

cornwall view



Issue 5 2022

SPRING
WALK
2022

DAVE VAN DER MERWE'S NEW BOOK

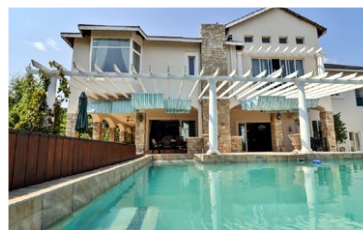
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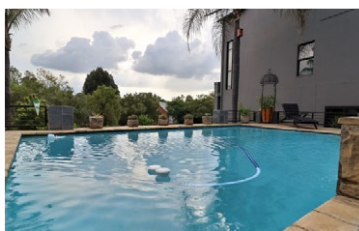
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4 4.5 2

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COVER PHOTOGRAPH BY IVAN MULLER

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The recent security breach incidents on the estate are cause for serious concern. Residents are requested to be vigilant at all times and report any suspicious activity. The board and management continue to strategise on ways to improve our security offering and the security sub-committee continues to meet to improve our policies, procedures and resources. The investigation into the incidents continues.

On a lighter note, the Spring Walk was very well attended and I want to thank residents for attending this wonderful event. We saw 200 residents taking the five km walk through our beautiful estate, and it was heart warming to see so many families enjoying themselves. A special word of thanks goes to Lauren Dyason for organising the event.

We are looking forward to the next event on 15 October, so join us for Fun-Downers at the post boxes. It promises to be fun for everyone - we will braai, support our resident entrepreneurs and businesses and crown the winning Cornwall Hill volleyball team.

The *Cornwall Cares* initiative has officially started and residents are invited to join this incredible campaign, ably run by resident Nicolette Conradie. We thank our estate staff, security and maintenance workers for all they do for our families during the year.

The audit has been successfully completed and the annual audited financial statements will be distributed to members.

The AGM is planned for Wednesday 2 November 2022 at Cornwall Hill College. We invite you to attend the meeting to receive feedback on the activities of the past year, approve the financial statements and receive insight into the plans for the estate for the year ahead.

CHAIRPERSON'S MESSAGE

Francois Bester and his team are hard at work on various fronts and the board has identified a number of projects for implementation in line with the strategic vision.

An ongoing challenge for the CHHOA is the collection of levies. A very serious approach is being followed for non-payers, the first action of which is the stopping of privileged access to the estate, thereafter handing over to debt collectors. As the board, we urge residents to pay their levies and if you have any difficulties, make arrangements with the office to prevent additional costs being incurred. Currently we have three legal cases pending.

As part of our ongoing attempt to improve processes, the board has drafted an architectural guideline and policy, which will be shared with the members.

The board is currently undertaking a reserve study, which is done to ensure that the risks identified are mitigated. As indicated before, our infrastructure, security and continuous maintenance for the ongoing improvement of the estate are high priorities. The reserve study will assist in planning, allocating resources and ensuring the preparedness we need for our future.

I continue to ask residents to get involved and be part of the community. Share your expertise, your skills and your time with us. This estate is our collective responsibility and it is in all our interests to make it the best place to live.

Celest

Célest van Niekerk





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PORSCHE



Six questions for our new operations manager, Johan Visser

You have been the maintenance manager for five years. What have been some of the highlights and achievements?

With experience as a facilities manager for over 20 years in the corporate environment, I have a lot of value to add to estate management, and after working for more than five years at Cornwall Hill, I have gained a great deal of knowledge and experience in the management and maintenance elements of the estate. Being an owner and having a vested interest in the Cornwall Hill Homeowners Association (CHHOA), it is important for me to constantly improve this for the greater good of residents.

Over the past two years we have had extensive flood damage to our electric fence and Clearvu fencing. This was repaired at minimal cost by our very capable maintenance team. It was a wonderful privilege and experience at the beginning of the year, to stand in as acting estate manager and to see how other aspects of the CHHOA function.

What does the new job entail?

Over and above the maintenance tasks and management of the maintenance team, which formed part of my previous job, I am excited to be responsible for additional tasks and responsibilities which include:

- Focusing on staff development
- Project management



- Health and safety
- Insourcing certain services and adding greater value to the CHHOA
- Supporting the estate manager.

The new role supports the strategy and vision of the board of the estate.

What challenges do you see in this position?

It is important to minimise external costs and although progress is never swift nor easy, it is essential to remain focused on the objective that has been set.

What impact will this position have on the running of the estate and supporting the estate manager?

In my new role as operations

manager, I will be more actively involved in the day-to-day running of the estate and relieve some pressure on the estate manager and his responsibilities.

What do you hope to achieve in your new position?

I would like to achieve substantial cost savings by involving staff and upskilling them. I would also like to modernise the common areas on the estate, making this a highly sought after estate to live in.

How do you feel about being appointed operations manager?

I would like to thank the board of directors for offering me this wonderful opportunity to serve the community and I'm looking forward to exciting new developments on our estate.



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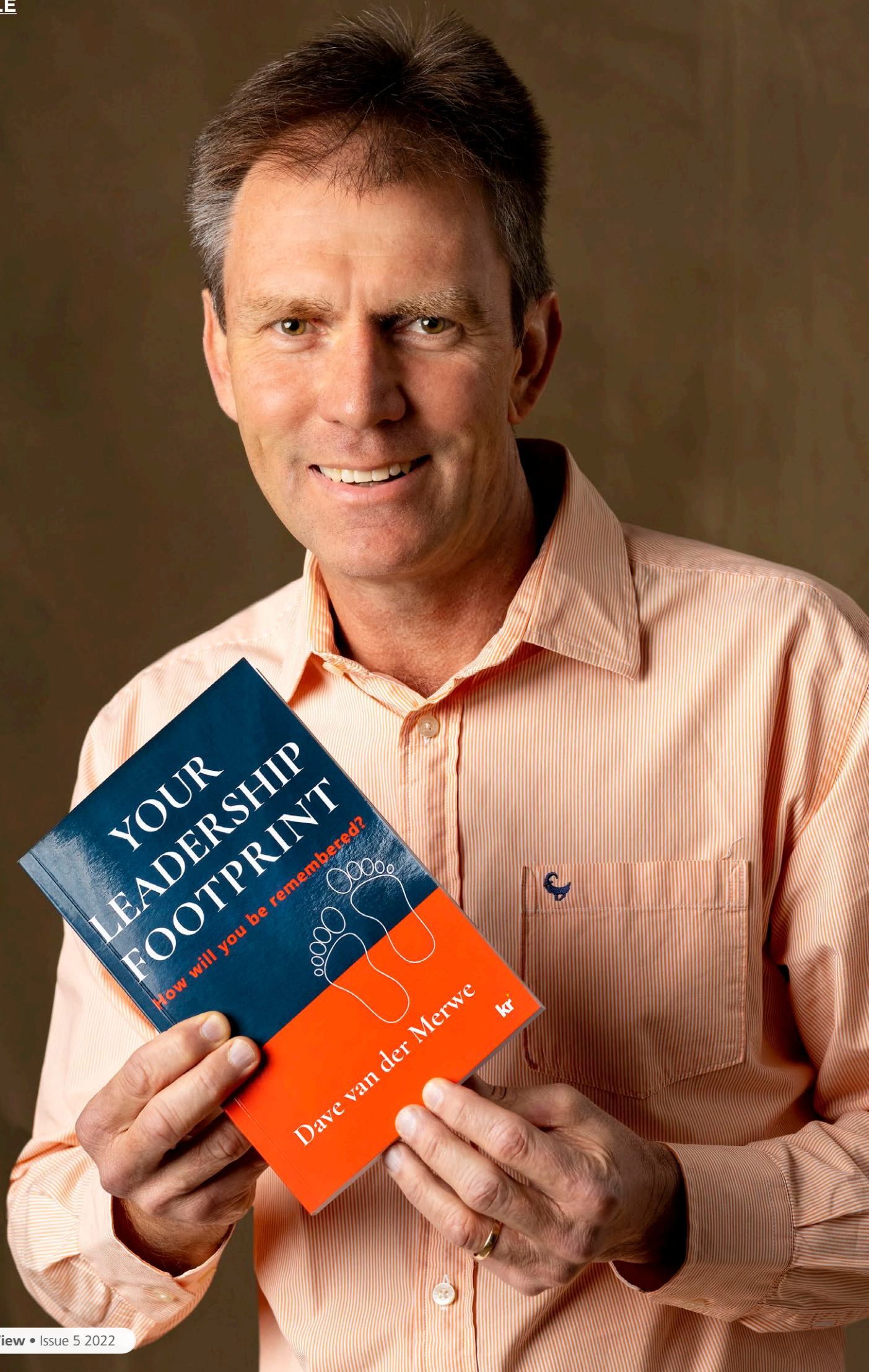
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YOUR LEADERSHIP FOOTPRINT

HOW WILL YOU BE REMEMBERED?

Cornwall View sat down with author Dave van der Merwe for a one-on-one about his latest book

PHOTOGRAPH BY IVAN MULLER

What led you to write this book?

I've always wanted to write a leadership book, however, trying to distil the essence of leadership into a thought-provoking and yet practical book has always been rather intimidating. Being a self-published author of three fiction novels certainly made the prospect of writing a leadership book less daunting.

I have been privileged to work with many leaders throughout my career, and particularly with C-Suite leaders in recent years through leadership interventions. When I sat back and reflected on numerous conversations with many great leaders around the world, I realised that I had gained invaluable insights into what great leaders do, what poor leaders teach, and how to leverage this for my own success. The result was "Your Leadership Footprint".

What is your book about?

This book is intended to be a practical leadership handbook and is structured around a series of key themes and questions. The key themes are:

- Self-awareness as a leader
- Leading strategic change
- Unlocking talent potential
- Thinking strategically
- Stakeholder management
- Enabling execution
- Driving results

There are 12 chapters around these key themes, and each chapter has

five reflective questions. The reflective questions and awareness are only the starting point. Taking action will guide you to become a more effective leader or executive.

There are many leadership books out there, why is this one important?

Leadership seems deceptively simple to explain, yet in its essence, it is multi-faceted and complex. This book deliberately seeks to be simple and light on theory, but in essence it is designed as a practical handbook. Each reflective question is supported with information:

- A key message in response to the question
- An action phrase
- Warning signals
- Observations on the question
- Practical tools.

What also makes it useful and easily digestible are the relatively short chapters.

What could a reader expect to get out of your book?

My sincere hope is that this book will encourage readers to grow in their own leadership journey and provide them with some insights and practical tools to navigate the many critical moments that will ultimately define their path to success and, in due course, significance.

I hope that this book will serve as a practical leadership companion, provide readers with sage advice

and tangible solutions to leadership challenges, which will hopefully smooth their leadership journeys.

What are some of the key take-aways from your book?

There are a few key ideas that are leadership golden threads through the book:

- Living a balanced life
- Your plan for significance
- The importance of always being authentic and human
- How you show up as a leader
- Creating quality thinking time to shape the building blocks to an effective future
- Asking powerful questions
- Being deliberate and intentional, and taking appropriate action
- Focusing on what really matters and owning the narrative
- Unlocking the potential and discretionary energy of others
- Being an enabler for the whole ecosystem to flourish
- Working on the business, versus working in the business, and knowing when to be where.

Signed copies of the book are available directly from Dave van der Merwe on the estate. Order via www.kr.org or on Amazon/Kindle or selected Exclusive Books stores.

GET READY FOR SUMMER!

An easy beginners exercise guide to do at home

BY ELEANOR MULLER

Life is very busy, and we don't all have time to get to the gym and train. Here is a simple home-based, full body workout designed to be quick and easy to tone and strengthen the important muscles we need to do everyday tasks and get the heart pumping! It will get your summer body ready and is even easy enough for beginners to do safely.

CIRCUIT 1: 12 MINUTE EMOM

EMOM stands for every minute on the minute.

- Start a timer for 12 minutes.
- At the start of every minute, you will do ten hip lifts.
- For the remainder of the minute, you will hold a full plank on your hands.
- When minute 2 starts, stop holding your plank and do ten hip lifts again.

For example:

Minute 1: ten hip lifts

Remainder of minute: hold a full plank

Minute 2: ten hip lifts

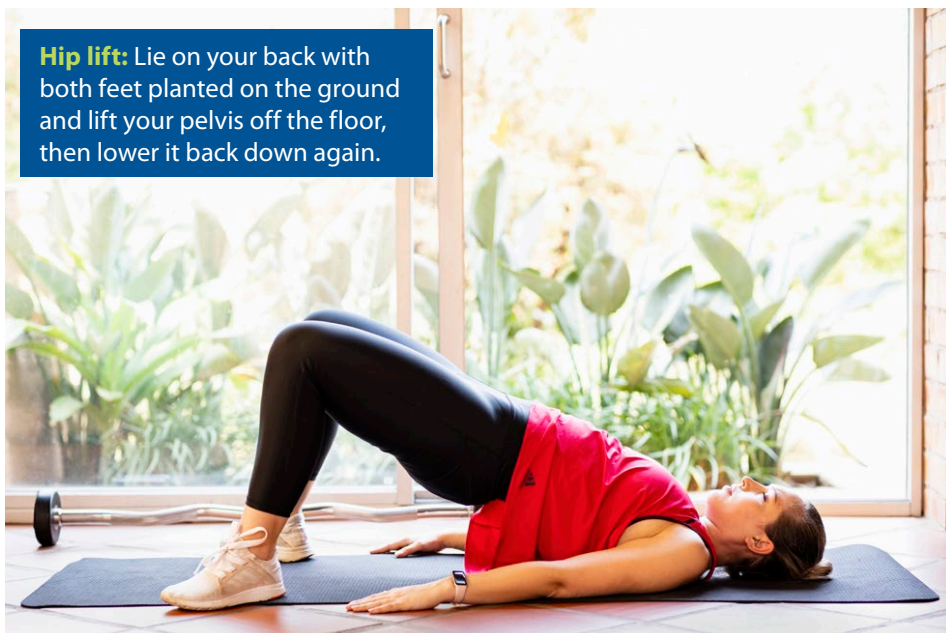
Remainder of minute: hold a full plank

CIRCUIT 2: 12 MINUTE HIIT CIRCUIT

HIIT stands for high intensity interval training.

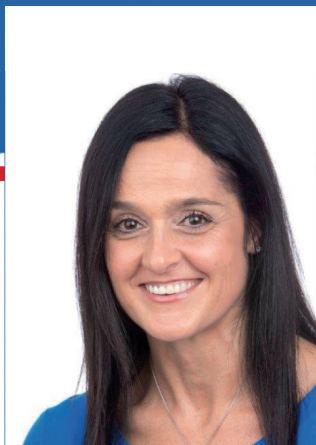
- 40 seconds of work and 20 seconds of rest.
- Set your timer for 12 minutes.
- At the start of minute 1, start doing exercise one for 40 seconds and then rest for 20 seconds.
- At the start of minute 2, do exercise two for 40 seconds and then rest for 20 seconds.
- Repeat until all four exercises are completed, which will take you four minutes
- Repeat for three sets.

Hip lift: Lie on your back with both feet planted on the ground and lift your pelvis off the floor, then lower it back down again.



Full plank: Begin by kneeling on all fours with your hands directly under your shoulders. Raise your body off the floor, lengthening your legs behind you. Hold your body tight for 40 seconds.





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 lounge, dining, pyjama
 lounge, kitchen, study,
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 quarters, 3 garages
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R15.5 MILL



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**STUNNING HOME WITH
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AND STUDIO!**

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 bathrooms, kitchen,
 scullery, tv room, lounge,
 dining, study, gym/office,
 enclosed entertainment
 room pool, 4 garages
 Web ref: 1164

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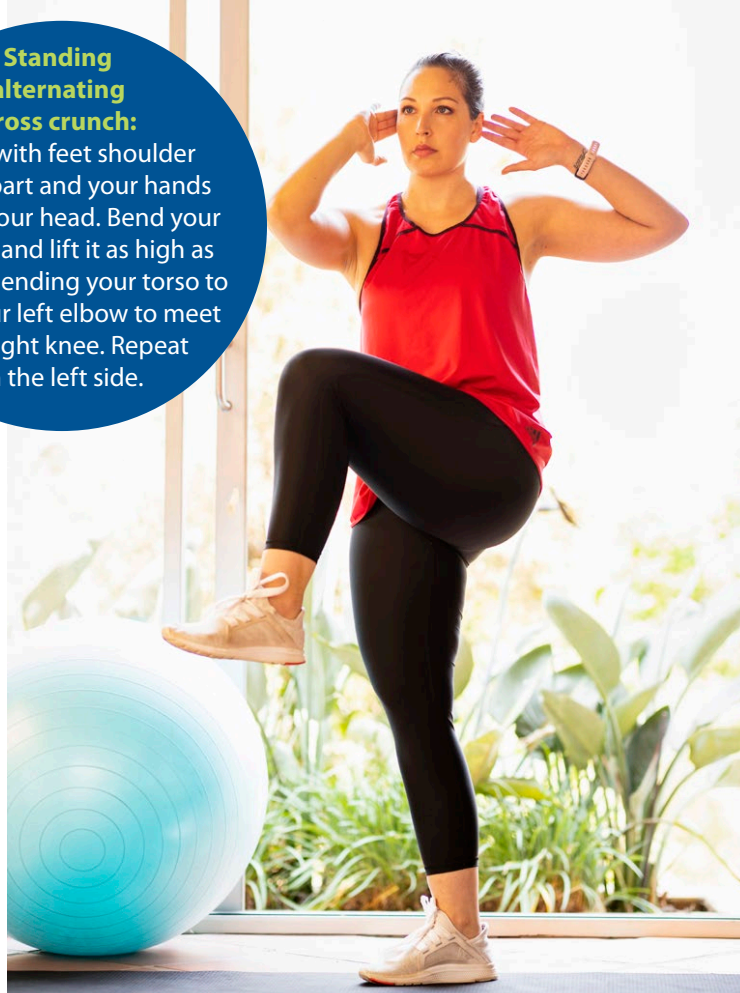
**PROPERTIES
WANTED
FOR SALE OR
TO RENT**

Standing squat: Stand with feet shoulder width apart. Drive your hips back while bending the knees into a squat position and then stand back up.

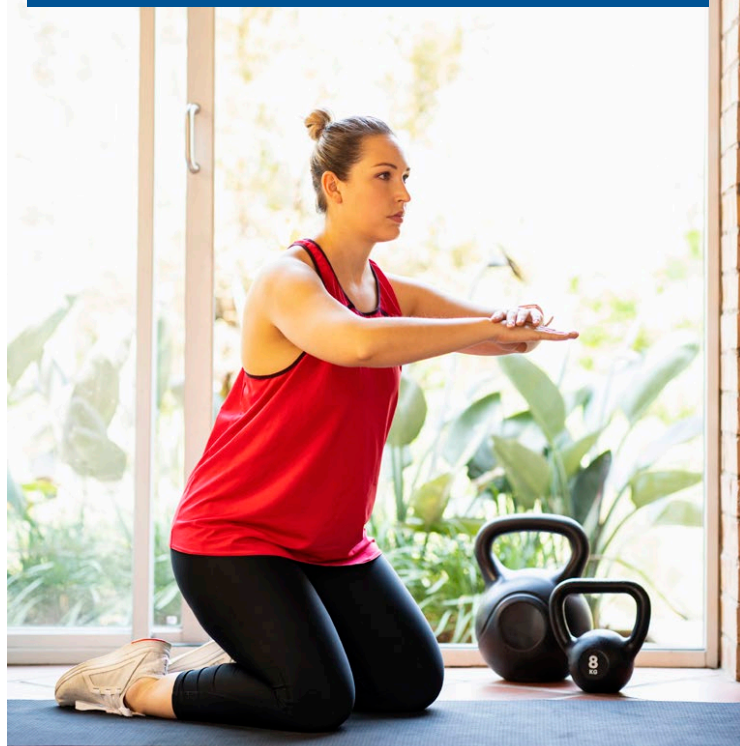


Standing alternating cross crunch:

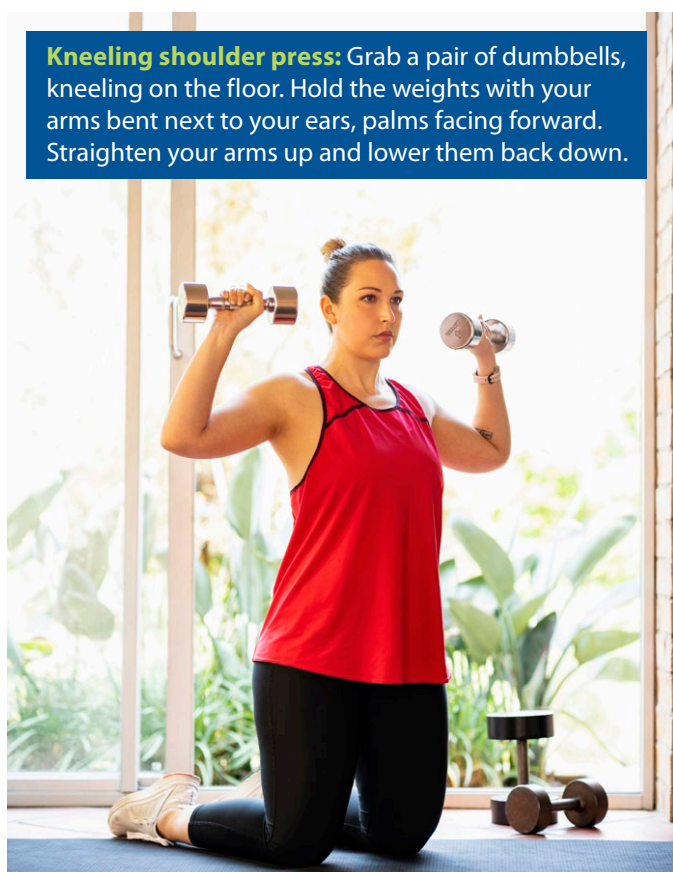
Stand with feet shoulder width apart and your hands behind your head. Bend your right leg and lift it as high as you can, bending your torso to bring your left elbow to meet your right knee. Repeat on the left side.



Kneeling squat: start on your knees, shoulder width apart. Drop your hips down till your glutes touch your feet. Once you have reached the bottom, drive yourself back up, extending your pelvis forward and squeezing your glutes.



Kneeling shoulder press: Grab a pair of dumbbells, kneeling on the floor. Hold the weights with your arms bent next to your ears, palms facing forward. Straighten your arms up and lower them back down.



Eleanor Muller is a qualified personal trainer who has been working for many years helping clients get into shape, do sport-specific training, rehabilitation and injury prevention and children's training. She started her career at Virgin Active and left as a veteran trainer to start her own business at Cornwall Hill Estate. Call Eleanor on 072 107 5608, or email: eleanor.muller101@gmail.com

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HIPPOPOTAMUS

Lake Panic hide near Skukuza rest camp in the Kruger
National Park, July 2022

PHOTOGRAPHY BY IVAN MULLER

*Please visit my website for more of my wildlife and bird
images: <https://ivanmullerphotog.myportfolio.com>*

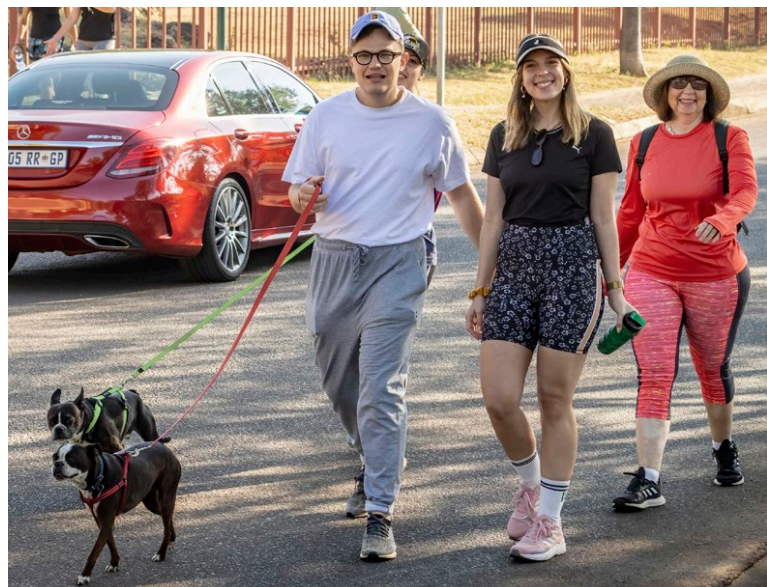
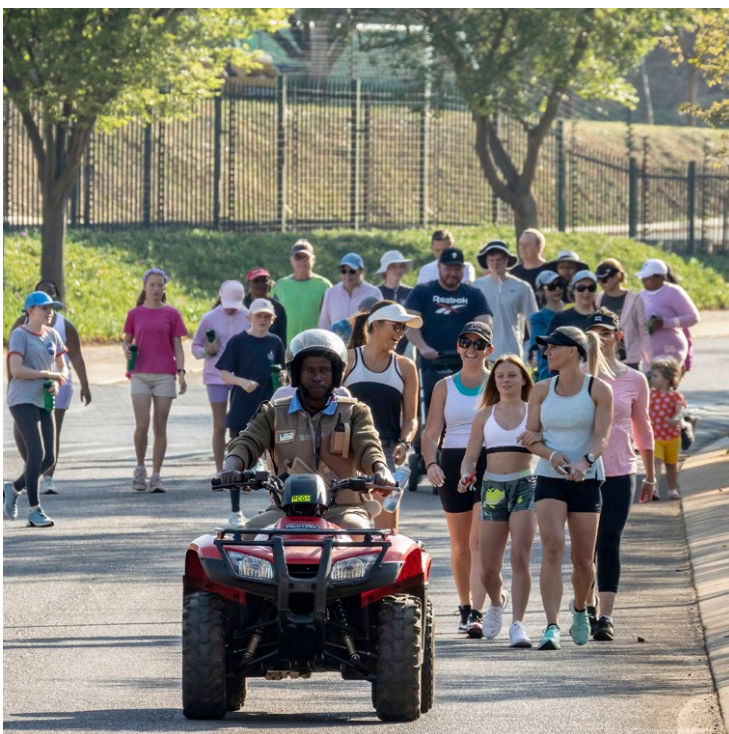
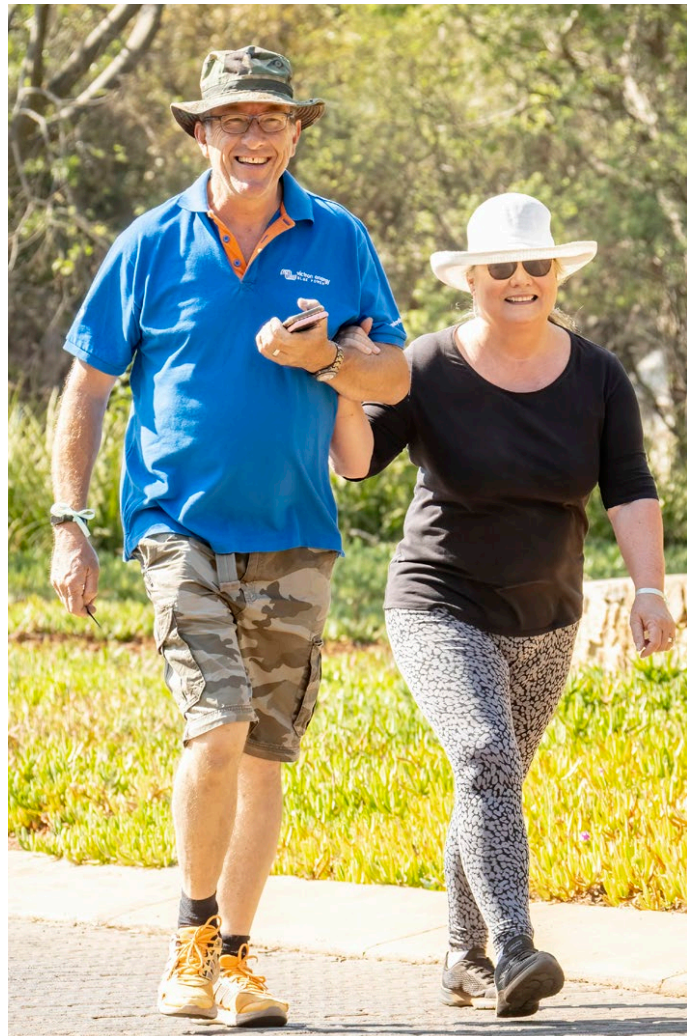


CORNWALL'S SPRING WALK

For the two hundred eager walkers who took part, this annual estate event did not dissappoint

PHOTOGRAPHS BY MARLENE BIRKHOLTZ & IVAN MULLER

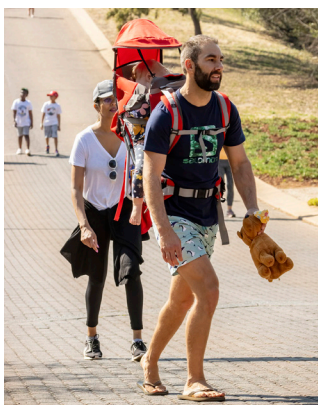
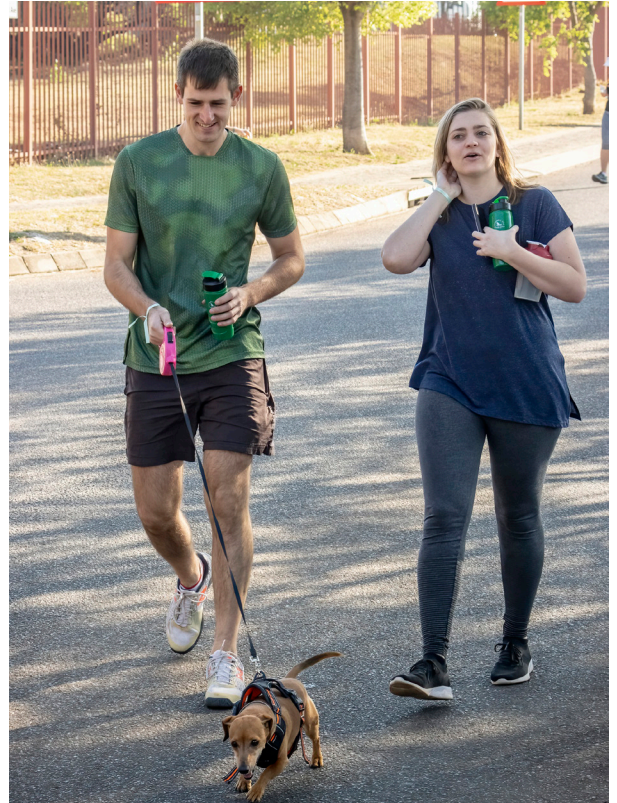




The morning of September 10th was the beginning of a beautiful day, perfect for our annual spring walk. Two hundred eager walkers waited at the start point this year, the biggest turnout in quite a few years. Our route totals around five kilometres, beginning at the post boxes, descending down Broadbury Circle and leading into Land's End, the estate's wonderful nature sanctuary along a portion of the Sesmyspruit. Walkers enjoyed the beautiful scenery

coming past the quarry and back into the estate. All were thoroughly enjoying their walk at this point... until they reached the bottom of dreaded Kelly-Bray and a chorus of sighs sprang forth. But despite initial misgivings, our determined 200 participants persevered with wide smiles and in good spirits.

This year our focus was on giving back to our local community, with the entry fee contributing in part to the *Cornwall Cares Fund*. Our

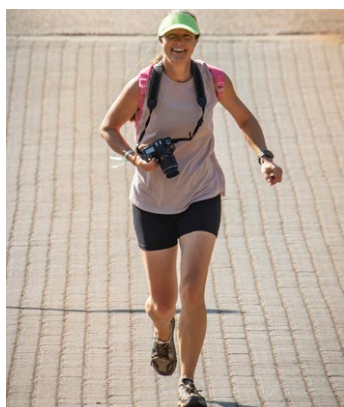
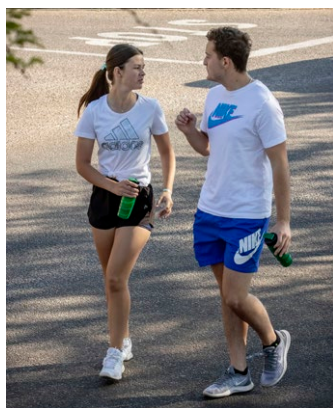






entrants also received a Roman's pizza, (shoutout to Louis from Southdown's Romans – huge thanks!) cooldrink plus a Cornwall Hill Estate branded water bottle.

This event does not come to life overnight. The team members working alongside me were an invaluable driving force behind the successful day and a few big thank you's are in order: to our new estate manager Francois Bester for all his support and eagerness to revive our Cornwall community spirit; to Johan and his security





team for accompanying our walkers on their route; and to Peter for his enthusiasm and the energy he brings to community events.

Last but most certainly not least, I cannot express enough gratitude to Celest for everything she does behind the scenes, and for the incredible love she has for our community.



We, as a team, look forward to running even more community events in future, starting with our inaugural Cornwall Community Fun-Downers on the 15th of October. We hope to see everyone there!

We'd like to thank Coleen Naidoo and IV BAR Irene for sponsoring an Energy Boost Drip to the value of R1000. The lucky draw winner was Liliani.





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"Keeping more than hope alive"



S IS FOR
SEEK

Medical help early
for persistent symptoms.



I IS FOR
EYE

White spot in the eye, new squint,
new blindness, bulging eyeball.



L IS FOR
LUMP

Abdomen and pelvis, head and
neck, limbs, testes and glands.



U IS FOR
UNEXPLAINED

Prolonged fever over two weeks,
loss of weight, fatigue, easy bruising
or bleeding.



A IS FOR
ACHING

Bones, joints, back and
easy fractures.



N IS FOR
NEUROLOGICAL
SIGNS

Change in behaviour, balance,
walk, milestones. Headaches
with early morning vomiting.

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