



The

Villager

May • 2026

STAYING CONNECTED

– Our Estate WhatsApp Groups

Garden Refuse Removal – The Way Forward

Letting Kids Fail

The Hidden Cost of Sitting All Day



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The Villager focuses on Irene Farm Villages. The magazine is distributed digitally to each resident on the estate. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd trading as EIA Publishing, on behalf of the Home Owners Association of Irene Farm Villages. The opinions of contributors and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of Irene Farm Villages.

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Deadline for Advertising in the June 2026 edition:
22 May 2026



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Dear Residents,

As May settles over Pretoria with its golden light and crisp mornings, we invite you to pause and reflect alongside our Estate Manager's latest update – grounded in care, community, and the changing season.

Staying Connected – Our Estate WhatsApp Groups



Clear and timely communication is key to maintaining the smooth running of our Estate and ensuring that all residents stay informed and connected.

To assist with this, the HOA has established formal WhatsApp communication groups for residents. These groups are used as an official communication channel to share important updates such as security alerts, urgent notices, operational

matters, and general Estate information.

To keep communication effective and manageable, these groups are admin-only, meaning that only authorised HOA personnel can send messages. This ensures that:

- Important information is not lost in unrelated conversations
- Messages remain clear, relevant, and easy to follow
- Residents receive accurate and verified updates



Anna-Mart Steyn

Are You on the Group?

We are aware that some residents may not yet be on their relevant WhatsApp group.

If you are not receiving these updates, we encourage you to contact the HOA office so that we can add you to the appropriate group. Staying connected helps you remain informed about matters that may affect your daily life in the Estate.

A Shared Responsibility

These groups form part of our broader effort to maintain a well-informed and harmonious community. By ensuring that you are connected, you help us ensure that communication reaches everyone efficiently.

If you have recently moved in, changed your contact details, or are unsure whether you are on the group, please reach out to the HOA office – we'll gladly assist.

Resident Communication Survey – Thank You and What's Next



A sincere thank you to all residents who took the time to participate in our recent Communication Survey. We truly value your feedback and appreciate the effort you made to share your experiences and perspectives with us.

Your input plays an important role in helping us understand what is working well and where we can improve. One of the key themes that emerged from the survey is a desire for greater transparency from the HOA. This is valuable insight, and we would like to better understand what transparency means to you in a practical, day-to-day sense.

To explore this further, we have created a short follow-up MS Form focused specifically on transparency. Your responses will help guide us in making meaningful improvements that align with residents' expectations.

HOA Transparency & Communication Input – Fill in form

We kindly ask that you take a moment to complete the form. Your input will directly influence how we enhance communication and decision-making visibility within our community.

Thank you for partnering with us in building a better-informed, more connected community.



Building Plans – Alterations and Additions

We would like to remind all residents of the importance of complying with the Estate's Rules and Architectural Guidelines when making any alterations or additions to your property.

While much attention is often given to new building projects, it is equally important to note that any changes to existing properties—including renovations, extensions, swimming pools, carports, boundary walls, and other external alterations—require prior approval.

In terms of the Estate Rules, no building may be erected or externally altered without the approval of the HOA Board. Furthermore, all building plans must be professionally prepared and submitted to the Aesthetic Sub-Committee (ASC) for review and recommendation before final approval is granted.

Please take note of the following key requirements:

- All alterations and additions must be submitted for approval before any work may commence.
- Plans must be prepared by a qualified professional (architect or draughtsman).
- Approval from both the HOA and, where applicable, the Local Authority is required.
- A copy of the approved plans must be submitted to the Estate Office prior to the start of any work.
- Building activities without approved plans may result in daily penalties and enforcement action.



These measures are in place to ensure that the Estate maintains its aesthetic appeal, protects property values, and ensures a harmonious living environment for all residents.

We kindly request all residents to adhere strictly to these requirements and to contact the Estate Office should you require guidance or assistance with the submission process.

Your cooperation helps us preserve the high standard and character of our Estate.



Wishing Our Comrades Runners the Very Best

As the excitement builds for the upcoming Comrades Marathon on 14 June 2026, we would like to take a moment, on behalf of the Homeowners Association, to extend our heartfelt wishes to all residents and community members who will be taking part in this iconic race.

The Comrades Marathon is more than just a test of endurance – it is a celebration of determination, resilience, and the incredible spirit of camaraderie that brings runners together from all walks of life. Whether this is your first Comrades or one of many, your commitment and dedication are truly inspiring to us all.

We know the months of early mornings, long training runs, and personal sacrifices that have gone into preparing for this moment. As race day approaches, we hope you carry with you not only your training, but also the support and encouragement of your entire community.

May the road ahead be kind, the crowds uplifting, and your journey filled with strength and joy from start to finish. Most importantly, may it be a safe, rewarding, and successful race for each and every one of you.

We will be cheering you on every step of the way!

Good luck to all our Comrades participants – we are incredibly proud of you.

IMPORTANT NUMBERS

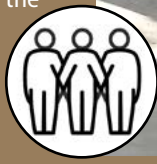
Police Emergency	10111
Lyttelton Police Station	012 644 8600
Pierre van Ryneveld Community Policing Forum	079 528 1630
Fire Emergency	10177
Medical Emergency	082 911
Main Gate Guardroom	012 662 3505
Security Duty Manager	082 937 8391
Controller	012 662 3505 Ext 3
Irene Farm Villages:	
Estate Office	012 662 3505
Estate Manager	066 008 8523
Managing Agent: Account Ability	
Tel: 082 780 0059 • Fax: 086 671 9798 • info@aams.co.za	

Honouring the Heart of Our Community This Workers' Day

In celebration of Workers' Day, the Homeowners Association took a moment to recognise and honour the incredible individuals who contribute so much to the daily life of our Estate.

As a small token of our appreciation, a special surprise gift was arranged for all domestic workers and gardeners working within the Estate. Gift collection took place from Wednesday, 29 April, with recipients able to collect their gifts at either the South Gate office or the North Gate.

These dedicated individuals play an essential role in keeping our homes and community



running smoothly. Their hard work, care, and commitment often happen behind the scenes, yet their impact is felt every single day. Workers' Day provides a meaningful opportunity to pause and acknowledge their invaluable contribution.

While this gesture is modest, it comes with sincere gratitude and respect. We truly value the role they play in our community and hope this small act conveys our appreciation.

To all the domestic workers and gardeners in our Estate – thank you for your dedication, your effort, and the pride you take in your work. You are an important part of what makes our community such a special place.

A Gentle Reminder: Supporting the Khomani San Community

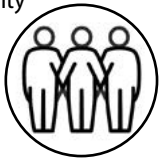
We would like to remind our residents of the outreach initiative we are supporting for the Khomani San community in the Kalahari.

If you have any baby or toddler clothing (up to 24 months) in good, wearable condition that your little ones have outgrown, please consider donating. Your contribution, no matter how small, can make a meaningful difference to families in need.

Donations can be dropped off at the Estate Office or handed in at Security at the North Gate for your convenience.

Let's continue to come together as a caring community and share what we can. Your generosity and willingness to help are what make our Estate truly special.

Thank you to everyone who has already contributed – and to those who are still planning to do so.



Garden Refuse Removal – The Way Forward

Following the recent Garden Refuse Survey conducted within the Estate, the HOA would like to thank all residents who took the time to participate and provide valuable input.

As there is a clear demand for such services, it was determined that a private, resident-driven approach offers greater flexibility and choice for homeowners. To support residents, we are pleased to confirm that two independent garden refuse service providers, both of whom reside within the Estate, are available to assist.

These service providers are familiar with the Estate's requirements and are well-positioned to offer reliable and convenient services to fellow residents.

Each provider will be advertising their services in this edition of the magazine, including details of the services offered, scheduling options, and contact information. Residents are encouraged to review these advertisements and engage directly with the provider that best suits their needs.

This approach allows residents to:

- Choose a service provider that aligns



with their preferences and budget

- Arrange collection schedules that suit their gardening routines
- Support local, community-based service providers

The HOA appreciates your understanding and cooperation as we move forward with this arrangement. We remain committed to maintaining the overall cleanliness and aesthetic appeal of the Estate and encourage all residents to ensure that garden refuse is managed responsibly.

Should you have any further questions or feedback, please feel free to reach out to the HOA



Garden of the month stand 1127

This month's featured garden is a beautiful example of formal design, where structure and symmetry create a sense of calm elegance. Neatly trimmed hedges frame the space with precision, while the well-maintained lawn provides a lush, green canvas that enhances the garden's clean lines.

A charming stepping-stone pathway guides visitors toward the front door, adding both function and visual appeal. On either side of the entrance, two carefully placed pots hold neatly pruned shrubs, reinforcing the garden's balanced and orderly aesthetic.

Every element in this garden has been thoughtfully maintained, resulting in a refined outdoor space that is both welcoming and timeless. It stands as a testament to the impact of careful planning and consistent care in achieving a truly classic formal garden.

The garden of the month stand 2226

This garden is a peaceful, shady spot that feels both natural and cozy. At the centre, a simple stone water feature trickles quietly, making the whole area feel cool and calm. What makes the space special is the mix of plants: tough, pointy aloes are planted right next to the neat green hedges. This creates a beautiful look that blends a bit of "wild" nature with a tidy design. With its rustic style and soft shadows, it is the perfect place to sit back and relax.



Important notice: ClickOn security panel call numbers

Residents are advised that the following telephone numbers are the official ClickOn Security Panel numbers from which security officers will contact residents:

South Gate: 060 528 8660

North Gate: 079 501 5031

Please save these numbers on your cell phone so that they are easily recognisable when security calls. These numbers are for outgoing calls only and should not be used to contact security. Security contact number for emergencies and assistance: 082 937 8391

As the days grow shorter and autumn deepens, we thank you for being part of our community—may this season bring you warmth, connection, and a renewed sense of home.

Anna-Mart Steyn
Estate Manager



IRENE FARM VILLAGES HOME OWNERS ASSOCIATION

Summary Operational Income Statement – YTD March 2026

March 2026

Year to Date

YTD Variance

Actual

Budget

Actual

Budget

Value

%

Operational Income						
Levy Income	1 504 303	1 504 303	1 504 303	1 504 303	0	0,0%
Other Income	61 950	40 500	61 950	40 500	21 450	53,0%
	1 566 254	1 544 803	1 566 254	1 544 803	21 451	1,4%
Operational Expenditure						
Professional /Administration	134 131	129 333	134 131	129 333	(4 798)	-3,7%
Accounting and Auditing	52 895	52 892	52 895	52 892	(3)	0,0%
Insurance, Legal and Admin	81 236	76 441	81 236	76 441	(4 795)	-6,3%
General Office	33 029	39 870	33 029	39 870	6 841	17,2%
Office Administration	33 029	39 870	33 029	39 870	6 841	17,2%
Operational Expenses	320 763	341 787	320 763	341 787	21 024	6,2%
Municipal Charges	89 426	76 869	89 426	76 869	(12 557)	-16,3%
General Operations	25 418	47 253	25 418	47 253	21 835	46,2%
Staff Expenses	205 919	217 665	205 919	217 665	11 746	5,4%
Security	627 723	656 096	627 723	656 096	28 373	4,3%
Security Operations	104 747	124 619	104 747	124 619	19 872	15,9%
Guarding Services	522 976	531 477	522 976	531 477	8 501	1,6%
Repairs & Maintenance	205 520	327 650	205 520	327 650	122 130	37,3%
Repairs & Maintenance	23 332	145 462	23 332	145 462	122 130	84,0%
Park Maintenance Contract	182 188	182 188	182 188	182 188	(0)	0,0%
Subsidence Management	0	8 280	0	8 280	8 280	100,0%
	1 321 166	1 503 016	1 321 166	1 503 016	181 850	12,1%
Operating Surplus / (Deficit)	245 087	41 787	245 087	41 787		
Non-Recurring Income	90 852	0	90 852	0	90 852	100,0%
Estate Penalties	3 150	0	3 150	0	3 150	100,0%
Speed Infringements (Net)	13 998	0	13 998	0	13 998	100,0%
Other Revenue	73 704	0	73 704	0	73 704	100,0%
Non-Recurring Expenses	0	100 000	0	100 000	100 000	100,0%
Net Positive/ (Negative)	90 852	(100 000)	90 852	(100 000)	(9 148)	
Net Surplus / (Deficit)	335 939	(58 213)	335 939	(58 213)		

Summary Income Statement by Account Ability
 Office Address: Sovereign Drive, Route 21 Corporate Park
 Accounting Office Hours: 8:00 to 13:00 Monday to Friday

Office Tel: 082 780 0059
 Accounts Email: accounts@aams.co.za
 IFV Accounts: Winny Boshoff

A HIKER'S GUIDE TO BARTERING

BY JAMES CLARKE

I bumped into an old friend the other day whom I had last seen years ago at a formal dinner of the Johannesburg Hiking Club. I had, at the time, just had a book published – *Survival in the Outdoors* which had an ‘errata’ note glued onto the title page to make sure it would not fall out before the reader saw it.

The errata had advised readers to ignore my advice on page 45 which explained how to follow the compass point while travelling north from South Africa. I advised them to travel 20 degrees west of true north whereas I had meant to write “travel 20 degrees east of true north”. A hiking party heading say, for central Zimbabwe, would end up lost in the Kalahari and having to eat each other, if they followed my advice.

It was a memorable evening because hikers are an educated and interesting bunch and when formally dressed are often indistinguishable from normal people. With a brilliant touch of originality, the pre-prandial drinks were served against a background of recorded bushveld sounds.

I recall a Free State hike in which I took part just after I became my own boss after years as a newspaperman. I was fretting because my spellcheck was down and I was writing a book with some long words. I needed a break

so I said to new boss, “I’ve worked for a whole week, Sir, and I now need to get away to self-actualise.”

“Try the Free State,” he said.

“You are too kind,” I said.

Thus I found myself with a hiking group near the Golden Gate walking in valleys crisp with frost.

We slept the first night in a spartan 10-bunk hut that reminded me of a Siberian forced labour camp – especially in the frigid half-light of dawn with all the balaclavaed heads sticking out of sleeping bags.

They had laughed at my old-fashioned backpack saying it was not for grown-ups and one of them said I was carrying far too much for a two-day hike. They persuaded me to leave behind several items including my monogrammed serviette ring, my CD player and a small generator. I was restricted to carrying minimum rations – six chicken drumsticks, six pork chops, a steak, potatoes, onions, chocolate, jelly babies, nuts and raisins.

Hikers generally share nothing because, as somebody explained, “What if the person who was to have brought the drinks or the fire-lighters doesn’t pitch? We rely on nobody but ourselves.”

(It was St Christopher, I think, who said, “Show me a man crying in the wilderness and I will show you a hiker

who’s forgotten the booze.”)

In fact I really had forgotten to bring something serious in the way of anti-freeze to drink around the campfire. But I soon discovered that, among hikers, four squares of chocolate are worth one tot of whisky. So are eight jelly babies, although a black jelly baby counts as two. And after a tough walk I find hikers crave things for which 4-year-olds throw tantrums in supermarkets.

It made me realise that had I indeed been incarcerated in Siberia, I am the sort whose indomitable and enterprising spirit would have enabled him to barter things and so secretly build a turbo-assisted Snowmobile, with power-steering and stereo, and escape to St Tropez.

A problem when hiking is that one often meets up with Germans named Schultz, Wolfgang, Ingrid and Brunhilde. Not that I dislike Germans – quite the contrary. The problem is they hike with far too much enthusiasm.

They stride ahead and then wait, patiently enough, for you to catch up sobbing for breath and coughing blood. And they say, jovially, “Ha! You made it, ja?”

Then, refreshed as they are by schnapps and crappenworst, they immediately stride on expecting you to follow when all you can do is lie face down in the grass sniffing and groaning.



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LETTING KIDS FAIL

(without stepping in too quickly)

BY NICOLA KILLOPS

As a teacher for many years, I had lost count of how many times a child would look up and ask, "Is this right?" before they had really given themselves a chance to decide.

It happens quickly. There is a pause, then the question. Sometimes before the pencil has even left the page.

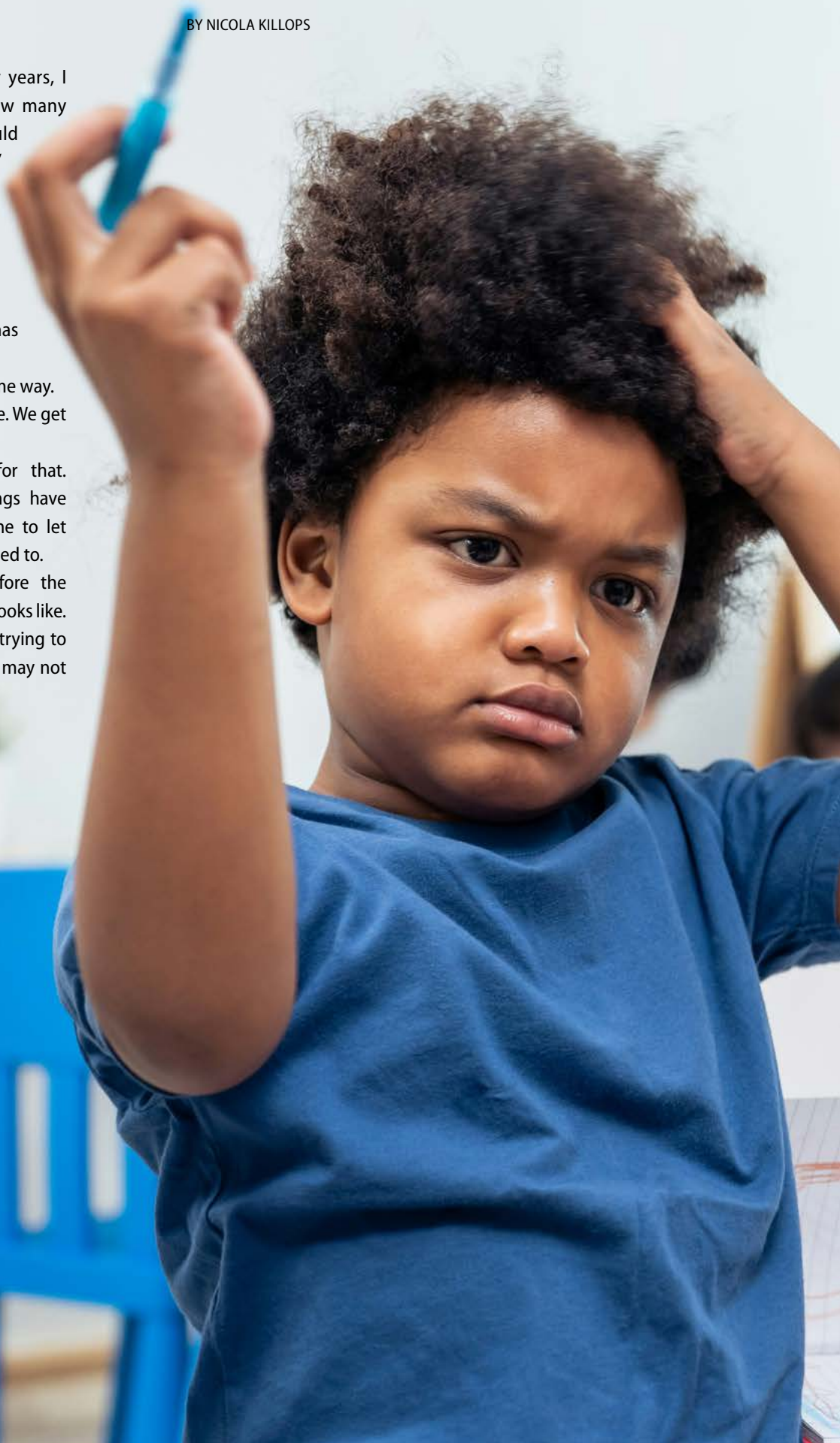
Most of us respond in the same way.

We look, we correct, we guide. We get things moving again.

There are good reasons for that. Classrooms have pace. Evenings have limits. There is not always time to let things take longer than they need to.

But that moment, just before the question, matters more than it looks like.

A child is still in it then. Still trying to work out what makes sense. It may not





be clear, even to them. It can look like hesitation, or distraction, or the start of frustration.

So we step in.

The work improves. The task gets finished. Everything moves on.

Over time, something settles.

Children begin to look outward before they look inward. They check early. They hand things over quickly.

In a classroom, you see it in the children who wait. Pencil down, eyes up, scanning for reassurance. At home, it shows up in the quiet handover. "Can you just check this?" before they have really engaged with it themselves.

It is easy to miss.

This is not about stepping back completely or leaving children to struggle on their own. They still

need support, explanation, reassurance.

It is about timing.

Noticing when a child is still working something out and holding back, just slightly, before stepping in.

Letting the wrong answer sit for a moment.

Asking, "What do you think?" and waiting.

Allowing a piece of work to be a bit off.

It can feel inefficient. It can take longer than you would like.

But it gives children something they do not get any other way.

Time inside the problem.

They try something. They adjust. They realise that not getting it right immediately is part of it.

They do not stop asking for help.

They just start trying first.





PLEASE DON'T MAKE HER PLAN HER OWN MOTHER'S DAY

Mother's Day has a way of arriving with good intentions and a clipboard

Everyone means well. Someone wants to book lunch. Someone thinks flowers would be nice. Someone remembers that Granny should probably be included. Someone asks what time everyone should come. Someone wonders what the children are doing about cards. Someone suggests breakfast in bed, which is charming until you remember that breakfast in bed often leaves the kitchen looking as if a small catering company has lost interest halfway through a job.

Somehow, through all of this goodwill, the person being celebrated ends up back in her familiar role: thinking ahead, answering questions, smoothing edges and gently managing the day that is supposed to be about her. It is a very particular kind of madness, made even better by the fact that everyone involved is usually terribly pleased with themselves.

This is not an attack on Mother's Day. Mother's Day can be lovely. Flowers are lovely. Handmade cards are lovely. A long lunch can be lovely, especially when nobody expects the person being celebrated to choose the restaurant, check

the booking, remember who does not eat mushrooms, calm the child who suddenly hates their shoes, and work out why the teenager has disappeared into a hoodie and a mood.

The celebration itself is usually not the problem. It is the little admin goblin attached to the celebration that causes the trouble.

Most mothers already carry an astonishing amount of invisible family machinery. They know who needs new school shoes, which child has a project due,

whether the dog has had his tablets, who is anxious about exams, what is running low in the fridge, which birthday party needs a present, and why the washing machine is making that noise again. They carry school notices, lift arrangements, estate gate codes for visiting relatives, sports fixtures, emotional weather reports and the mental notes that keep family life from tipping into chaos.

So perhaps, this year, the kindest thing is not another vague offer that requires a committee meeting.





"What would you like to do?" sounds thoughtful, and sometimes it is. But if it lands as one more decision she has to make, it is still work, just wearing nicer shoes.

"Where should we go?" is polite, but it still hands her the logistics.

"What do you want?" is useful only if someone else is prepared to turn the answer into reality without needing a full briefing document, three follow-up questions and a reminder on the family WhatsApp group.

Maybe Mother's Day could do with less show and more actual help.

Make the booking. Check the time. Buy the card before the morning of Mother's Day. Help the children write something that sounds as if they have actually met their mother. Put the flowers in water. Clear the table. Pack the dishwasher properly, not in the mysterious diagonal style that suggests cutlery is a philosophical concept. Take the children out if she wants silence. Stay home if she wants everyone around her. Let her nap without treating it as a medical emergency.

And please, if breakfast in bed is

involved, remember that someone still has to clean the kitchen. Crumbs in the duvet are not a love language.

Real appreciation is often wonderfully unglamorous. It looks like noticing what someone usually carries and

removing one or two items from the pile before she has to point at them with her eyebrows. It looks like thoughtfulness that does not require supervision. It looks like children being reminded to say thank you before they are halfway through the meal. It looks like a partner, sibling, adult child or grandchild thinking two steps ahead for once, possibly without needing applause.

Of course, not every mother wants the same thing. Some want a house full of noise and people. Some want lunch out. Some want tea in the garden. Some want a slow walk, a proper conversation, a good book, or the rare luxury of being left completely alone without anyone taking it personally. The point is not to guess perfectly. The point is to pay enough attention that she does not have to produce a PowerPoint on her own preferences.

Mother's Day does not need to be grand. It does not need to be expensive. It does not need to look like a magazine spread with linen napkins, obedient children and food nobody has dropped on the floor.

It just needs to feel like, for once, somebody else has done the thinking.





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Black Leather & Sport-Tex, R2 695 000



2026 – Panamera GTS PDK
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Club Leather Espresso Leather, R3 625 000



2022 – Macan PDK
39,300 km, White, Black Interior,
R1 325 000



2020 – Macan Turbo PDK
65,000 km, Miami Blue, Black Leather,
R1 425 000



2019 – Cayenne S Tiptronic
85,500 km, Quarzite Grey Metallic,
Black Partial Leather, R1 195 000



2023 – Cayenne Coupé Tiptronic
19,800 km, Chromite Black Metallic,
Black Partial Leather, R1 645 000



2023 – Cayenne GTS Tiptronic
22,000 km, Oak Green, Black Leather & Alcantara,
R2 295 000



Photo by Hybrid storytellers on Unsplash

Please email your answer along with your full name, your cell number, estate name and your stand number, detailing 'Restaurant Competition' in the subject line, to (Click on the link below): competitions@eiapublishing.co.za and like our Facebook page to enter the competition. The winner will be notified by email.

Restaurant Competition

Answer the question below and stand a chance to win a restaurant voucher worth R500.00 from The Baron:

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TERMS AND CONDITIONS:

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as 'change'.
3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
7. Indemnity: The publishers and other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

CONGRATULATIONS TO: Debbie Botha, our April winner of a R500 voucher.

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Johanna has Tuesdays and Thursdays available to work, her contact number is 072 772 4252. For a reference you are welcome to contact Esmeralda on 082 572 4013.

Leah is available Mondays, Thursdays and Fridays. She has worked in IFV for our family for 3 years. Leah 079 552 8313.

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ZOLA BUDD: A DIFFERENT KIND OF COURAGE

BY TEGAN LAMBERT



An example of Zola Budd and her infamous trait of running barefoot (eheel-tec)

In sport, there are moments that shape public memory, and people whose lives are shaped by moments in theirs. Zola Budd's journey reflects a quieter kind of bravery – one built not on applause, but on resilience, discipline and the ability to keep moving forward when the noise grows loud.

Born in Bloemfontein in 1966, Budd rose from a modest South African upbringing to become one of the most recognisable distance runners in the world. Her talent was unmistakable and her style unforgettable. Running completely barefoot, she moved with a lightness that seemed instinctive, her stride shaped by dirt tracks, grass fields and a body trained to trust the ground

beneath it.

By her late teens, she was already rewriting records. At just 17, she produced world-class times over 5 000 metres, later officially breaking the world record in 1984. It was the kind of rise few athletes experience – one that places someone in the global spotlight long before they are emotionally prepared for it.

When the World Is Watching

The 1984 Los Angeles Olympics brought Budd international attention. In the iconic 3 000 metre final, a mid-race collision with American runner Mary Decker changed the course of the event and etched the race into Olympic history. The fallout was global, the

scrutiny was intense and the judgment swift.

What followed, however, is often overlooked.

Budd did not retreat from the sport. She continued to compete and to win. She claimed two World Cross Country Championships, returned to the Olympic stage in Barcelona in 1992 for South Africa, and extended her running career into marathons, road racing and ultra-distance events.

Her story is not defined by a single moment, but by the steady consistency that followed it.

A Legacy Beyond Medals

In later years, Budd stepped away from elite competition and into mentorship,



The race that sparked her controversy with Mary Decker (British GQ)

coaching and community running. She speaks of running not as conquest, but as clarity – a daily ritual and a grounding force. Fame did not define her. Discipline and consistency did.

In a uniquely South African way, her influence extended beyond the track and into everyday culture.

Cultural Footprints

For years, fast minibus taxis were informally nicknamed “Zola Budds”, a nod to her legendary speed. Her name became shorthand for pace and endurance – proof that impact in sport can ripple far beyond medals and podiums.

She ran barefoot not to make a statement, but because shoes slowed her down. It was a practical choice, shaped by environment and instinct rather than image.

Today, she continues to run for balance rather than competition, finding rhythm and clarity in movement itself.

A Quiet Strength

Zola Budd’s legacy is not simply one of records or controversy. It is one of grace under pressure and the dignity of someone who kept moving forward long after the headlines faded.

Not all courage is loud. Sometimes it is steady, disciplined and deeply personal. And sometimes, it runs barefoot.



Zola Budd today after all her fame and controversy (Runners world)

The Mother-Daughter Book Club

BY SUSAN PATTERSON AND JAMES PATTERSON

Four old friends. One life-changing trip.

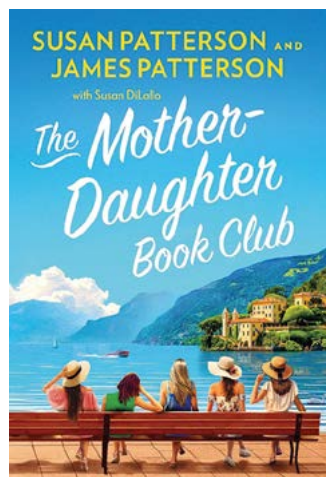
It's been three years since best friends Elin, Grace, Mariella and Jamie got together with their daughters for a book club night that would change their lives forever.

Now, they travel to the breathtaking shores of Lake Como, Italy, to reunite for the first time since that fateful evening.

Amid the idyllic landscape, sumptuous food and dog-eared pages of their favourite books, it becomes clear that the women are all keeping secrets from each other.

What really happened all those years ago? And will the power of love and literature finally help them to let go?

Price: R395.00



Unleashed

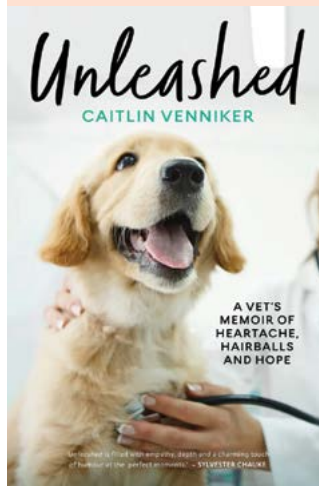
BY CAITLIN VENNIKER

Unleashed is the hilarious, intensely honest memoir of Caitlin Venniker's journey from Onderstepoort, the only veterinary training institution in South Africa, into the heart of private practice, with a few stops in the United Kingdom and Middle East along the way.

It's a story of growing up, juggling owners with high expectations and animals with big opinions, bluffing confidence, quirky colleagues, cows with anger issues and midnight emergencies.

It's about navigating the challenges of dating, using coffee as a crutch, finding humour in dark moments, and the immense joy and grief that come with loving animals.

Price: R350.00



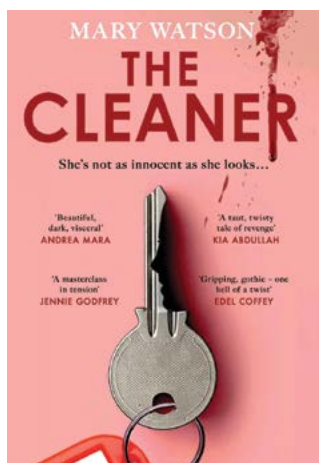
The Summer I Turned Pretty

BY JENNY HAN

The Summer I Turned Pretty is now a major TV series on Amazon Prime! From the author of Netflix's smash-hit movie *To All The Boys I've Loved Before*, this is the perfect funny summer romance for fans of *The Kissing Booth* and *Holly Bourne*.

One girl. Two boys. And the summer that changed everything. Every year Isabel spends a perfect summer at her favourite place in the world – the Fisher family's beach house. It has everything a girl could want: a swimming pool, a private stretch of sandy beach and two (very cute) boys: Unavailable, aloof Conrad – who she's been in love with forever. Friendly, relaxed Jeremiah – the only one who's ever really paid her any attention. But this year something is different. This year, the boys seem to really notice Isabel for the first time. It's going to be an amazing summer – and one she'll never forget . . .

Price: R250.00



The Cleaner

BY MARY WATSON

Esmie is supposed to be invisible. Just a cleaner with a foreign accent that no one quite has time to place. Her uniform of leggings and a duster allows her to explore the homes of the wealthy, unseen; an outsider creeping around the edges of privilege.

But as she sweeps through the exclusive Woodlands gated neighbourhood, cleaning is the last thing on her mind. Treading silently over the polished wooden floorboards and cloud-soft carpets, Esmie gathers up the mess of broken marriages, quiet deceptions and careless failures. She tucks away their fragments, keeping them safe. For now.

Because one of the residents took from her the person she loves most. She's not here to clean; she's here for revenge – and she'll get it using the weapons her employers unwittingly handed her along with the keys to their homes: their own secrets...

Price: R250.00



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!



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**"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.

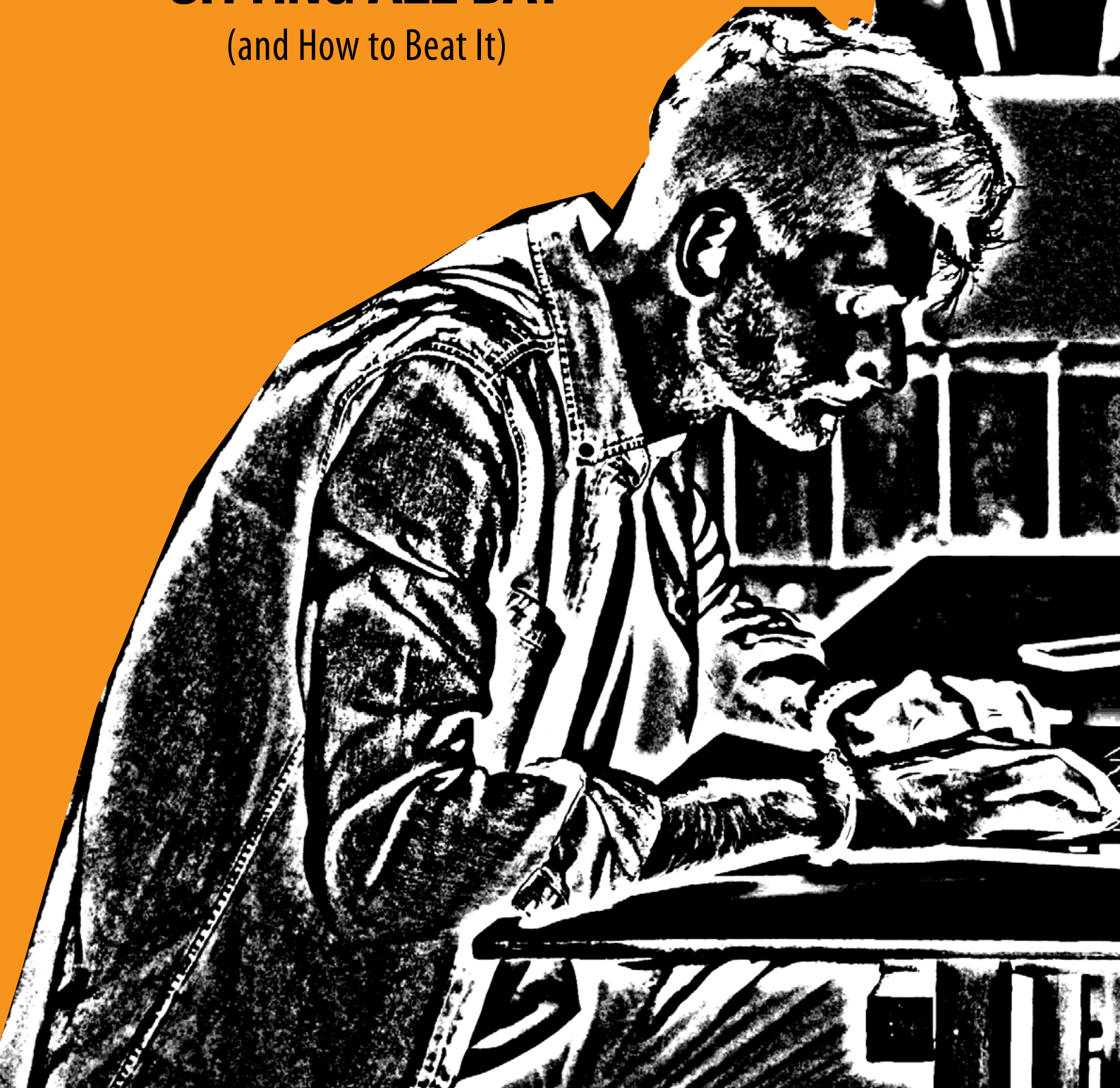
Our goal is to shape learners who are not only academically prepared but also confident, adaptable, and ready to engage with the world. Students leave AISJ equipped - not just for the next grade, but for life beyond school, wherever their journey takes them.

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.



THE HIDDEN COST OF SITTING ALL DAY

(and How to Beat It)



Let's be honest – most of us sit a lot. You sit while working, sit in meetings, sit in traffic... and then sit again to relax. Before you know it, you've

spent 8-12 hours in a chair, and your body is quietly paying the price.

Sitting itself isn't the problem, too much sitting without movement is.

What sitting is really doing to your body

Take a second to check in with your posture: Rounded shoulders? Chin poking forward? Upper back slouched?



This position doesn't just affect how you look, it affects how you feel.

Poor posture is linked to:

- Reduced lung capacity (making breathing less efficient)

- Increased neck and shoulder tension
- Headaches and fatigue

Over time, your body adapts to the positions you spend the most time in. That means prolonged sitting can contribute to:

- Reduced blood flow
- Lower oxygen delivery
- Muscle imbalances and stiffness

The result? Mental fog, sore muscles, and more strain on your body as you age. That mid-afternoon slump isn't always about caffeine. Movement is what helps keep your brain alert and your body functioning well. Sometimes, what you really need isn't another cup of coffee, it's a few minutes of movement (and a glass of water).

The bigger picture: Movement matters more than you think

Even if you exercise regularly, long periods of sitting can still affect your health. Research shows prolonged sitting is associated with:

- Increased risk of weight gain
- Reduced ability to regulate blood sugar
- Higher risk of insulin resistance
- Greater likelihood of cardiovascular issues

So how can you begin to make improvements?

1. Move more often

Start simple. Set a reminder every 30–60 minutes to:

- Stand up
- Stretch
- Walk around
- Grab water
- Do a few squats or desk exercises

Think of these as “movement snacks” for your body. Your spine is designed to move, not stay locked in one position all day.

2. Upgrade your posture

You don't need perfect posture just better posture. Try this:

- Feet flat on the ground

- Screen at eye level
- Shoulders relaxed
- Core lightly engaged

Imagine a string gently pulling you taller from the top of your head.

Pro tip: Place a small reminder (like a sticker) on your screen to check your posture throughout the day. Over time, it becomes automatic.

3. Move outside of work

Daily movement doesn't have to be intense to be effective. Even 10-15 minutes of:

- Walking
- Stretching
- Light exercise

This can majorly improve how your body feels and functions.

Don't forget mobility:

- Open your chest
- Stretch your hips
- Loosen your hamstrings

These are the areas that suffer most from prolonged sitting.

The bottom line

Your body is built to move. When you sit for long periods, it becomes less efficient – at everything from circulation to energy production.

But here's the encouraging part:

Your body responds quickly to small changes. You don't need to quit your job or stand all day. Just:

- Move more often
- Sit a little better
- Add small bursts of activity into your day

So next time you catch yourself sitting for hours on end – don't overthink it.

Stand up. Move. Hydrate.

Your body will thank you for it.

For more information contact Leigh-Mari Niemand on 078 781 1598 or email: leighmariniemand@gmail.com /Trained by Leigh

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