

Celebrating 18 years of the ECHOA Estate Magazine

# The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

AUGUST - SEPTEMBER 2026

## Clubhouse Survey

Part 2





# I AM PAM. ONE OF A KIND

In Eagle Canyon, it's about more than property. We're your neighbour and community partner. Together, we're building homes and memories.

Beyond helping you find or sell a home, we believe in nurturing our community and making a difference. Our commitment extends to supporting local charities and giving back in meaningful ways, while hosting events that bring residents and families together. Human connection guides everything we do because we understand that a home is more than just bricks and mortar. With us, you're part of a caring community that values kindness, support, and lasting impact.

We're proud to support charities such as the Breast Cancer Awareness Pink Drive and the Teddy Bear Foundation's Teddy Drive.

Passionate Property Professional,  
Randburg

**Linda Nunes**

Registered with the PPRA - Principal FFC

083 949 8662

[linda.nunes@pamgolding.co.za](mailto:linda.nunes@pamgolding.co.za)

[pamgolding.co.za](http://pamgolding.co.za)



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## Important Numbers

**Estate Management Offices:** 011 795 2799

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

**Country Club:** 011 801 6600

[Golfersfeedback@echoa.co.za](mailto:Golfersfeedback@echoa.co.za)

## HOA Board Members

As of July 2026

**Neil Michelson**

Chair HOA

**Wanda Merrington**

Vice Chair HOA

**Ntsako Baloyi**

**Duncan Coles**

**Neil Hobkirk**

**Shaun Mills**

## Clubhouse Facilities

### Asher Spa & Hair Salon

010 541 2129 / 068 223 0127 / [info@asherspa.co.za](mailto:info@asherspa.co.za)

### ATS Gas

WhatsApp 082 447 6546

### BDGA Golf Academy

083 262 8997 / [www.bdga.co.za](http://www.bdga.co.za) / 082 262 8998  
[andre@bdgagolf.com](mailto:andre@bdgagolf.com)

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

079 391 0232

### EC Auto Wax

010 502 1845 / [eaglecanyon@autowax.co.za](mailto:eaglecanyon@autowax.co.za)

### EC Gym & Wellness Centre

011 801 6620 / [gym@echoa.co.za](mailto:gym@echoa.co.za)

### EC Elite Gaming

[Ecelitegaming.com](http://Ecelitegaming.com)

### Events & Conferencing

011 801 6600 / [info@thecanyons.co.za](mailto:info@thecanyons.co.za)

### Meeting Rooms

011 801 6600 / [ccreception@echoa.co.za](mailto: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



**EAGLE CANYON**  
GOLF & LIFESTYLE ESTATE



## THE EDITOR

**Kim Bell**

HOD: Communications & Marketing  
[Comms@echoa.co.za](mailto:Comms@echoa.co.za)

## Goodbye Winter - Hello Spring

Spring is around the corner, and with it comes all the good things – more outdoors, more socialising, more braais and more community.

It is also a great time to look at decluttering your life and making a fresh start. Our Spring Reset feature (page 27) offers easy, actionable tips to help you simplify, organise and thrive this season.

Take a look at page 19, where we share the second part of the clubhouse survey, focusing on the concepts, resident likes and dislikes for each of the concepts and strategic recommendations.

And, with the warmer weather, comes the busy season on the estate, with a number of fun and engaging community events scheduled, some of which are highlighted in this issue's regular features. Plus, keep an eye on our communication channels for more information.

## Voting is now open for Best of Joburg!

Check out page 8 on how to vote for your favourite Estate, Golf Course and Club House.

## Connect with us



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

**Best of Joburg**  
READERS' CHOICE AWARDS 2025

**BEST ESTATE 2025 (2024,2023,2022)**

**BEST GOLF COURSE 2025 (2024)**

**BEST COUNTRY CLUB 2025**



# the EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

AUGUST - SEPTEMBER 2026

Creating an Engaged Community

## NEW COMMUNICATIONS APP

### For Eagle Canyon

We are excited to introduce **HOM** – our new communication platform for Eagle Canyon Golf Estate homeowners and residents, this will be run in conjunction with the new Secure Access estate application.

HOM brings together all your communications tools together in one secure, verified platform; including email and alert communications, direct chats and polls and surveys.

#### To access:

- Simply log in to [www.homio.co.za](http://www.homio.co.za) on your phone or browser.
- Enter your registered email address that the HOA have on file for you.
- Set your password and you're in.

As part of the service, there is a Market Place functionality putting you in touch with service providers, who will be available on demand, even after hours, should you require. The Market Place is a service platform completely independent to Eagle Canyon Golf Estate. Eagle Canyon Golf Estate holds no responsibility for service rendered or agreements entered into between the parties on Market Place.

Please note that HOM is still in beta launch. Please be patient while early challenges are ironed out – this is a new platform and your experience matters. If something doesn't work as expected, your feedback will help it be fixed fast. If you have any problems accessing your account, please email [Rich@homio.co.za](mailto:Rich@homio.co.za). Make your estate feel like home.

### SECURE ACCESS:

A reminder that we also have a new estate access control system that is now fully operational. If you haven't already, please download the **SECURE ACCESS App** to ensure continuity of service and communications.

The **Secure Access App** is available on the **Apple App Store**

(<https://apps.apple.com/za/app/secure-access/id6748218376>)

**Google Play Store**

([https://play.google.com/store/apps/details?id=za.co.secureaccess&hl=en\\_ZA](https://play.google.com/store/apps/details?id=za.co.secureaccess&hl=en_ZA)),

and **Huawei App Gallery**.

Should you have any difficulties, please **contact HOA on 011 795 2799, [secadmin@echoa.co.za](mailto:secadmin@echoa.co.za), or [bioaccess@echoa.co.za](mailto:bioaccess@echoa.co.za)** for speedy assistance.

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For Residents by Residents

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Simplify, Organise and Thrive

### ADVERTISING SALES:

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

# HUSSAR GRILL

Est. 1964

## THE RESIDENTS' TABLE

Simply present your Eagle Canyon Estate App when dining at **Hussar Grill Blueberry** to receive an entry into our monthly draw.

One lucky member will win a R2,000 dining experience for 4–6 guests. Our exclusive way of thanking you for being a valued member of the Eagle Canyon community. *Ts & Cs apply.*

Collect your VIP Loyalty Card from the end of August.



**SEASONAL LUNCH** | 199<sup>pp</sup>  
AVAILABLE MONDAY - SATURDAY, 11AM - 4PM

EXCLUSIVE TO HUSSAR GRILL BLUEBERRY | 011 568 1686

TS & CS APPLY | [www.hussargrill.com](http://www.hussargrill.com)

# NEWS YOU CAN USE

What's happening in our community and surrounds

*"Where flowers bloom, so does hope."* — Lady Bird Johnson



## Upcoming Community Events: Save the Dates TEDDY BEAR PICNIC

*"If you go down in the woods today  
You're sure of a big surprise  
If you go down in the woods today  
You'd better go in disguise!  
For every bear that ever there was will  
gather there for certain  
Because today's the day the Teddy Bears  
have their picnic"*

Join our very own Teddy Bear Picnic on **Saturday 19th September, from 14h00 onwards** at the **soccer field park** just opposite the tennis courts.

**Entry Fee:** 1 Teddy Bear (minimum) per person that must be in good condition.

**Food and Drinks:** Bring your own or pre-purchase a delicious picnic basket from The Canyons. Bring cash for adult and kiddie drinks on sale. Live music and kiddie entertainment.

**Please note:** no umbrellas.

**In support of:**

**The Teddy Bear Clinic For Abused Children.**

The clinic's mission is to minimise harm and prevent secondary victimisation to children and their families when entering the child protection system. This is done by providing expertise, information, education and support in order to make the journey to healing a meaningful one, as well as creating awareness and accessibility for those requiring the services.

## Pink Drive

**BOOBIE BRUNCH:  
Saturday 3 October**

**BREAST CANCER AWARENESS DAY:  
Monday 5 October**



## MARÉ & MORROW OPTICAL

M&M Optical, based in Rosebank, provides exceptional eye care solutions using cutting-edge technology for the accurate diagnosis and management of eye conditions. We offer personalised vision care together with a wide range of designer eyewear that not only enhances your vision, but makes a statement too.

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- Childrens Vision
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- Safety Eyewear

### MEET THE TEAM



Theo Maré  
Optometrist



Hylton Morrow  
Optometrist



Zelda de Bruijn  
Paediatric Optometrist

Oxford Parks, 6 Parks Blvd, Rosebank, Randburg, 2196

Phone: 011 568 6804

admin@mmoptical.co.za



# In need of a meeting or boardroom?

Residents and Golf Members receive a **20% discount!**

There are two options available at the Clubhouse which are available for half and full day hire. The **Meeting room** can accommodate up to **six people** and the **Boardroom** up to **12 people**.

**For more information or to book:**

Call 011 801 6600 or email [ccreception@echoa.co.za](mailto:ccreception@echoa.co.za).

**Residents can book the tennis courts to play tennis free of charge**

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



Important

# Golf Cart Sticker Notification:

All golf carts are required to be registered with the HOA and the stickers prominently displayed.

If you have ordered a Golf Cart sticker please ensure that these are collected from the HOA.

**All new golf cart sticker orders can be placed via [secadmin@echoa.co.za](mailto:secadmin@echoa.co.za)**

Please note that the deadline for all carts to be registered and stickers displayed was **31 July 2026**. Post this, the current rules are now being enforced and penalties may occur.



# Blood Drive Tuesday 22 September

Eagle 1 between 14h00 and 19h00.  
We hope to see you there!

**EAGLE CANYON**  
GOLF & LIFESTYLE ESTATE

**PLEASE  
CLEAN UP  
AFTER YOUR DOGS**

THANK YOU FOR HELPING KEEP  
OUR ESTATE BEAUTIFUL.

# Doggy Waste Bins

You asked, and we answered! We recently installed 10 doggy waste bag stations at key locations around Eagle Canyon. This first phase will allow us to assess usage and determine whether additional stations are required in the future. We encourage all residents to make use of these facilities to help keep Eagle Canyon clean and enjoyable for everyone.

HOMEOWNERS INSIGHTS

Lew Geffen | Sotheby's  
INTERNATIONAL REALTY

# The Spring Reset

*Seven strategic ways to prepare your home before buyer activity blooms.*

Spring isn't simply a season of renewal. For homeowners, it's the ideal time to prepare, refine and position a property before buyer demand reaches it's peak.  
The most successful sales rarely happen by chance. They happen by preparation.

01

Let the light in

Natural light creates warmth, openness and an emotional connection from the very first viewing. Open curtains, clean windows and consider lighter, airy touches throughout.

02

Outdoor Living Matters

Spring buyers imagine weekends. Braais. Family. Wine with friends. Help them imagine themselves already living there.

03

Declutter with Purpose

Not because clutter is ugly, but because space feels more valuable. Remove the excess so buyers can focus on what truly matters.

04

Fresh Linen  
Fresh Flowers  
Fresh Perspective

Simple touches create a sense of care, comfort and calm, helping buyers feel instantly at home.

05

The Kitchen Still Sells Homes

Buyers notice the details - cabinet alignment, countertops, lighting, tapware and finishes - more than expensive appliances.

06

First Impressions Begin Before the Front Door

Your garden introduces your home long before buyers ring the bell. Neat landscaping, fresh greenery and a welcoming entrance set the tone.

07

Presentation Is Everything

Exceptional marketing begins long before a property goes online. Professional photography captures your home at its absolute best.

“One of the biggest misconceptions I see is homeowners waiting until their property is listed before preparing it for sale. The strongest results almost always come from thoughtful preparation weeks before photography begins.”  
*Debby*

“Preparing your home isn't about spending more. It's about helping buyers recognise it's full value.”

**Debby Woodward**  
PROPERTY PRACTITIONER

Local Expertise.  
Global Reach.  
Personal Commitment.

082 889 7903  
[debby@sothebysrealty.co.za](mailto:debby@sothebysrealty.co.za)

# Farewell to A Friend



We would like to take this time to recognise a long-standing HOA employee, Erika Styger, who recently went on retirement.

We celebrate the incredible contribution she has made to the Eagle Canyon Golf Estate community over many years.

Erika has been a dedicated and valued member of the Eagle Canyon HOA team, serving our residents with professionalism, kindness and unwavering commitment. Through her hard work and genuine care for our community, she has become much more than a colleague—she has become a cherished friend to many and an integral part of the Eagle Canyon family.

As she concludes her journey with the HOA, we reflect on the remarkable legacy she leaves behind. Erika leaves us to embark on an exciting new chapter in New Zealand.

While we are sad to see her go, we are incredibly grateful for everything she has done for Eagle Canyon. On behalf of the HOA, the Board of Directors, Management, staff, residents and members, we extend our heartfelt thanks for her years of dedicated service, friendship and commitment to our Estate.

Erika, your contribution to Eagle Canyon has been immeasurable. Your warmth, professionalism and willingness to go the extra mile have touched so many lives, and you will be deeply missed by everyone who has had the privilege of working with you or knowing you.

We wish you every success and happiness as you begin this exciting new adventure. May New Zealand bring you wonderful opportunities, lasting friendships and many new memories. We wish you every happiness and success in this exciting new chapter of your life. You will always be a valued member of the Eagle Canyon family.

# Extra Murals

@ the Tennis Club and on the Soccer Field:

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



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# Spa-riffic

We are proud to share that our Asher Hair and Spa, owned mother and daughter team (and residents), Tracy Pereira and Kym Quincey, is the proud winner of the Day Spa Category at the Les Nouvelles Esthétiques Spa Awards 2026. This is the third time, Asher has won this prestigious southern African award.



Les Nouvelles Esthétiques Spa Awards 2026, presented on the 21st June 2026 by Les Nouvelles Esthétiques Southern Africa in association with Les Nouvelles Esthétiques Paris, celebrates the highest standards of excellence within the spa, wellness and aesthetic industries. Recognising exceptional guest experiences, innovation, service excellence and continuous professional development, the awards continue to inspire and elevate wellness destinations across Southern Africa.

The 2026 awards showcased outstanding properties across six categories: Day Spas, Hotel Spas, Boutique Hotel Spas, Safari Spas, Unique Spa Concepts and Aesthetic Institutes. Together, they reflect the diversity, creativity and world-class standards shaping the future of wellness throughout the region.

According to Nadine de Freitas, Managing Editor, Les Nouvelles Esthétiques & Spa Magazine Southern Africa, regarding the judges choice:

"Meaning 'happiness and blessings', Asher Spa & Hair has established itself as one of Johannesburg's most comprehensive wellness destinations, seamlessly bringing together beauty, aesthetics, wellness, and hair services under one elegant roof.

Owned by the dynamic mother-and-daughter team of Tracy Pereira and Kym Quincey, the spa reflects their shared passion for exceptional guest care, innovation, and professional excellence.

Set within the prestigious Eagle Canyon Golf Estate, Asher offers a tranquil sanctuary where personalised service and genuine hospitality define every visit. An extensive treatment menu includes advanced skin rejuvenation, therapeutic massages, manicures and pedicures, ozone therapy, spray tanning,



collagen stand-up tanning, aesthetic injectables, and bespoke wellness therapies. Beautifully appointed facilities, including a luxurious couples' suite with a private jacuzzi and panoramic golf course views, further enhance the experience. Guided by a commitment to excellence and attention to detail, Asher Spa & Hair delivers a sophisticated wellness journey that reflects the highest standards of the modern spa industry.

Congratulations to Kym, Tracy, and the entire Asher Hair & Spa team on this remarkable achievement. Your dedication, professionalism, and pursuit of excellence continue to inspire our industry, and this award is a well-deserved reflection of your hard work and vision.

We are honoured to celebrate your success and look forward to seeing your continued impact on the future of wellness."

Congratulations Tracy, Kym and the Asher Spa and Hair team – once again, you make Eagle Canyon proud!

# GIFTS THAT TELL A STORY

PERSONALISED GIFTS THEY'LL Treasure Forever

Whether it's a birthday, anniversary, Father's Day, Mother's Day or simply because you care...

## Create a gift they'll never forget.

- Personalised Name Jewelry
- Photo Projection Necklaces and Bracelets for Him and Her
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**MOST POPULAR**

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

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

## Golf Membership

- Midweek Golf and Range**  
– R17 200 annually / R1491monthly
- Midweek Golf & Off-peak Gym**  
– R17 591annually / R1525 monthly
- Midweek Golf, Range & Off-peak Gym**  
– R17591 annually / R1837 monthly



| CATEGORY                             | SUBSCRIPTION FEE (COMPULSORY) | PLAYING CARD (UNLTD GOLF) | PREPAID 30 ROUNDS | PREPAID 20 ROUNDS | HANDICAP (HNA) | DRIVING RANGE | GYM (OFF-PEAK) | GYM (FULL) | PREPAID CARTS |
|--------------------------------------|-------------------------------|---------------------------|-------------------|-------------------|----------------|---------------|----------------|------------|---------------|
| <b>FULL</b>                          | R13 500                       | R14 700                   | R9 500            | R6 500            | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R1 170                        | R1 274                    | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>LADIES</b>                        | R7 000                        | R14 700                   | R9 500            | R6 500            | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R542                          | R1 150                    | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>Full Excl. SAT AM</b>             | R8 000                        | R10 000                   | R9 500            | R6 500            | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R667                          | R867                      | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>UNDER 35</b>                      | R7 500                        | R14 700                   | R9 500            | R6 500            | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R625                          | R1 274                    | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>STUDENT (Up to 25)</b>            | R4 800                        | R6 400                    | R9 500            | R6 500            | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R416                          | R555                      | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>JUNIOR (Up to 18)</b>             | R5 275                        | Incl.                     | N/A               | N/A               | R650           | R3 600        | R3 996         | R6 900     | N/A           |
| Monthly fee                          | R457                          | Incl.                     | N/A               | N/A               |                | R312          | R346           | R598       | N/A           |
| <b>MIDWEEK RESIDENT</b>              | R5 100                        | R8 500                    | N/A               | N/A               | R1 100         | N/A           | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R442                          | R737                      | N/A               | N/A               |                | N/A           | R346           | R598       | R965          |
| <b>MIDWEEK NON -RESIDENT</b>         | R13 600                       | Incl.                     | N/A               | N/A               | R1 100         | R3 600        | R3 996         | R6 900     | R11 130       |
| Monthly fee                          | R1 179                        | N/A                       | N/A               | N/A               |                | R312          | R346           | R598       | R965          |
| <b>CORPORATE</b>                     | POA                           | POA                       | POA               | POA               | POA            | POA           | POA            | POA        | POA           |
| <b>RESIDENT RANGE 1 PERSON</b>       |                               |                           |                   |                   |                | R3 600        |                |            |               |
| Monthly                              |                               |                           |                   |                   |                | R312          |                |            |               |
| <b>RANGE FAMILY (Residents only)</b> |                               |                           |                   |                   |                | R7 200        |                |            |               |
| Monthly                              |                               |                           |                   |                   |                | R624          |                |            |               |

## Golf Specials

Save R230!

**SENIOR SPECIAL**

Green Fees: R210  
Cart Share: R210  
You save **R230** per round!  
Tuesday & Thursday AM field

SAVE R230!

*Ladies special*

Green Fees: R210  
Cart Share: R210  
You save **R230** per round!  
Wednesday AM field

25 & Under

**STUDENT SPECIAL**

R320 for 18 holes  
Carts excluded  
Tuesday & Thursdays Only  
Valid Student Card Required

**TO BOOK OR FIND OUT MORE: 011 801 6600**

EAGLE CANYON  
GOLF & LIFESTYLE ESTATE

Presents:

**WINTER PRICE FREEZE**

— VALID: TUESDAYS & THURSDAYS, —  
**JULY & AUGUST 2026**  
(EXCLUDES PUBLIC HOLIDAYS)

**R650 FOR GREEN FEES & CART SHARE**

*You save R100!*

073 111 6872 011 801 6600 CCreception@echoa.co.za

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EAGLE CANYON  
GOLF & LIFESTYLE ESTATE

**WINTER GOLF DAY SPECIAL**

**BOOK FOR JUNE, JULY & AUGUST AND SAVE UP TO R15 000!**

*Please Note*  
FIELD SIZE 40 TO 120 PLAYERS  
OFFER AVAILABLE TUESDAY, THURSDAY OR FRIDAY  
EXCLUDES PUBLIC HOLIDAYS  
2 TEE START (11H15)  
*Ts & Cs apply*

*Package*  
**R850 PP**  
INCLUDES:  
GREEN & CART FEES (60 CARTS AVAILABLE)  
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EAGLE CANYON

# Charity Challenge

This year’s two day event is proudly brought to you by our headline sponsors: **Golden Tiger Realty** and **Lifta**.



This popular event kicks off on **Friday 9 October** afternoon field followed by prize-giving and entertainment on the Friday evening. **Saturday 10 October** will be morning field, followed by prize-giving and entertainment. We are looking forward to an exciting two days of events, plenty of opportunities to raise money for our chosen charities and plenty of opportunities for this year’s sponsors.

**Sponsorship Opportunities:**

- Hole Sponsorship Day 1 (Friday) and Day 2 (Saturday): R7 000
- Hole Sponsorship Day 1 only (Friday): R5 500
- Hole Sponsorship Day 2 only (Saturday): R5 500



By sponsoring a hole for the HOA Charity Golf Day, you are supporting the following charities:

**The Supper Foundation**

(<https://supperfoundation.org>)

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

**The Caddy Fund**

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

**St. Laurence’s Children’s Haven**

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

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

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

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



# Booking Rules

We remind you of this important rule:

**21. Booking Rules**

- Founder members may book 16 days in advance.
- Full members may book 14 days in advance.
- Midweek members may book 14 days in advance for weekdays & Sun PM and 2 days in advance for weekends.
- Visitors may book 14 days in advance for weekdays and 2 days in advance for weekends.
- Visitors will be required to book and pay online.
- Schools must be booked through the club master app and the person making the booking will be accountable.
- Schools can book a maximum of 12 players each.
- Saturday mornings: slots to be open for visitors if not filled by members.
- Saturday guests: (Currently one guest per fourball)
- 48hour cancellation policy
- The golf committee to verify no shows due to weather conditions.
- Members will be invoiced for no shows R400 per person.
- An appeal can be made to the golf committee within 1 week of receiving the penalty notice.
- Membership will be suspended if payment from date of penalty notice is not received within 2 weeks unless appeal is in process.



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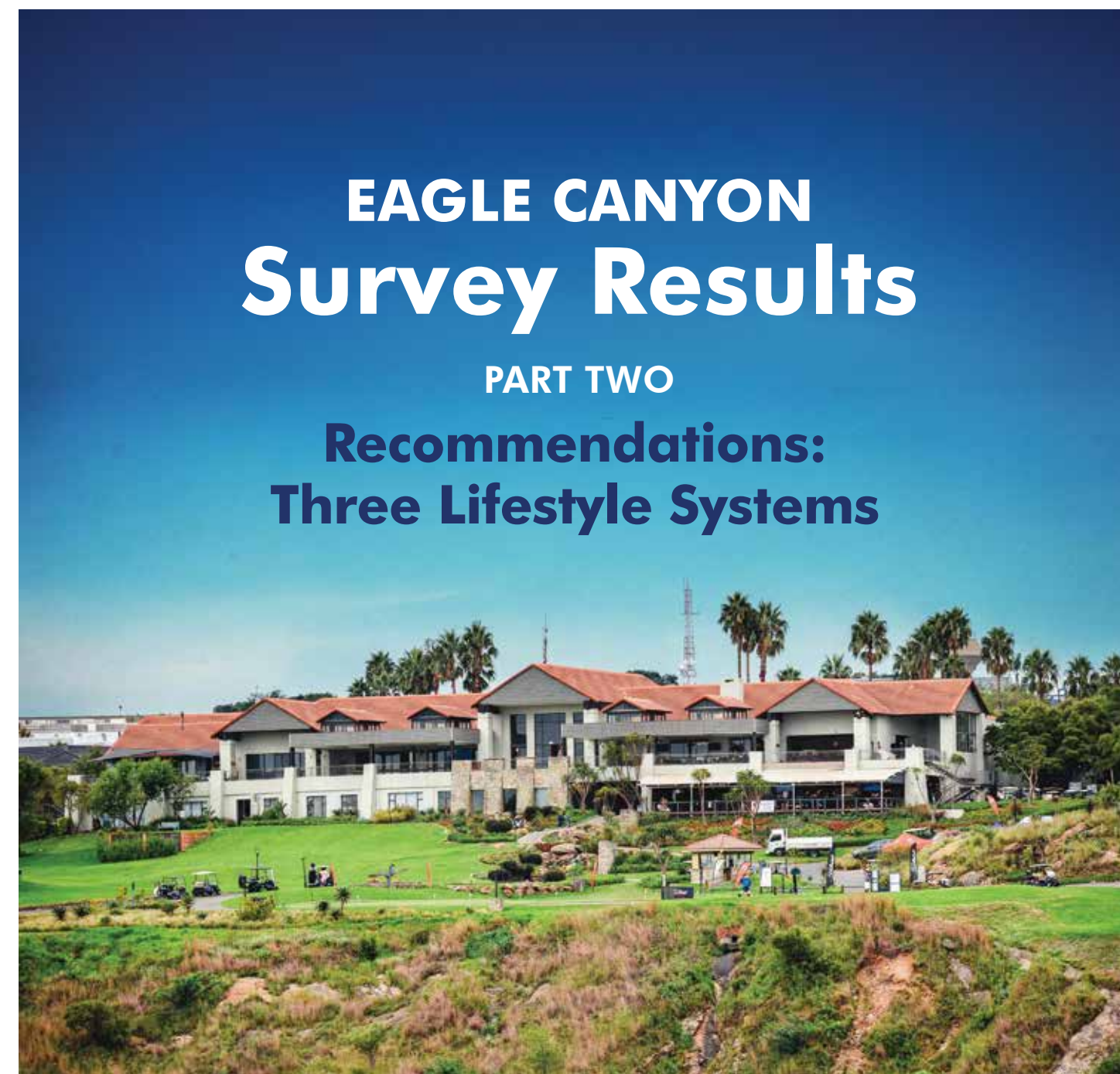
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## From clubhouse to lifestyle ecosystem

**Eagle Canyon recently undertook an independent, audited survey conducted by marketing firm Innovatr, to gauge exactly what you, as our residents and homeowners, want from your clubhouse. Here is part one of those results.**

Residents are not asking for a better clubhouse. They are asking Eagle Canyon to evolve into a layered, lifestyle-led estate experience — anchored by everyday convenience, elevated social moments, and intergenerational entertainment.

**In this issue, we share the second part of the survey, focusing on the concepts, resident likes and dislikes for each of the concepts and strategic recommendations.**

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Eagle Canyon  
From clubhouse to lifestyle ecosystem

continued from page 19

Recommendations:  
Three Lifestyle Systems

Each one a mini-brand world: emotional role, daily rhythm, design language, commercial logic.

Three pillars to build, one estate to elevate.

Each pillar shapes a different moment of estate life – and together they compose the daily, weekly and weekend rhythm of clubhouse residents.

Pillar 1 Daily:

The everyday social kitchen. Coffee, breakfast, flexible mid-day. The habitual refuge – reliable before it’s beautiful.

Habit,  
warmth,  
easy

A dependable everyday refuge - built around breakfast, quality coffee, flexible mid-day, and the casual lunch.

96% interest

67% commitment

65% recommend

What the Everyday Kitchen  
actually does for residents.

**Emotional Role:** A return-to place.

Habit, not occasion. The clubhouse residents arrive at without thinking – and leave with their day improved.

**Behavioural Role:** Daily share-of-meals

Wins breakfast and Tuesday lunch from outside the gate. 57% already eat out weekly.

**Social Role:** Familiar Faces.

Where neighbours recognise each other before they’re friends. Low-pressure social – adjacent, not intrusive.

**Commercial Role:** Frequency engine.

Lower ticket, higher cover. Builds the operational rhythm that funds the evening’s atmosphere.

**Aesthetic Role:** Natural light, warm wood.

A café-deli energy – terracotta tones, open kitchen, terrace spillover. Looks like the morning residents already love.

**Day-part Role:** 06:30 – 14:00

Hands off to Elevated Dining at 17:00. The same kitchen, different lighting, different menu – same standards.

**The daily refuge, in your voice.**

“It’s dependable, familiar surrounding with familiar faces. A place to unwind and relax with good food and company.” – Resident



“A good cup of coffee that doesn’t disappoint, simple breakfast done well, and a terrace I can read on.” – Resident

“A friendly café where my children can have something simple, and I can have something proper.” – Resident

“Consistency. Every. Single. Time. That’s the whole brief.” – Resident.

Pillar 2 Evening:

Elevated estate dining destination. Italian-grill territory, branded reliability, atmospheric light. The dinner residents book guests into.

Atmosphere,  
pride,  
occasion.

The destination that earns pride – Italian-inspired, steakhouse energy, atmospheric, adult-led. The evening residents book guests into.



87% Interest

54% Commitment

61% Recommend

**The strong recommendation:** pursue an established branded partnership – Doppio Zero / Pappas-style operators are explicitly named in the verbatims.

What Elevated Dining  
actually does for residents.

**Emotional Role:** Earned Pride

The dinner residents proudly book guests into – and the venue proudly delivers.

**Behavioural Role:** Cheque-led occasion.

Replaces the trip beyond the gate. 76% want dinner here – the biggest single occasion.

**Social Role:** Hosting Territory

Two-tops and family-of-four primaries. Adult-led atmosphere, never adult-only.

**Commercial Role:** Margin engine.

Higher ticket, wine programme, branded reliability. The cover that justifies the kitchen investment.

**Aesthetic Role:** Atmospheric, low light.

Charred wood, candlelight, open grill, generous wine selection visible from the room.

**Day-part Role:** 18h00 -22h30

Inherits the kitchen at 17h00; passes the room to Sports and Social on programmed Sundays

**The premium evening, in your voice.**

“A proper steakhouse evening – wine list that means something, service that knows my order.” – Resident.

“Italian or Mediterranean done properly. Not a chain version of it.” – Resident.

“Papachinos – everything about it: service, food, quality, management, consistency, price.” – Resident

Pillar3 Weekend:

Sports & Social Hub. Live music. Sport on screens, family-mode evenings. The room where neighbours become friends.

Energy,  
belonging,  
togetherness.

The room where everyone stays. Sport-led, family-friendly, programmed – adults watch rugby while children play arcade games nearby.

86% Interest Activity-integrated

60% Commit Sports Bar

57% Live Music Demand

What Sports & Social  
actually does for residents.

**Emotional Role:** Belonging

The room where neighbours become friends – and families recognise each other across the estate.

**Behavioural Role:** Weekend anchor

75% want the clubhouse on weekends. Live music + family movies + Sunday picnics – three repeatable events.

**Social Role:** Family-on-Family

Parents stay seated, kids stay safe, teens find energy without a homework hall.

**Commercial Role:** Programming margin.

Cheap to run, expensive to imitate. Programming compounds attendance and bar margin together.

**Aesthetic Role:** Open, layered, loud.

Screens with sound zones, terrace overflow, lawn movie nights. Atmosphere by programme, not by paint.

**Day-part Role:** Weekend & Programmed nights.

Shares the room with Elevated Dining – only the lighting and the music change.



**Family-on-family, in your voice.**

“A relaxed, chilled environment with good food, good drinks and good friends – facilities that cater for families together, not separately.” – Resident

“Live music once a month is all I’d need. Just give us a reason to put the diary date in.” – Resident

“Sunday picnics on the course. Movies under the stars. The estate at full volume – kids included.” – Resident

“Rugby on the screens with proper sound. Beer. Friends, the kids on the lawn – that’s the weekend.” – Resident

**Atmosphere isn’t a finishing touch. It is the building.**

Light, sound, scent, service – infrastructure as much as plumbing.

**Light:** Warm at dusk, bright at breakfast, dimmable everywhere.

**Sound:** Layered playlists, live moments, zones for quiet.

**Scent:** Coffee in the morning, charred wood at night, never perfumed.

**Service:** Knows the name, remembers the order, never disappoints twice.

A Tonal Pivot:  
What NOT to build

Not every premium idea creates belonging.

Four concepts score lowest across interest, commitment, emotion and recommendation. They are signals to walk away from – not gaps to fix.

**Reject 1:** Work & Productivity Space

Existing working spaces sit at 4-5% usage. Residents don’t come to the estate to work.

Interest – 41%

**Reject 2:** Next-Gen Networking Hub

Emotionally flat. Residents already work in the city – estate is where they stop.

Interest – 43%

**Reject 3** – Private Members Networking

Exclusivity reads as exclusion. The estate is the membership; sub-tiers corrode trust.

Interest – 38%

**Reject 4** – Dedicated Teen Study

Only 14% of households include teens. A homework hall serves no one.

Interest – 28%

The Reframe

Don’t build the room. Build the moment.

A working hub doesn’t fail because residents can’t focus. It fails because the estate is the place they refuse.



The Lifestyle layer.  
Five occasions.  
One ecosystem.

The shift from a clubhouse to the operating system of estate life.

From clubhouse to lifestyle OS.

Residents are not asking for a better venue. They are asking for multiple lifestyle occasions to coexist – without compromise.

The Five Distinct Occasions

**01 Coffee & Breakfast** – the highest-frequency ritual.

**02 Family Social Dining** – Day-to-evening, kids welcome.

**03 Premium Adult Dining** – Atmospheric. Pride-driven

**04 Sports viewing** – Group energy, longer dwell.

**05 Entertainment & Community** – Programming, not square metres.

One clubhouse  
cannot behave like  
one room.

Five fundamentally different usage occasions – each requiring different energy, atmosphere, service and spatial planning.

**01 Coffee & breakfast ritual**

The highest-frequency habit opportunity inside the estate.

Grab-and-go, premium coffee, morning sunlight, convenience.

continue on page 22

# Eagle Canyon

## From clubhouse to lifestyle ecosystem

continued from page 21



### 02 Family social dining

Relaxed meals, kids present, daytime-to-evening usability.

Comfort, flexibility, reliability, easy seating

### 03 Premium adult dining

Italian or steakhouse energy. Atmospheric. Pride-driven hosting.

Lighting, acoustics, elevated plating, separation from family chaos.

### 04 Sports viewing occasion

Game-day social. Longer dwell time. Group energy.

Screens, casual seating, drinks flow, atmosphere

### 05 Entertainment & community

Events, music, social programming, community moments.

Flexibility, activation, emotional atmosphere, recurring reasons to return.

## The Diagnosis – Why it breaks

The issue is not demand. It is collision.

Residents already use the clubhouse frequently - but multiple incompatibility occasions are competing inside the same environment.

### Current Gaps

What is breaking.

#### 01 Service Inconsistency

The plate that arrives Tuesday is not the plate that arrives Friday..

#### 02 Weak zoning logic

Family and premium moments competing inside one shared room.

#### 03 No premium adult escape

“Ladies bar” lacks a defined role; nowhere is engineered for the evening.

### Resident Impact

What residents feel.

#### 01 Inconsistent atmosphere

Occasion-specific pride is reduced; the room feels everything-and-nothing

#### 02 Lower dwell time

Missed repeat usage; the clubhouse is left earlier than it could be.

#### 03 Residents leave the estate

For premium dining moments – the clubhouse behaves as utility, not destination.

### Spatial Strategy – The Reorganising Principle

Designed around movement, not rooms.

The next evolution of Eagle Canyon cluster facilities according to how residents naturally behave across the day.

#### 01 Food & Beverage

Breakfast, coffee, family dining, premium evening dining

Sun-facing - high ambience – operationally efficient

#### 02 Golf Cluster

Pro shop, changerooms, halfway-house, golf transition spaces.

Connected directly to course rhythm

#### 03 Wellness Cluster

Gym, spa, recovery, healthy dining touchpoints

Paired with daytime ritual flow

#### 04 Community & Events

Conferencing, flexible event spaces, social programming, entertainment

Activated by calendar, not square metres

Residents do not experience the clubhouse as departments – they experience it as emotional flow.

Roadmap – Four Phases – One Compounding Loop

Reliability earns habit. Habit earns atmosphere. Atmosphere earns pride.

Build the estate in layers - not all at once. Each phase funds the next, and earns the right to it.

### Phase 1: Q1-Q2

#### Operational Reset

SOP discipline, plating, premium coffee, service standards. The plate that arrives the same way every Tuesday.

Reliability earned.

### Phase 2: Q3-Q4

#### Everyday Rituals.

Breakfast culture, lunch habits, monthly live music, family convenience. The estate finds its own rhythm.

Habit formed.

### Phase 03: Year 2

#### Destination Evenings

Branded restaurant partnership signed. Atmospheric fit-out. Premium adult dining.

Residents book guests in.

Pride earned.

### Phase 04: Year 3+

#### Estate Identity

Loyalty layer, entertainment rhythm, community culture. Eagle Canyon becomes a way of living, not a postcode.

#### Belonging compounded.

Each phase funds the next. Each phase earns the right to the next. No phase is skippable.

#### The Guardrails - Six things not to do

The fastest way to fail is making every space serve everyone.

Six anti-patterns to actively avoid as Eagle Canyon evolves. Designed as guardrails for the boardroom - and the build.

#### 01 A one-size-fits-all clubhouse.

Merging every occasion into a single space dilutes every occasion.

#### 02 Generic sports-bar execution.

Screens alone do not create a destination. Atmosphere does.

#### 03 Over-indexing on golf only.

Eagle Canyon residents live a 24-hour estate life, not an 18-hole one.

#### 04 Building before fixing service

A new room cannot rescue an unreliable kitchen.

#### 05 Premium pricing, no atmosphere.

Residents will not pay for ambition they cannot feel.

#### 06 Underestimating breakfast.

The most frequent occasion is also the most underbuilt.

### Roadmap – A Forward View

The future of estate living is not luxury. It is layered, lived-in, and human-scaled. A neighbourhood that behaves like a neighbourhood – with a kitchen, a room, and a calendar people choose to keep.

Kitchen - The daily refuge  
Room - The proud evening  
Calendar – The kept rituals.

### Final Word

Build the layers, the lifestyle will follow.

Five occasions. Four phases. One operating system. A clubhouse that earns daily habit, premium pride and weekend belonging – in that exact order.

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*“Spring a lovely reminder of how beautiful change can truly be.” — Unknown*



# Spring Reset

## Simplify • Organise • Thrive

Spring is just around the corner, soon you will see the change in the colours on the Estate, the sounds of the bird song and the earlier mornings and later evenings.

Traditionally, this is a time of change, and it's the perfect time to spring clean your life: physically and mentally. As Catherine Pulsifer, one of the authors of *Inspirational Words of Wisdom*, has been quoted as saying: "Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations."

The benefits of decluttering include decreased stress, increased creativity, and a better mood.

### Clutter affects your brain

Research shows that if you are dealing with a lot in your mind and you see that your home or office space is cluttered, it can make you feel stuck in your situation. Psychologists report that clutter is linked with negative emotions such as tension, irritability, and worry. A study, published in the *Personality and Social Psychology Bulletin*, found that women who live in cluttered homes, have higher levels of the stress hormone cortisol.

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# Spring Reset

Simplify • Organise • Thrive

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## Spring Clean Your Mind

- 1. Give yourself the gift of time:** Just like you set aside time to spring clean, give yourself the same attention. It's important that you create a little you time every day. This is your time to relax.
- 2. Create healthier habits:** Having positive habits go a long in helping to declutter your brain. Focusing on bettering yourself helps to send a positive message to your brain, which in turn increases your self-esteem, boosts your energy, and assists in feeling good about yourself – mentally and physically.
- 3. Make notes:** One of the best ways to make sense of your busy mind is to put your thoughts down on paper. This not only helps you to be more organised but also helps make sense of your thoughts and understand your perceptions.
- 4. Free your mind from negative thoughts:** Learn to forgive and forget. By unpacking your mental baggage, such as resentments, regrets, negative emotions allow for a better mental space. Use this time of renewal to reflect on those negative emotions – are they serving or hurting you? Try putting these feelings into words, either in a journal or, alternatively, on a piece of paper that you can tear up and, quite literally, throw away.
- 5. Reach out and connect:** Is there a friend, old work colleague or even a family member that you haven't been in touch with for a while? This season of regrowth is the perfect time to make that call, reconnect and even plan to meet up.
- 6. Practise self-care:** It is all to easy to put the health and wellbeing of others before yourself. However, experts will tell you that to have the emotional and physical strength to look after others, you need to take time for yourself and practise self-care. Find something that makes you happy, centres you or calms you and build this into your routine. This way you will be better able to deal with what life throws at you.
- 7. Make Time for Gratitude:** Take a few moments to reflect on the positives of your day or what you are grateful for. Writing these down and then reflecting when you are feeling down can have a positive impact on your emotional wellbeing. Plus, you can gage how far you have come, and having a more positive outlook can assist you in putting those bad days or negative emotions into perspective.

## Spring Clean Your Fitness:

**Find your active point:** Daily physical exercise, such as a walk through the Estate or doing some gardening is beneficial, as long as your muscles are moving you are getting benefit. Being outdoors also assists in getting your daily recommended dose of vitamin D (which in turn boosts your levels of serotonin), boosts your mood and lowers your stress levels. Luckily there are a number of options on the Estate, from playing a game of tennis, enjoying a round of golf, hitting balls on the driving range or walking, running or cycling through the Estate. Plus being outdoors engages your senses and increases those feel-good hormones known as endorphins.

**Have a healthy sleep schedule:** Dark mornings and nights may mean that your sleeping habits have adjusted. (Particularly if you took some time off in the July school holidays). A habit that can disturb your sleep schedule is spending time in front of your laptop or phone just before bed, as these devices tend to turn your brain on and make your body think it's time to wake up rather than go to bed.

**Spring Clean Your Health:**

**Spring allergies:** The change of season and pollen in the air can also trigger allergies, according to the Mayo Clinic. Symptoms of seasonal allergies (commonly known as hay fever or allergic rhinitis) include sneezing, congestion, runny nose and scratchy throat amongst others. It is recommended that you try as much as you can to reduce your exposure to those things that trigger your symptoms, alternatively use an over-the-counter nasal saline solution after spending time outdoors.



**Schedule those checkups:** It's easy to forget your routine check-ups. Spring clean your health by booking all those pesky but necessary checkups such as blood pressure, cholesterol and blood sugar levels, as well as dentist and eye appointments.

### Fast fact:

**Feeling a bit anxious?** You may find that you are also feeling the need to spring clean. People tend to focus on repetitive behaviours, including cleaning, during times of stress as this is a form of regaining control.



## Spring Clean Your Diet

Winter brings with it comfort foods in all its glory, which, unfortunately, can also assist additional padding over the winter months. Now is the time to embrace a fresher lifestyle as we head into summer.

**Eat a rainbow:** In-season fruit and veggies are fresh and full of the necessary nutrients your body requires. Fruit and veg fall into five different colour categories: white/brown; red, purple/blue, orange and green. Each colour carries its own set of healthy nutrients and immune-boosting chemicals called phytonutrients. It's these phytochemicals that give the fresh produce its vibrant colours, healthy and mood-boosting properties.

**Keep hydrated:** With warmer weather, your body tends to lose more moisture, even if you don't think you are getting sweaty. Make sure that you keep hydrated and take in the recommended eight glasses of water a day, particularly if you are spending time outside or exercising. Signs of dehydration include low energy, tiredness and headaches.

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# Spring Reset

Simplify • Organise • Thrive

continued from page 28



## Spring Clean Your Home

**Did you know that the physical act of cleaning helps your mind destress?**

Researchers believe that doing repetitive mindless tasks, like cleaning or tidying can reduce your stress and anxiety. Not only that, clearing the physical clutter can assist in clearing your mental clutter. According to a study published in the British Journal of Sports Medicine, doing housework for a little as 20 minutes, can lower the risk of stress and anxiety by as much as 20%

Now is the time to clear out those cupboards and tidy that junk drawer. You may even get the added benefit of those feel-good endorphins by giving away disused clothing, blankets or linen.

## Spring Clean Your Kitchen

**Start with your kitchen sponges:**

A study published in *Nature* scientific journal, found 54 billion bacteria per cubic centimetre on 14 kitchen sponges that were tested. While most of the bacteria were considered harmless to humans, there were some varieties of salmonella and E.coli picked up – both of which can lead to food-borne illnesses.

You should clean your kitchen sponges every other day. It is recommended that you replace kitchen sponges every two weeks (or sooner, if they start to fall apart or get smelly). It is also recommended that you have separate sponges

for your dishes and to wipe off the counters. To clean your sponge, pop into your dishwasher or, if you don't have a dishwasher, wash in hot water with a little bit of bleach. A dish cloth is no more hygienic than a sponge, so it really does come down to personal choice on what you prefer to use. You can wash your dishcloths in the washing machine and hang out to dry in the sun. Alternatively, for heavy duty usage, soak in warm water and vinegar for 15 minutes. A tablespoon of baking soda can also be added once the 15 minutes have passed. These can then be hand washed or tossed in the washing machine.

**Dish Towel Duty:**

Dish towels should ideally be washed every three to five days, but this is dependent on your usage. If you are using just to dry your hands after washing the dishes, you can most likely go five days. If you are drying your dishes or mopping up a spill, more frequent washing would be required so that bacteria doesn't build up. Make sure your dish towels are hung up properly to dry between uses. Dish towels can withstand harder wear and tear, however, if they have lost their shape or are badly stained, it's time for new ones. Old dish towels can be repurposed as floor rags.

**Take a Look at Your Fridge:**

Spring is also a great time to do a deep clean of your fridge (this should be done every three to four months, so as each season changes). Clear out all the food (storing still fresh food in a cooler and throwing away anything necessary), clean the lids and sides of sauces, marinades and jars. For most fridge types, it is recommended you unplug or turn off the fridge before cleaning. Remove and clean all the shelves and drawers with hot, soapy water or use kitchen cleaner. Remember to clean the door and interior top of the fridge, as well as the icemaker and/or water dispenser if required. Make sure that any glass shelves or drawers are room temperature before washing under warm or hot water as these can crack if taken straight out of the fridge and cleaned.



**Tip:** Natural scents like lavender and eucalyptus can assist in this mental (and physical) cleaning process.

**Best odour removers**

1. Baking soda - store an open box of baking soda in your fridge and freezer for a fresher smell.
2. Pour a little vanilla extract into a shallow bowl or bottle top and leave in your fridge.
3. A small shallow bowl of freshly ground coffee in your freezer.
4. White vinegar added to a small wash cloth or paper towel and placed in a small open container. Make sure you replenish when the paper towel dries out to assist in neutralising any odours.
5. Add two tablespoons of baking soda and table salt to lemon slices. Place on an uncovered plate in your fridge for up to six days before replacing.
6. Hollow out a grapefruit or orange, fill with salt and put in the back of your fridge. The salt helps draw out the citrusy smell. Replace when the salt is completely damp.



## Spring Clean Your Workplace:

Whether you work from home, in an office or any other environment, an organised and decluttered work space can not only boost your productivity but can also improve your mood.

**Create workspace zones:** Organisation experts suggest you set up zones on your desk (if enough space) or office, based on the various tasks you do on a daily basis. This can include a work area with your computer, another zone for your supplies, notebooks and planners, a zone for your research or educational materials and the such.

**Declutter your papers:** Take a hard look at your work space. It's easy when you get busy to have sticky notes you no longer need, papers that need to be filed, or reports that are outdated. Spend a little time sorting, throwing away what is no longer necessary, filing important documents and placing important information in a paper tray close at hand. Even in this digital age, you may still have paperwork that needs to be completed, signed or processed. A colour-coded folder system can keep these projects neat and organised, and you can plan a time during the day or week to tackle each one.

**Look at your desk:** On that note, look at what is on your desk, what your need (or want) at arm's length and what you can pack away, such as extra stationery supplies. And, while you are at it, take time to organise your desk top to bottom. Throw away old pens and highlighters that don't work. Pack away random paper clips and pins, neaten up your electrical cords and clean up your desk drawers of unnecessary items.

**Digital declutter:** Take time to organise your computer desktop – particularly if your screen is covered in files and icons. Create your own digital filing system. Take a look at your email clutter as well, using filters and folders or apps to keep your inbox more manageable.

**Clean your screen!** Research out of University of Arizona found that your cell phone is 10 times dirtier than most toilet seats! Part of the reason is because your phone warms up and is never far from your hands or face. Your computer screen, keyboard and mouse are also germ and dirt magnets. Use a soft cleaning cloth and spray cleaner that is specially designed for tech and electronic products or a cleaner with 70% isopropyl alcohol and mist a soft cleaning cloth. (Make sure the product you are using can be used safely on your tech).

**Fill your space with a bit green:** Plants are not only pleasing to the eye, they have health and wellness benefits as well. One of the best desk plants is the Peace Lily. With wide, deep green leaves and white flowers they are popular as they don't need lots of light and are forgiving for over or under watering. Plus, Peace Lilies clean the air, help remove toxins and are believed to bring good fortune, hope and peace.



## Spring Clean Your Garden:

August is the perfect month to start getting your garden ready for the freshness of spring.

**1. Create your project plan:** Make a note of all the things you would like to do to refresh your garden, be it planting seedlings, clearing gutters or refreshing water features. This way you can tick off each item, giving you a sense of accomplishment as you move onto the next.

**2. Take time to clean and clear:** Sort and tidy your garden tools, sharpening any blades that are required.

**3. Prune and cut:** Clear any dead or dying plants and flowers and prune your bushes and trees before the spring buds begin to form.

**4. Prep your soil:** Refresh the beds and areas you are going to be replanting, by adding compost and fertiliser, to ensure nutritious and healthy soil (which in turn, will ensure nutritious and healthy plants, veggies and herbs).

**5. Time to sow and grow:** Now the fun part. Choose your seedlings or seeds, research the best placement for light and location and companion plants (or ask your friendly garden centre or service) and then get to planting.



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