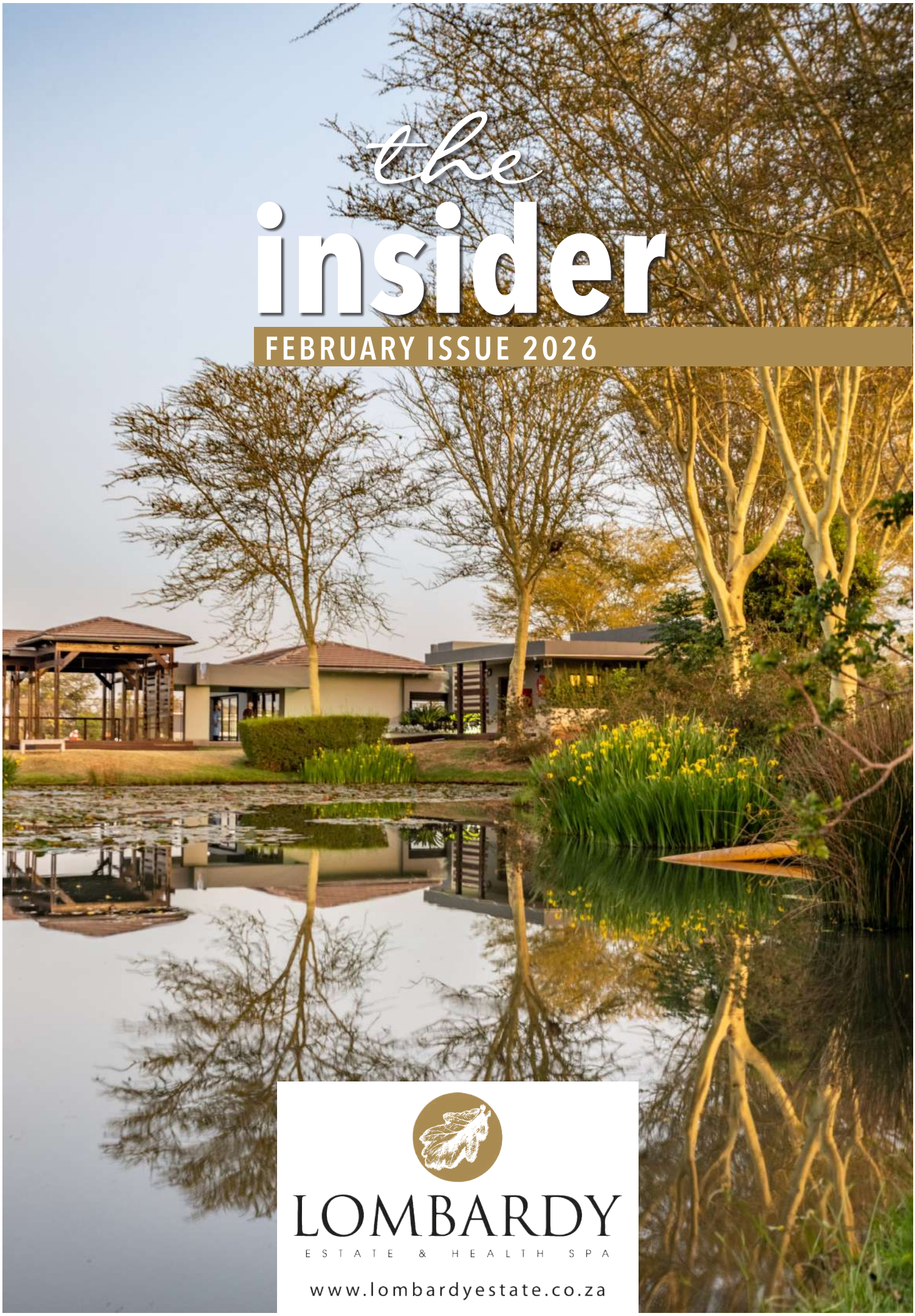

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***Publisher***
*K-Studio (Pty) Ltd*
*on behalf of Lombardy Estate*

***Advertising Sales***
*Calvin*
***t*** *082 582 6873*
***e*** *calvin@k-studio.co.za*
***e*** *marketing@k-studio.co.za*

*Tobia*
*tobia@k-studio.co.za*

***Editor***
*Tobia von Zwietring*

***Copywriter / proofreader***
*Chantel Vermaak*

***Design & Layout***
*K-Studio (Pty) Ltd*
***e*** *tobia@k-studio.co.za*
***t*** *082 962 8255*
***f*** *KreatiefStudio*


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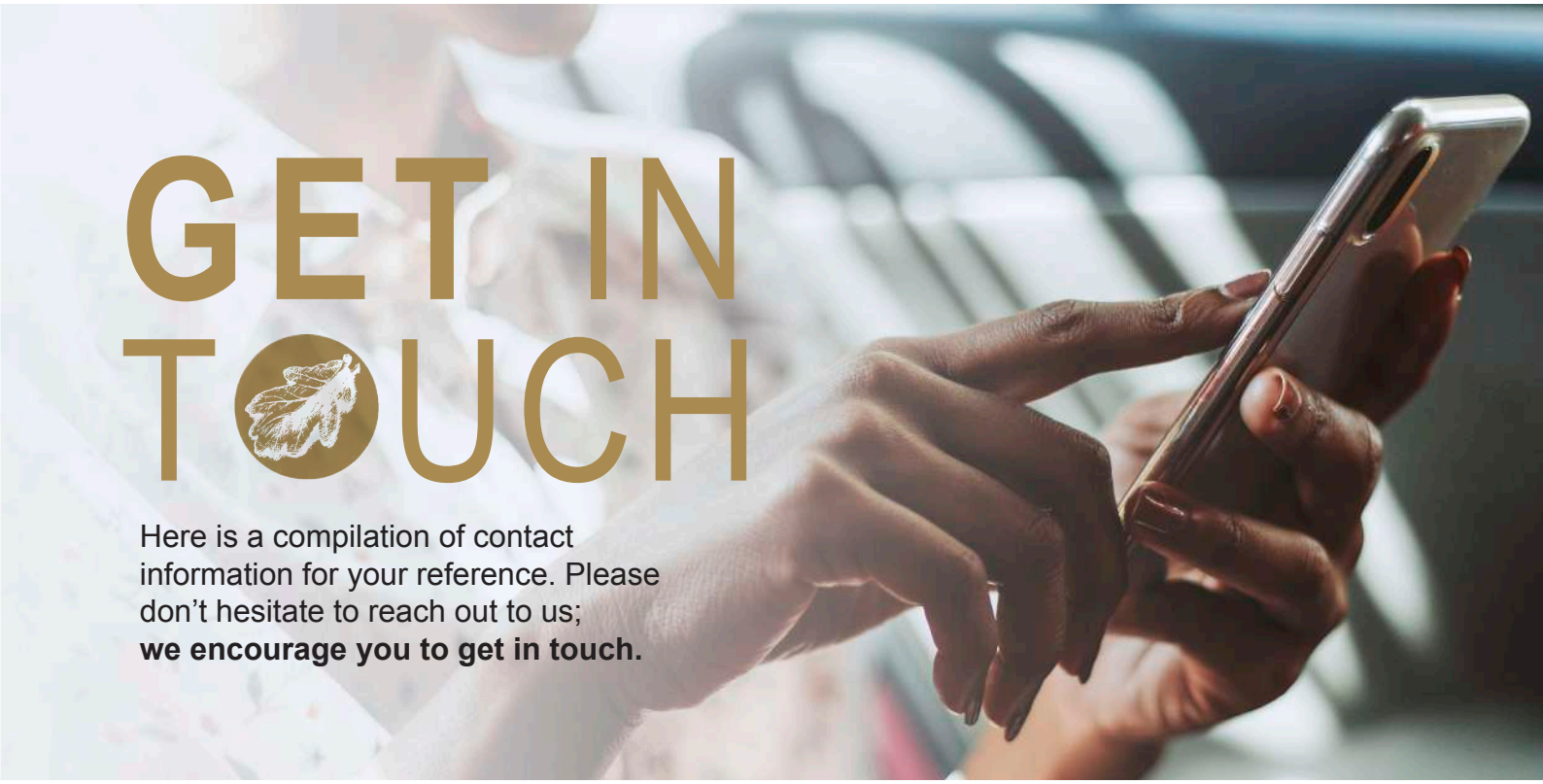

# GET IN TOUCH

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.**

## HOA OFFICE

**HOA Office**
012 809 0903

**General Manager**
Carli Steenberg
EXT 2002
gm@lombardyestate.co.za

**Reception & General Queries**
Marichen Booysen
EXT 2000
office@lombardyestate.co.za

**Building plans & Compliance**
Sue Anne Van den Berg
EXT 2003
admin@lombardyestate.co.za

## SECURITY

**Control Room**
087 654 4822

**Supervisor**
082 462 2977

**Security Manager**
Christo Venter
066 479 8510
security@lombardyestate.co.za

## OPERATIONAL

**Operational Manager**
Christo Smit:
066 479 6874
ops@lombardyestate.co.za

## FINANCIAL

Levy Queries: MidCity (012) 426 3400
Ext: 3495 / Natasha Nel:
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# Letter from the MANAGER

Dear Lombardians,

As we step into a new year, we are excited about what 2026 holds for our community. We trust that everyone enjoyed a restful festive season and had the opportunity to slow down and spend meaningful time with family and friends.

Although the year is still in its early stages and there is not much to report just yet, the Lombardy Estate team has certainly hit the ground running. Behind the scenes, several final projects are being carefully wrapped up as we approach the financial year-end on 28 February. These efforts form part of our ongoing commitment to maintaining and enhancing the quality, functionality, and overall experience of life within the estate.

We appreciate your continued cooperation and support as we move into the year ahead. Your involvement and care play an important role in preserving the standard and sense of community that make Lombardy such a special place to call home.

As always, thank you for being a valued part of Lombardy Estate.

Sincerely,

Cardi Steenberg

HOA Manager
Lombardy Estate

# A Tradition of Thanks

To everyone who so generously contributed to our security and gardening teams in December, we extend our sincere thanks. Your support helped make their festive season a little brighter and was received with genuine gratitude and appreciation.

This fundraising initiative is a cherished Lombardy tradition, and each year it continues to remind us of the strong sense of care and community that defines our estate. Your kindness and generosity truly reflect the spirit that makes Lombardy such a special place to call home.











# Looking Ahead:
## Estate Projects

We are currently in the process of upgrading the main gate guard room and control room with robust lightning protection systems. After the severe storms experienced over the past few months, our security infrastructure has been exposed to repeated power surges and lightning strikes. Equipment such as access wave readers and cameras is particularly vulnerable, and during the previous financial year a considerable number of these systems had to be repaired or replaced with the assistance of our service providers.

As an estate that prides itself on maintaining a high standard of security, these ongoing repairs come at a significant cost. The HOA management team has therefore taken the necessary decision to implement additional protective measures to safeguard this critical infrastructure and reduce the risk of future damage.

As a result, the repainting of the main gate buildings has been temporarily postponed until the lightning protection installation has been completed. Residents are kindly asked for their patience during this time, as specialist contractors may need to temporarily close certain entry and exit lanes while work is underway.

Once the installation is complete, a painting team will be appointed to refresh the main gate buildings and to address waterproofing in identified problem areas on the roofs.

Residents in the Fountains precinct will be pleased to know that, in cooperation with Lombardy Developments, additional street lighting will be installed in the area over the coming weeks. This will be achieved through a combination of utilising existing unused streetlight power connection points, as well as solar-powered lighting where power points are not available.

To further improve visibility and navigation within the estate, durable and wear-resistant house numbers will be installed at all homes across the stands, as well as in the Lakes and Fountains precincts. While painted numbers have served their purpose in the past, they require regular maintenance and are often difficult for visitors and delivery drivers to see clearly.
In the service yard area, additional mature viburnums have already been planted to screen the space from Lynnwood Road traffic. Alongside this improvement, a long-standing request from our maintenance and gardening teams is now being addressed.

> “Protecting our infrastructure today helps secure Lombardy for the years ahead.”

The HOA currently employs six maintenance staff members and thirty-eight landscapers, yet the existing ablution facilities are limited and no dedicated change rooms are available. This has been a particular concern for our female staff for several years. After careful planning and saving, two additional containers will be installed in the service yard to provide clean and adequate ablution facilities, a dedicated change room with lockers, and secure storage for essential hand tools.

This project is aimed at improving working conditions for our staff, while ensuring the service yard remains organised, functional, and discreetly screened from surrounding areas.

# Current Projects

## Wetland Rehabilitation in Action

Many of our members have queried what is currently taking place along the north-eastern wetland boundary fence, where TLBs and trucks have been seen moving soil and building rubble. This activity has understandably raised questions.

The short explanation is that the north-eastern perimeter is one of Lombardy's critical security boundary areas, as it borders vacant land. Over the past three years, increased stormwater runoff and consistently saturated soil conditions made access for security vehicles increasingly difficult. As a result, vehicle patrols along this stretch had to be temporarily suspended, with our K9 officers conducting foot patrols and maintaining heightened vigilance instead.

To address this challenge, the HOA has constructed a pre-approved access road, which forms part of our Water Use Licence application. This road enables security personnel to respond effectively to fence alarms and allows for the reinstatement of regular vehicle patrols along the boundary.

While the area may not be visually appealing at present, construction of the access road is approximately 99% complete. Rehabilitation of the disturbed areas will follow shortly and will include the application of wetland-specific grass seed to stabilise exposed soil, prevent erosion, and reduce muddy conditions going forward.

We appreciate members' patience while this essential work is completed and the area is fully rehabilitated.

On the matter of wetlands more broadly, our wetland team has been working exceptionally hard to address the ongoing removal of invasive vegetation. A significant team effort took place over the final two weekends of January, during which the entire landscaping and wetland team was deployed across both wetlands to eradicate invasive species over a combined area of approximately 105 000 square metres.

Large volumes of invasive vegetation were removed by hand, as herbicides cannot currently be applied in the wetlands in accordance with our approved wetland rehabilitation and maintenance plan.









These efforts are ongoing, and steady progress continues to be visible on site.

We extend our sincere thanks to our dedicated landscapers and wetland specialists for their commitment and hard work as we move toward restoring a healthy, resilient ecosystem, along with a little well-earned bragging rights at meetings with neighbouring estates.

"105 000 square metres cleared, and a little well-earned bragging rights to match."

# Estate Matters

## Important notices and reminders for residents

### Speeding – Soon to Be a Thing of the Past

During our AGM last year, the Board of Directors reported on the planned installation of speed cameras within the estate—a proposal that was extremely well received by members.

While speed humps certainly play a role, experience has shown that they are not always enough. Unfortunately, some residents and visitors continue to treat our long, winding roads as informal racing tracks, and at times even as off-road testing grounds for upgraded bakkie suspensions.

Extensive research has gone into this project, including consultations with several well-established estates that have successfully implemented similar systems. All have confirmed the effectiveness of the same service provider, widely regarded as the best in the industry.

A total of four speed cameras will be installed across the estate over the next few months and the cameras will be rotated between identified problem areas to address speeding where it occurs most frequently. Members will be afforded the opportunity to motivate or appeal should any speeding infringements be recorded. The system will also be linked to our licence plate recognition cameras at the main gate, allowing us to determine whether the offender is a resident, visitor or delivery vehicle.



In line with good governance, the estate rules will be updated to accommodate this system, and members will be given the opportunity to vote on the specific rules and applicable penalties before the full rollout takes place.



Our ultimate objective is simple: to reduce speeding and improve safety for pedestrians and children using our roads. Proper public participation will ensure that all members are informed, comfortable with the process, and fully aware of the consequences of speeding within Lombardy Estate.

## A Plea from the HOA Office: Correct Levy Payment References

The HOA office, together with Mid City, would like to appeal to all members to please ensure that the correct payment reference is used when making levy payments. This is essential for payments to be accurately allocated and reflected on your levy statement.

Unfortunately, we have received several disputes from members who believe their levies have been paid, only for legal correspondence to follow in respect of unpaid accounts. In many of these cases, proof of payment provided by the member reflects an incorrect or generic reference, such as a name and surname or “payment for levies”. Where the reference does not clearly identify the property, we are unable to allocate the payment correctly.

In the meantime, interest continues to accumulate on the account, which may result in payment reminders and, ultimately, letters of demand being issued while the levy remains in arrears.

Members are kindly requested to refer to their levy statement and use the unique payment reference number reflected in the bottom right-hand corner of the statement when making payment.
Your cooperation in this regard will help avoid unnecessary disputes, delays, and legal costs.

## Upcoming auctions:

On the topic of levy arrears, a number of properties are scheduled to be placed on auction toward the end of February 2026, with additional properties provisionally scheduled for April.

Several other properties have already been declared specially executable, enabling the HOA to proceed to auction. We are currently awaiting the allocation of auction dates from the Pretoria East Sheriff for properties expected to go on auction from April 2026 onwards.

Information relating to these properties will be made available to members as soon as the auctions have been publicly advertised.

Our legal team continues to work diligently to reduce the estate's debtors book, and the auctioning of properties in arrears has proven to be an effective recovery mechanism over the past year.

Members are reminded that levies are payable one month in advance, as stipulated in the Estate Rules of Conduct. In line with the AGM-approved Credit Control Policy, arrear accounts are automatically handed over for legal action after 45 days.

It remains each member's responsibility to ensure that levy accounts are kept up to date in order to avoid the accumulation of unnecessary interest, legal fees, and associated costs.



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# Warmth
# THE NEW LUXURY

## Inside the interior design shift shaping homes for 2026

If the last decade of interior design was about clean lines, cool tones, and picture-perfect minimalism, 2026 marks a very different chapter. According to insights shared by SA Decor, the future of interiors is warmer, slower, and far more personal.

Homes are no longer styled to impress at first glance. They are designed to be felt, lived in, and remembered.

This shift reflects how people want to live now. After years of fast trends and showroom-style interiors, homeowners are craving spaces that feel grounding, authentic, and comforting.

### A move toward warmth and ease

One of the strongest themes shaping 2026 interiors is warmth. Not only in colour, but in emotion. Cool greys and stark whites are giving way to softer palettes inspired by nature. Think sandy beiges, sun-warmed stone, muted clay, caramel woods, and gentle earth tones.

These colours instantly make a space feel more inviting. They soften large open-plan homes and create a sense of calm without feeling heavy or dated. When paired with natural light, they bring a quiet elegance that feels timeless rather than trendy.

Lighting follows the same philosophy. Harsh overhead lights are replaced with layered illumination. Table lamps, wall lights, and subtle ambient glows help rooms transition smoothly from day to night. The result is a home that feels welcoming at any hour.

*"Luxury in 2026 is not loud. It's warm, calm, and deeply comforting."*

## Craftsmanship over convenience

Another defining shift is a renewed appreciation for craftsmanship. Perfectly uniform finishes are making space for handmade, textured, and slightly imperfect elements. These details bring soul into a home.

Handcrafted furniture, artisanal tiles, woven textiles, and custom joinery are becoming design essentials rather than indulgences. Limewashed walls, raw wood finishes, and tactile surfaces add depth and character that mass-produced decor simply cannot replicate.

This approach also encourages more intentional buying. Instead of filling a space quickly, homeowners are choosing fewer pieces with meaning. Each item tells a story and contributes to the overall feel of the home.

In luxury estates, this trend translates beautifully. Thoughtfully crafted interiors enhance architectural features and elevate a property without overwhelming it.



## Homes designed around real life

Perhaps the most important trend highlighted is the rise of personal spaces. Homes are no longer styled to mirror catalogues or social media feeds. They are shaped around the people who live in them.

In 2026, personal expression is encouraged. Family heirlooms sit comfortably next to contemporary pieces. Art is chosen for emotional value rather than price tags. Books, travel finds, and meaningful objects are displayed proudly.

Rooms are also becoming more purposeful. Reading corners, hobby rooms, quiet workspaces, and retreat-like bedrooms reflect how people actually live. These spaces add depth to a home and create moments of pause within busy lives.



## Texture becomes the new statement

Instead of bold patterns or dramatic contrasts, texture takes centre stage. Bouclé sofas, linen curtains, stone surfaces, soft rugs, and natural timber add layers without clutter.

Texture creates visual interest while maintaining a calm, cohesive aesthetic. It allows neutral spaces to feel rich and layered rather than flat. This tactile approach is especially powerful in large homes, where texture helps anchor open spaces and make them feel more intimate.

Luxury is no longer defined by shine or excess. It is felt through touch, comfort, and quality.

## Calm spaces that still feel alive

While warmth and personality are central, interiors are not becoming busy or chaotic. The emphasis remains on balance. Storage is considered. Layouts are intentional. Every piece has a purpose.

This results in homes that feel peaceful but never sterile. Spaces breathe. They invite you in rather than overwhelm you.

For estate living, this balance is key. Homes that feel calm, personal, and timeless not only enhance daily living but also hold long-term value.

*"The most desirable homes are the ones that feel instantly lived in, not staged."*

## Looking ahead

Interior design in 2026 is less about following rules and more about following instinct. Warmth, craftsmanship, and personal expression are shaping homes that feel deeply human.

In a world that moves fast, these interiors invite us to slow down. To connect. And to truly feel at home.





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# Rethinking STATEMENT GRASSES

## Why indigenous alternatives are the smarter choice for South African gardens

Soft plumes, flowing forms and that effortless, high-end look. It is easy to see why statement grasses like Fountain Grass and Pampas Grass have become favourites in South African gardens and estates. They photograph beautifully, move gently in the wind and add instant impact to outdoor spaces.

But beneath the visual appeal lies a serious issue many homeowners are unaware of.

The commonly planted Fountain Grass (Pennisetum setaceum) is a declared Category 1b invasive species in most parts of South Africa. Pampas Grass (Cortaderia selloana), with its dramatic white plumes, carries the same classification in many regions. According to the Agricultural Research Council, Category 1b plants must be controlled or removed as they pose a threat to natural ecosystems.



In other words, these popular garden features are legally and environmentally problematic.

*"Beauty in a garden should never come at the expense of the landscape beyond the fence."*

## Why Fountain and Pampas Grass are a concern

Both Fountain Grass and Pampas Grass spread aggressively through large volumes of seed that are easily carried by wind and water. Once established outside cultivated areas, they outcompete indigenous plants, reduce biodiversity and are extremely difficult to eradicate.

Pampas Grass is particularly concerning due to its size and density. It forms thick clumps that crowd out other vegetation and increase fire risk, especially in dry seasons. What starts as a striking focal point can quickly become an environmental liability.

In estate environments, where gardens sit close to natural open spaces, the impact is even greater.

## Indigenous grasses that offer the same impact

Fortunately, South Africa is rich in indigenous, water-wise grasses that provide the same elegant movement, arching shapes and feathery textures without the invasive consequences.

Many indigenous species deliver soft plumes, upright structure or flowing forms that suit both modern and natural landscape designs. They are adapted to local conditions, meaning they thrive with less water, fewer chemicals and minimal long-term maintenance.

Used thoughtfully, these grasses can frame entrances, soften boundary walls, line walkways or act as sculptural focal points, all while supporting local birdlife and insects.

## A water-wise and future-focused choice

With water scarcity and sustainability top of mind, indigenous grasses make practical sense. Once established, they require far less irrigation and cope better with heat and seasonal changes. Their resilience means gardens remain attractive throughout the year without constant intervention.

For homeowners and estates alike, this results in lower maintenance costs and landscapes that age gracefully instead of becoming a problem to manage.

## Making the switch responsibly

If Fountain Grass or Pampas Grass is already planted, removal should be done carefully to prevent seed spread. Replacing them with suitable indigenous alternatives is best done with advice from professionals familiar with local species and conditions.

The reward is a garden that delivers the same visual drama, but in a way that respects the environment.

*"True luxury landscaping is about making choices that belong here."*

By choosing indigenous grasses over invasive favourites, homeowners create gardens that are elegant, compliant and deeply rooted in South African soil. It is a small change that makes a lasting difference.

# Three Indigenous Grasses That Truly Belong

## 1. Common Rush (Juncus effusus)

Best for architectural structure



Common Rush brings a strong, upright form to gardens. While it does not produce feathery plumes, its clean lines and sculptural presence make it a favourite in contemporary estate landscaping. It works particularly well near water features or in areas with occasional damp soil.

- Indigenous to South Africa
- Low maintenance and non-invasive
- Ideal for modern, minimalist designs

## 2. Ngongoni Three-Awn Grass (Aristida junciformis)

Best for natural movement and texture



Ngongoni Three-Awn Grass offers fine texture and gentle movement. Its delicate seed heads catch the light and sway softly in the breeze, creating an elegant, understated fountain effect. It is especially suited to gardens that blend formal spaces with natural planting.

- Extremely drought-tolerant
- Indigenous and hardy
- Supports local biodiversity

## 3. Cape Thatching Reed (Thamnochortus insignis)

Best replacement for Pampas Grass



For homeowners looking for height and drama, Cape Thatching Reed is the standout choice. Its tall, upright growth provides structure and visual impact without becoming invasive. Used as a feature plant or natural screen, it delivers presence with purpose.

- Strong vertical form
- Water-wise once established
- Ideal for statement planting

**Important:** All planting should comply with the applicable estate landscaping and environmental guidelines.

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# Love, Actually... Lives at Home

Valentine's Month often arrives dressed in grand gestures. Flowers, reservations, perfectly timed surprises. Yet the deepest expressions of love are rarely dramatic. They live quietly inside our homes, woven into habits so familiar we forget to name them.

Love, at its most enduring, has a language. Not one spoken aloud, but one felt. It reveals itself in the ordinary rhythms of daily life, especially within the walls we share.

At home, love often sounds like the kettle being switched on before sunrise. It looks like a light left on for someone arriving late. It feels like the calm that settles when the front door closes and the outside world fades.

This language is subtle, but it is fluent.

In many homes, care is expressed through routine. Someone who always locks the doors at night. Someone who remembers how the other takes their coffee. Someone who notices when the house feels heavy and opens the windows anyway. These acts may seem small, but they are intentional. They say, "I am thinking of you," without needing to speak.

Shared spaces become the vocabulary. Kitchens host conversations that begin with groceries and end with life decisions. Living rooms absorb laughter, silence, and the occasional difficult discussion. Patios witness evenings where nothing much happens, yet everything feels right. These are not moments you plan for. They simply arrive, and if you are paying attention, they stay with you.

Love at home is also expressed through presence. Sitting together without distraction. Walking side by side, not

necessarily talking. Working in the garden, hands busy, minds resting. In a world that constantly demands reaction, choosing to be still together becomes a powerful form of care.

There is an intimacy in the ordinary. Folding laundry together. Preparing meals without rushing. Sharing the last bit of something without asking. These gestures hold meaning because they are consistent. They are not reserved for special occasions. They are repeated, quietly reinforcing connection.

Homes that support this language tend to be intentional. Not perfect or styled, but lived in. Spaces that invite pause rather than performance. A reading chair that waits patiently. A table that carries the marks of many meals. A garden that grows slowly, season by season. These environments do not rush love. They allow it to unfold naturally.

*"Love lives in the ordinary moments we choose to notice."*

It is also important to acknowledge that the language of love at home is not always loud or romantic. Sometimes it shows up as patience. As forgiveness after a long day. As understanding when words fall short. Real connection often requires space, gentleness, and time.

February offers a gentle reminder to listen more closely. To notice what is already present rather than searching for something new. Romance does not have to be created. In many homes, it already exists in quiet abundance.

For some, this month may not look like roses or candles. It may look like choosing calm. Choosing rest. Choosing to create a home that feels safe, warm, and grounding. That, too, is love.
As Valentine's Month unfolds, perhaps the invitation is not to do more, but to see more. To recognise the everyday actions that say everything. The routines that hold us. The spaces that quietly support connection.

Because love does not always announce itself. Sometimes, it simply lives at home.

## Love looks like…

- Coffee made before the alarm
- Doors locked at night
- Walking side by side, no rush
- Sharing the last bite
- Sitting together, saying nothing

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# The First Getaway of the Year



**Why the March school break is the perfect time to escape close to home**

The March school break arrives at a moment when travel feels intentional rather than impulsive. The rush of the year has eased, routines are established, and there is finally space to pause. Running from **28 March to 7 April 2026**, the Term 1 break aligns perfectly with the arrival of autumn, a season that quietly transforms the way we travel.

Autumn invites a slower pace. Days are cooler, evenings are made for lingering, and destinations feel less crowded and more authentic. It is a time to choose places that restore rather than exhaust, where a short drive delivers the feeling of a true escape. For those based in Pretoria, some of South Africa's most rewarding destinations are closer than expected, offering a change of scenery without the need for extensive planning or long journeys.



*"Autumn travel is less about ticking boxes and more about choosing places that allow you to truly switch off."*

## Clarens

Clarens has long been synonymous with autumn, and it is easy to see why. Nestled at the foothills of the Maluti Mountains, this Free State village seems to slow naturally with the season. Trees turn shades of gold and copper, mornings begin with a chill in the air, and the village hums with a gentle, unhurried energy.



Autumn days in Clarens are best spent wandering. Art galleries, small boutiques and local cafés encourage browsing without an agenda. A drive through Golden Gate Highlands National Park reveals dramatic sandstone cliffs and wide-open landscapes that feel particularly striking in the softer light of autumn. Evenings are quiet and cosy, centred around fireplaces and long dinners. Clarens is ideal for travellers who value atmosphere, simplicity and the luxury of doing very little.



## Dullstroom

If there is one destination that captures the essence of autumn, it is Dullstroom. Known for its high-altitude setting and misty mornings, this Mpumalanga town offers a refreshing contrast to the heat of summer. By late March, the air is crisp and clear, creating perfect conditions for outdoor activities without the intensity of peak season.



Fly fishing, gentle hikes and scenic cycling routes define the days, while the village itself provides warmth and comfort through its restaurants, pubs and intimate accommodation. Dullstroom appeals to those who enjoy being outdoors but also appreciate returning to a warm meal and a quiet evening. It is a destination that feels restorative rather than busy, making it ideal for a long weekend or a midweek escape during the school break.



## Jozini

Jozini is a little further from Pretoria, but it is the kind of destination that rewards the journey. Set in northern KwaZulu-Natal near the borders of eSwatini and Mozambique, this part of the country feels expansive and unhurried, offering a sense of escape that is hard to replicate closer to home.

Autumn arrives gently here. Days remain warm, skies are clear, and the pace of life slows to match the landscape. Time is spent on the water at Jozini Dam, fishing, boating or simply watching the light shift across wide horizons. Accommodation is typically generous in space and privacy, making it ideal for families or groups who want to disconnect fully and settle into the rhythm of bushveld living.

Jozini is not a quick weekend dash. It is a deliberate getaway, perfect for those who see travel as part of the experience rather than a means to an end.

## Kruger National Park

Autumn is widely regarded as one of the best times to experience the Kruger National Park. As the bush begins to thin and water sources become more concentrated, wildlife sightings improve, while the temperatures become far more comfortable for long game drives.

The park feels calmer during this period, allowing for a more immersive experience. Early mornings are cool and quiet, afternoons are unhurried, and evenings bring a sense of stillness that is hard to replicate elsewhere. Whether opting for a self-drive adventure or a stay at a private lodge, a Kruger getaway during the March break offers a reset that lingers long after the journey ends.

## A season worth claiming

The first getaway of the year sets the tone for everything that follows. Autumn travel encourages presence, simplicity and thoughtful choices. These destinations remind us that you do not need to go far to feel completely removed from everyday life. With a bit of early planning, the March school break becomes more than a pause. It becomes a chance to reconnect, recharge and ease into the year with intention.







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# Who Decided Mornings Had to Be Perfect?

For years, mornings have been treated like a performance. Wake up early. Drink the right thing. Move your body. Clear your mind. Start strong. Somewhere along the way, the simple act of beginning the day turned into something to optimise.

## Social media did not help.

Perfect kitchens. Perfect light. Perfect routines that promised productivity, balance and success before most people had even made coffee.

The problem is not that these mornings look appealing. It is that they quietly set an unrealistic standard, one that leaves very little room for real life.

In recent years, lifestyle and wellness conversations have increasingly questioned hyper-optimised routines, favouring approaches that feel more realistic and sustainable.

Lately, people are pushing back. Not loudly, but deliberately. The idea that a morning has to be perfect to be valuable is being challenged, replaced by something far more practical and far more human.

**The question is no longer "How productive was your morning?" but rather "Who was this morning actually for?"**

Instead of rigid routines, people are choosing moments that work in real life. A good cup of coffee enjoyed while it is still hot. Sitting quietly for a few minutes before the house wakes up. Opening a window and letting fresh air set the tone, rather than a screen.

Mornings are becoming an act of quiet resistance. Drinking your coffee slowly. Taking the dog for a short walk without tracking steps

or time. Stepping outside before opening emails. These choices are not lazy or unambitious. They are intentional. A way of reclaiming the start of the day before it is claimed by everyone else.

Homes play a subtle but important role in this shift. Kitchens are no longer just functional spaces. They are where mornings unfold. Breakfast nooks, patios, garden paths and shaded walkways are being used again, not styled for photographs but lived in. Spaces that allow the day to begin without urgency.

Estate living, in particular, offers something many people are realising they value deeply in the mornings. Space. Quiet.

The sound of birds instead of traffic. Streets that invite a gentle walk rather than a rushed exit. These are not luxuries that need to be scheduled. They already exist as part of everyday life.

There is also growing permission for mornings to look different from day to day. Some start slowly. Others start rushed. Both are valid. The pressure to perform wellness before sunrise is fading, replaced by a more realistic understanding of modern life.

**Parents know this instinctively. Teenagers too. Some mornings are about getting through, not getting it right. And that does not make them failures.**

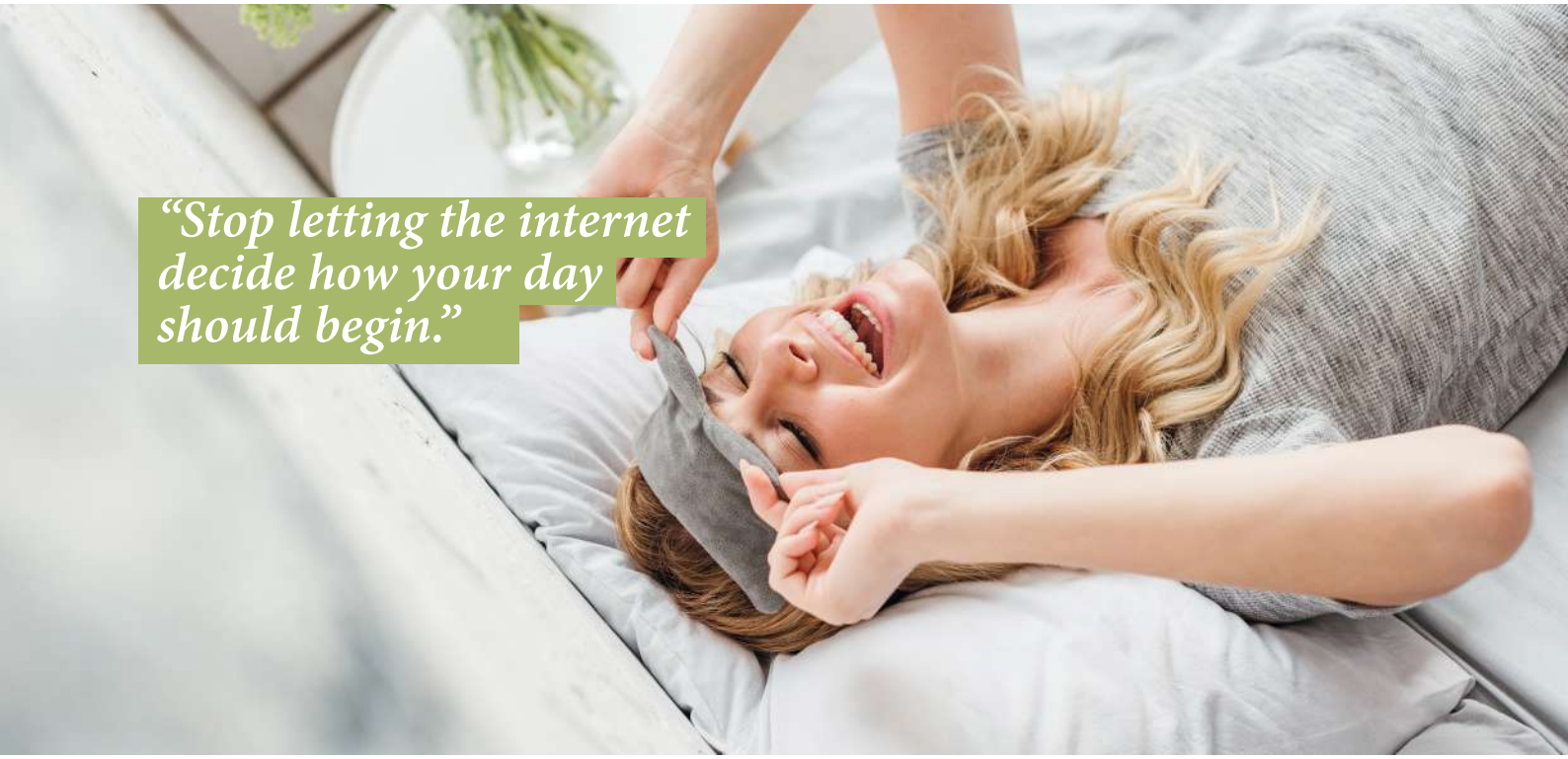
What matters most is how a morning sets the emotional tone for the rest of the day.

A calm start, even a brief one, creates steadiness. Not because everything was done correctly, but because the day began with intention rather than obligation.

The end of the perfect morning is not about lowering standards. It is about rejecting someone else's idea of what a good start should look like.

A successful morning does not need witnesses. It does not need optimisation or approval. It simply needs to work for the person living it.

In a world that constantly pushes us to do more, earlier and faster, the most powerful way to begin the day might be deciding who gets to decide how it starts.



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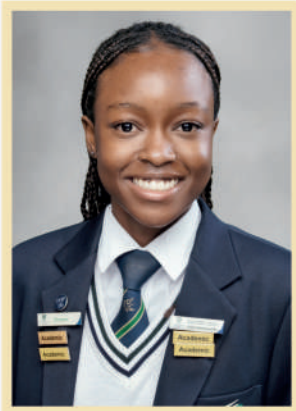

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# INTERNAL & EXTERNAL PARASITES IN DOGS, CATS, & CHICKENS – PART 1

BY DR VICKY LOUW (BVSC)

## Why prevention matters for the health of your animals (and your family)

Parasites are one of the most common health problems affecting pets and poultry. They are often small and difficult to see, but they can cause serious illness if left untreated. Both internal parasites (worms and protozoa) and external parasites (fleas, ticks, mites, and lice) affect dogs, cats, and chickens, and may go unnoticed in the early stages.

Understanding these parasites is the first step in protecting your animals. In part one we will discuss the internal parasites first.

## Internal parasites:

Internal parasites usually live in the intestines, but some migrate through organs such as the lungs, heart, liver, and even the bloodstream.

## Common internal parasites in dogs and cats:

- **Roundworms** – very common, especially in puppies and kittens.
- **Hookworms** – feed on blood and can cause anaemia.
- **Tapeworms** – often transmitted by fleas or raw prey.
- **Whipworms** – cause chronic diarrhoea and weight loss
- **Protozoa** (e.g. Giardia, Coccidia) – microscopic parasites causing diarrhoea.

## Signs may include:

- Diarrhoea or soft stools.
- Vomiting.
- Weight loss or poor growth.
- Pot-bellied appearance (especially in puppies/kittens).
- Dull coat, weakness, or anaemia.
- Scooting or visible worms in stool or around the anus.

## Common internal parasites in chickens:

- **Roundworms and hairworms** – the most common intestinal worms.
- **Tapeworms** – spread via insects and intermediate hosts.
- **Gapeworm** – affects the respiratory tract.

## Signs in chickens may include:

- Weight loss despite eating.
- Drop in egg production.
- Diarrhoea or dirty vents.
- Weakness, pale combs.
- Gasping or stretching the neck (with gapeworm).




## Why are internal parasites a problem:

Internal parasites are dangerous because they live inside the body, where they quietly cause harm. They steal nutrients, damage the gut and other organs, and some feed on blood — leading to weight loss, poor growth, diarrhoea, anaemia, and weakness. Many animals show no early signs, so heavy infestations can build up before anyone notices.

Several common internal parasites are also zoonotic, posing a recognised public-health risk, especially to children.

Parasite eggs survive for long periods in the environment, causing constant reinfection.

This is why routine deworming and regular faecal testingare essential, even for animals that look healthy.

## Prevention is far better than cure:

Good parasite control should be routine, not reactive.

- Regular deworming based on age, lifestyle, and species.
- Prompt investigation of diarrhoea, weight loss.
- Routine checks around your cat or dog's perineal area and your chicken's vent, to look for signs of diarrhoea.
- Cleaning and disinfecting bedding and living areas/coop.
- Controlling fleas in the environment (yes, fleas can transmit worms).
- Isolating and checking new animals before introducing them into the home or flock.

***Internal parasites are extremely common in dogs, cats, and chickens, but they are highly manageable with the right preventative care. Regular veterinary check-ups, routine faecal testing, and consistent parasite prevention protect not only your animals, but your household as well.***

***If you're unsure which parasite treatments are best for your pets or poultry, chat to us — we're passionate about protecting your animals and fighting the squirmies.***



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