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Creating an Engaged Community

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

JUNE - JULY 2023

Going The Distance





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This issue we focus on inspiration – those people who are going the distance be it in their chosen sport (Big Hitter – page 16), or in their vocation (Raising Women of Stature – page 21). We hope that these stories inspire you as they did us, to follow our own dreams, to change the course you are currently on, or to make a difference in someone else's life.

We also would like to take this opportunity to thank our Residents who support our blood drive every six weeks on the Estate. At 94 successful donations for our May Blood Drive, we are just six donations shy of our 100 target and 300 lives saved.

Join us in supporting RE/MAX Masters Coats and Cans Campaign. You may have seen the red bins, ready and waiting, for donations of canned foods, blankets and clothes – that will all be distributed via the Supper Foundation to those in need this winter. Please help this worthy cause.

The CGFA (Community Group Firefighter Association) have created a stationery collection for an NPC primary school in the area who currently care for children from disadvantaged backgrounds between the ages of 6 and 13. Please help support this worthy cause by donating stationery and school supplies (such as reading books, notebooks, etc). The box is available at the Clubhouse until the 1st July.

Research shows that by giving to others, we actually improve our health and wellbeing as well. Not only does giving make us feel good, helps us to build community and build social connections, but this benefits our health as well – Research out of the Cleveland Clinic, reveals that giving back boosts those feel-good hormones in your brain (serotonin, dopamine and oxytocin), as well as helps to lower blood pressure and reduce stress.

Wishing you all a healthy and happy June and July.

*Please share your views, opinions, tips, stories and photos
of the Estate. Email Comms@echoa.co.za*



Photo: Jason Cook shows how to go the distance with Longdrive Golf
Credit: Riaaz Ameen



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Extra Murals

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and on the Soccer Field:

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ACE Models West Rand	082 886 1169 sashataylor21@gmail.com	Fridays 15h30 – 16h30
Weighless	083 287 5447 elainem@connectit.co.za	Wednesdays 17h00 – 18h00
Christian Youth Group	082 728 2840 andrew@livingwordministry.co.za	Friday 18h00 – 20h00
Church Group	082 728 2840 andrew@livingwordministry.co.za	Sunday 08h00 – 11h00
Little Kickers	063 790 3488 cclarke@littlekickers.co.za	Fridays & Saturdays
Ladies Social Tennis	082 264 3607 Shaunagh Brown	Tuesday Morning 07h30 – 10h00
Line Dancing	084 6633 025 Marlene Bailey	Tuesday & Thursdays 09h00 – 10h00



EC Blood Drive 2023

Thank you to all Residents who supported our May blood drive, we just missed our target of 100, with 94 successful donations.

Please join us for our next blood drive,

**Wednesday 5 July,
14h00 to 19h00 at Eagle 1.**

Venue: Eagle 1, The Clubhouse

Time: 14h00 to 19h00

Wednesday, 06 September

Wednesday, 01 November

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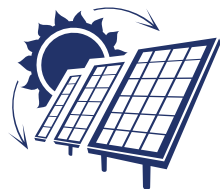
NEWS YOU CAN USE

What's happening in our community and surrounds



Coats and Cans Campaign

Winter is here in all her glory, with frosty mornings and chilly nights. It's easy when we are tucked up warm to forget that there are many of our community who do not have a warm meal, blanket or clothes. It's time for the annual **RE/MAX Masters Coats & Cans campaign**. Please join in donating non-perishable foods and any unwanted clothes in the red bins placed at the exit of Main and Res Gates. This campaign is in support of **The Supper Foundation**, and aims to make a difference to those in need this winter.



The Value of Solar

With loadshedding here to stay for the foreseeable future, more and more Residents are looking at installing alternative back-up power. The good news is, according to a survey conducted by Pam Golding Properties, solar tops the list as the most popular green feature when buyers are looking to invest in a home with 35.4% of the votes. The survey was conducted among the real estate agency's agents, with 384 respondents. Dr Andrew Golding, chief executive officer, shares that solar was top of the list, followed by boreholes and JoJo Tanks.

Dr Golding adds that: "Encouragingly for sellers, the survey also revealed that 68.8% of home buyers would pay a premium for a home with green features, making green solutions like solar an increasingly important driver of the price that sellers are able to achieve for their properties."

"It is often the small steps, not the giant leaps, that bring about the most lasting change." – Queen Elizabeth II



Become a Puppy Raiser

The South African Guide-Dogs Association is looking for willing people to become Puppy Raisers. Puppy Raisers are crucial to the training, wellbeing and successful outcome of the pups for the first 12 to 18 months of their lives. Costs, such as food and vet bills, are covered by the Guide Dog Association.

Basic Requirements:

- Be 18 years and older
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- Attend monthly to bi-monthly outings with pup and a group of Puppy Raisers during office hours on weekdays

Should you be interested, please contact Alida on 083 391 5727 or email AlidaP@guidedog.co.za.

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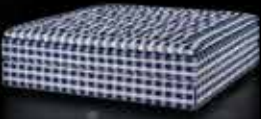


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Estate Walkway Project

The first phase of the 2023 budgeted Estate Walkway Project is almost complete. A walkway has been installed from the corner of Spy Glass Boulevard up along Forest Oaks towards Whistling Straits. A sturdier and wider walkway with a corner run-off is in the process of being installed towards Colonial Drive. This is to assist with the narrow road and to allow for safer pedestrian traffic in this area.

The second phase of this project includes putting in a zebra crossing and three-way stop on the Colonial Drive and Forest Oaks Avenue T Junction.

A paved walkway has been created on the side closest to the Golf Course, tying up with the existing walkway. This will be continued down Colonial Drive towards Muirfield Drive in due course.



Wetlands Clean Up

The Wetlands/Bird Sanctuary project started three years ago with the rehabilitation of the lower dam to assist with water management in this area and to prevent houses from constantly being flooded during heavy rains. Part of this project was to reinstate natural veld grasses and vegetation to this area. This has now been given sufficient time to settle and the lower wetlands area is ready for a clear and clean up. This includes reed and bulrush removal as well as the removal of invasive plants. This is part of our winter project and is done this time of the year so to not affect birds during breeding season. The rest of the area between the top dam and bottom dam will be left natural at this point.



Dams and Water Courses

Three fountains have been installed in our dams to assist with the aeration, oxidation and circulation of our water.

The annual reed clearing has commenced. This is done in accordance with what is allowed by Environmental Affairs, which limits reed clearing to the winter months as so not to affect birds during breeding season.

We will also start rehabilitation work on various of the smaller dams on the Estate as required – this forms part of the winter operations programme and will be done under the guidance of our Estate water consultants, Dr Fred Sutherland and Eddie Cunningham of Gaelic Farms.



Silt Trap – Stand 380

We have removed a number of Poplar trees from just above the storm water management system next to Kasbah Ridge. This is due to safety concerns as the ground is very soft in this area, the soil is eroding and there was concern that this invasive species may fall or result in damage to the area. Natural erosion due to rains and water intake to the Estate has resulted a large pool of water, with a natural waterfall, opening up in this area. We ask you to please be cautious and not to allow unaccompanied children to play in this area. We are taking the necessary steps to cordon off once the trees have been removed and the area rehabilitated.

SECURITY:

Contractor's Gate:

Access Control and Operational Procedures



There has been concern raised from Residents that Security is asking for "bribes" at Contractor's Gate to allow Contractors in. Please see below the access control and operational procedures that Contractor's Gate provide contractors upon entry. Please note that if a contractor enters the Estate three consecutive days, the administration fee applies, whether the contractor has worked one stand or multiple stands during that time period. For example: stand one employs the contractor for two days, and the same contractor is employed by stand two on the third day, the contractor has entered the Estate three days in a row and will be charged.

The policies and procedures hereunder are applicable to all Contractors/ Service Providers who provide a service within Eagle Canyon Golf Estate.

1. **Access control for contractors/service providers** is subject to the policies and procedures of the Estate. Access control procedures are dependent first on the individual entering the Estate and then the company employed by. These access control procedures will be strictly enforced and any disregard of the policies and procedures may lead to an employee or company being denied access to the Estate.

2. Entry

- a. Day One Free entry
- b. Day Two Free entry
- c. Day Three R20 access / administration fee per person
- d. Day Four R20 access / administration fee per person
- e. Day Five R20 access / administration fee per person
- f. Day Six R20 access / administration fee per person and consecutive days, registration of Biometric access to the value of R120 to be arranged. Access cards will only be provided in individual circumstances.

The presenting of valid identification documents is a pre-requisite for access to the Estate.

PLEASE NOTE:

If a contractor has applied for access to the Estate and has not entered for a period of 3 months the access will be deactivated by our systems. Policies as per point 2 above will apply for re-activation. These procedures do not relate to a stand, but to the person entering the Estate, irrespective of at how many stands the company is contracted to.

Any person entering Eagle Canyon Golf Estate is obligated to adhere to the rules and regulations of the Estate. Failure to adhere to these will result in the contractor being denied access to the Estate.

Contractors may not conduct work over weekends and public holidays including the annual shutdown period. Hours of work are from 07h00 to 18h00 Monday to Friday.

PLEASE NOTE:

Eagle Canyon Golf Estate will remain committed to provide access to all contractors in a friendly, professional and timeous manner. Any complaints to be reported via e-mail to secadmin@echoa.co.za. The Manager at the Contractor's Gate is always available.

The abuse of security staff or display of untoward behaviour will not be tolerated. The Management of the Estate encourages professional dialogue and any approach towards staff in this manner will be dealt with decisively.

NOTICE REGARDING RULES AND REGULATIONS: Service Suppliers / Contractors Deliveries

1. **The Estate speed limit is 40km/h and is monitored by radar.**

2. **Penalties for contravening the speed limit are:**

- a. 45 – 49.9Kph: – R250.00
- b. 50 – 54.9Kph: – R500.00
- c. 55 – 59.9Kph: – R750.00
- d. 60Kph and above: – R1,000.00.

3. **Rules of the Estate are as follows and any transgression thereof will attract penalties:**

- a. No Contractors are allowed to walk on the Estate and / or to other stands.
- b. No Contractors to drive on the incorrect side of the traffic circles.
- c. No Contractor staff may sit on the side of any moving vehicle.
- d. Always obey the stop signs and all other traffic regulations.
- e. Access will be denied to any vehicle not displaying valid vehicle licenses discs or number plates.
- f. All contractors and delivery staff must exit the Estate before 18h00.
- g. Ingress and Egress protocol is that the vehicle driver must use the boom gate and his passengers the turnstile.
- h. No access will be permitted without valid ID documentation and or work permits / valid asylum documents being presented.
- i. No deliveries will be permitted to construction stands after 16h00.

4. **Penalties for transgressions:**

- a. Delivery drivers / day pass contractors: Residents will be held liable for the penalty and will be contacted immediately.
- b. Contractors who transgress the regulations, to pay the penalty within 48 hours at the Contractors Gate. Failure to do so will result in the company access being cancelled thus denying access to the Estate.

The above protocols are strictly managed to ensure the safety of all on the Estate.



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{ On Course }

A round up of all things Golf

Club Champs

We had a fantastic Club Champs the weekend of the 6th and 7th of May. This year we had a fun Mexican theme and this created a great ambiance - from the tequila to the photobooth, all golf members had great time.

A highlight of day one was an exhibition from **Long Driver Jason Cook**, who has one the SA Long Drive Championship seven times since 2008. After displaying his skills, some of the golf members attempted the same. (See page 16 for 5 minutes with Jason Cook).

A big thank you to our main sponsors **Propvest Real Estate** and **Schindlers**, and to **Titleist** for getting involved.

Congratulations to all the prize winners. (names as provided)

Results:

A Div

Best Gross	Score
Rudi Amstrong	145
Fayaadh Albertus	146

Best Nett	Score
Theo Enslin	132
Bryce Leach	145

Best Nett Day 1	Score
Pieter le Roux	70

Best Nett Day 2	Score
Neville Eksteen	74

Ladies A Div

Best Gross	Score
Casey Twidale	167
Rouchelle Eksteen	176

Best Nett	Score
Chantelle Usmar	155

B Div

Best Gross	Score
Yougan Govender	166
Luke Soobramoney	167

Best Nett	Score
Shane Keats	147
Donovan Barret	151

Best Nett Day 1	Score
Chris Wierenga	70

Best Nett Day 2	Score
Clement Coetzee	71

Ladies B Div

Best IPS	Score
Kedibone Mooi	64pts
Anneli Botha	62pts

Best IPS Day 1	Score
Lorraine Eksteen	35pts

Best IPS Day 2	Score
Connie Ashford	32pts

C Div

Best IPS	Score
Rory Lindecke	79pts
Vernon-Ray Pieterse	77pts

Best IPS Day 1	Score
Christopher Stevens	36pts

Best IPS Day 2	Score
Jeethan Seepershad	36pts

Seniors

Best IPS	Score
Neil Michelson	73pts
Trevor Payne	66pts

Best IPS Day 1	Score
Rene Burger	33pts

Best IPS Day 2	Score
Louis Meyer	33pts

continue on page 15



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Club Champs

continued from page 14

Visit <https://www.eaglecanyongolfestate.co.za/eagle-canyon-club-champs> to view the full gallery. Photo Credit: Riaaz Ameen



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Big Hitter

Jason Cook is one of South Africa's best long drivers. Here he shares how he got involved in this sport.

Jason Cook, 48, is a self-confessed sports fanatic. Married with two daughters, Jason, has competed in long drive competitions both locally and internationally.

Longdrive Golf is a spin off of the traditional game, whereby the aim is to grip that club and drive the ball as far as you can. You have six balls per set to achieve your longest hit ball. The grid is 45m wide and the ball must land in and stay in the grid.

In his words...

My sports journey started with baseball. My father was a Northern Baseball player and my coach my entire baseball career. He got me started at the age of four and I progressed to national status. I was drafted by the Atlanta Braves in 1993, where I studied and played for two years. I was then chosen to play for South Africa and took part in the 2000 Sydney Olympic Games.

My best baseball moments have to be playing in the Olympics and facing Roger Clemens in the 1st World Baseball Classic held in Arizona in 2006.

My father's my mentor. He was a great sportsman and a pure gentleman.

As a baseballer, I was always able to hit the ball hard and this helped me hit a golf ball even longer. I was invited to a long drive event, which I won. After that, I was hooked!

I have based my entire longdrive swing on my baseball swing. It helped me instantaneously with my longdrive swing.

We have a longdrive league here in Gauteng, and I have won the SA Championship seven times since 2008.

I won my first international event in 2012 in Mexico. I have attended the World Longdrive events held at Mesquite, Nevada, three times.

My longest officially measured ball is 442m. (Ed's note: to put into perspective – Eagle Canyon's longest hole is the 18th, which measures around 500m from tee to green and is a par 5.)

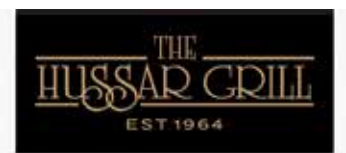
I came 6th last year in my division, seniors, 45-50 years old.

The longdrive clubs are traditionally 48 inches long (121,9 cm) with face angles from zero degrees to 6 degrees. We also get ball speeds in excess of 240mph (386kmp) and swing speeds over 155mph (249kmp).

I am currently training for the 2023 World Longdrive Championships to be held in Atlanta from 18-22 October 2023. Travel and prep excluded. I am hoping to achieve top or even better this year. Unfortunately, like most international sports, this is an expensive endeavour and sponsors are sorely needed. The World Championships are televised and streamed worldwide.

I am inspired by being the best I can be. I enjoy entertaining people by hitting golf balls and being a part of multiple charity events. At the end of the day, giving back is the end goal and if I can help someone else by doing what I love.

To find out more about longdrive golf, sponsorships or exhibitions, contact Jason on
Dominatorgolf@gmail.com



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CLEARWATER

AS SEEN ON ESTATE

This series showcases the interesting, unusual or striking flora and fauna as captured on camera by Resident bird enthusiast and photographer **Edward Ennis**.

Green-backed Heron

(*Butorides Striata*)

This is one of the smaller members of the heron family at around 45cm. So named for his greenish black back with grey underparts. His long bill is black on the top and yellow on the bottom, and he has yellow eyes and yellow/brown legs. During breeding season, the eyes become orange and the legs change to a more orange/red.



Dark-Capped Bulbul

(*Pycnonotus Tricolor*)

Also known as the Black-Eyed Bulbul or common bulbul, this 20cm bird displays grayish/brown plumage with white on its underparts. The head is darker with a crest (hence the name – Dark-Capped Bulbul) and there is a noticeable yellow vent under the tail. His eyes, bill, legs and feet are all black.

This bird is often referred to by its Afrikaans nickname – Toppie – referring the little crest on the top of his head.

The Dark-capped bulbul prefers fruit, but will eat insects occasionally. At certain times of the year, the bird will feed on nectar such as our aloes, and are important pollinators in this regard.

Dark-capped bulbuls are monogamous, however, they will cross breed with the African Red-Eyed Bulbul and the Cape Bulbul, given the chance. The female of the pair builds a nest out of grass and twigs that is well concealed in foliage. She lays two to three eggs, which are incubated for around two weeks. However, sometimes, she may find herself incubating and raising another egg – laid by the Jacobin Cuckoo. The cuckoo waits until the Bulbul's nest is unattended and then quickly lays her egg with the others. While the cuckoo egg is bigger than her own, the Bulbul often doesn't notice the difference and will incubate, feed and parent the cuckoo hatchling along with her own. The Jacobin Cuckoo female is then free to go off while the Bulbul mother does the hard work of raising her offspring.

Bulbul birds are social and can be found in pairs or small groups. However, during breeding season, they can become territorial. They also like to be seen, and you can find them perched on the aloes or sitting at the top of a bush. They are free-spirited, noisy birds, with bounce in their step and a spring in their flight.



The Green-Backed Heron enjoys a diet of fish, frogs and aquatic insects. He is no bird-brain, and is known to use bait to catch his favourite fish. This is done by floating a small insect on the water to attract a larger food source.

During courtship, the hereon inflates his throat and fluffs his neck, performing flight displays with raucous calls and constant tail wagging.

The green-backed heron is a family bird, loyal to one partner and both parents sharing the incubation of the two to three eggs, for around 25 days. Both partners also share in the feeding and raising of the hatchlings. The nest is usually well-hidden, close to water and built out of sticks. The chicks fledge at around a month and will climb out onto nearby branches to survey their surroundings.

While they tend to hang out around in the foliage around our dams and water courses, they may occasionally visit your garden if you have an ornamental fish pond, looking for an easy catch snack. With their colouring, they tend to camouflage well and can be difficult to spot at first.

Unlike their larger Heron siblings, who stand prominently out in the open, the Green-Backed Heron prefers to hunch in shallow water or in the surrounding vegetation, staring intently at the water – perhaps scanning for his next meal.

Did you know?

The Green-backed Heron is one of the world's few tool-building and tool-using bird species. They fish with lures they have created from insects, feathers or twigs. While they prefer wading in shallow water, you might see them dive for prey and swim back to shore – however as they prefer to fish at dusk or during the night – these sightings can be few and far between.

Eagle Canyon Golf Estate

AREA SPECIALIST, LINDA NUNES



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Raising Women of Stature

New Resident to Eagle Canyon, **Charlotte du Plessis**, has made it her life's mission to empower fellow women in their business and life journeys.

Charlotte du Plessis walks into the Canyons Restaurant, dressed in a soft rose pink, make-up and hair immaculate. She smiles as I introduce myself and drops graciously onto the outdoor lounge. She peppers me with questions about the Estate, listening attentively to the answers before responding with further questions. I quickly remove my sunglasses, despite the afternoon glare, as she speaks. Her presence commands your full attention, and it is easy to see why she is a Woman of Stature.

Charlotte, wife to Bernie Du Plessis, mother and stepmother to six gorgeous women and a grandmother to seven, was born and raised in a small town on the far East Rand, Springs. "It was here that I started my career in the travel industry got to travel around the world, became an Air Hostess for our national carrier and after 32 years in the travel industry, started my own event company in 2006 at the age of 50."

After her marriage to Bernie, Charlotte relocated from Springs to Roodepoort in 2002, living in Little Falls for 21 years before moving into Eagle Canyon in April this year.

Charlotte started the Woman of Stature Foundation to address socio-economic challenges that are prevalent in South Africa through the development of women. "I, myself, am a Woman of Stature who happened to be born in 1956, the same year that marginalised South African women decided to protest the Pass Laws and the inequitable rights of South African women."



Charlotte du Plessis

Charlotte shares that she believes she is now leading other women to march towards greater levels of sustainable economic and psychological freedom through the powerful, national networking and empowerment platform which her organisation has created.

"The Foundation seeks to celebrate diversity in all its forms, it also seeks to bridge cultural and social differences that can so easily sabotage the gift of collectivism and the building of an inspired, empowered collective psyche of South African Women who will settle for nothing less than their rightful place in every space: personal and professional."

Charlotte feels that while our South African Constitution was democratised in 1994, it never translated into equitable and fair practices that would truly and sufficiently empower South African Women in the workforce, entrepreneurially and from a human rights perspective.

"No one can ever develop if they are not given the tools to be empowered as well as the opportunities for their development and empowerment to be witnessed and quantified. Woman of Stature, as an organisation successfully attempts to do all the above."

She adds: "At the age of 67 years, I am demonstrating that age or any other challenge has nothing to do with owning a vision and relentlessly working on a BIG DREAM. I am a destiny-seeker, a peace-finder, and an Inspirer of holistic, female empowerment with a particular focus on the economic empowerment of all South African Women from all walks of life."

Charlotte knows that those who are empowered, in turn empower others. "I believe that as we empower ourselves and assume every bit of responsibility to do so, we are empowering and building a new nation of women and men."

She adds that the Woman of Stature Foundation inspires women to be become their best version of "their economic, social, spiritual and psychological selves in a non-competitive, non-comparative and non-critical way".

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Raising Women of Stature

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For Charlotte, her daughters are her source of inspiration. "They my greatest gifts and have taught me many life lessons, especially how important it is to be their role model and the constant in their lives," she says. "They always remind me that they are the women they are today, because of me and my resilience. I'm building a legacy to inspire them to follow their dreams."

Charlotte herself has never had a formal mentor, but she did have role models throughout her life. "Starting with my late mother, a real lady. She never left the house without dressing the part. There was never a time I saw Mom without make-up and earrings. That was her signature look."

Then there were several people during her working career whom she admired and who she aspired to be like. "I am now an advocate of mentorship, for had I known then what I know now it would have helped me tremendously."

Charlotte has seen how mentorship can positively contribute to the advancement and development of a person. "It can be life-altering when applied correctly." She adds that the relationship between mentor and mentee is vital to a successful outcome.

"I'm so serious about mentoring that I am getting my accreditation as a mentor through the NeuroCoach and Mentoring Institute. I launched the Woman Rise Mentoring Programme in 2022 as a formal mentoring platform and have testimonials that prove how effective mentoring is." Charlotte's 10 year plan is to achieve her goal of impacting 10 000 women to scale and accelerate their business within the next decade, through strategic partnerships with organisations and individuals who share her vision, they will leverage their combined expertise and resources and provide personalised personal, professional and entrepreneurial development programmes.

And that, really, is the ultimate drive for her. "As a leader of this organisation, I will not rest until I have sufficiently promoted empowered women to change the socio- political-economic landscape of our beautiful, highly humanly-resourced country in which women are still under-represented in the work force, marginalised socially and domestically abused. It is my vision that Woman of Stature channel this message and provide a voice for the de-voiced and voiceless."

Success of Mentorship

One such success story is Ronewa Mudau, a woman that Charlotte herself mentored. Ronewa, a mother of two teenage boys and a victim of gender based violence (GBV), lost her job as a domestic worker in 2020 – yet another victim of the covid pandemic.

Ronewa decided to start her own cleaning business, and came into contact with Charlotte while she was trying to set up her business and make ends meet. Though Charlotte's assistance and mentorship, Ronewa gained confidence in her abilities and her business is currently thriving. "This is why it is important to help other women. If we help a woman, we are helping an entire family."

How the organisation works

The Woman of Stature Foundation is a registered Non-Profit Company established to address the socio-economic challenges that are prevalent in South Africa through making a valued contribution towards the development of women in particular women business owners.

This consists of various programmes, such as the Eagle Membership Programme, which is a philanthropic programme, the Woman Rise™ Programme which includes the Accelerate-her Programme, and the Woman Rise Mentoring Program. These are run as interventions to promote holistic wellbeing for businesswomen and that will support their personal and professional development.

The Woman Rise Programme consists of a series of training, coaching and mentoring interventions, which address the core challenges experienced by Businesswomen in South Africa and which is referred to as a caged business – that is a businesswoman who finds herself unable to grow or scale due to lack of time, money or skill sets.

The Accelerate-her Programme is a six-month programme designed to assist in accelerating growth in women-owned small businesses that struggle to grow due to the lack of resources and includes mentoring, business and financial coaching.

Funding for these programmes come from different funding initiatives such as Eagle Members, corporate sponsorships, special events such as the Woman of Stature Awards, special projects such as the Forgotten Women Book project and Mentoring projects.

Charlotte is launching Professional Collective by Woman of Stature (her global business women's network) in Eagle Canyon on 22 June.

If you would like to find out how you can be involved, make a contribution, or become an Eagle Member please contact Charlotte du Plessis at charlotte@womanofstature.co.za or contact her at 082 553 0061. You can also visit the Woman of Stature Foundation website at www.wosfoundation.org for more information.

Woman of Stature Awards

Excellence, says Charlotte, deserves recognition and there are a number of women who are doing amazing work that deserve this recognition, who are flying under the radar. With this in mind, Charlotte is registering Woman of Stature Awards South Africa (Pty) Ltd, and this unique business concept will be launching into Africa and across all continents. Charlotte aims this to become the leading women recognition awards and be the international gateway for South African women to gain access to international markets.

On the 8th of March this year, she hosted her 8th awards. The Awards consist of 10 categories, including CEO of the Year; Entrepreneur of the Year; Woman in Community; Education; Coaching and Mentoring; Media; Technology; Arts and Culture; Beauty and Fashion as well as Engineering, Mining, Construction and even Sport in past years.

"What I've witnessed over the past 10 years since the formation of the awards 2013, is how winning an award elevates the winner's brand. The personal and professional transformation is evident," says Charlotte. "Many have gone onto international success which is a direct result of the Woman of Stature Awards."

The awards went global in 2022 and in May 2022, Charlotte hosted her first global awards in Dubai. Plans are in place for September 2023 and USA in 2024.

Most Inspiring Winner:

Charlotte feels that all the winners have been inspiring, but if she had to single one out, it would be Dr Shakira Choonara. "She won the Woman in Healthcare in 2017, and I remember her acceptance speech when she introduced herself as the future Minister of Health. The applause was evidence of how special this moment was. She received congratulatory messages from the World Health Organisation, which she acknowledges Woman of Stature as the catalyst for, as shortly thereafter she was then offered a position at the WHO."

Charlotte adds: "There are so many inspiring winners like Shakira who have left their mark over the past 10 years, but this one will always stand out, as Dr Shakira Choonara is not far off from her dream becoming a reality."

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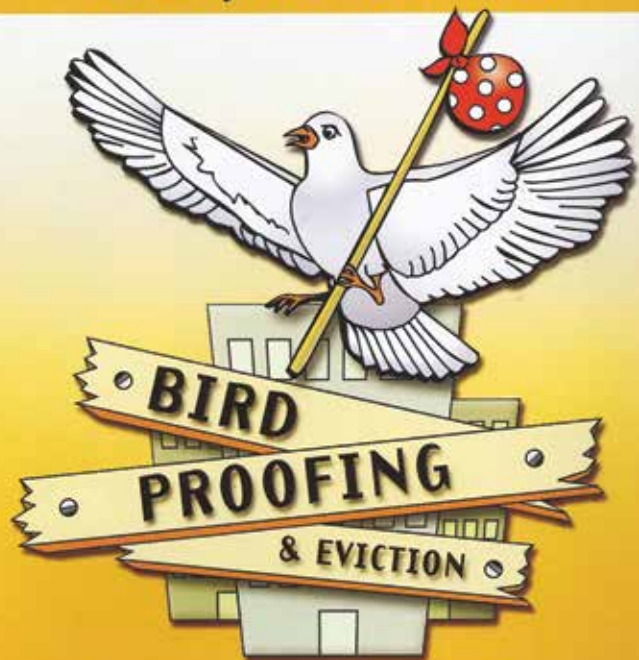
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Resident Hekkie van der Westhuizen, PhD, is a leadership development consultant and has authored a book called “Conquering my NeMEsis – Stepping Stones to Successful Self-leadership”. The premise of the book, he says, is to share practical tips, alongside personal anecdotes and learnings derived from global personalities, to assist others with the success of their personal leadership journeys.

Here is another extract in this series from his book

Becoming more RESILIENT

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.” - Steve Maraboli

Refuse to give up

When it comes to giving up on life, our dreams and our goals, we need to be as stubborn as a mule. Never ever give up. We owe it to ourselves to fight our setbacks and difficulties in life and to conquer them. If you entertain thoughts of defeat, then you will probably experience defeat in your life.

*“Getting knocked down in life
is a given, but getting up and
moving forward is a choice.”*

- Zig Ziglar

We must follow through, even though it’s not always on our own terms. The story of Derek Redmond is a great example of doing exactly that. The British runner was a favourite to win the gold medal in the 400m race at the 1992 Barcelona Olympics, but a hamstring injury forced him to pull up during the semi-final. He decided to not pull out of the race and limped on, before his father, Jim, made his way onto the track to help him continue.

Just before the finish, Jim let go of his son and Redmond completed the course on his own, prompting the crowd of 65 000 people to give him a standing ovation. He later said: “Someone once asked me: ‘How do you become successful?’ The easiest, and most relevant answer is to get up just one more time than you’ve been knocked down.” The story of Derek Redmond has been called one of the purest examples of determination and perseverance in Olympic history.

Everybody fails at some point

Our ability to deal with disappointment in ourselves is a vital part of our existence as self-leaders. To be successful in this regard, our point of departure needs to be realising that, just as nobody is perfect, everybody fails at some point. Some more than others, but a fact of life is that everybody fails.

“My great concern is not whether you have failed, but whether you are content with your failure,” wrote Abraham Lincoln. He had lost his job, failed in business, had a nervous breakdown and been



defeated in politics on a number of occasions. Despite all his failures, ‘Honest Abe’ had many successes and was elected in 1860 as the 16th president of the United States of America.

It is important that we do not stop trying until we have achieved success. We also cannot afford to be afraid of making mistakes or to be afraid of taking calculated risks. If we can conquer such fears, then we will be able to capitalise on the opportunities we have been given.

*“You may have to fight a battle
more than once to win it.”*

- Margaret Thatcher

We should not be scared to fail, and never lose the courage to keep on trying until we achieve success. When we experience setbacks and failure, which we all experience at some point, it is important to see them as temporary. The moment we consider them to be permanent, we will lose our courage and motivation to try again.

When I went through the torture of a failed first marriage, I told myself that I had three simple choices: (1) I could give up on life (2) I could recover and live the same kind of life as before or (3) I learn from what happened. I could try again

and excel from then onwards and live a much happier life than ever before. I chose the latter...

*“Our greatest glory is not in
never falling, but in rising every
time we fall.”* - Confucius

J.K. Rowling, the author of the bestselling Harry Potter book series, delivered her Commencement Address at the annual Harvard Alumni Association in 2008. It was titled “The Fringe Benefits of Failure and the Importance of Imagination.” Among other words of wisdom, she shared the following in her speech about her life: “I had failed on an epic scale. An exceptionally short-lived marriage had imploded, and I was jobless, a lone parent, and as poor as it is possible to be in modern Britain... without being homeless. I was the biggest failure I knew.”

Rowling came out of her failure stronger and more determined, which was the key to her success. She also shared the following profound words during this speech: “You might never fail on the scale I did, but... failure... is inevitable. It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.”

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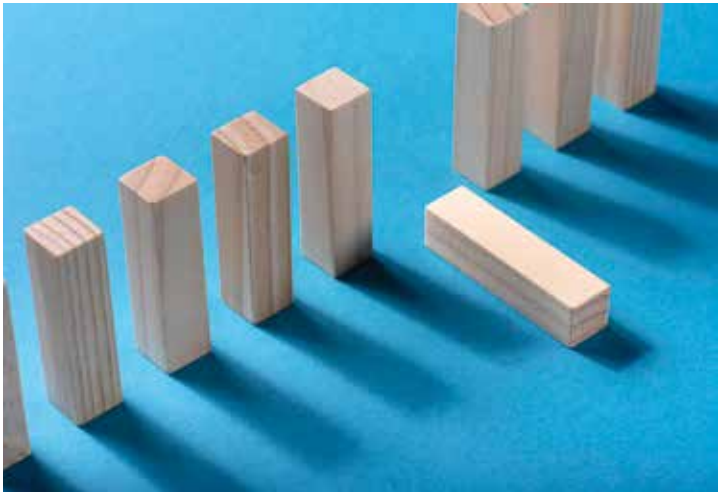
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Becoming more RESILIENT

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There are many examples of people from all different walks of life who failed, but who were resilient enough to stand up again and become successful. You and I are no different from them, and there is no reason why we can't follow in their footsteps. If you are successful at self-leadership, then you are resilient and strengthened against difficult experiences.

“Success is the ability to go from one failure to another with no loss of enthusiasm.” - Winston Churchill

Stress and burn-out

“It’s not the load that breaks you down, it’s the way you carry it.” - Lou Holtz

Stress will always exist in some form or another. We can't wish it away - it is a part of our human existence. It does not help if someone tells us not to stress, as, unfortunately, there is no “stress off-switch”. The “stress monster” will haunt us until the end of our days. Teaching, or telling ourselves to stress less is not an easy thing to do. I instead prefer to focus on how to deal with it. That, I think, is the trick...The better we control the stress monster, the more we can marginalise its effects in our lives, and the more successful we can be at achieving our personal goals.

The better we are at managing our stress levels, the more resilient we will become when handling life's challenges. If we don't actively work on managing our stress and finding ways to reduce it, then we will never be able to take charge of the stress monster, which will eventually lead to burnout.

Each of us is unique, and it is therefore important that we find our own, unique ways to manage our stress levels. Apart from the obvious things, like more sleep, eating healthily, taking supplements, trying to laugh more, and spending more time with family and friends, I would like to suggest that you do more to charge your proverbial “life batteries”, which is something that I find to be very useful:

Charge your life batteries

“Give your stress wings and let it fly away.” - Terri Guillemets

The best way that I give my stress wings to fly away is by continuously charging my life batteries. This makes me resilient enough to face the challenges of life and to handle the setbacks that I experience. In turn, it also then allows me to stay more focused on achieving my goals in life. It is critical that we keep every part of our inner being strong. If we understand the value of successful self-leadership, then we also need to understand the importance of keeping our life batteries charged, which only we can do. We simply need to choose the right “charge activities” that work for us as individuals.

Our charge activities give us the motivational and energy charge to cope with life and its challenges. I have found that it is crucial to frequently slow down, take a break on the highway of life, and then charge my life batteries by doing charge activities that work for me. These activities revitalise my soul. For me, they include riding my motorcycle, spending time training in the pool or doing open-water swimming events, or spending time in the bush. Your charge activities would probably be different. It is important, though, that you identify them and ensure that you do these activities as often as you need them – not all of the time, but certainly frequently.

Charging your life batteries has to be a continuous process. If you don't charge your life batteries, you will become emotionally empty and demotivated. Motivation then, unfortunately, does not just magically

appear again. If, at that point, you don't do something about your emotionally empty state, then your life will spiral to a point where you will battle to operate optimally. A car can't operate on an empty fuel tank, and similarly, we can't operate or move forward in life if our emotional tanks are empty, and we feel demotivated. Motivation follows action...

Having flat or deflated life batteries not only brings us to a point of demotivation, but also of no longer having any energy.

“If we have positive energy, then we will always attract positive outcomes.” - Steve Buckley

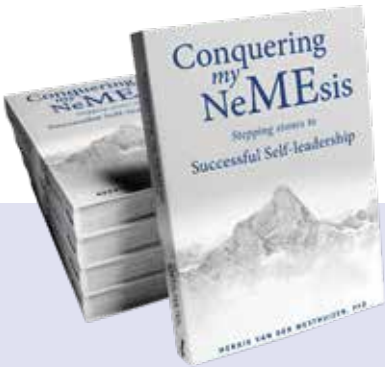
Constantly high energy levels make us more resilient, and one of the ways to ensure this is by charging our batteries.

Put your mistakes behind you

In life, we, unfortunately, don't have the luxury of pressing the rewind button, as we as kids used to do on our Walkman cassette players in the 80s. We can't go back and undo our mistakes - we can only learn to accept them and put them behind us as soon as possible. In the context of resilience, we need to learn the ability to step back from failure and frame it as a learning experience. If our self-leadership journey is on track, then we'll use life's lessons and experiences – even those that are tough to swallow – to continually build our self-efficacy. We need to be able to learn from our mistakes and move forward in life. This will make us more resilient and able to achieve even greater things.

“I trust and hope that this article gave you some new insights into Becoming more Resilient. I look forward to sharing with you in the next edition thoughts on Improving our Self-confidence.”

– Dr Hekkie van der Westhuizen



Conquering My NeMEsis, by Hekkie van der Westhuizen, PhD is available through various platforms, in both paperback and e-book formats.

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E-commerce has undergone a dramatic metamorphosis in recent years to the point where many of us cannot fathom a world without it. It also means that in today's digital age, the risk of becoming a victim of cybercrime is fast becoming a reality for many.

"The current digital and e-commerce landscape we are faced with poses a significant risk to individuals. Phishing scams, virus attacks, fraudulent online and in-app purchases and EFTs, social engineering and identity theft affect millions of individuals every year," explains Ann Cloete of Aon South Africa.

According to the latest African Cyberthreat Assessment Report released by Interpol in March 2023, one of the biggest cyberthreats prevalent on the African continent is banking 'trojans and stealers'. The report found that:

- Morocco is the most affected African country with a staggering 18,827 detections.
- South Africa is close behind with 6560 detections of malicious software.

Banking Trojans and Stealers can be manually or remotely installed using social engineering techniques such as emails containing malicious links or attachments. Once installed, banking trojans and stealers collect personal information from an infected computer and communicate this stolen data via the internet to a remote server controlled by the attacker. Cybercriminals may use the information obtained to steal money directly from the victim or even sell the information on the illicit market.

"Funds Protect is an insurance solution specifically designed to cover you for a loss of funds from an account in your name, as a result of a funds transfer - whether authorised or unauthorised - due to fraudulent conduct of a third party which is irrecoverable from your financial institution or third party," Ann explains.

The cover provided by a personal Funds Protect policy will trigger in the event of:

- Email interception fraud
- Transactions due to your stolen identity
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- Demands for ransomware attacks, denial of service attacks, etc
- Fraudulent invoices
- Sim Swap fraud
- EFT Fraud
- Online banking fraud
- Online shopping fraud
- Holiday scams
- Fake classified adverts
- Bogus property rentals

"Contact your bank immediately if you suspect that you've been a victim of an online banking scam or if you have made a mistake and paid an amount into the wrong bank account. Speed is of the essence to allow your bank to help you recover the funds. If, however, there is nothing that can be done to recover such funds, Funds Protect is your solution," says Ann.

It's important to purchase enough Funds Protect cover to mitigate the full financial loss, for example, if you have purchased R25 000 Funds Protect cover but all your bank accounts are accessed, your losses could amount to much more than R25 000. Funds Protect cover is inexpensive for what it provides and will be a lifeline in the event of a loss of funds. Discussing the protection of your personal banking account with your personal broker is the first step in giving you the peace of mind that your funds are safe and sound," Ann concludes.

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Ivecon Projects Services include emergency building repairs, roofing and ceiling repairs, painting and tiling. Contact: Sven Iversen 082 448 3322

Magna Kitchens Specialises in the manufacturing and installation of Kitchens, Built in cupboards, vanities and any specialised joinery (from Bars to office furniture). All own installations and manufacture to specification. Contact: Wikus van der Merwe, 072 386 7163, 011 794 9633 or email wikus@magnak.co.za

Turnkey Projects Services include painting and waterproofing contractors, ceiling and drywall contractors, renovation (home and bathroom), aluminium window/door contractors, supply contractors (tiling/ decking/ bathroom ware supply and installations), plumbing and electrical contractors for projects, paving/ rock wall contractors, demolition / rubble / tree felling contractors. Contact: Franco Orlando Erasmus 060 882 8333

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Face Masks Services include double layer polycotton washable masks in a variety of fabrics , baby, toddler, kids and adult sizes available, as well as hand sanitiser (20kg-25lt drums), surface sanitiser (20kg-25lt drums) and Non-contact Infrared Thermometer. Contact: Franco Orlando 060 882 8333 or franco@vhdprojects.co.za

FSG - Cleaning, Hygiene and Pest control Services include office cleaning & high-level cleaning, office hygiene and pest control (rental options available). Contact: 010 600 5050

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Electrical Repairs / Power

Back Up Power Quality affordable inverter battery backup and solar panel installations. View installation example in Eagle Canyon. Contact André 076 062 4272

Elliot Electrical Services include repairs to all electrics, i.e: lights, plugs, geysers, stoves, pool pumps and any tripping faults. Contact: Office 066 489 7335 or Kevin Elliot 082 573 7098

Raptor Electrical Services include repairs to all electrics. Contact: Gary Watt 082 855 5845

TechnElectrical CC Services include emergency relating to any electrical installation faults including geyser, oven, stove and pool repairs. Contact: Darryl Skelton 083 680 4998

The Testing Guys Services include assisting with domestic, commercial and industrial repairs on the following installations: power/electrical problems, electrical tripping faults, thermostat and elements on geysers, stoves, swimming pool pumps, gate motors, intercoms, lighting, lightning damage and surge protection. Contact: 064 900 9868 or info@ttguys.com

Engineering

Engineering Services for Council Submissions On-Site inspection of dwelling. House plans scrutiny and Form 2 Engineering Certification for council submission. A1 Plans Printed and delivered to HOA for approval stamp. Facility for Architectural plans and to be drawn up and/ or SACAP Architectural Compliance Certificate completed if required. Contact Marina on 082 851 6815 for rates

Finance & Business

Finance & Business Consultant: Are you looking for finance and business support? I am a financial consultant that is a qualified CA(SA) with 15 years experience in various financial roles and industries. I am available to advise and support your business on either a short or long term basis, depending on your requirements. Please contact 082 450 5343 or chrisleroux1983@gmail.com and we can discuss your requirements.

Flooring

Combined Flooring Services include carpet, vinyl and wood flooring installations. Contact: Ian Merrington 082 651 1983

Food

Raw Honey: We are beekeepers with over 120 active hives placed in a herbal environment at Bluehills, Midrand apiary and at Dinokeng game reserve in Hamanskraal. Our honey is from the hive to the bottle - raw and seasonal. R150 for 500ml R200 for 500ml with honeycomb. Contact 073 522 1288 or 066 587 3557 Cornie

Indian Cuisine: Support your local community, specialising in Indian Cuisine. Mondays, Wednesdays and Thursdays. Veg Biryani, Bunny Chows, Lamb/Chicken or Veg. curries. Contact: 064 516 0877 / 073 951 0717

Afek food exporters Services include food products including pasta, olive oils, cheese, organic butter, coffee, vanilla products, salad dressings, pure honey, and various cleaning products including various kitchen cleaning products such as paper towels, brushes, sponges, hand sanitiser, etc. Contact: Maurice Jaumain 082 731 6405 or Arina Van Den Berg on 011 792 3544 or 072 602 7594

Annievents8 Services include fresh homemade delicious Cape Malay Koeksisters delivered on a Sunday morning, as well as supplier of frozen samosas. Orders to be in by 20h00 Fridays. Contact: Andrea Wilton 079 085 9699

Artisinal Sourdough Charcoal infused sourdough, Salt & Rosemary Sourdough, Olive Sourdough, Sundried Tomato Sourdough and plain sourdough. Contact: Sophie on 071 4830311

Freshspot Suppliers of fresh & frozen foods, chocolates, nuts, dried fruit & biltong hampers, fresh flower arrangements & bouquets: Michelle Davis 082 809 8216

Olympic Meats Offering a wide selection of local and imported, fresh and frozen meats, vegetables, cheese and seafood. Contact: 082 833 1159, 071 560 4160 or olympicmeatsza@gmail.com

Primade Food and Catering Services include a wide range of heat and eat meals, available in various portion sizes suitable for individuals, couples and families. Menu is updated on a weekly basis and orders are required 24 hours in advance. Contact: Apriena Jugoo Pummer 082 834 7326

Samoosas Delicious samoosas (unfried) sold per dozen. Choice of beef or chicken only R45 per dozen. Contact: 083 677 0950

Fuel / Diesel

Ballistic Diesel Deliveries Contact Werner: 065 100 0000 or werner@ballisticconsulting.co.za

Glass/Aluminium Repairs

Breytenbach Glass Services include glass and aluminium repairs subject to availability. Lead time one to two days depending on materials and requirements. Contact: Johan Breytenbach Snr 082 821 1118; Johan Breytenbach Jnr 082 416 9252

Golf Cart Batteries

Need new golf cart batteries. I can help with the latest and most cost-effective solutions. Contact Trevor Payne on 082 891 3660.

Health & Well-being

HauCool Beverages Looking for a Sugar free / Caffeine free / Diabetic friendly immune boosting healthy drink? Haucool offer 2 great tasting flavours – Moringa & Cranberry / Moringa & Pomegranate for children & adults. Contact Dave Howell on 082 451 1658 or e mail dave@haucool.co.za for more information for delivery in the Estate.

BUSINESS DIRECTORY

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Online Yoga Classes Offering group or individual classes. Contact Sonja sonjavj@gmail.com or WApp: 073 262 4060

Home & Garden

Cslab design is an online lighting store, we offer lighting and interior design consultancy for residential and commercial applications. Contact details: Mpho 072 99 30166 or visit www.cslab.co.za

Ceramic Products Manufacturers of ceramic ornaments, pots etc. Contact Carol Hall 081 308 7988

Unique Stone & Garden Décor Manufacturers of fibre cement garden pots, water features, cobble paving, flagstones, bird baths and decorating garden pebbles and Lesotho Sandstone at wholesale prices. Contact Elmarie Gerber 082 495 6555 or Hekkie de Beer 081 796 9853, or visit www.uniquestone.co.za

Vinyl Window & Wall Art Design your own style of window frosting or decorate your walls with some skilfully designed stickers. Graphic solutions are custom designed to reflect your brand/style. Additional services available. Laser cutting wood or Perspex, Printing on wood, Printing on Perspex, Any type of labels or stickers. Welcome boards, Any type of Signage. Contact Elke Shroeder via pvt message 083 454 6010, email vinylwindowandwallart@gmail.com or visit windowwallart.co.za

Inverters & Solar Systems

Solar Panel Cleaning Services Solar Panel Cleaning Services Protect your investment and increase efficiency by up to 30% with QTS Coatings. Our service includes an integrity inspection report of your roof, solar panels and gutters. Clean solar panels will optimise energy production, extend your solar panel life and protect your warranty. Contact Dion McCarthy on 082 456 4098.

Backup Inverters & Solar Systems: Inverter backup system, solar solutions & plug & play inverters, installation. Combat loadshedding, reduce your electricity bill, contribute to sustainability. Contact Brandon @ Casca on 082 787 1677 or brandon@cascalighting.co.za

Blue View Solar Kleen specialises in professional & sustainable cleaning of solar panels to maximise your solar. We will also inspect & remove any visible debris from bird or other vermin, and can assist with vermin proofing too. Available for all business and residential installations. Contact Sheldon@blueviewsolar.co.za 082 458 1010 or Gary@blueviewsolar.co.za 082 855 5845

Landscaping

FSG - Landscaping Services include landscaping & irrigation design and installation. Contact: 010 600 5050

Medical

ALTOR Medical Consulting Services Services include Covid-19 Health and Fever Screening. Contact: Wayne Broodryk 083 327 3480 or wayne@altormedical.co.za

Blue Light Blocking Glasses New technology glasses used for protection from Digital Eye Strain for sale R350 per pair. Different Styles available. Great gift for kids and adults. Free delivery within the Estate. Contact: Sarah 079 324 4745 or Adrian 082 595 6056

Services - Sound mind counselling services I have a special interest in children and family counselling. I offer play therapy, adolescent counselling, trauma counselling and grief counselling. Please contact Kate on 078 238 7119.

Dr. Nataša Groenveld, Specialist anaest-hesiologist and aesthetic medicine practitioner. Specialising in medical aesthetic care Contact: Dr. Nataša Groenveld 082 853 1124

Rike Coetzer - Therapeutic Reflexologist Registered, performing reflexology sessions including the

Vacuflex system under regulated hygienic conditions. Allied health service that benefits health and wellbeing, assists in stress reduction and various other health conditions. Contact: Rike 082 784 4719 or email rikecoetzer@gmail.com

Wilton SHE Consultants Services include an integrated range of Occupational Health and Safety, Environmental, Quality and Risk Management Service in line with ISO Standards, including accredited legal liability training, Disaster Management & Emergency Planning. COVID-19 Offerings include COVID-19 Risk Assessments and Workplace preparedness, Office decontamination, COVID-19 Training & Employee Awareness. Contact Details: Mario Wilton 082 778 2037, Andrea 079 085 9699 or info@wiltonhealthsafety.co.za

Office Supplies

FSG - Indoor Office Plants Services include indoor office plants supply and maintain. (rental options available). Contact: 010 600 5050

Other

Domestic Support Domestic Worker UIF. Management employment relationship from start to finish, including UIF registration, pay slip and leave management, legal matters and more. Contact Estelle Carstens on 071 894 5468, estelle@domesticsupport.co.za or www.domesticsupport.co.za

Personal Care

Aesthetico Services provided include branded, luxury haircare and skincare products Contact Sonja Schröder on 082 448 9575 or sonjaschroder@gmail.com

ShZen Skincare ShZen Skincare and supplement products for sale. These high treatment products are manufactured using the best essential and plant oils. Extensive range available. Contact: Porcia 084 7447 666

Sorbet Northcliff Service provider of skin and body care products from Sorbet including including Dermalogica, Environ , 365, Heliocare and our Sorbet range. Contact: Hasita Bhavanbhai 076 570 3486 or hasita@sorbet.co.za

Plumbing

New Life Plumbing When you have an emergency or you need your repair handled. You need a plumber who gets the job done right and does not take advantage of your emergency plumbing repair needs by overcharging you. Call us on 082 824 0246!

CM Plumbing and Electrical, for all your household plumbing and electrical maintenance and repair services. Available 24 hours. Contact: Chase on: 079 839 2113 / 076 182 7009 or email: cmplumbingandelectrical@gmail.com

Dels Plumbing Group Services include all plumbing and drainage maintenance such as blocked drains, burst geysers, leaks/floods and all plumbing maintenance issues. Contact: 072 119 6559

Drycon Plumbing Services include plumbing repairs, burst geyser replacements/repairs, leaking toilet and basin repairs, water pumps supply and install, blocked drains and burst pipes. Contact: Gary Knibbs 083 226 54 72 / gary@drycongroup.co.za or David Drynan 082 496 4692/ dave@drycongroup.co.za

RM Projects Plumbing and other emergency services (excl. electrical). Contact: Ruan Muller 061 605 3042

Security

FSG - Security Services CCTV/Alarm Installations/ Offsite Monitoring. 010 600 5050

Shipping

Vogue Shipping Services is a fully fledged import and export clearing and forwarding agent based in Northgate Office Park. Contact: robbie@vss.za.net, 083 777 6253 or

sales@vss.za.net, 061 460 5568. www.vogueshipping.co.za

Social Media

Social Media Content Creation Do you want to understand content creating? Become an #influencer or #momfluencer and understand Social Media & find your niche? Mentor pageants and interview preparation. No age limit. Contact Marika on 083 282 0444

Stationery, Printing & Digital

Bin Stickers Elegant custom made bin sticker in silver with an Eagle or Palm Tree theme. Sticker only R70. Installation & Sticker R100. Free Delivery in Eagle Canyon. Contact: Elke 083 454 6010

IDC Band Whether you need plastic, vinyl or material wristbands, you can find an option that suits your needs perfectly. Supplier of Covid-19 screening wristbands. Contact: Peter on 011 675 5548 or email peter@idcband.co.za

NAVAM Suppliers of printer cartridges, laptops and desktops, repairs, invertors and batteries and software and wireless networking solutions. Contact: Anusha Naicker 083 293 9353

Storage

Commercial space/storage Do you need additional storage space or perhaps want to run your business in a more professional environment? We are offering entrepreneurs reasonably priced premises to operate from. Please call 010 446 2504 for more information and to book a viewing. Alternatively, you can whatsapp on 072 148 1144.

Telecommunications & WiFi

Novo Connect Services include extending your WiFi signal to all areas in your home, ensuring a fast & reliable WiFi experience throughout your home, problematic video streaming & eliminating WiFi deadspots. Contact: www.novoconnect.co.za

Smart Automated System Solutions is a Smart Home Solutions company that specialises in I.T Networking and Wi-Fi installations. Additional services offered include CCTV, AV Installations and Home Cinemas. Contact Details: Chad Petersen 076 984 4955 or chad@smartassolutions.co.za

Waste Removal

New Era Waste Services include Waste Removal in Skip Containers 3m³ and 6m³. Contact: Chad Willcocks 082 856 4783, JP Willcocks 082 853 9953

Waterproofing

Advanced Waterproofing Professional certified company specialising in waterproofing, painting, damp proofing and general repairs. Contact: Jamie 082 442 6218.

Window Cleaning

Window Magic Services include full window cleaning service within the Estate, internal & external high reach windows. Window cleaning tools & equipment for sale. Contact: David Smith on 082 875 7999 or dsmith@magicwindows.co.za

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Website, Funnel, and E-commerce website software that builds an unlimited number of websites or online stores. You will be taught how to use the software. Use it for yourself or to start a part-time business. R3 000. Try it for free for 7 days. Contact 083 660 5235

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