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## DEAR READERS

So, we are back in lockdown, albeit level 3, at least we may walk through our beautiful estate each day and get those things done that we have been meaning to get to do once we had the time. So many things roll around in my head, of things that need to be done. But I know, I too just need to swallow that productivity pill, before one thing leads to another, and the urge has passed over. But rest assured done is better than perfect at the end of the day!

Well, there are a few things that come to mind, that you could do with the kids or grandkids that would be of benefit. Teach them to make their favourite cookies, help with meals, start a herb garden or like I am presently doing with my granddaughter – we have started putting the family tree together. I so regret not having listened to my grandfather when he sat us down to tell his tales of his London. I did not bother to listen and now wish that I had. So, anything that you can tell your kids or grandkids about the things you did or your family background, do it now or it will be lost forever. Even what it was like without various of the mod-cons that we take for granted every single day. Like playing outside until the streetlights came on, and drinking water out of the hose pipe, and you walked to school when you were 5 without being scared or catching the bus or train to high school. Nostalgia!

Whatever you and your family are doing or must do, please enjoy each other, time is so short, and wherever you go please be safe!

Till we meet again,  
Warmest regards

Pat Franken  
082 552 3027

I've learned... that time waits for no man.

## CONTENTS

- 4 Nature Trails in Plantations
- 5 Conservation
- 6 Property Expertise
- 7 About Resilience by Cheryl Sol
- 8 Gratitude Motivation
- 10 Alpine Hillcrest
- 12 Identifying Diabetes
- 13 Health from the Inside Out
- 14 Recipe  
Vegetarian Delights
- 16 Just A Thought by Pat Franken
- 17 Vet Talk with Dr. Nic
- 19 History of The Cavern

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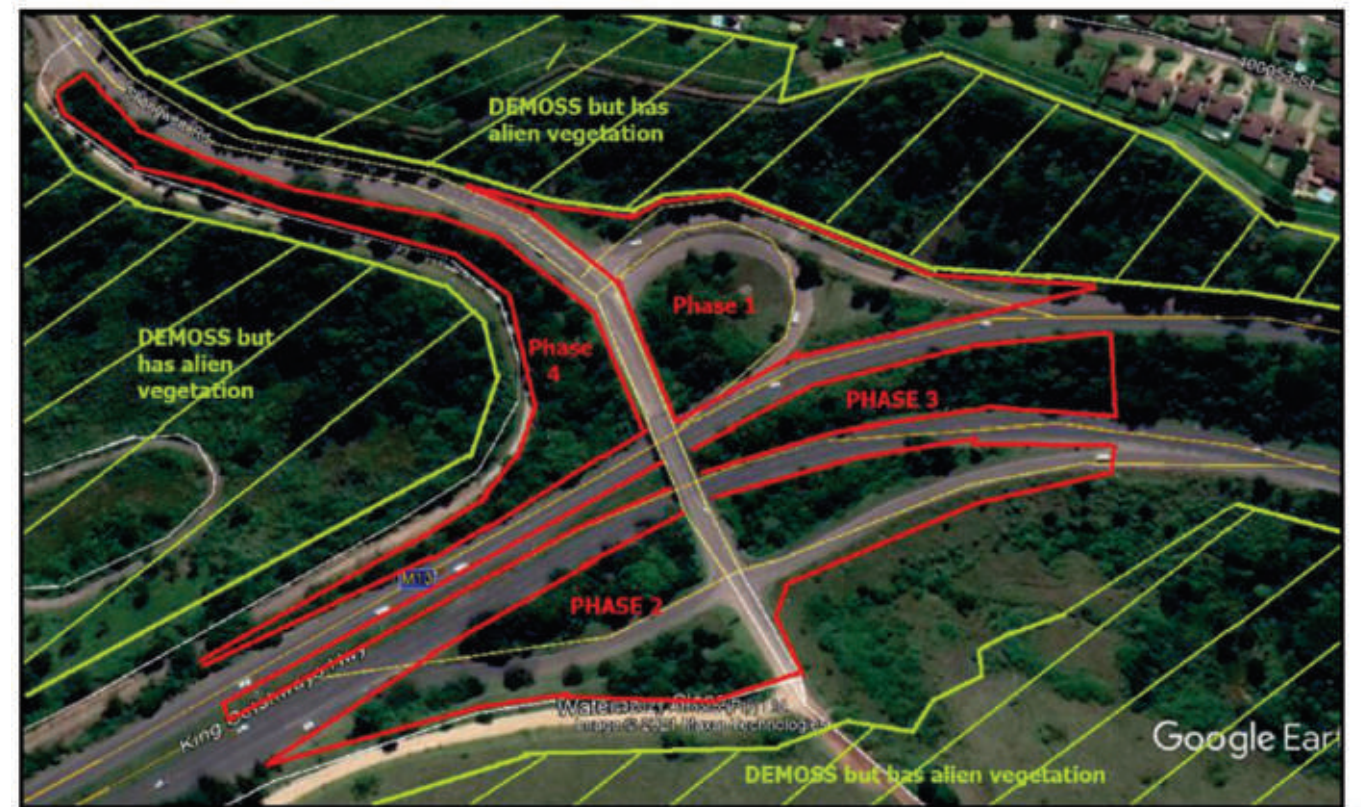
## PLANTATIONS of Hillcrest

Winter for Durbanites really is such a treat! I love walking and driving around the estate and seeing peoples gardens in full bloom with burst of pinks, reds and oranges.

The sunrises and sunsets are pretty spectacular too.

Glorious sunshine, cool enough to go for walks and runs – we truly are spoilt.

It's amazing how green everything does stay, even with the little rainfall we receive. The reduced rainfall makes the conservancy and forest trails within Plantations even better to explore with no muddy pathways.



### PROPOSED PHASES FOR PROJECT

2021.06.02 BM

Interchange # 31 onto/off Shongweni Rd ... UPGRADE, LANDSCAPING & MAINTENANCE



The estate has recently registered our conservancy officially with **Conservancies KZN**. Plantations Estate has an impressive conservancy area which is so critical to supporting biodiversity in eThekweni! We are very excited to be a part of the team and look forward to working with them to drive awareness and get more people involved in forthcoming initiatives!

Plantations Estate are joining forces with other estates in the community to start a '**community project**' to uplift the intersection between the M13 and Shongweni Road. We want to remove the alien trees and plants that have taken over, and encourage the indigenous plants and grasses back, redo the road markings, and work with eThekweni to have street lights installed.

Once we have completed the initial phased clearing, we will be need to provide ongoing maintenance to ensure the area doesn't go back to the state it is in now.

If you would like to get involved or offer any sponsorship, as community member of Hillcrest, please contact Alison:  
[estatemanager@plantationsestate.co.za](mailto:estatemanager@plantationsestate.co.za)

Follow PlantationsHOA on Instagram to get the full effect of the beauty and nature in Plantations Estate.  
<https://www.instagram.com/plantationsoa/>

Alison Kitching  
Estate Manager  
Plantations Estate  
Tel: 031 765 8968



## PLANTATIONS of Hillcrest





# PROPERTY EXPERTISE

The truth of the matter is that in these days of COVID-19 many people are struggling to meet rental payments. Many individual landlords are struggling to get in rentals, which are often vital to meet bond payments. **Good tenants can be hard to find and the fact of the matter is that your chances are better when using an experienced agent.**

There are also other obvious advantages including: preparing the property for rent; marketing and advertising; carrying out safety and other property inspections; vetting tenants; drawing up the lease and inventory; managing the deposit; collecting rent and chasing rental arrears; and organising maintenance.

All of this is particularly important if you don't live close to your rental property.

There are more pros than cons to using a letting agent, possibly, the only disadvantage is the fee you will pay for their services but really, when you work it out —it's a good investment.

## Advantages

- Stringent vetting and referencing procedures mean you're more likely to attract reliable tenants
- The secure deposit protection scheme administration is taken care of for you
- Letting agents can handle all of the paperwork in relation to your property
- Rent can be collected and chased up on your behalf
- Letting agents can deal with all the day-to-day property management and maintenance issues
- As experts in their field, and with good knowledge of market conditions and demand, letting agents will probably be able to achieve a higher rent than you would
- Letting agents are up-to-date on current legislation affecting landlords
- You have an objective and impartial buffer between you and your tenants
- Letting agents are experienced in dispute resolution
- If you need to evict a tenant, a letting agent knows the correct legal process
- Employing an agent should reduce your workload (and possibly stress and anxiety)

# ABOUT RESILIENCE



By Cheryl Sol

Much has been written about resilience in the last 18 months to enable us to manage extreme and demanding external circumstances which have felt overwhelming and challenged our coping resources.

Resilience is not about being strong or weak. It is about being able to withstand and adapt to stressful situations. Trauma and tragedy affect each person differently but generally result in a flood of thoughts, emotions and behaviours.

Our resilience is impacted on by many factors like genetics, our personality, our lifestyle choices, coping skills and the extent of external stressors.

We can learn to be more resilient if we pay attention to what is not working for us and address some of the things that wear us down.

Here are some ideas:-

1. Develop and nurture **positive relationships**.  
Many studies show that the greatest factor in mental wellbeing is the presence of others who you are connected to. Be aware, be kind and be intentional in your behaviour with them. We cope better when we do not feel alone, so find others who you trust and feel safe with and be this kind of person for them.
2. Practice **gratitude**.  
It is well known that being aware of what is good in our lives – our people, our circumstances, small things that happen in a day - contribute to our wellbeing. Stop and think about what you have to be grateful for without saying “yes but look at this that isn't good.” Incorporate both.
3. Practice **self care**.  
We have all heard this before but don't always maintain it.
  - Pace yourself
  - Be aware of lifestyle choices around regular exercise, eating well, avoiding over-relying on substances to cope, getting sufficient sleep.
4. Practice **mindfulness** or some other form of method of being still. Pause, be in the moment and observe what is around you. Breathe, drop your shoulders. Find mindfulness meditations on YouTube or various apps.

5. **Be aware of your thoughts**.  
Do you have a tendency to catastrophize i.e., to take things to their worst possible outcome in your mind? Do you take forever to make decisions because of your fear of making the wrong choice? Do you obsess about things that are not necessarily important in difficult circumstances? Do you spend too much time worrying about what others think about you?
6. **Practice kindness** – it inspires others to be kind as well and improves our sense of self worth, self esteem and connectedness to others.
7. **Accept help** if you need it even if you normally cope well with stress.

Some further thoughts:-

Become more aware of your thoughts, actions and behaviour. Ask yourself :-

- What has helped me in the past?
- What can I change?
- How can I do this?
- What is holding me back?
- Who/what must I introduce into my life to do this?
- Who/what must I eliminate from my life to do this?
- Where can I find people/resources to assist?

Finally: **Accept that change is a part of life**. We can become stuck in protesting that it shouldn't be this way. Accepting that it is helps us to better navigate the steps through the difficult times.

Becoming more resilient is not just about adapting and keeping afloat but also about growing or even thriving through adversity.

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# If you want to find happiness, find gratitude.

Steve Maraboli

**Gratitude Attitude** is not new, but it is gaining popularity from recognised Psychotherapists – perhaps at this time, living with all the uncertainty of the COVID virus, we will as a people start understanding the message.

Unfortunately, for humankind we were originally created to survive and have built-in flight or fight responses – we aren't hardwired to be grateful!

But we can learn this behaviour, we are intelligent beings and are more than capable of cultivating a new way to live.

**In a materialistic society, the belief is promoted that happiness comes from:**

Earning more money/having more possessions  
Buying a bigger home/ prestigious car  
Finding the right partner

**Does it follow then, that we can't be happy until we get those things?**

What happens if we never do?

Being grateful for what we have already does not mean we don't aspire; it just means we allow ourselves contentment along our journey.

To be in a constant state of **'want'** only puts conditions on our own happiness, it can turn us into bitter, negative people. Being grateful for what you have already, turns bitterness on its head, it places us in a positive place and the power is that when you are feeling positive you are more likely to achieve the things you want in life! Irony at it's best.

Expressing gratitude improves mental, physical and relational well-being. Being grateful also impacts the overall experience of happiness, and these effects tend to be long-lasting.

#### Benefits of Gratitude

- Greater optimism and happiness,
- Improved feelings of connection in times of loss or crisis
- Increased self-esteem
- Heightened energy levels
- Strengthened heart, immune system, and decreased blood pressure

Improved emotional and academic intelligence

Decreased stress, anxiety, depression

Improved self-care and greater likelihood to exercise

Heightened spirituality - ability to see something bigger than ourselves

The internet is full of self-help gratitude tools, it's worthwhile finding a system that 'speaks' to you – good luck with your journey.

TK

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." – Albert Einstein*



#### Benefits of a Gratitude Journal

Gain a new perspective of what is important to you and what you truly appreciate in your life.

By noting what you are grateful for, you will gain clarity on what you want to have more of in your life, and what you can cut from you life.

Helps you focus on what really matters.

It can be hard to start, but it get's easier. The entries can be simple, hot water, electricity, a cup of coffee. Start with a minimum of 5 and as you get more comfortable with the process write what you truly feel. For best results try and write at the same time everyday. Keep going, You will be amazed at how you feel after just thirty days.

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Since opening their doors in October of 2020, Alpine Haval Hillcrest has been celebrating! We are ecstatic to report that our Team has already started to feature within the upper echelons of performing Businesses within this quality Automakers setup – even placing 1<sup>st</sup> in SA for retail in April 2021! Thank you to each of our new Customers – welcome to the Alpine Family! Just imagine what great adventures still lie ahead....

With the launch of the awesome value and robust P Series pick - up range in January and the follow - on launches of the expertly crafted Jolion and all new H6 power machine in April and May, the Brands of Haval and GWM have become standout highlights on the SA motoring scene, giving Clients the quality product they deserve, but without the hefty price tags we've become so used to from other established brands. Why should we have to pay more to get more, when Haval and GWM so very clearly have excellent quality to offer, at the right price!

At Alpine we believe these Brands are going places, possibly right to the top! We'd love the opportunity to demonstrate the amazing, class leading value of these cars to you and to your Family. Who knows, you could be driving your brand new Haval or GWM for less than you ever thought? Sounds like a great deal already! Our Haval Team is young, VIBEY and professional and will dedicate their time and skills to ensuring you have the awesome experience you deserve.

Come on in and give Alpine Haval Hillcrest a try, we can't wait to meet you!



**JOLION FROM R299 900**



**P-SERIES FROM R347 900**



**H6 RANGE FROM R419 900**

It was with great pride and determination that the Alpine Motor Group in January of 2019, took over ownership of the Renault Hillcrest Franchise, just off of Old Main Rd. An incredible journey of building infrastructure and employing new faces to add to the existing Team had begun....and was just the start of many great lessons and triumphs along the way.

The “old” and new faces banded together to ensure that Renault Hillcrest was nominated as a finalist for Renault SA Dealer of the Year 2019, after having only been operating under Alpine for less than 6 months – WOW – what a great effort from all to ensure that we received a mention in this prestigious category of top performing businesses!

Roll on 2020 and the world as we knew it would change forever. Just the same as our fellow humans the world over, our Business and its' People would face many personal and corporate challenges that like most, we were unprepared for.

We will be eternally grateful to God for steering the Leadership of Alpine through this very difficult time and to our Team on the ground for their bravery and skill, in adjusting to this “new normal” of living, operating and as it turns out.....thriving?

It is with the greatest pride and appreciation to all concerned, that we can announce Alpine Renault Hillcrest as Renault SA small dealer, Dealership of the Year 2020!!! What better way to thrive through the challenges of the past year, than for our AMAZING Team to be recognized with this, the highest honour a Dealership can achieve. Most importantly we want to thank each of our retail, service and parts Clients for their invaluable support over this period – we know that without you, none of what we seek to achieve would ever be possible – THANK YOU!!!!

**Renault SA has some class leading deals available right now, and some very exciting new product on the way.....so watch this space...you are always invited!**





# IDENTIFYING DIABETES



## What Is Type 2 Diabetes?

Type 2 diabetes is a lifelong disease that keeps your body from using insulin the way it should. People with type 2 diabetes are said to have insulin resistance. People who are middle-aged or older are most likely to get this kind of diabetes. It used to be called adult-onset diabetes. **But type 2 diabetes also affects kids and teens, mainly because of childhood obesity.**

## Signs and Symptoms of Type 2 Diabetes

The symptoms of type 2 diabetes can be so mild that you don't notice them.

- Being very thirsty
- Peeing a lot
- Blurry vision
- Being cranky
- Tingling or numbness in your hands or feet
- Fatigue/feeling worn out
- Wounds that don't heal
- Yeast infections that keep coming back
- Feeling hungry
- Weight loss without trying
- Getting more infections

**If you have dark rashes around your neck or armpits, see your doctor. These are called acanthosis nigricans, and they can be signs that your body is becoming resistant to insulin.**

## Causes of Type 2 Diabetes

Your pancreas makes a hormone called insulin. It helps your cells turn glucose, a type of sugar, from the food you eat into energy. People with type 2 diabetes make insulin, but their cells don't use it as well as they should. At first, your pancreas makes more insulin to try to get glucose into your cells. But eventually, it can't keep up, and the glucose builds up in your blood instead.

## Usually, a combination of things causes type 2 diabetes. They might include:

- Genes.** Scientists have found different bits of DNA that affect how your body makes insulin.
- Extra weight.** Being overweight or obese can cause insulin resistance, especially if you carry your extra pounds around your middle.
- Metabolic syndrome.** People with insulin resistance often have a group of conditions including high blood sugar, extra fat around the waist, high blood pressure, and high cholesterol and triglycerides.
- Too much glucose from your liver.** When your blood sugar is low, your liver makes and sends out glucose. After you eat, your blood sugar goes up, and your liver will usually slow down and store its glucose for later. But some people's livers don't. They keep cranking out sugar.

## Managing type 2 diabetes includes a mix of lifestyle changes and medication.

- Lifestyle changes**  
You may be able to reach your target blood sugar levels with diet and exercise alone.
  - Weight loss.** Dropping extra pounds can help. While losing 5% of your body weight is good, losing at least 7% and keeping it off seems to be ideal. Weight loss can seem overwhelming, but portion control and eating healthy foods are a good place to start.
  - Healthy eating.** There's no specific diet for type 2 diabetes. A registered dietitian can teach you about carbs and help you make a meal plan you can stick with. Focus on:
    - Eating fewer calories
    - Cutting back on refined carbs, especially sweets
    - Adding veggies and fruits to your diet
    - Getting more fibre
  - Exercise.** Try to get 30 to 60 minutes of physical activity every day. You can walk, bike, swim, or do anything else that gets your heart rate up. Pair that with strength training, like yoga or weightlifting.

**Consult a health professional if you suspect you have diabetes.**

# HEALTH FROM THE INSIDE OUT

You may have seen a new store pop up in Hillcrest Centre, and while Live Smart might be new to Old Main Road it is hardly the new kid on the block.

**Live Smart was founded in 2006 by Carol Grant and 5 years later her son Luke Visser joined her.** Over the past 15 years they have helped over 10 000 clients, so you'd be hard pressed to mention Live Smart in a crowd and *not* find someone who has not been helped by them at some point. After Live Smart's founder, Carol Grant, sadly passed away last year Live Smart made the bold decision to relocate from their stagnant old home in Ridge Road to embark on a new journey at shop 20 in Hillcrest Centre.

## What do they do I hear you ask?

**Live Smart combines live blood analysis together with a state-of-the-art InBody Analyser assessment as their main tools to journey with people and help them build towards their optimum health goals through nutrition. They offer specialized holistic assistance in weight management, stress management, sleep management, immune health, digestive health and athletic performance.**

Over the years Live Smart have formulated and built up a wide range of supplements –some of which are unique to Live Smart. These supplements (combined with the nutritional and exercise/training programs provided) are imperative to their clients' success in achieving their health goals. Recognizing that everyone is unique, they do not take a one size fits all cookie cutter approach. Every program and plan is based solely on each client's needs and goals.

In the last year, the Live Smart team has developed an exciting online platform to enable their clients to have access to nutrition and exercise plans at their fingertips. This app is available for both individual and corporate use.

The Live Smart experience is more than just a consultation. Live Smart has a reputation of being caring and compassionate whilst treating clients with the highest integrity and confidentiality. They are a team that will walk your journey with you. Where you become a part of the family. They are there to support you through your setbacks and there to also celebrate your successes with you.

We recommend for you to pay them a visit. Be it for a consultation or to purchase your supplement, or even just to pop in to see the new home of Live Smart – everyone is welcome!

**You can visit their website [www.livesmartsa.co.za](http://www.livesmartsa.co.za) to learn more and visit their online store or follow them on their social media accounts.**

**Instagram: @livesmart\_hillcrest and Facebook: Live Smart Hillcrest**

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# Vegetarian Delights



## Chilli-spiced pumpkin pearl couscous with haloumi

Ready in 20 minutes, 4 Servings

### INGREDIENTS

- 250g packet pearl couscous
- 1 tsp ground cumin
- 300g broccoli
- 400g Pumpkin
- 1/4 cup extra virgin olive oil
- 1/2 tsp dried chilli flakes
- 225g haloumi, sliced
- 200g grape tomatoes, halved
- 1/4 cup chopped fresh flat-leaf parsley leaves
- 1/4 cup pepitas
- 2 tbsp white wine vinegar
- Lemon wedges, to serve

### METHOD

Place 2 cups water and couscous in a medium saucepan. Bring to the boil over medium-high heat. Reduce heat to medium. Simmer, covered, for 8 to 10 minutes or until water is absorbed and couscous is tender. Add cumin. Season with salt and pepper. Stir to combine. Transfer to a large bowl.

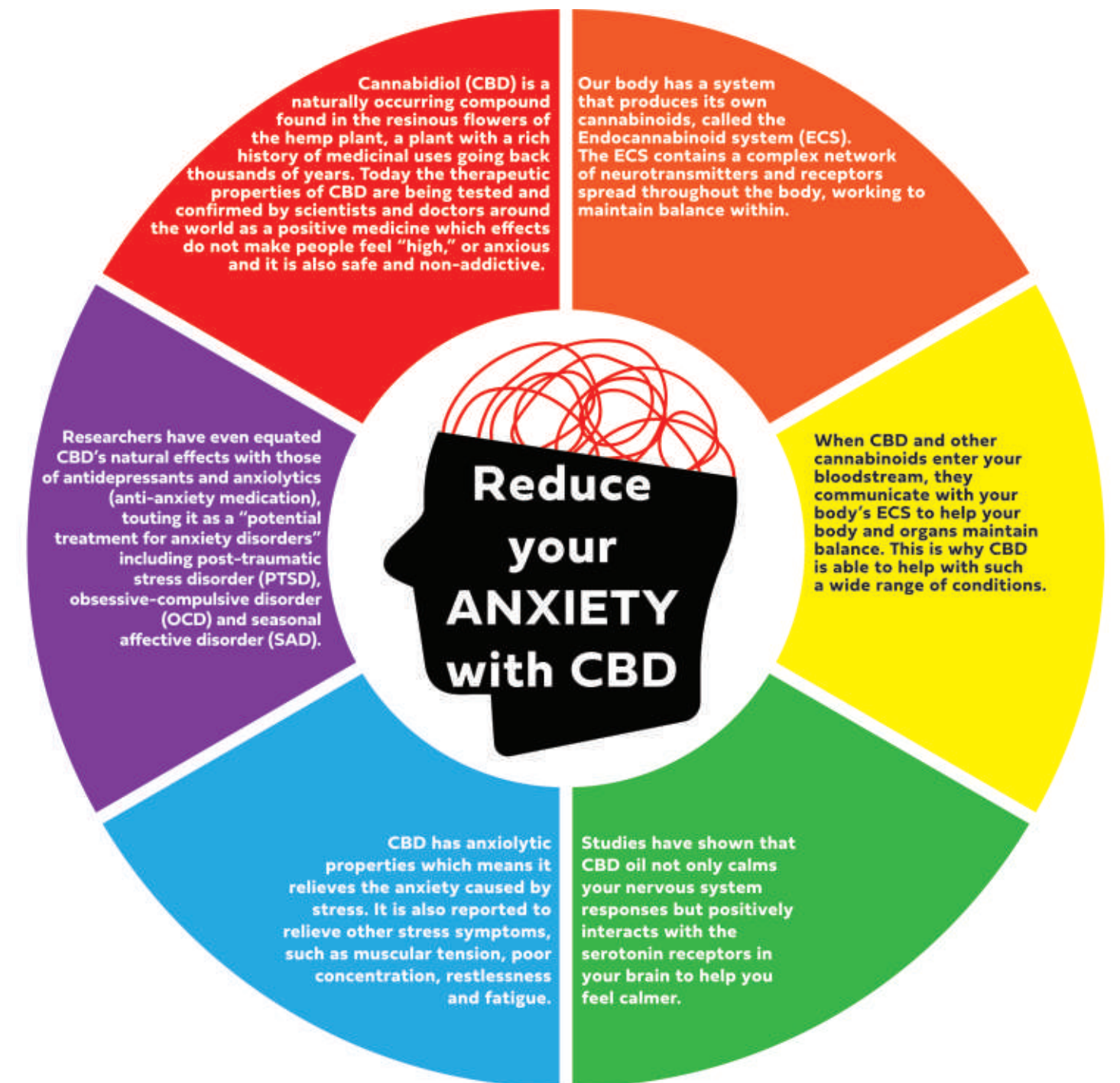
Meanwhile, cut broccoli into florets. Slice florets. Place in a medium microwave-safe bowl. Cover with plastic wrap. Microwave on HIGH (100%) for 2 minutes or until almost tender. Cut pumpkin into 5mm-thick wedges. Heat 1 tablespoon oil in a large frying pan over medium heat. Cook pumpkin for 3 minutes each side until golden and tender. Add chilli flakes. Toss to combine. Transfer to a plate. Increase heat to high. Add broccoli to pan. Cook, tossing occasionally, for 2 minutes or until just charred. Transfer to plate.

Heat 1 tablespoon of remaining oil in same frying pan over high heat. Cook haloumi for 30 seconds each side or until golden. Add broccoli, tomato, parsley, pepitas, vinegar and remaining oil to couscous. Toss to combine. Season with salt and pepper. Place pumpkin and couscous mixture onto a serving platter. Top with haloumi. Serve with lemon wedges.

### What is Couscous?

Couscous is a traditional food from Northern African cultures and consists of small balls of durum wheat or semolina flour. It is often mistaken for a grain, but it is actually the same dough that is made into many kinds of pasta. To prepare couscous, you simply need to add hot water to these small balls and let them fluff up into a more substantive meal. It first appeared in historical records in the 13th century in North African countries and was later reported to be a growing food staple in Middle Eastern countries and Turkey.

Couscous has a wide variety of health benefits, which may include the ability to prevent bacterial and viral infections, promote normal metabolism throughout the body's systems, controls fluid levels in the body, improve digestion, build muscles, and boosting the immune system.



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## Just A Thought by Pat Franken

When my granddaughter started at her present school, two years ago, I asked her when I picked her up that first day, what it was that she liked most about her new school. What exactly was her thoughts within her new surroundings? I expected all sorts of things, but did not expect her to say, bullies are not allowed at this school. Wow! For me hats off to this headmaster.

I was in Std 1, many moons ago, that is grade 3 today, and I remember vividly what Jeanette used to do to me, stupid things that made my life a sheer misery, that when a school was built nearer home, and I was enrolled there, I still feel that extreme elation of being away from her. A few months ago, I got to meet Jeanette again, in a shopping centre near me. She happened to be having coffee with a friend of mine. I recognised her immediately, she had not changed much, like us all, she had just gotten older. She introduced herself, and I said yes, I remember you from Std 1 and named the school we attended, she said to me you have such a good memory and I replied, you were the bane of my life back then. Funny, she as the perpetrator never remembered me, and yet over 65 years had past and I still remembered her.

What makes a bully? Why does it make someone happy making someone else unhappy? It is said that most bullies are female, and Jeanette was not well liked at school, and possibly this was her way of trying to gain social status. I think that she just did not understand that she was being cruel, and she lacked empathy, especially as she enjoyed me cringing and cowering, plus the bonus for her, was that I was quiet as a child and she knew that I did not have a clue how to fight back. Kids who have a well-adjusted home life, to me, do not need to be aggressive to others, so perhaps at home she was invisible.

The adage of "Do unto others as you would have them do unto you" comes to mind. What if you are not that way inclined? Useless advice to me, and to others! When you are young and in the grip of your own fear, and ashamed of your own perceived weakness, hitting out at my bully was the last thing on my mind. Its that lonely feeling after each incident and you know that you want to do something but do not know what. It seems to take over your every waking moment. Its that lack of an answer that plagues you even more, a single instruction to fight back just does not hold water in a victim/bully relationship. What worried me more was why me? I never said boo to a ghost when I was a child, all the kids I knew in the neighbourhood did not do that sort of thing either.

And like it is with kids the world over, with every day that slips by in apathy you sink a little lower like a tent peg being bashed into the ground. The insults become your thoughts and lead to a 'victim state' that endures through life until you swap passivity for hard earned confidence with strong roots.

And in truth the bullies aren't important, they're just predators trying to add a little strength to their insecurity by feeding off you. But the seemingly all-powerful bully soon disappears when you develop yourself internally and start changing thoughts that belittle into thoughts that build you up. Bullies and victims attract each other. When you kill the victim inside, you kill the attraction too.

Go tell that to the child, out there at this moment in time, being attacked, unmercifully. So congratulations to any teacher or head master, who has zero tolerance for bullies.

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## VET TALK with Dr. Nic



### It's time to clear the smoke and weed out the good stuff for the use of Cannabis in dogs.

It's no secret that Cannabis has been around for centuries, with a very colourful past, generally being associated with the 60's, used by druggies and reprobates and delinquent teenagers at parties, a legally punishable offence if caught with it on your person, to now being a very hot topic of discussion in the medical world (which it has been for some years) and the legalisation for its use at home.

But when you get bombarded by all the terminology and jargon around Cannabis in general, it's no wonder folk smoke it to just chill, because it can all be a bit confusing or flat out overwhelming. First of all you pretty much need a whole new slang vocab just to know if it is weed being spoken about (I mean the list of slang words for Cannabis is pretty much endless). The slang was developed because the use of Cannabis was illegal, so in a sense to keep its use a bit of a secret as mom and dad (or the police) probably wouldn't know what a blunt/hippielettuce/blaze/herb/weed/instag a/ganja was. Then you get all the different hybrids of the plant with all sorts of different effects, going under the names of Wedding Crasher, Sundae Driver, Pineapple express (which is a hybrid of Trainwreck and Hawaiian), all containing different levels of the chemicals I'm going to be discussing shortly. Then you may ask, does it fall under the category of Sativa or Indica? What are cannabinoids and terpenes? What is phytocannabinoid tetrahydrocannabinol? What is Cannabidiol? What are the effects of these chemicals, what do they all do, are they safe for me? Are they safe for my dogs? It all seems to much!!!!

The point of this article is to help simplify all these terms and help make an educated decision as to whether or not to use cannabis and cannabis products, commonly now an oil, in your pets. It is always highly recommended to have a discussion with your vet first, BEFORE starting your pet on any cannabis products, or medications in general. We are but a phone call away. (Don't ask your pharmacist, or Auntie Karen 4 doors down, or your friends cousins step dad - call your vet!) You're certainly not going to be arrested anymore for discussing the uses of Cannabis with your Dr or vet, so rather get as much information as possible from them. The strict control of the use of Cannabis in the past has hindered the research in its properties, but this is no longer the case. There is a lot of information to show that it can be helpful with certain conditions, but there is also a lot we still do not know about it, which will all come in time.

The 2 major chemical components of cannabis that are important and that will be discussed in this article, are THC and CBD. THC and CBD are both classified as Cannabinoids.

THC (phytocannabinoid tetrahydrocannabinol) is the chemical that is appreciated with the recreational use of cannabis, resulting in being "high", relaxation, and a state of euphoria, but it can also cause a

state of panic, fear and anxiety, clouding of judgement, distort your sense of time and awareness, paranoia and hallucinations. Everyone can react differently, especially with different hybrids and concentrations of THC found in that particular plant. THC concentrations can range significantly, from 15% - 27% in certain hybrids. These are NOT the effects we as veterinarians are wanting to have in our patients.

CBD (Cannabidiol) DOESN'T cause the euphoric effect like THC, but instead has been shown to have anti-inflammatory properties as well as being anti-convulsive, anti-psychotic, neuroprotection and antioxidant effects. These, particularly the anti-inflammatory effects are what we are looking for.

All Cannabis hybrids are not created equal, nor is the quantity of THC and CBD contained in these plants, and this is where you need to be very careful. You should be looking for an oil that DOES NOT contain any THC or if it does contain THC, it must be at levels that are not going to cause the effects as mentioned above. So look for a CBD oil that is a broad spectrum. A broad spectrum oil will still contain the terpenes and other cannabinoids (CBG, CBC and CBN), but NO THC. Terpenes are basically responsible for the smell of the plant, the same as with Lavender, Pines and Conifers. Cannabis contains over 100 terpenes and explaining and going through all of them is another article entirely, because each terpene is claimed to have different properties as well.

As with most medications, there are doses given for each medication. We as vets will calculate this using milligrams per kilogram (mg/kg). All medications that have gone through the appropriate testing and approval, will have (or should have) what milligram per millilitre (mg/ml) of the active compound they contain. The current researched range for dosing in dogs can also vary greatly, from 0,2mg/kg up to 2mg/kg. So unless the oil you have states how many mg/ml it contains, you actually have no way of knowing what amount you are actually giving. It comes down to guess work and that's not really acceptable.

A reputable supplier / manufacturer of CBD oil will also be able to provide you with certificates of authenticity for each batch produced when it comes to the CBD composition of the oil. Currently in South Africa, there is only one lab that is accredited to quantify the amount of CBD in oils, The National Analytical Forensic Services lab

(www.nafs.co.za). Do your homework, as I have done. In this day and age, you (sadly) can't always rely on a certificate handed to you. I have contacted the NAFS lab directly to confirm that the certificates of analysis (supplied to me by a potential supplier) are legitimate and true, which they are. By doing this analysis they will also be able to rule out the presence of heavy metals, particularly lead, as the Cannabis plant has another amazing ability. It has a phytoremediation effect. This means it is capable of removing heavy metals from soil (which would otherwise be dangerous to us). However, these heavy metals, such as lead, are stored in the plant, and should these plants then be used for CBD oil production, the heavy metals will pass through to the oil, and then to you (or your pet). There is no way of testing the CBD / THC levels in a home made oil, nor testing for heavy metals. An accredited lab has to certify the batches submitted to them. Putting it very bluntly, if there isn't a certificate of analysis, then you actually have no idea what you are getting, and this can be very dangerous to you or your pet.

So what do you do if your dog (or cat) gets hold of your "Murray's Magic Muffin Mix" and ingests 4 muffins off the coffee table before you can stop them? Or gets hold of your amber bottle of molasses consistency "CBD oil" from Joe down at the pub? The important thing to remember is that dogs are not small humans, and cats are not small dogs. 1 muffin will chill you out and life will be great, but 1 muffin in a dog or cat would be considered an over dose. They would experience all the same effects as you would after having ingested THC. It is strongly advised that you then get your dog, or cat, straight to your vet for examination and any possible symptomatic and supportive treatment.

The CBD effects that we are generally interested in are the anti-inflammatory properties. Academic research studies have been done by the top Universities to show this. However, discuss with your vet FIRST if you feel your dog needs CBD as an anti-inflammatory. There are a lot of anti-inflammatory medications with proven safety records available to us already, which can very safely be used WITH CBD oil. It is not necessarily the idea to completely replace medical anti-inflammatories with CBD oil. It will more than likely be a combination of both. The study of CBD effects is still in its infancy, but is certainly showing promising results for a number of conditions.

So until we know more, speak to your vet about it, get as much information as you can too. Visit us at Watercrest Vet and chat to one of the vets about the possible uses of CBD oil in your pets. We're here to help.



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# HISTORY OF THE CAVERN

A perfect getaway

The Cavern was originally a grazing farm but in the 1930's it was bought by Walter Coventry after he resigned his post as Superintendent of the Natal National Park. He continued cattle ranching here and started a small guest house, accommodating mostly friends he had made over the years while running the Hostel at National Park.

In 1941, Judge Thrash bought the Cavern and employed Ruth and Bill Carte to run it. His emphasis was more in the ranching side. Since the grazing was sour veld, the ranching was unsuccessful and Ruth and Bill decided to buy the farm from the judge, recognising its potential as a guest house.

The guest house could accommodate 15 people in thatched *rondavels* with separate ablution blocks. Bill started a quarry where, using his own explosives, he blasted sandstone for building. The blasted stone was transported to the main building site on a sleigh with oxen and later by a Ford truck.

The farm supplied fresh produce for the guest house. Farm animals often confronted guests amongst the buildings. Life was not without its problems: There was no refrigeration for 11 years – meat was stored in a water cooler and jelly set in bowls carefully placed at the edge of the stream. A Pelton wheel, which was located in the Glen where you will now find the trampoline, provided minimal electric power to light the farm house. Bill installed a small diesel power generator, but it was only in 1976 that Eskom power became available.

For many years the water runway down the mountain was the only water supply for the house. "Rhodesian Boilers", (44 gallon oil drums suspended over an open fire) provided hot water to the rudimentary ablution blocks. Evening entertainment included games of wit and action, favourites being dumb charades and carpet bowls. The Saturday night dance was a highlight! A radiogram powered with an extension cable through the lounge window to a car battery was used for music.

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