

Celebrating 18 years of the ECHOA Estate Magazine

# The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

FEBRUARY - MARCH 2026

## The Year of You!





# WITH BEST WISHES FOR A SUCCESSFUL AND FULFILLING 2026.

It is a privilege to be part of the *Eagle Canyon Golf & Lifestyle Estate* community, here's to a positive and prosperous New Year. Having helped several families find their dream homes in 2025, I look forward to supporting your family if you are seeking a new beginning in the year ahead



Eagle Creek Drive | R7.9 million



Lake Side Village | R4 million



Canyon View | R2.7 million



Bay Hill Avenue | R6.3 million



Kasbah Ridge | R4.5 million



Maasai Mara | R4.2 million



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< EDITOR'S LETTER >



## THE EDITOR

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

## The Year of You

This year we focus on you, as our community, as our Estate and as individuals. You count, you matter and it's time you were heard.

As part of this campaign, we have launched a new service: See Something, Say Something. For more information on this and how to access the service, please turn to **page 10** of our **News You Can Use** section.

Part of the year of you is focusing on, you guessed it, yourself. This is not selfish, in fact it's one of the best things you can do for those around you as by prioritising your wellbeing your replenish your emotional fuel tank enabling you to be a better person, partner, friend and colleague to those around you.

**The Colour of the Year – Cloud Dancer (page 13)** talks to creating a whisper of calm, encouraging relaxation and providing a blank canvas to boost your creativity and innovation, while our emotions feature, **Move to a more mindful year (page 18)**, speaks to this being the year of the fix – and provides useful mindful tools on how to do this (while going about your day).

Our resident wellbeing expert, Dr Hekke van der Westhuizen, rounds this issue's theme up – by providing motivational tips to help **you achieve your goals this year and beyond (page 21)**

We hope that each of you can take a something from this issue that will help you in the year ahead. We look forward to focusing on the positives and to continue to build on this amazing community and estate we have.

Cover Image: Riaaz Ameen

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

Country Club: 011 801 6600

Golfersfeedback@echoa.co.za

## HOA Board Members

As of February 2026

### Neil Michelson

Chair HOA

### Wanda Merrington

Vice Chair HOA

### Ntsako Baloyi

Duncan Coles

### Michael Hartman

Shaun Mills

## Connect with us

[www.facebook.com/eaglecanyongolfandlifestyleestate](https://www.facebook.com/eaglecanyongolfandlifestyleestate)  
[www.eaglecanyongolfestate.co.za](http://www.eaglecanyongolfestate.co.za)

## Clubhouse Facilities

### Asher Spa & Hair Salon

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

### BDGA Golf Academy

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

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

079 391 0232

### EC Auto Wax

010 502 1845 / eaglecanyon@autowax.co.za

### EC Gym & Wellness Centre

011 801 6620 / gym@echoa.co.za

### Events & Conferencing

011 801 6600 / info@thecanyons.co.za

### Meeting Rooms

011 801 6600 / ccreception@echoa.co.za

### MRN Laundry & Dry Cleaning

011 794 1312 / 076 412 1806

Free pick-up and delivery service for residents

### Proshop

011 801 6600 / 011 801 6611 / 073 111 6872

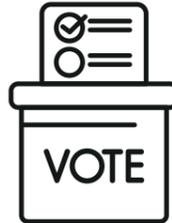


**BEST ESTATE 2025 (2024,2023,2022)**  
**BEST GOLF COURSE 2025 (2024)**  
**BEST COUNTRY CLUB 2025**

## Make your mark – have your say

The local elections are due to take place this year. This means you can vote for your Ward Councillor. Eagle Canyon falls under ward 97 and the current voting station is Skye College, 527 Zeiss Road.

Registration is easy and takes just a few minutes: <https://registertovote.elections.org.za/>



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*It's Nearly Tee Time*

**Eagle Canyon's most prestigious golf series starts on Friday 27 February**

**Are you in? Pay up front and get a 10% discount**

Cost: R5400pp for the year (includes R1000 joining fee) or R500 per event plus R1000 joining fee.

Includes: FootJoy shirt and Titleist cap worth R2000

**Shotgun start | Awesome prizes from Titleist & FootJoy**  
Live DJ | FREE wine and gin for ladies 4 – 8 pm  
Complimentary snack platters

Visitors welcome! **2026 DATES: 27 Feb · 27 Mar · 24 Apr · 29 May · 26 Jun · 31 Jul · 28 Aug · 25 Sep · 30 Oct · 27 Nov**

**SIGN UP!**

WhatsApp Shaun on 072 801 3725 | [foreplayandcocktails@gmail.com](mailto:foreplayandcocktails@gmail.com)

In partnership with **Titleist FJ** *Come for the golf. Stay for the vibe.*

**ADVERTISING SALES:** Jaco van Deventer 082 455 9380 | [zoadv@mweb.co.za](mailto:zoadv@mweb.co.za)

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# NEWS YOU CAN USE

What's happening in our community and surrounds

*"2026 isn't about starting over. It's about healing what's already there."*

- Brent Lindeque – Good Things Guy

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admin@echoa.co.za • Roz Everitt 083 755 8933  
Brandon Everitt 072 386 4945 • Josh Everitt 081 235 0151

CHAS EVERITT INTERNATIONAL PROPERTY GROUP

## SECURITY ALERT GROUP:

This Group keeps you informed regarding any security matters as well as for you to share any security concerns.

To join this group, please email San Naidoo on [secadmin@echoa.co.za](mailto:secadmin@echoa.co.za).



## EAGLE CANYON ESTATE UPDATE GROUP:

This Group is a community broadcast group sharing general information pertinent to all Residents. To join WhatsApp 071 670 8622 or email [comms@echoa.co.za](mailto:comms@echoa.co.za). Our goal is to provide you with timely and relevant information, making it easier for you to stay informed about what's happening in our community.

### Why Join the WhatsApp Channel?

**Instant Updates:** Receive the latest news, safety alerts, event notifications, power and water updates and HOA announcements as soon as they happen.

**Stay Informed:** Keep track of important deadlines, events, and any changes that could impact you as a resident.

**Convenient:** Get information direct, without the hassle of checking multiple communication platforms.



## Dog Walkers

**A reminder, that as per our estate rules, dogs must be kept on leash at all times.** The HOA is in the process of investigating the possibility of creating an off-leash dog park for socialised dogs within Eagle Canyon. This is currently in exploratory stages and the feasibility of this will be communicated in coming weeks. In the meantime, we request that residents, dog walkers and household staff respect the rules and their fellow residents by ensuring all dogs remain on leash when on the golf course or being walked around the estate and to please carry and use poop bags where necessary.

**Please contact our security immediately for assistance, should you come across dogs off leash or roaming dogs.** Our control room (071 344 7478, 011 794 6999, 079, 271 0401 and 011 794 5111) is available 24/7 for any emergency or security assistance.

continue on page 8

## Support a worthy cause

School may have already started, but for many of our greater community, this return is met with scrunched up toes and worn soles. We encourage you to support the **Chas Everitt team** in donating a pair of new school shoes to a child who needs it. Collection bins are at Main Gate; Res Gate; HOA and Clubhouse.



## SANBS thanks you!

**Thank you to all residents, staff and country club tenants who attended our first blood drive of 2026.**

SANBS confirms that the successful number of donations was 60. This excludes those who were unable to donate. SANBS extends their appreciation for the continued support of the Eagle Canyon community.

### SAVE the dates:

Wednesday 20 May; Wednesday 21 July; Wednesday 22 September; Wednesday 24 November

Sold — results start with the right plan



Get in contact: Hestea Maré  
072 454 1110 | [hestea@mandated.co.za](mailto:hestea@mandated.co.za)



## MARÉ & MORROW OPTICAL

M&M Optical is a modern optometry practice in Oxford Parks, Rosebank, offering advanced eye care, state-of-the-art diagnostics and the latest designer and sports eyewear. Contracted to all major medical aids.

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Phone: 011 568 6804  
[admin@mmpoptical.co.za](mailto:admin@mmpoptical.co.za)

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- Contact Lenses
- Sports Eyewear
- Safety Eyewear



# Extra Murals

@ the Tennis Club and on the Soccer Field:

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

## Tennis Club: DID YOU KNOW?

The tennis club is available for Residents to hire on weekends for events and parties.

**Full day Saturday or part thereof:** 08h00 to 22h00 (including set up): R2 300 (plus an additional R1 000 refundable deposit required)

**Full day Sunday or part thereof:** 12h00 to 22h00 (including set up): R2 300 (plus an additional R1 000 refundable deposit required)

**Venue hire includes:**

- Tennis club and outside area, including usage of outside picnic tables and benches (can seat 20 max).
- Kitchen with oven, hydroboil and full-size fridge
- Use of Braai facilities (if required)

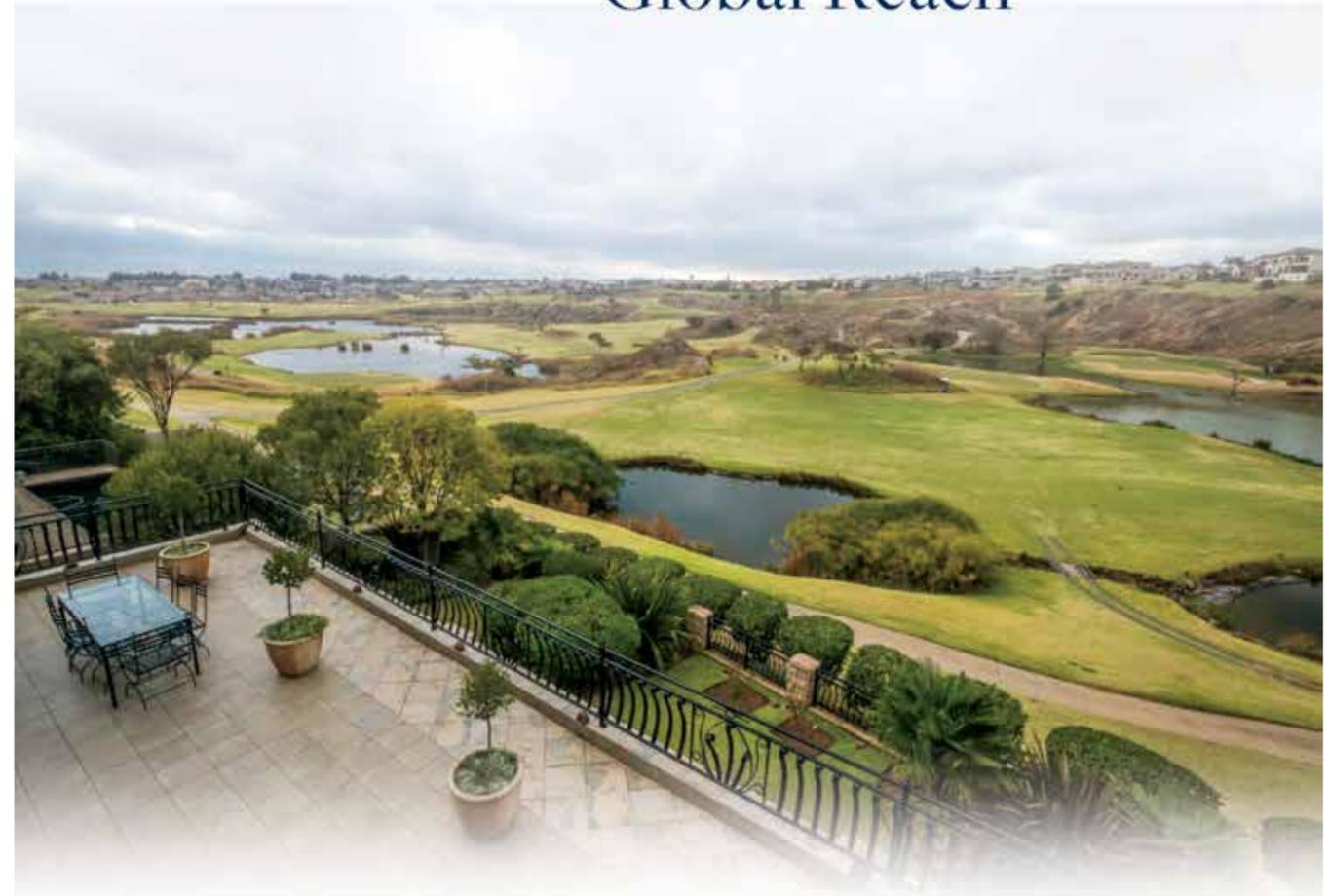
Residents are responsible for their own crockery, cutlery, and clean up. There is a lounge set up inside the venue itself.

Terms and Conditions Apply.

**To Book:** Email Anina Du Plessis on admin@echoa.co.za

continue on page 10

# The Luxury One with Global Reach



## Sales & Rentals in Eagle Canyon Golf Estate

Looking forward to assisting sellers and landlords with our unique, bespoke marketing strategy in our luxury golf estate.



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

**DANCE EXPRESSION**  
**LINE DANCING CLASSES**

**Eagle Canyon Golf Estate**

Monday: 6pm - 7h15pm  
Tuesday: 9am - 10h30am  
Thursday: 9am - 10h30am

Beginners to Advanced, All Ages Welcome  
Unite Through Dance

Contact  
**MARLENE - 084 663 3025**  
marlenebailey13@gmail.com

THE EAGLE CANYON GYM PRESENTS

**Retro Aerobics**

CALLING ALL CARDIO BUNNIES!

Dust off your neon spandex, leg warmers and Reebok trainers and join Tanya for an old-school sweat sesh!

**WEDNESDAY 18 FEBRUARY**

**EAGLE ONE, 5-6pm**  
EAGLE CANYON CLUBHOUSE followed by a full re-hydrate session with drinks and snacks at Bar 19

**LOOK THE PART**  
This is the legal exercise you've been waiting for to wear spandex, leg warmers and jump like a bunny to 80s music - so be sure to dress up!

**READY TO GET SWEATY?**  
WhatsApp Shaun on **072 801 3725** to book your spot.  
ALL AGES WELCOME.  
Cost: 20 of sweat & tears (no blood). Availability is limited.

## TO BOOK The Tennis Courts:

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



As the HOA continuously strive to improve our offering – we have implemented a **new service** to assist with regards to any concerns or complaints that you may have on the estate.

**Step 1:** WhatsApp San Naidoo on 072 377 5655; with your name, stand number and complaint (please include photos where necessary).

**Step 2:** The resident will receive an affirmative response that the complaint has been received and shared with the relevant department head or team member via email

**Step 3:** A response from the relevant department head or team member will be communicated back to the resident within 24 hours.

Please note, there may be some delays for messages received after hours and on weekends.

## Act, Sing and Dance!

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K-POP, MUSICAL THEATRE & HIP HOP (1 HOUR CLASS)	1 X PER WEEK	R600 PM
<b>ACT. SING. DANCE</b> (THE X-FACTOR PACKAGE)		
ACTING CLASS (1 HOUR)	1 X PER WEEK	
VOCAL TRAINING (1 HOUR)	1 X PER WEEK	R1 950 PM
DANCE (1 HOUR)	1 X PER WEEK	

WHATSAPP 082 5530 248  
EAGLE CANYON GOLF ESTATE - TENNIS CLUBHOUSE

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# Colour of the Year

## – Cloud Dancer



Launching this initiative is a collaboration with Emiliano Ponzzi, an illustrator, visual artist and author, who created a limited-edition tote bag.

Expect to see Cloud Dancer coming through this year in fashion, shoes and accessories, as well as nails and make-up trends and even in home décor and interior design. The shade aims at introducing a spa-like feeling into bathrooms and lightness into kitchens. Expect to see collaborations with known (and unusual) partner brands such as Play-Doh which celebrates its 70th birthday this year and Post-It who is launching a neutrality collection.

Pantone, the global colour authority, has released the colour of the year for 2026 – **Pantone 11-4201 Cloud Dancer**, a lofty white whose presence acts as a whisper of calm and peace in a noisy world.

Our lives seem to continue to get busier and busier – at a time where technology is changing almost by the minute, our world is smaller and communication is quite literally a button away – our days, weeks and months seem to speed by. The words, “I simply don’t have time”, seems to spill out of our mouths. And it is this speed of life that has inspired the global pantone team to create a shade of white that serves as a symbol of calming influence in a frenetic society rediscovering the value of measured consideration and quiet reflection.

This provides a seamless shift from 2025’s colour of the year - Mocha Mousse – which embodied a desire for comfort and warmth.

Cloud Dancer is described as a blank canvas – signifying our desire for a fresh start. The concept behind the shade is to quieten the mind, encouraging true relaxation and focus that allows the mind to wander and creativity to breathe, making room for innovation.

The Pantone global experts suggests that choosing rest, consciously stepping away from relentless demands and turning inward recognises that true strength lies not just in doing, but also in being. Expressing our aspiration for a future free from excess, the shade evolves our desire for contentment and feelings of peace, unity, and cohesiveness.

Says Leatrice Eiseman, Executive Director of the Pantone Colour Institute: “At this time of transformation, when we are reimagining our future and our place in the world, PANTONE 11-4201 Cloud Dancer is a discrete white hue offering a promise of clarity.” She adds that: “The cacophony that surround us has become overwhelming, making it harder to hear the voices of our inner selves. A conscious statement of simplification, Cloud Dancer enhances our focus, providing release from the distraction of external influences.”

The experts share that following on from the concept of a blank canvas, and a quest to inspire creativity, the Pantone Institute have launched an initiative that supports the artistic community and colour enthusiasts. Throughout the year, Pantone will release surprise limited edition designs across all creative fields, from graphics to fashion. Each creation aims at reflecting that particular artist or designers’ interpretation.



Laurie Pressman, Vice President of the Pantone Colour Institute adds:

“We are living in a transitional time where people are seeking truth, possibility and a new way of living,” She concludes that Cloud Dancer “exemplifies our search for balance between our digital future and our primal need for human connection – a liminal space that is a launchpad for creative expression – as individuals and communities are experiencing beyond traditional boundaries, opening the door to increased imagination and innovation.”



**COMING MARCH 2026**

- RESTAURANT
- GIN MAKING/TASTINGS
- EQUIPMENT SALES

CRUISER STREET, LASER PARK

**WATCH THIS SPACE**

Photo Credit: Pantone

# AS SEEN ON ESTATE

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](mailto:comms@echoa.co.za).

## Red-chested Cuckoo

*Cuculus solitarius*

This happy little chappie echoes the sound of summer here on the highveld. You often hear him before you even get to spot him, with his distinctive three-note “Piet-my-vrou” call. This sound (pronounced piet-may-frow) is often repeated day and night by territorial males, and can carry long distances. Our local farmers often refer to this bird as the “rain bird” as their arrival coincides with the start of the summer rains.

The red-chested cuckoo is a medium-sized bird - growing to a length of around 31 cm. The male is identifiable by his slate-grey upper body and pale grey throat. The sides of his head match his dark grey tail, which looks like it has been dipped in white paint. So named for the cinnamon-coloured chest, with a creamy-white belly. The female is similar to the male in colouring, albeit her chest is a duller shade and may have various degrees of barring.

The red-chested cuckoo enjoys lush greenery; and you will often find him enjoying the beautifully maintained resident gardens. As mentioned, you may hear him before you see him as these birds tend to perch in the foliage of the trees, almost concealed until you notice their chests.

He prefers a varied diet, including insects (These birds are great for pest control as they enjoy hairy caterpillars, spiders, centipedes, millipedes, slugs and snails). He will also snack on berries and other garden treats.

The red-chested cuckoo is solitary by nature, but can be considered a bit of a Lothario – taking on more than one mate during breeding season. In turn, the female practises what is known as brood parasitism. She will lay her eggs in the nests of other small birds, such as the Cape Robin-chat, Cape Wagtail, White-throated Robin-chat or even the Barn Sparrow being common hosts, unbeknownst to them. The adoptive mothers then raise the cuckoo’s offspring as their own. The female will lay up to 20 eggs during breeding season (which spans October to February) across different nests. Here, her breeding partner will help her with a decoy strategy, calling persistently to attract the attention of the host parents, allowing the female to sneak into the chosen nest, quickly lay her egg and leave, before the host family is even aware that it has happened. Nature is sometimes very cruel, and unfortunately, the demanding cuckoo chick often hatches earlier than its adopted siblings, sometimes kicking out the other eggs or smaller hatchlings out of the nest. The host parents, none the wiser, will feed and raise the cuckoo like their own, until it’s time for him to leave the nest and make his own way in the world.



Photo credit: Katja Hennecke

...The female will lay up to 20 eggs during breeding season (which spans October to February) across different nests. Here, her breeding partner will help her with a decoy strategy, calling persistently to attract the attention of the host parents, allowing the female to sneak into the chosen nest, quickly lay her egg and leave, before the host family is even aware that it has happened...



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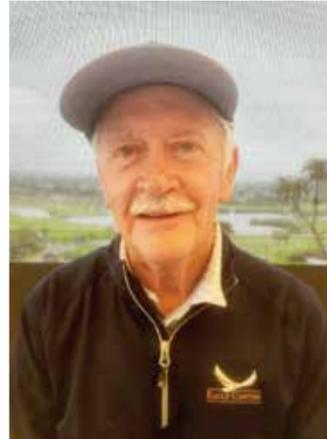
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"Golf is deceptively simple and endlessly complicated." - Arnold Palmer

# {On Course} A round up of all things Golf

## Mandatory Comp Fee

With effect from 1st of March 2026, the Golf Committee has agreed to introduce a mandatory **R50 competition fee** for all competitions played on Saturdays. Wednesdays will carry a competition fee of R100 and Sundays R50 for those playing in competitions. This fee will allow the Club to increase the value of winners' prizes and introduce dedicated prizes for the ladies, enhancing the overall competition experience.



## A Tribute to our Legendary League Manager

We want to express our heartfelt gratitude to a man who has been the backbone of our Eagle Canyon Golf Club league teams for the past seven years – Mr Leonard Ferguson.

Leonard, your dedication, support, and unwavering commitment has been nothing short of exceptional. Not only have you expertly managed our Mid-Am side, but you've also guided our Scratch League team with the same passion and professionalism.

In seven years, you've missed only three matches – when illness or unavoidable commitments kept you away. That level of loyalty and reliability is rare, and it has never gone unnoticed.

Thank you for your endless encouragement, for standing by us through every challenge, and for being the steady voice behind us while we're out there fighting hard for every point. Your passion lifts us, your guidance strengthens us, and your belief in this team inspires us.

We are truly grateful, and we appreciate you more than words can say.

**Thank you, Mr Leonard Ferguson, for everything you have done – and continue to do – for Eagle Canyon and for all of us who play league.**

## CAUTION – Men at Work

The Loft Golf Shop is currently undergoing some exciting renovations, but in the meantime, they have set up a fully operational Pro Shop in the business centre to cater for all your golfing needs! **They look forward to welcoming you and unveiling the new space soon!**

## Save for Dave

During the month of **February 2026**, the **Golf Committee** will be **fund raising for Dave Christie** as he recovers from illness, and donations will be most appreciated. Donations may be processed in the Pro Shop or alternatively payments may be made into the following bank account:

Eagle Canyon Country Club (Pty) Ltd  
First National Bank, Cresta Branch 254905  
Account Number. 62321495427  
Ref: Dave Christie.

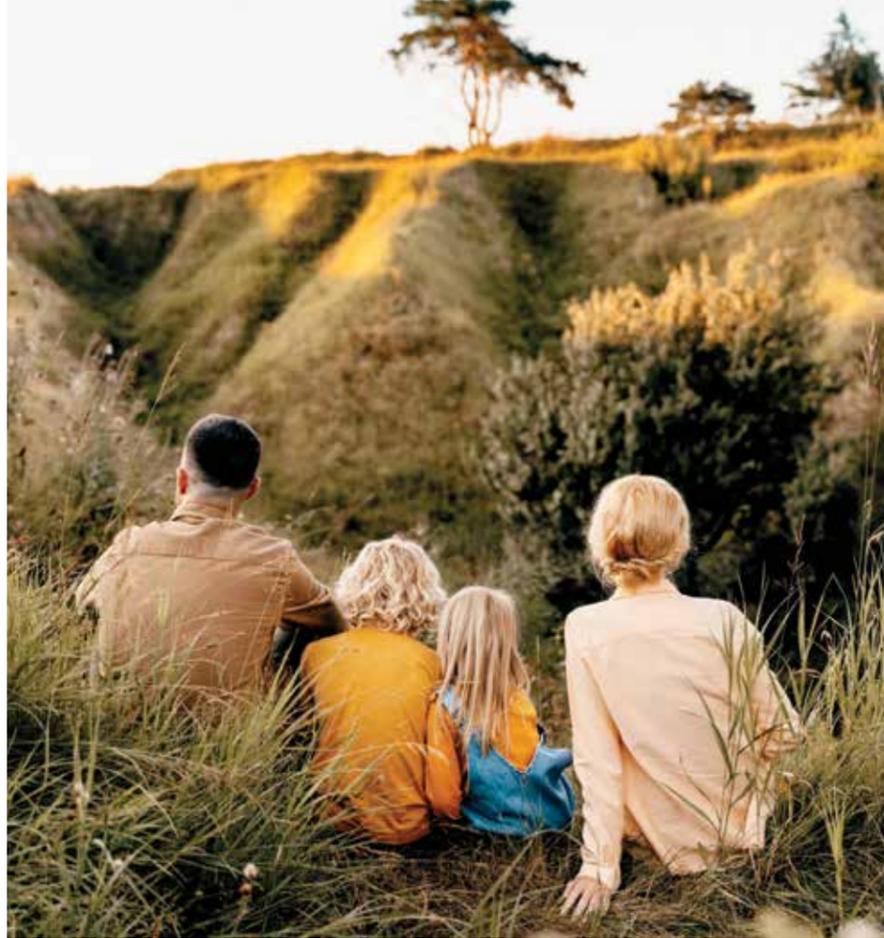


## Foreplay and Cocktails Golf Series Launch

The new monthly golf series - **Foreplay and Cocktails** - had a fanfare launch on Friday 28th November. A great time was enjoyed by golfers and non-golfers alike, on and off the field. Here are the fixtures for 2026. Book your spot, as this is one golf series, you do not want to miss! (More detail can be found on page 4.)

### Save the Dates:

27 February • 27 March • 24 April • 29 May • 26 June • 31 July • 28 August • 25 September • 30 October • 27 November.



# Move to a more mindful year

Ditch the stress this year and focus on yourself - it's the year of you.

The **Good Things Guy**, Brent Lindeque, knows just the right things to say, as I am sure you already know if you follow him through his multiple channels, including <https://www.goodthingsguy.com/>, <https://www.facebook.com/goodthingsguy> or his own page, <https://www.facebook.com/BrentLindeque>. It's a great way to start your day – a five minute read of positivity in today's frenetic, stressful and sometimes downright scary world. More often than not – you will read something that completely resonates with you and your mindset at that time.

Which is what happened this past week. I was in the process of doing my research for this article in fact, when I happened across one of Brent's posts where he talks about the pressure that comes with the turn of that clock from one year to the next. He talked about the pressure January brings with it, in his words:

**“The pressure to change, to do better, to become someone new to magically transform into your ‘best self’...”**

And here's the lightbulb moment – this year is not about any of that. As he says, it's about repairing what life has chipped away from you. Brent paints the picture of chatting to a close friend of his, Nicole van Strijp, about this year of 2026. Of

course, the conversation, went to the theme and rhyming words: “2025 was the twenty-twenty ‘thrive’ vibes. 2024 was the twenty-twenty ‘more’ year. 2023 was twenty-twenty ‘free’.” It was at this point that Nicole shared a profound thought that resonates: 202-fix.

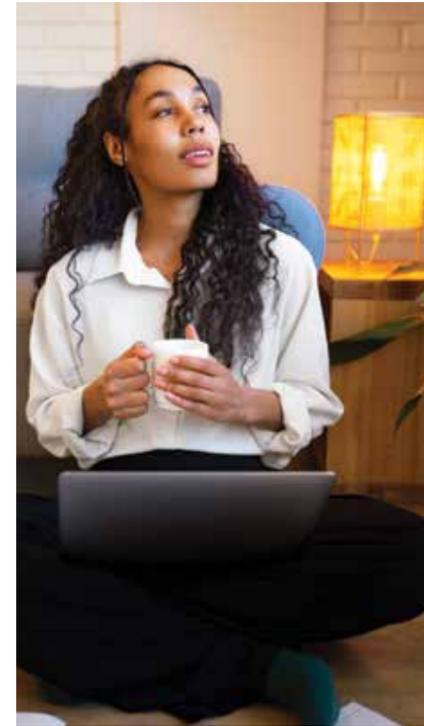
As Brent says:

**“I love that. Because it feels real. It feels doable. It feels like something we can commit to without pretending life is perfect.”**

Of course, there is no such thing as a quick fix. But there are tools available to help us on our way - one such tool is embracing the art

of mindfulness and using this in your everyday life. Makena Wood, a BSc Neuroscience student who works with Building Brains Together (a Canadian-based programme); explains that there are many benefits to finding mindful moments. “Have you ever felt overwhelmed in the middle of your day, had a hard time falling asleep, or experienced difficulty expressing your emotions,” Makena asks?

**“If so, you may benefit from learning about mindfulness and taking time for a mindful moment the next time you experience one of these common issues.”**



## But what is mindfulness and how can it help?

According to the Oxford Dictionary, Mindfulness is the quality or state of being conscious or aware of something. Or a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique.

As Makena shares:

**“Mindfulness refers to the practice of activities that help individuals to gain awareness of their internal thoughts and feelings, as well as their physical state, by both focusing attention and refraining from judgment (Arora & Neelakantan, 2024). Mindfulness practice is intended to reduce stress and anxiety by exercising an individual's emotional regulation skills and has also been shown to have positive health outcomes (Arora and Neelakantan, 2024).”**

Makena adds:

**“If you find yourself in a state of heightened arousal that leads you to feel overwhelmed or prevents you from taking care of your physical health, a mindful moment can help you return to a comfortable physical and emotional state.”**

Matthew Sloan, executive editor of Harvard Men's Health Watch and author of *Evoking calm: Practising mindfulness in daily life helps*, Harvard Health Publishing, concurs. He says that there are three simple mindfulness options that can help with concentration, distraction and every day stress.

Research also shows that every day mindfulness can assist in you being able to focus on the present moment with **“an attitude of acceptance”**. Plus, this only takes 10 minutes of your day.

## Matthew shares three easy mindfulness exercises:

### 1. Simple Meditation

- Start by sitting in a chair or cross-legged on the floor (straight back).
- Focus on just one aspect of your breathing – such as the air flowing into your nose and out of your mouth, or the way your belly rises and falls as you inhale and exhale.
- Now widen your focus, become aware of sounds, sensations and ideas. Be open to this thought-process, consider each without judgement.
- If you find your mind starts to race at this point, go back to focusing on your breathing (step 2) before widening this focus again.
- Take as much time as you need, be this a minute or 10, whatever you are comfortable with, suggests Matthew. He adds that most experts in mindfulness meditation note that the most benefit is achieved if you commit to a regular meditation schedule.

### 2. Open Awareness

Matthew explains that open awareness “helps you stay in the present and truly participate in specific moments in life”. He says you can choose any task for this mindfulness tool, such as eating, walking, showering, cooking or working in the garden. While undertaking your chosen task:

- Evoke all your senses, focusing on your body, both physical and emotional.
- Breathe in deeply through your nose, taking as much air as possible into your lungs. Your belly should expand fully. Slowly breathe out through your mouth.
- Carry on your task, slowly and deliberately.
- Pay close attention to what you can see, hear, feel, smell and taste.
- Now focus directly on the task at hand, allowing any emotions or thoughts to come and go, “like clouds passing through the sky”.
- If your mind wanders from your current task, gently ground yourself by refocusing back to the sensation of this moment.

### 3. Body Awareness

Matthew shares that the third mindfulness practise is to focus your attention on other thoughts, object and sensations. To do this, sit quietly with your eyes closed and channel your thoughts:

- **Sensations:** How do you currently feel. Do you have an itch, a twitch or a tingle? Focus and notice each part of your body from the top of your head to the tip of your toes.
- **Sight and sounds:** Focus on your senses, naming each one: what can you see, hear, smell, taste and touch. Do this without judgement and let these go.
- **Emotions:** What are your current emotions. Focus honestly on these, naming them: be it frustration, fear, anger, joy or contentment. Be completely honest with yourself.

Overall, experts share that paying attention to the present moment without judgement, will help you “fix” your life by altering your perception and how you interact with your thoughts, emotions and environment. By applying mindfulness, you move out of autopilot and into a state of intentional action, which in turn can help reduce your daily stress and anxiety, which in turn lowers your stress levels, improves your immunity and the quality of your sleep.

Mindfulness also assists in increased empathy for others, better communication in your relationships and helps you pause before reacting in frustration or anger.

Best of all, these practises assist in your own emotional regulation (allowing you to pause and respond, rather than react to difficult situations) and helps you to foster a kinder, less judgmental attitude towards yourself.

## It's time to embrace 202-fix.



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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.

# Successful goal achievement in 2026 and beyond

*“The greater danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low, and achieving our mark.” – Michelangelo*



*“Motivation is when your dreams put on work clothes.”*

– Benjamin Franklin

During leadership coaching sessions with client organisations, I often get feedback from these coaches that they are not motivated to focus on their obvious areas of development that we should be focusing on. In such cases, we first need to work on addressing their motivation. Otherwise, we waste time and money in pursuing something they are not motivated to address as part of their development.

### Pointer #2 – Realise that New Year's Resolutions don't work

What happens when someone else lies to you? Well, you might agree that the obvious answer would be: “I would simply not trust that person anymore.” Previous studies have shown that roughly 80% of all New Year's resolutions fail, which implies that four out of five times people make promises and don't keep them, to the one person they cannot afford to lie to – themselves... How then do I trust myself and maintain that I am my own best friend if I effectively lie to myself in this way?

*“May all your troubles last as long as your New Year's resolutions!” – Joey Adams*

Instead of making New Year's resolutions, I believe in a simple, structured process of goal setting and achievement. This process starts with documenting your “Wheel of Life” and then converting your dreams for each of these key areas of your future life into documented goals, which you review and adjust frequently. Such a process, in my view, forms the backbone of creating the life that you would like to live.

We are still at the beginning of 2026, and regardless, the topic of goal setting and achievement is timeless. It is an age-old concept, yet we often neglect it or pursue it in a manner that does not support us in achieving our full potential. To a large extent, we all know the goal-setting process, but in this edition, I will attempt to give you a couple of new perspectives via some pointers that should assist you in achieving more in 2026 and beyond, as an individual as well as the teams within which you operate, at home or at work.

### Pointer #1 – Without Motivation, you will achieve very little

I have shared with you before that we will find it very hard to achieve what we want to in life if we don't have motivation. Otherwise, our success in trying to achieve something will be short-lived. I would hate to waste your time and, if you don't have the motivation, believing in the power of goal setting and achievement, please stop reading this article... However, I believe that this would be a mistake and a lost opportunity.

Stock image: freepik.com

## Successful goal achievement in 2026 and beyond

continued from page 21

### Pointer #3 – Planning is key

*“Success without planning is luck.”* – Mike Dennis

It all starts with realising how important it is to plan our lives. Otherwise, we will one day find that we have not achieved half of the things that we could have from this one life on earth that we have been blessed with. Personal planning is crucial because it provides clarity, direction, and a roadmap for success, reducing stress by defining goals and the steps to achieve them. Planning is the golden key to continuous learning for personal growth and better outcomes in life. It fosters a proactive mindset, holds us accountable, and aligns our actions with our long-term aspirations, making personal and career goals more attainable.

### Pointer #4 – Formal versus Informal

In my career as a leadership and leadership development consultant, I also come across many people who believe in the “back of a cigarette box” approach when it comes to the goal-setting process. It’s your life, and I cannot tell you what to do.

*“Setting goals is the first step in turning the invisible into the visible.”* – Tony Robbins

What I have realised, though, is that a more formalised process of documenting our goals and tracking their progress is more effective for several reasons... For a start, writing down what I want to achieve in the different areas of my life allows me to capture the details correctly, as opposed to walking around with a draft idea in my head that changes from day to day. It also assists me in frequently reviewing my goals and tracking my progress in a structured manner, knowing that what is top of mind are the things that we typically focus on.

### Pointer #5 – Apply SMARTER

*“The secret to getting results that last is to never stop making improvements.”* – James Clear

Most of us know that our goals should be SMART – Specific, Measurable, Achievable, Relevant, and Time-bound. We often forget that they should also be Evaluated frequently and Readjusted if needed. The goal-setting process is dynamic, taking into account that life happens, like we all experienced during the COVID-19 pandemic, as an example. Sometimes we need to make some adjustments, also regarding our planned achievement dates. As long as we stay the course...



### Pointer #6 – Achieve “through” the goal...

*“Success is not final, failure is not fatal: It is the courage to continue that counts.”*

– Winston Churchill

I believe it’s important to achieve “through” the goals that we set. This might sound foreign to you, but I’ll explain... If my goal is to conquer Mount Everest, it cannot stop there. Otherwise, I’ll become part of the group of many climbers who succumbed on their way down to base camp, after reaching the summit. Therefore, I must achieve “through” the goal to get safely back home again. Explaining this in another way, as another example, is when I learn another language, and once I have mastered this new language, I stop practising to speak it and then lose it again. You would agree that this does not make sense. Again, it is important to achieve “through” the goal to cement it in our lives as being sustainably achieved.

### Pointer #7 – Make more time to reflect

Most of us make the mistake of not getting off the proverbial treadmill of life frequently enough. Even if your goals are set informally, I would suggest that we need to make enough time to get off that “hamster wheel” to reflect on where we are and where we are going. Making time to reflect enables us to apply the management function of control in our careers or in our private capacities. As a result, we can then make tweaks to the way we do things to ensure that we are heading in the right direction to achieve what we set out to achieve in our lives...

*“Give me six hours to chop down a tree and I will spend the first four sharpening the axe”*

– Abraham Lincoln

### Pointer #8 – It’s a key part of our lifestyle

Setting goals and doing our best to achieve these is not a once-off process... It should be a key

part of our lifestyle, a permanent feature. Think of a goal that relates to you getting a better body, mind and soul, which includes a better diet and more exercise. Now, imagine you only follow through on this new way of living for a month or two, and then fall back into your old habits and ways of doing things. What will happen? It’s simple, you will get the same results that you used to get, before setting these new goals. It makes me think of the famous quote from Thomas Jefferson that reads: “If you want something you never had, you must be willing to do something you’ve never done”.

*“Your genetics load the gun. Your lifestyle pulls the trigger.”*

– Mehmet Oz

### Pointer #9 – Celebrate your successes

I believe that it’s important to reflect upon and celebrate our successes. Not in a boastful, arrogant manner, but in a manner where we pat ourselves on the back, recognising all our hard work in achieving what we did. This is part of what gives us the fuel to continue with this process of achieving what we want to achieve, and the confidence to take charge of achieving probably more than we ever thought was possible. In celebration of our successes, we don’t need to book a trip to some exotic island. We can simply celebrate by applying positive self-talk in saying to ourselves: “Well done! I am proud of you...”

*“The moment we begin to celebrate ourselves and focus on our successes is the moment we begin living.”* – Gabrielle Bernstein

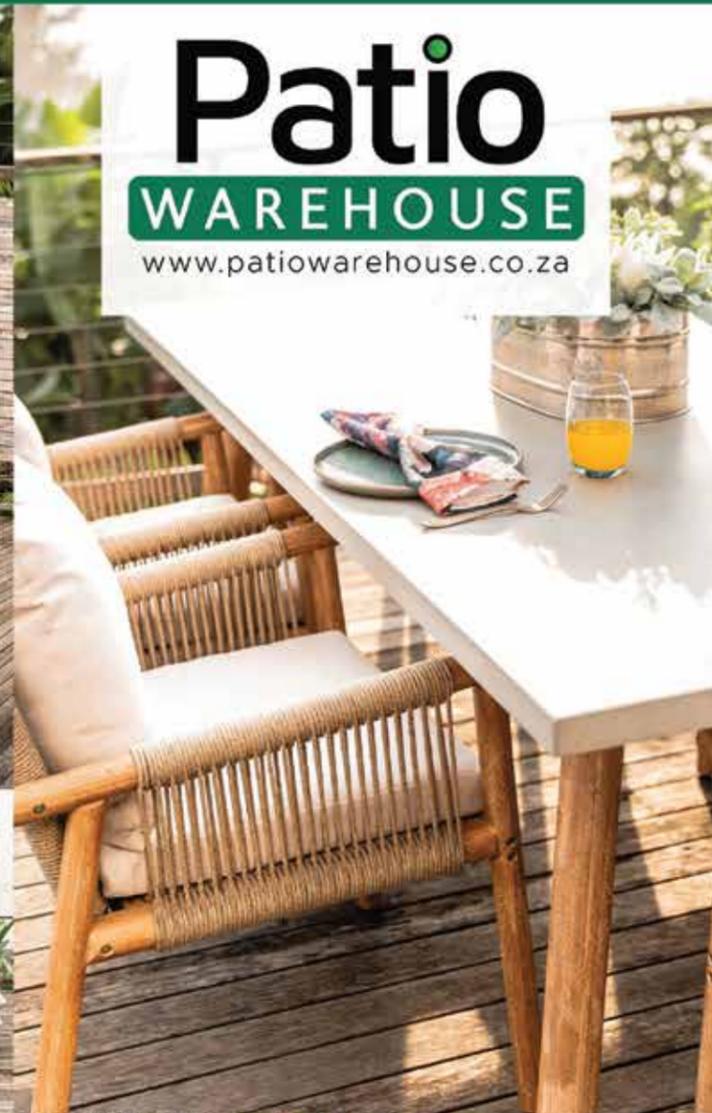
I wish you all the best of success in achieving your goals in 2026 and beyond...

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

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

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

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# Ho Ho Ho – Here we go!



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## Carols in the Park and Father Christmas Visit, hosted by Chas Everitt, was held the last Sunday of November, 2025

We had a wonderful turnout, and despite the threat of dark clouds hanging over the soccer field Father Christmas made his appearance. The children were welcomed by Chas Bear - and each received a small Christmas party pack. While the musicians crooned holiday and festive songs, children shrieked with laughter, stilt walkers making balloon toys and face painters added to the holiday atmosphere. As it got darker, carols were sung and glowsticks lit up the park. Thank you to our sponsors from Chas Everitt: Roz, Josh and Brandon.

Once again, we would like to praise the generosity of our community in providing the hygiene packs that were in turn donated to It's Not About Me, these truly make a difference to those who receive them. These were later delivered to needy recipients in the community, including safe houses, old age recipients and an orphanage Christmas Party.

Thank you to all those who attended and also those who donated to our charity. Above are a few photos from the day. For more photos visit <https://www.eaglecanyongolfestate.co.za/engage#EVENTS>



## Where are your contributions going?





**It's Not About Me** is a non-profit organisation based in Johannesburg, South Africa, that was founded by Shereen Hunter in 2017. Her passion, and the purpose of It's Not About Me is to connect communities so that relief may be offered by volunteers in their respective areas, to people who need it most.

Its Not About Me mobilises ordinary citizens to get involved by sharing information about projects that are happening and also offering them opportunity for volunteers to get involved doing what they love.

We believe in educating communities and empowering people, and do this through offering edu-empowerment workshops that cover a number of topics that destroy urban legends about abuse and abusers, give peoples tools to prevent abuse related problems, and information about places to go if the damage has already been done. The contribution to this NGO will go to old age communities, orphanages, safe houses, feeding schemes and other projects.

**Fountain For The Thirsty** makes a point of ensuring that your donation is put into the community as quickly as possible. Your contributions help reach the underprivileged communities with regular distribution of clothes and food. We also share resources with our initiatives and feeding schemes, maximising the impact of each and every contribution and building stronger, more resilient communities.

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# Lighting the way

**The annual Decorate Your House in Lights competition was held the end of last year.**

Thank you to our community who contributed to the spirit of the estate in December, by either decorating their homes, driving around to enjoy or taking the time to vote for their favourites. We had 15 houses entered and hope to encourage even more entries this next year.

Above is a selection of photos of just some of the houses who entered. For more photos visit <https://www.eaglecanyongolffestate.co.za/engage#EVENTS>

**We are pleased to share our winners as voted by you:**

**First Place:** Stand 667 **Prize:** A family gym membership for one month sponsored by Eagle Canyon Gym and Wellness Centre.

**Second Place:** Stand 460 **Prize:** 1 four-ball including green fees and cart share sponsored by the Country Club.

**Third Place:** Stand 1522 **Prize:** two-week family personal training sponsored by Eagle Canyon Gym and Wellness Centre.

**Fourth Place:** Stand 540 **Prize:** A family bio-fitness assessment sponsored by Eagle Canyon Gym and Wellness Centre.

**Fifth Place:** Stand 31. **Prize:** Voucher sponsored by The Canyons

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**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@theguys.com](mailto:info@theguys.com)

## Finance & Business

**FDC Financial Solutions (Pty) Ltd** Short-term insurance brokers Contact details: 010 035 0883 or [insure@fdcs.co.za](mailto: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](mailto: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](mailto:gauteng@combined.co.za). Phone: 011 795 4400

## Food

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

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

**Honey Bee:** Eagle Canyon Residents receive free door to door delivery on all raw honey purchased. Visit our website for online orders <https://www.honeybeeco.co.za/> or email [info@honeybeeco.co.za](mailto: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.yummytummymysa.com](http://www.yummytummymysa.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 Dinokeng game reserve in Hamanskraal. Our honey is from the hive to the bottle - raw and seasonal. R150 for 500ml R200 for 500ml with honeycomb. Contact 073 522 1288 or 066 587 3557.

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

**Primade Food and Catering Services** include a wide range of heat and eat meals, available in various portion sizes suitable for individuals, couples and families. Menu is updated on a weekly basis and orders are required 24 hours in advance. Contact: Apriena Jugoo Pummer 082 834 7326.

## Fuel / Diesel

**Ballistic Diesel Deliveries** Contact Werner: 065 100 0000 or [werner@ballisticconsulting.co.za](mailto:werner@ballisticconsulting.co.za)

## Glass/Aluminium Repairs

**Breytenbach Glass Services** include glass and aluminium repairs subject to availability. Lead time one to two days depending on materials and requirements. Contact: Johan Breytenbach Jnr 082 416 9252.

## Goldsmith and Watchmaker

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

## Golf Carts & Batteries

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

**Tip Top Carts** Golf Cart Lithium Battery Conversion, Golf Cart Repairs, Golf Cart Refurbishment, upgrades and more. We do on site repairs, pick up and delivery. Contact Taylor Black on [tiptopgolfcarts@gmail.com](mailto: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** Revitalize 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](http://marshmarshphysio.co.za) for more information.

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

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

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

## Home & Garden

**Sarita Sharman Lighting & Decor** is a unique lighting company offering design, imported, local and bespoke lighting for each individual project. Working with architects, designers, and homeowners from plan to execution. We offer onsite supervision and great after sales service! Our no 011 7941 207 www.saritasharmanlighting.co.za

**Kira Interiors** is an interior design company that specialises 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 Pelsler 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@casca-lighting.co.za

## Landscaping

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

## Legal

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

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

## Medical & Dental

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

**Blue Light Blocking Glasses** New technology glasses used for protection from Digital Eye Strain for sale R350 per pair. Different Styles available. Great gift for kids and

adults. Free delivery within the Estate. Contact: Sarah 079 324 4745 or Adrian 082 595 6056.

**Services** - Sound mind counselling services I have a special interest in children and family counselling. I offer play therapy, adolescent counselling, trauma counselling and grief counselling. Please contact Kate on 078 238 7119.

**Dr. Nataša Groenveld,** Specialist anaest-hesiologist & aesthetic medicine practitioner. Specialising in medical aesthetic care. Contact: Dr. Nataša Groenveld 082 853 1124

**Rike Coetzer** - Therapeutic Reflexologist Registered, performing reflexology sessions including the Vacuflex system under regulated hygienic conditions. Allied health service that benefits health and wellbeing, assists in stress reduction and various other health conditions. Contact: Rike 082 784 4719 or rikecoetzer@gmail.com

**Wilton SHE Consultants Services** include an integrated range of Occupational Health and Safety, Environmental, Quality and Risk Management Service in line with ISO Standards, including accredited legal liability training, Disaster Management & Emergency Planning. Contact Details: Mario Wilton 082 778 2037, Andrea 079 085 9699 or info@wiltonhealthandsafety.co.za

## Office Supplies

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

## Personal Care

**Aesthetico Services** provided include branded, luxury haircare and skincare products Contact Sonja Schröder on 082 448 9575 or 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

## Office Supplies

## Photographic Equipment

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

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

## Plumbing

**New Life Plumbing** When you have an emergency or you need your repair handled. You need a plumber who gets the job done right and does not take advantage of your emergency plumbing repair needs by overcharging you. Call us on 082 824 0246!

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

**Dels Plumbing Group Services** include all plumbing & drainage maintenance such as blocked drains, burst geyzers, 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, invertors and batteries and software and wireless networking solutions. Contact: Anusha Naicker 083 293 9353

## Storage

**Commercial space/storage** Do you need additional storage space or perhaps want to run your business in a more professional environment? We are offering entrepreneurs reasonably priced premises to operate from. Please call 010 446 2504 for more information and to book a viewing. Alternatively, you can whatsapp on 072 148 1144.

## Telecommunications & WiFi

**Novo Connect** Services: extending your WiFi signal to all areas in your home, fast & reliable WiFi experience throughout your home, problematic video streaming & eliminating WiFi deadspots. www.novconnect.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

## Town Planning & Development Consultants

**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.

## Waste Removal

**New Era Waste Services** include Waste Removal in Skip Containers 3m<sup>3</sup> and 6m<sup>3</sup>. 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.

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

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

<p><b>FORD TERRITORY</b> 1.8L GTDI AT DARK EDITION</p>  <p>WAS: R734 000 NOW: R608 400 SAVE: R126 000</p>	<p><b>FORD EVEREST</b> 3.0L V6 PLATINUM 4WD 10AT</p>  <p>WAS: R1 324 000 NOW: R1 163 000 SAVE: R163 000</p>	<p><b>FORD RANGER</b> 2.0L TURBO DOUBLE CAB XLT 4X2 HR 6AT</p>  <p>WAS: R682 500 NOW: R559 900 SAVE: R122 600</p>
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