

Celebrating 17 years of the ECHOA Estate Magazine

# The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

JUNE - JULY 2025



Fur-raising fun



# Eagle Canyon Golf Estate

Sold By Linda Nunes in 2025

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Linda Nunes  
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THE PAM GOLDING WAY

As introduced  
from July 2025



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**Control Room:** 011 794 6999 / 079 271 0401  
/ 011 794 5111 / 071 344 7478

**Country Club:** 011 801 6600

[Golfersfeedback@echoa.co.za](mailto:Golfersfeedback@echoa.co.za)

## HOA Board Members

As of June 2025

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### BAFEDILE MESELE

Vice Chair HOA & CC

### NOSIPHO ARMSTRONG

### NTSAKO BALOYI

### LIEZL GILDENHUYIS

### JOHAN HAVENGA

### RIAN SWART

Chair CC

### IAN WOOD

< EDITOR'S LETTER >  
Celebrating 17 years of the ECHOA Estate Magazine



## THE EDITOR

Kim Bell

HOD: Communications & Marketing  
[Comms@echoa.co.za](mailto:Comms@echoa.co.za)

Part of what makes the Eagle Canyon community is that we are a family- and pet-friendly estate. Having a pet provides multiple benefits for physical and mental health, social interaction and emotional wellbeing.

Animals help reduce stress, anxiety and depression, improve cardiovascular health, increase physical activity and provide companionship and unconditional love.

The estate is home to an abundance of animals, from the yellow mongoose (spotted recently in the garden of a resident and highlighted on page 23), to our resident feral cat colony (you can read more about this in our next issue and how they benefit our estate), to our bird life and other fauna.

In this issue, you can read how to join our lost Doggie and Kitty Whatsapp Group (page 8), and how to go about inviting Woodrock Animal Rescue Paws @ Work to your place of work (pg 10); you can also read all about our (still unofficial) record-breaking attempt at most dogs at a movie (page 17).

In our Resident Focus we highlight our young resident Paige, who is part of the U21 hockey side that recently won the Junior Africa Cup, she shares her story on page 12. On page 15, we focus our league teams in the second of this series.

Wishing you stay warm and cosy as winter descends on our estate, and if the cold is getting you down – perhaps hug your fur-baby for a pick-me-up.

Cover photo credit: Wayne Dolley - WH Photography

## Connect with us

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WINNER - BEST WELLNESS CENTRE 2024

(Asher Spa & Hair Salon)



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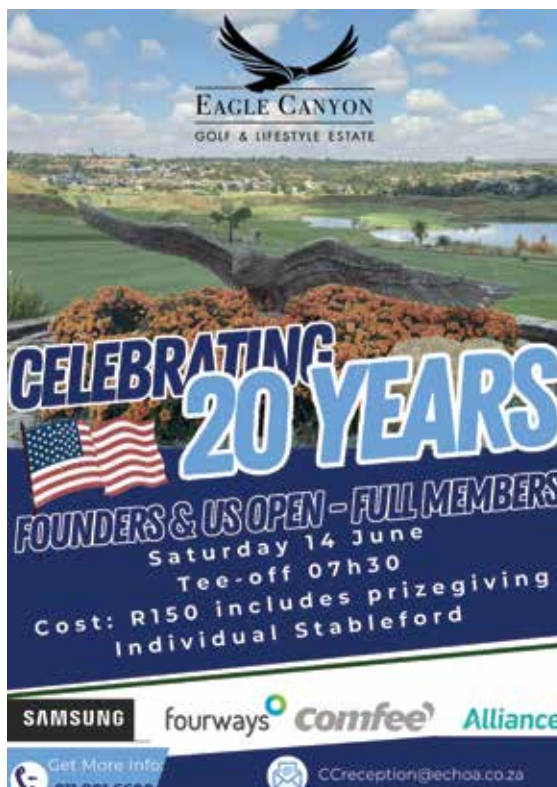
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## GOLF CALENDAR: June



**CELEBRATING 20 YEARS**  
FOUNDERS & US OPEN - FULL MEMBERS  
Saturday 14 June  
Tee-off 07h30  
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Saturday 14 June  
Tee-off 12.30  
Cost: R150 includes prizegiving Individual Stableford

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Get More Info 011 801 6600 CCreception@echoa.co.za

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# NEWS YOU CAN USE

What's happening in our community and surrounds

*The whole glorious history of animals with people is about joy and connection. It's about loving this creature and letting this creature love you."*

— Jon Katz

## Support a Worthy Cause

Re/Max Masters annual Coats & Cans Campaign is back this winter, giving you the opportunity to assist those in need. Plus, this supports one of our very own resident's initiatives, **The Supper Foundation**. We are asking for warm clothes, blankets, canned food and packaged staples to be dropped off in the bins provided at Main and Res gates.

You can help make a difference this winter.



RE/MAX  
**COATS & cans**  
COLLECTION

Keeping others warm this winter

Donation bins can be found at the main and residents gates.

IN SUPPORT OF  
**SUPPER**  
foundation

Matt 082 371 1388

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MASTERS

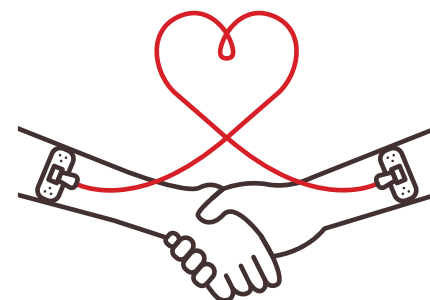
## Save the Date: MARKET DAY

Our next exciting market day, hosted by the Anam Cara Sisters, is set for end June.



ENGEL VÖLKERS  
ANAM CARA  
WINTER WARMER MARKET  
The Canyon's  
**JUNE 28TH**  
10AM-4PM

Sipped Spice:  
Glühwein Time  
Taste the Cozy:  
Curries & Classics  
Winter Wonders:  
Shop the Season  
Winter Grooves:  
Live Music



## SANBS Blood Drive

Diarise these important dates for the remainder of the year:

Eagle 1, between 14h00 and 19h00.  
6 July 2025, 17 August 2025 and  
19 November 2025.

continue on page 8

# ITALTILE

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## EC Lost Doggie and Kitty Group

Did you know that a group of pet-loving residents have formed the EC Lost Doggie and Kitty Group? This same group of residents also assists in the caring and feeding of any lost or roaming dogs that are taken to the temporary HOA kennels housed at the back of the HOA offices.

**The process: Should you see a lost or roaming dog, please contact our control room on the following numbers for assistance:**

**071 344 7478, 011 794 5111, 079 271 0401  
or 011 794 6999.**

Or, if you can, collect the dog and bring to the HOA kennels. Our security team checks for identifying information, such as collars with names and contact detail or chips (there is a chip reader for these purposes), and this information is relayed to the EC Lost Doggie and Kitty Group, as well as the Comms Manager for dissemination and the safe return of the beloved pet.

Should your pet be temporarily housed at the kennels, it is requested that you assist in cleaning up after your pet, utilising the scoop and bags that are there.

**Should you wish to join the group:**

<https://chat.whatsapp.com/INjUaY7KYJd87BgAlf4gY4>



## Golf Course Etiquette

A reminder to residents that when the flags are up, the golf course is out of bounds for walking and exercising. Furthermore, no practise or after hours golfing is to take place once the flags are down. This is not only to preserve the course, but to ensure the safety of our residents and our golfers at all times.



## Health Focus

**Jane Bentley, BScHons (Diet); MSc (Paed); Manuka Nutrigenomics; NLP Coach; Life Coach, from the Eagle Canyon Gym and Wellness Centre shares this sage winter advice.**

As winter approaches, we see Nature changing gear - greens melt into reds, oranges, yellows and browns, and everything seems to dry and crisp – including the air, and your skin!

As we feel the change of season, do you change? Yes, you change wardrobe, but do you change your habits, your thoughts, your pace of life? Do you use winter as a season for calm and reflection, for introspection, strategy and restoration? Or does your year run at the same pace regardless? Do you fold up under a blanket at the end of the day and comfort feed yourself, and shake off any vague memories of exercise?

The important pillars of health are sleep, diet, exercise, mind management and community. You have habits around each one of these pillars. Are they healthy, do they remain healthy during winter? What does healthy look like for you?

The endless blue skies invite you outside in our incredible Joburg climate. This is a good thing – we need extra vitamin D to manage our immunity, mood, and even our sleep. Vitamin D is found in fatty fish, like mackerel, salmon and sardines, as well as egg yolks, and mushrooms (if you slice them & put them in the sun). Make time in your day to get outside, especially in the mornings, and allow the sunshine to warm you! Suncream will inhibit the production of vitamin D, so get a little sun before lathering up! Leave your sunnies for later in the day – the sunlight is important for retraining your biological clock, and to help regulate your sleep!

Dry air dries out the mucous membranes, making them more susceptible to infection (think colds & flu), so keep yourself well hydrated with warming winter soups, juicy stews and herbal teas. These foods should be nicely spiced with turmeric, ginger, cinnamon, cloves, oregano and garlic to add immune defences. Vegetables contain many prebiotics to support the gut immune system, and onion, asparagus and marrows are really helpful, in addition to fermented veggies like sauerkraut and kimchi which provide awesome probiotics. Citrus is the main fruit in winter – juicy, full of vitamin C, and good for metabolising hormones too!

Instead of spending long evenings watching extra TV, or scrolling through social media, get some extra sleep, as our sleep rhythm does change seasonally. There should be a significant increase in REM sleep, which is affected by light exposure. More REM means better memory and mood regulation, and one study in people over 60 years showed that for every 1% reduction in REM, there was a 9% increased risk on dementia.

Movement and exercise choices may change. Perhaps you change the time you exercise, maybe the exercise you do changes, but don't drop the habit! Regular movement is essential for your health.

You may find you want to swap some heavier training sessions for more stretch and toning classes, as they are less inflammatory, and support your wellbeing. You are also more likely to do the exercise if you commit to a class, or team up with a friend. Research shows that 5-10 minutes 5-6 times per day is as effective as a continuous 30-45 minute training session.

Build breaks in your day for movement! Did you know that you actually run faster in winter? The ideal running temperature is between about 6-15 degrees Celsius, so don't hide your takkies at the back of the cupboard. The chilly, dark mornings don't always inspire us to leap out of bed quite like summer, and it is easy to sleep later, and rush out of bed! Mood management is really important, as we tend towards the negative, already planning the disasters in our heads as we rush out the front door, late again.

A structured start to the day can make a huge difference. Get to bed early enough for a good night's sleep. Build in a morning routine that allows a moment to snuggle, breathe deeply, gather your thoughts in gratitude, and mentally prepare for the day ahead.

Every season has both its charm, and challenge, and remaining committed to health, and open to flexibility allows you to thrive.

continue on page 10

## About us

With over 25 years of combined real estate knowledge and experience, and 20 years of involvement in Eagle Canyon Golf Estate, we truly understand the unique value of estate living.

Our commitment to ethics, transparency, and trust is at the heart of everything we do. We take pride in the strong relationships we've built within the community and continue to nurture them every day.

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Lew Geffen  
Sotheby's  
INTERNATIONAL REALTY



Hestea Maré

072 454 1110

hestea@sothebysrealty.co.za

Debby Woodward

082 889 7903

debby@sothebysrealty.co.za





## Woodrock Animal Rescue Paws @ Work

Did you know that our fluffy friends can work wonders for our mental health?

Fur-babies boost our self-esteem and make us feel like part of the pack! They can give us a sense of purpose when we're feeling low.

They're like furry antidepressants, waving goodbye to the blues while easing stress and anxiety. These little bundles of joy are here to help us master our emotional control!

The Paws at Work programme creates a welcoming space where you can unwind and embrace a sense of calm with our furry friends.

It's all about embarking on a pawisitive journey towards mental wellness, finding joy and comfort through the unique bond we share with our four-legged friends.

### What is Puppy Therapy?

Paws @ Work, also known as puppy therapy, has been growing in popularity as a means of promoting mental health and wellness.

This innovative approach involves interacting with young puppies or older dogs to alleviate stress, offer emotional support, and provide comfort.

### What are the benefits?

Puppy therapy can effectively reduce anxiety, depression, and stress, while enhancing happiness, motivation, and workplace relationships.

Paws @ Work sessions offer more than just a chance for your employees to engage with cute dogs.

While these sessions can brighten any day, the presence of puppies can have a much deeper effect. Research indicates that interacting with animals can significantly enhance mental well-being in people.

Experience the transformative power of dogs at your workplace, thanks to Woodrock Animal Rescue Pop-Pups!

Woodrock Animal Shelter believes in the value of both education and fostering human-animal connections.

Want to boost or create meaningful connections at your workplace? Their furry friends will delight your staff, followed by an informative discussion on the shelter's missions, goals and how you can actively contribute.

mentalwellness@woodrockanimalrescue.co.za  
or Paws @ Work: 071 420 9868

## Extra Murals

@ the Tennis Club and on the Soccer Field:

ACE Models West Rand	(30+, Any age) 071 471 1880 westrand@acemodels.co.za	Fridays 14h30 to 16h30
Bible Study		Wednesdays 18h30
Church Group	082 728 2840 andrew@livingwordministry.co.za	Sundays 08h00 to 11h00
Ladies Social Tennis	083 326 6446 Monique Van Achterburgh	Tuesdays 07h30 to 10h00
Line Dancing	084 663 3025 Marlene Bailey	Tuesdays & Thursdays 09h00 to 10h00
Little Kickers	063 790 3488 cclarke@littlekickers.co.za	Tuesdays, Fridays & Saturdays
Mindful Inclusions	074 436 9413 mindfulinclusions@gmail.com	Monday 9h00 to 10h30 17h30 to 18h30
Move Dance Studio	082 553 0248 ursula.ludick@gmail.com	Tuesdays & Thursdays
Taekwondo Classes	(All ages) 082 780 6252 Rahen Pillay	Tuesdays and Thursdays 18h00
Tennis Coaching	082 857 5902 Roy Kets	
Weighless	083 287 5447 elainem@connectit.co.za	Wednesdays 17h00 – 18h00

### To Book the Tennis Courts:

<https://booking.setmore.com/scheduleappointment/28e11e21-4e20-4591-99da-2c03663a29eb/bookappointment>

## Clubhouse Facilities

### Asher Spa & Hair Salon

010 541 2129/ 068 223 0127 / info@asherspa.co.za

### BDGA Golf Academy

083 262 8997 / www.bdga.co.za / 082 262 8998 / andre@bdgagolf.com

### The Canyon's Bistro, Bar 19 & Turning Point

079 391 0232

### EC Auto Wax

010 502 1845 / eaglecanyon@autowax.co.za

### EC Gym & Wellness Centre

011 801 6620 / gym@echoa.co.za

### Events & Conferencing

011 801 6600 / info@thecanyons.co.za

### Meeting Rooms

011 801 6600 / ccereception@echoa.co.za

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"We are what we repeatedly do.  
**Excellence**, then, is not an act,  
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SALES



# Going For Gold

Resident Paige Salis recently returned home victorious after winning the Junior Africa Cup in Windhoek in April, with a final score of 5-0 against home team Namibia. Their success has also qualified the squad for the World Junior Tournament to held later this year in Chile.



There's a huge smile on her face and her eyes sparkle as she holds up the Junior Africa Cup trophy. At 21, resident Paige Salis, is making her mark on the international hockey scene, her hard work and dedication is paying off.

Paige describes herself as an SA hockey player who is studying Investment Management at the University of Pretoria. She aspires to complete her CFA (Chartered Financial Analyst) overseas, once she has finished studying. When she is not playing hockey or training, you will find her spending time with her family at home, out on the estate walking her two miniature Dachshounds or on the golf course with her brother and sister. "I am very family orientated and most of all love walking my dogs when I am at home."

Believe it or not, Paige wasn't a huge fan of the game when she first started playing. "When I was about 12 years old, my dad challenged my sister and I to race with the hockey ball on our sticks, and I lost the race to my younger sister. We are very competitive, and this sparked my willingness to train and improve my game, so I wouldn't lose to my sister again," she shares. "Little did I know that, that race I lost was the start of my journey of growth and passion for hockey, and eventually to represent my country in Namibia."

Paige started playing hockey in grade 6, while she was at Charterhouse. She was then chosen to represent the district 12A team that same year. "This experience sparked my competitive side, and drove me to keep working and practising as my love for the game grew."

When asked to share her fondest hockey memories, she immediately talks about her high school years with the Trinityhouse High School hockey team. "This team moved mountains, and I had the pleasure of playing side-by-side with my sister."

Paige plays midfield, otherwise known as “link”, her favourite position, as she loves to run and distribute the ball to the strikers.

Her first selection was in 2022, when she was called up to represent the South African U18 team in Stellenbosch, and played a three game test series against Namibia. "I had the goal of making this team from the age of 15. When I heard my name being called as the listed the players in the team, I burst into tears," she shares. "All the hard work, sacrifice



*“With every decision and move I made, it came with a bit of pressure, as I knew we were playing for our country.” - Paige Salis*

and hours of practise had finally paid off, and I could celebrate this special moment with my parents and coaches at that time."

Paige currently plays for the University of Pretoria's 1st Team. "It's intense and competitive, as we have several of the best players in the country currently playing for our team." She shares that they follow a heavy programme that keeps her and the team busy six days a week with daily gym and turf sessions during the week and league games on the weekend. "I stay fit throughout the year by running often and following the gym programme set out for us."

The recent Junior Africa Cup experience opened her eyes to how exhilarating and intense it is to represent your country. "I felt true patriotism and honour when we sang the national anthem before each game," she shares. "With every decision and move I made, it came with a bit of pressure, as I knew we were playing for our country and to win this tournament so our team could qualify for the World Cup in Chile at the end of the year."

Despite this pressure, Paige enjoyed testing the opposition and the overall experience of competing in a different country. One of the highlights was helping to push her team to success by scoring her first International goal. "Scoring felt like pure bliss. I, at times, get excited when the opportunity to take a shot at goals presents itself. However, in that particular instance, I kept my cool, and my eye on the ball, just as my dad has told me, and then made contact with the ball. When it hit the net, I jumped for joy as we were able to break the deadlock against Kenya. And, I could say I've scored my first international goal."

The Women's FIH Hockey Junior World Cup takes place in Santiago, Chile in December, and Paige is extremely excited. "It's not every day one gets the opportunity to play against the Netherlands or Germany. It's an opportunity to compete at the highest level."

Her advice to up and coming hockey players is simple: "Always dream big, and never give up on making those dreams come true."

Likewise, it can be frustrating when you practise certain skill and they don't work out, but it's during these moments that it is most important to be kind to yourself.


*“Always dream big, and never give up on making those dreams come true.”* - Paige Salis

Hockey, like most sports, prepares you for the game of life. "Hockey teaches you about the rollercoaster of failure, success and grit," says Paige. "Not everything works out all the time, but it's about consistently showing up and giving your best." She adds that like in any sport, there are great days and great disappointments. "It's important to be kind to yourself, and accept that there are great days, and not-so-great days." She adds wisely: "The not-so-great days are learning opportunities to improve and to relook on, whereas the great days are ones to celebrate and enjoy the moment."

Two people who are there on the sidelines for both the not-so-great days and the great days are her parents, Natasha and Ronald Salis. “My mentors are my parents, who also happen to be my biggest supporters,” she says proudly. “Not only have they stood by me during the tough times, tears and stress, but have also been there to celebrate the special wins and moment such as this one.”

Her parents are also her source of inspiration, on the field and in life. Her dad, a committed athlete himself, inspires her on the sports field, “he is dedicated, passionate and hardworking with everything he does,” shares Paige. “My mother more so on the academic side as she is probably the most intelligent, self-aware and driven person I know.” Paige adds that her parents inspire her to work hard and to be ambitious, “the world is my oyster!”

Paige is appreciative of the support our community has given her, and in particular, the residents on her street: "Thank you for the support and love that you've shown, and I wish all uprising hockey stars all the best on their journey!"



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# {On Course}

## A round up of all things Golf

*"No matter how good you are, you can always get better, and that's the exciting part."* - Tiger Woods

## Moving Up!

A Top 100 Golf Courses has released its latest ratings, and we are proud to share that Eagle Canyon is now rated 66, up three rankings from 2024.

The course is rated on six criteria: Conditioning (20 points), Playability (20 points), Aesthetics (15 points), Design Variety (15 points), Shots Values (15 points) and Memorability (15 points).

### How we rated:

**2025 Ranking: 66 vs 2024 Ranking: 69**

Conditioning 14.5/20 14.2/20

Playability 13.8/20 13.5/20

Aesthetics 10.5/15 10.3/15

Design Variety 9.4/15 9.4/15

Shot Values 11.0/15 11.0/15

Memorability 9.0/15 8.6/15

### For more info view:

Course review <https://satop100courses.com/course/eagle-canyon/>

## Quarterly Golf Satisfaction Survey 2025

In our last issue, we shared the annual member feedback survey. To assist in improving our service delivery and to see where improvements are needed, we have decided to institute a quarterly survey, which will rate against a set of standardised questions.

**Here's how we have fared in the first five months of the year.**

**January 2025 vs May 2025**

**157 Responses vs 114 Responses**

**Golf Course Overall:**

**Jan:** 8.06/10 • **May:** 7.79/10 (0.27)

**Greens:**

**Jan:** 7.87/10 • **May:** 7.84/10 (0.03)

**Bunkers:**

**Jan:** 6.46/10 • **May:** 5.71 (0.75)

**Fairways:**

**Jan:** 8.00/10 • **May:** 7.93/10 (0.07)

IRISH ROCK WOMEN'S CLUB ANNUAL CHARITY

# GOLF 2025 TOURNAMENT

IN AID OF: EPIC FOUNDATION & FRED & MARTIE SOUP KITCHEN

**EAGLE CANYON 26 AUG '25**  
Shotgun starts @ 12h00

PRICE PER 4-BALL which includes:  
Goodie Bag // Green Fees //  
Golf Cart per 2 players  
Dinner & Prize Giving **R3000**

FORMAT: 4-ball Alliance 2 to count  
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**PRIZES** ■ Closest to Pin  
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**HOLE SPONSORSHIP: R2800**

**Email: [theresa@irishrock.co.za](mailto:theresa@irishrock.co.za)**

### Tee Boxes:

**Jan:** 7.43/10 • **May:** 7.32/10 (0.11)

### Golf Events:

**Jan:** 7.47/10 • **May:** 7.46/10 (0.01)

### Reservations and Bookings:

**Jan:** 8.45/10 • **May:** 8.54/10 (0.09)

### Halfway House:

**Jan:** 6.54/10

**May:** (split into F&B Offering and F&B Service)

**F&B Offering:** 6.34/10 (0.2) **Service:** 7.35/10 (0.81)

### Driving Range/Practise Facilities

**Jan:** 7.62/10 • **May:** 7.13/10 (0.49)

### NEW entries:

**Proshop:**

**May:** 7.94/10

### Communications:

**May:** 8.00/10

### Overall:

Unfortunately, the high levels of rain experienced in the first four months of the year appears being the main contributor to the lower ratings relating to the course itself, with the main concerns raised linked to drainage issues, divots not being fixed and the bunkers too hard and lacking sand. Watch this space for feedback on the next quarterly survey and improvements made.

# 2025 LEAGUE

Eagle Canyon is part of the Central Gauteng Golf Union, we have nine teams consisting of 95 players who complete against other clubs during the year. The 2025/2026 league kit has been **proudly sponsored by Debbie Goosen of Engel & Völkers**, and we thank her for her contribution. Here is part two of introducing you to our league teams and captains, who share a little more about themselves, what keeps them on course and why Eagle Canyon is their home club.

## LADIES WEEKDAY LEAGUE



### Captain: Karen Dengler – Golf Member

**I grew up** in Johannesburg, went to Randpark high and matriculated in 1994. I have a sister and a brother.

**My love for golf started** when I met Malcolm (now my husband). We went to Champagne Sports for the weekend, and I asked him to book a round of golf. The idea was that I'd ride around on the cart with him. On one of the holes, I asked if I could try a tee off shot, which I did and the rest is history as they say!

**My earliest memory of golf** was my Dad playing a round of golf and my Mom, sister and myself riding around with him on the cart.

**I play off** a 25.

**A good course** needs friendly, welcoming and fun people.

**To me, the game of golf is** the all-time humbler – NEVER think "you have it"...

**My favorite hole at Eagle Canyon** is the 16th hole, I have par'd it often, even got a few birdies.

**My worst hole at Eagle Canyon** is the 17th – I never know what club to hit!

**My favorite course in SA** is Highland Gate (Dullstroom) just for its beauty.

**My 'pro' tip** is to try stay calm.

**The best tip I was given on the golf course** was, "Don't ever think you have this game all worked out!"

**When I am not on the course**, you will find me being the best Mom I can be!

**My greatest motivation** is to try get through a round without ringing a hole.

**I am inspired by** people who have started with nothing and have managed to achieve success.

**Words to live by** are as long as you try your best and you're kind while you do it

**If I was a crayon colour** I would be blue – It's fresh and uplifting – this is what I try to be to the people I meet.



**My earliest memory of golf** is when I had just started playing golf, we mainly played every school holiday down the south coast. My earliest memory would be playing margate and southbroom and teeing off from 150 metres on every hole, the competition with my brother was strong back then, we always wanted to beat each other.

**I play off** a 2.3 index.

**To me, a good course and club** needs a good meal at halfway.

**To me, the game of golf** is a time to relax and get things off your mind.

**My favourite hole at Eagle Canyon** is hard to choose just one hole but I'd say it would be the 16th, I love the approach shots into the green.

**My worst hole at Eagle Canyon** is the 6th, It is such an easy hole that I always seem to either miss the green or if I hit the green then I three putt.

**My favourite course** is definitely Leopard Creek, Malelane, I've only played there once but it is still my favourite, the views over the Kruger while playing such an amazing course is something you cannot get anywhere else in the world.

**My pro tip** is get your chipping and putting as good as possible.

**The best advice I had on the golf course** is to play it hole by hole and to forget every bad shot. The best advice I have been given off the golf course was to play more golf.

**When I am not on the course**, you will find me practising!

**My greatest motivator** is to keep up with my friends.

**I am inspired by** always wanting to be better.

**Words to live by** are one shot at a time.

**If I was a crayon colour**, I would probably be blue, it's my favourite colour.

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## CLEARWATER



Photos: Wayne Doley - WH Photography

## Fur-raising Fun

Eagle Canyon Golf Estate is breaking records and making history thanks to our amazing community of residents!

**On Saturday, 10th May, residents, family and friends (and their furbabies) gathered at our soccer field to watch a movie under the stars in an attempt to break a Guinness World Record of "Most dogs at a Movie".**

Unofficially 277 dogs and their families watched the outdoor movie.

In 2024, 219 dogs (and their human families) attended a special screening of *Paw Patrol: The Mighty Movie* in Los Angeles. This record attempt was hosted by Kevin Frazier from Entertainment Tonight in partnership with Best Friends Animal Society and Street Food Cinema. This attendance beat the previous official record, which was set in 2022 with 199 dogs.

And, now Eagle Canyon is on the brink of securing the World Record, with a record 277 dogs in attendance. At this stage, the record is still unofficial until such time as Guinness World Record recognises the attempt, which may

take a few weeks as they work through all the supporting evidence and auditor's reports that we will submit to their Head Office, for official verification and recognition.

From 5pm on the Saturday, friendly four-legged canines and their families lined up for the stringent auditing process to enter the outdoor venue. For their patience, they were rewarded with doggy treats and goodie bags from Johannesburg Specialist Veterinary Centre and Juava Pet Nutrition, as well as a participation medal signalling that they were part of this historic moment in Eagle Canyon.

As the sun cast it's golden glow over the soccer field, and darkness set in, the anticipation in the air was palpable. Across the soccer field, camp chairs, picnic blankets and happy residents were scattered. Excited barks and yips filled the air. From the food stalls, the smell of onions cooking, a melt in the mouth chicken curry and

the scent of buttery popcorn hung on the breeze, competing with freshly made sugary donuts.

Binnelanders actress, Juava Pet Food Brand Ambassador and our guest MC, Je-Ani Swigelaar welcomed all attendees, shared the exciting news that we had welcomed 277 dogs and the movie began – 12 minutes later – the record was unofficially broken.

Time was given to families to return their furry friends home before residents enjoyed a full screening of *Lady and the Tramp* under a magnificent clear night sky, sponsored by Martje and Annah Hellberg of Eagle Canyon Property Brokers. Ticket sales for the movie was donated to the worthy charity of Soweto Animal Rescue and Advisory Center (SARAC).

A sincere thank you to all residents and their well-behaved fur children for supporting this unusual initiative, with the hope that this well-organised event brought joy to the estate, which

continue on page 18



# It's a Dog's Life

continued from page 17



was the intended purpose. A further sincere thanks to Martje and Annah for allowing the HOA to use the movie night as the platform to attempt this record and for their tremendous support and hard work to make the record attempt a reality. We are further most grateful for the help and support of the sponsors: Nolands Auditors, Vets@home, Johannesburg Specialist Veterinary Centre, Juava Pet Food, and the HOA team, without whom this event would not have been possible. Also in attendance on the night was the Woodrock Animal Rescue support service dogs, lending their support.

**Soweto animal rescue and advisory center (SARAC):** Their mission is to improve the living conditions of animals in Soweto and surrounds by educating and changing people's attitudes towards animals, holding education classes for children, making them aware of cruelty to those without a voice; enlist the help of children (called Jerry's Rangers) to be their eyes and ears and to report any cruelty to them; to provide community assistance with sterilisation, dipping, deworming and medical care; and to rescue animals in need, take care of them and find them good homes.

## Our Sponsors and Service Support:

**Auditors:** Nolands is represented in 9 hubs in South Africa and 7 internationally. Auditing is at the centre of its business, complemented by Advisory and Law. Its team of over 350 professionals is committed to delivering tailored, forward-thinking solutions that meet its clients' evolving needs. At the heart of its identity is the ampersand – a symbol of connection, positivity, and enduring relationships. It reflects Nolands' belief in adding value through collaboration and insight. As a firm that positions itself as not ordinary, Nolands is proud to support the Most Dogs at a Movie Night – a bold and imaginative initiative that brings people together in a truly memorable way. Nolands believes in the power of community and creativity, and was excited to be part of the record-breaking moment.

## Sponsor: Juava: Why Choose Us

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**Standards:** Juava is a premium pet food made from very high-quality ingredients. All these ingredients are specially formulated to high standard in a scientific manner to achieve the right proportions of nutrition of pet needs

**Quality and Safety:** By ensuring that we keep a minimum stock level on hand at our factory, you can rest assured that the bag you buy is as close to manufacturing date as possible.

**Health and Well-being:** Our special blend of fats supplies generous amount of the essential fatty acids' ratio, this greatly helps to maintain your Pet health, coat, and skin

**On Site Vet Support:** Vets@Home offers mobile veterinary services to pet owners in Gauteng. We come to you, thereby eliminating the stress associated with veterinary practice visits. Animals that are anxious and fearful will have a much calmer experience in the security of their own homes. Cats are notoriously difficult to catch and transport, and large breed dogs are a challenge to load. Our aim is to minimise stress for the pet and owner, and to build a long-lasting relationship between vet, patient and client. Allow us to make regular veterinary care a pleasure for you and your pets. We strive to deliver a warm and professional service with compassion, with emphasis on outstanding client satisfaction.

**On Site Vet Support:** The Johannesburg Specialist Veterinary Centre is a specialised animal hospital with 8 vets in practice. We mainly deal with referral cases from other veterinary practices from across the country and neighbouring African countries. They strive to combine advanced medical procedures, quality medicine, and outstanding service for a positive client experience, and treat their patients with the compassionate care they deserve. They assist referring veterinarians in expanding the medical options available to their clients and patients.

**For the full gallery:** <https://www.eaglecanyongolfestate.co.za/movie-night-May-2025>



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The Eagle Canyon RE/MAX Masters  
**Night Run**

**When: Monday 14 April 2024**  
**Due to the inclement weather and heavy April rains, the first Night Run of the Year, which was due to take place on 1 April, was instead moved two weeks later to Monday 14 April.**

This was the first time that the event was hosted on a Monday, with Mike Varrie of the Canyons opening the Halfway House specially for the event, providing sustenance to the hungry (and thirsty) participants. The air was chilled (in fact, it was pretty close to freezing), but residents and visitors alike gathered in the setting sun ready to walk or run the 5km or 10km event.

As they hopped from foot to foot, Corne of In-Reach, took them through the warm-up and then signalled for the race to start. One of the favourite parts of this event, is to watch the bobbing torches and headlights that twinkle and weave over the golf course in the darkness.

Thank you to all those involved in making this event a success, from **Matt de Beer from RE/Max Masters**, to race organiser **Corne and his team**, **Mike and his half way staff**, our **HOA and our security teams** and our **emergency service provider Emer-G-Med**.

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# CLEARWATER



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## Yellow Mongoose

*Cynictis penicillata*

The yellow mongoose, so named after its golden coat, also goes by the more colloquial name of Red Meerkat, or mierkat, due to the association in the wild with termite mounds for shelter and termites as a food source.

The colour of the coats varies from yellow to grey among its 12 sibling subspecies that occur. The Southern species of yellow mongoose have long, white-tipped tails and long-haired coats and are smaller than other mongooses. They have a long bushy tail and the male and female are similar in appearance. An adult Yellow Mongoose can weigh around 600g. They have strong claws well suited for digging and grabbing food, with five digits on the forefeet and four on the hindfeet.

They are active during the daytime, retreating to their homes at night or during extreme weather. They can be seen lying and sunning themselves in a warm spot. They enjoy grasslands and scrublands where they live in burrows and here on Eagle Canyon have made the golf course scrubland areas their home.

This is a quiet animal, limiting his communications to a high-pitched scream when fighting, a low growl with threatened, a short bark when faced with danger and a soft purring sound when intimate with his mate. Yellow Mongooses are territorial by nature and scent-mark their territory.

The Yellow Mongoose lives in Southern Africa, occurring in Namibia, Botswana, South Africa and Lesotho. They are found in all provinces across our country.

This mongoose eats what is available to him, with insects forming the foundation of his diet. However, he is open to snacking on amphibians, rodents and reptiles should the opportunity arise. As such, they are useful to control rodent and insect populations. If there is a shortage of prey, he

is also able to supplement his diet with fruits, nuts and seeds. The Yellow Mongoose is a strategic hunter, and has been known to break open bird eggs by using his long-clawed forepaws to throw against a rock or hard surface. In the wild, predators of the Yellow Mongoose include jackals, snakes and birds of prey, such as eagles.

A seasonal breeder, the female Yellow Mongoose generally has two litters a year, in October and then again, between the months of December and January. The female gives birth to two to three pups at a time, with a gestation period of around 60 days. Interestingly, when living in colonies, several of the females may give birth around the same time. The pups are suckled for the first six to eight weeks, before accompanying their parents on their food foraging adventures. By 18 weeks, they are hunting for food on their own. Another fun fact: The Yellow Mongoose is the only known species to bring "large" food items, such as rodents, reptiles or bats, for its young to eat while still in the burrow. The average lifespan of a Yellow Mongoose is around 15 years, if in a healthy and safe environment.

During breeding season, the young stay within a group. Colonies usually include a male and female, their youngest offspring and sometimes even very old adults. This social environment helps to protect the young while still vulnerable to predators when in the wild. The Yellow Mongoose lives in burrows, which are often interconnected and with colonies of around eight to 10 mongooses. They are also known to share their homes with ground squirrels and meerkats.



Photos: Dennis Rogers



Master Agent Award

Congratulations to Roz Everitt, recipient of a Master Agent Award for 2025. This achievement reflects an exceptional R450 million in sales at a 7.5% commission rate.

Roz has proudly served the Eagle Canyon community for 21 years, since 2005, having successfully sold nearly 400 properties with a combined value approaching R1.4 billion.

A heartfelt thank you to all the clients and friends of Eagle Canyon for your continued trust and support.



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**Resident Hekkie van der Westhuizen, PhD, is a leadership consultant, coach and author. His work includes emotional wellness, which will be the focus area for a series of topics that he is currently sharing to, hopefully, assist you in dealing with life's challenges...**

# The Power of Reframing

I often think about the reasons why some people are more successful than others. Being motivated to achieve success as you define it, making the right choices and following through with the required amount of discipline are key ingredients to a winning formula. Another is to understand the Power of Reframing, especially when you feel the chips are down. Reframing involves changing your perspective on a situation to see it differently and potentially more positively.



Reframing is about shifting how you interpret events, ideas, and emotions, rather than necessarily changing the facts themselves. This shift can lead to greater resilience, improved mental health, and a more empowered mindset. I don't know about you, but given what I have just shared, I think it's certainly a topic worth exploring further...

## 1. Reframing "Conflict as Good"

In my previous article, I finished with the quote from Marcus Aurelius, who said: "Conflict is an opportunity for growth and self-discovery". This is somewhat counterintuitive, because how can something that we typically label as a threat be

good? Well, that is where we make the mistake regarding conflict – our point of departure should not be that conflict is a threat, assuming that we refer to conflict in a day-to-day business or personal life sense versus war. Remember, without our willingness to participate in conflict, there cannot be any conflict.

*"Conflict cannot survive without your participation."*

– Wayne Dyer

If we are willing to engage in conflict with a calm, negotiation mindset, though, we might just find that we could gain better insights that might even change our way of viewing or doing things in a good way. However, if we don't learn

by practising how to manage conflict, then, like any hard skill, we won't get better at it to a point where we can benefit from it, after reframing it.

## 2. Reframing "Adversity as Growth"

With possibly the exception of losing a loved one, tough times make us harder and more equipped to handle the challenges of life. Think about the tough times you had in your life, and if you came out on the other side stronger or weaker... Even though we only want to sail smoothly through life, this is the silver lining of having to endure the suffering of tough times – we become stronger and grow as a result.

continued on page 26



# The Power of Reframing

continued from page 25

*“There is no education like adversity.”*

– Benjamin Disraeli

### 3. Reframing “Failure as Experience”

In the 1920s, a journalist asked Thomas Edison how it felt to fail 1000 times in his attempt to invent the incandescent lightbulb. He replied, “I didn’t fail 1000 times. The lightbulb was an invention with 1000 steps.” Talking about reframing... Steve Jobs also faced several significant setbacks in his life, including being fired from Apple, the commercial failure of NeXT, and product launches like the Apple III and Apple Lisa. Despite these, he used these experiences to learn and grow, eventually leading to Apple’s resurgence.

*“Many of life’s failures are people who did not realise how close they were to success when they gave up.”*

– Thomas Edison

Even when we do fail, we have to admit that through this perceived negative experience, we have gained exactly that – experience, but in a way that will make us stronger and wiser going forward. Besides, many times in life we realised that in hindsight the “failure” actually led us to a place where we prospered.

### 4. Reframing “Change as Opportunity”

I live on the west side of Johannesburg and prefer to travel from Lanseria Airport when flying to Durban or Cape Town. It’s close by, quick, neat and convenient. Before the biggest change took place on a global scale in the form of COVID-19, I had two airline options available to me – Kulula or Mango. After the pandemic, they failed to exist, and now we only have one option: FlySafair.

*“When there’s change, there’s opportunity.”* – Jack Welch

There are other reasons for this change in airline options, but I would submit that the most significant reason for FlySafair being catapulted to where they are currently from a local marketshare point of view is simply because of seeing an opportunity where most companies



perceived the pandemic as a threatening change. Even though this is an example at the business or company level, many examples exist of the same phenomenon that took place on a personal level.

### 5. Reframing “Innovation as Imperative”

If we, on a personal and business level, view innovation as optional, then we’ll stagnate and, compared to everyone else, simply go backwards in life. This might lead to our demise in many ways. In business, we need to innovate to stay ahead of the competition and to grow our market share. On a personal level, we need to embrace innovation in the way we do things to cope with the challenges that life throws at us, let alone prosper.

*“Innovation no longer remains a choice but has become an imperative.”* – Narendra Modi

### 6. Reframing “Diversity as Competitive Advantage”

The concept of Diversity is often misunderstood as being the colour of our skin... It is so much more and includes things like our religion, gender, culture, sexual orientation, education, disability, language, age and socioeconomic status. If we don’t embrace the wider concept of diversity, we will prohibit ourselves from access to a wealth of alternative ideas to address any challenge that we might be faced with. Conversely, if we surround ourselves with people who look, feel and think differently from us, then we are well on our way to using diversity as a competitive advantage.

*“Our ability to reach unity in diversity will be the beauty and the test of our civilisation.”* –

Mahatma Gandhi

### 7. Reframing “Busyness as Privilege”

One night before switching off the lights as we went to bed, I gave a serious sigh. When Marilé asked me what was wrong, my response was: “I am just so busy...” She then replied by saying, “The jobless will be envious of your busy schedule.” In that moment, the penny dropped and I realised that I had no reason to complain and that I should rather shift my focus to how I deal with my busyness. Living in a country and on a continent with such high unemployment figures, I think we should reframe busyness as privilege if we are employed...

When we talk about using the power of reframing to our advantage, we are not implying that we need to be unrealistic. Instead, it is about adopting a mindset of possibility and renewal to yield the best possible results, despite our realities.

*“Our key to transforming anything lies in our ability to reframe it.”* – Marianne Williamson

My challenge to you is to add many more examples of Reframing than what I have given you. I wish you all the best and success in using the Power of Reframing in all areas of your life, for your benefit and the benefit of those people around you.

*“I trust and hope that this article gave you some insights that would add value to your life. I look forward to sharing more thoughts with you on emotional wellness, self-leadership, and important soft skills in the next edition.”*

- Dr. Hekkie van der Westhuizen, founder of the Southern African Leadership Development and Training Institute (SALDaTI®)

You can reach him at: [hekkie@saldati.com](mailto:hekkie@saldati.com)

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**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.

## Cars

**Mobile detailer:** A full time mobile detailer that is reliable and efficient and will do anything to get your car looking at its best once again. Available from Monday to Saturday, between 9:00 to 17:00. Please contact us on 061 829 8942 or glossydrivedetail@gmail.com

**Signature Cars:** A family-run luxury car dealership in Little Falls that's hard to beat, Signature Cars is a synergy of efficiency and professionalism. Contact 010 448 0747 / 082 929 9756 or visit www.signaturecars.co.za.

## Cleaning and Sanitising

**TheMouldMedics.co.za:** We consult, inspect, test and remediate matters relating to mould exposure in the home. With a team of dedicated professionals, we work towards enhancing environmental health by offering expert advice and non-toxic solutions to eradicate mould in the home. Join us in our commitment to creating a healthier living environment for everyone. TheMouldMedics.co.za (084) 675-0179

**The Cleaning Medic Services** (Domestic and Commercial Cleaning Services) Deep Cleaning - Carpets - Persians - Mattresses - Upholstery - Flooring - Windows (incl. High Reach) - Solar Panels - Steam Cleaning (Kitchen/Bathrooms) - Shower Glass Lime Scale Removal - Post Renovation/Occupation - Ultraviolet and Thermal Fogging Disinfection, and so much more. Supervised Team operating in Eagle Canyon for over 7 years! Contact us today via Whatsapp on 073 250 1943 and visit our website at www.thecleaningmedic.co.za.

**Eds Projects** - Premium environmentally friendly degreasers and sanitising cleaning agents. Contact: Dylan Rogers 072 242 1326, 011 801 3200 or www.gp2.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.

## Consultancy

**Consulting Civil, Structural, Architectural & Project Managers** based in Eagle Canyon with over 30 years of local and global experience. We can assist with projects from inception to design and construction management

for all Residential, Commercial and Industrial projects. Contact Robert at 073 000 9919 should you require more information.

## Craftmanship

**Viridian Candle Co.** Escape to a dream world with our immersive eco-luxe products. Inspired by fantasy fiction and handcrafted in limited batches, our product range includes fragranced candles, wax truffles and gifts. Viridian Candle Co. is an eco-conscious small business; our products are skin-safe, vegan, non-toxic and pet friendly. Visit www.viridiandcrafts.com for guilt-free indulgence. FREE deliveries in Eagle Canyon! For inquiries & EC Delivery vouchers, email tellus@viridiandcrafts.com or WhatsApp 0832146094.

**Dipped Wick** The art of luxury scents meets unparalleled craftsmanship. We are a small business dedicated to creating exquisite hand-poured soy candles, reed-diffusers, wax melts, personalised gifts, corporate delights, and unforgettable wedding favours that ignite the senses and elevate any space. Contact details (WhatsApp): 071 871 3597.

**Winklmayr Leathercraft:** handbags and accessories crafted from genuine Crocodile and Ostrich. European style, made in South Africa. Eagle Canyon Residents receive free Uber to/from the studio in Strydom Park. Please WhatsApp +27 83 764 6149 for appointment. website: winklmayr.com

## Education

**Campus of Things** is an online school providing a top-class education to learners in grades 4-11. We are accredited with SACAI & aligned with the CAPS curriculum. We also offer virtual tutoring & assistance, and examination preparation bootcamps. Contact +27 62 442 7190.

**Lefthandlearning:** All things left-handed. Workshops, support, stationery. www.lefthandlearning.co.za or contact Tracy van der Merwe on 083 417 3316.

## 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.

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

**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 & surge protection. Contact: 064 900 9868 or info@tguys.com

## Finance & Business

**FDC Financial Solutions (Pty) Ltd** Short-term insurance brokers Contact details: 010 035 0883 or insure@fdcs.co.za

**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** Established in 1957, Combined Flooring is a leading provider of premium flooring solutions in South Africa. We cater to diverse markets, offering an extensive range of quality carpets, Luxury vinyl planks LVT's, and specialty products. Our expert installation services ensure a flawless finish, tailored to your unique needs and budget. We are based right outside the wall of Eagle Canyon, in Laser Park. Come through, meet our team and have a look at our extensive showroom. Address: 92 Vlagskip St, Laser Park, Johannesburg, 2040. EMAIL: gauteng@combined.co.za. Phone: 011 795 4400

## Food

**Nutritious. Delicious.** Homemade with Love! Craving healthy, home-cooked meals without the hassle? Enjoy fresh, wholesome food made with quality ingredient.

Offerings include: Daily Meals – Fresh, balanced, and ready to eat. Meal Prep – Pre-portioned, healthy meals for the week. Wholesome Dinners – Comforting, nutritious, and satisfying. Order now and make healthy eating easy. Mikisha Singh Ellary. 076 070 9286

**Honey Bee:** Eagle Canyon Residents receive free door to door delivery on all raw honey purchased. Visit our website for online orders https://www.honeybeeco.co.za/ or email info@honeybeeco.co.za.

**Yummy Tummy** Homemade Baby, Toddler and adult Meals delivered to your door. Check out our Menu and order on line www.yummytummy.co.za or contact 082 872 7601 or 082 373 3227.

**Raw Honey:** We are beekeepers with over 120 active hives placed in a herbal environment at Bluehills, Midrand apary 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.

**Artisinal Sourdough** Charcoal infused sourdough, Salt & Rosemary Sourdough, Olive Sourdough, Sundried Tomato Sourdough and plain sourdough. Contact: Sophie on 071 483 0311.

**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.

## 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 Jnr 082 416 9252.

## Goldsmith and Watchmaker

**Manufacturer and designer** of fine and con-temporary jewellery. Diamond and gem setter. Repairs to all jewellery and watches. Contact Kyle on 076 734 4949 or email info@artisjewellery.co.za

## Golf Carts & Batteries

**Golf Cart Lithium Battery Conversion:** Upgrade your golf cart old batteries to advanced lithium and save! Lighter, longer runtime and efficient. Special discount applies to Eagle Canyon residents. Contact us today! https://www.solargolfcart.co.za/

**Tip Top Carts** Golf Cart Lithium Battery Conversion, Golf Cart Repairs, Golf Cart Refurbishment, upgrades and more. We do on site repairs, pick up and delivery. Contact Taylor Black on tiptopgolfcarts@gmail.com or 063 724 9250.

**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

**Marsh & Marsh Physiotherapy** Revitalise with Marsh & Marsh Physiotherapy in Eagle Canyon. Expert hands-on care for sports injuries, chest physio, rehab, post-op, pain management, and pregnancy care. Affordable within medical aid rates. Contact us at 083 277 7910 or visit marshmarshphysio.co.za for more information.

**Tension and Trauma Release TRE®** is a revolution in stress, tension and trauma release that helps you move from recovery to resilience and optimal performance. TRE® is a simple but profound process that is not only used to 'release' stress & trauma after the fact, but just as importantly prevent chronic stress and burnout by building capacity and physiological resilience in the nervous system through ongoing and regular use. Just some of the benefits include: deeper relaxation, improved sleep, reduced pain and faster recovery. Contact Tia on 081 777 2928

**Revitalize Your Health.** Harness the essence of Tahitian Noni Juice. Pure Wellness. Astonishing Benefits. Tahitian Noni is a miraculous fruit that grows in the French Polynesian islands of Tahiti in the South Pacific. The formula is rich in amino acids, vitamins, minerals, phytochemicals, and antioxidants, making it highly beneficial for health. The manufacturing process preserves 100% of its effective ingredients. The formula is rich in over 275 phytonutrients supporting your immune system, helping boost your energy levels & safeguarding the health of your entire family. Your Superjuice Wellness Boost. To find out more: www.noniresearch.org. Contact Dave – 0824511658 for more detail and information.

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



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## Home & Garden

**Kira Interiors** is an interior design company that specialise in curtains, blinds, custom furniture, reupholstering, flooring, lighting, wallpaper, pan-elling & other wall finishes. We also do kitchen, bathroom and cupboard design and layout. We focus on residential and corporate projects. We offer full turnkey projects that will suit all your needs. Contact Ezilmar Pelsner 079 876 6288

**QH Décor** We are a furniture company which specialises in Re-upholstery and manufacturing of furniture, Our company specialises in trendy furniture and modular designs as well as Re-Upholstery. Contact Quanita - 083 375 0010, info@qhdecor.co.za, Instagram QH Décor.

**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 & 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

**My Boo Kay** Service provided: Delivering fresh flowers in and around Eagle Canyon at affordable prices, catered to your specific needs. Contact: Jolindi 072 612 2781.

## Inverters & Solar Systems

**Solar Cleanse:** We are a professional solar panel cleaning company. We specialise in eco-friendly solar panel cleaning that boosts performance and longevity. SolarCleanse provides professional panel cleaning, premium quality cleaning equipment, environmentally friendly practices, trusted by solar owners. Want to boost your solar output? Contact us today for a FREE estimate and let us help you get the most out of your solar investment. 083 399 5166 or christossouris@gmail.com

**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

## Landscaping

**FSG - Landscaping** Services include landscaping & irrigation design and installation.Tel. 010 600 5050.

## Legal

**TLC** There are few things more inconvenient or frustrating than having to appear at the CCMA in order to defend what you believe to have been the fair dismissal of one of your employees. Good help is hard to find and many employers discover the hard way that they have followed the wrong advice. For peace of mind, reach out to us. 087 550 2514 / sales@thelabourcounsel.co.za

**DDC** Debt collection can be an expensive & inefficient process. We are the alternative. Backed by a successful law firm, we quickly litigate matters to completion at no upfront cost to the client & a nominal charge of less than 10% of the final amount collected. Services are limited to corporate clients employing more than 50 employees. Don't sell your bad debts for less than they are worth, rather call 011 568 4409 or email ddc@donaldson.africa.

## Medical & Dental

**Dr Marichen Lombard:** Specialising in general Dentistry and Aesthetics. Enhance your smile and beauty. Contact Dr Marichen directly, 063 074 4503

**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 & 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 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. 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

## 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

## Office Supplies

### Photographic Equipment

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

**Cameratek:** For your photographic, videography and binocular needs plus rentals, drones, smart home devices & studio hire, visit www.cameratek.co.za / 011 251 2400 / Rebecca Hayes.

## 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 & electrical maintenance & repair services. Available 24 hours. Contact Chase on 076 182 7009, email: chaysplumbingandelectrical@gmail.com

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

**Drycon Plumbing Services** include plumbing repairs, burst geyser replacements/repairs, leaking toilet & basin repairs, water pumps supply & install, blocked drains & burst pipes: Gary Kribbs 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

## Pool Services & Other

**Honeydew Nets cc:** Established 1985. We specialise in all types of swimming pool covers & nets and sports netting. Members of NSPI. www.netsandcovers.co.za, Follow us on Facebook www.facebook.com/honeydewnets/ or 011 794 8333/4/5 for more info.

## Security

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

## Shipping & Logistics

**Transport and Logistics Services:** Types of Services include dedicated delivery, priority freight, affordable logistics, door to door deliveries. Contact Nico on 0637755089 or email Nicolazarus@icloud.com for reliable and high quality service.

## 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. 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

## Website, Funnel & E-commerce Software

**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

## Wellness

**Unlock True Happiness with Our Happiness Program** Discover simple, science-backed practices to boost your mood, cultivate gratitude, and be present. Our Happiness Program is designed to help you create lasting joy and fulfilment in your everyday life. Contact 083 442 7032 for more details.

**Weekly Happiness Sessions: Boost Your Joy** Join our free weekly sessions to reduce stress, increase your focus, and improve your overall well-being. Each session consists of physical stretches and breathing techniques, to help you be more present, balanced, peaceful, and happy. Make happiness a habit! Contact 083 442 7032 for more details.

**Tailored wellness solutions** Do you want to prioritise your health & seek premium, effective, & naturally derived products? Whether your focus lies in nurturing gut health, alleviating inflammation, fostering mental wellbeing, or enhancing post-training recovery. A groundbreaking global megatrend has emerged, which incorporates an easy at-home test designed to equip you with concrete data. Discover the tailored insights your body craves & monitor your progress with scientific precision. Restore balance & embrace a healthier physique, naturally. Contact Lana: WhatsApp number: 071 412 3133

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



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