

Creating an Engaged Community

# The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

OCTOBER - NOVEMBER 2020



SPECIAL EDITION

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and email addresses





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Chairman • Legal & Compliance

Secondary Portfolio: Security

### Marius Vermeulen

Vice-Chairman • Security • Country Club Director

Secondary Portfolio: Operations & Building Compliance

### Americo Carneiro

Financial & Financial Risk

Secondary Portfolio: Enterprise Risk Management

### Barry Doyle

Operations & Building Compliance

### Dawie Van der Merwe

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Secondary Portfolio: Legal & Governance

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On the cover:  
Tree Aloe at the Clubhouse  
Photo credit: Elvira Kaiser



Photo credit: Cindy Ellis

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## Dare to Be

This issue is dedicated to sustainability be this through gratitude, in our own lives, in nature or our environment. While doing some research for this issue I came across this poem, which I felt summed this up and was fitting for what we are all going through currently.

### Dare To Be

*When a new day begins, dare to smile gratefully.  
When there is darkness, dare to be the first to shine a light.  
When there is injustice, dare to be the first to condemn it.  
When something seems difficult, dare to do it anyway.  
When life seems to beat you down, dare to fight back.  
When there seems to be no hope, dare to find some.  
When you're feeling tired, dare to keep going.  
When times are tough, dare to be tougher.  
When love hurts you, dare to love again.  
When someone is hurting, dare to help them heal.  
When another is lost, dare to help them find the way.  
When a friend falls, dare to be the first to extend a hand.  
When you cross paths with another, dare to make them smile.  
When you feel great, dare to help someone else feel great too.  
When the day has ended, dare to feel as you've done your best.  
Dare to be the best you can –  
At all times, Dare to be!*

- Steve Maraboli, Life, the Truth and Being Free.

Here is to us all daring to be...

Share your views, opinions, tips, stories and photos of the Estate. Email [Comms@echoa.co.za](mailto:Comms@echoa.co.za)



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# Sustaining calmness in the chaos

Research has found that 2020 has been the year of stress but there are mitigating techniques to overcome this



**HOA**  
**DEIDRE LE HANIE**  
CEO

Photo credit:  
Charne Stander

A survey conducted by Pharma Dynamics has found that since the start of the Covid-19 pandemic, South Africans stress levels have increased by 56%, mainly due to increased psychological and emotional stress. Abdurahman Kenny, mental health portfolio manager at Pharma Dynamics, highlighted that more than 50% of the respondents had lost their jobs, had to take a pay cut or were forced to close their businesses.

He adds that it is normal for people to have ups and downs but when it starts to affect our daily life such as not sleeping, not enjoying activities that usually bring you happiness and trouble maintaining relationships, it's time to seek support.

Another study, this one conducted by the University of Iowa, found that we have all been stressed out to some degree by the challenges of this year. Clinical psychologist at the University of Iowa, Emily Kroska, shared that

continue on page 6

this may be linked to anxiety over work or business that has changed or even been eliminated or it may be trying to find the balance between demands of work and home while working from home. The good news that came out of the study is that by identifying your emotions and taking mindful action to address them this stress can be reduced.

Former Vedic monk, Jay Shetty, shared with CNBC *Make It*: "Whenever there's any major change that happens in our life, we naturally experience uncertainty, or unease, or anxiety or pain."

However, we usually deal with one change at a time. Currently we are dealing with numerous changes and the anxiety and pressure we feel has heightened. **He offers the following tips on how to sustain calmness:**

1. Build a routine in your day as this is one of the best ways to have a sense of purpose. He recommends that you follow the acronym TIME: Thankfulness, Insight, Meditation and Exercise.

**Thankfulness** as "there is so much greatness in our life that our mind tricks us into forgetting," he says.

**Insight** when you feel your problems are growing and the only way to overcome them is to feel you are growing at the same time. Reading, doing a hobby or learning a new skill helps you feel better equipped to deal with your problems.

**Meditation** as "if we can have a moment of peace, then we get clarity about how to conduct the rest of our days," adds Shetty.

**Exercise** as even a little movement daily helps to boost your mood.

2. Allow yourself to be distracted. Don't stress about staying productive and motivated while working at home as there will be times that you will feel distracted. "Rather than seeing distraction as a bad thing I see it as a little reward or a break," says Shetty.
3. Tap those senses. It may not be easy to stay optimistic when everyone and everything seems so negative. Shetty suggests that you look at something that brings you joy. "Organising your photo gallery is a great tip for that, because you find things that you forgot actually happened." Secondly enjoy a scent that you find calming such as Lavender or Eucalyptus. "Scent has a certain power over us. Even though you're at home smells can transform your surroundings and the way you feel," says Shetty. Lastly music truly soothes the savage beast, so try listening to a playlist of your favourite songs that make you happy.



*"...The good news that came out of the study is that by identifying your emotions and taking mindful action to address them, this stress can be reduced..."*



Pam Golding Properties is honoured to congratulate our National top achieving agent, *Linda Nunes* at the National GoldClub 2020 awards. We are immensely proud of her achievements and her dedication, coupled with her focus on delivering outstanding client service in Eagle Canyon Golf Estate.



- National Agent of the Year | Residential | Franchise
- National Agent of the Year | Residential - Category B | Franchise
  - Regional Agent of the Year | All Categories | Franchise
- Regional Agent of the Year | Residential | Category B | Franchise
  - Regional Agent of the Year | Residential by Value | Franchise
- Emerald Circle Agent 2020



# Recently Sold by Us

in *Eagle Canyon Golf Estate.*

  
**PAM GOLDING**  
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BY US

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**SOLD**  
BY US

Torrey Pines Avenue R5.9 million



**SOLD**  
BY US

La Bellucia R3.29 million



**SOLD**  
BY US

La Bellucia R2.45 million



**SOLD**  
BY US

Lake Side Village R2.64 million



**SOLD**  
BY US

Eagle Crest R1.87 million



**SOLD**  
BY US

Birkdale Crescent R5.69 million



**SOLD**  
BY US

Augusta Boulevard R7.99 million



**SOLD**  
BY US

La Bellucia R1.2 million



**SOLD**  
BY US

La Bellucia R1.395 million



**SOLD**  
BY US

Forrest Oaks Avenue R6.4 million



**SOLD**  
BY US

Sawgrass Lane R4.49 million

Linda Nunes 083 949 8662  
linda.nunes@pamgolding.co.za

\* Listed price.

pamgolding.co.za

 [instagram.com/iamnuneski](https://www.instagram.com/iamnuneski)

 [facebook.com/lindanunes.pamgolding](https://www.facebook.com/lindanunes.pamgolding)



# NEWS YOU CAN USE

What's happening in our community and surrounds

*“Be mindful. Be grateful. Be positive. Be true. Be kind.”*

– Roy T. Bennet, *The Light in the Heart*

## Thank you!

Thank you to all Residents who participated in the SANBS Blood Drive held at the Clubhouse on 7 October. The number of donors who successfully donated were 40 and with one donation potentially saving three lives, 120 people have been assisted through your donations.



## Lil' Library

The Residents of stand 688 started a community initiative during lockdown by building a library outside their home. **The message is simple: Take a book, swap it out and bring a book... all in the love of reading**

## Did you know?

There are six elements that underpin happiness. According to researchers at UC-Berkeley's Greater Good Science Centre these include compassion, friendship, gratitude, forgiveness, exercise and mindfulness.



## Sunset on the Estate

Thank you to Resident Charne Stander who shared the sunset photos (above and on page 5). Taken a pic on the Estate you wish to share? Send to [comms@echoa.co.za](mailto:comms@echoa.co.za)

# Daniella vs. Leukemia Transplant Fund

## Golf Day 29 October 2020

Eagle Canyon Resident Mike Van Zijl is hosting a Golf Day to raise funds for Daniella Van Zyl:

### Daniella's story:

"When the year started I had only just begun to see a clear path for where I would be in 20 or 30 years. I had just begun a new career, had moved into my own apartment and could see a bright future for myself. Little did I know that the biggest battle for my life was around the corner.

The beginning of February I started to notice bruising on my legs and arms. Being clumsy as I am I didn't pay the bruising much attention. It wasn't until I started noticing tiny blue and purple dots on my face and inside my mouth that I knew these bruises weren't from me walking into things but rather that there was something else going on.

The most distinctive memory I have is the emergency doctors and nurses at the Union Hospital, rushing around me while the only thought in my mind, was "I'm not ready to die". I didn't know what was going on, but I just knew I wasn't ready.

My name is Daniella Van Zyl. I am 26 years old and on the 3rd of March I was diagnosed with Philadelphia Chromosome positive acute lymphoblastic leukemia (Ph+ALL), a rare type of blood cancer which requires me to have a lifesaving Bone Marrow Transplant. Given the severity of my condition I was given eight months to live. However my conviction remains. "I am not ready to die."

Since my diagnosis, I have had four high doses of chemotherapy, five bone marrow biopsies, four spinal taps and 17 blood transfusions. I was finally ready to receive a transplant that gives me a second chance at life only to find out on the 9th September that my medical aid does not cover the procedure and I need to fund the transplant.

To receive the news that for me to overcome this illness it is going to cost me an estimated R1.5 million is devastating. As the same woman who knew she wasn't ready to give up then I am even more determined to keep fighting for my life now. "

**<https://www.backabuddy.co.za/daniella-van-zyl>**



### How you can help?

- Book a four ball on the Golf Day (R2 200 per four ball, including a Cart).
- Sponsor a hole for R5 000.
- Assist with donations as there will be a donation table set out on the day near the putting green. Anyone who donates will go into a lucky draw for a prize.
- Donate prizes to be auctioned on the Golf Day.
- Purchase a **#KindnessRocks** to be sold on the 2nd Tee Box to raise funds for Daniella.
- Contact Mike or Keely Van Zijl on 083 300 7395 or 083 494 5060 to learn more.



Heidi Angell-Schau  
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Hansie Vermeulen • 084 499 3927





#eaglecanyonrocks

### STEP #1

#### Lets get ROCKING

Clean, flat smooth river rocks work best, check out your local craft store or garden center as they typically sell smooth river stones. Otherwise any rock you can find will work.

### STEP #2

#### Lets get PAINTING

Prepare the rocks by painting them with non-toxic paint - this will prepare the rock surface for your artwork/writing and seal the rock so your paint pens will last longer.

### STEP #3

#### Lets get CREATIVE

Use paint pens to create your artwork, they work best and are easy to work with, and last a long time. We suggest Sharpie Paint Pens as they are easily available at your local craft or stationery shops, but a fine paint brush will work aswell.

### STEP #4

#### I'm done, now WHAT?

Once you have finished your masterpiece/s please let me know so that I can arrange pick up or drop off. Weekly winners will be announced every Thursday on my Instagram page.

### STEP #5

#### #KINDNESSROCKS

Your beautiful rocks will be sold at the **Daniella vs Leukemia** golf day on the 29th of October, on the 2nd tee box to raise much needed funds for Daniella who has been diagnosed with Philadelphia Chromosome positive acute lymphoblastic leukemia (Ph+ALL) a rare type of blood cancer which requires a lifesaving Bone Marrow Transplant.



**CHAS EVERITT**

Roz Everitt • 083 755 8933  
Zelda Reyneke • 082 338 6219

**SAVE THE DATE:**

**Weekend 29 November 2020.** Roz Everitt and Zelda Reyneke, **Chas Everitt Properties**, will be supporting the "It's Not About Me" initiative through an adapted Christmas function this year due to Covid compliance. Instead of the traditional Carols in the Park, Father Christmas will deliver Christmas gifts to participating children's houses. We request that those participating (and any other interested Residents) provide toiletry donations towards the toiletry packs donated to **"It's Not About Me"**. More detail regarding this exciting event to be shared via the Estate communication channels in due course.



it's not about me

## Five minutes with **Ashlei Higgins**

– Brand Ambassador for **"It's Not About Me"**



Ashlei Higgins

**What is "It's Not About Me?"**

It is a non-profit organisation with the sole intention of uplifting the needy through community projects and community support. We seek to offer release to the needy in any and all ways possible. We own and run two safe houses and are very involved in charity work and fundraising events, as well as being involved in many donation projects. Community upliftment is something that is very close to our hearts. Connecting communities and people who can assist is our passion.

**Who does "It's Not About Me" serve?**

- The needy and the aged
- Vulnerable children
- Displaced women and children
- Victims of physical and sexual abuse
- Victims of human trafficking.

**What is your involvement with "It's Not About Me"**

I am a Brand Ambassador for "It's Not About Me". Our focus is on creating awareness around human trafficking, victims of physical and sexual violence, abandoned woman and children and the needy in many communities. We run a full outreach programme to educate and inform. Our current programmes include collecting and distributing blankets, non-perishable foods, books, toiletry packs and other donations within identified areas and to other organisations in need.

**What are some of your memorable moments?**

On the 27 November 2019 we visited the displaced mining community

of Grootvlei. Food and Christmas hampers were distributed to the needy, we held a Christmas service in the local church and thereafter the children of the community were treated to a Fun Day.

**How can Residents assist in meeting your needs?**

Any donations of the following would be greatly appreciated:

- Children or adults' clothing
- Furniture or appliances for our safehouses
- Non-perishable foods
- Educational or children's books
- Donations to sponsor school needs of rehoused children
- Donations toward school uniforms and school stationery
- Legal advice for displaced women and children
- Toiletry packs at the Carols in the Park adapted of 2020 function.



To find out more: Contact Ashlei on 082 924 9550



# UPCOMING EVENTS

October – November 2020

## Tips on Business Continuity Management

**Craig Kent**, Aon South's Business Unit Manager: Risk Management together with **Junita van der Colff**, Managing Director of Protean Business Solutions, unpack the impact of Covid-19 on businesses in the context of business continuity, the success stories and lessons learnt from the past few months and how businesses can become more resilient going forward.

Click here to see the webinar: <https://www.youtube.com/watch?v=ame3jjolkFk>



### Book the Date:

BeerFest @ the Clubhouse  
Saturday 31 October  
12h00 until late.

Live music, beers on tap  
and food stalls.



**PinkDrive 2020:** We have all been affected by cancer one way or another, whether a family member, friend or even ourselves. It is a hard and challenging journey and support goes a long way. The Cancer Association of South Africa reports that breast cancer is one of the most prevalent cancers among South African women. The good news is that early detection can help to prolong or save lives.

The PinkDrive Open Day, brought to you by **Linda Nunes of Pam Golding Properties**, takes place at the Clubhouse parking area on 9 November 09h00 to 16h00. The following will be on offer: Mammograms: R770, Pap Smear: R300, PSA Testing: R75 and Free Clinical Breast Examinations.

To book your spot, email [pradmin@echoa.co.za](mailto:pradmin@echoa.co.za).

# UPCOMING EVENTS

October - November 2020



## Calling all Ghosties and Ghoulies: **Decorate your home & win**

Due to Covid-19 and Level 1 Lockdown restrictions, **Trick or Treat** will not be taking place this year in its traditional form. However, in the spirit of community, we would like to encourage Residents to decorate the outside of their homes and verges in a spooktacular fashion. The best decorated house will win a prize sponsored by Rob Clark from Propvest Real Estate.

**To register your home please email**  
[pradmin@echoa.co.za](mailto:pradmin@echoa.co.za)

The competition runs **the week 26 to 31 October**, with the **winner announced the week of 2 November**. A map of all participating houses will be circulated, and Residents will be encouraged to vote for their favourite. More detail to follow via our communication channels.



**PROPVEST REAL ESTATE**  
Robert Clark • 083 462 1236



# What's happening at THE CLUBHOUSE

Golfing • Jessica's • Coppa Bar • etc.

## Golfing for Beginners:

The **Buhrmann Du Toit Golf Academy** has launched the **Operation 36 Golf Programme**, considered to be one of the most effective programmes to teach beginners the game of golf. It provides a clear blueprint from complete novice to par golfer. The lessons are based on playing on the course right away and moving up in the divisions. All progress is tracked through an app. Junior and Lady programmes available.

**Click on the link to book your spot.**

<https://operation36golf.com/#/community-map/1136>



## October SPECIALS

at **MRN Dry Cleaning**  
(Clubhouse lower level)

**Casual rugs and carpets R50/kg**  
**Laundry: Wash, dry and iron R30/kg**  
**Dry clean curtains R60/kg**  
**Dry clean 2-piece suits R130**  
**Sneaker clean R50/pair**

**Did you know** MRN Dry Cleaning do alterations, sneaker cleaning, shoe repairs and dry cleaning all under one roof? Free pick-up and delivery service available for Residents.

Call 011 794 1312 or 076 412 1806.

## Daily Specials at Jessica's

### Monday Madness

Buy one pizza or pasta and get one free.

### Mom's Night off Tuesday

with buy one burger and get one free.

### Raunch your Rump Wednesday

300g Rump or Sirloin Steak, a Side & Sauce for R99  
PLUS get a kiddies meal free with any many meal ordered from the Jessica's Menu

### Sticky Finger Thursdays

400g ribs and any side for only R99

### Happy Hour Friday (At Coppa)

Buy one drink and get one free between 18h00 and 19h00. Plus live entertainment to get you ready for the weekend.

## Recreation in the Canyon

### @The Tennis Club

#### Ballet

Ursula Ludick 082 553 0248  
Mondays 16h00 – 18h45  
Wednesdays 13h30 – 16h15

### Hip Hop & Modern Dance

Ursula Ludick 082 553 0248  
Tuesday 14h30 – 18h00  
Thursdays 15h00 – 17h15

### Ladies Tennis

Shaunagh Brown 082 264 6307  
Tuesdays 08h00

### Resident Tennis Pro

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

### @The Soccer Field

#### Soccer

Jayson Walker 074 218 6334  
Mondays & Wednesdays 16h00 – 17h00  
Saturdays 08h00 – 10h00



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# Creating a **Sustainable Future tomorrow** starts on the Estate today

## **Did you know?**

Five recycled PET bottles can make one T-shirt.

## **Fast fact:**

Statistics released by PET Recycling Company (PETCO) advise 62% of all polyethylene terephthalate (PET) plastic beverage bottles in the market in 2019 were recycled. This amounts to 95 879 tonnes of PET bottles collected, which otherwise would have occupied 594 448 cubic metres of landfill space and produced 144 000 tonnes of carbon emissions.

## **Setting the Scene:**

At the recent virtual Town Hall Board Director, Les Lange, whose primary and secondary portfolios are Sustainability and Environmental, shared his passion for this topic and his vision for Eagle Canyon. "I recommend you view ENDGAME2050 on YouTube: <https://youtu.be/o8YomEOExkc>," says Mr Lange.

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# Creating a Sustainable Future tomorrow

starts on the Estate today

continued from page 17

## Setting the scene:

- Human beings are over populating and abusing the earth and Mother Nature will not be able to supply enough food, energy and water after ~2050.
- Fossil energy (coal for electricity and petroleum for transport) push toxins into the air that form greenhouse gases, which are causing the temperatures to rise, polar ice caps to melt, deforestation and sea water acidification.
- Land, air and water pollution, particularly plastic pollutions, are a massive threat to all.
- Municipal infrastructure for water and electricity supply is deteriorating, combined with vandalism and cable theft. This will result in more frequent and ongoing loadshedding and watershedding.
- The Energy Just Transition from fossil (coal, gas and petroleum) to renewable (solar, wind, hydro, storage and hydrogen) will happen by 2050.
- Coal power stations will convert to renewable. Petrol and diesel vehicles will become electric and internal combustion engine manufacturing will end this decade.

## Vision to counter sustainability threats

### Pollution:

- Recycle for Our Future is on the Estate each Monday to collect all recyclables from Residents homes including paper and cardboard, plastic, cans, glass, scrap, electronics and batteries. This makes recycling easier than ever before. All recyclables to be placed on your verge by 08h00 Monday mornings. Should it be required they will return Tuesday to collect the overflow.
- Work toward reducing and even eliminating recyclable materials in Pikitup garbage collections.

### Energy:

- Work towards reducing grid dependence by encouraging solar PV, rooftop PV, inverters, UPS, battery storage, LED lighting, solar heaters and geysers, heat pumps, gas stoves and gas heaters.
- Electric vehicles will increase and with it the consideration of electric vehicle readiness within the Estate.
- Consideration for smart metering to track consumption and billing live.

### Water

There is a need to reduce municipal dependency by the following, suggests Mr Lange:

- Create waterwise gardens on the Estate and a waterwise Golf Course. Under our Operations Department and with the assistance of our landscaping service provider, FSG, and our course maintenance service provider, Matkovitch, this is in the process and ongoing.
- Remove invasive plants from the waterways. This is also in process and ongoing.
- Promotion of rainwater harvesting and grey water for gardens and pools and promotion of pool covers.
- Look to ways of cleaning and using water in our streams and dams effectively.
- Efficient irrigation (in process), investigate the possibility of back up bulk water storage on site and the promotion of rainwater harvesting.
- Speedy detection and fixing of leaks and introduction of smart metering to track consumption and billing live.



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# Creating a Sustainable Future tomorrow

starts on the Estate today

continued from page 18

## What our current rules say:

Are you looking to install solar heating and solar power or rain water harvesting tanks? Here's what you need to know. Under our Architectural Building and Landscaping Rules.

### Section 7: SOLAR HEATING AND SOLAR POWER INSTALLATIONS

- 7.1. All solar panel installation proposals must be submitted to the HOA for approval prior to installation and will be treated as minor building works.
- 7.2. No close-coupled units (i.e. incorporating an exposed hot water cylinder) may be used on new buildings and the roof pitch must be designed to accommodate hot water cylinders in the roof space.
- 7.3. Close-coupled units will only be considered on existing buildings where there is no roof space to conceal the hot water cylinder. The HOA will consider each application on merit, and if approval is granted, it will be subject to the installation being adequately screened from view with an approved screening material which is aesthetically incorporated into the building.

7.4. All pipe and or cable work from any solar panels shall be concealed in ducts and/or taken directly into the roof space. Where this is not possible, the application to the HOA for approval must detail the proposed alternative method of concealing the pipework, cabling and ducting.

7.5. All solar panels shall be securely fixed to the roof surface they are mounted on.

7.6. Solar panels are to be positioned as discreetly as possible, preferably on flat concrete roofs concealed by parapets. Pitched roofs may only be used if no other position is possible.

### Section 8. RAINWATER HARVESTING

8.1. Rainwater harvesting is encouraged. All water storage tank installation proposals are to be submitted to the BOT (if applicable) and HOA for approval prior to installation and will be treated as a minor building works.

8.2. All rainwater storage tank installations are to be concealed in such a manner as to not detract from the aesthetics of the specific site or adjacent properties.

8.3. Rainwater must be kept hygienic and insect free and pose no health hazard.



## Architectural Building and Landscaping Rules

To download the full Architectural Rules and Regulations, visit the Estate page of our website <https://www.eaglecanyongolfestate.co.za/estate>



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# Getting to know you

This issue we introduce the first of a three-part series introducing our Board of Directors who share some of their secrets

## Mr Americo Carneiro

Primary Portfolio: Financial & Financial Risk

Secondary Portfolio: Enterprise Risk Management

### **What motivates you to get out of bed every day?**

The thought of breakfast ;-)

On a serious note: my amazing wife, family and friends, goals, growth and tackling new challenges motivates me.

### **What do you consider your strengths and weaknesses and how do these influence people's perceptions of you?**

Strengths: Disciplined, focused, level-headed, calm under pressure and see tasks to completion.

Weaknesses: Terrible with admin, sometimes overthink situations/decisions and procrastinate when there is good sport on TV.

### **What do you want to achieve by being a member of this Board?**

Ensuring we strive to build our Estate with the goal of ensuring it is one of the leading Golf Estates in the country. Fulfilling the needs of Members and ensuring we have facilities which can be used by all.

### **What does living in this Estate mean to you?**

Security, peace of mind and convenience.

continue on page 22

# Getting to Know you

continued from page 21

## Mr Keith Kennedy

Secondary Portfolio: Financial and Financial Risk

### **What motivates you to get out of bed every day?**

My love for life. My family means everything to me and my wife and I have just celebrated our 46th wedding anniversary.

### **What do you consider your strengths and weaknesses?**

My greatest strength is that I am an outgoing people's person. My biggest weakness is that I can sometimes over analyse things and tend to be unconvinced until I have fully checked everything. While being cautious and critical can be good thing, I do tend towards being suspicious. This probably stems from 40 years in the workplace in different industries.

### **What do you believe are people's perceptions of you?**

I would like to think that they see me as being a smiling happy person however, sometimes I can be considered overbearing or longwinded.

### **What do you want to achieve by being a member of this Board?**

I am passionate about this Estate and our people. In my mind, one of the most important things we can do as the Board and the HOA is to work in harmony with our Residents/Members and for our Residents/Members to be in harmony with each other. This was part of my mission as previous CEO of the Home Owners Association. It was a challenging time as there was much history that caused division between the Residents themselves as well the Residents/Members and HOA. We have all worked hard to rectify this and I now want to see how we can continue to improve on this, not only building our own relationships, but to develop Eagle Canyon into becoming the prime, most sought after Estate in the Country. Through the Board, HOA and our people, we can create a desirable, safe and friendly environment.

### **What does living in this Estate mean to you?**

For me, one of the biggest drawcards is the freedom we have as far as safety and security is concerned. This allows me to walk and exercise at any time of the day, greeting and meeting people as I go. It's the community spirit.

### **Lastly...**

I would love to see Eagle Canyon coming close to moving off the grid to avoid these continuous power disruptions and frustrations. Secondly, we have such a diverse group of people on the Estate and I know that not everyone is in agreement on issues nevertheless we can strive for harmony. I would like to take this opportunity to thank all Residents/Members for their ongoing support.



*"...I now want to see how we can continue to improve on this, not only building our own relationships, but to develop Eagle Canyon into becoming the prime, most sought after Estate in the Country."*

– Keith Kennedy

continue on page 23





## Getting to Know you

continued from page 22

*"If my passion for the environment can translate into the development of a long-term plan of environmental management within Eagle Canyon, I would have done my job."*

– James Vlok

### Mr James Vlok

Primary Portfolio: Environmental

Secondary Portfolio: Sustainability

#### **What motivates you to get out of bed every day?**

My wife yelling that the coffee is ready! On a serious note being able to enjoy a gorgeous slice of the "great outdoors" from our patio and the greater Eagle Canyon without having to play golf!

#### **What are your strengths and weaknesses and how do these influence others' perceptions of you?**

Having been called "Dr No" on the odd occasion probably tells you that I'm not a person of too many words – which is both a strength and weakness.

To most people I'm their "go-to-guy" in terms of knowledge, experience, advice and getting things done.

#### **What do you want to achieve by being on this Board?**

If my passion for the environment can translate into the development of a long-term plan of environmental management within Eagle Canyon I would have done my job.

#### **What does living in this Estate mean to you?**

Everything! It is an awesome place to live and will only get better.

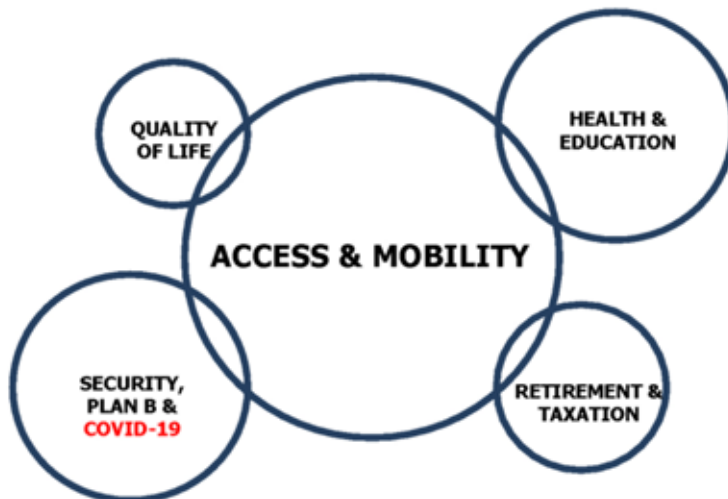
#### **Lastly...**

With my (hopefully final) retirement looming, I am looking forward to start playing golf – just kidding! I would like to get more involved in developing the little environmental gems we have all over Eagle Canyon for all to appreciate and enjoy.



## Passport to your Future

For born and bred South Africans, it's hard to imagine leaving this beautiful land and the incredible lifestyle we enjoy in Eagle Canyon and other premier estates. However, deteriorating socio-economic factors, the global pandemic and the uncertainty facing our children's future, increasingly prompt more South Africans to explore a PLAN-B, even though they may never emigrate. Some of the reasons people are exploring Citizenships by Investment (CBI) include:



CBI programmes in the Caribbean Islands, North America and Western Europe, allow one to maintain SA Citizenship while holding a 2<sup>nd</sup> Citizenship and don't force a move to these countries. This offers South Africans the best of both worlds – living and working in South Africa, whilst having a genuine PLAN-B.

### Education

Education has also become a key driver. The cost of foreign university education is astronomical, however, the holder of an EU passport enjoys significantly reduced rates at premier Western European Universities.

### Mobility & Travel

CBI allows for increased mobility to travel to the UK, US and the EU Schengen zone without the schlep of ever-demanding visa applications.

Covid-19 has shown how those who are privileged enough to have a 2<sup>nd</sup> passport have increased prospects of travelling during this pandemic, which may continue to be a travel hindrance for the next few years. 2020 has been a game changer for many countries whose tourism industry has been decimated and are now reliant on other sources such as CBI programmes to attract foreign direct investment. In many instances, traditional embassy visits are done away with and handled virtually, and in some cases it's not necessary to travel to these countries at all prior to acquiring citizenship. It is possible to acquire passports for the entire family within 4 months.

### Investment

Acquiring a CBI is never a pure investment, and there will always be a cost associated with securing a PLAN-B, however, many of these programmes offer a guaranteed buy-back and guaranteed returns which makes the cost of 2<sup>nd</sup> citizenship much more affordable. There are options to now have these CBI's financed at very attractive rates.

*HPC offers a personalized approach, guiding you from choice of programme, all the way through to Citizenship, including financing. Contact us for an obligation free consultation*



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## **CITIZENSHIP BY INVESTMENT (CBI)**

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## {On Course}

An update on  
all things golf

*"Golf is the closet game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots – but you have to play the ball where it lies."*

– Bobby Jones

# HOA Golf Day 2020

Saturday 19 September – Eagle Canyon Country Club.

Our Annual Eagle Canyon HOA Golf Day was held on Saturday 19 September 2020. Despite the effect that Covid-19 and Lockdown has had on socialising, we believe that it was important to continue the tradition of this annual event that aims at raising money for the year's chosen charities. The morning Members Field saw 140 of our Golf Members (and invited guests) take to the course with the afternoon field reserved for Residents to enjoy a game of golf.

The day is more than about getting out onto the course as all proceeds raised go to charity. The beneficiaries of this year's event were The Cancer Association of South Africa (CANSA), SPCA and The Supper Foundation.

The morning began with registration and each golfer received a goodie bag with information on the chosen charities, sun block (sponsored by CANSA) and some treats to keep them going on the course. A complimentary breakfast was served on the putting green before Tee off.

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# HOA Golf Day 2020

continued from page 26



At 09h00, the much-anticipated STASH THE CASH in partnership with main sponsor Kia Bryanston was held. Each participant was given 30 seconds to scour the interior of the luxurious Kia Sedona for either a white or orange sticker which would guarantee a R200 spot prize. To add to the fun a black sticker was hidden in a more intricate place that could garner the finder R1 000 in cash. Members and Residents alike had great fun with 20 R200 cash prizes awarded. Unfortunately, no one managed to find the hidden black sticker.

The afternoon field saw 128 golfers checking in, having a braai on the putting green before Tee-off. With a storm brewing overhead, the Golfers retreated to Halfway House to wait out the inclement weather, before being cleared to go back out and enjoy a few more holes.

The day culminated with prize giving in the Coppa Bar, with all Covid-19 regulations adhered to. Delicious snack platters were served and great prizes. The highlight of the day was the Eagle Canyon Home Owners Association CEO, Deidre Le Hanie, handing over the giant R20 000 cheques to each Charity, wrapping up an incredible day dedicated to a good cause.



## The Beneficiaries:

**The SUPPER Foundation:** the foundation runs children's church classes, youth groups and soup kitchens from the backyard of a residence in Freedom Park, a very impoverished area to the east of Soweto. "My motivation is based on John 15:13, Greater love has no one than this: to lay down one's life for one's friend," says Errol Ashman, founder, who represented the foundation on the day.

**CANSA:** A leader in the fight against cancer in SA since 1931, the purpose of CANSA, is to offer a unique, integrated service to the public and to all people affected by cancer. Its mission is to be the preferred non-profit leader that enables research with regards to lowering cancer risk, educating the public regarding symptoms, screening and risk reduction, and providing care and support to all people affected by cancer. Cansa was represented by Tarryn Human on the day.

**SPCA:** This registered non-profit organisation's main objectives include: Pet adoption; cruelty prevention and investigations into animal cruelty; school education programmes; taking in stray and unwanted pets or farm animals; pro-active investigations of establishments such as pet shops, livestock sales, circuses etc; re-active investigations of cruelty complaints; Lost and found pets; Animal rescue (wild and domestic animals and birds); Education outreach; Large and small animal pound. The SPCA was represented by Nicole Manners on the day.

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# HOA Golf Day 2020

continued from page 27

## The Prizewinners:

4 BALL ALLIANCE 2 TO COUNT (AFF)		
POSITION	NAMES	POINTS
1	Kreston Govender Kelton Govender Jerry Erasmus Dave Bowman	101
2	Mike Rosenberg Ricky Dos Ramos Grant Joubert Gregg McWilliams	97
3	Johan Havenga Danie Maree Rinus Coetzee James Barth	95
4	Norman Bragg Duncan Coles Sean Wolfe-Coote Louis Meyer	93
5	Mike Van Zijl Don Cochran Mike Tucker Dries Mostert	92 OCO

4 BALL ALLIANCE 2 TO COUNT (NON-AFF)		
POSITION	NAMES	POINTS
1	Kuben Moodley Rodney Nolan John Don Kisten	98
2	Danny Singh Ab Dhiren Ali	97



Stock image: Shutterstock.com

NEAREST THE PIN	
HOLE	NAME
4	Dries Mostert
8	Adrian Patrick
11	Riaan Coetzee
17	Grant Joubert

LONGEST DRIVE	
HOLE	NAME
7	Grant Joubert
14	Eugene Cilliers

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Thank you to all our Event and Hole Sponsors:

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Hole 16: FSG Landscaping

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continue on page 29



# HOA Golf Day 2020

continued from page 28





# HOA Golf Day 2020

continued from page 29





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# Spring ready gardens

Now we are in the midst of spring and summer is just around the corner, Jo-Ann Oliver, aka FSG's plant doctor, shares these tips

Spring is a busy and daunting time in the garden. Don't Panic! "Let's start at the beginning, a very good place to start," as Mary Poppins said.

## Compost and mulch

Spring is the perfect time to clear up old mulch and garden material around annual and perennial plant beds. Moving the mulch away from the plants will allow you to see where the new plants are popping up as well as where to split and divide plants. When mulch is not cleaned up it's easy to miss underlying health issues the plant may have, so don't miss this important step. After winter many perennials and shrubs die back a bit. The first weeks of spring is a good time to trim them back and add those clippings to the mulch or compost pile. Remember to keep the mulch you move out of the garden – it's great for re-using later.

continue on page 33



## Spring ready Gardening

continued from page 32

### Weeding and garden clean up

With the mulch moved aside you can now pull out any weeds or perished plants. Remove any “nonsense” plants (plants that do not belong in certain garden beds gifted from birds). If plants aren't in the ideal position where they will get the water and light they need, replant and space them into more suited areas.



### Hardscape maintenance

Now that the weeds and the “nonsense” plants have been removed you can inspect all the hardscape around the garden. This includes paving or retaining walls, pathways, water features, pergolas and gazebos all of the garden dressings. Repair the cracks and do the paint touch-ups. If you would like to bring new pots and items into the garden this is the time to choose where you would like to place them and ensure the space they need will be perfect. Do not skip on the maintenance, look after what you have. Hardscape can be costly so you would want the longest use out of the items. Make sure that growth support structures like trellis or espalier wires, baskets, etc. are all strong, mended and reinforced to support the new season's growth.

far as possible so we recommend Margaret Roberts organic insecticides, Margaret Roberts Organic fungicide and Margaret Roberts Organic caterpillar pesticide. It is the best defense against those pesky lily borers. If you have Clivias in your garden this product is a must-have in the plant cupboard. Margaret Roberts Organic Supercharger is a wonderful nutrient mix to get the best from your garden.

### Pruning and trimming

Perennial flowers benefit greatly from a good trim. Cut-away dead flowers, branches and stems that touch when they cross over other dead and damaged plant material. Don't worry that you have left it too late as most perennials like to remain throughout winter and as soon as the last cold spell of spring is over, they will benefit and revitalise after being trimmed back. Also make sure roses are all trimmed and follow up with some of Ludwig's Rose care and rose food.



### Plant health checks. Take the time...

Insect infestations, leaf discolorations, fungal, disease spots, and weak plant stems. Now that you have an idea of what the health condition of the garden is you can decide on your pest and disease control. At FSG we prefer organic practices as



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## Spring ready Gardening

continued from page 33



### Fruit and vegetable gardens

Be careful not to cut away the new season's new buds and blooms on fruit trees. Now that winter has waved goodbye, some seasonal veggies will be in their final stretch, get the summer selection ready. Remove any damaged and perished plant material. Add bonemeal and fresh compost to the veggie beds and enjoy planting those seeds and seedlings.

### Annual garden beds

By now the garden beds should be cleared and ready for new seeds and seedlings. Remember to add bonemeal to wherever you are planting new plants or seeds.

### Bulbs

Dig up winter bulbs that are no longer carrying plants. Doctor them and store them for the end of summer planting. When planting bulbs please be sure to follow the instructions. Not all bulbs are the same and have different requirements. Nothing to be nervous about just a bit of reading and instructions to follow. Every little bit of information you have helps give the plants a better chance of success and longevity.

### Water plants

Keep an eye on water plants, clean them, cut away damaged and perished bits, give them some new fresh compost and

fertilisers. If you have fish and other life near the water plants make sure the fertilisers and garden products you use are safe to the environment especially for your pets.

### Compost and Mulch

Now that all the garden tasks are taken care of, it's time to put down a 25mm thick layer of fresh compost around all the plants - yes all the plants. After composting, re-use the mulch you removed from the beds and return it in the garden around the plants. Add new mulch if there are empty spots. Compost and mulch are vital for garden health. A substantial layer of mulch saves water by reducing the evaporation rate as well as prevents the top layer of soil from



drying out to quickly. At the same time small plants get their roots protected and all the plants get a constant supply of nutrients as the mulch keeps breaking up.



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## AS SEEN ON ESTATE

This series showcases the interesting, unusual or just striking flora and fauna as captured on camera by our Residents. This issue's highlights were showcased on Birds, Insects and Animals, one of the community's unofficial/private WhatsApp groups and emailed in.

### Bitter Aloe or Red Aloe

**Name:** Aloe ferox Mill known as the bitter or red aloe

*Photograph provided by HOA*

Aloe Ferox, from the family Asphodelaceae, is one of our best known plants. The bitter aloe reaches two to three metres in height with the leaves growing in a rosette. As the older leaves die off they dry and drop creating a skirt on the stem.

The leaves of the aloe can be a darkish green, a shade of almost purple or blue or even a reddish tinge. Some of the aloe family have leaves that gently curve upwards with reddish spines on the edges. The younger plants have a multitude of spines.

The flowers grow on branches that appear similar to a candelabra, with between five and eight branches each with a head of multiple flowers. Colours vary from buttery yellow through to sunset orange and fiery red. Flowering starts in May and continues through to September (and in some parts of the Canyon, still through to October and even November).

These aloes attract a number of birds, including sunbirds, weavers, starlings and mousebirds. Insects, including bees, love the aloe nectar.

We have around 155 species of aloe in South Africa, which can be found in almost all vegetation types, and are relatively hardy and water-wise plants. The bitter aloe loves rocky hill slopes and koppies and grow in large numbers as evidenced by the multitude on our Golf Course.



#### Medicinal uses:

Like it's counterpart Aloe Vera, the Bitter Aloe is famous for its medicinal qualities. It contains almost twice as many amino acids than Aloe Vera. The bitter gel-like sap contains alion, which has healing properties and is an antioxidant. Aloe Ferox is rich in polysaccharides, amino acids and minerals, which makes it a good addition to skincare products, as well as having detoxing, anti-inflammatory, anti-bacterial, anti-parasitic and anti-viral properties.

#### Did you know?

According to the experts, Aloe Ferox derives its name from the Greek word for fierce or war-like, in reference to leaves edged in sharp spines.

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## AS SEEN ON ESTATE

continued from page 36



*"The Southern Red Bishop is a bit of a flirt having more than one female partner. At the start of breeding season (which runs from October to March), the brightly coloured male builds a number of woven nests in his territory to attract his female posse."*

## Red Bishop

**Name:** Euplectes Orix – Red Bishop

*Photographed by Danieta Britz*

A member of the weaver family, the male Southern Red Bishop's plumage changes colour during breeding season – hence the vibrant red and black visible on the Estate currently. Breeding males are easily identifiable with their upper chest and under tail an orange or red, with the breast and belly black. Their heads are red with a black face. Their wings and tail feathers are brown. Outside of mating season, both the male and female are similar with a streaky brown plumage and pale chest feathers. The male is slightly larger than their female counterparts who is between 10cm to 13cm in length. Their thick, conical bills are suited to their omnivore diet of seeds from plants and insects, such as dragonflies, which they catch and eat on the wing

The Southern Red Bishop is a bit of a flirt having more than one female partner. At the start of breeding season (which runs from October to March), the brightly coloured male builds a number of woven nests in his territory to attract his female posse. In the Estate, these are usually in the reeds and nesting islands near the dams and watercourses. To encourage his would be partners, he displays what is called a bumble bee flight, his feathers all ruffled up and excited. The bumble bee dance and rapid wingbeats is usually displayed over the reed beds. The Red Bishop will swivel around the reeds emitting a rapid call. The female responds by examining his nest work and if she is satisfied with his architecture she allows mating to take place.

Two to four eggs, plain blue in colour, are laid at a time. Incubation is around 12 days and the fledging period is 14 days.

They are sociable birds, nesting in colonies often with other members of the weaver family. Lifespans of up to 10 years have been recorded in the wild.

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## River Frog

**Name:** River Frog (*Amietia delalandii*)

*Photographed Chad Keats (Nextgen herpetologist)*

There are 131 species of frogs in South Africa, including river frogs. They are identifiable by their streamlined bodies, pointed noses and well-developed hind legs and partially webbed toes.

Interestingly (like many of the frog species) the males are smaller than the females, averaging 58mm in length compared to 83mm.

Their colouration varies from a dull brown to dark patchy green, pale brown with orange flecks or even a bright green. Around half of the variants have a paler stripe running down their back, with the darker brown versions displaying a yellow or even orange stripe.

The adult river frogs spend their time floating in the water or lying on the rocks. Larger frogs can be found sitting on the banks or in vegetation above the water. When surprised or disturbed, the frog leaps into the water and can remain submerged for long periods of time.

During breeding season, which takes place between October and February, the male river frogs send out an advertisement call. This is a short series of modulated clicks followed by a pause and a croak. They may call singularly or in groups. The advertisement call is used by the female to identify species, mating readiness and size. The female river frog moves towards the call she finds most attractive. Anywhere from 150 to 400 eggs are deposited in small groups in slow moving to static water and the tadpoles are bottom feeders, growing to a size of up to 80mm in length.



*"The adult river frogs spend their time floating in the water or lying on the rocks. Larger frogs can be found sitting on the banks or in vegetation above the water."*





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# Sustaining Gratitude

Finding what you need in this time of need

**2020 has been a difficult year, in particular for mental wellbeing.**

The threat (or reality) of contracting Covid-19, repeated lockdowns and economic uncertainty have resulted in widespread anxiety and concern.

Research, published in the *Lancet*, has found that many of us who previously thought we were unaffected by mental health concerns have found that, we too, are vulnerable. Those of us with pre-existing mental health conditions have found our difficulties increased.

Feeling anxious or overwhelmed, there are ways to improve your mental outlook, and expressing gratitude is one way. **The definition of gratitude is thankful appreciation whether tangible or intangible. It is the acknowledgement of what is good in our lives.**

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# Sustaining Gratitude

continued from page 40

Research, conducted by Harvard University, has found that gratitude is associated with greater happiness. It helps you feel more positive emotions and take pleasure in good experiences, gratitude can help you deal with adversity, helps improve your health and forges stronger relationships. Ultimately, having gratitude helps you connect with something bigger than you as an individual – be this those around you, the natural world or a higher power.

## Ways to cultivate and sustain gratitude (when it seems impossible):

Finding the positives in our lives and something to feel grateful for helps us to better appreciate the here and now, rather than the hope that there is something (or someone) out there that can give us that happiness. While this action of gratitude may seem forced or unnatural to start the wellbeing benefits soon outweigh the negatives.

**Dr Robert A Emmons**, a world leader in gratitude research, professor of psychology at the University of California, and the author of books such as *Thanks! How the New Science of Gratitude Can Make You Happier*, offers these tips to sustaining gratitude.

1. **Keep a Gratitude Journal:** Remind yourself of all the good things in your life, be it a person, an activity or even a personal attribute.
2. **Remember the Bad:** The hard or difficult times in our lives help us to be grateful for where we are now and how far we have come.
3. **Ask Yourself these Questions:** "What have I received from...", "What have I given to...". "What troubles and difficulty have I caused....", "How has this changed my perception..."
4. **Evoke your Senses:** Through our abilities to touch, see, smell, taste and hear we can appreciate the world around us and what it means to be alive.
5. **Use Visual Reminders:** Dr Emmons shares that two primary obstacles that can hinder being grateful and forgetfulness and a lack of mindful awareness. Visual reminders such as the people we come into contact with, nature around us, etc. help trigger feelings of gratitude.
6. **Make Practicing Gratitude a habit:** Research has found that repeating a behaviour and making it a habit increases the likelihood of that becoming a reality.



7. **Be Mindful of your Language:** Grateful people have a particular language style, that includes vocabulary such as "blessings", "fortunate", "abundance", "thankfulness", "recognition". Through this language usage you focus on the good things that others have done for you and around you.
8. **Move through the Motions:** Even if you don't feel it, going through the motions of gratitude, such as smiling, saying thank you and writing thank you notes, the feelings of gratitude, and the benefits thereof, will be triggered.
9. **Think Outside the Box:** In today's world, if you want to make the most of your opportunities, creatively look for new circumstances and situations in which to feel grateful.

## Benefits of Gratitude

1. **Gratitude creates stronger relationships** with those around you.
2. **Gratitude improves your health.** Research shows that grateful people are more likely to exercise and spend time outside which in turn improves your wellbeing.
3. **Gratitude improves your psychological health** as emotions of envy, resentment, frustration, or regret are toxic. Gratitude in turn increases your happiness and reduces your feelings of anxiety or depression, adds Dr Emmons.
4. **Gratitude helps you sleep better.** Spending a few minutes each night jotting down the good things in your day helps you sleep better and longer according to research published in *Applied Psychology: Health and Wellbeing*.



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# Junk Journals

A creative way to store memories and mementoes

A junk journal falls under the growing genre of Art Journals – an umbrella term for journalling that includes visual elements. These are highly personal and reflective. Art journals come in a number of forms such as:

**Altered books** (repurposed hardcover or paperback books used at the starting medium, you can black out all the words on the page, except those you want to stand out, paint over the pages, decoupage, cut or fold pages).

**Gluebooks** (Using a notebook or diary, gluebooks focus on collages of paper reminders of your daily life, such as receipts, ticket stubs, postcards, labels, wrappers, photos, etc.. You can add text, drawing or painting as well).

**Mixed Media Journals** (These journals focus on layers, such as different types of paints and inks with layers created by stamping, collage, washi tape. Sketches can be added on top of painting and text on top of that).

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# Junk Journals

A creative way to store  
memories and mementoes

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**Junk Journals:** (These combine all of the above elements, however, this refers more to the style of journal as the materials are found or recycled, and often hint of bygone areas with a steampunk or antique feel.)

No one seems to know the origins of Junk Journalling, nor how long these have been around. The Urban Dictionary describes this as “a book handmade from memorabilia/ephemera/photos/out of recycled or vintage material significant or visually appealing to the intended owner.

Bloggers, such as Chelle, creator of Artjournalist.com, have described these as books made from the “leftovers of life”, from recycled and found materials, such as ticket stubs, food packaging and even junk mail. They are a way to collect your memories, thoughts, ideas and inspiration.



Rather than buying a journal the beauty of a junk journal is that you create it yourself from scrap pieces of paper bound together. They often have embellishments, pockets, envelopes, flip out pages and more. Here are some steps to create your own:

1. Choose your subject or purpose: Having a theme or a focus can help you with your choice of materials, colours, etc. These can be themed according to an occasion, favourite writer or artist, a project, favourite colours, etc.
2. For the cover you can use old notebook covers, a folder or a hard cover. These are covered in paper or material and bound with glue or tape. The cover should be able to open and close easily.
3. Signatures are sections of paper nestled within each other that go into your book. Each signature contains four to seven pages and are individually stitched or attached into the cover. A junk journal is made up of a number of signatures stitched into the book.
4. Gather your chosen paper colours and textures and put together in piles of four that work well together. You can use scrapbook paper, cardstock, wrapping paper, tea-dyed paper, etc. Ten to 20 pieces of paper, cut down will give you 20 to 40 pieces and folded will create around 80 to 160 pages.
5. You can either stitch the pages into the cover or use coloured elastic bands to secure the pages into the cover.
6. Pages can be folded up, pockets and envelopes inserted and embellishments added.

The best part of a junk journal is that there are no rules. This becomes a keepsake, an outlet for self-expression, a source of motivation and a holder of your memories.





# UPCYCLE your organics

Organic Waste will soon be banned according to the Department of Environment Affairs. A 50% organics ban from landfills is due to be in place by 2022, with all organic material prohibited from landfills by 2027.

## What is organic waste

Organic waste is any material that is biodegradable and comes from either a plant or animal. Examples include green waste, food waste, food-soiled paper, non-hazardous wood waste, green waste, landscaping and pruning waste.

## What you can do?

Our Clubhouse instituted Bokashi composting close on six years ago, with all organic matter processed in this manner. You too can compost your food waste.

According to Earth Probotic, suppliers of Bokashi products, the process is simple. All food waste can be "bokashi'd" including cooked and uncooked meat, sea food, small bones, dairy, onions, etc.

Bokashi is an anaerobic fermentation composting method. The advantage of this process is that all food waste can be composted. The microbes in the Bokashi mix works in symbiosis to ferment the waste and prevent the rotting.

Bokashi ferments food waste and in the process eliminates the rotten stench instead releasing a smell similar to beer or cider.

All you need for Bokashi composting is a Bokashi bin with an airtight lid, internal strainer and tap and the Bokashi microbe mix. Place your food waste into the bin add the mix and close the lid. Leave to stand for two weeks to complete the fermentation process. During this time the contents release a leachate or "tea", which can then be used diluted as a liquid fertiliser or undiluted as a drain cleaner.

Other composting options including pouring the contents directly into your soil, adding to your outside compost heap as the contents help activate the composting process or using it to feed your worm farm. **For more information, visit [www.bokashishop.co.za](http://www.bokashishop.co.za).**



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# Top nine risks to consider if you are working from home

With millions of people around the globe working from home during the novel coronavirus (COVID-19) pandemic, many organisations had to delve head-first into online working models, stress testing their effectiveness and adopting new working platforms.

With the realisation that many office staff are able to operate remotely with ease, more companies are likely to embrace the idea of making this approach a more permanent scenario, in addition to engaging with remote suppliers around the globe in order to adopt a more agile workforce.

According to Aon South Africa, there are a number of important aspects to consider from an insurance and risk perspective when working from home:

- **Assets cover:** The inventory of assets is normally vastly different between your standard furniture contained in a home to the specialised equipment used in your business. This becomes more complex if you are ordering and keeping stock for clients on your premises. A commercial insurance policy is geared for fire risk, damage or theft as well as the liability risks that a business could face.
- **Business all risks cover:** If you have company equipment at home such as a laptop, a printer or even an uninterrupted power supply (UPS), then check with your employer whether these items are covered under its business all risks cover.
- **Motor insurance:** There is a distinct difference between taking a weekend road trip or transporting friends to a rugby match and that of regularly driving to visit job sites or earning an extra income as an uber driver. Your personal car insurance will normally not respond to a claim when you are transporting people or goods for remuneration or using your vehicle to conduct work activities.
- **Liability Cover:** Work environments are evolving, and more practitioners like dietitians, chiropractors, physiotherapists and psychologists set up home-based practices. While a liability claim may seem highly unlikely for a private practice, they can and do happen and typically spell financial ruin without insurance cover. This is why it is crucial to do a thorough needs analysis to ensure that your home-based business practice is covered for every possible scenario.
- **Cyber risk:** The COVID-19 induced shift to remote working has provided a golden opportunity for cybercriminals to target one of a business' biggest cyber vulnerabilities – the workforce. Businesses should ensure they review the relative cyber risk to their operations and understand that systems which may have been secure before, may now be vulnerable due to the change in operations.
- **Goods in Transit and Stock stored offsite/at home:** Whether you're a tradesman or contractor transporting expensive tools and materials from your work site to client site, or a renewable energy specialist installing PV systems at homes or businesses, the protection of your valuable stock and customer orders while in transit against damage or loss due to an accident, theft or hijacking is critical to the sustainability of your business, your reputation and financial stability.
- **Load Shedding:** Unfortunately load shedding is a reality for South Africans for the foreseeable future. One of the aspects to contend with is the fact that it compromises safety and security. Battery back-ups on security equipment such as electric fences, alarm systems, security cameras and outdoor motion passives can run out before power is restored. Once the power is back, your electronic equipment is also at risk of power surges, which necessitates the use of surge protectors where appropriate.
- **Stay Vigilant:** The lockdown and its devastating economic consequences have exacerbated the vulnerability of many South Africans, making it essential for all to remain vigilant, especially if you are home.
- **Update your insurance:** With the work from home movement, it is likely that you have had to make a few changes or additions to your home to accommodate the new normal. Don't forget to update your insurance covers to include these additions to your home, or where applicable, to insure these additions under a business insurance policy.

The value of a professional insurance broker comes to the fore when considering the various insurance aspects that could possibly impact your work-from-home environment and your pocket, making sure that your personal and business insurance toes the line. A thorough needs-analysis will ensure that you are correctly covered at the inception of your policy, so that come claims time (and crunch time), there are no unforeseen surprises.

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# ESSENTIAL SERVICES

## Residents Directory

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



### Building Repairs

#### Aqua Paints

The sister company of Colour It Paints and supplier of the Imperial Brand for all paint requirements within the Estate. Supplier of face masks, hand sanitiser and face shields. Contact: Raggie Chetty 074 882 1754 or email [raggie.aqua@gmail.com](mailto: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](mailto: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

### Electrical Repairs

#### Elliot Electrical

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

#### Raptor Electrical Services

Services include repairs to all electrics. Contact: Gary Watt 082 855 5845

#### 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 and surge protection. Contact: 064 900 9868 or [info@tiguys.com](mailto:info@tiguys.com)

### Glass and Aluminium Repairs

#### Breytenbach Glass

Services include glass and aluminium repairs subject to availability. Lead time of one to two days depending on materials and requirements. Contact: Johan Breytenbach Snr 082 821 1118; Johan Breytenbach Jnr 082 416 9252

### Face masks, Sanitisers and Deep Cleaning

#### The Cleaning Medic

Services include onsite ultraviolet disinfection and deep cleaning (domestic and commercial) and DIY rental kits available (domestic and commercial). Contact: Morne Norval 083 408 7715 (WhatsApp Only) 073 250 1943 (Calls Only)

#### Complete Restaurant Solutions

Essential Services include supplying medical hygiene, chemicals, medical and pharmaceutical related products: Anti-Bacterial Sanitiser 70% all sizes, Disinfectant, Material Masks - 3 Ply with Filters over 20 designs and colours made to Government Specifications (spare filter packs available), 3-Ply Masks Disposable, N95 Masks, FFP2 Masks, Face Shields, Goggles, Infra-red Thermometers, Chemical & Nitrile Gloves, Perspex Shield for office desks and counters, floor stickers for social distancing, Portable Fridges for Medical Supplies, Foot and Knee operated Sanitiser Stations, Auto Timed Hand Wash Alarms. Contact: John Malamoglou 082 601 0072, 011 791 7470 or [john@crsolution.co.za](mailto:john@crsolution.co.za)

#### Eds Projects - GP2 Chemicals

Services include various sanitisation options ranging from alcohol free hand sanitiser, industrial as well as commercial sanitisation, as well as PPE gear such as masks and gloves. Contact: Dylan Rogers 072 242 1326, 011 801 3200 or [www.gp2.co.za](http://www.gp2.co.za)

#### Face Masks

Services include double layer polycotton washable masks in a variety of fabrics, baby, toddler, kids and adult sizes available, as well as hand sanitiser (20kg-25lt drums), surface sanitiser (20kg-25lt drums) and Non-contact Infrared Thermometer. Contact: Franco Orlando 060 882 8333 or [franco@vhdprojects.co.za](mailto:franco@vhdprojects.co.za)

#### Knight Clothing

Services include a full range of medical, disposable and washable face masks, as well as PPE gear such as gloves and infrared thermometers. Contact: Cheryl-Ann Lee on 084 506 2649, 011 791 1006 or [Lcheryl@knightclothing.co.za](mailto:Lcheryl@knightclothing.co.za)



### **Lema International Trading**

Services include covid-19 essentials, disposable/cotton mask, hand sanitisers, Infra-red thermometer and more. Contact: Hennie Ehlers 011 794 2024, 082 653 0031 or [www.covid19-essentials.co.za](http://www.covid19-essentials.co.za)

### **Selectech (Pty) Ltd**

Suppliers of Infrared thermometers (non-contact, forehead); UV and Ozone systems for air and surface sanitation (portable, free standing, wall and ceiling mounted); Surface hygiene analysis equipment (ATP) and consumables; 3-ply washable masks (supplies to hospitals, clinics etc) Contact: 082 475 8565, calls or whatsapp or [sales@selectech.co.za](mailto:sales@selectech.co.za)

## **Flooring**

### **Combined Flooring**

Services include carpet, vinyl and wood flooring installations. Contact: Ian Merrington 082 651 1983

## **Food Delivery**

### **Aftek food exporters**

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### **Annievents**

Services include fresh homemade delicious Cape Malay Koeksisters delivered on a Sunday morning, as well as supplier of frozen samosas. Orders to be in by 20h00 Fridays. Contact: Andrea Wilton 079 085 9699

### **Berg River Foods**

Supplier of Shake n' Make flapjack mix in three flavours, delivered to your door. Contact: Rachel McKinney 083 677 2347/ [www.shakenmake.co.za](http://www.shakenmake.co.za)

### **Freshspot**

Suppliers of fresh and frozen foods, chocolates, nuts, dried fruit and biltong hampers, fresh flower arrangements and bouquets. Contact: Michelle Davis 082 809 8216

### **Olympic Meats**

Offering a wide selection of local and imported, fresh and frozen meats, vegetables, cheese and seafood. Contact: 082 833 1159, 071 560 4160 or [olympicmeatsza@gmail.com](mailto:olympicmeatsza@gmail.com)

### **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

## **Medical**

### **ALTOR Medical Consulting Services**

Services include Covid-19 Health and Fever Screening. Contact: Wayne Broodryk 083 327 3480 or [wayne@altormedical.co.za](mailto:wayne@altormedical.co.za)

**Dr. Nataša Groenveld**, specialist anaesthesiologist and aesthetic medicine practitioner. Specialising in medical aesthetic care Contact: Dr. Nataša Groenveld 082 853 1124

### **Rike Coetzer - Therapeutic Reflexologist**

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## **Personal Care**

### **Aesthetico**

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### **Sorbet Northcliff**

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## **Plumbing**

### **Dels Plumbing Group**

Services include all plumbing and drainage maintenance such as blocked drains, burst geysers, leaks/floods and all plumbing maintenance issues. Contact: 072 119 6559

### **Drycon Plumbing**

Services include plumbing repairs, burst geyser replacements/repairs, leaking toilet and basin repairs, water pumps supply and install, blocked drains and burst pipes. Contact: Gary Knibbs 083 226 54 72/ [gary@drycongroup.co.za](mailto:gary@drycongroup.co.za) or David Drynan 082 496 4692/ [dave@drycongroup.co.za](mailto:dave@drycongroup.co.za)

### **RM Projects**

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

## **Shipping**

### **Vogue Shipping**

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### **NAVAM**

Suppliers of printer cartridges, laptops and desktops, repairs, invertors and batteries and software and wireless networking solutions. Contact: Anusha Naicker 083 293 9353

### **Pretoria Box**

Manufacturers corrugated boxes for a range of industries. Contact: Hadley McCormick 083 303 7338 or [hadley@ptabox.co.za](mailto:hadley@ptabox.co.za)

## **Telecommunications & WiFi**

### **Novo Connect**

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## **Waste Removal**

### **New Era Waste**

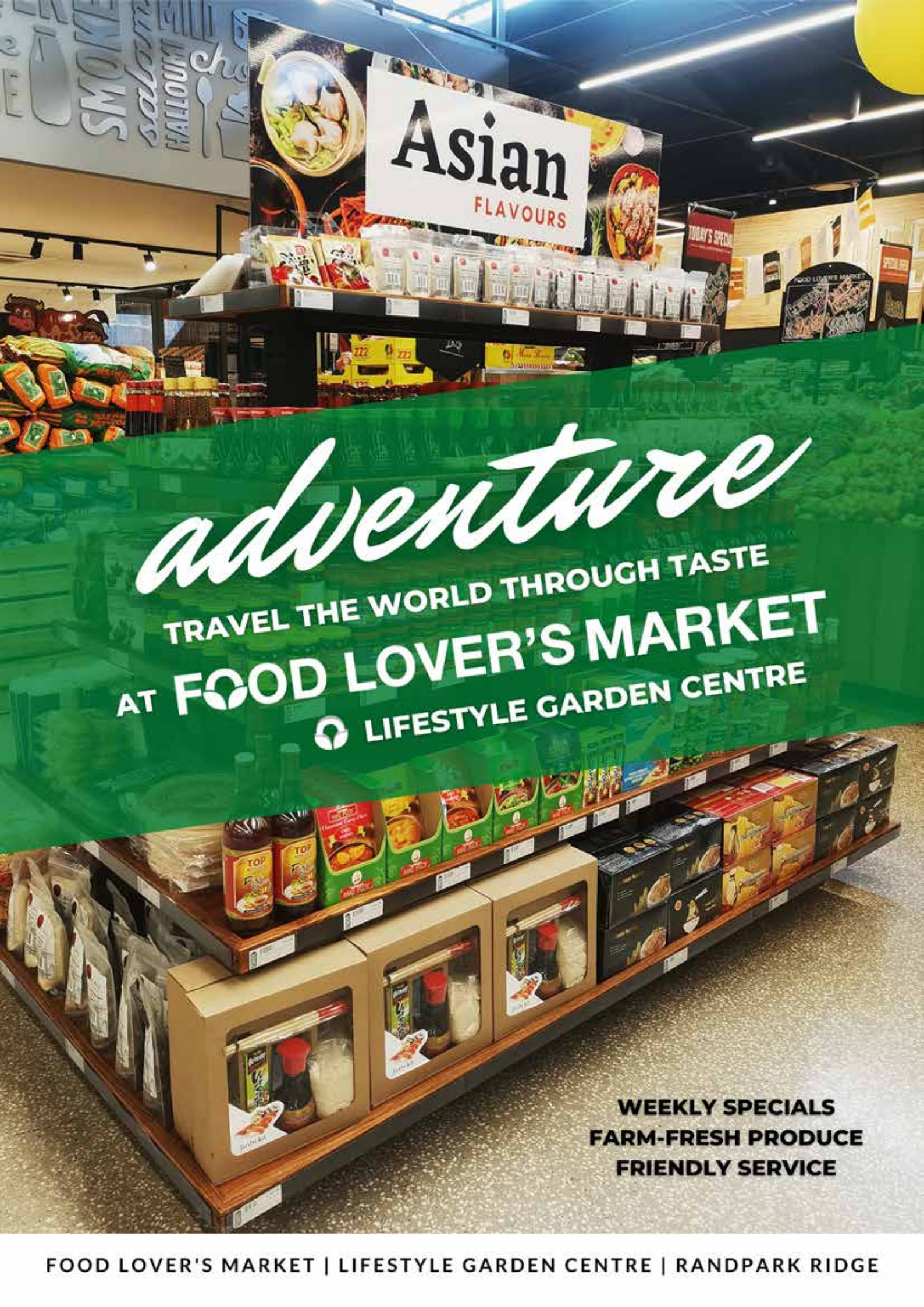
Services include Waste Removal in Skip Containers 3m<sup>3</sup> and 6m<sup>3</sup>. Contact: Chad Willcocks 082 856 4783, JP Willcocks 082 853 9953

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