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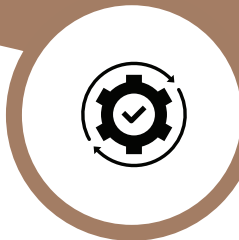
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Disclaimer: This e-Magazine is produced especially for residents/owners of The Hills Estate to provide updates and useful information. It is produced by K-Studio on behalf of The Hills Estate HOA. Although every effort is taken to ensure accuracy of content, The Hills 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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LETTER FROM

Management

It's as if spring skipped its usual dance and jumped straight into summer, bringing a wave of warmth, energy and fresh updates to The Hills Game Reserve.

A Forest of New Trees

One of the most significant initiatives recently completed was the planting of over a hundred new trees across the estate. This verdant expansion included the eighty trees planted during the Fun Walk and additional greenery added in Extension Seven.

Revitalizing Our Dining Experience

Exciting changes are underway in the estate's restaurant facilities. The restaurant is getting a fresh new look with a comprehensive refurbishment planned to create a warm and inviting space for residents. After issuing the Request for Quotations (RFQ), the estate received multiple proposals from potential contractor. We

eagerly anticipate seeing this space evolve into a vibrant hub that perfectly captures the estate's welcoming spirit.

Safety on the Move: Impala Road Walkway

Pedestrian safety remains a priority, and plans are progressing for a new walkway along Impala Road leading to the Garsfontein gate. The RFQ for this project will be issued soon, and we're enthusiastic about providing residents with a

secure, pedestrian-friendly route to access the estate's main entrances.

Enhancing Security with Camera Upgrades

The new cameras are expected to be operational within a few weeks, significantly enhancing monitoring capabilities and ensuring a safer environment for all residents. We remind all residents to adhere to the speed limits, as the new cameras will be able to identify and address any violations, including those who have been treating our roads like the Kyalami Circuit.

Meet Our New Board Members

Following the recent Annual General Meeting, we warmly welcomed our new board members. Their fresh perspectives and enthusiasm are expected to bring positive changes, guiding the estate toward a prosperous future.

Extension 18.

Exciting developments continue with the ongoing work on Extension 18, located past Atterbury Gate. The first phase has begun with peg placements, marking a promising step toward expanding our estate with new homes and opportunities.

Pre-Clearance Inspections: Building Trust and Transparency

Following approval at the Annual General Meeting, pre-clearance inspections are set to become a standard part of property transactions. This process aims to protect homeowners by ensuring stands are compliant with approved installations and

modifications. Sellers don't worry! This process is simply a matter of scheduling an inspection, with the report to be signed off by the new owner, ensuring everyone is aware of property details before transfer. This will not stop you from selling your home.

To book an inspection, contact our Aesthetics Officer, Clarice Pretorius, at aesthetics@thehillsgamereserve.co.za.

Powering Up: Electrical Cable Upgrade

Finally, an upgrade along Royal Albatross has replaced an aging electrical cable, reducing the likelihood of power trips and enhancing electrical safety for residents.

As we move confidently into summer, the estate's ongoing projects promise a brighter, safer, and more beautiful future. Stay tuned for more updates and enjoy all that The Hills Game Reserve has to offer!



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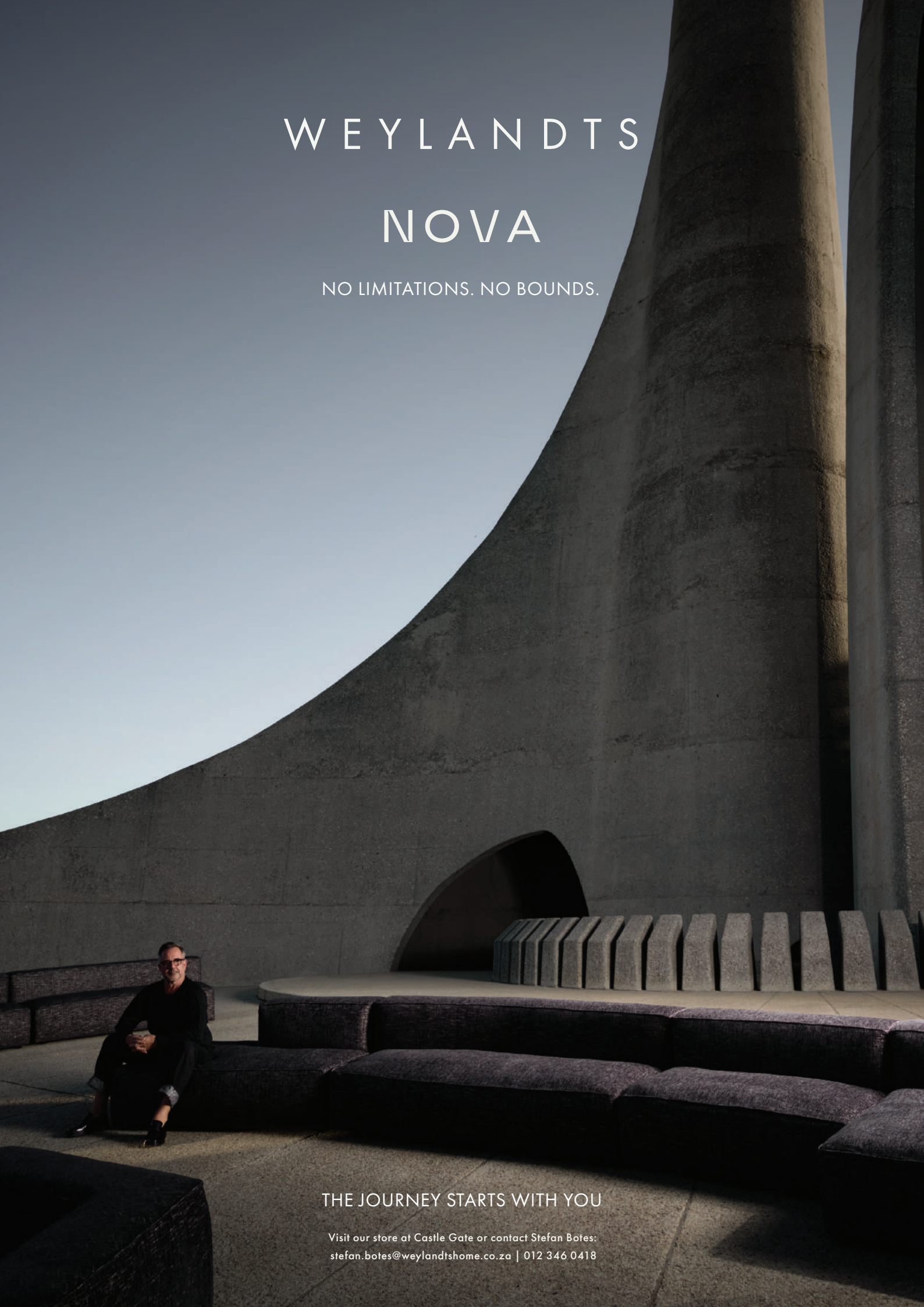
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A man with glasses and a beard, wearing a dark long-sleeved shirt and dark trousers, is sitting on a modern, dark-colored outdoor sofa. He is positioned in the lower left foreground. Behind him is a large, curved concrete structure that dominates the background. The structure has a smooth, curved surface and a large, dark, arched opening. The sky is a clear, light blue. The overall scene is a modern outdoor setting, likely a park or a public space.

WEYLANDTS

NOVA

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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.

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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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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

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.

1

Mix Scales and Mediums

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

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

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

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.

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.



Photography by Hendri Viljoen





YOUR DREAM KITCHEN STARTS HERE

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The kitchen is more than just a place to cook, it's the heart of your home. It's where meals are made, families gather, and lasting memories are created. Renovating your kitchen isn't just about looks it's an investment in your lifestyle and your home's value.

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

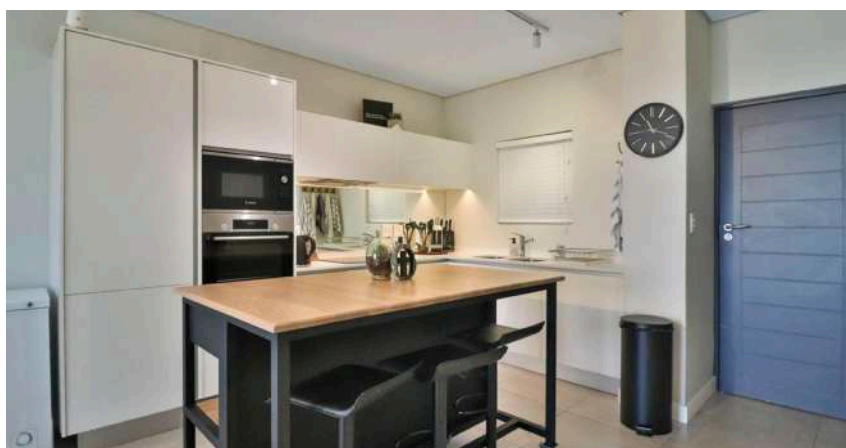
A well-designed kitchen can significantly increase your home's resale value. It's often the first room buyers notice and a beautiful, functional kitchen makes a powerful impression. Even small upgrades like new countertops or lighting can deliver a high return on investment.



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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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.



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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.



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.



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.





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SECURITY UPDATE

Dear Residents,

As the season turns and we spend more time outdoors, it's a good moment to pause and reflect on how we can all keep our estate the safe, serene sanctuary we love. Security is not just about gates and guards – it's about daily choices we each make to protect our community and one another.

Road Safety Starts at Home

We've noticed an increase in minors driving within the estate without a valid license. It may seem harmless, but unsupervised or unlicensed driving poses a very real risk of accidents – sometimes with tragic consequences. For everyone's peace of mind, please ensure that only licensed drivers are behind the wheel, in line with our Conduct Rules.

Four-Legged Friends & Peaceful Neighbours

Our pets bring joy, but roaming or barking dogs can cause distress for neighbours. To avoid penalties (see Handbook for Residents & Conduct Rules, p.14, 8.1.28 & 8.1.29), please keep dogs secure at home and respectful of the community.

Lights, Walkways & Respect for Spaces

We've also received reports of vandalism to streetlights, often linked to groups of teens. Lighting is essential for everyone's safety – let's protect these shared amenities. Garden service providers are kindly reminded to transport staff between points, and all residents and visitors are encouraged to use designated walkways when moving through the estate.

Smooth Arrivals: Visitor Access

Good news: our access code system has made gate entry faster and easier. To keep things running smoothly, please share an access code with your visitors before they arrive. It's a simple step that avoids long queues and ensures security remains seamless.

Please familiarise yourself with our rules and regulations as outlined on our website.

[CLICK HERE](#)

Our estate is more than just a place to live – it's a lifestyle. With small everyday efforts, we can all enjoy the peace of mind that comes from knowing our community is safe, protected, and thriving.

With appreciation,
Your Security Team

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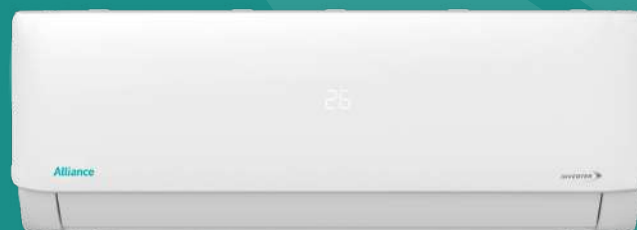
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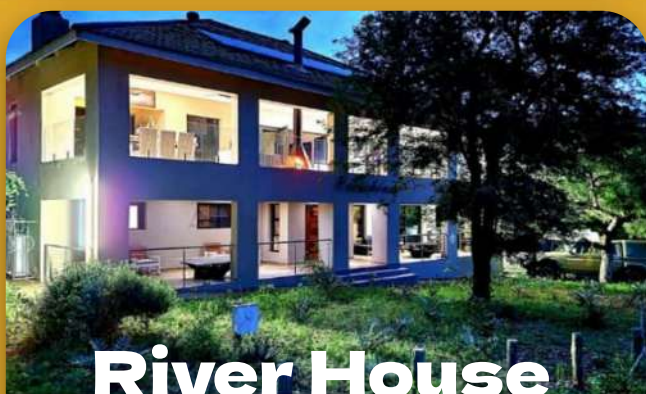
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Nature's Guest List

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

BY DR VICKY LOUW (BVSC)

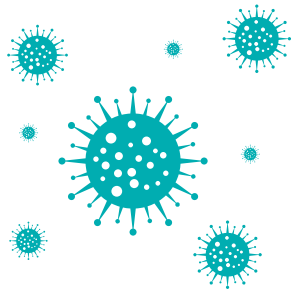
What is Canine Distemper?

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 Paramyxoviridae family.

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.



rootin for a stroll

One stroll, many smiles, and roots that will flourish for years to come.

On 20 September, our estate came alive with energy, laughter, and a shared love for nature at a community fun walk and tree-planting day. From the very first step at 8:00, when residents set off on the Fun Walk with Garden Group, the atmosphere was buzzing with anticipation despite the cloudy skies. While not all of the nearly 350 registered participants made it out on the day, those who did were rewarded with both fitness and fun. Garden Group made sure walkers were cared for with boerie rolls and cool water, the perfect treat after a brisk morning walk.

Community in Motion

The fun walk was more than just a healthy start to the day, it was a celebration of togetherness. Families strolled, children skipped ahead, and friends chatted along the route. Every step taken was a reminder that our estate is not just a place to live, but a community where connection thrives.

Planting a Living Legacy

At 10:00, the day reached its highlight. Residents gathered with spades in hand to help plant the beginnings of a mini forest in our estate. **Thanks to the incredible partnership between K-Studio, Wild Route, Moreleta Service Centre, and Pretoria Service Centre**, the hands-on support of **Garden Group**, and the generosity of our market vendors who each sponsored trees, a total of 86 indigenous trees and shrubs were planted.



“When hands
come together,
roots grow
stronger.”

Each tree was carefully selected and mapped out by our environmental team, ensuring they were indigenous species best suited to our landscape. Among the new additions are **Wild Pride of India, Pom Pom trees, Wisteria trees, Coral trees, Wild Pear, Cape Willows** near the dam, as well as a variety of shrubs to add texture and year-round greenery. Soon, bursts of colour will brighten selected areas of our estate, a living reminder of the day residents came together to do something truly amazing for their community.

This remarkable effort was made possible with the coordination of our **management team , Funeka, Maryke, and Clarice**, together with the enthusiastic help of residents who volunteered their time and energy. And the greening journey doesn't stop here, another 70 trees will be

planted in Extension 7 soon, extending the legacy even further.

A Festival Atmosphere

Adding to the joy of the day was a vibrant market, organised by **sub-committee member Veronique Kong**, where stalls offered baked goods, sweets, ice cream, coffee, and handcrafted treasures. Children filled the air with laughter as they bounced on the jumping castle or dared to ride the mechanical bull. Importantly, every vendor's presence not only added fun and flavour, but also contributed directly to our green legacy through **tree sponsorships**.

Behind the scenes, a special thanks goes to our dedicated office cleaners, who worked tirelessly to prepare the restaurant patio floors right up

until the last minute, ensuring the venue sparkled for residents to enjoy.

Community Care in Action

This special day was also about health and wellbeing. Akira Vet joined us to vaccinate, chip, and tag pets in the estate , a service that was welcomed and well supported by pet owners.

Meanwhile, Radhiant provided on-site mammograms for 30 ladies. The response was so overwhelming that an extra vehicle had to be arranged to accommodate everyone , a clear sign of how valuable this service was to our community.

To round it off, the blood drive saw an excellent turnout, with 35 residents donating blood, making a real difference to those in need.

Roots for the Future

Though the skies were grey, the spirit of the day was anything but. Our estate came together for fitness, fun, health, and a shared commitment to sustainability. The trees planted will grow and flourish, standing tall as a daily reminder of what can happen when neighbours walk, work, and dream together.



No hands are too small to make a big difference.





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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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FIGHT
BREAST
CANCER
AWARENESS MONTH**





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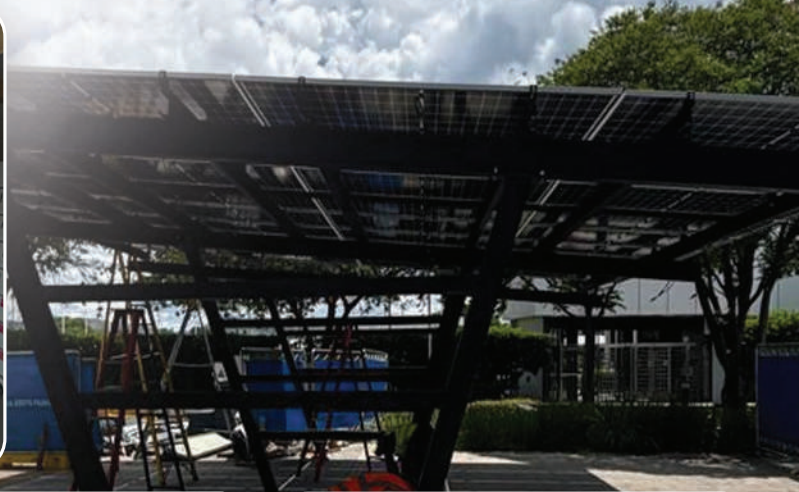
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Every day, beauty whispers to us—birdsong in the dawn, gentle creatures on velvet hooves, sunrise blushing, and sunset sighing. Let's share these moments together.



From the Gym Manager

Spring into Wellness at the Estate Gym & Pool

As we welcome the warmth and vibrancy of spring, this is the perfect time to refresh your fitness routines and wellness habits. At the estate gym, we are committed to providing you with a safe, clean, and motivating environment where you can thrive physically and mentally.

Stay Active

With longer days and warmer weather, it's easier than ever to get moving. Whether it's a strength session in the gym, a brisk walk around the estate, or laps in the pool, regular physical activity is essential for maintaining energy, improving mood, and supporting overall health. Aim for at least 30 minutes of movement most days of the week.

Hydration Matters

As temperatures rise, so does your body's need for water. Staying well-hydrated helps regulate body temperature, supports muscle performance, and boosts recovery after exercise. Keep a refillable bottle handy during your workouts and pool sessions.

Prioritise Hygiene

A healthy gym and pool environment depends on us all doing our part. Wipe down equipment before and after use, bring a towel for your workouts, and ensure proper personal hygiene. In the pool area, please shower before swimming to help maintain clean water quality for everyone.

Using the Lap Pool Safely

- Always swim in designated lanes and be mindful of others sharing the space.

- Avoid bringing food or glass items into the pool area.
- Children should always be supervised by an adult.
- For everyone's comfort and safety, swimwear must be appropriate and clean.
- Please help us by not using lotions or oils immediately before swimming, as they affect water quality.

Together, let's embrace the season with healthy habits that keep our estate community active, refreshed, and safe. Thank you for your cooperation and for making the gym and pool a place we can all enjoy.

Below is our team ready to assist you with your fitness journey. Pick and choose who you believe could help you spring into your desired body. If you are seeking for group motivation and support, join our classes, here's the schedule:

Wishing you all the best... See you at the gym!

Siyanda Manga
Gym Manager



	Delene Dos Santos Personal Trainer & Nutritionist
	MacD Group Fitness Instructor & Dance Professional
	Ali Nzeru Personal Trainer
	Lesego Mmethi Personal Trainer
	Mbali Kekana Yoga Instructor
	Keanu Niemand Technique Trainer & Group Exercise Instructor
	Trinity Niemand Biokineticist
	Thulani Chipanga Personal Trainer & Step Coach
	Terry Karate Instructor



Siyanda Manga
Club Manager

Nice to meet you!



Lisa Masekeni
Club Assistant



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

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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.

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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.

So, whether you're sending a gift to a loved one, fulfilling e-commerce orders, or managing regular shipments, trust Postbox Courier to deliver excellence, every time. Choose reliability. Choose affordability. Choose Postbox Courier — your trusted courier partner in South Africa.



Contact them today or visit their website to learn more about their services and experience the best courier solutions in the country.

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If you would like to advertise in the Echo's Classifieds section, please email Tobia at tobia@k-studio.co.za by the 15th of every month. The Classifieds section is exclusively available to The Hills residents, allowing you to advertise at no cost. Please include your stand number and contact details for references.

Classified advertisements are intended to connect residents with trusted services and are not typical sales promotion adverts. They serve as a platform to bring together community members who can benefit from each other's services.

As a resident, you are welcome to recommend good and reliable service providers for inclusion in the Classifieds. Please inform us if a service provider has changed their contact number or is no longer available, so we can update or remove them from the list accordingly.

Important Notice: The publishers and the HOA are not responsible for the quality of services provided by any suppliers listed. Satisfaction with service delivery is not guaranteed, and any concerns should be addressed directly with the service provider.

BUILDING/ CONTRACTORS

- Contact Meadowdine group for Skip Bins, Chemical Toilets, Hut Hire and more. Tel 079 736 8006 / 067 400 9720
- LCL Construction, contact Lincoln on 083 650 6466
- Phill - 082-648 6164 - Builder

BEAUTY SERVICES

- Blessings Beauty Boutique. house calls can be booked. Please Book your app on time to avoid disappointments 076 782 3622
- Tulips Beauty Spa, We come to your house +27 60 550 9390.

BOREHOLE DRILLING & WATER SERVICES

- Elite Water specializes in borehole pumps and treatment, booster pumps, ozonation, filtration systems, and back-up systems. For more information, contact Riano at 061 327 2187 or riano@elite-water.co.za.
- Inyati Drilling & Borehole (Morne) 071 689 0300
- Manzi Water (Water Filling) 084 412 2084
- Reinhardt (Water Filling) 078 135 2783
- Robert (Watersystem) 082 903 5956
- Veronica (Water Filling) 072 212 6151
- Werner (Water Filling) 083 652 7976

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- Looking for Someone to clean your Carpets, We have used Dries before for **Carpet Cleaning** and we highly recommend his services. Contact him on 083 299 8569
- Carpet Cleaning, Rugs, Sofa's and Car Valet, we also collect & drop off after wash 079 093 2873 or 067 400 9720.
- Pureglaze Window cleaning 082 775 2862 or 076 852 1229 or email tom@pureglaze.co.za

EDUCATION / LEARNING

- English and Science Tutor available in Pretoria East. Complete IEB NSC Bachelor's Degree Pass in 2020. Year-round achievements at Reddford House The Hills. Currently studying BSc Biological and Agricultural Sciences (2nd Year in 2022). Tutoring and Pick-up from school can be arranged. Tutoring at R120 per hour. Contact details 083 415 8235 / mokgadi.violinist@gmail.com for full CV.
- IKI KIDS sells STEAM educational products including Robotics and Coding Kits. 081 517 9589 or <http://www.ikikids.co.za/>
- Learn to Swim, contact Annette 072 128 2689 from Jolly Waters Swim School Situated in Grootfontein.
- Lida Cronje - I am a qualified teacher with 30 years of experience. I offer Afrikaans First Additional Language extra classes to learners from Gr.3 - 12 and would also like to be of service to learners in the Hills. Contact 082 558 3631

ELECTRICITY / SOLAR

- Basie (Electrician) 082 699 9107
- Ed's Electrical, Eddie (Electrician & Plumber) 082 576 6616

- Ikigai Engineering (Solar water heating, backup, and hybrid solar solutions) 081 517 9589
- JP Liebenberg - 082-390 9791 - Solar
- Marius (Electrician in the Estate, satisfaction guaranteed) 082 559 8859
- Olckers Projects (Albert) (Electrician & Maintenance) 071 496 0136
- Roby Mokone (Electrician) 082 314 7554
- Ruan (Electrician) 072 643 3228 / 082 616 6068
- Rudolf (Electrician) 083 218 4466
- Wian (Electrician) 084 555 5662

GARDENING/ LANDSCAPE

- R40 per 30kg bag of Manure. Delivery on Saturdays. Boost your garden, grass and veggies with our Manure. Contact 0794964525 to order.
- Top soil or compost delivered to your doorstep. 2m³ at only R1,680 delivery included. Bigger quantities are also available. Pieter 082 551 6670
- Enhance home deco with beautiful air purifying bamboo plants, easy to grow and maintain. Comes in a nursery pots or get it in a beautiful deco pot. In Nursery pot: large (R600), XXL(R950) or In Deco pot: large (R900), XXL R1400. Contact 0717233151
- Once Off Garden work & Landscaping 30 years experience. Owner on site Call / Whatsapp 082 7599 087

GAS SUPPLIERS

- Africa Multi Client Services (Karabo) 081 773 0317
- Chris Pagel 083 384 5345

- Fusion Gas (Craig Fourie) 082 770 2600
- Frank (Collects and supplies gas cylinders in the Estate) 082 557 1550
- Gas lady (Barbara) 082 305 2419
- Gerrie Marnewick 071 602 9349
- ID Gas 065 955 0115
- Kish 012 804 1003 / 072 548 0735
- Monile Gas Solutions 078 244 7667

HANDYMAN

- Calvin 076 894 4624
- Kastella Maintenance 067 415 2819
- Evert von Zwietring 081 582 4387

MEDICAL

- Dr. Kendrah da Silva, Chiropractor, is available for appointments at her Olympus practice and also offers a convenient home office in The Hills for residents. Contact her at 082 566 9831.
- GP practice with a Clinic in Tierpoort. Tierpoort Medical. Dr David Hyams Tel 060 324 2048

OTHER SERVICES

- Dawn Appliances (All repairs to appliances) 079 789 6746 / 078 812 5592 - Reference: Guido 082 323 8163
- Hennie Watkins (Aluminium Doors) 012 379 5989 / 082 857 5232
- Johannes (Hanging of paintings) 079 482 8676
- Johnathan (Aluminium Doors) 078 469 7506
- JP (Garage Doors) 074 122 2942
- Malesa (Painter) 073 559 9513

- Mike (Tiler) 063 413 6525 / 069 108 8422
- Patrick (Tiling) 078 858 1160
- Thys Oelofse (Painting) 083 321 2939
- Watertite Waterproofing (Johan) (Waterproofing Services) 083 254 1400
- Proofreading, editing, copyediting, document formatting, content creation, website designing (for small to medium-sized businesses) and social media account management services. Call Susan Nganjo in The Hills at 0828826866
- EXLNT School Transport and also available for hire. Operate within Pretoria East. Contact 066 227 7574 / 072 542 4399
- 082 954 7231
- MRL Plumbing 073 941 2480
- Ruan 072 643 3228 / 082 616 6068
- Rudolf (Plumber) 083 218 4466
- Source Leak Detection (Sydney) 076 229 6320

POOLS

- David Moraites (Pools) 072 299 9335
- Pacific Pools (Mike) (Pools & Pumps) 083 293 1349
- Weekly **pool cleaning** at a monthly cost of R600 - ALL chemicals included. Contact 083 278 8720.

PET CARE

- **Paws & Claws Pet sitting**, Providing Pet Sitting Services in the Estate. I come to your home and take care of your pets' needs. Contact Mienke on 081 553 9406
- **Housesit Bruh**: House sitting, Overnight Pet Sitting, Daily feeds and hanging out, Animal walking. 081 556 5465, email: housesitbruh@gmail.com
- The Country Pet Hotel in Pretoria East offers boutique pet boarding with 24-hour care; contact 082 056 0561 or 082 920 4990.

PLUMBERS:

- AA Plumbers (Greg) 076 923 2277
- Casper Coetzee 071 944 5689 / 078 695 4167
- Chris Skhossy 072 060 5653
- Eugene 078 110 0912
- Heino 073 294 8577
- Mishack Eugene (Plumber & Construction)

YUMMY CREATIONS & COOL TREATS

- I am selling raw honey at R80 a bottle or Honey and Rusks at R140 Contact Gladiola 0721915097 Free delivery for the hills residents and R80 courier anywhere else in Gauteng.
- Artisan Air-roasted coffee beans/ground by Airabica Roasters! Free delivery in The Hills. Priced from R110-R330. Contact Duncan 082 440 9174 or orders@airabica.co.za
- Divine Decadent Cakes - 2024 Indulge in our delicious baked goods, crafted to perfection! Our offerings include: Scones, Biscuits, Cupcakes, Cakes. To order, WhatsApp: 0786238029. Treat yourself to our delightful creations, perfect for any occasion!

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- ✓ 28.6kWh Dyness Battery Bank
- ✓ 11kWp PV Array

R 216,999.00

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UPDATE FROM SUB-COMMITTEE

NURTURING NATURE, ONE PROJECT AT A TIME

As your sub-committee, we've been keeping busy over the past few months with projects that are steadily shaping our estate into the eco haven we all dream of.

Breathing Life into the Dam

One of our highlights has been enhancing the habitat around the dam. With reeds carefully removed and water steadily clearing, the area is already inviting more water birds to make themselves at home. We've spotted their footprints in the mud, a sure sign they're curious and delighted by the changes. Soon, lush green lawns will stretch out around the dam, creating the perfect picnic spot for families and an inviting place for residents to relax. Whether it's enjoying a quiet afternoon or a little catch-and-release fishing, the dam is becoming a true community gem.

We've also introduced owl and bat boxes, quiet guardians of the night who play their part in maintaining a natural balance. Trees have been planted, and the Garden Group continues their tireless work in bringing our shared vision to life.

A Buzzing New Addition

Another project is sure to get residents talking, or rather, buzzing. We've introduced honeybees into our estate! Now before you panic, don't worry: their hives are located far away from homes and pathways. Please don't go out searching for them, you may end up with more of a "sting operation" than you bargained for!

Why bees? Quite simply, they are one of the most vital links in keeping our environment thriving. Bees pollinate much of the food we eat and play a critical role in sustaining natural ecosystems. By protecting them, we're not just enriching our estate, but also doing our part for the planet.

We're delighted to partner with **Waldo Croucamp and The Bee Team**, who will manage the hives on our behalf. The HOA has no capital or maintenance costs, only the responsibility of keeping the hives safe from theft and vandalism. Even better, 30% of the honey harvested will come back to the estate, bottled and ready for auction or sale. Proceeds will be reinvested into community projects, such as Buckets of Thanks, and other initiatives where support is needed most.

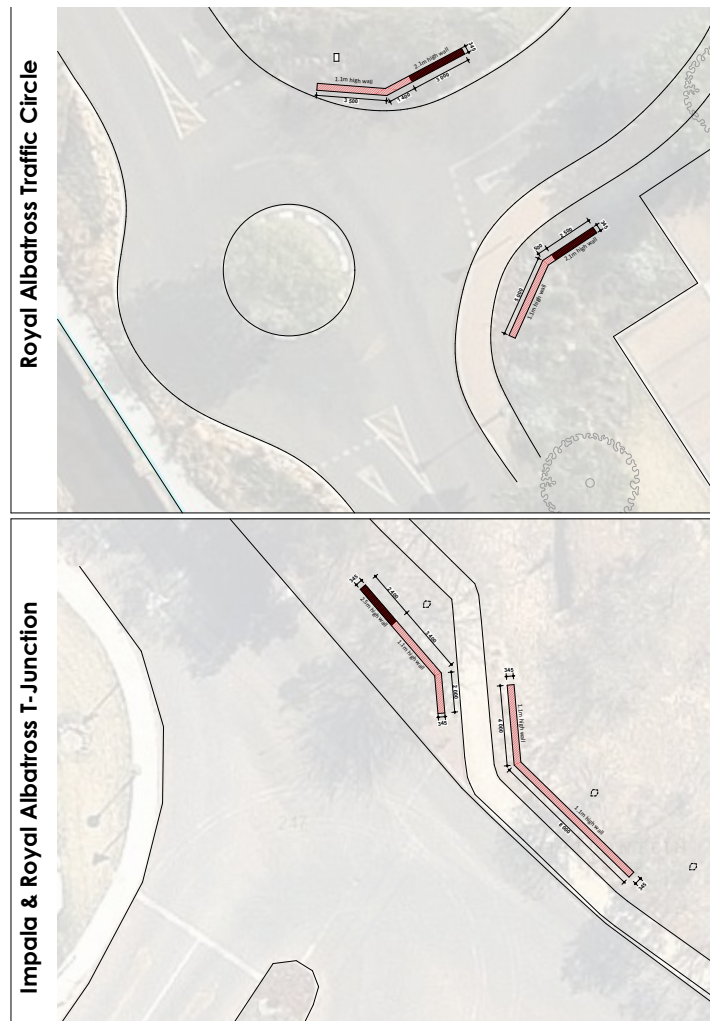
Seasons of Change

As the seasons change, so too does our estate. With every project, from the dam to the bees, the trees to the feature walls, we are creating not only a true eco estate in name, but in spirit. Together, we are building a place where residents, wildlife, and nature itself can flourish side by side.

Looking Ahead

A photograph of a pond with a tree and a circular inset showing a close-up of a mud wall with swallow nests. The main image shows a pond with a tree in the foreground and a grassy bank. A circular inset in the upper left corner shows a close-up of a mud wall with two swallow nests marked by black arrows.

Additionally, plans are in motion to clean up the Eskom servitude area, adding yet another improvement to our growing list of eco-focused efforts.



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