and schedule full timed mock papers. The students who smash June are the ones who already train like it’s October. This habit alone will make the actual finals feel familiar instead of terrifying.

2. MASTER THE CORE CONCEPTS IN EVERY SUBJECT BEFORE DOING PAST PAPERS

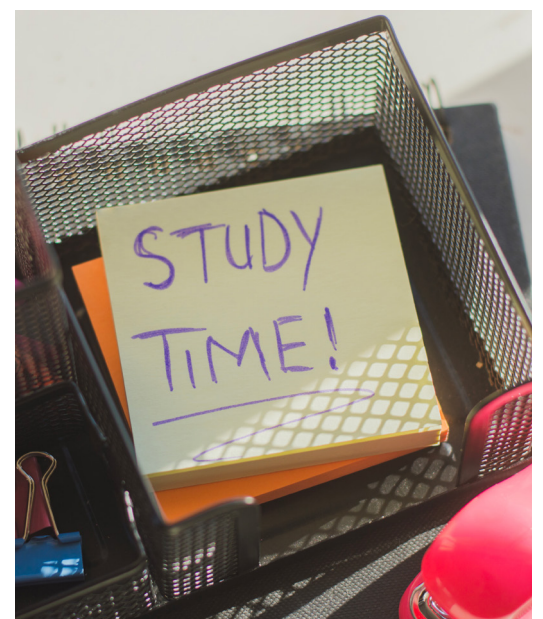
June papers expose who actually understands the work versus who crammed. For Maths and Physical Sciences, solve every single example in the textbook until you can explain it out loud without notes. For Languages and History, build your own 1-page mindmaps of key themes, quotes, and sources. If you don’t fix your foundational gaps now, every single paper will punish you. In coming months, aim to close all remaining gaps.

3. TURN WEAK SUBJECTS INTO PERFORMANCE DRIVERS

Be brutally honest and identify the two subjects that are currently dragging down your average. From this moment until the June exams, give those subjects serious, non-negotiable daily priority. Book extra lessons with a teacher or tutor, make full use of reliable free online resources, or form a small, focused study group with only two or three equally committed students. Turning even one weak subject around can dramatically lift one’s overall percentage, and significantly improve the chances of securing access to your preferred course or bursary. While it is important to polish your strengths, attacking weaknesses head-on, with urgency and discipline, can be a game-changer.

“The June exams contribute to the school-based assessment portion of the final Matric results. Performing well at this stage helps create a pattern of steady effort that supports the overall year mark and prepares learners for the final exams,” notes Dr Mabunda.

“Starting strong now builds habits, confidence and collateral that will pay off in the final NSC outcome, and if students lock in for these next three months, the second half of Matric becomes a victory lap instead of a rescue mission.”



GREATER PAINTED-SNIPE

AFR. GOUDSNIP

Photographed by www.ivanmullerphotography.com | Instagram: [ivans.bird.pics](https://www.instagram.com/ivans.bird.pics)

The Greater Painted Snipe is one of nature's more unusual birds - the female is far more colourful than the male, a clear reversal of what we normally expect. Secretive and superbly camouflaged, it is seldom seen in the open. A light summer storm had just passed when this one stepped onto the muddy wetland edge at Rietvlei, briefly and on her own terms.

It's the first time I have seen this beautiful bird in the 5 years that I have been a regular visitor to Rietvlei Nature Reserve!



BIRDS/VOËLS OBSERVED IN BOARDWALK MEANDER

Observed, recorded and compiled by **Dries Nieuwoudt** and **David Turner**.



Grey-headed Gull
Gryskopmeeu



African Darter
Stanghalsvoël



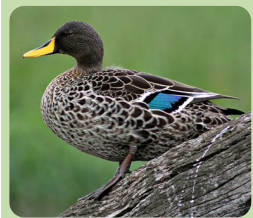
White-breasted Cormorant
Witborsduiker



Reed Cormorant
Rietduiker



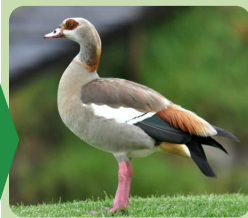
White-faced Duck
Nonnetjie Eend



Yellow-billed Duck
Geelbekeend

DID YOU KNOW?

Egyptian Geese form strong pair bonds and are monogamous, staying with the same partner for life. They are highly territorial when breeding and will attack other birds to steal their nests.



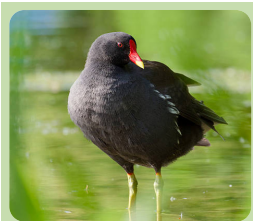
Egyptian Goose
Kolgens



Mallard
Groenkopeend



Red-knobbed Coot
Bieshoender



Common Moorhen
Grootwaterhoender



Grey Heron
Bloureier



Black-headed Heron
Swartkopreier



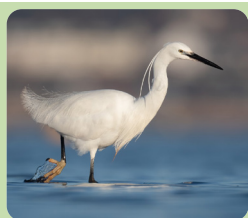
Goliath Heron
Reusreier



Purple Heron
Rooiereier



Squacco Heron
Gewone Ralreier



Little Egret
Kleinwitreier



Cattle Egret
Bosluisvoël



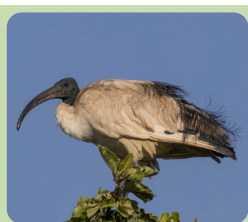
Green-backed Heron
Groenrugreier



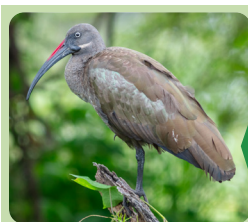
Hamerkop
Hamerkop



African Spoonbill
Lepelaar



Sacred Ibis
Skoorsteenveër



Hadedas Ibis
Hadedas



Spotted Thick-knee
Dikkop

DID YOU KNOW?

Highly Beneficial Gardeners: Hadedas are exceptional for garden health, using their long, curved beaks to extract larvae, beetles, and the infamous Parktown Prawn from the ground.



Crab Plover
Krapvreter



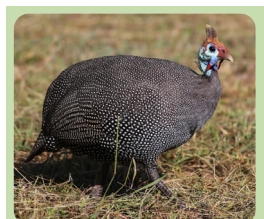
Crowned Lapwing/Plover
Kroonkiewiet



Blacksmith Lapwing/Plover
Bontkiewiet



African Wattled Lapwing/Plover
Lelkiewiet



Helmeted Guinea fowl
Gewone Tarentaal

BIRDS/VOËLS OBSERVED IN BOARDWALK MEANDER

Observed, recorded and compiled by **Dries Nieuwoudt** and **David Turner**.



Crested Francolin
Bospatrys



African March Harrier
Vleivalk



Gymnogene
Kaalwangvalk



Marsh Owl
Vlei-uil



Black-collared Barbet
Rooikophoutkapper



Crested Barbet
Kuifkophoutkapper



Rose-ringed Parakeet
Ringnekkarkiet

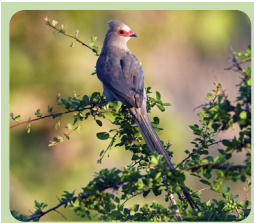


Grey Lourie/Go-away Bird
Kwêvoël

DID YOU KNOW?
The Grey Lourie are devoted parents, with one Thornybush blog post noting a bird that continued to sit on its eggs even while its nesting tree was surrounded by a bushfire.



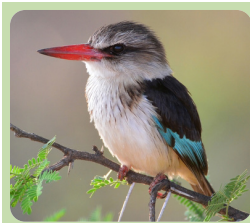
Speckled Mousebird
Gevlekte Muisvoël



Red-faced Mousebird
Rooiwangmuisvoël



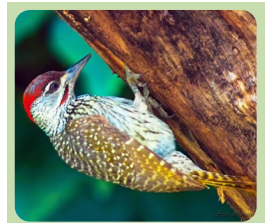
Malachite Kingfisher
Kuifkopvisvanger



Brown-hooded Kingfisher
Bruinkopvisvanger



Pied Kingfisher
Bontvisvanger



Golden-tailed Woodpecker
Goudstertspecht



Cardinal Woodpecker
Kardinaalspeg



Grey Hornbill
Gryshoringvoël



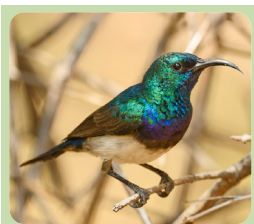
Southern Yellow-billed Hornbill
Geelbekneushoringvoël



Malachite Sunbird
Jangroentjie

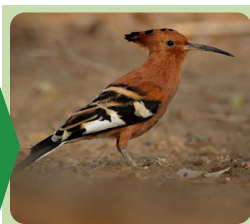


Amethyst Sunbird
Swartsuikerbekkie

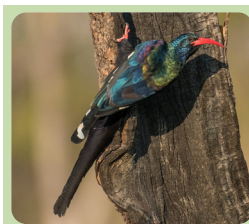


White-bellied Sunbird
Witpensuikerbekkie

DID YOU KNOW?
The African Hoopoe uses a “chemical warfare” defense, where nesting females and chicks secrete a foul-smelling, rot-like liquid from their preen gland to deter predators.



African Hoopoe
Hoehoop



Green Wood-Hoopoe
Gewone Kakelaar



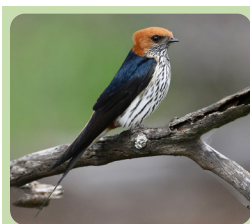
White-rumped Swift
Witkruiswindswael



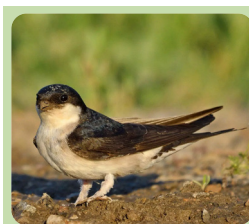
African Palm Swift
Palmwindswael



White-throated Swallow
Witkeelswael



Lesser Striped Swallow
Kleinstreepswael



Common House Martin
Huisswael



Rock Martin
Kranswael

BIRDS/VOËLS OBSERVED IN BOARDWALK MEANDER

Observed, recorded and compiled by **Dries Nieuwoudt** and **David Turner**.



Brown-throated Martin
Oewerswael



Burchell's Coucal
Gewone Vleioerie



Common Fiscal
Fiskaallaksmen



Black-backed Puffback
Sneebal



Southern Boubou
Suidelike Waterfiskaal



Orange-breasted Bush Shrike
Oranjaborsboslaksman

DID YOU KNOW?

They are very flexible with nesting, using rooftops, window boxes, and even the giant nests of sociable weavers. They are highly territorial when breeding and will attack other birds to steal their nests.



Cape Crow
Swartkraai



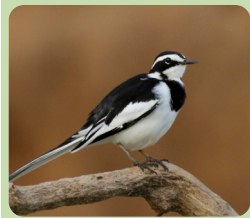
Pied Crow
Witborskraai



Diederik Cuckoo
Diederikkie



Black Cuckoo
Swartkoekoek



African Pied Wagtail
Bontkwikkie



Cape Wagtail
Gewone Kwikkie



African Red-eyed Bulbul
Rooioogtiptol



Dark-capped Bulbul
Swartoogtiptol



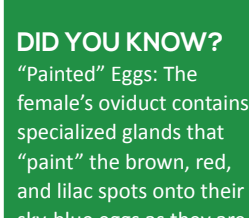
Arrow-marked Babbler
Pylvlekkatlagter



Karoo Thrush
Geelbeklyster

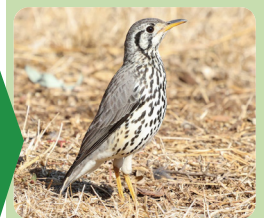


Kurrichane Thrush
Rooibeklyster



DID YOU KNOW?

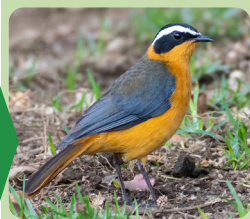
"Painted" Eggs: The female's oviduct contains specialized glands that "paint" the brown, red, and lilac spots onto their sky-blue eggs as they are being laid.



Groundscraper Thrush
Gevlekte Lyster

DID YOU KNOW?

Musical Crescendo: Their song often starts quietly and builds into a dramatic, loud crescendo, frequently described as sounding like "don't-you-do-it, don't-you-do-it...".



White-browed Robin-Chat
Heuglins Janfrederik



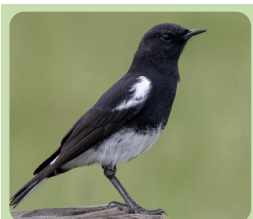
Cape Robin-Chat
Gewone Janfrederik



Familiar Chat
Spekvreter



White-browed Scrub Robin
Gestreepte Wipstert



Mountain Wheatear
Bergwagter



Mocking Cliff-Chat
Dassievoël



Black-headed Oriole
Swartkop Wielewaal



Southern Black Flycatcher
Swartvlieëvanger



Fiscal Flycatcher
Fiskaalvlieëvanger

BIRDS/VOËLS OBSERVED IN BOARDWALK MEANDER

Observed, recorded and compiled by **Dries Nieuwoudt** and **David Turner**.



Spotted Flycatcher
Europese Vlieëvanger



Indian Myna
Indiese Spreu



Red-winged Starling
Rooivlerkspreu



Cape Glossy Starling
Kleinglansspreu



Cape White-eye
Kaapse Glasogie



Bar-throated Apalis
Bandkeelkleinjantjie



Black-chested Prinia
Swartbandlangstertjie



African Green Pigeon
Papegaaiduif

DID YOU KNOW?

The African Green Pigeon are highly social, gathering in loud, vocal flocks in the treetops and act as vital forest farmers by dispersing seeds from fruit that is often toxic to other animals.



Speckled Pigeon
Kransduif



Feral Pigeon
Tuinduif



Red-eyed Dove
Grootringduif



Cape Turtle-Dove
Gewone Tortelduif



Laughing Dove
Rooiborsduifie



House Sparrow
Huismossie



Cape Sparrow
Gewone Mossie



Southern Grey-headed Sparrow
Gryskopmossie



Red-billed Quelea
Rooibekkwalea



Thick-billed Weaver
Dikbekwewer



Cape Weaver
Kaapse Wewer



Southern Masked Weaver
Swartkeelgeelvink

DID YOU KNOW?

Male Southern Masked Weavers are master architects that build up to 25 intricate, kidney-shaped nests per season, weaving them from grass or palm leaves in just 9-14 hours.



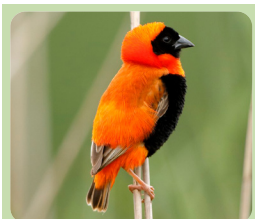
Common Waxbill
Rooibeksysie



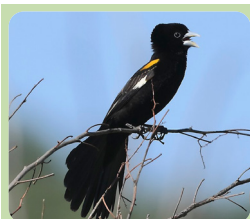
Cut-throat Finch
Bandkeelvink



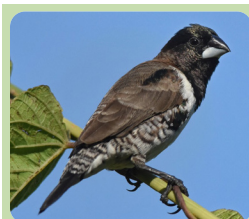
Red-headed Finch
Rooikopvink



Southern Red Bishop
Rooivink



White-winged Widowbird
Witvlerkflap



Bronze Mannikin
Gewone Fret



Black-throated Canary
Bergkanarie



Yellow-fronted Canary
Geelvoorkopkanarie

MAMBO'S STORAGE & HOME BRINGS AFFORDABLE STYLE TO GAUTENG

The Western Cape's best-kept secret is officially out. Mambo's Storage & Home, the brand famous for turning household chaos into organised bliss, has announced a major expansion across Gauteng.

Established in 2000, Mambo's has grown from a plastic-ware specialist into a 16-store national powerhouse. Their secret? An everyday product mix that looks premium but costs anything but.

Targeting the middle to upper-income shopper, Mambo's offers stylish, modern solutions for the kitchen, laundry, garage and patio in the form of tools and utensils built to survive the rigours of daily life.

"We want to help shoppers create a lifestyle of comfort and function," says a Mambo's representative. "Our stores are designed for discovery; they are unpretentious, spacious and filled with nifty solutions."

Gauteng shoppers can now find their "happy place" at new, large-format stores in Pretoria, Alberton, Centurion and Kyalami Hills. Whether you are a

student, a first-time homeowner or a small business owner looking for quality catering and cleaning gear, Mambo's provides the value that today's economy demands.

To find your nearest location, visit the Mambo's online store locator and start your journey towards a more organised home today.

<https://mambos.co.za>

mambo's
STORAGE & HOME





Gauteng, the Secret's Out! Mambo's is Changing the Home Game

Guess what?

The Western Cape's favourite home-living secret has officially landed in Gauteng, and it's a total game-changer. Mambo's Storage and Home has opened up massive, unpretentious "discovery" stores in Castle Gate, Irene Centurion, Alberton and Kyalami Gardens - you need to see them for yourself.



Why is everyone obsessed?

Because Mambo's gets it. They know we want our homes to look modern and stylish without spending a fortune. From the ultimate pantry-organisation kits to trendy décor and even heavy-duty gear for your guesthouse or cafe, they've got it all.



It's not just a store!
It's 16 branches of "where has this been all my life?" nifty solutions. No more choosing between "boring" and "expensive." Check out their store locator online and go find your local Mambo's. Your house (and your wallet) will thank you!



mambo's

STORAGE & HOME

• JOHANNESBURG: ALBERTON • PRETORIA: CASTLE GATE • IRENE • MIDRAND: KYALAMI GARDENS
WESTERN CAPE: GREEN POINT - TABLE VIEW - SANDOWN - VREDENBURG - KENILWORTH - RETREAT - CAPE GATE - BELLVILLE - DURBANVILLE - PAARL
SOMERSET WEST - WORCESTER - GEORGE
EASTERN CAPE: BEACON BAY - VINCENT - WILLIAM MOFFETT • FREE STATE: BLOEM TOWERS



SENSORY GARDENS FOR MENTAL HEALTH

At Life Green Group, we believe that nature has a profound ability to heal, restore, and inspire. This World Mental Health Day, we take a moment to reflect on how our work from lush green spaces to sensory-rich gardens – contributes to emotional wellness and mindful living.

In a world that moves faster every day, taking time to slow down and connect with nature has become essential for maintaining mental health. Simple interactions with plants, textures, and natural sounds can calm the mind, reduce stress, and remind us of life's simple beauty.

That's the idea behind sensory gardens for mental health – outdoor spaces designed to engage the five senses and bring balance to both body and mind.

WHAT MAKES A SENSORY GARDEN SPECIAL

A sensory garden is more than just a beautiful landscape – it's an experience created through careful design. Every plant, sound, texture, and colour is chosen to stimulate one or more of the senses:

- **Sight:** Bright flowers, layered foliage, and gentle movement from grasses create visual calm.
- **Sound:** Rustling leaves and the soft flow of water encourage relaxation.
- **Smell:** Fragrant herbs and flowers awaken the senses and evoke positive emotions.
- **Touch:** Varied textures – from smooth leaves to rough bark – invite exploration.
- **Taste:** Edible plants such as mint, basil, or berries bring a playful, interactive element.

These gardens promote mindfulness by helping people stay present – noticing each sensation and finding peace in the moment.



THE MENTAL HEALTH BENEFITS OF SENSORY GARDENS

The connection between nature and mental wellness is well documented. Sensory gardens, in particular, provide unique benefits that support emotional balance:

- **Reduce stress and anxiety** through natural stimulation and calm surroundings
- **Encourage mindfulness**, helping individuals focus on their senses rather than daily pressures
- **Boost mood and creativity** through exposure to natural light, scents, and textures
- **Enhance social connection**, especially in community spaces and schools

By engaging the senses, these gardens offer a form of therapy that's both gentle and powerful – a reminder that healing often begins outdoors.

KINGFISHER RESIDENTIAL LANDSCAPING: CULTIVATING CALM IN EVERYDAY SPACES

As part of Life Green Group, Kingfisher Residential Landscaping specialises in creating sensory-rich environments that promote well-being and connection.

The idea behind their designs is simple yet meaningful – to create outdoor spaces that engage all five senses through plants, textures, colours, and natural elements. These landscapes are not only visually stunning but also **therapeutic**, encouraging mindfulness and reducing stress.

By introducing sensory gardens into residential and community spaces, Kingfisher helps bring nature's restorative power closer to home – turning everyday surroundings into places of calm, creativity, and renewal.

SHAPING LANDSCAPES FOR A SUSTAINABLE AND MINDFUL FUTURE

While we continue to shape landscapes for a sustainable future, we also shape spaces that nurture the human spirit.

This World Mental Health Day, Life Green Group stands in support of mental well-being – celebrating the harmony between people and nature.

Support mental health by bringing nature closer. Create a sensory garden that inspires calm, connection, and renewal.

LIFE
GREEN GROUP
www.lifegreengroup.co.za



WAT IS 'N OUMA?

'n Ouma is 'n tannie wat te oud is om self kinders te hê daarom het sy ander mense se kinders lief.

'n Ouma is baie slim. Wanneer jy saam met haar gaan stap, noem sy jou die naam van elke blom, boom of voëltjie. Maar sy is darem nie te slim nie want sy ken nie al die karre en motorfietse se name nie.

'n Ouma kan baie lank stilsit, vernaamlik in die kerk, want sy sit dan op haar lekker sagte vet.

'n Ouma ken ook al die liede wat hul sing sommer so uit haar kop uit.

'n Ouma dra 'n bril en snaakse onderklere en kan haar tande en tandvleise uithaal.

'n Ouma kook konfynt wat mens met die hand kan eet.

'n Ouma dink ook nie 'n kind moet pakslae kry nie. As jy huil, moet jy baie hard huil, want dan gee 'n ouma vir jou lekkers en partymaal betaal sy jou ook vir jou trane. Mens verstaan nie altyd oumas nie, want wanneer sy siek voel huil sy maar sê nee, sy het nie pyn nie.



'n Ouma lag altyd vir jou grappe en raas nooit nie. Almal moet tog probeer om 'n ouma te hê, want sy het baie tyd om met kinders te speel.

Lyk my oumas kan jok ook. Maar ek glo haar wanneer sy sê ek is die mooiste in die hele wereld.

O ja! Oupa's is mans-Ouma's

(Geleen by Marthie van der Merwe)



Find us at

Moreleta Square



Refill and Exchange

Fast, Professional, Friendly & Efficient

TELEPHONE

012 324 3294

ORDER ONLINE

www.epggas.co.za

WHATSAPP

071 672 2914

LP GAS 
FREE DELIVERY



AllAboutEyes
OPHTHALMOLOGISTS | OPHTHALMIC SURGEONS

We are a Specialist Ophthalmology Practice situated in Pretoria East. Our passion for people has made it possible for us to serve our local and surrounding community.




OUR SERVICES


- Cataract Surgery
- Glaucoma
- Poor/ double vision
- Diabetes / Hypertension
- Painful/ Itchy eyes
- Red/ Dry eyes

- Eyelid Abnormalities
- Keratoconus
- Myopia/ Hyperopia
- Astigmatism
- Children with squint eyes

PASSIONATE ABOUT YOUR EYES

For inquiries or to book an appointment contact us today!

 012 021 0354

 073 456 0428

 www.allabouteyes.co.za

 [allabouteyesophthalmologists](https://www.instagram.com/allabouteyesophthalmologists)

 [allabouteyesophthalmologists](https://www.facebook.com/allabouteyesophthalmologists)

BOARDWALK MEANDER SERVICE PROVIDERS



TO ADVERTISE HERE PLEASE CONTACT MARTIN ON 072 835 8405

MEDICAL SERVICES

DENTAL CARE

Irene Village Care, general dentistry and more. Irene Village Mall.
Call: 012 662 0302 / 079 069 4607
Email: info@irenecare.co.za / www.irenecaredentist.co.za

PHYSIOXPRT

Dedicated physiotherapists providing a quality service to increase your quality of life and optimise your performance. Call 064 661 7764 or book online at <http://www.physioXpert.co.za>

AESTHETICS

EDELWEISSE TEETH

WHITENING CLINIC

UPGRADE YOUR SMILE GAME:

Experience a one-hour teeth whitening session in a tranquil environment in Waterkloof. Dazzling results guaranteed 4-8 shades lighter. Only R650.00. Contact Edelweisse on 083 306 9108 to book your appointment.

GENERAL SERVICES

TALLADEGA AUTO CLINIC

Bosch car service. Your one-stop vehicle service, repair and diagnostic workshop. Please call Shane Wilson on 012 809 4472 or email: advisor@talladega.co.za

LEARN ENGLISH

AMBASSADOR international English Language School.

Beginner to Advanced & IELTS courses. In-Person or Online
Group Classes or Private Lessons.
WhatsApp +27 787 210 541
www.amEnglishSchool.co.za

BUSINESS AND EXECUTIVE COACH

Call Cheryl on 076 979 0604 to arrange a COMPLIMENTARY, no-obligation coaching session and discover how you can achieve your goals – what have you got to lose?
Email: cherylmuller@actioncoach.com

LILLIPUT EARLY LEARNING

Let your children fulfil their potential in a friendly, spacious environment. Safely situated within Cornwall Hill Country Estate. Small classes ensure

individualised attention. Bilingual, 18 months - 4 years of age. Please contact Suzette on 083 564 3298 or email: lilliputearlylearning@gmail.com

LITTLE EINSTEINS PLAYSCHOOL

Exceptional Pre-School in the Cornwall Hill Country Estate. Grade 0000- Grade 0. Started in 2003. Highly Qualified Educators. Feeder School: Cornwall Hill College. Sharon Rosema: 082 904 8157 <https://littleeinstein.co.za>. Extra Afrikaans lessons Grade 1-10. Tutoring: Grade 1-4.

BRAAI WOOD FOR SALE

Best quality "sekelbos" wood at a reduced price of R19.99 per bag. We supply and deliver to your home in Irene Farm Villages and Cornwall Hill. Call Cobus on 072 606 2053 to arrange your order. Nou gaan ons BRAAI!!!

HOME SERVICES, BUILDING & MAINTENANCE

ALTOKLEEN (1979)

Pretoria, Centurion, Midrand. Supervised quality cleaning and pest control. Call 072 349 8787/ 082 395 6449. Open Monday – Saturday and festive season. Carpets, loose rugs, upholstery, leather, windows, spring cleaning. Email: Info@altokleen.co.za



KJL WOOD & ALU - WOODEN DOORS, WINDOW FRAMES AND DECKING

Maintenance and restoration as well as new installations: doors, window frames, pergolas, decks (wood and composite decking). General installations and custom joinery. Please contact Kobus Langeveldt on 074 615 8579 or email: kobuslange@yahoo.com

0861NUTSMAN

Renovation and maintenance specialists in waterproofing, maintenance, welding, carpentry, electrical, plumbing, building, painting, security, roofing. Contact Tobie on 082 366 6911 for a free quotation.

PLUMBING – PLUMB AVID

Drains, leaks, maintenance, installations. Call 012 654 2513.

METRO AIRCONDITIONING SERVICES (PTY) LTD

Contact Metro Airconditioning Services (Pty) Ltd for all your air-conditioning, refrigeration, ventilation and extraction needs. We supply, install, repair and maintain all air-conditioning and refrigeration systems. Call us on 060 652 6061 or visit our website: <https://metroair.co.za> for more info.

FTTV DIENSTE CC

FTTV Services – Installation, design, upgrade and repair of: Home Automation, Home Theatre Systems, Internet, WiFi, Audio & Video, Satellite TV (Dstv or OVHD), Multi Room Audio, CCTV Systems
Call : 083 654 0634

GARDENING & LANDSCAPING

GARDEN BOYZ - FOR ALL YOUR LANDSCAPING NEEDS

New lawns, lawn dressing/compost, tree felling, garden clean-ups and garden maintenance. Contact Jordan on 073 849 0927.

LIFESTYLE HOME GARDEN

Indigenous and exotic plants, home decor and restaurants. Call 011 792 5616.

MADISON FLOWERS

Fresh floral arrangements. Call 012 667 1802 / 082 873 3797.

MELIA GARDENS

Would you like to have a beautiful garden? Our professional, reliable garden service company can assist you. We have over 16 years' experience and also offer pool maintenance services. Contact us for a quotation and see how we can maintain your garden and make it flourish!
Call Amelia on 083 326 4210.
Email: gardenlady@mweb.co.za

MONAVONI NURSERY

Landscaping, irrigation, nursery. Call 012 668 1261.



STEP INTO SOMETHING BETTER

Grades 8 to 12

Enrol Today | abbotts.co.za

CENTURION | NORTHCLIFF | JHB SOUTH | PRETORIA EAST | RONDEBOSCH HIGH SCHOOL

