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ISSUE 1 | 2025

THE OFFICIAL PUBLICATION OF THE BOARDWALK MEANDER HOMEOWNERS ASSOCIATION

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FROM THE EDITOR



With a fresh new year, there is a fantastic lineup of events and activities ahead! There is something for everyone so take note of these dates in this edition.

With a focus on sustainability, everyone is encouraged to be mindful of their impact on the environment, whether it's through small daily habits or bigger community efforts. Be sure to check out our feature on saving the bees—these vital pollinators need our help, and there are simple ways we can all contribute.

We also want this magazine to reflect what matters most to you. If you capture a great moment on the estate, we'd love for you to share your photos with us! And if you have ideas for stories, features, or topics you'd like to see in future editions, please send them our way. This is your magazine, and your input makes it even better.

Here's to a wonderful year ahead!

Angela



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ESTATE NEWS

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Publisher: Nico Maritz, nico@eiapublishing.co.za

Advertising: Martin Fourie (Marketing Manager) martin@eiapublishing.co.za, 072 835 8405

Sales Executive: Gerdie Murphy, gerdie@eiapublishing.co.za, 082 556 9863

Production Coordinator: Chris Grant, chrisg@nowmedia.co.za

Design & Layout: Leonardo Lupini, leonardol@nowmedia.co.za

Johannesburg Office: Now Media Centre, 32 Fricker Rd, Illovo 011 327 4062



Goeiedag aan al ons inwoners

Die nuwe jaar is regtig al 'n maand aan die gang. Glo dat die van julle wat weg was met vakansie het dit geniet en is uit gerus vir die nuwe jaar. Ons is bly dat ons inwoners veilig terug is.

Thank you to the personnel who were back in full force from 6 January, going strong to keep our estate up and running – we appreciate you all.

Our service providers are doing a great job keeping everything going too – thank you.

Sien in 'n later artikel die datums vir die jaar se funksies – merk dit asseblief op julle kalenders – ons sien uit om julle daar te sien en alles saam te kan geniet.

A few projects are on the calendar for this year – we will update you about these in due course. If you see some work being done on the communal areas and want to know what is going on – feel free to contact John or the ladies in the office for clarification.

To all our scholars and students – be attentive to your studies – remember – if you need help, ask for it - we wish you all a good school year.

- Deon

DATES FOR ESTATE FUNCTIONS, 2025

Saturday 12 April	Volleyball
Saturday 7 June	Art Exhibition
Saturday 30 August	Fun run and Volleyball
Wednesday 24 September	Heritage / Family Day
Saturday 18 October	Movie night
Saturday 22 November	Christmas function

Please note that any changes to the above will be communicated timeously.

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VIEW**

FROM THE OFFICE PEN

Welcome to 2025 – may this year be good to you all. If there are some difficulties, I hope they are short-lived.

Ek wens vir jou voorspoed en sukses met alles wat jy aanpak hierdie jaar. Geniet elke oomblik van enige projek wat jy begin en suksesvol voltooi. We all have an impact on the lives of people around us – be the best friend you can be – the world needs more of that.

Besoek ons gerus in die kantoor indien jy enige navrae het met betrekking tot die landgoed – ons help graag. Baie dankie vir julle wat net vinnig inloer om te groet en daai drukkie uit te deel – ons waardeer julle vriendelikheid meer as wat julle besef.

Please make sure that your contact information i.e. contact number/s and e-mail addresses are correct on our systems. Should anything change please send us an e-mail with previous and new information to keep our records updated. Thank you to all of you who are doing this.

Look out for our magazines this year – we try to keep them interesting. If you are interested in taking part in doing articles, please contact me. You can write about anything you think will be of interest to others. The world is your oyster – please get involved!

I wish you all well – have a wonderful 2025.

-René



“Enjoy the joys of others and suffering with them – these are the best guides for man” – Albert Einstein

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We have a wide selection of books for your enjoyment. Come and select a few for hours of escaping to another life.

As our books are getting a bit older and well read - we would love it if you could give us some of your older-no-longer-wanted-or-needed books. All our older books or books that have been on the shelves for a long period of time are donated to the Cullinan Library.

Feel free to contact us at the office should you need any assistance/help or want to donate some books.

Thanking you in advance for any new reads!



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SAVE THE BEEES



This is the most important thing we all need to do – we **MUST** save the bees – this is crucial for the world.

We all need to plant more flowers, set out fruit and water for birds, insects and specifically bees. More flowers mean more food for bees and it looks pretty great too.

Grate an apple and add some water in a bowl. The bees will get the sugars from the fruit and also drink water. This way, its unlikely that they will drown as they will land on the fruit. Also try watermelons cut in half.

Our bee populations are threatened, so let's give them the support we can!

The bee lives less than 40 days, visits at least 1000 flowers and produces less than a teaspoon of honey. For us it's only a teaspoon of honey, but for the bee it's a **lifetime** of work. Thank you, bees!



TYPES OF BEES

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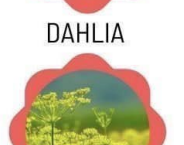
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Bees love watermelon, as is evident in the photo



Preparing for a successful first year at university

The first year of university represents a monumental milestone for South African school leavers. It is a time filled with excitement and uncertainty, where new beginnings are marked by challenges that often feel daunting. Unfortunately, high first-year dropout rates at universities across the country tell a sobering story: many students are unprepared for the profound personal and academic shifts that come with stepping into this new phase of life.

Dr Linda Meyer, Managing Director of The Independent Institute of Education's Rosebank College and Oxbridge Academy, flagship divisions of ADvTECH, offers essential insights to help matriculants transition smoothly from school to campus life. With over two decades of experience in higher education leadership, she emphasises that the key to a successful university journey lies in preparation, adaptability, and engagement.

A time of independence and growth

"Transitioning from high school to university is a life-altering experience," Dr Meyer explains. "It is equal parts thrilling and intimidating as students step into a new world of independence, increased academic demands, and personal growth. It's not just a change of where you learn; it's the start of a transformative chapter in your life."

Acknowledging the gravity of this transition is crucial. Dr Meyer advises that the first few weeks are a time to adjust. Still, students must also lay a solid foundation for success by cultivating one of the most critical skills for higher education: time management.

Mastering time and responsibility

"University requires a level of self-discipline and accountability far beyond what is needed in high school. Unlike schools, many universities do not enforce strict attendance policies. It can be tempting to skip classes, but attending lectures regularly is non-negotiable for academic success," Dr Meyer says.

She encourages first-year students to create detailed schedules from the outset, incorporating classes, study sessions, assignment deadlines, and social activities. This structured approach, she notes, not only keeps students on track but also enhances their ability to fully enjoy campus life without feeling overwhelmed.

Embracing the full campus experience

The university is not just about academics. It is an opportunity to grow holistically, and the best higher education institutions offer a vibrant array of opportunities to enrich student life. Dr Meyer urges first-years to take advantage of these resources.

“Join clubs, societies, and professional networks. Whether it’s a sports team, cultural group, or academic club, these experiences will complement your studies and help you build meaningful relationships. Some people you meet may become lifelong friends, professional collaborators, or mentors who shape your journey.”

She adds that building a support network early is vital.

“Making new friends takes time, so be proactive. Attend orientation events, join study groups, and participate in campus activities. Surrounding yourself with peers who share your goals and interests can make all the difference in navigating the highs and lows of university life.”

Leveraging campus resources

One of the first tasks for incoming students should be to explore their institution’s resources. Libraries, tutoring centres, counselling services, and career guidance offices are invaluable support systems designed to help students succeed.

“The workload may feel overwhelming at first,” Dr Meyer acknowledges. “But don’t wait until it’s too late to seek help. Asking for academic or personal assistance is a sign of strength, not weakness. Familiarise yourself with available resources early, so you know exactly where to turn when you need support.”

Navigating technology and campus logistics

Adapting to university life also involves mastering new systems and tools. Students must become adept at using technology, including learning management systems, online libraries, and communication platforms.

“Spend time on the student portal to understand how it works and ensure you have the necessary tech equipment,” Dr Meyer advises. “You’ll rely heavily on devices and software for coursework, communication, and research. Familiarity with these tools is essential to keep up with academic demands.”



Dr Linda Meyer
Managing Director of The Independent Institute of Education’s Rosebank College and Oxbridge Academy

Building a healthy, balanced lifestyle

Finally, Dr Meyer emphasises the importance of maintaining a balanced lifestyle. The freedom of university can lead to poor habits if students are not intentional about their routines.

“Develop healthy habits from the start. Create a manageable balance between academics, personal time, and social activities. Challenges and opportunities will come your way, and a healthy foundation will ensure you can navigate them effectively.”

She encourages students to remain open-minded and fully embrace the transformative power of higher education.

“University is a time to explore, grow, and prepare yourself to make meaningful contributions to your community and the world. Approach it with curiosity and determination, and you’ll leave with a qualification and as a well-rounded individual ready to take on life’s challenges.

“By embracing the opportunities and responsibilities of university life, students can set themselves on a path toward academic achievement, personal growth, and future success.”



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2024 – Cayenne GTS Coupé Tiptronic

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7,800 km, Carmine Red, Black Partial Leather,
R3 395 000



THE HEALTH RISKS OF HIDDEN SUGARS

During World Sugar Awareness Week in November 2024, experts sounded the alarm about excessive sugar intake in South Africa, where the average daily consumption far exceeds World Health Organisation (WHO) guidelines. South Africans consume between 12 and 24 teaspoons of sugar per day, well above the WHO's recommended six teaspoons.

Nicole Jennings, spokesperson for Pharma Dynamics – an advocate for healthy living, and Prof Pamela Naidoo, CEO of the Heart and Stroke Foundation South Africa (HSFSA), are calling for heightened awareness of sugar's negative health impacts.

"The country faces an epidemic of non-communicable diseases such as cardiovascular, type 2 diabetes and obesity, with raised sugar consumption playing a key role in driving these conditions," says Prof Naidoo. "During World Sugar Awareness Week, we encouraged everyone to consider how small behavioural changes to their diet could make a big difference to their health."

Most sugar intake in South Africa comes from added sugars in processed foods and sugar-sweetened beverages (SSBs). Common items like soft drinks, fruit juices and processed snacks often contain hidden sugars, contributing to higher blood sugar levels and over time, increased risks of heart disease, hypertension, diabetes, liver disease and other serious health issues.

"Excessive sugar intake has a significant impact on our overall weight, as well as on our organs, skin, teeth and energy levels," says Prof Naidoo. "The high rate of added sugars in diets, especially in beverages, is a major contributing factor to the obesity crisis. Reducing sugar intake, particularly from SSBs, could help reverse these troubling health trends." South Africa has introduced the sugar sweetened beverage tax.

Jennings emphasises the unique risks posed by sugar in liquid form. "When we consume sugar-sweetened beverages, the body absorbs it rapidly, often within 30 minutes, which can lead to a sharp spike in blood sugar levels. This rapid increase doesn't provide the feeling of fullness that we get from solid foods, so people often consume more than they realise," she explains. "Cutting down on SSBs is one of the simplest yet most effective changes people can make to reduce their sugar intake."

The impact of sugar consumption on obesity is another pressing concern.

South Africa has the highest obesity rate in sub-Saharan Africa, with 70% of women and 40% of men over the age of 35 classified as overweight. Jennings points out that obesity significantly increases the risk of developing type 2 diabetes, heart disease and certain cancers, noting that it's a public health crisis that requires urgent action. Unfortunately, unregulated food outlets often do not comply with the South African legislation.

One barrier to cutting down on sugar is the prevalence of "hidden sugars" in processed foods.

Jennings says learning how to read nutrition labels can empower consumers to make healthier choices. "Labels often list sugars under different names, like high fructose corn syrup, dextrose or maltose, which can make it difficult to understand just how much sugar you are consuming."

Naidoo points out that in South Africa, the average 330 ml soft drink contains about eight teaspoons of sugar, while a similar serving of fruit juice contains roughly nine teaspoons.

"These amounts far exceed the daily limit suggested by the WHO and quickly add up, especially if you're drinking more than one a day. It's essential for consumers to know that 'total sugars' on labels includes both natural and added sugars. It's best to aim for products with little or no

added sugar."

Jennings also stresses the role of education in reducing sugar consumption: "By learning about where sugars are hidden and how to recognise them on labels, people can make more informed choices. It's not about depriving ourselves, but about making small, sustainable changes that benefit our health."

World Sugar Awareness Week is a global campaign aimed at reducing sugar consumption by educating the public on the health risks associated with added sugars and the importance of reducing their intake. This year's theme highlights the urgent need for individuals, governments and the food industry to take action against excessive sugar consumption.

Prof Naidoo acknowledges that while cutting down on sugar may seem challenging, the health benefits are profound. "Reducing sugar intake can help prevent a host of health issues, from heart disease to diabetes and even some cancers," she says.



TO HELP PEOPLE CURB THEIR SUGAR INTAKE, JENNINGS AND NAIDOO SUGGEST THE FOLLOWING PRACTICAL STRATEGIES:

1. **Reduce added sugars:** Cut back on sugar added to coffee, tea and cereals. Even small reductions can make a big difference over time.
2. **Switch to healthier beverages:** Choose water, unsweetened herbal tea, or sparkling water instead of sugary drinks.
3. **Limit sugary breakfast foods:** Choose high fibre, high protein options like oatmeal with fruit or whole-grain toast with avocado instead of sugar-laden pancakes or muffins.
4. **Avoid processed snacks:** Choose whole foods like fruits, vegetables, nuts and seeds rather than sugary snacks and highly processed foods.
5. **Choose healthier desserts:** Instead of sugar-heavy desserts, try fresh fruit or Greek yogurt with a sprinkle of cinnamon.

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SPUD: THE REUNION

By John van de Ruit

It is 2003 – ten years since Spud Milton's class of 93 matriculated and the boys went their separate ways. Despite their seemingly unbreakable bond, the Crazy 8 – Rambo, Mad Dog, Vern, Fatty, Garth Garlic, Boggo, Simon and Spud – have not kept in touch. Or at least, not as far as Spud knows. When he receives an invitation from the school to attend the Ten-Year Reunion weekend, Spud is determined to avoid the event at all costs, but he hasn't reckoned with the bombardment of intrusive messages and threatening phone calls from his former dorm mates.

No one is going to bend his arm, not this time; he is immune to peer pressure and wise to Rambo's devious manipulation techniques. Spud has moved on. And, anyway, he has enough to worry about on the home front. At 28 Spud is stuck in a one-third life crisis.

Reflecting on a decade of spectacular non-achievement, at a point where he's coming to realise that his glittering stage career might have stalled before it's even begun, casts him into deep gloom. For the former scholarship kid, the prospect of once again having to measure up to his blue-blooded school friends – and be found wanting – has him riddled with anxiety. Not only that.

Spud still doesn't have a serious girlfriend, which has seen him resort to a questionable international bath-sexing relationship with an old flame. Not to mention that circumstances have forced him to move back in with his parents and his senile grandmother, Wombat, whose walks never end where they began. After a wildly unsuccessful fishing trip with his father, as well as a return to his old way of figuring things out – writing in his diary – to his surprise, Spud finds his reunion resistance crumbling. Curiosity and courage win the day. It's just a weekend, after all ... what could possibly go wrong?

Price: R360.00

WORLD CHAMPIONS

By Jonty Winch

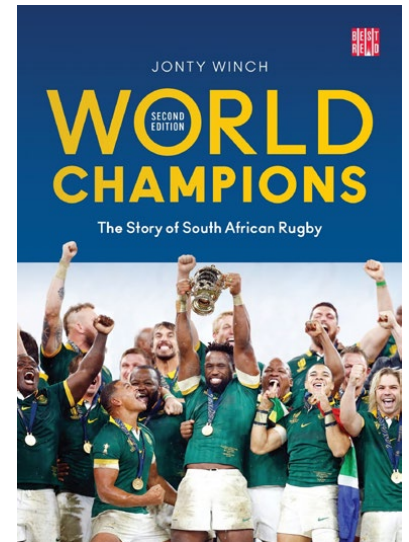
South Africa won the 2023 Rugby World Cup by defeating New Zealand 12-11 in front of more than 80 000 spectators at the Stade de France. As this Second Edition shows, in winning the Webb Ellis Cup for the fourth time, the Springboks became the sport's most successful team. Back-to-back victories in Yokohama in 2019 and Paris in 2023 inspired a renewed appreciation of the skills that have always existed across South Africa's racial spectrum. In its telling of this story, *World Champions* Second Edition again offers readers insights that go beyond the media-led rendition of South African rugby.

Further additions to this *Second Edition* include a revised introduction, expanded index, updates to the history of South Africa's first steps toward playing international rugby in the late nineteenth century, as well as additional content about, inter alia institutions such as the national governing bodies, and the winning teams in 1995, 2007, 2019

and 2023.

In this way, the Second Edition continues to provide both the most relevant and most current history of South African rugby and the many organisations and individuals that have contributed to its evolution.

Price: R405.00



INTO THE UNCUT GRASS

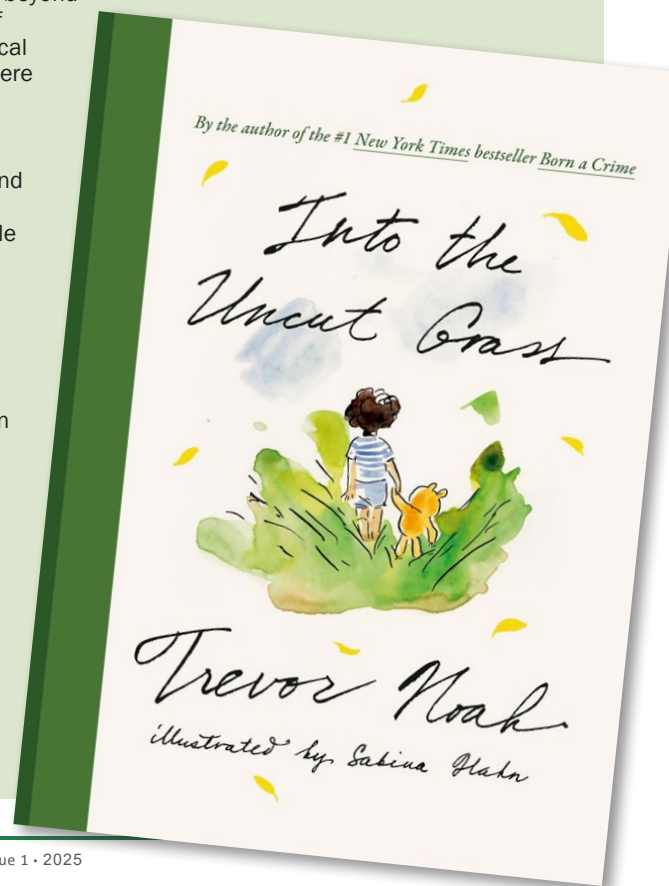
By Trevor Noah

From Trevor Noah, the author of the #1 bestselling memoir *Born a Crime*, comes a gorgeously illustrated fable in the tradition of *The Boy, the Mole, the Fox and the Horse* about a young child's journey into the world beyond

the shadow of home, a magical landscape where he discovers the secrets of solidarity, connection, and finding peace with the people we love.

Infused with Trevor's signature wit and imagination, in collaboration with visionary artist Sabina Hahn, it's a tale for readers of all ages – to be read aloud or read alone.

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Compiled by Stienie Greyling

Styles & Trends

MARCH 2025



Furniture Trends
Colour Trends



COLOUR TRENDS

This first perception leads us to conclude whether we like what we see. Colour is important, more so than we generally realise. Research has shown that a purchase decision is based up to 90% purely on what colour a product has. Therefore, it is fundamental for manufacturers and producers to be able to decide exactly the right colour, at the right time.

Colour trends are psychology; it is all about understanding which colours are important and make us feel happy, meaningful and functional. It is fundamental to understand what is happening in our society and how these happenings and events affect us. This means both which colours are popular and which moods dominate use.

The scientific exploration of colour psychology is relatively new, but people have long been interested in the nature and impact of colour. Colours were often used in ancient cultures to treat different conditions and influence emotions. They also played a role in various spiritual practices.

Colours in the red area of the colour spectrum are known as warm colours and include red, orange and yellow. These warm colours evoke emotions ranging from feelings of warmth and comfort to feelings of anger and hostility.

Colours on the blue side of the spectrum are known as cool colours and include blue, purple and green. These colours are often described as calm, but can also call to mind feelings of sadness or indifference.

Certain colours have been associated with physiological changes, including increased blood pressure, metabolism, and eyestrain.

***Colour is the first thing that we notice
on an object or in a space***

Colour of the year, 2025

For 2025, the Pantone Colour Institute selects PANTONE 17-230 Mocha Mousse, a warming, brown colour imbued with richness. It nurtures us with its suggestion of the detectable qualities of chocolate and coffee, answering our desire for comfort.

Supported by our desire for everyday pleasures, PANTONE 17-1230 Mocha Mousse expresses thoughtful indulgence, sophisticated and lush. Yet at the time, an unpretentious classic, Mocha Mousse extends our perceptions of the browns from humble and grounded to embracing aspirational and luxe, says LEATRICE EISEMAN, Executive Director of Pantone Colour Institute.

One of the most appealing of Mocha Mouse is its ability to pair with a wide range of other colours. It blends effortlessly with both warm colours and colour tones. This makes it an ideal choice for those who wish to experiment with bold contrasts while maintaining a sense of cohesion and balance.

Impact of Colour Trend on Furniture Selection

Colour trends play a vital role in the furniture industry, influencing consumer preferences and shaping the overall aesthetic of interior spaces. The correct colours can evoke emotions, reflect cultural shifts and enhance the marketability of products.

The influence of current colour trends on consumer behaviour and furniture selection is profound. Today's shoppers are drawn to furniture pieces that align with their personal aesthetic preferences and resonate with contemporary design trends, with colour serving as a key determinant in their choice. A sofa in a deep blue or a terracotta accent chair is not merely a functional item but a statement piece that adds personality and flair to a room. The shift to colour-conscious purchasing reflects the increasing importance of interior design in everyday life, highlighting how colour psychology and aesthetic preferences are shaping the modern interior landscape.



Interior design colour trend 2025

2025 is all about making a statement in the interiors, and what better way to do that than with deep and bold shades that make an impression? Expect to see rich ebony and black olive colours used as accents within a room to create an intense and lighter palette.

Ruby

The red thread theory is reaching new heights, with stunning rubies and nostalgic reds playing a significant role in 2025. Colour experts have observed that consumers are drawn towards historical colours that evoke nostalgia and familiarity for use in their homes.

Striking Plum

This year, colour experts anticipate an increase in the popularity of earthy purples, such as aubergine, plum and jam. These vibrant shades bring a sense of warmth and energy to interiors while still offering a connection to the natural world.

Honeyed Neutrals

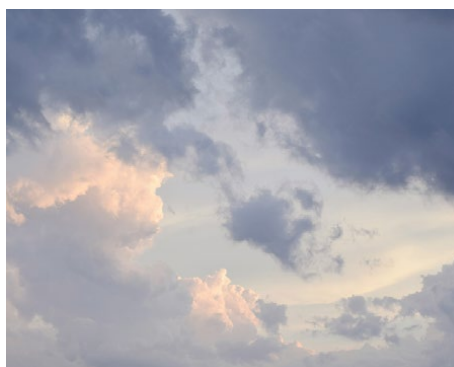
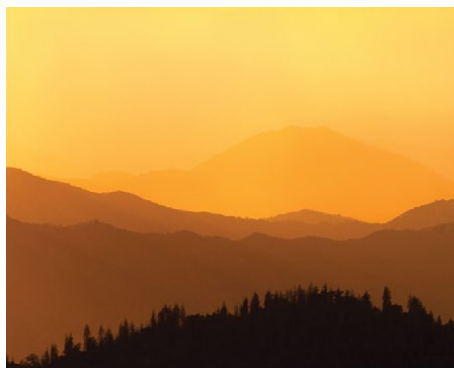
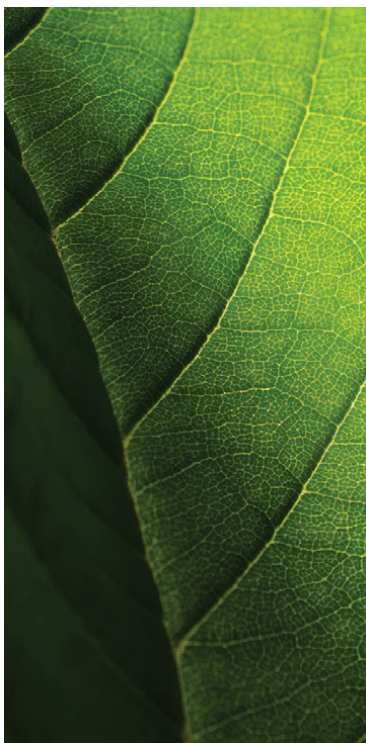
As we shift further and further away from the cooler tones of the 2010s, toasty neutrals have started to play a necessary role in balancing bold accents and adding a layer of warmth to a room.

Artist's Olive

Illustrious ambers will continue to be popular in 2025, but expect to see more mustard and earth-rich yellows popping up in interiors and fashion as people reach for tones that deliver comfort and relief.

Candid Tones

Forget Barbie hot pink. 2025 is all about embracing candy-coloured accents. These bright tones feel electric in a room while also serving as a whimsical departure from the greys and neutral tones of years past.



Technology continues to advance, and in 2025, it will become even more seamlessly integrated into our homes. Discreet tech means incorporating smart home devices so they blend effortlessly with the décor. Hidden speakers, wireless charging furniture and voice-controlled lighting are just a few examples.

2025, interior design trends embrace casually comfortable furniture, focusing on creating relaxed spaces without compromising on style. It's all about furniture that is as practical and cosy as aesthetically pleasing. According to experts, oversized sofas, deep-seated chairs, and rounded edges are key elements of this trend, blending seamlessly with modern and traditional décor.

Designers anticipate seeing a lot of statement coffee tables this year, offering a bold focal point that elevates the living space and infusing a room with personality and interest through unique materials, bold shapes, or intricate textures. Engage into the trend with sculptural tables crafted from natural materials and finishes that will stand the test of time. Another way to embrace the statement coffee table trend is to use an unexpected item instead of a traditional table.

Curves have come back in a big way over the last year or two, both in furniture and architecture. Curves will expand beyond curved sofas into all furniture forms, from beds to chairs and beyond to add softness and warmth to a room. Especially if it is a space that architecturally has many straight lines, curved furniture is a great way to break it up and add visual interest to a space.

A trend gaining momentum in 2025 is the rise of furnishings featuring mismatched or unexpected colours, textures and patterns. As homeowners reintroduce colour into their spaces, we foresee a shift from the simple, neutral furnishing that has dominated the past five years. Instead, furniture designs are set to take an older, more expressive direction this year.



*Chase multifunctional furniture
that integrates technology
without compromising on style*

FURNITURE TRENDS

The wingback chair is an iconic piece that designers expect to see become popular again. The wingback chair will return as a preferred accent chair in both living rooms and the home office, providing a cosy and secure feel. The wingback chair dates all the way back to the 1600s, and even though it has gone through some stylistic changes, its essence has remained the same: It's a cosy yet stately looking chair with a high back and wing-like sides, and the perfect piece for an empty corner or elegant home office.

Natural wood furniture will play a large role in 2025, due to its uncompromised beauty that highlights the wood's unique characteristics and natural grain. Choose natural textiles and fibres like organic cotton, wood and Belgian linen for a more authentic and sustainable aesthetic.

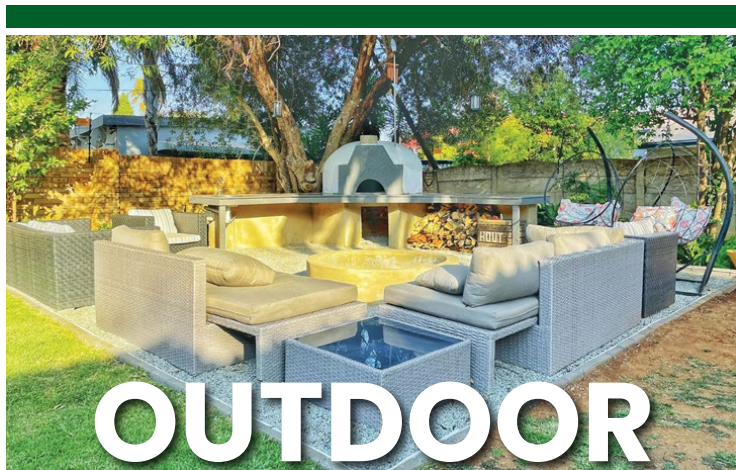
Scandinavian design's smart and clean simplicity is not going anywhere in 2025. By focusing on the combination of function and beauty, this classic style will still lend itself seamlessly to a more elevated design look and feel. Scandinavian-style furniture can also offer an ideal opportunity to maximize the use of any space through multi-functional design elements like stylish sleeper sofas, extension dining tables and modern recliners.

While it can be easy to focus on things like colour palettes and design elements when shopping for new furniture, consider the experience of sinking into a deep-seat sofa. We will be seeing a lot of softness, like velvet and mohair. These textures can really elevate a space, especially because these deep chairs bring vibrant energy to a room.

From Pantone's colour of the year Mocha Mousse to the increasing popularity of earth tones, it's no surprise the browns and greens are set to dominate this year's sofa trends.

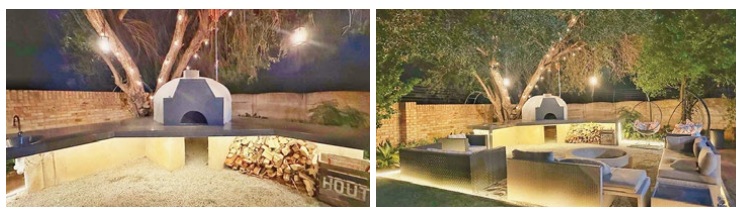
Speaking of embracing tradition, consider going with an old-school silhouette; the Chesterfield. It is a timeless design that effortlessly adapts to various interior styles. Select unexpected upholstery like a rich colour or material instead of the typical leather to give this tufted style a fresh look.





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