



Fourways Gardens

RESIDENTIAL ESTATE

June 2026



INSIDE

The Farmer's Market returns
with even more vendors!

Solitary bees and
their role at FWG

Fascinating animal
facts spark curiosity



GRADE 0 OPEN DAY

Friday 12 June 2026 | 08h00-09h30

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Fourways Gardens
RESIDENTIAL ESTATE

IMPORTANT ESTATE NUMBERS

Fourways Gardens HOA 011 465 7731

Security Control Room 011 465 5465

Security Mobile Number 066 261 7671

24/7 HQ Control Room 011 444 2237

The Gardens Bistro 084 613 5797

ER24 084 124

Netcare 911 082 911

Police 10111

JMPD 011 375 5911

Lonehill Fire Department 011 465 5792

Eskom 0860 037 566

City of Joburg Municipality 0860 562 874

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MESSAGE FROM THE ESTATE MANAGER

Dear Residents,

June marks three years as your Estate Manager – a milestone I have been looking forward to acknowledging, not to take stock of a list, but to reflect genuinely on what these years have meant.

When I completed my first year, I described it as purposeful – a year in which important groundwork had been laid. Looking back now, I can see how much that groundwork has allowed us to build, improve, and mature as an estate.

Security has remained one of our most important responsibilities, and it is the area where the distance travelled is perhaps most visible. Underpinning all of this has been a rigorous approach to procurement: formal RFP and tender processes were concluded for security and guarding, landscaping, IT and telephony services, CCTV maintenance, and full fibre-based failover to always keep estate communications and surveillance online – each appointment the result of a structured, competitive process. From those foundations, we moved to meaningfully modern solutions: **facial recognition**, **the Fourways Gardens App** (incorporating communications, access control, facility bookings and automated goods removals into one platform), and the **Docked Drone Solution** – making us the first estate in Northern Johannesburg to receive full regulatory approval for this technology. These are not just upgrades. They represent a sustained commitment to a safer, smarter estate.

We have also worked steadily to improve the spaces residents use every day. **The Phase 2 waterway and dam restoration** was the most significant project of this period – requiring persistence, environmental care, and close cooperation with external stakeholders. Upgrades to parks, gazebos, ablution facilities, fencing, walkways, road markings, tennis facilities, and traffic-calming measures have all been part of the ongoing work to keep Fourways Gardens beautiful and future-focused. **The Phase 1 Park upgrade**, currently underway, is the latest expression of that commitment.

Governance has been strengthened in ways that are less visible but no less important. **Updated Conduct Rules**, **the Property Sale and Lease Policy**, and a comprehensive overhaul of the Property Practitioner framework have created clearer, fairer processes for all. The **updated Architectural and Aesthetic Guidelines** deserve particular mention: they preserve the estate's visual character and kerb appeal, and when residents consult them before undertaking improvements, they protect their own investment and the collective appeal that makes Fourways Gardens such a desirable address. Our partnerships with JCPZ, Johannesburg Water, Eskom, the JRA, GDARD, Douglasdale SAPS and CPF, and neighbouring estates have grown meaningfully – improving responsiveness and ensuring Fourways Gardens is recognised as a responsible community within the broader municipal environment. Our membership of the Fourways Improvement District (FID) is also a contribution to the revitalisation of the Fourways area, to the benefit of us all.

The property market tells its own story. Fourways Gardens has entered a new era in property values – breaching thresholds that

have historically been beyond our reach. According to the April 2026 Lightstone report, the freehold median has risen 17.7% over the decade, with 64 freehold transfers registered in 2025. More telling still: 51% of owners have held their properties for over eleven years – one of the strongest long-tenure profiles in the region, and a measure of the kind of community Fourways Gardens has become. We are proud to have played a role in building and protecting that reputation.

What stands out most is the people and the community we have built together. From our 40th birthday celebration, EcoKids, Movie Nights, Family Campouts, the Junior Entrepreneur Market, Trick-or-Treat and Festive Markets, to blood drives, charity initiatives, and gatherings for new residents and seniors – the calendar has grown richer every year. **The Farmer's Market**, introduced in early 2026, has already become a firm favourite: the May event drew nearly three times the original vendor count, with live music and face painting, and an energy that felt entirely natural to who we are. These occasions do not happen by accident. I have been consistently moved by the generosity and enthusiasm of residents, and by the dedication of the HOA team who bring these events to life alongside their day-to-day responsibilities.

None of this happens without the right people.

My sincere gratitude goes to every **Board member** – past and current – who has served with commitment and care. Board membership is voluntary, and the choice to give your time to governance and to the long-term interests of this community is not a small one. The work is rarely visible, but its impact is always felt. Thank you.

And to the **HOA team**: your professionalism sets the standard, and your willingness to go beyond what is asked of you every day is what makes this estate function as well as it does. You show up consistently, you care about the details, and this community is better for it.

I am truly grateful to work alongside each of you.

And so, with three years behind us, June is far from quiet. **The Phase 1 Park upgrade** is well underway, with completion by the end of June. **The Chorisia Lane reinstatement** continues under the JRA's programme, with golf cart support available for affected households. **Youth Day** brings the second **FWG MTB & Trail Run Festival** on 16 June – free entry for residents. The Board and HOA Management are finalising the 2025/2026 Annual Financial Statements ahead of the AGM, which will also include the Conduct Rules member engagement phase and, as always, the opportunity for residents to put their hand up for the Board.

As always, thank you for your patience, your participation, and your support. It has been a privilege – and there is still much to look forward to.

Warm regards,

Charlene Marlin

Estate Manager Fourways Gardens Residential Estate




Fourways Gardens
RESIDENTIAL ESTATE

FWG MTB & TRAIL RUN FESTIVAL

TUESDAY
16 JUNE
2026



CHALLENGE YOURSELF



CHALLENGE YOUR FRIENDS



ADULTS & KIDS: AGES 2-102

ENTRIES OPEN

TRAIL RUN 9km
TRAIL RUN 6km
MTB 24km
MTB 12km
MTB 6km
MTB 2km



ARE YOU READY?



SCAN TO ENTER



FWG RESIDENTS
FREE



NON RESIDENTS
R100



LIMITED ENTRIES


TYSON
PROPERTIES


CYCLES
Mellow Velo
UNITED


24/7
SECURITY SERVICES
Personal • Integrated • Effective


Realfood
4sure


iDELI
international


POSTNET
FOURWAYS GARDENS


iTILE
The Home of Fashion Tiles


CHANGANG
MTB CLUB

FOURWAYS GARDENS RESIDENTIAL ESTATE

COMMUNITY • ADVENTURE • FAMILY FUN

PREPARED, NOT SCARED

Helping children stay safe
away from home

24/7 
SECURITY SERVICES
Personal • Integrated • Effective



A 24/7 Security Services guide to child safety

Few moments are more frightening for a parent than realising a child has wandered off or become separated from the family. Whether at a busy shopping centre, a sports event, a taxi rank or even while walking home from school, children can quickly become disoriented. Teaching children basic safety information is not simply helpful – it is essential.

While parents cannot prevent every unexpected situation, they can equip children with practical knowledge that may help them get home safely or reconnect with trusted adults more quickly. One of the most important lessons a child can learn is how to identify **where they live and who to contact if they need help**.

Many young children know their parents'

names, but far fewer can confidently tell someone their home address or a contact number. In stressful situations, panic often makes it even harder for children to remember details. This is why repetition and preparation matter.

Reinforce the details

Parents should begin teaching children their full home address as early as possible. Start with the suburb or street name and gradually build towards the complete address.

Repeating the information during everyday routines can help children memorise it naturally. Some parents turn it into a song, a rhyme, or a game to make learning easier and less intimidating.

Children should also memorise at least one reliable cellphone number. Ideally, they should know both parents' numbers but

even knowing one can make a significant difference. It is important to teach children to say numbers clearly and slowly.

Useful information children should know includes:

- Their full name and surname
- Their home address
- At least one parent or guardian's cellphone number
- The names of trusted adults who may assist them
- The name of their school
- Nearby landmarks close to home

Wristbands, ID tags and apps

Younger children, however, may still struggle to consistently remember important information. For very young children, neurodivergent children, those who are easily distracted, or those prone to wandering, visible identification tools can provide an additional layer of protection.



Many parents use child safety wristbands or ID tags when visiting crowded places such as festivals, beaches, airports or shopping malls. These can contain the parents' contact numbers and, in some cases, important medical information. Silicone wristbands, shoe tags and sewn-in clothing labels are all discreet options that can assist security personnel or members of the public in reuniting a child with their family.

For older children who carry cellphones, parents can discuss location-sharing features and emergency calling functions. Mobile apps, such as Family Nest and Life360, are excellent tools for tracking children's cellphones. However, technology should support, not replace, foundational safety knowledge. Batteries die, phones get lost, and signal coverage may fail.

Parents should avoid prominently displaying a child's full name in public, as strangers could misuse it to gain a child's trust. Instead, keep identification simple and focused on emergency contact details.

Practical precautions

Practical precautions include:

- Taking a recent photograph of your child before outings
- Dressing children in bright, easily identifiable clothing

- Agreeing on a designated meeting point in busy public areas
- Teaching children to approach security guards, police officers or mothers with children if they are lost
- Explaining that they should never leave a public place with a stranger, even if the person seems friendly

It is equally important to teach children situational awareness without creating unnecessary fear. Conversations about safety should be calm, age-appropriate and empowering rather than alarming. Children who feel confident and informed are more likely to respond effectively during stressful situations.

Role playing can be particularly effective. Parents can practise "what if" scenarios at home by asking questions such as:

- "What would you do if you could not see me in the shop?"
- "Who would you ask for help?"
- "What is our cellphone number?"
- "What landmarks do you recognise near home?"

These simple exercises help children build confidence and improve recall under pressure.

Transport safety

Children should know the safest route

home and understand the importance of walking with trusted groups. Parents should regularly remind children not to accept lifts from strangers or unfamiliar vehicles, even if the driver appears to know the family.

Community

Communities play an important role in child safety. Neighbours, schools, security companies and community policing forums can help create environments where children are more easily recognised and assisted if they become lost. Parents should ensure children know which nearby homes or businesses are considered safe places to seek help.

Lessons that work

Ultimately, preparing children for emergencies is not about expecting the worst. It is about giving them the tools to respond safely if something unexpected happens. A child who knows their address, remembers a parent's cellphone number and understands who to approach for help is far better equipped to navigate frightening situations.

Small, practical safety habits taught consistently over time can make a meaningful difference. In moments of confusion or separation, those lessons may be exactly what helps a child find their way home safely.

SEE SOMETHING, SAY SOMETHING

Please report all security-related matters immediately, without delay.

A delay in reporting = a delay in resolution.

On-site Control Contact details:

011 465 5466 or 066 261 7671

FARMER'S MARKET

Sunday, 3 May 2026

The unseasonal rains had us slightly nervous, but determination and optimism won the day, with a nearly cloudless sky greeting our Farmer's Market on Sunday, 3 May 2026.

Following the success of the initial trial market in February, we welcomed more than three times as many vendors for this second market, and to our surprise and delight, there is still room to grow.

The community support was outstanding, and we are truly grateful to our residents for showing up in such strong numbers. With face painting, kiddies' crafts and live music setting the tone, the market offered a relaxed and cheerful Sunday atmosphere. The shopping certainly had us looking with "hungry eyes", with baked and artisanal goods, breads, pastries, jams, pestos, bespoke housewares and more around every corner.

Added to this were handmade picnic blankets and dog beds, the Swag to the Wag doggie food truck, candy floss, popcorn, and ready-to-eat favourites from Simply Megalicious and The Wrapshack. It was, quite simply, a day not-to-be-missed.

Our vendors were all smiles, and many commented on the warmth and support of the Fourways Gardens community. As one vendor noted, this kind of community support enables FWG to attract and retain high-quality vendors. Most were already asking when the next market would be. The consensus was clear: the FWG community is a special one, with residents' friendliness, curiosity and genuine interest in the vendors' stories, leaving a lasting impression.

We have a few more ideas up our sleeves as we continue to grow this initiative, so keep an eye out for details of the next Farmer's Market.

Residents who would like to be considered as vendors are invited to email francois@fwg.co.za with their certificate of acceptability, sample photos of their products, and a brief description of their wares for consideration at future markets and, potentially, other Fourways Gardens events.





JOIN US ON OUR OPEN DAY
11 June | 18:00-19:30



LONEHILL & MORNINGSIDE

SAFE TO BE THEMSELVES.
READY TO LEARN.

EMPOWERING NEURODIVERSE LEARNERS FOR A BRIGHTER FUTURE

ENROL TODAY | [THEBRIDGESCHOOL.CO.ZA](https://thebridgeschool.co.za)

MOTHER'S DAY LUNCH CELEBRATION

We were delighted to host a wonderful Mother's Day lunch in celebration of the incredible moms, grandmothers and mothers-in-law in our community.

Guests were warmly welcomed with refreshing drinks on arrival, setting the tone for a relaxed and joyful afternoon. Families gathered to honour the women who inspire, care for and support those around them every day.

A special word of thanks goes to Samantha from O-Yes Properties, who generously sponsored beautiful gifts for the moms,

as well as the music for the day. Her thoughtful contribution added a special touch of appreciation to the occasion.

With delicious food, lively music and warm company, the afternoon was a memorable celebration of motherhood in all its forms.

Thank you to everyone who joined us and helped make the event such a special success.



ACTIVITIES OFFERED IN OUR ESTATE

Please contact the Activity Provider directly via WhatsApp for information regarding fees, times and other arrangements. We ask that residents respect the activity providers and participants making use of their services at these times.



Fourways Gardens
RESIDENTIAL ESTATE

Adult Yoga and Pilates

Stacey Roberts 082 388 2177
Staceroberts23@gmail.com

Tennis Gazebo

Pilates – Monday 08h30 - 09h30

Hall

Yoga – Monday 17h30 - 18h30

Wednesday 08h30 - 09h30

Pilates – Wednesday 18h15 - 19h15

Goju-Ryu Karate

Roberta 083 309 5352
Roberta.biagioni@vodamail.co.za

Hall

Tuesdays and Thursdays

Beginners 16h30 - 17h15

Immediate 17h30 - 18h15

Advanced 18h15 - 19h00

Fourways Road Runners

Brittany Halton-Hall
fourwaysrr@gmail.com
072 537 8014

Tennis Gazebo

Tuesday 18h00

Thursday 18h15 (Summer) 18h00 (Winter)

Saturday 06h00 (Summer) 06h30 (Winter)

Nanny 'n Me

Joanne Bradley – 083 303 1190
joanne@nannynme.co.za

Tennis Gazebo/Hall

Wednesdays

Toddler Class (15 months to 3 years)
09h30 - 10h30

Baby Class (3 months to 15 months)
10h45 - 11h45

Kids Yopalates

(Yoga+Pilates)

Stacey Roberts 082 388 2177
Staceroberts23@gmail.com

Tennis Gazebo

Wednesday 16h00 - 16h30

Little Kickers

Football classes for boys and girls
aged 18 months to 8 years old

Rui Da Costa 083 450 0563
rdacosta@littlekickers.co.za

Phase 2 Park Soccer Net

Friday

15h00 - 17h00

Ballet

Nicky 072 238 8063
nickyridley33@gmail.com

Hall

Tuesday

14h30 - 16h00

Helen O'Grady Drama

Kerry 083 410 2940
kerry@helenogrady.co.za

Hall

Wednesday 15h00 - 17h30

WTHP Full Body Resistance Training

Mandy Davis 083 708 3637
mandy@gracepoint.co.za

Tennis Gazebo

Mondays and Wednesdays

Group 1 – 06h00

Group 2 – 07h00

Saturday

Group 1 & 2 – 07h00

HasBean Coffee tuc-tuc

Dave and Lindy Venter
Dave 072 344 6598
Lindy 082 8769456
lindy@mimail.co.za

Phase 2 Saturday

Phase 1 Sunday

07h30 - 11h00

Pulser United Soccer and Netball Training

Prince Peterson 064 541 0201
pulsarunitedsport@gmail.com

Phase 1 Park

Tuesdays

16h00 - 17h00

Pancake Pantry

Kelly Lombaard 083 663 5115
Kellyjhlombard@gmail.com

Phase 1 Tuesday

Phase 2 Thursday

12h00 - 17h00

Exercise Classes for Seniors

Free, low-intensity movement
classes

Contact Annie at 082 985 1042 or
Winnie at 066 101 1041 for more
information or to join

Hall

Monday 08h30

Friday 08h30

Chain Gang MTB Club

Coach Smish 072 435 2751
info@chaingang.co.za

Phase 1 Cycle Track



STATIONERS AND OFFICE

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TABLES

OFFICE



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083 601 1593

gaye@gcr.co.za

Sales Property Practitioner



CHLOË

082 501 8800

chloe@gcr.co.za

Sales Property Practitioner



SUE

082 452 0086

sue@gcr.co.za

Rentals Property Practitioner

Evergreen Broadacres Where Independent Living Meets World-Class Care

As retirement lifestyles continue to evolve, so too does the definition of quality care. Today's retirees are not only seeking beautiful homes and vibrant communities, but also the reassurance that, should their health needs change, expert support is close at hand.

At Evergreen Broadacres, independent living integrates seamlessly with professional, on-site healthcare designed to support residents at every stage of their retirement journey.

Adapting to Changing Needs

Opened in 2019, the Broadacres Healthcare Centre provides both short-term and ongoing care for residents and non-residents alike. Whether recovering after surgery, transitioning from hospital, or requiring ongoing medical supervision, patients benefit from an environment that combines clinical

excellence with a warm, residential feel. The 32-bed facility is supported by a multidisciplinary team of healthcare professionals, including registered nurses and trained caregivers, with access to a general practitioner, physiotherapist, occupational therapist, dietitian and social worker. Together, they deliver a holistic model of care that addresses physical, emotional, and overall wellbeing.

Ease & Comfort guaranteed

Unlike traditional clinical environments, the Broadacres Healthcare Centre has been designed to feel calm and welcoming. Private suites offer comfort and privacy, with en-suite facilities and modern finishes, while many open onto tranquil outdoor spaces that bring in natural light, fresh air and greenery – all known to support recovery and wellbeing.



Assisted Living

For those seeking a more supported lifestyle without giving up independence, Evergreen's Assisted Living offering provides a practical and cost-effective solution. Assisted Living suites are available on a Life Right basis from R800,000, with monthly care packages starting from R23,500. These typically include:

- Two hours of daily nursing support
- Three nutritious meals daily
- Laundry, linen and housekeeping services
- Rates and levies

Secure a 12-month Assisted Living package ahead of the mid-year price increase and receive 1 month free.



Frail Care

For more complex and ongoing medical needs, Evergreen's Frail Care suites provide a secure, supportive environment defined by clinical expertise, compassionate care, and dignity. Care plans are individually tailored to incorporate chronic disease and medication management, specialised treatments, mobility and rehabilitation, dementia care, and end-of-life support.

Receive 20% off your first month, if booked before end May, and if you pay for 3 months upfront you'll receive the 4th month free.

1- Bed 1- Bath 1 Parking 42m²

1- Bed 1- Bath 1 Parking



CLASSICS CLUB LUNCH

Friday, 8 May 2026

Our latest gathering was a little quieter than usual, thanks to the icy weather. My dream of enjoying lunch outdoors feels like it belongs to another season entirely!

Belinda and her team treated us to a delicious, soul-warming chicken curry, while Leo and Knowledge kept spirits high with their usual dedication to keeping everyone cosy and well hydrated.

Although I forgot to send out the reminder for our charity collection, our generous members still managed to raise a wonderful amount – thank you! Remember, if you're decluttering, our charities are always grateful for donations. We support a children's home, animal welfare, and a general charity that helps anyone in need. Every little bit truly makes a difference.

A special shout out to Georgia from Akari Aesthetics, who gifted our classics discounted vouchers for her treatments – such a thoughtful way to support our community. And thank you once again to Taniel from Merci Flowers for the stunning pot plant, won by Jane. What a joy to walk away with something so beautiful!

Looking ahead, our next meeting will be a **dinner on Friday, 5 June at 5:30pm**

in the hall, followed by our exciting **Philharmonics outing on 18 June**. Winter is shaping up to be a busy season!

On **Friday, 3 July at 10am**, we'll welcome Frank Gregory, one of our residents, who will be sharing insights on *"If it's not grown, it has to be mined."*

We also had a treat from the Light Workers group, who donated tickets to the Michael Jackson Ballet – what a fun way to spend a Thursday afternoon together. Don't forget, if you'd like to join in on outings, let me know so I can "rent a crowd" – it's always more fun with company!

I can't wait to see you all again soon. Until then, I'm here if you need anything. With love till next time

Lorna
082 659 1048



MONTHLY DRAW

Friday, 24 April 2026

April's Monthly Draw once again brought residents together for an enjoyable evening of good food, familiar faces and the growing anticipation that builds as the draw hour approaches.

With the cash kitty sitting at R5,250, excitement around the evening's prizes was especially high as residents gathered to see who would take home the jackpot.

As always, the lucky draw hampers, kiddies' prize, and Burn the Bill competition added to the atmosphere, with entries coming in right up until the final moments and residents eagerly awaiting the announcement of winners.

This month's lucky draw winners were Adrian van der Vyver and Phillipa Dittberner, while Luke Wade took home the kiddies' prize. The Burn the Bill competition winners were Ian Isdale and Dorothy Flint, who both enjoyed the extra surprise on the evening.

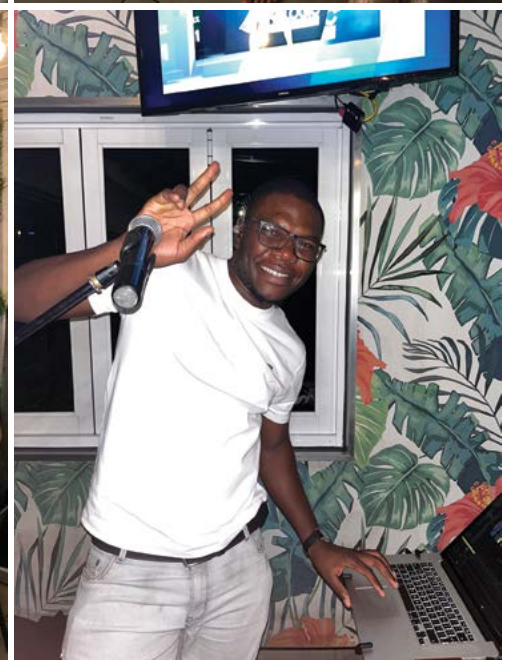
With the cash kitty winner not present on the evening, the cash prize has rolled over, building even more anticipation and bringing the next Monthly Draw to an exciting R7,000.

A special thank you once again goes to Century 21 Fourways and STBB Conveyancers for their continued sponsorship and support of the Monthly Draw evenings.



CENTURY 21.
Fourways

STBB The
Big Small
Firm



QUIZ NIGHT

Friday, 17 April 2026

April's Quiz Night saw a full venue, with eager quizzers filling every corner and a few milestone birthdays adding to the festive atmosphere. The mood was lively from the outset, with plenty of laughter, friendly rivalry and that familiar Quiz Night buzz.

Quiz Master Dayle once again put everyone through their paces, with the usual chorus of "ah-ha!" and "of course!" echoing through the room as the answers were revealed.

Competition was tight, and a tie-break was needed to separate the third-placed team from the team that narrowly missed out on the top three. The decisive question? The number of steps in the Eiffel Tower from the ground esplanade to the summit. While both teams guessed well below the actual number, Q&A Holes came closest and secured a prize-winning finish.

With our sponsor, Bronwyn Butt, handing out the prizes, there were smiles all round as the cash envelopes were awarded. There were also plenty of laughs when the winner of the Geldhof hamper was announced from one of the winning teams!

Congratulations to our top three teams:

1st: *It's All Relative*

2nd: *Brain Farts*

3rd: *Q&A Holes*

Thank you to everyone who joined us and helped make the evening such a success. Be sure to book your spot for the next Quiz Night, proudly sponsored by Bronwyn Butt Conveyancers and Attorneys.

And, for those still wondering, there are 1,665 steps from the Eiffel Tower's ground esplanade to the summit.





**"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 QUIET POLLINATORS:

Why solitary bees matter at Fourways Gardens

When most of us hear the word bee, we picture a buzzing honey bee, a hive, and neat hexagonal honeycomb. But in reality, most bee species are not honey bees at all, they're solitary bees, and they work quietly in our gardens every day. At Fourways Gardens, we're committed to ensuring these unsung heroes have the food sources and habitats they need to thrive.

Solitary bees vs honey bees: What's the difference?

Honey bees are social insects. They live in large colonies with a queen and thousands of workers, and they rely on the hive's survival as a group. They are generalist foragers and can travel quite far to find food.

Solitary bees, on the other hand, don't live in hives. Each female is essentially a one-bee "mother and manager":

- No colony, no queen: She builds or finds a small nesting site on her own.
- Individual nests: She lays eggs in separate chambers, stocking each one with pollen and nectar for the developing larva.
- Often gentler: Because they're not defending a hive full of honey and young, solitary bees are typically non-aggressive and rarely sting.

You might never notice them, some are tiny and metallic green, others are fluffy and fast, and many don't "swarm" the way honey bees can. Yet they are exceptionally important pollinators and often highly efficient at pollinating flowers and fruit trees.

Why we need solitary bees (even if we already have honey bees)

Solitary bees support healthy ecosystems in a unique way:

- They broaden pollination: Different bees prefer different flowers. Having a diversity of bees means more plants are pollinated more reliably.
- They work in different conditions: Some solitary bees forage in cooler or windier weather when honey bees are less active.
- They strengthen biodiversity: A thriving bee community supports birds, reptiles, small mammals, and the broader web of life that makes a garden resilient.

LIFE GREEN GROUP Honey Bees vs Solitary Bees

Buzzing Buddies of Nature - South African Edition

Feature	Honey Bees	Solitary Bees
Where they live	Live in large hives with a queen, workers, and drones.	Live alone in small holes in wood, soil, or hollow stems.
How they make nests	Build wax combs in hives.	Use mud, leaves, or chewed-up plants to build tiny nests.
Do they make honey?	Yes! They collect nectar and make yummy honey. 🍯	Nope! They don't make honey.
How social are they?	Super social - they live and work in big groups.	Independent - each bee takes care of its own babies.
Pollination power	Great pollinators, especially for crops like fruit and nuts.	Even better pollinators! One solitary bee can do the work of 10 honey bees. 🐝
Found in South Africa?	Yes! Kept by beekeepers and also live in the wild.	Yes! Many species like carpenter bees and leafcutter bees live here.
Danger level?	Can sting if they feel threatened, especially near the hive.	Usually peaceful. Some don't sting at all! 🐝
Role in nature	Help grow food and wild plants by spreading pollen.	Vital for pollinating native flowers and wild ecosystems. 🌸

Why Are Bees Important?

🐝 Bees pollinate plants - helping them grow fruits and seeds.

🍏 Without bees, we'd miss out on foods like apples, pumpkins, and almonds.

🌸 In South Africa, they support our fynbos, fruit orchards, and wildflowers.

How Can We Help Bees?

✅ Plant bee-friendly flowers like lavender, aloes, and wild rosemary.

✅ Leave some bare soil or wood logs for solitary bee nests.

✅ Avoid using harmful pesticides.

✅ Support local honey and bee-friendly farmers.

Contact Us: 📧 Abigail_DS@lifegreengroup.co.za ☎️ 071 480 0042

In short: honey bees are important, solitary bees are essential too.

Fourways Gardens' commitment to solitary bees

At Fourways Gardens, our approach is simple: make it easier for solitary bees to live here.

That means:

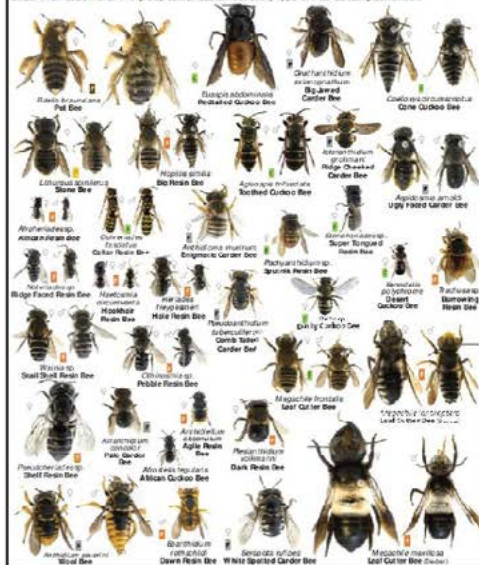
- Planting and protecting indigenous flowering plants that provide nectar and pollen across the seasons
- Maintaining habitat variety, not every corner needs to be "perfectly cleaned up"
- Using responsible gardening practices, including careful, minimal chemical use

Photo by David Clode on Unsplash

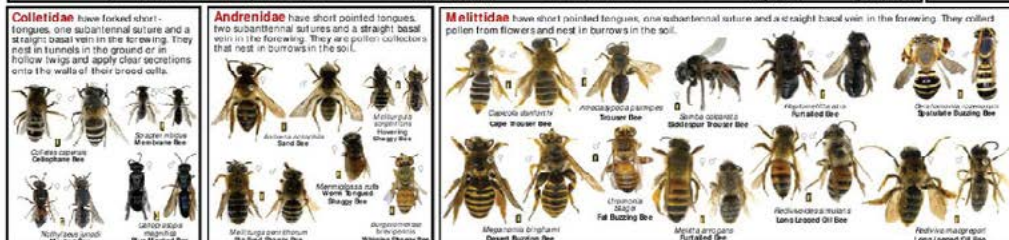
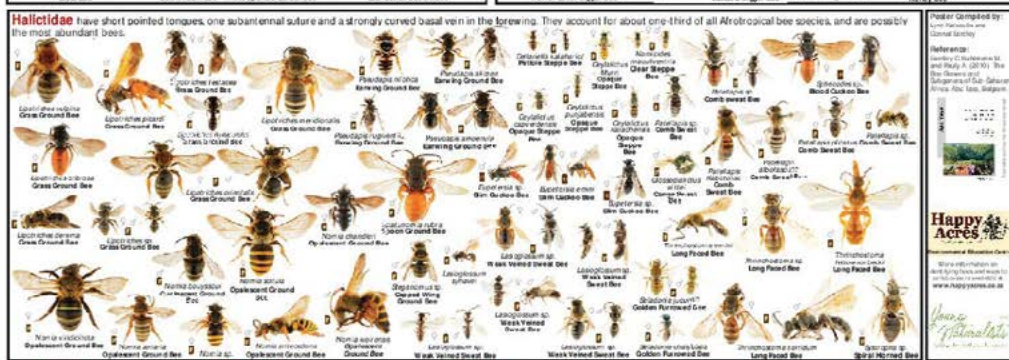
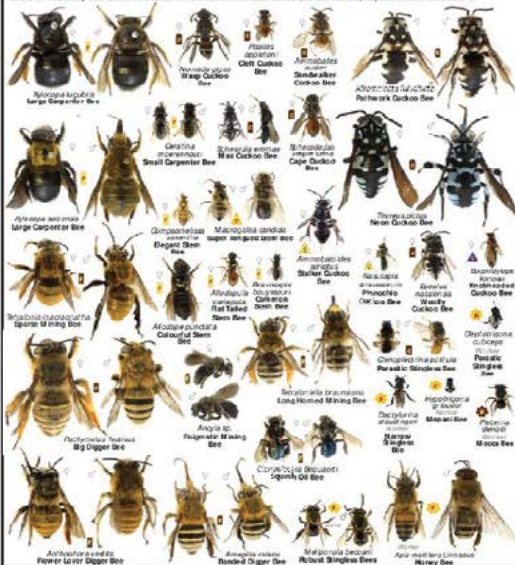
Bees of Sub-Saharan Africa

It is estimated that there are around 30 000 bee species worldwide of which about 20 500 have been described, 2755 occur in sub-Saharan Africa and about 1200 occur in South Africa. Bees, in many shapes and sizes, pollinate about 80% of all flowering plants and 75% of the vegetables, fruits and nuts we eat. The symbols next to each bee indicate their sociality, where they nest and where they get their food.

Megachilidae are long-tongued bees with two submarginal cells on their wings that collect pollen under their abdomens. The group comprises almost every type of nest building behaviour.



Apidae are long-tongued bees with two or three submarginal wing cells that collect pollen on their hind legs. Most are solitary but some are social. Parasitism includes social parasites, cleptoparasites and robbers.



Scale: 	Nesting (Colour): All cells of nest cases from plant material in existing burrows Secretion of a cerumen-like substance in existing wood burrows Carpenter, stem and all one bees bore tunnels in wood Ground nesting Clamber and resin bees make cases of soil or resin Carriers make woolly balls around little cocoon-like structures	Feeding (Letter): F - Collect pollen from flowers and pollinate flowers in the process S - Social parasites replace or coexist with the queen and use the host workers to raise their progeny C - Cleptoparasites lay their eggs in the nests of other bees and the larvae feed on the food collected for the host's larvae R - Robbers steal pollen and honey from nests of other bees	Sociality (Shape): Solitary Social Social honey producers
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and targeted control methods where required

- Being mindful of timing, so major pruning or clearing doesn't remove flowers and nesting opportunities at critical times

These small, thoughtful actions add up to a big difference, supporting not only bees, but the health and beauty of our estate as a whole.

How residents can help (easy wins!)

If you'd like to support our solitary bees at home, here are a few simple, estate-friendly steps:

- Grow a mix of indigenous flowering plants so something is in bloom most months
- Leave a small patch of bare soil in a sunny, well-drained spot for ground-nesting bees
- Don't over-tidy: leaving a few hollow stems or a "quiet corner" can be invaluable
- Choose bee-safe practices: avoid broad-spectrum pesticides and opt for targeted, least-toxic solutions
- Provide water thoughtfully: a shallow dish with stones gives bees a safe landing spot

A living garden is a healthier garden

Solitary bees may not make honey, but they help our gardens flourish, quietly pollinating flowers, fruit, and indigenous plants that keep our environment vibrant and resilient. By providing the right mix of food sources and habitats, Fourways Gardens is investing in a healthier, more biodiverse estate, one small wingbeat at a time.



INCREDIBLE ANIMAL FACTS SPARK CURIOSITY

Recently, whilst doing some research, I came across the BBC Wildlife site, which is used as an educational read covering plants, animals and environmental issues with interesting editorials from David Attenborough. The article by Debbie Graham, “*Discover extraordinary truths about the natural world and the remarkable creatures that call it home*,” really caught my attention. I thought I’d share some of her fascinating animal facts, which readers will hopefully enjoy – and which might even help at a quiz night.

1. Flamingos are pink on the inside, not just the outside. These flamboyant birds are adapted to collect and metabolise carotenoid pigments – the chemicals found in algae, crustaceans and microscopic plant materials that form tones of orange, red, yellow and pink. Though the pink colouration is most obvious in a flamingo’s plumage, the carotenoids also impregnate the bird’s tissues, skin, blood and even egg yolk.
2. Hippos can’t swim and instead they sink in water and run along the river bottom. However, as mammals, hippos have lungs just like we do and therefore can’t breathe underwater – they can only last about five minutes between breaths. That said, hippos are able to breathe air while being almost entirely submerged, thanks to high-set nostrils that protrude

out of the water. These can be sealed when the animals need to dive.

3. The award for “most lives saved” must go to the Atlantic horseshoe crab (*Limulus polyphemus*). In the 1950s, scientists discovered that its blue blood contains a clotting substance called coagulogen. This substance reacts strongly to bacteria, fungi, and endotoxins, making it extremely useful for testing whether medical equipment and pharmaceutical drugs are contaminated. Because of this discovery, the horseshoe crab became essential in medical safety testing, helping prevent dangerous infections and ensuring that medicines and devices are safe for human use.
4. Orangutans self-medicate. A Sumatran Orangutan in Indonesia has been observed healing a nasty wound on its face by making a paste from a native plant known to locals as having healing properties. The primate chewed the stems and leaves of the Akar Kuning plant (*Fibraurea tinctoria*), a type of liana vine, and repeatedly spread the juice and shredded leaves on his open wound over a number of days.
5. The animal that sleeps the most is the Koala. This Australian icon sleeps for 20-22 hours each day, making it the sleepest creature in the animal Kingdom.
6. Animals fear humans more than lions. Several studies have found that wildlife

across the globe fear the human “super predator” far more than some of the world’s most famous predators, from lions and leopards to bears and wolves.

7. The best sniffer of the animal kingdom is a mole, a weird mole. The freakish, tentacled snout of the star-nosed mole (*Condylura cristata*) may look funny – and earn it a place on the weirdest animals list but it’s nothing to laugh at. It could be the most skilled sniffer under the sun – even when underwater.
8. There’s a bird that can walk on water – well, almost. Jacanas possess preposterously long toes relative to body size that spread the birds’ weight, enabling them to walk on floating vegetation, such as lily pads, without sinking. This talent has earned them the nickname “lily trotters”.
9. There are some animals that appear to be bulletproof. Armadillo “armour”-composed of bony plates known as osteoderms – has been seen to deflect bullets.
10. Kangaroos are able to hop so easily because of their large, stretchy tendons in their hind legs, which act like giant springs. As these tendons strain and contract, they generate most of the energy needed for each hop. This is very different to the way humans jump, which uses a lot of muscular effort.





11. Donkeys aren't waterproof like other equines and are less able to repel rain than horses because they have less oil in their coats. This is thought to be because donkeys are descendants of the African Wild Ass, whose natural environments are the hot dry semi-desert and mountainous climates of Africa and the Middle East – not damp wet weather.
12. A cow has four stomachs, right? That's what we learn at school, isn't it? Wrong! Rather than having four stomachs, a cow's one stomach has four separate sections – the rumen, the reticulum, the omasum and the abomasum – leading to the common misconception that they have four stomachs.
13. Cuttlefish can change colour in 200 milliseconds, as fast as a human can blink.
14. The world's heaviest flying bird, the Kori Bustard (*Ardeotis kori*), weighs an astonishing 11-19kg. Because of its tremendous weight, a Kori Bustard uses a lot of energy to fly, so it will only take off when necessary.
15. The Arctic Tern has the longest migration journey in the world. After breeding in the far North, it heads to the opposite end of the globe to enjoy the summer's Southern Hemisphere. As the crow flies this would be 12,000km each way, but the Terns take a more meandering route. One tagged individual clocked nearly 97,000km for the round trip.
16. There are animals that can live forever – well, sort of. Immortal jellyfish, along with at least five other jellyfish species, dodge

death by hitting rewind. Even after a dead medusa has collapsed into a pile of mush, its cells can grow into polyps. It's like a fragment of butterfly wing turning into a caterpillar. Immortal jellyfish can still die, from predation and disease, but their regenerating abilities make them tough and successful.

17. An electric eel can produce a high-level shock of 600 volts (V) at a current of 1 amp – enough to kill a human (though this rarely occurs). It produces electricity in electrocytes – special cells arranged like stacks of batteries found in three separate organs.
18. The world's loudest bird, the male white bellbird, produces an ear-splitting sound that is something like the two-tone horn of a fast train approaching a station.
19. Beavers don't actually live in dams. The dam acts as a first line of defense against predators, by submerging the entrance under around one meter of water and concealing secret tunnels that lead to the main chamber – its lodge.
20. Bats aren't blind and actually have good eyesight. The myth that bats are blind probably came about because many species use sound to navigate around the environment at night, a system known as echolocation.
21. Some fish can walk – including a walking shark. But one walking fish is particularly strange. Deep in the Thai rainforest there

are cave angel fish, which are one of the very few fish to have a bone connection between their pelvic fins and spine. This combined with strong muscles allows them to walk through caves and even up waterfalls in a fashion similar to a newt.

22. Cheetahs can't roar, unlike the other big four cats – lion, tiger, leopard and jaguar. This is because a cheetah's voice box has more in common with small cats than big cats. The bones of the cheetah's voice box form a fixed structure, with divided vocal cords that vibrate with both in and out breaths. This design enables these cats to purr continuously; it limits the range of other sounds and prevents them from being able to roar.
23. Humans aren't the only animal to enjoy "highs". Dolphins use toxic pufferfish to "get high".
24. Sloths only poop once a week. Sloths only go to the ground in two circumstances: to defecate and urinate once every five to seven days or when they cannot move along the canopy due to lack of connection between adjacent trees.
25. Scientists have found that Sperm whale use complex patterns of clicks to communicate, almost like an alphabet. A study published in Nature Communications suggests their sounds share similarities with human language, showing that whale communication may be much more advanced than scientists once thought.

If you would like to see more extraordinary facts about animals, please go to the following link: <https://www.discoverwildlife.com/animal-facts/facts-about-animals> (June 2025)

Jeanette Furstenburg is a Certified Animal Behaviourist. She holds a Diploma in Companion Animal Behaviour (DipCABT) with distinction, is a member of the COAPE Endorsed Association of Applied Pet Behaviourists and Trainers International (CABTi), which is a member of the UK Dog Behaviour & Training Charter 2026. She is part of the International Companion Animal Network (ICAN). In addition, she is a member of the South African Board for Companion Animal Professionals (SABCAP).

082 445 8422 | www.animalsmatter.co.za | jeanette@animalsmatter.co.za

animals
MATTER

ST PETER'S PREP GIVING DAY

Touching hearts and making a difference



Our Giving Day was a thrilling and heartwarming experience! The 19 and 20 March will go down as two unforgettable and wonderful days - the St Peter's Prep community came together to shoot the lights out in a crowd-funding challenge, raising funds for three meaningful Foundation Projects that will 'give back' as well as 'pay it forward'. We were overwhelmed by the spirit and support and thrilled to raise over R4 million in just 36 hours. None of this would have been possible without the incredible effort and collaboration shown by our greater community.



St Peter's is deeply passionate about each of the three projects we are now able to support, and we're excited to see them come to life:

- 1. The Intern Centre** – a purpose-built learning and accommodation space to support and grow deserving young adults who are part of our teacher Intern Programme, developing inspired teachers for the South Africa of tomorrow.
- 2. The Green Keys Route** – an environmental sustainability project to create a green belt across the St Peter's campus. This project echoes our commitment to sustainability and provides a natural space of indigenous biomes and restored habitats for outdoor learning and improved wellbeing.
- 3. Legacy Opportunities** – supporting our Bursary Programme as well as long-term developments on the school campus ensuring the St Peter's of tomorrow remains *Ahead of the Game*.



What stood out most over the two days was the wonderful sense of community the event created. There was a genuine feeling of excitement, unity and shared purpose across the school as pupils, parents, staff, past parents, Old Boys, Old Girls and extended families all came together to support something meaningful. The atmosphere was incredibly special and a powerful reminder of what it means to be part of the St Peter's Family.

As a school, our focus is always on education, so the lessons in giving were just as important. Our children experienced the joy of giving first-hand and began to understand what it means to make a difference in the lives of others. From the pupils' donor thank you notes, their own pocket money contributions, to the pride and enthusiasm

Scan the QR code
to view all the action
from the day!



of making calls, there was a real sense they knew they were part of something bigger than themselves.

And, of course, there was plenty of fun too. From the smallest gesture of gifting a fizzer, to the delight of receiving a famous St Peter's choc-chip cookie, to the laughter of cream pies in teachers' faces and school Heads being dunked – our two days of giving were filled with pure joy and memories that will last a lifetime.

Moments like these remind us what a privilege it is to belong to the St Peter's Family.

If you are interested in supporting the St Peter's Foundation and any of the above projects, please contact Monica Sloane at: foundation@stpeters.co.za



SECURITY SHOULDN'T STOP AT THE GATE



Choosing to live in a secure estate is one of those decisions that makes sense. It is not about paranoia. It is about peace of mind. It is about knowing your family can come home, move around, walk the dogs, ride bicycles, visit neighbours, and enjoy a lifestyle with greater comfort and control.

That is the whole point of estate living. You make a considered choice about where you live, who has access, and what level of security surrounds your family.

The contradiction, of course, is that the moment you drive out of the gate, much of that protection stays behind.

That does not mean you should stop living, stop travelling, or start looking over your shoulder every time you leave home. Quite the opposite. The right protection should allow you to keep living normally. It should give you confidence, not anxiety. It should be practical, discreet and built around the life you already have.

This is where discreet vehicle armouring becomes such a sensible extension of the security decisions many estate residents have already made.

For many people, the words "armoured car" still create the wrong picture. They imagine convoys, flashing lights, bulky vehicles, and people living in a completely different world. In reality, modern armouring is far

more refined than that. You do not have to be one of "those" people to be at risk, and you certainly do not have to look like one of "those" people to be protected.

Armormax specialises in discreet armouring for everyday luxury vehicles. From the outside, an Armormax vehicle looks like the vehicle you chose in the first place. The finish is clean, the cabin remains comfortable, the driving experience is familiar, and the protection is quietly built into the areas that matter most.

That discretion is important. The best protection is not always the loudest protection. In many cases, it is the protection nobody notices. It allows you to arrive at school, the office, the golf club, the airport or your favourite restaurant without drawing unnecessary attention. You simply drive your own vehicle, with an added layer of confidence built in.

There is also a practical reality worth acknowledging. Waiting does not save lives. Hoping that something will never happen is understandable, but hope is not a security strategy. The point is not to live in fear. The point is to make a calm, intelligent decision before you ever need it.

Owning an Armormax vehicle is surprisingly normal. You do not need to change your routine. You do not need to explain yourself everywhere you go. You continue to use your vehicle every day, with the benefit of professionally engineered protection, quality materials, aftersales support, and a team that understands both the security and lifestyle sides of the decision.

If you have already made the positive choice to protect your home and your family through estate living, extending that thinking to the road is a natural next step.

Armormax invites you to ask questions, book a factory visit, and see for yourself how discreet vehicle armouring is done properly.

Armour your car with Armormax. Protect your freedom.

www.armormax.co.za

Contact person:

Michael Broom

Sales and Marketing Manager

011 462 6079

084 325 2744

michael@armormax.co.za



ESTATE LIVING IS SECURE.

BUT IT DOESN'T FOLLOW YOU OUT THE GATE.



You've protected your home. You've chosen where your family lives, who has access, and how secure your surroundings should be.

But the moment you leave the estate, that protection changes.

Armormax discreetly armours your vehicle, extending your family's protection to the road, where you are often most exposed.

**ARMOUR YOUR CAR WITH ARMORMAX.
PROTECT YOUR FREEDOM.**



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011 462 6079





TRADE THE CITY FOR THE COAST: A NEW CHAPTER AT CORAL COVE

For many Johannesburg homeowners, the idea lingers quietly in the background: a life by the coast. Slower mornings, ocean air, and a sense of ease that feels just out of reach in the rhythm of city living.

At Coral Cove by Auria Senior Living, that idea is no longer something to plan for “one day”. It is ready now.

Now open on the KwaZulu-Natal North Coast, Ballito, Coral Cove offers a considered move from urban pace to coastal calm, without compromise. Set within the secure and beautifully established Zululami Luxury Coastal Estate, alongside Seaton Estate, it brings together the best of both worlds: a dedicated senior living community within a vibrant, multi-generational environment.

A lifestyle that shifts the pace

Moving to the coast is about more than a change in scenery. It’s about how your days begin and unfold.

At Coral Cove, mornings might start with coffee overlooking the ocean, followed by a walk along one of the estate’s nature trails. Afternoons can be as social or as quiet as you choose, with a long lunch, a wellness session, or simply time to pause.

The homes themselves, from contemporary apartments and maisonettes to garden villas, are designed to make this shift feel

effortless. Light-filled, modern and low-maintenance, they offer the kind of lock-up-and-go simplicity that frees you to focus on living, not upkeep.

Independence, with reassurance built in

For many, the decision to leave Johannesburg is not just about lifestyle, but about planning ahead with confidence.

Coral Cove has been designed for exactly that balance. Residents live independently within a community that offers connection and support, while knowing that future care needs are already considered.

The on-site Care Centre, including frail and memory care, ensures that as needs evolve, there is no need for another disruptive move. It is a quieter kind of luxury, the comfort of knowing everything is in place, without it ever needing to define your day-to-day life.

A coastal setting that works for you

The KwaZulu-Natal North Coast has long been a destination for holidays. Coral Cove makes it possible to make it home.

While the ocean is ever-present in the views, the air and the light, the lifestyle is grounded in ease. Residents have access to Zululami and Seaton’s broader amenities, from restaurants to clubhouses to walking trails, creating a way of living that feels both active and unforced.

Importantly, the multi-generational nature of the estate means family remains close. Children and grandchildren can visit, stay and share in the lifestyle, without it ever feeling like a traditional “retirement” environment.

A considered move, well made

Coral Cove reflects a new way of thinking about this stage of life, one that prioritises quality of life, independence and the freedom to choose how each day is lived.

Developed and operated by Auria Senior Living, it brings a level of detail and care that is both felt and experienced.

To explore Coral Cove, or to experience the Auria lifestyle at one of our Johannesburg communities before making the move, contact our team:

087 537 0539 | coralcove@auria.co.za



CORAL COVE

BY AURIA SENIOR LIVING

Coral Cove is ...

where exceptional
living meets the coast.

Penny

Penny Rey Coelen



APARTMENTS NOW SOLD OUT

Coral Cove, a first-of-its-kind senior living estate in KZN, is nestled within the tranquil Zululami Luxury Coastal Estate on Sheffield Beach.

This extraordinary community offers older adults a luxurious, retirement experience with access to stunning beaches and exclusive amenities.

With our extensive wellness programme and dream outdoor and social lifestyle among like-minded individuals, Coral Cove combines natural beauty and tranquillity, making it the ideal place to **discover the dream lifestyle you deserve, every single day.**

3 Bedroom Garden Villas from **R5.5m**

2 Bedroom Garden Villas from **R5m**

2 Bedroom Semi Attached from **R4.3m**

Maisonettes from **R3.7m**

Assisted Living from **R1.95m**

Contact us for a tour of Coral Cove and our show unit:
087 537 0539 or email coralcove@auria.co.za

*This is not retirement.
This is living.*

Auria Senior Living is Internationally Awarded



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CORAL COVE

RECOVER FROM BURNOUT & CHRONIC PAIN IN 1 HOUR

Primed Medcentre was created for people who are tired of temporary fixes, burnout, chronic fatigue and unexplained symptoms, and are ready to understand the root cause of their health challenges.

THE PRIMED STORY

At Primed Medcentre, healthcare is approached differently.

Founded by Dr Michael Muwanguzi, Primed combines functional medicine, modern diagnostics and personalised wellness strategies to help patients recover from burnout, chronic pain, fatigue, inflammation and long-standing health concerns.

Instead of focusing only on symptoms, Primed looks deeper, identifying underlying causes that may be affecting energy levels, mental clarity, immunity, performance and overall wellbeing.

The clinic was designed around one central idea:

Health Should feel personal again.

Patients receive tailored care plans built around their lifestyle, stress levels, medical history and long-term goals, creating a healthcare experience that feels intentional, supportive and results-driven.



“Your health affects how you lead, work, think and live.”

We treat the person, not just the symptoms.

OUR SPECIALISED SERVICES



Functional & Integrative Medicine

Personalised treatment plans focused on root-cause health solutions.



IV Drip Therapy

Personalised treatment plans focused on root-cause health solutions.



Prolotherapy & Chronic Pain Management

Advanced regenerative approaches to chronic pain and inflammation.



Executive Wellness

Health optimisation designed for high-performing professionals.



General Practice & Urgent Care

Professional, responsive day-to-day medical support.



Preventative Health Assessments

Helping patients identify health risks early.



Beat Burnout & Winter Fatigue

As the colder months approach, many professionals experience increased fatigue, lowered immunity, brain fog and stress-related symptoms.

Primed's personalised wellness programmes and IV therapies are designed to support recovery, energy and resilience during demanding seasons.

Start Your Health Journey

Take the **2-minute health assessment** or apply to join the **Primed** waiting list.



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EIA RESTAURANT COMPETITION FOR JUNE

Don't forget to enter our monthly restaurant competition and stand a chance to win a R500 meal voucher from one of our participating restaurants.

The question for this month's competition:
Which bird holds the title of the world's heaviest flying bird, with some weighing between 11 and 19 kg?

Please email your answer along with your full name, cell number and your stand number, detailing **'Fourways Gardens Wine and Dine Competition'** in the subject line, to: competitions@eiapublishing.co.za and like our Facebook page to enter the competition. The winner will be notified by email.

Scan the QR code or visit our Facebook page EIA Estate Magazines



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, Fourways Gardens Estate and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.



Photo by Aleisha Kalina on Unsplash

CONGRATULATIONS TO: Isabel Rego, our May winner of a R500 voucher.

Remember to support your local restaurants when you feel like a night out!

The Baron

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SERVICE PROVIDERS

AA AIRPORT SHUTTLE, TOURS AND TRANSFERS: Fourways Gardens resident owner/driver. Personal, reliable transfers to/from ORT from R650 and Lanseria from R300. Half- and full-day tours arranged. All journeys are now certified carbon neutral. For all your transport or driving requirements, contact Mike on 072 284 0340, or email: ashcroft.mike@gmail.com

AFFORDABLE ELECTRICIAN: Issuing of COCs (same day), installation of solar systems and inverters, repairs to faulty plugs, switches, lights, oven stoves and geysers, commercial and industrial electrical maintenance and repairs. Call Lazarus on 073 127 3921.

ALL GROW SHEP TEAM: Garden service that includes mowing and fencing, lawn maintenance, landscaping, hedge management, sprinklers, weed and pruning, tree felling and rubbish removal. Call Shepard on 084 496 7254.

ALARM SECURITY SYSTEM SPECIALISTS: We specialise in new installations and repairs to all alarm systems, electric fencing, gate and garage motors, intercom systems, CCTV cameras, access control, biometrics, solar and electrical, and wireless alarm systems. We offer a wide range of cost-effective and quality products. Contact Suresh on 061 549 8898 / 011 338 6829 or visit www.sss108.co.za

ANIMAL BEHAVIOURIST (COAPE qualified DipCABT): If you are tired of neighbours complaining about your dog's and cat's problem behaviour's and are at your wits end as to how to change your companion animal's behaviour (aggression, anxiety, fear, constant barking, separation distress, feline scratching, inappropriate elimination, fighting) then understanding why they are reacting in the way they do is the first step in the behaviour modification programme. Call Jeanette Furstenburg on 082 445 8422 or email: jeanette@animalsmatter.co.za for a consultation. (Phase 1)

APPLIANCE REPAIRS: Services and repairs to all gas hobs and ovens - all makes and models, including AEG, Bosch, Whirlpool, Siemens, Samsung, LG, Defy, Kelvinator, Miele and Elba. Specialists in all gas appliance repairs and servicing. Same-day service available. Over 26 years of experience. Contact Gwentech Appliances on 072 952 8183 / 073 947 2447 or email: gwentech7@gmail.com

ARCHITECT: A building project to realise? We offer As-Built Measured Plans, Concept Designs, Council Approval, Preparation of Tender Documents, and Administration of the Building Contract. Contact Lance on 082 644 7843 or 011 465 1897, or email: architect.scrip@gmail.com

AU PAIR – FUR NANNY: Contact the fur kid nanny, Dee Van Heerden, on 083 319 2220 or dee.vanheerden@gmail.com, regular sitter in FWG, reasonable rates, daily walks and feeds or stay-in, references available.

BLUEBERRY HILL SOLUTIONS: BlueBerry Hill Luxury Landscaping designs and maintains bespoke outdoor spaces for luxury estates, delivering timeless elegance, refined functionality, and meticulously curated landscapes for discerning homeowners who value beauty, precision, and longevity. WhatsApp 084 436 1498, visit: www.blueberryhillsolutions.co.za, or email: info@blueberryhillsolutions.co.za

B4 ELECTRICIAN: B4 ELECTRICIAN: 24-Hour call out, prompt, efficient, personal service. Call Peter on 083 452 0635.

BROADBAND SERVICES: Stay connected with fast, reliable internet for work and play. Get expert advice on the best fibre package for your home and business. Hassle-free installation and setup of your Wi-Fi, router, and smart devices. Troubleshooting slow speeds and optimising network performance. Upgrade to seamless, high-speed connectivity today! Contact: Nico @ Your PC Guru. Call 082 492 7852 or email: nico@yourpc.guru

CARPENTRY AND CABINETRY SERVICES: Experienced craftsman with over 25 years expertise in carpentry and cabinetry. From small repairs to full build/installations - quality workmanship guaranteed. Reliable, detail-focused, and professional service. References available in Bryanston and Fourways Gardens. Call 079 612 3197 or WhatsApp Sam on 010 006 9341.

CARPET CLEANING: For furnishings and mattresses, MASTERGUARD SPECIALISTS (Scotch Guard) uses the latest quick-drying Karcher machines. Owner supervision, competitive rates, locally based. Call or WhatsApp Wyn on "JUST CLEAN IT" on 084 052 6400.

DRY FIREWOOD: "Razor sharp service". Email: brightfirewood@gmail.com or call 082 786 3225.

DSTV INSTALLATION: Wi-Fi extender, DSTV installation, extra view, triple view, cat 6 lan cabling and signal issues. Call Adam on 073 162 4048/061 219 5866, email: adamchikwenga@gmail.com, or visit: www.smartdstv.co.za

DSTV DOCTOR: Approved DSTV – all installations, aerials, sales, Wi-Fi extender/booster over cat 6E and repairs, MultiChoice-accredited installer. Showmax and Netflix. Including gate motor, garage door and CCTV installations. Call Junior on 078 228 3182 / 074 729 9672, email: 4waysat4@gmail.com, or visit: www.dstvdoctor.co.za. Address: Plot 79 Cedar Rd, Chartwell.

ENGINEER: (Pr.Eng), Chartered Structural and Civil - FWG resident, 30+ years' experience of design and supervision. Plans and sign-off for Municipal approval. Contact Paul on 072 837 6345.

GATE MOTOR REPAIRS: Gate motors, garage doors and motors, intercom systems, maintenance, repairs and installations. Call the Ninja Office: 084 354 5596 / 011 739 5710 or Quinton on 084 354 5597.

IRRIGATION – SOFT RAIN: I have gone solo after four years, and I have partners, each with over 12 years' experience. All sorts of irrigation, from maintenance and repairs to new installations. Call Isaac on 078 658 4371, Thabiso on 079 946 2906, or email: softrainirrigation@gmail.com

MGUNIGREEN FINGERS: Garden maintenance, garden refuse removal and tree felling service. Call Isaac on 083 582 0636 / isaac@mgunigreenfingers.co.za / www.mgunigreenfingers.co.za

ORGANIC COMPOST: R550.00 per cube. Topsoil mix – R650.00 per cube. 2 Cube load minimum. Please send WhatsApp orders to 067 632 8777 or call 063 256 1978.

PAWSITTERS: Your bags are packed. Your tickets are booked. But who's taking care of the fluffballs? At Pawsitters, we step in when you step out. No stress. No cages. Just happy tails and content purrs - right at home, where your pets feel safest. We water the plants. We walk the pups. We even have full conversations with your pets (don't worry, we won't judge if they talk back). Whether it's a weekend escape or a full-blown adventure, leave your home and fur kids in the care of someone who loves them like you do. Call 082 929 7203, or visit www.facebook.com/pawsitters

PET SITTER: Avril is a regular house/pet-sitter in FWG and loves taking care of your fur babies whilst you're away. Call her to arrange a meet and greet, to discuss details and to synchronise dates. References available. Call Avril on 083 701 7776.

PILATES AND YOGA SESSIONS: Just B Movement - Travelling Pilates and Yoga instructor. Home visits in JHB North. Take the hassle out of travelling to be part of a Pilates or Yoga class. Let me offer you group or private one-on-one sessions to fulfil your fitness journey ahead. Call Jessica Snyman on 082 258 9880, email: info@justbmovement.co.za, or visit: www.justbmovement.co.za

PHYSIOTHERAPY: Kerusha Pillay Physiotherapy is located at the Fourways Gardens Shopping Centre. Visit: www.kerushapillayphysio.co.za. For appointments, call 084 012 2590.

POOL SERVICES: Maintenance, repairs, re-marblelite, pumps, sand changes etc. For all pool requirements, call Jackie or Martin on 072 132 5703.

PROFESSIONAL GARAGE DOORS: Services including installations, automation, repairs and maintenance for residential and commercial properties. Call Tammy @ Nahla Garage Doors on 064 558 5068 or email: sales@nahlagaragedoors.co.za

QUICK IT: We provide quick, quality, on-site and secure remote IT support services for business solutions and residential clients. Call 083 600 2533 or email: quickserviceit@icon.co.za

BUILDING AND MAINTENANCE

ALTERATIONS, ADDITIONS AND NEW BUILDS: (NHBC reg). Established business in 1981, FWG resident for 34 years. Numerous building work done in the estate. References from residents are available. Contact Gerry on 082 444 8868 or email: gdbconst@icon.co.za.

D.S. CARPENTER & HANDYMAN SERVICES: For all your carpentry solutions, doors of all types, general building, etc. Call Dumisani on 069 490 9186.

FOURWAYS CONSTRUCTION AND PROJECTS: We do property renovations and property maintenance. Contact us on 081 262 2925, email: info@4wayscon.com or visit: www.4wayscon.com

HANDYMAN: For all your building requirements, done to your satisfaction. Professional, honest and reasonable. Specialising in painting, waterproofing, damp-proofing, rising damp, rhinoliting, tiling, paving, roof repairs, building, plastering, welding, all aluminum doors and frames, and house renovations. Call Alex on 073 836 5049 / 071 836 2601 / 076 108 6912. References are available in FWG.

HANDYMAN: British tradesman for all the jobs you hate!!! Building, total house renovations, wooden flooring, painting, cupboards, damp-proofing, tiling, plumbing, roofing, ceilings, kitchen and bathroom renovations and electrical work, plastering, paving and alterations. No job is too small. Offers a friendly and reliable service. Contact Stewart on 084 506 9094.

HANDYMAN: A+ Handyman and building works. Painting, tiling, waterproofing, paving, carpentry and steel work. Contact KP Projects, Kelvin on 067 262 4819 / 073 307 7306, or email: kelvinpainters@gmail.com

NIGEL POOLS (PTY) LTD: We do all pool requirements – remarbilitating, fiberglass, pump changing, renovations, pool maintenance, etc. Contact Nigel on 073 180 3406, or email: nigelgardenserv@gmail.com

PLUMBER AT YOUR SERVICE: A complete plumbing business that offers efficient professional service to the domestic and commercial sectors. Blocked drains, burst pipes, geyser installations and maintenance, leaking toilets and taps, subsoil drainage, bathroom and kitchen renovations. Please contact Paul Stonley, PIRB and IOPSA registered on 082 798 3643 or email: paul@plumberatyourservice.co.za

POOL SERVICES: Buoyos offer the following services in your area: Construction and refurbishment of pools (marbelite and fiberglass), heat pumps and solar heating for pools, jacuzzis, pumps, motors, and sand filters, leak detection and repairs. We are an approved service provider for all leading insurance companies. Call Nick on 082 410 1118, Office: 011 875 2028 / 011 875 2167 or email: poolbuoyos@mweb.co.za

RAYCON RUBBLE AND REFUSE REMOVAL: From R590 per load. Weekly refuse removal. Contracts from R90 per week. Bagged garden refuse only. Proudly keeping Fourways Gardens clean for over 30 years. Call us today on 065 609 1081/082 454 2361.

RENOVATION SERVICES: Tiling, BIC kitchens, painting, ceilings, plumbing and electrical. Call 060 366 5747 or email: info@birthmarkgroup.co.za

SEWER RATS: Expert drain and sewer unblocking and repair. All jobs include a detailed CCTV inspection and survey of your system. Call Nigel for a quote on 072 996 0944 or email: nigel@sewer rats.co.za

SOLAR SYSTEMS AND GEYSER: Supply and installation. Call 060 366 5747, or email: info@birthmarkgroup.co.za/www.birthmarkgroup.co.za

EXTRAMURALS, LESSONS AND OTHER

TENNIS COACHING: Tennis lessons in Fourways at Fourways Gardens Residential Estate. All levels of players, kids, to adults, from beginners to advanced, are welcome. Private or semi-private lessons are available. Registered instructor with TSA. Call or WhatsApp Mike on 078 345 1620 or email: mikielkirkwood99@gmail.com

DOMESTIC WORKERS

Happiness: Is looking for work in Fourways. She is working two days with me and would like more work. She is helpful and respectful. Please call her on 064 415 2726, or for a reference call 079 160 6222.

Isabel: Is a friendly, hardworking lady, who works consistently and completes all tasks. Good with all domestic chores. Call Isabel on 067 278 7300, or for a reference call 084 465 1939/ 067 946 1003.

Nithule: Is looking for work as a child minder, nanny or caregiver. Her previous employer has emigrated. She has certificates and references. Please call her on 084 956 8435.

Mashudu: Our fantastic housekeeper of 10 years is looking for a room to rent in FWG or work part-time to pay for the room. She is amazing with animals and children. Call Mashudu on 082 418 0974, or for a reference call Lucinda on 083 387 1974.

Gladys: Is looking for domestic work on Thursdays within the estate or around Fourways. Gladys is a super-efficient, honest and always punctual. Please call her on 076 060 5482 or for a reference call 082 579 4265.

Maggie: Our honest, reliable, and hardworking domestic worker is looking for work on Tuesdays. She has worked for us two days a week for 10+ years, and we would not hesitate to recommend her. She is very punctual and goes about her work in a neat, organised manner. We cannot recommend Maggie enough! For a reference and referral, call/WhatsApp Nick on 072 155 0690.

Antoneta: Is looking for full/part-time work as a nanny, domestic or caregiver. She is a qualified teacher with three years' experience in the foundation phase. She has experience with newborn babies, and she can assist with all household chores. References available on request. Call 078 763 4342 or email: ncubeantoe@gmail.com

Wanangwa: A Malawian is looking for full/part-time work as a domestic. She is reliable, punctual and honest. Call her on 063 994 9309, or for a reference call 060 993 4337.

Gladys: Our trusted housekeeper of 27 years, until we downsized is looking for work. She is originally from Zimbabwe and holds a permanent work permit. Gladys has been an invaluable part of our family, caring for our household of four, assisting with my 90-year-old father, and managing all domestic duties. She cooks, cleans, irons and lovingly cares for my pets while we are away. Call Gladys on 083 864 8812, or for a reference call Heidi on 082 557 2036.

Mercy: A Malawian is looking for part-time work as a domestic. She has five years' working experience in cleaning and ironing and is very reliable. For more information call 069 491 5514.

Eunice: Is looking for extra work on Fridays and on weekends. She is hardworking and punctual. Call her 082 665 0984, or for a reference call Juan on 082 787 5903.

Irene: Is looking for work on Saturdays as a domestic. She is trustworthy, reliable, responsible, hardworking and does an excellent job. She has references from long time employees who have moved out of Gauteng. Please call Irene on 071 934 2012.

Ellen: Is looking for part-time work on Mondays, Wednesdays and Fridays. Please call her on 073 996 1323, or for a reference call 082 735 3932.

GARDENERS

Andrew: My Malawian gardener, dog walker and all-round help, who has been working for me within the estate since 2017, is looking for work on Saturdays. He is hardworking, kind, trustworthy, takes initiative and is part of our family. Call Andrew on 083 645 9607, or for a reference call George on 082 422 5600.

Mishack: Is a young, hard worker available for dog walking, painting or general assistance with maintenance or construction work. He is on the estate and can be contacted on 073 454 3545 or WhatsApp 078 141 8812.

Lyford: Is looking for work on Mondays and Fridays. He is Malawian with 23 years gardening experience. He can also do handyman work, painting and irrigation. Please call him on 078 143 0954, or for references call Mpho on 073 796 4485 or Chad on 082 990 7169.

Julias: He has worked for me for many years and has worked in Fourways Gardens in the past for a family that emigrated. He has a wealth of gardening experience. He is a responsible gentleman with a good work ethic. Julias is available Mondays to Thursdays and Saturdays. Call him on 076 715 9575, or for a reference call Terry on 082 825 9035.

Nyathi: Is seeking accommodation within Fourways Gardens. He is a hardworking gardener who is respectful and reliable. He takes pride in his work and is proactive. We are unfortunately no longer able to provide on-site accommodation for him as we are relocating. If you or someone you know may have suitable accommodation available, please feel free to get in touch. We would greatly appreciate any assistance in helping him secure a new home within the estate. Please call 071 991 4314.

Matthews: A Malawian is looking for part-time gardening, painting/varnishing work on Tuesdays. Please call or WhatsApp on 074 028 2806 / 083 631 1878 for a reference.

Joel: Is an excellent gardener who is looking for work on Mondays, Tuesdays and Wednesdays. He does general garden work and keeps the pool spotless. Highly recommended. Please call Joel on 065 948 8612, or for a reference call Kathy on 082 417 1830.

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www.houseandhaven.co.za

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27 11 794 7798
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Info@dipula.co.za

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INDUCTED PROPERTY PRACTITIONERS

The Property Practitioners listed below have completed their Induction with the Fourways Gardens Homeowners Association.
By choosing a Practitioner from this list, you are not only meeting the requirements of the 2026 Conduct Rules but also working with a professional who has demonstrated a clear understanding of the Estate's rules and policies, and who is committed to upholding both the standards of the FWG HOA and the professional requirements set out by the PPRA.

Agency	Name	Cell Number	Office Number	Email	Sales	Rentals
CENTURY 21 Fourways	Anne Copley	083 600 0566	011 460 1599	anne.copley@century21.co.za	X	X
	Kymn Grant-Smith	083 982 9828	011 460 1599	kymn.grantsmith@century21.co.za	X	X
	David Parnell	073 279 6726	011 463 2033	david.parnell@everitt.co.za	X	X
	Martin Riley	082 551 1968		martin@clubrealestate.co.za	X	X
ENGEL & VÖLKERS	Elizabeth Menezes	060 970 1123	011 465 0410	elizabeth.menezes@engelvoelkers.com	X	X
	Jason Shaw	084 493 6200	010 595 0181	jason.s@fineandcountry.com	X	X
	Desiree Bedhasie	083 447 3584	011 568 8185	desiree@firzt.co.za	X	X
	Francesca Beattie	083 678 8001	011 705 2384	info@fbproperties.co.za	X	X
	Gaye Cawood	083 601 1593	011 469 4070	gaye@gcr.co.za	X	
	Chloe Woolmington	082 501 8800	011 469 4070	chloe@gcr.co.za	X	
	Sue de Boer	082 452 0086	011 469 4070	Sue@gcr.co.za		X
	Cilla Barath	078 920 9077		cilla@hamiltons.co.za	X	X
	Elize Murphy	082 561 0259	082 335 1646	elize@instaproperti.co.za	X	X
	Robin De Vine	082 326 5669	011 789 4448	rdevine@huizemark.com	X	X
	Cheryl Gibbs	083 629 1844	011 789 4448	cgibbs@huizemark.com	X	X
	Eunice Williams	083 595 6111	010 020 2851	eunice@jawitz.co.za	X	
	Matshidiso Ntuané	071 384 2100	010 020 2851	matshidiso@jawitz.co.za		X
	Adam Brown	072 026 4571	011 702 8020	adam@sothebysrealty.co.za	X	X
	Mark Bell	083 657 3189	011 702 8020	markbell@sothebysrealty.co.za	X	X
	Nicole Gasser	074 179 6554	011 465 1187	nicoleg@liverealestate.co.za	X	X
	Elmine Clarke	068 691 3384	011 786 9364	elmine@malherbex.com	X	X
	Mo Jacobs	073 708 4570		mo@mandated.co.za	X	
	Kim Williams	084 261 6633	0861 732 589	kim@meridianrealty.co.za	X	
	Kristy Strydom	083 541 2220	0861 732 589	kristy@meridianrealty.co.za	X	X
	Rob Els	061 130 7371	0861 732 589	rob.els@meridianrealty.co.za	X	X
	Teresa Turner	067 749 9782	0861 732 589	tt@meridianrealty.co.za	X	X
	Samantha Smith	072 609 0705	011 540 2660	sam@o-yes.co.za	X	X
	Dorette Turner	082 893 4790	011 467 4119	dorette.turner@pamgolding.co.za	X	X
	Mark McGowan	083 358 5652	011 467 4119	mark.mcgowan@pamgolding.co.za	X	X
	Angelique du Plessis	072 440 1215		angelique@remax-evolve.co.za	X	X
	Candice Andrews	082 578 1514	010 541 2339	candice@remax-evolve.co.za		
	Shaun Murphy	083 620 2244		shaun@remaxinfo.co.za	X	X
	Greselda Smith	083 260 1663	011 463 3199	greselda@remax-masters.co.za	X	X
	Jenny Ramsay	082 880 6221	011 465 6769	jennyramsay@remax.net	X	X
	Caroline Nixon	083 347 2483	011 784 1222	caroline.nixon@seeff.com	X	X
	Lynne Jordaan	083 282 8813	011 784 1222	lynne.jordaan@seeff.com		X
	Daniel Roberts	076 155 8940		daniel.roberts@seeff.com		
		083 375 5646	011 467 0145	dee.thomas@tysonprop.co.za		X
	Grant Raw	079 495 9357	011 467 0145	grant.raw@tysonprop.co.za	X	
	Linda Davies	082 371 4667	011 467 0145	linda.davies@tysonprop.co.za	X	
	Maria Heald	083 455 4404	011 467 0145	maria@tysonprop.co.za		X
	Paula Lucas	076 375 8579	010 443 2044	paula@uniQproperties.co.za	X	X
	Sally Andrews	082 451 3111		sallyandrews@vered.co.za	X	X
	Nicole Bruce	082 457 0706	010 141 3617	niccibruce@vered.co.za	X	X



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