the insider

OCTOBER ISSUE 2025



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Dr. Elize Labuschagne-Hull



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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*

KREATIEF STUDIO

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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.









05 IMPORTANT CONTACTS

07 LETTER FROM THE MANAGER

08 COMMUNITY UPDATE

12 WEYLANTS NOVA: NO LIMITATIONS. NO BOUNDS

16 NATURE'S GUEST LIST

20 ART MEETS DESIGN

23 YOUR DREAM KITCHEN STARTS HERE

30 THE JEWEL OF THE FREE STATE

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

40 KEEP SUMMER BUZZ-FREE

46 CLASSIFIEDS

48 PINK POWER: EARLY CHECKS, BRIGHTER FUTURES

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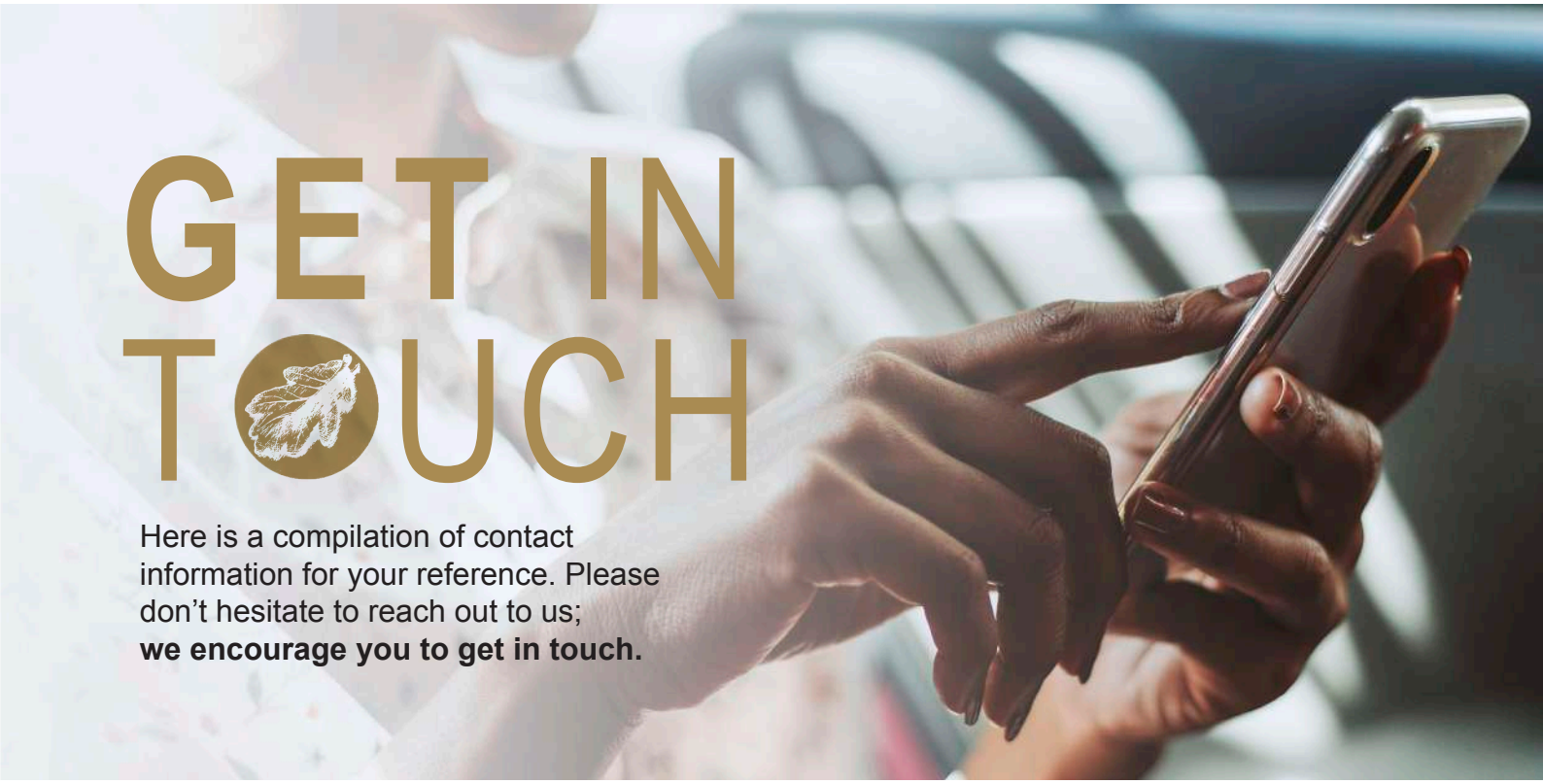

GET IN TOUCH

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

A sincere thank you to all our members who attended the Annual General Meeting on the 11th of September 2025 at the Clubhouse. Your presence, participation, and valuable input are truly appreciated and reflect the strong sense of community that makes our estate so unique.

At the meeting, the HOA directors provided residents with a comprehensive update on the current status of development within the estate, as well as a clear outline of the next steps being taken to ensure steady progress. We remain committed to strengthening the foundation of our estate and to safeguarding its reputation as a sought-after, well-managed, and vibrant community.

We are pleased to share that Mr. Anton Bischoff (Security) and Mr. Terrence Sorour (Finance) have been re-elected by members to continue serving another term as directors. Their dedication and leadership remain invaluable to the smooth and effective management of the estate. In addition, our newly appointed auditors, MG Taute, presented encouraging updates on the estate's financial position. We are delighted to report that our financial health has strengthened further compared to last year, owing to diligent oversight and proactive measures.

Debt collection continues to be a priority for the board, and steady progress is being made in reducing the outstanding debtors' book. This ongoing effort ensures that we can fund essential projects, maintain our high standards, and plan confidently for the future.

Thank you once again to every member who attended and contributed—it is through your support and engagement that we can continue to grow together as a thriving estate community.

Carli Steenberg

HOA Manager
Lombardy Estate

Community Update:

Road Safety, Events, Notices & More

Property Updates

Several auctions are scheduled to take place later this year, covering both vacant stands and selected Lakes & Fountains units. Members who may be interested are encouraged to contact the HOA office for further details and guidance on participation.

We would also like to inform residents that a 5% levy increase has been approved in line with the 2025/2026 financial year budget. The backdated portion will be evenly deducted over the next three months and reflected on member statements. We thank you for your understanding as these adjustments ensure the continued financial health and sustainability of our estate.

Upcoming Projects

The HOA remains committed to enhancing facilities and ensuring convenience for all residents. Work is underway on several important projects, including:

- The completion of additional parking at the Clubhouse to accommodate growing demand.
- Enlargement of two visitor parking bays in Fountains, making access easier for guests.
- Reinstallation of the estate's advertising board, which will once again offer opportunities for residents and local businesses to advertise within the community.

Should you wish to secure advertising space, please contact the HOA office for more details.

City Cleansing Levy Update

Some residents may have recently noticed an unusual charge appearing on their City of Tshwane (CoT) Rates & Taxes accounts, the much-debated City Cleansing Tariff of R223.32 per month.

As many of you are aware, the introduction of this levy has been the subject of strong opposition from several political parties. One party in particular is currently challenging the legality of the charge in the Supreme Court of Appeal, after securing a favourable ruling in the High Court. While the City has conceded that households making direct use of municipal waste removal services should not be billed, it insists that residents of complexes and estates, who contract private service providers, are liable for the levy.

Here at Lombardy Estate, residents are serviced by Bi Waste, a private waste management provider. Importantly, Bi Waste already contributes significantly to the city cleansing account on behalf of the members it services. This means the outcome of the ongoing legal proceedings will have a direct and important impact on our estate and members.

Some residents have already lodged individual disputes with the City regarding the charge. At an estate level, the HOA is actively engaging with Bi Waste to secure the necessary documentation requested by the City. Once this information has been compiled and finalised, it will be circulated to all residents to support their own dispute submissions if needed.

For those interested in reading further, you can find more coverage of this issue here:

Citizen: Petition launched to oppose Tshwane's cleaning levy
SABC News: DA challenges Tshwane's cleansing levy charge on complex owners

Festive Season ("Silly Season") Guidelines

As the festive season draws near, many of us look forward to enjoying quality time with family and friends, hosting gatherings, and celebrating the warmer summer evenings. While we encourage everyone to make the most of this special time of year, we kindly remind residents to remain mindful of the estate's rules to ensure a safe and enjoyable environment for all.

- **Large Gatherings:** Events with more than 30 guests must be reported to the HOA office in advance. This allows us to assist with coordination, including parking arrangements, access management, and noise control.
- **Noise Regulations:** Please note that no noise is permitted after 10:00 PM, in line with estate conduct rules.
- **Bylaw Compliance:** Tshwane municipal bylaws regarding noise pollution apply at all times, regardless of the day or occasion.
- **Incident Reporting:** Any disturbances should be reported immediately to the Control Room or Supervisor. Our on-site security team will respond promptly to address the matter.

- **Control Room:** 087 654 4822
- **Supervisor:** 082 462 2977

Your cooperation ensures that everyone can celebrate the season in a considerate and respectful manner. We thank you in advance for helping us maintain a festive atmosphere that balances fun with community well-being.

Photo Competition Winner

We were thrilled by the calibre and creativity of entries for our first-ever Lombardy Estate Photo Competition, thank you to everyone who submitted!

After careful consideration by the panel, we're delighted to announce our winner:

Dr. Elize Labuschagne-Hull

Her striking image of a peregrine falcon with its kill captured a rare, dramatic moment, made even more remarkable by the urban setting. (Fun fact: the peregrine is the fastest animal on Earth, reaching speeds of up to 380 km/h in a hunting stoop!)

Congratulations, Dr. Labuschagne-Hull! The HOA office will contact you to arrange your prize.

We encourage all residents to keep their cameras ready for the next round. Submit your best wildlife, landscape, or lifestyle shots to: gm@lombardyestate.co.za

Tip: Include your name, stand number, the date and location of the photo, and a short caption.



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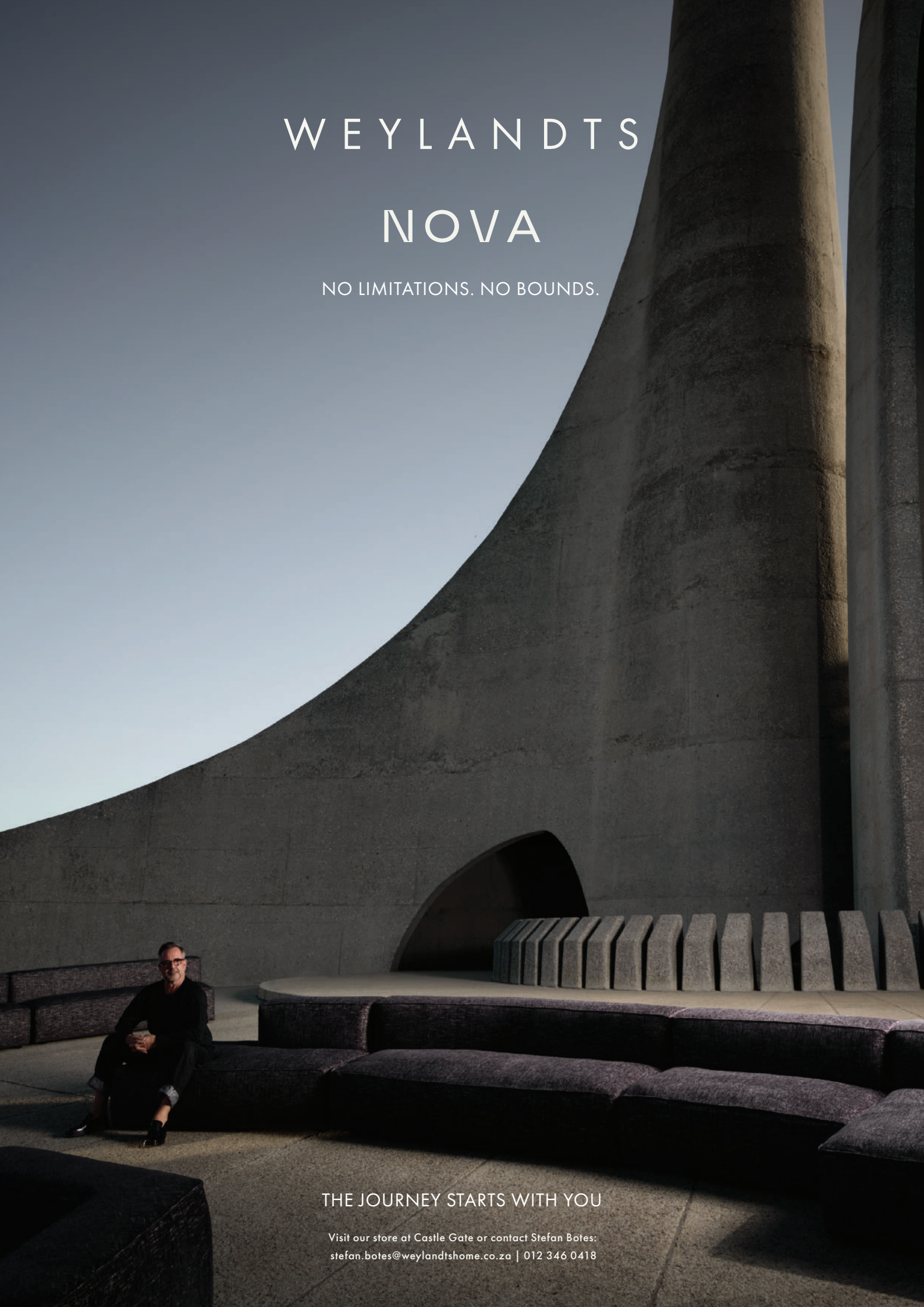
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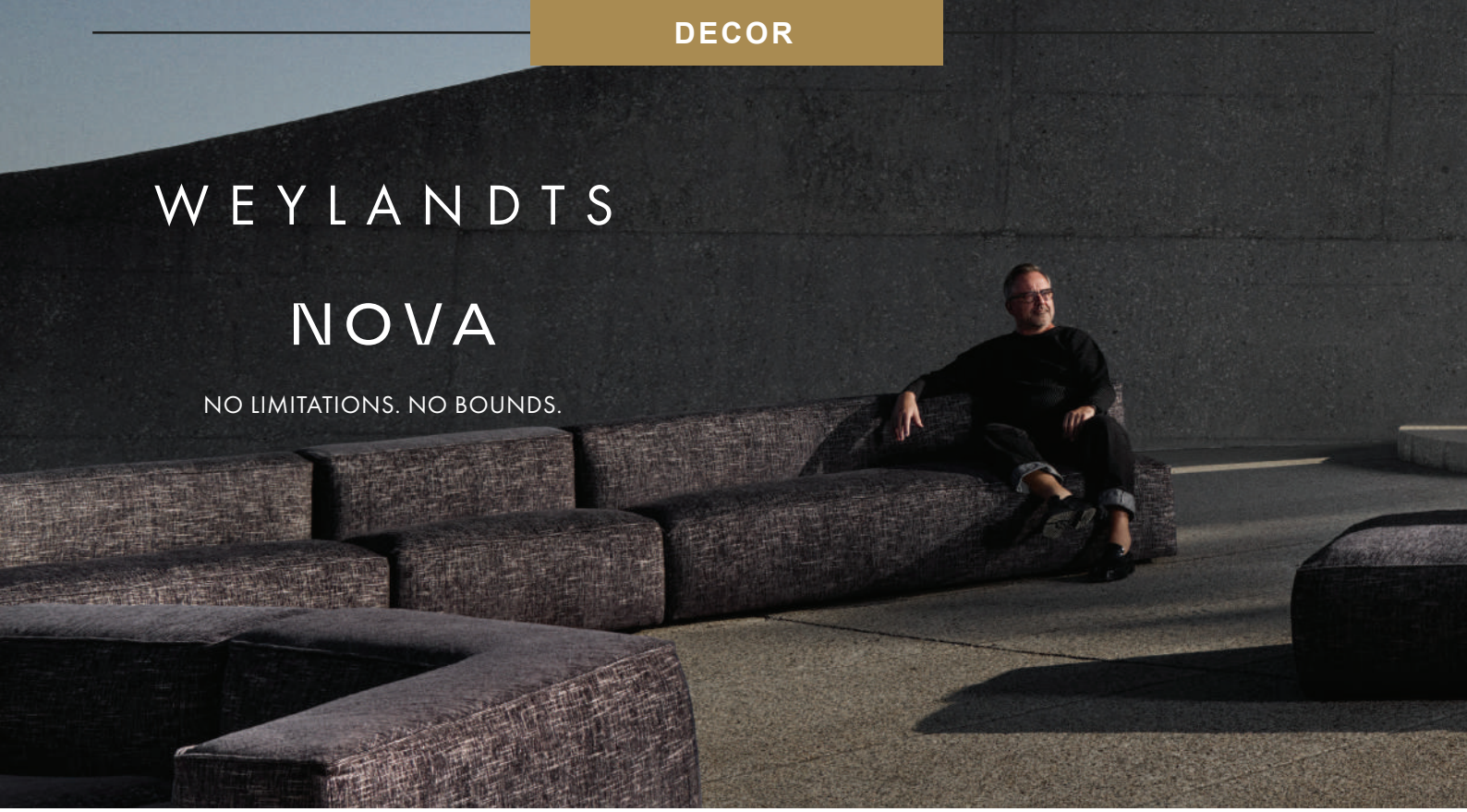


WEYLANDTS

NOVA

NO LIMITATIONS. NO BOUNDS.

DESIGNED BY WEYLANDTS

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

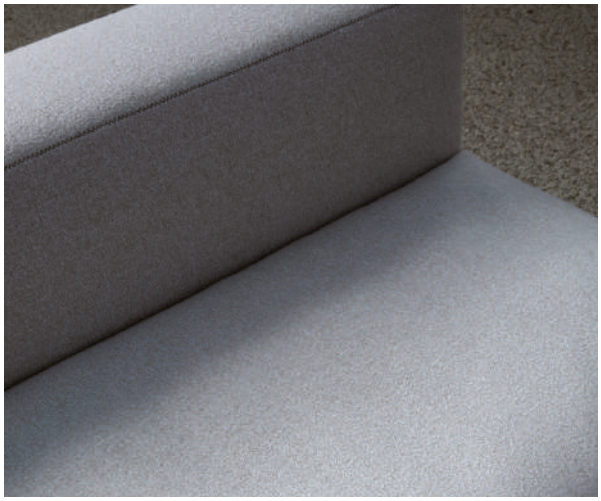
At Weylandts, design is about purpose and intention. This ethos is brought to life in the Nova Modular Sofa. The embodiment of our philosophy, the Nova is bold, boundary-pushing, and infinitely adaptable. It is an invitation to design your own story of connection, comfort, and evolution – with Weylandts.

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

NOVA: NO LIMITATIONS.

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

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



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

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

LEADING THROUGH CRAFT AND QUALITY

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



THE JOURNEY STARTS WITH YOU

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

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



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

VISIT US IN-STORE

Weylandts Castle Gate
Castle Gate Shopping Centre, Cnr Solomon Mahlangu Dr & Koedoesnek Ave, Waterkloof Ridge

For more information, contact Stefan:
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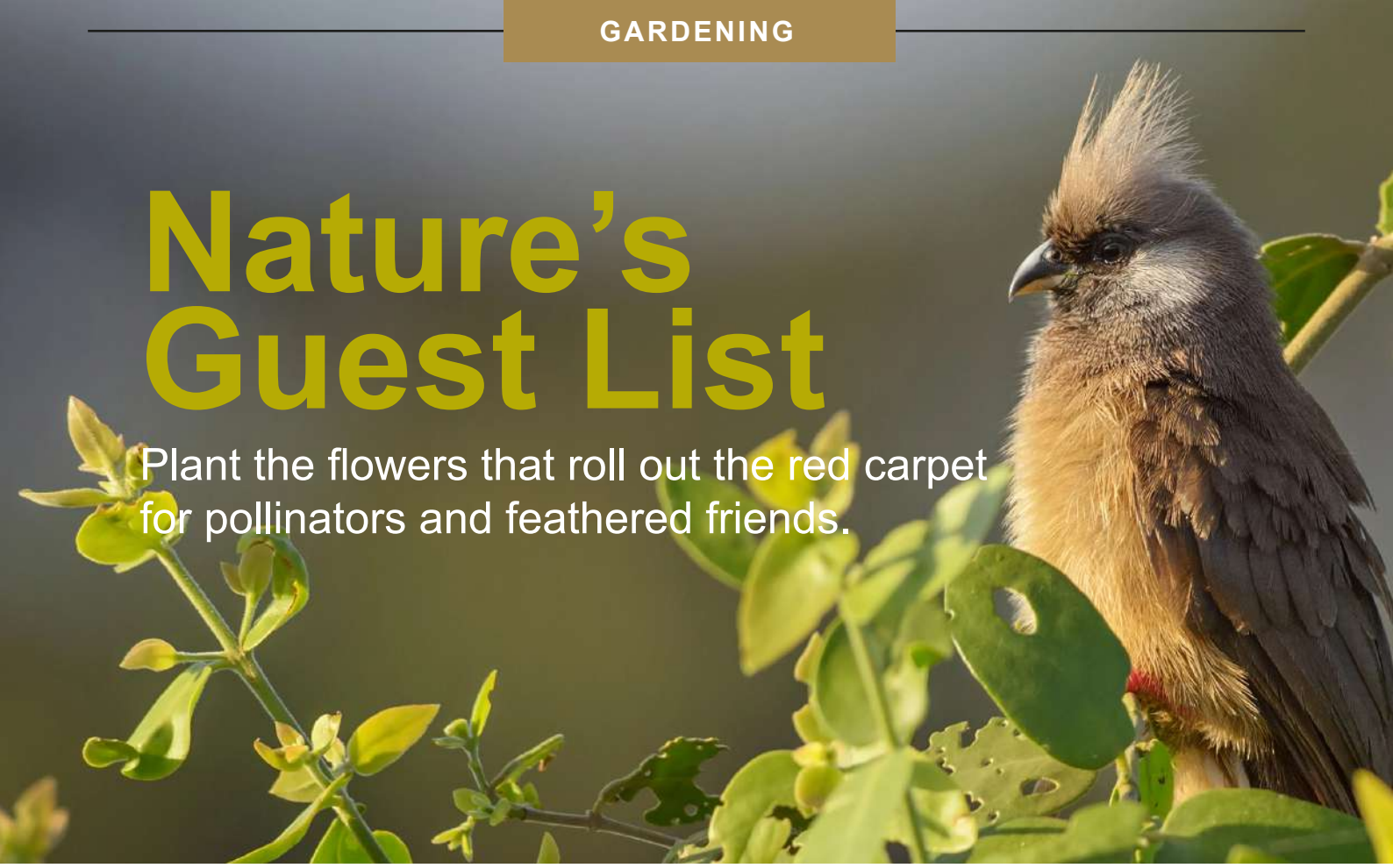


Nature's Guest List

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

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

Why Invite Bees and Birds?

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

Planting the Right Blooms

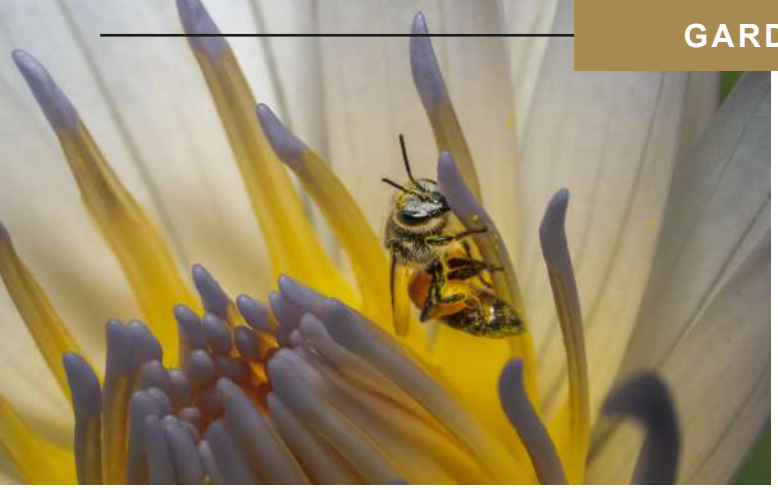


For Bees: Lavender, salvia, sunflowers, marigolds, and even the blooms of herbs like rosemary and basil. Their vibrant purples and yellows are irresistible to pollinators.



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

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





A Year-Round Feast

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



More Than Flowers

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

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

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



The Joy of a Living Garden

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







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ART MEETS Design

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

The Role of Art in Interior Design

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

Carmen's Tips for Incorporating Art into Interiors

1

Start with Art as the Focal Point

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

Mix Scales and Mediums

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

Use Art to Reflect Identity

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

Play with Placement

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

Balance Harmony and Contrast

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



Photography by Hendri Viljoen





Why Art Matters in Design

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





E: carmenhosten8@gmail.com
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Why Renovate?

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

Boost Your Home's Value

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



Top Kitchen Trends for 2025

Style Meets Smart Storage

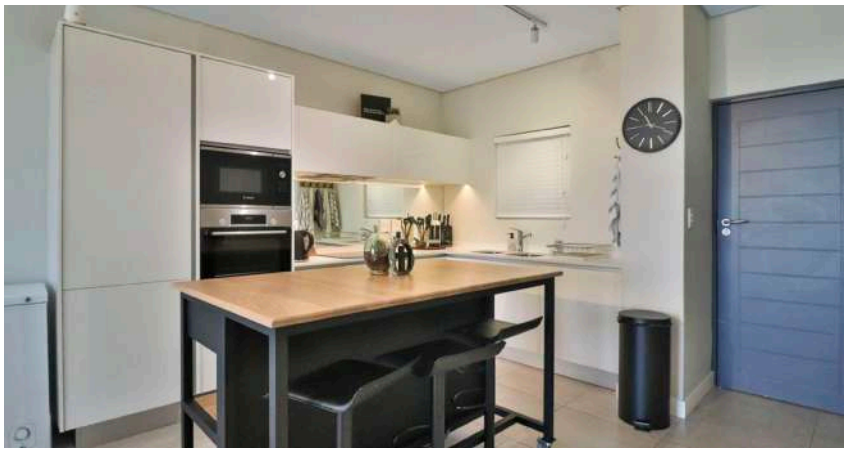
- **Hidden Kitchens:** Seamless designs with panel-ready appliances and clutter-free counters
- **Sculleries & Dirty Kitchens:** Keep prep mess hidden, entertain with ease
- **Natural Vibes:** Earthy tones, warm woods, and calming greens
- **Multipurpose Islands:** Dine, prep, store, all in one smart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





Design Tips That Work

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



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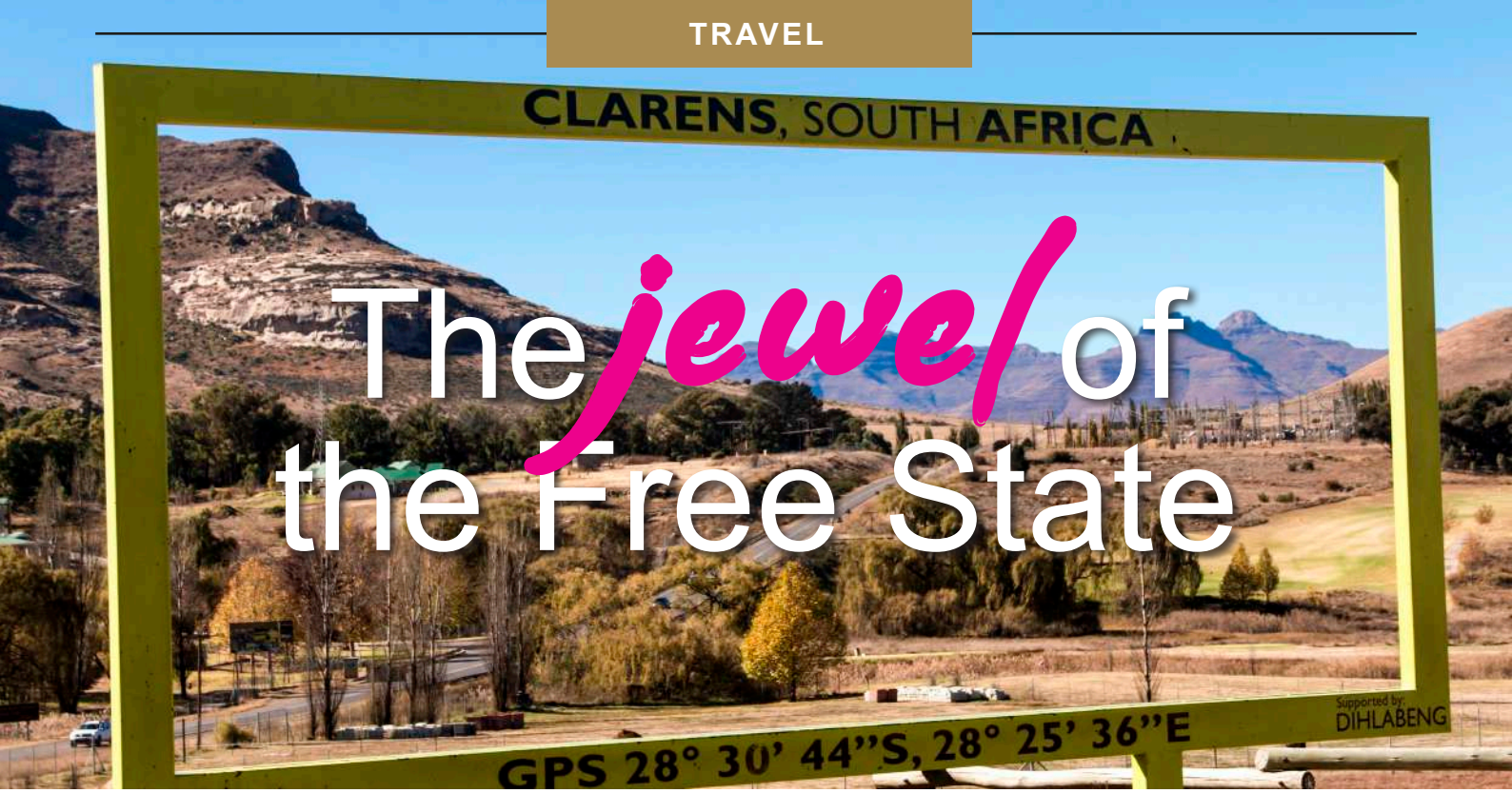

The jewel of the Free State

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

A Playground for Nature Lovers

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

A Haven for Art and Culture

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

Adventure on Your Doorstep

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

A Taste of Clarens

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





Where to Stay

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

Why Visit Clarens?

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

Quick Tips for Your Clarens Getaway

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

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

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

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

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

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

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

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











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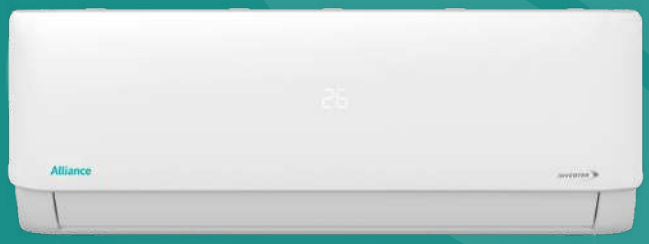

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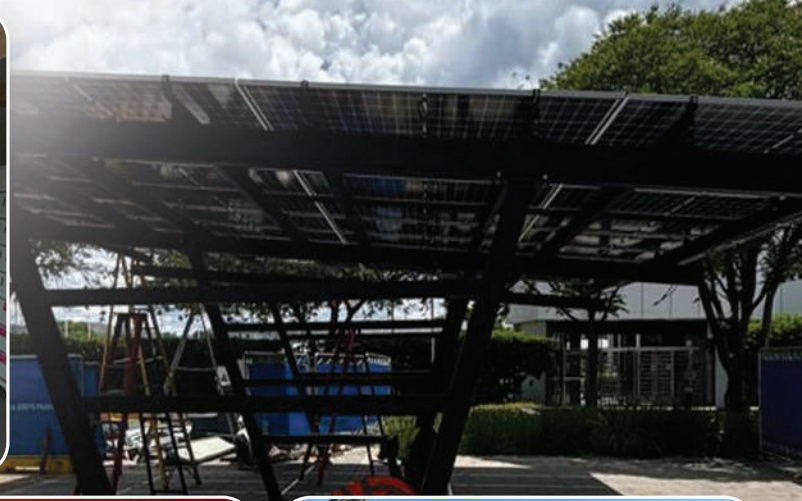

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CANINE DISTEMPER IN GAUTENG: WHAT EVERY DOG OWNER NEEDS TO KNOW.

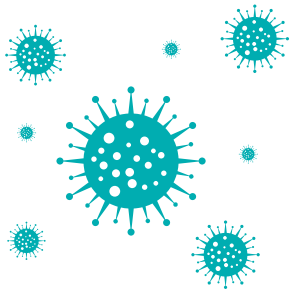
BY DR VICKY LOUW (BVSC)

What is Canine Distemper?

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

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

The virus attacks multiple body systems, especially:



- The respiratory tract
- Gastrointestinal tract
- Nervous system

Who is at risk?

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

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





Recent Situation in Gauteng:

Gauteng has experienced confirmed outbreaks of canine distemper.

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

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

How Canine Distemper Spreads:

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

Signs & Symptoms:

Early symptoms often mimic respiratory diseases:

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



As the disease advances:

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

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

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

Diagnosis & Treatment:

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

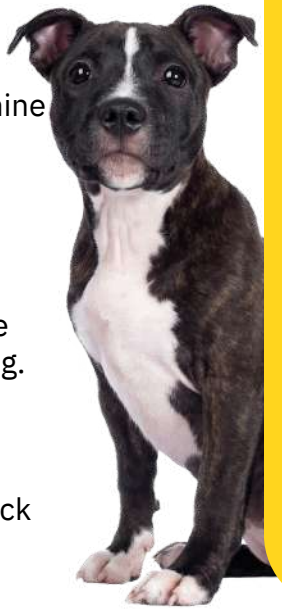
Treatment is supportive. There is no cure that kills the virus once infection is established.

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

Prevention & Vaccine Strategy:

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

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



What Dog Owners in Gauteng Should Do Now:

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

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

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

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

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



Conclusion

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

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Keep Summer Buzz-Free

Natural Ways to Repel Mosquitoes & Flies

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

Why Choose Natural Repellents?

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



Natural Repellents for the Home

1. Essential Oils



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

2. Lemon & Clove Trick



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

3. Vinegar Traps



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

Natural Protection for the Garden & Patio

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

2. Garlic Spray

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

3. Marigolds & Mint

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

Quick Summer Hacks

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

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

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

A Safer Summer for All

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

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

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Affordable and Transparent Pricing

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Excellent Customer Service

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

Secure and Safe Deliveries

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

Final Thoughts

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

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



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plant SPA DAY

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

Why Dust-Free Leaves Are a Luxury They Deserve

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

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

Begin with a Gentle Cleanse

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

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

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

Soil, Pots, and the Little Details

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

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

Trim, Rotate, Revive

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

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

Hydration with Intention

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

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

A Ritual for Them and for You

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

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

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





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Early Checks, Brighter Futures

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

Why Awareness Matters

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

Know Your Normal

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

The Power of Screening

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

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

Healthy Habits for Prevention

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

Busting the Myths

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

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

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

You're Not Alone

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

A Call to Action

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

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



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