



PORT ELIZABETH SEPTEMBER 2025 · Vol XXXIV No 1

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A COMMUNITY GIFT

A group of ladies (photo below) in the community, in partnership with ECHO Foundation, exemplify the spirit of giving, by monthly preparing care parcels for residents in need. They give quietly, without expecting recognition and without even having met the individuals they are helping. In the words of a donor: "At the heart of every strong community is the willingness to care; donating care packs to the ECHO Foundation is my way of reminding each person that they are seen, valued, and not alone. Sometimes, the smallest gestures carry the deepest impact."

These ladies, fill parcels from a little list of needs and wants, while touching people they may never know. There's no reward or recognition in store for them. Their giving, in time and thought, is a testament to the human spirit's capacity for kindness, generosity, and connection. A donor commented:

"It is an honour and very fulfilling to be able to contribute, even in such a small way, to the comfort and wellbeing of our Seniors, who have paved the way for us and to give us a wealth of wisdom. I am very happy that I can show kindness and care to "my" Granny.

I receive 25 parcels monthly; they fill my office, ready to be distributed. They are beautifully packed: a kind note stuck on the outside, and on the inside, filled with love and care; toiletries, snacks, food items, and sometimes, a magazine. They are put together with thought for the needs of the receiver.

For days they fill my office, waiting to bring joy. I realise each time that the beauty of giving to strangers, lies in the ability to break down barriers and foster a sense of community.

Let us remind one another, that our actions make a difference in the lives of others, even if we never get to see the impact firsthand. *The Gift of Giving* is a powerful reminder that we're all interconnected, and that by giving selflessly, we contribute to a larger web of kindness and compassion, while enriching our own lives. We are reminded: "It is not how much we give, but how much love we put into giving" - Mother Teresa.

XANDRÈ VAN DER BERG



LET'S DANCE!

The beat and the sound of the 'squash-box', the high pitch of the accordion and the rattling of the keyboard, took us all back in time to when we were young. The evening opened with an invitation to "LADIES WHO WANT TO DANCE" to come forward and line up between the tables and await their partners! A willing group of men stood ready, the band started up... and the dancing began. It did not stop, even when food was served up. What an evening...

It will go down in ECHO history as the greatest party most residents will remember.

Visitors from other villages managed to book in time and promise that they will be here next time.

PENNY SMITH



Let the dancing begin!

The crowds hardly stopped filling the floor for hours.

BOWLING CHAMPS

This group of ladies from Stanbury Park and Lapa Munnik Village, may be small, but they went all out and won the ECHO Bowls competition on 2nd April, at Summerwood.

ANNE DUTTON



The winners: TINA WILTSHIRE, PIKKIE BARTLETT and CATHY KASCHULA. Hats off to them!

AN EVENING TO REMEMBER AT WALTON PARK

July was transformed into a wintry December, as we sat down to enjoy the trappings of Christmas, sumptuous food, festive attire, amazing table decor, and merry music.

Old friends, neighbours and new residents gathered together, sharing stories and memories, and simply enjoying what we in the south don't normally experience - a cold cozy-up kind of yuletide. It was a delightful evening of togetherness.

If the heart of Christmas beats in the kitchen, then ours was most certainly alive and well. Our culinary maestros - Bettie Best and Elizabeth Barnard - those tireless, creative souls whose hands and hearts shaped the evening - surpassed themselves in both ambition and execution.

ULLA VAAJA



EntCom, in full force, serving dinner: AILEEN ROWLAND, DANIEL BOUWER, helper MAGGIE GERBER, ULLA VAAJA and wonder chefs ELIZABETH BARNARD and BETTIE BEST.



Backstage, twins MAGGIE GERBER (LPE) ELIZABETH BARNARD, making magic (pumpkin fritters) for the evening to come.



MARGARET BROWNE, FRANCIS BENDEMAN, PHYL CAIRNS, BARBARA ESSER, ALMA VERMAAK and ALAN CAMPBELL.

A LIFETIME OF ACHIEVEMENT

Introducing Fairhavens new resident - Prof Susan van Rensburg:

Starting her studies after school with a BA, she moved on to her Honours, Masters, Doctorate and finally being recognised as Professor. Susan is totally bilingual in Afrikaans and English. She has a love for languages and an intense interest in education.

After matriculating at Pearson High School she went to U.P.E. Starting with a B.A., she went on to pedagogics (education). She completed her practical teaching at Pearson, followed by thirteen years at Otto du Plessis high school in Algoa Park. Next came B.ED - Education philosophy (the tackling of education problems with children). Then M.ED. (with distinction). Followed by Doctor of Education.

In 1985 she got a position as senior lecturer in the Department of Education at U.P.E. as Professor of Pedagogics. Susan became the chairman of the Teachers Union and was instrumental in fighting for equal rights for women teachers in earnings and benefits. The change of name from U.P.E. to Nelson Mandela University meant establishing universal service conditions for U.P.E. and Vista and equality for academic and admin staff members. Susan chaired this process.

“EDUCATE TO BECOME USEFUL CITIZENS” has been her driving force. Susan retired from university in 2008, but has been active in her field in many different ways - urging, encouraging and teaching pupils to become achievers.

MARGARET HORN



SUSAN in her garden at Fairhaven, holding her Doctor of Education thesis.

OUTING TO VP GREY PRIMARY SCHOOL CONCERT

A group of residents had the privilege of attending a dress rehearsal of the musical production “Karoo Kingdom”, at VP Grey Primary School. The school is commemorating it's 150th anniversary this year, and as part of the celebrations, they invited us to watch the pupils perform.

When asked for their feedback, many of the residents who attended were full of praise for the talented young performers, commenting on their impressive acting and singing abilities. The elaborate costumes garnered high acclaim, adding to the overall splendour of the production. We were grateful to have been a part of their special celebration.

MARLENE BEZUIDENHOUT (LPE)



BELLA CARSTENS on her way to the show.

WHAT COULD BE NICER!



WENDY DELMAR of Laubscher Park West enjoying this delicious milkshake. What could be nicer.

CARITAS VISITS PORT ALFRED



Caritas members standing in front of the Fish River Lighthouse built in 1898.



Skipper ANDRE taking Caritas members on a boat trip down the Kowie river.



Caritas members, ANN CARTER, JOANNE SCHROEDER, AUDREY and ROY LE GROVE SMITH eating fish and chips on the boat on the Kowie river.



Caritas members standing outside Cuylerville church outside Port Alfred which was built in 1825.

COOKS' CONVENTION

Dunant Park and Duncan Ferguson enjoy a coffee morning and a soup and Pancake brunch, one after another, throughout the year, but too often forget who supplies the eats. Dedicated, talented, hard-working residents step in to supply delicious eats for all of these fun gatherings. We salute them!

PENNY SMITH



KATHY SPURRIER, has been a long-time cook and baker at ECHO events and here she continues to keep an eye on what gets delivered to the tables on Coffee Shop mornings.

FAIRHAVEN'S KNITTERS GROUP

Kirsti Stewart (Marketing Manager of the Boardwalk), celebrating and acknowledging 'Mother's day', purchased wool and donated it to the Fairhaven knitters. She knew that shortly she would fetch a large collection of heart warming items, made with compassionate thoughts, for distribution to the needy. Whoever receives these knitted gifts will treasure them. A nice warm jersey in a pretty colour and the only new garment someone ever had, will always be remembered as something very special.

MARGARET HORN

Piles of blankets and beanies which will go to the Chemo Care Oncology department. Jerseys this time are being distributed to Gelvandale children. The smiles belong to the Fairhaven knitting group.



KLINICARE AT LAUBSCHER PARK EAST

KLINICARE visited us during July giving the residents a few tips on how to avoid getting flu and staying healthy. Vit C, Zinc and Vit D were cited to be good immune boosters, as well as a healthy dose of sunlight for at least 15 minutes per day. These practices go a long way in staying healthy. Maxine Tromp from Klinikare's head office, stressed the importance of having the flu and pneumonia shots. Sister Michelle Venter advised resting when feeling tired, enjoying a healthy diet with at least two pieces of fruit per day, and to dress according to the season. She said that flu vaccinations are made by comparing the main four strains of flu doing the rounds. Flu shots are not supplied by government clinics. They stressed that under no circumstances should people share medications. Residents were allowed to ask questions after the talk and as such, enjoyed a very informative talk.

MARLENE BEZUIDENHOUT



MICHELLE VENTER from Klinikare.

STANBURY PARK CELEBRATES CHRISTMAS IN JULY

We celebrated a festive Christmas in July event, complete with all the traditional decorations and music playing in the background. The evening was a huge success, thanks in part to all the generous members who contributed a dish to the feast. As a token of appreciation, they were treated to a complimentary meal. For everyone else, the cost was very reasonable, considering the impressive spread of three meats, an array of vegetables, and two delicious puddings. The atmosphere was joyful and lively, and celebrations extended to late in the evening. Everyone had a wonderful time, enjoying themselves, and the event was a huge success.

ANNE DUTTON



GEORGES DESTERBECQ and ANNA DE JONG.



JOHN and ANN DURANT.



JANET BROWN and GAIL VD MERWE.



The hardworking ladies who tended the "Refreshment Centre": LORRAINE GARNER and DORITA PRETORIUS.



CYRIL ALLWRIGHT and NOLAN BARTLETT with his visiting sister AVRIL.



MIKE LINDRIDGE and COLIN HILDER.

A JOURNEY DOWN MEMORY LANE

John Fryer, an ex-PE boy, recently returned back to his roots, revisiting the hallowed halls of his old Grey School for a reunion. Besides being just an old Grey boy, he was an ex-member in the band, The Sheridons in the 1960's and then the Majestics in the 70's.

Wearing a t-shirt emblazoned with "Nostalgia 100" across his chest, John, while he was in town, visited Walton Park, where he met up with old school mates and fellow band players. Residents and old friends from Kruger Gardens, Dunant Park and Duncan Ferguson villages came to meet and hear him perform.

He serenaded us with the timeless tunes of our era. Guitar in hand he sang the songs of our old legends - Elvis Presley, Cliff Richard, Pat Boone and many more, transporting us to the golden days of Rock 'n' Roll. We nostalgically sang along to at least a hundred songs, as his t-shirt indicated. It didn't stop there. Halfway through the afternoon he switched to the piano where he played numbers from the old classics to more modern classics, jazz and blues.

A few days after his show at WP, he entertained at Laubscher Park, and the good news is that he is coming back next year, and he will again entertain any village who might enjoy a good dose of nostalgia.

ULLA VAAJA



JOHN, crooning "Love Letters In The Sand".



Classmates and ex-Majestics band players **BASIL GUNSTON**, **JOHN FRYER** and **MIKE CAMPBELL**.



In the front row, **BETH** and **CHRIS BARNARD**, and **ANDRIES** and **REINETTE VAN SCHALKWYK** soaking up the nostalgia.

DUNANT PARK DRESS-UP

Getting ready to sell donated 'pre-loved' clothes at Dunant Park's Saturday Morning Market takes a good deal of hard work. Items need to be clean, in wearable condition, and attractive. What better way to check on the stock than to try it on and have a little fun besides?

PENNY SMITH



THELMA NEL, **WENDY REEVES**, **PAT WARD** and **GLENDA DOLLERY** check that the merchandise for the Morning Market is whole and saleable.



THELMA NEL has a bit of fun, while **WENDY REEVES** helps to 'fit' Pat Ward's bit of fancy veil.

ON SITE WOOL SHOP

Kruger Gardens residents were treated to a colourful selection of wools, specially brought to them in our village to purchase by a local wool shop.



Pictured here are (from left) **HANNAH BETHLEHEM**, whose granny, **WENDY BETHLEHEM**, recently taught her to knit, **ONA SCHOOLING**, **LORRAINE KIRKMAN**, **MARLENE VORSTER** and **GWEN CROWE**.

WOOL ON WHEELS

The owners of the wool shop, MELODY's at 6th Avenue Shopping Centre, picked up on a need from ECHO residents and after obtaining permission from ECHO Head Office, they contacted villages to gauge interest. What an excellent and very welcome initiative! Shopping, chatting and the promises of more visits left everyone in good spirits.

MARLENE BEZUIDENHOUT



VERNA KOTZE, SHARON MOOLMAN and MARINA GERICKE supported the Wool on Wheels effort in the Laubscher Park East hall.

TALENT AT STANBURY PARK



Stanbury Park resident, CHARMAINE DE FREITAS, creates the most exquisite quilts.

CHINESE EVENING

A taste of China, a memory to treasure, when love and food come together. An evening enjoyed by all.

JENNY HEUNIS



DENHAM EDWARDS and YOLISWA MZINI.



MARY-LOU NEATE and ZILLA BROWN.



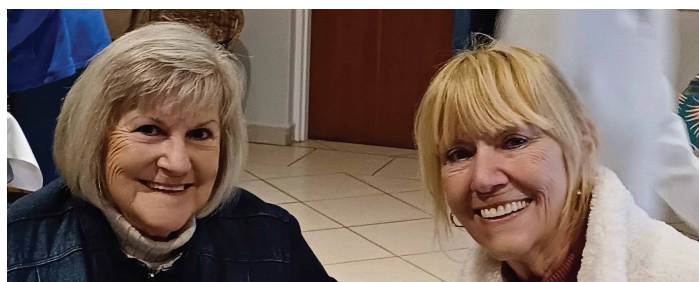
JENNY GOWAR



KATHY SMART



KAY and LEON WILKEN.



TOEKS SCHAFER and FREDA VAN DER MERWE.

...FAIRHAVEN

The men did the braaiing and the ladies enjoyed relaxing under the trees in the pleasant braai area. The pudding to round off a good lunch, was ice cream and a brownie.

MARGARET HORN



LEONIE HARRY, ELIZABETH HAYHOE and JOSIE BIGGS (hat and all).

...WALTON PARK



Our most recent newcomers were warmly welcomed at our Mother's Day and Newcomers' Welcome Tea.

RACHEL VAN NIEKERK, LESLEY JONES, Supervisor AMANDA FOURIE, MARIETHA GROBLER and SANDRA VAN RIET.



... and all mothers were celebrated. Seen here are LESLEY JONES, DAWN TRUTER, BARBARA ESSER, PHYL CAIRNS, KAY BROEKMAN and DAWNE SONEMANN.



The committee was asked to make scones and pretty sandwiches for the Tea. How did that morph into this scrumptious spread? You surpassed yourselves ENTCOM. Thank you!

...NORMANDY COURT

A day to remember. A delicious lunch was served by the Normandy Follies. Oo lah lah what beauties! One could have been fooled to believe one was in Paris, after the spectacular performance of the high leg kicking dance performed by our special "ladies". What a treat.

Thank you to all who played a part in this outstanding event, which was thoroughly enjoyed by all who attended.

FAITH GEERE



Enjoying Mother's Day, ELSABIE and JOHAN BOTHMA, HANNES and LEONIE NEL.



JESS BESTER with LOU SOLOMON.



MAUD MOORE, LORRAINE DOLLERY, MARLENE BARTLETT.



The five outstanding performers from the Normandy Follies. Back: JOHAN NIEMAND, DOUG GILCHRIST and GARY KOEKEMOER
Front: CHARLES HUTCHINSON and LEN GEERE.

SHE'S GOT THE BIRD!

Zelda Spies, a gentle and loving human being, rescued a featherless, abandoned pigeon baby, probably booted out of the nest by it's parent, and went on to nurture the little thing, feed and raise it.

The result is that Caroolsie thinks she belongs to her now, and follows her like a little puppy. Now, quite a grown-up bird, she follows Margy Holdstock daily as on this occasion and joins on any gathering.

She feels free to settle on other humans too - and loves to land on your head or shoulders.

PENNY SMITH



MARGY HOLDSTOCK, offers **CAROOLSIE** a tit-bit during the regular morning chat between neighbours in Dunant Park. **PETER FOWLER** can just be glimpsed in the background.

MINI SUCCULENT GARDENS



Caritas members making their mini succulent gardens, JOANNE SCHROEDER, ANN CARTER, MARLENE ZEELIE.

INTERVIEW WITH MRS MARGARET WRIGHT, OF MUNRO KIRK

Margaret and her husband Mike came to Port Elizabeth in 2016 from Kempton Park. After living in Fairhaven, she and her husband moved three years ago to Munro Kirk together. Sadly, Margaret was widowed a few months ago.

The couple have four children; two sons who live in Port Elizabeth, and two daughters, one in the UK and the other in Kempton Park. Their eldest son has two grandsons.

Margaret had only praise for the care provided by the staff at Munro Kirk. She feels the care is even better than what you would receive in a hospital, and that the food is very good and more than sufficient. She is convinced that she is in the right place and that there is no comparable facility elsewhere. Margaret has strong faith and usually receives communion from one of Stanbury's residents, Marian.

Margaret stays in contact with her children and despite being housebound, she is moving with the times and orders her necessities online to be delivered to her.

Commenting on general care in the home, she was very impressed when her TV gave problems, that the staff arranged for someone to attend to the problem.

Reminiscing about the past, she fondly remembers their bull terrier and ginger cat, that were best friends for many years.

Thank you for sharing, Margaret.

ANNE DUTTON



MARGARET WRIGHT

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REFURB & MAINTENANCE

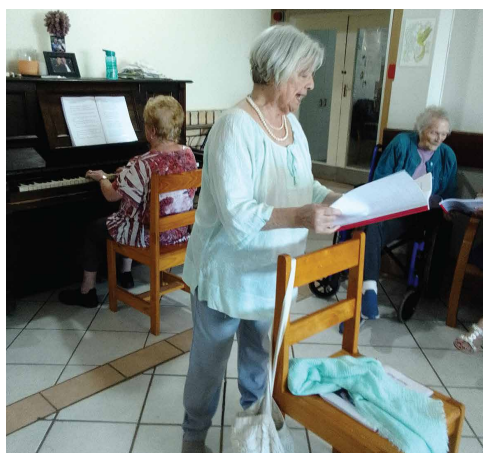
Dunant Park, as one of the villages in the ECHO umbrella, is constantly in 'refurbishment mode'. Cottages and flats are overhauled as they become vacant, and sometimes modernised, but always checked for faults or any need for a face-lift.

On occasions, the facelifts set neighbours longing for upgrades too!

PENNY SMITH



Checking on the façade and making sure that all gutters and downpipes and roof flashing are up to standard before a new tenant comes to live in the cottage.



ADELE DODDS on the piano and ANN COXHILL singing, visit frail care on a regular basis to entertain the residents. Songbooks are distributed full of lovely old classics like "K-k-Katie" and "Roll out the barrel" and heartily sung by all. What a joyful afternoon it was!

FAIRHAVEN'S GOT TALENT

Not for the first time, the 100 Club members were entertained by our two talented musicians. For over an hour, leading from one song to the next, Cyril Allwright and Marc van Tonder tickled and twanged their guitars, singing together or alternating as soloists.

All the old favorite tunes were recalled, and Cyril's good voice and the rhythm got everyone 'in the mood'. The huge eye-catching speakers boomed the beat. Marc added another dimension when he played a mouth organ, enhancing the sound.

These two musicians play a vast range of songs, from jazz, rock 'n roll, to folk music.

MARGARET HORN



CYRIL ALLWRIGHT and MARC VAN TONDER.

VISIT TO FRAIL CARE

Ann Coxhill, a fellow attendee of the Methodist church service in the Laubscher Park East Chapel, approached me with a request: could we provide beanies and scarves for the ECHO frail care residents? Well, as they say, "a Boer makes a plan". Our craft club at LPE sprang into action, knitting and crocheting with enthusiasm. A few weeks later, a group of us visited and presented the knitwear to residents during their sing-along session, and delivered items to those in the wards as well. The remaining items will be sold, with the proceeds going towards essential necessities at Lapa. I'd like to extend my heartfelt gratitude to all the ladies who generously contributed their time and talent to this project. Blessings to all.

MARLENE BEZUIDENHOUT



Front to back: CATHY LAZARUS, MARINE GERICKE, BERYL ALLERS, MAGGIE GERBER, DAPHNE CLARK and FRANCINA BOSMAN.

60TH WEDDING ANNIVERSARY

Petra and Hannes van der Merwe, are celebrating their 60th wedding anniversary on 2nd of October 2025.

Having lived an interesting life, in the valleys and up the mountains. The Lord has always helped them along the way. They moved a lot during their married life. Moved back to Gqeberha at least twice, and lived in Scotland for two years, for the sake of Hannes' work.

They have three children, two girls and one son. Hannes builds airplanes in his garage, and enjoys flying them at the club. Petra is a talented portrait artist and skillful in recreating originals as seen below.

ANNE DUTTON



PETRA and HANNES VAN DER MERWE



The family's Great Dane, beautifully captured.



A story to tell – PETRA captured the little birds visiting them.



PETRA VD MERWE with a painting she did, from a photo she took of her daughter Marissa.

END OF SEASON



An impromptu gathering of neighbourly friends to celebrate the last of the beautiful late days: NEELS and YOLANDA NIEMANN, HESTER HOUGH, FRANK KROUWKAM, RON and BRENDA HARKER.

CARITAS KNITTING

BERNADINE BUSSY from the Caritas Cares Knitting Group handed over a lovely family of bears, to become residents at our Frail Care Homes.



MORE MEN JOIN THE BEES

The Golden Bees are hoping to encourage more of the residents of Dunant Park, men and women, to join the chatty, interesting sessions held each week in the Hall. These men and women pool their skills and enjoy a cup of tea or coffee together.

The items manufactured by this group of people are useful, pretty, often quite unusual, and the conversation is non-stop interesting.

PENNY SMITH



FRANK BOSCH and BRIAN HOLDSTOCK participate at the morning Craft session at Dunant Park. **MALLIE BOYLE** stands by with her advice.

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.

HEAD OFFICE SPONSORED OLDIES' TEA

Head Office hosted a tea for 20 Walton Park and 10 Fairhaven's 11-15 year oldies, those residents that have been around for long enough to know how things work. They're around to lead and encourage newcomers, they serve or have served on our committees, and we love and appreciate them.

ULLA VAAJA



BETTIE BEST, ISOBEL DU PLESSIS, ROSE PRICE, JEAN HUTTON and ANN VON BENECKE. Head Office's **TALEEN MAASDORP** is in the background.

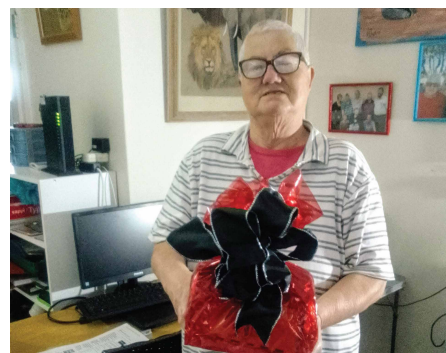


ELMA COX is flabberghasted by the array of eats that had been laid on. **JULIE and KEITH YATES** at the back, tucking in.

CHOCOLATE COINS TO RAFFLE

What is luckier than winning something? Lorraine Rosslee gifted us a lovely little chest full of chocolate coins to raffle. It was easy to sell two pages full of tickets to hopefuls. Who does not want a lot of choccies? Unfortunately, only one name could be drawn and the lucky winner was Judy Rae of Laubscher Park East. She could not wait to get tucked in. Happy indulgence, Judy.

MARLENE BEZUIDENHOUT



JUDY RAE, the lucky winner.

A REMARKABLE MILESTONE AT STANBURY PARK

Jan and Rachel Bekker are approaching a remarkable milestone - their 70th wedding anniversary on October 8th, 2025. This extraordinary achievement is a testament to their enduring love and commitment to each other.

Rachel, originally from Humandsorp, met Jan through a mutual friend while working at SARS. The introduction blossomed into a romance, and they tied the knot just a year later. They have one daughter, who now resides in the UK.



Congratulation JAN and RACHEL - we wish you well for the next stretch.

WINNER AT THE "HAT PARADE"



Professor MIKE MULLER proudly shows off his prize for the "most elegant" hat at Dunant's high tea.

KNITTING WITH LOVE

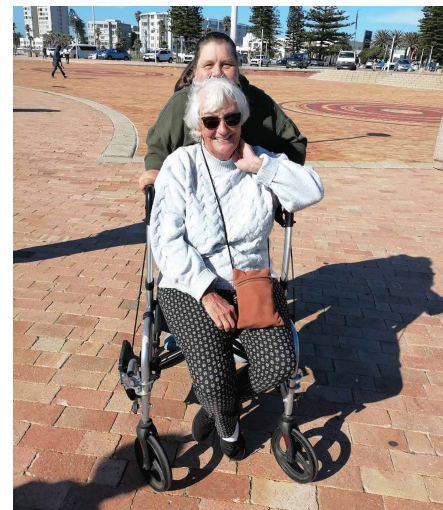
The knitters at Walton Park are alive and well, needles clicking in quiet harmony, as they knit for the various charities over the cold winter months. Every jersey tells a story of connection across generations.

ULLA VAAJA



ALMA VERMAAK with her stock of jerseys, which went to EP Children's Homes.

FUN AT THE PIER



CRISSETTE having fun at the Pier pushing her aunt, MARLENE ZEELIE from Caritas.



Caritas members sharing a packet of slap chips at the pier, ALICE JONES, SUZETTE BESTER, ANNETE VENTER.

OUTING TO CROSSWAYS

Fairhaven residents who no longer have their own transport, an outing like this becomes a great adventure. On a glorious warm Autumn day the Fairhaven residents traveled by bus to the market at Crossways near Thornhill, to explore the various stalls. You could satisfy your desires from leather shoes to scrunchies to hold a ponytail, to rails of clothing. A large variety of food was on offer including halaal cuisine. The benches and tables under the trees saw many happy munchers. The journey to and from Crossways showed gems of countryside. With the Lady Slipper Mountain as a beautiful backdrop to the quiet rural scenes, we passed grass farms, dairy and chicken farms, each emphasizing the bounty of the land. Heather, just coming into bloom, lined the road. A day well spent and thoroughly enjoyed.

MARGARET HORN



The Upperdeck Cruises bus.



Relaxing after exploring the stalls.
CHARLOTTE, DESRAY, JACQUI and ROWENE.



Fairhaven 'girls' waiting their turn to take the tractor ride called the Thoe-tjoe train.

VISIT TO LAKE FARM

LPE residents visited Lake Farm Centre. The trip was an eye opener, and we discovered new and exciting crafts that the residents are working on. It was clear that they thoroughly enjoy the activities they're involved in - the joy on their faces says it all. We had the opportunity to tour the bakery and witnessed the bustling baking operations firsthand. We explored various workshops, where we were inspired by the innovative ideas and techniques on display. What struck us most were the beaming smiles of the residents, which brought us immense joy and made our visit truly unforgettable.

MARLENE BEZUIDENHOUT



MAUREEN LOMBARD with **ANDREW McDOUGAL**, son of the late **JEAN McDOUGAL**. Andrew is remembered by residents as one of the scone bakers.



DAWN BECKLEY is admiring a piece done using buttons, with one of the facilitators of the workshop. There were several more unfinished button craft projects on the table in front of them. Note: if you have an excess of buttons that won't be used in a jiffy, please pass them along!



While visiting the workshops, this young resident proudly displayed the rug he was making. Lovely colours.



ENGELA KRIEK and **CATHY LAZARUS** getting some tips on rug making. In the foreground is a basket in the making, crocheted together using the tubes from "tolletjie-brei" (spool knitting), prepared by another resident. Very creative.

NORMANDY COURT

CELEBRATING OUR OCTOGENARIANS

On a coldish April morning, 11 of the Normandy Court octogenarians gathered in the Lapa at the invitation of Faith Geere.

This gathering has become a sought after invitation from Faith every year because we know we are going to enjoy ourselves. As always, she laid on a delicious two course meal - even catering for the gluten intolerant person. There were second helpings for everyone and an array of scrumptious puddings to choose from. Thank you Faith. Please continue to keep this one going.



Sitting: ANDY BESTER, FRANKIE SIMPSON, JOHAN NIEMAND, HILTON CLARKE, NEELS and ARLEEN VAN ROOYEN.
Back: FAITH and LEN GEERE, MIKE and SHIRLEY RANDS, and MAUD MOORE

CORNHOLE

Normandy Entertainment chair, Merrill Moolman, arranged with Thelma Nel, organiser of Cornhole at Dunant Park, for some interested residents of Normandy to observe them playing the game. Well, not only did they observe, but were encouraged to participate. What an interesting and happy couple of hours was had by all who attended. Hopefully, Normandy will soon be up and running with their own cornhole game and be able to extend invitations to all other villages as well. Perhaps a tournament could be arranged at the different villages, and the winners from each village play against each other? Bring it on!



Normandy Entertainment chair, MERRIL MOOLMAN, participating in cornhole.



Winners of shorter cornhole, DEVI PACKIRISAMY (2nd), CONNIE WEBBER (1st), FAITH GEERE (3rd). RON PURCHASE (consolation).



Winners of longer cornhole, HILTON CLARKE (2nd), GARNET WEBBER (1st), ROSE HARLOW (3rd), BARBARA DE KLERK (consolation).

FAITH GEERE

OUTING TO WALMER PARK

Residents from Normandy thoroughly enjoy and are grateful for the shuttle service to Walmer Park, arranged by ECHO. Thank you ECHO.



ARLEEN VAN ROOYEN, LORRAINE DOLLERY, MARLENE BARTLETT, LETICIA SEGAL, LEN GEERE, LOU SOLOMON, ERIC KLOKOW and VALERIE WHYTE.

DIEHARD BINGO PLAYERS



We have diehard bingo players at Normandy. All dressed appropriately for one of the coldest evenings, they will participate, no matter the weather. Thank you for your support.

CHRISTMAS IN JULY AT NORMANDY

The cold, but bearable weather didn't dampen the spirits at this festive event. The tables were buckling with a vast array of dishes, courtesy of the residents who made it a true "bring 'n share" event. A special thank you to Bet Shekoom House of Resoration, donating five large turkeys, which were later taken to their shelter for the residents to enjoy. The atmosphere was filled with warmth, fellowship, and laughter, with lovely music that set the theme. The only time the conversation paused was when everyone was seated, savouring their food.

We extend our gratitude to our two skilled chefs, Graham Swart and Gary Koekemoer, for expertly cooking the turkeys, and to everyone who contributed food, music, and help to make this event a success. It was a great idea that turned into a wonderful celebration.



LAETITIA and STANLEY SEGAL, FRANKIE SIMPSON and LEONIE NEL.



Around the spit. Front: INGRID HUPPELSCHOTEN, MERRIL MOOLMAN. Back: WESSEL MOOLMAN, JOHAN NIEMAND, GRAHAM SWART, GARY and SHELLEY KOEKEMOER, and LEN GEERE.



Enjoying the event are DEANNE WEBB, GAIL BETRIX, JESS and ANDY BESTER, FAITH GEERE and MIRIAM STIEMENS.

HEALTH TALK

Normandy Court residents attended a very interesting health talk presented by Staff Nurse Leana du Plessis. The session was well received, and many residents expressed interest in attending another talk in the future, eagerly enquiring about when the next one would take place.



Chatting to Staff Nurse LEANA DU PLESSIS after the talk ELIZABETH SMITH and BELINTHIA GAMBLE.

RUGBY FANS UNITE!



After making the fire for a braai, (no rugby without a braai, of course), Normandy court rugby fans gathered in the lapa, to watch the first ever match between the Springboks and the Barbarians in South Africa.

BUSY AT WORK



Busy workers, HILTON CLARK, LEN and FAITH GEERE adding a few nails and screws to the trestle tables, keeping them workable. Goes to show, women can be quite handy when it comes to the small maintenance items requiring repairs.

...LAUBSCHER PARK EAST

Engela Kriek and Renett Bosman managed another showstopper for Father's Day. The big surprise was surely the performance of the Clarendon Primary School's brass ensemble. They started the show off with 'Acclimation', a medley from the 'Sound of Music', 'The eye of the tiger' and ended with 'You give love a bad name'. According to their teacher, they did not have time to practice because of exams, but notwithstanding the lack of practice, they delivered a brilliant performance! We hope to see them back at our hall soon and wish them the best of luck with their tour to East London during September.

The next item was a description of emotions starting from a four-year old's perspective of how he sees his father right up to how a sixty-year-old would respond. Renett Bosman was the lady in charge and delivered prose on some of the age groups. Quite interesting.

Last up was our in-house choir, the 'Sing Saam' group, who gave a good rendition of the old Jeremy Taylor song, "Ag Pleeze Deddy". Who would not remember that one? After all the fun, tea and eats were served to end a lovely morning.

MARLENE BEZUIDENHOUT



Part of the big group of musicians from the Clarendon Primary School Brass Ensemble.



RUTH ACKERMANN, GAVIN JEFFREY and WINSTON WEIR waiting patiently to start their memories of their respective dads while RENETT BOSMAN introduced the item.



Our choir, 'SING SAAM', performing the well known song, "Ag Pleeze Deddy!"

...NORMANDY COURT

Another successful day of fun-filled entertainment, with a cowboy theme.

The dancing cowgirls and saloon ladies surprised all with their costumes and dancing abilities, with three of the older residents proving that age is just a number. Wonderful organising, camaraderie and delicious food served by our cowgirls. Each event held at Normandy just gets better and better.

FAITH GEERE



Talented dancing cowgirls, INGRID HUPPELSCHOTEN, SHIRLEY RANDS, FAITH GEERE, LAETITIA SEGAL.



The wonderful saloon ladies, MERRIL MOOLMAN and PATRICIA BADENHORST.



HILTON CLARKE, PATRICIA BADENHORST, MIKE BYRNE and MARILYN SHIPTON.

...WALTON PARK

This year, our fathers were truly pampered. We celebrated them with two events in their honour. The day after Father's Day we enjoyed a delicious lunch with venison or mince pies, accompanied by a selection of vegetables. A huge thank you to Beth Barnard and Bettie Best for making this happen.

That wasn't all - Kind 2 Hearing generously sponsored a Braai & Tie lunch, and we felt thoroughly spoilt. The audiologist and audiometrist took charge of the braai and served us. However, there was a catch; to qualify for a boerewors roll, everyone had to wear a tie. After lunch, Kind 2 Hearing provided the opportunity for 10 of our residents to undergo hearing loss tests, and several more have booked appointments for wax removal. It was a wonderful example of symbiosis, where everyone benefited from the partnership.

ULLA VAAJA



Enjoying their lunches: **MAGDA SWANEPOEL, DANIEL BOUWER, ANN VON BENEKE, ESTELLE ORTLIEB, SANDRA V RIET, ROLEY MEEK and ROBERT V RIET.**



MARGARET BROWNE, DAWNE SONEMANN, CHARLIE HILLS, BARBARA ESSER and TREVOR KUKARD.



Braai & Tie: RETHA LIEBENBERG looks on as Audiologist **MANDLA BUSAKWE** and Audiometrist **SAM SURTIE** get on with important part of the day – the braaing.



Some of the contenders for the best tie - Back: **ESLY STRYDOM, LENI BRYANT, SAM SURTIE, DANIEL BOUWER.** Front: **ANSIE V ROOYEN** and best tie wearer, with her prize, **DAWNE SONEMANN**

...CARITAS



KEN JEANES and ERNIE PIKE from Caritas waiting for their Father's day meal.

TERTIA BARNARD NEVER STOPS

Our garden fairy at Dunant Park works tirelessly, often with little help to make our village a pleasure to live in. Her dedication to keeping the public garden areas beautiful in spite of all sorts of difficulties is an example to all of us. Tertia has taken on the gardens as a private crusade, and all are grateful to her.

PENNY SMITH



TERTIA BARNARD and DEWALD STANDER tackle another piece of public Dunant Park and turn it into an attractive feature instead of an awkward, messy corner between two pathways. **RON PASK** watches from the background.

DIT IS NOU HARDE WERK



JANNIE KRUGER, resident at Laubscher Park West, on his knees doing what is expected of him in the garden.

WOOD FROM THE VELD TO THE ARTIST'S STUDIO

You might call this a family affair. Mother, father, and two daughters. Each gifted in a specific art form. Many of their works are proudly displayed in the Grobler's lounge in Kruger Gardens.

Andre is a natural in wood art, cutting and carving at his leisure, having started about ten years ago.

Adele's forte is painting, in mediums of charcoal, water colours and oils. Lisa is a ceramic sculptor, designing miniature models of celebrities and animals for specific requests.

The mother of the family, Laurette, specialises in garden landscaping in her own and other gardens around the village.

"I love working with wood, and find it relaxing and inspiring", says Andre. Many of his woods are indigenous, collected from the Eastern Cape bush, such as Sneezewood and Wild Olive. He collects mesquite from river beds in Namibia. For the braai masters, here's a good tip. I was told that mesquite wood chunks "impart a smokey flavour to your cook, the strongest of them all".

Sneezewood, culled from trees near Paterson, have beautiful red flowers and a very hard wood. Although more difficult to work with, this wood is Andre's colour preference.

Andre's precise sculpting and attention to detail ensure that the recipients of his artworks will be prized for decades to come.

DAVID MILLIGAN



Some of ANDRE'S artwork (from left): chameleon, seahorse, dolphin and seagull.

Inside the wooden box is a family heirloom with a story. In the 70's, Andre attended an auction. Without checking inside the shoebox, the auctioneer offered a "lucky dip", starting at R5, which today equals about R180. Andre bid and paid R5. Inside the box was a hand-carved wooden chess set. He traced the owner, who told him it was a gift, brought from China, dating back to 1850. What a find.



The artist with his sculpting tools, in his happy place.

COMMERATING THE 4 JULY

Stanbury Park / Lapa Munnik Park Cottages celebrated with the Americans on 4 July, with red, blue and white as their theme. In celebration mode, some guests dressed for the occasion.

ANNE DUTTON

BRIAN HARRIS and LOUISE JACKSON were dressed for the occasion.



CHESHIRE HOMES VISIT

The late Leonard Cheshire, a pilot in WW2, saw the need for care of the many soldiers returning home who were physically hurt during the war. He started a home to care for them and soon more homes were opened to accommodate those with physical disabilities. Cheshire Homes is one of 16 in South Africa and 250 homes in the world where people can live full-out despite not having the use of all their limbs. Prof Chris Barnard founded the home in Summerstrand in 1975 to provide care for chronically physically disabled adults, 18 years and older. Patience, tolerance and self-sufficiency are being taught. Stories of golf, games, horse riding, arts and crafts and even a Toast Master's Club at Cheshire came to light.

Lafras Moolman, who appeared in our local newsprint some time ago, received an electric wheelchair from an organization to enable him to move around on his own wherever he feels like going. He apparently makes use of that privilege quite often! He was part of the translation team for advertisements on Radio Sonder Grense radio last year for their fund raisers.

In addition to all their hard work, the home runs an outreach program. Khaya Cheshire started in 2001, as a special care centre for physically and intellectually disabled children from the Walmer township. Leonard Cheshire's vision for these homes was always to provide a home along the lines of normal family life. Deidre Burger, the representative of our local home in Summerstrand, has such a bouncy personality and from that alone we gathered how happy and lovely Cheshire Home must be for everyone lucky enough to have the chance to call it HOME.

MARLENE BEZUIDENHOUT



BERN MACGREGOR, GEORGE WYATT, DEIDRE BURGER (Cheshire Homes), WENDY WYATT and JULIE HOLDEN-JONES reminiscing about past acquaintances.



LAFRAS MOOLMAN, a resident of Cheshire Homes, chatted to **AVRIL VALLEY** and **JIMMY ESPINOZA**. **DEIDRE BURGER** stands between them.

LAUBSCHER PARK WEST COFFEE SHOP

Our coffee shop is a perfect spot to relax and unwind where every sip and bite feels like home.

JENNY HEUNIS



MAUREEN VAN VUUREN
- life couldn't be better.



MARILYN JOHNS, doing what she does best.



Dis so lekker om by ouma te kuier - DALEEN KRUGER en kleinkind, RUBEN KRUGER.



NOREEN MAGWARO, carer to **NORMAN HARDY**, enjoying time in the coffee shop.

...DUNANT PARK AND DUNCAN FERGUSON

On supervisor Zelda Spies's birthday, the village prepared a bit of an ambush. On a cold and windy morning, with the threat of rain imminent, Zelda was invited out of her office, where she was greeted by her staff and many villagers to wish her well and thank her for the dedicated care of us all.

Zelda works untiringly to safeguard us all in one way or another every day, and is deeply valued by Dunant Park and Duncan Ferguson. We hope to have her with us for a long time to come.

PENNY SMITH

ZELDA smiles for the camera surrounded by her staff, **LUDWE, VANESSA, VINCENT** and **ZWIWE**, all just as happy as the residents to have her as our Supervisor.



...FAIRHAVEN

To celebrate her first birthday at Fairhaven, Estelle Roodt invited close neighbours to a tea party. Estelle enjoys catering for special occasions and her table was a fine example of delicious treats. Everything looked tempting and was thoroughly enjoyed by all (some even had take-aways). It was a good way to really get to know her neighbours.



BEULAH NASMITH, MARINTHA DU PREEZ, ESTELLE - the birthday girl (and not a grey hair in sight), YVONNE STEYTLER and SANDRA BENTLEY.



Enjoying the birthday tea: SINDY CARELSE, ELIZABETH DU TOIT and HESSIE MOHR.



Having a good old chat: BRENDA V.D WATT, PREGA MOODALEY, LYDIA CALITZ and ISABEL GORMAN.

...LAUBSCHER PARK EAST

Imagine being so beautiful and celebrating your 102nd birthday! We are so fortunate to have Thelma Summerton here with us at Laubscher Park East. She is a delightful lady that, weather permitting, can still be seen weeding her lawn! Her carer, Flora Mazina, posed with her for this photo.



THELMA SUMMERTON with her carer, FLORA MAZINA.

July was a busy month for birthdays at Laubscher Park East: 34 people celebrated through the month!



In front: LORRAINE PARKER, VAVA NCANDANA, TESSA CASALI, ILDA FORBES, VINEL ROSSLEE and DOLPH MARMETSCHKE. Top row: PENNY WILSON, JEAN O'GRADY, BRUCE VALLEY, RICHARD LONG and ELEANOR PALMER.

...LAUBSCHER PARK WEST



Congratulations to HEATHER HUTCHINGS on reaching an incredible milestone of 100 years old. We wish her God's richest blessings in her season ahead. May love, joy and peace be with her always.



A charming lady and new resident, **WENDY DIRKSE VAN SCHALKWYK**, celebrates her 80th birthday here at LPW. We wish her many more years of health and happiness. Happy birthday.



Cheers, it's my 80th birthday. **FAITH NHENDERERE** lights the candles for our delightful **IRENE KREUSCH**. Happy birthday Irene may God richly bless you.

...NORMANDY COURT

Resident Maud Moore celebrated her special 80th birthday with family, friends and residents in the lapa at Normandy. A word from her daughter Debi when approached, "our mother is the most amazing nanna to every one of her grandchildren". This sums up Maud, whoever she meets, whether family or friends.

We wish you health and happiness - you are precious to all at Normandy Court, as well.



Back: RON HENDRIKX, PAUL VAN VUUREN, JOHN SMITH, DAVID MICHEL
Sitting: LEANNE SMITH, MAUD MOORE, DEBI VAN VUUREN, VICKI MICHEL.

...STANBURY PARK

Di Hobson was born and raised in Johannesburg, and then lived on a Karoo farm for 37 years before moving to Port Elizabeth in 2005, where she lived in a beachfront apartment until moving to Stanbury Park 10 years ago. She loved living on the beachfront, but is so enjoying being part of this community. She has three children, two in the UK and the eldest daughter is in Grahamstown. Her four grandchildren all live in the UK. Last year she travelled to Scotland to attend her eldest granddaughter's beautiful wedding. She says she is truly blessed to be able to celebrate her 80th birthday with family and friends.



DI HOBSON



Tea, delicious cakes and cheer abounded as we celebrated our generous supervisor, **AMANDA FOURIE**'s birthday. The entire Village was invited to the feast. Here with **YOLANDA** and **NEELS NIEMANN**, **NEIL FERGUSON**, Nurse **LEANA DU PLESSIS**, **AMANDA** with birthday tiara and sash, and **AILEEN ROWLAND**.



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POOL TABLE GETS A RE-FIT

The beautiful Pool Table that has stood for many years in a back room in Dunant Park Village, has at last been properly resurrected and moved to a lovely sun-filled room in the Lodge, where it will be pressed into use as it should be. The re-fit is in progress. Already a number of players are hovering about watching the work; pool could soon be as popular as Cornhole!

PENNY SMITH



HANNES VAN VUUREN, the expert pool table cover fitter, is at work doing a job that has been in the wings for the last three years. Hannes says he has fitted the covers for the past fifty two years, so the job should be perfect.

SOUP DAY AT LPE

Engela Kriek serving Margie Bosch a delicious cup of lentil soup. The committee started serving soup in May, and spoiled residents with a lovely vegetable soup. A choice of vegetable and lentil soup awaited residents with the two servings in June. A buttered slice of bread accompanied the soup. Soup ingredients may be donated, and a nutritious serving will only cost you R5.00. True value for your money.



ENGELA KRIEK and MARGIE BOSCH

CARITAS VISIT MOHAIR FACTORY



Caritas members watching the worker spinning by hand at Adele's Mohair Factory which operates from a converted pigsty.



KEN JEANES stirring the mohair in the dye at Adele's Mohair Factory.



Caritas members visiting Adele's Mohair Factory just outside Port Alfred where all mohair is processed by hand. No machinery used.

AN INSPIRING LUNCHTIME AT HELLO ECHO

For us, a group of enthusiastic amateur reporters for ECHO's HELLO ECHO magazine, a milestone unfolded when we were visited by two seasoned professionals from the world of journalism: Mariska Spoormaker and Heilie Combrinck.

As the midday sun filtered through the windows, over shared cups of coffee and sandwiches, we were introduced to Mariska, a skilled interviewer with a reputation for drawing out captivating stories, and Heilie, an accomplished photographer with a keen eye for the moments that matter. Both worked for Media24. Mariska freelances for SABC Radio, as a journalist.

Mariska described the art of the interview: how every story is a delicate balance of curiosity, empathy, and preparedness. She shared from her own experience, how a good interviewer listens not just for answers, but for the emotion and nuance behind them.

We will remember her words - "look for the angle, and then take it further". The angle that grabs one's attention, is what eventually brings the passion to the interview/article. Simply, yet profoundly, a story is more than facts. It is the human heart at it's core.

Heilie, meanwhile, drew us into the world that exists just beyond the lens. She gave tips and answered questions about the problems we encounter - unsuitable backgrounds, how much to crop. A picture needs to look like a live photograph, and not an AI generated image. A good photographer needs patience and intuition just as much as technical skill. To capture the essence of a moment, she explained, one must be present - not just as an observer, but as a silent participant in the story.

Encouraged by our remarkable guests, hopefully we amateurs have found a new enthusiasm that will guide us as we continue to shape the voice of HELLO ECHO. Let's all look for that angle, the inspiration, that will take us to the story that matters.

ULLA VAAJA



Our journalist guests, HEILIE COMBRINCK and MARISKA SPOORMAKER.



All the Hello ECHO contributors relaxing outside after our meeting.

WELCOME TO THE ECHO'S NEW TEAM MEMBERS

Tevin Joseph was born in Port Elizabeth and raised in a close-knit community that instilled in her a strong sense of purpose. She matriculated from St. Thomas Senior Secondary School in 2008, balancing her love for hockey and ballet -



TEVIN JOSEPH

activities that taught discipline, teamwork, and self-expression.

She began her career in Maintenance and Procurement at the Department of Justice in 2011, all while embracing the rewarding yet demanding role of raising four children. Balancing work and motherhood were challenging but being determined kept her going.

Driven by a desire to grow, she pursued a qualification in Supervisory Management - juggling full-time work and parenting, and in 2025, she proudly graduated, a milestone that reaffirmed her belief that dreams have no deadlines.

Tevin has joined the Maintenance Department at ECHO Foundation, where we know she will continue to grow professionally, grounded in hard work, perseverance, and a deep love for family. In her free time, she enjoys reading and spending time with loved ones.

FAIRHAVEN WELCOMES NEW RESIDENTS OVER TEA

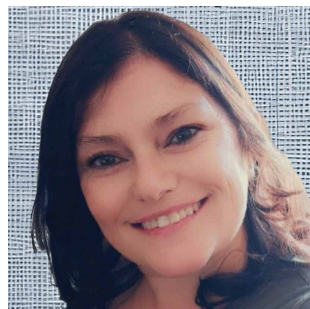
A warm sunny morning, with the temperature reaching 26 degrees, brought an added warmth to the New Residents tea at Fairhaven. Representatives from Head Office welcomed the new members to the Fairhaven family. A jolly, friendly atmosphere pervaded and the hall was filled with smiley animated conversation. Superb catering satisfied sweet and savoury tastes.

MARGARET HORN



MICHELLE VAN DER WALT, LINDSAY VAN WYK, ESTELLE ROODT already good friends.

Anita Collins-Fourie, grew up in the charming town of Port Alfred, also known as the Kowie. Her greatest blessing is being the mother to three beautiful daughters. She has a rich background in music, dancing and singing. Anita studied



ANITA COLLINS-FOURIE

accounting and worked in the field for many years before transitioning to the medical field, where she worked for Netcare.

Later, she served as a Practice Manager for a well-known medical practice before joining ECHO. In addition, for her professional pursuits, Anita has a passion for volunteering and has assisted in a frail care, which she thoroughly enjoyed. She is committed to fundraising for various private groups that support families, individuals, and animals in need. In her free time, Anita enjoys gardening and reading. As the Frail Care Facilitator at ECHO Foundation, Anita is dedicated to making a positive difference in the well-being of the residents and hopes to have many happy years with the foundation.

NEW RESIDENTS' TEA AT LAUBSCHER PARK EAST

Head Office hosts an annual tea at the villages to introduce new residents' to one another as well as introducing staff members to the residents. Almost all the invitees attended and were welcomed by Lisa Diesel, head of resident care services. Xandre van der Berg, Charleen Fridley and Leana du Plessis were on hand to answer questions and to give out general advice.

MARLENE BEZUIDENHOUT



LISA DIESEL chatting to **RICHARD LONG** and **BETTS WARD ABLE** from LPE with **WENDY DIRKSE VAN SCHALKWYK**, who is from LPW, introducing themselves while selecting eats from a lovely spread. Tea was served by HO staff members as per tradition.

KRUGER GARDENS RESIDENTS REMEMBER A HOUSE IN BYGONE DAYS

“Home was a magical place, with its spiral staircase, creaking wooden floors and often celebrations of many kinds”. Just the place for dancing and sliding down the banisters.

Lillian Swanepoel recalls happy days of fun, laughter and adventures in and around her Girdlestone Street home, opposite the South End Museum, previously the Seamen’s Institute which was opened in 1900. Shortly afterwards, the first Girdlestone Street houses were built, reflecting the architectural style of the Edwardian era. Similar to Victorian homes - which came slightly before - in some ways, but are overall less ornate and more airy in design.

Home to her three siblings, her parents and her grandmother, their home was a sanctuary of activity, the aromas of her Granny’s homemade cookies and bread drawing together the family in their spacious kitchen. Steaming coffee and “nummies” for their winter-cold hands and tummies from the pantry were free for all.

“My father had canaries, and he was constantly shooing neighbours’ cats away. We did, for many years, have a dog of doubtful breed called Wagter, who lived in the kitchen and yard. Lovely animal”.

An officer with the railway police, Lillian’s father received their home as a perk for his job. The house originally belonged to the PE Harbour Board in the 1900s. The kids had easy access to the harbour, just beyond their garden wall, for safe play and exploring the joys of marine life.

Lillian reflects with nostalgia about their ten years, during the 1960s and 70s. How they related and got on well with their neighbours in cosmopolitan South End, as it was then. Before the forced removals to the Northern areas of PE were declared in newspaper headlines on 1 May 1965, now sixty years ago.

Those were the days of traditional Indian and Malay curries that “burnt like crazy”, easy friendships across all the cultures, and the best place to buy a good and well-priced pair of shoes from Bhana and Sons, much better than bussing to the city centre. A whole lot more memorable times. All within easy access of Girdlestone Street.

In 2016, just before the destructive fire, Di Haarhoff sketched three of the fast-decaying Edwardian houses in Girdlestone Street, and completed the paintings in 2021. Owned and neglected by Transnet, the houses are now derelict.

A motivated artist, Di has been inspired to paint, draw and write since high school days, in art and calligraphy. Some of the mediums she uses in her work are acrylic, water colours, oils, and pen and ink.

“I’m lucky to have a hobby”. Nearly seventy years later she tells about exhibiting her art in Southern Africa, as well as to buyers here, in Australia, UK and USA over the decades of sharing her creative joy.

Di captured the history, nuances and atmosphere of the area in the gifted paintings of her friend’s family home.

Lillian has the last word...I will never forget “my happy place” and the vibrant community so close by, free of any prejudice, only sharing fun and laughter, and good food, including from the fresh fish poles outside the Prince of Wales Hotel, across the road.

DAVID MILLIGAN



LILLIAN (right) stands with DI HAARHOFF in front of Di’s three oil paintings of the last-remaining houses in Girdlestone Street.



This painting shows the old Anchor pub, and Di was delighted to discover that Lillian had lived in part of the same house before it was used commercially.

BEAT HEARTBURN

WHAT IS HEARTBURN?

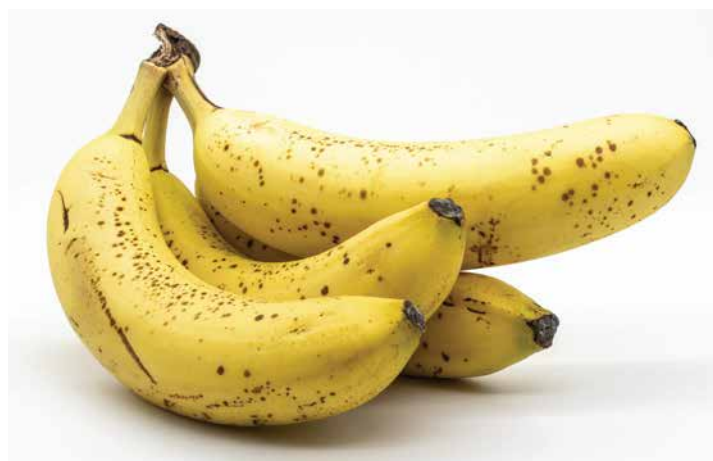
A burning feeling in your chest that happens when acidic stomach contents flow back into the oesophagus.

COMMON CAUSES OF HEARTBURN

- Relaxed lower oesophageal sphincter
- Large or very fatty meals
- Lying down immediately after eating
- Pregnancy and being overweight
- Smoking and frequent alcohol use

FOODS TO LIMIT

- Fatty or fried items such as chips, pizza, deep-fried chicken
- Tomato sauces, ketchup, tomato soup
- Citrus fruits and juices like orange, lemon, grapefruit
- Chocolate
- Coffee, black tea, energy drinks, cola
- Carbonated sodas
- Peppermint and spearmint
- Raw onion and garlic
- Spicy dishes with chilli or curry powder
- Wine, beer, spirits



FOODS TO CHOOSE

- Bananas, melons, apples, pears
- Vegetables like broccoli, peas, green beans, leafy greens
- Oatmeal, whole grain bread, brown rice, couscous
- Lean proteins: grilled chicken, turkey, fish, lentils, tofu
- Low fat milk, yoghurt, or plant milks such as almond or oat
- Ginger tea or fresh grated ginger in meals
- Small amounts of healthy fats from avocado, nuts, or olive oil
- Herbal teas such as chamomile or rooibos

HELPFUL LIFESTYLE HABITS

- Eat smaller meals more often rather than large portions
- Stay upright for at least two hours after eating
- Avoid meals within three hours of bedtime
- Keep a healthy body weight with regular activity
- Choose loose clothing that does not squeeze the waist
- Stop smoking and limit alcohol
- Sip water between meals instead of large amount while eating large meals

