

MAR 2022

LIVING



BY AURIA



A WEDDING AT SAN SERENO

Dot Mepham & JP Willis

THE CALL OF AFRICA

with Pat Dewil

PENNY REY COELEN

tells us why there is no place
she would rather live

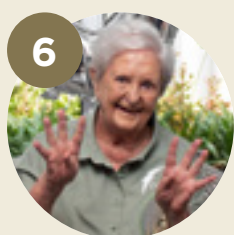


AURIA
SENIOR LIVING

Inside this edition



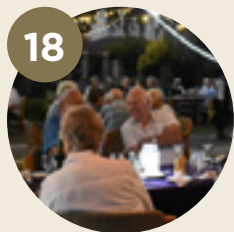
Keeping Social



108-Year
Birthday
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Gunner's Association
Honourary Member,
Clyde Arthur

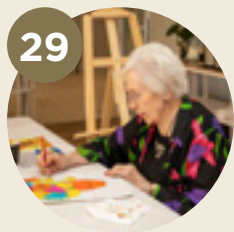


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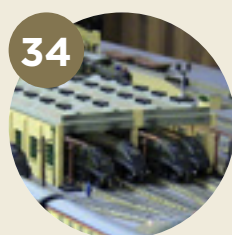


Pilates
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Art as Therapy

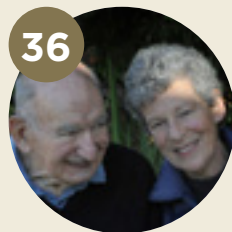
Celebrating Our Residents



John Pain
and his Trains



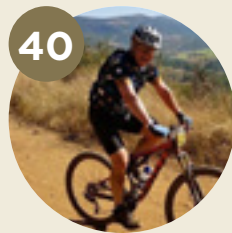
Hong Kong
Noonday Gun



The Art of Cells
with Peter Folb



Major General
Roy Andersen



94.7 Kilometres
with Richard Henwood



Barry Kaganson

Dear Auria Community,

2022 kicked off on a high note with the news that Auria Senior Living has won yet another international award, with Melrose Manor being named the First Place winner in the International category of the US-based Senior Housing News (SHN) Architecture & Design Awards – a prestigious international competition focused on world-class design for senior living. The award reinforces Auria’s gold-standard offering and shows that we, as South Africans, measure up to top international standards.

We have also recently announced our entry onto the magnificent KZN North Coast, launching our newest community, Coral Cove. Situated within the prestigious Zululami Luxury Coastal Estate, just north of Ballito, Coral Cove will offer all the hallmarks of our Auria Senior Living communities, as well as panoramic sea views from most villas and apartments. It will also be the first senior living community of its kind in the world to offer direct private beach access. Interest in Coral Cove has surpassed expectations, and we are particularly excited to announce that Penny Rey Coelen, the South African model and beauty queen who won the Miss World title in 1958 will be one of Coral Cove’s first residents.

Our “most senior” Auria resident, Doreen Read, celebrated her 108th birthday recently,



a truly remarkable milestone! We would do well to take inspiration from Doreen, who still makes her way to the main restaurant every day for lunch, and can be found regularly in Café Auria reading the Business Day. Doreen has kept herself up-to-date in plenty of ways: she is dexterous on her tablet, using it to stay in touch with her family via WhatsApp and email. We are so grateful to have Doreen on this journey with us.

We look forward to the remainder of this year being filled with positive and inspiring milestones.

Barry Kaganson
Chief Executive Officer, Auria Senior Living

THE AURIA TEAM

THE AURIA

Team

Getting to know...

HARRY

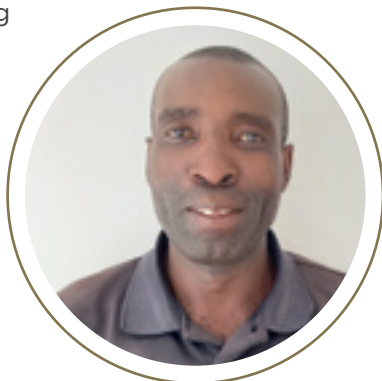
Baloyi

**SAN SERENO
GARDENING SUPERVISOR**

Harry works in our gardening department and is responsible for our beautiful bowling green. He has been with San Sereno for 12 years, and has recently been promoted to Gardening Supervisor. We are excited to see him grow into his new role.

Harry is married with three children, Tinyiko (17), Wisani (15) and Piet (3). He spends his time off with his family - and attends church on Sundays.

Harry enjoys his daily interactions with our residents and looking after their gardens.



BRONWYN

James

SAN SERENO CONCIERGE

Bronwyn James has been with San Sereno for three years and, as anyone who has met her knows, is a bright, engaging and enthusiastic person. Bronwyn finds it a pleasure making San Sereno a warm and welcome place for the residents and is always up for a new challenge. She throws in a little bit of friendly cheekiness along the way, and this is part of her unique appeal. Bronwyn received her Diploma in Hospitality Management in 2017, and she then gained some work experience before joining San Sereno. Bronwyn enjoys spending time with family, friends and her dog (Duke). She is a nature lover and tries to get out into the sunshine (hence her sunny personality!) for walks as often as possible.



BRAVE

Phiri

**MELROSE MANOR
SOUS CHEF**

Brave is originally from Malawi – he matriculated in Blantyre at Soche Hill Secondary School and went on to do Computer Technician and Electronics studies (which is why he is often asked to help with electronic queries!). He started working as a Chef in 2006, following through with his passion for food. He worked at Pecanwood Golf & Country Club for six years, Willow View Conference Centre for three years, and then joined the PLG Group (later taken over by Auria Senior Living).

He is a family man whose passion for cooking doesn't end with Melrose Manor's kitchen – he often treats his wife (Anathi) and three kids (Xabiso, Hope and Amahle) to a home-cooked feast. He seeks out new food presentation ideas and recipes in his spare time. Brave is dedicated to his career says, "I love cooking and learning new ideas around food and recipes".

JUSTIN

Herselman

WOODSIDE EXECUTIVE CHEF

Justin studied professional cookery through the South African Chefs Academy and graduated in 2011. While studying, he worked at the Vineyard Hotel and Spa in Newlands.

After graduating, he moved to Dubai in the United Arab Emirates (UAE), where he worked at the Irish Village, which hosts the Association of Tennis Professionals (ATP) Tennis Championship. Justin and his team catered for up to 5000 people a day during his time here.

Justin worked his way up the ranks in various restaurants throughout the UAE, and by 2020, he was head chef of a restaurant on the famous Palm Jumeirah man-made island. During his overseas tenure, he has fine-tuned his love for baking and the art of butchery, and he has gained abundant experience with different cultures and cuisines.

Justin and his wife, Cindy, moved back to Cape Town in February 2021 and welcomed a little boy named Jaxon at the end of June. He loves spending time with his family; life is busy and exciting! His passions include braaiing and traveling.

Since returning to Cape Town, Justin has spent the past eight months working as a head chef in the Southern Suburbs, where he has developed a keen interest in attending to specific dietary needs. We are excited to share Justin's incredible talent with all of you.



OUR SAN SERENO COMMUNITY



Dear

*Residents
& Families*

We have moved fully into 2022, and I would like to wish you a prosperous year ahead. It has been wonderful to see so many residents attend our social functions now that the COVID-19 restrictions have eased a little.

The growth in our gardens has been remarkable after we received such a high volume of summer rain. Harry (recently promoted to Gardening Supervisor) and his team have been doing an amazing job keeping it in tip-top shape. We are planning many upgrades to the communal gardens areas this year, so be sure to look out for those improvements.

The new Borehole Project is underway, and we have sent out a schedule for the trenching we need to do around the Garden Villas. We feel sure that there will be minimal disruption for our residents, and we cannot wait to benefit from the new borehole.

Lastly, I want to remind all residents that they are welcome to contact Concierge to have their homes spring-cleaned by our Housekeeping team once a renovation next door to them is complete. We offer this free of charge as we understand the renovation process can sometimes create a little dust!

Warm regards,

Mario Maree

San Sereno General Manager

MILESTONE BIRTHDAYS

JANUARY

Jos van Niekerk
Graham Skelton
George Mikula

FEBRUARY

Dilys Seaman
Doreen Read
Georgia Norman
Jeanette Fourie

MARCH

Beryl Tucker

Celebrations

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



Doreen Read

BY PAIGE RYLANCE



Paige is San Sereno's Wellness Activities Facilitator, coordinating all wellness programmes for our Care Centre.

108: the age of our most senior resident, Doreen Read! To celebrate her recent birthday, our team arranged a fabulous party (with an abundance of sushi, Doreen's



favourite food). At 108, Doreen uses a tablet to connect with her family worldwide, and she makes her way to our dining room to eat lunch with her friends daily. She loves intimate conversations and chatting about her family, especially her great-grandchildren; and her latest knitting project - a blanket for my baby - is nearly complete.

Few of us are likely to live quite as long as Doreen Read, but that's more reason not to put off the things we want to do. Start reading that book, learning a new craft, start a hobby, go for a run. Write a cheque to a charity, call or text a friend, get outdoors and take a walk. And do it now.

Doreen, we are all in awe of you.



MILESTONE ANNIVERSARIES

DECEMBER 2021

Gerald & Morag Crossman
50th Wedding Anniversary

Koos & Gerrie Smith
60th Wedding Anniversary

JANUARY

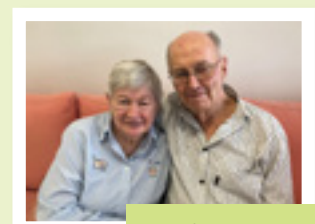
Ron & Yvonne Williams
60th Wedding Anniversary

Yvonne and Ron met on a most unusual blind date: Ron had

bought tickets to a fundraising dance in aid of the Red Cross but he had no date. A friend who worked with Ron, suggested that he should take his own girlfriend, Yvonne, as he hated dancing and Yvonne loved it. Well, she discovered that she loved Ron as well as dancing and they have just celebrated their 60th Wedding Anniversary. Congratulations from us all!

FEBRUARY

George & Anmarie Mikula
58th Wedding Anniversary



Ron & Yvonne Williams

OUR SAN SERENO COMMUNITY



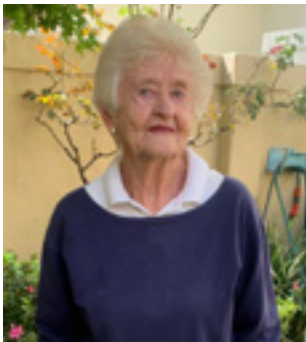
SAN SERENO
—
Bryanston

Welcome to San Sereno's new residents

Welcome to San Sereno's new residents. We wish them many happy years with us.

CYNTHIA NILSSON

Cynthia has known of San Sereno for many years, and is thrilled to be joining our community. Our very own Marcelle Franck was her daughter's grade 6 teacher, so there is already a feeling of connection for her.



Cynthia has a great sense of humour, she enjoys reading, crosswords, gardening, and she plays tennis, bowls and bridge. She was born in the Freestate but raised in Johannesburg, and she has a daughter, granddaughter and grandson in Johannesburg.

PAM ALCOCK

Pam was raised in Kwazulu Natal (but born in Johannesburg) – she refers to herself as a real Durban girl. She enjoys her Pilates classes; she is an devoted reader and loves her book club. Pam has three sons; two live in Johannesburg and one lives in Australia; and she has six grandsons and two granddaughters. She has always known about San Sereno and she is looking forward to being settled in her new home.



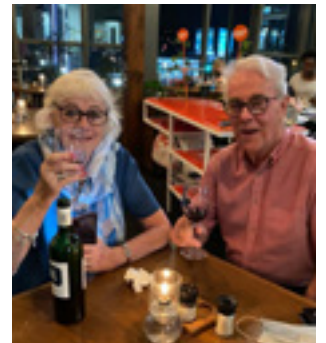
JEREMY CLOWES

Jeremy's first name is actually William, but he prefers to be known as Jeremy. He loves reading, is keen on all sports, and is looking forward to exploring new interests, as he has only recently fully retired. Jeremy worked in finance for AECI Limited, partially retiring eight years ago. He assisted with pension fund management before fully retiring earlier this year. Jeremy was born in Cape Town, he completed his studies at UCT and then moved to Johannesburg in 1978 where he has lived since. He will be moving to San Sereno from his home in Morningside, and is most looking forward to living within a community and to having peace of mind.



THERESE & JOHN SAVAGE

John was born in the UK and moved to South Africa in 1966, where he met his Johannesburg-born wife Therese. John had a career in publishing, and Therese worked as a computer programmer. When they retired, they



travelled together – they have a shared interest in sport and would travel around the world on golf and cricket tours. They also both love reading, crosswords and sudoku. They are excited about their move to San Sereno as they get to be close to their grandchildren who live in the area with their children (they have two children, a son and daughter, three grandsons and two granddaughters). They love the gardens and the amenities at San Sereno – they believe that our community is the best on offer in terms of retirement. They have several friends at San Sereno with whom they play tennis.

STUART & DAPHNE LEE

Stuart moved back and forth between the UK and South Africa as a youngster (born in London, moved to SA as a child, back to the UK as a teen), but ended up back in South Africa, which is he grateful for, mostly as this is where he met Daphne. Daphne and Stuart started their own company together, Famous Faces Management, putting their passion for people into action. Daphne has now retired, but Stuart is still managing the company. They have two sons, Neil and Patrick, two grandsons and one granddaughter. They are a social couple.



Daphne enjoys being in the garden (she was previously a Landscaper), reading and quality time with her husband and family. Stuart enjoys Wordle and crosswords and he is looking forward to engaging in our wellness programme.

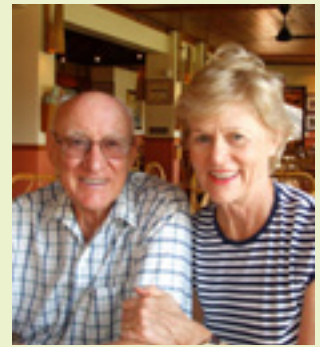
JEAN & RONNIE BOLTTLER

Jean was born in Johannesburg and later moved with her family to the Karoo, mainly spending holidays there as she attended boarding school. Ronnie was born and raised in Port Elizabeth, and they are now moving to San Sereno from their home at Hartbeespoort Dam. Living in a community and having peace of mind is their biggest drawcard to San Sereno, as well as meeting new residents and connecting with old friends. Jean is a retired nurse, having qualified at Johannesburg General Hospital, and Ronnie is a retired entrepreneur in the construction industry. Jean loves reading; she has been a member of her book club since 1973. Both Jean and Ronnie adore their spaniel Benji, enjoy nature (they occasionally hike together) and have a great love for birds. They have three children: two sons (one in Cape Town and one in Johannesburg) and one daughter (in Johannesburg, who is married to Auria's Development Director, Gavin Muller), as well as four granddaughters and a grandson.



DOLORES & COLIN MASON

Dolores and Colin join San Sereno from their home in Waterfall. Colin was born and raised in Johannesburg and worked as a building contractor. His work took him to the Free State on a project, where he met Dolores, who was born in Pretoria but was living in the Free State at the time. They married in 1954 and celebrated their 67th anniversary in December. Dolores enjoys sport, is a golfer and loves the outdoors, especially gardening. Colin is enjoying his retirement. He loves sport and quality time with his wife. Both Dolores and Colin are excited to be living in a community and experiencing the peace of mind that San Sereno provides. Their three children: a son and a daughter who live in the USA and another son who lives in Australia, have blessed them with six grandchildren.



JANE LEWIS

Jane was born just outside of London and qualified as a Physiotherapist after school. She met her late husband when she travelled to South Africa on holiday, and she ended up staying with him in SA. She had a lovely home in Hurlingham, which she sold before her move to San Sereno. Jane has varied interests; she enjoys art, especially painting in watercolour. She loves to travel, plays tennis, enjoys walking her daughter's Labradors, sews well, bakes often and is an avid reader. Jane wanted to be proactive about her later years – the support offered at San Sereno is important to her. She has been on the waiting list for six years and is thrilled to be moving in. Jane has one daughter and one son; her son lives in Nelspruit and her daughter in Johannesburg (Jane has been staying with her in Craighall Park while the finishing touches are done on her Garden Villa). She has five grandchildren: three granddaughters and two grandsons.



OUR SAN SERENO COMMUNITY



SAN SERENO
—
Bryanston

Readers Club

If, as George R. R. Martin says, “A reader lives a thousand lives”, then our San Sereno Readers Group members have experienced many lifetimes between them. They meet over coffee every month to discuss their most recent reads from our extensive library.



Another Set of Lenses

Steve Hall, an author and one of our resident's sons, wrote an extraordinary book: “Another Set of Lenses”, exploring the relationships with have with ourselves, with others, and with the world around us. We recently hosted him for a book signing and discussion around how our own stories are shaped by the way we see the world.



GENTLEMAN'S CLUB with Roy Andersen

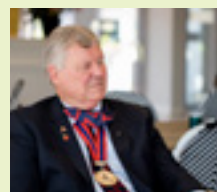
“What a treat to convene with other San Sereno gents over a delicious lunch, a few drinks and an inspiring talk by our fellow resident, Roy Andersen” – Jos Van Niekerk.

Read more about Roy on page 38.



GUNNERS ASSOCIATION

San Sereno resident, Clyde Arthur, has been installed as an Honorary Member in the Octogenarian Order of the Gunners Association for his exceptional long service to the South African Artillery. San Sereno hosted the ceremony where he was presented with his award by the Gunners National President. Another of our renowned San Sereno residents, Major General Roy Andersen was also a key part of the event.



OUR MELROSE MANOR COMMUNITY



It gives me great joy to announce that both Jackie Fabian (Care and Wellness Manager) and Tando Ncube (Senior Registered Nurse) have agreed to make their roles in our Care department permanent. They both have so much to offer and will continue to take our care offering to the next level.

We are currently focusing on our Social & Wellness Calendar with the intent to further broaden the variety of activities and events on offer. An exciting new event is our “Boys Club”, enabling the men in our community to gather together and enjoy social interaction and experiences.

Our new Café Auria menu has launched – with delightful new additions. We look forward to seeing our residents, families and friends out and about, dining and engaging with one another.

Warm regards,
Martin Greyling
Melrose Manor General Manager

Dear
*Residents
 & Families*

Celebrations

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



Stanley and Gertrude Michel

MILESTONE BIRTHDAYS

JANUARY

Gertrude Michel
 Rochelle Ralston

MILESTONE ANNIVERSARIES

JANUARY

Stanley and Gertrude Michel
 59th Wedding Anniversary

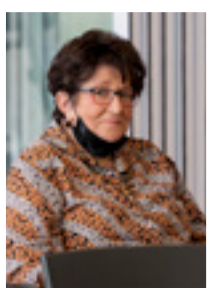
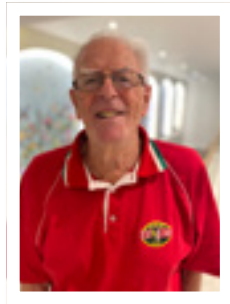
This inspiring couple were featured in our December 2021 edition of LIVING by Auria. They have been together for 64 years, and married for 59 years. Their wedding was a day before Gertrude’s 21st birthday!

Welcome

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

LEONARD ETTLINGER

Leonard (who prefers to be called Lenny) grew up in Johannesburg and practiced as an attorney for many years. He is moving from close by – from an apartment at Houghton Manor – so he knows the area well. Companionship, extra support and care; and an opportunity to play bridge more often are some of his motivators in moving to Melrose Manor. Lenny was an avid sportsman – he particularly loved playing squash and he achieved Grandmaster level, which is a big accomplishment – and he was a well-known cricket scorer for many years. Lenny also enjoys reading non-fiction books, playing bridge and watching sports on TV. He has two daughters, Susan and Kim, in Australia, and a son, Roy, in London, as well as six grandchildren. Strawberry milkshakes and Kola tonic are his two favourite treats (we feel sure we will see Lenny regularly at Café Auria!).



BERTHA SHMUKLER

Bertha was born in South Africa and grew up in Johannesburg, but has lived in the USA for the last 13 years – she moved back in 2021. She was introduced to Melrose Manor through

Gertrude Michel and is looking forward to relaxing and reconnecting with old friends. Bertha has three daughters and five grandchildren. She is an experienced social worker – she worked for the Teddy Bear Clinic for most of her career – and she hopes to find ways to volunteer her counselling services. She loves reading and watching interesting documentaries – and would love to start playing Kaluki again.



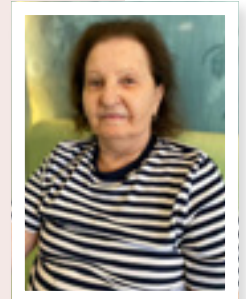
MRS RENA JEDWOOD

Rena grew up in Johannesburg and has lived here her whole life. She is excited to

be moving into Melrose Manor and to connect again with friend and fellow resident Naomi Kaplan, and her brother-in-law Simon Jedwood. Rena is a proud grandmother to seven grandchildren and mother to three children. She is passionate about bridge and plays over three times a week. She loves to watch tennis (and is very happy that Djokovic wasn't allowed to play in Australia!) and read romantic books.

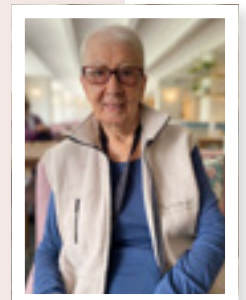
PEARL GLASS

Pearl is moving to Melrose Manor from the UK where she currently lives with her daughter, Kim. She has three grandchildren and five great-grandchildren. Pearl is a real social butterfly, with a wonderful presence and she loves being around people. She enjoys making friends and looks forward to getting involved in Melrose Manor's amazing activities programme. One of her friends recently moved to Melrose Manor and has raved about our social and wellness calendar.



MRS SHIRLEY NUNNS

Shirley is joining us from Greenacres, out in Broadacres. She was born in Wales but has lived in South Africa for most of her life. She used to be an estate agent and she owned her own company. Shirley heard about Melrose Manor through a friend, and she is thrilled to be to joining our community, settling down, finding a routine, making a few friends and joining in some of our social and wellness activities. Shirley loves gardening and listening to music. She has recently started learning how to use a smart phone and she is enjoying connecting with her family overseas.



OUR MELROSE MANOR COMMUNITY



WELLNESS DAY

Real self-care is about setting ourselves up emotionally, mentally and physically to live happier lives. Melrose Manor's residents join our inspiring Care Team for monthly wellness discussions that complement their individualised care and wellness plans, ensuring healthy minds and bodies.



Aqua Aerobics and Sunshine

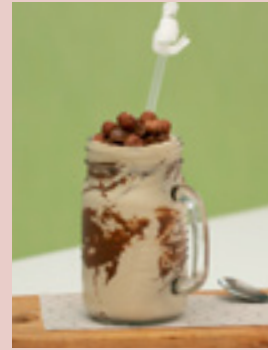
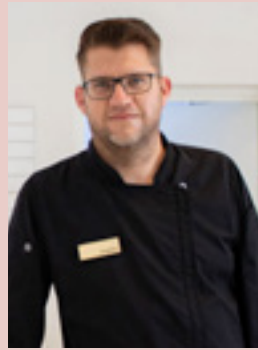


Aqua aerobics and basking in the summer sunshine at Melrose Manor.



Melrose Manor's Café Auria: New Menu Launch

Café Auria at Melrose Manor launched their delicious new menu, filled with wholesome breakfasts, fresh salads, sandwiches & wraps, and yummy treats.



Puzzles

Our Melrose Manor team is obsessed with puzzles and will often add in a few pieces as they pass by one of our community's many ongoing puzzle layouts.



OUR WOODSIDE COMMUNITY

W
WOODSIDE
—
Rondebosch



Dear

*Residents
& Families*

I can't quite believe that the first quarter of 2022 is over. However, looking back at everything that has happened thus far, it is understandable why the months are just flying by. We are nearing the end of our Clubhouse phase 1 renovation, and everyone is excited to experience the new facilities and services and the view from our new upstairs bar and lounge.

We have welcomed our first new residents to Woodside Village since 2020, which is exciting. Our team is growing in numbers too, as we work together to deliver on our Auria promise; to ensure that our residents enjoy their best quality of life. Every single day.

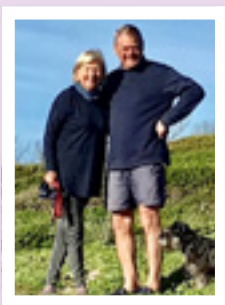
Warm regards,

Quintin Mulwitsky

Woodside Hospitality and Services Manager

Welcome to Woodside's new residents

**We welcome Renee, Terry & Diana and
Jenny & Les to Woodside; and wish
them many happy years with us.**



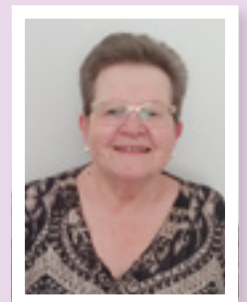
JENNY & LES MASTERSON

A retired head mistress, Jenny grew up in Cape Town, while Les, a lawyer, is originally from Johannesburg. They have lived in Cape Town for many years – quite close to Woodside – and married for nearly 48 years.

Their interests include wine tasting (they belong to a wine club), walking and spending time with family (they have two children and three grandchildren). They are most looking forward to not worrying about maintenance and being able to lock up and go when travelling. Jenny & Les have had their hearts set on Woodside and are very excited to finally be moving – they have several friends in our community and look forward to making more.

RENEE PEARL

Renee was born in Johannesburg, but moved to Kenilworth, Cape Town, during her primary school years and has been living there since. She is interested in History and looks forward to attending Woodside's aqua aerobics and U3A classes. She heard about Woodside years ago through a friend, and after doing some research, she decided it would be a good fit for her. Renee has a sister living in Israel whom she usually visits once a year. She is still working as a Bookkeeper, but most of her career was spent as a Medical Technologist – she previously worked at the Red Cross Children's Hospital.



Celebrations

We have many reasons to celebrate every day, but recently there have been some extra special occasions to celebrate at Woodside.

Milestone Birthdays

JANUARY

Antoinette Martinelli
Annemarie Wroe-Street

FEBRUARY

Jimmy Lowndes
Lynette Shelton
Pat Matzopoulos
Wendy Georgeu
Lynne Hardy

MARCH

Anne Consani
Mary Barnes
Felicity Axten

Milestone Anniversaries

FEBRUARY

Michael & Jill Donnelly
20th Wedding Anniversary

David & Sandra McKinney
55th Wedding Anniversary

WHISKY TASTING

TERRY & DIANA HARRIES

Terry and Diana have been married for over 30 years. Terry was born in Llanelli, Wales, and later moved to Weston-Super-Mare, England; Diana grew up in Cape Town. Between them, they have three children who live in London, Richard's Bay and Newlands, and five grandchildren. They have travelled a bit, mainly through Terry's work as a Quantity Surveyor, living in Saudi Arabia, UK, Johannesburg, Lesotho (on the Lesotho Highlands Water Scheme) and Egypt. They have been on the Woodside waiting list for many years and are thrilled to have relocated to Woodside from Claremont. Their interests include gardening, reading and walking.

Woodside residents recently experienced an evening of whisky exploration with renowned whisky connoisseur Hector McBeth, a man who has tasted over 3000 different whiskies.



OUR WOODSIDE COMMUNITY



WOODSIDE
—
Rondebosch



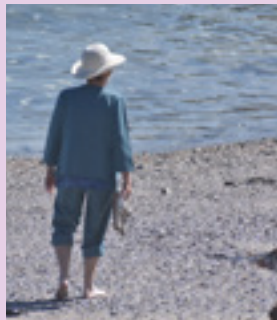
Balmy Evening
Braais
at Woodside

Cape Town residents made the most of the gorgeous summer weather with an early evening braai in Woodside's gardens.



Sea Point Promenade

In addition to engaging in our full and varied on-site social calendar, our Woodside residents have the advantage of exploring the magnificent Cape. During summer 2021/22, our Woodside team arranged regular outings to the Sea Point promenade. Cherrill and Ron West laughingly related, “Although we could actually drive to Sea Point ourselves, we had been encouraged by fellow ‘Woodsiders’ to join the group. Kennedy, our cheerful guide, got us through the traffic while we all chatted. It was the perfect day to take in the sights and sounds – the paragliders flying overhead, a leisurely stroll from the lighthouse to the swimming pool, delicious gelatos. Please keep these trips up for as long as the weather stays bright!”.



CLAY CAFÉ

Clay Café Hout Bay hosted our Woodside residents, who spent the day creating ceramic works of art and enjoying the fresh garden-to-table menu in a tranquil setting.

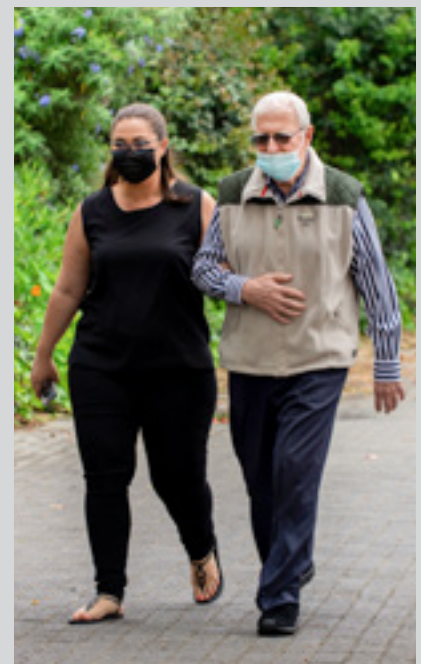
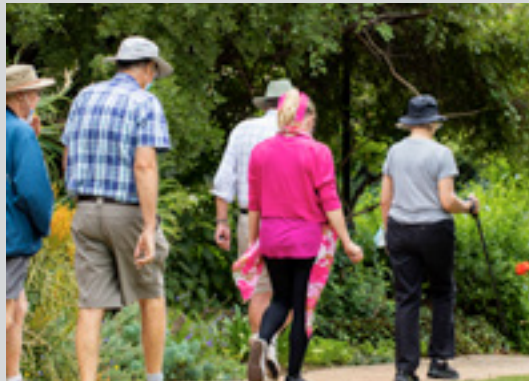
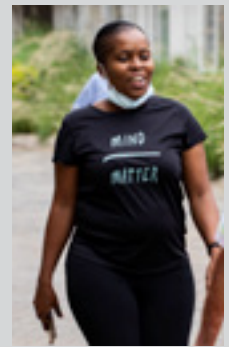


OUR COMMUNITY

The theme of **World Cancer Day 2022 - 2024** is 'Close the Care Gap', inspiring open-mindedness and challenging assumptions.

Our amazing residents and team joined together in a walk to honour those who are fighting cancer, those who have overcome cancer and those who have lost to cancer.

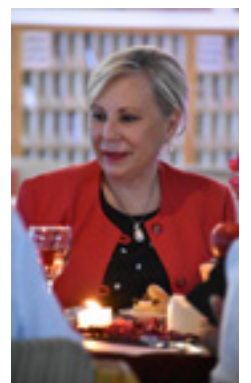
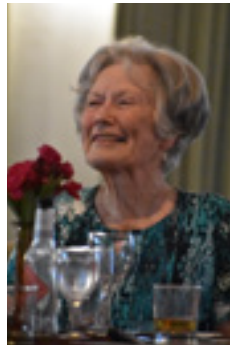
WALKING FOR A WORTHY CAUSE



Valentines Day

#ValentinesDay2022

Pink bubbles, loving messages, decadent food, an abundance of laughter & fun and yet another excuse to dress up.



AURIA'S STAR PERFORMERS



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 ssconcierge@auria.co.za

**PETER RAPUDUBUDU**

Peter Rapudubudu is a Gardener at San Sereno, responsible for some of our stunning gardens. He is always on time and works diligently. He knows when to cut, fertilise, spray, and he just gets on with things. He is easygoing and a pleasure to work with.

**LUCKY NKOSI**

Lucky Nkosi is a Houseman in Housekeeping. He does a great job relieving supervisors when they are on leave, and he was outstanding, working under tremendous pressure, with the construction deep cleaning project.

If you feel a team member made a notable effort, please email your nomination and a brief explanation to audrey@auria.co.za



JANE PHIRI

During December 2021, when our senior Care team was out of action due to COVID-19 diagnoses, Jane went above and beyond as a carer to assist the team and the residents. She is the epitome of hard work, reliability, efficiency, dedication and teamwork and she displays all the qualities we value in our Care team.



ALICE ALBANY

Alice shows a profound understanding of her role in the Care team and is well respected and liked by her fellow team members and residents. She offers a calm demeanour and always goes the extra mile, assisting the residents in feeling valued and heard. Alice is always willing to step in at the last minute to assist in covering shifts and shows a high level of dedication and professionalism.



PORTIA MBULI

Portia Mbuli is a diligent worker. She is one of our public area cleaners, and she is brilliant at her job. She always does more than asked.

If you feel a team member made a notable effort, please email your nomination and a brief explanation to quintin@auria.co.za

USANDA MADAKA

Usanda is a Maintenance Assistant and has been with Woodside since 2015 – always an integral part of the team. He is tasked with replacing light bulbs, maintaining smoke detection systems, painting, and other requests under the maintenance umbrella. He is also responsible for maintaining the medical waste bins area and is a valuable assistant to the Maintenance Manager. He has proved to be a lateral thinker, always bringing reasonable solutions to varied problems over the years. He is a firm favourite with the residents, and is asked to help with many personal tasks.



OUR COMMUNITY UPDATES

W

WOODSIDE
—
RondeboschWOODSIDE
Rondebosch

What a wonderful thought it is that some of the best days of our life have yet to happen

Woodside's first Auria-renovated garden villas and apartments were recently completed; and our main area transformation will soon be revealed. We look forward to showcasing our all-new elegant bar and lounge, signature Café Auria coffee shop, dining room, activities, bridge and billiards rooms, hairdresser, cinema, library, and state-of-the-art Wellness Centre with indoor heated pool and exercise studios.

ROYAL VIEW
SANDRINGHAM

R

ROYAL VIEW
—
Sandringham

An inspiring view on retirement

Royal View, our beautifully designed, centrally located, purpose-built senior living community on the magnificent Royal Johannesburg and Kensington Golf course in Sandringham, is on track to welcome our first residents the second half of 2022.



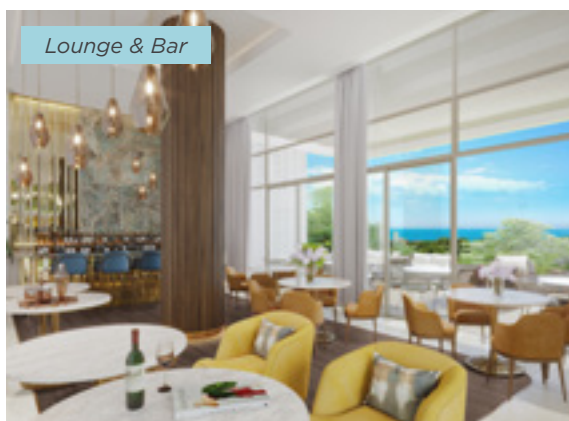
CORAL COVE SHEFFIELD BEACH

Coral Cove: Extraordinary living for the best years of your life

With sea views, private beach access and Auria’s hallmark hospitality and wellness facilities and 24/7 care, Coral Cove is the first of its kind in KZN and a new gold standard for senior living.

Nestled within the safety, security and serenity of Zululami Luxury Coastal Estate, Coral Cove offers hassle-free living with extensive facilities such as an outdoor and indoor heated swimming pool, air-conditioned cinema, an elegant restaurant, vibrant coffee shop, fully-equipped wellness centre and state-of-the-art care centre catering for frail and dementia care. Coral Cove’s “jewel in the crown” is the estates private beach club and access, and sweeping sea views from most homes within the community. These factors combine to make Coral Cove quite possibly a world first for senior living!

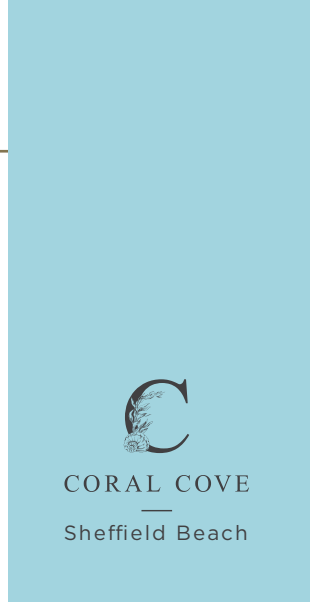
Having launched at the end of January 2022, we are delighted by the tremendous response to Coral Cove with many of the prime view sites having already been reserved. This strong and continued interest advocates the need for senior living communities that offer the full continuum of care, from independent living to frail care, in beautiful environments designed to enhance convenience, social life, and wellbeing.



Lounge & Bar



Penny viewing our 3D site plan



One of Coral Cove’s first residents will be Penny Rey Coelen, the South African model and beauty queen who won the Miss World title in 1958 and the first Miss World to come from Africa. Penny has since had an exciting and successful career as a model and mother, travelling to some of the most beautiful places in the world.

Penny Rey Coelen has chosen Coral Cove for her next big adventure for several reasons:



Penny Rey Coelen

“I’ve always wanted to retire somewhere with a sea view.”

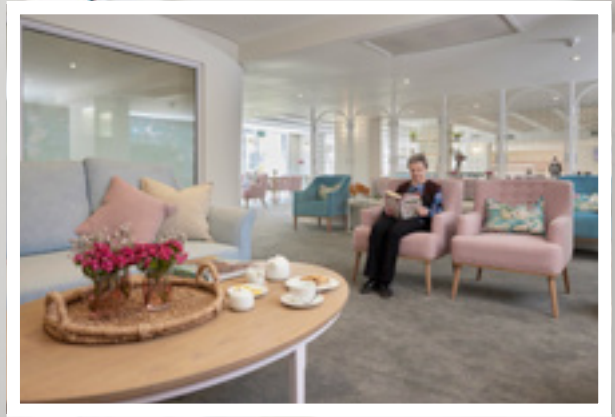
“I love the fact that the day-to-day things are taken care of so that I’ll be able to spend time with my friends, doing things that I enjoy, and making new memories. There is also great peace of mind in knowing that support and care is there if ever it is needed. Having had personal experience of carers for family members, I know how important it is to have on-site access to quality care. The hospitality aspect is also so appealing to me, in that I love to entertain and be entertained. The best is yet to come!”



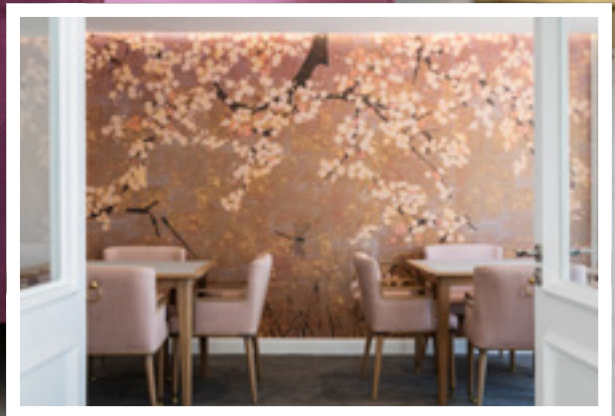
Penny and Barry Kaganson on site



MELROSE MANOR
—
Melrose



MELROSE MANOR WINS ANOTHER PRESTIGIOUS INTERNATIONAL AWARD





Melrose Manor was awarded first place in the International category at the Senior Housing News (SHN) Architecture & Design Awards.

SHN, an Aging Media Network publication based in Chicago, USA, holds an annual competition focusing on 12 design and lifestyle categories in senior living. The purpose of the awards is to give credit to service providers for their innovative and creative efforts to position their senior living communities as global leaders in their class.

Melrose Manor was selected from more than 90 entries – projects were judged by a panel of 17 global industry experts, with entries being evaluated on various factors, including design and aesthetics, landscaping and community functionality.

“These nominations represent the spirit of innovation and cutting-edge design from around the United States and the world,” said George Yedinak, founder of Senior Housing News, in announcing the launch of the awards.

“We are extremely proud to be recognised among global leaders in the senior living industry, as we continually explore ways to help our residents enjoy their best quality of life, every single day,” says Barry Kaganson, CEO of Auria Senior Living. “These awards inspire our team to continue being innovative and follow global best practices to provide our residents with an extraordinary environment in which to live and be supported. This accolade is proof that a proudly South African business can stand head and shoulders amongst the best in the world”.

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 & Support, and Peace of Mind.

VACCINATIONS

BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)

No other retirement communities could have been as well cared for during COVID-19 as the residents of Auria Senior Living. Auria initially created a perfect “bubble” to protect us, and then when the vaccination became available, they were so well prepared. San Sereno was the very first retirement community to bring the vaccinations on-site and they very successfully did the two shots last year.

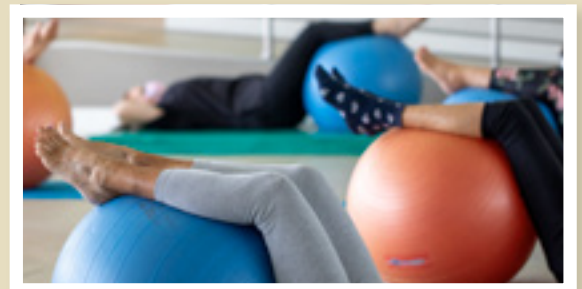
Now we have just had our 6-month booster right here: with treats and a fun vibe, as always. The camaraderie, great nurses and the little gifts were much appreciated. We are so grateful to have avoided the queues.

Once again, thank you so much, Auria.

PILATES POWER



Pilates is one of the most popular classes in our Wellness Calendar at San Sereno. Our regular residents get to benefit from increased muscle strength and tone, increased flexibility, mobility and endurance as well as heightened body awareness and reduced fall risk.



Art as Therapy (Melrose Manor)

BY RAPHAELA COCOTOS

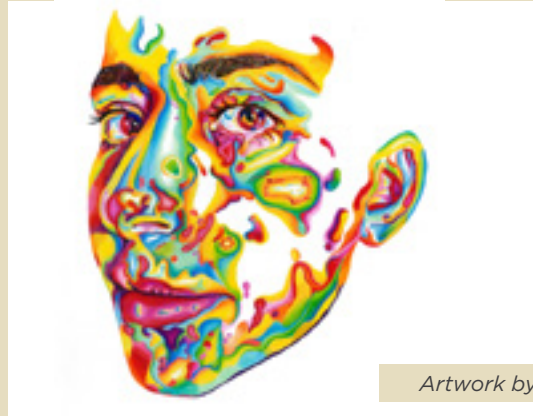
Raphaela is Melrose Manor's Art Teacher. She hosts regular classes and talks, sharing her passion and skill with our residents.

I recently graduated from my final year of Fine Art at the University of Witwatersrand with distinction. The past four years at Wits have allowed me to conceptualise my work fully and have pushed me further with regard to how I make my art. My affinity for art has been prevalent since I was young – I have always enjoyed being able to share my work and skillset with others during my school and university years!

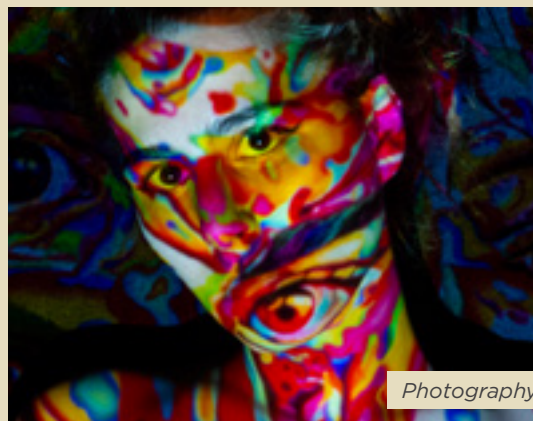
My practice as a Fine Artist revolves heavily around using art to heal. I believe that art allows each of us to experience various forms of cathartic relief or even just a fun distraction from the everyday struggles that we experience. My personal experiences with the therapeutic nature of art have opened me up to wanting to share my skill set and knowledge with others so that it may too offer them therapeutic release.

I enjoy that art can challenge us, both physically and mentally, and I believe that it can help us heal even further in this way. I have come to realise that even what may appear to be everyday mundane experiences can be turned into impactful artworks that have a hold over us. So whether you are practising how to draw stick figures or creating watercolour works, I think all forms of art are essential every day.

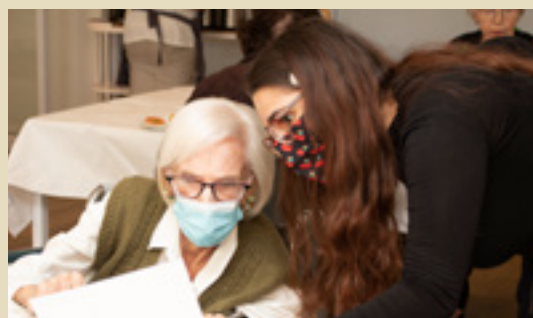
Teaching has allowed me to share my art, knowledge, and skills but, it has also allowed me to experience new forms of art, be taught new skills, and acquire more knowledge than I thought was possible. For that, I am extremely grateful.



Artwork by Raphaela



Photography by Raphaela



FOOD

Norwegian Salmon Entrées

Our Executive Chefs are passionate, nutrition-focused, highly qualified and experienced culinary artists. Each of them has shared a recipe with us for one of their favourite salmon starters.

In February, Woodside's Executive Chef, Justin Herselman joined our team and started developing new menus for our highly anticipated launch of our new dining room and signature coffee shop, Café Auria. He has many years of experience in high-end restaurants and hotels within the United Arab Emirates and Cape Town.

Ingredients: Beetroot Vinaigrette

100g cooked beetroot
25g lemon juice/1 whole
8g apple cider vinegar
1/8 tsp salt
1/8 tsp black pepper
40g honey
140g olive oil

Method

- Add all ingredients together into a blender.
- Pulse until beetroot is chopped, then blend until smooth.
- Set aside in the refrigerator.

Ingredients: Salmon Apple Oak Leaf Salad

80g salmon
1 medium potato
1 granny smith apple
45g red oak leaf
25g beetroot dressing
1 ciabatta loaf
salt & pepper to taste
1 spring onion, sliced diagonally
1 tbsp apple cider vinegar
5 sundried cherry tomatoes
20ml olive oil
1 lemon, zested and juiced



Method

- Peel apple and potato, then scoop 5 small balls of potato and apple using a melon baller.
- Place the apple balls into water with lemon juice.
- Place a small saucepan with 2 cups of water onto a high heat and bring to a boil, then add apple cider vinegar.
- Cook the potato balls in boiling water for 15min, remove and place in ice water.
- Take the red oak leaf, break it apart and rinse in ice-cold water, then place on a paper towel to dry.
- Slice a thin piece of the ciabatta, drizzle some olive oil and season with salt and pepper.
- Place it on a baking tray and into a preheated oven of 160°C until crispy – approximately 7min. Remove from oven and allow to cool.
- Place a small frying pan on high heat, then add olive oil to coat the pan.
- Add salmon (skin side up) to oiled pan, cook till golden brown.
- Flip and allow the other side to become golden. Once cooked, remove salmon to avoid overcooking.
- In a mixing bowl, mix the oak leaf, apple and potato balls.
- Place on a plate and top with the salmon. Add ciabatta crouton and drizzle the beetroot vinaigrette.
- Garnish with lemon zest, spring onion and sundried cherry tomatoes.

Johann Nienaber is Melrose Manor's Executive Chef. Since the start of his career in 2000, he has won numerous awards and is always looking for new ways to indulge residents' palates.

Ingredients

80g smoked salmon
60g avocado
20g peas
2g fresh dill
30g cucumber
5g capers
2g sesame seeds
10g wholewheat crackers
30g oranges
5ml horseradish
10ml cream
30g cocktail tomato
tortilla

Method

- Avocado and pea mousse: open and remove avocado, mash the avocado with some salt. Add the peas and chopped dill.
- Cucumber: using a potato peeler, make three long slices. Roll cucumber into cylinder shapes.
- Sesame crumble: toast sesame seeds in a pan, then mix with crushed wholewheat crackers.
- Horseradish cream: combine fresh cream and horseradish.
- Tortilla shards: cut tortilla into small triangles and deep fry on low heat until crispy.
- Fried capers: fry capers at low temperature until crispy.



Classically trained in French cuisine, and having owned a fine-dining restaurant in the Cape Winelands, San Sereno's Werner Snoek says, "There is an incredible level of contentment I get from cooking for our residents knowing that what I present to them is not just a meal, but it provides them with the nourishment and energy they need to enjoy life to the fullest".

Ingredients: Beetroot Cured Salmon

250g fresh Norwegian salmon, skin and bones removed
15ml vodka
150g rock salt
50g sugar
zest of 1 lemon
zest of 1 lime
250ml raw beetroot (blended)

Method: Beetroot Cured Salmon

- Wipe the vodka over the salmon.
- Combine the rock salt, sugar, lemon and lime zest in a mixing bowl and mix well.
- Cover the bottom of a tray with half the salt mixture, gently place the salmon on the salt and cover the salmon completely with the remaining mixture. Refrigerate and allow to cure for 6 hours.
- Once cured, gently rinse the salt mixture off under cold running water. Pat dry.
- Cover the salmon with beetroot puree and refrigerate for 6 hours to stain.
- Rinse under cold water, pat dry, slice into thin slivers.

Ingredients: Other

- 1 avocado, sliced
- 50 ml teriyaki sauce
- 2 tsp sesame seeds, toasted
- 1 spring onion, sliced
- fresh rocket leaves
- melba toast

To Assemble

- Arrange the salmon on the plate as desired.
- Place the sliced avocado around the salmon.
- Lightly drizzle the teriyaki sauce over the salmon.
- Sprinkle with toasted sesame seeds.
- Garnish with spring onion and fresh rocket leaves.
- Serve with melba toast.

Pat & Joyce in the bush

Pat Dewil is our resident Africa tourism expert and is still deeply involved in his long-standing business, Call of Africa Safaris. This personal involvement has ensured the success of his company over the years. Pat is a highly experienced and skilled Wildlife Ranger/Guide – his wildlife knowledge has been honed over many years of leading small groups of people to wild, out of the way places. He still spends a fair part of each year travelling the length and breadth of Africa and has a considerable store of knowledge on where to go, where to stay and what to see. He has captured some of his adventures in a fascinating book, *Walking on the Wild Side*. His dedication: “To Joyce. You gave up a lot so that I could live my dream. I will be endlessly thankful.”, is a fitting tribute to his beautiful, brave and dedicated wife.

When he first started in the safari business, he put his kids into boarding school, Joyce into the car and headed to Zimbabwe, where they operated a lodge for twelve years. Pat ran houseboat safaris, and then tented safaris, which morphed into lodge safaris in South Africa, Botswana, Zambia, Namibia, Madagascar and Zimbabwe. While Pat got more involved in the safari trips, Joyce ran



CALL OF AFRICA


with Pat Dewil

BY TAMARA SEGAL (FOR WOODSIDE)

Chikwenya Lodge in Zimbabwe on her own, competently managing some dangerous and tricky situations. His trips have always been successful, but in some ways, he put himself into a corner because he needed to guide each one personally. He has some brilliant, talented safari guides that he calls on more these days, but he still gets requests from clients to guide their trips. He has developed solid lifelong friendships with clients over the years... and some of these clients have travelled with him up to ten times. He loves it, and he is as passionate as the day he started, but it is hard work and long hours. Pat has future plans to step back and enjoy a little more retirement time, so he has been setting up his business to have a smooth transition.

Pat and Joyce have two children and two grandchildren in the USA, and one child and two grandchildren in New Zealand. They last visited New Zealand in 2017, and the USA in 2020. He related a funny/not funny story of being trapped in Florida just as lockdowns started. On a Thursday evening, the South African Embassy sent a message advising all South Africans wanting to return home to be in Washington by the Saturday. When he and Joyce arrived, over 500 South Africans were camped out on the airport floor, and they paid a fortune to get home!

Pat has played bowls for some years, hikes, mountain bikes and plays golf. He is also on the Woodside Board (with Roy Melville, Woodside’s chairman, with whom he has been friends for 40 years). Pat is a man of many strengths and abilities. He speaks about Auria’s involvement in Woodside in fond tones, and he says that Auria “walk the walk – Woodside is a different place in all the good ways”. He loves Woodside and the community spirit that exists.



A Wedding
at San Sereno
**DOT MEPHAM
&
JEAN-PIERRE
WILLIS**

JP's son, David (left) & Dot's son, Colin (right) with the cake from Ray

**BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)**

San Sereno is well known for social gatherings, but when last did we have a wedding?

Over 40 years ago, San Sereno's beloved Dot Mepham met Priscilla, when they were enrolling their children at Sandown Primary, and their two families became great friends. Over the years, they kept in close contact.

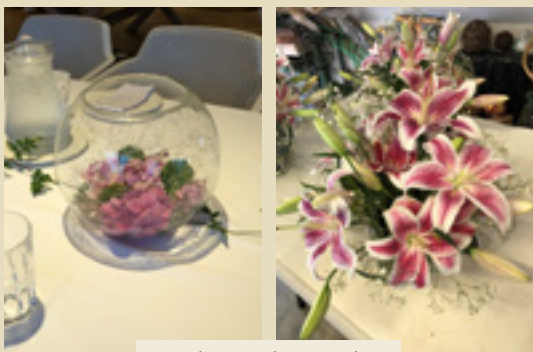
A few years ago, Dot sadly lost Ken her husband, and Priscilla also passed, leaving her husband, JP. Dot and JP undertook a trip along the Garden Route as good friends, a spark was lit, JP joined the San Sereno community and they got married: on Saturday 4 December 2021 at Bryanston Methodist Church.

Their children arranged for a fabulous honeymoon at Sun City. A number of friends at San Sereno contributed to making the wedding memorable. Ray Bowring found a stunning little cake; Heather Burgess produced the gorgeous bouquet for the bride, and Marie Wotherspoon made her famous chocolates for each guest. Beryl Leibbrandt, our flower guru, did the most remarkable and unusual flowers for both the reception and the celebration at San Sereno.

We wish them both much love and happiness for their future together.



JP & Dot with the bouquet from Heather



Flowers by Beryl



*John's first locomotive
(now about 70 years old)*

JOHN PAIN AND HIS TRAINS

BY TAMARA SEGAL (FOR MELROSE MANOR)

I sat down with John to talk about his interest in model trains, but when I left after two hours, I was delighted with my newfound knowledge about various legal matters, coal quality, power stations, mining, road construction and the English language. And model trains.

John was born in Colchester, east of London and raised in Harrow, a suburb in west London. His first job was in Liverpool (he regaled me with tales of his walks past the Cavern Club where The Beatles started), after which he went to university at Kings College, London, to study civil engineering.

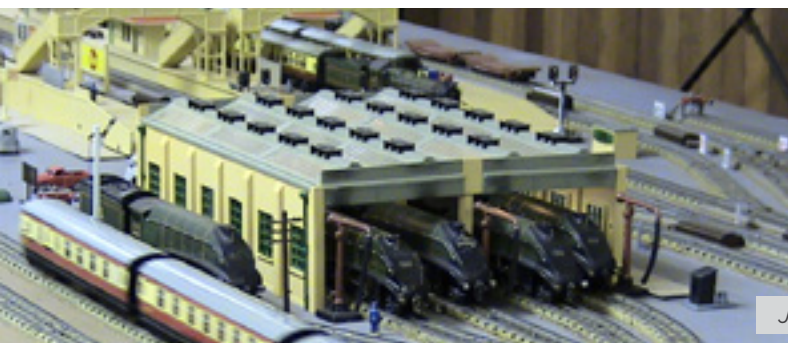
John started working for a British construction company that secured a contract in South Africa to build the petrol pipeline from Durban to Johannesburg. So John travelled to South Africa and walked between Durban and Johannesburg a few times (at least it felt like he did!). There was a very tight deadline, and he spent 18 months in South Africa with very few days off. He did, however meet his wife-to-be, June and became engaged. John went back to the UK to learn about civil engineering design. He returned to South Africa, married, and then returned yet again to the UK. After three years, in 1970, John and June moved to South Africa permanently. He worked for Alfred McAlpine, a British contracting company for twenty years, and then for General Mining, which became BHP Billiton, for a further twenty years before retiring.

June was a dress designer who had her own business, which she developed out of love for design and as a way of meeting people. They

lived in Bordeaux for fifty years and raised their children here: two daughters, one of whom lives in Craighall and one in San Diego, California. John loves reading, crosswords, football (Team Chelsea) and the Grand Prix (during a clean up a few days prior to our chat he found a photograph of Jody Scheckter from the 1970s with his Ferrari).

John's love for trains started when his parents bought him a model train at age 11. His passion is for Hornby trains, made in Liverpool (Frank Hornby was also the inventor of Meccano). They were so intricately detailed and well-made and were quite expensive. In the 1960s, the bottom fell out of the model train market - boys now wanted to play with cars and Scalextric. The Hornby Trains company metamorphosed after this - losing much of their authenticity and detail - John's interest is very specifically in trains made up to this point. He reckons his passion stems from a bit of nostalgia, fascination around the different disciplines involved in constructing a complete train layout, including electrical and design work and his love of repairing these extremely well-made pieces. There is a South African Association of Hornby Railway Collectors, with 60 members (there are 800 in Australia), and John connects with others and undertakes a lot of repair work.

Many model railway enthusiasts tend to have large layouts with tracks, sidings, mountains and tunnels, but this is not for John. However, he did have a largely undecorated layout with a centre cutout on a board in his Bordeaux home garage (very cleverly attached to a winch to wind it up to the ceiling, ensuring that he could still park his car inside). He will be selling his Bordeaux home and moving within Melrose Manor to an apartment with two bedrooms - so his second bedroom will become a dedicated train room, and part of his layout will move in with him. This will also give him more space to take up a few repair projects again.



John's engine shed layout (in his garage at his Bordeaux home)

HONG KONG NOONDAY GUN

BY TRACY SUNLEY (SAN SERENO)

FookMan Tak, who had been responsible for the daily firing of the Noonday Gun for forty years. He gave John instructions, and on the stroke of twelve, he pulled the lanyard followed by a loud boom as it fired a massive ball of smoke into the air. It was such a joyous occasion as clapping ensued and champagne corks popped.

Amusingly, all this was witnessed by fascinated tourists snapping away. So, “Taipan Suen Uk Lai”, born in the year of the Rat (aka my husband, John), had an unforgettable day to be treasured forever. A few days after this event, John was gifted the inscribed shell by his friends - a true reminder of a historical event.



The year before my late husband John and I left Hong Kong was particularly memorable. There is an indescribable energy that stimulates the senses daily. One very special occasion was when John’s friends at Jardine Matheson surprised him by arranging that he fire the famed Noonday Gun to celebrate his sixtieth Birthday.

The Noonday Gun is a naval piece mounted on a small, enclosed site overlooking the Causeway Bay Typhoon Shelter on Hong Kong Island. It was fired promptly at noon each day with a bit of pomp and ceremony surrounding each event.

After a weekend of celebrations, on Monday morning, his official Birthday, he went into his office in Causeway Bay before my daughters and I arrived and dragged him away on the pretext of heading out on our junk boat named “Jabulani”, moored in the Causeway Bay Typhoon Shelter, to one of the outlying islands for a fun lunch. As we exited from the subway into the open, we saw all our friends standing on the edge of the Fragrant Harbour - they showered him with greetings and well wishes. Realising what was about to happen, John was almost speechless.

He was then led towards the gun site by another sixty-year-old gentleman, Mr. Peter

The legend of the Noonday Gun was immortalised in Noel Coward’s 1931 song “Mad Dogs and Englishmen”, with some of the words being...

**In Hong Kong
They strike a gong
And fire off a noonday gun
To reprimand each inmate
Who’s in late**



The Art of Cells

with Peter Folb

BY TAMARA SEGAL (WOODSIDE)



One of Peter's published books

I first heard about Peter's exquisite artwork through a colleague, who introduced me to his published book, **273 Amazing Days**, which explains the beginnings of human life (before birth); telling the story through iPad paintings, hand-drawn sketches, short poems, and brief passages. His artwork is colourful, beautiful and unique. Peter is a retired physician and pharmacologist, an artist and writer of haiku, tanka, and grook poetry (a Danish form of poetry).

Born to a South African father and a British mother in the UK, Peter came to South Africa in 1947, attending Parktown Boys High School and then medical school at Wits. After his 1st year, he transferred to UCT, where he graduated. Peter decided to specialise in internal medicine, returned to the UK and earned his doctorate. He later returned to Cape Town and was appointed Professor of Pharmacology at UCT. He remained there for 27 years, chairing the then Medicines Control Council for eighteen years, before moving to the Medical Research Council for ten years as Chief Medical Scientist. He also travelled widely as a special adviser to the World Health Organisation.

Peter was also involved in the Truth and Reconciliation Commission (TRC), working closely with Woodside's Charles Villa-Vicencio. "Peter made a unique contribution to the research work of the TRC, regarding the notorious Project Coast programme in the 1980s", recalls Charles fondly. "This involved top-secret chemical and biological weapons instituted by the apartheid government, under the management of Dr Wouter Basson. An unassuming and humble man, Peter's imprint on the South African political transition must never be forgotten. His social activism has, in recent years, come to be expressed in his artwork that reflects the depth of his moral conscience in the morass of science, technology and politics in the modern world."

Peter has always drawn and painted, and he toyed with doing formal training. He saw an advert for an evening course aimed at established artists, teaching linocut, a visual art form. He decided to join, despite being a very inexperienced artist. In their first class, the teacher gave them one minute to create a piece of art. Peter figured he now had 60 seconds to be exposed as a fraud. He went ahead and sketched a cell in the body called a Lymphocyte. The teacher and other artists were fascinated by it, and so began a journey that included many paintings, linocut and

woodcut artworks. Twenty years ago, his ability to create woodcut art became limited, so he started making his art on computer and iPad. He has exhibited several times with others, including in Johannesburg (by invitation), at hospitals in Cape Town and Kirstenbosch over Christmas and New Year.

When Peter was studying in the UK, Sue, who was born and raised in the UK, had two friends named Penny (one in London and one in Cape Town). London-Penny held a dinner party and needed an extra male to make up numbers. So Cape Town-Penny told her about Peter, who happily obliged. It was serendipitous – he and Sue got engaged three months later (and London-Penny went on to marry Cape Town-Penny’s brother)!

Peter and Sue spent five years in Tel Aviv, Israel, and then returned to South Africa in 1976. Sue did her degree in social work through UNISA and became a marriage counsellor, specialising in divorce mediation, before acting as the warden of Fuller Hall, UCT, for nine years.

Peter was sporty – he played rugby at University, ran twelve Two Oceans Marathons (first one in 1978), and has walked up Table Mountain most weekends for many years.



Gene pool

Peter and Sue have a son and daughter-in-law who live in the UK with their two teenage daughters and a daughter and 7-year-old grandson who live close to them in Cape Town. Before moving to Woodside six years ago, Sue and Peter lived in Pringle Bay – on the exact same road as Woodside’s Pat and Joyce Dewil and Roy and Liz Melville. Peter and Sue love being in retirement – it has given them more time to work on their passion projects. Sue is still a member of her Pringle Bay book club and she is on the Woodside Board. They are thrilled to have Auria involved in Woodside and are amazed daily at the positive changes and engaged team.



1st living cell



Peter and Sue

ROY ANDERSEN

BY MARIE-LOUISE VAN NIEKERK (SAN SERENO)



Maj Gen Andersen with the officers of Transvaal Horse Artillery

After alterations to their garden villa were complete, Roy and Wendy Andersen moved into San Sereno in June 2021. The changes made it possible for Roy to have a fabulous study, with space for his library of war history books, photos and other memorabilia, and give Wendy a studio – she is a talented artist. Their move was motivated by visiting a friend, some years ago, at San Sereno and deciding that this was where they wanted to be. When they moved, it was even more exciting for them, as Auria had by then taken over the management of San Sereno, which, as we all know, has brought vast improvements. Roy lists the ever-available Care Centre, the social activities, bowls, snooker, high-quality restaurant and coffee shop as some of his highlights.

Roy Andersen was born in 1948, and after matriculating at Northview High school in Johannesburg, he started his army career, at the age of eighteen, when he was balloted for call up and commissioned into the Artillery. He did all his camps in the Transvaal Horse Artillery, while studying at Wits University,

graduating as a chartered accountant, and being awarded top student twice in five years.

This was a portent of the man he was to become. He started his articles at Ernst & Whinney (later Ernest & Young). He made such an impression that he was sent to Dallas, Texas, for two years to do a CPA. In the meantime, he had met Wendy at Ernst & Young, where she was temporarily working before returning to Austria to further her career as a professional ice skater. It was love at first sight, they got married, and Wendy accompanied him to Dallas instead of Austria. Their older daughter was born in Dallas. Another daughter and a son followed later, and they are proud grandparents of three granddaughters.

Roy says that a life-changing course presented by the Army, the Senior Staff Course, was of more value to his later career than an MBA would have been. It had high intellectual content and excellent lectures. This course led to his promotion in the Army

to Major General in 2003: the highest rank attainable by a civilian in the Army. He was involved with the amalgamation of the SADF into the SANDF and is Chairman of the SANDF Educational Trust, which provides for the education of children of soldiers killed in battle. He is immensely proud that two of these students recently graduated as medical doctors. This is already a vast legacy that Roy has left in the defence force, but the mind boggles when we speak about his business career.

In his early forties, he became Chairman of Ernst & Young after starting there as an articled clerk. In 1992 the Johannesburg Stock Exchange approached him to become President and oversee the restructuring of the JSE. He felt that it was a new challenge and left Ernest and Young to spend five successful years there. Then, on meeting Donny Gordon of Liberty life, he was invited to become CEO of the Liberty Group, which he accepted in 1997.

After this successful career he “retired” at 55 in 2003. He took a year off, authored a book, and travelled to Namibia and Alaska. However, his active mind needed more stimulation and after SANLAM approached him in 2004 to become Chairman, he went back to work. He served SANLAM for six years, spending half of each week in Cape Town.



At Nelson Mandela’s funeral in 2013, he sat next to Richard Branson of Virgin and was later invited to become Chairman of Virgin Active SA and a director of Virgin Active UK. He was also a director of Aspen Pharmacare for 11 years, and is proud that Aspen is now manufacturing the COVID-19 vaccine in South Africa. He additionally served for 11 years as director of Nampak. Then, in February 2011, after he had retired from most of his other directorships, he was approached by Sasfin Bank, where he contributed his skill to a remarkably successful niche bank, finally retiring as Chairman in 2021.

He was also the founding Chairman of the Chartered Director (SA) Governing Body and is still concerned with ethics in that profession.

Roy says that he mainly reads military history and other non-fiction. He played rugby at school and in the Army and is now an active “new” bowls player at San Sereno and is eagerly awaiting the start of croquet. Roy is thrilled to be back in the gym at San Sereno and appreciates the biokinetics. He sustained a severe back injury four years ago, and only through determination and a positive mindset is he back in the gym.

San Sereno is indeed privileged to have Roy Andersen as Chairman of our Residents Committee. There can be very few more qualified for the role.



Roy with a few of his accolades

94.7 Kilometres

BY DOT MEPHAM (SAN SERENO)



94.7km — that is a long way, and Richard Henwood has ridden the Johannesburg Cycle Challenge (previously the 94.7 Cycle Challenge) race twenty times! He has now graduated to the age group named the GGM, which is the Great Grand Masters category for the over-70s. Richard's most recent race, in November 2021, took him 4 hours and 26 minutes, and he finished 54th out of 98 in his category.

The race started at Soccer City/Nasrec. Richard had ridden 19 of these races with the same friend, but this time he rode alone. The route went through Soweto and then onto the freeway to the Woodmead offramp. He explained how one had to join a peloton to cope with the wind, but having no cars to dodge was wonderful. Next, they proceeded to the Kyalami Race Track, where there is a slope so steep that it is called the “mine shaft”... and the bikes have to take the up-slope, which is horrendous.

The route then wound past Leeukop Prison, along Main and Witkoppen Roads, Sandton Clinic and uphill again to the Mandela Bridge. I asked Richard what he thought about in the 4,5 hours. He first dwelled on how tired he was, and then he breathed through and just enjoyed the ride. The crowd support was excellent and gave the cyclists a big boost. There were plenty of water points where you could also get something to eat to replenish your energy – a banana, sweets or even a potato.

Richard has done the Cape Argus three times and a Pietermaritzburg to Durban race once. The correct name for this race is the Amashovashova which means “pushing” or “shoving” (a little daunting!).

He particularly enjoys mountain bike races, usually three to four days long, with tents and food supplied by the organisers. He has done the Sani to Sea race, ending in Scottburgh, and the Berg and Bush Trek, a three-day race from the upper Drakensberg to Winterton. I asked how he persuaded himself to carry on after the first day, and he said he had a few beers in the evening and was then ready to go!

His next race is in Zimbabwe in August – the Blue Cross Challenge – to raise money for the Zimbabwe SPCA. They will ride from the lowest altitude near the Limpopo to the highest mountain base in the Eastern Highlands, Mount Inyangani. It is 500km over five days, and the entrants have to be completely self-supporting.

I am exhausted just writing this, but Richard does these amazing things for FUN!



Richard on his mountain bike

DIE WONDER VAN

La Nina

BY MARIE-LOUISE VAN NIEKERK (SAN SERENO)

Suid Afrika is 'n droeë land met 'n gemiddelde reënval van 464mm per jaar. Baie dele van Suid Afrika het in hierdie somer reeds meer as 464mm reën ontvang, sommige somer in een maand. In Mei 2011 het meer reën in een dag in Namibië en dele van Suid Afrika geval as in 'n hele jaar.

Helfte van Suid Afrika se reënval word opgegaan in ons groot en ook kleiner damme. Vir 'n dam om as groot geklassifiseer te word in Suid Afrika moet die hoogte van die wal meer as 15m wees, die Vanderkloof se wal is 108m hoog en die Gariëp 88m. Die grootste dam volgens inhoud is die Gariëp Dam (die naam beteken in die San taal 'Groot Water'). Die Gariëp strek tot 100km terug vanaf sy wal en ons was so gelukkig om in Desember 2021, die Gariëp te sien oorloop. Dit is 'n merkwaardige gesig wat die krag van water duidelik maak. Ons was op die brug so 500m onderkant die wal en die dreuning was oorverdoewend en die hele brug het geskud. Die Gariëp stoor 5 miljoen megaliters water. Die Vaaldam en Sterkfontein dam, wat ook albei huidiglik oorloop stoor elkeen sowat 2.6 miljoen megaliters water. Hierdie twee damme is die lewensaar vir Johannesburg, die grootste stad in die wêreld wat nie op 'n rivier of die see geleë is nie !

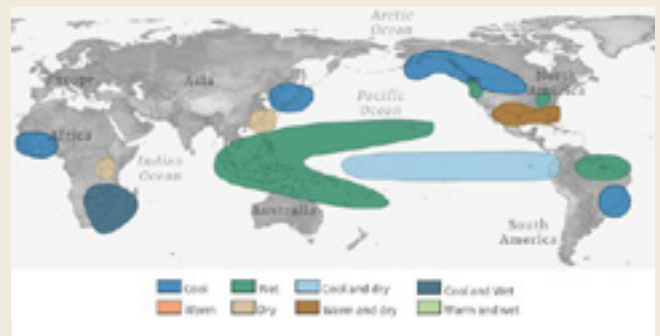
Aan wat is hierdie oorfloed te danke- 'n klein meisie wat in Spaans La Nina heet. Sy is die kouer sussie van El Nino, haar boetie, wat droogte bring La Nina verwys na die afkoeling van die see oppervlakte temperature in die sentrale en oostelike dele van die Stille Oseaan. Die Passaatwinde vanaf die ewenaar beïnvloed die lugstrome wat van Oos na Wes beweeg en die hele wêreld se

klimaat word geraak. La Nina het die teenoorgestelde uitwerking as El Nino wat warmer, dor toestande voortbring. Dit is die tweede opeenvolgende jaar wat La Nina vir ons seën met oorvloedige reën en sedert verlede somer is die vlak van meeste van ons damme by die 100%. Dit was net 'n paar jaar gelede dat Kaapstad amper sonder water was!

Die riviere vloei ook natuurlik almal sterk, selfs dië wat 20 jaar gelede laas gevloei het. Beide die Vaal en Oranje het gesorg vir skade in dorpe wat op hulle walle lê. Mense in Standerton en Bloemhof kon met bote in die strate rondvaar. Die saai-boere is ook erg geraak deurdat dit te nat is om te plant of dat hulle gesaaides verdrink het. Dit is nou maar só in hierdie land van ons - altyd te min of te veel !!

Ons, en baie ander Gautengers, wat in Desember die lang pad Kaap toe aangedurf het, het 'n lushof van vol riviere, lowergroen bome, staande water, selfs in die droë Karoo geniet.

Die wonder van twee sulke somers is dat alhoewel daar water terug see toe gaan, word die grondwater so aangevul dat ons miskien vir El Nino in die gesig sal kan kyk. Mag ons die vreugde wat die reën bring vir die res van hierdie somer geniet.



Impak van La Nina

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.

.....

I want to give a huge vote of thanks to Edgar and Fish, who worked tirelessly to locate and correct an electrical issues in our garden villa. They worked meticulously and determinedly until they found the fault, checking and rechecking until they were satisfied that they had found the faulty cable. It is this sort of five-star service that makes Auria an incredibly caring and efficient organisation, giving residents that most precious thing – peace of mind!

ANN BRAUN

.....

Forgive the delay in writing to thank you for ten wonderful days in quarantine. I did so enjoy the time and was able to get on top of a number of chores which I had been putting off. The nurses came twice a day to take my temperature and BP and then Security, mostly Charles, exercised my dog, mornings and evenings. I do wonder why I was so well. The vaccinations, the kindness and competence of San Sereno or am I just a “tough old lady”?

GILLIAN HORNE

.....

What a lovely Valentines brunch spent at our Cottage with hubby Johann and our carer Joyce. A very special occasion. Many thanks for making this a wonderful day for us.

ROSE MARIE BOTHA

.....

The doorbell pinged and then so did my heart! A very happy little lady received a 2022 diary and now I don't have to buy one. Thank you Auria, perfect timing!

ANGELA MAGNER

.....

Congratulations! As someone who had the opportunity to see how you transformed Pembury into Melrose Manor, I can honestly say that your award is well deserved. I am so grateful that my mom is able to live in such an amazing facility. I believe that her quality of life has been immeasurably enhanced by the physical and service changes that have been put in place. Wishing you continued success with all your projects.

AVRIL KLAFF

(daughter of Shirley Kalmek)

.....

Many thanks for yet again hosting a very successful and smooth roll-out of the Covid-19 booster vaccinations. As usual every detail was well thought out and executed by the nursing and hosting staff. We have two neighbours who at present are in need of care many times a day and each time the staff visit there is the same happy atmosphere as they carry out their duties – a cheery ‘how are you’ and ‘good night’ greet me – they are always so cheerful and caring. A very big thank you to EVERYBODY.

PEN AND MIKE WILLIAMS

.....

Please pass on my thanks to every member of your staff who was involved in the New Year's Eve dinner. Everything was delicious and the presentation was beautiful.

JILL DONNELLY

.....

Once again Auria has come up trumps. Our booster vaccinations complete with arrangements having to be made at very short notice. Congratulations to all involved.

ALLAN AND JENNY DOBLE

.....

Many thanks to All, for a wonderful fun evening last Friday at the braai. You ordered the weather for us! So beautiful under the Willows with the pretty fairy lights. Well done and Thank You.

ROSE MARIE BOTHA

.....

Having been encouraged by fellow "Woodsiders" to join the Seapoint group, we could not refuse. Kennedy, our cheerful and careful driver got us through the heavy traffic in no time at all. It was the perfect day to take in the sights and sounds while taking a leisurely stroll from the lighthouse to the swimming pool. Watching the paragliders flying overhead and landing on the grass right next to the promenade was great fun. We were all treated ourselves to the most delicious gelatos. Please continue to keep the trips to Sea Point going for as long as possible while the weather is still good. The Waterfront can wait for the cooler days!

CHERRILL WEST

Well done on the PIA Award! Congrats to Auria and your team. We look forward to the completion of our renovations and getting ANOTHER award! You are doing a sterling job!

LYNNE HARDY

Thank you and the Auria team for a most enjoyable evening. The tables were beautifully decorated with flowers and lights and Christmas crackers. The menu was awesome and the food delicious. Thank you for being there to circulate and supervise, your team's service was exceedingly efficient and always smiling and caring. Well done in achieving another great success!

COLIN AND DAWN STEYN

A huge thank you for an incredible event. The food, décor and ambience were outstanding. Congratulations to the entire team for hosting another wonderful event.

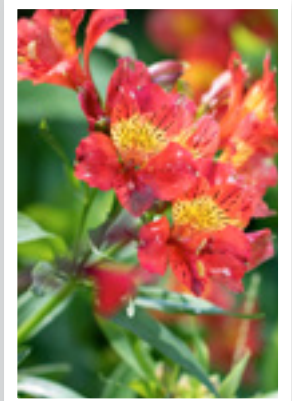
MONICA AND COLIN MCMURDO

Gardening JOY

BY DOT MEPHAM (SAN SERENO)



When Joy and Basil Bagg moved within San Sereno from a Garden Villa to an apartment some of us were concerned about Joy moving away from her beautiful garden because she is such a passionate gardener. 30 pots, 35 rose bushes, numerous large shrubs, 3 water features and a complete sprinkler system moved to the apartment. She has cleverly created the most stunning garden and transformed her garden corner "as far as my hose can reach". There was a reservoir that is now a feature, and once more her garden is a treat for the eyes - for all residents to enjoy.



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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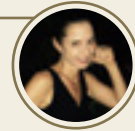
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SAN SERENO
Bryanston



MELROSE MANOR
Melrose



WOODSIDE
Rondebosch



ROYAL VIEW
Sandringham



CORAL COVE
Sheffield Beach

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