

Celebrating 17 years of the ECHOA Estate Magazine

The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

AUGUST - SEPTEMBER 2025



It's a Hoot!

Eagle Canyon Golf Estate

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R6.9 million • Oakland Hill Crescent



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R45 000 Per month • Whispering Straight Road



R40 000 Per month • Eagle Canyon Street



R5 500 Per month • Lake Side Village Warwick Crescent

Please get in touch with us for a complimentary market evaluation, or to discuss the latest property trends in the estate.



Linda Nunes

Registered with the PPRA - Principal FFC
083 949 8662

David Otto

Registered with the PPRA - Candidate FFC
071 347 2179



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THE PAM GOLDING WAY



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Golfersfeedback@echoa.co.za

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



THE EDITOR

Kim Bell

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Comms@echoa.co.za

In this issue we share the journey of our new estate owls – from how they came to Eagle Canyon, all the way through to their release into the Estate (see page 14 for the full story). We also share a map showing where the newly serviced owl boxes and bat hotels are – and request that you, our residents, share with us if you hear or see any owls in the area as this will help our data mapping and conservancy efforts.

Owls symbolise wisdom, intelligence and protection. As they can see in the dark, they guide you to look beyond the obvious. Owls are also believed to encourage you to see the true meaning of actions and to let go of perceptions. This may relate to other people's behaviour to you or even your own behaviour. The symbolism of the owl urges you to read between the lines and decipher the truth, helping you to be aware of true motivations and guiding you to make the right decisions.

In this issue we also look forward to spring and share some tips on how to bring a freshness to your home and garden (page 21) and, as always, resident Dr Hekkie van der Westhuizen gives insights into your emotional wellness, focusing on how to reframe your perspective (page 25).

It's that time of the year again, and we would like to take this opportunity to thank all of you who nominated us for the Best of Joburg Readers Choice Awards. This year we are upping the ante – with nominations for Best Estate, Best Golf Course and Best Country Club. Voting is now open (see page 6 for more info).

As the cold and dark of winter ebbs away, we welcome spring on our doorstep and the new opportunities that come with this.

Cover Photo: Main - Warren Watkins; inset: Brian Jacobs

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the EAGLE

Creating an Engaged Community

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

AUGUST - SEPTEMBER 2025

Where Memories are Made...



Pathways Golf Day	7 August
Sharonlea Primary School Golf Day	14 August
Northcliff School Golf Day	15 August
Japsnoet	21 August
Randpark High Golf Day	22 August
Betterball Club Champs	23 & 24 August
Irish Rock Women's Club Annual Charity Golf Day	26 August
Ebenezer House Golf Day	28 August
Night Golf	29 August

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NEWS YOU CAN USE

What's happening in our community and surrounds

In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

– Marianne Williamson, American author, speaker, and political activist



VOTE FOR US!

We have been nominated:

Best Estate and Best Golf Course.

The Annual **BEST OF JOBURG READERS' CHOICE AWARDS** opened 29 July & closes 17 August 2025. We are up for Best Estate 2025, Best Golf Course 2025 and Best Country Club. Thank you for your ongoing support!



ASHER

SPA & HAIR

What's New @ Asher Spa & Hair Salon

Our resident Spa and Hair Salon are busy behind the scenes in bringing you the latest bespoke treatments and techniques to better your spa and anti-aging experience. Look out for our Resident Focus next issue, where we highlight co-owner and resident Kym Quincey, who shares more about these developments.

Here is a sneak peek into one of the technological advances on offer that we will share in a more in-depth review in the next issue:

Hydro Spa

Only available at a handful of spas and wellness centres, this hair spa treatment aims to nourish and revitalise your hair and scalp – while offering you a deep relaxation experience. Involving all five senses, the 90-minute treatment will leave you feeling relaxed and refreshed, and your hair silky soft and vibrant.



VOTE FOR US:

BEST ESTATE 2025, BEST GOLF COURSE 2025



Where Memories are Made...



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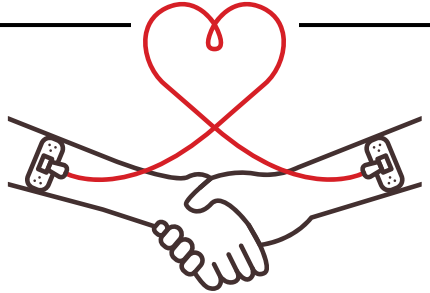
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SANBS Blood Drive

The SANBS would LIKE TO THANK ALL BLOOD DONORS who attended the blood drive on 16 July: there were 31 donations (excluding those who were unable to donate); resulting in 93 lives potentially being saved. "Your continued support and willingness to host blood drives is highly appreciated," says Lebo Seatlholo, SANBS Public Relations Practitioner.

The next blood drive is the 17 September, with the last blood drive for 2025, to be held on 19 November.

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16 AUGUST

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and Wellness Centre

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A HAPPIER, HEALTHIER YOU



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Saturday 27 September | 14:00
Soccer field opposite the Tennis courts

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Picnic baskets welcome, food & drinks will be on sale, no umbrellas allowed.

Linda Nunes
Registered with the FICPA - Disciplinary FIC
083 949 8662

Teddy Bear Foundation

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@ the Tennis Club and on the Soccer Field:

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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

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It's a Hoot

By now, you will have hopefully, seen or heard that we have two new residents who have moved into Eagle Canyon - our baby owls who were recently released.

Perched on one leg, head bent at an angle and a quizzical look from big eyes greeted. Perhaps our new residents are as curious about us as we are of them.

Eagle Canyon was recently selected to be a release site for abandoned or orphaned owls, and our first two baby Barn Owls moved into the estate on the 7th of July. They were just a month or so old, when they were discovered abandoned in a roof at home in Daveyton, making it loudly known that they were clearly unhappy with their predicament. The Germiston SPCA were called to rescue them and in turn, they were placed in the Owl Projects care.

Eagle Canyon has long been home to Barn Owls and Spotted-Eagle Owls, the two most common species here in Gauteng.

Our existing owl houses and bat hotels were in desperate need of servicing, and as we were undergoing this process at the time, we were approached by EcoSolutions Urban Ecology and the Owl Project to provide a home for the owlets.

The perfect spot was identified just off Muirfield road, in the dip behind the shuttle stop overlooking the dam. With a wooded area close by, and an existing owl box in the area, there was hope that this area would entice the owls to stick around once released. The owls needed to remain in a special release pen for 21 days before being released. During this time period, the owlets were required to be fed a diet of day-old chicks every evening and again to be checked the following morning to monitor their food intake. A request via our weekly Community Chatter newsletter was sent out for volunteers to assist in this special project, and a volunteer group was formed.

The babies were around two months old when they were brought to Eagle Canyon and placed in their special release pen. The arrived with much pomp and ceremony and again interested residents and the volunteer group were invited to watch as the owlets were released into their temporary home. Part of this process was the placing of rings around the legs of the owls, each with their own unique serial number, so that the owls can be tracked and identified in the future.

After 21 days, in the early hours of a chilly winter's morning, the pen was opened and the owls released. Food was provided for a time period giving the babies time to hunt and forage effectively and be able to fend for themselves.

Residents are requested that if you observe any signs of owl activity, such as hearing calls, seeing an owl near one of the boxes or finding owl pellets, Sara and her team would love to hear about it.

Please contact them on info@ecosolutions.co.za or 072 365 9777. This feedback will assist them and us with regards to long-term monitoring and conservation work.



Owl Boxes & Bat Hotels

We have eight owl boxes (five Spotted-Eagle Owl boxes and three Barn Owl Houses) as well as four bat hotels.

Owl Houses:

According to EcoSolutions ecologist Sara Orchardson, our estate provides excellent natural habitat for owls and bats, supported by mature trees, vegetation variety, and water sources. It was important to service the boxes ahead of the Spotted Eagle Owl breeding season, which began in July and runs through to November. As part of the service, nesting material was removed and gravel refreshed to support egg-laying behaviour. This pea-gravel substrate allows the Spotted Eagle Owls to mould a “cup” in which to lay their eggs and raise their young.

Barn Owls, on the other hand, breed between March and May as this is when rodent activity is higher. Interestingly the greater the abundance of prey, the greater number of eggs produced.

It is important that the owl boxes and bat houses are serviced on a yearly basis; as out of breeding season Egyptian Geese, other birds and Genets will move in. These visitors tend to bring sticks, paper and other debris into the box. Unless removed, owls will not use the boxes to breed in. The owl boxes were serviced by the EcoSolutions teams who assessed the structure and condition, replacing where necessary, removed nesting debris from other birds that may have used it; replenished the gravel in the Spotted Eagle Owl Boxes, waterproofed the boxes and treated the interiors to deter bee occupation.

The special release pen will remain permanent feature on the Estate, and we will remain part of the Owl Release Programme when required for abandoned and orphaned owls.

Bat Hotels:

Bats are agile and have an insatiable hunger for insects, with 70% of all bat species feasting on flies, mosquitoes, beetles and cockroaches. 100 bats will consume up to 60 000 insects a night – and with four bat hotels each able to house up to 300 bats; that’s a lot of pest control! Plus, bats are responsible in assisting in the pollination of trees, flowers and cacti – making them extremely beneficial to our estate. The bat hotels were all replaced during the service, structures varnished and treated for bees.

“Our estate provides excellent natural habitat for owls and bats, supported by mature trees, vegetation variety, and water sources.”

- Sara Orchardson, EcoSolutions ecologist

Barn Owls – Tyto Alba

With their bright white heart-shaped faces facial discs, and dark inquisitive eyes shining out in the darkness, and high-pitched shriek, it is easy to see why barn owls often referred to as ghost owls.

Barn owls are immediately recognised by their heart-shaped facial discs. They are happy to live near people, and don’t mind nesting in man-made structures (hence the importance of having owl boxes).

Barn owls are long winged and long legged with a short squarish tail. They grow to around 30cm to 33cm in length and have a wingspan of up to 110cm. Females weight around 365g, compared to males at 410g.

Both male and female are similar in colouration, with a golden brown upper body marked with grey wavy lines, and spotted black and white. The beak varies from pale pink to brownish horn. The underparts are white, with fine brown spots and the long legs are greyish brown. Barn owls have long wings and a short, squarish tail.

Barn owls fly almost silently, with comb-like structures at the edges of their wings (called serrations), which play a vital role in air-flow control and noise-reduction during flight.

Barn owls communicate with each other by various sounds, the most common of which are being the high-pitched screeching “schreeeeeeee” sound, usually during flight. When courting, a hissing scream can be heard, accompanied by a shaking effect during flight. The male will also emit a low wail or purr to attract his chosen partner.

continue on page 16



It's a Hoot

continued from page 15

If they are frightened, or a predator is in the vicinity, the owls will issue a warning scream.

Barn owls love grasslands and wooded areas, and will inhabit tree cavities or man-made structures such as the wooden owl boxes which have been strategically placed. Barn owls create nests from regurgitated pellets.

As they are nocturnal, they will hunt for their food source once the sun has set, returning to their roost before sunrise. When hunting, they fly slowly to try and spot their prey, often using trees or high structures as a look-out. Their hunting tools include their ability to fly silently and their low-light/night vision and their ability to accurately localise sound. Their distinctive heart-shaped facial disk helps channel sound to their ear holes located beneath the feathers on each side of their face.

Barn owls provide a fantastic service as environmentally friendly pest control, as they feast on rats, mice and shrews, as well as small birds, insects, lizards, frogs and termites. Their prey is usually swallowed whole, with indigestible materials, such as bones and fur, regurgitated in the form of a pellet.

Sarah explains that part of EcoSolutions outreach is Junior Scientists Programme that is run through our school education initiative. The learners have an opportunity to dissect owl pellets and identify the bones to record which rodent species they find using a rodent skeleton key. EcoSolutions then submits this data to their National Owl Diet Database. The pellet dissection kits are labelled with coordinates from where the pellets are collected, and this information is feedback to the necessary, including farmers, to help them manage their rodent problems more effectively.

Barn Owls are both territorial and monogamous. They tend to mate for life (unless the loss of a partner through death). Despite this, a breeding pair may live separately outside of their breeding season, moving back into the area they have selected when it comes time to nest. As they are territorial, the breeding pair will often come back year after year to the same nesting site.

When it's time, the female will show interest by flying in circles around the area the couple have chosen as their nesting site. The male then joins, flying behind her while emitting high-pitched shrieks. This courtship dance can take place for 30 to 120 minutes. The female then lays multiple eggs, one egg every two days. She incubates the eggs for around a month, and they hatch in the same sequence in which they were laid.

During this time period, the male hunts for food, which he brings to feed his partner. Extra food is piled up next to her, to ensure adequate supply for the hatchlings. Once the eggs have hatched, both parents are responsible for feeding. At around a week old they are able to move around the next and can fledge around 55 days. Once they master their flying technique, the parents start reducing the amount of food given, to encourage them to hunt for themselves.

Did you know?

Barn owls have developed smart strategies to protect against animal predators, as they hiss loudly when a predator is nearby. This confuses the predator, which mistakes the owl for another animal. They also practise "tonic immobility" whereby they lie very still pretending to be dead, the predator then loses interest.



“Eagle Canyon is home to owls, feral cats, mongoose and more – all of which help with rodent control.”

Rodent Control and Our Estate Wildlife

Unfortunately, the barn owl's biggest predator is humans, who put out poisoned bait to kill rodents, which in turn, can result in secondary poisoning of the owls who eat the dead or dying rodents.

Eagle Canyon is home to owls, feral cats, mongoose and more – all of which help with rodent control. And all of which run the risk of being poisoned should the wrong rodenticides or insecticides be utilised. Barn owls are considered to be particularly excellent for rodent control, with a breeding pair consuming around 80kg of rodents annually.

The Department of Agriculture, Land Reform and Rural Development have issued a formal

notice regarding three rodenticides that are now banned in South Africa due to their high toxicity and long-term environment and health risks.

Banned Active Ingredients (Rodenticides):

- Brodifacoum
- Coumatetralyl
- Difenacoum

These active ingredients are found in a range of commonly used commercial rodenticide products, including but not limited to:

- **Brodifacoum:** Klerat, Talon, Havoc, Final, Jaguar, Rodex (blocks, grain, pellets, liquid and pasta bait)
- **Coumatetralyl:** Racumin, Ratex, Couma

- **Difenacoum:** Neosorexa, Sorexa, Rodex Raptor, Muskil, Storm Secure

These compounds have been widely used in rodent control but pose a substantial risk to humans, non-target wildlife (including owls and other predators), and the broader ecosystem. Their inclusion on this banned list reflects growing awareness and commitment to safer, more sustainable pest control practices.

Should you have the need for rodent control, we request that you transition to compliant, non-toxic rodent management systems that align with both legal requirements and environmental best practice, as well as being safe for our Estate wildlife - including our baby owls!

Owl and Bat Boxes

Yellow dot: Spotted Eagle Owl Boxes
Red/Orange dot: Barn Owl Boxes
Green dot: Bat hotels.



{On Course}

A round up
of all things Golf

"Golf is a compromise between what your ego wants you to do, what experience tells you to do, and what your nerves let you do." - Bruce Crampton



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League Results as of end July

Men’s Scratch League – A Div

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Royal Johannesburg	4	4	0	0	23.0	8.0
2	Country Club Johannesburg	3	3	0	0	17.5	6.0
3	Ruimsig	3	2	1	0	17.0	5.0
4	Randpark	3	2	0	1	15.0	4.0
5	Maccauvlei	3	1	0	2	8.0	2.0
6	Eagle Canyon	3	0	1	2	8.0	1.0
7	Parkview	3	0	0	3	8.0	0.0
7	Randpark	4	0	0	4	7.5	0.0

Betterball League – B Div

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Southdowns	6	5	0	1	29.5	10.00
1	Eagle Canyon	6	4	2	0	28.0	10.00
3	Dainfern	6	3	1	2	27.5	7.0
3	Bryanston	6	3	1	2	25.0	7.0
5	Meyerton	6	3	0	3	23.5	6.0
5	Kyalami	6	3	0	3	23.0	6.0
7	Country Club Johannesburg	6	2	1	3	22.5	5.0
7	Modderfontein	6	1	3	2	19.5	5.0
9	Randpark	6	1	1	4	19.0	3.0
10	Parkview	6	0	1	5	18.5	1.0

Ladies Weekday League – C Division

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Bryanston	7	5	1	1	15.0	11.0
2	Royal Johannesburg	7	4	2	1	13.0	10.0
3	Krugersdorp	7	2	3	2	11.5	7.0
4	Randpark	7	2	1	4	11.0	5.0
4	Ruimsig	7	2	1	4	6.5	5.0
6	Eagle Canyon	7	1	2	4	6.0	4.0

Ladies Sunday League A DIV

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Modderfontein	5	4	0	1	9.5	8.0
2	Eagle Canyon	6	3	0	3	9.5	6.0
2	Modderfontein	6	3	0	3	9.5	6.0
2	Royal Johannesburg	6	3	0	3	9.5	6.0
2	Bryanston	5	3	0	2	7.0	6.0
6	Wanderers	6	1	0	5	6.5	2.0

Junior League – A Division

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Soweto	4	3	1	0	9.5	7.0
2	Eagle Canyon	4	2	0	2	6.5	4.0
2	Southdowns	4	2	0	2	6.5	4.0
2	CMR	4	2	0	2	4.0	4.0
5	Bryanston	4	1	1	2	5.0	3.0
6	Heron Banks	4	0	2	2	2.0	2.0

Junior League – D Division

POS	CLUB	PLAYED	WON	DRAWN	LOST	POINTS	LEAGUE POINTS
1	Ruimsig	4	4	0	0	11.5	8.0
2	Houghton	4	2	1	1	5.5	5.0
3	Eagle Canyon	4	2	0	2	6.5	4.0
4	Bryanston	4	1	1	2	4.5	3.0
5	Ruimsig	4	0	2	2	3.0	2.0
6	Glenvista	4	1	0	3	2.0	2.0

2025 LEAGUE BETTERBALL LEAGUE



Captain: Robbie Steele
– Golf Member

My father is South African and my mother is Lebanese, so I’m the perfect mix ;) I was born in

Cape Town and brought up in Jo’burg. I am also a dad to beautiful little boy, Beckham, who brings nothing but happiness to my world.

My love for golf started to get serious when I was in my mid-twenties, as that is when my buddies and I decided to play more regularly.

My earliest memory is from around the age of 13. I was called out by a senior at Randpark for using a range ball – he was super cross!

My handicap ranges between 6 and 8, my lowest ever was a 3.

To me, a good course and club needs good people at the 19th!

The game of golf is a challenge which can be relaxing, and at the same time frustrating.

My favourite hole at Eagle Canyon is the 17th, I want to win the hole-in-one pot!

My worst hole is the 13th, as for me, it’s the hardest tee shot.

NEW Golf Committee

Our 2025/2026 Golf Committee were voted in at the Annual Golf AGM held Tuesday 29 July 2025. Thank you to all Golf Members in attendance.

Men’s Golf Committee

Richard Daws (Capt)
Ashley Mulligan (Vice)
Bryan Blieden

Ladies’ Golf Committee

Maxcine Pillay (Capt)
Helene Honey (Vice)
Kedibone Mooi

We would like to take this opportunity to thank the outgoing Men’s and Ladies’ Captains, Gary Watt and Chantelle Usmar, as well as outgoing committee members, Yougan Govender and Cindy Merrington, for their passion and dedication to the club.

I have many favourite courses, Gary Player (Sun City), Highland Gate (Dullstroom) and Pezula (Knysna).

My pro tip is to keep straight and in play

The best advice I was ever given on the golf course was just to keep it straight, don’t worry about shaping the ball and off the course was from my dad who used to say when I was playing cricket, “Just make the 1’s and 2’s, and the 4’s and 6’s will follow.” I use this in everyday life.

When I am not on the course, you will find me with my son in our garden.

My greatest motivation is my son, as I want to be the best dad to him.

I am inspired by my mother as her resilience is second to none. I truly hope I can follow in her footsteps.

Words to live by are Sacred heart of Jesus, I place my hope and trust in you.

If I were a crayon colour, I think I would be navy. No real reason apart from it being my favourite colour!

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Spring Up Your Space

As the winter chill starts to fade it's that time of the year again to declutter, refresh and revive.

Invest in house plants

Now is the time to refresh those household plants. Research shows that a ratio of one plant to three people in a home improves air quality and reduces the amount of dust by up to 50%. Plants, such as lavender, snake plant, peace lily and aloe vera are just some of the plants that can assist in reducing stress and anxiety, due to their calming scents and air-purifying properties.

Plants also have the ability to improve your productivity. Studies have shown that plants in your indoor environment can increase your productivity by up to 15%, even if you are in a stressful or pressurised environment. Another (small) study had students in a classroom environment with either a fake plant, a real one, a photograph of a plant or no plant at all. Brain scans of the participants revealed that those students who studied with live plants in the classroom were more attentive and better able to concentrate than the others.

Did you know:

Indoor plants can result in:

- 37% reduction in anxiety
- 58% reduction in feelings of depression
- 44% reduction in anger or hostility
- 38% reduction in feeling tired or fatigue.

Grow your own salad

As the winter chill starts to ebb and the days warm up, it's time to ditch those winter soups and stews and make way for fresh, vibrant and healthy salads.

And what better way than to grow your own? Not only do you get the psychological and physical benefits of gardening (such as exercise, stress

reduction and an increase of those feel good serotonin hormones) but gardening also provides an inspiring and creative outlet.

Start prepping from mid-August, by identifying and clearing your prime areas based on your needs and available space. Patty pans, squash and cucumber all need space to spread, while compact areas are suitable for leafy greens, such as spinach and lettuce, as well as beetroot, cabbage and leeks.

Herbs, cherry tomatoes, chillies, beans and peas all grow well in pots or veggie boxes if you have limited growing space.

Best for our climate:

Beans, beetroot, carrot, celery, cucumber, lettuce, corn, parsnip, peas, peppers, radish, pumpkin, tomatoes, spinach Swiss chard and spekboom.

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Spring Up Your Space

continued from page 21

Clean up your kitchen and bathrooms

“The two biggest places that germs reside in are the kitchen and the bathroom. So, you want to make sure you clean those two areas really well. And I’m talking about the high touch surfaces like light switches, faucets, door handles,” says Dr Neya Vyas, a family medicine physician at Cleveland Clinic, USA.

“In the bathroom, you’ve got your toilet handles, you’ve got your toothbrush. In the kitchen, you have your kitchen sink, you’ve got your appliances, especially like your cutting board.”

Dr Vyas adds that depending on the type of germs invading your space, they can live up to 48 hours or even longer!

According to the National Sanitation Foundation (NSF.org), areas where food is stored or prepared has more bacteria than any other place in your home.

Your kitchen sponge, used to clean dishes and countertops, has been found to be one of the most germ-ridden spots in your home.

Research shows that your kitchen sponge can be a breeding zone for bacteria – with Italian scientists reporting that your common dish sponge was the “most contaminated item in the household and an ideal habitat for microorganisms and foodborne pathogens.”



As kitchen sponges are a relatively inexpensive item, regularly replacement (weekly or biweekly) is the best way to keep a hygienic kitchen space.

However, the rule of thumb is that if the kitchen sponge has an odour, throw it away. Immediately. An odour means that the sponge is already a breeding ground for bacteria. The biggest problem is that unless the sponge completely dries out between uses, it can become a hotbed for germs such as foodborne illness pathogens, mold and yeast.

Better options for cleaning are dishcloths as these can be washed and sanitised. Ideally you should replace your washable cloths, and dish towels every one to two days.

The second highest concentration of germs was found in your kitchen sink, reports NSF. Disinfect your sink once or twice a week, using a good kitchen disinfecting cleaner. Alternatively wipe down with a diluted bleach solution.

Scarily, the third highest concentration of germs was found on the toothbrush holder. If your toothbrush holder is dishwasher safe, wash once or twice a week. If not, it is recommended that you wash with soapy

water and use a disinfected wipe once or twice a week.

Your pets bowl ranks number four on the germ scale, and again the NSF recommends that these be washed daily.

If you have a coffee machine, the coffee reservoir is considered the fifth highest germ collector. Being dark and damp, this is a prime location for bacteria and mildew to grow. It is recommended you clean out the unit every 40 to 80 brew cycles or monthly (whichever comes first).

Faucet handles in both the kitchen and bathroom are rated sixth on the germ list, with research showing faucet handles containing coliform bacteria, yeast and mould. Try to clean daily with a disinfectant cleaner or wipes.

Pet toys, while providing hours of fun, are also a haven for hidden lurgies. NSF suggests you encourage family members to wash hands after playing with your pets (particularly before eating). Hard or plastic toys can be cleaned with hot soapy water and rinsed with fresh water, while soft toys can be tossed into the washing with the other laundry. It is recommended that these are washed monthly (or more often if necessary).

Research reveals that coliform bacteria was found in around 30% of countertops tested, the source of which can be linked to unwashed fresh produce, raw meat and poultry. It also can be through pet dishes and pet toys left on the kitchen counters. Once you have finished food prep, it is recommended you clean with kitchen disinfectant and rinse with clean water. This should be done daily or after each meal prep.

Number nine on the germ list is one you may not have considered – your stove knobs. Clean these once a week (or more often, if required after an enthusiastic cooking session!)

Last on the hidden lurgy list is your cutting boards. This is because cutting boards may be used for different foods, and it is important to wash these thoroughly after each use or between different food types. Alternatively, invest in different coloured boards for different food types.

So, spring into action (and health) this season – getting you ready to face the last quarter of this year with vigour.



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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...

Survival Skills in an Upside-Down World

"Life doesn't get easier or more forgiving. We get stronger and more resilient." – Wayne Dyer



At recent conferences or other speaker engagements, I have asked the question if anyone thinks that life is getting easier... Not once did someone give me a positive response to this question. Why? Because, simply, life is definitely not getting easier, and as Steve Maraboli points out, we need to get stronger and more resilient by acquiring relevant "survival skills". When I refer to survival skills, I am not referring to survival hard skills like securing shelter, finding or creating a water source or obtaining food. Instead, I am referring to soft skills, which I believe will assist us in becoming more resilient to face the challenges that life throws at us, now more than ever.

Survival Skill #1 – Take Charge

When I wrote "Conquering my NeMEsis", the first chapter of the book was titled Taking Charge. I am a firm believer in the fact that we don't take charge enough to facilitate positive change in our lives and the lives of the people around us. This is something I also see very often when I do leadership coaching sessions. We underestimate the extent to which we can take charge. We can only create the life we want if we truly take charge of all aspects of our lives as much as we possibly can, even if this means that we need to make tough decisions.

"Until you take charge of your own life, things don't happen."

- Suzanne Braun Levine

We also need to be intentional about the things we do... Otherwise, we'll be like a floating wine cork on the surface of the sea, being pushed from pillar to post by other people or circumstances. Finally, taking charge also means that I don't compare myself with anyone else than with the best version of me. If I compare myself with anyone else, then I allow myself to be distracted from being the best version of me.

Survival Skill #2 – Start with Self

As I am writing this article, I am sitting on an aeroplane returning home from a local business

trip. I was just told in the safety briefing to, in the case of an emergency, put the oxygen mask over my own face first, before I assist a fellow passenger. Why? Simply because, if I try and assist someone else first, then I might succumb together with them because of a lack of oxygen.

"The first key, the key to unlocking your universe, is to put yourself first" – Connie Cash

If I look after my own wellbeing first, is it not selfish, you might ask? The answer is "NO". The reality is that we cannot pour from an empty cup, and if we only focus on the survival of others, we will not survive and also cause those people who are dependent on us to suffer as a result.

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Survival Skills

in an Upside-Down World

continued from page 25

Survival Skill #3

– Become more Vulnerable

We as men, are as especially guilty of the fact that we don't talk when it's necessary to talk. That's one of the main reasons why roughly, four times more men commit suicide than women. Pride is a killer... literally. There is no sense in refusing to speak up if you are battling to survive, not realising that it's okay to not be okay.

“Vulnerability is not a weakness. It is our greatest measure of courage.” – Brenè Brown

I am not, for one second, saying that you must weep uncontrollably every day in sharing your innermost secrets, but I would suggest that you find an accountability partner whom you can trust with your feelings, to share and ask for advice, if and when needed. In saying this, don't underestimate the liberating feeling of just sharing your burdens with a trusted companion. Someone for whom you can play the same role in a reciprocal, mutually beneficial, relationship.

Survival Skill #4

– Improve Personal Productivity

Given life's increased demands on us, I have found that by increasing my personal productivity, I am not only able to achieve more, but it also provides me with an increased sense of being more in control of my life. I can attest to the fact that this is an amazing feeling.

“Nothing is less productive than to make more efficient what should not be done at all.”

– Peter Drucker

Being more focused; delegating effectively; being able to say “No”; procrastinating less; using time blocks effectively; prioritising tasks; dealing with e-mails effectively; and just being more disciplined in general, are all effective ways of improving our personal productivity. By doing this, we effectively free up time and, as a result, we feel less overwhelmed and more on top of things, which assists us in surviving much more easily.

Survival Skill #5

– Charge your “Life Batteries”

I use a concept that I coined, “life batteries”. These are activities that provide me with a sense of peace, and which I need to do frequently to destress. When I am less stressed, it simply increases my resiliency, and I have much more strength to manage life's challenges. By

charging my life batteries, I am much more equipped to survive...

“A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness.”

– Albert Einstein

The things that charge my life batteries include cardiovascular exercise (like swimming and jogging), spending time in the bush, mindfulness meditation and taking quality time off with my family. We are all unique, and for you, these life battery charging activities will probably differ. Whatever it is, I would like to encourage you to identify these activities and to do more of them in order to find it easier to cope.

Survival Skill #6

– Find Balance

You might be familiar with the “Wheel of Life” concept, which is a visual representation of different life areas, allowing us to rate our satisfaction in each and identify areas needing more attention. By visualising the balance (or imbalance) in different areas like your career, relationships with family and friends, health, and personal growth, it helps us to set goals and work towards a more fulfilling life.

“Balance is not something you find, it's something you create.”

– Jana Kingsford

Think of this wheel as a bicycle wheel, where each area in which you would like to achieve future success is represented by a spoke on this wheel. Now, let's assume that you don't have any balance in life and you only focus on work, day in and day out. Imagine how this wheel would be moving forward with only one spoke... It simply would not be able to operate properly.

If you then lose your job, for argument's sake, and the only spoke you had broke, then you would not have a wheel at all. If you have the

balance, though, by also spending quality time on the other areas of your life, then you will have enough areas in your life that will assist you to survive mentally and physically, if one of your spokes had to break, such as losing your job.

Survival Skill #7 – Adapt

The well known saying “adapt or die” does not mean that we necessarily need to accept the new realities that we are faced with in life. It simply means that we need to adapt or adjust to them to survive. Otherwise, on a personal level, we will potentially become like Kodak, which did not embrace digital photography or BlackBerry, which was too slow to adopt touchscreen technology and underestimated the growing App ecosystem.

“It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.” – Charles Darwin

If we don't, for example, embrace emerging technologies like Artificial Intelligence (AI) in our careers and personal lives, then we will fall behind and inhibit our ability to survive. Why? Simply, because in a very competitive world, we need to explore and implement anything and everything possible, to make the best of the situation that we find ourselves in, including the achievement of our goals. That is, of course, assuming that it's legally, morally and ethically acceptable.

“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





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Aqua Paints The sister company of Colour It Paints and supplier of the Imperial Brand for all paint requirements within the Estate. 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.

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

BUSINESS DIRECTORY

for all Residential, Commercial and Industial 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.viridiancrafts.com for guilt-free indulgence. FREE deliveries in Eagle Canyon! For inquiries & EC Delivery vouchers, email tellus@viridiancrafts.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 Strijdom 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.

Elliot 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. 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 apiary and at Dinokeng game reserve in Hamanskraal. Our honey is from the hive to the bottle - raw and seasonal. R150 for 500ml R200 for 500ml with honeycomb. Contact 073 522 1288 or 066 587 3557.

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

Home & Garden

Kira Interiors is an interior design company that specialise in curtains, blinds, custom furniture, reupholstering, flooring, lighting, wallpaper, panelling & 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 Pelser 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 in-verters, installation. Combat loadshedding, reduce your electricity bill, contribute to sustainability.wContact Brandon @ Casca on 082 787 1677 or brandon@casca-lighting.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 #influ-

encer 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.novconnect.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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