



PORT ELIZABETH DECEMBER 2025 · Vol XXXIV No 2

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CELEBRATIONS TO REMEMBER

Caritas Service Centre celebrated their 40th birthday on the 5th of November. Caritas was founded as a Red Cross service centre in a doctors room in North End by Mr Paul Kruger assisted by Miss Bebingon. Eventually they moved to the current building in Newton Street, Newton Park. The Ladies in Blue fundraised to build the hall. As the Red Cross moved away from Senior Care, ECHO Foundation was formed and took over the responsibility of the centre.

Over the last 40 years, only three people filled the chair as chairpersons; Nico Muller (1986 - 2004), Susan van der Watt (2005 - 2006) and Ernie Pike, (2007 - date). In previous years the popular Caritas band and choir, performed around town. Many outings and holidays were held and memories of talented members filled the years.

Trimgym, under the umbrella of SASFA gave Caritas the opportunity to compete in all sorts of games against other homes. They walked away most of the time with the 1st prize.

Now, forty years later, many people have filled the little house in Newton Park. Many friendships have been formed and rekindled, and new memories are formed.

Well done to the committees and loyal members. Over the last 40 years, you have succeeded in building a long-lasting community pillar.

ERNIE PIKE
Chairperson



READY, STEADY, GO...FOR THEIR 200

Four Kruger Gardens residents have each completed an average of 150 parkruns, mainly on the Hobie Beach and St Francis Bay routes. Along with more than 11 million other walkers, runners and volunteers worldwide, they are celebrating the 21st anniversary of Parkrun.

On Saturday 2 October 2004, 13 runners and five volunteers turned up at Bushy Park in Teddington, London, for a free, timed 5km run. Today parkruns happen at 2 700 locations across 23 countries for the same distance, but untimed.

The first parkrun in South Africa took place in Johannesburg on 12 November 2011, with 26 runners and a small group of volunteers taking part. The event was started by the ultramarathon runner, Bruce Fordyce. In Port Elizabeth, there are five venues for Saturday parkruns.

The Kruger Gardens Parkrunners talked about why they are committed to doing five kilometres as often as they can:

"It's good fun...you meet such nice people... whether we walk or run, it keeps us fit and sociable... we enjoy the camaraderie... there's no competition, and we can walk or run at our own pace."

They agreed, as other parkrunners across the globe do: Together, we are creating a healthier, happier planet.

DAVID MILLIGAN



Setting their sights and their legs towards finishing 200 parkruns are **DAVID GEARD, LOUISE MCNEE, LYNN VAN NIEKERK** and **BRIAN PREISS**.



Reached 100 parkruns... got the T-shirt!

SHOP UPGRADE

Normandy Court got a little shop upgrade, compliments of, and hard work by Andy Bester, who made and mounted the new shelves, giving the shop so much more room!

JESS BESTER with shop assistant, **DOUG GILCHRIST** thank **ANDY BESTER** for his hard work. →



CAIRO MOON BELLY DANCERS

Swing, sway, step and a teeny wriggle to the eastern beat. The bells and beads swing. The colourful eastern costumes (not see-through) tease the eye. Mature bodies with subtle movements revealed very little belly flesh in a too quick tantalizing flash. No enticing belly wobbles and upper deck shivers. No heavy breathing of excitement from the audience. No need to call "Is there a doctor in the house?" It was different. It was fascinating.

MARGARET HORN



← The audience was invited to learn a couple of steps. It would take more than a few minutes to capture the basics let alone the hip jerk and body wiggle.



Two of the dancers.

GETTING IN SHAPE FOR SUMMER

Stanbury Park residents are getting together to follow instructor Ann Durant. Participants from the village and elsewhere are motivated by the excellent programme Ann is providing.

ANNE DUTTON



ANN DURANT, instructor guiding everyone through the phases.



Stanbury Park fitness group focusing hard on following their instructor.



Three of our dedicated ladies with their pink t-shirts, who attended the exercises, and walked the 5km Big Walk for Cancer. **CATHY KASCHULA, GAYE PINNELL and ANN DURANT.**

PILATES IS FOR EVERYONE

Mondays at Dunant Park are special – the day starts with Pilates!

PENNY SMITH



Our Pilates hero, **RON PURCHASE**, standing with much loved and respected **AMY**, our instructor, as he gets ready to stretch and balance!

FAIRHAVEN VISITS SEDGEFIELD

While most tourists choose Sedgefield as a summer holiday destination because of its magnificent beaches, rivers, mountain and forest trails, there are some who prefer to enjoy the crispness of a winter's day to enjoy some of these activities.

A huge draw card is the Farmers Market held each Saturday morning. All items are homegrown. There is a large selection of indigenous plants and flowers, honey and cakes. etc.

There are also tasty edibles, hot off the stove. Bumping into Fairhaveners at the market was a big surprise. We joined up at the craft market and enjoyed a cup of hot coffee together.



VANESSA USENDORF, ESBE DE JAGER, NOLEEN SLATEM and BEV FOUCHÉ.
All warmly dressed in the middle of winter.

ECHO BOWLS TOURNAMENT

Fairhaven has something to brag about. The bowls team won the 2025 ECHO trips bowls tournament.

They play on the first Wednesday of each month, from February to September. Teams from all ECHO villages take part. Fairhaven has a team of four (three and a reserve) and are looking for players so as to enter more than one team.

Interested?

For those of us who only sit and watch we say - Well done Fairhaven.



The Trips team: **DUDLEY McLEOD, LINDA ROBSON, MIKE HOWELL (ECHO Foundation CEO) and late WENDY SANDERSON** from Dunant Park.

FAMILY ART IN BYGONE CENTURIES

Ten originals and prints of family art going back more than two centuries are treasured by Kruger Garden residents John and Martheanne Finnemore, and hung in their home.

Born in 1794 in London, Charles Robert Leslie's talent as an artist was soon recognised and he trained at the Royal Academy of Art in the city. Charles was John's maternal great-great-great grandfather. Charles painted scenes from Shakespeare theatre and many portraits. He was author of his fellow artist, John Constable's, biography.

John's story tells of a creative family history, which was passed down to his great-grandfather, Harry Leslie, who immigrated to Port Elizabeth in 1883 to help establish an art school in the Drill Hall, now a national monument, on Prospect Hill in the city centre. Coincidentally Martheanne's grandfather, Frank Mangold, attended the same centre as a student of Harry. See below for one of his works.

What's more, Charles's sister, Eliza, qualified as a chef in North America. We have her to thank for baking the first cup cake in history, published in her cookbook from 1828, the first of several bestsellers.

Eliza's fame spread across America and in 1857, here's a review of her 700-page recipe book taken from the Philadelphia Daily News: "To the housekeeper, the name of Miss Leslie is a guaranty that what comes from her hand is not only orthodox, but good; and to the young wife about to enter upon the untried scenes of catering for a family, Miss Leslie's New Cookery Book may be termed a blessing."

To this day, cup cakes are still enjoyed by the Finnemore household, baked by their housekeeper, Jackie Tshongwana, surrounded by their family heritage works of art.

DAVID MILLIGAN

JOHN next to a portrait by **FRANK MANGOLD**, titled **The Swiss Boy**.



CHARLES LESLIE'S two most famous oil paintings, which were commissioned by Queen Victoria, prints of which hang in the Finnemore's lounge. In the top painting, the Queen is pictured taking communion during her coronation in 1838. The second painting shows the christening of her eldest daughter in 1840. Today the original paintings hang in Windsor Castle and Buckingham Palace respectively, where the Finnemores received special permission to view their ancestor's artwork. The paintings each measure 200 x 150cm.

STANBURY PARKS FLOWERS



The talented **CATHY KASCHULA** and her lovely flower arrangement. All the flowers used came from different gardens within Stanbury Park.

ADDO ADVENTURES

Residents from Normandy Court visited Addo Elephant Park when SANParks had the free entry week.

We were thoroughly spoilt, as we had our own qualified and very talented tour guide, and resident, Gary Koekemoer, who provided transport in a Kombi. Hilton Clarke was the other driver, using his own vehicle. Thank you, Gary, for the very informative commentary. We certainly learnt a lot, and saw so many of the animals throughout the day. We look forward to the next game park visit.

FAITH GEERE



Enjoying lunch at Addo.



Tour guide and resident, GARY KOEKEMOER.



FAITH GEERE enjoying an ice-cream and hugging the elephant on display.

RESILIENCE ISN'T JUST ABOUT SURVIVING...

Ann Durant has always believed in running towards life, not away from it: "In my earlier years I was a fierce competitor on the hockey fields; playing provincial hockey with determination that made my teammates and family very proud. I was quick, clever and relentless - the kind of player who refused to let the ball out of her control. Those years shaped me for every victory, every bruise and every sprint... It taught me about grit.

My story didn't end on the field. Off the turf, I built myself up into Senior Management Business. It wasn't easy; there were lots of late nights, client travel and a lot of self-doubt, but I kept showing up, and slowly success followed. People came to know me, not only as an athlete, but as a businesswoman with a vision, and discipline, someone who could turn ideas into something real.

The road became my sanctuary. I ran five comrades, many Two Oceans Marathons, countless marathons, and I cycled plenty Argus cycle tours, too many to number each one; another testament to my refusal to quit. The medals were nice, but what mattered most was the feeling, the steady rhythm of my feet, the strength and knowledge that I could endure.

I hope my story inspires others, whether I am mentoring people or simply sharing my memories of the road I conquered. My life is proof that resilience isn't just about surviving; it's about thriving again, and again.

I didn't just run races; I ran a life worth celebrating. It's about courage to start, the strength to keep going, and the heart to finish strong. I didn't just run races; I ran a life I am proud of and did it well."

ANNE DUTTON



The resilient ANNE DURANT.

WALTON PARK INVITES SPRING

Spring brings with it a sense of expectation and excitement. The six ladies who set out to organize this event, did it in leaps and bounds. From the table and wall decorations, to the eats, the scene was set for a dazzling afternoon of non-ending programmes.

For many in attendance, the highlight of the afternoon was an interesting talk on air traffic control – a subject perhaps as foreign to most as the inner workings of a beehive to a city dweller. Yet, Louis Wepener, a retired air traffic controller, from Kruger Gardens, possessing both the knowledge and a gift for storytelling, turned what could have been an impenetrable topic into a riveting journey through the skies. He guided the audience through the world of radar, flight paths, and the unseen guardians who keep our airspace safe.

Prizes were awarded for an ice-breaker quiz competition, the best spring dress, and a lucky number draw. Thanks to all who donated prizes, small gifts and the bountiful and delicious eats that accompanied our tea.

Let this spring celebration serve as a reminder: every season brings gifts, but it is people - spirited, generous, and ever-curious - who make life truly scintillating.

ULLA VAAJA



This team pulled out all the stops to deliver a scintillating Spring celebration: JUNE JOHNSON, VONNA SAUERMAN, DAWNE SONEMANN, LESLEY JONES, BEV BARNARD and chief organizer DAWN TRUTER.



NANCY NAIDOO, RADHA RAJAH, NORMIE NAIDOO, VIVIAN RHODES and ELSE PINNOCK enjoying the scrumptious spread.



Guests from neighbouring ECHO Villages: TOM RYAN, MARION HEIBRICH, DI and PETER HAARHOFF, LOUIS WEPENER, JUDY CHALMERS, SHEALAGH RYAN and TERRY RADU in the background



Winners of the best spring dress were MARIETHA GROBLER, PETER HAARHOFF and WENDY REEVES. Next to them AMANDA FOURIE and the guest speaker LOUIS WEPENER.

TEDDIES FOR TINY TOTS

Colleen and Gail from Teddies for Tiny Tots were the lucky recipients of beautiful teddy bears, sets of baby jerseys, beanies and booties, children's jerseys and other toys.

These items will bring joy and happiness to many needy people and especially babies.

These gorgeous items were created by the Knitting Circle at Caritas Service Centre and were given with much love.



BERNADINE BUSSY from Caritas with COLLEEN and GAIL from Teddies for Tiny Tots.

MARKETING MAGICIANS AT DUNANT PARK

To fund various types of entertainment for the residents in our villages, it is necessary to be innovative. Organizing a market to sell previously loved items is one of the ways to create this needed income.

At first sight, that seems quite easy. Few people realise the immense amount of hard work and inspiration that are required to market, set up and execute a successful market. Too 'amateur' and only criticism follows. 'Too professional', and there is a flood of grumpy gossip, and a general feeling that the prices were wrong or the venue not suitable, posters were not bold enough, and items were 'too old' or 'too used'!

The team of dedicated people at Dunant Park/ Duncan Ferguson, joined by friends and volunteers, sacrificed weeks of their own time and energy to inspect the items they had to offer, to mend some of them, to wash and iron some of the clothes and to figure out the best way to display them. They managed a magnificently successful market, even in the midst of an electricity crisis, that resulted in work being done by torchlight to make displays as attractive as possible.

PENNY SMITH



Getting ready to open the gates to eager buyers on a damp, cold morning, are THELMA NEL, MARIETJIE BOSCH and TERESA TUCK, professionally arranging the sales items.



Assisted by staff member VINCENT NGAPI, WENDY REEVE, a 'mover and shaker' of the Marketing Magic at Dunant Park, arrives on site at the entrance gate on Market Day, bearing the next load of articles.

GLITZ AND GLAMOUR

With glamour and glitz, the competitors arrived. The Fairhaven hall sparkled with silver and red tinsel and twinkling stars, but nothing could compete with the jewels, wigs and furs worn by the eager participants. Not only did they wear gorgeous outfits, but they also brought their bright and intelligent minds.

Renaldo and Monique were the Trivia masters calling for answers to general knowledge and music. The event started at 17:30, supper, question time and finally hometime at 10pm. A grand evening.

MARGARET HORN



Glamour girl,
DESSIE JACKSON.



DAISY (DUDLEY McLEOD)
and MRS BROWN
(DAVID ALDENDORFF).

ALL TOGETHER NOW



Forty-five Kruger Gardens residents gathered at John Dory for their pensioners' special meal. LYN SIMPSON enjoys her portion of prawns from a delicious array of seafood.

OCTOBER BIRTHDAY TEA AT LAUBSCHER PARK EAST



GAVIN JEFFREY turned 90 years old during October. He apparently had a lovely golf day with his sons! Seated on either side of him, **DOUG STEYN** and **MEL YATES**.



PEGGY MATTHEWS celebrated her 96th birthday on the 8th October spending the day with her daughter. **BRIAN STEWART** is sitting next to her.



Only eight days older than Peggy, lovely **JOY FOUCHE** also celebrated her 96th birthday, but on the 1st of October. **MARIE WALS** and **HERTHA WEBB** are sitting next to her.



NANETTE GASSON, **GAVIN JEFFREY**, **JOY FOUCHE**, **MAGGIE GERBER**, **ELAINE WATSON**, **BRIAN STEWART** and **MARGIE BOSCH** all had birthdays during October. Hope they all shared good times with friends and family.

WALTON PARK

It was a night of celebrating birthdays. The youngest man in the trio was Johan Fourie, who turned 66. Sam Thompson, the oldest of the joyful celebrants, having turned 86. Chris Barnard celebrated a grand milestone of 80 and his beloved big family, including two sisters, three children, in-laws and five grandchildren were all present. Happy year ahead Johan, Chris and Sam.

ULLA VAAJA



Twins **ELIZABETH BARNARD** (Walton Park) and **MAGGIE GERBER** (Laubscher Park East) celebrated their 70th birthdays in October.



YOLANDA NIEMANN, **NEIL FERGUSON**, **AMANDA** and birthday man **JOHAN FOURIE** celebrating his double-digit 66 years.



The **BARNARD** family's big birthday celebration. **RHONEL BARNARD**, **ELIZABETH BARNARD**, **NOOI PARKIN**, **MARISKA BASSON**, **LORIKA MAY**, **TROY MAY**, **DAMIAN McCLEOD**, **KELLY MAY**, **AMORE GROBLER**, Front: **ETTIEN PARKIN**, **EVE DE REUK**, **DEANE** and **TWANE BASSON**, and the birthday man himself, **CHRIS BARNARD**.



HANNIE HATTINGH celebrating with birthday girl **SAM THOMPSON**.

FAIRHAVEN'S NONAGENARIANS HONOURED

Fairhaven has had a long-standing tradition of honouring the nonagenarian residents with a special event dedicated entirely to them. It's always an eagerly-anticipated morning of delicious eats, memories and much chatting. To reach 90 years of age is an achievement and our Entertainment Committees have always prioritised this special recognition of our remarkable nonagenarians. When it was made known that this year's Entcom were unable to host the 2025 tea party, a group of "younger" residents quickly set to work to continue with the tradition. Five residents generously offered to drive our guests to a delightful venue in Mount Pleasant, with the unusual name of "Death by Coffee Family Roastery", coffee roasted on the premises. We were treated to a delicious array of sweet and savoury treats, accompanied by "coffee to die for" and the tea lovers weren't left out either. Rushka and Ruth, the mother and daughter team welcomed us, and during the morning Ruth entertained us with a short item of flamenco dancing! All of our "Nonas" agreed that they had enjoyed being made a fuss of, especially when each of them received a beautifully wrapped gift as they left. We, the organisers, are so grateful to our caring sponsors who ensured that this Fairhaven tradition was kept alive.

ANNE THOMPSON



WENDY DAINES, MAGARET HORN and JOAN LAING.



ANNELINE MACLEOD and MAUREEN JOUBERT enjoyed the nonagenarians' coffee morning outing recently.



JEANNE TAYLOR, ANNETJIE GOUS and ANNE THOMSON were the three hostesses, seen awaiting the arrival of their special nonagenarian guests.



SANDY BULBRING, JEANNE TAYLOR, JOHN WAKEFORD and LINDA ROBSON at the over 90's coffee outing in November. (Sandy accompanied husband JORN as he just made the cut, having turned 90 in October and John and Linda were 2 of our "Uber" drivers!)



LINDA ROBSON handing out gifts to our special Nonas. The over 90's, JOAN LAING in the background



JORN BULBRING and BETTY ANDREWS were "the youngest" and "the oldest" of the group of Nonas.



The nonagenarians were treated to an enjoyable display of Flamenco dancing while enjoying their delicious coffee and cake at the "Death by Coffee Family Roastery".

MILESTONE FOR GYM TEACHER

Elmarie Nel has been the gym instructor for the past 10 years at Laubscher Park East and Caritas. She celebrated her 50th birthday on the 20th of October and decided to do something special to remember this birthday forever. So, what does a 50-year-old do to make this a special memory? Well, if you are Elmarie, you invite friends and family along to do an ultra-marathon run. They set off on a rainy Saturday morning running the first 35 kilometers through Theescombe and Lorraine, the next 10 walking and running and the last five walking with some of her clients who joined in to finish this epic run. On the main run she was joined by three other ladies, had one support vehicle (for just in case) and two support cyclists. They finished the run in 7 hours 52 minutes. Her motto: do something different every year to challenge yourself. Well done!



ELMARIE NEL celebrated her birthday with all the gym ladies at LPE who treated her on the day.

STANBURY PARK

Merle Maree turned 80 and celebrated it with a lovely party in the hall. She outdid herself with lovely wines and delicious snacks.



ANN JORDAAN and GAIL VAN DER MERWE, celebrated with the birthday girl, MERLE MAREE.

Nolan Bartlett's 80th birthday celebrations were attended by friends and family from far and wide. The professional DJ did not hold back and provided a wide variety of music. The guests could not sit still, and celebrated by dancing the Macarena, the Twist, Lang-arm and many different styles. The snacks and the sweet things were delicious.



PIKKIE and NOLAN BARTLETT

The Entertainment Committee arranged a cheese and wine evening to honour all residents with age ending in zero. For the unlucky residents who wanted to attend, but did not fall into these categories, tickets were on sale. Profit of the sale of tickets sponsored the event. The tables looked elegant and striking. The array of food was unbelievable.

ANNE DUTTON



The Seventies:

Back: ARTHUR COMBRINK, KATHY MANLEY, GRAHAM SWART, DESIRE and DAVID BEKLEY.
Middle: MARIAN HEINRICH.
Front: ELIZA COMBRINK, TINA WILTSHIRE and GAIL VAN DER MERWE.



The Eighties:

Back: DI HOBSON, BILLY KEHL and NORLAN BARTLETT.
Front: ANNE DUTTON, MERLE MAREE and JOAN WALTERS.



The Nineties:

GEORGE DESTERBECQ and JOHN WALKER.

A REMARKABLE JOURNEY - JEAN HUTTON AT 90

Jean Hutton recently celebrated her 90th birthday, marking a life filled with love and resilience. Her story began on a farm outside of Burgersdorp, where she was born. However, her formative years were spent in Queenstown, shaping her early experiences and values.

She moved to Port Elizabeth, married her sweetheart Tim, and trained as a nurse at Sharley Cribb. She went on to have four children - daughters Jenni, Margy, and Carole, and laat-lammetjie son David. After 10 years, they relocated to Natal. There, they enjoyed 37 happy years together, building lasting memories and strong family bonds.

When husband Timmy was diagnosed with Parkinson's disease and their children had long flown the nest, Jean and Tim made the decision to return to PE. They found the ideal retirement setting in a charming cottage in Walton Park. Sadly, Tim passed away two years after their move, but Jean has been part of this Village for the past 15 years.

Today, she continues to lead a fulfilling life. She is blessed and grateful to have her daughter Jenni living close by, while her other children are spread out, as most families these days, residing in Johannesburg, Australia, and the USA. She has eight grandchildren and one great-grandchild. Jean enjoys tending to her beautiful garden, cooking, and maintaining regular communication with her children, cherishing the connections that span across continents and generations.

ULLA VAAJA



JEAN HUTTON

OPPIE STOEP MARKET AT LAUBSCHER PARK EAST



JULIE and RUSSELL HOLDEN-JONES serving **PAULINE HALL** some delectable eats on our veranda. This is the second little market during the month created for residents to make an extra bit of money and to supply lovely home baked goods.

PINCUSHIONS IN FULL BLOOM

More than 100 golden pincushion blooms greet everyone driving past them as they enter the village, lovingly grown by Kruger Garden's resident, Kobie Uys. Kobie's success story includes telling the pincushion flowers that they look beautiful and scattering pine needles on the soil. Pincushions thrive in acidic soil, which the needles help maintain.

Congratulations to Kobie who recently celebrated her 80th birthday.



KOBIE UYS

HANDS-ON SUPERVISOR

Dunant Park and Duncan Ferguson villages are blessed with a fully 'hands-on' supervisor. Zelda Spies can be seen in unexpected places, at unexpected times, on foot or whirling about on her motor transport, as she attends to the business of caring for the villages.

PENNY SMITH



TERESA TUCK stops supervisor ZELDA, for a quick word.

VISITS TO BERMUDA

Bermuda, a tiny dot in a vast ocean, shaped like a comma, lies a thousand and more miles from the nearest land.

The island is 40km long and one and a half km wide. It is on the same latitude as Dallas, U.S.A. and just above the Tropic of Cancer. It has a tropical/sub tropical climate with warm waters and plenty of sunshine.

A tiny tip of Atlantis?

New Zealand has beaches of black sand. Cape Town has white beach sand and Bermuda has pink beaches, with crystal clear aquamarine waters and picture perfect scenery.

The population of 64,000 cope with hurricanes which can reach up to 230km per hour in strength, by building the pastel colored houses with solid white sloped concrete roofs, to withstand the force. These roofs collect rain water which is stored underground.

The small curved island is a natural paradise. Massive luxury privately owned yachts (ones without sails) dock in the shelter of the bay. Huge tourist liners, eight to ten stories high, come and go regularly. Ferries ply back and forth across the curve of water.

There seem to be more banks and insurance companies than folk. Bermuda is a tax haven.

Although there is plenty of money around, goods are expensive as everything has to be brought in by sea or air. For instance, a chicken for Sunday lunch would cost the equivalent of R630 and a cup of tea: R100.

There is the mystery of the Bermuda Triangle. What natural phenomena causes the conditions for the unexplained disappearance of ships and aircraft in the area?

Bermuda - fascinating, intriguing and on everyone's wish list.

MARGARET HORN



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Not only the people of Bermuda are friendly. LINDA ROBSON of Fairhaven gets to tickle and chat with a dolphin in the warm water.



LINDA ROBSON and JOHN WAKEFORD in their Bermuda shorts.



JOHN taking in the enormous size of the eight to ten storied tourist ship.



The island of Bermuda as seen from the air.

KNITTERS AND NATTERS AS THEY DO BEST



Knitters and Natters doing their thing for their community in the new Kruger Gardens puzzle library and lounge, called The Chat Room.

From left: JEAN LANDZAAT, NOREEN SLATER, HEATHER CLARKSON, MARY PITTENDRIGH, MARGIE BULBRING, JUDY JONES, GWEN CROWE, and WENDY BETHLEHEM. PAT RHEEDER, also a group member, took the photo.

VILLAGE NURSE

Village nurse, Leana Du Plessis started informative talks at all our villages on issues that are more frequent amongst the residents. Her first talk covered blood pressure issues, warning signs, medication and when to visit your doctor. She followed this talk up in September focussing on urinary problems, what to use for immediate relief and the warning to consult your doctor when nothing seems to clear the condition up. Her October topic covered digestive problems and constipation. Residents enjoy refreshments with compliments from the Entertainment Committee, after every talk.



Village nurse, LEANA DU PLESSIS.

HEAD OFFICE VISIT

It was a pleasure having the two ladies from Head Office giving talks on dementia and diabetes. Charleen Fridley spoke on dementia, and staff nurse, Leana Du Plessis, on diabetes. Two very informative and interesting talks, and residents were able to get answers to the questions which were asked. We certainly need more talks like this to take place. Thank you Charleen and Leana.

FAITH GEERE

MERRIL MOOLMAN, VALERIE WHYTE, CHARLEEN FRIDEY and CARMEN RAUBENHEIMER.



CARMEN RAUBENHEIMER, LEANA DU PLESSIS and LAETICIA SEGAL.

THE ECHO HOBBY EXHIBITION BRINGS CREATIVITY TO FAIRHAVEN

The annual ECHO Hobby Exhibition returned this year, this time hosted at Fairhaven, and once again proved just how much talent, passion and personality lives within our villages.

From the moment the gates opened, the exhibition buzzed with colour and conversation. Residents proudly showcased their hobbies, turning tables and displays into miniature worlds of craftsmanship. Paintings, embroidered quilts, carved wooden pieces, knitted treasures, and handmade décor all found a place on the tables at Fairhaven.

Then, of course there were the food stalls - the unofficial heartbeat of any good community event. Tables filled with freshly baked goods, biscuits, preserves, pies and family-recipe favourites drew steady crowds.

A heartfelt thank-you goes to every resident who took part and every visitor who came and supported. The ECHO Hobby Exhibition continues to grow not just in size, but in spirit and Fairhaven proved to be the perfect backdrop for a day filled with talent, connection and community.



THE ECHO GARDEN COMPETITION - A BLOOMING SUCCESS

If you ever needed proof that gardening is alive and flourishing across our villages, this year's ECHO Garden Competition delivered it in full colour. From sweeping traditional landscapes to charming courtyard corners, from flourishing veggie patches to proudly decorated entrance gates, our residents once again showed just how much creativity and care goes into growing something beautiful. With so many standout entries, choosing only a handful of winners was no easy task.

This year's top honours in the Traditional Garden category went to Mr Chris Botes (WPC 43). In second place, Ruth Ackerman (LPE 25) while Maria van der Westhuysen (SP 55) secured third place. Proving that size is no limitation to beauty, the Patio and Small Space category was led by Magda Swanepoel (WPC 32), with Lynn Shutte (KG 93) in second place and Wendy Krouwkam (WPC 38) claimed third.

The Vegetable and Herb garden category saw some of the most practical and delicious gardens of the competition. Sally Watkins (FHC 37) took first place. In second place was Peter Hall (LPE 339) while Danie van der Berg (LPEF 60) secured third place.

For the first time ever, the judges created a new award category after being blown away by two standout village entrances. Walton Park Village's Gate 1, took first place for its welcoming layout and vibrant seasonal planting, and Laubscher Park West Gate Entry followed in second place with a display that made every arrival feel like a warm invitation.

A heartfelt congratulations goes to all our winners and to every resident who entered. A warm thank-you goes to our generous sponsors: Floradale Nurseries, The Pot & Barrel Nursery, Mr Bartlett from Lapa Munnik Village, and Mr Holdstock from Dunant Park for helping us grow this much-loved tradition year after year.



Walton Park, 1st place Village Gates



LPW, 2nd place - Village Gates



Judges



Traditional Garden:

CHRIS BOTES, 1st place
RUTH ACKERMAN, 2nd place
MARIA VAN DER WESHUYSEN, 3rd place

Patio & Small Space:

MAGDA SWANEPOEL, 1st place
LYNN SCHUTTE, 2nd place
WENDY CROUWKAM, 3rd place



Vegetable and Herb Garden:

SALLY WATKINS, 1st place
PETER HALL, 2nd place
DANIE VAN DER BERG, 3rd place

LAUBSCHER PARK WELCOME TO RESIDENTS TEA

Massive congratulations to all the residents of Laubscher Park East and Laubscher Park West who've called this amazing retirement village home for more than 10 years. You've earned your stripes and are still going strong. Ten to fifteen years of friendships, laughter and making unforgettable memories with the community - what an achievement. Here's to many more years of love, joy and adventure together. Cheers to you all. God bless you all.

JENNY HEUNIS



PADDY FOURIE, ALLEN SMITH and BENNIE VAN DEN BERG
- all 12 years at LPW.



MARIE SERFONTEIN
- 14 years.



KATRINA BERRANGE and PAMELA MCCALLUM
- 15 years each.



DERRICK JARMAN
- 11 years at LPW together with his carer, EVELYN RUSERE.



ANNE MARY SCARR
- 14 years and
JUDY RAE - 13 years.



MIKE HOWELL
thanking our ladies,
MADELENE LUNT,
MARILYN JOHNS and
RITA MCADAM who
attended the kitchen for a
most enjoyable tea.



PATRICIA WALSH
- 14 years.



GLENDA EVELEIGH 14 years together with **JOY BLOM**
and **MARLEEN MCGRATH** 12 years at LPW.



NORMAN HARDY LPW
- 14 years together
with his carer,
BUSI NGQOKOQWANE.



DESIREE MARTIN - 14 years at LPE together with **BERT**
and **MAUREEN VAN VLEDDER** - 12 years LPW.



MAUREEN LOMBARD
- 12 years.



HONOR MCLEOD
- 15 years. Along side
Honor, her carer,
NELISWA XAKAXA.

SPRING DAY BREAKFAST

Normandy Court residents celebrated Spring Day with breakfast. Thank you to all who helped make this another successful event.

FAITH GEERE



Busy making toast, **WESSEL MOOLMAN, ANDY BESTER and DOUG GILCHRIST.**



Enjoying their breakfast, **GAYNOR GILCHRIST, MARILYN SHIPTON, MIKE BYRNE, MIRIAM STIEMENS and JOHAN NIEMAND.**



PATSY BADENHORST, MERRILL MOOLMAN, FRANKIE SIMPSON, JESS BESTER and INGRID HUPPELSCHOTEN.



SHIRLEY and MIKE RANDS, ARLEEN and NEELS VAN ROOYEN.

A SURPRISE VISIT AT MUNRO KIRK

The 14-year-old Rebekah Faber was born and raised in Norway. As a home school student, she received private lessons, learning to play the violin. After her family returned to South Africa, they settled in Port Elizabeth close to her maternal grandparents. Proud of Rebekah's achievements, Gran bought her a 200-year-old Stradivarius violin which was used by the Concert Master in the Johannesburg Philharmonic Orchestra. Rebekah is counting the days for this prize possession to arrive. Rebekah is currently a pupil of Harvest Christian School. She is a member of the Eastern Province Youth Choir and has auditioned for the Eastern Province Youth orchestra and is awaiting the outcome.

Rebekah kindly played and entertained the residents at Lapa Munnik and Munro Kirk care homes. The residents enjoyed it thoroughly and are looking forward to her and her siblings next visit to entertain them with their musical talents.



REBEKAH FABER

CHRISTMAS IS ON ITS WAY!

A visit from an enthusiastic Eastern Province Youth Choir brought joy and sentimental tears to a crowd of Dunant Park and Duncan Ferguson residents.

PENNY SMITH



SOCIAL SERVICES TEAM VISIT NORMANDY COURT

The ECHO Services team were welcomed by the residents of Normandy Court. Agreed by some, "It was so nice to be able to put faces to a name." Thank you, and appreciation ladies, for the time spent at Normandy.

FAITH GEERE



Tea break with some of the team:
FRANKIE SIMPSON, TALEEN MAASDORP, LISA DIESEL, XANDRÉ VAN DER BERG, DEANNE WEBB and LEN GEERE.



Residents attending the meeting with Social Services team.

65 YEARS OF LOVE & COMMITMENT

Happily married for 65 years, Ken and Maureen, Kruger Gardens residents for more than 10 years, feel settled and ready to celebrate Ken's 90th birthday next year. They share three children and five grandchildren living in the USA, who visit them often.

They were introduced to each other by Ken's sister in Cape Town, and since then have got on well together and don't bear grudges against each other.

Winner of the Eastern Cape entrepreneur of the year award in 1986, Ken was involved in a variety of businesses over more than 40 years, having qualified as a mechanical engineer. Maureen was by his side as a business partner and bookkeeper in their family business called Kenmore Industries, named after them.

Hearty congratulations to this couple as they head for their platinum anniversary.

DAVID MILLIGAN



Ken and Maureen.

MONTHLY KNITTING GROUP

On the last Thursday of every month, the very busy charity knitters from LPE convene to knit and of course, natter. A selection of charities are chosen throughout the year and appropriate items are knitted, according to each charity. Although they receive funds to buy wool, most of the costs are carried by the knitters. At the end of August, a whole stack of knitted blankets, jerseys and beanies were handed over to Helpende Hand, the Well-being Organisation from Solidarity.

MARLENE BEZUIDENHOUT



STANBURY PARK 10 YEAR TEA

ECHO put on a lovely tea to celebrate the residents who have resided at Stanbury in excess of 10 years.

ANNE DUTTON / CHARLEEN FRIDEY



GAYE PINNELL and ROY STEINIGER.



CAROLE and JIM GREEN.



ANNA DE JONG and GEORGES DESTERBECQ.



HEATHER McWILLIAM, BRYAN PINNELL and GAYE PINNELL.



EBEN LANDMAN and BERTHA VAN NIEKERK.



RACHEL BEKKER and PETRA VAN DER MERWE.



AMELIA PRETORIUS (SUPERVISOR), MIKE HOWEL (CEO and DENISE GASS.



DAVE ROWE and JOAN WALTERS.



MAUREEN FOX and CYNTHIA PEACH, our oldest resident at 94.

YAY! NO MORE FIRE EVACUATION DRILLS!

An almost full house of Normandy Court stay-home residents were very relieved to hear Keith from BayFire tell them that the days of having to rush to assembly points when an evacuation drill was held were over. "When the alarm goes off, stand at your door so you can be seen," he said. Normandy Court is built around a central courtyard so almost every front door can be seen from there.

He went on to say that, of course, if there really is a fire the affected residents will have to evacuate. He followed this with giving procedures to use to stay safe if the fire is in one's flat, "Press your panic button ... and stay CALM! Inform your neighbours!"

He went on to say, "If you are trapped: get to the bathroom if you can; close the door and put damp towels to stop flames coming in under the door; sit/lie in the bath/shower and cover yourself with damp towels until help arrives."

Other precautions Keith gave were: Keep all your important papers in a bag close to your front door – for easy grabbing; don't hang tea towels on the front of your stove; If you're called away while cooking, switch off, or take something with you to remind yourself that you have food on the stove; If the fire is in the microwave or airfryer leave the door closed; switch off the electric appliances. He suggested we switch off all plugs at the wall, of course not the fridge or freezer!

He surprised very many of the residents by saying geysers were not made to be switched on and off, so unless you are going to be away for more than two days do not switch them off.

FRANKIE SIMPSON



ALWINA HEIDRICH, with KEITH DONALDSON (from BayFire), SAKHILE NTSEPO and HANS HEIDRICH were ensuring they were well informed.



GAIL BETRIX discusses the talk with JESS and ANDY BESTER; and CHARMAINE WYNNE in conversation with DEANNE WEBB and MIKE RANDS.

YELLOW DOOR OUTING

Stanbury Park residents visited the Yellow Door for their monthly outing. The meal and service received good compliments.

ANNE DUTTON



VENECIA STEINIGER, MELLIS MOORCROFT and MELISSA LINDRIDGE.



DORITA PRETORIUS from Stanbury Park and her friend from Fairhaven, JOSIE GIBBS.



HEATHER MC WILLIAM and ANNA FRITZ.

WORLD ALZHEIMER'S' MONTH AND DAY

World Alzheimer's' Month and Day, celebrated in September annually and more specifically on the 21st day of September has rolled around again!

Each year the international Alzheimer's' organisation, Alzheimer's Disease International (ADI), announces the theme for the awareness activities. World Alzheimer's' Day theme for 2025 is '# Ask About Alzheimer's' '# Ask about Dementia'.

In addressing this theme, ADI want us to help change people's perceptions and normalise their thinking by asking questions and learning more about this condition that currently impacts 55 million people globally.

This year's theme is very close to my heart and something that can very easily get me onto a soap box. Having worked in the field of practice as a social worker since 2006, I am reminded on an almost daily basis, how very little we as a community know about this disease, and resultantly the struggle to get necessary help for those afflicted by it and their loved ones.

My belief is that until we have a better understanding of the disease, this disease is not going to get the general recognition in society it deserves.

As a community we need a clear understanding of what is 'Dementia' and what is 'Alzheimer's' disease'.

Dementia, which refers to a disease of the brain, is the umbrella term.

Alzheimer's' disease is a form of dementia.

Literature tells us there are about 105 different types of Dementia, Alzheimer's still being the most common form of the condition.

Vascular Dementia, Lewy Body Dementia, HIV Dementia are other forms of the disease, to name but a few.

A good way to remember the difference in terminology is that Dementia is like the generic term 'fruit' while Alzheimer's disease is a type of fruit, for example an apple. I urge us all to get this terminology correct.

Literature notes that Alzheimer's disease is typically diagnosed after the age of 60, but this is not necessarily so for Alzheimer's and not for many of the other dementias.

It is noted in literature and very evident in practice, that the person living with dementia generally presents with signs and symptoms of the disease up to about 10 years before official diagnosis.

Whereas the type of dementia is diagnosed by the physiological presentation of the affliction in the brain and the symptomatic picture, the progression of the disease is more or less the same in practice. In essence, the person living with dementia becomes increasingly dependent on others as they gradually lose their ability to do tasks independently and do activities they did competently before.

While this list of signs and symptoms is not comprehensive, they include the loss of ability to do activities of daily living, forgetfulness, repeating themselves, difficulty finding words to express themselves, decreasing ability to do daily tasks, getting lost and losing track of time.

These symptoms often go together with frustration, anxiety, depression, disinhibition and inappropriate expression of emotions.

Whereas Alzheimer's or any dementia for that matter cannot be cured, it can be well managed.

In a retirement organisation folk are confronted on the one hand with the loss of friendships due to the disease as well as the frustration of neighbours presenting with challenging behaviour. The challenges and stigma of dementia often overrides the empathy that it is the 'disease' NOT the person who is living with the disease.

We are often burdened by our fear of losing our abilities and independence as we watch our friends face the challenges of losing theirs.

It is of great importance that retirement organisations create awareness of the disease and address stigmatisation. Appropriate, person-centred care options need to be offered to residents who are facing this challenge in a non-threatening manner. This insightful, sensitive care should go a long way to alleviating their fears as they lose independence. Association for Dementia and Alzheimer's of South Africa (ADASA), is committed to partner with the ECHO Foundation to assist residents as an early diagnosis is always advocated but interventions including counselling, carer support and carer training at any stage undoubtedly contributes towards the optimal management of dementia.

DR HEATHER RAUCH

REGIONAL MANAGER - ADASA EC. BRANCH
HELLO-o-o ECHO Editing Team:

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& Fuze Design & Advertising

The ECHO Foundation board, management and the HELLO-o-o ECHO editorial committee are not responsible for the views expressed or the statements made in this publication.

NORMANDY COURT NEW RESIDENT

Normandy welcomes Mike Byrne, who has been visiting Normandy for a number of years. He has been warmly welcomed into this small community.

"I started with my own business and then decided that I would like to pursue my passion which was cattle and sheep farming. I took a break from farming in 2008 and went to the United States as a beekeeper and honey extraction engineer. On returning to South Africa I continued farming until I retired in 2022."

FAITH GEERE



MIKE BYRNE

HEAD OFFICE VISITS GOLDEN BEES

Taleen Maasdorp has been a regular visitor to the crafters group at Dunant Park/ Duncan Ferguson since she joined ECHO. Recently she brought a new visitor - Andrea van Vuuren, who has become one of the 'family'.

PENNY SMITH



RON PURCHASE, JANET SIMON, TALEEN MAASDORP, CHANTAL VAN DER MERWE, newcomer- ANDREA VAN VUUREN, and MALLY BOYLE, smile for the camera at a session of the Golden Bees weekly gathering.

HERITAGE DAY CELEBRATIONS AT MUNRO KIRK & LAPA MUNNIK



Standing left to right: AMANDA FILA, THEMBISA FUNANI, NOMA SIKO, NOLUTHANDO MPENDU, NOLITA SIHELE, RETA VAN ZYL, MISEKA SETI, SELINA BOOI and CINDY BOYCE. Sitting left to right: NOBATHEMBU ABA, NOLUTHANDO RASMENI, XOLISWA NYWEBE, SHIRLENE VAN DER BERGH and ROZELLE SAYERS.

CELEBRATING HERITAGE DAY!

Heritage Day was celebrated with a traditional braai, which was attended by many residents at Normandy Court.

FAITH GEERE



Residents at Heritage Day braai.



HANS and ALWINA HEIDRICH, DOUG GILCHRIST, ANDY BESTER and GARY KOEKEMOER.

WALTON PARK NEW RESIDENT'S TEA

A new-resident's tea was held at Walton Park Village, by the Residential Care Department, for new residents from Kruger Gardens and Walton



Back: JOHN WISEMAN (KG) and RALPH VAN NIEKERK (KG)
Front: ISOBEL LEMMER (KG), SANDRE VAN RIET (WP), JUDY KRUGER (WP), LYNN VAN NIEKERK (KG) and ESTER MANTHE (KG).

LONG STANDING RESIDENTS CELEBRATE AT DUNANT PARK



At a lovely tea held for residents living at ECHO between 11 and 15 years, LIZ BLAMLEY, LORRAINE THOMAS and JANETTE LODGE enjoyed the company.



JANET SIMON and Nurse RENE WILLIAMS.



SUSAN SIMPSON and MARY SMITH.



MELANIE and JOSEPH REDELINGHUIS.

MARKET DAY AT DUNANT PARK

People were standing at the gates to the village before opening time, eager to come in. The market had been widely advertised and the stall-holders were ready and eager to sell. At 9.00am exactly gates were opened and the stalls and stall-holders were ready to enjoy a hugely successful morning.

All stalls were swamped with buyers. People were quickly filling their baskets with delicious things to eat and browsing among tables groaning with unusual treasures. Books and compact discs and vinyl records; old porcelain; hand-made jewellery, fascinating décor items and pretty gee-gaws for gifts, were all being discussed and fingered and bought. Dunant Park/ Duncan Ferguson can be justly proud of a Monumental Morning Market.

Visitors were heard wondering when the next one would happen.

PENNY SMITH



The team of willing helpers who worked non-stop for weeks to make this market memorable, enjoy a shout of relief and pride that it has all come together so well.



Christmas fairies and lights, beautiful little trees, angels and Christmas hats, candles and bells and bows, green wreaths and Father Christmas, a vast collection of Christmas decorations all for sale at this stall.



Food! Food! Glorious food! All with a leaning towards a Christmas that will be with us very soon.

NORMANDY HOSTS ITS FIRST JUMBLE SALE!

First time ever a jumble/white elephant sale was held at Normandy Court. This was a most successful event and the lapa was packed to capacity with items for sale, and with people buying. It was a case of 'now you see it, now you don't' as far as the food being sold was concerned. Freshly made curry bunnies, samoosas, koeksisters, pancakes and so many puddings.

Hopefully this will become an annual event. Well done all!

FAITH GEERE



Lapa with buyers and sellers.



Selling their wares, LEONIE NEL and MIKE BYRNE.



SHIRLEY RANDS, LOU SOLOMON, KATHY MANLEY (supporting from Caritas).



Serving food. ALWINA HEIDRICH, INGRID HUPPELSCHOTEN, ROSE RASMUSSEN.

LAST GOODBYES

SHIRLEY ROSE, at the age of 93 is leaving Fairhaven and seeking pastures new. Not that she thinks that the pastures will be greener, but by relocating to Humansdorp she will be nearer to her son who lives at St. Francis. He travels the district and can pop in regularly. There were a lot of sad farewells. Fairhaven will miss her smiley blue eyes and ready smile.



ROWENA VAN ZYL gives SHIRLEY a last hug at the braai.



SHIRLEY, MARGARET HORN and JEAN SMIT saying farewell.



SHIRLEY enjoying the last visit to the Coffee Shop with an old friend NEIL FERGUSON from Walton Park.

STANBURY PARK DISPLAY AT HOBBY FESTIVAL

Everyone must have been very busy making their items to put on sale. There were such a lot of things to choose from. The kitchen was busy producing lovely goodies to eat. One didn't get to see everything as the space was somewhat limited. It was a pleasant time to reconnect with friends from the past.

ANNE DUTTON



This wonderful creation was done by CAROLE GREEN, from Stanbury Park, who says:

"DIAS quilt guild spring show held a 3D Shweshwe Challenge, and I was lucky enough to win 1st place, I must give the credit to belonging to TAPE Textile art, Port Elizabeth. We are a loud enthusiastic bunch of girls, who love to stretch our minds with endless possibilities with fabric. You're never too old to be learning."

RECORD SPRING BREAKFAST



Seventy-five Kruger Gardens residents enjoyed a delicious spring breakfast in early September in the spacious new hall, a record number for an event like this.

BIRTHDAYS AND COINCIDENCES

During the 1940's Frank Sinatra was one of the best-selling male pop artists. The same decade were Hollywood beauties and leading movie stars Lauren Bacall, Rita Hayworth, and Ingrid Bergman, to name a few. Anyone remember the movies in which they acted, and some of the songs Frank sang?

Joining them, born in 1940 and 1945, are four Kruger Gardens residents, celebrating their 80th and 85th birthdays this year. A story of coincidences emerged from two of them.

The fathers of Keith Dimbleby and Louis Collier both went to Grey High School in PE, Keith and Louis following in their footsteps. Ken Collier and Ken Dimbleby later met on HMS Cornwall during World War 2. They survived the sinking of the ship by Japanese dive bombers on Easter Sunday 1942 near Ceylon (now Sri Lanka), when 190 of the crew perished. The 550 survivors, including both Kens and most of the 100 South African volunteers, spent 30 hours in the sea, hanging on to whatever floated, before being rescued. Ken Dimbleby spent three months in hospital there, recovering from burn wounds. Later in 1984 he published his book about the event, Turns of Fate.

You might remember that Keith and Yvonne Dimbleby edited Hello ECHO for ten years, preceding Xandr  and her team.

Journalism runs in the Dimbleby family, going back to Keith's grandfather, Edward who was editor of the EP Herald from 1936 to 1951. His son, Ken, became deputy editor of the Evening Post. Alongside him was his brother, Des, who covered the Springbok cricket tour of Britain in the 1950's for the SA Morning Group of Newspapers. Their sister, Eve was the first full-time woman journalist in PE, writing for The Herald. Third-generation Keith followed, and he was a reporter and sub-editor on the Evening Post for 34 years.

Living a life of purpose and a love for her family was clear during my chat with Marena. She witnessed the circle of life in her work as a social worker for more than thirty years, focusing on the adoption process. Recently she bumped into the daughter of one of her clients, who had been adopted decades ago, and had happily traced her biological mother.

Louis and Wendy celebrated their birthdays within nine days of each other.

Wendy attributes looking after her two children and later some of her grandchildren as her secret to keeping young until 80. Louis plays golf with his buddies every week, to keep him fit.

Memories and celebrations all round, spent with family and friends, will be remembered for many a year.

DAVID MILLIGAN



LOUIS and WENDY COLLIER (both turned 80), KEITH DIMBLEBY (85) and MARENA DE RIDDER (80).



KEITH's father, KEN, pictured with him when he was two years old.

COFFEE SHOP CLEAN UP



DON and CYNTHIA ELSDON from LPW, side by side in the kitchen, side by side in life.

WINNER!

ADELE DODDS from Laubcher Park East, was the lucky winner at the Joker draw during July. She won a whopping R2 457 and that's not to be sneezed at. It was certainly a R5 well spent.



PROLONGING THE LIFE OF A CARPET

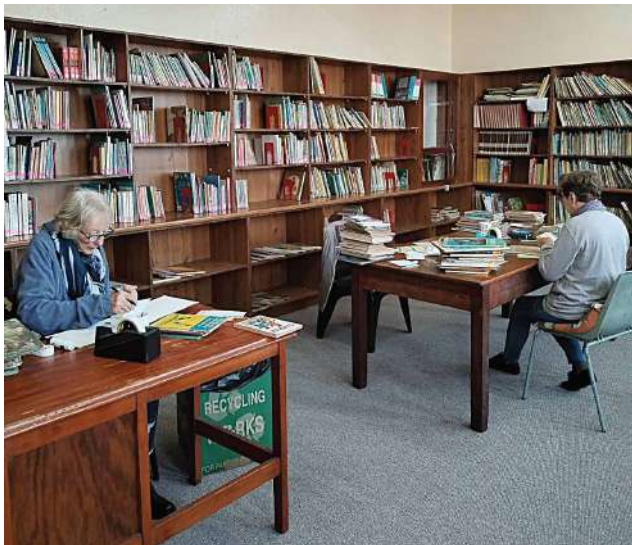
More than 80 square metres of quality carpeting from the old hall in Kruger Gardens was relocated for use in the St Teresa's School library in Schauderville. Kruger Gardens resident, Shealagh Ryan initiated the move.

The newly carpeted library was transformed by volunteers and was re-opened in October this year. Shealagh and her team of volunteers are responsible to sort and repair old library books, checking suitability for the learners' reading.

Grade 7 learners were the first to use this new facility. As a result, a full time librarian has been appointed.

A gift from Australia of more than 200 books was recently donated to the library by the Union of Jewish Women in Port Elizabeth, organised by Wendy Bethlehem, a resident in Kruger Gardens. These new books have been a welcome addition.

Founded by the Missionary Sisters of the Assumption in the 1940's, St Teresa's Primary School now has more than 850 learners, from Grade R to Grade 7, who will all benefit from the library.



From left: JOAN ARTICO (Lapa Munik) and MARIAN HEINRICH (Stanbury Park), at work as volunteers in the St Teresa's School library, showing off the newly laid carpet.



Another volunteer is KATHY THOMAS (left), an ex pupil of the school, who started Grade R in 1963. There was no school library in those years. She read books from the Korsten municipal library, some distance from the school. Next to her is SHEALAGH RYAN.

WOMEN'S DAY CELEBRATION LPE

The Women's Day celebration this year was a bit different from previous years. Milady's clothing store kindly loaned lovely outfits for the modeling morning planned for the day. The models were our own residents who pulled the whole thing off with flair. Each model could select two outfits to show and could buy those outfits afterwards at a special price. What more can a woman ask for?

The hall was decked out in pink, and a lovely tea was presented to the villagers. Merryvale School was invited as special guests and the deputy head, Christel Booisen, told us about the school's beginnings and the composition of 40 teachers. Professional staff, such as social workers, speech therapists and autism group counselling, form part of the school's service to scholars. A trio of teachers sang a few popular songs and the morning ended with Compere Renett Bosman, thanking all the participants and helpers who decorated the hall, arranged the flowers and selected the music.

MARLENE BEZUIDENHOUT



Our own resident models, RUTH ACKERMAN, LORRAINE ROSSLEE and AVRIL VALLEY parade with flair the clothing selected by them at the store.



Deputy head CHRISTEL BOOISEN.

A LOVING DONATION

The ECHO Benevolent Fund works closely together with a group of ladies to assist where needed. They left a whole "family of bears" to be distributed among residents in our Care homes. The new residents were quickly picked up, cuddled, and adopted, already bringing joy and love. Thank you!



Back(standing): ANITA FOURIE (Frail Care Facilitator), LINDA LOMBARD and DESIRE STRYDOM. Front sitting: PRISCILLA COETZEE, DIANA SMITH, LORRAINE MARAIS and HEBE USHER.

MANY YEARS AT FAIRHAVEN

It was originally known as Fairhaven for Senior Citizens. The layout of buildings was different. The dining room had its own kitchen. There was a quiet room and a lounge, a sick bay with day/night nurses, but no doctor at that stage.

Yvonne held the position of supervisor, carer, groundsman (pool and garden) and waitress. In fact, a Jill of all trades.

She worked hard, long hours but enjoyed every minute knowing that she could be there to help others. Sometimes, she said, just a hug made a difference in someone's life.

In the early days the green grocer's lorry called regularly and the post office came and collected and delivered mail. Oh! Those were the days.

Since ECHO (2013), she ran the coffee shop for seven years and Happy Hour together with her husband Mike.

Yvonne is a kind and willing soul, always ready to help. Now the years are catching up with her and her activities are more sedate. She sews (does alterations for residents), gardens and enjoys her art classes.



YVONNE STEYTLER.

PIPES, PIES AND PLENTY OF FUN

A surprise visit from the local Algoa Caledonian Pipe Band attracted a crowd at Kruger Gardens' Market Day, eager to watch and listen to their rhythm and music.

Entcom chairperson Lynette Greyling and her team organised a very successful fundraising day for over a hundred villagers, family and friends. Fun and games were enjoyed by all, accompanied by tea and cake, and stalls selling craft and edible goodies.

DAVID MILLIGAN



BRUCE and SANDRA STRANG with the pipe band, who organised the visit showcasing vibrant bagpipe music. As members of the PE Scottish Association, they have taken an active part in their activities. Bruce has been a member of the association for over forty years, during which he has been president four times, and is now a life member.

ANNUAL FETE AT LAUBSCHER PARK EAST

Our annual fete was held once again at the beginning of October, and it turned out to be a lovely day. The sun was shining brightly and there was hardly any wind, which was terrific as we always seemed to attract high winds and very hot days! The stalls were set up on the Friday before the fete and the hall was decked with festive bunting. Successful advertising brought the crowds to our doors, and we were ready for them. The frenzy for pancakes and bazaar pudding, curry and rice, to name just a few eats, were quickly and eagerly bought by the patrons. All in all, we had a very good day.

MARLENE BEZUIDENHOUT



JEAN O'GRADY and MARINA GERICKE showing the notions and handmade items to a few buyers. We have a good selection of pieces of material, threads, lace and such on sale as well as some lovely handmade items.



The egg and bacon stall was manned by these two very handsome gentlemen, **BRIAN STEWARD and WINSTON WEIR**. No wonder they sold out so quickly.



Merry Christmas

Wishing all our amazing residents throughout ECHO, their families and friends, a God blessed Christmas filled with joy, laughter and abundant love. May this Christmas be all you wish it to be and more. God bless you all.

Laubscher Park West

To the wonderful staff and residents of ECHO Villages, Wishing you a Christmas season filled with love, joy, and cherished memories. Thank you for the care and community spirit that makes ECHO Villages so special. May the year ahead be bright with promise and kindness.

With gratitude and festive cheer,

Normandy Court

One should always keep in mind that our population of revelers is 'elderly', as we like to say, so Christmas at ECHO is celebrated quietly. Many of the residents are away on holiday with family or friends, but those who stay need a touch of 'togetherness' on this important day. A quick visit to a neighbour to offer Christmas greetings; a hug; maybe a pretty flower to hand to someone, can make all the difference to what can be a very lonely day. Christmas is all about the joy of giving and sharing a blessing.

Let us all be aware of the chance to care for one another. Wishing you all a Merry Christmas,

Dunant Park

We would like to take this opportunity to wish our fellow ECHO Residents, Head Office and staff a joyful and a blessed Christmas and prosperous and a healthy 2026. May 2026 be yet another fulfilled year of retirement.

Kruger Gardens

Christmas is a time of giving and receiving. Not necessarily monetary gifts, but the hand of friendship. Being there is a comfort when loneliness over this period is prevalent. A kind word is a gift. Give generously.

Fairhaven

Dear ECHO Managers and Staff, and all ECHO Villages,

Warmest Christmas greetings from the residents of Walton Park Village. We extend our heartfelt messages of blessings and peace to you all. May you enjoy a wonderful Christmas with your loved ones, and may 2026 bring you joy, happiness, and good health.

Walton Park

The Entertainment Committee of Stanbury Park and Lapa Munnik Cottages, on behalf of our residents, wish to extend a warm message for enjoyment of the upcoming Festive Season to ECHO Head Office, and all other ECHO Villages. We have been blessed this year to get to know many residents from other villages, especially at our Hobbies Exhibition. May your Christmas be a special time of remembering that we are celebrating the birth of Christ our redeemer. Those who still have family nearby, we hope you can spend time together. For those with families spread across the globe, we hope you will spend some special time with your village friends. May 2026 be a happy and healthy year for all.

Stanbury Park

Here we are once again at the end of another year and into the joyous season! Our wishes to all of our residents, outside members, residents from the other villages and the ECHO staff members, would be to have a loving, safe and festive celebration! Remember the reason behind all the glitter and excesses and think about those not so fortunate as we are. Give freely if you are able to and remember that a loving and kind word is all you need to make someone's day! Blessings and a Merry Christmas to you all!

Laubscher Park East

Christmas blessings from **Caritas**.