

MORE THAN JUST PETS

They don't care what you look like first thing in the morning. They're there for the long walks, the afternoon naps, and the quiet moments in between. For many residents across ECHO villages, pets are more than companions, they're family.

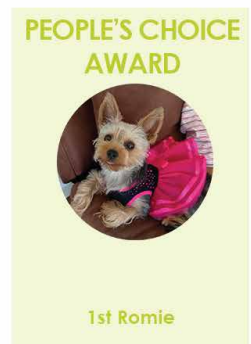
Now in it's second year, the competition once again uncovered the many furry and feathered friends who live alongside our residents, and the strong connections they share. It was a joy to see not only the adorable entries, but the stories behind them, showing just how much pets enrich life in our villages.

A heartfelt congratulations to this year's winners. Thank you to everyone who entered, voted, and celebrated the spirit of companionship.

KERI WRIGHT

Loyal dogs at the gate, cats curled up in the best seat in the house, and budgies chirping through morning tea, pets bring a sense of comfort, and even a bit of mischief to everyday life. Studies may talk about the emotional and physical benefits of pets, but anyone who's ever had one already knows, the bond runs deep.

It's no wonder, then, that the Paws & Pose Photo Competition continues to grow in popularity.



"CORNHOLE!" HITS THE MARK

A new sport has made a debut at Dunant Park, Duncan Ferguson and the Lodge.

Brought to us by Thelma Nel, it is a relaxed social game, possibly started in local pubs in Europe, that requires the players to toss a small, bean- or bead-stuffed baggie a distance of about five meters, into a hole in an inclined wooden board.

One evening of playing the game, and the participants are waiting breathlessly for the return matches!

Thank you, Thelma and those who volunteered their time to make the board, and the baggies. All the players seem to wish that Cornhole becomes a regular sport in our villages.

PENNY SMITH



The winning teams at the first set of games of Cornhole. Back: GARNET WEBBER, DAWN HEYDENRYCH, WILL and PENNY SMITH, CONNIE WEBBER and CHARMAINE STRAUSS. Front: ANNA-MARIE CRAUSE and JAN LODGE.

SNOOKER FRAMES THEIR WEEK

Snooker is a game of precision and strategy, defence and attack. Someone once said that snooker brings peace of mind, and another encouraged players to "aim while standing, not while shooting", to stop your opponent from being too creative.

Its origins lie in the British Army garrisons of India during the late 19th century, where it was created as a combination of various billiards and pool games.

Each week in Kruger Gardens, numerous players head for the new snooker room, to make their day with their competitive friends.

For Keith Berning, snooker was a game he started playing with two friends on Fridays after work at a pub in Pretoria. They played until late because super snacks were served free from 6pm, and this suited the three bachelors.

John Stead recalls his first games of snooker when he bunked the odd class at high school to play with his schoolmates. He hasn't played much since then, until moving to KG, and looks forward to his regular games.

Describing his ideal gentleman, John Davies told me that "he dresses well, holds his drink, and plays snooker". With a twinkle in his eye, he told me they have fun, "lurching around the snooker table", each with his own health challenge.

Judy Chalmers is one of six women who plays twice a week, and has been playing snooker for just over three years. She agrees there is a definite skill required in playing snooker, as "you're never quite sure when your eye is on course". Judy often watches the world champs playing, and picks up tips from their clever tactics.

"I do like to win, and I keep an eye on the scoreboard throughout my game", she says with a smile, and most of the others agree they're on the same winning cue.

KRUGER GARDENS



Three men, with an average age of 86, ready for their enjoyable, twice-a-week snooker game are KEITH BERNING, JOHN STEAD, and JOHN DAVIES.



In her nineties, JUDY CHALMERS is game for most things, including her games of snooker twice a week.

FUN & FITNESS AT LAUBSCHER PARK EAST



It is not everyday that a little bit of Middle Eastern culture is brought to Laubscher Park East, but these two South African ladies brought the Belly dance! How lovely they were, dancing with scarves. Flowing and swirling the scarves while wiggling the hips to the music, they never missed a beat. The picture does not do them justice!



A view from the back towards the stage where Elmarie was setting the tone for the ladies to follow. Forty ladies having a ball on International Fitness Day!



Gymming to the tune 'YMCA'.

THE GREAT SWIMMING CHALLENGE

The challenge was born as a result of some light-hearted banter; one resident daring another to swim 3 lengths underwater. Word quickly spread, a date was set and three participants were chosen, based on their enthusiasm and determination, not necessarily on their swimming prowess. They faced three daunting tasks: the longest underwater swim, a 10-minute freestyle swim, and the longest underwater handstand.

The judges, Phyll Cairns, James Tennant and Andries Van Schalkwyk had their hands full, as at least one of the participants violated the rules. In fact, Dawn was disqualified from the handstand event when she surreptitiously pushed Bev over.

Terry Webber was the lifesaver whose valiant presence kept the swimmers safe. With his vigilant eyes and swift responses, he ensured that any mishaps and misdemeanors were swiftly addressed.

The challenge ended with 1st place: Bev Barnard, 2nd place: Tayrene Cooke, 3rd place: Dawn Truter. This was not about the competition, about who won the race anymore; it had become a celebration of community spirit and camaraderie. This thrilling afternoon proved that cheating does not pay, as Beverley's perseverance was rightfully rewarded. The event was a resounding success, enjoyed by all, with many attendees expressing their desire for more such exciting events to take place in the future.

ULLA VAAJA



BEV BARNARD, DAWN TRUTER and TAYRENE COOKE warming up for the events to follow. **VONNA SAUERMAN, DAWNE SONEMANN and ANDRIES VAN SCHALKWYK** looking on.



The judges, **PHYL CAIRNS, JAMES TENNANT and ANDRIES VAN SCHALKWYK**.



The life saver, **TERRY WEBBER**. Note the flippers at the ready.



The gallant participants: **DAWN TRUTER (3rd), BEV BARNARD (1st), life saver TERRY WEBBER and TAYRENE COOKE (2nd)**.

MOTHER'S DAY CARITAS



AUDREY LE GROVE SMITH and GAIL SUMMERTON enjoying Mother's day celebration at Caritas.



Old friends, **CHRIS RHODES and LYNETTE FERGUSON** enjoying coffee at Mother's day celebration at Caritas.

PANCAKES!!!

These ladies tempted Fairhaven residents with sweet and savoury pancakes.

MARGARET HORN



MADELEINE CLARE, ESBE DE JAGER, DESRAY SMETHURST, JOSIE BIGGS and DESIRÉ JACKSON.

CONCERT TIME AGAIN

Dunant Park / Duncan Ferguson settled in with satisfied sighs to welcome back our favourite musicians for another hour of music in our hall. The Taylors, a treasured institution treated us with a mix of light classic and nostalgic pop, reminiscent of our youth.

Adding to the fun was a visit from a local singer Philip du Plessis, who has settled in our community after a career in the USA singing gospel on tour. Philip sang all the good old Rock'n'Roll we all knew while everyone could sing along. As the crowd left, they were still humming the tunes, invigorated and uplifted.

PENNY SMITH



JEFF and MARILISA TAYLOR fill the hall with songs we love.



PHILLIP DU PLESSIS, now resident in South Africa, sings well known and favourite rock-and-roll songs.

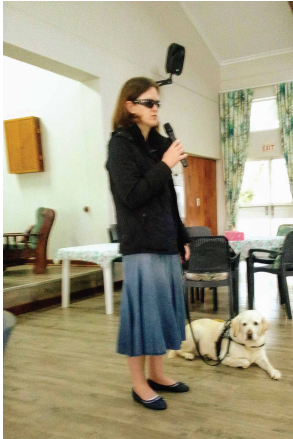
BREAKING BARRIERS

On April 16th, we had a very informative talk in our hall titled "Breaking Barriers of Blindness." The guest speaker was Brian Bezuidenhout, Executive Director of the Nkosinathi Foundation. He discussed the foundation's mission: "Breaking the barriers of blindness by empowering blind and partially sighted people to be independent and fully integrated into society."

MARLENE BEZUIDENHOUT



BRIAN BEZUIDENHOUT,
Executive Director of the
Nkosinathi Foundation.



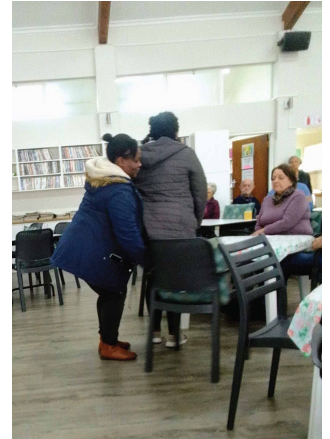
LUANDRIE POTGIETER introduced her lovely guide dog, Casey. Luandrie is a social worker for the foundation and has just received her Master's Degree this year. She shared insightful information regarding Casey and the valuable help that a guide dog provides.



BRIAN is holding an empty cup, demonstrating with assistance from **YONELA HOFY**, how to fill a cup with fluid. A special "gadget" is hooked onto the cup, and purrs before the fluid reach the top of the cup. This way one does not spill or burn when filling the cup. Very clever!



YONELA HOFY demonstrates the use of the white cane. The cane buzzes when it encounters objects in front of the blind person, warning them to move around to avoid the obstacle. The cane length is measured from the breastbone to the ground for a specialised fit and the bearer is then trained by a sighted person to use it correctly.



Did you know that there is a certain way to help a blind person to a chair? Demonstrating is **YONELA**, assisting **ANELISA TYOKWANA** into the chair by leading her to it and then leaving her to feel the chair so that she can seat herself.

TIME OUT AT NORMANDY COURT



Resident **GARY KOEKEMOER** enjoying 'time out' with his furry family member Katie, who sat patiently waiting for a bite of that lovely hot cross bun. What about a sip of that ice-cold 00% beer as well?

STANBURY EXPLORE REMOS RESTAURANT



DONNE ROBERTS,
DI HOBSON and
JOAN WALTERS.



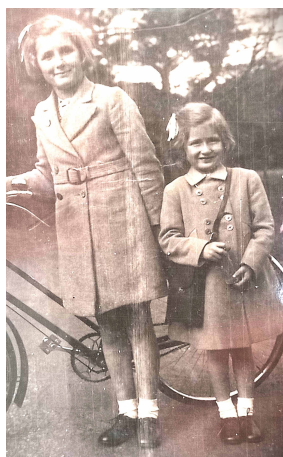
Difficult decisions being made with such a lovely menu.

VE DAY 80 YEARS ON

Addressing the nation and millions around the world during the 80th anniversary celebrations of VE Day on 8 May this year, UK Prime Minister Sir Keir Starmer paid tribute to "the courage of that lion-hearted generation. The greatest victory in the history of a great nation. A victory not just for Britain, but for good against the assembled forces of hatred, tyranny and evil."

A week of street parties, concerts, air force flypasts, and military parades were watched by royalty and millions across the world. VE (Victory in Europe) Day had been celebrated by more than a million jubilant people in the UK in May 1945.

I took a sample of four women living in Kruger Gardens, to share some of the memories they had of VE Day eighty years ago, when they were teenagers still at school. The photos show each of them during this time.



DOROTHY EBERHARD
(right)

Born in Belfast, Northern Ireland, **Dorothy Eberhard's** father, John McClure, was a master mariner during the war. His major incentive was to ship food and equipment supplies to the British troops stationed in the regions of war. He was awarded the Burma Star, the Atlantic Star, the Baltic Star and the Pacific Star for his active contribution in these areas.



GILL DA SILVA

Gill Da Silva was at boarding school in Mthatha during this time, and recalls her father, Gilbert Smale, serving in North Africa as a Regimental Sergeant Major (RSM). "Apart from the radio and the excitement amongst us girls, we were isolated from the events of VE Day".

Dancing in the streets and a downtown parade in Harare (previously Salisbury), Rhodesia on VE Day are some of the memories from **Gwen Bartlett's** two brothers. Gwen's father, George Alexander, kept the home fires burning as a police reservist. All was done as a volunteer, and he worked at night and over weekends. Such were the sacrifices of a world at war.



GWEN BARTLETT

Judy Chalmers' father, "Buller" Pagden, was away from home for nearly five years, a Lance Bombadier in the Desert and Italian campaigns. He kept a diary all this time, safely stored in a sackcloth bag, which is still kept by Judy's brother. One of the entries tells of how he missed out on four years of his two daughters' and his son's growing up, and the love of his wife.



JUDY CHALMERS

Serving their country at war was a huge sacrifice for these families. Lengthy periods far away from their families meant fathers missed years of their childrens' growing up, the birth of a child, loss of jobs and friends, and sometimes loss of who they were.

At the going down of the sun and in the morning, we will remember them

KRUGER GARDENS

MONTHLY BRAAI AT STANBURY PARK

Our monthly braai was well attended. A lingering smell of smoke in our hair and clothes, reminded us of an evening filled with fun.

ANNE DUTTON



PAT NEILL and DONNE ROBERTS.



Part of the crowd enjoying the evening.



DI HOBSON and ANNE DUTTON.

WALTON PARK EXPLORING BARNEY'S TAVERN

The Monday special at Barney's Tavern was two for the price of one meal, so what better reason to go and enjoy a lunch of their scrumptious hamburgers. Good friends and good meal, washed down with a beer or a glass of wine, ensured an enjoyable outing.

The gathering was a delightful mix of familiar friends and new faces, all brought together by the promise of a good meal and even better company. The ambiance at Barney's Tavern was warm and inviting, with laughter echoing through the room as stories were shared and memories were made.

ULLA VAAJA



BETTIE BEST, ELIZABETH BARNARD, LYNETTE CORSON, CHRIS BARNARD and MAGGIE GERBER.



AILEEN ROWLAND, MAGGIE GERBER, ELSABE GOUWS, ISABEL DU PLESSIS, ROSE PRICE, BEV BARNARD, MARITHA GROBBLER. Front: DAWN HOLDSWORTH and ELSE PINNOCK

...DUNANT PARK

A riotous evening was spent at Dunant Park and Duncan Ferguson Villages on Valentine's Day. Romance was in the air; everyone made an effort to be especially well turned-out, the food was delicious, music sweet and romantic, and the Kissing Booth extremely popular. While there was a serious shortage of men, the queue to have a photograph taken was considerable.

PENNY SMITH



Valentine's day was celebrated in style by this group of attractive revellers.

...FAIRHAVEN

It was decided to combine Valentine's day with the 100 Club and the Joker draw. So it was a full house with everyone rallying and wearing their red outfits. Everywhere the hall was adorned with hearts galore and an abundance of red balloons - red everywhere.

MARGARET HORN



HILDA BLOM, DUDLEY MCLEOD and ELIZABETH HAYHOE.



Sporting a very imaginative outfit was the Queen of hearts, JEANNE TAYLOR, standing with JOSIE BIGGS in red top and hat.



Judged as best dressed and looking elegant, SHEILA SHEAR receives her prize from GERT GRUNDLINGH.

...KRUGER GARDENS

About thirty Kruger Gardens residents, some dressed in festive red, gathered for a Valentine's Day brunch at the Sacramento restaurant in Schoenmakerskop. With the backdrop sounds and smell of the sea, they enjoyed a delicious array of local cuisine.

JOHAN and GILL BOSMAN (at the head of the table in a hat, with Gill on his left), organisers of the 'Friendly Lunch Outing', with some of the festive lunchers.



...LAUBSCHER PARK EAST

Aptly named 'A Touch of Red', our residents complied and turned up in all shades of red to dance the night away. Robbie Forbes drew up a playlist of good old songs, favorites from the sixties and seventies, and everyone was dancing from the very start. The hall was decorated with all the necessary Valentine's love letters which remained on display for the rest of romantic February. While revelers had to supply their own drinks and eats, a refreshing fruit salad and ice cream treat was on order for later in the evening.

MARLENE BEZUIDENHOUT



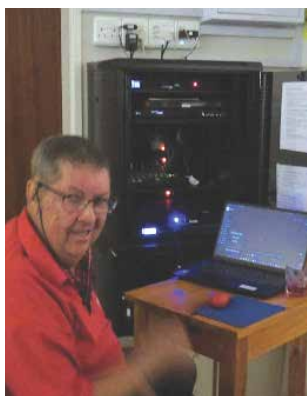
Newcomers to our village, **BRAIN** and **CATHY STEWART**, showing that Rock 'n Roll is never out of fashion.



Some smooching in the kitchen! What is this? **BRUCE** and **AVRIL VALLEY** having a tender moment in the kitchen.



If you cannot stand and gyrate, who said that you cannot use your wheels to do so! **HERTHA WEBB** and **HELEN STEYN** scooting around the hall.



Our DJ for the evening, **ROBBIE FORBES**, looking sharp in red.



Snap! Two of three ladies wearing the same top! **VERONNA KOTZE** and **HERTHA WEBB** said it's red, it's comfortable and who cares.

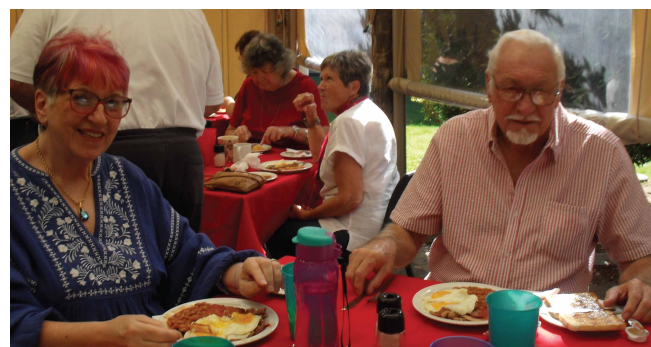
...NORMANDY COURT

Breakfasts at Normandy Court, are always a hit, and this one was no exception. As usual, once the breakfast festivities came to a close, it was straight on to the braai, which carried on late into the evening. At Normandy Court, we certainly don't do things by halves!

FAITH GEERE



Enjoying the lovely spread **BELINDA (TINKIE) BREINTENSTEIMER** with **GAYNOR GILCHRIST**.



CARMEN RAUBENHEIMER and **HILTON CLARKE**.



ANDY and **JESS BESTER**.



GAIL BETRIX with **INGRID HUPPELSCHOTEN**.



Congratulations to ANS and GEORGE DESTERBECQ on their 5th wedding anniversary! To mark this special occasion, they generously treated us to some delicious snack platters, sharing their joy with all of us.



Pretty in red celebrating Valentine's are MAUREEN and COLIN FOX.



JIM and CAROL GREEN, celebrating Valentine's Day.



Looking smart, ANNA FROTZ with her friend ALIDA GREYLING.



COLIN HILDER, DI HOBSON and VENECIA STEINIGER, in a festive Valentine's mood.

THE THREE MUSKETEERS - 73 YEARS LATER

Barbara Fourie (née Otto), Verna Wiese (née Dippenaar), and Laurette van Rooyen (née Weideman) forged an unbreakable bond in 1952, when they met in Graaff-Reinet in grade four. Since then, their friendship has stood the test of time.

Barbara reminisces: "We shared countless adventures together, from stealing fruit, to practicing for concerts. We even hosted our own concerts, charging friends a penny or tiekie entrance fee. On Sundays, we'd ride our bikes to the swimming pool, and on Saturdays, we'd spend nine pennies to watch a movie at the bioscope. We'd often visit the Corner Café, listening to the jukebox while sipping on a cooldrink float."

She continues, "We played games in the street on Friday nights and explored the nearby river. In high school, we went to Herolds Bay by train to the Students Christian Association(SCA) camps in September, and every week to the SCA meetings at school. Our parents were house friends, and a few times we came camping at Humewood. What a lovely time to enjoy the sea as there was a great drought in Graaff-Reinet".

All three friends tied the knot in 1967-68 respectively, and their paths diverged until 1981, when they reunited in Port Elizabeth. Now, after 36 years, they continue to nurture their friendship, although they always kept in contact.

They regularly visited each other and their parents. Together, they've attended clubs like Vriendekring, Caritas, and Club 60, and worshipped at the Evangelical Church in Cotswold on Sunday evenings. They've explored Plettenberg Bay and Oudtshoorn on weekend getaways, and supported each other at bazaars, functions, concerts, and ladies' teas.

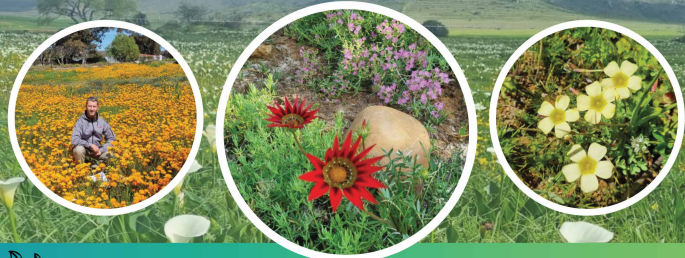
As Barbara reflects on their journey over the last 73 years, she smiles: "Although old age has caught up with us, we still find joy in each other's company. We may not be as spry as we once were, but our bond remains strong, a testament to the power of true friendship."

BARBARA FOURIE



BARBARA FOURIE, VERNA WIESE and LAURETTE VAN ROOYEN

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FAMILY MATTERS

Visits from family to our residents are hugely important, especially when family lives far away. Many of the residents have grown children and grandchildren, and even great grandchildren, based all over the world, with limited visits. When there is an opportunity, when funds allow, or if a family adds financial help and health is good enough, our intrepid old folk take to the air and travel across the globe to see those far-flung family members and check on the legacy they have passed on to them. Those flights as far as Australia and the USA, Malaysia and New Zealand, are not easy undertakings. They are tiring and uncomfortable, and the time spent with those precious families can be stressful, but - FAMILY MATTERS.

PENNY SMITH



PETER and ANDY FOWLER enjoy a coffee and treats at our regular coffee morning. Andy now lives and works in England, but remains in close contact with his Dad, visiting as often as he possibly can.

COLLECTABLES

By the time you get to retirement age, most people have a collection of memories and special items. Rose Spearpoint of Fairhaven has two specials; One is of the "Lilliput Lane" miniature cottages, made in England. Each of the twenty-three is based on a genuine cottage. Every detail is authentic. Her favourite is "Smuggler's Rest" which is built into the rock. The other collection is of brass bells of Crinoline Ladies of various sizes and tinkles. These collections are on display for everyday enjoyment.

MARGARET HORN



ROSE SPEARPOINT, with the miniature cottages, holding her favourite "Smuggler's Rest".



Rows of the Crinoline Ladies brass bells.

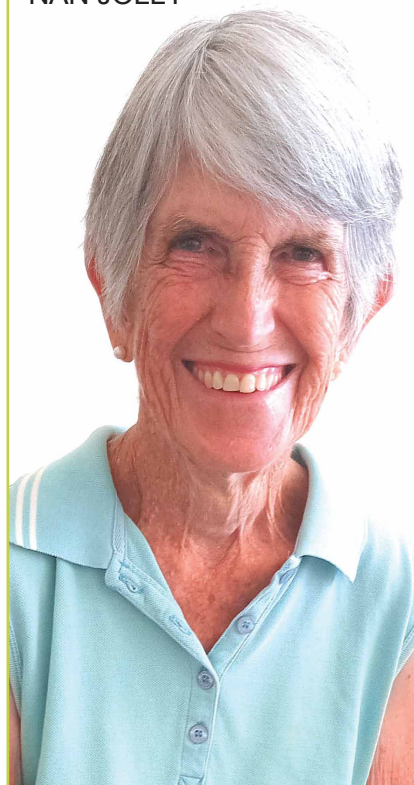
SUDOKU AND THE UNIVERSE

When it's in the right place
Put the number in now
It will help the whole case
Some time or somehow.

Whatever I do affects me and you
Those I don't know are affected too.
From beginning to end
On all we depend.

This is the truth
And these are the facts
The entire universe
All interacts.

NAN JOLLY



A poet in Kruger Gardens, **NAN JOLLY**, belongs to a group of women, who meet once a month, to share poems they enjoy, occasionally adding one they composed. A self-confessed Sudoku addict, Nan is challenged by this mind game, even during meal times. She wrote the poem, inspired by her connection with Sudoku.

THE STORY OF THE BABY JACKETS

June Parker-Nance, a grandmother who was about to become a great grandmother, immediately started doing what great grandmothers do best when they hear that news. She started knitting! Only problem was that her children live in New Zealand and to get it there, well that's the thing! Courier costs are beyond expensive.

It was suggested to her that she should spread the word around in case some of our residents or visiting relatives from that part of the world would be willing to take the jackets to Australia or New Zealand. A chance meeting in the laundry between Petra Tait, Felicity Cawood and one of her visiting granddaughters from New Zealand, resulted in the exciting story being told to Marlene Bezuidenhout on the Saturday afternoon. Marlene told June about the ladies the next morning, and June immediately went to Felicity's home to ask if they would take the jackets, only to find that everyone was visiting the Addo Elephant Park and would only be back on Monday. As things turned out, the girls went to East London without the jackets. Felicity came to apologise and between her and June, it was decided that those jackets will be taken to East London by courier and then onto New Zealand later in the week when the girls flew back home.



FELICITY CAWOOD in front with **PETRA TAIT**, **MARLENE BEZUIDENHOUT** and **JUNE PARKER-NANCE** enjoying tea and carrot cake at Felicity's home to recall all the drama that went into the delivery of the baby jackets.

The co-incidence was that those two granddaughters stay about 40 minutes' drive from June's granddaughter who lives in Mount Wellington. The parcel could be fetched either from them in Silverdale, or posted to Mount Wellington. After numerous phone calls to and fro, everything turned out all right and the jackets were in time for the birth of a bouncing baby boy, weighing in over nine pounds! Currently June is busy knitting for another expected great grandchild. Luckily this time, the parents are in South Africa!

MARLENE BEZUIDENHOUT

NSRI VISITS NORMANDY COURT

Judy Venter of National Sea Rescue Institute visited Normandy Court. She gave us a very interesting presentation on the work being done by all these fantastic volunteers. These brave people, save lives, most often in hazardous weather and sometimes even alone.

They don't only get call-outs for water related emergencies, but are regularly called upon to help with mountain rescue incidents and fires.

Judy shared some national figures from 2024 with us: Call outs - 1361; People rescued - 1915;

Survival swimming lessons 25 588; Water safety education - 877 485 children educated.

Judy asked residents to please let as many people as possible know about NSRI and their work as she has been surprised at how few people, especially young ones, seem to know that NSRI exists!

FRANKIE SIMPSON



JUDY VENTER (second left) of NSRI presents prizes to lucky name draw winners – **GAIL BETRIX**, **HILTON CLARKE**, **WESSEL MOOLMAN** and **ELIZABETH VAN SLUYS**.



Residents watch an NSRI presentation.

MUSIC TRIVIA EVENING AT STANBURY PARK



CAROLE and JIM GREEN.



CATHY KASCHULA's table had a lot of fun.



DONNE ROBERTS, GAIL VAN DER MERWE and ARTHUR COMBRINK.



ELIZE COMBRINK and LYNETTE FERGUSON hard at work.



ANNE DUTTON and KEVIN JACKSON.



TINA WILTSHIRE and CATHY KASCHULA.

WHEELCHAIRS FOR WALTON PARK

"We were thrilled to receive new wheelchairs at Walton Park village. Lieb Liebenberg from Walton Park flats and Vicky Martin from Ockie Oosthuizen, took it for a test drive. It was heartwarming to see the joy on everyone's faces when we delivered the wheelchairs on the 4th floor at Walton Park Flats, and at the Ockie Oosthuizen's fire exit. A truly joyous moment." Amanda, Village supervisor reported.

ECHO staff, pictured from left to right at the back, are ANASTASIA ANDREWS, NOMASAMI NTONZINI and village supervisor, AMANDA FOURIE.

Front: LIEB LIEBENBERG and VICKY MARTIN. —————>



HELLO-o-o ECHO Editing Team:
ECHO Head Office Team, Keri Martens-Wright & 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.

HUGGED BY AN ELEPHANT

One of Anne Marie's biggest dreams came true, when the opportunity arrived to meet the elephants during the KKNK Festival at the Buffelsdrift Game Lodge in Oudtshoorn.

It was an overwhelming feeling to meet the three orphaned elephants. Poachers in the Kruger National Park, killed their parents. One female and two males, found a safe haven at Buffelsdrift. They had an opportunity to feed the elephants and surprisingly, Anne Marie found that their tongues were not slimy and wet, but soft as a baby's bottom! The absolute cherry on top of the cake was a big "THANK YOU" hug from the elephants. A wonderful experience.

LESLIE PIKE



Oh what a big fellow I am! ANNE MARIE RADEMEYER from Caritas with one of the rescued elephants.

COFFEESHOP SOCIETY

"The Coffeeshop" at Dunant Park grows more popular every month. The varied eats are wickedly delicious, the coffee good and the service would shame any commercial enterprise. This is the place that folk come to introduce family, visitors and to spend time again with people who have been away.

PENNY SMITH



CONNIE and GARNET WEBBER manned the tables, selling adorable, packaged Easter eggs disguised as little rabbits, all part of the output by the Golden Bees in preparation for the upcoming festival.



DINEZE STRYDOM, lends a helping hand serving teas and coffees from table to table.

FAIRHAVENS SLITHERY EXPERIENCE

Loved by some, tolerated by some and absolutely hated by others.

Mark Small brought a collection of snakes to demonstrate his talk.

The audience was spellbound, some with avid interest, some with anxiety being so close to the reptiles.

There were brave souls who actually held the writhing bodies and felt the cold skin. Others held back and admired the courage of the those who actually handled them.



MAUREEN SELLER holding the snake and the position of the arms next to her tell a story.

A MORNING OF GRATITUDE

A lovely morning was spent at Lemon Tree Restaurant in Walmer, sharing good food and great company to celebrate the people behind HELLO-o-o ECHO.

This brunch was a small way to say thank you to our incredible contributors for their time, effort, and creativity. Each edition of the HELLO-o-o ECHO magazine is a team effort, and we truly appreciate the dedication that goes into every page.

A big thank you to everyone who makes HELLO-o-o ECHO possible - we couldn't do it without you!



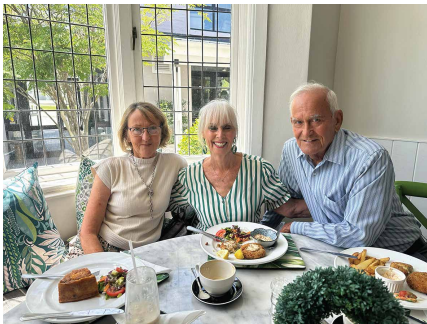
LEN and FAITH GEERE from Normandy Court and **MARGARET HORN** from Fairhaven enjoying a wonderful brunch.



PENNY and WILL SMITH from Dunant Park enjoying their delicious meals.



EBEN LANDMAN, ANNE DUTTON, AND MERLE MAREE from Stanbury Park.



CHERYL MILLIGAN from Kruger Gardens, along with **JENNY and JAMES HEUNIS** from Laubscher Park West, enjoying the cheerful morning.



From Walton Park, **ULLA VAAJA**, and from Caritas, **LESLIE and ERNIE PIKE**.



MARLENE BEZUIDENHOUT from Laubscher Park East.



Head Office team, **CHARLEEN FRIDEY, TALEEN MAASDORP, KERI WRIGHT, ANNEMARIE WALKER and XANDRÉ VAN DER BERG**.

A THING OF BEAUTY IS A JOY FOREVER

Before the dust had settled on the Kruger Gardens building site, a new garden emerged. With plenty of creative imagination, and without any landscape qualification, Monde Nomarwayi and Simphiwe May surprised residents with this beautiful space of home-grown design and foliage.



MONDE NOMARWAYI and SIMPHIWE MAY

THE SOUND OF MUSIC

Laubscher Park East had the pleasure of hosting Laerskool Newton Park's junior choir in our hall. The event featured individual performances by the children, including piano playing, poem recitations, a recital on clay, and a beautiful choir performance. Refreshments, consisting of sandwiches and tea, were served prior to the show.



LAUBSCHER PARK WEST

MOTHER'S DAY - A CELEBRATION OF ALL OUR MATRIARCHS



DALEEN admiring a lovely protea.



TONI, MARGARET and DENHAM



Front row LORRAE, JENNY and RITA. Back row: MADELENE and CYNTHIA.



GEOFF, ANDY, DON and JOHN... waiters for the afternoon tea.



YVONNE and JENNY.

SHROVE TUESDAY

A celebration of Shrove Tuesday, alternatively known as pancake day, a traditional celebration held on the day before Ash Wednesday, marking the beginning of the Christian season of Lent.

JENNY HEUNIS

Our hard at work passionate ladies in the kitchen. →



ESMÉ BARKHUIZEN enjoying her pancakes with DENHAM EDWARDS, while MONICA SMITH, ALLISON BODLEY (hidden), JANEEN KARP, MARLENE MCGRATH and SHEILA PROBERT look on.



GEOFF ANDREWS, our treasurer, keeping all in order with JENNY GOWAR and LORRAE WOLMARANS in the kitchen.



MICHAEL HAMLET.



SHEILA and ALBERT enjoying the morning.

TABLE TENNIS AT THE NEIGHBOURS

LPE and LPW enjoying a wonderful afternoon of table tennis together.

JENNY HEUNIS



RAE GOUWS and MAURITA PETERSON from LPE.



MARY GIDDINGS and MYRL QUIN from LPW.



DENNIS GOUWS, RAE GOUWS, MAUREEN VAN VUUREN and DAWN SPENCE from LPE.

80TH BIRTHDAY

Celebrations all round for our beautiful 80th birthday celebrator, Maureen Pryer. Maureen is a treasure among residents, with a beautiful loving heart. God's blessings upon her always.



MAUREEN PRYER

VISIT FROM THE EASTER BUNNIES



MARY GIDDINGS and MARILYN JOHNS knocking on each door to bring Easter blessings to all. Cute bunnies, don't you think?

ENJOYING THE SUN

HONOR MCLEOD and NELISWA XAKAXA enjoying the afternoon out in Laubscher Park West's garden.



VISITING LIZ IN MUNRO KIRK

Meet Liz Elson, a long-time resident of Munro Kirk, who has called a lovely room with a stunning harbour and Walmer Boulevard view, her home for many years.

Born in Johannesburg, Liz later moved to Krugersdorp and then Queenstown with her family. In 1961, she married Norman, and they shared a life together until his passing in 1990.

Liz is a proud mother of three daughters: Gail, Erlene, and Robyn. With a deep love for music, she has an impressive collection of CD's, featuring her favorite genres of jazz and classical music, as well as the iconic voice of Pavarotti.

While she enjoys attending Bingo and the occasional outing, Liz's mobility challenges have made it difficult for her to get out and about as much as she would like.



LIZ ELSON



LIZ and her husband NORMAN on their wedding day.

ANNE DUTTON

At ECHO Foundation, we believe that residents have the right to remain in their own units, for as long as possible, while they can function independently. However, when residents need extra help, we agree with the contracting of Home Care Services. For many of our residents, this service makes a significant difference in maintaining their quality of life while remaining in the familiar surroundings of their home.

Private carers play a valuable role in supporting residents who may need assistance with daily activities such as bathing, dressing, medication management, or mobility. By allowing private carers to work in our villages, we are acknowledging the unique and varied needs of our residents and enabling them to receive personalised care that suits their individual circumstances. We support this service, to delay the need for admission to frail care. We do however acknowledge that frail care is a valuable service, having a time and place in some residents' circumstances.

To ensure the safety and wellbeing of all our residents in the ECHO villages, it is a strict requirement that all private carers be registered with the Village Supervisor before commencing work in the village. This process is not just a formality - it is a crucial aspect of our community's security and oversight protocols. The Supervisors maintain a list of the carers, with basic contact details. If you employ the carer through an agency, kindly ask the agency representative to contact your supervisor, if they haven't done so already. We already have active lists going in each village.

Each month, a report is sent to Head Office listing all active carers. This is strictly for security reasons and the information will be kept safe.

We encourage residents and families to work with carers who are experienced and come with reliable references, or through reputable care agencies that understand the values and expectations of ECHO Foundation.

Should residents need a list of Home Care agencies, you may contact the Village Nurse or Social Worker in this regard.

LISA DIESEL
Head of Resident Care Services

HIGH TEA AT DUNANT & DUNCAN FERGUSON

Thanks to the inspired creativity of the people involved, our villages were royally entertained to a sumptuous HIGH TEA in the time-honoured tradition – tea or coffee, petit-fours, savory snacks, a drop of wine if desired – in a transformed hall at Dunant Park. The food on offer was delicious, the décor absolutely right, and the entertainment innovative, memorable, and uplifting. Not a soul went home after tea without a new perspective on life; Life can really be fun!

PENNY SMITH



WENDY REEVE, the visionary who devised the entertainment. She brought her group of “The Sunrise Swimmers from Hobie Beach”, to execute it in the format of a Fashion Show. Wendy is seen here “re-cycling” as we all should be doing!



One of the “Swimmers” shows his ‘Double-breasted’ suit.

The Compere is **MEGAN JUDD**, yet another of the “Swimmers”, who kept us in fits of laughter throughout the show.

FAIRHAVEN VISITS SCHOENIE’S

Someone listened when Fairhaven ordered a fine summer day for an outing to Schoenmakerskop. Wednesday morning announced itself with glorious sunshine. Happy folk climbed into the Upperdeck Cruiser bus, ready for adventure.

On arrival, some took a quick look at the view, and then went straight to the restaurant. A couple braved the steps and had a paddle, took a deep breath, and tackled the return climb.

This lovely morning was enjoyed by all who came along. The bus was organized by the Fairhaven entertainment committee.

MARGARET HORN



DESSIE JACKSON and MICHELLE VAN DER WALT on the beach.



Enjoying tea/brunch at the restaurant: **ANNE DICKASON, LEONIE HARRY, FLO PHEIFER and JOSIE BIGGS.**

GRATEFUL FOR OUR VOLUNTEERS



SHARON MOOLMAN, one of our stand-in supervisors at Laubscher Park East, busy sorting out the Thursday lunches. We are grateful for volunteers who stand in over weekends and holidays to relieve the supervisor.

...LAUBSCHER PARK EAST



The birthday tea was well attended despite the holidays. Only a few of the birthday babes attended! **CECILY WAKEFORD**, who turned 94, was spending time with her family and was not available for a 'special birthday' picture. Hope that you had a fabulous birthday Cecily!



GLORIA MULLIGAN celebrated her 90th birthday during March. She was also the winner of our chicken swindle at the Birthday Tea.



PETRO FRIDEY celebrated her 80th birthday in March. She joined us at the birthday tea and brought along balloons as proof of the joyous celebrations on the day.



In addition to the celebrations, our February birthday residents were treated to a special surprise: a delicious birthday chocolate, followed by a lovely tea served in their honor.

...NORMANDY COURT

Graham Swart's 70th birthday was a celebration to remember! He marked the milestone first with his family in East London, and invited the Normandy Court residents to join in the festivities, indulging in a spread of burgers, chips, and turkey. What a lovely evening it turned out to be. Graham is always willing to lend a helping hand, whether it's tending to cars, offering lifts, or assuming his role as stand-in supervisor at 3 ECHO villages. His infectious laugh echoes through the Normandy courtyard, and his storytelling has become legendary. Let's not forget his magnificent spit braais and potjies!

Thank you Graham, we all wish you the very best for the future, and look forward to many more years of your "naughtiness"!



GRAHAM SWART

...MUNRO KIRK



MARY WATKINS

Happy 105th Birthday, Mary Watkins! A very special celebration for a truly remarkable lady. Mary Watkins of Munro Kirk marked her 105th birthday in style - tiara, flowers, and all the love she deserves. What a joy to honour such a beautiful milestone. Here's to a life well-lived and still full of grace.

...WALTON PARK

As Annalie Hattingh turned 90, it marked her entrance into the esteemed ranks of nonagenarians. She is excited about this fact and is looking forward to the next decade and to reaching the significant milestone of 100!

Born in Cradock, Annalie is a true 'boeremeisie,' embodying the spirit and resilience of her heritage. Her early years were marked by excellence in academia and sports, passions that led her to Stellenbosch University. There she graduated as a teacher, specifically with a love for biology and mathematics. Sports-wise, she led the combined universities' hockey team to victory during their tour of all the major European universities. Her journey in education was complemented by her personal life, where she married her high school sweetheart. Together, they raised five highly successful children. Her daughter, Nikolie, reflects on her mother's nurturing approach, noting that Annalie didn't simply provide them with fish, but gave them fishing rods. This metaphor highlights Annalie's commitment to teaching her children self-sufficiency and faith, which she deemed paramount. She instilled in them a profound knowledge and relationship with God.

Annalie's final teaching post was at our Bayworld Museum, a position she held with immense pride. There, she imparted her knowledge about dolphins and their care to the staff, and along with the rest of Port Elizabeth, mourns their loss.

When asked about her longevity and positive outlook on life, Annalie attributes it to healthy eating, sports, her loving family, and her unwavering faith. Her life is a testament to the virtues of perseverance, love, and spirituality, inspiring all who have the privilege of knowing her. On this her 90th birthday, we honour her remarkable journey.

ULLA VAAJA



ANNALIE HATTINGH



ANNALIE proudly pointing to herself tending dolphin **DOLLY**, PE's iconic symbol of yesteryear.



HAPPY 80TH BIRTHDAY ESLY.

Our beloved Esly is a woman of many talents and passions. As our line-dancing teacher at Walton Park (beginners to improvers) and at Caritas (beginners and intermediate level) she has brought joy and rhythm into our lives, guiding us through countless dances and ensuring our steps are light and our spirits high.

Esly's talents extend far beyond the dance floor. She is an artist, whose creativity knows no bounds, a gardener who nurtures nature's beauty, and a hiker who embraces the great outdoors with vigour and enthusiasm. She served on our entertainment committee, where her ideas and energy enriched our gatherings and celebrations.

Esly was sadly widowed at an early age, but bravely and happily she has brought up, educated and nurtured her devoted daughter and two sons. Her unwavering strength and love have shaped them into remarkable individuals, reflecting the values and resilience that Esly embodies.

As we honour Esly's 80 years, we wish her future to be filled with health, happiness, and continued dancing. May she keep inspiring us with her zest for life and her unwavering spirit. Happy 80th birthday, Esly! Here's to many more years of joy and adventure.

ULLA VAAJA

...KRUGER GARDENS



This year's new Rescom at Kruger Gardens
Front from left: AMANDA COLLING, BUSHY BESTER (Chairperson), LILLIAN SWANEPOEL (Secretary)
Back from left: MARIUS MARX (Village Supervisor), DAVID GEARD, and REAN RHEEDER (Vice Chairperson)



Here's Kruger Gardens 2025 Entcom
Front from left: MARLENE VORSTER, INGRID TARNOW, DENISE BONNER (Treasurer), DENISE HURLEY (Vice Chairperson), MARIE ROBERTSON
Back from left: MARION GEARD (Secretary), MARIUS MARX (Village Supervisor), LYNETTE GREYLING (Chairperson), AMANDA COLLING (ex officio Rescom), and SHARON KING.
Absent: PAT RHEEDER and SHEALAGH RYAN

...LAUBSCHER PARK EAST



Laubscher Park East' new RESCOM members as chosen by the residents for 2025: HENDRIK KOTZE and PETER HALL in the back.
Front: DAWN SPENCE, FELICITY CAWOOD and ROBERT FORBES, as the new chairperson.

...NORMANDY COURT

Welcome to the new elected Rescom and Entertainment committees at Normandy Court. Wishing you all the best going forward.



Rescom committee:
EDWARD GAMBLE, INGRID HUPPELSCHOTEN, GARY KOEKEMOER, LEONIE NEL, DOUGLAS GILCHRIST (Chair).



Entertainment:
INGRID HUPPELSCHOTEN, ERIC KLOKOW, MERRIL MOOLMAN (Chair).

...WALTON PARK



EntCom: ULLA VAAJA, BEV BARNARD, AILEEN ROWLAND (Chairperson), BETTIE BEST, ELIZABETH BARNARD and DONEL BOUWER.



ResCom: ANDRIES VAN SCHALKWYK, LICIA KARP (Chairperson) WENDY KROUWKAM, Sitting: MARIKI STEENKAMP and GAZELLE JOHNSON.

...DUNANT PARK

Election time for the Dunant Park Entertainment Committee went off without a hitch. Everyone seems pleased with the result of the elections, and the villagers are looking forward to the new year of 'fun and games'.

All wish our new committee lots of luck and inspiration in 2025/2026



Left to right:
LISA DIESEL; Head Office,
WENDY REEVE; tried and trusted organiser,
PAT WARD, old hand, back for more ,
INGRID JORDAAN; a brand new member,
MIKE BARRET; the music master and
TALEEN MAASDORP; Head Office.

...FAIRHAVEN

A happy group looking forward to the year ahead with lots of planned activities. Some standing for the second time and a couple of enthusiastic new members.



Standing: **LISA DIESEL** - Head Office, **DESIRÉ JACKSON**, **TALEEN MAASDORP**, **MARC VAN TONDER**, **PIERRE VAN VUUREN**.

Seated: **MICHELLE VAN DER WALT**, **TERRY ALMIRALL** and **JACQUI HAYSELDEN**.



The Entertainment committee acknowledged all those who help in one way or another at Fairhaven. A delicious tea was organized to thank the volunteers who give their time and expertise for the benefit of others.



Vehicles serviced & maintained to the highest standards and at very reasonable prices. Reliable, and with much experience, the work is done by Darryl personally.

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Call Darryl on 060 739 2099

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Darryl's Auto Services boast with an old school approach and is very reasonably priced.

Darryl's Auto Service's logo and brand is Naartjie, the ginger rescue cat that joined their family as a young kitten.

Advertisement has been paid by advertiser

MAHJONG AT LAUBSCHER PARK WEST

Enjoying an afternoon of Mahjong - **BEV HUTCHINSON**, **LOUISE McGIBNEY**, **BARRY JOHNSON** and **KARLIEN**.



LAUBSCHER PARK EAST VISITS NSRI



A captive audience listens intently as **JUDY**, the NSRI spokesperson, tells them about the new boat, prior to taking them on a tour of the stunning rescue vessel before its launch.

A LIFE'S WORK

Rene Williams came to work for the ECHO Foundation in April 2010 and found her life's calling.

Having started her career as a nurse at Groote Schuur Hospital in Cape Town, and achieved the qualification of a Junior Staff Nurse, Rene moved into the commercial world.

In a spirit of adventure, she managed a creche and employed staff to assist her, and later worked as a Pet Mover! (Pet Movers are tasked with the business of measuring the pets and designing the crates needed to package live animals for long travel - by land or air or sea - and giving them enough room to stand, sit or lie down in comfort.) Rene still occasionally helps out with the business of settling travelling pets, a task which is now run by her daughter.

In 2010, this enterprising person joined the ECHO Foundation as Staff Nurse in the Frail Care. Rene speaks emotionally of those years. She says that she learnt so much about people and their needs during that time spent working with the truly frail and elderly, as well as with people suffering with dementia, that the experience has enabled her to cope well in all the areas of people care.

She talks of the joy she finds in breaking through to people who are desperately lonely, or needing understanding of their life's difficulties.

Rene says when dealing with the elderly or people who have dementia, it is imperative to gain their trust and give them your unfettered attention and care. In 2022, a change came about in Rene's life - she was transferred by ECHO to work in the villages and has found what she feels she was meant to do. As she explains it - she is now experiencing a crash-course in ageing and she's loving it! Often tiring, sometimes difficult, it is nevertheless an extremely exciting and satisfying challenge.

PENNY SMITH



RENE WILLIAMS smiles her infectious smile as she takes **WILL SMITH's** blood pressure.

CARAVAN ADVENTURES

Caravaning; there are those who really love it. Taking to the road. Seeing new vistas. Smelling the bushveld. Seeing the wild animals. Espying the birds. Meeting friends of like mind.

Dudley McLeod of Fairhaven is one such who seeks the outdoors. He has caravaned all through the Garden Route. He belongs to the Trekkers Caravan Club and enjoys the outings.



DUDLEY McLEOD and his comfy caravan.

Another couple, Jenny, and Wally Illgner, spent fifty years trawling the highways and by-ways with their family and friends. With a vast knowledge of the countryside, they can tell some hair-raising stories of their experiences. Not only did they tour South Africa, but further afield as far as Zimbabwe, Malawi and Namibia.

What they all agree on, is the warmth, camaraderie, and the hospitality of the fellow caravaners, are the highlight of every adventure.

MARGARET HORN



JENNY and WALLY ILLGNER on one of their trips.

DIAMONDS ARE FOREVER

A sixtieth wedding anniversary is hugely worth celebrating, for its gift of diamonds and its reflection from decades of living a chestful of experiences.

Kruger Gardens residents, Keith and Pam Berning, unpacked some of their stories. About family, friends, themselves and their involvement in their communities and work environments. Memories of joy, fulfilment and loss.

Keith recalls that, while they were courting, when Pam was recovering from an illness, and wanting to cheer her up, he invited her to the cinema. Pam asked him the name of the film, to which Keith replied, "Will you marry me?" We guess her reply, and the rest is history.

During the early years of their marriage, when Keith worked as a metallurgist for a motor company, he took Pam on his business trips to numerous centres around the world. The drawcard was a Grand Prix in each city, enjoyed by both of them, with "lots of fun and excitement".

They agreed, "we make sure we talk things through and make it work. We have great respect for each, and once we had our four children, we were fully involved in all they enjoyed".

Before moving back to Port Elizabeth a few years ago, the Bernings lived happily in Plettenberg Bay for 16 years. There Pam continued with her calling as an Anglican priest, at St Michael's in the Craggs, 30 kilometres outside Plett.

One of the highlights in her years there, was organising a mass wedding service for sixteen couples. Once Pam discovered that many in the Craggs community hadn't married because they couldn't afford to pay for the reception and wedding attire, she got to work. The congregation donated wedding dresses and organised a Valentines Day party. Pam married each of them individually, followed by a festive celebration.

During their last three years in Plett, Keith and Pam cared for their son, Paul, who suffered from Motor Neuron Disease. Moving from London, Paul moved into his own cottage close to them in their retirement village, and pre-ordered his meals each day from chef Keith's kitchen.

A few months after Paul's passing, the Bernings moved to Kruger Gardens. Pam is involved in her local church and community. Happily, she leaves the evening meals and his speciality marmalades to Keith's expertise.



The happy couple on their wedding day, 10 April 1965.

KRUGER GARDENS



Pictured with three generations of their family on a sand dune in Plettenberg Bay, where KEITH and PAM (right) lived for nearly twenty years.

CHAPEL EASTER CELEBRATION

Residents at Laubscher Park East are very fortunate to have their own little chapel on the grounds. It serves a few denominations during the week, as well as on Sundays. Recently, the ladies of the Dutch Reformed Church introduced a table, displaying a cross, a Bible and other decorations to celebrate Easter. Ruth Ackermann commented: "The chapel in our village underwent a rearrangement recently. One of the changes was a desk and computer, displaying images and songs on the wall behind the pulpit. Over the Easter season, the story of Easter was visualized by a display on the table with various colours changing weekly to symbolize the various periods up to the resurrection."

The displays were simple, but stunning, as can be seen from the photos. Thank you to the ladies involved in the arrangements, we have all appreciated the work put in!

MARLENE BEZUIDENHOUT and
RUTH ACKERMANN



Week 1: Mauve - to symbolize the period of Lent.



Week 3: Black - to symbolize the crucifixion.

CONGRATULATIONS

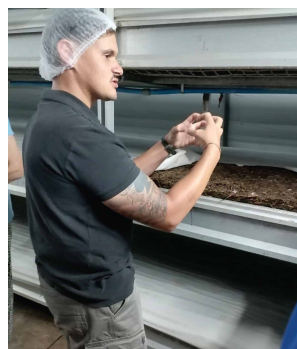


Residents of Normandy Court congratulate a special couple, MIKE and SHIRLEY RANDS, who celebrated their 64th wedding anniversary in April. We wish you both much health and happiness going forward.

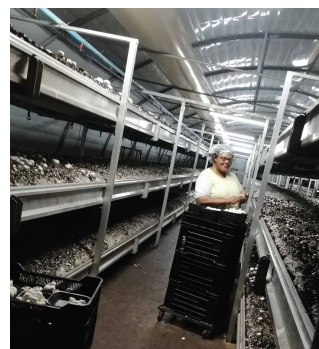
CARITAS VISIT SNOWCAP MUSHROOM FARM



Caritas members visited Snowcap mushroom farm. MARLENE ZEELIE looking at how mushrooms are cultivated.



Snowcap grower, HANDRE explaining the cultivation of mushrooms to Caritas members.



Snowcap worker, PHELISA, showing Caritas members how she harvests the mushrooms.

TRIVIA QUIZ

At our second Trivia Quiz, residents and visitors showcased their knowledge and competitive spirit. A scrumptious supper and an atmosphere of music and laughter, filled the evening. We were hardpressed to find some of the answers. Who would have known, for instance, that the small metal band that holds the eraser on a pencil is called a ferrule, or that the wire cage that secures a champagne cork is called a muselet? These obscure facts are exactly what make Trivia nights so engaging and entertaining.

ULLA VAAJA



The winning team: WENDY REEVES, LESLEY JONES, PAT WARD, CONNIE BROADLEY, MICHAEL BARRET and KEVIN GRAIG. BEV BARNARD handed out the prizes. Congratulations to the winners!

EASTER EGG HUNT OUT OF THE HAT

Kruger Gardens' Marie and James Robertson, aka the Easter bunnies, pulled out an ingenious morning of fun and games from their hats a few weeks before the Easter weekend.

With the ready assistance of Entcom and other residents, villagers enjoyed games of darts, golf-chipping into the pool, and basketball, before tucking into a delicious array of morning tea. The local, new St Margaret's vicar, led the way with his many winnings of marshmallow eggs from the games. All part of a very successful morning's fundraiser.



A virtual Easter egg hunt around the village saved residents the challenge of searching branches and behind walls. Here are some winning stakeholders in the race to find a lucky cottage number: DI and PETER HAARHOFF, and JUDY MORTON.

FAREWELL TO PECK & JOAN KOOPMAN

As the Koopmans of Dunant Park are moving to Johannesburg to be closer to their children, a course of action that happens often in a retirement village, we are met with a profound sense of loss. What is special in this case is the universal sorrow of the residents throughout the village.

Not only will they be deeply missed by the community of the Salvation Army, who live here, but all who have had the pleasure to know this special couple, are sad to see them go.

We wish them heartfelt joy and peace in their move, and many more years of life to spread their special brand of love and kindness.



PECK and JOAN KOOPMAN, smiling as always.

ONE VERY LUCKY LADY!

Winner of the R10000 JOKER Jackpot at Fairhaven. Having bought only one ticket Madeleine found the Joker and the top prize.

MARGARET HORN



SHARON, Supervisor at Fairhaven and keeper of one of the keys, with PIERRE VAN VUUREN who runs the show, the winner, an overwhelmed MADELEINE CLARE and GERT GRUNDLING, holder of the second key.

BINGO!

Congratulations to our Bingo April winners. An evening of concentration, fun and laughter at Laubscher Park West. Laughter, the best medicine.

JENNY HEUNIS



Front row: CHARLOTTE SMUTS, YVONNE TARR, LORRAE WOLMARANS, JENNY GOWAR, RONELLE STEYN, KARAL STEYN.

Back row: CYNTHIA ELSDON, Peeping behind Cynthia is RITA MCADAM, CHARMAINE ANNANDALE, HANS VAN DER MERWE and CHRIS PERRYMAN.



WHEN LIFE GIVES YOU LEMONS... THANK IT!

Lemons pack a serious health punch! Often sitting quietly in the corner of your fruit basket or floating in your glass of water, this zesty little fruit is loaded with benefits that go far beyond its bright, tangy flavour.

Vitamin C Powerhouse

Lemons are brimming with vitamin C, one of the most well-known antioxidants. Just one lemon can give you over half of your daily vitamin C needs! This vitamin is essential for supporting your immune system, helping to keep colds and flu at bay, and assisting in wound healing.

A Friend to Digestion

Ever notice how a glass of warm lemon water is often the go-to morning drink for health enthusiasts? That's because lemons stimulate digestion and can help ease bloating and indigestion. Their natural acidity encourages the production of stomach acids, setting you up for smoother digestion throughout the day.

Hydration with a Twist

Plain water can sometimes feel a bit... dull. Adding lemon not only perks up the taste but also encourages you to sip more throughout the day, helping you stay hydrated and refreshed.



Skin's Best Friend

Thanks to its high vitamin C content and antioxidant properties, lemon can help promote radiant skin. Regular consumption may help reduce skin damage from free radicals, keeping your skin looking youthful and glowing. (Just don't rub raw lemon directly on your skin—your skin prefers a gentler approach!)

A Natural Alkalizer

Despite their acidic taste, lemons have an alkalizing effect on the body once metabolized. This can help balance the body's pH, promoting overall wellness and energy.

Heart Health Hero

Lemons may also give your heart some love! They contain potassium and other compounds that can support healthy blood pressure levels and overall cardiovascular health.

Final Zesty Thought

Whether you're squeezing them into water, using them in cooking, or adding a wedge to your tea, lemons are a simple way to brighten your day and your health. So next time life gives you lemons—smile, slice them up, and enjoy the benefits!