

Celebrating 17 years of the ECHOA Estate Magazine

The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

DECEMBER - JANUARY 2026

The Happiness Factor

Best of Joburg
READERS' CHOICE AWARDS 2025



Wishing you and your family a
MERRY CHRISTMAS

Thank you to my clients for your incredible support and trust this year, it truly means the world to me. Your business and confidence have played a huge role in my success, and I'm deeply grateful.

Wishing you and your loved ones a joyful festive season and a wonderful new year ahead, may your home be filled with love, health & happiness.

With appreciation,

Linda Nunes

Registered with the PPA - Principal FFC

083 949 8662



Best of Joburg
WINNER READERS' CHOICE AWARDS 2025

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THE PAM GOLDING WAY



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As of October 2025

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Meeting Rooms
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MRN Laundry & Dry Cleaning
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Free pick-up and delivery service for residents

Proshop
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THE EDITOR

Kim Bell
HOD: Communications & Marketing
Comms@echoa.co.za

Did you know that South Africa is currently ranked as the 95th happiest country to live in – yet our positivity factor ranks 46. It just shows you – we South Africans are a resilient bunch who laugh in the face of adversity.

As 2025 draws to a close and welcome the dawn of 2026 – let this new year be our most positive and happiest yet.

This issue we focus on the happiness factor and tips on how to embrace this from our Emotions Report: Living your Best Life (page 22), to our Wellbeing feature: Finding Happiness (page 25). We also compile our annual On Trend report, rounding up food, home and wellbeing trends, both local and global. And of course, we highlight our people and their achievements in both our Resident Focus (page 10) and [On Course} page 16.

For those of you who are going away this holiday season – we wish you stay travels, and for those staying, enjoy our beautiful award-winning estate and facilities.

We are very proud to share that we were rated Best Estate, Best Golf Course and Best Country Club in this year's Best of Joburg Awards - this belongs to each and every person who lives, works, plays and visits here. Our people are our best asset (that, and of course, our amazing views!)

In closing, I wish to share one of my favourite quotes that is so fitting for this time of the year, by Ida Scott Taylor:

"Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has yet to come. Live in the present, and make it so beautiful that it will be worth remembering."

Here's to a beautiful 2026.

Cover Image: Riaaz Ameen

Best of Joburg
READERS' CHOICE AWARDS 2025

BEST ESTATE 2025 (2024,2023,2022)

BEST GOLF COURSE 2025 (2024)

BEST COUNTRY CLUB 2025

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End of Year Dates:

The HOA Offices will close on Friday 19 December at 12h00 and will reopen Monday 5 January 2026 at 08h00. Please contact our control room on 011 794 6999 / 079 271 0401 / 011 794 5111 / 071 344 7478 for any emergencies.

Contractors Gate – December Closing

Contractors Gate will be closed from Friday 12 December 2025 and will reopen Monday 12 January 2026. Re-validation will take place Monday 5 January 2025 to Friday 9 January 2026. Please note that the gate operates on a cash-less basis – card payment only.

Please be advised:

- No contractual work will be permitted at any stand during the shutdown period, whether the work is incomplete by the closure date or not.
- Please ensure that all current building projects and renovations on your stand (such as balustrades, swimming pool fences, paving, tiling, painting, etc.) are completed before the shutdown.
- The only exception to the above is emergency service contractors, such as electrical faults, emergency plumbing, storm damage, etc. Arrangements will need to be made directly with the HOA office to allow for special access for emergency repairs.
- Access for the above will only be granted at the Service Delivery/Contractors Gate. Residents will be required to ensure the emergency Service Providers are registered on our access system. A register will be available at the Gate. If the company is not listed/approved, access will not be granted. This is a precautionary measure to protect the security of the Estate. The driver and all passengers will be required to have valid documentation to enter the Estate. Passengers will be required to exit the vehicle and enter the Estate through the Pedestrian Access.
- General services, such as garden and pool services, can continue during this time period however, special arrangements will be required for access.

Please supply Security (secadmin@echoa.co.za) all details, including the name of the company, dates and times the chosen Service Provider is expected on your stand for this access prior to Friday 12 December.

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The opinions expressed in this publication are not those of the publisher or of the HOA. No responsibility will be taken for any decision made by the reader as a result of such opinions. The photographs related to the Estate, used in this publication, are not those of the publisher or designer.

GATHER, INDULGE & CELEBRATE WITH OUR FESTIVE SET MENUS

From year-end office celebrations to family feasts, our Festive Set Menus offer the ideal blend of indulgence and tradition. Join us for a dining experience made to be shared and savoured.



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NEWS YOU CAN USE

What's happening in our community and surrounds

We did it again! Here's to all who live, work, play and visit here!



Be it for a day or for a lifetime...



BEST ESTATE 2025 (2024,2023,2022)
BEST GOLF COURSE 2025 (2024)
BEST COUNTRY CLUB 2025

Where Memories are Made....



Texan Butchery

Best in the West!

Exquisite meats, meticulously prepared for the discerning residents of Eagle Canyon Estate and delivered straight to your doorstep.

SMALL PACK

500g Texan Wors
 500g Lamb Chops
 500g Beef Goulash
 500g Beef Stew
 500g Lamb Stew
 500g Chicken Stir Fry
 500g Chicken Drumsticks
 500g Texan Wings
 500g Lean Beef Mince
 500g Chicken Fillet
 500g Pork Lion Chops
 500g Sirloin
 500g Beef Patties

R759⁹⁹

MEDIUM PACK

1kg Texan Wors
 1kg Lamb Chops
 1kg Beef Goulash
 1kg Beef Stew
 1kg Lamb Stew
 1kg Chicken Stir Fry
 1kg Chicken Drumsticks
 1kg Texan Wings
 1kg Lean Beef Mince
 1kg Chicken Fillet
 1kg Pork Lion Chops
 1kg Beef Patties
 1kg Sirloin

R1,499⁹⁹

LARGE PACK

1,5kg Texan Wors
 1,5kg Lamb Chops
 1,5kg Beef Goulash
 1,5kg Beef Stew
 1,5kg Lamb Stew
 1,5kg Chicken Stir Fry
 1,5kg Chicken Drumsticks
 1,5kg Texan Wings
 1,5kg Lean Beef Mince
 1,5kg Chicken Fillet
 1,5kg Pork Lion Chops
 1,5kg Beef Patties
 1,5kg Sirloin

R2,250⁰⁰

X-LARGE PACK

2kg Texan Wors
 2kg Lamb Chops
 2kg Beef Goulash
 2kg Beef Stew
 2kg Lamb Stew
 2kg Chicken Stir Fry
 2kg Chicken Drumsticks
 2kg Texan Wings
 2kg Lean Beef Mince
 2kg Chicken Fillet
 2kg Pork Lion Chops
 2kg Beef Patties
 2kg Sirloin

R3,000⁰⁰

SAVER PACK

2kg Chicken Fillets
 2,6kg Full Chicken
 2kg Chicken Drumsticks
 1kg Beef Sirloin
 1kg Beef Steak
 2kg Beef Mince
 2kg Pork chops
 2kg Texan Wors
 1kg Beef Patties
 2kg Lamb Shoulder Chops

R1,799⁹⁹

FAMILY PACK

2kg Pork Chops
 3kg Beef Mince
 3kg Texan Wors
 1kg Beef Sirloin
 1kg Club Steak
 1kg Tender Steak
 1kg Chicken Fillets
 1kg Chicken Drumsticks
 1kg Lamb Stew
 1kg Beef Stew

R1,599⁹⁹

ASK US ABOUT CATERING YOUR NEXT EVENT
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“The best way to cheer yourself up is to try to cheer somebody else up.” – Mark Twain

UPCOMING EVENTS

Carols in the Park

Sunday 30th November is our annual Carols in the Park brought to you by Chas Everitt. Plus, a visit from Father Christmas.

Pack your picnic baskets and blankets and join in the fun from 16h30. Live music and festive songs to keep you entertained, plus a visit from Father Christmas and more!

To Register your child: Please email admin@echoa.co.za with the following detail: Stand, Contact details, Number of children attending. Residents to please deliver the kiddies gifts to the HOA before Thursday 27 November, clearly labelled with the child's name/surname and stand number please. These are to be handed out by Father Christmas on the day.

Entry to the event is a hygiene hamper containing the following:

- Toothpaste and toothbrush
- Deodorant
- Soap and hand sanitiser
- Hand Towel (not a face cloth please)
- Shampoo and comb or brush
- Body Cream/Hand Cream

These items can be pre-delivered in a shopping bag to the HOA or dropped off on the day at the event. These items will be donated to our charity of choice, “it's not about me”, which supports women & children in our community who have been victims of abuse and human trafficking. Help us support this worthy cause.



Decorate Your House in Lights

As we head into the holiday season, we invite you to show your unique style and personality and enter our annual Decorate Your Home in Lights – **sponsored by the Clubhouse**.

To enter your home, please email comms@echoa.co.za. All entered homes will be placed on a map of the Estate, so that Residents can drive around and enjoy as well! Watch our comms channels for more information.



Blood Drive Save the Dates

– 2026

- Date 01 : 20.05.2026
- Date 02 : 21.07.2026
- Date 03 : 22.09.2026
- Date 04 : 24.11.2026



Warm wishes for a joyful and memorable *festive season*

Lew Geffen | Sotheby's
INTERNATIONAL REALTY

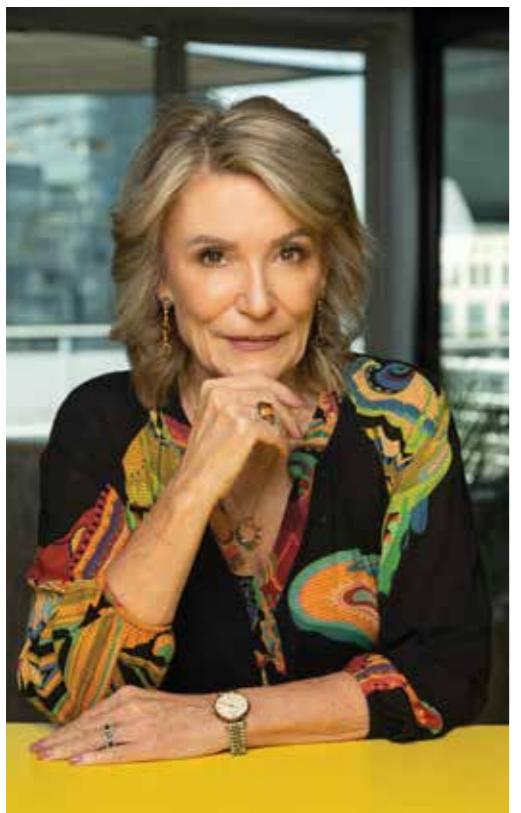


SALES & RENTALS

Thank you for your continued trust in 2025. It has been a privilege to serve you and your family. We remain committed to delivering the extraordinary in every season.



Debby Woodward | 082 889 7903 | debby@sothebysrealty.co.za



Resident Annemarie Mostert

Global Ambassador for My Body is My Body

In a world that is progressively recognising the importance of empowering and uplifting young girls, South African Businesswoman, Annemarie Mostert, the CEO of Mila Services and one of our residents, stands as a shining example of commitment to this cause.

As a distinguished advocate for girls' education and rights, Annemarie has taken on an additional role as a Global Ambassador for "My Body is My Body" (MBIMB) programme, a crucial initiative aimed at providing Child Abuse Prevention Education to children internationally. This programme was founded in 1989 by Chrissy Sykes and today is available in over 27 languages and in 60 countries. Annemarie's aim is to help grow the footprint of this movement and "leave no child behind".

Annemarie and Rotary International Director, Patrick D. Chisanga of Rotary Zone 21 and 22 (Africa and Mediterranean countries), have solidified their commitment to the Girls' Empowerment cause, one of Rotary's presidential initiatives, through a Memorandum of Understanding (MOU) with MBIMB. In a world where child abuse remains a pressing issue, this programme equips children with the knowledge and tools to protect themselves.

Annemarie's involvement as an ambassador showcases her dedication to safeguarding the well-being of children and ensuring they grow up in safe and nurturing environments across the globe.

In October, Annemarie Mostert, a Past District Governor of Rotary International and Rotary Girls' Empowerment Ambassador in Southern Africa, participated at the Africa's Girl Child Dialogues in Rosebank, an event exploring career opportunities in the mining, ICT, and wildlife sectors. This event was hosted by Anglo American in partnership with GGA, Boston City Campus, and Telkom.

We need to continue to inspire young girls to consider careers in traditionally male-dominated industries. Annemarie's commitment on positive peace building and presence at this event highlights her commitment to breaking down barriers and empowering young girls to dream big and pursue their passions without limitations in Africa.

As a founding member of Sesego Foundation, she has also signed a MOU with MBIMB as part of their CSI initiative. In this initiative, both Annemarie and Charlotte Khoza, who serves as a fellow Director, are pooling their efforts and networks to drive positive change in communities across South Africa. This partnership exemplifies the power of collaboration in addressing critical social issues.

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Season's Greetings

Wishing you and your loved ones a blessed festive season and a prosperous 2026!

Thank you for your loyal support throughout the past year.

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ON TREND

We share a round-up of food, home and wellbeing trends – local and global – that are set to change the face of 2026 (or maybe just be a conversation starter at your year-end function!)



FOOD FOR THOUGHT

The Innova Market Insights Top Food and Beverage Trends has a 360 approach to global trends forecasting and reflects a combination of factors which impact food and beverage trends, such as health benefits, pleasure derived, environmental or sustainability concerns and, of course, affordability.

Innova also looks directly at the South African Market, taking into consideration the global factors that influence consumer preference and purchasing behaviours in the food and beverage market. The report, entitled *Category Growth Drivers in South Africa*, looks at 39 different food and beverage categories to drill down on the trends we can expect in the coming year.

There are a number of factors that impact the South African context: Health and wellbeing are becoming increasingly important factors especially in the global context of rising obesity levels, the impact of stress and mental health concerns. South Africans are keen to try new things, but economic uncertainty, job insecurity and personal finances are factors that continue to challenge the South African consumer.

South Africans are also demanding natural and safe food choices and ingredients – in support of our overall health and nutrition. Things like “real” ingredients, product safety and organic claims reflect authenticity and trust. Taste, flavour and freshness are also key.

BOOZY BUNCH: According to Innova, local alcohol consumption exceeds the global average – with 54% of South Africans purchasing alcoholic drinks. Taste, cost and brand loyalty shape these purchase choices, particularly in the categories of beer, cider, wine and premixed cocktails.

When it comes to non-alcoholic drinks, the focus is on freshness and health benefits, such as reduced sugar and vitamin fortification, as well as natural claims impacting purchasing decisions.

BREAKFAST OF CHAMPIONS: Again, health and cost come into play – with bread and bread products still considered everyday staples, although there is a focus on healthier or fortified

versions, that are environmentally friendly or have ethically sourced ingredients. South Africans also love our breakfast cereals – again exceeding the global average of 50% by a further 26%.

Dairy is also trending in 2026 – and is impacted by flavour, freshness and cost. While we are strong consumers of dairy compared to the global market, budget and health choices have led to a decrease in cheese consumption, but a higher demand for flavoured milk drinks and yoghurt – as these are perceived to be healthier choices.

Fish, seafood, meat and poultry are also purchased based on freshness and budget constraints, with health benefits motivating 74% of fish and poultry consumers and nearly 50% of meat and poultry consumers to increase consumption going into 2026. This is based on the trend towards healthy proteins and omega 3 and 6 benefits.

SPICE OF LIFE: Innova's research reveals that South Africans are moving towards more experiential and evolving taste preferences – driving an increase of stocks, bouillons and seasoning consumption. One in three South Africans are focusing on real and fresh ingredients when it comes to flavouring their food. Ready-made meals remain popular – with purchases driving by fresh ingredients, product safety and taste.

SNACK ATTACK: Taste and novelty are driving the rising trend of sweet products, chocolates, desserts and ice-cream. However, it's budget constraints that are motivating a reduction in cookies and salty snacks. Going into 2026 – there is a move towards snacks with traditionally-made, high-protein and indulgence claims.

continue on page 14

ON TREND

continued from page 13

HIGH ON HEALTH: Around 41% of South Africans are prioritising freshness, flavour and cost when it comes to meat and dairy alternatives. Plus, there is an increase demand for sports nutrition and functional foods, which has also been driven by an increase in exercise habits of South Africans. High sources of protein are a key ingredient going into 2026, followed by natural ingredients, reduced sugar and scientifically proven claims.

THE NEXT BEST: Going into 2026, consumers are looking for product lines with clean-label, functional benefit and minimal processing claims. Transparency will build consumer trust. Trends include local favourites with innovative flavour pairings, including seasonal variety and global influences; as well as indulgent and novelty products. Fresh, natural and healthy are all key drivers for 2026.

THE GLOBAL VIEW: Whole Foods Market's Trends council releases international trend prediction on an annual basis, based on experts in the industry, from foragers and farmers, to buyers, chefs and culinary experts. Says Cathy Strange, the company's ambassador of food culture and a member of the Trends Council in a press release: "The 2026 list reflects how quickly ideas can move from emerging concepts to everyday favorites. It's exciting to see how these trends will shape conversations in kitchens, communities and the broader food culture in the year ahead."

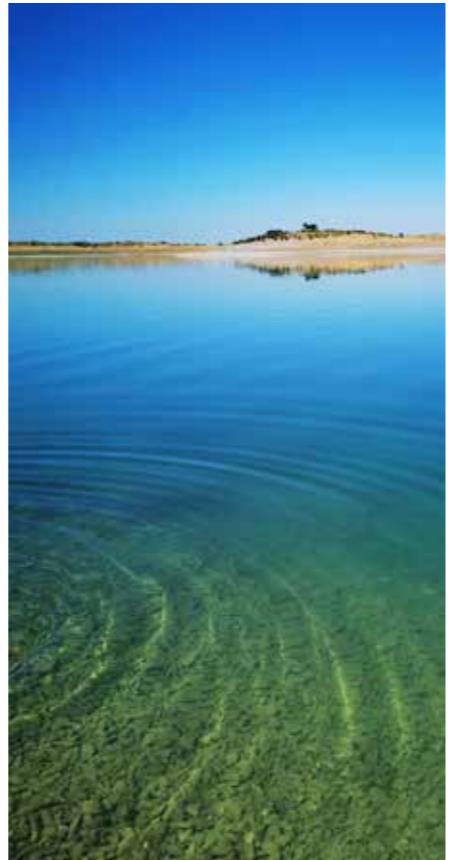
THEIR PREDICTION FOR THE GLOBAL MARKET IN THE COMING YEAR INCLUDES:

TALLOW: A staple in traditional cooking, with a high smoke point and rich flavour, beef tallow is being rediscovered by those looking for oil alternatives. Part of the "nose to tail" trend that has grown over recent years, this natural fat is now being utilised as a cooking ingredients, from herb-infused to whipped, instead of being discarded.

FIBRE: As part of the global wellness drive, consumers are looking for improved gut health and digestive wellness, as well as natural ways to feel fuller for longer. Be on the look-out for fibre-enriched pastas, breads and crackers. Roots such as cassava and chicory will be found in probiotic drinks, while oats, and konjac (an Asian tuber) will be found in plant-based, read-to-eat products.

PROMOTION OF WOMEN FARMERS: Hot on the heels of the Food and Agricultural Organisation of the **United Nations declaring 2026 as the International Year of the Woman Farmer**, there will be an increase in initiatives to support the rise and promotion of women farmers, such as international scholarship and internship programmes.

FANCY FOOD PACKAGING: Expanding on the 2024's "little luxuries" trend, brands are looking at eye-catching artwork to entice consumers. Think bold colours and designs on everyday items and pantry staples, such as olive oils and tinned foods, encouraging you to display on your countertops and open shelves, instead of hiding behind closed doors.



COLOUR YOUR LIFE

COLOUR IS EMOTIONAL – it influences our mood, our country and our culture. However, an international study, conducted by YouGov, across 10 countries and four continents reveals that worldwide, blue is the most popular, with between 23 to 33% of people listing this ahead of other colours, 8 to 18 points ahead of any other colour choice.

The second most popular varied from place to place, with green popular in Thailand, China and United States, red a close favourite in Indonesia, Singapore, Germany and Britain. Purple is popular in Hong Kong, while red and purple tied second in Malaysia and Australia. Sadly, South Africans weren't asked to share our opinion.

But having said that, it is probably no surprise that **DULUX** has chosen Blue for its colour of the year – 2026. From an airy light blue, to a vibrant indigo and meditative dark blue, the shades for 2026 are considered to be soulful, calming and space-changing.

The Dulux colour experts share that blue is more than just a pretty shade – it's considered to be a powerful tool – offering both aesthetic appeal and psychological benefits. Blue is linked to stability, fluidity and boundlessness – helping keep us calm in today's stressful and busy world.

SWEET TOUCH: Mindful consumers are focusing on lower-sugar and natural sugar products, while jams, chocolate and gummy products are focusing on real fruit for flavouring.

meditative, uplifting or airy, blue is a calming and cooling colour – just what we need in our homes at a time when life can feel chaotic, demanding and overheated."

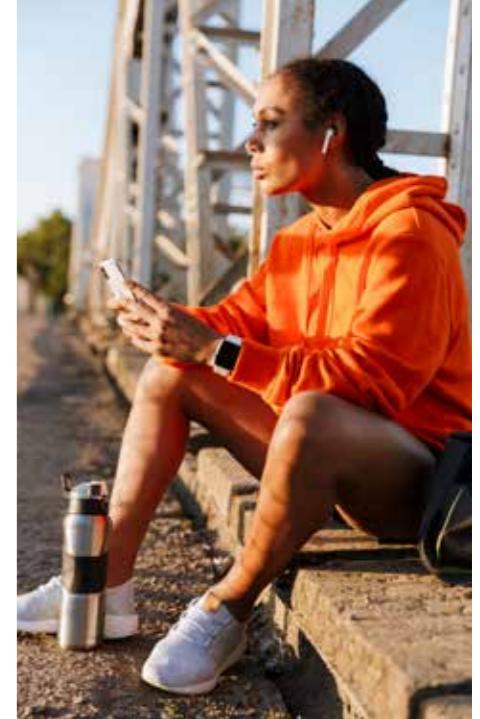
PLASCON, on the other hand, focuses on the transformative power of the human touch for 2026. The Plascon experts say that at the heart of painting is the hand – from choosing shades, testing swatches to the final act of bringing colour to your walls and home. The 2026 colour trends embrace this – creating something tangible and deeply human, while at the same time looking to our surrounds for inspiration. To this end, they have created four distinct colour "worlds", each of which pairs an earthy tone with a daring bright or a subtle neutral with expressive accents, namely: **Butter + Sky**, **Land + Sea**, **Fashion + Candy** And **Orchard + Blooms**.

BUTTER + SKY – Considered the optimistic palette, this is inspired by warm yellows and blue skies.

LAND + SEA – Rooted in earth and water, this colour palette embraces natural materials and biophilic influences.

FASHION + CANDY – Inspired by street style, night life and pop culture, shades are vibrant, eclectic and bold.

ORCHARD + BLOOMS – Lush and vibrant, this collection is inspired by fruit markets and garden centres, abundance and vitality.



NHI – A REALITY IN 2026? First Care raises concerns that the public health system continues to struggle with infrastructure decay and staff shortages, despite increased government spending. With the signing of the National Health Insurance Bill in 2024, the rollout stage is now at implementation phase, however, this is still being met with resistance.

HIGH COST OF HEALTH – First Care points out that medical inflation remains a huge healthcare challenge, with medical scheme contribution increases averaging between 9 to 12% annually. Private health insurance is said to cover just 16% of population, yet accounts for 41.8% of national health expenditure. Schemes are now under pressure to deliver cost-effective and value-based care that pays for outcomes rather than procedures, adds First Care.

LOCAL SOLUTIONS – Another trend First Care predicts is for progress in the approval and availability of new (local) treatments for chronic disease, including diabetes and obesity. There is also a drive to move away from reliance on imported pharmaceuticals, as well as improving access to medication and stabilise supply chains.

WEARABLE WELLNESS – Wearable tech, such as fitness trackers and smartwatches continue to grow in popularity in the coming year – becoming more mainstream amongst urban dwellers. These monitor in real time your heart rate, sleep, glucose levels and physical activity amongst others giving consumers the information needed for early intervention and prevention of lifestyle diseases.

Overall, 2026 aims to provide a more personalised care that combines digital access and technology with human empathy and expertise.

HOW DOES YOUR GARDEN GROW

Overall, South African garden trends for 2026 will be inspired by the ongoing (and increasing) water scarcity and the need for eco-friendly practices based on sustainability and resilience.

This will play out in water-wise and native plants; reduced lawn spaces, food gardens and medicinal herb patches.

The desire for connection, calmness and sanctuary look at creating functional social outdoor spaces, with patios and pergolas, that support wellbeing.

Part of the sustainability and water-wise gardens trends look at replacing a portion or all lawn space with low water usage indigenous plants, gravel or pavers. Bioswales or rain gardens are a focus to help manage stormwater runoff.

Another big trend for 2026 is creating a therapeutic garden environment, such as the growing of fresh produce for home use (or to donate); and the planting of plants with therapeutic and relaxing properties, such as lavender, rosemary and eucalyptus. This links strongly to the trend of creating your own personal sanctuary or oasis of calm – a mindful space.

On the opposite scale, 2026 trends look at technology such as apps and sensors for soil and irrigation, among others, to make your gardening more efficient; and the integration of bright, bold colours and statement flower beds or pots in rich jewel hues of plum, deep red and bold emerald green.

All-together, these trends focus on a multi-functional environment with distinct zones and purposes – such as a relaxing, social patio area, a meditative, healing area and an edible garden.

HEALTH AND WELLBEING

FOCUS IN THE AGE OF AI

In a press release on BizCommunity, First Care Solutions shares five health trends to look out for in 2026. First Care Solutions provides healthcare professionals and the industry with medical administration and services, and have an ear to the ground when it comes to forecasting local wellness trends.

BEDSIDE AI – First Care predicts that in 2026, healthcare will become more virtual, data-driven and patient-centered. The Future Health Index data indicates that 61% of South African healthcare leaders are using AI for treatment planning, 60% for hospital monitoring and 60% for preventative care. Interesting for what is considered to be a third-world country, these percentages are higher than the global averages. The idea is to build connected ecosystems that allow for home-based monitoring and smarter decision making through data. Unfortunately, this does come with challenges, such as the need for better WiFi connectivity and improved digital infrastructure to assist in those outlying and rural areas that would most benefit from this technology.

"Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening – and it is without a doubt the greatest game mankind has ever invented." - Arnold Palmer

{On Course} A round up of all things Golf



Kitting our Caddies

The Eagle Canyon Gym in partnership with the Golf Team have teamed up to make a custom-designed caddy shoulder bag.

The shoulder bag allows the caddies to have both hands free to tend to the flags, fill divots on the fairways with sand and repair pitch marks on the greens. A small pouch enables caddies to pick up sweet papers, bottle tops and cigarette butts. This is of importance due to one of the main concerns raised by golf members is the fact that divots are often not repaired by golfers on the course.

Key criteria behind this initiative is to make our caddies more effective and enhance the professional experience for golfers when playing at Eagle Canyon.

HOLIDAY GOLF TIMES

Course Open Monday:

22 December, 29 December, 5 January and 12 January.

Wednesday 24 December – AM field only. **Closed from midday.**

Thursday 25 December – **Closed**

Wednesday 31 December – AM field only. **Closed from midday.**

Thursday 1 January – **Closed**

Hollow Tining:

Course closed 19 – 21 January.

Reopens 22 January



Women in Golf Leadership Foundation Programme

Graduation Reflection – Maureen Masvanhise

On 20 November 2025, I had the privilege of graduating from the Women in Golf Leadership Foundation Programme, an initiative developed by The R&A to equip women working in the golf industry with leadership tools, business skills, and the confidence to contribute meaningfully to the future of the sport.

The programme brought together women from across South Africa who share a passion for golf, service, and community development. Over several months, we were exposed to modules ranging from strategic leadership and communication to personal growth, industry insights, and the evolving role of women in shaping golf's future. It wasn't just about theory – it challenged us to reflect, build networks, stretch our perspectives, and step into leadership with authenticity.

For me, this journey has been incredibly personal. I came into the programme as a mom, a wife, a colleague, and a working professional trying to balance many roles. I didn't join because I had everything figured out – I joined because I'm "perfectly broken but still resilient," and I wanted to grow both for myself and for the community I serve at Eagle Canyon.

Graduating from this programme means stepping forward with a renewed sense of purpose. It has strengthened my voice, sharpened my leadership skills, and reminded me that the golf industry thrives when diverse perspectives are welcomed and empowered. More than anything, it has inspired

me to continue creating spaces where women and young people feel seen, supported, and confident to lead.

I am grateful to The R&A, the facilitators, my coach, my managers and the incredible women I journeyed with. This experience has been a flame, fuelling my passion, giving light where needed, and reminding me that growth is both personal and communal.

I look forward to bringing this energy, knowledge, and leadership back home to Eagle Canyon Golf Estate as we continue growing our club, our membership community, and the future of golf.

WOMEN IN GOLF

EC Membership and Corporate Golf Liaison, Maureen Masvanhise, recently graduated from the R&A Women in Golf Leadership Foundation Programme and is now a Charter Champion for the Eagle Canyon Golf Club.

This is part of Eagle Canyon's pledge to promote women in golf, which includes creating programmes for women, girls and families; reducing barriers through flexible formats and pricing; offering coaching and events that genuinely welcome women; and committing to year-round celebration and visibility through our communications, all while actively championing diversity, inclusion and leadership development.

Eagle Canyon is now a registered signatory of the Women in Golf Charter. By working towards our charter commitments, we are contributing to a more inclusive culture that encourages more women and girls to thrive in the game.

Janyne Marais, Golf RSA Club Liaison and Women In Golf Charter Ambassador shares: "This kind of intent and energy is exactly what will keep moving the game forward and ensuring its sustainability. We are proud to present your Women in Golf Charter certificate and badge in recognition of this milestone. Thank you for your leadership and partnership, we are proud to have Eagle Canyon as a committed partner in this journey."



EAGLE CANYON LADIES OPEN

Friday 4 November we proudly hosted the Eagle Canyon Annual Ladies Open, and what an incredible day it turned out to be! After a week of anxiously checking weather apps, we were relieved that the rain held off until the very end of the event. The atmosphere was electric, and the turnout exceeded expectations, with members and visitors alike sharing wonderful compliments about the day. A heartfelt thank you to everyone who contributed to making this event such a resounding success. From our dedicated lady members to our amazing sponsors, your support was truly invaluable. Congratulations to Captain Maxcine Pillay and her team consisting of Cindy Merrington, Anneli Botha, and Romy Du Toit who placed first in the competition.

We would also like to take this opportunity to highlight Anneli Botha, who delivered an incredible drive that landed just off the right-hand side of the green at the 13th hole. This is especially impressive considering the red tee box on the 13th measures 262 metres to the front of the green.

HOA Charity Golf Day 2025

What a spectacular two days of great golf and great entertainment - on and off the course! Thank you to everyone from golfers and sponsors to the team working hard behind the scenes - who made this day possible. For all the photos of the day - check out our website under Engage/events tabs.

Well done to all participants of this year's HOA Golf Day held on the 10th and 11th of October. A huge shout-out goes to Cindy Merrington who achieved the elusive hole-in-one on the 8th. Not only did she secure major bragging rights - but also is the recipient of R50 000 from headline sponsor Lifta!

Friday winners:

1st on 85 pts: Veetesh Govind, Trushay Govind, Dhana Perumal & Ruben Katja

2nd on 81pts: Andre De Decker, Mark Arnold, Ian Grobler & Chris Stevens

3rd on 80pts: Jayson Gounden, Don Kirsten, Donavan Moodley and Ghost Player

Best Male Golfer: Andre de Decker, on 42 pts, **Best Lady Golfer:** Romy du Toit, on 27 pts and **Best Non-handicapped Golfer:** James Taljaard.

Saturday winners:

1st on 84 pts c.o: Shaun van Tonder, Donavan Barrett, Tristan Spies and Tjaard du Plessis

2nd on 84 pts c.o: Barry Lombard, Avesh Singh, Kevin Kleinhans & Nolan John

3rd on 84 pts c.o: Tyrone Sacks, Chris Stevens, Shaun Dewing & Ian Grobler

Best Male Golfer: Nolan John, on 41 pts and **Best Female Golfer:** Connie Ashford on 32pts.

Congrats also goes to Avesh Singh who won the raffle from Sports Travel Experiences for a VIP test rugby experience valued at R16 000.

The children of St Laurence's Children's Haven visited the estate on the Saturday, and were treated by Mike Varrie of the Canyons to lunch and inflatable fun. It was so humbling to get to meet these amazing small people who have already experienced more than most adults in their short lives - yet their resilience shines through, hair wet from playing on the water slides, their eyes bright, smiles wide. And, in that moment - it grounded the reason why we host this annual event. As, ultimately, it's the charities that are the winners of the day and we thank each and every one of you helped to make this event a success.

HOA CHARITY GOLF DAY - Who you supported!

THE SUPPER FOUNDATION

(<https://supperfoundation.org>)

The SUPPER Foundation is a charity organization born out of one man's love and vision for Soweto. The goal of the SUPPER Foundation is to provide hope, food, education, and spiritual guidance to the disadvantaged children of Soweto and other impoverished areas. Various programs are run by the SUPPER Foundation from meals on wheels to holiday centres and food programs. In close on 20 years of service, over 20 000 people have been fed.

THE CADDY FUND

The Caddy Fund assists those Eagle Canyon caddies who have arrived to caddy but do not get a bag for the day. The fund provides these caddies who work on tips only, with a meal and transport money, as well as additional support when required.

St. LAURENCE'S CHILDREN'S HAVEN

(<https://www.childrenshaven.co.za/>)

The St Laurence's Children's Haven was founded in January 2001 under the auspices of the Roodepoort Child and Family Welfare Society.

The Haven was the dream of a group of lifelong friends - their mission is to offer abused, neglected, and abandoned children, aged from 6 months to 18 years, love and care in a secure and warm environment.

They receive three cooked meals a day, bath, or shower daily, attend local schools and are supervised by trained house parents who are approved by Child and Family Welfare. For many of the children this is first in their young lives. Under these conditions, very soon the pain and trauma they have suffered passes, and they adapt to becoming young, healthy, caring, and balanced children.



HEADLINE SPONSOR:

Lifta SA, proudly representing the South African arm of the esteemed family-owned Liftstar GmbH based in Germany, is your trusted partner for residential mobility solutions.

Founded in 2007, Lifta SA initially centred its efforts on the sale and service of stairlifts. As time progressed, their focus expanded

to encompass the installation and service of the exceptional Home Lift, showcasing their dedication to innovation and convenience. Bolstered by unwavering support from their German shareholders, they deliver the finest European quality and design combined with a distinctly South African level of personalised service. With a remarkable track record, Lifta SA has successfully installed over 600 mobility solutions, addressing the diverse needs of valued customers across the nation.

Why Choose Lifta SA?

Lifta SA proudly holds the exclusive distributorship of the renowned Stiltz Home Lifts within the Southern African region. Originating as an award-winning UK-based lift company in 2010, Stiltz has rapidly ascended to prominence in the Home Lift industry. With a global presence encompassing the USA, Germany, Australia, China, the Middle East, and notably, South Africa, Stiltz offers an array of innovative and distinct Home Lift options tailored specifically for double-storey homes.



Thank you to the following **hole sponsors:** EC Gym & Wellness Centre • SEEFF • Tigris Wealth • Thompsons Security Fairbairn Consult • Sassy Italian • Marula Cheesecake • Sorbet Man.

Thank you to the following **prize sponsors:** Asher Spa and Hair Salon • Fourways Group Sports Travel Experiences • Blueberry Hotel • Titleist

Thank you to our **entertainment sponsor:** Connie and Glen - GAP

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Sometimes, it's a touch that gives warmth. A hug that lingers. A table where stories are told. A laugh that fills the room.

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If you are thinking about your home during this special time or would like to take a new step, let us accompany you. With sensitivity and an eye for the essentials.

Wishing you a joyous holiday season with your loved ones and a successful start to the new year.



Debbie
082 553 6127

Interesting, unusual or striking flora and fauna on the Estate. Have a photo or story you wish to share? Please email comms@echoa.co.za.

Helmeted Guinea-fowl

Numida meleagris



There are reasons why we have Caution – Children, Guinea Fowl and Rabbits Crossing Posters up around our estate, as you will often find a mother with her small infants following her across the road or over the golf course in an almost lackadaisical fashion. With their black-grey bodies, colourful heads and featherless crowns, these large birds are social by nature and they often form flocks of anywhere between 15 to 40 birds. However they are extremely territorial and protective of their young.

They can grow up to 58cm and the male and female are similar in colour, the main difference being that males have a bigger helmet than their female counterparts. The Helmeted Guinea-fowl's large grey body has white speckles with the featherless blue and red heads. They have short, rounded wings and tail feathers, short beaks and hanging wattles that surround the nostrils.

With three front toes and one hind toe, these birds prefer walking to flying and can walk up to 10km a day. When they do fly, either when faced with danger or into a tree to roost at night, they generally only fly around 100m.

Guinea-fowl enjoy grasslands and love open areas, which is why you will often see them running over the golf course. Guinea-fowl will use their short beaks to scratch and dig for food. They feast on insects in summer and seeds and bulbs in winter.

The males are pretty vain, grooming themselves during social get-togethers or taking dust baths in the soil.

They make a harsh, loud sound when trying to attract a partner during breeding season and a different equally loud noise when faced with danger. The males puff up their feathers and lift their wings when in combat but this is seldom as they are generally placid birds. The males may

challenge those that come to close or if they deem you to be a threat to them.

The females are the workers of the pair responsible to selecting a favourable nesting site. They pull together twigs and grass and line the nest with soft plant material and feathers. These nests are generally concealed. During the breeding season both partners are equally vocal and sing a duet. Once the female has made the nest the male then spends his time keeping her safe and fed.

Often during this time he loses condition while she gains weight. Some females prefer to lay their eggs in another's nest for incubation. This is called nest-dumping and is common as incubation (which lasts 25 to 29 days) only starts when the last egg is laid. Once the female has laid her eggs and is incubating, the male then deserts her in search of other partners.

He returns as soon as his offspring has hatched and plays a major role in teaching the newborns (known as keets) what to eat. In social communities the other guinea-fowl will help the parents raise the keets.



CAUTION:
CHILDREN,
GUINEA FOWL
&
RABBITS
CROSSING





Living your Best Life

With South Africa currently ranked 95 on the Worlds Happiest Countries – are you living your best life and what can you do, going into 2026, to ensure that you do?

What is the definition of being truly happy? According to psychologist, Dr Jeremy Sutton, author of the paper, **What is Happiness? Understanding the Happiness Paradox**, the true meaning of happiness is multifactorial.

Namely, you first need to take into consideration the “two” forms of happiness, immediate happiness and long term happiness, or hedonic happiness and eudaimonic happiness.

Hedonic happiness, says Sutton, is temporary or transient experience of joy – it’s a moment firmly rooted in the present. Eudaimonic happiness is long-term happiness and positivity, described as a, “deep wellbeing in which a person feels that their life has meaning and purpose”.

Secondly, happiness is rooted in your genetic make-up, as research shows that wellbeing and life satisfaction (eudaimonic happiness) is

between 30 to 40% heritable; with the rest coming down to the life we lead (our thoughts) and the environment we live in (circumstances): as Sutton shares, our mindset, attitudes and feelings shape our positive connection with ourselves, our environment and those around us.

Thirdly, there is the neuroscience of happiness - what Sutton describes as our brain’s hardware. This involves the prefrontal cortex that regulates our emotions, the amygdala which assists in managing stress and other emotional responses, and the hippocampus, which stores our positive memories.

Our brain also produces neurotransmitters, such as dopamine, serotonin, oxytocin and endorphins, all of which play a key role in pleasure, reward, motivation and feelings of wellbeing and happiness. Our own personal perception is one thing, but how do we as a community and a country perceive ourselves?

The World Happiness Report is an annual study published by the Wellbeing Research Centre at the University of Oxford, in partnership with Gallup, the UN Sustainable Development Solutions Network and an independent editorial board. They evaluate 140 countries and over 100 000 people, based on a single life evaluation question called the Cantril Ladder:

“Imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?”

This is considered to be a universal question that empowers people to make their own decisions about what matters most, regardless of culture or background, share the researchers. The data has been collected by the Gallup World Poll annually since 2012 and is analysed by independent experts. The report focuses on the science of happiness, taking into consideration wellbeing, subjective wellbeing, life evaluation, life satisfaction and affect.

In a nutshell:

Wellbeing looks at your inner state and the quality of life as you experience it.

Subjective wellbeing is representing your feelings with a number.

Life evaluation is based on an overall assessment of your life – based on the Cantril Self-Anchoring Striving Scale, or Cantril Ladder.

Life satisfaction looks at overall how satisfied you are with your life from not at all (0) to completely (10).

Lastly, Affect focuses on feelings or emotional states – which includes the positive effect (laughter, enjoyment and interest) and the negative effect (worry, sadness or anger).

Interestingly, while South Africa ranked low at 95 on the World Happiness Report, we ranked high on positive emotions (46) and in dealing with negative emotions (56). Showing that at the end of the day, we are a positive and resilient nation.

This year’s World Happiness Report focused on the impact of caring and sharing on people’s happiness. The report looked at the benefits of those receiving the caring behaviour, as well as those who care for others. Science and research have long shown the power of the art of giving – and how this contributes to wellbeing on both sides.

The report focused on the following impacts – which we ourselves can build into our everyday lives for better happiness and wellbeing.

Caring and sharing and the impact on happiness and kindness: Benevolent acts and expected kindness matter both impact individual happiness levels. The wellbeing benefits of benevolent acts depend on why and how people engage in them. Both the helpers and recipients experience greater happiness from caring and sharing when they do so in the context of caring connections, choice and clear positive impact.

Sharing meals with others can support happiness and social connections: Those who share meals with others report significantly higher levels of life satisfaction and positive effect, and lower levels of negative effect. This is across ages, genders, countries, cultures and regions. Meal sharing also appears to be closely related to some (not all) measures of social connectedness. Countries where people share meals more times a day or week, tend to display higher levels of social support and lower levels of loneliness.

Household size and family bonds is related to happiness: People living on their own often experience lower levels of happiness. In Mexico and Europe, households with four to five people predict the highest level of happiness, while couples who live with at least one child, children or extended family also have high levels of life satisfaction.

Social connections improve the happiness of young adults: social connections are vital for the wellbeing of young adults as they provide a buffer against the toxic effects of stress. Social disconnection is prevalent among young adults. In 2023, 19% of young adults across the world reported having no one that they could count on for social support, representing a 39% increase compared to 2006. Interestingly, early social ties during young adulthood have long-lasting effects.

Prosocial behaviour reduces deaths of despair:

Deaths of despair are nearly four times higher among men than women, and more than double among those ages 60 and above, compared to those aged 15 to 29. Three-quarters are due to suicide, followed by deaths due to drug and alcohol abuse.

However, prosocial behaviour, such as donating, volunteering and helping strangers is connected to improving mindset, giving purpose and thereby reducing deaths of despair.

Unhappiness and social distrust: Life satisfaction and trust play a greater role in shaping values and voting behaviour compared to traditional ideologies or class struggle.

Giving to others promotes greater happiness:

But the question is, where should you donate your money and how do you generate as much extra happiness as possible through this. The implication is that the donors can multiply their impact, with no extra cost, by funding the most cost-effective charities.

Reflecting on your happiness:

As we move into 2026, it may be the right time to reflect on what makes you happy and how to improve on that.

Living the pleasant life: Do I feel pleasure?

Living the meaningful life: Am I contributing to the greater good?

Living a balanced life: Am I able to gain satisfaction from multiple life domains without neglecting others?

Living the engaged life: Am I engaging in activities that I find satisfying?

South Africa’s Rankings: 95

Life Evaluation: 5.190/10

Change (since 2012): 0.250

Inequality: 127

Social support: 80

GDP per capita: 79

Healthy Life Expectancy (2021 data): 114

Freedom: 96

Generosity: 121

Perception of corruption: 106

Positive emotions: 46

Negative emotions: 56

Donated: 121

Volunteered: 76

Helped a stranger: 74

Boost your brain’s happy hormones

Serotonin – the mood stabiliser.

Boosted by: being in nature, exercise and healthy eating.

Dopamine – the reward chemical.

Boosted by: completing a task, celebrating small wins and self-care.

Oxytocin – the love hormone.

Boosted by: hugging and cuddling, playing with pets, intimacy or pleasure and undertaking acts of kindness.

Endorphin – the painkiller

Boosted by: laughing, listening to music, being creative, eating dark chocolate or spicy food.

Improve your wellbeing:

The following factors assist in wellbeing and, in turn, assist in long term happiness

- 1. Life Satisfaction:** the overall quality of your life and how it aligns with your expectations and goals.
- 2. Positive emotions:** the more joy, hope, awe and gratitude you find in life will assist in promoting a positive state.
- 3. Lower levels of negative emotions:** You cannot get away from these completely, but negative feelings, such as anxiety, stress, fear and anger need to be less frequent to improve your mindset.
- 4. Basic and psychological needs:** basic needs, such as safety, food and shelter, need to be met, along with psychological needs such as competence, autonomy and relatedness.
- 5. Social relationships:** strong and lasting connections with partners, family, friends and colleagues assist in promoting emotional support and a sense of belonging.
- 6. Meaning and purpose:** working towards your own personal values and goals assists in creating a sense of fulfilment.
- 7. Personal resilience:** how do you deal with returning to or creating new realities following grief, upheavals or challenging events vital to both your psychological and physical wellness.
- 8. Engagement:** Creating tasks and activities (and completing them) contributes to providing meaningful reward and therefore wellbeing.

Top 20 happiest countries to live in:

1. Finland	5. Netherlands	9. Luxemborg	13. Switzerland	17. Austria
2. Denmark	6. Costa Rica	10. Mexico	14. Belguim	18. Canada
3. Iceland	7. Norway	11. Australia	15. Ireland	19. Slovenia
4. Sweden	8. Israel	12. New Zealand	16. Lithuania	20. Czechia



As the year comes to a close, I want to extend my heartfelt thanks for your incredible support and trust. It has truly been an honour to walk alongside you on your real estate journey. Wishing you and your loved ones a beautiful, prosperous New Year filled with joy, new beginnings, and memorable moments. And if you're travelling over the holidays, may your journey be safe and your time away refreshing.

For this day in the City of David there has been born to you a Saviour, who is Christ the Lord (the Messiah). LUKE 2v11



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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...

Finding Happiness

“Happiness depends upon ourselves.” – Aristotle

I recently celebrated my 55th birthday, and getting to an age where I could start drawing from my pension funds got me to a place of serious self-reflection... I don't have many regrets, and I certainly don't have any desire to turn back the clock to relive my life, but there is one area where I would have liked to do things differently – Happiness. Over the past decade, I have come to the real understanding that I have the power to truly take charge of my destiny, and with that came the realisation that I could have done much more in the past to live a happier life. I would like to share with you some of my realisations, which I am calling “happiness factors”, in the hope that you and I will apply some of these to not have regrets one day:



Happiness factor #1 – Spirituality

Spirituality is the recognition that we do have a connection to something bigger than ourselves. Most of us express this through our organised religion, but many people are spiritual but not religious, finding meaning in other things. Regardless, it is a deeply personal and subjective experience, which often includes feelings of peace, awe, and interconnectedness, and can be a source of comfort during difficult times.

“Physical strength can never permanently withstand the impact of spiritual force.” – Franklin D. Roosevelt

As a religious person, I truly believe that our relationship with God, whoever your God is, should be the most important relationship, as He created us and provides for us. Even though I believe in the power of taking charge and that God has given us the ability to facilitate positive change and outcomes in our lives, I also believe that, ultimately, God's plan will prevail. This gives me a serious sense of peace and happiness, in the sense that I know I cannot call myself a religious person if I don't trust in God's plan for my life. If you are not a religious person, then at least believe in "a plan" or "the plan" that you or The Universe scripted for your life to get a share of the peace and happiness that comes with it.

Happiness factor #2 – Looking after my Body, Mind and Soul

“Begin to see yourself as a soul with a body, rather than a body with a soul.” – Wayne Dyer

I get a sense that most of us mainly focus on our bodies when we talk about self-care, which is a mistake. It is critical that we look after Body, Mind and Soul. They are all three interconnected parts of your whole being, and caring for each one improves your physical and mental health, reduces stress, and helps you live a more balanced and vibrant life. I practice mindfulness and try to spend more time in nature, but your mental and emotional practices might include

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Finding Happiness

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other things like connecting with others through social activities or pursuing other personal passions. My suggestion is that you list these practices specific to your life, which help you look after your whole being, and do them more regularly.

Happiness factor #3 – Focusing on what I do have

During my tenure at a great company, before I decided to live out my true career passion, we used the phrase “don’t only focus on the fly on the pizza”. If there is a small fly in one corner of a pizza slice, we could easily focus on that one thing that is “wrong” versus focusing on the beautiful arrangement of ingredients of the rest of the pizza. During leadership coaching sessions, I often realise that coachees have an imbalance in that they only focus on their hardships and challenges, versus what they do have. When they then complete a gratitude list, as a tool to get a more balanced perspective, to also focus on the things they do have, they get a better perspective of their lives.

“When I started counting my blessings, my whole life turned around.” – Willie Nelson

I am an Enneagram practitioner, which is a powerful tool to use for growth and self-development. According to my Enneagram assessment, I am a Strict Perfectionist. As a result, I am very much focused on trying to “fix” the things that are not right in my life, versus also focusing on the good, positive things I do have in my life. My dad would occasionally remind me that we need to look at the big picture, which helps me to have a balanced outlook on life by also counting the blessings that I have...

Happiness factor #4 – Having the courage to be vulnerable

When referring to vulnerability, my focus is on the state of emotional exposure that comes with a degree of uncertainty. Males typically commit 4 times more suicide than women, and I believe this is mainly because they are not willing to become vulnerable and share their inner struggles with people whom they can trust. In this case, pride becomes a killer, literally. I also believe that vulnerability is the first step towards psychological healing, because if you can't share your inner struggles, how do you expect someone to help you?

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

I am mostly an open book, yet I also sometimes find it difficult to open up when I am experiencing hardship. The reality is that all of us, regardless of gender, can practice or learn to become more

psychologically vulnerable. You would agree that when we gain the courage to be more vulnerable, we then experience a sense of relief that contributes to our happiness.

Happiness factor #5 – Positive self-talk

Self-talk is the most powerful form of communication, because it either empowers you or defeats you. We have a life coach with us 24/7 called Self, and we can choose what kind of self-talk we entertain in our lives. We often make the mistake, though, that optimism is always believing that everything will be fine. I recently listened to a Simon Sinek video where he clarified this in saying, “Optimism is the undying belief that the future is bright, but it is realistic. It can accept that the times we are in now can be dark, but the only way to get through this is by being together.”

“Optimism doesn't mean that you are blind to the reality of the situation. It means that you remain motivated to seek a solution to whatever problems arise.” – Dalai Lama

Even in tough times, we can decide how we approach life and how we speak to ourselves... As a biker, we get taught that we should not focus on the pothole in the road, because if we do, we can be sure to hit it. Instead, we should focus on the gaps. When I talk to myself in a way that supports a focus on the “gaps in the road”, representing the opportunities in life, then I find ways to overcome challenges that lead to freedom and joy.

Happiness factor #6 – Enjoying what you do in life

I chose to leave the corporate world and received my last paycheck as an employee at an executive level on 25 March 2020, which was 2 days before the COVID-19 hard lockdown came into effect in our country. At that point in my career, I made the call to follow my true passion for the rest of my professional life in developing leaders in Southern Africa. From that day onwards, I never had to “work” again as I get up every day, really enjoying what I do for a living.

“Find a job you enjoy doing, and you will never have to work a day in your life.” – Mark Twain

I am not for one moment suggesting that you need to do what I did, but given the fact that our career is the single activity on which we spend most of our time, we cannot allow it to steal our peace. “Golden handcuffs” only take you so far and, unless you also focus on being intrinsically motivated, your life can become very miserable, very quickly. So, if you don't enjoy your career, start by doing something right where you are, like taking charge in having discussions with your line manager or moving to another department, to experience joy and happiness in your career again.

“The grass is greener where you water it.” – Neil Barringham

Happiness factor #7 – Celebrating your successes

I used to be very hard on myself, which is something I have been working on for a very long time. I am now at a point where I am much more my own best friend than my own worst enemy. What helped me a lot was celebrating my successes more, even if they were small. By celebrating my successes, I give myself the recognition for all my efforts, which fuels my happiness.

“Write down your accomplishments, celebrate your successes, and use that to fuel your purpose.”

– Rachael Yeaman

Something else I worked on hard in recent years, along with my personal development journey, was to be more accepting of a compliment from someone when it comes along. When we make compliments our own, it's another way of celebrating our success, which leads to more happiness.

Happiness factor #8 – Solid relationships

I believe that relationships are the superglue that holds everything together. Research suggests that people who have strong relationships and social connections not only live longer, but they are also happier. A lot of that happiness lies in being able to give to others, also to those people who don't have what we have. If we don't have money, it could instead be some of your time, donating blood, giving a compliment to a chef for an exceptional meal, or simply smiling at a stranger. Happiness is the gift that we receive in return for doing these things for anyone in our lives.

“Only a life lived for others is a life worthwhile.” – Albert Einstein

In this article, I shared with you the factors that contribute to my happiness. Some of these might apply to your life, and others might not. I would like to invite you, though, to make a list of all the happiness factors in your life. Then work hard to ensure that you are successful in these areas, bearing in mind that we cannot change the past and need to look to the future in doing things differently, better...

I wish you lots of happiness in 2026...

“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 (SALDAI®)

You can reach him at: hekkie@saldati.com

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Night Run

The last Eagle Canyon Night Run of the year, sponsored by Matt of **Re/Max Masters** in conjunction with **In-Reach** and the **HOA**, was the first week of November.

As clouds gathered, and rain threatened, the organisers stood, phones in hand, nervously watching weather apps to see how far the lightning was. As the time of the event drew closer, and excited participants gathered dressed in their wackiest socks, the rain held off and the lightning moved a safe distance away. A sigh of relief and the race went ahead. The Eagle Canyon Gym and Wellness team had participants moving through a quick warm up before the 10km and 5km groups made their way around the golf course – headlamps bright against the darkened summer night.

Thank you to the **Eagle Canyon Gym and Wellness** team for generous prize donations. Visit our website: Eaglecanyongolfestate.co.za and click on Engage/events on the tab bar for more photos.



Sponsored by Matt of Re/Max Masters



Trick or Treat and the Haunted House Experience

Great fun was had by young and old on Friday 31st. Princesses and goblins, witches and pirates and everything in between gathered in the growing dusk to participate in this year's event which had over 700 children registered to participate.

The participating homes outdid themselves creating a spooktacular evening. But the absolute highlight was the Haunted House Experience sponsored by a very generous resident who wishes to remain anonymous. Shrieks of laughter and screams of horror echoed across the soccer field, which for one night was transformed.

From scary dolls and haunted nursery, to snakes and creepy crawlies, a chef dishing up body parts and of course, you cannot forget the clowns... The haunted experience was one that had to be experienced to be believed!

With food and drink, and live music, residents partied the night away. Visit our website: Eaglecanyongolfestate.co.za and click on Engage/events on the tab bar for more photos.

This was definitely a night to remember!

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Air-conditioning & Coldrooms

BJ Cooling & Heating: We install and service air-conditioning, coldrooms and ventilation systems. Call 011 7946369.

Building Repairs

Majuba Projects: for all Renovations, Alterations, and Additions - offering a ONE STOP SERVICE from consultation and design to final completion. - In the construction industry since 1976. Contact Rudy 082 826 2621 or rudy@majubaprojects.co.za

Mr Gutter cc Gutters (seamless guttering). Established 1990. 30-year guarantee. Contact: 011 462 8282.

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 Industrial projects. Contact Robert at 073 000 9919 should you require more information.

Craftmanship

Viridian Candle Co. Escape to a dream world with our immersive eco-lux 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@ttguys.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 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.yummytummysa.com 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 Dinhokeng 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 contemporary 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/](http://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

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Online Yoga Classes Offering group or individual classes. Contact Sonja sonjavj@gmail.com or WhatsApp: 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 Pels 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. Contact Brandon @ Casca on 082 787 1677 or brandon@cascaighting.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

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Medical & Dental

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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 anaesthesiologist & 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

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

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 sonjaschroeder@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

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Plumbing

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CM Plumbing and Electrical for all your household plumbing & electrical maintenance & repair services. Available 24 hours. Contact Chase on 076 182 7009, chaysplumbingandelectrical@gmail.com

Dels Plumbing Group Services include all plumbing & drainage maintenance such as blocked drains, burst geyser, leaks/floods & 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 Knibbs 083 226 54 72 / gary@drycongroup.co.za or David Drynan 082 496 4692 / dave@drycongroup.co.za

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

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, www.facebook.com/honeydewnets, 011 794 8333/4/5.

Security

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

Shipping & Logistics

Transport and Logistics Services: Services include dedicated delivery, priority freight, affordable logistics, door to door deliveries - Nico on 063 775 5089 or Nicolazarus@icloud.com for reliable & high quality service.

Social Media

Content Creation Do you want to understand content creating? Become an #influencer or #momfluencer and understand Social Media & find your niche? Mentor pageants and interview preparation. No age limit. 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, inverters 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: extending your WiFi signal to all areas in your home, fast & reliable WiFi experience throughout your home, problematic video streaming & eliminating WiFi deadspots. www.novoconnect.co.za

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

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Ideal Consulting has a national footprint & offers expert assistance on all property rights and development matters. Services: rezoning applications (to change property rights), consent use applications (to allow additional uses), written consents (to increase coverage or height), building line relaxations, subdivisions, consolidations, and much more. Whether you're planning a small amendment or a major development, our experienced team provides professional, efficient, and results-driven solutions. Contact: info@idealconsulting.co.za or 087 131 1899 for expert advice and guidance.

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

Website & E-commerce

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 fulfillment 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.

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