

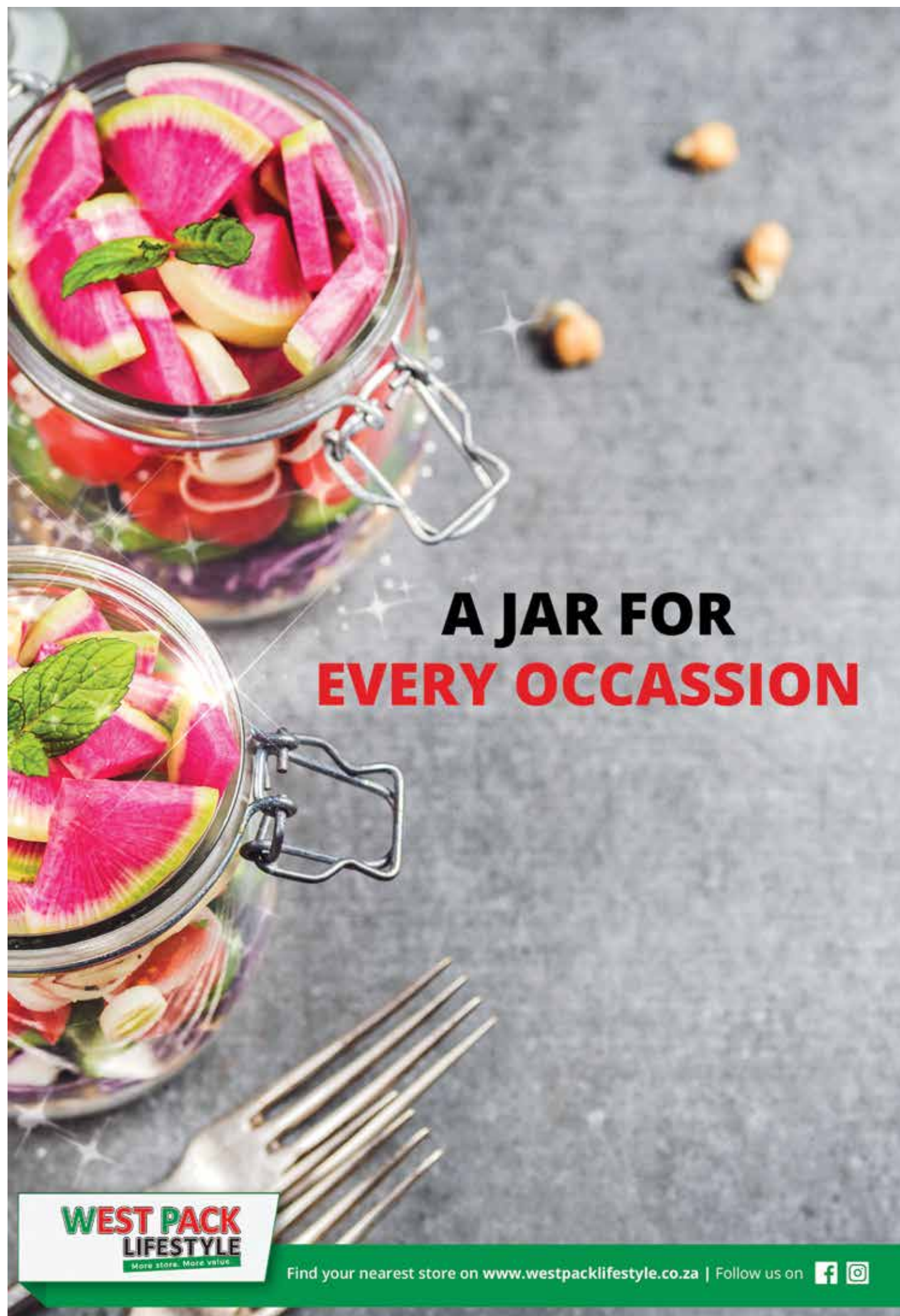
The EAGLE

Your mag – reimagined

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE



OCTOBER - NOVEMBER 2019





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HOA Board Directors

Board Portfolios as at 1 October 2019

Steven Mushet

Chairman • Legal & Compliance

• Country Club Director

Secondary Portfolio: Security

Marius Vermeulen

Vice-Chairman • Security • Country Club Director

Secondary Portfolio: Operations, Building Compliance & Projects

Americo Carneiro

Finance

Secondary Portfolio: Governance

Barry Doyle

Operations, Building Compliance & Projects

Secondary Portfolio: Sustainability

Dawie Van der Merwe

Governance • Country Club Director

Secondary Portfolio: Legal & Compliance

• Governance

James Vlok

Sustainability

Secondary Portfolio: Environmental

Keith Kennedy

Governance

Secondary Portfolio: Finance

Les Lange

Environmental

Secondary Portfolio: Sustainability

Deidre Le Hanie

CEO • Chairperson Country Club



On the cover: Our beautiful Estate by Kerry de Bruyn



Photo credit: Cindy Ellis

THE EDITOR

Kim Bell

PR, Marketing & Communications Manager

Comms@echoa.co.za

ARC, (Association of Residential Communities), of which Eagle Canyon Golf and Lifestyle Estate is one of the founding members, recently shared this rather fitting statement:

“We all need to commit to enhancing education and awareness to encourage environmental programmes within Members’ homes and the community. Let’s be the trendsetters – create initiatives to cope with the changes that are coming, enhancing ecosystems, grey water systems, rainwater harvesting and much more.”

This is a great sentiment and one that should be considered across all facets of Estate and Community living.

This is part of creating our socially sustainable and engaged community. This issue we focus on the Future is Now and share what we are doing as the HOA, the Country Club and a Community.

As always, we welcome your involvement and invite you to share your tips and ideas.

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



www.facebook.com/eaglecanyongolfandlifestyleestate
www.eaglecanyongolfestate.co.za

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Publisher: Zoé Advertising
Advertising Sales: Jaco van Deventer 082 455 9380 | zoeadv@mweb.co.za
Design & Layout: LilyHouse Design Studio | tdreyer@global.co.za
Advertising Design: Jaco van Deventer | 082 455 9380

The opinions expressed in this publication are not those of the publisher or of the HOA.
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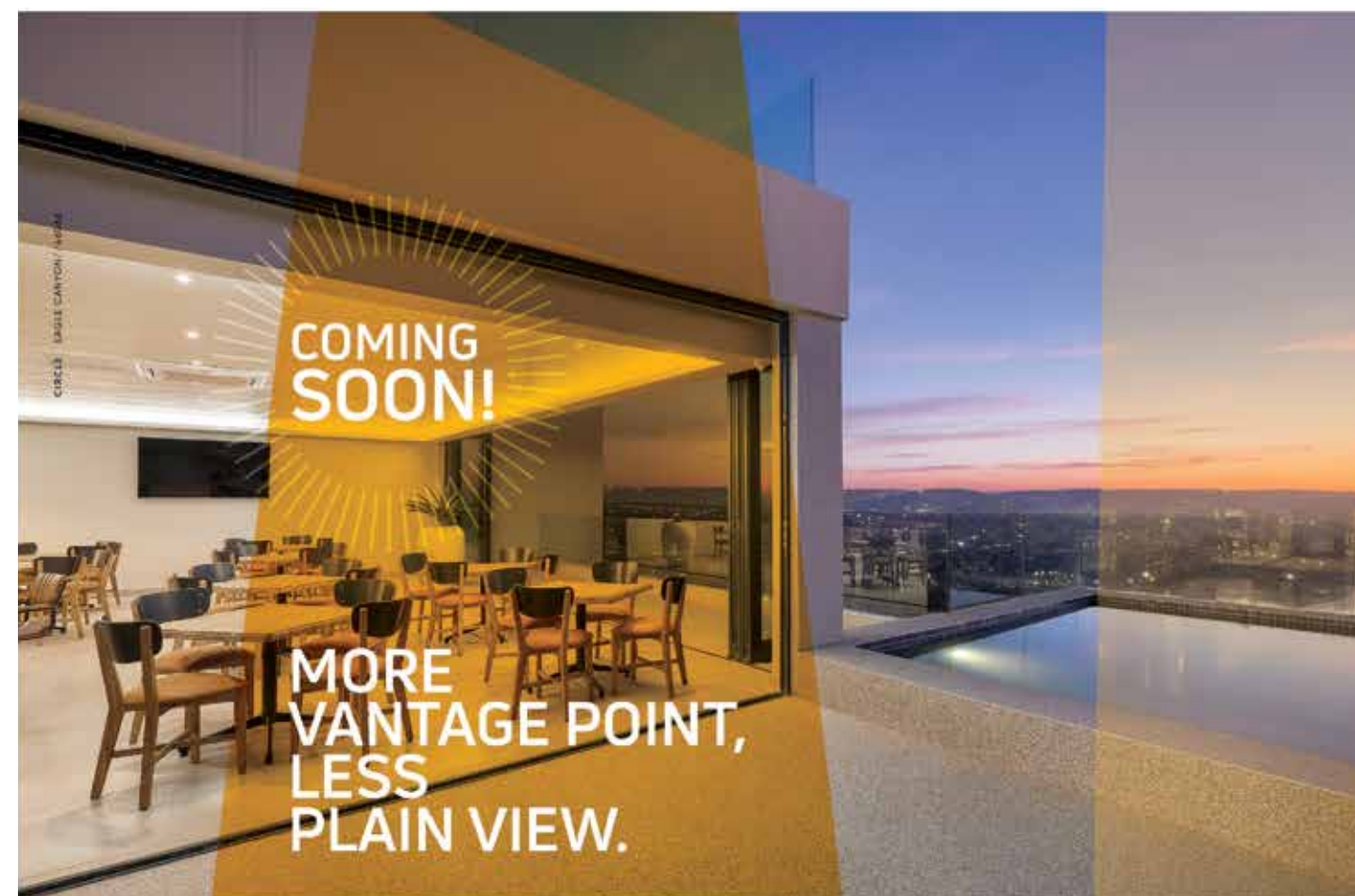
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Presto, For a quick catch up and coffee to go.
Indigo Restaurant, function dining with a view.

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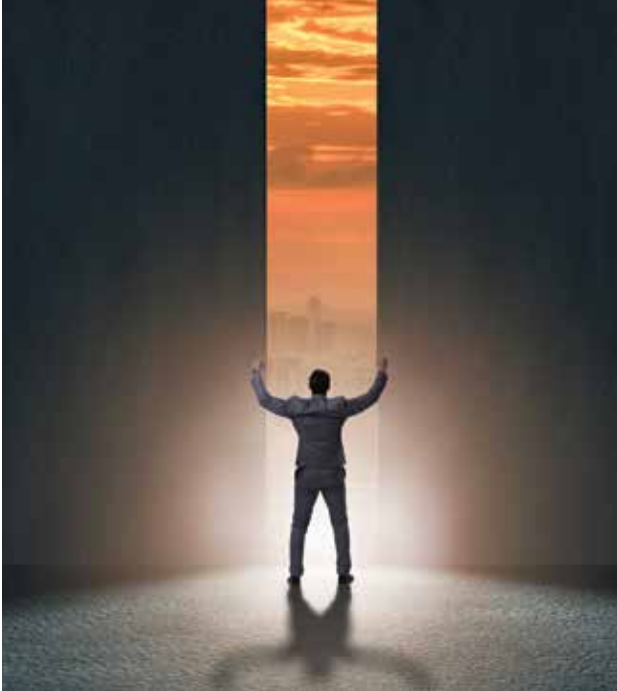
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HOA
DEIDRE LE HANIE
CEO



Our Future starts today

“Our design, our decisions, our actions, or reactions, will in most cases deliver our results today and in our future.”

We all have a story, different backgrounds and experiences that have contributed to who we are today and may or may not influence our future. When the HOD team and I presented the Strategic high-level plan to the Estate and Stakeholder groups, I included this quote by author unknown, below:

“Smooth roads never make good drivers.
Smooth seas never makes good sailors.
Clear skies never make good pilots.

Problem free life never makes a strong person.
Be strong enough to accept the challenges of life ...

Don't ask life, 'Why me?'
Instead say, **'Try me!'** ”

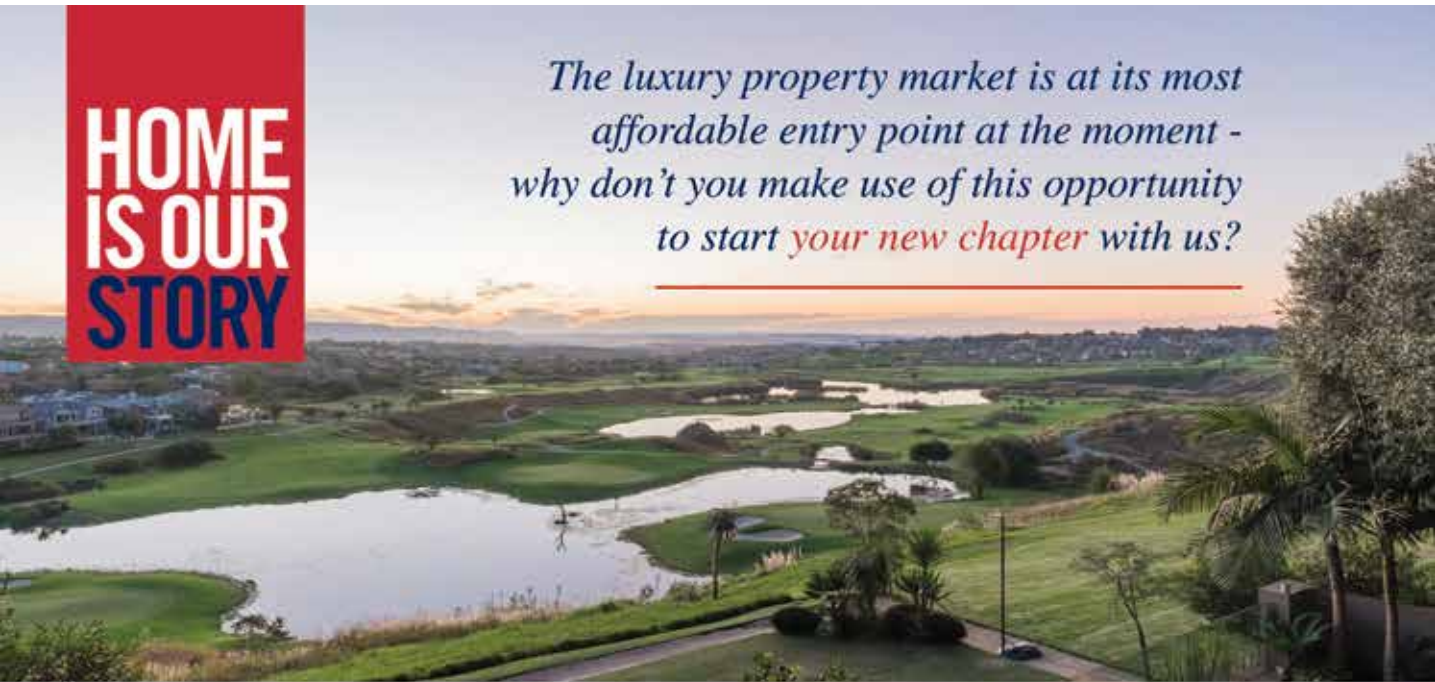
With all that has taken place since the presentations, the HOA and Country Club teams have continued to strive in delivering the very best and uncompromised service to the Estate. It would be remiss of me not to mention the dedication and support from each Director of the Board, guided by the Chair. The contribution and support from Residents and Stakeholders during the Workstream Sessions, and finalising the MOI, The Estate Rules and Regulations and the Architectural, Building and Landscape Estate Rules, has been overwhelming. We are truly appreciative thereof.

This has set an excellent foundation for our budget process and ensures we have a plan that will guide our decision making as we continue this journey.

Many years ago, I read an excellent book by author Bruce Wilkinson in which he shares, talent is given but success is earned. He goes on to cover the following key points:

- **Initiative to Activate** talent - **“Where we end in the world is not dependent on where we started, but rather that we started in the first place!”**.
- **Focus to Direct** talent - **“Refuse to quit yet know when to adjust direction”**.
- **Preparation to Position** talent - **“Fail to plan results on a plan to fail”**.

We have a talented team and many talented Residents and Stakeholders. Together we have taken initiative, we are focused and we have done much preparation to ensure the successful execution of our commitment to our Community. We look forward to sharing more of the exciting details in the next edition.



Whether you are buying or selling properties, we understand it is more than just a transaction – this is your story – and we are honoured to write this chapter with you.



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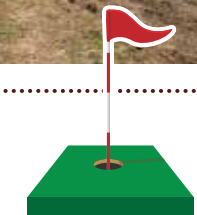


NEWS YOU CAN USE

What's happening in our community and surrounds



(Above) The dams before and after.
(Below) The new picnic area; (below right) Ops Manager Lionel Kruger on site.



Did you know?
The average speed of a golf ball is around 225km/hr. Good reason why you should not be walking or playing on the course when the flags are up.

Then and Now

Our Operations Team has been hard at work cleaning the dams and restoring them as well as creating inviting picnic area and fishing spots for Residents to utilise when the flags have been removed or on a Family Sunday after 15h00.



Domestic Safety Workshops

Bidvest Protea Coin, in conjunction with the HOA, hosted two Domestic Safety Workshops on Thursday 5 September and Wednesday 2 October. The sessions covered various topics relating to safety, including basic first aid guidelines and basic fire-fighting guidelines in the workplace, reporting of incidents of crime in the home and workplace, and safe travelling to and from your place of work. The workshops were well received, with several questions being asked of the experts presenting. Each participant received a certificate of attendance and were entered in a lucky draw. We will be looking into hosting more workshops of this nature going forward.

Rules Refresher:

1. Non-golfers are requested to remain off the course during play, until the flags have been removed. This is for the safety of both non-golfers and golfers alike.
2. In the summer months, the flags may only be removed around 18h00 due to delayed play, such as when it rains.
3. During the even weeks of the year, the back nine holes (10 to 18) will be closed for 9-hole play.
4. During the odd weeks of the year, the front nine (1 to 9) will be closed for 9-hole play.
5. Residents are free to walk the golf course after the removal of the flags. Please walk only on the fairways and pathways to protect the course from any damage.
6. Please do not walk on the greens, tee boxes or through the bunkers (and this includes kids and dogs).
7. Only walk on those holes where the flags have been removed. This is for your safety.
8. Once the flags are down, Residents can enjoy the golf course and surrounds.
9. Dogs are to be walked on a leash at all times. While your dog may be social, others may not, which may result in fights. Some Residents may also be fearful of dogs, so please also bear this in mind. Please carry a bag with you – what you bring onto the course, must please leave with you.
10. Once the flags are down, Residents are welcome to fish in the allocated dams. Please be reminded that this is catch-and-release and care needs to be taken at all times.
11. Once the flags are down – no golfer may play on the course.

Please report anything untoward happening on the golf course i.e. vandalism, theft of golf course signage, malicious damage to property, etc., to the Pro Shop during office hours 011 801 6611 or after hours to security 011 794 6999. We respectfully request Residents to assist us in this process to reach the common goal of having a harmonious, engaged community who enjoy the recreational facilities of the Clubhouse and surrounds.

Stock images: freepik.com

Our local heroes

We would like to celebrate our local heroes on the Estate. Be it someone who has gone out of their way for their fellow Residents, our animal lovers who selflessly care for the Estate animals or those who are going above and beyond for their local charity. Nominate your hero of the month with a short reason why you believe they deserve this accolade, and how we, as the community can continue to help.

This month's hero is Kim Tavares. Kim has created the EC Service Delivery WhatsApp Group, an unofficial group, which shares information regarding power outages, water issues, road concerns and more, helping to keep Residents updated and informed. Thank you, Kim for all you do.

Please send your hero of the month nomination to Comms@echoa.co.za.

Part of being an engaged community is the Homeowner and Resident Charter: **a code of conduct that we live by within the Estate.**

This includes:

1. Mutual respect by all Residents, Members, Employees and Visitors;
2. Compliance with Estate Rules as set out in the HOA "Rules and Architectural guidelines" as amended time to time;
3. Compliance with municipal and traffic by-laws;
4. A community minded spirit with tolerance and reasonableness being the primary principles, which underpin our social behaviour and fairness towards others;
5. A security and social awareness that supports the protection of property and family safety;
6. Social and family behaviour that is consistent with the community minded spirit and quality standards for which Eagle Canyon Golf and Lifestyle Estate has become recognised;
7. Compliance with the due process outlined by the HOA for the logging of queries and complaints and their escalation to the Estate CEO.

Community Care

As part of our ongoing drive to improve your experience of both the Estate and Country Club, we have a Concerns, Complaints and Compliments policy in place. With effect from 1 October, Adele Vermeulen has been employed as the HOA Customer Services Specialist. For all Estate-related queries, please email Communitycare@echoa.co.za and for all Country Club-related queries, please email customerclubhouse@echoa.co.za. Your mail will be responded to within two to 24 (working hours) and escalated to the necessary department or service provider for action and feedback. We welcome any and all commentary, good and bad. Report back to the community will be done on a monthly basis, keeping you informed and engaged.



...collaboration is key and for this, people need a central place to meet...

3 Reasons Why We Love Remote Meeting Rooms

We may have changed the way we do business, with the rise of working in a remote office, hot-desking or even working from home. One thing remains constant: collaboration is key and for this people need a central place to meet. **Here are three reasons why we love meeting rooms:**

1. Collaboration Station and Think Tanks

Uniting people to brainstorm ideas and solutions creates an innovation incubator. Tools such as TVs and video conferencing units, flip charts, white boards and colourful markers all help to develop creativity, encouraging connection and exploring different perspectives.

2. Keepers of Information

Unlike an open or public meeting venue, such as a coffee shop, a meeting room is designed to keep confidential conversations and information safely within this environment. The last thing you want is to lose your next great big idea to the stranger sitting at the table next to you.

3. Training Grounds for Future Success

A meeting room non-verbally conveys to your clients and visitors your attention to detail, business personality and relevancy in today's working world. A well designed conference room with state-of-the-art equipment portrays the message you want to give. This space helps you move forward in your business plan – be it changing your current focus or direction, finding the right vendors, service providers or partners, setting budgets and more. A meeting room allows you the space for important decisions being made and relevant solutions are found.

Looking for the ideal space for your next meeting? Ideal Consulting Business Centre has meeting facilities available for as little as 30 minutes to full-day sessions.

Contact bc@idealconsulting.co.za or call 087 158 4520 for more information.

SIX THINGS TO DO

in Eagle Canyon in October/November

1. Dance the Night Away

Join Tony Blewitt, Darren Scott and Steve Smith for Dance Classics on 19 October 2019.

Sponsored by RE/MAX2000, dance the night away with dance hits from the '80s to through to the '00s.

Price: R150 per person • **Time:** From 20h00 to late

To Book: Limited tickets are available. Book with Anina at the HOA on 011 795 2799 or email pradmin@echoa.co.za.



2. Give your sneakers new life

Visit Anza Tshiguvho and his team at the **Sneaker Laundry**, located on the lower level of the Clubhouse. Services include sneaker, golf shoe, suede and nubuck cleaning, high heel and formal shoe shining, shoe repair and mending and more. **Contact Anza** on hello@sneakerlaundry.co.za, 076 297 4870 or 061 517 9947.

3. Trick or Treat Friday 25 October



Calling all ghosties, princesses and superheroes – the annual **Trick or Treat** sponsored by Propvest takes place Friday 25 October.

Venue: Main Park (379)

Time: 17h00 Registration

RSVP to register: pradmin@echoa.co.za

Prizes for Best dressed Girl and Boy 0 – 6 years; Best dressed Girl and Boy 7 to 13 years; Best decorated Golf Cart and Best decorated house/Best decorated townhouse.

Should you wish to enter your home or townhouse into the Best Decorated competition please email pradmin@echoa.co.za, whereafter your home will be marked on the Trick or Treat Map. Want to be part of the event in some small way? Please feel free to drop of a few bags of treats at the HOA offices.

4. Beer Fest @ Coppa Bar

Book the date: 26 October

Live Oompah band, beers on tap and food stalls. A great way to spend a Saturday



5. Your Life Matters



The 2019 Pink Drive at Eagle Canyon, brought to you by Pam Golding, will take place at the Clubhouse parking on **Monday 28 October**. Register for a free clinical breast examination or book for a mammogram R770, pap smear R175 or prostate testing via a finger prick for R65. Your life matters, so make sure do your health checks. Plus, the "Boobie Bin" is at HOA offices for any new or used bra donations. **To book** a spot for yourself or your staff, email pradmin@echoa.co.za. Spots are limited so book early to avoid disappointment.

6. Eagle Canyon Festival

Saturday 9 November 2019

This community event combines the traditional HOA Charity Golf Day with activities the entire Estate can enjoy. Great prices up for grabs. Best of all, you will be having fun while raising money for worthy charities.

Turn to page 29 to find out more.

Recreation in The Canyon

Email Comms@echoa.co.za

@ Tennis Club

Ballet

Ursula Ludick 082 553 0248

Mondays 16h00 - 18h30
Wednesdays 13h30 - 16h15

Fellowship

Ann Kleynhans 083 400 8880
Mondays 19h00 - 20h00

Bible Study & Prayer Group

Andrew Matthews 074 885 6774
Tuesdays 19h00 - 20h00

Hindu Dharma

Amith Singh 082 469 6460
Fridays 17h00 - 18h00

Hip Hop & Modern Dance

Ursula Ludick 082 553 0248
Tuesdays 14h30 - 18h00
Thursdays 14h30 - 18h00

Ladies Tennis Club

Shaunagh Brown 082 264 6307
Tuesdays 08h00

Resident Tennis PRO

Roy Ketz 082 857 5902
Mondays, Wednesdays
& Thursdays 14h00 - 17h00
Thursdays and Fridays 07h00 - 09h00

Rhema Bible Study

John Murugan 083 564 6198
Wednesdays 18h30 - 21h00

Weighless

Emmy Palm 083 268 9754
Wednesdays 16h30 - 17h30
Thursdays 08h00 - 09h00

Young Engineers

Debbie Rademeyer 064 513 5239
Mondays 14h30 - 16h00

@ The Soccer Field

Soccer

Jayson Walker 074 218 6334
Mondays & Wednesdays 16h30 - 17h30

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Have something you want to share with our Community? Email Comms@echoa.co.za

On Course

A round up of what’s been happening on the Golf Course



A round of applause

Congratulations goes to Craig Fairey and Chris Kollman who beat James Carr and Neil Hobkirk on the 1st extra play-off hole to win the inaugural Craiwan Cup.

The winning pair were assisted by a hole-in-one by Chris Kollmann on the 11th hole. The winners will represent Eagle Canyon at the National Inter Club Challenge to be held at Fancourt from 29 October to 3 November 2019. We wish them all of the best. Thank you goes to Craige and Wanita van Schalkwyk from Craiwan Auto for their generous sponsorship of this fantastic event.



Spotted on course:

RE/MAX 2000’s Danie Barnard can be found the last Sunday of every month handing out refreshments.

Fun fact:
The first golf balls were made of
hardwood such as beech



Golf – the game of Friendship

The inaugural Ladies Friendship Cup was held on 4th September, which saw some of our lady members paired with guests in a bid to introduce more women to the sport (and our Club). A fun filled day was had with new skills learnt and friendships made. A big shout out to Anna-Mart Steyn, Lorraine Eskteen and Lynn Da Costa for all of their hard work leading up to and the day of the event, which proved to be a great success.



Did you know?
South African golfers
have won more golf
majors than any other
nation (apart from the
US, that is).

Want to learn the game of golf?

Swinging Skirts Stage One is a great way to introduce you to the sport. Programme includes: putting, chipping, bunks, irons and woods, as well as basic golf etiquette and dress code, equipment and golf course setup.

Dates: 23 & 30 October, 6 & 13 November
Time: 10h00 to 12h00
Cost: R750 per person
RSVP to Sara on 011 801 6600 or sara@echoa.co.za to secure your spot.



Ladies Open

Our “Winter Warmers” Ladies Open, held on Friday the 16th of August was very well supported and a great success. Thank you to Eco Pure Window Washing for their generous sponsorship of prizes as well as accommodation for four in Alicante, Spain!

Advertorial



Securing today’s risks for tomorrow’s progress

Opinion by Mandy Barrett, Head of Marketing and Volume Sales at Aon South Africa

One of the most important exercises you can undertake is to ensure that your valuable and hard-earned assets are adequately protected today, so that the future you dream of isn’t compromised by an unforeseen loss. That means getting professional advice and matching the right insurance solution to your unique needs.

Why risk the protection of your assets without the adequate time, skill and insurance knowledge to do thorough research of your own? Seek professional broking advice because comparing product benefits, technical specifications, terms of cover and pricing simply isn’t straightforward. You’ve worked hard to get where you are, so get the right professional advice to ensure that there are no gaps in your insurance cover, that your policy accounts for your unique needs, and that there are no exclusions or special conditions that could leave you unknowingly compromised.

At Aon, our Expert Brokers are positioned to find the right cover for your risk and insurance needs by expertly comparing solutions from different insurers, using our vast market leverage to negotiate the right cover at competitive rates, ensuring you receive value for money. Most crucially, our advice is always independent of product or provider influence because we work for you and represent your interests first. At times of loss, your broker’s expertise is key to ensuring prompt and fair settlement of claims, particularly if they become complex.

With Aon, you can look forward to having a team of professionals who will:

- Identify your requirements upfront through a needs analysis at inception of cover and at renewal of your cover, providing professional advice and expertise for your unique risks.

- Give informed product recommendations and comparisons from the top insurers.
- Provide claims advocacy through technical claims expertise, advice and support to ensure that you receive fair and prompt settlement of claims.
- Be your first port of call in terms of notification of claims and incident management, ensuring that you are taken care of during your time of need, that your claim process is well-managed and that relevant services under the terms of your policy are taken care of such as accident tows, geyser replacements, roadside and home assistance services and so on.
- After your claim, we’ll make risk improvement recommendations, and ensure your policy is updated with material changes and that replacement items are correctly covered.
- Take the lead in complex claims. Our claims advocacy team will consult on your behalf with the insurer, and if necessary the Ombud, and take an active role in any negotiations and representations between you and the insurer to ensure fair treatment and prompt settlement of outstanding issues and claims.

Everyday South Africans are exposed to risks they may never have envisaged. With rapidly changing technology and socio-economic circumstances, keeping track of the evolving risks you could face becomes more complex than ever. Our expertise will help you navigate an uncertain environment, future-proof your assets you’ve worked so hard for and deliver the ‘by your side’ professionalism and support you can expect from a trusted, professional advisor.

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FARHILLS MANOR, a boutique hotel-inspired Ageless Living Estate, offers unique lock-up and go apartments located in Lonehill, Sandton that are situated close to numerous golf courses, including Steyn City, River Club Golf Course, Leeuwkop Golf Club and many more. If you are over 50, an avid golfer or an investor looking for convenience when it comes to location, look no further.

FARHILLS EXCLUSIVE APARTMENT LIVING

Invest in one or two bedroom apartments in an estate that integrates a Fully Licensed Bar, A La Carte Bistro Restaurant, Private Lounges and a Heated Swimming pool, an ideal living experience for over 50's, traveling business people, investors and retirees alike.

FARHILLS MANOR supporting services include TruCare Health, providing Age-Well solutions, CSI Property Group, offering a 360-degree Management Solution, 24-hour State of the Art Security, unlimited Fibre Optic Wi-Fi throughout, on-site laundry and house cleaning facilities, and Reef Caterers, offering exceptional catering solutions.

REPLACING THE FRAIL CARE MODEL - AGEING IN PLACE

"Ageing in Place" knowing your independence is secure regardless of unexpected changes in your health. Receive premium care services in the comfort of your home.

There comes a time where we contemplate the future. We focus on improving or maintaining our quality of life. Ageing in Place allows peace of mind, knowing that children and loved ones will not be burdened with care related matters. This alleviates additional stress on their already stress-filled lives at a time when they are building a career, running a demanding business and/or having a family to care for.

FARHILLS MANOR AGELESS LIFESTYLE ESTATE

FARHILLS MANOR Ageless Living Lifestyle Estate is an ideal opportunity catering for different sectors within the Property Market:

- If you are over 50 and looking to scale down - a lock up and go.
- Executives, CEO's and Business people commuting/living between two cities OR countries who have business affairs in both or travel often.
- Persons planning ahead for the second half of life.
- Investors or companies both locally and abroad looking for an excellent investment opportunity yielding a high rental income and/or invest now to live here later.
- Currently living in an apartment but looking at a more carefree option in a luxurious setting within the same demographics.
- If you want peace of mind knowing there are tailor made care and assisting services in place to ensure independent living.

An "Ageing in Place Plan" is not for "Old" People, but rather for responsible people who want to ensure their quality of life and dignity.



OCCUPATION: Set for May 2020 | SHOW TIMES: Sundays and Mondays to Thursdays, or view by appointment



CJ: 083 293 1702



Renier: 082 339 4951



E-mail: agents@fabulushomes.co.za | www.farhillsmanor.co.za

SAFER BY DESIGN

The need to reduce speed

Over 200 speeding transgressions have been captured to date by the recently installed traffic cameras. 200. That is 200 vehicles driving in excess of 40km/h. Speeds of up to 75km/h have been recorded. And when you share the road with children, people walking and running, cyclists, golf carts and Estate birds and animals – that is 200 opportunities for something to go disastrously wrong.

The World Health Organisation's Speed and Road Crashes Report reveals that several aspects need to be taken into consideration when it comes to speeding and the risk of having an accident. Firstly, and perhaps most importantly, as speed increases, so does the distance between a driver's reaction time and the distance required to avoid an obstacle. Furthermore, the report states, higher speeds increase risk when approaching a curve or intersection. On average a driver's response or reaction rate is between 1.5 to 4 seconds when viewing an obstacle in the road. However this depends entirely on the speed the driver is travelling at the time. "For example, if a child crosses the road 13m in front of a car travelling at 30km/h, it can stop before hitting the child. However if the car's speed is 50km or more the child will be hit by the car and there will be little chance of survival."



The psychology of speed

The good news is that innovative interventions have proven successful at slowing down drivers, reducing the risk of reckless driving and increasing the safety of all those using the Estate roads. Research shows that by changing the dynamic of the road, such as making drivers more aware of the environment you are travelling in, changes perceptions of speed while driving rather than changing your attitude towards the speed. A report, published by the American Psychological Association, shares that people determine how fast to drive through cues on the road and in the neighbourhood. "Many drivers consider low level speeding to be safe and normal," Dr Bernice Plant, an assistant lecturer at the School of Psychological Sciences at Monash University, Melbourne Australia, was quoted as saying. Secondly, speeding tends to be linked to optimism bias: "It won't happen to me." Research further shows that men and young drivers are particularly prone to this optimism bias. The problem, researchers reveal, is that more often than not people are not even aware that they are speeding, as people drive by habit. A study, *Transportation Research Part F: Traffic Psychology and Behaviour*, found that those clocked with a speed gun had little knowledge of how fast they were going at the time and less knowledge of the speed limit they should have been adhering to.

A proven way to help change driver behaviour is electronic speed feedback signs which alert drivers to how fast you are travelling. "The external feedback has showed to jolt people out of their habitual patterns," comments study leader, Dr Samuel Charlton of the University of Waikato. This in combination with landscaping, houses and sidewalks cues drivers to stick to a lower speed limit.

The solution

The speed limit within the Estate is restricted to 40km/hr, and in some areas of the Estate even less, as per the signage and Rules and Regulations. We will be installing four new speed cameras in addition to the existing cameras. The current red display will be changed to a more readable white. Speeding and adhering to the road rules of the Estate are taken extremely seriously and a zero-tolerance policy is in place. All transgressions will be actioned. This means that no speeding transgressions will be reversed or reduced unless proven that the transgression was due to a valid emergency.

Music to your ears

A 2019 study conducted by South China University of Technology has found that certain songs increase your risk of reckless driving, while others promote safer driving. The study looked at the association between in vehicle music listening, physiological and psychological response and driving performance. The researchers found that songs with a tempo of 120BPM or higher were more likely to increase the risk of dangerous or risky driving.

Five most dangerous songs

Green Day – American Idiot
Miley Cyrus – Party In The USA
The Killers – Mr Brightside
The Chainsmokers – Don't Let Me Down
Bruce Springsteen – Born To Run

Five least dangerous songs

Led Zeppelin – Stairway To Heaven
Red Hot Chili Peppers – Under The Bridge
Drake – God's Plan
Toto – Africa
Khalid – Location.



Cyclists beware:

We have noticed an increase in cyclists training on the Estate. Please take care while riding within the Estate, particularly when cycling around parks or areas where children are known to walk and play.

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SECURING OUR FUTURE

2020 and beyond



At the recent ARC (Association of Residential Communities) Annual Conference, held in KwaZulu-Natal, several pertinent points were raised including that Residential Communities need to become more self sufficient (and less reliant on public services) and need to include more value-added services. "The notion of being only a golf, equestrian, marina or wildlife Estate, as examples, needs to change."

Both elements have been raised in our Strategy and Vision for the Estate, which shows that not only are we on the right track, when it comes to benchmarking against other Estates, we are, in fact, one of the Estates leading the way.

We recently concluded the Sustainability Workshops involving the committees consisting of HOA staff, interested Residents and Stakeholders. The outcomes of these workshops included creating the following management plans:

Noise Pollution Management Plan:

To successfully implement and maintain a plan with the required rules and regulations that enable all Residents and Stakeholders to enjoy a healthy and harmonious environment across all available amenities within the Estate.

Key steps:

1. Address key short term issues regarding noise pollution (formal and informal functions) and to improve the impact of Clubhouse noise on

Home Owners. This includes checking microphone levels and turning the speakers inwards.

2. Implementing contracts for those using the Clubhouse and other amenities, specifically related to compliance to the Noise Control Act 1989: Act 73, Section 3C and 5A; monitoring sound levels at events and functions at the Clubhouse and ensuring that they are within acceptable limits.
3. Present initial draft recommendations (both medium and long term) for the Estate, including short term financial budget to address noise pollution.
4. Consult relevant Residents and Stakeholders going forward and implement communication and education processes of key steps in the plan.
5. Consult with relevant specialists and authorities on opportunities to address noise pollution across all identified services and amenities to improve impact on Residents and Stakeholders, both medium and long term.

SECURING OUR FUTURE

(continued)

Environmental Management Plan:

To successfully implement and maintain an Environmental Management Plan (EMP) with the required guidelines, rules and regulations to create a happier, healthier and sustainable environment.

Key steps:

1. Review existing documentation in order to analyse and develop the EMP approach and financial proposals for the Estate to consider for short-term implementation. To have a specialist conduct an analysis of the current EMP aligned to the National Environment Management Act, 107/1998 with recommendations and costs of implementation.
2. To review and agree upon the short term solutions from the initial EMP Report. To implement and monitor approved projects and communicate the outcome for quick wins.
3. Review the medium and long term EMP for the Estate from the initial Needs Analysis and costings for implementation. Consult with the relevant Residents and Stakeholders on the proposal going forward.
4. Present an initial draft EMP and recommendations for the Estate including a short term financial budget.
5. To present an agreed EMP options and budgets, as well as update all relevant guidelines, rules and regulations in terms of technical specifications.
6. Engage will all relevant authorities as well as implementing communication and education processes at key stages.

Energy Management Plan:

To successfully implement and maintain a plan with the required guidelines, rules, regulations and infrastructure that provides all Residents and Stakeholders with alternative energy options and resources to enable an energy efficient Estate.

Key Steps:

1. Present initial recommendations.
2. Engage with other Estates to understand outcomes from similar projects for appropriate benchmarking.
3. Generate an analysis of current energy usage information for the Estate, which includes HOA managed areas and Residential properties.
4. Conduct a full needs analysis for future energy security for HOA-managed areas and Residential properties on the Estate.
5. From initial Needs Analysis develop recommendations and costings relating to HOA managed areas for implementation.
6. Investigate, analyse and develop a feasibility, approach and financial for small, medium and long term implementation. This to include energy generation, storage and distribution, metering and billing and alternative sources, such as solar, etc.
7. Implement approved projects, monitor and communicate the outcomes from test cases.
8. Consult with relevant Residents and Stakeholders on proposals going forward.
9. Present agreed options and budgets and update all relevant guidelines, rules and regulations in terms of technical specifications.



10. Consult with all relevant authorities, such as City Power, NERSA and Eskom, as well as implement communication and education processes at key stages.

Waterwise Management Plan:

To successfully implement and maintain a plan with the required guidelines, rules and regulations that maximise the Estate's domestic and natural resources. A Waterwise Management Plan to be considered.

Key Steps:

1. Identify all areas on the Estate where domestic and natural water storage, usage and disposal requires management, as well as the potential negative impact on the environment. Identify areas outside the Estate that could impact water quality within the Estate's ecosystem and engage in a consultative process.
2. Identify and engage a specialist to conduct an analysis of the current Water Management Plan (WMP) aligned to the National Environmental Management Act, 107/1998 and develop an Estate WMP with recommendations and costs of implementation.
3. Agree on the short term goals for the Estate including budget.
4. Review existing documentation to analyse and develop the WMP with budgets for short, medium and long-term implementation, for Estate consideration. Implement approved projects, monitor and communicate the outcomes.
5. Review and incorporate other workstreams impacting on the WMP such as Environmental, Pollution, Infrastructure and Asset Management and Energy to ensure alignment.
6. Present initial draft WMP with recommendations for the Estate including financial budgets. Update relevant guidelines, rules and regulations in terms of technical specifications.

7. Review the medium and long term WMP for the Estate, along with costings for implementation.
8. Engage with relevant authorities, Residents and Stakeholders, as well as implement communication and education processes at key stages.
9. Present agreed WMP options and budgets.

Immovable Infrastructure Asset Management:

To successfully develop short, medium and long term programmes for all infrastructure and immovable assets within the Estate, aligning with the requirements of the reserves, which includes the auditing of the current state, replacement timelines and anticipated life expectancy of the assets and infrastructure.

Key Steps:

1. Identify and agree the asset classes that will form part of the workstream. Develop a risk analysis report for each asset class.
2. Identify, locate and document the assets, current condition and classification for serviceability and lifespan.
3. Identify and document external infrastructure (current and key) key to the Estate operations.
4. Present a draft plan and budget to the Board.
5. Update relevant guidelines, rules and regulations, including the leveraging of assets. Revise plan where required and present final plan to the Board.
6. Develop the overall strategy and financial plan for the Estate assets, including new amenities and services identified and align these to the current assets.
7. Agree and finalise the financial and execution plan to manage OPEX and CAPEX for assets.

Fixed and Moveable Asset Management Plan:

To successfully implement and maintain sustainable short, medium and long term programmes, enabling the maintenance and acquisition of relevant fixed and moveable assets within the Estate. Align with the requirements of the reserves, which includes the auditing of the current state, replacement timelines and anticipated life expectancy of the assets.

Key Steps:

1. Identify and agree the asset classes that will form part of the workstream. (everything that is a fixed asset with a value of R50k and above and moveable assets of R2,5K and above with exception to all assets insurable values).
2. Present draft plan and budget to the Board.
3. Identify, locate and document the assets, current condition and classification for serviceability and lifespan small, medium and long term, including any new amenities or services.
4. Development of overall strategy and financial plan for the Estate's fixed and moveable assets, including new and repurposed assets.
5. Assign appropriate codes to the assets.
6. Agree and finalise financial and execution plan to manage OPEX and CAPEX for assets.
7. Revise the plan where required and present the final plan to the Board.

This is only a portion of the workstreams that have been conducted over the past few weeks and months. In our next issue, we will share the Technology, Human Resource, Marketing and Customer Needs Management Plans, all of which help us to continue to build our engaged community.



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CONTEMPORARY
MODERN DESIGN

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Double volume entrance hall enhances the modern contemporary design. This residence- situated on an elevated north-facing ridge has been designed to maximize the view - and offers plenty of light and a feeling of openness and space. The expansive living areas, including the games room/study, dining room and TV lounge capitalise on the clean lines. Huge entertainers patio with pool and braai area raised above the road-level, overlooks the golf course and surrounds. Guest Bedroom with en-suite bathroom also on this level.

Modern contemporary garden with aloe further compliment the design. Upstairs are 3 bedrooms, all en-suite and a pyjama lounge. The 5-star main en-suite offers an enormous patio with views, luxurious dressing room and magnificent bathroom also with views off its patio. Triple garage, staff quarters and a home automation system with many extra features. Situated alongside a manicured indigenous greenbelt. Crème de la Crème! A must see for the discerning buyer.

This spectacular contemporary home with magnificent entrance of glass and wood to compliment the space and light. Double volume feature and open plan receptions all lead into one another creating a superb entertainment area. Access and views on the golf course further compliment this gorgeous offering. Light modern kitchen with scullery, open onto the dining room and TV lounge. Pool privately situated off the formal lounge.

Executive study and play area with loft area complete the downstairs. Downstairs a spacious bedroom with bathroom. Upstairs are 4 spacious modern bedrooms with dressing rooms and en-suite bathrooms. The accommodation includes 5 bedrooms and a 6th bedroom in the cottage. One bedroom cottage also situated upstairs. Staff accommodation. This property offers many extra features for the discerning buyer.



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BEWARE: Unwanted garden guests

This tiny beetle may be threatening the future of our biodiversity. Divisional Manager **FSG Property Services**, Melanie Belcher-Vosges, shares what you need to know today to protect your gardens for tomorrow.



"An uninvited visitor has entered our borders and, like most unwanted guests, it's going to be difficult to show him the door," comments Melanie. "While he stays, he's bringing fungal diseases with him, which poses a very real threat to us as it destroys trees."

Meet the polyphagous shothole borer (*Euwallacea fornicatus*), a tiny but potentially disastrous beetle. This beetle is an invasive species in California, Israel and South Africa. The adults reach a size of just 2.5mm – which may seem tiny – but it comes with a hearty appetite and a disastrous relationship with fungus. A combination that is proving deadly to our trees.

Where did the shothole borer come from?

The beetle was first identified at the Pietermaritzburg Botanic Gardens during a disease survey that was conducted in 2017. Since then it has found its way to Johannesburg, recognised as one of the largest urban forests in the world, with no fewer than 10 million trees.

The threat

It's the combination of the fungus and its symbiotic relationship with the beetle that creates the problem. The beetle creates tunnels in the trunks and branches of host trees, laying eggs inside reports Cape Town Invasives. The female carries the fungus from tree to tree. The fungus then grows in the tunnels becoming a "vegetable food garden" for larvae and adult beetles. The fungus attacks the tree's vascular system effectively starving the tree of water and nutrients until it dies.

According to Greenpop.org: "The number of trees the beetle has killed in Johannesburg, as well as Knysna, this beetle could potentially be one of South Africa's largest ecological tragedies. In addition the beetle is currently infesting over 200 tree species from 28 plant families worldwide."

With 299 species of mammals and 858 species of birds, South Africa is considered to be the biodiversity capital of the world – and healthy trees are a vital part of this chain.

Trees at risk:

- Pecan nut
- Avocado
- Peach
- Orange
- Grape vines.

Signs and symptoms:

- Wilting trees
- Dead branches
- Holes where borer may have burrowed
- Sawdust (wood frass) at the entry point of the holes
- Sugar volcanoes
- Oozing sap.



What you can do:

Pesticides are proving ineffective. The only way to stop the spread is to cut down the affected trees and dispose of them, either through burning or cutting into small pieces, sealing in bags and leaving in the full sun as heat kills both the beetle and its larvae. Neither option is particularly Estate or environmentally friendly, however, currently, says Melanie, there is no alternative.

Reference: www.jufa.org.za (Johannesburg Urban Forest Alliance)

Stock images: freepik.com

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GREEN YOUR LIFE

A greener home and work environment make for a healthier and more productive future.

The easiest way to improve your health (and mood) in your home and work environments is by introducing plants. Science reveals that plants have a psychological impact on you. You tend to feel that the indoor space is healthy and free of airborne toxins. In fact the simple act of smelling a plant and touching the soil is a great mood booster (and perhaps a good way to calm yourself when you are feeling grumpy).

Plants increase your productivity

Your concentration levels have shown to improve, due to a plant's ability to decrease excess levels of CO₂ and your productivity can jump up to 15% even if you are working in a pressurised or stressful environment. The 2014 research, conducted by Dr Chris Knight of the University of Exeter found that by adding just one plant per square metre improved memory retention. What is important, he explained, was that each person can see a plant from their desk. "If you are working in an environment where there's something to get you psychologically engaged you are happier and you work better."

The air you breathe:

Having houseplants can help reduce minor illness by up to 30%. Research shows that a ratio of one plant to three people improves air quality and reduces the amount of dust by up to 50%.

Noise reduction

Plants are fantastic at absorbing sounds. Researchers at London South Bank University report that by positioning large plant pots in multiple locations on the edges and corners of a room can help reduce noise by up to five decibels.

Pick your plants: These no fuss, water savvy plants are perfect for both home and work environments: Aloe; cacti, succulents, spider plants, ivy and peace lilies.



Did you know?

Plants reduce stress. Studies have shown that plants in your office environment can significantly reduce stress and improve wellbeing.

By the numbers:

Indoor plants have proven to bring about:

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





On target

An innovative way to learn the basics of golf

Target 36 was successfully launched at our last Family Sunday at the Golf Course by Buhrmann Du Toit Golf Academy (BDGA). This exciting beginner programme is a great way to give children the basic skills required to be able to play for their club or school. Coach Andre Louw of BDGA explains that the programme uses the 'backward training' model to introduce newbies to the course and works according to ability rather than age. They learn to chip and then work their way back to the tee. This way children are encouraged to play level par. The aim is to score 36 or lower over nine holes. They start just 25 metres from the hole and once this has been achieved the child can then move onto the next level at the next event.

Andre explains that Target 36 is based on an American initiative called Operation 36. Roelof Roelofse from George took the initiative to implement the model in South Africa to help develop the game among a younger audience. "I was motivated to get in touch with him to start the programme at Eagle Canyon due to the fact that golf is a great platform for kids to learn vital life skills, that they may not necessarily get elsewhere." Juniors, says Andre, are the life blood of any club and they often don't get opportunities to play and when they do, may be intimidated to take part.

"It eliminates the intimidating side to golf, which is hitting far and high shots, by allowing each child the opportunity to start from as close as 25 metres to the hole. By practicing and working hard they get to move through the different stages." Andre adds that this is a family event as

parents are encouraged to take part by assisting the younger children by starting to show them some of the basics and etiquette of the game. "Having fun is the key element to any programme and because children start from a close range, they feel like they are actually achieving something." This is a great way to focus on building a game from green to tee.

"I would love to have at least 30 children playing each event, building up to about 50. The goal is to grow the game among juniors at Eagle Canyon and have every child in a coaching programme, where we can help them achieve their next goal," says Andre.

Currently the programme is aimed at children from the ages of 5 to 15. "I am looking at implementing a Ladies Target 36 event to help grow the ladies' section as well."

Target 36 takes place on Family Sundays. Contact **Andre Louw** on 083 273 1079 or andre@bdga.co.za for more information.

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< HOA EVENT >

Eagle Canyon Festival 2019

Building Our Community

Here are some of the highlights you can expect:

Eagle Canyon Home Owners Golf Invitational 2019

- Morning field: 120 players with a shotgun start at 07h30.
- Afternoon field: 80 players with a shotgun start at 12h00.
- Cost: R250 per golfer (includes lunch and a drink).
- Loads of on course activities and competitions.

Please book online at
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Other Golfing Activities:

- Swinging Skirts for beginner lady golfers. Three sessions at 10h00, 11h00 and 14h00 – R50 per player.
- Kid's Golf Camp from 08h00 to 12h00. R50 per child.



Watch our communication channels for more information on this great event.

Save the Date:

Saturday 9 November 2019

This year our annual charity event aims to be bigger and better than ever providing entertainment for not just golfers, but our entire Estate. Best of all you are having fun while raising money for the HOA charity drive.



Calling all Gym enthusiasts:

Sunrise to Sunset Challenge.

- All ages and all fitness levels: get involved in this exciting outdoor challenge. Entry is R200 per team of four.
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Residency & 2nd Citizenship Programmes in Europe



Nothing is more expensive than a missed opportunity!

Many South Africans are buying an offshore property to acquire permanent residency or a 2nd citizenship. The main reason is personal: to formalise a Plan B to guarantee the family's future by protecting against political risk and economical instability.

By far the most popular investment destination is Europe. Being the world's largest single market and global trading block, Europe is entering a growth cycle; employment is on the incline plus the lifestyle on offer ticks many boxes.

Cyprus, an English-speaking, ex-British colony and full EU member has been voted as having THE BEST permanent residency and 2nd citizenship programmes available.

Permanent Residency is granted in 2 months on Cyprus' "Fast Track residency" programme.

- Min investment is €300,000
- 3 generations qualify (including children up to age 25 and both sets of parents)
- the property can be rented out;
- there is no requirement to live in Cyprus; nor be domiciled there for tax;
- permanent residency is for life (never needs to be renewed).

Your EU passport is issued in 6 months via Cyprus' "Citizenship through investment" programme:

- it's the quickest process in Europe;
- all dependent children up to age 28, as well as the investor's parents qualify;
- the properties CAN be rented out;
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Tomorrow's Child

Future proof your child (and yourself) for our constantly evolving world.

Six impossible things before breakfast. That's what we should be teaching our children to do. This piece of advice was penned over 150 years ago by an English mathematician and author Lewis Carroll in *Alice in Wonderland*. Alice shares that there is no point in believing in impossible things and the Queen responds that she just needs practise: "Why sometimes I've believed as many as six impossible things before breakfast."

Our world is changing at a rapid rate and is one we don't entirely understand. So how do we prepare our children? "The world has changed. The future has changed. Childhood is changing. Raising children has never been more challenging or potentially rewarding," shares Nikki Bush, creative parenting expert, who co-authored *Future Proof Your Child* with Graeme Codrington, an expert on the future of work and the disruptive forces that are shaping it.

Bush shares that firstly parents need to work with not against, the school system: "We are defaulting to our schools hoping the system will prepare our children but we are forgetting that we, as parents, are the hidden curriculum." Bush adds that parents are spending more and more money on educating children, whether in a private or public school system. "It's not cheap and as we are paying more, we think the system should do more. However, the schools cannot prepare children alone."

For our children to be ready for tomorrow's world we need to celebrate uniqueness. "Your child is more than a report card," says Bush. Each year more and more school leavers enter the workforce. "What differentiates one matric from another? What differentiates one student from another? The differentiator is caught not taught." Bush explains that we don't test resilience, resourcefulness, creativity and innovation, and we don't test how we relate." This, she says, is done through osmosis of life experience and through role models – primarily us as parents. "We are raising a visual generation – children copy what they see. They need an X-factor for success."

Children need to be flexible and adaptable when they enter the workforce. Research reveals that when today's Grade One's enter the work force, the job they are working may only be there for a year or two before it becomes obsolete. Those who will achieve will be those who can adapt to what is next. Job specs will constantly be changing. There is already a new mantra within business: "Who you are and why you do what you do." It's no longer what you do and what you sell. We are moving into what is known as a Gig economy or a freelance economy. The days of job security are behind us, companies are already doing away with permanent employment, and moving towards short term and project work. Today's children will be living a portfolio life. CVs will move on from being a list of your academics and work, becoming a talent profile of your experience and who you are, rather than what you do. Geography doesn't matter and technology will ensure your office is where you are rather than a tangible entity. It is highly likely our children will experience 10 to 15 jobs before they turn 38 and each may be vastly different.

Many of today's jobs, be in medicine, engineering, actuarial, in fact, anything that works on an algorithm, has the potential to be automated. Having software development skills and understanding the evolving face of technology will set up children in all facets of industry, as says Bush, you will be teaching machines to do your job.

As there is so much change, children will need to be well-rounded. As families, conversations should be encouraged for good networking

skills. "Become an interested person and be interested in other people. Learn how to hold a conversation, learn how to listen and how to respond." Encourage a broad base of interest and knowledge. Help teach your children how to learn, how to research and look for information, and how to manipulate that information to finding creative solutions. Bush adds that this is not a world for rote learning. "Do your children know how to find facts? Can they turn these around in their heads and do something with this?" asks Bush? Innovative thinking and ideas are key. "We need to find new and different solutions to problems that have not yet been solved. Our children cannot provide yesterday's solutions they have to be comfortable with complete ambiguity and comfortable in a world of temporary."

Before you start to panic on how you are going to help create these adaptable, social, solution-driven creatures, it's quite simple. Allow your child and teen to play more. More specifically take the time out of your busy schedule (and theirs) to play with them. "Allow them to take time to ponder and potter and get bored," says Bush. Allowing this gives the opportunity to build imagination and creativity.

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Eagle Canyon Gym & Wellness Centre

Eat to Get Fit

How your nutrition affects your workout

Food is fuel to your body. Eating the right food at the right time can help you improve your fitness, performance and overall wellbeing. The experts at Eagle Canyon Gym and Wellness Centre weigh in.

Best time to exercise?

This depends on your goals and your end outcome. For some mornings work best and for others afternoon sessions make more sense. So how do you decide? Fitness instructor Kyle Uys explains that training before work in the morning can positively impact your day. He adds that benefits include waking your body and mind for the day ahead, which allows you to think more clearly and react more positively to decision making and problem solving. Working out after school or work can help destress your body after a long day. “This also helps you to rest more easily at night, which improves your sleep and leads to a host of other benefits,” he adds. “Working out at night tends to leave you feeling rather drained and tired, which can lead to a better night’s sleep for most, it allows you to destress from the day, calms you and gets you into the right frame for sleep.”

Aim: You want to burn fat. A morning cardio session can be beneficial for fat-burning if you do cardio while maintaining a caloric deficit. “Science has shown time and again that the biggest contributor to fat burning and weight loss is a caloric deficit, doing cardio in the morning when fasted or after a meal can aid this as it will help place your body into a caloric deficit.”

Aim: You want to build muscle and strength. Exercising in the afternoon is beneficial as at this time of the day your body has had a chance to take in nutrients which will provide energy/fuel for your workout, allowing you to lift more and

push further. “As an added benefit, your body temperature is higher the later in the day you train, due to the fact that you have been active throughout the day, thus ensuring that you will be more thoroughly warmed up and supple during your workout.”

Aim: You want to resistance train. This can be done as often as can be managed as resistance training can benefit any goal. “Whether you are trying to get bigger, lose weight or get stronger, resistance training has an impact.” Kyle explains that this provides an external stimulation for muscles which you do not normally achieve over the course of a normal sedentary day. “Resistance training has a number of other benefits, such as stress relief, it helps to calm the mind, helps to set you up for a good night’s sleep and plays an important role in your overall health.”

Pre-workout

Eating prior to working out provides the body with a sustainable energy source from which to draw throughout the workout. The body converts extra stores of nutrients into energy (Triglycerides) which is then used to power your workout and daily bodily functions. Kyle shares that each sport has its own demands and different stresses that it places on the body. “Your snacks and meals should reflect the kind of sport you do. If your sport requires a lot of explosive and high energy movements, then your snacks and meals should contain foods that are easily digested and made accessible as an energy source because without

that quick energy source, you would collapse halfway through your sport.” Kyle adds that the same applies to any sport as understanding the demands of your chosen sport will inform what your meals and snacks should contain.

Kyle says that good snacks to have in the morning would be those that can convert into energy quickly, such as simple carbohydrates and fats. “Proteins tend to take longer to digest and thus takes longer to become readily available as an energy source, so try to leave protein-based snacks for after your training.”

If you exercise very early in the morning or are not the kind of person that eats breakfast, then consider drinking a cup of coffee prior to training. “The caffeine it contains will provide a nice energy boost for you and will help you wake your body up, keeping you going through your workout.”

Eating before training is an individual choice. “Some people can cope well enough eating an hour before training, while others need at least two to three hours before they train in order for their bodies to settle. I would say to aim to eat at least two hours before training to make sure you give yourself enough time to settle so that this does not negatively impact on your workout.”

Depending on your goal, your morning and afternoon snack may change or may stay the same. “If you are training for muscle gain, then you would prefer an afternoon snack filled with protein as it will help you improve recovery and is the building block nutrient for muscle growth.

If you are training for weight loss, then you would want a snack that can be easily digested and will provide you with a good amount of energy to burn through during your workout.”

Post-workout

Eating for recovery is crucial in order to replace what was lost during your workout. At this time you should consider eating snacks high in protein, such as biltong or drinking a protein shake. “Taking in protein after workouts aid recovery and helps reduce Delayed Onset Muscle Soreness (DOMS), the next day. This helps to ensure you are able to train without much hindrance as fatigue starts to build,” says Kyle. If you are working out in the morning, a post exercise breakfast with a good source of protein like eggs works well. You will also want to get in some healthy fats, such as avocado and some carbohydrates, such as roast veggies or whole wheat bread or toast, to improve the overall impact on your body. However, adds Kyle, a meal similar in composition to breakfast is ideal at any time of the day.

“As long as you ensure you are getting in a good source of protein with healthy fats and carbs, you can’t go wrong.” Deciding when to eat post workout is a personal choice. Some may be able to stomach food far quicker than others. The important thing to remember, adds Kyle, is to ensure that you recover between your workouts. “If you aren’t able to recover, your risk of injury increases exponentially as your fatigue builds,” says Kyle. “As long as your nutrient intake stays in line with your goals, you will see results, irrespective of the time you decide to eat.”

Wellness Month

October is Wellness month at Eagle Canyon Gym and Wellness Centre. Book your spot on Saturday mornings to undergo your Vitality Wellness checks.

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It's a bug's life

Did you know that grasshoppers and silkworms have the same antioxidant capacity as orange juice?

A new study, published in Frontiers in Nutrition, has found that crickets contain 75% the antioxidant power of freshly squeezed orange juice, while silkworms provide healthy fats twice that of olive oil. A new global trend is looking towards insects as a sustainable, healthy and affordable food source that provides an alternative to meat and animal protein. Lead author of the study, Professor Mauro Serafini, explains: "At least two billion people – a quarter of the world's population – regularly eat insects. The rest of us will need a little more encouragement."

The professor adds: "Edible insects are an excellent source of protein, polyunsaturated fatty acids, minerals, vitamins and fibre. But until now, nobody had compared them with classical functional foods such as orange juice in terms of antioxidant activity."

Now bugs are popping up in restaurants (and not the kind that need to be reported to the Health Department). Cape Town based Gourmet Grubb, which launched in 2017, produces black-fly-larvae ice-cream. Product Manager Leah Bessa, who studied food science, researched using insects as a protein source. She along with co-founder Jean Laurens have embarked on The Insect Experience, introducing South Africans to the concept of eating insects, with dishes such as chickpea black-fly-larvae croquettes served with a mopani hummus dip, topped with micro-coriander, basil dressing and bits of dried meal worms.

Strange, but true.

Christmas Eve at Jessica's

You won't be finding bugs on Jessica's Menu any time soon, but you will find delectable treats. Jessica's will be open Christmas Eve offering a delicious three-course meal.

Date: 24 December
Time: 18h00
Price: R385 per person (Half price for Children Under 13).



Plated Starter (Choice of one): Deep Fried Brie with Cranberry Compote and Rocket Salad or Homemade Ravioli filled with Spinach and Feta and served with a Burnt Sage Butter or Smoked Chicken Salad with Crunchy Baby Leaf Greens, Orange Segments, Onion Marmalade and a Lemon Vinaigrette.

From The Buffet: Roast Glazed Gammon Topped with Cherries and Grilled Pineapple; Pepper Crusted Whole Rump, roasted medium rare and thinly sliced, served with a creamy mushroom sauce; De-boned and stuffed Turkey Roulade topped with a Rosemary Port Jus; Oven baked Garlic and Thyme Baby Potatoes; Basmati Rice; Roast Season Greens and Cinnamon Baked Butternut.

Buffet Dessert Table: Pavlova with Vanilla Cream and Fresh Berries; Amarula Sticky Toffee Pudding with Custard; Traditional Mince Pie dusted with a Vanilla Sugar.

Booking is essential and payment is required to secure your spot.
Email events@jessicasrestaurants.com.

Ts & Cs Apply.



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Mad Hatter's Tea Party

What: Mad Hatter's Tea Party • **When:** 3 August
Sponsored by: Roz Everitt and Zelda Reyneke of Chas Everitt

The Event: Saturday morning dawned beautiful and bright. Eagle One at the Clubhouse had transformed into Alice's Wonderland - a Mad Hatter's High Tea. Residents and guests alike gathered wearing their funky, sophisticated or fun hat, to enjoy decadent and tasty treats designed by Jessica and Chef Justin of Jessica's.

The morning was spent hearing about the wonderful work that It's Not About Me is involved in, wiping away tears as one of the brave women helped by the non-profit organisation shared her story of abuse at the hands of her parents when young.

The highlight of the morning was inspirational speaker, author and actress Natasha Sutherland and her "Courage Under Fire" talk.

"I've been wanting to do this talk for years but it's uncomfortable stuff since stress is considered the #1 health epidemic of the 21st Century (according to the World Health Organisation)," said Natasha.

Natasha, through beautifully narrated stories, introduced guests to the Fear Bully and Love Warrior found within us. "The Fear Bully is slightly obsessed with extrinsic values. 'Who are you without all this stuff? A nobody I suspect.' It asks me. The Love Warrior gets a kick from intrinsic values. 'Where are you in among all this stuff? I can't find you.' It asks me."

Natasha thanked the amazing women who listened to her story telling and shared some of their stories, as well. "You know who you are! Bravo".

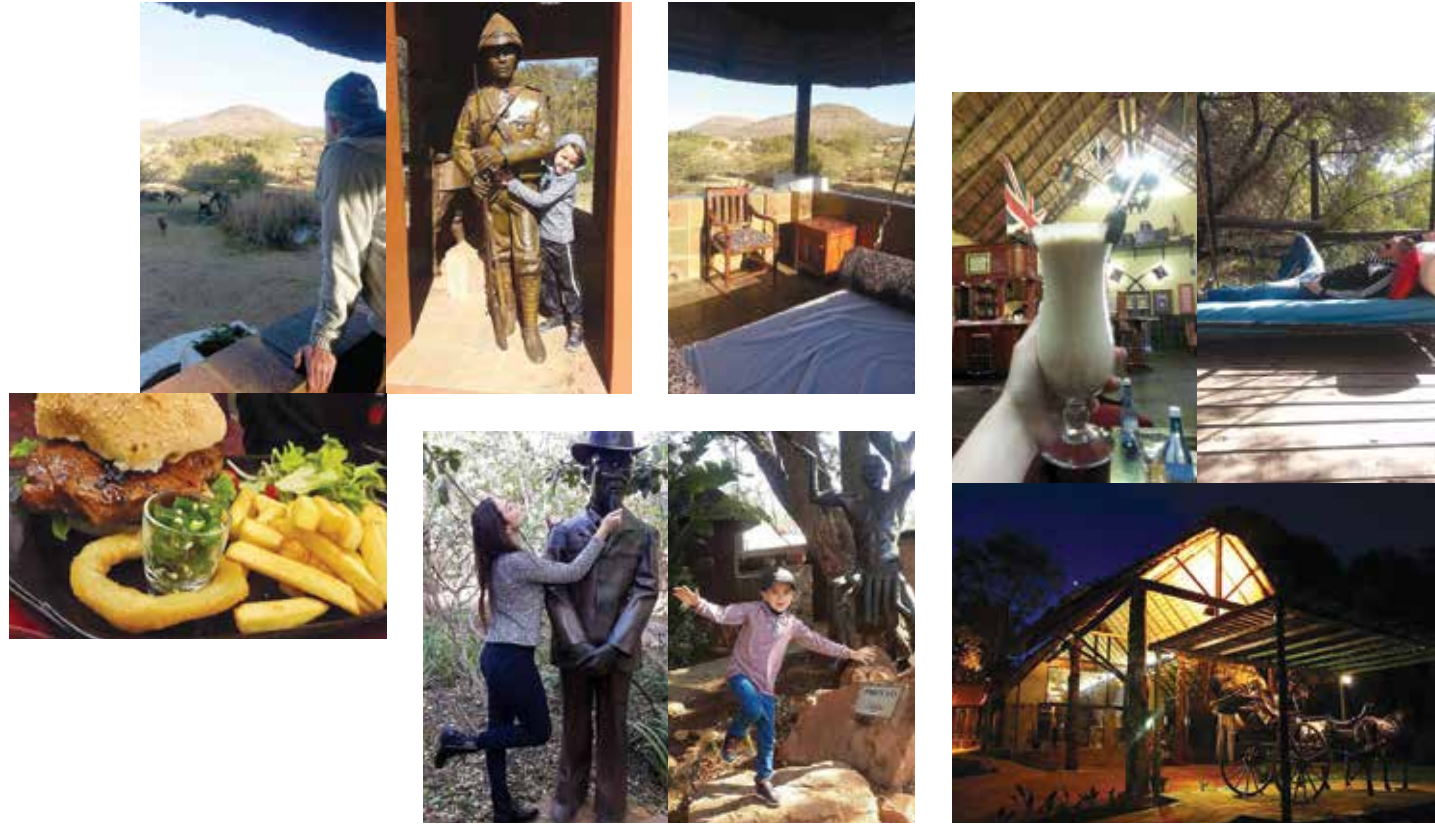
Natasha shared how we can learn to quieten our Fear Bully and allow our Love Warrior to stand tall and strong.

Guests laughed till they cried and cried until they laughed. A special morning enjoyed by all.

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Tripping on our Heritage

A glimpse into our past to change our future

To create a better future, it is a good thing to understand the past.

The gang recently spent a lekker weekend at what we initially thought was going to be 'typical game lodge' experience. We honestly did not expect to arrive at a lodge where heritage, diverse history and warm service were all on the menu. Kedar Heritage Lodge's African style juxtaposed beautifully with the wildlife found on the property, once owned by Paul Kruger himself.

I bet I am not the first to wonder if the Kruger millions are buried somewhere on the property. The idea to incorporate our South African heritage and events into a game lodge with such charm will certainly capture the imagination of many local and international guests.

It was the first time we stayed at a local venue, where we acted like tourists, trying to capture absolutely everything as there is just so much you want to remember. The historical relics, found all over the property, made us feel like true historical explorers, whether it was in the reception, the restaurant, our elaborate 'Presidential Suite' or even on our tour of the museum.

The décor and attention to detail in the "Presidential Suite" is antique and exquisite. The beds were super comfy, our own private pool and jacuzzi, a delight but our own 'wildlife lookout tower' with a comfy bed swing was the cherry on the top and absolute perfection for sundowners.

The spa in the bush, neatly tucked away for privacy, is a sublime affair. The kids loved the Date Shakes (milkshakes made from dates) and the taste of our lunch lingers on, making us wish we could go back for more.

One could sense that we were being hosted by a team with great camaraderie and a sincere understanding of hospitality, which made our stay homely and unpretentious.

After a Saturday afternoon bonding over rugby in the pub, our dinner table delightfully increased in size with five new friends. This is one of the reasons why I love being South African as this is what we do.



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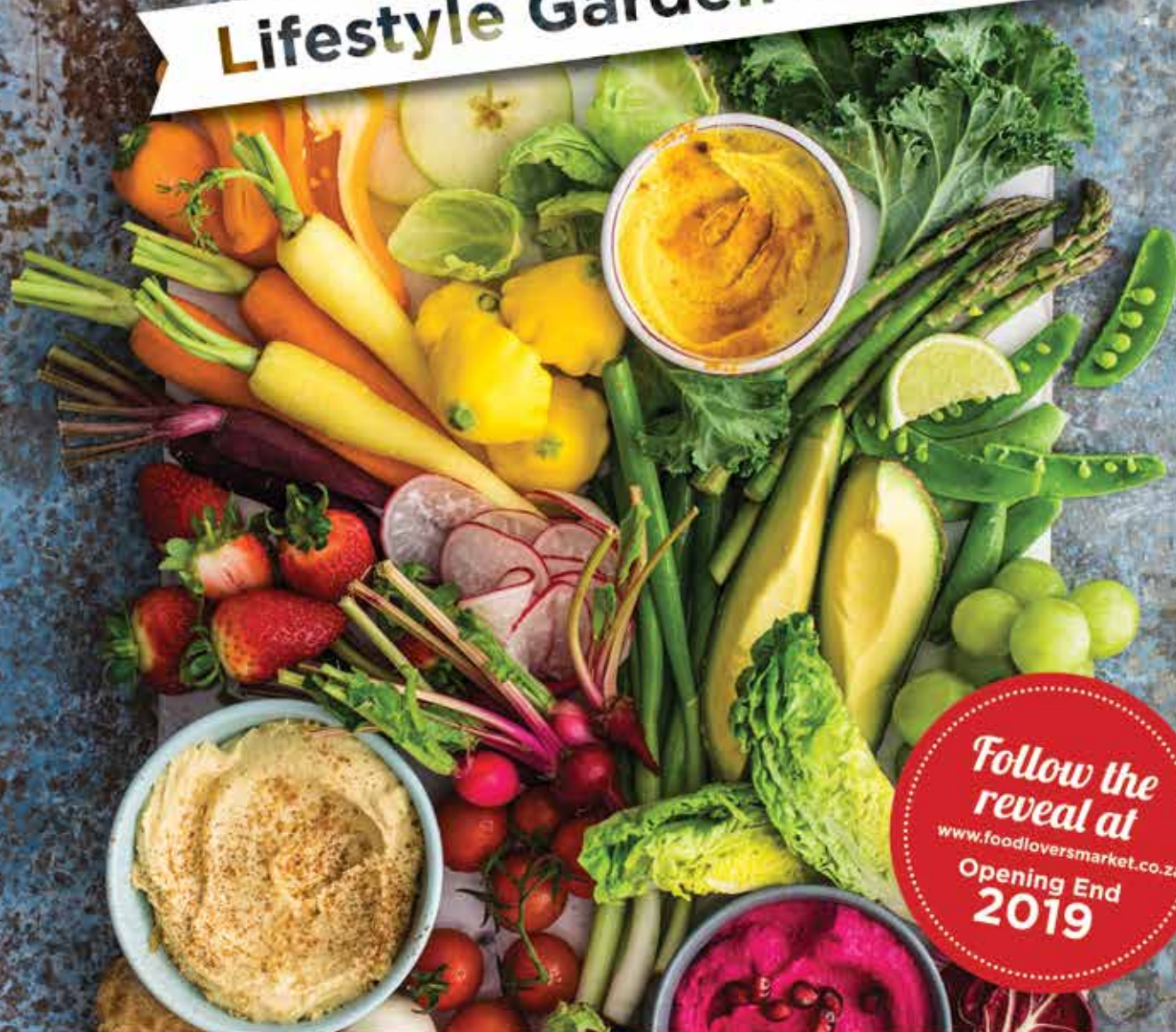
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