Wow it’s 6 weeks already

I didn’t mean to keep you hanging on for this long but it’s taken a while to acclimatise to the altitude and the heat! I’m finding it fogs the brain!

To finish the story of my last blog – Virgin Atlantic made a special concession for Kat and flew her on the Friday night, just one day behind me. We were warned that we could expect to wait at cargo for several hours, but maybe because it was because the Rugby Cup Final was about to start that the State vet didn’t keep us waiting and released Kat into our care within the hour. Hats off to @PetAirUK who arranged everything and went above and beyond to get Kat away safely, she has settled in to her new home so well.

You may recall from another previous blog that when I moved from urban to suburban in June I set the alarm for 5.30am to walk Kat when there was less chance of meeting other people and dogs (this was before Eric trained us). Now we walk at sparrow-fart because it gets too hot from 7am onwards! We don’t need an alarm to wake us in the morning, as soon as dawn breaks the birds start trilling and the hadedas start ha- ha-ring and that wakes Kat up with a bound onto the bed for her morning cuddle, then into Georgie’s for a double helping!

So what's changed?

It’s 18 months since I was last in Johannesburg and my impressions haven’t changed – it’s clean, everyone smiles, they’re polite, the standard greeting is ‘how are you today?’ At this time of year (early summer) the Jacaranda trees are in full bloom and the geckos are busy keeping the house free of mosquitos (those little wotsits love me). The variety, quality and colour of goods in the shops is stunning and there is an almost overwhelming choice of amazing restaurants and eateries – my favourite so far is #LeafyGreens at Muldersdrift - a vegan foodie’s heaven! It’s hard to beat for Sunday lunch sitting outside under huge sun umbrellas, surrounded by tropical flowers and trees.

I’m not sure if I’ve told you about the house we are renting? It’s gorgeous and so perfect for us. High ceilings and open plan with tri fold doors from the second lounge opening on to the pool, so a cool breeze is always welcoming even on the hottest of days. Loads of security, cameras inside and out, alarm system, electric gates, electric fence topping 10ft high walls that surround us and a very efficient security service with #cortac. We inadvertently hit the panic button on the key fob as we were leaving for the dog park early one morning and it was simultaneously reassuring and disturbing to find two armed guards on the doorstep within minutes to check we were ok!

I’m almost in a routine

I started back at Yoga this week at #virginactiveSA (bliss), but usually I get up, sip on hot water with a slice of lemon, walk Kat in the dog park,