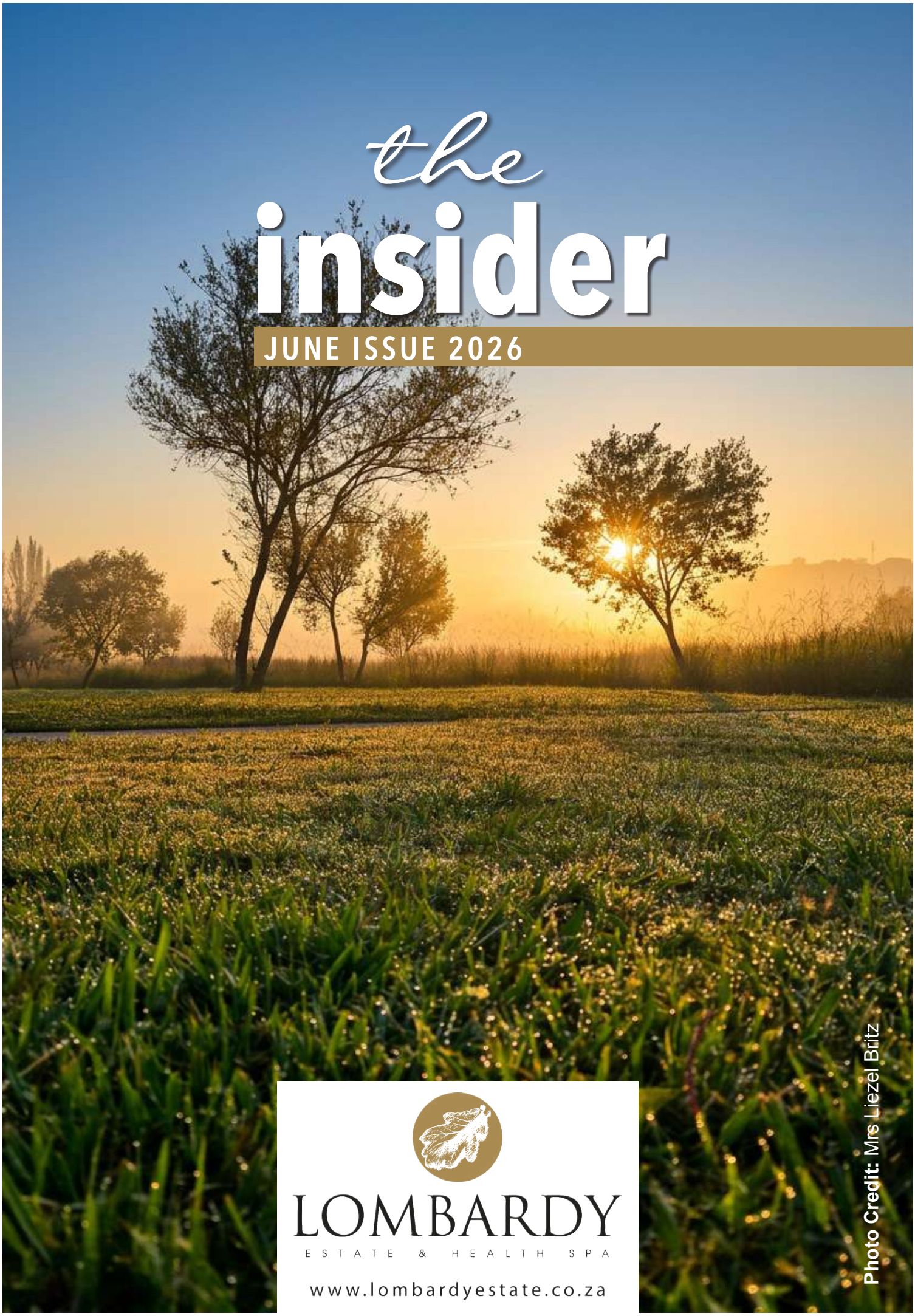

the insider

JUNE ISSUE 2026

LOMBARDY

ESTATE & HEALTH SPA

www.lombardyestate.co.za

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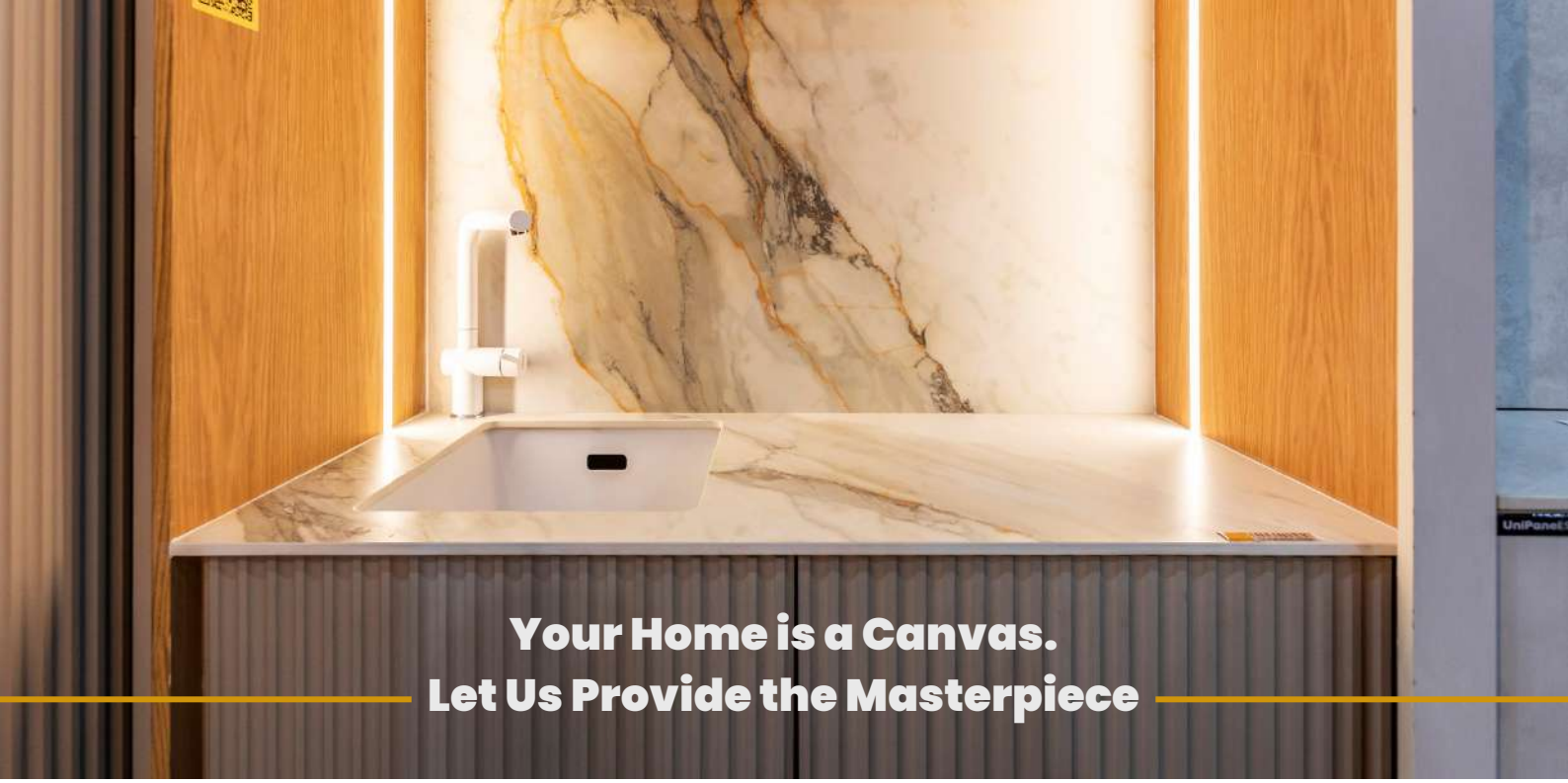
LOMBARDY
ESTATE & HEALTH SPA

Disclaimer: This e-Magazine is produced especially for residents/owners of Lombardy Estate & Health spa to provide updates and useful information. It is produced by K-Studio on behalf of Lombardy Estate & Health spa HOA. Although every effort is taken to ensure accuracy of content, The Lombardy Estate & Health spa HOA and/or the Publisher, cannot be held liable for any inaccurate information, and may not agree with all opinions expressed in this publication.



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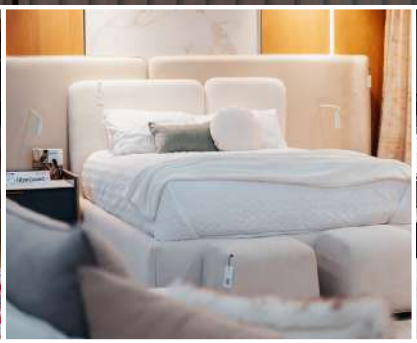


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Letter from the MANAGER

Dear Lombardy Residents,

June is here, which means it is both audit and budget season. As we review our financial year-end figures, it has once again become apparent that our debtors' book remains a significant concern.

While we are confident that a substantial portion of outstanding arrears will be recovered through auctions and private sales, the ongoing trend of unpaid levies remains troubling. Our estate relies on the regular payment of levies to remain secure, beautiful, and financially sustainable.

When you pay your monthly levies, your contribution goes directly towards protecting and enhancing your biggest investment — your home.

What Your Levies Fund

Top-Class Security

- Access control systems
- Security personnel
- Perimeter protection, including electric fencing, cameras, and patrols

Property Value Growth

- Maintenance of roads, parks, and common areas
- Preservation of the estate's overall appeal and market value

Estate Maintenance

- Landscaping and irrigation
- Refuse management
- Repairs and upkeep of estate infrastructure

Financial Stability

- Building reserve funds for future maintenance and capital projects
- Reducing the risk of costly special levies

When levy payments are delayed, it places an unfair financial burden on those residents who pay on time and may impact the estate's ability to maintain essential services and infrastructure.

We would like to sincerely thank all residents who consistently meet their levy obligations. Your contributions help ensure that Lombardy Estate remains one of the most desirable and secure estates in the region.

Understanding the Scale of Lombardy Estate

While we recognise that levy amounts may appear high when viewed in isolation, it is important to consider the scale and complexity of the estate we collectively maintain.

- Lombardy Estate spans approximately 87 hectares (870,000 m²) of pristine land, making it one of the largest residential estates in the eastern suburbs of Pretoria.
- 426 households currently call Lombardy

home, with a further 75 households still to be developed and welcomed into the community.
- Our stands range from approximately 970 m² to 2,200 m², among the largest in the area.
- As additional properties are developed and contribute levies, the financial burden can be shared more broadly across the community.
- Approximately 8.5 hectares (85,000 m²) consist of common property that must be maintained and irrigated.
- The estate also contains significant wetland areas that must be managed in compliance with environmental legislation and water management regulations.
- Our parks range in size from 2,000 m² to 17,100 m².
- Residents enjoy access to a beautiful clubhouse, children's play areas, and a tennis court, all of which require ongoing maintenance and upkeep.

Extensive Infrastructure and Services

Lombardy Estate maintains a substantial amount of infrastructure that many other estates rely on municipalities to service.

This includes:

- 47 lakes and ponds
- 22 dam pumps operating 24 hours a day
- 5 boreholes, currently being integrated into our extensive irrigation network
- A sophisticated irrigation system servicing common areas throughout the estate
- Two access-controlled entrance gates
- An on-site security control room
- A 4.2 km secured perimeter equipped with advanced surveillance systems and electric fencing
- Night-time security patrols and dog handlers

We are proud to report that there has not been a successful perimeter breach in more than five years, a testament to our proactive and comprehensive security approach.

In addition, the estate is responsible for maintaining:

- Internal roads and signage
- Stormwater infrastructure
- Street lighting
- Mini substations and electrical kiosks
- Power cables and meters
- Water meters
- Fire hydrants

Many of these services would ordinarily fall under municipal responsibility elsewhere.

Managing the Estate Efficiently

While our financial administration is managed by a professional managing agent, the ongoing development and operational requirements of the estate necessitate dedicated on-site personnel.

Our office administration and maintenance teams perform many functions internally, allowing us to reduce reliance on external contractors and manage costs more effectively. This approach helps deliver better value while ensuring faster response times and a higher standard of service.

Lombardy Estate remains committed to maintaining the exceptional standards that residents have come to expect. Continued support through the timely payment of levies is essential to achieving this goal and protecting the long-term value of our community.

Thank you for your continued support and cooperation.

Carli
Van der Westhuizen

Pet registration & microchipping



We have recently observed an increase in pets, particularly dogs, roaming the estate without collars and identification tags. This makes it difficult to identify owners and safely reunite pets with their families.

We kindly request all pet owners to ensure that their pets are registered with the HOA by completing the attached pet registration form. Registering your pet will greatly assist us in keeping your pets safe and ensuring a quick return should they wander off.

Please forward your completed pet registration form to: office@lombardyestate.co.za

In addition, the HOA is in discussions with a local veterinarian to arrange for a microchipping and vaccination day at the clubhouse. This initiative aims to ensure that pets are easily identifiable via a microchip scanning device while offering residents the convenience of having their pets microchipped and vaccinated on the estate. If you would be interested in having your pet microchipped or vaccinated, please complete the interest form below so that we can gauge participation and share further details:

Microchipping Interest Form: https://forms.gle/ejjJvHAMvLT2swVeA

National Recognition
for Lombardy's Landscaping Supervisor

The Lombardy Estate community would like to extend its heartfelt congratulations to Mr Tshepo Ndabana, our Landscaping Supervisor, on being awarded the prestigious Most Up-and-Coming Manager of the Year 2026 award at a national level.

Competing against numerous candidates from across South Africa, Tshepo's dedication, professionalism, leadership, and commitment to excellence earned him this well-deserved recognition.

Many residents will know Tshepo as the driving force behind the beautiful gardens, parks, wetlands, and common areas that contribute to the unique character of our estate. His passion for his work and continued personal growth have made him an invaluable member of the Lombardy team.

We are incredibly proud of this outstanding achievement and congratulate Tshepo on this well-deserved honour. We look forward to seeing his career continue to flourish in the years ahead.

Congratulations, Tshepo! Your Lombardy family celebrates this achievement with you and wishes you every success as your career continues to reach new heights.



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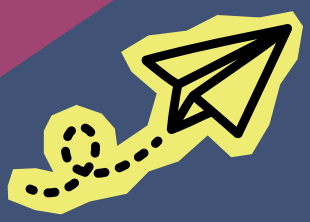

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autumn

Photo Competition

Winner

Our photo competition winner for the April/ May edition is **Mrs Liezel Britz**, who captured a stunning early-morning sunrise as mist gently rolled across our Eastern Wetland. The photograph beautifully showcases the tranquil natural beauty that makes Lombardy Estate such a special place to call home.

Congratulations, Liezel, and thank you for sharing this breathtaking moment with our community!





Capture the Season

As the estate transforms with the rich colours of autumn, we invite residents to take part in our Autumn Photo Competition.

From golden leaves and soft morning light to quiet moments in your garden or scenic estate views — we're looking for photographs that capture the beauty and essence of the season.

How to enter:

- Submit your best autumn-inspired photos to gm@lombardyestate.co.za
- Include your name and stand number in your submission
- Multiple entries are welcome

Closing Date:

- 18 July 2026

Selected photos will be featured in our upcoming magazine edition, showcasing the talent and perspective within our community. **We look forward to seeing Lombardy through your lens.**

Host Your Next Function

at the Lombardy Clubhouse

Looking for the perfect venue for a birthday celebration, family gathering, baby shower, kitchen tea, or special occasion? Why not make use of our beautiful clubhouse facilities right here in the estate?

The Lombardy Clubhouse offers a spacious venue with ample parking, scenic surroundings, and plenty of room for children to play. Guests can also enjoy access to three braai areas situated alongside the clubhouse dam, creating the perfect setting for a relaxed and memorable gathering.

Clubhouse Hire

Monday to Saturday: 09h00 – 18h00
Sundays: Not available

Rental Fee: R1,500.00 per day
Refundable Deposit: R2,500.00

Both the rental fee and deposit are payable via EFT at least 10 days prior to the booking date. The deposit, or the remaining balance thereof after any deductions, will be credited to the owner's levy account.

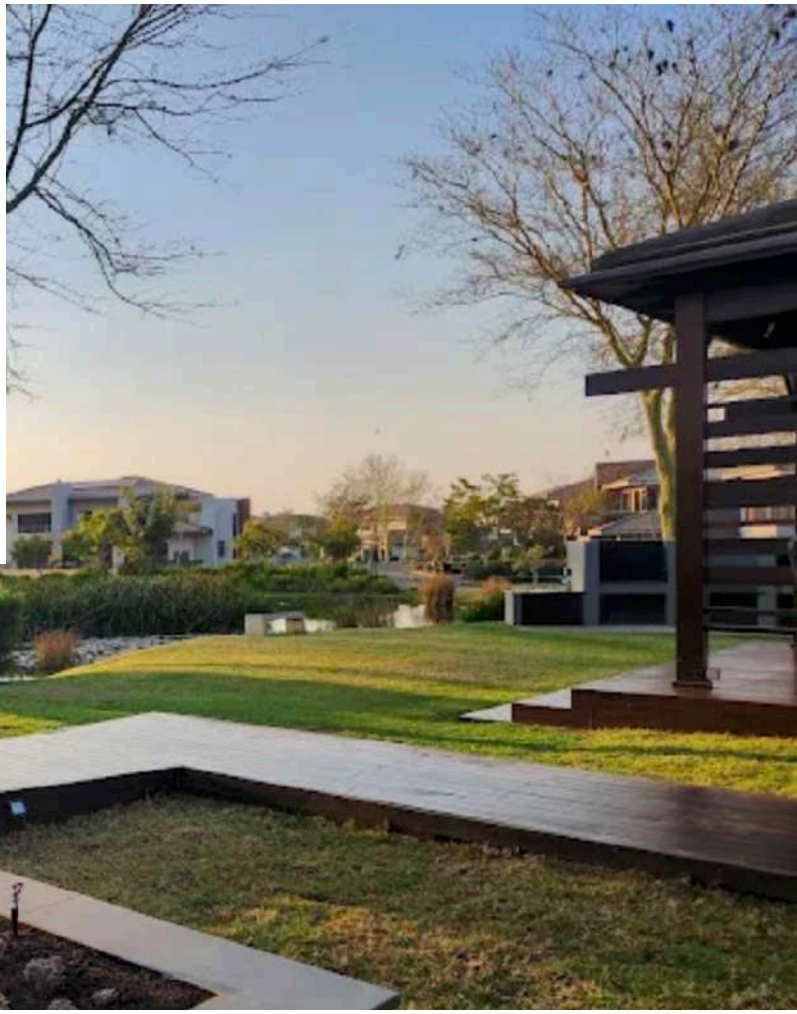
Business Meetings & Conferences

The clubhouse may also be booked for weekday business meetings, workshops, or conferences, subject to approval by the Board of Directors.

Weekdays: 08h00 – 17h00

Rate: R600.00 per morning or afternoon session

For bookings and further information, please contact the Estate Office on 012 809 0903



A Heartbreaking Reminder

of the Importance of E-Scooter Safety



Many of us have watched the growing popularity of electric scooters within residential estates. They are fun, convenient, and often seen as a harmless way for children to spend time outdoors. However, a recent tragedy in Pretoria serves as a sobering reminder that serious accidents can occur in a matter of seconds.

In May 2026, 12-year-old Pretoria schoolgirl Kira Meyer suffered a devastating head injury after falling from an electric scooter while riding within her residential complex. Despite being airlifted to hospital and receiving extensive medical treatment, she sadly passed away days later. Reports indicate that she was wearing a helmet at the time of the accident, highlighting just how severe and unpredictable these incidents can be. https://www.citizen.co.za/network-news/lnn/article/pretoria-girl-12-dies-after-electric-scooter-accident/

Our thoughts and condolences remain with Kira's family, friends, and school community during this incredibly difficult time.

While incidents of this nature are thankfully rare, they remind us that electric scooters are not toys. Many models are capable of speeds exceeding 20 km/h and require the same level of awareness, caution, and responsibility as bicycles and other vehicles.

Particular concern has been raised regarding children riding e-scooters without helmets, carrying passengers, using mobile phones while riding, travelling after dark, or crossing roads without stopping to check for oncoming traffic. These behaviours significantly increase the risk of accidents.

Residents are reminded that estate roads are shared spaces used by motorists, pedestrians, joggers, domestic workers, visitors, pets, and children. Courtesy and caution are essential to ensure everyone's safety.

Parents are encouraged to:

- Supervise younger children while riding.
- Ensure riders wear appropriate safety gear, including helmets.
- Educate children about road safety and right of way.
- Prohibit dangerous manoeuvres, racing, and riding in groups that obstruct roads.
- Ensure e-scooters are used responsibly and at safe speeds.

As a community, we all share the responsibility of creating a safe environment for our families. A moment of caution today can prevent a life-changing accident tomorrow.

Let's work together to keep Lombardy Estate safe for everyone.



Your Indoor Plants Are Feeling Winter Too

written by Tobia von Zwietring

I've noticed it in my own home lately.

Plants that absolutely thrived during summer suddenly started looking tired. Leaves began turning yellow, some started drooping, and a few even lost leaves overnight.

During summer our homes are filled with fresh air, open windows, sunlight, and warmth. In winter, everything changes. Windows stay closed because it's too cold, the air becomes drier, heaters come on, and sunlight suddenly disappears much earlier in the day.

Our homes become completely different environments, and our indoor plants feel it too.

Too Much Water Can Actually Be the Problem

One of the biggest mistakes many of us make in winter is continuing the exact same watering routine we used in summer.

But plants grow slower in winter. The soil stays wet for much longer, especially in colder rooms with less sunlight. I realised some of my plants were not struggling because they were thirsty, they were struggling because the roots were staying too wet.

Now I always check the soil first before watering, and it's made a huge difference already.

2 Less Sunlight Affects Plants More Than We Think

Even bright rooms feel darker in winter.

I've noticed that some plants that loved a specific corner during summer are suddenly unhappy there now. They become leggy, lose colour, or stop growing altogether simply because they are not getting enough light anymore.

Moving a few plants closer to windows helped almost immediately.

It's amazing how sensitive plants actually are to seasonal changes inside a home.

”Winter changes your home environment completely, and your plants feel every bit of it.”

3 Dry Winter Air Is Tough on Plants

Between heaters, fireplaces, and closed windows, indoor air becomes incredibly dry during winter. Some of my plants developed brown edges almost overnight.

Plants naturally enjoy a bit of humidity and airflow, which we unknowingly remove during colder months.

I’ve started grouping some plants together, and it actually seems to help create a slightly more balanced environment around them.

4 Dusty Leaves Also Matter

Because homes stay closed up more during winter, dust builds up far quicker indoors.

I recently wiped down the leaves on a few plants and honestly couldn’t believe the difference afterwards. The leaves looked shinier, healthier, and apparently it also helps them absorb more light properly.

Sometimes the smallest things make the biggest difference.

5 Some Plants Simply Handle Winter Better

Not every plant enjoys winter indoors equally.

The plants coping best in home now seem to be:

- Snake Plants
- Zz Plants
- Pothos
- Monsteras
- Rubber Plants
- Philodendrons

They seem far more forgiving during colder months, especially in rooms with less sunlight and drier air.

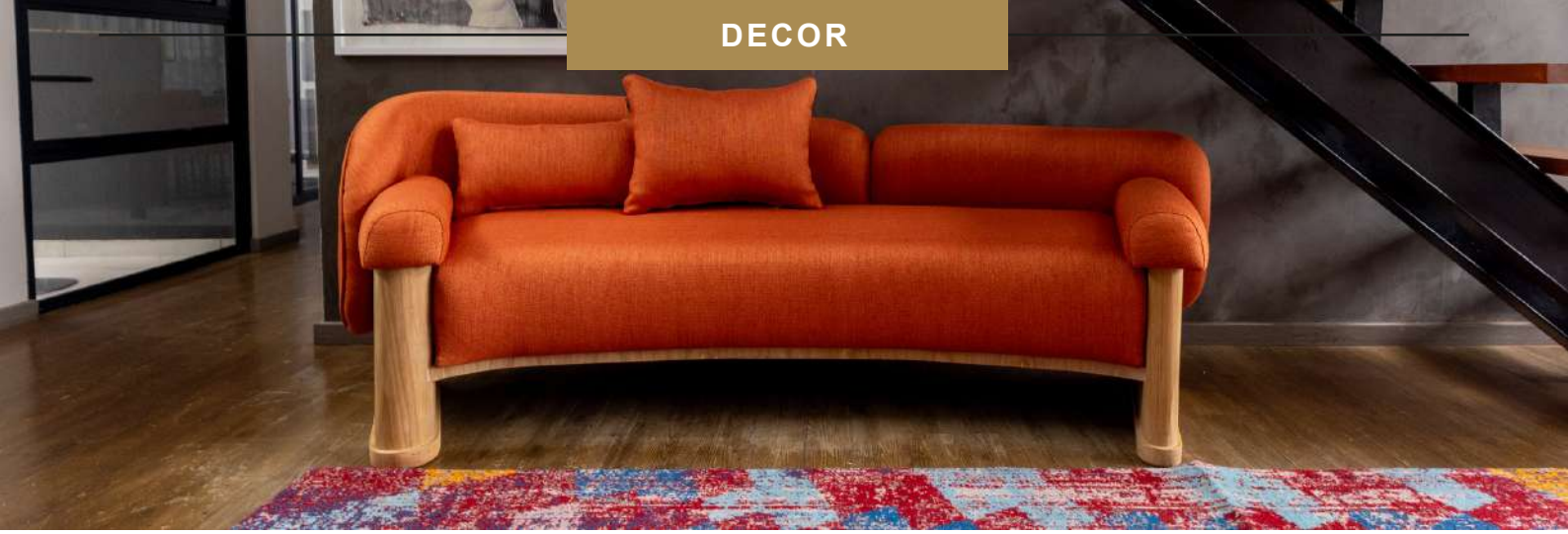
6 Indoor Plants Make a Home Feel Alive

Especially in winter, when gardens become quieter and we spend more time indoors, plants soften a space and make a home feel warmer and more alive.

And maybe that’s why we notice so quickly when they start struggling too.

So if your indoor plants are suddenly looking unhappy this winter, you’re definitely not alone. They’re simply adjusting to the season, **just like we are.**





ARCHITECTURE OF BELONGING: CRAFTING THE INTERIOR NARRATIVE

A luxury home is never defined by square meters alone. While architecture provides the structure, light, and proportion, it is the interior experience that determines how a space is truly lived in, felt, and remembered.

Today's luxury homeowner seeks more than beautiful rooms. They seek identity, intentionality, and spaces that feel deeply personal. The era of superficial styling and generic, mass-produced interiors is fading. In its place emerges a more sophisticated approach, one where interior design and bespoke manufacturing work in harmony to create homes with lasting emotional and architectural value.

When every detail, from spatial planning to the precision of bespoke joinery, is considered as part of one cohesive vision, a residence transforms into something extraordinary: a sanctuary designed entirely around the people who inhabit it.

For homeowners looking to elevate their living environments, these four principles form the foundation of intentional luxury design.

MASTER THE VOLUME: DESIGNING FOR SCALE AND FLOW

One of the greatest challenges in expansive, open-plan homes is maintaining warmth and intimacy within large volumes of space. Without thoughtful spatial planning, even the most impressive architecture can feel disconnected and impersonal.

Rather than fragmenting spaces with unnecessary walls, use architectural joinery and custom-designed furnishings to define purposeful zones while preserving openness and flow.

A floating dual-aspect media unit, a sculptural sideboard, or integrated floor-to-ceiling cabinetry can subtly separate living, dining, and entertainment areas without interrupting the natural rhythm of the home. The result is a space that feels expansive yet grounded, elegant without sacrificing comfort.





At Ezomdabu Concepts, we believe interior architecture and custom craftsmanship are inseparable.

INVEST IN STRUCTURAL STATEMENT PIECES

Furniture should never feel secondary to the architecture around it. Mass-produced pieces often compromise proportion, material quality, and spatial harmony, diminishing the overall visual impact of a room.

We advocate for the use of fewer, more intentional pieces designed specifically for the home they inhabit.

A custom-configured modular sofa upholstered in richly textured fabric. A handcrafted dining table designed as the centerpiece of gathering and conversation. Bespoke furnishings bring permanence, presence, and identity into a space.

When thoughtfully designed, furniture becomes an extension of the architecture itself. Timeless pieces that carry both function and legacy.

LAYER TEXTURE TO CREATE DEPTH AND CONTRAST

Minimal interiors often risk feeling sterile when materials lack contrast and dimension. True luxury engages the senses. It is experienced not only visually, but through texture, warmth, and materiality.

Create visual richness through carefully layered contrasts. Soft textiles against brushed metals. Organic timber against ultra-matte cabinetry; full-grain leather paired with textured stone or steel.

These combinations introduce tension, balance, and sophistication, allowing contemporary spaces to feel refined yet deeply inviting. Luxury lives in the details and often, in the materials you feel before you fully notice them.



CONCEAL THE FUNCTIONAL TO PRESERVE THE BEAUTIFUL

An exceptional interior should feel effortless. Clutter, exposed mechanics, and poorly integrated storage interrupt the calm and clarity that define premium living.

Through seamless, flush-fit custom cabinetry and integrated storage solutions, we design spaces where functionality remains invisible.

Pocket doors conceal fully equipped coffee stations and prep kitchens. Floating entertainment units discreetly manage cables and technology. Hidden storage preserves clean architectural lines while allowing curated furniture, artwork, and finishes to command attention.

The goal is simple: visual silence that allows the design to breathe.

At Ezomdabu Concepts, we approach every project holistically. Bridging conceptual interior design with meticulous, hands-on craftsmanship.

Contact Ezomdabu Concepts to arrange a private consultation for interior design and bespoke joinery, and receive 10% off on accepted quotes using code "K10JULY".

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What Does Dad Want?

Every Father's Day, families across the world ask the same question: What would you like for Father's Day? And every year, dads seem to give exactly the same answer. **"Nothing."**

Not a hint. Not a suggestion.
Just... nothing.

It's enough to drive spouses and children slightly mad. After all, there must be something he'd like, right?

The truth is, dads are probably the hardest people on earth to buy gifts for. They don't make wish lists. They don't casually leave online shopping tabs open for everyone to discover. And if they really want something, they've usually bought it themselves long before Father's Day arrives.

The funny thing is that most dads aren't complicated at all. In fact, they're often the simplest people in the family. They enjoy the little things. A good braai. A day outdoors. A family gathering. Watching their favourite sport with something cold in hand. So why do so many insist they don't want anything?

Part of it may come down to the role many fathers have played throughout their lives. They're used to being the providers, the problem-solvers, the ones making sure everyone else is taken care of first. Being the centre of attention doesn't always come naturally, and receiving gifts can sometimes feel less important than seeing their family happy.

That doesn't mean Father's Day isn't important. In fact, it's often the thought behind the gift that matters most. Dads may not always say it, but they notice the effort. They appreciate the fact that someone took the time to think about what they would enjoy.

The best gifts are rarely the most expensive. They're the ones that feel personal. A gift

linked to a hobby, an interest, or something Dad genuinely enjoys doing. It's often those practical, meaningful gifts that end up being used for years and become part of family memories.

That's one of the reasons we love the idea behind Donkey Long Tong. Their range is built around the things many South African dads already enjoy: braaiing, camping, outdoor adventures, and spending time with family and friends. These aren't gifts that get tucked away in a drawer and forgotten about. They're made to be used, enjoyed, and become part of the stories Dad will tell for years to come.

"Most dads don't want a big fuss. They just want to know they're appreciated."

So, what does Dad really want this Father's Day?

The answer probably isn't "nothing."

More often than not, it's knowing that the people he loves took the time to think about him. And if you're still searching for the perfect gift, we've made it easy. Simply scan the QR code, follow our social media pages, and enter our Father's Day competition for a chance to win a Donkey Long Tong gift Dad will genuinely appreciate.

Because while Dad may say he wants nothing, we all know he deserves something special this Father's Day.

Competition

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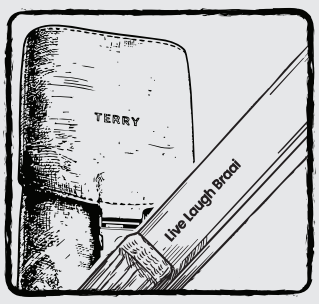

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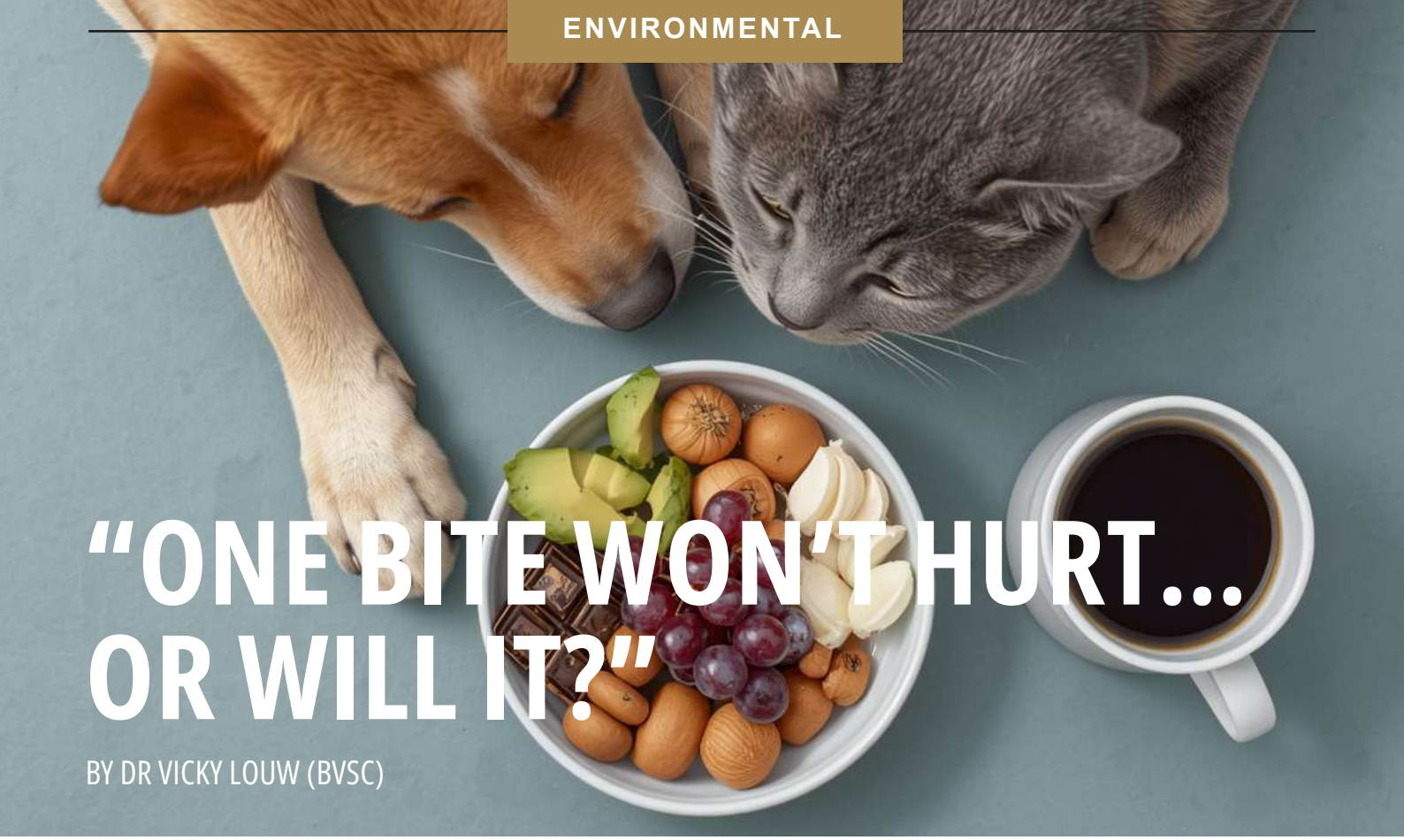


"ONE BITE WON'T HURT... OR WILL IT?"

BY DR VICKY LOUW (BVSC)

Human Food for Pets: What's Safe and What's Not.

Our pets are family, and most owners have experienced those pleading eyes at the dinner table. While sharing a small snack may seem harmless, some human foods are safe for pets, while others can cause serious illness.
Here's a simple guide to what's generally safe — and what should never be shared with your dog or cat.

Safe Foods and what to rather avoid:



Plain Cooked Meat
Lean, unseasoned cooked and deboned/ deshelled meat is usually one of the safest treats for both dogs and cats.

But avoid: fat trimmings, smoked, marinated or salty meats, garlic or onion flavouring, too much tuna may contribute to nutritional imbalances, especially in cats.



Eggs
Boiled eggs are a healthy source of protein for both dogs and cats.

Exotic Doesn't Mean Exempt:

But avoid: Raw eggs can contain bacteria like Salmonella and E. coli. Raw egg whites contain a protein called avidin, which can interfere with the absorption of biotin (Vitamin B7). This can lead to skin issues and poor coat quality and nutritional imbalances.

Vegetables, Roots, Legumes
Carrots (cooked or raw), pumpkin (cooked), green beans (cooked or raw), sweet potato (cooked), cucumber (raw), rice (cooked), red lentils (cooked), oats (cooked) and plain pasta (cooked).

But avoid: Raw potatoes, especially green potatoes or green potato peels, contain natural toxins called glycoalkaloids, including solanine. Raw or undercooked beians like kidney beans contain natural substances coalled lectins, which can be toxic and cause gastrointestinal upset.

Fruits
Apples (without seeds), bananas, blueberries, watermelon

But avoid: Avocado, citrus, seeds and pits, unripe, green tomatoes, tomato leaves, tomato stems (contain compounds called solanine and tomatine, may cause toxicity

Dairy
Small amounts of plain yoghurt or mild cheese may be tolerated by some pets.

But avoid: blue cheese and mould-ripened cheeses.These can contain substances called roquefortine toxins, which are produced by the moulds used during the cheese-making process.

Important: Foods and beverages that can kill

Alcohol is highly toxic to dogs and cats, even in relatively small amounts. Also consider fermenting dough, alcoholic desserts, liqueur chocolates.

Coffee, Tea & Energy Drinks
Caffeine is toxic to pets. Keep coffee grounds and tea bags safely out of reach.

Xylitol
Xylitol is an artificial sweetener found in sugar-free gum and sweets, some peanut butters, certain baked products. It is extremely toxic to dogs and can cause severe low blood sugar and liver failure.

Chocolate
Especially dark chocolate, baking chocolate and cocoa powder contain high levels of caffeine and theobromine from cacao beans. Dogs and cats cannot metabolise these substances effectively, causing overstimulation of the nervous system and heart that can become life-threatening.

Onions, garlic, leeks and chives
These compounds cause oxidative damage to the red blood cells, making them fragile and causing them to break apart prematurely — a condition called haemolytic anaemia. These are often hidden in gravies, sauces and leftovers.

Grapes, Raisins, Sultanas and Currants
Should never be fed to dogs. Even small amounts can cause sudden and potentially fatal kidney failure in some dogs. The exact toxic substance is still not fully understood, which makes these poisonings unpredictable.

Macadamia nuts
Macadamia nuts are highly toxic to dogs, although the exact toxin is still unknown. Even small amounts can cause poisoning.

Nutmeg
Nutmeg contains a compound called myristicin, which can affect the nervous system and become toxic when enough is consumed. Dogs are most commonly affected, although other pets may also be sensitive.

Bones
Cooked bones can splinter and cause broken teeth but most importantly choking, intestinal obstruction and internal injury.



A good rule of thumb:

When sharing food with your pet:

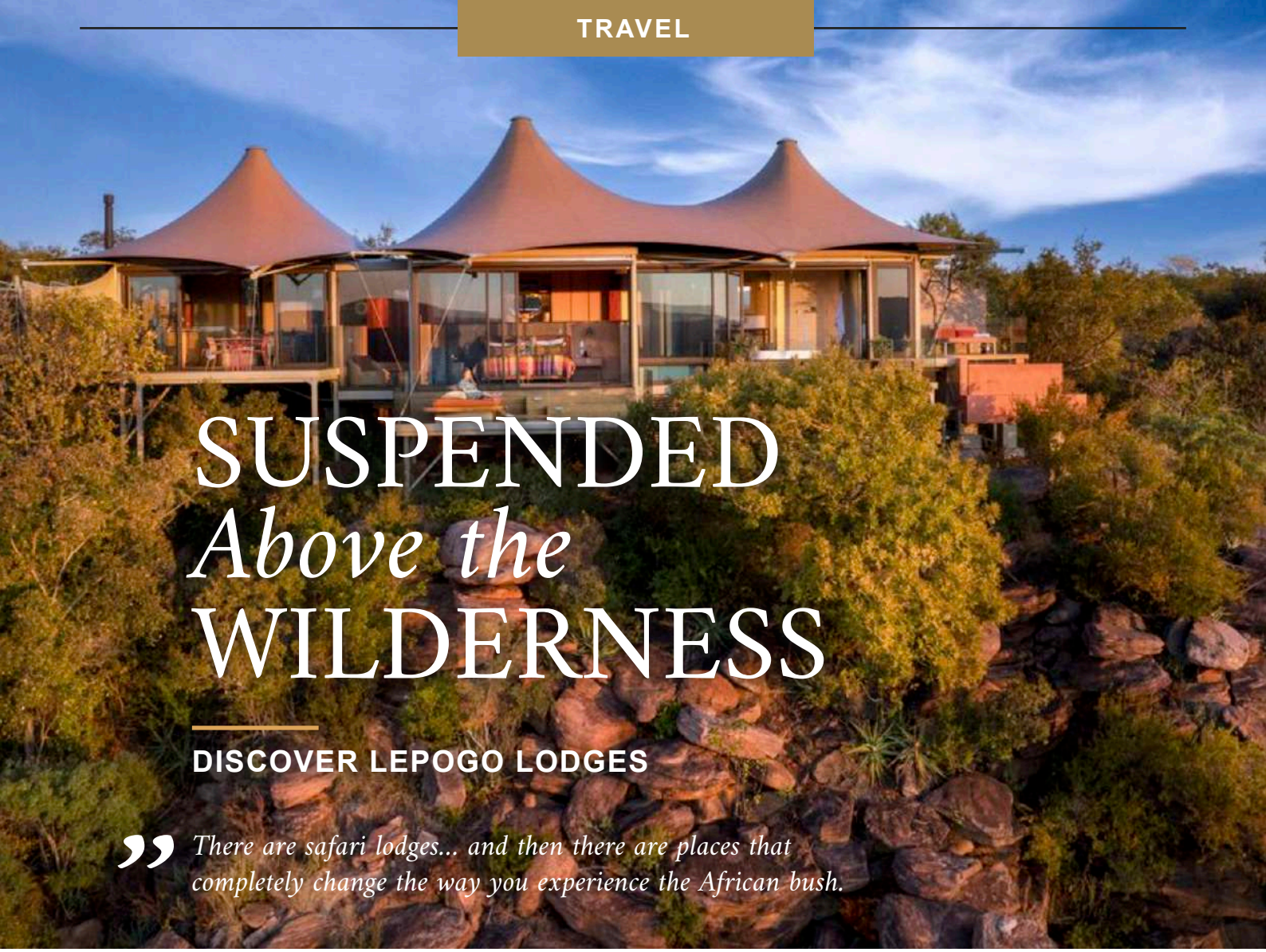
- No salted or sweetened foods
- No spicy, heavily seasoned or smoked foods
- Yes to plain, cooked, deboned meat
- Always double-check the safety of plants, herbs and spices before offering them
- And remember: the only beverage pets truly need is fresh water

When in doubt, rather avoid it or ask your veterinarian first.



Conclusion

Sharing food with your pet involves responsibility. While some human foods are safe and nutritious in small amounts, others can be dangerous or life-threatening. It's best to keep treats simple, plain, and pet-appropriate, avoiding sharing from your plate. When unsure, skip it or check with your vet, as one bite can make a difference.



SUSPENDED *Above the* WILDERNESS

DISCOVER LEPOGO LODGES

There are safari lodges... and then there are places that completely change the way you experience the African bush.

Hidden deep within the untouched wilderness of the Lapalala Wilderness Reserve, Lepogo Lodges offers something rare: a luxury safari experience that feels wildly exclusive, deeply personal, and surprisingly meaningful.

Just a few hours from Johannesburg, this breathtaking destination is malaria free and one of South Africa's most talked-about luxury escapes, it's easy to see why.

A Safari Experience Unlike Any Other

Perched dramatically on a cliff edge above the Palala River, Noka Camp at Lepogo Lodges feels almost suspended in nature. Glass-fronted villas overlook endless wilderness, each with private plunge pools, sky beds for sleeping under the stars, outdoor showers, and interiors that blend modern design with earthy African textures. But what truly sets Lepogo apart is the feeling of privacy.

As the only operator on a 50,000 hectare reserve, guests often spend hours on safari without seeing another vehicle. No crowds. No traffic jams around sightings. Just the sounds of the bush, open landscapes, and unforgettable wildlife encounters.

And yes, the wildlife is extraordinary.

The reserve is home to the Big Five, as well as cheetah, wild dogs, rare antelope species, an abundance of wildlife, and hundreds of bird species, all set against the breathtaking landscapes of the Waterberg region. Guests can enjoy unforgettable game drives, guided walking safaris, river experiences, stargazing under clear African skies, bush breakfasts, and even visits to ancient rock art sites.

"This is not just a safari. It's a complete reset for the soul."

Luxury With Purpose

What makes Lepogo even more remarkable is that it operates as a non-profit luxury lodge. Every profit generated goes back into conservation, wildlife protection, and surrounding communities.

The lodge is heavily focused on sustainability, from solar-powered infrastructure to carbon offset programmes and conservation initiatives protecting species like rhino and cheetah.

In a world where luxury travel often feels disconnected from impact, Lepogo has managed to combine both beautifully.

Guests are not simply observing nature from a distance. They are contributing to preserving it.

Why Everyone Is Talking About It

International travel publications, luxury travellers, and safari enthusiasts are all lavishing praise on this hidden gem. Visitors consistently describe the lodge as "life-changing," praising everything from the breathtaking architecture and exceptional cuisine to the intimate wildlife encounters and warm hospitality.

The lodges are situated within South Africa's first Dark Sky Park which was recently awarded to Lapalala Wilderness where minimal light pollution allows for extraordinary stargazing and unforgettable nights beneath the Milky Way (weather permitting!)









Imagine falling asleep beneath a canopy of African stars, hearing lions roaring somewhere in the distance while the river flows below your villa. It's the kind of experience people remember forever.

The Perfect South African Bucket List Escape

While many luxury safari destinations market mainly to overseas travellers, Lepogo has become a local bucket-list escape for South Africans wanting something extraordinary close to home. Whether it's a romantic getaway, milestone celebration, family trip, or simply a break from busy city life, the experience feels immersive from the moment you enter the reserve. Unlike many crowded safari destinations, Lapalala still feels untouched. **Quiet. Raw. Wild.** Exactly the way nature should be.

"Some places impress you. Others stay with you long after you leave. Lepogo does both."







LEPOGO LODGES







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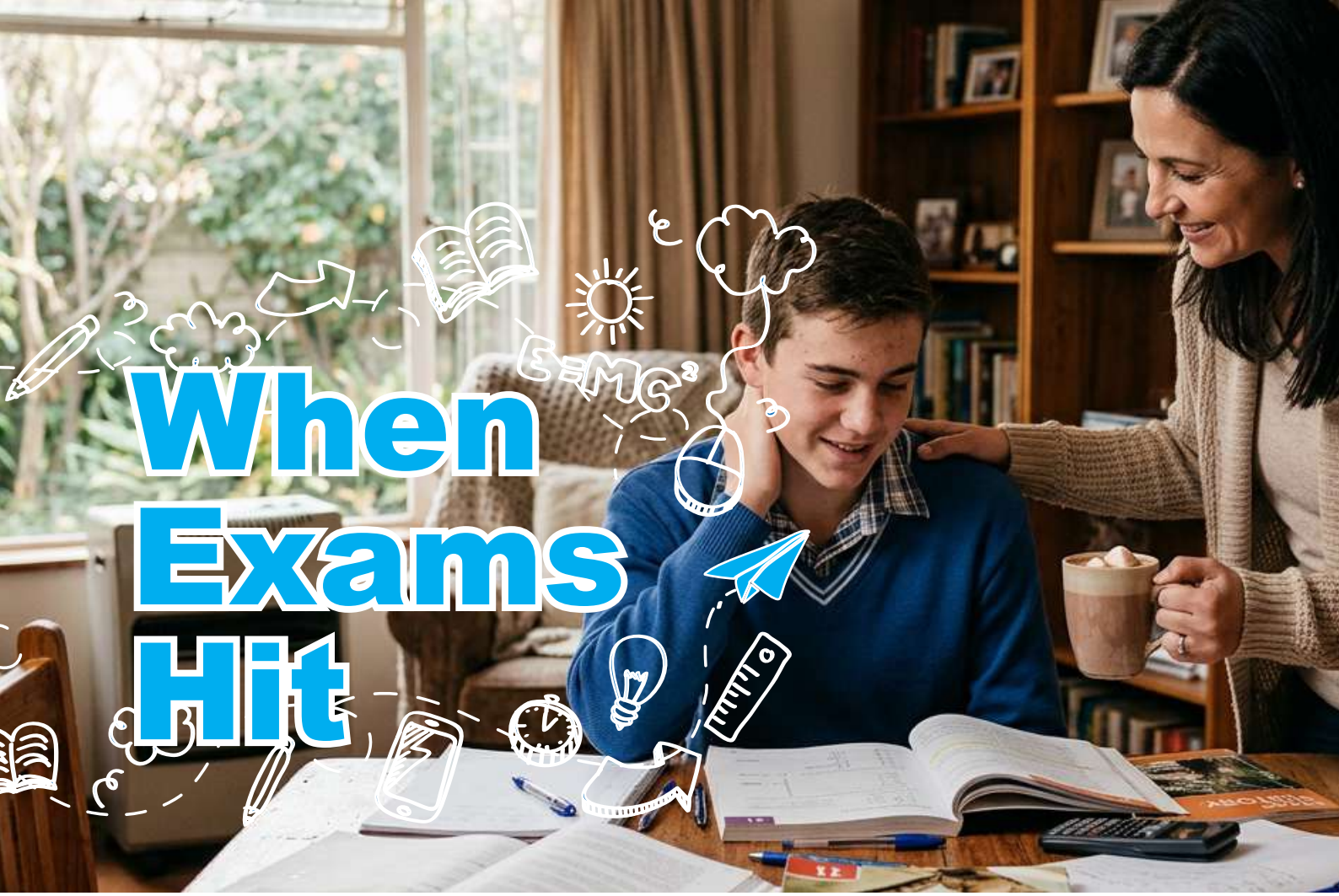

When Exams Hit

If your home feels a little more tense than usual right now, you're probably not alone.

June exams have a way of changing the atmosphere in a household. Suddenly everyone seems a little more stressed. The dining room table disappears under textbooks, study schedules cover the fridge, and conversations often start with, "How much studying have you done today?"

As parents, we naturally want our children to do well. We remind them to study, help them prepare, and encourage them to give their best. But during exam season, I've often wondered whether our children need something even more important than study notes.

They need support.

Not every child shows stress in the same way. Some become emotional. Others get irritable. Some suddenly complain of headaches or stomach aches. Others spend hours staring at their books but struggle to focus.

What looks like laziness is often anxiety. What looks like attitude can sometimes be overwhelm.

The pressure children face today is very different from what many of us experienced growing up. Along with exams, they are dealing with sport commitments, friendship

challenges, busy schedules, social media, and the constant feeling that they need to keep up.

Sometimes the best thing we can do is remind them that one exam does not define who they are.That does not mean lowering expectations. It means helping them keep perspective.

A child who feels calm, supported, and confident often performs better than one who feels pressured every minute of the day.

The Little Things Matter

When exam season arrives, parents often focus on study timetables, extra lessons, and revision notes. While those things certainly help, it is often the small everyday actions that make the biggest difference.

Making their favourite meal. Sitting with them while they study. Taking a short walk together. Watching an episode of a favourite series after a productive afternoon. These moments remind children that life continues beyond the next test paper.

One thing many parents forget is that rest is productive. A walk around the block, a family meal, or even a good laugh can sometimes do more for concentration than another hour of staring at notes.



Sleep is equally important. A tired brain struggles to absorb information, no matter how many hours a child spends studying. Sometimes the most productive thing they can do is close the books and get a good night's rest.

What Parents Can Say Instead

During exams, children often hear questions like:

"Have you studied enough?"

"Are you ready?"

"What mark do you think you'll get?"

While these questions come from a place of love, they can sometimes add to the pressure.

Instead, try asking:

"How are you feeling about tomorrow?"

"Is there anything I can do to help?"

"What can we do to make this week a little easier?"

Those small changes can make children feel supported rather than evaluated.

More Than A Report Card

Exams are important, but they are only one chapter in a much bigger story.

Years from now, your child probably won't remember every mark they received. They will remember how they felt during this season and whether the people around them made them feel supported, encouraged, and loved.

The goal is not only to raise successful students. It is to raise resilient, confident young people who know their worth is not determined by a percentage on a piece of paper.

As exam season continues, perhaps the most important message we can give our children is this:

Do your best.

We'll be proud of you anyway.

"Sometimes the most valuable thing a parent can say during exams is, 'I'm proud of you, no matter what happens."

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WINTER WELLNESS

From the inside out

The habits that seem small today may be the ones that carry you strongest through winter.

As winter settles in and the temperatures drop, many of us start reaching for jerseys, blankets, and hot drinks. While there's nothing wrong with getting comfortable, winter is also the season when colds, flu, and other seasonal illnesses tend to make the rounds.

The good news? Supporting your immune system doesn't require complicated routines or expensive supplements. In many cases, it's the simple daily habits that make the biggest difference.

Small, consistent choices can strengthen your body's natural defences, lift your mood and help you feel your best all winter long.

Move your body. Eat nourishing foods. Get outside when you can. Prioritise sleep. Manage stress. Drink enough water.
These small actions add up to something powerful.

1 Move More Than You Feel Like

Let's be honest. When it's cold outside, exercise is often the last thing we feel like doing.

Yet regular movement plays an important role in overall health and immune function. It improves circulation, supports better sleep, and can boost your mood during the colder months.

The key is not to overcomplicate it. A walk around the estate, a gym session, yoga, stretching, or even dancing around the house all count. Consistency matters more than intensity.

2 Your Gut Is Part of the Wellness Puzzle

Many people are surprised to learn that a large portion of the immune system is linked to the gut.

Winter is a great time to focus on nourishing meals. Think colourful vegetables, fruit, whole grains, legumes, and fibre-rich foods. Fermented foods such as yoghurt and kefir can also help support a healthy gut environment.

Rather than focusing on individual “superfoods”, aim for variety. The more colourful your plate, the better.

3 Don’t Ignore Vitamin D

During winter, many of us spend less time outdoors and more time inside. This can affect vitamin D levels.

Vitamin D plays an important role in immune health, which is why spending time outdoors during daylight hours can be beneficial, even on cooler days.

A quick walk in the sunshine may do more for your wellbeing than you realise.

4 Sleep Is Your Secret Weapon

When life gets busy, sleep is often the first thing we sacrifice. Unfortunately, it’s also one of the most important factors for staying healthy.

Quality sleep allows the body to repair, recover, and regulate many of the systems involved in immune function.
Aim for a consistent bedtime and create a sleep environment that is cool, dark, and comfortable.

Manage Stress Before It Manages You

Winter can sometimes feel long. Shorter days, busy schedules, and everyday pressures can all contribute to stress.

Finding small ways to recharge can have a surprisingly positive effect. Read a book, spend time outdoors, enjoy a coffee with a friend, or simply slow down for a few minutes each day.

Wellness is not just about what you eat or how much you exercise. It’s also about taking care of your mental and emotional wellbeing.

6 Small Habits, Big Impact

There is no magic solution for perfect health during winter. However, small daily choices can add up over time.

This winter, focus less on perfection and more on consistency. Your body will thank you for it.

“The habits that seem small today may be the ones that carry you strongest through winter.”









5 SIMPLE WINTER WELLNESS HABITS

MOVE DAILY

EAT COLOURFUL FOODS

GET ENOUGH SLEEP

SPEND TIME OUTDOORS

MANAGE STRESS

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