

Celebrating 18 years of the ECHOA Estate Magazine

The EAGLE

EAGLE CANYON GOLF & LIFESTYLE ESTATE MAGAZINE

OCTOBER - NOVEMBER 2026



Back to Nature



A REPUTATION BUILT ON TRUST, ONE HOME AT A TIME

In a market where trust matters as much as timing, my clients' words speak louder than any promise I could make. Discover why my clients choose to recommend me.

"Linda's service was truly exceptional. She consistently went the extra mile, offering support and assistance even in aspects that fell outside her formal responsibilities, ensuring the matter was finalised smoothly and efficiently. This is not our first experience working with Linda and based on her continuous professionalism and dedication she has once again demonstrated, it will certainly not be our last."

George & Roxanne Enslin

"Linda was a pleasure to work with. I gave her very unusual constraints (she could not advertise the property; no show days were to be held; only engage purchasers who met very specific conditions in terms of a being able to conclude a clean, cash sale). Linda honoured all those constraints bringing only buyers who met the criteria. A sale was quickly achieved and Linda guided me through all aspects of the transfer process."

Murray Stocks

"Linda was an absolute superstar throughout the entire process of purchasing my new home. From the very first viewing, she was patient, knowledgeable, and genuinely invested in finding the perfect property for me. She went above and beyond — answering endless questions at all hours, negotiating firmly on my behalf, and keeping me calm during what can be a stressful time.

What stood out most was her warmth and professionalism. She made what could have been an overwhelming experience feel smooth, positive, and even enjoyable. Linda truly cared about getting me into a home I would love, and thanks to her dedication, I now have my beautiful new home.

I couldn't recommend Linda highly enough. She's not just an excellent estate agent — she's someone who makes you feel supported and valued every step of the way. I'm so grateful for her help and would happily work with her again in the future."

Brynne Prince

Linda Nunes

Registered with the PPRA - Principal FFC

083 949 8662

linda.nunes@pamgolding.co.za

Passionate Property Professional, Randburg



pamgolding.co.za



Contact Us

Acting General Manager

Shaun Mills • estmgr@echoa.co.za

HOD – Finance & HR

Pauli Massyn • finmgr@echoa.co.za

Club Manager:

Cliff Howes • golfdirector@echoa.co.za

Executive Assistant to the GM

Tsitsi Nsukamiala • pa@echoa.co.za

HOD: Communications & Marketing

Kim Bell • comms@echoa.co.za

HOD: Operations, Building & Compliance:

John Lax • opsmgr@echoa.co.za

HOD: Security & Risk

Colin Hume • secdm@echoa.co.za

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

HOA Board Members

As of September 2026

Greg Tosen

Philip Cullingworth

Devan Moodly

David Poerner

Shaun Mills

Clubhouse Facilities

Asher Spa & Hair Salon

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

ATS Gas

WhatsApp 082 447 6546

BDGA Golf Academy

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

The Canyon's Bistro, Bar 19 & Turning Point

079 391 0232

EC Auto Wax

010 502 1845 / eaglecanyon@autowax.co.za

EC Gym & Wellness Centre

011 801 6620 / gym@echoa.co.za

EC Elite Gaming

Ecelitegaming.com

Events & Conferencing

011 801 6600 / info@thecanyons.co.za

Meeting Rooms

011 801 6600 / ccreception@echoa.co.za

MRN Laundry & Dry Cleaning

011 794 1312 / 076 412 1806

Free pick-up and delivery service for residents

The LOFT Golf Shop

011 801 6600 / 011 801 6611 / 073 111 6872



THE EDITOR

Kim Bell

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

Back to Nature

This issue, we focus on nature, and in particular, what lives on our estate as part of our community. And while some of these fauna highlighted in this edition may be viewed as pests they contribute to the thriving eco-system of our environment.

Birds, animals and nature provide vital mental, physical and ecological benefits to our lives – all backed by science and research.

According to the Max Planck Institute for Human Development, an hour walk in nature can significantly lower your stress levels, and the best part is, you do not even need to leave the estate! Secondly, research shows that interacting with animals of any kind, helps lower your cortisol levels and blood pressure while boosting oxytocin (known as the bonding hormone).

We hope you enjoy this jam-packed issue and encourage you to contact us, should there be anything you would like us to highlight or focus on. We are also extremely excited to celebrate 21 years of Eagle Canyon – the estate, the club, the golf course. We are embarking on a commemorative issue and would love to include your stories, memories and photos that incorporates the last 21 years. Please share via email comms@echoa.co.za or 071 670 8622.

Connect with us



www.facebook.com/eaglecanyongolfandlifestyleestate
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



Photo credit: Ryan Downing from Orange Orbit

CONTENTS

Our Community

- 3 Ed's Note**
Important numbers and information
- 6 News You Can Use**
What is happening in our community and surrounds
- 10 21st Birthday Celebrations**
A week of celebrations and fun
- 12 [ON COURSE]**
A round up of all things golf
- 15 Eagle Canyon Charity Challenge**
- 30 Teddy Bear's Picnic**
- 33 Business Services**
For Residents by Residents

Features

- 19 Spotting Spotty**
- 22 A Hook, A Rescue, A Reminder**
- 24 Sharing Our Spaces**
- 27 The Scent of Memory**

Important Notices:

Attention Runners & Walkers

As the days get warmer, so more residents are out and about running, walking and cycling in the early mornings and late afternoons. While you enjoy the fresh air and the beauty of the estate, please be mindful to avoid dark clothing or wear reflective gear if you are going to be out before sunrise or after sunset.

Dogwalkers Awareness

A reminder to residents and dog walkers to please adhere to the estate rules when walking dogs on the golf course and within the common areas of the estate. This includes: ensuring that dogs are kept on leash at all times when in common areas and the golf course; dog poop bags are utilised and disposed of in the doggies waste bag stations situated around the estate; and no pets are allowed to roam the golf course, streets, common property or neighbouring properties. Any animals caught roaming will be taken to the HOA holding kennels and the relevant penalties may be invoked. Please also ensure that dogs are not walked during the hotter hours of the day which may hurt or burn their paws, or cause them discomfort.

PikitUp Reminder

A reminder that PikitUp will not collect garden refuse that has been placed in the allocated PikitUp bins. The onus remains on residents to dispose of garden refuse via a suitable garden refuse remover or take to the closest garden refuse dump site. Should any garden refuse be discovered on routine PikitUp rounds, this refuse will be left and not collected.

Should your bin be damaged or broken, please contact the HOA for the relevant PikitUp replacement bin forms and information.

ADVERTISING SALES:

Jaco van Deventer 082 455 9380
zoeadv@mweb.co.za

Publisher: Zoé Advertising

Advertising Design: Jaco van Deventer | 082 455 9380

Design & Layout: Tessa Dreyer | LilyHouse Design Studio

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 —

GATHER, INDULGE & CELEBRATE WITH OUR FESTIVE SET MENUS

From unforgettable year-end celebrations to memorable family feasts, make this festive season one to savour! Gather your favourite people and indulge in our Festive Set Menus, where exceptional dining meets the joy of togetherness.

#NO14

Montecasino 011 568 4517 • Waterfall Corner 010 594 5556 • Walmer 041 581 1734 • Blueberry Square 011 568 1686 • Newmarket 011 568 1522

www.hussargrill.com

NEWS YOU CAN USE

What's happening in our community and surrounds

"In all things of nature there is something of the marvellous." — Aristotle

Save the Date

We have some exciting community events lined up for our residents over the next month!



Trick or Treat

31 October

The annual **Trick or Treat** takes place **Saturday 31 October**.

The HOA are proud to invite you to this year's Trick or Treat taking place on Saturday 31 October.

The event starts at 5pm and ends at 8pm. All attendees will be required to pre-register with their stand number and the number of children who will be attending from their stand. Entry is a bag of sweets.

Registration will take place on Friday 30th October between 3pm and 5pm at the HOA; all attendees will be required to check in and receive a participation arm band.

Should you wish to enter your house as a sweetie stop/haunted house please email admin@echoa.co.za with Sweetie Stand in the subject heading.

Should you wish to register your child/children, please email admin@echoa.co.za with Trick or Treat in the subject heading.

Prizes for

**Best decorated house,
Best dressed family,
Best dressed baby or toddler,
best dressed boy and girl,
best decorated golf cart.**

To enter – please share your photos with comms@echoa.co.za post the event with the relative subject heading.

continue on page 8

WATCH THIS SPACE

Rayban and Oakley **Meta AI Smart** glasses now officially available in South Africa soon!!!



Launching with first stock in November 2026

Interested in being notified when stock arrives?

WhatsApp your name to:

Theo Maré

Hylton Morrow

082 415 7271

082 461 4716



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

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

Phone: 011 568 6804

admin@mmpoptical.co.za

- Designer Eyewear
- Childrens Vision
- Contact Lenses
- Sports Eyewear
- Safety Eyewear

continued from page 6



Glow Up Night Run

3 November

Sponsored by Matt De Beer, Re/MAX Masters

Gather your family and friends, find your neon, get your glo sticks and join us for our resident family event on Tuesday 3 November. Prize for best dressed family/group.

This is free to all residents
- to register please email admin@echoa.co.za.

Movie Night

7 November

Sponsored by Martje Hellberg, Eagle Canyon Property Brokers

Grease is the word

Pack your picnic blanket, gather your Pink Ladies and T-Birds and get ready for 3 October Movies Under the Stars. We go retro with the epic movie Grease.

R50 per person and a bag of dog or cat food get you entry. (Pet food to be donated to local SPCA). To book: Whastapp Martje on 082 557 1250.

Bring your picnic baskets and cooler boxes; burgers, hotdogs and delicious treats available for sale.



Blood Drive Tuesday 24 November

Thank you to all residents, family and friends who joined in our last blood drive. We had 49 successful donors – which means 147 lives saved by one simple act of donation.

The last Blood Drive for 2026 takes place on Tuesday 24 November - 14h00 to 19h00 at Eagle 1, The Clubhouse.

Please join us for this important drive as we head into the end of the year and holidays, when blood stocks are traditionally lower and need urgent replenishing.

BOOK NOW !
DONT MISS OUT !

Bring all your family & friends to enjoy this special event of a classic movie under the stars!

DATE: 7 November 2026
VENUE: Eagle Canyon Golf Estate
Soccer Park
GATES OPEN: 18h00
MOVIE STARTS: 19h00 - 19h30
TICKET PRICE: R 50
Awesome food vendors attending, but you are also welcome to bring a picnic basket!

MOVIES UNDER THE STARS

BOOKINGS:
WhatsApp Martje at 082 557 1250
Don't miss this one-night-only retro classic event!

THE MOVIE : GREASE

Let's give back Movie people - bring some dog or cat food with you and swap for your free popcorn!

See you at the movies!
Get ready to groove!

Plan for the year ahead. Make your next move worth making.

enjoy your free calendar with our compliments



Sales & Rentals in Eagle Canyon Golf Estate

Thank you to all my valued sellers, buyers, landlords and tenants for your continued trust and support throughout the year.



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

EAGLE CANYON

21st Birthday Celebrations

Your favourite award-winning estate and country are **turning 21** and you are invited! Join us for a week of celebrations and fun from **Sunday 22 November to Sunday 29 November**. Highlights include:

Young Entrepreneur's Market

Sunday
22 November

We invite our estate children aged 6 to 18 to join our inaugural Young Entrepreneur's Market on the Soccer field, Sunday 22 November, between 8am and 1pm. Set-up from 7pm.

To register: please submit the following to comms@echoa.co.za with Children's Market in the subject heading:

1. Child's full name, age and stand number
2. Proposed "business name" (as chosen by the child)
3. Description of goods/services
4. Parent/guardian contact. Details.

Participants will be responsible for providing their own tables, chairs and gazebos.

Prizes for best decorated stand and most original stand.



LINE-UP INCLUDES:

Prime Circle,
Jessie Clegg
and Kurt Darren



SUPPORTED BY
Obsession Live
and Drommadaris

Golf-Centric Events

Food, entertainment and prizes galore!

Wednesday
25th November

- Senior and Ladies Morning
- Committee Wednesday Members Comp

Friday
26th November

- Par 3 Comp
- Night Golf Comp

Sunday
28th November

- Family day 9 hole

Saturday
27th November

- Freezing K9 Celebration Comp (morning field full members/ afternoon field mid-week and full Sat-Ex AM)

21CELEBRATION

Concert in the Park

Join us for a family day filled with live music, good food and drink, community spirit and kiddies play zone.

Sunday, 29 November

Gates open at 10h00

Tickets: R200 per adults and R50 for children ages 3 to 13. (Kids under 3 free). **For more information or to book your spot email** admin@echoa.co.za.

This is just some of the exciting line up to look forward to during this week of estate and country club festivities. Watch our communication channels for more information.



THE SMART MOVE

IS TO SELL WITH US, AS YOU CAN SEE WITH OUR RECENT SALES!

RECORD SALE ACHIEVED

R22 000 000

Highest Recorded Sale in Eagle Canyon

R6 995 000

R7 500 000

R7 200 000

Sell. Buy. Rent. Make your Move a Smart One.

Rentals
FIONA GAISFORD
082 332 3384

Smart Move

Sales
ELNA MYBURGH
082 253 8443

Eagle Canyon Golf Estate • October - November 2026 • 10

{On Course} A round up of all things Golf



“Golf is the only game where you can get completely frustrated and still look forward to doing it again tomorrow with your neighbours.”

— Unknown

We are the CHAMPIONS

Our **Junior Leagues** won both the B & D division and are the **Junior League Champs!** They have also been promoted to the A & C divisions in both instances.

Calling all LADY GOLFERS

We are excited about our upcoming **Ladies Open**, a flagship event that continues to grow year after year.

We're determined to make this year's event bigger, better, and more memorable than ever, and we'd love your support. We are calling on all ladies to join us for what promises to be a spectacular day of golf, fun, networking and great prizes.

If you would like to enter a team, please don't wait until the last minute. Contact our Ladies Golf Captain directly on captain@echoa.co.za to secure your 4-ball booking and reserve your place in the field. Gather your friends, colleagues, and fellow golfers and come be part of a day that celebrates the game, friendship and the incredible spirit of women's golf. Together let's fill the field, create something special and make the 2026 Ladies Open an event to remember.



LADIES OPEN

R550 p.p

29 October

An exclusive day of golf, fun, friendship, laughter, and unforgettable experiences designed especially for women who love the game.

Whether you're playing for the competition, the camaraderie, or the cocktails, this is an event you won't want to miss!

Golf • Friendship • Fun • Cocktails

Includes green fees, carts & light lunch

In Partnership with



AM Shotgun Start

RSVP: Maxcine Pillay
captain@echoa.co.za
0781517141

QUEENS of the Greens

Hosted by Ladies Captain, **Maxcine Pillay**, the Queens of the Greens recently launched the **Queens of the Greens App**.

Designed specifically for our ladies, the app will help golfers track their development, monitor key performance areas and measure their progress throughout their golfing journey.

As part of the launch, our Queens of the Greens participants completed swing and flexibility assessments to establish their personal benchmarks, while also enjoying a wonderful weekend of networking, learning, and camaraderie. The festivities concluded with the monthly Sunday Social 9-hole.

The Queens of the Greens Sunday Scramble is designed to be a fun, relaxed and welcoming environment, particularly for beginners looking to gain confidence and experience on the course. It's a fantastic opportunity to meet fellow golfers, enjoy the game, and become part of our wonderful golfing community.

We were privileged to have **Sunshine and European Tour professional Kaiyuree Moodley** join us throughout the weekend. Kaiyuree assisted with providing statistics for the app, shared valuable insights from her professional career and joined the ladies' social scramble on Sunday. Her support and enthusiasm added tremendous value to the experience.



A sincere thank you goes to our official Queens of the Greens sponsor, **Golden Tiger Realtors**, as well as **The Loft ProShop**, and **Simon Hill** for their generous contributions and support. Your commitment helped make this weekend a tremendous success, and we are grateful for your partnership in growing the game and supporting our members.

CEO of Golden Tiger Realtors, Aladia Moodley, explains that part of the philosophy of the Golden Tiger Realtors brand extends to their commitment to women. As a proudly black owned and female led organisation, women empowerment is an important part of their journey: *“Our involvement with Queens of the Greens is one expression of that commitment, creating spaces where women can connect, build confidence, develop relationships and experience opportunities beyond the traditional boundaries of business and property.”*



CAPTAIN'S dinner

JOIN US FOR A DAY OF GOLF, ENTERTAINMENT, GREAT FOOD AND PLENTY OF VIBES

6PM, 21 OCTOBER - EAGLE 1

THEME: SHIRT & BOWTIE

LIVE ENTERTAINMENT BY

- TONY THE MUSICIAN
- BRYAN MILES THE CORPORATE MENTALIST

SPIT BRAAI, MEAT PRIZES. & MORE

DINNER IS R300 PER PERSON - BOOK THROUGH THE PROSHOP (GOLF IS NORMAL RATES)

18 & OLDER ONLY - MEN ONLY

BOOK NOW



aboDeZign
Architecture that works.
Design that lasts.



Tailored architectural design for residential, commercial and sustainable projects. From concept to council approval to flawless execution.

Our Services:

- Concept design
- As-Built plans
- Additions & alterations
- Council submissions
- 3D visualisation
- Project management

Professional Senior Architectural Technologist
SACAP Registered (PcSArchT 570704) | 079 065 8000 | www.abodezign.co.za
abodezign@gmail.com

Book a consultation and bring your vision to life.

Your go to
GOLF CART SHOP.
WE DO IT ALL!



*** BUILT FOR YOU. MADE TO PERFORM. ***

RELIABLE POWERFUL STYLISH CUSTOM BUILT BUILT FOR YOU

Our Services

- BUY & SELL
- RENTALS
- CART REPAIRS & MAINTENANCE
- REFURBISHMENTS
- BATTERY MAINTENANCE
- GOLF CART ACCESSORIES

WE ARE ALSO A LITHIUM SUPPLIER & INSTALLER

DJ's Custom Golf Carts

Light kits, lift kits, tyres & more, mirrors, USB ports - you name it!

ASHTON 081 854 9290 info@djcustomgolfcarts.co.za www.djcustomgolfcarts.co.za

EAGLE CANYON

Charity Challenge

HOA CHARITY GOLF DAY

This year's two day event is brought to you by headline sponsors **Golden Tiger Realtors** and **Lifta**. This much loved and supported 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.



GOLDEN TIGER REALTORS
You say Sell! We say Sold!!



Lifta
HOME LIFTS

< GOLF COURSE >

Five mins with
ALADIA MOODLEY,
- CEO GOLDEN TIGER REALTORS:

1. We choose to be the headline sponsor of the EC Charity Challenge because:

At Golden Tiger Realtors, we believe that business should have a purpose beyond the bottom line.

We chose to become the headline sponsor of the EC Charity Challenge because it reflects something fundamental to who we are: the belief that success should create an opportunity to give back, to connect people and to make a difference.

Golden Tiger Realtors was built on three powerful pillars: People, Empowerment, Property.

These are not simply words we use to describe our business. They shape the way we recruit, develop, mentor and grow our people, and the way we engage with the communities around us.

For us, being involved in the EC Charity Challenge is about being part of something that brings people together and uses business, relationships and community to create positive impact in the community.

2. This event is important to us because:

We understand the importance of community because our business is built on people.

continue on page 16

VISIT OUR RANDBURG BRANCH



Patio WAREHOUSE
www.patiowarehouse.co.za

Africa's Largest Selection of Patio Furniture & Accessories

Tel: 011 801 0820 | 5 High View Boulevard, Ferndale Ext. 11, Randburg
(Malibongwe off-ramp from the Western Bypass)

EAGLE CANYON CHARITY CHALLENGE

Brought to you by:

GOLDEN TIGER REALTORS
You say Sell! We say Sold!!

Lifta HOME LIFTS

Sponsor a hole: 9 & 10 OCTOBER

In support of: The Caddy Fund, The Supper Foundation & St Laurence's Children's Haven

Book a Hole:
Day 1 (PM) & Day 2 (AM): R7 000
Day 1 only (PM): R4 500
Day 2 only (AM): R4 500

Get More Info: 011 801 6600 | Comms@echoa.co.za

EAGLE CANYON GOLF & LIFESTYLE ESTATE

EAGLE CANYON CHARITY CHALLENGE

Brought to you by:

GOLDEN TIGER REALTORS
You say Sell! We say Sold!!

Lifta HOME LIFTS

Book your spot: 9 & 10 OCTOBER

In support of: The Caddy Fund, The Supper Foundation & St Laurence's Children's Haven

R400/person
Includes: Green Fees, Snacks & Prize Giving
Friday PM Field - 11h30 tee-off
Saturday AM Field - 07h30 tee-off

Get More Info: 011 801 6600 | ccreception@echoa.co.za

EAGLE CANYON GOLF & LIFESTYLE ESTATE

EAGLE CANYON

Charity Challenge

continued from page 15

Property is one of the most powerful industries in the world. It creates careers, builds businesses, creates wealth and shapes communities. But the real opportunity lies in ensuring that more people have access to the industry and the knowledge required to participate in it.

That is where our focus on empowerment comes in.

We believe in lifting as you rise. Our responsibility is not only to build our own business, but to create pathways for others to grow with us.

This philosophy also extends to our commitment to women. As a proudly black owned and female led organisation, women empowerment is an important part of our journey. We want to see more women entering property, building careers, taking leadership positions and becoming business owners.

3. We align with this event as:

Our model is designed around creating a journey, not simply filling a position.

Through our 12 step development pathway, an individual can enter the property industry with little or no prior real estate experience, including young people coming directly out of school as

part of our youth empowerment initiative, and begin an earn while you learn career with Golden Tiger Realtors.

They join us as property practitioners, gain practical experience and study while they work. They can progress through their NQF Level 4, move on to the PDE 4 examination, continue to NQF Level 5, progress to the PDE 5 examination, and ultimately work towards achieving full principal status.

But we believe the journey should not end with a qualification.

For those who want to become entrepreneurs, our model provides a pathway into business ownership through our franchise opportunities.

The support starts from day one. Every new agent goes through our four day induction programme, followed by structured development and mentorship. Mentoring at Golden Tiger Realtors is provided free during the applicable mentoring period. For those moving into franchise ownership, we provide a dedicated franchisee training programme to prepare them for the transition from property practitioner to business owner.

Our objective is simple: create people who can create opportunities for other people.

That is empowerment in action.



About Golden Tiger Realtors

Golden Tiger Realtors (GTR) is a proudly South African, black owned and female led real estate brand that is building a new generation of property professionals, entrepreneurs and business owners.

Led by CEO Aladia Moodley and the principal Gonaseelan Moodley, Golden Tiger Realtors is part of the broader Golden Tiger Group and has developed a model that brings together real estate, education, professional development, mentorship, technology and entrepreneurship.

Our approach to property is fundamentally people focused. We believe that when you invest in the right people and give them the right platform, they can achieve far more than they initially imagined.

That is why education is built into our model. Golden Tiger Realtors provides its new and existing agents with access to FREE NQF Level 4 and NQF Level 5 real estate education, allowing them to study while gaining practical experience in the industry. Our education model combines learning with workplace experience, creating a direct connection between qualification and earning.

But education is only one part of the journey.

We provide induction, mentorship, ongoing training and a structured pathway towards leadership and ownership. Our ultimate objective is to create a pipeline where a person can enter the industry, develop professionally, become a principal and, if they choose, progress into business ownership.

We are equally passionate about creating opportunities for women. Our women empowerment initiatives are designed around the belief that women should have access to the knowledge, confidence, networks and opportunities required to build careers, businesses and financial independence through property.

Our support of initiatives such as Queens of the Greens reflects that commitment, because empowerment is not confined to the office. It is also about creating spaces for women to connect, participate, grow and see themselves in places where they may not traditionally have had a seat at the table.

Ultimately, Golden Tiger Realtors is about People. Empowerment. Property.

We want to build a property brand that does more than sell homes and close transactions. We want to develop people who can build careers, entrepreneurs who can build businesses and leaders who can create opportunities for the next generation.

Because our measure of success is not only how far we go.

It is also how many people we take with us.

At Golden Tiger Realtors, we believe in lifting as you rise.

HOLE SPONSORS:

Thank you to the following hole sponsors:

- Hole 2: Seeff
- Hole 4: Big T
- Hole 8: Lifta
- Hole 9: Thompsons
- Hole 14: Golden Tiger Realtors
- Hole 18: Asher Spa And Hair Salon

PRIZE SPONSORS:

Thank you to the following prize sponsors:

- Eagle Canyon Gym & Wellness Centre
- Fourways Alliance, Comfee, Samsung
- Titleist

Five mins with THEGAN GOVENDER – MARKETING AND EVENTS CO-ORDINATOR LIFTA SA

1. This event is important to us because:

The Eagle Canyon Charity Challenge brings the community together to support meaningful causes and create a lasting positive impact. At Lifta SA, we believe businesses have a responsibility to contribute to the communities they serve.

The event also provides an opportunity to connect with Eagle Canyon residents, homeowners and local businesses in an engaging environment while supporting organisations that make a genuine difference in people’s lives.

2. We align with this event as our business model is:

Our business is centred on improving quality of life. Lifta Home Lifts help people remain independent, safe and comfortable in the homes they love. We provide practical mobility solutions that allow homeowners to move easily between floors and continue enjoying every part of their homes.

This focus on supporting people, enhancing independence and improving everyday living closely aligns with the charitable purpose of the EC Charity Challenge.

Lifta also has an established connection with the Eagle Canyon community, with several Lifta Home Lifts already installed in homes within the estate.

About Lifta SA:

Established in South Africa in 2007, Lifta SA is the sole Southern African distributor of Stiltz Home Lifts. We specialise in elegant and practical home lift solutions that help homeowners improve accessibility and future proof their properties.

With more than 600 Lifta Home Lifts installed countrywide, including lifts within Eagle Canyon Golf and Lifestyle Estate, Lifta has become a trusted provider of residential mobility solutions in South Africa.

Our Duo and Trio Home Lifts operate on a standard 220 V household power supply and do not require a conventional lift shaft, pit or machine room. Their self-supporting design allows them to be installed in a wide variety of existing homes and new developments with minimal building work.

The compact Duo Home Lift is designed for two passengers while the spacious Trio is wheelchair friendly and can accommodate up to three passengers. Both models combine advanced safety features with elegant European design and dedicated local service.

With offices in Cape Town and Johannesburg, Lifta SA serves homeowners throughout South Africa. Our goal is to help people enjoy greater independence, comfort and freedom of movement without having to leave the homes and communities they love.

By sponsoring a hole or by participating in the event, 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.

Is there a right time to sell?

Timing, equity and local market conditions all influence your result.

NO SINGLE RULE FITS EVERY HOMEOWNER

Selling too soon can be costly. Transfer costs, bond fees, legal fees, moving expenses and selling costs all affect your return. Your personal circumstances, equity and local market conditions should guide the decision.

THE 5-7 YEAR GUIDELINE

Many homeowners aim to stay in a property for five to seven years. This gives the home more time to appreciate and allows you to reduce the outstanding balance on your bond.

UNDERSTANDING HOME EQUITY

Home equity is the difference between your property's current market value and what you still owe on your bond. If your home is worth R2 million and you owe R1.4 million, your equity is R600 000.

MARKET CONDITIONS MATTER

Interest rates, buyer demand, lending conditions and competing listings all influence your selling result. Your suburb, property type and price bracket matter more than national trends alone.

DON'T GUESS YOUR PROPERTY'S VALUE

Online valuations can provide a starting point, but they cannot fully account for your property's condition, improvements, location and current buyer demand. A professional Comparative Market Analysis (CMA) uses recent local sales and market knowledge to help establish a realistic value for your property. It can show you what comparable homes have sold for, how your property compares with competing listings and how best to position it in the current market.

THE TAKE AWAY

There is no perfect time to sell. Your equity, ownership period, personal circumstances and local market conditions should all form part of the decision. **Thinking about selling? Speak to me, Roz for a professional Comparative Market Analysis and guidance on the best strategy for your property.**

LOCAL INSIGHT • REALISTIC PRICING • INFORMED DECISIONS



MASTER AGENT

HOME OWNER

ROZ EVERITT

083 755 8933

roze@everitt.co.za

CHAS EVERITT
INTERNATIONAL PROPERTY GROUP



Spotting Spotty

Eagle Canyon recently successfully released our fifth owl – this time a Spotted Eagle Owl named Spotty – who has been spotted by residents on the estate.

Owls are fascinating creatures, whose presence on our Estate provides an efficient means of pest control according to the experts at EcoSolutions Urban Ecology and the Owl Project – our partners in our owl release programme.

Since being chosen to be an owl release site for abandoned and orphaned owls in 2025, we have successfully released four barn owls and now a Spotted Eagle Owl. Our estate currently has five Spotted Eagle Owl boxes, three Barn Owl Boxes and three bat hotels strategically placed throughout the estate. These undergo regular checking and servicing by Ecosolutions.

The Spotted Eagle-Owl is the most commonly found owl in Southern Africa. The Spotted Eagle-Owl is a large grey owl, 43-50cm in height, with a barred in front and blotches on the head, back and wings.

The most distinguishing features of the Spotted Eagle-Owl are the prominent tufts of feathers on either side of his head, which erect into two "horns" and the bright yellow eyes.

continued on page 20

Spotting Spotty

continued from page 19

Both sexes are alike in colour and size, and the juvenile owls resemble their parents. Plumage can vary from owl to owl.

Spotted Eagle-Owls have amazing hearing and can pinpoint the tiniest of sounds. Their faces are shaped in such a way that it reflects sound towards their ears openings, which amplifies sound. They can hunt in almost total darkness, purely based on following the sound of their prey.

They have excellent vision and are able to see at night. They have forward-facing eyes and binocular vision, which means they have a very narrow field of vision. Their pupils act independently of each other. A unique feature of an owl is the flexible neck that can twist round to 270 degrees. They can swivel their heads to look behind them without moving their body. An another interesting fact is that owls’ eyes don’t reflect in torch light.

The wingspan is around 1m in length, and the surface area of their wings is large in comparison with their body size. The wing feathers have a soft, comb-like edging, which allows them to fly silently through the air.



Spotted Eagle-Owls are nocturnal. They roost during the day, in trees, among rocks or in the special owl boxes. At sunset they fly out to perch ready to hunt for food.

From the chosen perch, they scan the ground for movement, using their eyes and ears to detect, and swooping, almost silently in pursuit of their chosen meal.



You may battle to see a Spotted Eagle-Owl when roosting in the trees, as they try to make themselves as inconspicuous as possible, drawing their feathers tightly towards their body, closing those bright yellow eyes and sitting dead still. By doing this they blend into their surrounds.

At dusk, they are more noticeable - those eyes bright and shining – perched in prominent positions and calling out.

The call has been described as a mellow hoot. Males usually give a double hoot “hoo-hooooee” sound, which the female answers with a softer triple hoot, ““hoo-hoo-hooee”.

Spotted Eagle-Owls are most vocal in the months leading up to breeding season, calling to find partners, to tell their partners where they are, and to proclaim their territories.

The hatchling call for food with a loud screech-like hiss, and will click their beaks if they feel threatened. Chicks will only hoot once they are fully mature.

The Spotted Eagle-Owl breeding season starts in June/July through to summer. During this time period you may be lucky enough to see activity around the owl boxes – with food exchanges and vocalisation common and a key indication of breeding activity.

Owls form life-long bonds. The female will lay between two to four eggs, at intervals of two to

three days. The female will incubate the eggs while the male brings food for her. Eggs hatch after around 30 days or so. Chicks will hatch in intervals and are covered in a soft white down with their eyes closed. The second week, the eyes open and a second thicker coat of greyish down and the first feathers start to emerge. Mom owls will rarely leave the nest the first two weeks, with her partner laying most of the food during this time period. From the third week, the female will start to help the male with the hunting.

The chicks can stand from around three weeks and become more adventurous, wandering around their nest site. They leave the nest from around six weeks old, but they are not yet able to fly, their wing feathers are about half the final length, and there is still some down on their underparts and heads. The fledglings are able to fly and catch their own prey when they are seven weeks old. The parents will hiss or make snapping or clicking sounds if they feel their



chicks are being threatened. They may also put their head down and spread their wings out sideways to intimidate the threat. They can become aggressive and may attack to defend their nest.

Once they have left the nest, they remain in the vicinity of the nest site, and their parents continue to feed until they can fully fend for themselves. They are only fully dependent when they are about four months old, and this is when they move to find their own territory. Owls are fully mature by one year and in the right conditions can live for 11 to 12 years.

The Spotted Eagle-Owl is an adaptable sort and is not fussy about where they nest or what they eat, which has made them a successful



widespread species. They have also adapted to living with people as long as they find a safe space to roost, undisturbed, during the day. Once they have found a successful nesting spot, they will typically use this year after year, sometimes for decades.

They enjoy a varied diet, and the type of food they eat will depend largely on what is available to them. They prey on insects such as crickets and large beetles, small mammals such as shrews, mice, rats, and even birds. Small reptiles and amphibians are also eaten.

Smaller prey is swallowed whole, while larger prey is dismembered and eaten in bites. Owls do not have a crop, so food passes directly to the stomach where it is digested. The ingestible parts are compacted into a pellet. This is a ball of hair and bones that is regurgitated 6 to 12 hours after eating. These are dropped below roosting and nesting sites and can be used to identify what prey the owls are catching.



Natural Pest Control

Spotted Eagle-Owls are predators of pest species, such as rats, and are a great way of naturally reducing pest populations. They also snack on insects, such as grasshoppers and crickets.

Owl Enemies

Owls are predators and don’t have many natural enemies – however – the biggest enemy are us humans. Unfortunately, our owls’ biggest predator is humans, who put out poisoned bait to kill rodents, which in turn, can result in secondary poisoning of the owls who eat the dead or dying rodents.

Eagle Canyon is home to owls, feral cats, mongoose and more – all of which help with rodent control. And all of which run the risk of being poisoned should the wrong rodenticides or insecticides be utilised. Owls are considered to be particularly excellent for rodent control, with a breeding pair consuming around 80kg of rodents annually.

The Department of Agriculture, Land Reform and Rural Development have issued a formal notice regarding three rodenticides that are banned in South Africa due to their high toxicity and long-term environment and health risks.

Banned Active Ingredients

(Rodenticides):

Brodifacoum • Coumatetralyl • Difenacoum

These active ingredients are found in a range of commonly used commercial rodenticide products, including but not limited to:

- **Brodifacoum:**
Klerat, Talon, Havoc, Final, Jaguar, Rodex (blocks, grain, pellets, liquid and pasta bait)
- **Coumatetralyl:**
Racumin, Ratex, Couma
- **Difenacoum:**
Neosorexa, Sorexa, Rodex Raptor, Muskil, Storm Secure

These compounds have been widely used in rodent control but pose a substantial risk to humans, non-target wildlife (including owls and other predators), and the broader ecosystem. Their inclusion on this banned list reflects growing awareness and commitment to safer, more sustainable pest control practices.

Should you have the need for rodent control, we request that you transition to compliant, non-toxic rodent management systems that align with both legal requirements and environmental best practice, as well as being safe for our Estate wildlife - including our resident owls.

Fast Fact:

There are a number of stories and myths surrounding owls. They are associated with death and bad luck, but equally so, wisdom and learning.

A Hook, A Rescue, A Reminder to us all

A recent Egyptian Goose rescue by residents highlights how a little care around our dams and water courses can make a big difference.



One of the special things about living at Eagle Canyon Golf Estate is the wildlife that shares our environment.

Recently, an Egyptian Goose was found in distress by concerned residents at the fish breeding dam near the 7th tee box. The bird could not walk properly or fly and was clearly in trouble.

With wildlife rescuers not immediately available, members of the Eagle Canyon fishing community were contacted to see whether anyone had a suitable net.

Our resident fishing expert, Braam de Villiers responded to the call and arrived with a landing net, allowing the goose to be safely caught.

Once the residents could examine the bird closely, the cause became apparent: a fishing hook was deeply embedded in its neck, with fishing line still attached.

Professional care

The goose was taken to **Friends of Free Wildlife**, where the hook was successfully removed and the wound treated. The rescuers noted that it was embedded particularly deeply. This may be consistent with the line having been pulled or the angler striking - or setting the hook - after feeling resistance, perhaps without realising a bird had become entangled, instead of a fish.

The good news

After treatment and care at **Friends of Free Wildlife**, the goose is doing much better. If recovery continues as expected, there is hope to release the goose back into its familiar environment.

All about the geese

The Egyptian Goose has an unusual colour pattern highlighted by a reddish brown mask around the eyes, dark collar and irregular breast patch. The plumage is grey and buff plumage, pinkish legs and bright white forewings visible during flight.

Despite its name, the Egyptian Goose is more a large duck than a typical goose. In fact, it belongs to the shelduck subfamily.

The Egyptian Goose prefers to rest on the ground more than in water, and perches on and

nests in trees. They will nest just about anywhere, including abandoned nests, ground depressions and tree cavities. They enjoy spending time grazing on open grasslands and lawns rather than staying strictly in the water.

They are noisy creatures: When a pair takes flight, both birds honk, and then may proceed to call in duet in flight. The male typically produces a soft rasping call, while the female makes a louder, harsher honking sound. When threatened both birds may hiss in response.

Egyptian Geese mate for life and defend their nest and goslings aggressively. Breeding takes

place throughout the year. Adults reach sexual maturity around two years of age, with the female laying between six and 18 eggs, laid at one-day intervals. Both mom and dad are involved in the incubation of the eggs, which takes around 30 days. The chicks leave the nest a day after hatching. After leaving the nest, the youngsters are escorted to the water by both parents. The fledging period lasts up to 14 weeks, with the chicks spending much of their time foraging. They predominantly snack on grass and grass seeds, but supplement this by eating invertebrates, such as ants, caterpillars, moths, crickets, beetles and earthworms. By contrast, adults are almost exclusively herbivorous, feasting on grasses, seeds and aquatic plants.

Egyptian geese are known to be a gregarious bunch outside of breeding season, congregating in flocks (as evidenced on our golf course). Egyptian Geese also go through a period of moulting and remain flightless for about five weeks while their flight feathers regrow.

ENJOY OUR DAMS. SHARE THEM.

The important point is not blame. Accidents can happen. What matters is what we do when they happen - and what we can do to prevent them. **Responsible fishing protects the wildlife that makes Eagle Canyon special.**

- Fish responsibly around wildlife.
- Never leave fishing line, hooks, lures or other tackle behind.
- Do not cast over or close to birds or animals. Wait for them to move clear.
- Check the water and bank before casting, especially around feeding or nesting birds.
- Retrieve broken line and tackle whenever it can be done safely.
- Before leaving, check your fishing spot for line, hooks, bait containers and litter. Teach young and new anglers that responsible fishing includes protecting wildlife.

If wildlife becomes hooked or entangled, do not simply cut the line and leave it attached. Seek assistance.

A community effort:

A resident noticed an animal in distress. The fishing community responded. Braam brought the equipment needed to catch it, and **Friends of Free Wildlife** provided professional care. That is community in action.

Thank you, Braam - and Friends of Free Wildlife.



FRIENDS OF FREE WILDLIFE RESCUE • REHABILITATE • RELEASE

Friends of Free Wildlife is a non-profit wildlife rehabilitation organisation dedicated to rescuing, treating, rehabilitating and releasing indigenous wildlife back into the wild. Their team cares for injured, orphaned and displaced animals and birds - including our Eagle Canyon goose. Please support their work. Their work relies on public support.

Please consider donating:

Friends of Free Wildlife, Nedbank, Branch Code 198742, Current Account No. 1135 622 957, Swift Code: NEDSZAJJ

Contact: 076 059 3211/ info@freewildlife.co.za

Enjoy the fishing. Protect the wildlife. Share the space.

Lithium - 160km Range

2 Seater R175 000 incl. VAT	4 Seater R225 000 incl. VAT	Back to back R215 000 incl. VAT
-----------------------------------	-----------------------------------	---------------------------------------

SOUND BAR	10 inch APPLE CARPLAY AUTO ANDROID	LIVE STREAM YOUR FAVOURITE SPORT ON YOUR DISPLAY

CELL: 078 559 9947
EMAIL: Mbiassoni70@gmail.com

--	--	--	--	--

SCAN TO EXPLORE
www.valaro-ev.com

EDEN CHARTWELL
Pre-Primary | Preparatory

ENROL NOW
FOR 2027

Cnr Cedar Rd and Romney Ave, Chartwell
011-445-3905 | chartwell@edenschools.co.za
edenschools.co.za/chartwell

Cane rats

at Eagle Canyon — part of our natural environment

Meet the Cane Rat (*Thryonomys swinderianus*)

With its rotund body, spiny fur and rounded nose – the Cane Rat is closer related to the porcupine than to the brown and black rats that are considered undesirable pests. Infact despite its name, the cane rat is not related to the common rat at all. Often misunderstood and misclassified, this is one of Africa’s largest rodents and is a natural part of South Africa’s ecosystem.



Cane rats range in size from 35 to 60 centimetres in length and can weigh between 3-6kg. The have bristly brown fur speckled with yellow or grey. This coarse, flattened bristle-like hair has no under fur. They have a rounded face and nose.

Cane rats, are also referred to as “grass-cutters” due to the manner in which they chomp grasses with their upper incisors which results in a tooth-chattering sound. Interestingly – the upper teeth grown continuously.

Unlike other species of rat, cane rats are herbivores, favouring reed-like grasses, with elephant grass being a favourite. They can also survive on dry highveld grasses.

You may spot them near our dams and water courses, or in our wetlands sanctuary, as this is preferred habitat, where the coarser reed grasses grow. They prefer these areas as they are entirely water-dependent. Cane rats are excellent swimmers and will often escape danger by heading straight for the water.

Breeding season for cane rats is usually in the wetter seasons but they can typically breed twice a year. Gestation is between 137 to 172 days, and an average litter is between two and four pups. The pups weigh around 130g at birth and are born with their eyes open, covered in hair (and can even run!). Cane rats become sexually active once they are between six months and a year old, and can live up to four years in a conducive environment.

They are social animals, with their “pack” generally consisting of a male with two or three females. Cane rats are predominantly nocturnal, most active at dawn and dusk, this is why sightings can often take residents by surprise.

The bigger picture

Our open spaces, water features and vegetation create a valuable habitat and an ecological corridor for a variety of wildlife. The presence of cane rats is a sign of a healthy environment, not a problem to be eliminated.

What you can do to avoid unwanted visits

- Secure food, rubbish and compost on your property.
- Keep gardens and boundaries tidy, especially next to the estate’s open spaces.
- If a cane rat enters your house or is trapped, contact the ops department at the HOA (opsmgr@echoa.co.za or opsinfo@echoa.co.za; or through reception on (011) 795 2799 for human capture/removal (when necessary).

When you encounter a cane rat

- Keep your distance
- Do not attempt to chase or corner it
- Allow a clear escape route back to natural vegetation.

Why we shouldn’t destroy them

- They are indigenous wildlife, not pests.
- They are not causing damage, health risks or safety concerns at the estate.
- Occasional movement into neighbouring gardens is normal wildlife behaviour, especially where a suitable habitat exists.
- Eradication is not environmentally justified and may require permits under Gauteng wildlife legislation.

Do not use poison!

Poisoning can harm non-targeted wildlife (including our Estate Owls), domestic animals and the environment, and is not an appropriate solution for an indigenous species.

Legal Status: Not a pest. Classified as Least Concern nationally and occurs in Gauteng.

What the City of Johannesburg by-law says:

The City of Johannesburg By-law for the Protection of Wild Animals and Birds (2014) defines “wild animal” broadly and specifically excludes ordinary rates and mice from this definition.

The by-law states: “ ‘Wild animal’ means any animal, other than a rat or mouse, which is wild, excluding any animal which is not domesticated or tame, and includes any bird, reptile, amphibian or invertebrate.”

The by-law also defines ‘hunting’ as: “Killing, snaring, capturing pursuing, disturbing, destroying, wounding, or maiming a wild animal.”

This means that a golf course cannot simply poison, trap or kill cane rats without first establishing whether the proposed control is legally authorised. (a permit may be required from the Gauteng Department of Agriculture and Rural Development).

Cane rats are wildlife – not pests. They are protected by law and their management must be responsible and humane.



Did you know?

There is a myth that cane rats are aggressive in nature, however in reality, they are passive, shy animals that will rather flee than confront danger.

When threatened, the cane rat may either stomp their hind feet, grunt, or move quickly to water. While passive in nature, males have been observed fighting with other males by having a nose to nose pushing duel.

Image ref. birding101.co.za

CONTRACTORS OF CHOICE:

PAINTING | WATERPROOFING | DAMP PROOFING | TEXTURED COATINGS

ROYAL COAT AFRICA

SINCE 1987

Uncompromising Quality!

We offer up to 15 YEAR manufacturer and workmanship guarantees

Beat the Winter Blues before the Highveld rains return in a few months time!

Give your home the maintenance and/or makeover it deserves! Protect your investment with the applicators of choice!

We are preferred and master applicators of Dulux, Plascon, Marmoran, Cemcrete and Safeguard SA products.

Dulux

let's colour

Plascon

Marmoran

CUSTOM MADE PARTS & PAINT CONTRACTORS

MBA NORTH

MEMBER OF THE ASSOCIATION OF SOUTH AFRICAN PAINTERS

SAFEGUARD

Waterproofing Systems

CEMCRETE

DWASA

DEPARTMENT OF WATER & SANITATION

Since 1987, Royal Coat Africa has been one of South Africa's foremost decorative and protective coatings contractors. Our name has become synonymous with Uncompromising Quality!

info@royalcoatafrica.co.za | 011 792 1065 | www.royalcoatafrica.co.za

DCI Facilities Services

12000BTU: R 9000.00

Including: Installation, 5M Piping & gas COC

Excluding: Travel

Quiet Comfort Airconditioner

DC - Inverter Technology

ALASKA FX12I

ALASKA

ALASKA

Condensor Cages R4990.00

Energy-efficient Inverter Systems - Hidden external condensers - Estate compliant

TEL: +27 11 794 8592

EMAIL: sales@dcipro.co.za

WEB: www.dcifs.co.za

KAMADOJAN
GEN 4
INNOVATION LEVELLED UP



FREE STARTER KIT INCLUDED

THE ULTIMATE ALL-IN-ONE GRILL
WWW.KAMADOJAN.CO.ZA



The Scent of Memory

Old Spice to me, represents comfort and security. From my earliest memory until the day he died, it was the scent my grandfather wore. To this day, the smell of Old Spice transports me. It's memories of scrapped knees and tears gently being wiped away; of Durban winters, large warm hands, rough towels and the salty smell of the sea; of late night call outs, striped PJ pants and a badly buttoned cardigan helping to fix a broken-down car at 02h00. Smell, more than any of our other senses, can subconsciously evoke strong memories taking us back to that exact moment in time.

This is known as the Proust Effect. According to Cretien Van Campen, in his book, *The Proust Effect: The senses as doorways to lost memories* (Oxford University Press), we have all experienced this feeling of reliving intense and emotional memories triggered by our senses. French novelist Marcel Proust, author of *In Search of Lost Time*, is considered to be one of the most influential authors of the 20th Century. In his book translated from the original French, his middle-aged narrator, Marcel, sips a teaspoon of lime-blossom tea mixed with the crumbs of a Madeleine cake. The taste and smell immediately takes him back to his childhood.

continued on page 28

GAS Family
078 050 6600
'You ring - We bring!'



- Gas Deliveries 9kg - 48kg
- Gas installations & Servicing
- Gas Appliances
- Energy saving solutions
- Winter safety checks
- Industrial Gases & Accessories



A more reliable option...

info@gasfam.co.za GPS: 26°01' 24" S and 27°52' 20"E www.gasfam.co.za

CONCORD COLLEGE
Highest quality education at affordable rates



Enrol Now for 2027 Grade 8 - 12

Randburg Campus: 087-088-4898 | Cnr. Republic & Malibongwe Rd
Mullbarton Campus: 010-900-0291 | 69 True North Road
www.concordcollege.co.za



The Scent of Memory

continued from page 27

This phenomenon has long been the topic of research by psychologists and neuroscientists. Research shows that a scent has a unique ability to evoke emotional memories. This is due to the fact that the parts of our brain where smell is processed and those responsible for processing emotions and memories are intertwined in the same general structure.

Known as the amygdala-hippocampal complex where emotions, memories and associations take place, is also the primary olfactory cortex. Hence the direct link between smell, emotions and memories. This is why certain smells have the ability to bring back feelings, thoughts and emotions vividly to life.

Interestingly all other sensory information, such as what you see, hear, taste and touch, is processed through the thalamus and then relayed to the other brain regions. Scent and smell are the only ones that go directly to the amygdala and hippocampus, our brains' emotional and memory centres.

Dr Rachel Hertz, cognitive Neuroscientist and author of *The Scent of Desire*, explains that scents won't spark anything specific unless there is a deep emotion or memory linked and this will be unique to you. More often than not these scent memories are linked to our childhood as it is usually the first time you experience a particular smell that the strongest connection is created. However, fragrance memories made in later life can also have a similar impact. No matter what the age the association is made, once this formed, good or bad, creating a new association is difficult to do.

Secondly the scent or smell can provoke strong feelings without the recollection of an exact memory. Smell is the only sense that seems to work in this manner. According to the experts, one of the reasons why smell is so emotionally driven is that we have different perceptions of the same smell. For some this might be pleasant and for others may be overpowering or unpleasant. Ultimately the memory of scent has a powerful role in our mental wellbeing. This is because scent connects directly to the brain's limbic system, which controls emotion and memory. Inhaling specific aromas can lower your stress levels and alter your mood. In fact, the aromas of lavender, rose, ylang ylang and chamomile are all considered to be soothing scents which can assist in reducing anxiety, help calm the mind and assist in sleep.

Next time you smell a familiar scent embrace the memory and the feel-good feelings this evokes.



Did you know?

A study, published in *Nature Communications* and led by Afif Agrabawi, from the Department of Cell & Systems Biology in the Faculty of Arts & Science at University of Toronto, looked at how our senses are represented in memory and the loss of the ability to smell may be recognised as an early symptom of Alzheimer's disease.

It's in the aroma

There's a reason why it's called aromatherapy...

- **Lavender:**
Lowers anxiety, calms the nervous system, and helps you sleep.
- **Orange, Lemon:**
Boosts energy, lifts mood, and reduces mental fatigue.
- **Rosemary:**
Enhances cognitive speed, focus, and mental accuracy.
- **Sandalwood, Cedar:**
Grounds erratic energy and provides a deep sense of calm.



The Scent of Spring

Spring in Johannesburg arrives with its own nostalgia through scent. Iconic spring scents include:

Chinese Jasmine:

This vigorous evergreen climber with its pink-tinted buds and fragrant white blooms releases an intense, sweet perfume that signals the literal turn of the season.

Syringa Trees:

Famous for its dense, highly fragrant clusters of flowers in shades of purple, lilac, white, pink and dark burgundy, syringa trees fill the air with a heavy floral scent.

Spring Rains:

The sharp, crisp smell of highveld storms breaking the dry heat.

DYNAMIC
PEST MANAGEMENT

WE SERVE BUSINESSES & RESIDENCES

PEST PROBLEM?

WE GOT THE SOLUTION

Dynamic Pest Management - Your trusted partner in Safeguarding Homes & Businesses. We specialize in eradicating pests, ensuring peace of mind with every service.

WHY CHOOSE US

Competitive Pricing
Environmentally-Friendly Practices
Expertise & Professionalism
Excellent After Sales Service

WE ARE EXPERTS IN

RESIDENTIAL, COMMERCIAL & INDUSTRIAL SERVICES

- Rodent Control
- Cockroaches
- Ants
- Spiders

- Bedbugs
- Termite Inspections
- Harvester Termites
- Subterranean Termites

- Integrated Pest Management
- Scheduled Servicing
- Stored Product Pests
- Pest Control Internal Audits

Call us now for an **Obligation Free Quotation:** **072 686 8801**
or email us: dynamiccpm4@gmail.com

Holiday Cleaning SPECIAL!

ChemDry
The Healthier, Deeper Carpet Cleaner™
Independently Owned and Operated

Call us today for a clean and healthy holiday season.

Chem-Dry Northcliff
chemdrynorthcliff@chemdry.co.za
078 417 7582
www.chemdrynorthcliff.co.za
CLEANER HOMES. HEALTHIER LIVES.™

OPENING SPECIAL

CARPET & DECOR

WE'VE Relocated!

LAMINATES **R220**per/m2 CARPETS **R250**per/m2 UNDER CARPET **Heaters**

RUIMSIG, 134 HOLE IN ONE AVENUE, DISWILMAR, KRUGERSDORP, SOUTH AFRICA | 011 953 1256

DON'T MISS OUT - OFFER ENDS 31 AUGUST

Est.1990 BRANDS TREE FELLING
0861 708 000

Since 1990

0861 708 000
WWW.BRANDSTREEFELLING.CO.ZA
BRANDSTFQMWEB.CO.ZA

TREE FELLING TREE MAINTENANCE DESTUMPING

Eagle Canyon Golf Estate • October - November 2026 • 28



Teddy Bear's Picnic



Linda Nunes
Registered with the PPRA - Principal FFC
083 949 8662
linda.nunes@pamgolding.co.za

Our annual Teddy Bear’s Picnic, sponsored by Linda Nunes of Pam Golding, was held on Saturday 19 September.

With rain threatening the whole week, the day dawned bright, and only a few clouds dotted the skies. Our resident faves, **Connie and Glen Ashford** of GAP entertained; while children had their faces painted and played on the jumping castle. Entry to the event was a teddy bear, which was donated to the **Teddy Bear Foundation** – a worthy cause that aims to prevent and minimise the effects of child abuse in South Africa.



CEPPO
HARDBODY
TILE COLLECTION

2 SIZES
600x600mm
600x1200mm

3 FINISHES
matt, polished
& slip-resistant

2 COLOURS
grey & sand

TILE COLLECTIONS
one look, endless possibilities

The Ceppo Hardbody tile collection is engineered to create a beautiful, seamless look across all your living spaces. This versatile Hardbody range is available in **two sizes (600x600mm and 600x1200mm)** and comes in **two colours, grey and sand**, to perfectly suit your personal style. Tailored for effortless indoor-to-outdoor transitions, the collection features **three finishes: a smooth matt, polished, and a slip-resistant option** that is ideal for outdoor patios and wet areas. For similar design continuity, Tile Africa also offers the Cielo and Miami collections, along with a wide variety of complimentary wood-look and marble-look tiles that match beautifully to complete your home's aesthetic.

Visit your nearest store, or tileafrica.co.za to find out more





the CREATIVE STONE company

EST. 1998



creating beautiful spaces, for a beautiful life

Creative Stone specialises in crafting ranges of premium simulated flagstone, cobble and cladding products. Our love for manufacturing quality products is surpassed only by our passion for assisting our clients in creating beautiful spaces that feel like home. Through on-site consultations and detailed CAD drawings, we assist in bringing your dream driveway, pool area or entertainment space to life, ensuring they are functional to use and beautiful to behold.

SCAN TO VIEW
OUR WEBSITE



No 8 Ridge Road, Laser Park, Honeydew | 011 794 9737 | info@creativestone.co.za

Accounting / Bookkeeping

Financial expert with 15 years experience. Services include bookkeeping, accounting, tax, payroll, consultancy, Contact 0829387113 or daphne.gianello@taxshop.co.za.

Lund and Kieck Inc.: A one stop accounting firm that has a wide range of specialist in all fields. We were established in 2001 and have the passion and experience to help you grow your business. Audits, accounting, tax, payroll, estates and Xero software specialist. Contact 011 794-9407 or info@lkinc.co.za

Air-conditioning & Coldrooms

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

Building Repairs

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

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

Aqua Paints The sister company of Colour It Paints and supplier of the Imperial Brand for all paint requirements within the Estate. Contact: Raggie Chetty 074 882 1754 or email raggie.aqua@gmail.com

CIC Projects Services include plumbing and other building, tiling or other essential construction works. Contact: Mark Mortimer 082 444 7650.

Ivecon Projects Services include emergency building repairs, roofing and ceiling repairs, painting and tiling. Contact: Sven Iversen 082 448 3322.

Magna Kitchens Specialises in the manufacturing and installation of Kitchens, Built in cupboards, vanities and any specialised joinery (from Bars to office furniture). All own installations and manufacture to specification. Contact: Wikus van der Merwe, 072 386 7163, 011 794 9633 or email wikus@magnak.co.za

Turnkey Projects Services include painting and waterproofing contractors, ceiling and drywall contractors, renovation (home and bathroom), aluminium window / door contractors, supply contractors (tiling / decking / bathroom ware supply and installations), plumbing and electrical contractors for projects, paving / rock wall contractors, demolition / rubble / tree felling contractors. Contact: Franco Orlando Erasmus 060 882 8333.

Cars

Mobile detailer: A full time mobile detailer that is reliable and efficient and will do anything to get your car looking at its best once again. Available from Monday to Saturday, between 9:00 to 17:00. Please contact us on 061 829 8942 or glossydrivedetail@gmail.com

Signature Cars: A family-run luxury car dealership in Little Falls that's hard to beat, Signature Cars is a synergy of efficiency and professionalism. Contact 010 448 0747 / 082 929 9756 or visit www.signaturecars.co.za.

Children

POLAR FLEECE SLEEP SACKS - Keep your baby/ toddler warm this winter! Sizes newborn- 4 yrs old. Contact: 082 378 1911. 5 - 7 working days lead time. R300 each

Cleaning and Sanitising

TheMouldMedics.co.za: We consult, inspect, test and remediate matters relating to mould exposure in the home. With a team of dedicated professionals, we work towards enhancing environmental health by offering expert advice and non-toxic solutions to eradicate mould in the home. Join us in our commitment to creating a healthier living environment for everyone. TheMouldMedics.co.za (084) 675-0179

The Cleaning Medic Services (Domestic and Commercial Cleaning Services) Deep Cleaning - Carpets - Persians - Mattresses - Upholstery - Flooring - Windows (incl. High Reach) - Solar Panels - Steam Cleaning (Kitchen/ Bathrooms) - Shower Glass Lime Scale Removal - Post Renovation/Occupation - Ultraviolet and Thermal Fogging Disinfection, and so much more. Supervised Team operating in Eagle Canyon for over 7 years! Contact us today via Whatsapp on 073 250 1943 and visit our website at www.thecleaningmedic.co.za.

Eds Projects - Premium environmentally friendly degreasers and sanitising cleaning agents. Contact: Dylan Rogers 072 242 1326, 011 801 3200 or www.gp2.co.za

FSG - Cleaning, Hygiene and Pest control Services include office cleaning & high-level cleaning. office hygiene and pest control (rental options available). Contact: 010 600 5050.

BUSINESS DIRECTORY

Consultancy

Consulting Civil, Structural, Architectural & Project Managers based in Eagle Canyon with over 30 years of local and global experience. We can assist with projects from inception to design and construction management for all Residential, Commercial and Industrial projects. Contact Robert at 073 000 9919 should you require more information.

Craftsmanship

Viridian Candle Co. Escape to a dream world with our immersive eco-luxe products. Inspired by fantasy fiction and handcrafted in limited batches, our product range includes fragranced candles, wax truffles and gifts. Viridian Candle Co. is an eco-conscious small business; our products are skin-safe, vegan, non-toxic and pet friendly. Visit www.viridiancandles.com for guilt-free indulgence. FREE deliveries in Eagle Canyon! For inquiries & EC Delivery vouchers, email tellus@viridiancandles.com or WhatsApp 0832146094.

Dipped Wick The art of luxury scents meets unparalleled craftsmanship. We are a small business dedicated to creating exquisite hand-poured soy candles, reed-diffusers, wax melts, personalised gifts, corporate delights, and unforgettable wedding favours that ignite the senses and elevate any space. Contact details (WhatsApp): 071 871 3597.

Winklmayr Leathercraft: handbags and accessories crafted from genuine Crocodile and Ostrich. European style, made in South Africa. Eagle Canyon Residents receive free Uber to/from the studio in Strijdom Park. Please WhatsApp +27 83 764 6149 for appointment. website: winklmayr.com

Education

Campus of Things is an online school providing a top-class education to learners in grades 4-11. We are accredited with SACAI & aligned with the CAPS curriculum. We also offer virtual tutoring & assistance, and examination preparation bootcamps. Contact +27 62 442 7190.

Lefthandlearning: All things left-handed. Workshops, support, stationery. www.lefthandlearning.co.za or contact Tracy van der Merwe on 083 417 3316.

Electrical Repairs / Power

Back Up Power Quality affordable inverter battery backup and solar panel installations. View installation example in Eagle Canyon. Contact André 076 062 4272.

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

TechnElectrical CC Services include emergency relating to any electrical installation faults including geyser, oven, stove and pool repairs. Contact: Darryl Skelton 083 680 4998.

The Testing Guys Services include assisting with domestic, commercial and industrial repairs on the following installations: power/electrical problems, electrical tripping faults, thermostat and elements on geysers, stoves, swimming pool pumps, gate motors, intercoms, lighting, lightning damage & surge protection. Contact: 064 900 9868 or info@tfguys.com

Finance & Business

FDC Financial Solutions (Pty) Ltd Short-term insurance brokers Contact details: 010 035 0883 or insure@fdcs.co.za

Finance & Business Consultant: Are you looking for finance and business support? I am a financial consultant that is a qualified CA(SA) with 15 years experience in various financial roles and industries. I am available to advise and support your business on either a short or long term basis, depending on your requirements. Please contact 082 450 5343 or chrisleroux1983@gmail.com and we can discuss your requirements.

Flooring

Combined Flooring Services Established in 1957, Combined Flooring is a leading provider of premium flooring solutions in South Africa. We cater to diverse markets, offering an extensive range of quality carpets, Luxury vinyl planks LVT's, and specialty products. Our expert installation services ensure a flawless finish, tailored to your unique needs and budget. We are based right outside the wall of Eagle Canyon, in Laser Park. Come through, meet our team and have a look at our extensive showroom. Address: 92 Vlagskip St, Laser Park, Johannesburg, 2040. gauteng@combined.co.za. Phone: 011 795 4400

Food

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

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

Honey Bee: Eagle Canyon Residents receive free door to door delivery on all raw honey purchased. Visit our website for online orders <https://www.honeybeeco.co.za/> or email info@honeybeeco.co.za.

Yummy Tummy Homemade Baby, Toddler and adult Meals delivered to your door. Check out our Menu and order on line www.yummytummy.co.za or contact 082 872 7601 or 082 373 3227.

Raw Honey: We are beekeepers with over 120 active hives placed in a herbal environment at Bluehills, Midrand apary and at Dinokeng game reserve in Hamanskraal. Our honey is from the hive to the bottle - raw and seasonal. R150 for 500ml R200 for 500ml with honeycomb. Contact 073 522 1288 or 066 587 3557.

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

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

Fuel / Diesel

Ballistic Diesel Deliveries Contact Werner: 065 100 0000 or werner@ballisticconsulting.co.za

Glass/Aluminium Repairs

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

Goldsmith and Watchmaker

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

Golf Carts & Batteries

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

Tip Top Carts Golf Cart Lithium Battery Conversion, Golf Cart Repairs, Golf Cart Refurbishment, upgrades and more. We do on site repairs, pick up and delivery. Contact Taylor Black on tiplogolfcarts@gmail.com or 063 724 9250.

Need new golf cart batteries. I can help with the latest and most cost-effective solutions. Contact Trevor Payne on 082 891 3660.

Health & Well-being

Marsh & Marsh Physiotherapy Revitalise with Marsh & Marsh Physiotherapy in Eagle Canyon. Expert hands-on care for sports injuries, chest physio, rehab, post-op, pain management, and pregnancy care. Affordable within medical aid rates. Contact us at 083 277 7910 or visit marshmarshphysio.co.za for more information.

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

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

Online Yoga Classes Offering group or individual classes. Contact Sonja sonjavj@gmail.com or WApp: 073 262 4060

Home & Garden

Sarita Sharman Lighting & Decor is a unique lighting company offering design, imported, local and bespoke lighting for each individual project. Working with architects, designers, and homeowners from plan to execution. We offer onsite supervision and great after sales service! Our no 011 7941207 www.sariatasharmanlighting.co.za

Kira Interiors is an interior design company that specialise in curtains, blinds, custom furniture, reupholstering, flooring, lighting, wallpaper, panelling & other wall finishes. We also do kitchen, bathroom and cupboard design and layout. We focus on residential and corporate projects. We offer full turnkey projects that will suit all your needs. Contact Ezilmar Pelser 079 876 6288

QH Décor We are a furniture company which specialises in Re-upholstery and manufacturing of furniture, Our company specialises in trendy furniture and modular designs as well as Re-Upholstery. Contact Quanita - 083 375 0010, info@qhdecor.co.za, Instagram QH Décor.

CSLAB DESIGN is an online lighting store, we offer lighting and interior design consultancy for residential and commercial applications. Contact details: Mpho 072 99 30166 or visit www.cslab.co.za

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

Unique Stone & Garden Décor Manufacturers of fibre cement garden pots, water features, cobble paving, flagstones, bird baths & decorating garden pebbles and Lesotho Sandstone at wholesale prices. Contact Elmarie Gerber 082 495 6555 or Hekkie de Beer 081 796 9853, or visit www.uniquestone.co.za

Vinyl Window & Wall Art Design your own style of window frosting or decorate your walls with some skilfully designed stickers. Graphic solutions are custom designed to reflect your brand/style. Additional services available. Laser cutting wood or Perspex, Printing on wood, Printing on Perspex, Any type of labels or stickers. Welcome boards, Any type of Signage. Contact Elke Shroeder via pvt message 083 454 6010, email vinylwindowandwallart@gmail.com or visit windowwallart.co.za

My Boo Kay Service provided: Delivering fresh flowers in and around Eagle Canyon at affordable prices, catered to your specific needs. Contact: Jolindi 072 612 2781.

Inverters & Solar Systems

Solar Cleanse: We are a professional solar panel cleaning company. We specialise in eco-friendly solar panel cleaning that boosts performance and longevity. SolarCleanse provides professional panel cleaning, premium quality cleaning equipment, environmentally friendly practices, trusted by solar owners. Want to boost your solar output? Contact us today for a FREE estimate and let us help you get the most out of your solar investment. 083 399 5166 or christossouris@gmail.com

Solar Panel Cleaning Services Solar Panel Cleaning Services Protect your investment and increase efficiency by up to 30% with QTS Coatings. Our service includes an integrity inspection report of your roof, solar panels and gutters. Clean solar panels will optimise energy production, extend your solar panel life and protect your warranty. Contact Dion McCarthy on 082 456 4098.

Backup Inverters & Solar Systems: Inverter backup system, solar solutions & plug & play in-verters, installation. Combat loadshedding, reduce your electricity bill, contribute to sustainability.wContact Brandon @ Casca on 082 787 1677 or brandon@cascalighting.co.za

Landscaping

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

Legal

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

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

Medical & Dental

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

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

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

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

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

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

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

Office Supplies

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

Personal Care

Aesthetico Services provided include branded, luxury haircare and skincare products Contact Sonja Schröder on 082 448 9575 or sonjaschroeder@gmail.com

ShZen Skincare ShZen Skincare and supplement products for sale. These high treatment products are manufactured using the best essential and plant oils. Extensive range available. Contact: Porcia 084 7447 666

Office Supplies

Photographic Equipment

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

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

Plumbing

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

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

Dels Plumbing Group Services include all plumbing & drainage maintenance such as blocked drains, burst geysers, leaks/floods &d all plumbing maintenance issues. Contact: 072 119 6559

Drycon Plumbing Services include plumbing repairs, burst geyser replacements/repairs, leaking toilet & basin repairs, water pumps supply & install, blocked drains & burst pipes: Gary Knibbs 083 226 54 72 / gary@drycongroup.co.za or David Drynan 082 496 4692 / dave@drycongroup.co.za

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

Pool Services & Other

Honeydew Nets cc: Established 1985. We specialise in all types of swimming pool covers & nets and sports netting. Members of NSPI. www.netsandcovers.co.za, www.facebook.com/honeydewnets, 011 794 8333/4/5.

Kei the Pool Guy – Professional swimming pool construction (Marbelite & Fibreglass), refurbishments, leak detection, sand changes, pumps and motors, heat pumps, and solar heating solutions – Call 072 565 3811 for a free quote.

Security

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

Shipping & Logistics

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

Social Media

Content Creation Do you want to understand content creating? Become an #influencer or #momfluencer and understand Social Media & find your niche? Mentor pageants and interview preparation. No age limit. Marika on 083 282 0444

Stationery, Printing & Digital

Bin Stickers Elegant custom made bin sticker in silver with an Eagle or Palm Tree theme. Sticker only R70. Installation & Sticker R100. Free Delivery in Eagle Canyon. Contact: Elke 083 454 6010

IDC Band Whether you need plastic, vinyl or material wristbands, you can find an option that suits your needs perfectly. Contact: Peter on 011 675 5548 or email peter@idcband.co.za

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

Storage

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

Telecommunications & WiFi

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

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

Town Planning

& Development Consultants

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

Waste Removal

New Era Waste Services include Waste Removal in Skip Containers 3m³ and 6m³. Contact: Chad Willcocks 082 856 4783, JP Willcocks 082 853 9953

Waterproofing

Advanced Waterproofing Professional certified company specialising in waterproofing, painting, damp proofing and general repairs. Contact: Jamie 082 442 6218.

Window Cleaning

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

Website & E-commerce

Website, Funnel, and E-commerce website software that builds an unlimited number of websites or online stores. You will be taught how to use the software. Use it for yourself or to start a part-time business. R3 000. Try it for free for 7 days. Contact 083 660 5235

Wellness

Unlock True Happiness with Our Happiness Program Discover simple, science-backed practices to boost your mood, cultivate gratitude, and be present. Our Happiness Program is designed to help you create lasting joy and fulfilment in your everyday life. Contact 083 442 7032 for more details.

Weekly Happiness Sessions: Boost Your Joy Join our free weekly sessions to reduce stress, increase your focus, and improve your overall well-being. Each session consists of physical stretches and breathing techniques, to help you be more present, balanced, peaceful, and happy. Make happiness a habit! Contact 083 442 7032.

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

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

MANUFACTURING JEWELLERS

Rock Cottage Centre

Why go anywhere else?

5.0

1000+ REVIEWS

*highest in South Africa

YOUR PROPERTY *deserves more*

Award-winning Fine & Country Agent Karusha Moodley brings experience, expertise and an uncompromising commitment to every property she represents.

With a deep understanding of the real estate industry and a proven ability to thrive in diverse markets, Karusha is driven to deliver an exceptional experience and exceptional results, for every client.

Ready to make your next move?

Contact Karusha today to discuss selling your home.



Karusha Moodley

+27 (0) 83 790 6730

karusha.moodley@fineandcountry.com

fineandcountry.co.za

Registered with the PPRA

Fine & Country III North West is independently owned and operated under license agreement with Fine & Country South Africa. Registered with the PPRA

 **FINE & COUNTRY**