

DEC 2022

LIVING



BY AURIA

A STORY OF SURVIVAL

Woodside's Jimmy Lowndes shares his remarkable story

A TRIBUTE TO QUEEN ELIZABETH

Our Auria residents say their goodbyes

HERITAGE DAY AT AURIA

A celebration of our colourful South African Heritage

A CHEF'S INSPIRATION

Our Auria chefs share their personal inspirations for the festive season



AURIA
SENIOR LIVING

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Keeping Social



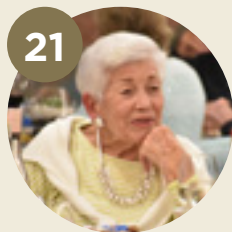
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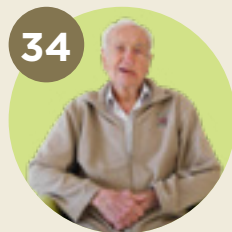
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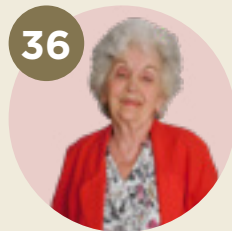
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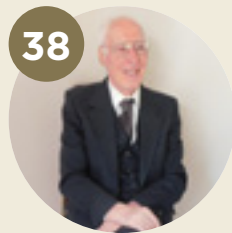
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Barry Kaganson

Dear Auria Community,

A member of Niki Lauda’s Formula 1 winning Ferrari pit crew in 1977. A former DA Chief Whip in Parliament, SA Ambassador to Thailand and current Chairman of City Power. A survivor of a plane crash in the Andes. A recipient of a Nelson Mandela Lifetime Achievement Awards for arts and culture education for less privileged children. What do these people have in common? They’re all members of our vibrant Auria community, and their fascinating stories are told in this issue of Living by Auria.

As 2022 draws to a close, I would like to reflect on the highlights and achievements over the year. We are truly blessed to have a team who’s continued dedication and work ethic has enabled our Auria communities to thrive and develop over the past year as post-pandemic life returns. Their engagement with our residents and their families continues to enable our residents to enjoy their best quality of life, every single day and their dedication, kindness and support do not go unnoticed. Thank you for your commitment and positivity in all your efforts over this year.

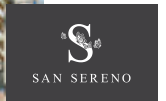
Our Woodside community has undergone a transformational upgrade this year which has brought positive lifestyle enhancements to all our Woodside residents. Royal View, our fourth gold-standard senior living community is now operational with the first few residents already moving in.

Being able to showcase the life, stories, and news of our residents in our Auria communities remains a priority and we are delighted with the success of our magazine, LIVING by Auria. We believe that being able to share these stories and glimpses into life in an Auria Community shows how we put our residents and their wellbeing at the heart of everything we do. Healthy ageing is such an important part of our Auria philosophy. Maintaining functional ability and mobility is critical, and we have some information on our SCIFIT Latitude Lateral Stability Trainers, which we have in all our communities for our residents’ benefit.

With that in mind, please enjoy this edition with incredible stories of our featured residents, that continue to astound me and encapsulate the spirit of living life to the full.

Wishing you all a safe, healthy and happy festive season, and a 2023 of fulfilled wishes.

Regards,
Barry Kaganson
 Chief Executive Officer, Auria Senior Living



GETTING TO KNOW...

OUR AURIA

Team

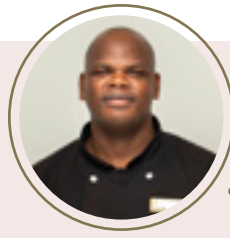
SAN SERENO

BRITTANY

Physician

**CARE CENTRE ACTIVITIES
AND ENGAGEMENT TEAM
MEMBER, SAN SERENO**

Brittany joined our Care Centre Activities and Engagement Team in September. Brittany graduated Cum Laude in her Hotel Management with 15+ certificates and achievements in various sectors of the hotel and tourism industry. She is a lively member of the Care Centre team. Brittany thrives on the opportunity to uplift and enrich people's lives while also creating a wonderfully positive and lasting atmosphere. Brittany enjoys painting, drawing, resin work, shopping, snorkelling, long walks along the beach, and reading. She works tirelessly to foster an environment in which our residents can participate in a variety of activities and interact with one another. Brittany believes that success in one's profession is achieved when one enjoys one's work, so she always gives her all. We look forward to being part of Brittany's future success with our San Sereno Community.



BRAVE

Phiri

SENIOR SOUS CHEF, MELROSE MANOR

Brave is a 32-year-old Malawian man who has had a passion for cooking since he began his journey to become a chef in 2007. He worked in a variety of restaurants and hotels, including Pecanwood Golf and Country Heights, Willow View Hotel and Conference Center, and The Manor Hotel. Since joining Auria Senior Living in 2019, Brave's excitement and enjoyment in building a great team with the help of management, residents, and staff members has paid off. Brave enjoys working under pressure because he believes it motivates him to work harder and improve his skills. As the Senior Sous Chef at Melrose Manor, Brave believes that spending more time in the kitchen cooking and researching new food ideas to make our residents happy is the most important thing.

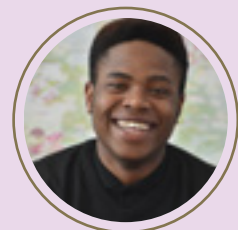
MELROSE MANOR

DONNELL

Mtawu

SCULLER, WOODSIDE

Donnell is taking a gap year after graduating from high school in 2021. Donnell's perpetual smile and kindness are two characteristics which he shares with his father, Kennedy Mtawu, our Woodside Community driver. Donnell enjoys volleyball, going to the gym, reading, and listening to music in his spare time. He is a dedicated worker who is always willing to provide a helping hand. We are pleased to have him at Woodside.



WOODSIDE



Auria has an employee recognition initiative to identify team members who have made an extra effort with assistance, service and care to residents.

Residents are encouraged to participate in helping us to identify Star Performers as we cultivate a culture of excellence and appreciation at Auria.

Each and every member of our team deserves to be acknowledged for their dedication, support and commitment over the past few months, but we do have a few that we would like to nominate as our Star Performers and thank them for their valuable contributions.

If you feel a team member made a notable effort, please email your nomination and a brief explanation to:

MELROSE MANOR
audrey@auria.co.za

SAN SERENO
ssconcierge@auria.co.za

WOODSIDE
quintin@auria.co.za

MAUREEN GENU
Care Team Assistant Nurse

Maureen is one of the newest additions to our Melrose Manor Care Team. She is a qualified ENA (enrolled nursing assistant) and has a passion for working with people. Maureen is dedicated to the care and well-being of every single resident she works with. She is an absolute pleasure to be around, with her bright smile and lively composure. We feel lucky to have her on our team. She continues to be one of the most enthusiastic people on our team, and it is for this reason that she is our Star Performer for this quarter!

MELROSE MANOR



TIISETSO MOLOI
Assistant Administrator

Tiisetso Moloï is San Sereno's Assistant Administrator and is the first face you'll see when you walk into the Admin Office. She is a true asset to the team and is a dedicated, hard-working individual. Tii is a team player, who commits herself to everything she does. Tii is always helpful and no task is too big or too small when it comes to her. Congratulations on being chosen San Sereno Star Performer!

SAN SERENO



NOEL NEETHLING
Front of House Supervisor

Noel is a new member of our Auria team at Woodside. He exemplifies what an Auria star performer should be by being both diligent and enthusiastic about his work and service. He always greets our residents, and his charming demeanour has won numerous praises amongst our Community. Noel's interests include philosophy and when not watching sports or engaging in exercise activities, he enjoys composing and listening to music. He shares four children with his wife, Constance, with one on the way! Noel's philosophy is to have a positive influence on everyone that he comes into contact with. This is the winning attitude that has won him the recognition of Woodside's Star Performer.

WOODSIDE



OUR SAN SERENO COMMUNITY

Dear

Residents & Families

As 2022 draws to a close, the San Sereno team would like to wish our residents and family members a blessed and safe festive season. We have had an exciting and eventful 2022 and are grateful to all who made it the successful and wonderful year that it was.

Included in the changes in 2022 were

the upgrades to the Bowling Green and surrounding areas. I sincerely hope our Bowlers feel the love and effort that was put into this upgrade.

No 2022 update would be complete without mentioning our newest and most beloved Resident Companion who lives in the Care Centre. Sasha, the 5-year-old Labrador, has blessed San Sereno with her loving presence and has been living with us since September.

We just want to thank the residents for their continued support of all our San Sereno events. We know that San Sereno would not be the same without our wonderful community of residents. We are looking forward to hosting many more events in the New Year.

A huge thank you must go out to the San Sereno Team, who have dedicated much time and effort to making 2022 the wonderful year that it was. I wish you and your families a wonderful holiday period.

The San Sereno Team look forward to hosting our December events and hope that all who are staying in Johannesburg join us for our celebrations.

Warm regards,

Mario Maree
San Sereno General Manager

Celebrations

We believe that every day is worth celebrating, but some extra special celebrations are worthy of mention at San Sereno.

MILESTONE BIRTHDAYS**OCTOBER**

Shirley Dienst
Annette Kien
Merlyn Munr

NOVEMBER

Michael Carvalho
Bernard
Davies-Jones
Clive Richardson
Charles Willemse
Barbara Crewe

DECEMBER

Carole Sampson
Sandy Smith

MILESTONE ANNIVERSARIES**SEPTEMBER**

Yvonne and
Rodney Bastion
(55th Wedding
Anniversary)

Welcome

DIANNE AND PETER GAIN

Dianne and Peter Gain are thrilled to be moving to San Sereno in October.

They have been blessed with 48 years together, raising four children (all boys), two of whom live overseas and two in Cape Town. They have a total of nine grandchildren. Dianne and Peter have travelled extensively and share a passion for art, music, and theatre.

Peter is a chartered accountant who has served on numerous boards of directors throughout his successful career. Dianne has had a 28-year career in the health and nutrition industry, qualifying for Herbalife

San Sereno has recently welcomed new residents to our community. We wish them many happy years with us.

International's Executive President's Team.

Dianne stays fit by participating in ballroom and Latin dancing, as well as golf and bowling. They are excited to meet new residents with whom they can play bridge and plan to take advantage of the wellness and social offerings at San Sereno. We are excited to be a part of creating new memories with them both.



Flower Crown Workshop

Summer means happy times and lots of sunshine. Our residents at San Sereno made the most of the outdoors by creating beautiful flower crowns at our flower crown workshop. Aren't they stunning?



OUR SAN SERENO COMMUNITY



SAN SERENO
—
Bryanston

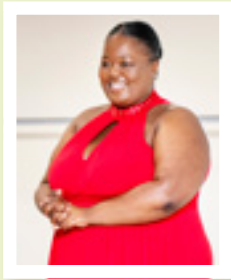
A NIGHT AT THE OPERA

Our San Sereno residents were entertained by soprano, Khayakazi Madlala and tenor, Phenye Modiane accompanied by Andrew Duncan from the Johannesburg Opera singing "Music from the movies." The Johannesburg Opera is a performing arts and entertainment company focusing on opera-related productions, concerts, and events. An amazing time was had by all.



What an extraordinary evening

To celebrate the end of the bowls season at San Sereno, our team put on a special evening filled with mouth-watering dishes, delicious drinks and live entertainment for all to enjoy.





PUB QUIZ

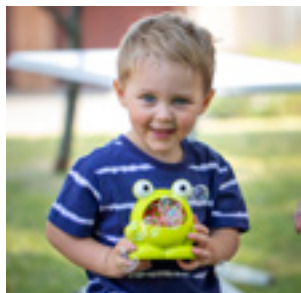
A night of trivia was enjoyed by our San Sereno residents.



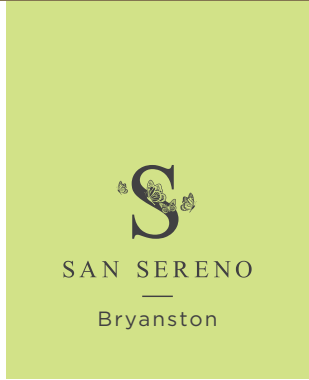
FUN *with Family*

**“The memories we make with our family is everything.”
Candace Cameron Bure**

Food Stations and face painting were only some of the attractions at San Sereno’s Family Day, where our residents spent a fun and relaxing day with their nearest and dearest.



OUR SAN SERENO COMMUNITY



Celebrating San Sereno's 5th Anniversary as an Auria Senior Living Community

Champagne, mouth-watering cake and lots of laughs were shared by everyone in celebration of San Sereno's 5th Anniversary. Thank you to our incredible residents and team who make San Sereno such a wonderful community.



Spectacular Gardens

AT SAN SERENO

**“The garden is a love song,
a duet between a human being
and mother nature”**

With the summer rains in Joburg having started, our residents’ gardens are looking immaculate and what better way to experience their beauty than by doing a garden tour for all to see.



OUR MELROSE MANOR COMMUNITY



Dear

Residents & Families

The year 2022 is almost at an end, and looking back, it has been an eventful year with great events, milestone birthdays and changes in the Management team.

As we enter the festive season, I find it is an important time to reflect on one's year. I want to thank all the residents and families for their support over the last year. It has been an enjoyable experience moving into the General Manager role and introducing some new events throughout the year.

Thank you to the staff members who made a difference in our residents' lives every day. Your hard work & dedication is appreciated. For the team members taking some time off, I hope you travel safely and have some well-deserved rest and time with your families.

Our team from Melrose Manor would like to wish our residents and their families a Chag Chanukah Sameach and a Merry Christmas.

Warm regards,

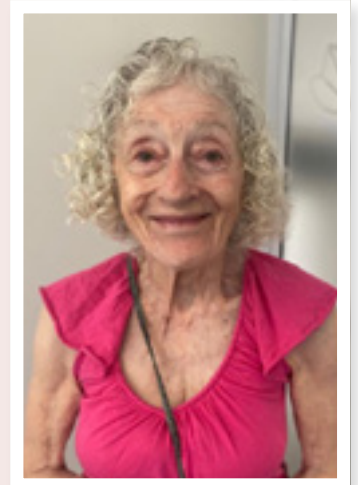
Johann Nienaber
Melrose Manor General Manager

Welcome

We have recently welcomed several new residents to our community. We wish them many happy years with us.

SIMONE WOLSON

Simone was born and raised in Pretoria. She completed her studies as a physiotherapist. Her passion for people and helping others led her to specialise in paediatrics. Simone is moving from Cape Town to Melrose Manor, to be closer to her family here in Johannesburg. Simone loves to read and spend time outside. She is also a keen gardener and loves to exercise. Simone is most looking forward to this next chapter of her life which she hopes will be filled with relaxation.



VIVIENNE BUDLENDER

Vivienne was born and raised in Johannesburg. She has a love for working with people which led her to the social work field. She was the head social worker at Tara hospital for many years. She is an extrovert and loves engaging in meaningful discussions. Vivienne is the proud mother of two daughters, one of whom lives in Australia whilst the other lives close by. She is most looking forward to having people around and the convenience of services available at Melrose Manor.



SHIRLEY KAPLAN

Shirley was born and raised in Harrismith. She is a lover of books and enjoys spending her time with people. Shirley heard about Melrose Manor through her daughter-in-law, whose own mom is a Melrose manor resident.

WENDY ABRAMS

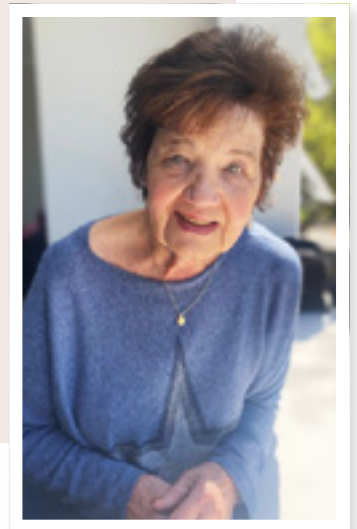
Wendy has lived in Johannesburg for most of her life. She currently lives in Strathaven and loves the Melrose area. Wendy worked in law firms as a receptionist for most of her career. She is now keen on spending time with friends and family. Wendy is the proud mother of one daughter who lives in Australia. She is a keen gardener and likes to keep busy. She is most looking forward to starting fresh and attending the exercise classes at Melrose Manor, especially the Aqua Aerobics.

MYRON SANDWICK

Dr Myron Sandwick has lived in Port Elizabeth his whole life and came to Johannesburg to complete his Bachelor of Dental Science. Myron will be moving from Port Elizabeth to Melrose Manor to be closer to his family. Myron is the proud father of two children, one daughter in Boston and one son in Johannesburg. He enjoys keeping up with current affairs, listening to music and playing bridge. Myron is a lover of sports and was a provincial bowls player. He is most looking forward to reconnecting with old friends and spending time with his family.

LUCY GROENENSTEIN

Lucy was born and raised in Oaklands, Johannesburg. She is an accomplished accountant, having started her own accounting firm in the Dunkeld area. Lucy is the proud mother of three daughters, five grandchildren and four great-grandchildren. Lucy loves to keep busy and enjoys knitting, crocheting and jewellery making. Lucy looks forward to joining our community and attending all the social and wellness activities offered at Melrose Manor.



Celebrations

Whilst every day is worth celebrating, there have recently been some extra special celebrations at Melrose Manor.

MILESTONE BIRTHDAYS

OCTOBER

Felicia Edelstein
Ida Harmon turned 100!

NOVEMBER

Sheila Edelstein
Jennifer Marks

DECEMBER

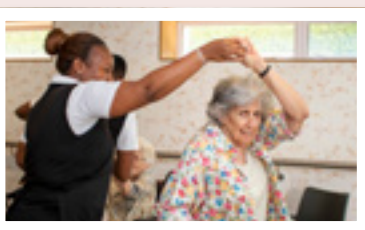
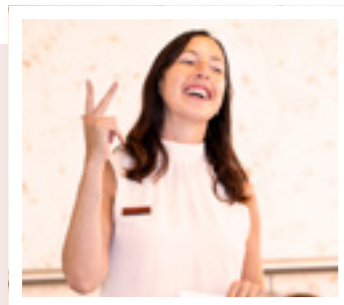
Norman Kades
Arlene Herr

OUR MELROSE MANOR COMMUNITY



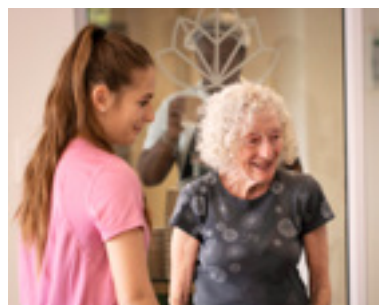
AN EDUCATIONAL Luncheon

During Mental Health Awareness Month our residents were treated to a delicious lunch and an educational talk with Kim Lewitte, Occupational Therapist. Kim explained how keeping your mind active goes a long way in keeping your mental health in the best shape.



LET'S DANCE

Our Melrose Residents took to the dance floor for their morning of exercise! The Auria Team are always finding ways of making exercise a joyful experience.



A night to Remember

All dressed up and ready for an evening of fine dining and entertainment.

Our residents invited their family and friends to experience our very first Dine Out event in Melrose Manor's dining room. The five-star cuisine, together with the musical stylings of violinist Kristel Birkholtz took the evening to new heights and was thoroughly enjoyed by all. We are looking forward to the next one.

Rave reviews from our residents:

“

Johann and his team outdid themselves last night. We had a magnificent fine dining experience at Melrose Manor. The food was delicious, superbly plated and was definitely Michelin star worthy. I have never experienced better. The decor was beautiful and the atmosphere was relaxed and happy. We are so blessed to have this wonderful and committed team here. Under Johann's leadership, they have created a very high level of retirement home living.

MARLENE FRIEDLANDER

”

“

To Johann and each and every one on his team. Compliments for an incredible evening. The time and effort, décor and presentation, the delicious food and the added ambiance of the violin, made for an unforgettable experience!

NAOMI KAPLAN

”



OUR WOODSIDE COMMUNITY

WOODSIDE
—
Rondebosch



Dear

*Residents
& Families*

The holiday season has arrived, and it is time to reflect on another year. With all of the exciting changes that have occurred, this year has flown by faster than others. We appreciate the new clubhouse with all of the bells and whistles. It has been wonderful to see residents enjoying the Wellness Centre and the various classes available, as well as relaxing in the lounge areas with friends.

We have an exciting year ahead with a few more interesting developments that will take place. But for now, we will all have to wait and see.

Thank you to all the residents for their support throughout the year. And all our team members for your dedication to making a difference in our residents' lives every day. May the coming year be the most fruitful year of our lives.

Happy holidays and a happy new year to all.

Warm regards,
Quintin Mulwitsky
Woodside General Manager

Celebrations

Everyday is a celebration at Woodside, here are a few extra special occasions we celebrated recently.

MILESTONE ANNIVERSARIES

Ken & Gail Nicol
(50th Wedding Anniversary)

MILESTONE BIRTHDAYS

OCTOBER

Elizabeth Bell
Annette Scott
Shirley Lowndes
Sydney Cullis
Ray Shrosbree
Myrna McGhie
Daphne Olivier
Elvira Hamblin

NOVEMBER

Trevor Smith
Charles Villa-Vicencio
June Charlton
Garth Hutton
Simon Pearson
Starr Yeowart

DECEMBER

Penny Rowe-Roberts
Roy Melville
Hilary Botha

Welcome

We have recently welcomed several new residents to our community. We wish them many happy years with us.

LAURIE PURCHASE

Laurie has joined our Woodside Community and is looking forward to living a tranquil life in an area he is well familiar with. Laurie, a talented amateur photographer who prefers landscapes and wildlife, would fit right in with some of our photography residents. Laurie enjoys nature and is interested in art, travel, hiking, and sports (rugby and cricket). Laurie and his family have resided in the neighbourhood on and off for almost 40 years. His two daughters have moved abroad.

Laurie has worked in retail and considers himself a content introvert.

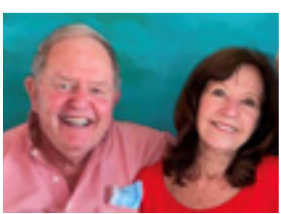
We have no doubt that Laurie's next chapter at Woodside will tick all of his boxes and exceed all of his expectations.



BEV AND TOM FAIR

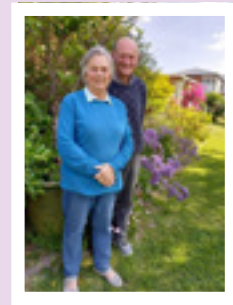
Bev and Tom are excited to be joining our Woodside Community. They have been together for 20 years. Tom taught maths at Bishops Diocesan College for 36 years and, since retiring, has run a home maintenance business, doing all types of repairs, no matter how minor or large, and relishing the opportunity to demonstrate his abilities. Bev is a piano instructor at Bishops and is about to retire after 32 years. She continues to play and accompany anyone who requires her for instruments or vocals. They enjoy walks in the mountains with

their dog Frodo and look forward to many more opportunities to share their lives together.



CATHERINE AND SYD CULLIS

Durban-born Catherine studied biology and worked as a medical research technician before becoming a mother. She enjoys crossword puzzles, reading, and playing bridge. Syd grew up in Cape Town, attended UCT, and trained as a general surgeon in Durban and Groote Schuur. As a Senior Lecturer in UCT's Department of Surgery, he helped establish laparoscopic surgery in South Africa. He's fascinated by South African Antarctic explorations. Other hobbies include choral singing and model trains. Catherine and Syd were hockey players and they met at a pub after a game! The rest – they say – was history. They have two children and five grandchildren, all of whom reside in Cape Town. Syd and Catherine love watching their grandchildren play sports. They are keen travellers and have had the opportunity of visiting all seven continents. We wish them the best in their beautiful new house at Woodside.



KITTY AND ANTHONY PLUMMER

Kitty and Anthony have been married for 56 years and are relocating from their home in Kenilworth for over 31 years. They have one son and two twin granddaughters. Anthony worked for the same law firm for 43 years as an attorney, notary, and conveyancer. His passions include listening to live and recorded classical music, and researching, compiling, and presenting programmes. Kitty is a nature enthusiast who enjoys gardening. She ran a small garden maintenance and landscaping business for many years. After many years of waiting, they were overjoyed to be offered one of the beautifully refurbished apartments at Woodside. They are already enjoying the village's tranquil atmosphere and wonderful amenities, particularly Café Auria. They are both avid readers, and the fantastic library has piqued their interest. They know many of the residents and are excited to meet many more.



OUR WOODSIDE COMMUNITY



WOODSIDE
Rondebosch

Seafood Evening

Residents enjoyed pre-drinks at our residents' social as a precursor to the seafood spread lined up for dinner.



GIN TASTING WITH A VIEW

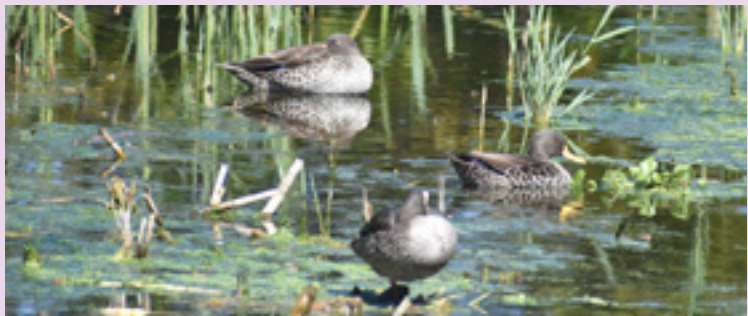
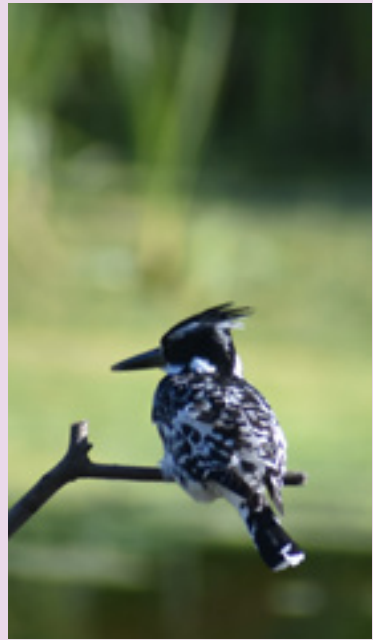
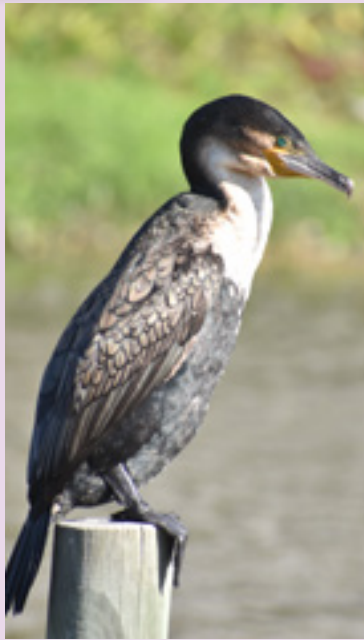
On the official International Gin and Tonic Day, we held a lovely afternoon gin tasting for our residents. Our hostess for the tasting was Jacorine from the Cape Town Gin Company; she provided background on gin production and recommended garnishes to complement each variety.





INTAKA ISLAND

Our residents had an amazing afternoon with our guide Ruan, learning about all of the amazing work they do on Intaka Island and being shown some great bird-watching spots on the island.



OUR WOODSIDE COMMUNITY



WOODSIDE
Rondebosch

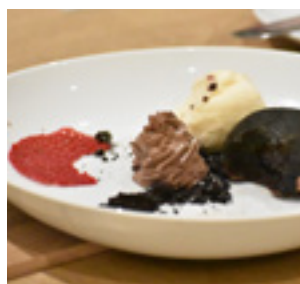
A CULINARY MASTERCLASS by Chef Justin

On International Chef's Day, Chef Justin treated our residents to a culinary masterclass. Questions were asked and notes were taken whilst enjoying the expertly crafted dish.



FOOD & WINE PAIRING

Our Woodside residents had an incredible time at our food and wine pairing evening, hosted by general manager, Quinton. This took place in the newly renovated main dining room with mouth-watering dishes by our culinary team paired with the finest selection of wines. Cheers to good food, good wine and great company.



Woodside's first braai of the season



Woodside, our community in Cape Town, hosted their very first braai day, with all the South African braai favourites. What a fun afternoon.



COMMUNITY UPDATE

R
ROYAL VIEW
—
Sandringham



Dear
*Residents
& Families*

As the year draws to a close, it's a good time to reflect back on some of the milestones we've achieved.

We are nearing the end of phase 1 development, and as the development crew begins to depart, we can shift our focus to bringing Royal View to life.

The management team has been working hard to ensure the facilities and services are open for your enjoyment. Monday through to Sunday, 7am to 4pm, the library, lounge, and Café Auria are open. Come experience perfectly brewed coffee prepared by our baristas, as well as delectable confectionery products prepared by our Chef, Ashley Johnson.

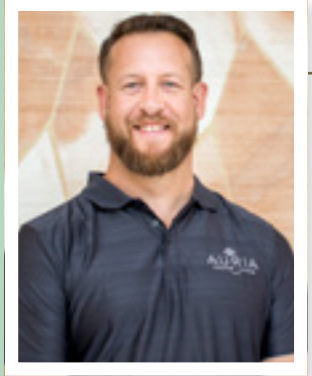
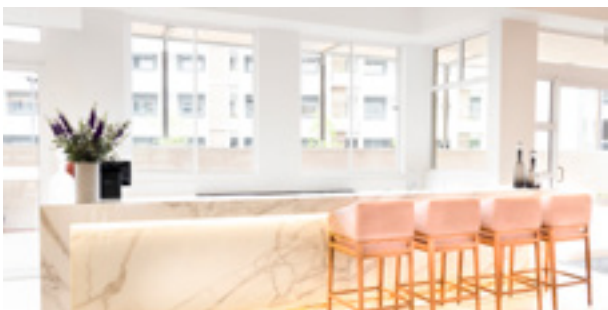
We are thrilled to welcome our first residents to Royal View and look forward to welcoming many more new faces.

Amber, Ashley, and Crystal have been hard at work on our Social and Wellness Calendar, which will be available in December and will feature a wide range of activities and events.

From everyone at Royal View, we wish everyone a pleasant December and safe travels to those who are travelling.

Warm regards,
Lisa Strydom
Royal View General Manager





JACO GREYLING
Royal View
Risk Manager

Jaco has 16 years of security experience, during which he has been exposed to different sectors of security and specialised in the hospitality industry.

His career began at Montecasino as an anti-robbery reaction officer and VIP security, from where he progressed to top 5-star properties in Johannesburg including The Balalaika Hotel and Crown Court, DaVinci Hotel and Suites and The Leonardo.

Security is not the only thing Jaco is passionate about, he obtained his Scuba Diving Instructors license in South-East Asia. He was fortunate to be part of the support diving team to Rob Lalumiere for a deep wreck dive of a sunken US Battleship in the Philippines.

Jaco is incredibly excited to join the Royal View team, get to know all our residents and ensure all security protocols are always upheld.



Our Security Team at Royal View is ready to receive and guard our Royal View Residents



COMMUNITY UPDATE



CORAL COVE
—
Sheffield Beach



Coral Cove's show unit is open and ready for viewing

Penny Coelen-Rey, South Africa's first Miss World and Coral Cove's first resident, chatted with us in our newly built show unit about why she is moving to Auria Senior Living's latest development on the North Coast.

“

“I always wanted to retire somewhere with a sea view,” says Coelen-Rey. “Living at Coral Cove will enable me to continue living that life, but with an added layer of support and care should I ever need it. I love the fact that the day-to-day things are taken care of and that I'll be able to stay active and creative, spending time with friends and doing the things I enjoy.”

”

Coral Cove will be situated on the magnificent North Coast of KZN in Zululami Luxury Coastal Estate on Sheffield Beach.



CHEF ASHLEY FROM ROYAL VIEW TELLS US WHY THE MALVA PUDDING IS HIS FAVOURITE HOLIDAY TREAT

The Malva Pudding, unassuming as it may seem, is my favourite holiday treat. Ever since I was a young boy,

spending Christmas in the sweltering Durban summer, my mother's Malva pudding was an essential part of our holiday celebrations. That all-pervasive delicious nuttiness is what comes to mind whenever I think of Christmas. Playing outside on bright Christmas mornings, the aroma of Malva baking in the oven calls out to me like a noon bell announcing that our big family feast is about to commence. Malva has been a staple of my Christmas celebrations for as long as I can remember as I attempt to relive those nostalgic feelings. This year, I'm spicing it up with some sherry and orange juice.

CHEF JUSTIN FROM WOODSIDE ON HIS CHOICE FOR A FESTIVE MEAL

My cooking is one way I promote festive enthusiasm and Christmas cheer. Cindy, my wife, adores Christmas with all of its customary fares. Her favourite meal is glazed apricot gammon with cranberry chutney. Every year, we make this with all the trimmings! Dessert included crème brûlée and raspberry sorbet made from scratch. It reminded her of home and offered her joy and comfort because we were separated from her family. This is a tradition I'd like to start with my son, Jaxon, and teach him how to cook. This Christmas my team and I will be preparing apricot glazed gammon with cranberry chutney.



A CHEFS INSPIRATION

BY ADI GELBART

With the holiday season upon us, Auria's esteemed chefs share with us the memories that serve as inspiration when preparing a menu, meal or dish during the festive season.

CHEF WERNER FROM SAN SERENO ON THE JOY OF THE FESTIVE SEASON MEAL

My inspiration comes from my childhood when my large family of about 15 people came together to celebrate a tradition. Sharing is caring.

There is nothing quite like a family sitting around the Christmas lunch table, excited about the gifts that we received. Aromas of roast ham and lamb in the air, garlic potatoes and lots of butter about to be served in large dishes in the middle of the table! Everyone helps themselves with as much as they can handle - and there are guaranteed to be some leftovers for breakfast sandwiches the following morning! Once we have had our feast, bellies full and completely satisfied, we would go around the table, each family member saying what they are most thankful for throughout the year. It's a blessing to be fortunate enough to be able to enjoy a traditional family Christmas each year!



“The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other.”
Chef Werner's favourite quote on fruitcake.



WELLNESS

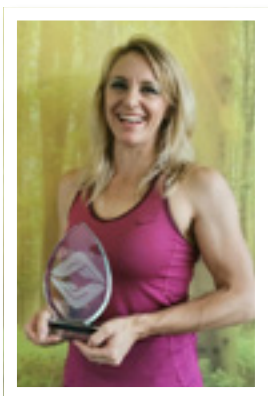
Wellness

An Auria Senior Living community is designed to enhance convenience, social life and wellness.

Everything we do within our communities – our people, our culture, our hospitality, our accommodation and our specialised care facilities – are guided by four fundamental principles: Engaging Lifestyle, Quality of Care, Constant Advice and Support, and Peace of Mind.

HEALTHY AGEING

BY JOANNA COETZEE, BIKINETICIST



Joanna Coetzee has been San Sereno's Biokineticist since 2006. She has a special interest in geriatrics, rheumatology and motor disorders. In 2020 she received a Primary Healthcare Practitioner Excellence Award for her significant contribution to the Development of Hydrotherapy in the Biokinetics profession (ASAIPA National Medical Awards).

Joanna shares her insights on the benefits of engaging in an active ageing lifestyle and the positive wellness outcomes it provides.

The World Health Organization defines healthy ageing as the process of developing and maintaining the functional ability that enables well-being in older age.

“Active ageing is for all ages, despite the common misconceptions. It's about committing to a healthier, longer life while increasing future enjoyment. Strength and cardio training now ensure future control and endurance. Long-term functionality and higher quality of life result.”

The right exercise and lifestyle choices are the two of the most important factors influencing functional ability – directly impacting the quality of life.

Our Auria communities encourage an active lifestyle by offering our residents fun and engaging group classes every day which include:

- Aqua aerobics
- Pilates
- Yoga
- Stretch and tone
- 'Get fit' gym-aerobics
- Balance and gait
- Tai chi
- Drum fit

A registered biokineticist and physiotherapist are placed at each Auria community offering guidance and support for all our residents. They address the individual needs of a resident such as managing diabetes or hypertension and offer a hands-on approach for residents recovering from surgery or injury.

At Auria, we keep in mind that our residents have a wide range of physical abilities, and we tailor our sessions to their needs. This influences exercise selection, order, and intensity. Our instructors take pride in their ability to tailor exercises to the specific needs of their students.

The group session instructor must modify the exercise due to age-related changes. Joints, muscles, balance, agility, eyesight, and hearing are all affected by changes in the

nervous system. These variables influence small-group training adaptations.

Most of our communities have indoor, heated pools that are open all year. Aqua aerobics classes provide a gravity-free environment for balance, coordination, and vigorous exercise. People who can't walk or move quickly can run and jump in the water. Many conditions can be treated in the pool, under skilful guidance from our biokineticists and physiotherapists. The pool relieves the pain of osteoarthritis and rheumatoid arthritis. Patients with motor disorders can walk without fear of falling or injuring themselves.



A stand-out feature of Auria centres is the SCIFIT Latitude Lateral Stability Trainer that can be found in our wellness centre gyms.

The Latitude Lateral Stability Trainer uses a circular and side-to-side motion to help people of all fitness levels build muscles - and confidence - to stay active. It allows users to exercise in a recumbent position and strengthens gait stabilisation muscles by activating firing patterns missed by recumbent cycle machines.

Other Latitude features:

- Bi-directional motion activates different muscle firing patterns depending on the direction - either inward or outward.
- Easy ingress and egress with a step-through design and highly adjustable seat.
- Seat removes for simple wheelchair access.
- Oversized, orthopaedic foot pads with heel cups and foot straps add safety, comfort and visibility.
- 191 resistance levels at increments of 0.1 allow users to start where they're comfortable and progressively build from there.

Over 25 years, hospitals, rehab centres, and therapy clinics worldwide have used SCIFIT equipment. SCIFIT Latitude improves strength, balance, flexibility, and endurance, making daily tasks easier. These changes can prevent slips, trips, and falls and speed injury recovery. The SCIFIT Latitude's unique features make simple tasks like putting on a sock or shoe easier. Simple, familiar movements improve functional health and promote independence.

SCIFIT Latitude's pre-set programmes improve heart health, strength, endurance, range of motion, flexibility, and balance. The large touchscreen menu has high colour contrast and large font size. The SCIFIT Latitude has bi-directional resistance, allowing the user to exercise in both forward and reverse. Bi-directional resistance helps recruit reciprocal muscle groups and reduces muscle imbalance injuries. Changing directions can reduce localised fatigue, extending workouts. Safety features reduce injury risk. The SCIFIT Latitude has sturdy side handrails and low starting resistance to keep users safe while exercising.

“Chronologically ageing” doesn't mean your later years will be worse. Respond to nature's course by adopting an active lifestyle. It will affect your future and golden years.



WELLNESS

World Alzheimer's Day

World Alzheimer's Day is celebrated on 21 September each year. On this day, the world concentrates its efforts on creating awareness of Alzheimer's disease.

World Alzheimer's Day is the perfect opportunity for us to raise our voices and find new ways of fighting the disease's effects. Beautiful events were held at Woodside in Cape Town and San Sereno in Bryanston for our residents.

The heart holds what the mind cannot.



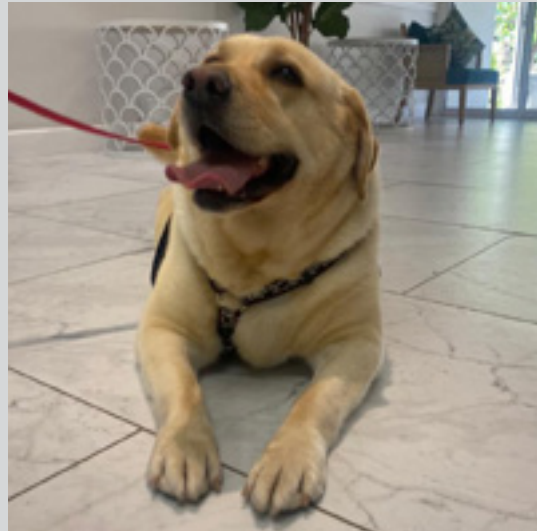


World Heart Day at Auria

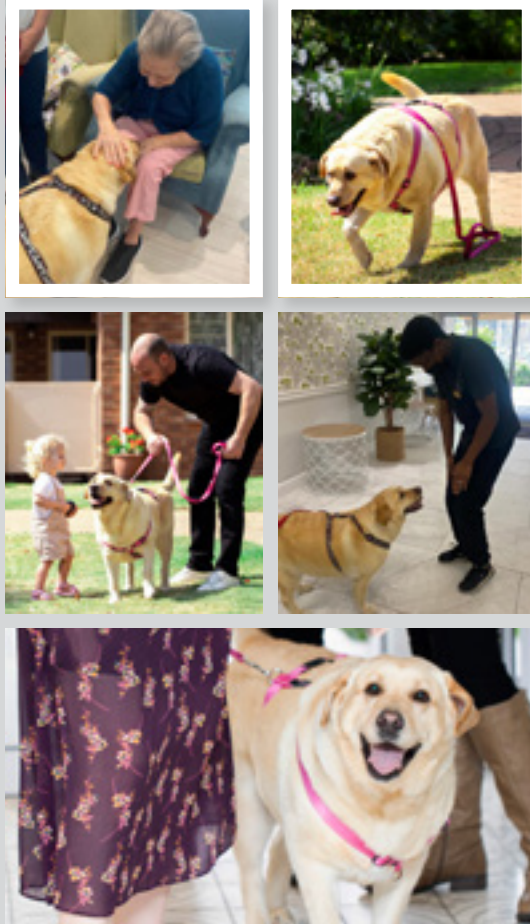
World Heart Day was celebrated across our various communities. World Heart Day is a global campaign during which individuals, families and communities around the world participate in activities to take charge of their heart health and that of others.



A new member of *the team!*



Sasha joined the Care Team as a team member at San Sereno. Sasha is 5 years old and cannot wait to start going on walks with all our residents.



BY DOUGLAS GIBSON (SAN SERENO)

A GOOD MAN TO KNOW

**Douglas Gibson on
keeping the lights on!**



“

Moving to San Sereno, the Auria Senior Living community in Bryanston, did not mean retiring from life. On the contrary, Pam and I are living a good and satisfying life, with many new friends, even with some of the health negatives that come with outliving (by far) the biblical three score years and ten.

”

Douglas Gibson is a writer, analyst and public speaker. Former Opposition Chief Whip and Ambassador to Thailand, Laos, Cambodia and Myanmar (Burma). Permanent Observer to UNESCAP.

We were exemplary and obedient parents. Our son and his wife told us on a Sunday some years ago that we should put our names down so that when we were ready, we would have somewhere good to go. By the Thursday of that week, we were on the list at San Sereno and a few years later, now three years ago, we moved into a renovated garden villa, done to Auria standards. We have never looked back.

After our 4-year term in Thailand, I decided not to return to Parliament; I did not intend to practise as an attorney and I would not seek another diplomatic appointment. I would write, be a public speaker, help the DA in any way I could and carry on my interest in public affairs and social media.

This I have done for over ten years. I write a fortnightly column in The Star that is republished in Politicsweb; I write now and then for News24; as a public speaker, I lecture on World Affairs on board cruise liners (all the Cunard ships), Crystal Cruises, and all the Seabourn ships. In this way, we have visited many fascinating parts of the world ranging from Alaska, Japan, New Zealand, Australia, Vietnam, the Philippines, Hong Kong, Singapore, Victoria, Seattle and many more.

For the DA, I serve on the Federal Legal Commission, mentor several young people, chair the Selection Panel for MPs and MPLs and serve on the Selection Panel for city councillors.

I had a two-year stint before 2020 as a non-executive director of City Power Johannesburg SOC Limited, the R20 billion utility company supplying electricity to most of Johannesburg. Earlier this year, I was asked to submit my name for a new appointment to City Power and to my surprise I was made the non-executive chair of the board. Some of my friends were horrified at my being prepared to enter the lion's den, but I accepted it as a challenge worth tackling.

I am not an electrical engineer, but I have significant experience as an attorney for some major companies. I have governance and financial experience after serving in the Department of Justice, the Transvaal



South African ambassador Douglas Gibson, Khunying Jawaratana Tejavej, Pamela Gibson, Suvimol and Prayudh Mahagitsiri

Provincial Council for 16 years, local government for five years, including some years on the Management Committee with a term as chairperson, Parliament for 17 years, Public Accounts Committees in both places, Shadow Minister of Finance, and Accounting officer as Head of Mission in Thailand, Myanmar, Laos and Cambodia. I had four years as the permanent observer to the United Nations Economic and Social Commission for Asia and the Pacific and several other roles that led me to think I could play a part in putting City Power right.

My favourite joke is that when the lights are on, that's me. If they go off, I have nothing to do with it because I am a non-executive chair. Seriously though, I am loving being part of City Power, learning a lot about energy and doing my best to see to it that the company transitions from a simple distributor of electricity to a major energy company with prosumers as well as consumers. Because of the political changes in Johannesburg, my term at City Power is likely to end early next year, but until then I intend to carry on fighting for our customers who are entitled to a reliable and constant supply of energy.

One of the interesting things I am involved in is serving on the Residents' Committee (ResCom) at San Sereno, doing what I can to look after the Maintenance, Health and Safety Portfolio. Pam and I had reason to be impressed with the care given to residents when we had COVID earlier this year. We were in isolation at home and not sick enough to go to hospital, but the kind, smiling and thoroughly professional visits we had twice a day for 10 days from the Care Centre nurses were a revelation.

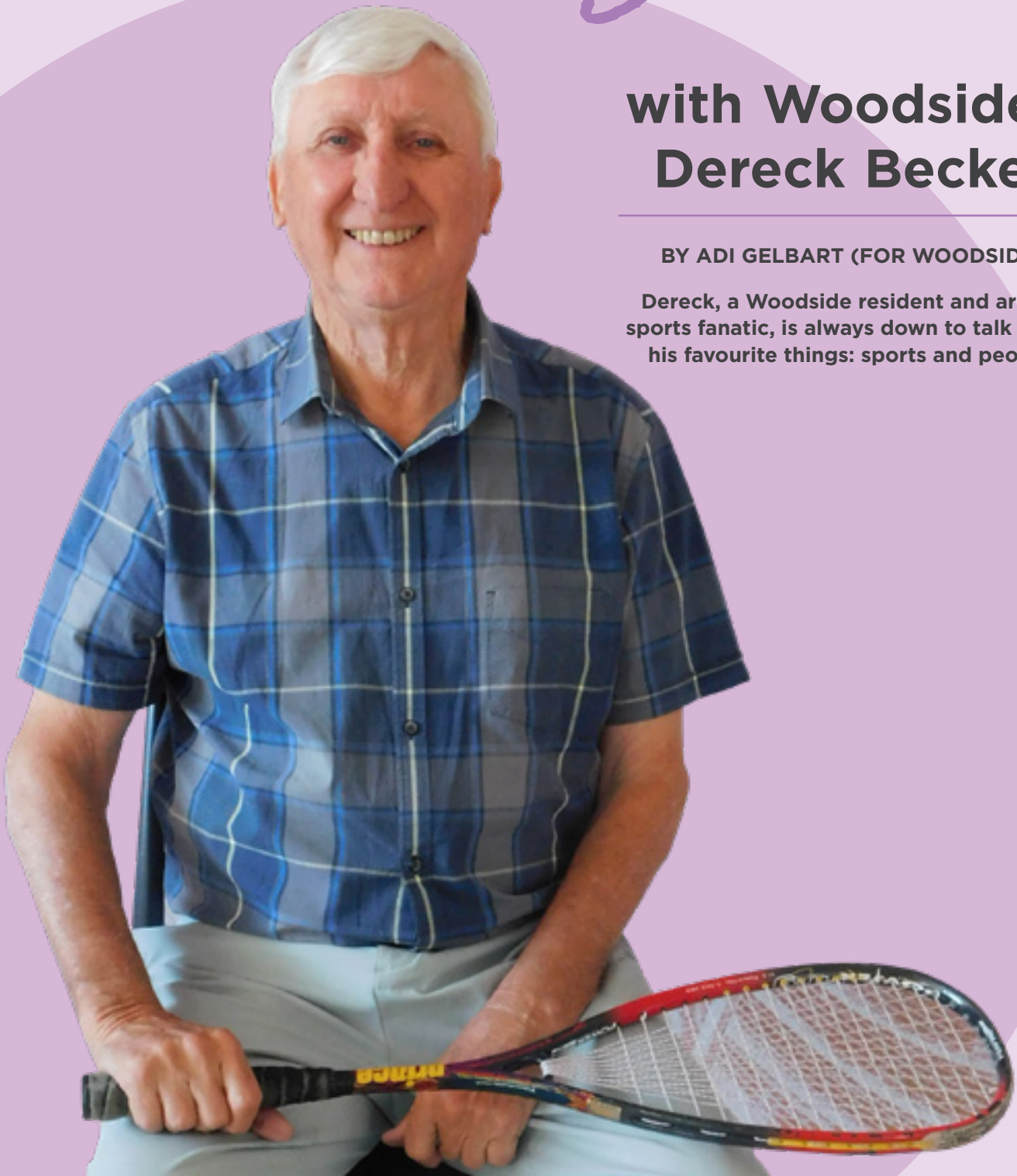
We have confidence that if we are ever really in need, we will be cared for properly and well. That is a happy reassurance for all Seniors.

For the love of The Game

with Woodside's Dereck Becker

BY ADI GELBART (FOR WOODSIDE)

Dereck, a Woodside resident and ardent sports fanatic, is always down to talk about his favourite things: sports and people.





Dereck's 80th birthday celebrations

Dereck began our conversation with an enthusiastic account of the previous night's event, at Woodside. Dereck and his travelling companions were treated to a memorable fine dining experience at Woodside's newly renovated dining room. The reunion dinner surpassed

expectations as the guests were treated to a fine dining experience that rivalled some of Cape Town's best gastronomic establishments. The added benefit of not being charged a corkage fee is in Dereck's opinion, a winning formula which will see Woodside's dining room become an extremely popular venue of choice, amongst our residents.

Dereck is one of the busiest people I've had the pleasure of meeting. The game of squash has taken him all over the world. This year he competed in the Master's Squash Championships in Poland. The Master Squash Championships is an individual tournament held every two years, in different countries, for age groups ranging from 45 to over 80. This popular tournament draws over 1000 participants from all over the world. Dereck has visited New Zealand, Germany, England, Hong Kong and the United States with this tournament.

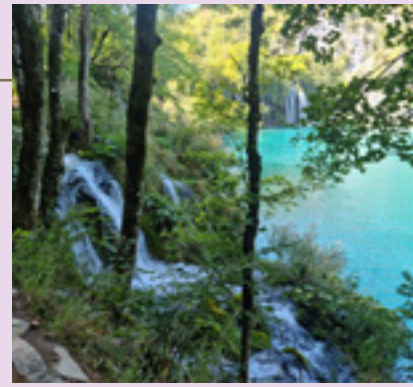
On Dereck's return from the tournament to South Africa, an eight-day Croatian island hopping cruise was squeezed into the itinerary as the perfect cap to an eventful month.

Dereck has been a Woodside resident since 2016 and is still very active every day, with no signs of slowing down. His weekly workout routine includes the gym, golf, and squash. With the Wellness Centre's magnificent upgrade, he intends to make full use of the heated indoor pool, adding another activity to his already-busy week.

Dereck loves to keep in contact with his friends and acquaintances that he has



Dereck and his friends exploring Croatia



Plitvice Lakes, Croatia

accumulated over the years. In coordinating and creating occasions to be social and active, Dereck marries his love for sports and social activities, seamlessly.

Dereck has always loved playing tennis, squash and golf and has had wonderful opportunities to meet people and see the world from his skill at the game.

After having enjoyed a long career as an accountant and a family man, Dereck is loving his life at Woodside.

"This place is just magic!" says Dereck. Being a man in his 80s one would expect more chill time to be on the cards. However, with a golf tour in Spain and Portugal lined up for next year and an array of activities at the Wellness Centre to try, not to mention a December holiday with his family to plan, there may simply not be enough time - for chill time!

“ Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. Greg Anderson ”

It is with this focus in Dereck's game that spills over into all aspects of his life.



Dereck on board the cruise ship



Dereck and his friends on their Croatia Island Hopping Cruise

San Sereno's

AUBREY WELSFORD

on the Art of War and life

BY DOT WILLIS (SAN SERENO)



Aubrey, another Durban native, went to Durban Preparatory High School and then Hilton College. He was an excellent all-around athlete who rose to become one of the school cadets' three company commanders and played for the first Rugby team. He stayed at Hilton to complete his sixth form because he was too young to enlist. In matric, he received a distinction in Maths. When one of the teachers became ill in July of his post matric year, the principal asked him to teach Maths to a first-year matric class. He was given ten pounds when he left.

Aubrey aspired to be a pilot and joined the Air Force after finishing 6th Form in 1943. He was assigned to Witbank Air School, where he learned to fly Tiger Moths. He was sent to Nigel Air School in December 1944 to train as a Bomber Pilot on twin-engine Oxfords and received his Pass Certificate with distinction.

On May 5, 1945, his course received its 'wings.' Germany surrendered on 8 May 1945, effectively ending the war in Europe. The South African government decided to return the troops as soon as possible. On 2 August 1945, he flew back to South Africa in a Dakota, collecting returning soldiers. It took three days to fly north and four days to return, for a total flight time of 47.5 hours!

He was demobilised in August 1945. When South Africa was sending crews to the Korean War in February 1951, he was called up to attend a refresher course at Harvard. He flew for 22 hours and that was the end of his SAAF career!

The young men who returned from the war were determined to catch up on their studies and with the ladies! He worked as an articled clerk for Hemphill Lucas & Purnell, a firm of chartered accountants. Natal University held lectures at 7:30am and after 6:00pm. He worked hard and qualified in May 1948, receiving an increase of two pounds ten shillings, bringing his monthly wage to fifteen pounds.

He played hockey and rugby for Berea Rovers Club in Durban during this time. He was asked to take over the Men's Hockey section in 1947 and Eunice was the secretary for the Ladies' Hockey Club. They married in 1949 after 'finding they were compatible,' according to Aubrey.

In January 1949, Aubrey joined Peat Marwick Mitchell, an auditing firm in Johannesburg, to gain more work experience. When he joined William Palmer & Son, they returned to Durban. He was later invited to become CEO of the National Board of Executors and relocated back to Johannesburg.

It was the top growth company listed on the Johannesburg Stock Exchange for the last ten years of his tenure as CEO. Don Collie, a fellow San Sereno resident, was working for Aubrey at the time, and he says he was an exceptional boss whom he admired. Don claims that he has never beaten Aubrey at squash!

Aubrey worked for Darling and Hodgson until he retired at the age of 60. He worked as the Business Manager at St Andrew's School for Girls in Bedfordview for five years before striking out on his own as a consultant. He served on the board of St Andrew's as well as the board of Hilton College. He was also the

Chairman of the Private School Pension Fund. In September of 2004, Eunice and Aubrey moved to San Sereno. Eunice furnished and decorated their new home, but she passed away in December of that year. Aubrey continued his love of sports by becoming Chairman of the Bowls Club and playing for many years.

He has always believed that staying fit keeps you young, and he attends one of our fitness classes every weekday. A fantastic role model for all of us. He is the father of five children, the grandfather of eight grandchildren, and the great grandfather of four great grandchildren. **Aubrey, we salute you!**

Aubrey aspired to be a pilot and joined the Air Force in 1943. He was sent to Nigel Air School in 1944 to train as a Bomber Pilot on twin-engine Oxfords and received his Pass Certificate with distinction.



Born To Sing

WITH BARBARA BERELL

BY ADI GELBART (FOR MELROSE MANOR)

Affectionately referred to as “Queen” by her carer Priscilla, it is easy to see how Barbara’s nickname quickly spread amongst the staff at Melrose Manor. Barbara’s gentle demeanour and kind, smiling eyes invited me to join her in the lounge for a cup of tea and a rusk.

Being a new resident at Melrose Manor, having relocated from Waverly in July of this year, Barbara has settled in with ease and seems to be right at home.

Barbara was born in Mossel Bay and relocated to Johannesburg at the age of eleven. Barbara’s love for music was a shared passion on the paternal side of her family. Her father and uncle were both singers and were instrumental in fuelling her passion for singing.

Barbara began singing at the age of three and recalls an interesting story when travelling to visit family with her mother. Certain events, no matter how big or small serve as turning points in our lives and have the power to influence future choices and paths taken on the journey. This was definitely one of them.



Barbara with her grandchildren



It was on the train ride from Oudshoorn to Johannesburg where Barbara and her mother were approached by two ladies from the neighbouring cabin.

Having overheard hours of singing the ladies were astounded to learn that the owner of the voice was that of a three-year-old. They insisted that Barbara should follow her passion, develop her voice, and pursue a career in singing.

These remarks could have been misconstrued as friendly banter between strangers, except that these strangers were both music teachers with an ear for talent.

Barbara continued singing throughout her schooling and university years, but it was only when she began singing under the instruction of Dr. Teasedale Griffiths (Doctor of Music) that her singing gained traction.

At this time Barbara married her university sweetheart and started a family.

Barbara sharpened her skill and talent with a lot of practice and guidance which culminated in her achieving a coloratura soprano. A coloratura soprano is the highest tessitura of any soprano subtype.

Teasedale Griffiths was good friends with the Wits' head of music, and together they formed a classical concert group with ten of the top operetta students, one of whom was Barbara.



Barbara holidaying by the sea

The concert group became very popular and performed at various venues - City Hall, theatres and clubs to name a few. Barbara belonged to a few choirs and partnered with fellow musician Chris Phillips. For many years they performed together and shared a wonderful partnership, performing and sharing a joy for song.

Barbara was approached on numerous occasions to take her singing career to the next level, with opportunities to perform internationally. However, raising three children, running a household, and marrying a successful doctor took precedence in her life.



Barbara, the matriarch of her family

I asked Barbara if she had any regrets in not going professional and she smiled and said that she sang for the love of it.

Being at Melrose Manor for the last five months has brought some unexpected delights. Barbara has found romance again with fellow resident Norman Kades. They share a history of friendship as Norman was a patient of Barbara's late husband.

Barbara enjoys attending musical events when on the Melrose Manor calendar and her favourite activity is Brain Gym with Kim.

Surrounded by love, music and friendship, what more can a gal ask for?



Barbara with her son, Clint



Barbara with her children



LA VITA È BELLA

Life is beautiful
through the eyes
of Mauro Galli

BY DOT WILLIS (SAN SERENO)



Mauro Galli (second from right) with motor racing legend Niki Lauda on the winners podium at the Citizens Grand Prix of South Africa, 1977

“The most beautiful city in the world.” This is the way in which Mauro Galli describes Florence, his birthplace. Florence is in his blood. It was the home of Michelangelo, Leonardo da Vinci, Botticelli and many others.

From the time Mauro was a young boy, he loved to wander through the city. He immersed himself in the culture, frequenting the museums and art galleries. The Uffizi Gallery was his favourite. His brother was an opera singer and occasionally Mauro was called on to take a small part.

After World War II, twice a year the fashion icons would hold a show in a magnificent 15th-century building, the Palazzo Pitti, which had belonged to the Medici family. Mauro loved to meet the models and to be part of this glamorous society. At only 15 years old, he was told that he had the perfect figure to become a model. He always dressed beautifully, and he still has the elegant body of a model.

Galli was a well-known name in Italy and Mauro says he lived a charmed life. After leaving school, Mauro served his compulsory two years in the Italian army but then found it difficult to secure a job as, at that time, unemployment in Italy was very high. One day, whilst walking through the Piazza del Duomo, he noticed a lady studying her guidebook. With his knowledge of Florence, he approached her and asked if she would like him to be her guide. She was delighted and over the next few days, he gave her a grand tour. On hearing he was unemployed, she said that her brother worked for a large engineering firm in Switzerland and she was sure she would be able to find him employment. Three weeks after

she had returned home, all the relevant documentation arrived and at 20 years old, he moved to Bern in Switzerland to be trained as a motor mechanic and welder.

During his time in Bern, he met a safari travel agent who persuaded him to move to South Africa. He arrived here in 1967. In those days Fattis and Monis had a shop in the centre of Johannesburg and on Saturdays, many of the Italian community would gather there for coffee and a chat. Mauro was voicing his frustration about Johannesburg being too modern with everything shutting down at the weekends, when a lady came up to him and invited him to come to a real Italian lunch the following day. He graciously accepted and arrived the next day beautifully dressed. This is where he met his future wife, Guiliana. It turned out that the hostess was Guiliana's best friend and she had persuaded her to invite this smart-looking man to lunch! Mario and Giuliana have two children and two grandchildren.



Mauro and his family



Mauro and his son, Sergio

By 1970 Mauro owned a filling station and motor garage called Rombo Motors, opposite John Vorster Square and had acquired the Fiat Agency. In those days the Grand Prix was still held at Kyalami and as Fiat owned Ferrari, Mauro was involved in the Grand Prix events. He was with the Ferrari team when Niki Lauda won the Citizens Grand Prix of South Africa, followed by Jodi Scheckter only 4,6 seconds behind him!

The next chapter in his life came about when Giuliana's cousin came across an Italian man who was importing tiles from Italy. The man had a small showroom in Alberton and would carry his samples around to his customers in a suitcase. The cousin saw the potential in this business and bought Italtile. He invited Mauro to be his Sales Manager and Mauro stayed with Italtile until he retired. Italtile has grown from that little showroom in Alberton to a listed company with 160 branches. Mauro insisted that his son and daughter be educated properly, teaching them that money can devalue but a brain does not! While she was still studying, Mauro's daughter worked for him over weekends. Once his son had obtained his degree, he also joined Italtile and is now a director of the company.



Mauro with his daughter, Silvia, buying his new car.



Mauro and his wife, Guiliana

Fight or Flight

Woodside's
Jimmy Lowndes
on surviving
a plane crash!

BY ADI GELBART (FOR WOODSIDE)

“

You know an aeroplane crash is not really something... You get into the aeroplane and you fly away. Something goes wrong and then you crash. It is as simple as that. Jimmy remarks in a matter-of-fact tone.

”





The Single Engine Cessna

As perplexing as the opening statement may appear, Woodside's Jimmy Lowndes took me through a detailed account of his life-changing experience, which lasted five nights of below-freezing temperatures and six unforgiving days without food, shelter, heat, or safety. An ordeal that pushed him to his physical, mental, and spiritual limits... and beyond.

Jimmy had worked for The Ovenstones/Suiderland Fishing Groups for over 40 years and it was during his tenure as the company's technical engineer that this fateful incident took place. The group had a 200m floating fish factory ship operating off West Africa (Mauretania). Jimmy oversaw the ship's technical operations and visited it when necessary. When the Mauretania venture ended, a Chilean lawyer contacted Ovenstones about a fishing concession in the north of Chile.

Jimmy was tasked with finding a suitable, safe and permanent location to moor a large shipping vessel which was at the time, laid up at Teneriffe, in the Canary Islands.

Jimmy's Chilean counterpart met him at the airport in Santiago the night before their mission. They were to fly from Santiago north of Chile's coast and find a suitable anchorage.

On the morning of their planned departure, Jimmy's composure appeared unchanged when confronted with an old dubious-looking single-engine Cessna fated to be their mode of transportation. The pilot tasked with flying the aircraft was a helicopter pilot, with limited navigational skills (unbeknown at the time). Most people would have fled for

the hills at this point, but Jimmy maintained his cool. A talent and temperament that turned out to be their saving grace.

They began their journey to Tal Tal from Santiago, Chile. Tal Tal was reached, despite the aircraft's advanced age, obvious maintenance defects, rusted brake discs, and incorrect air-fuel mixture. On their return to Santiago the following day, the pilot arrived with three jerry cans of 93 octane, rather than 100 octane, and elusive reassurances to the circumspect objections that Jimmy had raised. Because of the large fog bank moving in, the coastal route became impassable, and they all agreed on an alternate route through the Andes mountains, with the pilot omitting to file his flight plan before taking off.

Everything was going smoothly until they were a couple of hundred feet in the air and facing an oncoming river. They were travelling at 11000ft when they crashed into a hill, in the valley, due to the Cessna no longer being capable of climbing higher.

Surprisingly, aside from some mild injuries, the three survivors remained relatively unharmed. The aircraft, however, was wrecked together with all communication devices and means of alerting the outside world of their situation. The realisation of their unforgiving environment and lack of shelter, food and heat, understandably triggered the fight/flight stress response. Jimmy's innate ability to remain calm under pressure and his years of flight experience were invaluable in guiding them through the difficult situation they found themselves in.



Jimmy, the pilot and the Chilean counterpart smiling for the cameras at the school after the ordeal



The wrecked Cessna flanked by the survivors

With nightfall and freezing temperatures quickly approaching, the three men looked to the sparsely scattered small bushes as a possible source of heat. As they made their way through the first night, they used a cigarette lighter to set fire to various shrubs, which provided both physical warmth and the necessary mental affirmation to keep going.

The next day, they began their journey back down the river in search of civilization. They went without food and shelter for yet another night; building and tending to a fire - until dawn.

On the third day, rain clouds threatened another challenge to their already harsh circumstances.

In the pouring rain, they set out determined to keep going. Navigating obstacles of the harsh terrain included climbing huge boulders and wading through dense bush. Their strength waning from hunger, they found brief refuge in a cave where they built a fire and dried their clothing.

Eventually, after crossing the river dozens of times, they reached a point where two rivers converged, and discovered instruments for measuring the speed and volume of the water flowing through the area.

Finally, evidence of life!

The men were ushered into a nearby caretaker's tent. The caretaker and his nephew offered them shelter, bread, hot tea, and cheese made from goats' milk. This small gift revived their weary spirits and bodies like manna from heaven.

The following morning the young man (nephew of the caretaker) scurried off to seek assistance in the nearest town. The news of the plane crash had spread through the airwaves, and they were informed that the young boy had arrived in town and that a helicopter was scheduled to pick them up. Due to the poor flying conditions, it was decided that two police officers from the small town would ride up the mountain on horseback, accompanied by three extra horses, to retrieve the brave survivors. The six-hour harrowing journey on horseback was, in hindsight, the only feasible option in traversing the path back from the mountain.

Once they reached the town they were escorted to a school where a large navy helicopter and full television crew eagerly awaited their arrival. After a most welcome reprieve from their traumatic experience, the three men were taken to a hospital in Santiago to get medical attention and then flown home to their families.

Jimmy attributes his survival of the ordeal to a higher power and the experience of it has brought him closer to God.

Jimmy celebrated his 90th birthday in February this year and has been a happy resident at Woodside since 2007. Jimmy remarried and lives an independent, fulfilling life. Jimmy remains a valued and active member of the church.

What a remarkable man with an equally remarkable story of survival and a strong fight response!

A TRIBUTE TO THE QUEEN

The passing of the late Queen Elizabeth this year was met with many tributes pouring in from all over the world. Some of our Auria residents chose to honour the life of Her Majesty in their own special way. San Sereno royalists gathered in the garden by the pond, listening to Alan Munro's bagpipe recital.

Margaret Hubens in service to the late Queen Elizabeth

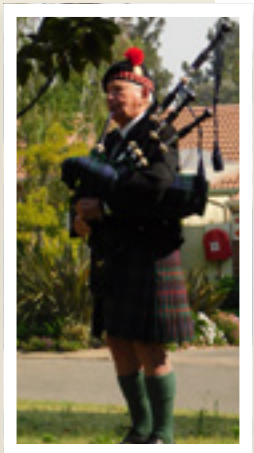
Margie, a San Sereno resident, has led an extraordinary life and worked in the service of the British government for 36 years.

During her career promoting trade between the UK and South Africa, Margie was honoured by the Queen, for her services to the British government and was made a member of The Most Excellent Order of the British Empire. During the course of her 40-year career, Margie attended numerous functions and had the good fortune of meeting the Queen at some of them.



Margie receiving her MBE at Buckingham Palace

BAGPIPES AT THE POND WITH ALAN MUNRO

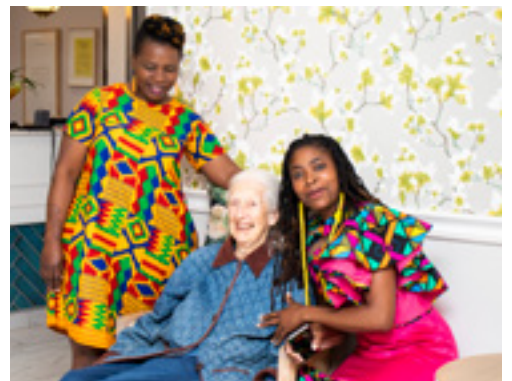


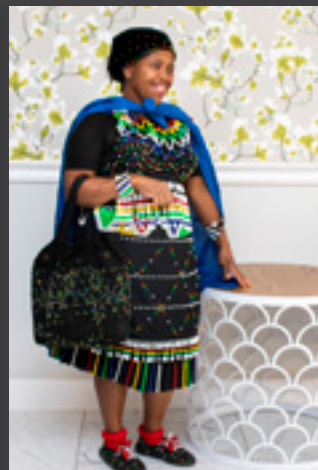
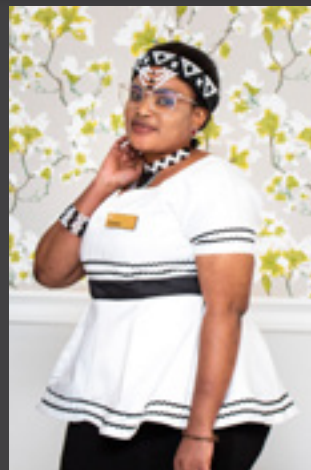
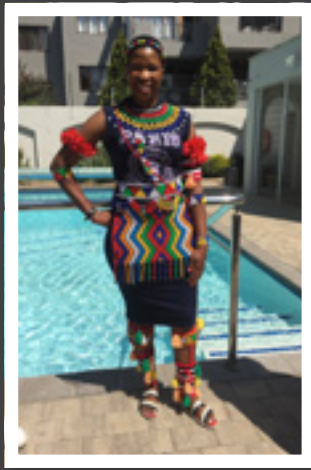
On 19 September, residents gathered next to the San Sereno Pond for a bagpipe recital expertly performed by fellow resident, Alan Munro. The recital included various tunes such as 'The Dark Isle', 'Highland Cathedral', 'Amazing Grace', 'Skye Boat Song' and 'Atholl Highlanders' which marked a gracious farewell to Her Majesty. Alan's piping was met with much appreciation amongst fellow royalists who all shared a love for the Queen.



HERITAGE DAY CELEBRATIONS

On Heritage Day our Auria Teams recognised and witnessed the beauty and cultural wealth of our nation!





Letters

from residents and families

We have received so many thoughtful letters this year, but due to space we can only share a few of them. Please keep writing to us. Your feedback, opinions and gratitude are always appreciated and valued. Permission will always be obtained before printing.

A huge thank you to you and your team for the excellent care Frank received after both of his operations. At first, he was reluctant to go into a step-down, but after five minutes, he knew it was the right decision. Everyone was smiling and cheerful whenever they interacted with him, and nothing was too much trouble for the team to ensure his comfort and road to recovery. For the first few days at home, someone popped in every day to check how he was doing, always bringing a smile to Frank's face.

We are blessed to have a facility like this at San Sereno which, I believe, is world-class. Please pass on our thanks and gratitude to your team.

HEATHER FERREIRA

Once again, our sincere thanks to you, Werner and all the kitchen staff and waitrons for such a delicious meal on Friday evening, as usual surpassing our expectations, and so creative and interesting. Perfect and scrumptious to the last mouthful!

And then thank you to you and Bronwyn and the staff involved for the enjoyable Family Day the next morning - and after a late night too. Our grandchildren are too old to participate and, being teenagers, have so many other involvements. However, we enjoyed socialising and we always appreciate the growing families of the Auria family and others who had such fun.

Such enjoyable events and much appreciated.

DENISE AND DON COLLIE

Penelope and I wish to offer sincere congratulations and our appreciation for the remarkable transformation you have achieved at San Sereno. We came to live here almost eleven years ago anticipating a staid and restful lifestyle - in these last five years you have taken that concept and turned it on its head to provide a most vibrant and energising senior living experience.

We thank you and your entire team from top to bottom for what you have achieved on our behalf and for what you continue to do every day - a living experience of continuous improvement.

PENELOPE AND MICHAEL WILLIAMS

My mom always taught me if someone is great, let them know.

I have been meaning to tell you how amazing Billy from the front desk is. She is the most amazing human being! She's kind, warm, engaging, caring beyond words and an absolute pleasure to speak to and with and extremely helpful! In my years I have come to notice people that always go above and beyond, and Billy is one of those people.

Talking about special - nurses, Mpho, Slee, Helen, Gemima, Alice, and Charlotte are also unbelievable to my mom and I am so grateful and appreciative!

I have only wonderful things to say about the people that work at Melrose Manor. From the cleaning staff, the coffee/tea ladies, the dining staff and of course, management too.

You run an amazing team and it's all thanks to you, your guidance, leading by example and your experience.

LAUREN BASKIR

LIZ CASTLE FROM SAN SERENO RECEIVES A LIFETIME ACHIEVEMENT AWARD

BY ADI GELBART

This year, Liz Castle received a Lifetime Achievement Award from the Nelson Mandela Children’s Film Festival.

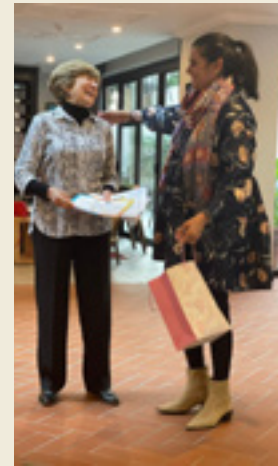
This prestigious award recognises Liz’s outstanding involvement in the education of children from difficult circumstances, spanning over four decades.

Liz’s contribution over the years has primarily focussed on outreach programmes in the arts and culture field. Liz uses her passion for the arts in helping to transform these children’s lives - introducing them to a host of different art and cultural forms of expression.

What a wonderful achievement Liz. Congratulations on behalf of the entire Auria Team. We look forward to reading about it in detail, in the next issue of LIVING by Auria.



Liz Castle and Firdoze Bulbulia



Liz Castle and Shaa'i Bulbulia



From left: Firdoze Bulbulia, Liz Castle, Yvonne Chaka-Chaka, Marah Louw and Bengy Francis

Get involved with our newsletter

We invite all our residents (and their families) to get involved with the newsletter, and to send us your stories, jokes, poems, photos... or anything that our communities may like to read about.

There is so much to share: hobbies, interesting people you may have met, travels you have experienced, recipes you may have tried. Perhaps you have had an interesting career, or there was a particular event within your career that others may like to read about. Sons and daughters could write about their parents from their perspective. Or proud grandparents could share their grandchildren's achievements.

It doesn't have to be grand... it only needs to be from the heart.

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MELROSE MANOR
Melrose



WOODSIDE
Rondebosch



ROYAL VIEW
Sandringham



CORAL COVE
Sheffield Beach

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