

The EAGLE

Creating an Engaged Community

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

JULY - AUGUST 2020

SPECIAL EDITION

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On the cover:

Snail's Pace

Photo credit: Tatum Fendick



Photo credit: Cindy Ellis



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Our world has become increasingly smaller. Technology and interconnectivity have become our closest friends. This is how we have been able to continue to work and to communicate with friends and relatives during these strange times.

According to a recent article posted on Mobileworldlive.com, the meeting app Zoom has locked in almost 300 million downloads (Google Play and App Store) from the beginning of 2020 to 1 June. This is a growth of over 2000% from last year.

Microsoft reports that there was a daily record of 2.7 billion meetings in one day – a 200% increase during this time period, as businesses and schools turn to Teams to connect and share information.

As we become more focused on technology to stay connected, so the importance of Community and getting out into our environment and nature increases.

In this, our second electronic issue of The Eagle, we focus on these two important factors: Our amazing Estate and the beauty that surrounds us, as well as the generosity of our Residents and how the art of giving back helps not only those around us, but to heal us as well.

While we have been faced with numerous challenges this year, there are some great wins as well, like the Golf Course's Gold Compliance – Special Mention Award 2019/2020 for environmental compliance and good governance; our completely electronic AGM (watch our communications channels for more info), and our brand-new website (more about this soon!)

As always, we welcome your feedback and your views - looking forward to hearing from you. After all - you are what makes this Estate great!

Share your views, opinions, tips, stories and photos of the Estate.

Email Comms@echoa.co.za



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< CEO'S DESK >



HOA
DEIDRE LE HANIE
CEO



Photo credit: Taylor-Bailey Groves

Our beautiful Estate

One of the positive and special elements to come out of lockdown is the increase of flora and fauna on our Estate: Birds, rabbits, mongooses, otters and many more have been sighted on the Estate.

As the regulations have relaxed so we have had the opportunity to spend more time outdoors enjoying our Estate.

Spending just a few minutes a day outside can give you a multitude of benefits. Here are five reasons why:

1. Improves your short-term memory

The University of Michigan found that those who go for regular walks in nature are able to retain information better than those who don't. Good news for those of us still working from home.

2. Helps reduce stress

A study, led by Daniel Brown from the School of Biological Sciences, University of Essex, Colchester, found that spending just five minutes a day in nature helps reduce the effects of stress. Walking gets your blood flowing and heart pumping, which also helps to lower stress levels.

3. Increases your levels of Vitamin D

Just 15 minutes a day in the winter sun aids in Vitamin D, which in turn helps improve your health. Nature also

helps to boost your immune system, which is a huge benefit during this time of colds, flu and Covid-19.

4. Inspires your creative side

Spending time outside with all the sights, smells and sounds helps to get those creative juices flowing.

5. Best of all – increases happiness

Taking a walk or exercising outdoors increases your levels of serotonin, boosts your mood, improves your wellbeing and helps you to feel happier and healthier.

On a personal note, I would like to take this time to thank our volunteers, Residents and service providers who helped to contribute to the wellbeing and maintenance of critical assets within the Estate.

Did you know?

*A group of mongooses
are known as a
business of mongooses*



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NEWS YOU CAN USE

What's happening in our community and surrounds

*“Look deep into nature and then
you will understand everything better”* – Albert Einstein

Open Hearts



During Level 5 of lockdown one of our Eagle Canyon families approached us to donate fresh food parcels and face masks to those of our staff most affected – our golf caddies and the ground staff who were living on the Estate at the time to maintain our Golf Course. The family, who wish to remain anonymous, said of the donation: *“My family is very humbled to be in a privileged position to share. May everyone's friends and family stay safe and blessed during this hard time.”*

We thank this family and others who have contributed to those who have needed it most during this time period. You have inspired us to look into starting our own Eagle Canyon Community Drive.

[Click here for more.](#)



Photo credit: Sean Starkey

Something Fishy

Ryan Matthyssen is our “Fish Guy” – the expert who gives of his time (unofficially) to look after the fish in our dams on our Estate. Not only has he done this for the last nine years, he is always available to assist our Residents (and more particularly our Estate children) in learning the best and safest way to release the fish once caught.

Wash & Workout

The Eagle Canyon Car Spa is open for business

JULY SPECIAL: For R100 you get a car wash and session at the Driving Range with a big bucket of range balls.





Photo credit: (left) Elvira Kaiser; (below left) Nikki Drennan; (below) Cheryl Wagner; (bottom) Elouise Kalmer.



Birds, Insects & Animals – *Oh my!*



Resident Debbie Fendick has created a **new unofficial WhatsApp Group** for the Estate that promotes the beauty that is on our Estate.

Here Residents are invited to share photos and information on the diverse flora and fauna found on the Estate.

One thing is certain – this is certainly a special place as revealed by this selection of photos shared on the group (and republished with permission).



Photo credit: (far left) Laetitia van Staden; (left) Katja Henneke



Run Transformation: Two options available, the Couch to 5km Beginners Group and the Get Fast programme for those looking to improve their current level (intermediate to advanced).

Fat-Burning Transformation: This programme is to get you lean and shredded! Let's "flatten the curves" from lockdown.

Iron Core Transformation: This is not a traditional 6-pack programme. You will build your base of strength, improve posture and improve overall tone of your midsection.

Move Better Transformation: Want to move better and be more flexible? This programme works on mobility, stretching and stabilisation techniques. This is also aimed at targeting middle-aged to elderly (35 - 70's and beyond) to be more functional in life.

Transform yourself

Eagle Canyon Gym and Wellness Centre is proud to launch the Transformation Series – a 12-week programme following one of four themes designed to achieve different fitness goals. This can be done in the comfort of your own home or via social distancing exercise.

What's up for grabs?

1. Weekly R500 Food Lovers Market – Lifestyles Centre vouchers
2. 6-month FREE gym membership
3. Biokineticists assessment sessions

Sign up now:

Email gym@echoa.co.za OR manager.ecgym@gmail.com to request an info pack of your choice.

When does it start?

Sign up begins immediately with two starting batches. Winners will be announced within a week of Group 2 completing their challenge.

Eagle Canyon Gym and Wellness Centre Survey

The Eagle Canyon Gym and Wellness Centre wishes to create a bespoke experience for all members. Click on the link to complete this quick survey to assist in this process: <https://www.surveymonkey.com/r/agleCanyonGymSurvey>



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Great specials available – check out the Eagle Canyon Golf and Country Club facebook page: ([@eaglecanyongolfandcountryclub](https://www.facebook.com/eaglecanyongolfandcountryclub)) for the latest specials.

Download the Kekambas App

from Google Play store <https://play.google.com/store/> or App Store <https://apps.apple.com/>





Jessica's is open...

Jessica Botha and Andries Strydom are excited to share that Jessica's at the Eagle Canyon Clubhouse will be **reopening on Wednesday 1 July 2020 at 8h00**. They will be open daily from 8h00 until 21h00 Monday to Sunday, serving an all-day menu.

There is **free Wifi available** to guests and they will follow all legislative protocols.

Their primary concern is for **the safety of all their staff and patrons**. With this in mind they will be implementing a totally contactless approach when it comes to menu access, ordering and payment.

On arrival, customers will be asked to **download the Kekambas App** on their phone, they will select their current location and the restaurant menu will be available for them to place their order and to pay online. Please note **no cash will be accepted**. Payments will be made by card through the online payment option.

Coppa Bar will only reopen when the liquor law allows for it.

Residents are requested to be patient and understanding as all these new systems are implemented. "Our aim is to create a safe and relaxing environment for anyone who passes through our doors. We will be running some great specials, so please keep an eye on our **Facebook page @Jessicas** for all the latest offers. We look forward to welcoming back all our special diners" says Jessica.

If you wish to **book a table** please contact 072 966 6210 or for any additional queries please e mail on events@jessicasrestaurants.com.

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{On Course}

An update on all things golf



JOHN COLLIER TOP CLUB – SPECIAL MENTION

On World Environment Day, for the past 15 years, John Collier, Environmental and Governance Research, have honoured the Top Club and Special Mention Club for environmental compliance and good governance.

This year, we are pleased (and proud) to share that Eagle Canyon Golf Course has been highlighted for the **Gold Compliance - Special Mention Award 2019/2020 for environmental compliance and good governance.**

Previous winners of this award include the Gary Player CC, Lost City Golf Course, Waterkloof Golf Club, Champagne Sports, Prince's Grant Golf Estate, Umhlali CC, Woodhill, Paarl Golf Clubs, Zebula Golf Estate, Ebotse Golf Estate, Leopard Creek, Royal Durban Golf Clubs and more.

This year's winning club was St Francis Links.

"In the very short period that we have been working on our environmental compliance in accordance with the John Collier report we have received this incredible result,"

says David Christie, Eagle Canyon Golf Director.

In addition to the mandate of reviewing and auditing the Golf Course Environmental and Governance, Deidre Le Hanie (CEO) has requested the inclusion of the overall environmental compliance within the Estate. The audit by John Collier identified several CAR's (Corrective Actions) and is receiving the required focus. We believe this will deliver great value to the Estate overall and set us apart in coming years. We further thank John for his great contribution to the Estate which was done at no cost.

Alongside Dave and his Country Club team, special mentions need to be made to James Vlok, Board Director, Sustainability & Environmental; Lionel Kruger, HOD: Operations and Compliance and Tracy Bridgmohun, Facilities & Operations Management Support and the Service Providers caring for our Estate and Golf Course.

"We are truly proud to have received the above mentioned award and look forward to continuous improvements in the years ahead," – As expressed by the Board Directors.

{On Course} Open for exercise

The Driving Range is open **07h00-17h00 daily.**



Photo credit: Elvira Kaiser

We have placed the required health & safety measures in place which include:

- Bay dividers placed 3 meters apart;
- We have more than 30 buckets of balls which will be cleaned and sanitised before and after each use;
- Sanitiser will be provided;
- Staff assisting at the range will be wearing face masks, sanitising and have been trained on all the required Health and Safety protocols;
- There is a screen divider in place for ball purchases;
- We request everyone respects the social distancing regulations.

There are 25 bays available spread over 10 hours each day, so there is no need to rush.

The driving range has golf accessories and other items available for sale.

Driving Range Ball pricing

- Small bucket – R20
- Big bucket – R50
- Unlimited buckets – R150/month*

Please email sara@echoa.co.za for more information on the above specials.

Experts at hand

Add to your exercise with tips from the experts from **Buhrmann Du Toit Golf Academy**. Coaches will be available during specified times. Everyone that has an active lesson plan with Coach Andre Louw and wish to commence with their lessons must please contact Andre via Whatsapp or email andre@bdga.co.za.

Book a Golf Lesson The academy is well prepared for coaching during this time of social distancing.



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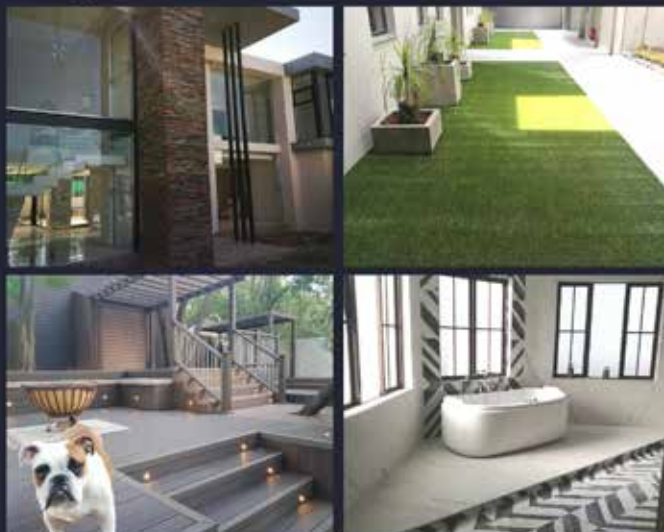


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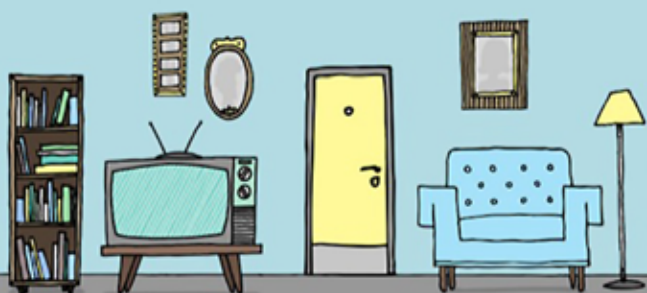
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{On Course}

INSIDER'S GUIDE to the course

Now that you can get back on Course, Eagle Canyon Ambassador and Professional golfer, **Rouke van der Spuy** offers his expert tips:

Hole 1:

OUT: "Don't take on too much for this opening hole. A conservative tee shot still allows for an approach into an elevated green."

Hole 2:

EAGLE CREEK: "A great risk-reward hole. A tee shot hugging the left side will leave you a shorter approach to this reachable par 5."

Hole 3:

KIMBERLEY: "A very demanding hole that requires focus and precision on the tee shot and approach. Make sure you clear your thoughts and trust your swing."

Hole 4:

NO MERCY: "Play for the middle of the green no matter where the pin is located. When in doubt, take an extra club and look out for the wind which tends to swirl in this corner."

Hole 5:

ESSES: "Another risk reward par 5 that plays significantly uphill for the approach. A good drive will leave you within striking distance but don't be tempted unless you



have enough club. A lay up short and left of the green leaves a straight forward pitch."

Hole 6:

BLIND: "An unique tee shot that plays uphill and around a large tree. If you feel the need to be aggressive, a high-fade can make this hole a lot shorter."

Hole 7:

MINESHAFT: "Longer hitters should be aware of the pin location on this downhill par 4. Even though a long drive collects into a bowl area before the green, being too close can leave a tricky wedge shot."

Hole 8:

ROAD HOLE: "This par 3 can play anywhere from a wedge to a fairway wood depending on the tee location. If you are unsure of the club selection – take an extra club."

Hole 9:

KEEP IT STRAIGHT: "Position off the tee is crucial here. Aim for the largest part of the fairway to avoid the bunkers. Trust your yardage on the approach shot."

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INSIDER'S GUIDE to the course

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Hole 10:

MIND THE MIDDLE: "An elevated tee shot with incredible views of the course – but don't let that distract you. Keep the drive right for a better view of the green to set up a birdie chance."

Hole 11:

HIGH: "This par 3 requires some calculation before you hit this tee shot. Make sure you adjust the distance for elevation and wind before make a committed swing."

Hole 12:

LAY UP: "The start of two demanding drives in a row. Now is the time to commit to the drive and avoid the water on the left. The approach should be played to the middle-left portion of the green."

Hole 13:

COOT CORNER: "Your drive should be aimed just right of the fairway bunker whether you want to take on this tee shot or not. The slope of the green can be used to get the ball close to the hole."

Hole 14:

BUNKER HO: "Similar to Hole 2, a drive hugging the left side of fairway leaves the shortest approach to arguably the easiest par 5 on the course."

Hole 15:

DOWN THE STRETCH: "A long iron or fairway wood to the largest part of the fairway makes this hole a lot easier. Make emphasis on hitting this large green as it is well shaped around thick rough, water and a bunker."

Hole 16:


SHORT N SWEET: "A very fun drivable par 4 especially from the forward tees. But don't be tempted unless you are fearless. More birdies are made with a wedge from the large fairway."

Hole 17:

LOOKOUT: "Elevation change is a constant feature when playing Eagle Canyon so this par 3 should be of no surprise by now. Be aware of any wind you feel and take dead aim."

Hole 18:

HOME: "Down and then up! The semi-blind tee shot has more space than you think and a good drive will put you in position to get home in two. If you have the urge to attack with your long iron or fairway wood, there is a small bail-out right of the green."



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Dept. Of Public Works - AVN Building - Office refurbishment - R11.8m




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{On View}

Real Estate Business Owners of South Africa (REBOSA), a founding member of the National Property Practitioners Council, has developed Estate Agents Property Viewing Protocol in accordance with health and safety guidelines as published by the Government.

The Estate Agents Property Viewing Protocol guidelines ensure the following:

- Showhouses are strictly prohibited under Level 3.
- Individual viewings of properties can be done between 09h00 and 19h00 daily by appointment only and under stringent protocols as laid out below:

Pre-viewing/meetings:

1. Meetings with clients will as far as possible, be conducted via telephone and/or video call.
2. Any viewings of a property should, as far as possible, be done virtually. Once a Buyer/Tenant has expressed definite interest in a particular property, a physical viewing of the property can be arranged in line with viewing protocols, and on express consent of the Property Owner/Inhabitant of the Property.
3. The current Residents/inhabitants of the property are to be advised that they should, if at all possible, not be present in the property at the time of the viewing. They can, however, remain on the property, preferably outside (if possible). Should they not be able to leave the property, or remain outside, they will be encouraged to remain in one section of the property to observe social distancing protocols.
4. The current inhabitant of the property will be required to sign relevant consent forms prior to viewings/potential clients being brought to their property.
5. All potential clients (Buyers/Tenants) will receive all viewing safety protocol information prior to the viewing and must agree to adhere to it at all times.
6. Estate Agents may not travel with clients in the same vehicle to the property.
7. To ensure optimal ventilation the inhabitants of a property will be requested to open all doors and windows prior to the arrival of the Estate Agent and Potential Clients to the property.

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"...All potential clients (Buyers/Tenants) will receive all viewing safety protocol information prior to the viewing and must agree to adhere to it at all times..."

{On View}

continued from page 18

At the property:

8. Physical viewings are to be kept as brief as possible.
9. Estate Agents and Potential Clients shall be required to wear fabric face masks at all times whilst conducting property viewings, with the mask being properly secured prior to entering the property.
10. Estate Agents and Potential Clients will visibly sanitise their hands prior to entering the property and will be required to visibly sanitise their hands prior to leaving the property.
11. Estate Agents will ensure that Potential Clients are reminded of the viewing protocol prior to entering the property.
12. No more than two Potential Clients may be taken through the property at a time. Should there be more interested parties (that need to physically view the property), Estate Agents will request that those parties wait outside (in the vehicle) to observe social distance guidelines.
13. Estate Agents will offer hand sanitiser to potential clients prior to entering the property (and on exiting the property) and will ensure the use of it (by the Potential Client). Clients who refuse to sanitise their hands prior to entry will not be granted access to the property.
14. Estate Agents will, prior to entry, declare to both the current inhabitant of the property and Potential Client, the absence of any observable symptoms associated with Covid-19, as it relates to fever, cough, sore throat, redness of eyes, shortness of breath (or difficulty breathing) body aches, loss of smell/taste, nausea, vomiting, diarrhoea, fatigue and/or weakness.
15. Estate Agents will enquire whether the current inhabitant of the property and/or the occupants of the property and Potential Client currently display any of the aforementioned symptoms and/or whether the current inhabitant of the property, Potential Client and/or immediate family have been experiencing any of these symptoms 14 days prior to the viewing and/or whether they have been in contact with a confirmed case of Covid-19. Should any Client (or occupants of the property) display any of these symptoms (currently or 14 days prior to the viewing) and/or have been in contact with a confirmed case of Covid-19 14 day prior to the viewing, the Estate Agent and their Potential Clients shall not be permitted to enter the property.
16. Estate Agents and Potential Clients will refrain from making any physical contact with any person and will keep a physical distance of 1,5m from all persons in the property at all times.
17. Estate Agents and Potential Clients will refrain, as far as possible, from touching any surface or object in the property.
18. Estate Agents will carry their own sanitiser and wipes to wipe down any surface or object he/she, or the Potential Client, may have accidentally / unavoidably come into contact with.
19. Estate Agents and Potential Clients may not, under any circumstances, use any bathroom facilities in the property.
20. Estate Agents will capture the details of potential clients who have visited any property in the Company's database, detailing the potential client's name, surname and contact details, as well as the property address, and time and date of viewing.



Additionally, please note from an Estate perspective:

- All screening and entry protocols are required to be followed.
- The Resident / Owner and Estate Agent are responsible for ensuring that any person/individual granted access to the Estate follows the Covid-19 regulations.
- Estate Agents are to meet prospective clients at the Tennis Club and to escort them through the Estate to the prospective property, each in their own vehicles.

Get your home ready for winter

Winter is an opportune time to undertake the vital maintenance and repairs necessary to ensure your safety at home. These tips will help you manage the challenges that come with winter and colder temperatures:

Geyser

- Insulate your geyser and water pipes with a geyser blanket and lagging – this helps water stay hotter for longer and helps prevent burst geysers and pipes during cold spells.
- Service and check that all the seals, valves, stop-cock, thermostat and element are in good working order.
- Ensure the drip tray is correctly installed and placed.
- Make sure your insurance cover is adequate to replace or repair your geyser and any resultant damage.

Fill the gaps

- Fill any cracks in your walls, especially exterior walls.
- Check and replace broken roof tiles and ensure flashings are in a good working condition, especially if you experience rainy winter months.

Gas stove, heaters, fireplace and generators

- Exercise extra precaution when using gas and open flames.
- If you suspect a gas leak, immediately turn off the source and open all windows and clear the room.
- Make sure flammable objects are kept well away from a fireplace and always use a screen to prevent any sparks.
- Ensure your generator is safely installed by a qualified electrician with a transfer switch so you can safely switch between electricity from the grid and from the generator.

Maintaining the exterior of your building

- Remove leaves from gutters and clear away debris as clogged gutters pose a maintenance risk.
- Trim dead branches and clear away all garden debris as these pose a fire risk in dry areas.
- Make sure the water pump on your water collection tank or borehole is in good working order and has 'run-dry' protection so it will automatically shut off if it detects there is no water to pump.

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Lockdown, Garden Sanctuaries & You

Our Estate gardens service provider, FSG (Facility Service Group), shares these tips on how to stay productive in your garden when under lockdown

For many Residents your gardens are an escape and it's not too late to make a little garden sanctuary of your own during this trying time.

The benefits of gardening

Did you know scientists have proven that gardening directly affects your health and wellbeing? It's therapeutic and encourages people to adopt healthy behaviours. Gardens also play a specific role in aiding South Africa's biodiversity by giving wildlife places to stay and travel to. We all know that gardens help us by improving the quality of our air and even mitigating the potential for floods in particular hotspots. In a country such as ours these benefits are tremendous.



Winter is here:

We know that winter has arrived and that your flowers are losing their leaves but if you can spare some time you'll be able to get your hands on some winter-blooming flowers to bring that life back to the scene.

Here's a list of flowers to include in your garden.

- Petunias (they love the sun!)
- Fairy Primulas
- Namaqualand Daisies (our favourite!)
- Cape Forget-Me-Nots.



Space too small?

Not to worry. There are a plethora of options that can be utilised for those of us who are not blessed with even the smallest patch of green to cultivate outside. Who said gardens need to be outside anyway? Windowsills and balconies offer a wonderful place to bring some extra colour to your homes and boost your sanity (and health) as well.

You'll want some compact, hardy plants that can withstand the small environment that you place them in. You can plant herbs, salad vegetables and evergreen shrubs for example.

Nutrients, Water and Mulch

We wouldn't be experts in our gardens and landscapes if we didn't encourage you to mulch and feed your precious, newly cultivated gardens, would we? All of this needs to be done right after pruning your plants. Work some organic pellets or compost into the flowerbeds and after feeding, cover your soil with a layer of mulch. Try and water your gardens once or twice a week early on in the day or in the late afternoon.

Finally, we want you to relax and take it easy. This may be a trying time, but give a little bit of love to your gardens and family and let nature sort out the rest.

AS SEEN ON ESTATE

This series showcases the interesting, unusual or just striking flora and fauna as captured on camera by our Residents. This issue's highlights were showcased on Birds, Insects and Animals, one of the community's unofficial WhatsApp groups.



"Known as Kleptoparasitic or cleptoparasitic, the female cuckoo bee, much like the bird of the same name, does not build her own nest"

Cuckoo Bee

Photographed by Grant Fendick

There are around 2 755 bee species in sub-Saharan Africa – a third of which are found in South Africa.

Almost all bees are pollinators but only a few make honey. As pollinators, bees play an important role in agriculture and biodiversity as they tend to focus on one plant species at a time.

Only a few of the over 25 000 bee species found worldwide are social (such as the honey bee). The majority are solitary and their distribution is determined by the type of vegetation, soil, climate, altitude and other environmental factors.

Bees can be broadly categorised under the following:

1. Social bees (such as the honey bee) that live in hives.
2. Dauber bees that make their nests out of mud or resin.
3. Leaf cutter bees that nest in pre-existing tunnels in wood and line their nests with small pieces of leaves.
4. Carpenter bees that bore tunnels into wood.
5. Miner bees that bore tunnels into the ground.
6. Cuckoo bees that lay their eggs in other bees' nests.

Female solitary bees each construct their own nest consisting of chambers partitioned off from each other. She lays an egg in each chamber and fills with nectar and pollen. She seals off each chamber as she goes. When the eggs hatch, the larvae then consumes their food supply before emerging as adult bees.

Known as Kleptoparasitic or cleptoparasitic, the female cuckoo bee, much like the bird of the same name, does not build her own nest. Instead she seeks out the nest of other solitary bees and when that bee leaves her nest, she lays her eggs inside. The Cuckoo larvae then eliminate the host eggs or larvae, growing into bee adulthood and then leaving the nest.

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AS SEEN ON ESTATE

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"The parents continue to co-parent until the chicks are ready to fledge, which is around two months of age"

*"Nature is pleased with simplicity.
And nature is no dummy"*

- Isaac Newton

African Swamphen

Name: African Purple Swamphen/
Porphyrio madagascariensis

Photographed by Danieta Britz

The Swamphen is distinguished by its bright purple colour, with a bronze-green or blue back and shoulder feathers. The front plumage, beak, legs and feet are red in colour. It grows to around 43cm, the size of a chicken.

The Swamphen's diet consists mostly of plants but will also snack on eggs, fish, frogs and other birds baby chicks.

A Swamphen is loyal to their mate, building a bowl-shaped nest that can be spotted resting in reed beds or floating debris, just above water level. To attract the interest of their mate, the males perform an elaborate display, which involves then holding reed (nesting material) in their bills and bowing while making loud vocalisations. The female lays around three to six eggs and the parents take turns on sitting on the eggs, which take around 24 days to hatch. The parents continue to co-parent until the chicks are ready to fledge, which is around two months of age.

More often than not, the Swamphen makes itself known by its loud, high-pitched screech or more subdued tuk-tuk, rather than being seen. So, if you catch a glimpse you are lucky indeed.

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AS SEEN ON ESTATE

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Red-hot Poker

Name: Red-hot Poker/Torch Lily/
Kniphofia Moench

Photographed by Ria Human

These bright plants are often confused with Aloes but have long, narrow, tapering leaves that are non-succulent (unlike those of an Aloe). They range in colour from vibrant reds and orange, through to yellow, lime green and cream.

Red-hot Pokers occur naturally in all nine of our provinces, with around 70 species found in Africa. They are favoured by insects and nectar-feeding birds such as sunbirds and sugarbirds.

The flowers of some of the species apparently taste a bit like honey (but we are not recommending you try this). Some of the species have been used as medicine and an infusion of the roots is known to treat symptoms of chest disorders.



These vibrant long-lasting flowers are currently transforming the Eagle Canyon landscape. The winter flowering varieties are semi-hardy and even tolerate frost. They tend to enjoy an open sunny position and are happy in partial shade. The great thing about the established plants is that large clumps can be lifted, divided and then replanted with success.

"Red-hot Pokers occur naturally in all nine of our provinces, with around 70 species found in Africa"

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The Art of Giving

Did you know your **random acts of kindness** not only improves the lives of others – but yourself as well?

"If you are trying to transform a ... society into one where people can live in dignity and hope, you begin with the empowering of the most powerless. You build from the ground up"

— Adrienne Rich, 1922 – 2012.

Helping others whether by giving of your time, services or through donation is of benefit – not only to those whose lives you are changing but yourself as well. Acts of kindness help raise your levels of happiness and emotional wellbeing and gives you the "warm and fuzzies".

A study, conducted by professors Phillippe Tobler and Ernst Fehr, the Department of Economics at the University of Zurich and published in Nature Communications, found that while generosity comes at a personal cost (be it resources, financial, time or energy) the reward is increased levels of personal happiness.

Research shows that these acts of kindness stimulate those areas of your brain's reward

system, which in turns gives that feeling of satisfaction. During the charitable action "feel good" chemicals are released, such as serotonin (mood-enhancing chemical), dopamine (a feel-good chemical) and oxytocin (bonding chemical).

The study, conducted by the National Institutes of Health found that the release of these chemicals creates a "helper's high", which becomes addictive.

Volunteering also has major benefits reports Cleveland Clinic – including helping to counteract the effects that stress, anger and anxiety has on your body. (Just what you need during lockdown).

Not only do you feel socially connected (which in turn helps protect against loneliness and depression) but can also have physical benefits as well. Research published in Psychology and Aging found that those over 50 who volunteer on a regular basis are less likely to develop high blood pressure, which in turn can help

protect against heart disease and strokes. The reasons for this include that those who volunteer may be more physically active than their non-volunteer counterparts and the act of volunteering may assist in lessening the effects of stress. This research, known as the Carnegie Mellon Study, found that 200 hours of volunteer work per year correlates to lower blood pressure.

Your choice of volunteer work can also have an impact as those involved in volunteer activities such as reading or tutoring, find improved memory and thinking skills.

The key is to ensure that whatever you choose to do you do it for the right reasons, as shown by the 2012 study published in Health Psychology. The study found that the health and wellbeing benefits abound but only if the act of kindness was truly altruistic.

Eagle Canyon Community Drive

We have been inspired by the good and charitable works done by Residents on our Estate to create a community drive that will support one or more local charities/organisations in our area. Ideally we would like to focus on school-going children, and through the ripple effect, help their families as well. **Please take a few minutes to click the link and fill in this survey to assist in identifying potential organisations and what is most needed by our surrounding communities.**

<https://www.surveymonkey.com/r/EagleCanyonCommunityDrive>



Did you know?

Educating a girl child yields the single highest return on investment in developing countries, as the ripple effect benefits extend beyond the child to individuals, families and society at large. For every additional year a girl child remains at primary school, increases her salary potential by 10 to 20%, which in turn she puts back into her family and community thereby creating a ripple effect.

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During these unprecedented times we are here to look after your best interests and will strive to get you the best possible offer for your property in this current active market - which you as an Eagle Canyon Homeowner deserve.

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Retirement should be a time for new adventures – spending time with loved ones, finding new hobbies and working through your travel bucket list.

For those planning to retire in 2020, or those being forced into an earlier retirement, the picture may have changed, with investors seeing declines in the value of their retirement capital following the recent market correction.

During the first quarter of this year the average balanced fund*, a typical choice for retirement annuity and pension fund allocations, declined by 14%. Investors' allocation to more conservative** mandates lost 8%.

Many investors still have time on their side – or can opt to delay retirement. If they stick to their investment strategies and persist with contributions, comfortable retirement is achievable. But what about those starting this new chapter this year?

Don't lock in the losses

Roénica Tyson, Investment Product Manager at Glacier by Sanlam, says that while recent losses and continued volatility and uncertainty may tempt you into abandoning growth assets, cash may not be king. When transferring your retirement assets into a living annuity, stick to your investment strategy. And when transferring from a retirement annuity or preservation fund, the process is often seamless, which ensures you stay invested and don't miss out on the recovery.

Limit the amount of income taken from your living annuity

Large drawdowns (the amount of income taken) early in your retirement can further hurt your already depressed retirement capital. Limiting drawdowns and cutting back on non-essential spending can help to maximise capital to participate in recovering markets.

Invest your 1/3 wisely

If you access the one third of your retirement fund that you may take as a lump sum at retirement, ensure it is invested prudently. You may need this capital to supplement your retirement income or cover increasing medical expenses later in retirement. Also keep in mind that any further growth on this capital is taxable, so ensure you optimise tax on this portion of your capital.

Financial planning continues in retirement

According to Glacier by Sanlam, allocating your retirement capital, or a portion thereof, to a living annuity does allow some flexibility into retirement. It is important to engage with your financial adviser to design and manage a dynamic retirement plan for you. These experts will know how to best position your portfolio for recovery, or when it may be a good time for you to consider converting to a life annuity, where you secure a guaranteed income for life.

Stay close to the experts

Tyson says that conversations with your financial adviser are now more important than ever. There are many considerations and decisions to make – not all of them financial. A qualified financial adviser can look at your particular situation, take into account your goals and wishes, and advise you accordingly.

Contact me



Francois Joubert

BCom Hons, MBA
Senior Financial Planner
083 469 1825
francois.joubert@sanlam4u.co.za



Snack attack

Covid-19 has changed the way we purchase food and in particular snacking habits have changed. This is according to separate research done by international food company, Mondelez International, and Kantar, a market research company

The research found that local consumers have become a lot more purposeful in their shopping choices – purchasing more products less often and closer to their homes. In addition, there has been a rise in the snacking category with biscuits a firm favourite. Baking has also seemingly increased with baking products and baking kits becoming more popular. Kantar's research backs this up, finding that 64% of people are snacking more throughout the day and 72% have experimented with new recipes, creating new family memories.

Health bites

Uber Eats has revealed that healthy takeaways topped the choices. This may have had something to do with the stringent regulations during Lockdown Level 4. A press release issued by Uber Eats in SA found that SA targeted fresh, organic foods.

The most popular items ordered included: Mushroom Stir fry, Mixed vegetable and fruit box, frozen mixed berries, fresh orange juice and canned tuna. This is compared to 2019 where the focus was on chicken wraps, steak and vegetable wraps, protein strips, green salad and vegetable wraps.

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Snack attack

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Your plate can improve your food

Tired of serving the same meals? Maybe try a different colour plate.

There seems to be truth in the saying that you eat with your eyes. Multiple studies have found that coloured plates can help enhance the flavours of your meal, and a coloured plate can enhance the suggestion of sweetness of a meal rather than serving on plain white crockery.

Further research shows that red, orange and pink are associated with sweetness, black with bitterness, yellow or green with sourness and white and blue with saltiness.

John E Hayes, Associate Professor of Food Science and Director of the Sensory Evaluation Centre, Penn State, USA, adds that the colour of the food itself can also impact your culinary experience. He was quoted as saying: "The colour of a beverage can impact how we think it should taste... for example, yellow is commonly associated with drinks that are more sour, like lemonade, whereas red is associated with drinks that are more sweet, like sports drinks."



"...There seems to be truth in the saying that you eat with your eyes...."



Experimental psychologist Charles Spence, in his book *Gastrophysics: The New Science of Eating*, looks at how you can taste colour. Changing the colour of an expected food can change both your expectations and your tasting experience. "We have spent the last few years researching what tastes people around the world associate with different colours and looking at the colours that people naturally/spontaneously associate with the more most frequently mentioned basic tastes."

Spence shares the story of a marketer by the name of Wheatley who served a dinner of steak, chips and peas under dim lighting, hiding the food's true colour and they all tucked in. When the lights were turned up they nauseatingly found that the steak was blue, the chips were green and peas were bright red. Despite previously enjoying the meal a large number of them immediately fell ill.

Spence suggests that if you want to enhance the sweet flavours of your food serve on a round white plate, to bring out savoury tastes serve on a black angular plate and use a red plate to reduce the amount of food someone eats.

Mood also has an impact as when you are in a bad mood or depressed you will have trouble tasting your food, while laughter can improve the taste of your meal.

"...Spence suggests that if you want to enhance the sweet flavours of your food, serve on a round white plate..."



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ESSENTIAL SERVICES

Residents Directory

Disclaimer: This is a compilation of Essential Services provided by Residents for Residents on the Estate.
This is for information purposes only.
The HOA holds no responsibility for services rendered or agreements entered into between the parties.



Building Repairs

Aqua Paints

The sister company of Colour It Paints and supplier of the Imperial Brand for all paint requirements within the Estate. Supplier of face masks, hand sanitiser and face shields. Contact: Raggie Chetty 074 882 1754 or email raggie.aqua@gmail.com

CIC Projects

Services include plumbing and other building, tiling or other essential construction works. Contact: Mark Mortimer 082 444 7650

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

Electrical Repairs

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

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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@tiguys.com

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Breytenbach Glass

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Eds Projects - GP2 Chemicals

Services include various sanitisation options ranging from alcohol free hand sanitiser, industrial as well as commercial sanitisation, as well as PPE gear such as masks and gloves. Contact: Dylan Rogers 072 242 1326, 011 801 3200 or www.gp2.co.za

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

Knight Clothing

Services include a full range of medical, disposable and washable face masks, as well as PPE gear such as gloves and infrared thermometers. Contact: Cheryl-Ann Lee on 084 506 2649, 011 791 1006 or Lcheryl@knightclothing.co.za

Lema International Trading

Services include covid-19 essentials, disposable/cotton mask, hand sanitisers, Infra-red thermometer and more. Contact: Hennie Ehlers 011 794 2024, 082 653 0031 or www.covid19-essentials.co.za

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Annievents

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

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

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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 (excluding electrical). Contact: Ruan Muller 061 605 3042

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Vogue Shipping

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Telecommunications & WiFi

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

Waste Removal

New Era Waste

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