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A VILLAGE IN THE CITY

# THE VILLAGE *Crier*

OCTOBER ISSUE 2025

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A VILLAGE IN THE CITY

**Disclaimer:** This e-Magazine is produced especially for residents/owners of Heritage Hill Estate to provide updates and useful information. It is produced by K-Studio on behalf of Heritage Hill Estate HOA. Although every effort is taken to ensure accuracy of content, Heritage Hill Estate HOA and/or the Publisher, cannot be held liable for any inaccurate information, and may not agree with all opinions expressed in this publication.

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# IMPORTANT CONTACT NUMBERS

## ESTATE SECURITY

**Security Manager:**
Renier Coetzer
rcoetzer@tsebo.com
067 411 3721

**Security duty phone:**
081 824 0923

**Security Office:**
012 657 2350 (or extension 11111)

## PRETOR Group:

**Levy Enquiries**
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ConnieS@pretor.co.za

## SAPS

012 654 2121/3131
011 316 3010

**SAPS Flying Squad**
10111
**Fire Brigade, Lyttelton:**
012-310 6300

## MUNICIPALITY

**Water & Electrical supply problems:** 012 358 6690

## EMERGENCY CARE

**Ambulance**
**ER24:** 082 124
**Netcare**:
082 911/086 133 2332
**ER 24:** 084 124

**Midstream Medi Clinic:**
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**Medical Centres Midstream:**
087 805 5222

**NHC (Brakfontein Road):**
012 762 6300

**Midpharm Pharmacy:**
012 940 9000/1

**NHC Pharmacy:**
012 762 6333

## BEES, SNAKES & PEST CONTROL:

Nico: 071 640 5543

**Snake Bite Assist:**
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# Letter FROM THE GM

Dear Heritage Hill Residents,

Spring has slipped quietly past us this year, and summer has arrived almost overnight. Like many of you, I'm eagerly awaiting the first Highveld thunderstorm to roll in and signal the start of our rainy season.

To celebrate the new season, we are excited to host the Vine & Crafts event in the Rose Garden on 18 October. The afternoon will feature 25 tastings of unique beverages, delicious food, and live music — a wonderful opportunity to enjoy good company in our beautiful surroundings. For more information, please contact Elsa at the HOA Office.

Hot on its heels, the Kids Amazing Race will take place on 25 October, designed especially for children aged 9–13. Keep an eye on the Heritage Hill App for full details on how your young adventurers can join in the fun.

Diwali will also be celebrated by many of our residents in October. We are looking forward to seeing the beautiful lights in the Estate. For the rest of our residents, you are welcome to start decorating your houses and streetscapes with your Christmas lights from the 31st of October.

A gentle reminder to all pet owners: thunderstorms can be frightening for our furry companions. Please ensure your pets are kept safe indoors or securely within your yard to prevent them from becoming lost or injured.

And then, it is with great sadness that we announce the untimely passing of our beloved senior resident. Helecine Zeeman, who had been a part of the Heritage Hill community since 2013, and Delmarie de Jongh, who had resided here since 2021.

Lastly, the HOA Office is open Monday to Friday, 07:00–16:00. You are welcome to reach me directly at manager@heritagehill.co.za

Warm regards,

Janus

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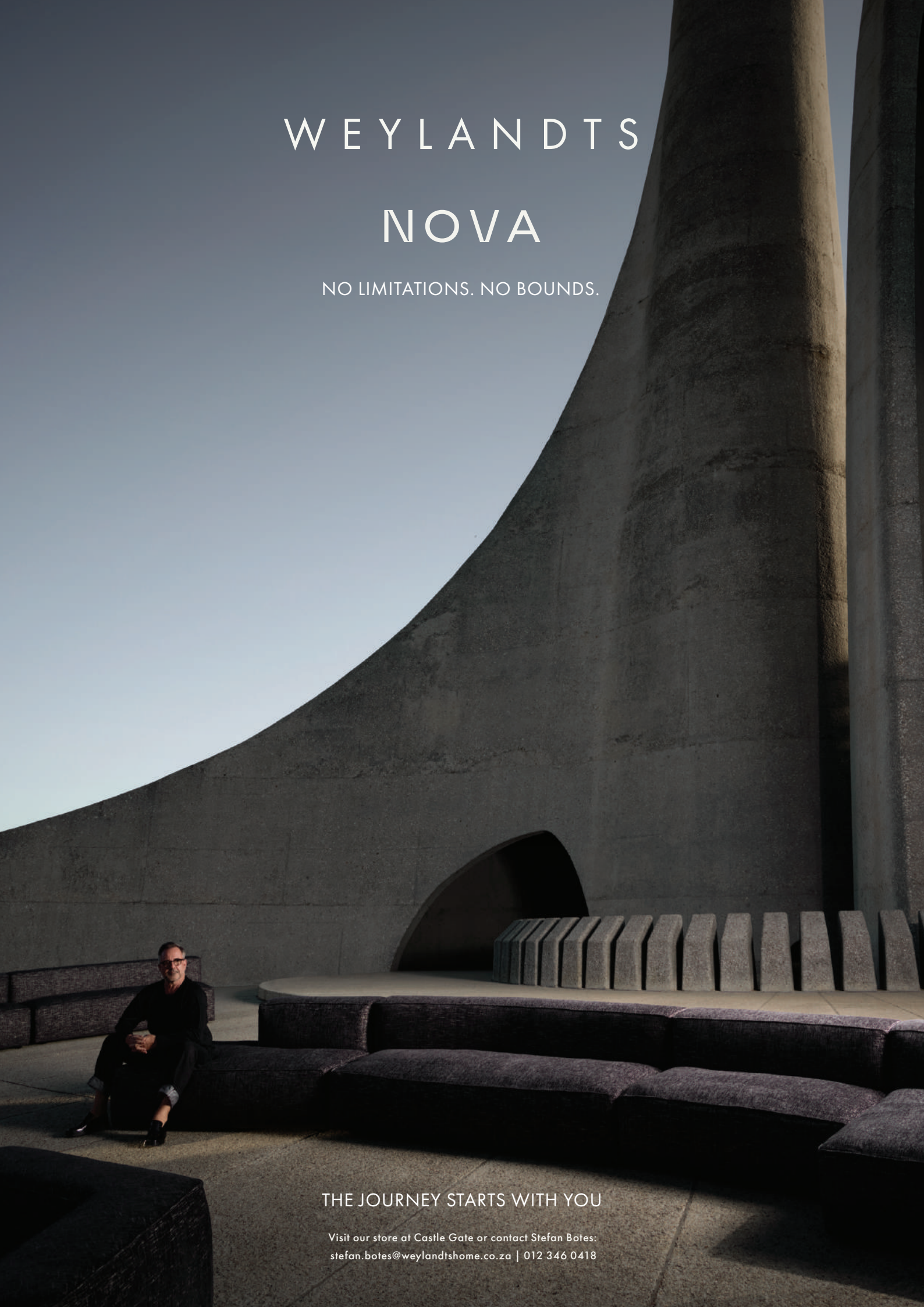
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# HERITAGE HILL ESTATE
# CONDUCT RULES SUMMARY

## Compliance

- All residents, tenants, visitors, contractors, and service providers must comply with these rules.
- Owners are responsible for the conduct of their occupants and guests.
- Non-compliance may result in fines or other enforcement action.

## Security

- Access is strictly controlled via estate systems.
- Residents must register for biometric/ card access; visitors require codes.
- Security personnel must be respected at all times.
- No tampering with security systems or fences.

## Traffic & Roads

- Normal road traffic laws apply.
- Maximum speed: 30 km/h.
- Pedestrians have right of way.
- Licensed drivers and roadworthy vehicles only.
- Reckless, noisy or inconsiderate driving is prohibited.
- No parking on lawns, sidewalks, or in ways that obstruct traffic.

## Common Property

- Facilities (parks, clubhouse, dam, swimming pool, tennis courts) are for resident use only and at own risk.
- No vandalism, littering, loitering, open fires, or misuse of property.
- Dam use: no swimming, fishing, or boating. Children under 12 must be supervised.
- Clubhouse and parks may be hired; facilities must be left clean. Noise to be kept minimal after 20:00.

## Maintenance of Erven

- Owners must keep homes, gardens, and sidewalks neat and in good condition.
- Rubble/refuse may not be dumped or stored on erven.
- Refuse bins may only be placed out the night before collection and removed same day.

# HERITAGE HILL ESTATE
## CONDUCT RULES SUMMARY

*continues...*

### Pets & Animals

- Maximum: 2 dogs OR 2 cats OR 1 dog & 1 cat, plus up to 5 small pets (e.g., rabbits, guinea pigs).
- All pets must be registered with the HOA, tagged, neutered/spayed, and inoculated.
- Pets must be leashed outside properties.
- Owners must clean up after pets immediately.
- No exotic, farm, or dangerous animals allowed.
- Pets causing nuisance may be removed from the Estate.

### Business Activities

- No business may be conducted from a property without HOA approval.
- Approval may be withdrawn if the activity causes nuisance or disrupts estate living.

### Noise & Nuisance

- Quiet hours: 22:00 – 06:00 weekdays; 00:00 – 06:00 weekends/ public holidays.
- Generators only during power outages (05:00–22:00) or testing (max 1 hour, 05:00–18:00).
- No fireworks permitted.

### 9. Estate Agents

- Only HOA-affiliated estate agents may operate in the Estate.
- On-show signs limited to approved boards and must be removed by 17:00 on the show day.

### Enforcement & Penalties

- Written warnings, fines, or legal action may be taken for violations.
- Fines range from R500 (minor) to R1000 (major or repeat offences), as per Schedule of Fines.



# WEYLANDTS

# NOVA

NO LIMITATIONS. NO BOUNDS.

## DESIGNED BY WEYLANDTS

Chris and Anna Weylandt share a heritage of design and a passion for connection. Designing each piece with long-standing suppliers as they travel through vast lands, their creative process is about more than the beauty of the pieces they create, it is about the relationships they build and the intimate knowledge they have of each material, texture, and meaning. A unique place where raw forms collide with bold designs, Weylandts is an alchemy of global ideas and local roots.

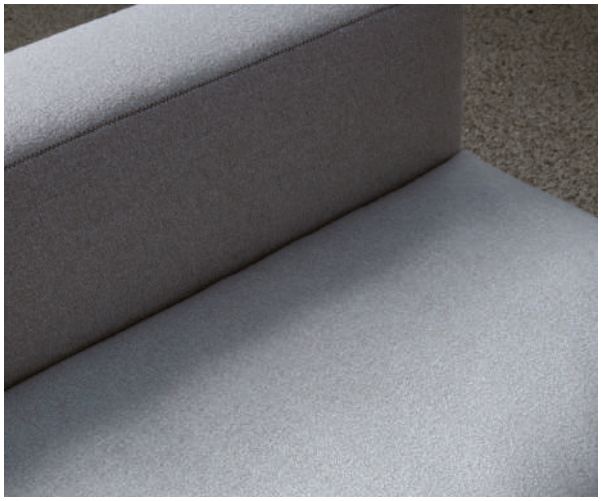
At Weylandts, design is about purpose and intention. This ethos is brought to life in the Nova Modular Sofa. The embodiment of our philosophy, the Nova is bold, boundary-pushing, and infinitely adaptable. It is an invitation to design your own story of connection, comfort, and evolution – with Weylandts.

Designing pieces in-house is a declaration to what sets us apart and a testament to the quality of local production, craft, and thinking. Each piece is conceived through decades of experience, a relentless pursuit of authenticity, and an unwavering commitment to quality. From the raw honesty of wood grains to the rich depth of full-grain leather, our materials are carefully chosen to celebrate nature and honour craft.

## NOVA: NO LIMITATIONS.

At the centre of our latest campaign is Nova. With its angular lines, feather-filled cushioning, and modular construction, the Nova Modular Sofa is a piece that evolves with you. Ten different elements offer limitless configurations, allowing you to adapt your sofa as your life, your space, and your vision change.

Whether creating an intimate space for reflection or an expansive setting for gathering, Nova makes it possible. But what truly sets the Nova apart is its philosophy. It is a sofa designed not for a single moment, but for every stage of your journey.



Its permanence lies in its adaptability. The modular system itself is a reflection of modern living: fluid, adaptable, and expressive. It recognises that homes are not static spaces, but evolving environments shaped by the rhythms of daily life.

The Nova captures emotion through materiality. From the silken touch of our Velvet Kenza textile to the authentic markings of ethically sourced full-grain leathers, each fabric and leather has been chosen for its ability to engage both the senses and the soul. These are not just materials, they are narratives of craft, geography, and tradition, brought together in a single piece.

## LEADING THROUGH CRAFT AND QUALITY

What makes Weylandts a unique space is our uncompromising commitment to craft. Every decision is intentional, every detail considered. From the weave of a fabric to the angle of a line, nothing is left to chance. Our design process is rigorous and reflective. It distills each idea down to its purest form, ensuring that what remains is timeless and designed with simplicity at its core.



## THE JOURNEY STARTS WITH YOU

Furniture becomes meaningful when it enters your space and begins to tell your story. As Chris Weylandt says: “To belong is to evolve. To constantly improve, explore and transform – to be led by curiosity. That is what makes something timeless.” With Nova, timelessness is not a design outcome. It is a lived experience.

At the heart of our philosophy is a respect for collaboration – between designer and artisan, tradition and innovation, nature and form. Each piece is the result of countless hours of refinement, where sketches, prototypes, and material samples are interrogated until they speak the same language of intention.



Every piece we create at Weylandts reflects a commitment to thoughtful design, where form, function, and emotion converge. We explore textures and techniques from around the world, always seeking harmony between innovation and heritage. The result is bold furniture that inspires meaningful moments. In every element, our work invites you to experience environments that are both purposeful and intentional, shaped with a passion for people, craft, and place.

## VISIT US IN-STORE

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For more information, contact Stefan:
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Just a short distance from the coastal village of Hermanus, a picture-perfect drive brings you to the most elevated part of these winelands. Here you can experience jaw-dropping vineyard, valley and mountain views: all from our chapel-like Wine Lounge®, while sampling some of the most exciting wines South Africa has to offer.

***Join us to taste our Sauvignon Blanc, Chardonnay, Serenity and Pinot Noir.***

**Robertson** is nestled in a valley of abundance, from the sun-drenched mountain vineyards growing select varietals to plentiful river valley vineyards heavy with fruit. But more than the land and the climate, it’s the people who’ve always been generous. In fact, many of the farms and farmers have been supplying us for decades. And because the rhythms of the seasons inform everything that we do, the best grapes are picked at the right time, pressed, fermented and blended by our winemakers, the result is award-winning wines you can’t help but want to share.

***Join us to taste our Robertson Winery Mimosa Orange, Mimosa Berry, The Blend (Cab/Shiraz), Fat Bastard Sauvignon Blanc, Chenin Blanc and Golden Reserve.***

**Tolokazi** is a range of premium beers and ciders that honours the African brewing heritage, where beer brewing has traditionally been the domain of women in Africa.

While not a new brand, Tolokazi is a revamp of the Brewsters Craft range. Staying true to its name (brewster being the term for a female brewer), the Tolokazi team is made up almost entirely of women who are passionate about crafting unique brews.

The Tolokazi range showcases indigenous African ingredients, including sorghum, African Queen hops, and rooibos, to create a distinctive taste that reflects the cultural diversity and heritage of our community.

***Join us to taste our Sorghum Pilsner, Lager, African Pale Ale, Marula Cider and Rooibos & Berry Cider.***

Discover **33 Premium Lager**, meticulously crafted with three distinct malt cultivars and three unique hop varietals, giving rise to its exceptional taste and character. Our careful selection of malts produces the rich, malty flavour synonymous with craft beer, complemented by its distinct golden hue.

Meanwhile, the blend of three hop varietals imparts a delightful fruity taste with a balanced bitterness that dissipates gracefully. Free from additives, preservatives, and pasteurisation, our beer offers the purest quality and flavour imaginable. Experience the essence of true craftsmanship in every sip.

***Join us to taste our 33 Premium Lager.***

**Pure African experience**; Crafting African; Inspired Gin. Experience the vibrant flavours of Africa through our handcrafted Lengana Gin.  Cheers to Tradition and Innovation.

***Join us to taste our Premium Gin (18 Botanicals) and Pure African Gin (Citrus)***

**Helden Distillery** - To artfully establish new styles of whisky whereby we can bring the joy of the whisky experience to a broader audience. This will include a focus on the innovative use of wood in the maturation of our single malt and single grain spirits. We will also focus on producing unique African-style whiskies, combining African malted grains and African wood maturation, resulting in a novel style of whisky. These products will form the basis of offering a unique bespoke whisky co-creation service.

***Join us to taste our Cherrywood, Hickory & Single Malt Whisky and Quintessence Gin.***

**Lalula Gin** has been hand-crafted in small batches at the picturesque Lalula Wedding Venue in the heart of the Dinokeng Game Reserve (just 40km from Pretoria). What started with our signature Grapefruit Gin has grown into a passion project of locally crafted excellence, with every bottle reflecting our dedication to quality and creativity. Our gin bars are a highlight at weddings and events, and in 2021, our Grapefruit Gin was recognised with a Michelangelo Award for craft distilling.

***Join us to taste our Grapefruit Gin – Vibrant and refreshing, infused with hand-grated grapefruit peel, cinnamon, chamomile, and spices. A zesty classic that pairs beautifully with seafood or a twist of grapefruit and rosemary in a G&T; Night Flower Gin – A colour-changing favourite, infused with butterfly pea flower, berries, and lavender. Its enchanting transformation makes it a festival crowd-pleaser, best enjoyed with lemon and a cheese platter and Rose Gin – Soft and floral with delicate rose petals, saffron, and spices, paired with lemonade or romantic dishes like roasted chicken or chocolate fondue.***

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# Movies Under the Stars: A Magical Evening at Heritage Hill



By Yandri Pienaar

**Family fun, heartfelt films, and a cause worth purring about.**

There's something undeniably magical about watching a movie under the open sky — a cool breeze, twinkling stars, picnic blankets, and the comforting chatter of neighbours settling in for the show. This year's Movies in the Park at Heritage Hill delivered all that and more, transforming the Rose Garden into a pop-up cinema for an unforgettable evening of laughter, emotion, and giving back.

With a double feature line-up of the new Lilo & Stitch reboot and the uplifting drama The Life List, this event brought families and friends together in celebration of storytelling — and it was all for a good cause. Proceeds from the evening went directly toward our estate's Feral Cat Program, supporting the humane care and management of our feline residents. If you heard a happy meow in the distance, we're pretty sure it was one of them saying thank you.

**Lilo & Stitch (2025): Ohana Returns**
The evening opened with Disney's live-action Lilo & Stitch, a playful reimagining that kept the heart and humor of the original. Children giggled at Stitch's mischief, while the timeless message of ohana — family means no one is left behind — touched everyone watching.

**The Life List: Heartstrings & Hope**
Next was The Life List, a moving story of a woman honoring her late mother's bucket list and, in doing so, finding her own dreams. Emotional and uplifting, it left audiences inspired to embrace life's twists, cherish every moment, and lean on one another.

## A Cause That Touched More Than Hearts

While the films stole the show, the real stars of the evening might just have been the cats. All proceeds from tickets and donations are being directed to Heritage Hill's Feral Cat Program, which helps manage and care for the estate's feral cat population through responsible feeding & sterilisation initiatives.

Thanks to everyone's generous support, the program will be able to continue its work — ensuring our furry friends live healthier, safer lives while maintaining a harmonious balance in our environment.





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# TOGETHER WE GAVE

*A Big Thank You to Our Heritage Hill Blood Donors!*

*BY Yandri Pienaar*

## 21 Heroes, Countless Lives Touched – Let's Keep the Momentum Going

*On 22 September 2025, our Heritage Hill community came together with compassion, courage, and generosity at the Heritage Hill Clubhouse for our bi-monthly blood drive. And what a day it was — 21 people rolled up their sleeves and donated blood, potentially saving up to 63 lives in just a few hours. That's something to be truly proud of!*

To each and every person who took the time to donate: thank you. Whether this was your first time giving blood or you're a seasoned donor, your contribution has made a real and measurable impact.

## More Than Just a Donation

Beyond the numbers, what stood out most was the sense of unity and kindness shared among neighbours. People chatted while waiting and offered support to first-time donors. It was more than just a blood drive — it was a reminder of the strength we have when we come together for a common cause.

Our raffle added a little extra excitement, and congratulations go to our two winners of the R500 Lavish Beauty and The Biltong Shop vouchers, Ashleigh (stand 945) and Ruan (stand 1082-07) — your generosity was rewarded, and rightly so!

## But We're Not Done Yet…

While 21 donors is a fantastic turnout, the need for blood never stops. South Africa's blood supply relies heavily on regular, committed donors to keep hospitals and emergency services stocked. And as demand

continues to rise, we need even more of our Heritage Hill community to get involved. If you've ever thought about donating but haven't yet taken the plunge — we encourage you to give it a try. The process is safe, quick, and virtually painless, and every donation truly matters.

## Let's Keep Growing Our Donor Family

**Here's how you can help make the next Heritage Hill blood drive even more successful:**

- **Be a First-Time Donor:** If you're healthy and over the age of 16, you're likely eligible to donate. The SANBS staff are kind, professional, and always ready to walk you through the process.
- **Bring a Friend:** Encourage your spouse, a neighbour, or a colleague to join you. Giving together is always better.
- **Spread the Word:** Talk about your experience. Let others know how simple and rewarding it really is.
- **Mark Your Calendar:** The next blood drive will be taking place on 24 Monday, November 2025 @ 15:00 – 19:00. Please look out for the reminders on the HH app and noticeboards.

To those who donated: thank you for being part of something bigger than yourself. You've made a difference in someone's life — and perhaps in many. To those considering it: know that your single act of giving can start a ripple of hope, health, and healing.

Together, let's aim to exceed 21 donors next time. Let's inspire more heroes. Let's keep building a compassionate, connected, and healthier Heritage Hill.

**Donate blood. Save lives. Strengthen community.**




# LOCAL FLAVOURS WITH HEART

*By Yandri Pienaar*

## Heleen Meyer Wows at Community Cooking Demo

There was a delicious buzz in the air as well-known South African food writer and home cook Heleen Meyer hosted a live cooking demonstration at the Heritage Hill Clubhouse. With the scent of roasted spices drifting through the venue, guests were treated to more than just a culinary experience—they got a glimpse into Heleen's philosophy of food made with heart, shared with joy.

Dressed in her signature apron and calm, confident smile, Heleen welcomed a full house of enthusiastic food lovers, from curious beginners to seasoned home cooks. Her approach? Simple, wholesome dishes made with honest ingredients—every step infused with warmth and a love for local produce.

What follows are just three of the deliciously tantalising recipes Heleen prepared:

## A Refreshing Start: Rooibos & Berry Iced Tea

The demonstration began with a glass of chilled rooibos and berry iced tea—Heleen's healthy and refreshing twist on a classic South African favourite. Infused with berries and apples, the drink was a hit. "It's my go-to for hot summer days," Heleen shared. "Beautiful to look at, easy to make, and can be made free of added sugar—it ticks all the boxes."

## Soul Food: Roasted Tomato Soup

Next up was a deeply comforting roasted tomato soup, delicately spiced with cumin and served with delicious freshly baked bread. "This is the kind of soup I turn to on a busy weeknight," she explained. "Roasting the tomatoes intensifies their flavour, and cumin adds just the right depth." As the aroma filled the room, guests scribbled notes and snapped photos, eager to try the dish at home.

## Fresh & Vibrant: Mexican Bean Salad

For another fresh summer favourite, Heleen served a vibrant Mexican salad, bursting with colour and crunch. Using ingredients like black beans,

sweetcorn, fresh coriander, and a tangy lime dressing, the salad was as nourishing as it was eye-catching. “It’s the perfect braai side,” she noted.

Throughout the demonstration, Heleen shared helpful cooking tips and personal anecdotes, inviting the audience into her world of everyday, real-life cooking. “I want to show people that good food doesn’t have to be complicated,” she said. “With a bit of planning and the right ingredients, anyone can cook with confidence.”

## Supported by Local Food Heroes

The event was made possible through the generous support of several sponsors, each closely aligned with Heleen’s food philosophy. AMC Cookware provided the premium stainless-steel pots and pans used in the demonstration—an essential for any serious home cook. Cecilia’s Farm offered a variety of dried fruits and nuts featured in various dishes. Leopard’s Leap wines paired beautifully with the evening’s dishes, while Pink Lady® Apples added a crisp, sweet touch to Heleen’s display, showcasing their versatility in both savoury and sweet recipes.

## A Taste to Remember

As the event drew to a close, guests left with more than just recipe cards. They walked away inspired—encouraged to try new flavour combinations, to cook more at home, and to share meals with those they love.

For Heleen, that’s what it’s all about. “Food connects us,” she said. “Whether it’s a weeknight dinner or a special gathering, what matters most is cooking with care and serving with love.”

**To follow more of Heleen’s cooking journey, visit:** https://heleenmeyer.co.za/










# LEMON FESTIVAL



On Sunday, 17 August 2025, the Lemon Orchard came alive once again for another unforgettable Lemon Festival – and what a success it was! The sun was shining, laughter echoed through the trees, and the spirit of community was truly felt throughout the Estate.



It was a joy to see residents, friends, and families gathered together, sharing delicious meals and enjoying the uplifting sounds of Scheppel, whose music added such warmth and energy to the day.

**A heartfelt thank you to:**

- All the residents who spoiled us with an array of sweet and savoury dishes – your generosity and culinary talents made the day extra special.
- The Heritage Hill Social Committee for your time and effort in organizing the event and for setting up the beautifully decorated tables that created such a welcoming atmosphere.
- Anita from Leapfrog for your kind sponsorship and for making Scheppel's performance possible – your continued support is truly appreciated.





Events like these are what make Heritage Hill more than just an estate – they make it a community. Thank you all for being a part of it.

We look forward to many more joyful gatherings together!



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# Pink POWER

## Early Checks, Brighter Futures

*October marks Breast Cancer Awareness Month, a global reminder of the importance of women's health and the power of early detection. While the pink ribbon is a familiar symbol, it represents much more than awareness. It symbolises courage, hope, and the strength of a community that stands together in the fight against breast cancer.*

### Why Awareness Matters

Breast cancer is one of the most common cancers among women, but the good news is that when it's found early, treatment is far more effective, and the chances of survival are significantly higher. Awareness is the first step, because you can't act on what you don't know. By sharing information, encouraging screenings, and supporting those affected, we all play a role in saving lives.

### Know Your Normal

Every woman's body is unique, which is why "knowing your normal" is so important. Become familiar with how your breasts look and feel. Set aside a few minutes each month—ideally a few days after your menstrual cycle—to check for any changes. Look in the mirror for differences in shape, size, or skin texture. Feel for lumps, unusual thickening, or tenderness. If something feels different and doesn't go away after a cycle, don't wait. Book a check-up with your doctor.

### The Power of Screening

Medical experts recommend that women begin routine mammograms at the age of 40. Between the ages of 40 and 54, an annual mammogram is suggested. From

55 onwards, you can choose to continue yearly or switch to every two years. If you have a strong family history of breast cancer, speak to your doctor about starting screenings earlier or adding additional tests like MRI scans. Mammograms may sound intimidating, but they are quick, safe, and could be lifesaving.

## Healthy Habits for Prevention

While not all breast cancers are preventable, lifestyle choices do play a role in lowering risk. Staying physically active, maintaining a healthy weight, limiting alcohol intake, and not smoking are all proven ways to support breast health. Breastfeeding, when possible, can also reduce risk. Think of these steps not as restrictions but as part of a balanced lifestyle that nourishes your whole body.

## Busting the Myths

**Myth:** Only women with a family history of breast cancer are at risk.
**Fact:** Most women diagnosed have no family history.

**Myth:** A breast lump always means cancer.
**Fact:** Many lumps are benign, but all should be checked.

**Myth:** Breast cancer only affects older women.
**Fact:** While risk increases with age, it can occur in younger women too, and even men.

## You're Not Alone

A breast cancer diagnosis can feel overwhelming, but support is out there. Organisations like CANSA, the Breast Health Foundation, and Reach for Recovery offer resources ranging from counselling to survivor support groups. These networks provide guidance, comfort, and a reminder that no one has to walk this journey alone.

## A Call to Action

This October, let's go beyond wearing pink. Book your mammogram, encourage your friends to do the same, and share knowledge that might save a life. Awareness is powerful, but action is even stronger. By standing together, spreading information, and supporting one another, we can change futures.

*Breast cancer awareness is not just about a month on the calendar, it's about everyday choices, regular screenings, and the courage to take control of your health. This October, wear your pink with pride, but most importantly, take that step*



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**Why South Africans Love Postbox Courier**

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- Consolidation service – combine multiple orders into one shipment
- Customs clearance handled in house by Postbox Courier

**Your Global Shopping, Sorted.**

Whether you're a small business owner, an online seller, or someone who frequently needs to send or receive parcels across South Africa, Postbox Courier offers tailored solutions to meet your needs. Here's why South Africans should make Postbox Courier their go-to courier service.

**Unmatched Reliability and Coverage**

When it comes to parcel delivery, reliability is everything. Postbox Courier understands the importance of timely deliveries, whether you're sending important documents, gifts, or business orders. With an extensive network that covers every corner of South Africa, from urban centres to remote rural areas, Postbox Courier ensures that your parcels reach their destination safely and on time. Their commitment to reliable

service has made them a trusted choice for thousands of satisfied customers across the country.

### Affordable and Transparent Pricing

Among the top concerns when choosing a courier service are costs and transparency. Postbox Courier offers competitive rates designed to fit any budget. Whether you're sending a small package or a heavy shipment, their pricing is straightforward and transparent, with no hidden fees. Plus, they provide instant shipping quotes online, and detailed Customs quotes on request, so you know exactly how much your shipment will cost before committing. This transparency helps you plan your budget effectively, making Postbox Courier an economical choice for individuals and businesses alike.

### Convenient Solutions for Every Need

Postbox Courier caters to diverse courier needs with a variety of services. Got a single item you need to send? Their SoloShip delivery options will put your item on the next flight out. Need them to hold orders to combine with other items you have purchased? Their GroupShip service allows you to store items abroad until you are ready to ship several orders in a single shipment. No matter your unique requirements, Postbox Courier adapts to provide a seamless experience.

### Excellent Customer Service

Postbox Courier prides itself on exceptional customer service. Their dedicated support team is always available to assist with inquiries, resolve issues, and provide guidance. Whether you're new to courier services or a seasoned business owner, you'll appreciate their friendly and professional approach. Their commitment to customer satisfaction has earned them numerous positive reviews and a loyal customer base across South Africa.

### Secure and Safe Deliveries

Security is paramount when it comes to sending valued items. Postbox Courier employs strict security measures to protect your parcels during transit. From proper packaging guidelines to secure handling practices, they ensure your shipments are safe from damage or theft. For valuable or sensitive items, you can opt for additional insurance coverage, giving you extra peace of mind.

### Final Thoughts

In South Africa's dynamic and growing economy, efficient courier services are more important than ever. Postbox Courier stands out as a dependable, affordable, and customer-focused solution for all your parcel delivery needs. Their extensive network, transparent pricing, convenient platform, and excellent customer service make them the ideal partner for individuals and businesses alike.

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# The jewel of the Free State

Nestled at the foothills of the Maluti Mountains lies Clarens, a quaint little town that has earned the title “the jewel of the Free State.” Known for its natural beauty, rich history, and vibrant art scene, Clarens offers the perfect escape for anyone in search of fresh mountain air, wide-open spaces, and a touch of small-town magic.

**A Playground for Nature Lovers**

Clarens is surrounded by spectacular landscapes that shift with the seasons. In summer, rolling hills are dotted with wildflowers, while autumn transforms the town into a golden blaze of poplars. The nearby Golden Gate Highlands National Park is a must-visit, with its sandstone cliffs glowing in shades of amber and ochre at sunset. Hiking trails, horseback riding, and mountain biking are all on offer for outdoor enthusiasts, while birdwatchers can delight in spotting species unique to the region.

**A Haven for Art and Culture**

The town itself has an irresistible charm. Its village square is lined with art galleries, curio shops, and cosy cafés. Local artists, inspired by the dramatic landscapes, showcase their works in galleries across town. Clarens is also home to a lively craft beer scene and even a local distillery, making it a hub for foodies and creative souls alike.

**Adventure on Your Doorstep**

For those with a taste for adrenaline, Clarens delivers. From river rafting on the Ash River to hot-air balloon rides with panoramic views of the Malutis, there’s no shortage of activities. Quad biking, abseiling, and even fossil hunting can fill your days with adventure before you wind down with a sundowner overlooking the valleys.

**A Taste of Clarens**

The town is equally loved for its eateries – from farm-to-table restaurants and bakeries to the famous Clarens Brewery. Visitors can enjoy hearty Free State hospitality, paired with craft beers, ciders, and locally roasted coffee. On weekends, the town square buzzes with a festive atmosphere, making it the perfect spot to linger and soak up the vibe.






**Where to Stay**

Accommodation options range from luxury lodges and boutique guesthouses to self-catering cottages and rustic farm stays. Whether you're planning a romantic getaway, a family holiday, or a solo retreat, Clarens offers the perfect base from which to explore the surrounding beauty.

**Why Visit Clarens?**

Because here, life slows down. The mountains rise high, the air is crisp, and the town welcomes you like an old friend. It's the kind of place where memories are made – whether you're chasing adventure, unwinding with good food and wine, or simply admiring the sunsets.

## Quick Tips for Your Clarens Getaway

**Best Time to Visit:** Autumn (April–May) for golden foliage, or spring (September–October) for wildflowers.

**Don't Miss:** Sunset in Golden Gate Highlands National Park, magical colours on the cliffs.

**Book in Advance:** Adventure activities (abseiling, quad biking, zipline) often require booking, Clarens Xtreme's abseil is daily at 09:00 but spaces are limited.

**Adrenaline Pick:** Try the 50 m sandstone cliff abseil with Clarens Xtreme.

**Balance It Out:** Mix high-energy fun (zipline, quad bikes) with relaxed time (gallery browsing, cafés).

**For Families:** Putt-putt and bungi trampoline are great for younger kids.

**Safety First:** For all adventure stuff, ask guides for instruction and always double-check harnesses, helmets, etc.

**Stay Central:** Choose lodging close to the town square so you can walk to cafés, shops, and activity centres.









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# ART MEETS Design

Founded in 2013, Carmen Hosten Interior Architectural Design has grown into a respected name in Pretoria's design scene. Led by Carmen Hosten Nell, interior architectural designer and owner of Earthen Space Fine Art Gallery at In Shere Lifestyle Centre, the firm creates bespoke residential, retail and commercial interiors that are both functional and deeply expressive. Her dual role as both an interior designer and curator allows her to bridge two worlds seamlessly. Carmen's philosophy is rooted in the belief that design and art are inseparable — together they create spaces that reflect identity, emotion, and purpose. Her values emphasize sustainability, attention to detail, and the idea that interiors should feel like a personal narrative brought to life. At the heart of their approach lies a commitment to integrating art—not as an afterthought, but as a central pillar of design. She believes the following tips can help anyone integrate art into their home or workplace in a meaningful way.

## The Role of Art in Interior Design

Art has the unique power to bring depth, personality, and a sense of soul into a space. It communicates emotion, anchors the design concept, and often becomes the feature that makes a room memorable. Carmen and her team believe that interiors without art feel incomplete—like a story half-told.

## Carmen's Tips for Incorporating Art into Interiors

1

### Start with Art as the Focal Point

Instead of treating art as an afterthought, use it as the foundation of the design. A striking painting, sculpture, or textile can set the tone for the color palette, materials, and overall mood of the space.

**Mix Scales and Mediums**

2 A well-curated interior rarely relies on one type of artwork. Don't be afraid to combine large statement artworks with smaller, more intimate pieces. Mixing large statement pieces with ceramics, photography, or sculptures adds layers of texture and visual interest.

**Use Art to Reflect Identity**

3 Art is intensely personal. Carmen encourages her clients to select work that reflects the personality, culture, or story of the people who inhabit the space. Choose pieces that resonate emotionally rather than simply matching the décor.

**Play with Placement**

4 Art doesn't always need to hang at eye level. Consider leaning framed pieces against walls, hanging them asymmetrically, or even incorporating art into unexpected spaces like hallways, kitchens, or bathrooms.

**Balance Harmony and Contrast**

5 Art can serve either as a striking contrast to its surroundings or as a harmonious extension of them. Neutral interiors can be elevated by a monochromatic piece of art, while colorful spaces benefit from more restrained artworks. Finding the right balance ensures the art stands out without overwhelming the room.



*Photography by Hendri Viljoen*





## Why Art Matters in Design

Incorporating art into interior spaces transforms them from functional rooms into living environments with soul. Art draws the eye, sparks conversation, and makes spaces feel complete. At Carmen Hosten Design and Earthen Space, Art is not just decoration; it is the heartbeat of design, ensuring every space feels inspiring, authentic, and deeply connected to the people who use it.





**E:** carmenhosten8@gmail.com
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## Why Renovate?

Older kitchens often have inefficient layouts, outdated appliances, and lack sufficient storage. A kitchen renovation transforms your space into one that works for you. Add more counter space, upgrade to energy-efficient appliances, and enjoy smart, stylish storage solutions.

## Boost Your Home's Value

A well-designed kitchen can significantly increase your home's resale value. It's often the first room buyers notice and a beautiful, functional kitchen makes a powerful impression. Even small upgrades like new countertops or lighting can deliver a high return on investment.



## Top Kitchen Trends for 2025

### Style Meets Smart Storage

- **Hidden Kitchens:** Seamless designs with panel-ready appliances and clutter-free counters
- **Sculleries & Dirty Kitchens:** Keep prep mess hidden, entertain with ease
- **Natural Vibes:** Earthy tones, warm woods, and calming greens
- **Multipurpose Islands:** Dine, prep, store, all in one smart centerpiece
- **Smart Storage:** Full-height cabinets, hidden pull-outs, and corner solutions
- **Sustainable Living:** Eco-friendly materials and wellness-focused design
- **Quiet Luxury:** Premium finishes and timeless elegance without the flash

## Design Tips That Work

- Maximize vertical space with ceiling-high cabinets
- Use appliance garages to keep counters clear
- Add lighting inside cabinets for easy access
- Install pullouts in blind corners for full storage use
- Choose durable, easy-clean materials

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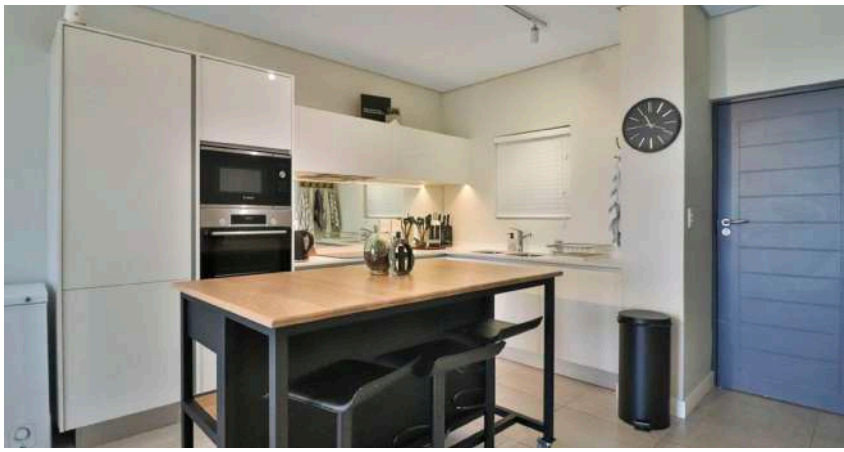



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# CANINE DISTEMPER IN GAUTENG: WHAT EVERY DOG OWNER NEEDS TO KNOW.

BY DR VICKY LOUW (BVSC)

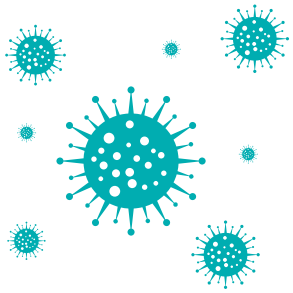


## What is Canine Distemper?

Canine distemper (often called “hondesiekte” in Afrikaans) is a highly contagious and potentially deadly viral disease that affects dogs and some wild animals.

It’s caused by the Canine Distemper Virus (CDV), a member of the Paramyxoviridaefamily.

The virus attacks multiple body systems, especially:



- The respiratory tract
- Gastrointestinal tract
- Nervous system

## Who is at risk?

**All dogs:** are susceptible, but puppies and unvaccinated dogs are at higher risk.

**Younger puppies:** (under 4 months) are particularly vulnerable.



## Recent Situation in Gauteng:

Gauteng has experienced confirmed outbreaks of canine distemper.

One such outbreak occurred at the Waltloo branch of the Tshwane SPCA, where unvaccinated or under-vaccinated dogs are particularly at risk.

Veterinary and animal welfare organisations in Gauteng have been urging dog owners to ensure their pets are vaccinated, especially given how rapidly the disease can spread and how serious its effects are.

## How Canine Distemper Spreads:

- MOST IMPORTANT: airborne exposure (coughing, barking, sneezing) from infected animals.
- Through direct contact (nose or eye discharge, saliva, urine, faeces) or indirect contact (shared food/water bowls, bedding, etc.).
- In some cases, from mother to puppies. Infected dogs may also shed the virus for a prolonged period, even after recovery.
- Once a dog is infected, the virus is shed into the environment in faeces and other bodily secretions.
- Some infected dogs may shed virus particles for several months.

## Signs & Symptoms:

Early symptoms often mimic respiratory diseases:

- Fever
- Eye and nose discharge (initially watery, then more severe)
- Coughing, sneezing
- Loss of appetite, lethargy



As the disease advances:

- Vomiting, diarrhoea
- Weakness
- Neurological signs in many cases: twitching, seizures, paralysis, head tilts, etc.

The prognosis becomes poor once the nervous system is affected. Puppies are particularly vulnerable, with mortality rates higher among young, unvaccinated dogs.

Dogs surviving the acute phase may have hyperkeratosis of the footpads and epithelium of the nasal planum, as well as enamel hypoplasia in incompletely erupted teeth.

## Diagnosis & Treatment:

**Diagnosis** is generally clinical (based on signs and history), supported by laboratory tests in some cases (tissue samples, PCR, etc.).

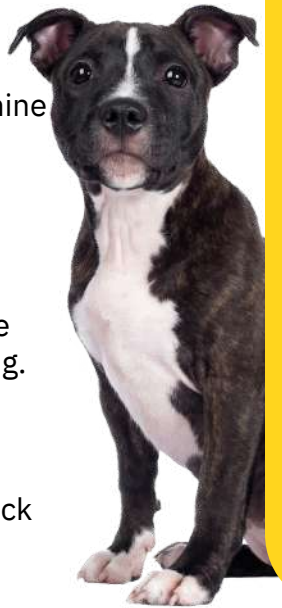
**Treatment** is supportive. There is no cure that kills the virus once infection is established.

In severe cases, euthanasia is considered to prevent undue suffering.

## Prevention & Vaccine Strategy:

Prevention is key. The vaccine is currently the only reliable defence against canine distemper. Key points:

- All “5-in-1” vaccines cover the Canine Distemper Virus.
- Puppies need a full course of vaccinations, and adult dogs need boosters.
- Keeping vaccinations up to date is essential, especially in areas where outbreaks have been confirmed (e.g. Gauteng).
- Good hygiene: disinfecting bowls, bedding, and areas where infected animals have been; quarantining sick animals.



## What Dog Owners in Gauteng Should Do Now:

1. Check your dog’s vaccination history — if your dog hasn’t had a booster in the past year, schedule one ASAP.

2. Watch for early symptoms — especially eye/nose discharge, fever, reduced appetite. Early detection can help with supportive care.

3. Isolate any dog showing symptoms from other dogs, and get veterinary help right away.

4. Maintain hygiene practices — disinfection of bowls, bedding, spaces after exposure to sick animals; wash hands; avoid sharing equipment between dogs.

5. Support community awareness — share information with neighbours, pet groups; encourage vaccination drives locally.



## Conclusion

*Canine distemper remains a serious concern in Gauteng. While not all outbreaks are publicised, evidence confirms that the disease is present, spreading, and deadly, especially in unvaccinated dogs. But unlike many viral diseases, distemper is preventable — through robust vaccination, responsible pet ownership, and timely response when suspected cases emerge. For the sake of individual pets and the broader animal population, preventative action is not just wise, it’s essential.*



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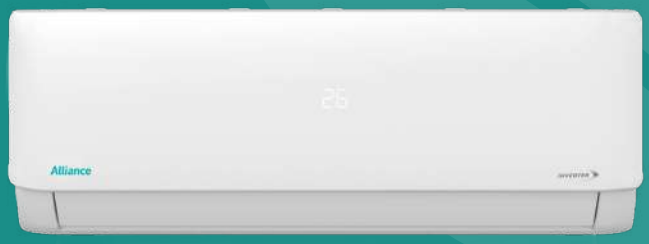


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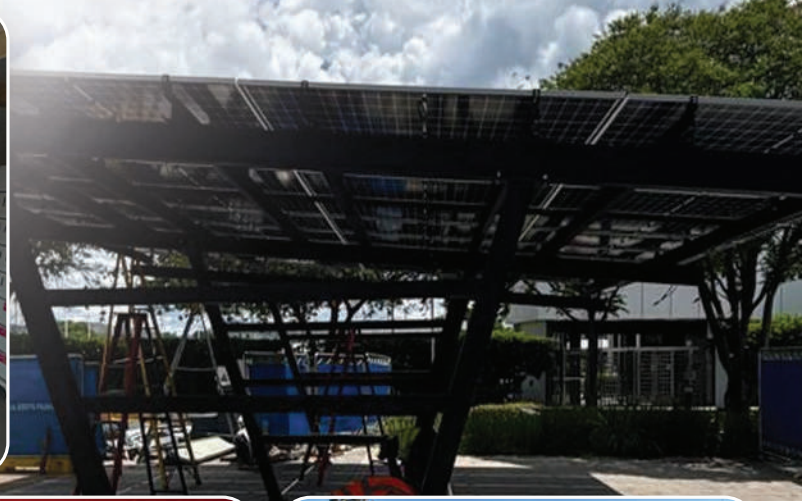







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# plant SPA DAY

There's something almost meditative about tending to a home filled with greenery. The way light falls across a Monstera leaf, the unfurling curl of a new fern frond, the quiet companionship plants bring into our daily lives. Yet, while we take time to dust our shelves and polish our windows, our leafy companions often sit quietly, gathering a fine layer of neglect. Dust and residue dull their glow, stealing away the vitality that makes them flourish. **The answer is simple and serene:** a Plant Spa Day, a ritual that restores not only your plants, but also the calm rhythm of your home.

## Why Dust-Free Leaves Are a Luxury They Deserve

Step into a sunlit room and notice how the light catches a glossy leaf. When clean, leaves shimmer; when dusty, they dull. But the effect is more than aesthetic. Dust, grime, and even cooking residue form a veil that stifles photosynthesis, the very process that sustains your plant's life. Over time, this can weaken growth, dull colour, and leave plants more vulnerable to pests.

Think of dust as the everyday stress of plant life. And Plant Spa Day? Their holiday escape.

## Begin with a Gentle Cleanse

Just as a spa treatment starts with a cleansing ritual, so should your plants.

- For broad-leafed beauties like Monstera, Fiddle Leaf Fig, or Rubber Plant, take a soft, damp microfiber cloth and glide it lovingly over each leaf, front and back.
- For bushy companions such as ferns, a gentle lukewarm shower in the sink works wonders, mimicking a tropical rainfall.
- For delicate or fuzzy leaves like African violets, water and cloths can harm them. Instead, sweep dust away with a soft brush, as if you were applying a touch of powder to something precious.

The process is slow, intentional, and oddly meditative — a chance to pause and enjoy the quiet rustle of green.

## Soil, Pots, and the Little Details

Every spa day has its polish-and-perfect stage. For plants, this means tending to the soil and the pot. Remove any fallen leaves resting on the surface and gently loosen compacted soil to improve aeration. Wipe the outside of the pot too, terracotta's warm tones or a sleek ceramic shine more brightly when cared for.

These finishing touches may seem small, but together, they create an atmosphere of freshness, making your plant look loved and alive.

## Trim, Rotate, Revive

A haircut, a facial, a stretch, even plants benefit from this kind of renewal. With clean scissors, snip away yellowing leaves or leggy stems. This helps the plant redirect energy to new, vibrant growth.

Then, gently rotate the pot. Plants naturally reach toward the light; by turning them, you gift them balance, encouraging even, symmetrical growth — the botanical equivalent of good posture.

## Hydration with Intention

To end the ritual, water your plants with care. Let the water run slowly through the soil until it trickles from the drainage holes, like a refreshing deep drink after a long day. Avoid overindulging them, too much water is as unhealthy as too little.

For humidity-loving species, finish with a fine mist of water over their leaves, leaving them with a dewy, just-stepped-out-of-the-spa glow.

## A Ritual for Them and for You

By dedicating a monthly Plant Spa Day, your home becomes more than just a backdrop; it becomes a living, breathing sanctuary. The act is simple, but the reward is immense: cleaner air, greener corners, and the quiet joy of connection.

More than a task, it's a ritual of slowing down. As you wipe, mist, trim, and water, you might notice yourself breathing easier, your mind uncluttering, your space softening. In tending to your plants, you tend to yourself.

Plant Spa Day isn't just about glossy leaves, it's about embracing the small luxuries that make a home truly come alive.







# Keep Summer Buzz-Free

## Natural Ways to Repel Mosquitoes & Flies

Summer sunshine means longer days, outdoor meals, and evenings spent under the stars. But it also brings two unwelcome guests: mosquitoes and flies. While chemical sprays may seem like the quick fix, they often contain harsh toxins that can affect your health, pets, and the environment. The good news? Nature offers safe and effective ways to keep these pests at bay so you can enjoy your summer without the buzz and bites.

## Why Choose Natural Repellents?

Chemical insecticides may kill pests instantly, but they can also irritate the skin, pollute the air, and harm pollinators like bees. Natural repellents, on the other hand, use plant-based ingredients and simple household remedies that are just as effective without the risks.



## Natural Repellents for the Home

**1. Essential Oils**



Scents like lavender, eucalyptus, peppermint, and citronella aren't just pleasant - they're proven to repel mosquitoes and flies. Mix 10–15 drops with water and a splash of witch hazel or vodka in a spray bottle. Use it on door frames, windowsills, or even lightly on clothing before heading outdoors.

**2. Lemon & Clove Trick**



Cut a lemon in half and press whole cloves into the flesh. Place these on your picnic table or windowsill. The strong scent keeps flies away naturally while adding a refreshing aroma.

**3. Vinegar Traps**



For fruit flies, fill a small bowl with apple cider vinegar and add a drop of dish soap. The vinegar attracts them, while the soap breaks the surface tension so they can't escape.

## Natural Protection for the Garden & Patio

**1. Citronella & Lemongrass Plants**
Plant citronella, lemongrass, or basil around outdoor seating areas. Their fragrance naturally wards off mosquitoes while adding greenery to your space.

**2. Garlic Spray**

Mosquitoes dislike the smell of garlic. Blend a few cloves with water, strain, and spray the mixture around your patio or garden. It's harmless to plants but keeps pests at bay.

**3. Marigolds & Mint**

Marigolds release compounds that deter mosquitoes and flies. Mint, meanwhile, makes it hard for them to settle. Together, they create a natural bug barrier.

## Quick Summer Hacks

Burn citronella candles or place a sprig of rosemary in the braai coals, the smoke helps repel mosquitoes.

Keep outdoor lights yellow or warm-toned; mosquitoes are more attracted to bright white bulbs.

Use a fan, mosquitoes are weak fliers and struggle against moving air.

## A Safer Summer for All

By choosing natural repellents, you're not only protecting yourself and your family from itchy bites but also keeping your garden and the environment healthy. With a few simple swaps, you can enjoy a bug-free summer that smells fresh, looks beautiful, and feels safe.



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# Nature's Guest List

Plant the flowers that roll out the red carpet for pollinators and feathered friends.

Few things capture the essence of summer more than a garden buzzing with bees and alive with the chatter of birds. By choosing flowering plants wisely, you can transform your outdoor space into a sanctuary where nature flourishes — and where you'll enjoy more blooms, richer harvests, and a lively soundtrack of wings and whispers.

## Why Invite Bees and Birds?

Bees are nature's most efficient pollinators, ensuring that everything from your herbs to your fruit trees thrives. Birds, on the other hand, are not just charming visitors — they keep insect populations in check and help scatter seeds. Together, they form the heartbeat of a healthy, balanced garden.

## Planting the Right Blooms



**For Bees:** Lavender, salvia, sunflowers, marigolds, and even the blooms of herbs like rosemary and basil. Their vibrant purples and yellows are irresistible to pollinators.



**For Birds**: Aloes with their fiery red spikes, coral trees with bold scarlet blooms, strelitzias with exotic petals, and nectar-rich indigenous shrubs. These provide both food and safe perching spots.

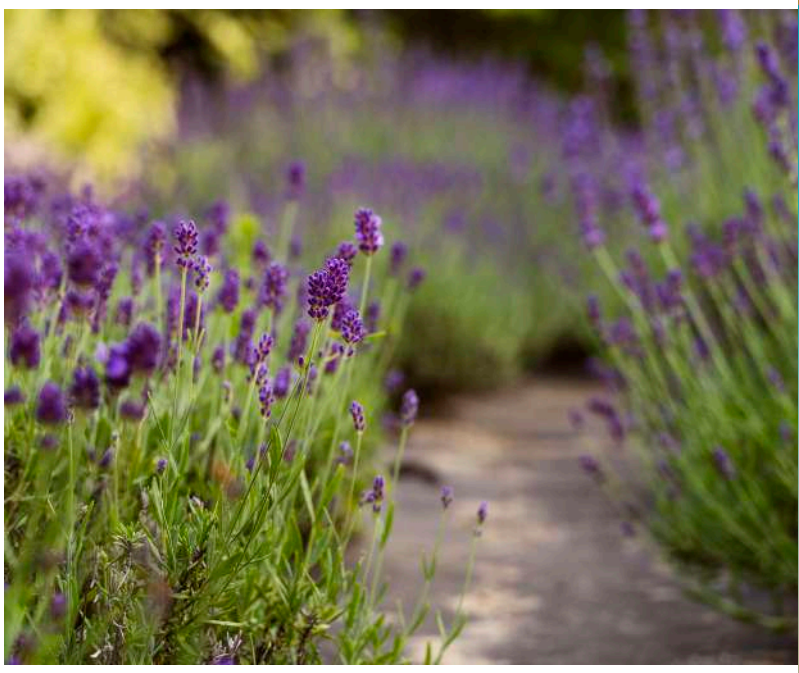
**Garden tip:** Plant in clusters. A large patch of lavender, for example, draws far more bees than a single plant.





## A Year-Round Feast

Think beyond a single season. Mix early bloomers, summer showstoppers, and late-flowering shrubs to ensure there's always something on the menu. Bees and birds will reward you by returning day after day.



## More Than Flowers

**Add water:** A birdbath or a shallow dish with pebbles will keep visitors refreshed.

**Skip the chemicals:** Pesticides harm pollinators, opt for natural deterrents like companion planting.

**Create nooks:** Leave a corner of your garden a little wild with logs, hedges, or shrubs. Birds and insects alike love a safe hideaway.



## The Joy of a Living Garden

As your garden fills with blooms and wildlife, you'll notice more than just the beauty of flowers. You'll feel the rhythm of nature return to your space. This summer, let your garden be more than a showpiece — let it be a haven where bees, birds, and blooms come together in perfect harmony.





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