

the insider

APRIL ISSUE 2025

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LOMBARDY
ESTATE & HEALTH SPA

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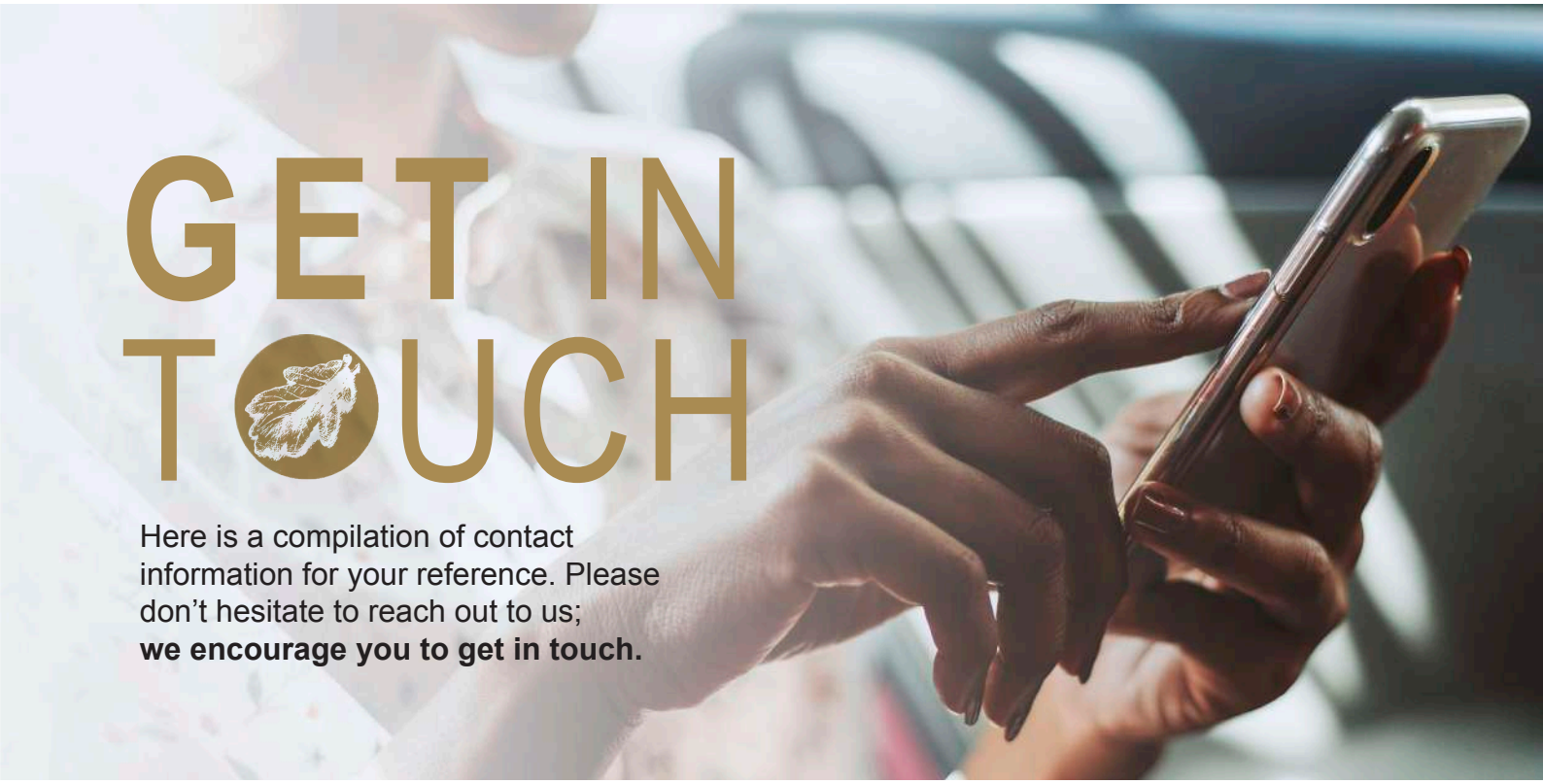

GET IN TOUCH

Here is a compilation of contact information for your reference. Please don't hesitate to reach out to us; **we encourage you to get in touch.**

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Letter from the MANAGER

As we move into the heart of 2025, we're excited about the progress and developments taking place in our community. Thank you for your continued support and involvement—it's what keeps Lombardy thriving.

We recently planned a Kiddies Road Safety Course, but unfortunately, we had to cancel due to limited interest. We're hopeful to revisit this later in the year. In the meantime, the directors are reviewing our road safety rules, and updated guidelines will be shared once finalised.

There have also been some updates regarding waste removal. Bi Waste has changed their collection process. Further details on waste collection, prohibited items, and recycling options can be found in the next few pages of this magazine.

We're also looking forward to a fun-filled Easter event for the kids on 12 April at the Clubhouse—expect an egg hunt, magic show, and more. We hope to see many of you there for a joyful family day.

The main gate parking upgrade has been completed, making it easier to access the security office and helping to improve traffic flow at the entrance.

Our Fountains Garden facelift is nearly complete, and the area is already looking refreshed with new lawns, flowers, and improved irrigation. We're excited to see the full transformation come Spring.

Lastly, many of you may have noticed activity on Graham Road. A new retail centre is in development across from Bespoke Café. While this may bring temporary disruptions, the long-term benefits for our community are very promising.

For more detailed information on all these topics, please refer to the following pages in the magazine.

Warm regards,

Carli Steenberg

HOA Manager
Lombardy Estate

Waste Collection Update:

What You Need to Know About Garden and Household Refuse

Refuse Bins:

There has been some confusion regarding waste removal services, and we would like to clarify the current situation. Our private waste collector, Bi Waste, has informed the HOA that their renewed waste removal permits no longer allow for small amounts of garden waste to be collected alongside household waste on Mondays.

Key Points:

Household waste will continue to be collected on Mondays. Garden waste will be collected separately on Fridays. In the past, Bi Waste would remove one bag of garden waste along with the normal household waste as a courtesy. However, due to the new regulations, they can no longer mix garden waste with household waste. Garden waste is now only collected on Fridays and disposed of at a different site equipped to handle green waste. The HOA is currently exploring alternative solutions for residents, particularly those in the Lakes & Fountains area, who have communal or very small gardens. We will reach out to affected members once a workable solution has been found – members residing on stands with much larger gardens are encouraged to reach out to Bi Waste directly to discuss solutions regarding green waste.

In the meantime, If your household produces more or green / garden waste than one garden waste bin can accommodate, or in some cases too little waste to be justified with a green waste bin, please contact Bi Waste directly to discuss additional options for collection.

Remember, One household bin is already included in your levy; additional household and green waste bins are billed separately.

If your household produces more household waste than one household waste bin can accommodate, please contact Bi Waste directly to discuss additional options for collection.

Important Information from Bi Waste:

Prohibited Items for Household Waste:

- Building Rubble
- Stones
- Cement Products
- Tiles
- Machinery Or Any Parts Thereof
- Furniture
- Wood
- Hard Plastics
- Hot Ash (Please Place Cold Ash In Bags).
- Garden Stones Or Sand.
- Fluorescent Lights (Dispose Of At Pick N Pay Recovery).
- Vehicle Batteries
- Parts
- Deceased Animals

Garden Waste Collection:

Garden waste will be collected on Fridays in standard black/green bags.

Organic/Garden Waste Removal Request: Organic/Garden waste removal is not part of your regular household waste service. Garden waste must be placed in standard



black/green bags. Waste such as grass cuttings, leaves, and small branch cuttings will be collected. If the amount of garden waste produced is not sufficient to warrant an additional bin, please contact Bi Waste directly for advice and options.

Fee Structure for Garden Waste:

The fee for garden waste collection is R195.00 excluding VAT per household if you opt for individual service.

Recycling:

For those who have subscribed to recycling services, please use the two transparent bags for mixed recyclables. All boxes must be flattened, and any wood or steel removed from them.

For those who would like to start making use of Bi Waste's recycling service, please reach out to Bi Waste to discuss the options at hand.

Bin Ownership:

All 240-liter household bins are the property of Bi Waste and must remain on the property when a resident vacates the premises.

Collection Hours:

Waste collection for household waste takes place on Mondays between 07:00 AM – 17:00 PM, including on holidays, unless otherwise notified. Gardens waste collection takes place on Fridays, between 07:00 AM – 17:00 PM unless otherwise notified.

Overloading:

Dustbins must not be overloaded. No bags placed next to the bins will be collected.

The quantity collected should not exceed 1-5 bags per week, which fits into a standard 240-liter municipal bin. If you need to arrange extra garden waste removal, please contact Bi Waste for additional fees.

For More Information:

Please feel free to reach out to Bi Waste directly for any queries or further clarification. Their contact details are as follows:

Bi Waste Contact:
biwaste@gmail.com
083 272 6971



Exciting Estate Enhancements & Surrounding Developments

With the completion of key upgrades inside the estate and exciting new developments just beyond our gates, we're pleased to share the latest improvements that aim to enhance both convenience and community living.

Parking @ Main gate

We are excited to announce the completion of our Main Gate Parking Project! The new parking spaces provide easier access to the Security Manager's Office and the Control Room for access registration, improving the overall flow of traffic and security operations. Additionally, these extra parking bays will be used if a visitor has difficulty reaching a resident and needs an access code for entry and holding up a queue of vehicles wishing to enter the estate. The original 3 parking bays will now serve as a turning area, helping to facilitate smoother access through the main gate.

We are thrilled with the positive changes this brings and look forward to the convenience it will offer to residents and visitors alike. Thank you for your continued support as we work to enhance our community!

Fountains Garden Facelift Project Nears Completion!

We are thrilled to share that the Fountains Garden Facelift Project is nearing completion, and we're excited to show you some exclusive before-and-after photos of the extensive upgrades that have been made to the gardens surrounding the Fountains units.

Under the leadership of Christo Venter, who has been working closely with our Garden Director, Mrs. Ronel Van Coller, the Fountains gardens are already looking significantly better! While still a work in progress, we've made numerous improvements including: New lawns and flower beds to brighten up the area. Extensive maintenance to the irrigation systems to ensure healthy, sustainable growth.

We are looking forward to Spring when all of our hard work will come to fruition and the new plants will have had time to establish themselves.

Exciting Developments on Graham Road – What You Need to Know

Many of our members may have noticed the large concrete pipes placed in front of the estate on Graham Road and some teams working at the corner of Graham Road and Struben Street. We'd like to inform you that the vacant plot of land across from Bespoke Cafe has been sold to a retail developer, and plans are underway to build a multi-use shopping center on the site. While specific details have not yet been confirmed, we can expect to see upmarket shops, restaurants, and even a paddle course as part of the development.

As part of the project, the developers will need to connect to existing sewage lines. The HOA may be required to collaborate with the service engineers to facilitate access to our sewage infrastructure. Initially, a large area bordering the Hotel and Lakes units was identified for digging to install new sewage lines. Fortunately, after a site visit to the estate, engineers realized that this plan was not viable and are now in discussions with local authorities to explore an alternative connection point.

Additionally, the installation of large stormwater pipes for the development will eventually lead to road closures. We will keep you informed and update you once we receive more information on the timeline and affected areas.

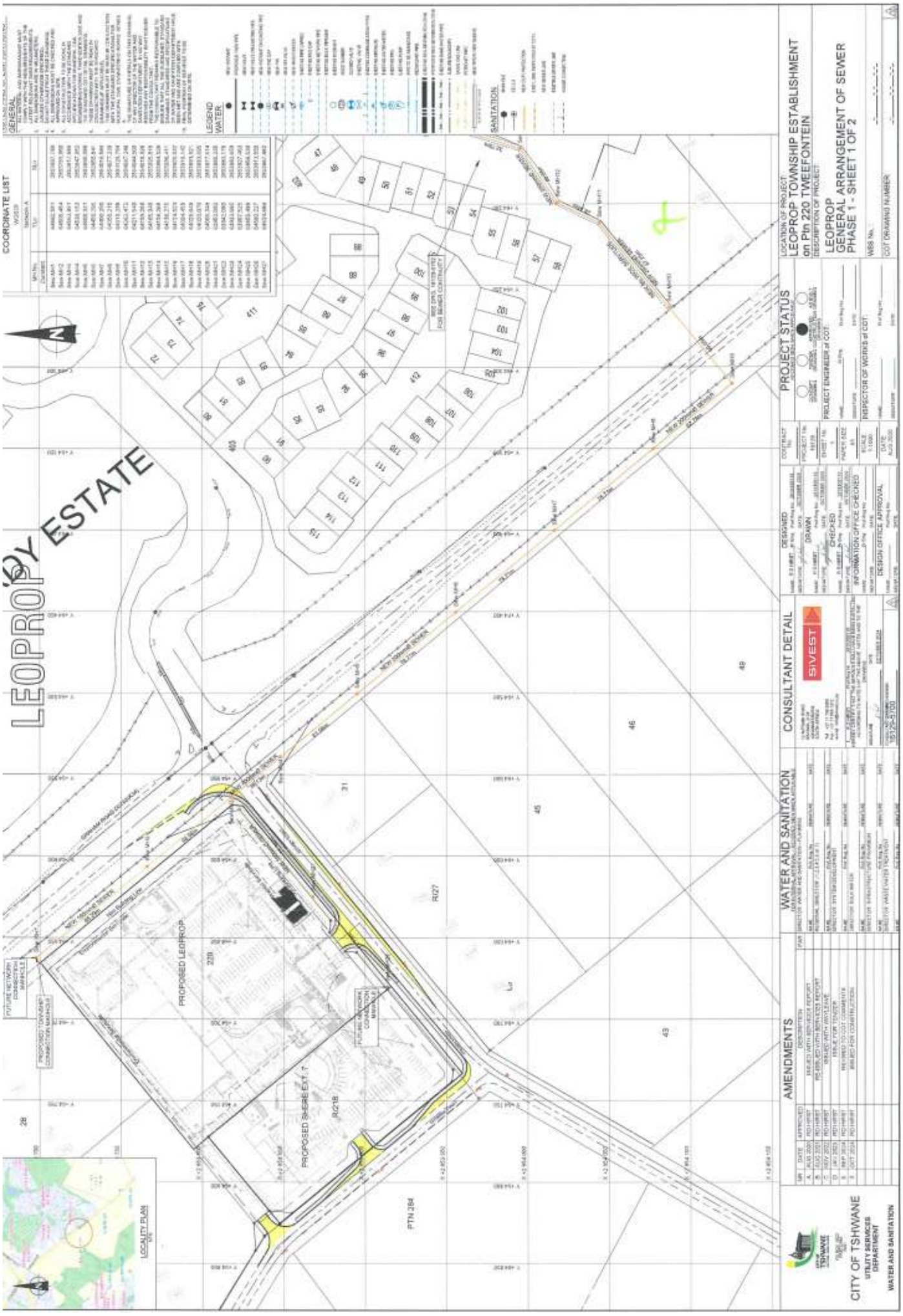
Furthermore, Graham Road, which has been showing signs of wear and tear, will need to be upgraded to support the new development. This is estimated to take up to two years. While these upgrades may cause temporary disruptions, we are confident that the eventual development of the area will have a positive impact on our property values.

Thank you for your patience and support as we continue to uplift the communal spaces for everyone to enjoy.





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SIVEST
PROJECT STATUS
LOCATION OF PROJECT:
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on Ptn 220 TWEEFONTEIN
DESCRIPTION OF PROJECT:
LEOPROP
GENERAL ARRANGEMENT OF SEWER
PHASE 1 - SHEET 1 OF 2
CITY OF TSHWANE
UTILITY SERVICES DEPARTMENT
WATER AND SANITATION



Exciting Easter Event for the Kids!

Date: 12th April @ The Clubhouse

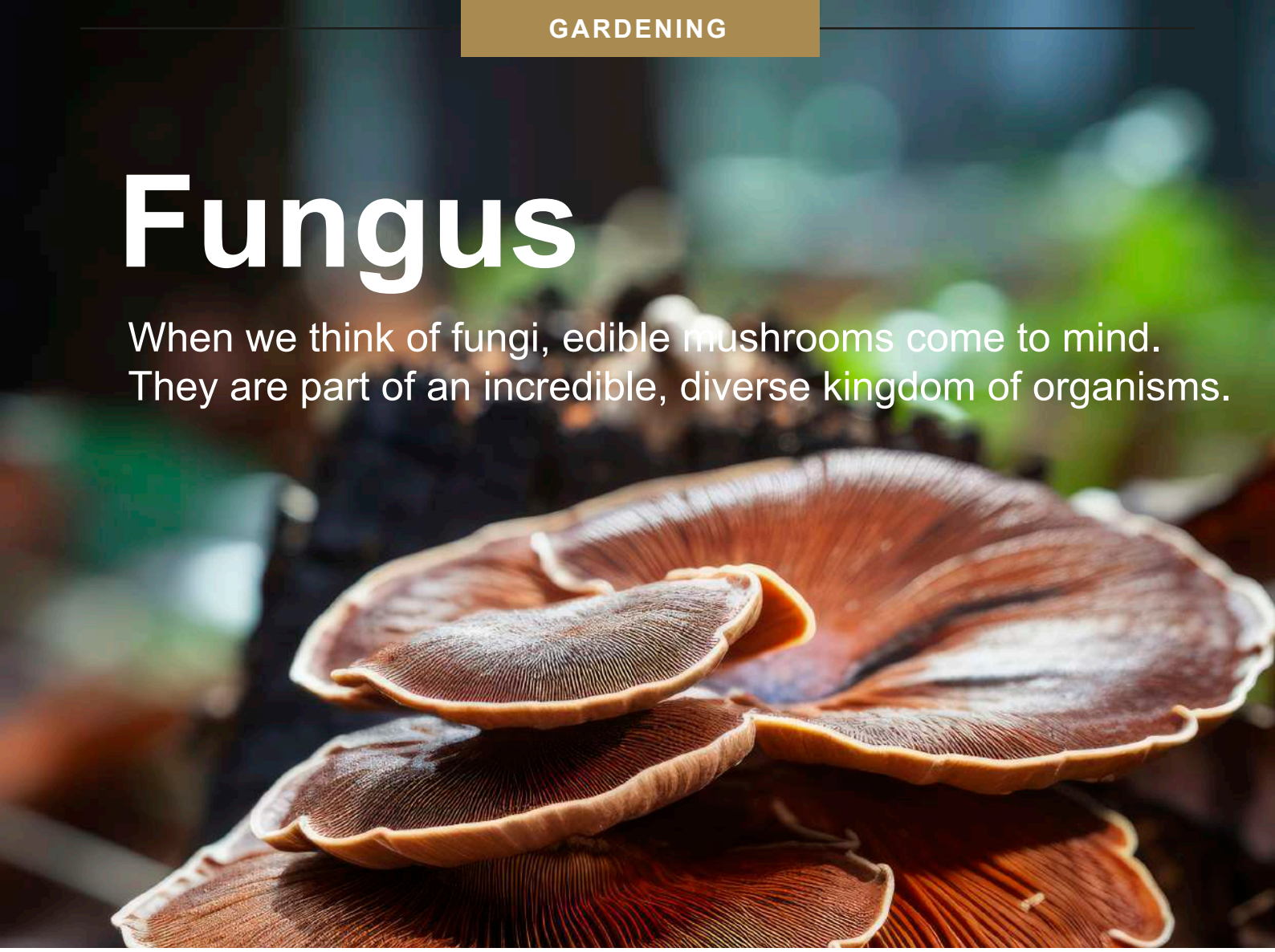
Join us for a fun-filled day celebrating Easter! We've got lots of exciting activities lined up for the little ones, including:

- The Traditional Easter Egg Hunt
- A Magic Show to dazzle and amaze
- A chance to Say Hi to the Easter Bunny
- Face Painting and Balloon Art to get creative

This is an event you won't want to miss! More details will be shared with you closer to the date, so stay tuned. We can't wait to see you there!

Fungus

When we think of fungi, edible mushrooms come to mind. They are part of an incredible, diverse kingdom of organisms.



In nature beneficial fungi are of great importance. There are millions known to us and even more still undiscovered on earth. Functions such as decomposing organic matter, recycling nutrients, and forming mutualistic relationships with other organisms is essential in an ecosystem.

Saprophytic fungi grow on decaying matter such as leaf litter, fallen trees and even dead animals. They are capable of converting them into nutrients that are absorbed by living plants. Mychorrizae are fungi that develop a partnership or symbiosis with living plants, such as trees and grasses. Their presence increases the effectiveness of the plant's roots. Fungi deliver minerals and nutrients from the soil to the plant roots, which in turn supply the mychorrizae with water and carbohydrates. Unfortunately, fungi and fungal-like organisms (FLOs) also cause more plant diseases than any other group of plant pest. Scientists are familiar with more than 8,000 species that can cause disease.

Fungi and FLOs are eukaryotic organisms that lack chlorophyll and thus do not have the ability to photosynthesize their own food. It can only grow as a parasite on or in a living host. All viruses, downy mildews, powdery mildews, rusts and smuts are obligate parasites.

The potato blight in Ireland and northern Europe as well as the failed wheat crops of the Middle Ages are examples of fungus on agricultural products that caused famine in European countries.

For the average gardener, fungi on plants are associated with disease.

The unattractive results of blackspot or rust or the inevitable death of some plants due to fungi is well known.

When gardening we try to avoid conditions that are favorable for the development of fungus.

We try to give plants optimal growing conditions, apply regular preventative treatments and remove infected plant material from the garden. When applying fungicide to plants it must be delivered to the area of the plant where the pathogen is active to be effective. Systemic fungicides applied as a soil drench will also destroy beneficial soil fungi.

In food production, the use of genetically resistant plants, if available, should be the first line of defense for diseases caused by fungi and FLOs. There are generally more options available to professional plant production specialists and growers to manage fungal and FLO diseases as compared to viral and bacterial diseases.

The beneficial fungi in our garden soils need to be protected and encouraged. This can be done by applying only organic fertilizers, practicing low-till or no-till gardening and avoiding fungicide use.

https://ohioline.osu.edu/factsheet/plpath-gen-7
https://extension.okstate.edu/programs/gardening/grow-gardening-columns/grow-columns-2020/june-21-2020-beneficial-fungi.





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- 1 x 24L horizontal pressure tank
- 1 x installation
- 2 year warranty

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STANDARD OPTION 2

Designed to provide a household of 3 with enough water reserves to last approximately 8 days. Calculated at 250L per day (above average).

Included:

- 1 x 2000 L water storage tank
- 1 x 1.1 KW pump with pressure switch
- 1 x 24L horizontal pressure tank
- 1 x installation
- 2 year warranty

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- 2 year warranty

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Effortless Dining: The Luxury of Ready Meals for Busy Lives

After a long day at work, most families come home to the same familiar routine—prep dinner, eat in a hurry, rush the kids off to bed. Somewhere in between, we hope to carve out a few minutes to connect, unwind, and breathe. But with modern life moving at full speed, finding time for meaningful family moments has become a real challenge.

Dinner shouldn't be one more thing that drains you. It should be the part of the day where you regroup, talk, laugh—and enjoy good food together. That's where high-quality ready-made meals come in, offering a smarter way to nourish your family without the stress, the guesswork, or the mess.

Why Ready Meals Make Sense for Real Life

This isn't about cutting corners. It's about cutting out the chaos. With workdays running long, school obligations piling up, and constant to-do lists, dinner prep often feels like another full-time job. Planning meals, shopping, cooking, and cleaning—it adds up. And often, the fallback becomes ordering takeaways or heating up something processed and unsatisfying.

Ready-made meals offer an alternative that actually works. They give you the convenience you need, without compromising on the things that matter—like nutrition, flavour, and quality ingredients.

Instead of spending an hour chopping and stirring, you pop a pre-prepared meal into the oven or air fryer. While it cooks, you can help

with homework, chat with your partner, or just sit down for a few minutes. The result? More time, less stress, and a proper dinner on the table.

Not All Ready Meals Are Equal

Today's best ready meal providers aren't serving up bland, processed food. They're making fresh, flavour-packed dishes with real ingredients—no preservatives, no shortcuts. These meals are designed by chefs, tested for taste, and packaged with care to go straight from freezer to oven, microwave, or air fryer.

They're built for real families with real needs Whether you're trying to eat clean, avoid allergens, or feed picky eaters, there's an option for you. Some even come with side dish suggestions and heating tips to make the whole experience even easier.



Goodness Gracious – Frozen Meals With Heart

Goodness Gracious is a family-run business focused on quality over shortcuts. Their meals are cooked from scratch, using top-tier produce, with zero preservatives or additives—just pure, flavour-packed ingredients. What sets them apart is their blast freezing method, which locks in freshness and taste, ensuring the meal you serve is as vibrant as when it left their kitchen.

Delivered in packaging ready for oven, microwave, or air fryer use, Goodness Gracious meals make entertaining or weeknight dinners effortless. Side dish suggestions are included too, adding to the ease.

Feel Good Food from Goodness Gracious. Try it out and receive 10% off your first order.



iCook – Nutrition Meets Simplicity

For families juggling health priorities with full schedules, iCook is a lifesaver. Their ready meals are 100% natural, sugar-free, and preservative-free—ideal for busy parents, students, or elderly loved ones.

Whether you're managing dietary needs or simply craving cleaner meals without the kitchen prep, iCook offers peace of mind with every portion. Balanced, flavourful, and easy to heat, these meals support a healthy lifestyle with minimal effort.

iCook: The smart solution for real-life mealtimes.



Plated Convenience – Meal Delivery with a Healthy Edge

If you're looking for variety and flexibility, Plated Convenience offers a wide range of ready-made meals, including vegetarian and vegan options. With packages like the 21-Day Challenge or Comfort Meal Package, there's something for every lifestyle.

Ordering is easy through their website, and delivery across South Africa typically takes 3–5 working days. Whether you're fueling fitness goals or simplifying dinners, Plated Convenience brings healthy meals straight to your door.

Eat Well. Live Easy: 10% Discount code #estate10

More Than a Meal—A Moment Together

When dinner doesn't feel like a chore, it becomes something else entirely. A chance to pause. To sit around the table. To ask how the day went. That's the real luxury—time. And with ready meals that are healthy, thoughtfully made, and easy to serve, you get that time back.

Forget last-minute meal planning. Skip the takeout menus. Just heat, serve, and enjoy more of the moments that matter most.



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Southdowns College provides a dynamic and progressive education for all pupils.

We respect individual needs and embrace diversity and change in pursuit of academic, sporting and cultural excellence. The school imparts social and leadership skills and nurtures spiritual growth to develop dynamic, independent leaders for a global society.

EXCELLENT FACILITIES

We offer our pupils Wi-Fi enabled classrooms to meet the needs of the modern curriculum, top class sports fields including an Astro, netball fields, rugby fields, tennis courts, basketball court, cricket nets, soccer fields, two heated indoor swimming pools and a high-performance gym. For our more creative students we offer a fully equipped theatre, music studios and dance studios.







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The benefits of modern pool covers.

A sparkling pool is a luxury, but it also comes with responsibilities—ensuring safety, keeping water clean, and managing maintenance costs. That's where Designer Pool Covers comes in, offering automatic and manual pool covers that make pool ownership safer, easier, and more cost-effective.



Prioritising Pool Safety

For families with young children and pets, pool safety is non-negotiable. Accidental drownings remain a concern, making a high-quality pool cover one of the best safety investments. Unlike nets, solid covers create a secure barrier, preventing children and animals from falling in while also reducing the need for constant cleaning.

Additional Pool Safety Tips

- Always supervise children near the pool.
- Teach water safety from a young age.
- Install extra safety measures like fencing and alarms.
- Keep emergency equipment like a life ring nearby.

The Latest Trends in Pool Covers

Pool covers have evolved to offer a blend of safety, convenience, and efficiency. Whether you prefer an automated system or a manual cover, there's an option to suit every homeowner.

Automatic Slatted Pool Covers
Effortless Luxury

A favourite among modern homeowners, automatic slatted covers retract and extend at the push of a button. These sleek covers not only enhance safety but also reduce heating costs and water evaporation.

- Hands-free operation
- Energy-efficient insulation
- Minimised chemical loss
- Stylish design options

Automatic Vinyl Pool Covers
Maximum Protection

For those prioritising safety and water conservation, automatic vinyl covers provide a strong, durable barrier. Their reinforced material ensures long-lasting performance while making pool maintenance easier.

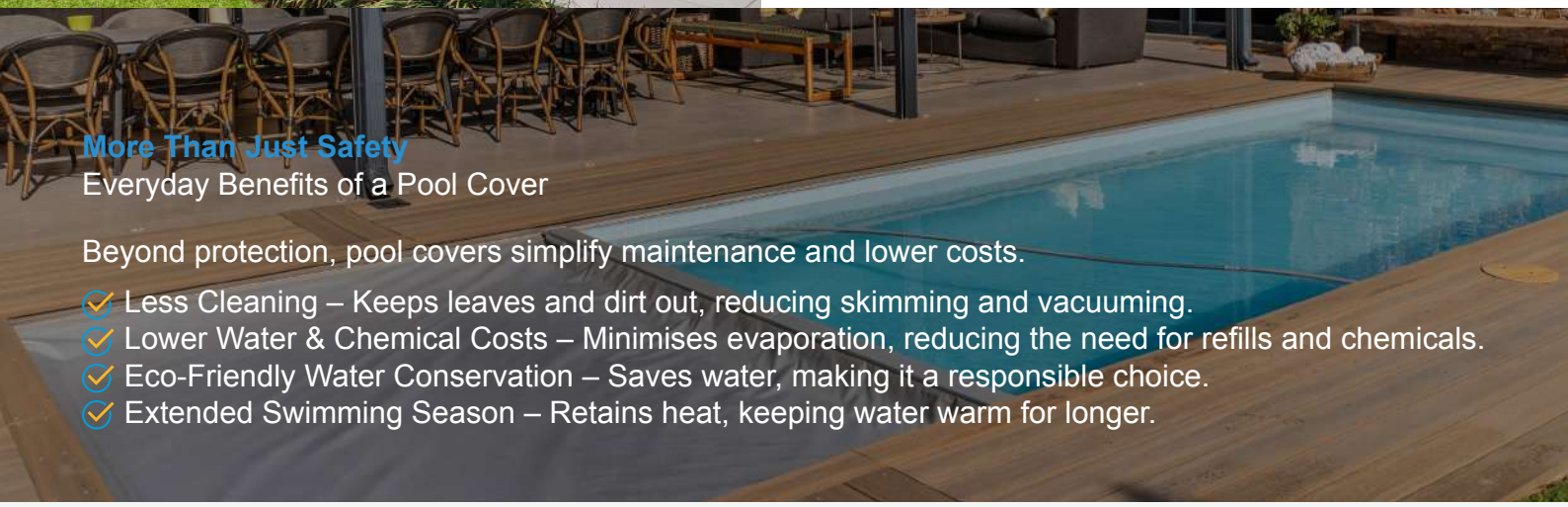
- Unmatched child and pet safety
- Significant water and energy savings
- Retains heat for a longer swimming season
- Easy push-button control



Pet & Child Safety Covers
Extra Peace of Mind

Designed for ultimate protection, these heavy-duty covers support weight, preventing accidental falls into the pool. Ideal for families with small children and pets, they also keep debris out.

- Superior safety for little ones
- Low maintenance & durable
- Prevents dirt and leaves from entering the pool
- Retains heat, reducing heating costs



More Than Just Safety
Everyday Benefits of a Pool Cover

Beyond protection, pool covers simplify maintenance and lower costs.

- Less Cleaning – Keeps leaves and dirt out, reducing skimming and vacuuming.
- Lower Water & Chemical Costs – Minimises evaporation, reducing the need for refills and chemicals.
- Eco-Friendly Water Conservation – Saves water, making it a responsible choice.
- Extended Swimming Season – Retains heat, keeping water warm for longer.

General Pool Maintenance Tips

Keeping your pool in top shape requires consistent care. Here's how to maintain clean, clear water:

- Balance water chemistry weekly—test pH, chlorine, and alkalinity levels.
- Skim and clean regularly, even with a cover, to remove floating debris.
- Run the pool pump daily for at least 6-8 hours to maintain circulation.
- Shock the pool occasionally to prevent algae and cloudy water.
- Brush pool walls and steps to stop dirt buildup.

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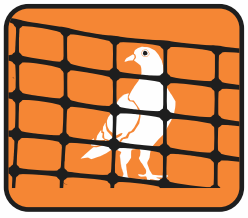

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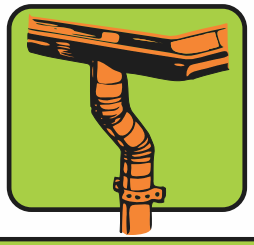

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VETERINARY PHYSIOTHERAPY: A GROWING FIELD IN ANIMAL HEALTHCARE

BY DR VICKY LOUW (BVSC)

Veterinary physiotherapy is an evolving branch of animal healthcare that focuses on improving the physical well-being of animals, particularly those suffering from injury, surgery, or certain chronic illnesses. Just as human physiotherapists help people recover from physical ailments, veterinary physiotherapists use similar techniques to treat and rehabilitate animals. This field combines the knowledge of veterinary science with therapeutic exercises, modalities, and rehabilitation techniques, making it essential for improving the quality of life of animals, speeding up recovery times, and enhancing mobility and function.

Common Conditions Treated with Veterinary Physiotherapy:

Veterinary physiotherapists work with animals suffering from a variety of conditions, both acute and chronic. Some of the most common conditions treated include:

- **Musculoskeletal Disorders**: Conditions such as arthritis, hip dysplasia, and other joint-related issues are frequent in aging pets. These can lead to reduced mobility and pain, but physiotherapy can help by improving muscle strength, joint function, and overall mobility.



- **Neurological Issues**: Animals with neurological impairments, such as those caused by spinal injuries, nerve damage, or conditions like intervertebral disc disease (IVDD), benefit from physiotherapy to aid in regaining movement and function.

- **Post-Surgical Rehabilitation**: After surgery, animals often require physiotherapy to speed up recovery. This includes improving the range of motion, preventing stiffness, and restoring normal muscle function.

- **Sports Injuries**: Just like athletes, pets—particularly active ones—are prone to injuries. Veterinary physiotherapy plays a vital role in helping these animals recover from ligament strains, muscle injuries, and other trauma.

- **Chronic Pain Management**: Chronic pain conditions, such as those associated with degenerative diseases, can often be managed with physiotherapy treatments that promote circulation, alleviate discomfort, and enhance overall mobility.

Key Physiotherapy Techniques for Animals:

Veterinary physiotherapy treatments are tailored to the specific needs of the animal. Some of the key techniques used include:

- **Therapeutic Exercises:** These are designed to improve strength, flexibility, and mobility. They can involve simple stretches or more complex movements, depending on the animal's condition.

- **Massage Therapy:** Therapeutic massage helps relieve muscle tension, improve circulation, and reduce pain, especially in animals suffering from muscle stiffness or injury.

- **Hydrotherapy:** This involves using water to help with rehabilitation. The buoyancy of water reduces stress on joints and muscles, making it ideal for animals recovering from surgery or injury. It is particularly beneficial for weight-bearing issues and arthritis.

- **Electrotherapy:** This technique uses electrical stimulation to reduce pain and promote tissue healing. It can also stimulate muscle contractions to help improve muscle tone and strength.

- **Heat and Cold Therapy:** Applying heat or cold packs helps reduce inflammation, manage pain, and improve circulation in affected areas. Cold therapy is typically used for acute injuries, while heat therapy is used for chronic pain relief.

- **Acupuncture:** Some veterinary physiotherapists incorporate acupuncture as part of their treatments, using fine needles to stimulate specific points on the animal's body to promote healing, reduce pain, and restore balance to the body.

Benefits of Veterinary Physiotherapy:

Veterinary physiotherapy offers numerous benefits for animals:

- **Pain Management:** Physiotherapy provides a drug-free alternative for managing pain, particularly for chronic conditions.

- **Faster Recovery:** After surgery or injury, physiotherapy helps speed up the healing process, allowing the animal to regain mobility and strength faster.

- **Improved Mobility:** Many animals suffering from arthritis or other mobility issues can regain significant movement with the right physiotherapy treatment.

- **Enhanced Quality of Life:** By relieving pain and promoting better physical function, animals undergoing physiotherapy often experience an overall improvement in their quality of life.

- **Preventative Care:** Physiotherapy can help in maintaining healthy muscle function, reducing the risk of future injuries, and managing weight to prevent additional strain on joints.

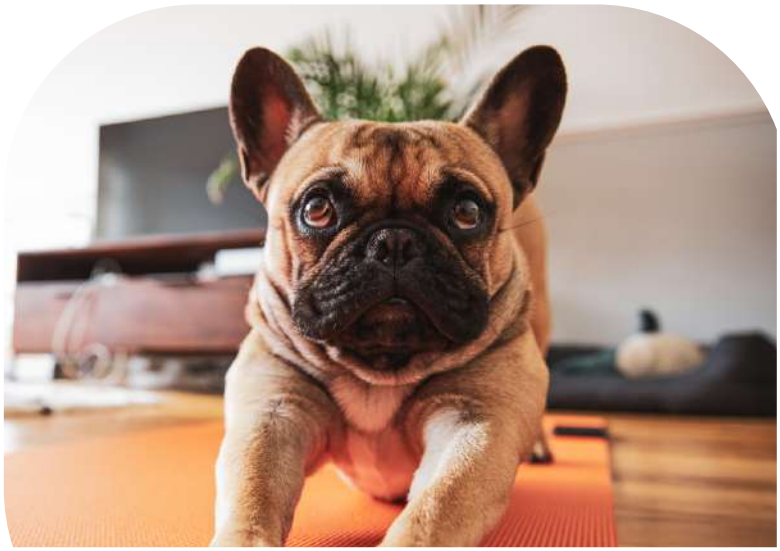
Training and Qualifications of Veterinary Physiotherapists:

Veterinary physiotherapy in South Africa is a regulated profession that involves assessing and treating animals' movement, function, and performance. The South African Veterinary Council (SAVC) regulates the profession.

Veterinary physiotherapists are trained professionals who undergo specialized education and certification programs in veterinary physiotherapy. This training combines in-depth knowledge of animal anatomy, physiology, and pathology with practical therapeutic techniques.

Conclusion

Veterinary physiotherapy plays a critical role in the rehabilitation and maintenance of animal health. Although adding physiotherapy to a patient's treatment plan will increase total therapeutic cost, it is definitely worth it as it offers a holistic approach to animal care by providing pain relief, improving mobility, and aiding recovery after injury or surgery. As veterinary medicine continues to evolve, physiotherapy is likely to become an even more integral part of animal healthcare, ensuring that pets and other animals live longer, more comfortable lives.





Hop, snip, glue Easter magic is up to you!

Turn an ordinary paper bag into a **bunny bursting** with cuteness. Easy to make, fun to decorate, and perfect for stashing all those sweet treats!

Looking for a fun, low-effort Easter activity the kids will actually enjoy? This adorable paper bag bunny craft—inspired by Brooke Larsen—is a guaranteed hit.

With just a few supplies and a little creativity, you'll turn plain paper bags into the cutest bunnies on the block. This easy, step-by-step guide walks you through everything, from making the ears to adding personal touches for extra charm.

Whether you're crafting with kids, prepping for a party, or just love a good DIY, these bunny bags are perfect for spreading Easter cheer. Let's make some magic—one hop, snip, and glue at a time!

What You'll Need:

- Brown or white paper lunch bag (or any paper bag)
- White, pink, and black paper (or markers)
- Scissors
- Glue stick or double-sided tape
- Pencil
- **Optional:** cotton ball (for tail), ribbon (for bow), googly eyes



First step, make the bunny ears. Start by loosely folding the brown paper bag in half, long ways. But don't crease the fold.

Then, use scissors to cut out a ear shape on the outside edge.



When you open it up, your bunny's ears should look like this with one ear on each side of the bag.



Pinch the bag 2-3 cm below the ears and tie a pastel satin ribbon to shape the body.



A cotton ball is then hot-glued on as the tail, or a colourful pom-pom can be used if that's what's on hand.

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Metabolism ghosting you? Let's fix that.



You're eating right (ish), trying to move more, and pretending to prioritize sleep. But your energy's in the gutter, the scale's not budging, and your body feels like it's on strike. Yeah, your metabolism might be ghosting you.

Here's the truth: metabolism isn't just a buzzword for fitness influencers. It's your body's power plant—converting food into energy, fueling every move, and even affecting how clear your brain feels. When it's running strong, life feels smoother. When it's dragging, so are you.

Time to stop getting ghosted. Here's how to make your metabolism swipe right again.

1. Lift Heavy Things (aka Build Muscle)

Muscle is like a metabolism multiplier. The more you have, the more calories your body burns—even while binge-watching Netflix. That's because muscle is active tissue; fat isn't. Hit the weights 2–4 times a week. It doesn't have to be hardcore bodybuilding. Just challenge your muscles consistently, and they'll return the favor.

2. Stop Sitting Like a Potato

You could crush a 60-minute workout, but if you spend the rest of the day glued to a chair, your metabolism isn't impressed. Little movements throughout the day matter more than you think. It's called **NEAT (Non-Exercise Activity Thermogenesis)**, and it includes pacing during phone calls, walking your dog, dancing while cooking—whatever keeps you moving.

Set a timer. Stand, stretch, stroll. Often.

3. Eat More (Seriously)

Starving yourself is not the vibe. Undereating makes your body panic and slow down everything—including your metabolism. Your body's like, "We're in a famine! Save every calorie!"

Also: protein. Your body burns more calories digesting protein than carbs or fat. Plus, it keeps you full and helps build that muscle we just talked about.

Pro tip: Don't fear food. Fuel up smart, especially with protein in every meal.

4. Get Real Sleep

No, 4 hours and a double espresso doesn't count. Your body needs sleep to recover, regulate hormones, and actually burn energy. Crappy sleep messes with hunger cues and slows your burn rate. Basically, it turns you into a cranky, snack-hungry slug.

Aim for 7–9 hours. Quality counts, too—ditch the doomscrolling before bed.

5. Stress Less, Burn More

Stress jacks up cortisol, a hormone that tells your body to hold on to fat—especially around your belly. Chronic stress = slow metabolism + emotional eating spiral.

You don't have to live in a Zen bubble. Just build in simple stress-busters: deep breaths, a walk outside, some music, whatever helps your brain chill out.

6. Hydrate Like You Mean It

Water is the unsung hero of your metabolism. Every cellular process—including fat burning—needs it. Even mild dehydration can slow things down.

Simple fix: drink water throughout the day. Add lemon, cucumbers, or whatever makes it less boring if that helps.

7. Consistency Beats Chaos

Skipping meals, eating at weird hours, or trying 5 new diets a month? That's a great way to confuse your body. Keep things steady—regular meals, balanced macros, and daily movement go a long way.

Yes, intermittent fasting works for some people. No, it's not magic. It still comes down to consistency and the basics.
Bottom Line: No Gimmicks, Just Good Habits

You don't need sketchy supplements, 1,200-calorie crash diets, or metabolism teas that taste like regret. What you do need is a lifestyle that supports your body instead of fighting it.

So if your metabolism's been ghosting you, take the hint: it's time to treat it right.

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Mother's Day is coming.

Cue the usual: flowers, brunch reservations, maybe a candle she didn't ask for. Sweet, sure. But let's not confuse effort with impact.

Because in 2025, most moms aren't quietly hoping for roses—they're hoping for relief.

What Moms *Actually* Want This Year

We checked in, and the answers were... honest:

- **Sleep:** Not a nap. Not "I'll keep the kids quiet. Actual sleep. In a bed. Alone.
- **Silence:** No whining. No snack requests. No one calling her name through the bathroom door.
- **No decisions:** Don't ask her what's for dinner. Don't ask where the socks are. Use your adult brain. To not manage anyone else's emotions.**Or schedule.** Or lunchboxes. Just for a day.
- **To not plan her own appreciation:** If she has to organize the celebration, it's not a gift—it's just one more thing.

Let's Talk About the Default Mother's Day

Most ***"relaxing"*** Mother's Days still require moms to be half-on: wrangling kids during brunch, pretending the spilled juice is fine, fielding "Where's my hoodie?" while smiling through it.

The truth is, that one card and one mimosa don't touch the mental load she carries the other 364 days.

Do Better This Year

- **Take over. Fully.** Handle the meals. The chaos. The questions. She doesn't want to be consulted—she wants out.
- **Handle the invisible stuff.** If you think "helping" is doing the dishes, but you didn't remember the permission slip, try again.
- **Don't wait to be asked.** If she has to spell it out, it loses its magic.
- **Skip the generic gifts.** Unless she specifically loves bath bombs, they're a no.

This year, the best gift isn't in a box—it's in the effort to make her feel like she can *exhale*.

Forget the flowers. Handle the load. Let her be unavailable. That's love. That's the good stuff.

And here's why it actually matters: rest isn't a luxury—it's a form of healthcare.

Sleep deprivation doesn't just make someone cranky. It impacts mood, memory, stress levels, and even immune function. Long-term, it's linked to anxiety, depression, high blood pressure, and burnout—things moms are already at high risk for.

What's worse? Most moms aren't getting close to what they need.

According to the Sleep Foundation, **women need around 8 to 10 hours of sleep per night**—more than men—because of the complex mix of hormonal shifts, mental multitasking, and emotional processing their bodies and brains go through daily. On top of that, women experience more insomnia, and mothers especially are constantly interrupted by kids, responsibilities, and the mental load of keeping a household running.

So when a mom says she wants to sleep in, or take a nap, or just lie in bed in total silence—it's not laziness. ***It's recovery.***

It's her body and brain asking to be cared for in the most basic way.

This Mother's Day, the most thoughtful thing anyone can offer is the space to rest deeply and unapologetically. Not as a treat, not as a once-a-year escape—but as a reminder that her health matters. That her exhaustion isn't invisible. That the load she carries is seen.

Give her real rest. Let that be the gift.

And then—maybe—add coffee.



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Inside the New Home:

How Design in 2025 Got Personal



Walk into any well-loved home in 2025, and you'll feel it instantly—this is not just a place to live, it's a place to be ***yourself***.

The clean, neutral boxes of the past few years are giving way to something warmer, more expressive, and infinitely more interesting. Spaces are layered with texture. Corners have curves. Rooms are multitasking with grace. This isn't about following a trend—it's about creating a space that feels real, grounded, and alive.

In one sunlit living room, a curved velvet sofa wraps around a low, imperfect stone table. The ceiling above? Painted in a soft, smoky plum that changes with the light. Nearby, built-in shelves hug the walls, holding books that are actually read, pottery made by hand, and a few framed photos—unpolished, honest, and perfect in their imperfection.

Across the hall, a spare bedroom moonlights as a yoga space, office, and guest room. A wall-mounted desk folds up when not in use, and a murphy bed disappears with a quiet click. The room shifts depending on what the day calls for.

There's a shift happening, not just in how homes look, but how they ***feel***. Texture is replacing bold color as the most expressive design tool. Linen, plaster, clay, raw wood—these materials tell a story of touch. You want to sit, stretch out, run your hands over the surfaces. It's design that invites you to slow down.

Curves are softening spaces everywhere. Arched doorways, rounded chairs, even the shape of mirrors—all lean into a sense of calm. This subtle shift changes how a room holds you. It's more human. Less rigid.

The ceilings—once forgotten—are getting in on the action too. Whether painted in saturated tones, wrapped in wallpaper, or detailed with beams or slats, they're adding height, mood, and personality in places people used to ignore.

You'll find vintage pieces tucked into nearly every room—not to recreate the past, but to ground the present. A worn wooden table in a sleek kitchen. A thrifted lamp next to a minimalist bed. It's a quiet rebellion against the disposable and the mass-produced.

And maybe the biggest change: perfection is out. Style is shifting away from hiding and toward ***showing***. Open shelves display ceramics and cookbooks. Living rooms feature curated chaos instead of color-coded minimalism. People aren't staging their homes—they're living in them, and letting that show.

Luxury, too, has changed. It's no longer loud. It's quiet. It's in the weight of a wool throw, the grain of solid wood, the perfect chair that's built to last. "Less, but better" is the new mantra—and it shows.

All of this adds up to homes that are harder to define and easier to love. They're layered, multifunctional, slightly messy, and unmistakably personal. The trend? It's you. How you live, what you love, and how you want to feel.

Because in 2025, home isn't about impressing anyone. It's about belonging—to the space, to the moment, to yourself.







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AN ORANGE A DAY

keeps colds — and garden pests — at bay

Winter is citrus season in South Africa, and oranges are everywhere. They're not just bright, juicy, and delicious — they're also one of the easiest (and tastiest) ways to give your immune system a natural boost when colds and flu are doing the rounds.

Why You Should Be Eating More Oranges This Winter

Vitamin C Powerhouse: Just one medium orange gives you over 70 mg of vitamin C — more than enough to meet your daily requirement. That's important for immune support, helping your body fight off infections and reduce inflammation.

Helps with Hydration: Cold, dry air can leave you dehydrated. Oranges are made up of over 80% water, helping to keep you hydrated while delivering nutrients at the same time.

Packed with Fibre and Antioxidants: Eating the whole fruit (not just the juice) gives you fibre and flavonoids, both of which are good for gut health and overall wellness.

So go ahead and enjoy them — but don't stop at just the fruit.

Don't Throw Away the Peels — Use Them in the Garden

Most of us toss the peels straight into the bin, but they're more useful than you think. Here are a few simple ways to make the most of your orange peels in the garden:

1. **Natural Pest Repellent**
   The strong citrus smell repels slugs, ants, aphids, and even mosquitoes. Tear the peels into strips and scatter them around plants that pests tend to bother.

2. **Keep Cats Out**
   If local cats are using your garden as their toilet, orange peels can help. Cats don't like citrus, so placing peels around your beds or pots can keep them away — no chemicals needed.

3. **Add to Your Compost**
   Orange peels are full of nitrogen, which helps balance out the carbon-rich materials like dry leaves. Chop them up before adding to your compost to help them break down faster.

4. **Boost Soil for Acid-Loving Plants**
   Some plants, like blueberries, hydrangeas, and azaleas, thrive in slightly acidic soil. Mixing in shredded orange peel can help adjust the pH naturally over time.

5. **Make Biodegradable Seed Pots**
   Cut an orange in half, eat the fruit, and use the empty peel as a mini seed pot. Fill it with soil and plant your seed — once it sprouts, pop the whole thing straight into the ground. The peel will break down and enrich the soil.

A Zero-Waste Win

Oranges are already a winter staple, but now there's even more reason to keep them in your fruit bowl. They support your health during flu season — and their peels can do a bit of good in the garden too.
One fruit, two uses. No waste.





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Submit your information to tobia@k-studio.co.za.



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- Liezel Britz, Resident Real Estate Agent, specializes in houses, stands, and building package sales. Contact her at 082 655 4751 or liezel@bluesquareproperties.co.za. Visit www.bluesquareproperties.co.za for more information.

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