

MAR 2023

LIVING

ROYAL VIEW'S FIRST RESIDENTS

The Diamond Couple



BY AURIA

FIRST PLACE FOR WOODSIDE

SHN International Awards

MY CAMINO

San Sereno resident
Hazel MacMillan's
extraordinary journey




AURIA
SENIOR LIVING

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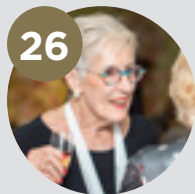
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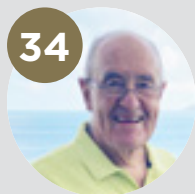
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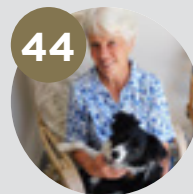
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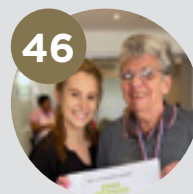
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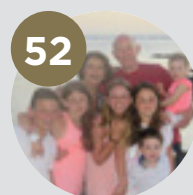
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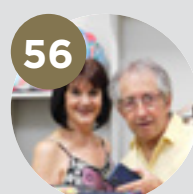
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DEAR RESIDENTS AND FAMILIES



It really is hard to believe that we are nearing the end of the first quarter of 2023. I always enjoy reading each issue of our LIVING magazine, it provides such a broad yet somehow detailed insight into life in our Auria communities,

from our accomplished residents to our dedicated Auria teams and how we are able to positively impact lives within our communities and beyond.

One of the highlights of the past few months for me, was most certainly our achievement of First Place in the International Category of the US-based Senior Housing News design awards, for our renovation of Woodside in Cape Town. Other notable winners were from a variety of established senior living operators such as Aegis Living, throughout the USA and Canada, from Stamford, Connecticut to Atlanta and San Francisco. This is the 5th International Award that we have received for our Auria communities. It is heartening to know that our communities can compare so favourably with the best in the world, and a credit to our teams who work so hard, every single day, to ensure that we remain at the forefront of global best practice.

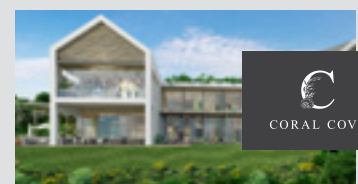
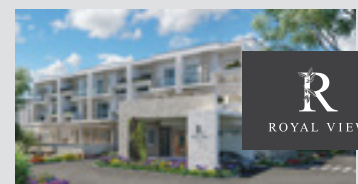
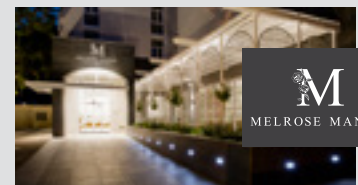
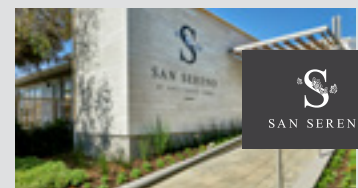
Once again, this issue of LIVING by Auria brings insights into the lives of our residents, focussing on, amongst other things, social, fitness, well-being and the ongoing careers and interests of our residents. All of these being such important factors to 'quality of life' - which is the primary focus of our teams within our communities. But what does 'quality of life' really mean? Everyone would have their own perception of what this means to them. I always find the 'official' World Health Organization definition of 'Quality

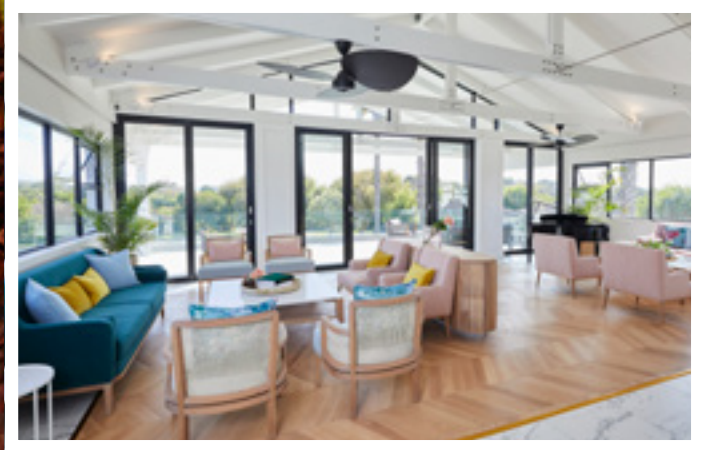
of Life' to be the most well-articulated: "Quality of Life is an individual's perception of his/her position in life in the context of the culture and value system where they live and in relation to their goals, expectations, standards and concerns. It is a broad-ranging concept, incorporating a person's physical health, psychological state, level of independence, social relationships, personal beliefs and relationship to salient features in the environment."

As people age, their quality of life is largely determined by their ability to maintain autonomy and independence. The reason I am highlighting this is to illustrate the importance of the various aspects of life within our communities that are showcased in this magazine - and how each one really is such a critical factor in us fulfilling our promise to our residents of enjoying their best quality of life, every single day.

I do hope that you enjoy this issue, and that being part of the Auria community continues to have a positive impact on your quality of life, in all its varied aspects.

Regards,
Barry Kaganson
CEO, Auria
Senior Living





SHNA

SENIOR HOUSING NEWS
ARCHITECTURE & DESIGN
AWARDS 2022

INTERNATIONAL

WINNER



WOODSIDE

GETS TOP HONOURS ON THE INTERNATIONAL STAGE

We are thrilled to announce that Woodside Village, our continuing care retirement community in Rondebosch, Cape Town has won a prestigious international Award in the 10th annual Senior Housing News (SHN) Architecture & Design Awards.

The awards honour service providers for their innovative and creative efforts to position their senior living community as global leaders in their class.

Woodside won the INTERNATIONAL category from over 100 entries. Other notable winners were from a variety of established senior living operators such as Aegis Living throughout the USA and Canada, from Stamford, Connecticut to Atlanta and San Francisco.

16 industry experts judged nominees based on design and aesthetic criteria. The judges considered design elements like colour, light, and landscape architecture as well as community functionality by analysing property type-specific features like universal design techniques.

“These nominations represent the spirit of innovation and cutting-edge design from around the US and the world,” said George Yedinak, founder of Senior Housing News, in announcing 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 innovate and follow global best practices to provide our residents with an extraordinary living and supportive environment. This accolade is proof that a proudly South African business can stand head and shoulders amongst the best in the world.”

Getting to know our Auria

Team



JEFFREY

Malatji

San Sereno Gardening Team

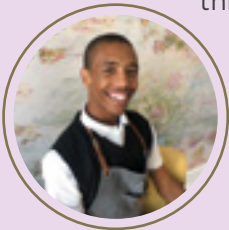
Jeffrey has been with San Sereno since 2021 and “loves his job.” Building relationships with residents is his favourite part. His job at San Sereno as a member of the Gardening Team focuses specifically on Private Gardens, so he primarily interacts with Garden Villa and Apartment residents. Having worked at Bidvest Food Services, Jeffrey working with Natasha, has sparked his interest and passion in gardening.

LWAZI

Mqungwana

Woodside Barista

Lwazi, known as China, has been working at Woodside for four months. He is an extraordinary individual, self-confident, and loves putting a smile on everyone’s face he encounters. He is the youngest of three siblings, a brother, and a sister. When he was in grade 9, he was the lead dancer in the Cape Town Carnival. China truly brings happiness to Woodside.



GIFT

Atige



Royal View Supervisor

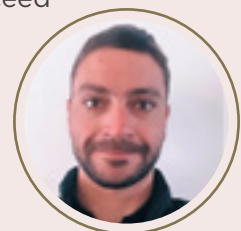
Gift has 12 years of high-end hospitality management experience. He believes well-defined aspirations and empowerment motivate resources best. He was a beverage supervisor, food and beverage supervisor, beverage manager at Peermont Global Hotels and Resorts and department manager for Woolworths. Gift enjoys jogging, watching soccer, and spending time with his children and ‘Ghost,’ his dog.

CHAD

Engelbrecht

Melrose Manor Construction Manager

It gives us great pleasure to introduce Chad Engelbrecht, our new Construction Manager who has joined the Melrose Manor Team. Chad attended Jeppe High School for Boys. He earned his Project Management and Construction Management certifications from the University of Cape Town. Chad is an avid runner and competitive cyclist who prefers to be outside in his spare time. We are excited to see Chad succeed as a member of the Auria Team.



Auria recognises employees who go above and beyond with assistance, service and care to residents. Each and every member of our team deserves recognition for their dedication and hard work and with the help of our residents we have chosen a few star performers for the beginning quarter of 2023.

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

Melrose Manor: audrey@auria.co.za | Royal View: amber@auria.co.za
San Sereno: ssconciierge@auria.co.za | Woodside: rui@auria.co.za



THANDEKA CEBEKHULU Care Giver

Thandeka provides invaluable support to our residents and care team as a floor caregiver. She is efficient, hard-working and always willing to go the extra mile to assist the residents. She is consistently friendly and professional and encompasses all the Auria values we encourage in our staff. We look forward to watching

Thandeka grow and take on more responsibility in 2023 and continue to be a role model for those she works with.



MELROSE MANOR

FELICIA GALEBOE Front of House Supervisor

Felicia has been with San Sereno since 2017 and over the years she has shown immeasurable commitment, enthusiasm, and determination. For the past couple of months, she has been standing in as Supervisor for our Front of House team and she has exceeded all expectations. Felicia's friendliness and helpfulness are limitless, and she truly is a remarkable and valuable member of our team.

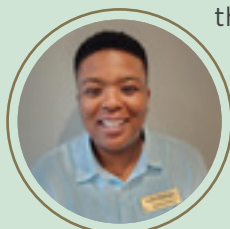


SAN SERENO

FAITH MAZINYO Nurse

Faith is the Star Performer of our Care and Wellness sector! She is a registered nurse with excellent clinical skills and has a cool head in an emergency. She rises up to any challenge set before her and completes them with proficiency and excellence. She is dependable, trustworthy and has a keen interest in learning further. She goes

the extra mile and always has a smile on her face. Well done Faith, you deserve this!

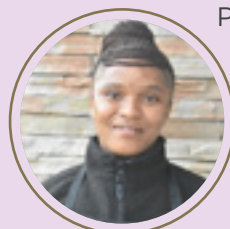


ROYAL VIEW

PHELOKAZI MAHAMBA Waitress

Phelokazi has been employed at Woodside since 2020. Lunchtime in the resident's dining room is her favourite time of day. She enjoys ensuring that everything runs smoothly when we serve, deliver, and pick up meals for the residents. All preparations are carried out with a cheerful smile, demonstrating how much

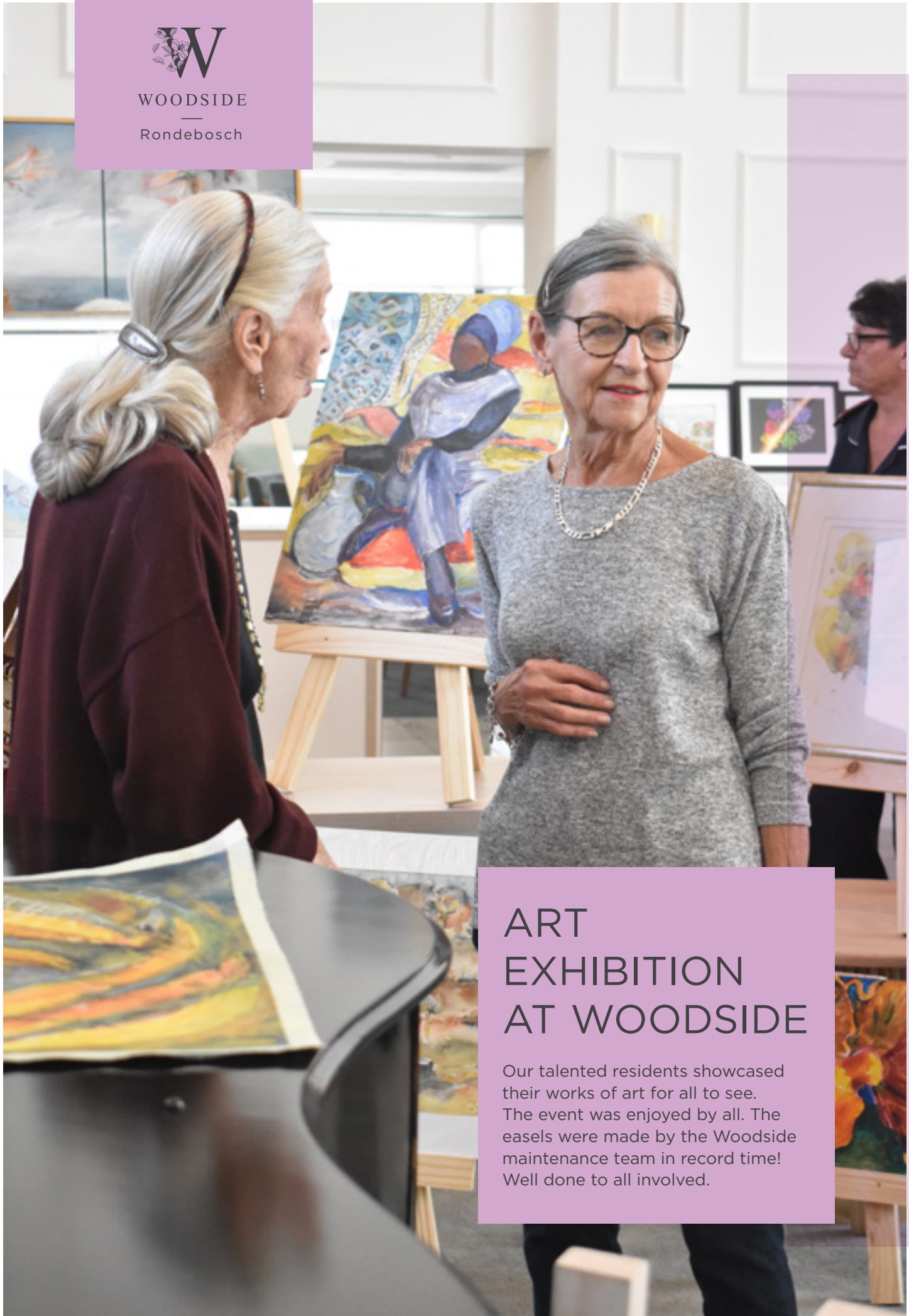
Phelokazi enjoys what she is doing. She is a carer by nature and we are fortunate to have Phelokazi as part of our Auria Team.



WOODSIDE

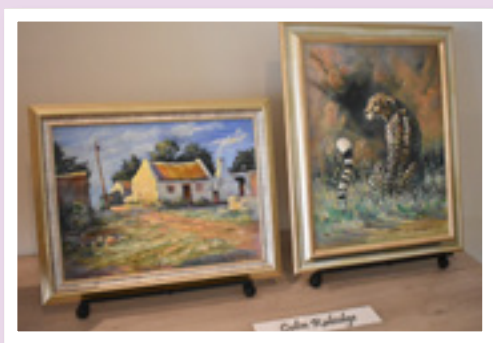


WOODSIDE
—
Rondebosch



ART EXHIBITION AT WOODSIDE

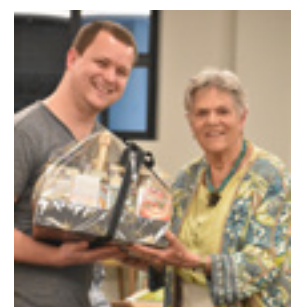
Our talented residents showcased their works of art for all to see. The event was enjoyed by all. The easels were made by the Woodside maintenance team in record time! Well done to all involved.



BINGO EVENING

Never a dull moment at Woodside!

Residents had a wonderful time and did not want to go home! When all the prizes had been won, residents asked to play some more, just for the fun of it. To the delight of the residents, Quintin and Miemie were able source some extra prizes together. We look forward to the next Bingo evening!

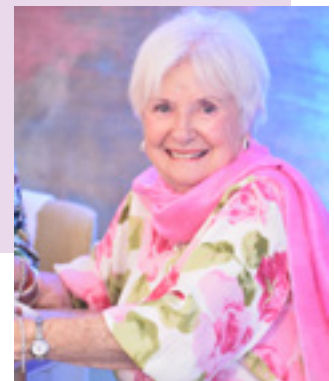
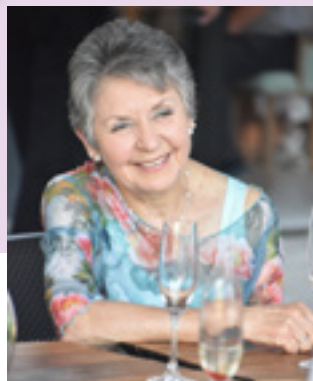
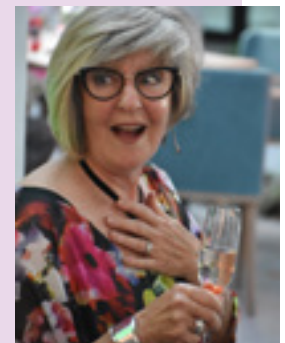
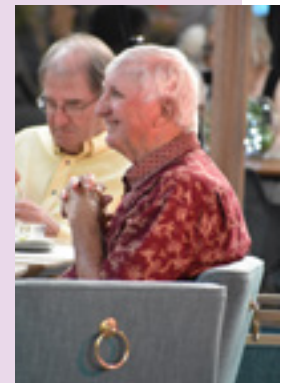




WOODSIDE
—
Rondebosch

COCKTAILS AND FUN. OH WHAT A NIGHT!

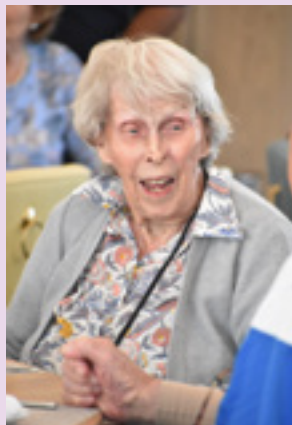
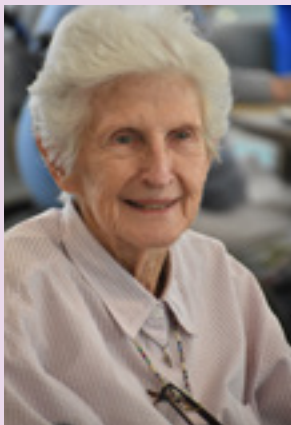
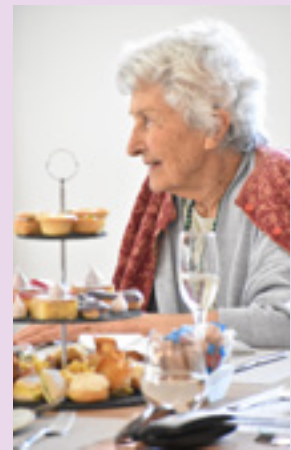
Our residents had a blast at the end-of-year cocktail event at Woodside. The evening's live band had our residents and staff on their feet. It was definitely a night to remember!



High Tea

with our fabulous nonagenarians

Our incredible over-90s residents were celebrated with a mouth-watering high tea at Woodside.





WOODSIDE
—
Rondebosch

Celebrations

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

MILESTONE BIRTHDAYS

DECEMBER

Hilary Botha
Penny Rowe-Roberts
Roy Melville

JANUARY

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

FEBRUARY

Lynne Hardy
Jill Donnelly
Mez Smith
Colleen Gibbon

MILESTONE ANNIVERSARIES

Jenny and Syd Kennedy
(55th Wedding Anniversary)

Irma and Jack Kerby
(60th Wedding Anniversary)

Glen and Terry Chisholm
(55th Wedding Anniversary)

Yvic and Mitsy Bosman
(65th Wedding Anniversary)

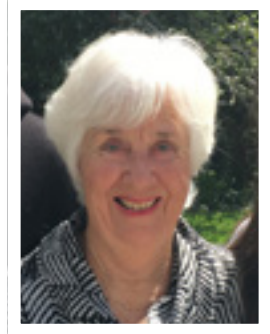
Carrol and Ian Farlam
(60th Wedding Anniversary)

WELCOME

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

SANDRA SMUTS

Sandra Smuts is relocating from Sea Point where she has spent the last 20 years living on the beachfront, with all of its wonderful amenities and views. Sandra has travelled extensively and has had the opportunity to visit her two sons, family, and friends in various parts of the world. Her favourite destination, which she still visits on a regular basis, is the bush. Sandra's plans were abruptly altered when COVID-19 travel restrictions were imposed. We welcome Sandra to our Woodside community and are confident that the warmth and quality of care by the Auria staff and residents will allow Sandra to live her best life every, single day.



ERICA GREATHEAD

Erica joins our Woodside community from the Newlands and Rondebosch areas, where she has lived for over four decades. She has a son who lives in London and a daughter, nearby in Cape Town. Between the two there are three grandchildren. Erica has a passion for sewing and she dedicates a lot of her time to making baby quilts, which she kindly donates to hospitals in and around Cape Town. Erica is eager to join and participate in the eventful social calendar on offer here at Woodside. The social element at our Woodside Community is bustling with activity and Erica looks forward to making new friends.



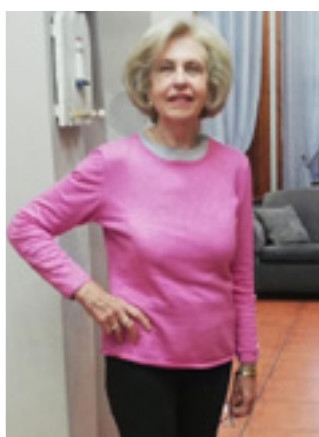
BRIAN AND PAMELA BURNETT

Pam and Brian have been happily married for 51 years and they have two wonderful sons, both of whom live overseas with their respective families: Justin in the UK and Paul in Mauritius. Travelling is one of their special interests, which includes visiting their sons frequently. Their travel destinations have also included Europe and the USA, but their passion is going to game parks and enjoying the game and bird life there. Pam and Brian are keen bridge players, both BBO and face-to-face. Brian enjoys playing golf too which keeps him active. The warm welcome received from our Auria team and from the residents has solidified their commitment to their new life at Woodside.

SHEILA SCHURMAN

Sheila Schuurmans was born and raised in Johannesburg. She relocated to the United States to pursue a career as a teacher and learning specialist. Her twin boys were six years old when she and her husband returned to South Africa and settled in Cape Town. Teaching has been her lifelong passion. She worked in Learning Support at SACS Junior School and Herschel Preparatory School. She later became the Head of Pro Ed House in Rondebosch, a special needs school. She spent nine years there before retiring. Sheila adores her two sons, and the family is extremely close. Gavin is an actuary in Mauritius, and

Rory is a learning support teacher in two Cape Town schools. Sheila is looking forward to spending time at Woodside reading, walking, meeting new people, and making new friends.



Balmy Summer Evenings

At Woodside, our residents enjoyed ‘ribs on the deck’ amongst good friends, great food and glorious summer evenings.

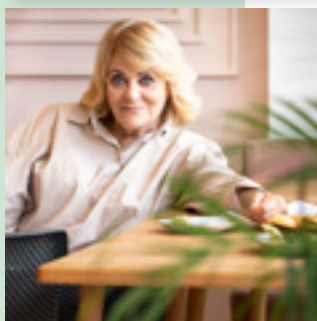
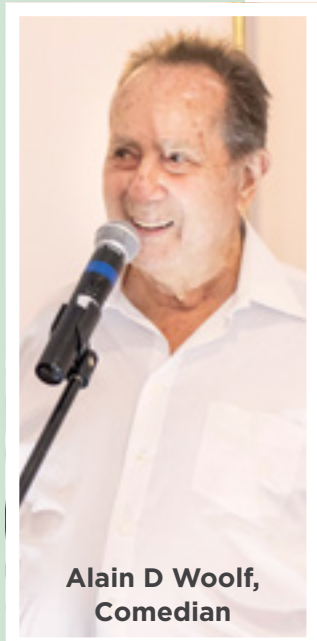
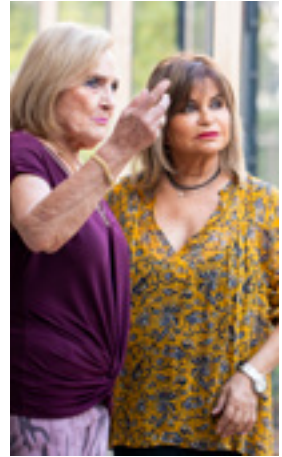




ROYAL VIEW
—
Sandringham

COMEDY NIGHT AT ROYAL VIEW

Comedian Alain D Woolf hosted a fantastic comedy night for Royal View residents, and what a fun evening it was. There is nothing more contagious in the world than laughter and good humour.



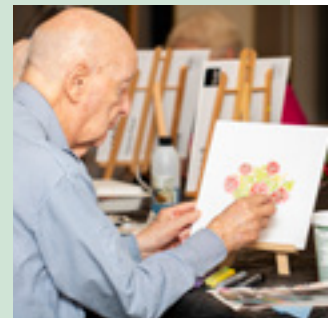
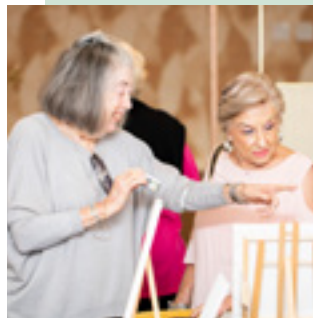
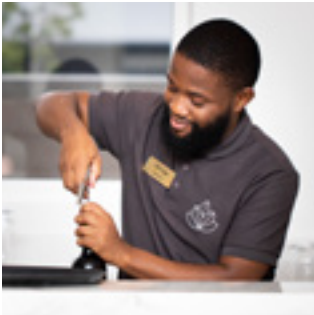
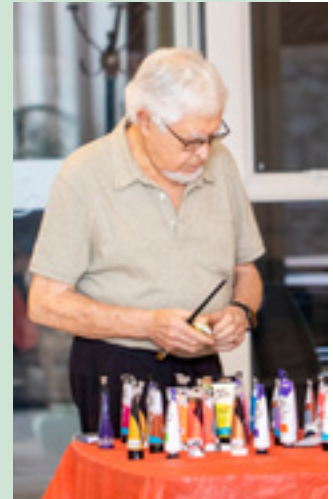
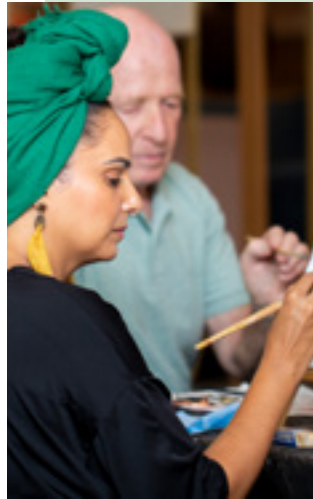


ROYAL VIEW
—
Sandringham

SIP & PAINT EVENING

Our residents got to uncork their creativity whilst sipping on a glass of wine at Royal Views' first paint and wine evening.

A taste of things to come!



WELCOME

Royal View has welcomed new residents to our community. We wish them many happy years with us.

NICK AND AUDREY CHRISTELIS

Nick and Audrey are relocating from their home on Linksfeld Ridge. Being



accustomed to a beautiful view we are confident that the Royal View golf course will not disappoint.

Nick is a business consultant and together with Audrey, they enjoy practising mindfulness and yoga. They have two

children and two grandchildren. Nick and Audrey are self-confessed homebodies who enjoy reading, braaing, keeping active and travelling. They are looking forward to enjoying all the activities they are used to and adding some new ones to the list. Café Auria will satisfy Audrey's sweet tooth and love of cakes!

BERNICE TRADONSKY

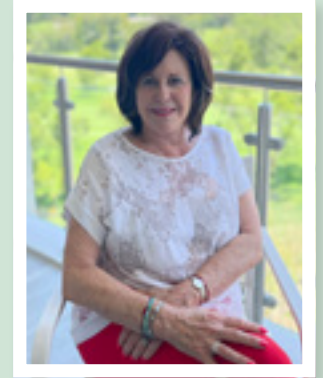
Bernice spent the majority of her life in Johannesburg, though she was born in Germiston.

She counts three kids, eight grandchildren, and five great-grandchildren among her many blessings.

The prospect of forming a book club and making new friends is one of Bernice's top priorities. We know Bernice will love having Café Auria right on her doorstep and look forward to sharing this new chapter with her.

VAL BLUMENTHAL

Val's extraordinary accolades include being the chairwoman of YALE, an organisation which caters for intellectually disabled people in the Jewish community.



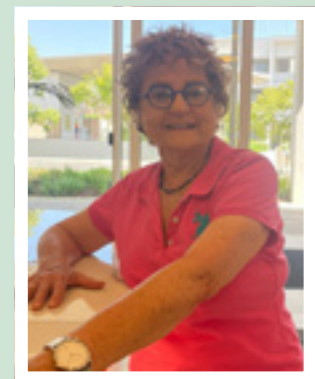
Val joins us from her home in Melrose Arch. Blessed with four children and eight grandchildren the peace of mind and security offered at Royal View are the top draw cards for her move. She is hoping to add cooking lessons, playing bingo, and dance lessons to her existing activities of Kaluki and Bridge. Val enjoys going to the gym and keeping up with current affairs. Perhaps Chef Ashley would be interested in giving a few cooking lessons to our aspiring residents?

JOY RUBIN

Joy, a retired preschool teacher with over 43 years of experience, brings her youthful energy and zest for life to our growing Royal View Community.

Rummikub, art, and dabbling in everything health-related are among her interests. Joy prioritises physical activity, which she accomplishes through pilates and the gym.

Joy is leaving Glenhazel, where she has lived for the past 23 years and kept busy as a great-grandmother to four, grandmother to seven, and mother to three.



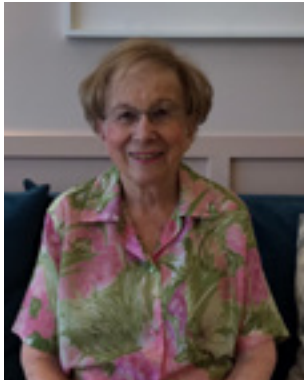


ROYAL VIEW
—
Sandringham

LORNA SONNENBERG

Lorna, a retired furniture store owner from Krugersdorp, has relocated to our Royal View Community from Killarney.

Her interests in classical film and theatre can be satisfied at Royal Views' incredible cinema room, and she will have the added luxury of going to the movies every day if she so desires. Lorna is excited to participate in the many social events at Royal View and plans to make 2023 a year of more exercise, fun, and card playing.



Lorna is a proud mother of five children and grandmother of nine.

SHELLY MEDWIN

Shelly is relocating from Killarney to join our Royal View community. Shelly describes herself as a highly sociable and optimistic individual. Her hobbies include reading and kaluki, and she is excited to make her brand-new Royal View apartment her home.

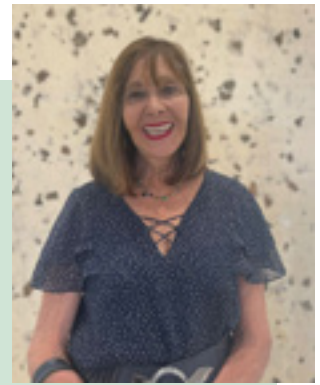
We welcome Shelly and look forward to sharing in her new lifestyle, here with us.



BRENDA ROSENBERG

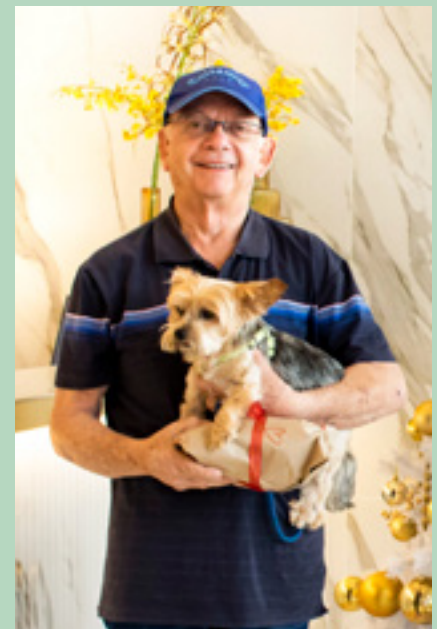
Brenda, a native of Johannesburg and an avid bridge player and foodie, will feel right at home at Royal View.

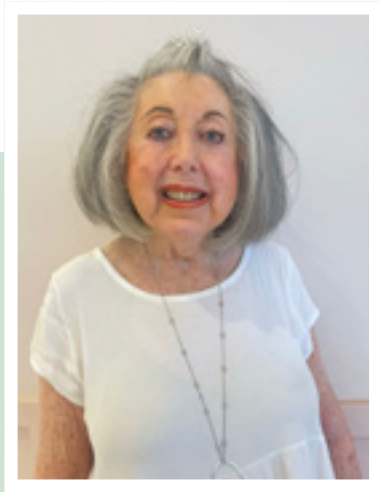
Brenda enjoys going for walks, going to the gym, and socialising. Brenda may find herself busier than she has ever been with Royal Views' varied event calendar and wellness activity schedule. We are excited to be a part of this new chapter in her life.



ERIC BERNSTEIN

Eric comes to us from the Johannesburg suburb of Orchards. He is semi-retired and plans to spend much of his free time socialising. With Royal View's exciting event calendar and growing bridge and Kaluki playing residents, his desire to 'play more cards' will undoubtedly be realised. Sonic, Eric's dog, will also enjoy his walks in and around Royal View. Eric has five children and seven grandchildren and is excited to be a part of such a welcoming and active community.





FREDA VAN NIEKERK

Freda is a great-grandmother to one, grandmother to two and mom to one. She enjoys a lifestyle of healthy eating, staying fit and admits to the occasional shopping spree- as her three top activities to date.

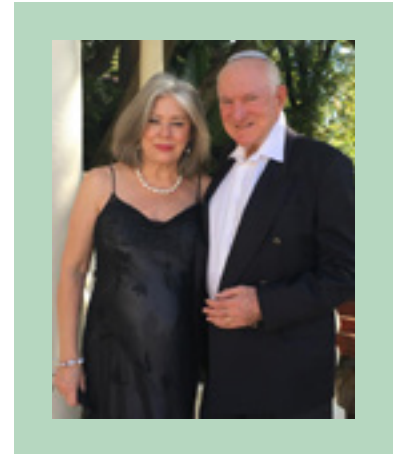
Born and raised in Johannesburg, Freda has contributed to the community through her charity work and career as a law firm manager. She hopes to be able to continue with all of the above and has expressed the desire to do more knitting in her spare time.

Being a resident at Royal View and a member of our warm community we look forward to sharing the next chapter with her in health and happiness.

MICHAEL AND TRACY SALOMON

Michael and Tracy are looking forward to moving into Royal View.

Michael is an avid bridge player who has been known to give aspiring bridge players the occasional bridge lesson. As an attorney, Michael enjoys the stress-relieving benefits of tennis and poker. Tracey enjoys cooking and baking, as well as walking to stay fit. We welcome them both to our Royal View Community.



RUTH DISKIN

Ruth is moving from Hazelwood to join us at Royal View. Ruth is a retired teacher and is looking forward to meeting new people and participating in the enjoyable events and activities offered at our Royal View Community.

Ruth enjoys spending time with her three children and 13 grandchildren and places family time as a priority in her life. Ruth's hobbies include birdwatching and solving jigsaw puzzles. Spending time outside in the fresh air, identifying and observing the diverse bird life around her is one of her favourite things to do. We look forward to sharing this new chapter with her.

MILESTONE BIRTHDAYS

MARCH
Arnold Kramer

MILESTONE ANNIVERSARIES

Issy and Sybil Reisenberg
(60th Wedding anniversary)

Celebrations

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

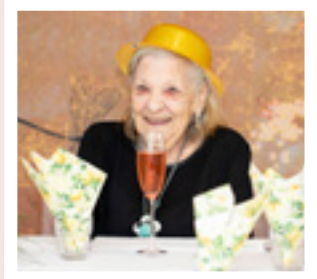
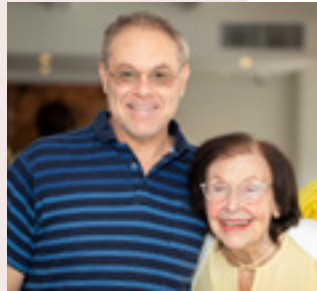
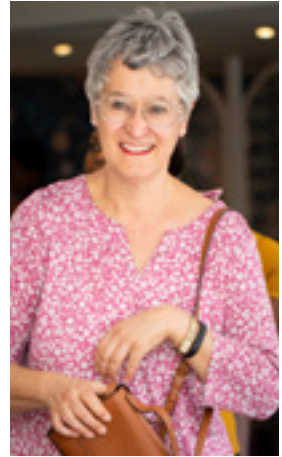
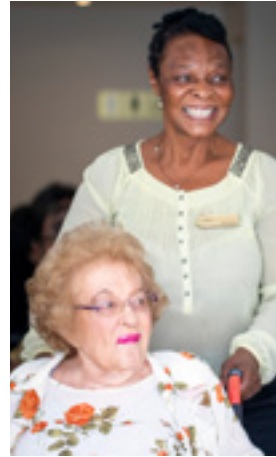
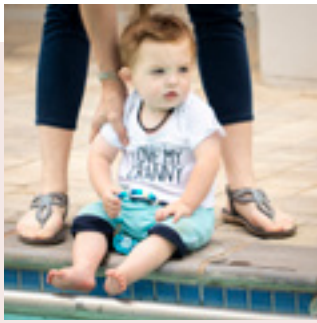


MELROSE MANOR

Melrose

FAMILY FUN IN THE SUN

Nothing beats a summer braai in South Africa, and our Melrose Manor residents and their families had a full day of fun. A lamb on the spit and soft serve ice cream were among the afternoon treats. Everyone had a fantastic time creating new memories with their families.



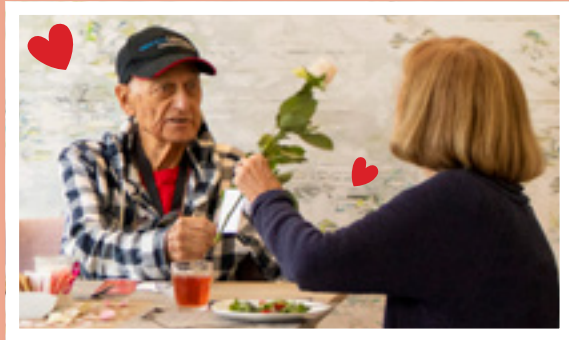


World Chocolate Cake Day

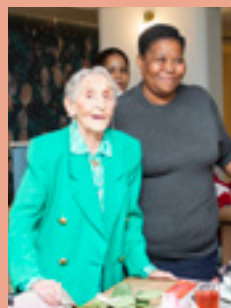
Our Residents at Melrose Manor and Woodside communities celebrated World Chocolate Cake Day. Thank you to our Auria staff who continuously spoil our residents not only on special days but every single day.



Happy Valentine's Day

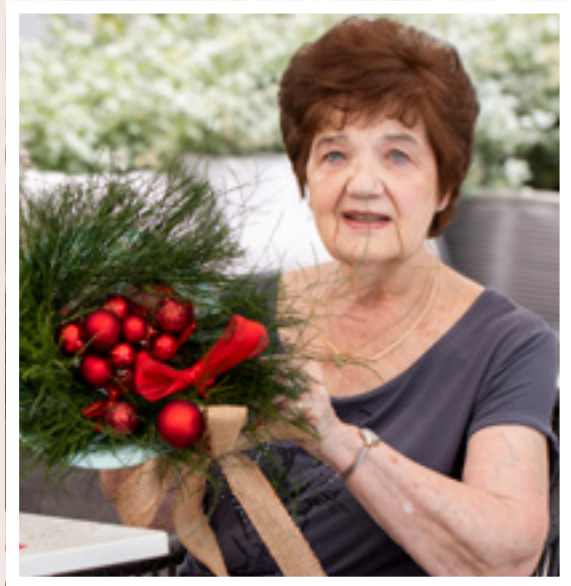
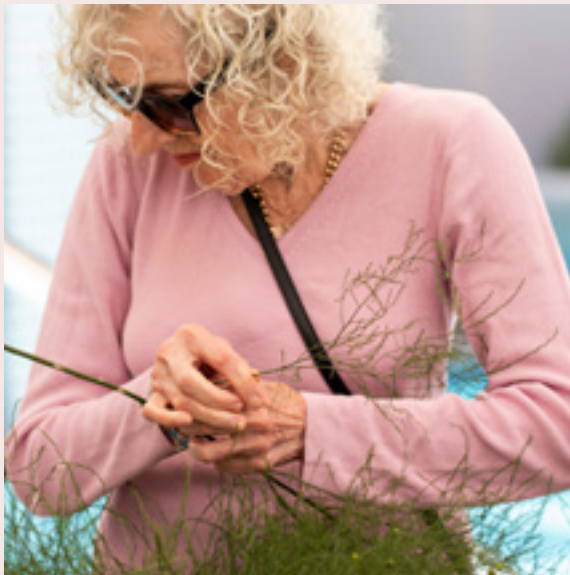


And yet another reason to celebrate! Valentine's lunch at Melrose Manor where residents celebrated in style.



GARDEN CLUB

Gardening Club has become a space for our residents to relax, learn and simply enjoy their time outdoors.



Celebrations

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

MILESTONE ANNIVERSARIES

Stanley and Gertrude Michel
(60th wedding anniversary)

MILESTONE BIRTHDAYS

DECEMBER

Norman Kades
Arlene Herr

FEBRUARY

Noreen Mark

JOY COPLAN

Joy joins our Melrose Manor community with excitement to reconnect with some of her friends, residents already in Melrose Manor.

Before becoming a high school teacher, Joy studied history and english at UCT. Joy's career shifted, and she went on to enjoy a successful career in commercial real estate sales and rentals - right up to her retirement. Joy's children have gone on to become global leaders in their respective fields, of which she is justifiably proud. Joy has always been engaged in community service and activism, which have served as an excellent outlet for her passion. We look forward to sharing in this new chapter of Joy's life.



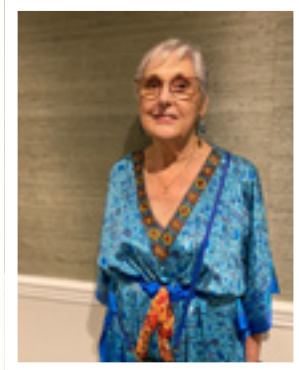
WELCOME

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

RAY DE GOEDE

Ray was born and raised in KwaZulu-Natal. She studied nursing at Natal University and had a successful career.

She is returning from the United Kingdom, where she worked until she retired. Ray has returned to South Africa in order to be closer to her family and to enjoy the next chapter of her life. Ray is looking forward to settling in and participating in all of the activities Melrose Manor has to offer.



NORMAN KADES' 90TH BIRTHDAY CELEBRATION AT MELROSE MANOR

**BY JENNY ISAACSON
(NORMAN'S DAUGHTER)**

After much deliberation and venue hopping, my dad decided to host his 90th birthday celebration at Melrose Manor.

Forecast for rain, the staff began setting up inside. We'd had a lovely family day celebration a few months back around the pool and we'd hoped to arrange a few tables outside. After putting a broom in the tree to bait the rain, we laid everything outside! The weather remained hot and rain free!

The staff were most helpful in arranging the menu as preplanned by Johann. The food was great - a real happy family celebration. Everyone stayed for coffee in the lounge, no one was in a hurry to leave!

Thank you to the wonderful staff at Melrose Manor for arranging a real homely celebration. The venue was fabulous and the kids were able to swim!

To many more milestone functions in your beautiful gardens!



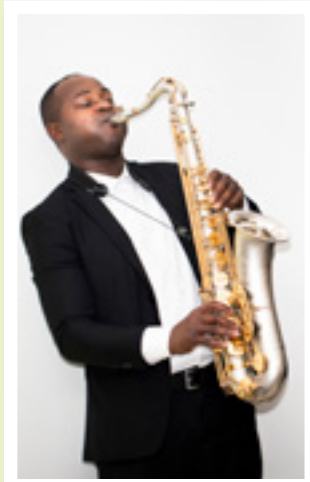


SAN SERENO
—
Bryanston

SEVEN STARS AT SAN SERENO

Our first Gala dinner since 2019 was a huge hit! 230 of our San Sereno residents showed up dressed to impress and (from the feedback) to be impressed!

The theme of Gold and Charcoal set the ambiance. Our residents were greeted with champagne on arrival, followed by a magnificent 3-course meal.



San Sereno

GALA DINNER POEM

By one of our residents, who wishes to remain anonymous

“What a wonderful evening
 Auria gave us
 So organised, smoothly run
 and with no fuss
 The table settings were
 so beautifully done
 And the heartfelt speeches
 sincere and such fun
 The exceptional saxophonist
 and piano had us on our feet
 It was hard not to dance to their
 sound and the beat
 The food - oh the food -
 was such a treat
 Werner, to feed all those people,
 an amazing feat!
 All the management were there
 to greet us and worked hard
 to fulfil every wish
 Well-turned-out and glamorous
 guests were thrilled to be there
 with panache and swish
 Thank you, Auria and
 your wonderful team
 Front desk to kitchen
 and all those in between.”

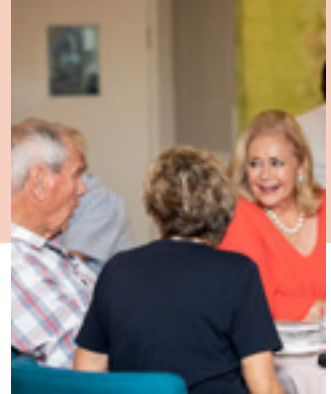


*“Scintillating, sparkling
 and topped with the sax =
 San Sereno Seven Stars”*





SAN SERENO
—
Bryanston



BE MY Valentine

*"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."
Unknown*

San Sereno Residents celebrated Valentine's Day with an outstanding dinner spread!



Celebrations

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

MILESTONE ANNIVERSARIES

Colin & Dawn Steyn
(55th Wedding Anniversary)

Louis and Marilyn van Aswegan
(60th Wedding Anniversary)



Louis and Marilyn van Aswegan

MILESTONE BIRTHDAYS

DECEMBER

Derek Orwin
Martin Coetzee
Ivan Cassidy
Gerald Crossman
Nerine Speirs
Carole Sampson
Gloria House
Marcelle Franck
Sandy Smith
Jean Fincher

JANUARY

Marlene Varcoe
Ray Bowring
Renate Lloyd
Dorothea Henharen
Maria Hoy
Di Hall
Jean Bolttler
Dawn Bezuidenhout
Elaine Micheal
Glynn Jones

FEBRUARY

Richard Henwood
Isabel Ruhmer
Marjorie Fraser
Doreen Read
Di Wilson

WELCOME

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

JANE BAIKOFF

Jane relocates to San Sereno from Sunninghill, where she has lived for the past thirty years. She has two sons, one daughter, and two grandsons, all of whom she adores.

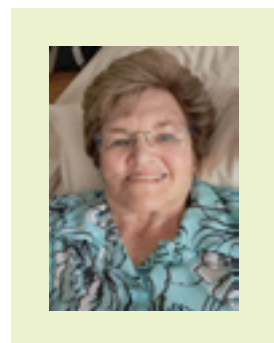
Jane is a family-oriented person who is looking forward to meeting new people and establishing her garden in San Sereno. She is fascinated by birds and nature, and she enjoys knitting and bridge. We look forward to welcoming you, Jane.

VIVIEN DUBB

Vivien joins our San Sereno community from her home in Mellow Down. She was born and raised in Johannesburg. She is one of three siblings and is anticipating that her sister, with whom she is very close, will visit often at San Sereno.

Vivien is a widow; she has two stepchildren both of whom live overseas. She enjoys music, the theatre and plays the keyboard.

Vivien loves swimming and is looking forward to re-joining the water aqua aerobics classes and meeting new friends.





An evening with well known entertainer, Jonathan Roxmouth

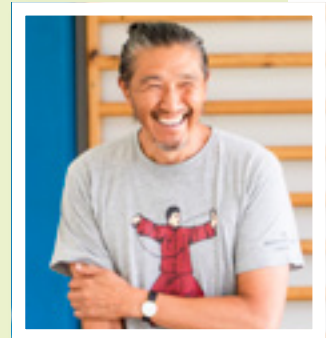
Jonathan Roxmouth's evening of 'Visiting the Classics' was a hit with our residents. Our residents were charmed and entertained by songs from Frank Sinatra and other classic crooners. They even got an album of the night's entertainment to listen to at home.



TAI CHI WITH LEO MING

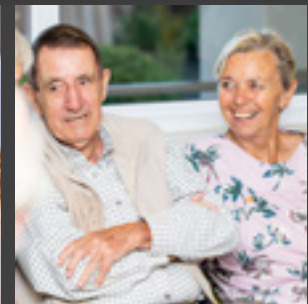
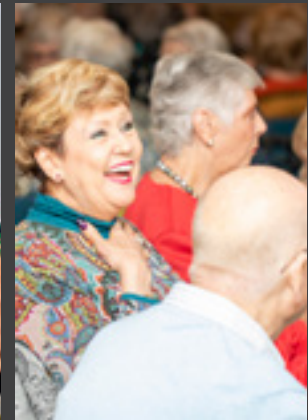
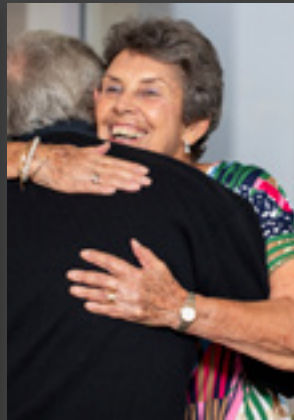
'Sifu' Leo Ming joined our San Sereno residents for a morning of Tai Chi. Tai Chi is a gentle series of physical exercises and stretches. Each posture flows seamlessly into the next, keeping your body in constant motion. Because it promotes serenity through gentle movements - connecting the mind and body - this exercise is sometimes referred to as meditation in motion.

It looks like Tai Chi mornings will be an exciting new edition to our Wellness Activity Calendar!



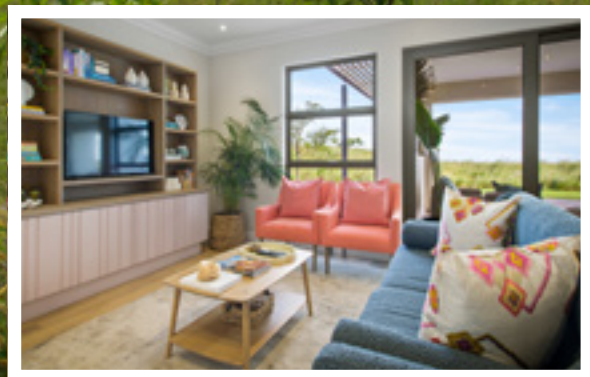
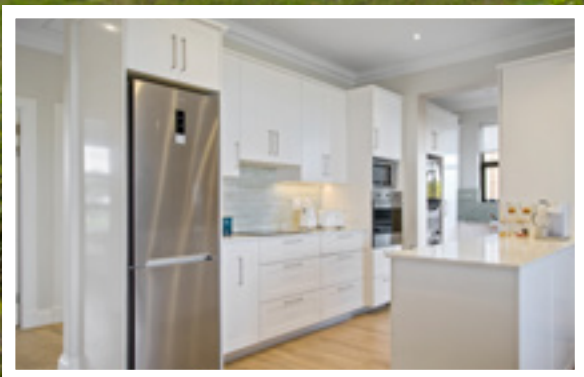
New Year Celebrations

Our residents got to say goodbye to 2022 and beckon in 2023 with style. Wishing everyone a year filled with blessings of good health and celebrations!





CORAL COVE
—
Sheffield Beach





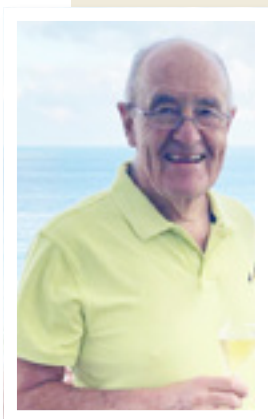
CORAL COVE: Extraordinary living for the best years of your life

Coral Cove, which launched at the end of January 2022, has received an overwhelming response, with the majority of prime view sites already reserved. This sustained and robust interest supports the need for senior living communities that provide the full continuum of care, from independent living to frail care, in aesthetically pleasing settings designed to enhance convenience, social life, and well-being.

Our show house is complete and is available to view.

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.



Dr Jos van Niekerk is a well-known orthopaedic surgeon and former president of SAOA (The South African Orthopaedic Association) with 52 years' experience as a surgeon. He is a resident at San Sereno and a regular contributor to our newsletters.

We are all aware that as we grow older certain facets of our medical and health conditions change. The physical changes that occur with ageing are well-known and have been extensively described. A new approach and field of research are how physical and mental health interact and complement each other.

Isolation

Living, as we do, in Auria communities we are not as exposed to isolation as people who live on their own at home. This does not mean that we cannot fall prey to the problem of isolation.

As we get older, we find that physical movement becomes more difficult and for

BEING SOCIAL AND ITS MEDICAL BENEFITS IN HEALTHY AGEING

BY DR JOS VAN NIEKERK (SAN SERENO)

this reason sitting in front of the television has a great attraction. Research in England and the United States reveals that people over the age of sixty-five watch more than 47 hours of television per week. Although television is a form of entertainment it should not lead us to self-isolation.

We must still socialise with our friends. We must remember that human beings are social creatures and that our lives have been built around social interaction. Sitting at home decreases one's awareness of what is going on in the world and our community. This leads to depression.

The Golden Girls of Melrose Manor

This wonderful group of four ladies, Ada, Bessie, Lily and Elaine are known as the 'Golden Girls' of Melrose Manor. The nickname was given to the group as they meet every week for tea and scones.

They are all over 90 years old and their regular gatherings in the Melrose Manor dining room illustrate how the power of friendship has added value to their lives. They encourage each other to be social and enjoy the finer things in life.



The Golden Girls - from the left: Bessie Mendelson, Lily Isaacman, Elaine Judas, Ada Rubin (sitting)

Interacting with other people stimulates our enjoyment of life and our mental activities so it is, in fact, a counter to the development of depression.

Research shows that women who spend time with friends are more stimulated and relaxed, as opposed to spending time with family, which can often induce stress. With regard to men, it appears that friends and family are both equally positive people to interact with and do not lead to increased problems.

As far as practical advice is concerned, the following simple steps may help to maintain good mental health:

- Do not ignore old friends but keep up old friendships and develop new ones.
- Cultivate a new friend when you in meet new people.
- Participate in social activities such as Bingo or Bridge etc.
- Drinking tea or coffee and discussing books or news with friends, is a good interaction and relaxation for all.
- Physical exercise is important but as we get older and may also develop aches and pains we move with more difficulty and therefore become lazy to exercise. We should persist with the exercise

that we can do, taking our physical condition into consideration.

- Friends can be a help with regard to the use of new technologies e.g. WhatsApp calls et cetera. People of our own age understand our problems and are very often better teachers than the very electronically advanced young friends or family.

Recent research demonstrates that social activities positively impact hypertension, coronary artery disease, cardiac failure, depression, anxiety, and dementia.

As with most things in life, a combination of factors determines the outcome; therefore, we should not neglect the physical aspect of maintaining our health. This necessitates regular monitoring of blood pressure, etc. Personal considerations include utilising a walking stick if your balance is compromised, consuming enough fluids early in the day to prevent constipation and dehydration, and engaging in physical activity to the extent that is appropriate and possible given your personal circumstances. Moreover, avoid falls by having adequate lighting in your room or apartment and by being aware of the dangers posed by loose rugs and small dogs.

Our Auria Care Club with Eva and Claudia

BY EVA APOLLONATOS AND CLAUDIA OSATO

Eva Apollonatos (Melrose Manor Community Manager) and Claudia Osato (San Sereno Care Centre Community Manager) are responsible for the creation and maintenance of the wellness calendars. They provide residents, residents' families and staff with psychosocial support and are very important members of the multidisciplinary team in their respective Auria communities.

Our Auria Communities are not defined by the buildings in which our residents reside, but rather by the people who comprise each community and contribute to its value and quality of life. Consequently, our communities include not only our residents but also their families, and our Auria team at large.

We acknowledged that the quality of care promised to our residents must also be extended to their families. This meaningful exchange of support and education is made available to the families of our residents and is the impetus behind the establishment of the Auria Care Club.

What is Care Club?

The Care Club is a non-judgemental and safe environment where family members of Auria residents can express themselves freely and ask questions about how to effectively care for their loved ones. It is Auria's method of putting together a family support group. Through a person-

centred approach, this group allows family members to be heard and express empathy for one another.

Why is Care Club important?

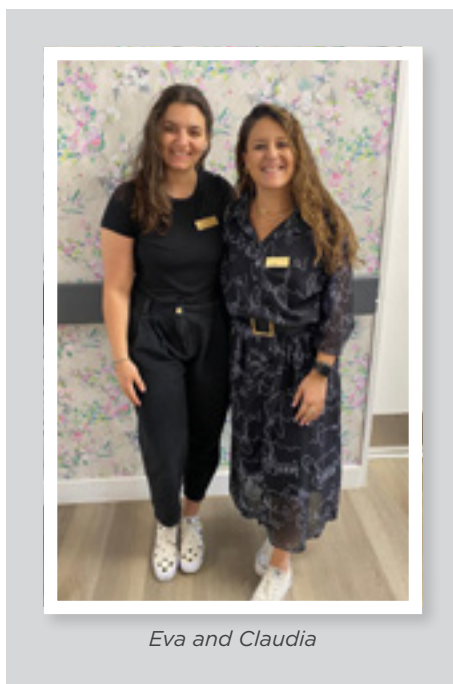
Caring for our loved ones can be both extremely rewarding and extremely challenging. Even when well-meaning and freely given, the cost of nurturing on one's own mental health can be overwhelming. We understand these difficulties, and we want to show the family the same love and support that they show our residents, while also providing a forum for open and free discussions.

How does Care Club fit into the Auria brand?

One of Auria's guiding principles is that we recognize the value of friends, family and community on the Senior Living journey. Claudia and Eva wanted to extend this principle to include the broader family systems and extend care and support outside of the walls of our immediate communities. Our families and loved ones are the heart and soul of what defines Auria.

Care Club runs on the first Thursday of every month at San Sereno and the last Thursday of every second month at Melrose Manor. Whether we have 12 people or two, we run our groups regardless.

Join us for a coffee and a chat or come with an anthology of questions.



Eva and Claudia

CARE CLUB FEEDBACK FROM FAMILY MEMBERS

“

“I used to attend a support group before, many years ago and it was before my wife had to go into the Care Centre and I said to them I actually feel like a bit of a fraud because I am listening to all your terrible stories and yes I have a wife who is forgetful but she is okay. I found it very useful because I was learning what to expect. The support group gives families the opportunity to voice their concerns without judgement or criticism. And that’s what a support group is meant to do. We all have different experiences, and we respond in different ways and that’s how we learn.” **BR**

“I consider the monthly meetings very helpful and productive. I think it would be very positive for all involved to continue with them.” **MW**

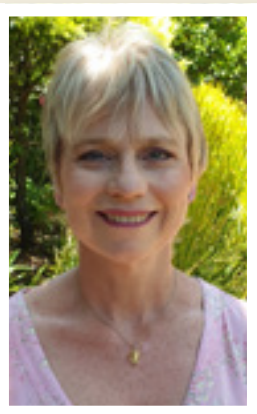
“Care club is a great initiative to bridge the gap between care facilitators and families. A wonderful way to get to know other family members in similar situations as well as to be able to offer input and suggestions with regard to residents. I believe it is important to have care club sessions on a regular basis to keep communication open from family and care centre perspective to assist with the comfort and care and wellbeing that our loved ones deserve.” **AF**

“When I attended the first Care Club meeting there were several other family members and I found it to be so heart-warming to hear about some of their challenges and ways that they’ve coped. I felt support and connection. Eva and Claudia facilitated the evening and they added extremely helpful information and good ideas.” **LD**

”

THE IMPORTANCE OF VACCINES

BY LOUISE SOLE



Louise Sole (Head of Care and Wellbeing for Auria) holds an MBA from the GIBS and diplomas in Intensive Care and General Nursing, Psychiatric and Midwifery. She has a 24-year career with the Mediclinic Group, thirteen of which allowed her to combine her passion for medical care and business, managing Mediclinic Sandton as the Hospital General Manager.

Vaccines play an important preventative role in healthy aging by decreasing illness and avoiding hospitalisation in those 65 years and older. They can help prevent up to 15 diseases including influenza, shingles, and COVID-19.

As we get older, our immune system tends to weaken over time, putting us at higher risk after exposure of certain diseases. Furthermore, there is a higher risk for serious related complications compared to younger populations e.g., flu in a 40-year-old is very different than in an 80-year-old.

WHAT IS A VACCINE?

It is a substance to simulate immunity to a particular infectious disease or pathogen. Typically prepared from an inactive or weakened form of the causative agent.

I HAVE HAD A VACCINE WHY SHOULD IT BE REPEATED?

Some diseases such as Influenza mutate every season and the vaccine already taken will not be effective against the



new strain or the vaccine previously taken may not be long lasting depending on an individual's immunity.

THE FIVE¹ RECOMMENDED VACCINES TO CONSIDER IF YOU ARE AGE 65 OR OLDER ARE:

1. COVID-19 VACCINE

Studies have shown that COVID-19 vaccines reduce the risk of getting the disease as well as assisting with the severity of the illness. Booster shots are available through your closest Dischem or Clicks. Bookings can be made online or via in-person bookings.

2. SHINGLES VACCINE

The varicella-zoster virus causes shingles, the same virus that causes chickenpox. Should you have had chickenpox, the virus will remain inactive in your nerve tissue leaving the possibility for it to reactivate. It could be reactivated by another infection, medications or even undue stress.

3. INFLUENZA (FLU) VACCINE

It's estimated that 70-85% of all annual flu deaths are adults older than 65. The flu vaccine is developed each year based on predictions of the top three to four strains that are expected to be the most prevalent. Ideally you should get your vaccine before the end of April.

4. PNEUMONIA VACCINE

There are two vaccines called PCV13 (Pneumococcal conjugate vaccine) and PCV23 (Pneumococcal polysaccharide vaccine). In South Africa² both are recommended a year apart and have shown great decreases in the rate of pneumonias. Subsequent boosters would need to be under consideration of your medical practitioner and any comorbidities (pre-existing chronic illness/ conditions) that you may have.

5. TETANUS

There is a misconception that you only get tetanus from something such as standing on dirty nail but because the bacteria is found in soil, dust or manure, it can enter your body through any breaks in the skin even during a simple act of gardening. A booster is recommended every 10 years.

It is important to note that having a vaccine decreases your chance of contracting a disease such as COVID-19, but it is not one hundred percent effective all the time. It is always recommended that you consult with your medical practitioner about which vaccines are suitable to your individual needs.

Your community will keep you informed about on-site administration of the flu vaccine once the latest one can be obtained.

References 1. Centre of Disease Control and Prevention 2. Feldman, C. et al. (2022) "A comprehensive overview of pneumococcal vaccination recommendations for adults in South Africa, 2022," Journal of Thoracic Disease, 14(10), pp. 4150–4172. Available at: <https://doi.org/10.21037/jtd-22-287>.

GET WITH IT AT AURIA

Becoming tech savvy with Kerri Goldberg

Kerri helps Melrose Manor residents with tech issues and device optimisation in groups and individually.

Her sessions cover:

Internet browsing, email, fun games, downloading movies, podcasts, music, video chat, online photo albums, online shopping, social media set-up (Facebook, Instagram), tech Q&A, device navigation, online banking, online medical aid management, and virtual tours

Seniors' frustrations include:

Login where?

How do I download it?

What happens when I press this button?

Apps for my phone?

My phone arrived - now what?

The fast pace and constant changes in tech make it hard for seniors to keep up. Frustration and anxiety may result.

Get With IT helps seniors learn at their own pace by offering one-on-one tech coaching. Kerri Goldberg can help seniors overcome their fears, learn new skills, regain their independence, and use technology to make their lives easier, less stressful, and more enjoyable.

Get With IT aims to bridge seniors' digital divide. The programme connects seniors to the internet by improving their digital literacy.

Kerri knows how important family connections are, especially for the elderly. FaceTime and WhatsApp video calling allows many overseas children and grandchildren to stay in touch. Kerri helps her clients set up and use video call apps to stay in touch with loved ones.

THE DIAMOND COUPLE

Royal View's
First Residents:
Issy and Sybil Reisenberg

BY ADI GELBART



Issy's easygoing yin is a perfect complement to Sybil's assertive yang, and their 60-year dance of give and take has resulted in a wonderful life together.

Issy and Sybil are nicknamed the Diamond Couple amongst our Royal View community's staff and residents. On 3 February, they celebrated their 60th Wedding Anniversary. It is not commonplace for couples to reach 60 years of marriage for a variety of reasons. In fact, according to Issy's son, about only 1% of married couples are fortunate to reach this remarkable milestone together.

In celebration of their anniversary, Issy reserved nine chalets at the Vacation Club, Sun City to spend the weekend with their entire family - three children,

nine grandchildren and three great-grandchildren.

I couldn't help but be inspired by the Reisenbergs' down-to-earth and warm presence after only a few minutes with them. It seemed like a good time to soak up as many hidden gems as I could and apply them to my own marriage.

When Issy and Sybil first moved into Royal View on the 1 November 2022, they had 121 flats and a skeleton staff all to themselves. Issy describes Royal View as a CMT for older people and goes on to say "it is our time to relax, amongst our contemporaries."

Issy employs the KIS system in his life. 'Keeping it simple' is their motto with regard to relationships and life.

Sybil is the queen of Kaluki and self-proclaimed kugel of cards! They hold no airs or graces and it is easy to see how the wealth of love, support and kindness have been the true legacy of the Reisenberg family.

Here's to making more Reisenberg memories within our Royal View Community!



The Reisenberg family legacy



Issy and Sybil about to go on a game drive





THE SHIWA HOUSE

**BY ANN BRAUN
(SUB EDITOR FOR
A TRAVEL MAGAZINE AND
A SAN SERENO RESIDENT)**

In the remote north-eastern corner of Zambia, close to the border with Tanzania, is a remarkable mansion, the dream of an English gentleman who, a hundred years ago, fell in love with the country and its people.

In 1911, Sir Stewart Gore-Browne had the task of determining the border between what was then Northern Rhodesia and the Belgian Congo (DRC). When he set eyes on the beautiful Lake Ishiba Ng'andu he made up his mind that this was where he was going to live, and bought the land.

He gave up his army career, drew up plans for a house and set about teaching the local Bemba people how to make bricks, roof tiles and floor tiles from clay that was found on the property, firing them in the kilns that are still visible today. Shiwa Ng'andu is built on a grand scale and everything had to be transported on an arduous three-week journey from Ndola, first by canoe, then on foot. There were no roads, so he built access roads and bridges. A school and hospital were also built, which are still used regularly by the local community.

We had the great good fortune to stay at the house a few years ago, hosted by Sir Stewart's grandson, Charlie Harvey, and his wife, Jo, who run the property as a successful farm and guest house and have undertaken the mammoth task of returning the house to its former glory. The years had taken their toll; large cracks had developed in the walls caused by underground movement – the property is at the end of the Great Rift Valley – and torsion bars were put in place in the drawing room.

Our flight from Lusaka in a light aircraft took more than two hours, over the endless bush of the Luangwa Valley, landing on the same bush airstrip that was used by an Imperial Airways flight from London, which had to make a forced landing at Shiwa in 1932. A meticulous diarist and record keeper, Sir Stewart kept a log book detailing every aircraft that landed there until the time of his death in 1967.

Part of the fun of staying at Shiwa is being given access to the archives. Sir Stewart's original hand-drawn plans for the house are preserved, along with albums of photographs of the many famous people

who have stayed there. Our bedroom was the favourite of President Kenneth Kaunda, who wrote his memoirs at Shiwa. Meals are served at the huge dining table where Sir Stewart dined, always in evening dress. Our dress was much more casual but Charlie told us some guests feel they have to do justice to the splendid setting and dress appropriately. Charlie and Jo always do a quick unobtrusive recce before they join the guests for dinner so that they dress to match the guests' dress code!

One of the most magnificent rooms is the huge library on the first floor, lined floor to ceiling with hundreds of books, all shipped out from England. Outside, the flagpole stands above the tower and the flag was raised and lowered every day with the servants in attendance, dressed in their military-style uniforms which had been shipped out from England.

Ghosts from the past still haunt the grounds surrounding Shiwa. Jo took us to the burial site, deep in a dark forest, of people from a tribe in the Congo who came to the area about 200 years ago and were devoured by the crocodiles in the lake. We all experienced an inexplicable feeling of unease and Jo told us that the local people refused to walk through the wood at night. When anyone on horseback tries to ride through the wood, the horses rear up and refuse to go on.

In a further nod to the history of the area, on the hill behind the house, a cairn commemorates David Livingstone's dog, who is buried there.

Sir Stewart ran the estate almost like a feudal lord but was far-sighted in his vision for an independent Zambia. He is buried on the hill near the house, overlooking his lake, and is the only European man to have been given, not only a State funeral, but a Chief's funeral, so greatly was he revered by the people of Zambia.



Shiwa Ng'andu was built 100 years ago, with every brick and roof tile made by the local people under the direction of Sir Stewart Gore-Browne.



The drawing room. The torsion bars were installed to absorb movement from earthquakes.



The dining room with the original table used by Sir Stewart Gore-Browne.



The Clock Tower



The Library



The Gatehouse



THE DOG WHISPERER

**Woodside's
Jacqui Duncan
Smith shares her
insights and
passion with us**

BY ADI GELBART (FOR WOODSIDE)

Jacqui graduated from Westerford High School in 1964 and then went on to earn an Occupational Therapy degree from Stellenbosch University. She then went on to work in rehabilitation hospitals in London and Holland followed by travels around Europe as a hitchhiker. She returned to Conradie Hospital in Pinelands helping paraplegic and quadriplegic patients.

Jacqui and her family had lived in Durban before moving back to Cape Town, where she has since held a number of positions in the medical field. Jacqui has earned the attribute of 'Jack of all trades', but it was ultimately her innate love for dogs and

inherent skill as a teacher that led to her twenty-year tenure as a dog trainer for the Dog Agility sport.

Jacqui describes Dog Agility as a HIIT (High impact interval training) for dogs. It is very similar to horse jumping, with the obvious difference that the handler does not sit atop the dog as they lead it through the course. Jumps, tunnels, a tyre, see-saw, A-frame, dog walk, and 12 weave poles are just some of the obstacles that can be found on an agility course. Once a dog has mastered these obstacles, they can compete in events where the judge has set them up according to specific parameters. The dogs compete in two



distinct height and skill levels. In order to move up in class, they must earn a certain number of points. A winning dog would be one that took the least amount of time to get through the obstacles.

The best dogs in the country can earn rosettes and medals by being placed well enough to be sent to international competitions on behalf of South Africa. The Kennel Union of S.A. (KUSA) and South African Dog Agility Association (SADAA) are two of South Africa's dog agility organisations. With the help of the SADAA, Jacqui became a judge in 2001 and has since trained all the SADAA judges in the country.

After retiring from Occupational Therapy, Jacqui started her own dog school in Fish Hoek. Fish Hoek Agility Dogs is the only club south of Muizenberg offering agility training. During her time training dogs they did many demonstrations at schools, fêtes and children's parties both entertaining and educating people on dog ownership and the bond that can be forged between dog and owner.

A German Shepherd named Psych was her first dog to compete in agility, and he loved it so much that he dragged her to the starting line at every competition they entered in 2002, ultimately earning the most points in Western Province. In 2004, Jacqui took one of her students, who had lost a leg to amputation, to Austria to compete in the Para-Agility World Cup (PAWC). It was truly inspiring to see people who use wheelchairs or who have other physical limitations doing agility with their dogs.

Kia, her second dog, was a border collie/farm dog mix and qualified to represent South Africa in 2014. However, both she and Kia were getting on in years, so

they opted to let the younger members compete instead.

Cole, Jacqui's current and third agility dog, was rescued as a puppy after being abused and abandoned, and he still doesn't trust other people or dogs completely. But he has no trouble with any of the agility requirements and is happy to show off his abilities to others.

Jacqui thinks it's fantastic that they are able to bring our dogs with us to Woodside. Medical professionals are increasingly advocating for the presence of dogs and specially trained 'Therapy Dogs' in senior citizens' homes and healthcare facilities due to the numerous benefits they bring to people of all ages. Dogs not only help their owners overcome isolation but also benefit from the company of other people. The benefits of having a dog in a retirement community outweigh the challenges, such as getting up early to feed and walk the dog and interacting with other residents and their pets. By requiring their owners to maintain certain levels of physical fitness and mental toughness, they help their owners achieve health benefits such as lower blood pressure, heart rate, and emotional stability. Owning a dog is good for your health and your mood.

*Jacqui concludes that
"As retirees, we can take
advantage of the many fitness and
wellness options available
in Woodside, and now our dogs
can too, with the introduction of
agility and obedience classes,
tailored to their needs."*



Rena Jedwood's

Formula for Fitness



**BY ADI GELBART
(FOR MELROSE MANOR)**

Rena and I found a beautiful spot under a canopy next to the swimming pool for our chat. I had never actually been to this spot at Melrose Manor before. The morning sun shone brightly above us and the canopy provided some welcome shade... at least for now - I thought.

For the past year, Rena has thrown herself into all things fitness. A favourite pastime of hers - albeit a new-found one - and has reaped the profound benefits. Melrose Manor has provided the ideal environment for Rena's health aspirations.

Rena was born and bred in Johannesburg, where she trained as a pharmacist. Rena married and relocated to Petersburg (Polokwane) for 33 years, where she raised her family and was an exemplary wife and mother. With two sons overseas and a daughter in Johannesburg, Rena has spent many years travelling to Sydney and London spending quality time with each. Rena's down-to-earth disposition certainly reinforces her self-proclaimed belief in "just getting on with it." This attribute has exacerbated her impatience for waiting around at airports and she is looking forward to her children and grandchildren visiting her from now on. Perhaps it is this same 'impatience for waiting around' that has motivated Rena's gravitation towards getting fit.

It is interesting to note that exercise for exercise's sake was never a priority for Rena and it has only been in her later years especially the last year that this has changed.

Rena's mantra of 'Keeping Moving' is what inspires her active routine at Melrose Manor.



Sarit, our biokineticist, awards Rena best attendance for fitness class certificate



Rena with her family



Rena doing her 52 laps



Rena enjoys to dance

- Fitness class five times a week. ✓
- Walking laps outside by the pool, 52 to be exact. ✓
- Brain Gym with Kim - usually entails much laughter. Good for the abs! ✓
- Power nap of 15 minutes in the afternoons. ✓

The sparkling pool seemed to invite Rena's next remark "I can't wait to do exercise in the water" which has been put on hold due to the extreme heat wave that Johannesburg residents have been experiencing. At that point, I had to fight the urge to jump into the pool to cool down!

We moved inside to get out of the heat, a move I must add was inspired by my discomfort, not Rena's.

Last year Rena won the certificate for the most attendance at the movement workshop held at Melrose Manor. Rena's enthusiasm and participation in the Wellness Activity programme at Auria, stand her in good stead to continue to benefit physically and mentally and highlight the fact that it is never too late to work on oneself for the better.

It was a real treat meeting Rena and her fitness routine may have rubbed off on me. That 15-minute power nap is calling.



MY CAMINO

Hazel McMillan
Pilgrim
Extraordinaire

BY DOT MEPHAM (SAN SERENO)

For Hazel, the pilgrimage was not religious or spiritual but a personal challenge.

Object: To walk and complete The Camino de Santiago

Depart: Saint-Jean-Pied-de-Port, a town on the French border

Arrive: Santiago de Compostela, right across northern Spain

Motivation: The challenge

Distance: 800 km

Duration: 40 days

Average distance/day: 20- 25 km

Walking time/day: 5-7 hours

Age: 81 years of age!



Day 1: The parish church in Saint-Jean-Pied-de-Port

THE PREPARATIONS...

- Hazel had her hips and knees x-rayed and received the all-clear from Dr Chuck with only two requests “when you get to Santiago, I want a picture, and when you are in the cathedral, light a candle for me” - which she did!
- She walked for an hour and a half with Merlyn Munro twice a week, in addition to other walks, exercises, and Pilates.
- She purchased a pair of New Balance walking shoes. She was instructed to wear two pairs of Falke socks, one thick and one thin, and to apply Vaseline to her feet. She took this advice and didn't get a single blister!
- She carefully selected her Osprey Day Pack. This held her water bottle, a light jacket, sunscreen, Brierley's Guidebook, fruit, and her entire itinerary.
- She purchased a Columbia 'bum' bag which she wore around her waist and contained her passport, credit cards, phone, reading glasses, and her Pilgrim Passport, which had to be stamped twice a day en route.

- Her outfit was a mix of summer and long-sleeved tops. Clothing that is easy to put on, as well as a sun hat and a rain jacket with a hood. Her walking poles were indispensable.
- Camino Ways reserved lodging for each night, as well as breakfast and dinner. Her luggage was also transported from stop to stop, leaving her with only her day pack to carry.
- There was WIFI everywhere, allowing her to communicate with friends back home via phone calls and text messages. This support was one of the main things that kept her going.

THE JOURNEY...

On 29 September 2022 Hazel flew to Heathrow and Madrid, ready for the big challenge. She arrived in Madrid without her belongings. Disaster! She took a train to Pamplona and a taxi to Saint-Jean-Pied-de-Port, the starting point for pilgrims from all over the world and spent four days with nothing but the clothes on her back and a few essentials.

“One down, 39 to go,” Merlyn texted Hazel the following morning. At the pilgrim office, she received her first Pilgrim Passport stamp. She purchased a shell (the pilgrim symbol), obtained a map of the daily elevations (yikes!), and set out from the ‘gateway to the Camino’ church gate. The adventure began when she crossed a bridge under festive pink umbrellas.



The start of journey, under the pink umbrellas



Hazel with her special American friends in Hontanas

Hazel describes the first day of the Pyrenees Camino as a 'hard slog'. She described the next day as 'a solitary baptism of fire', and was exhausted when she arrived at her overnight lodging. She met Colleen from California the next day and walked through forests, small villages, and mediaeval bridges to Zubiri, an ancient town. They met John from Toronto at dinner and left the next morning together. She met charming like-minded people from all over the world on 'the Way', always with the greeting, "Buen Camino."

Pilgrims were catered to along 'the Way' with food, coffee shops and people eager to make their journey as pleasant as possible. Throughout the journey, she felt cared for.

The most important aspect of the Way for Hazel was meeting new people and forming new friendships. Her journey included both solo walking and meeting up with friends. Some people walked faster than others, but she frequently met up with someone and walked to the next town with them. Evenings were always enjoyable and pleasant.

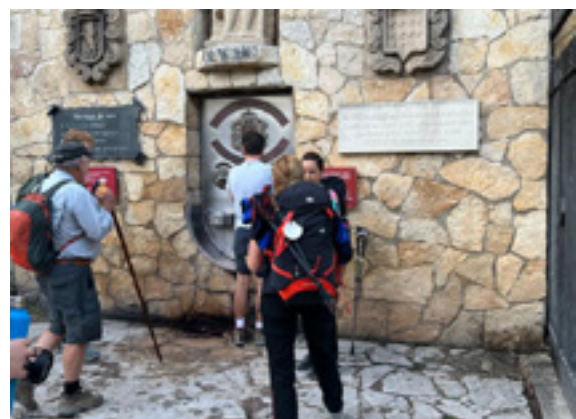
Her routine was straightforward. Hazel would get up at 07h00, shower and eat breakfast at 07h30, check the route and weather, and leave with her luggage at 08h00. She walked for 5-6 hours, taking breaks for coffee, cake, and tortillas. She arrived in the late afternoon. She could wander around town or settle in, have a glass of wine, make calls and check

messages, eat at 19h00, and then retire to bed. Her lodgings were diverse. It could be a hotel, a pension, a farmhouse from the 10th century or a mediaeval structure. Excellent food and wine. She was astounded by the Catholic Church's power in the Middle Ages, as well as the daily infrastructure of all cities and villages.

Hazel and her luggage arrived in Pamplona at the same time, much to her relief. Pamplona is well-known for the Bull Run and the plaza where Ernest Hemingway wrote his best-selling novels 'Farewell to Arms' and 'Death in the Afternoon'. Pamplona is a large city, and it took her two hours to leave the next day. Then she faced the Camino's steepest 750m climb. Her walking poles were essential because the descent was dangerously steep with loose stones. Some days were easier than others, and Hazel got into the rhythm of walking 5-6 hours per day. In Navarra, one of the wine-growing region of Spain, there is a wine fountain, where the farm owner traditionally fills the fountain with 100 litres of red wine per day for pilgrims to enjoy.



Taking a break in Belorado



Filling up with wine in the Navarra area



High point above the clouds in O'Cebreiro



Hazel with her walking poles

Hazel and four others set out early one morning in complete darkness, using headlights. They came across a Roger Federer look-alike who was doing push-ups as part of a bet he had with his son to do 20 push-ups every 10 kilometres. When Hazel arrived in Burgos, she was sitting alone on a bench in a small plaza feeling somewhat melancholic when a man by the name of Phil Smith sat beside her and explained that he had come from Maine in the USA and planned to walk with friends, but they had to cancel last minute. He'd bought each of them a Knights Templar medal to keep them safe on the Camino, so he gave her one. She claimed to have walked all the way to Santiago with the medal. The Camino de Santiago was founded in the ninth century, and pilgrims were protected along 'the Way' by the Knights Templar.

She received her Halfway Certificate (400km) after an easy walk through the Mesetas with a friend and continued through a pretty hilltop town where everyone was buying flowers to take to church for All Saints Day. After that, it was a steep ascent where they reached a breathtaking vantage point high above the clouds - a view to behold!

Hazel arrived in Sarria after walking through rain, wind, sun, and freezing cold and meeting four South Africans, three wonderful girls from various parts of the

United States, and many others from all over the world. Sarria is a major mediaeval pilgrimage centre and it was here that she met Irene, her daughter-in-law who had travelled from America to complete the last 120 kilometres of the Camino with her!

What a delight! They set out at 08h00 the next morning, walked along mediaeval paths, stopped for coffee and cake, and were overjoyed to be together.

Hazel had only 16km to go after a series of harrowing, exhausting uphill walks followed by beautiful, peaceful forest walks.

The final day was wet and exhausting, but they made it to Santiago de Compostela! She'd accomplished it! A momentous journey.

Buen Camino Hazel! Congratulations on an amazing achievement.



In front of the Cathedral in Santiago de Compostela

All Creatures great and small

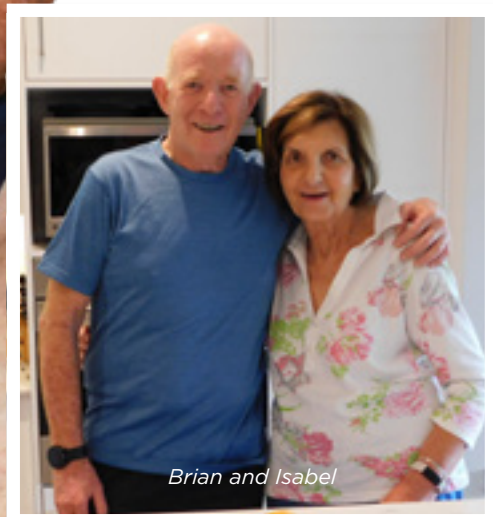
with
**Royal View's
resident vet,
Dr Brian Romberg**

BY ADI GELBART (FOR ROYAL VIEW)

It was no coincidence that Brian and I sat down for our conversation on the morning that Sheba, the Walkerville Tiger roaming the streets of Gauteng, met her fate.



Happy days with the grandchildren



Brian and Isabel

Brian's journey as a carer of animals was born as a young boy. After matriculating from Highlands and completing his army duties, Brian went straight on to pursue his degree in Veterinary Science at Onderstepoort, at the University of Pretoria.

Brian began to practice straight after graduating. He joined the Orange Grove Veterinary Hospital in 1970 and has been there ever since. Brian's practice has stood the test of time and is testament to his commitment to his chosen field, with a special interest in Veterinary politics.

Brian's accolades in the veterinary world include being the President of the World Small Animal Veterinary Association- An international body with 78 member countries. The mission of the WSAVA is to advance the health and welfare of companion animals worldwide.

Brian illustrates that he has seen a shift in South African pet owners' attitudes with regard to their interaction, care and value for their pets. In the 70s, 80s and 90s pet owners were less involved in their small animal's upkeep and well-being. According to Brian, small animal socialisation in South Africa has evolved by leaps and bounds. However, South African pets of various breeds and species are still playing catch-up with their European counterparts.

I had never given this much thought, but as I reflect on this point, I recall when travelling in Europe, I noticed a dog and its owner enter a Belgian Hair Salon. The dog on the lead seemed to exhibit the same mannerisms as his owner. In fact, the European pets seemed to be



Brian and Isabel holidaying with the entire family

as different from South African pets in the same way as South Africans differ from Europeans - an intriguing observation that strengthened my faith in Brian's knowledge. Pets are now considered members of the family, and their care and quality of life are top priorities in their owners' hearts and minds. They are frequently referred to as the pet owner's 'only child' or 'second born,' depending on the circumstances involved.

Brian believes that having a family pet, literally helps to minimise the stress of daily life and every child and adult lucky enough to have a small companion can attest to that positive influence in their lives.

Brian has seen a variety of unusual pets over the years. From the parrot who had to board at the practice when its owner was away, because the parrot could not get along with the husband of its owner, to the surprising affectionate nature of ferrets and rats.

However, he maintains that the pain of having to euthanise an ailing pet is by far the most underrated stressful component of his profession.

Brian and Isabel moved to Royal View from their home in Linksfield. Brian's daily journey to the 'office' in Orange Grove has remained unchanged, with a recent inclusion of a day off.

He commented that moving to Royal View has been the "best move they have ever made" and added that "the way of life at Royal View with their friendly and helpful Auria's staff is unbelievable." He and his wife Isabel are also looking forward to making acquaintance with many of the residents.

Brian and Isabel's children living nearby and abroad can rest easy in the knowledge that their parents are living 'stress-free' at Royal View... even without a small animal companion!



President of the World Small Animal Association



Age is but a number
with Woodside's Tilly Cannan

BY ADI GELBART (FOR WOOSIDE)

Meet Tilly Cannan, a resident at Woodside since 2012. Born in Durban in 1931, Tilly met her husband at the same company for which they both worked, Ellermans Shipping.

Tilly was a secretary to the director and James Murray Cannan aka Jimmy, the boss's son. Their office romance blossomed, and the rest, as they say, is history.

Shortly after marrying they relocated from Durban to Cape Town and settled in Rondebosch. Tilly recalls her house in Sandown Road fondly, as it was there where her love for woodwork found expression in the restoration of antique furniture.

Tilly hailed from a family who were in a boat-building business, and one could say that 'wood was in her blood'. The natural progression from hobby to full-time furniture restorer was a logical outcome for her talents and skills.

In the years when Tilly's children, two boys and one daughter, were young, she befriended a lady who frequented furniture auctions on a regular basis. Tilly developed an interest in antique furniture. During this time Tilly met many people involved in the industry, but it was the fortuitous meeting with a furniture shop owner that precipitated a friendship and successful business partnership of many years. One of the outbuildings at their home was transformed into a workshop where Tilly lovingly restored antique furniture. The restored pieces were sold at the original shop, which later became one of many belonging to a successful South African furniture brand with a reputation for excellent quality home furniture.

Tilly instilled in her children the importance of having fun and taking pleasure in one's life. Tilly's superpowers are the ability to laugh frequently throughout her life and to always look on the bright side.

Raising children tests parents' boundaries, and Audrey, Tilly's daughter, insists that Tilly was not immune to it. She recalls one

instance when she witnessed her mother completely lose her sense of humour!

When Audrey was a young girl, she mistakenly burned a piece of a plastic hanger into her arm when trying to iron her doll's clothes. She recalls how Tilly got so angry she chased Audrey with a shoe in hand chastising her for her part in this unfortunate incident.

Perhaps Audrey relayed this memory as an indication that Tilly's ability to always look on the bright side had its limitations - justifiably so - but also emphasised how rare it was to see her mother enraged.

I wanted to know Tilly's secret for keeping her youthful zest for life, so I questioned her about it. She responded with a glint in her eye and the words, "Life is short, so you had better have another whiskey!" adding that "it is the purest drink in the world!" She has a particular fondness for single malt blends and regularly enjoys a tot or two.

Everyone who knows Tilly can appreciate the generous and outgoing nature of her character.

She adores her time at Woodside and is a staunch advocate of the notion that 'older people need people.'

The recommendation from her recent doctor's visit was to keep on doing whatever she is doing. His advice to Tilly was "don't change your routine and have a whiskey every night!"

According to the Bible, a human lifespan expectancy is threescore years and ten. Tilly is well on her way to threescore years and 40!

Tilly attributes her impressive longevity to her outlook on life, which emphasises finding humour in difficult situations, laughing often, and maintaining positive relationships

And of course, a generous nightly tot or two of Glen Grant Single Malt!



*a bag for
All Seasons and Reasons*

**WITH ROYAL VIEW'S
BARRY AND BERNICE THAL**

BY ADI GELBART (FOR ROYAL VIEW)

Bernice and Barry Thal, Royal View residents, met me at their factory in Wynberg for a tour of their family business, Jodam Manufacturers.

Their journey from humble beginnings to the slow and steady ascent of success illustrates how their tenacity, faith, belief in each other and their dedication have aided in the creation of a South African business, of which they can truly be proud!

When I asked Bernice what they do, she suggested I ask “What don’t they do?” as a better indicator of their business and product offerings. The final product is manufactured from scratch, which includes their own printing on fabric, with the use of Sublimation machines. Welding and embroidery are all in-house and there are literally no limits to creating any kind of bag or fabric product that a client requires.

Barry and Bernice were both born in Zimbabwe and relocated to South Africa in 1984. They were intending to settle in Australia, but by the time their papers arrived, they had already begun to settle in Johannesburg. They had no plans to replicate their business in Zimbabwe as it was extremely labour-intensive. However, the old adage ‘Life is what happens to you while you’re busy making other plans’ appears to be most applicable in their case (with regards to the where and what of their lives).

Bernice and Barry’s ‘bags to riches’ story highlights some wonderful occurrences along their journey that served as powerful turning points in encouraging and reaffirming their path.

Bernice sees ‘angel networking’ as a real force in their lives and shares the following story about this phenomenon for which she is immensely grateful.

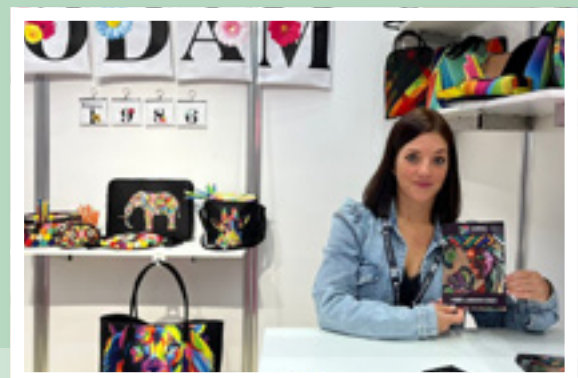
At the age of five, Bernice’s father was brought to South Africa from Poland as an Ochberg Orphan. Bernice relays how her father spent decades tracking down

surviving family members in Europe. He was the oldest surviving orphan and lived to be 102 years old (another story for another time). Uncle Phillip was traced and located after many decades of searching and eventually brought to South Africa, from behind the Iron Curtain. Uncle Phillip settled in Johannesburg and the two brothers were most fortunate to spend the remaining decades in the same country. When uncle Phillip passed away Barry was tasked with packing up his flat which coincided with Barry and Bernice’s recent relocation from Zimbabwe. Barry met a shopkeeper from the building where Uncle Phillip resided, and this fortunate encounter led to Jodam’s first order.

As immigrants from Zimbabwe, with two young children to support, their humble beginnings certainly tested their resolve.



Bernice and Barry Thal,



Jodi at the Trade Expo in London 2023



Barry flanked by his son-in-law, Adam on the left and his son, Adam on right

Bernice emphasises how they started with a single machine (brought with them from Zimbabwe) and one machinist. As the orders grew, so they would cautiously purchase another machine. Slow and steady was the way things were done in the early years. Barry would spend many days doing the sewing himself. They would work full days to make up the orders and each evening they would deliver the stock to their clients – themselves.

The name Jodam was inspired by Bernice and Barry’s children, Jodi and Adam. The warmth, loyalty, and family values pervade the factory, as each employee is considered a member of the Jodam family. The company has grown from one machine and employee to over 90 employees and machines. Many of the employees are single women who have progressed through the ranks to positions of leadership. They are the breadwinners of their families, and the enrichment and quality of life they experience are integral to the Jodam business ethos. The Thals always employ family members of existing employees first, to fill job vacancies within the business. Bernice recognises that one of the most rewarding aspects of their work is the opportunity to contribute to the betterment of many people’s lives in South Africa

Jodam Manufacturers is one of the fortunate and deserving recipients of government assistance in the acquisition of industrial printing machines, embroidery machines, and cutting

machines, to name a few, which have been instrumental in the growth of the business. Not only has the Department of Trade and Industry’s assistance allowed for the procurement of these essential and cutting-edge machines, but it also sends the company to the ongoing international trade expos. This year Jodi Fittinghoff, the Thal’s daughter, is in London for a trade expo at which Jodam Manufacturers are one of the five manufacturing companies selected to exhibit their Proudly South African products.

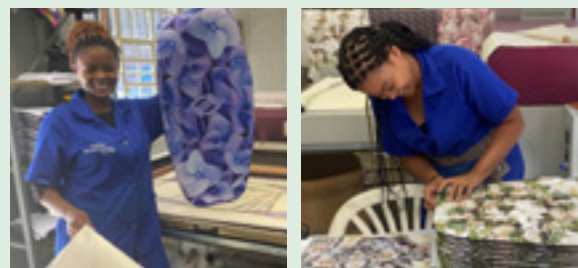
With numerous clients such as Amrod, Adcock, Homegrowers, Henkel, Pro Golf Shop, Independent promotional companies, Selwyn Segal, and, most recently, Woolworths, the prospect of slowing down appears improbable. Bernice, Barry, Jodi and their son-in-law, Adam are integral to the business and keep its heart and soul beating.

The Thals have a beautiful three-bedroom apartment at Royal View with a bird’s-eye view of the golf course. Their generosity knows no bounds, as they have donated numerous books to the Royal View’s wonderful library.

They can continue their busy work lives as they see fit, with the added benefit of returning to the warm, caring, luxurious, and hassle-free environment that the Royal View Community provides.



The digital designer



Big smiles at work

Sorting printed panels

Our Visit to the Katse Dam

BY MARIE- LOUISE VAN NIEKERK (SAN SERENO)

On our bucket list has always been a visit to the Katse Dam in Lesotho. In December 2022 this dream came true when we visited this remarkable human achievement. From Fouriesburg, where we were staying, it is 160km to the dam wall, about four hours each way.

Fortunately I had booked a tour of the Dam through 'Tours by Locals'. This is a Canadian venture that uses local guides worldwide. Siya, our guide, who lives in Butha-Buthe met us at the Caledonspoor Border Post and joined us in our car. He had great local knowledge and knew the road and good places for a break - there are not many road signs in Lesotho!

The road to the dam traverses three mountain passes of which the highest one, Letele, is 3900m above sea level at its summit. On two of the passes we had impenetrable fog and although it is an excellent tar road, there are no barriers on the side of the sheer drop off, and it is a long way to the bottom!

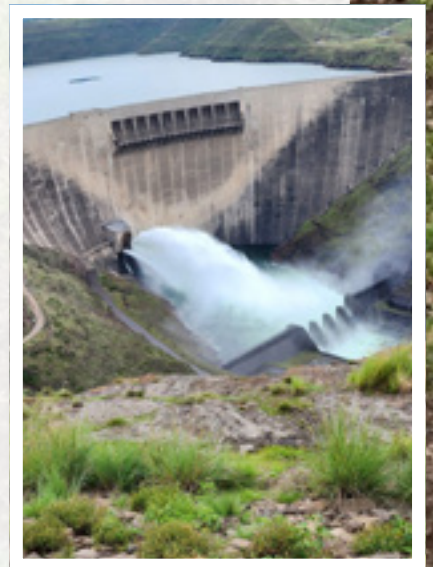
The Katse Dam has Africa's highest dam wall at 185m. It is one of only 30 double concave concrete dams in the world. This is where the wall curves from side-to-side forming the wall and also from top to bottom.

The dam was built by a consortium of some of the best contractors in South Africa and the rest of the world. They started in 1990 and during the construction phase trucks with cement and 'fly ash' arrived at the wall every 40 minutes by road from Ficksburg. It was completed in 1996 and is the reservoir for the whole Lesotho Highlands Water Project which

will eventually have five dams, all connected by tunnels through the Malutis of the Mountain Kingdom. It is still one of the largest concrete dams in the world by volume. The success of Katse is the small surface area which does not allow much evaporation. Evaporation is of course the problem with the Vaal dam and all our large dams in South Africa. The Katse stretches for 35km from the start to the wall through many deep valleys. It reminded us of the fjords of Norway or the Milford Sound in New Zealand. The first sight of the wall, with one sluice open, just blew our minds, a picture we will remember for a long time.

From the Katse there is a 32km tunnel to the Mohale Dam further west and also another 48km tunnel to Muela where hydro-power is generated for Lesotho. From there the water goes through a further 34km tunnel to Clarens in the Free State, providing water for Gauteng by joining the Vaal River system. Lesotho earns about R25 million a month from South Africa by selling this necessary water to us. The drilling machines used for these tunnels were the same that were used for the 'Chunnel' linking England and France.

It was indeed a privilege to see this miracle completed by human endeavour.



Petrol Pump Wisdom

BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)



Anne Hutton

A Johannesburg filling station in Hyde Park has become quite a landmark in Gauteng with its daily 'Petrol Pump Wisdom' - uplifting quotes written on a chalkboard.

Some motorists say they deliberately travel this route just to read the quotes which lighten their day.

The boards have appeared many times in newspapers and magazines and have been spoken about on radio stations all over the world.

This daily wisdom was the brainchild of Dick Hutton, owner of Hutton Motors on that same site.

I spoke to Anne Hutton, his widow, who has been in San Sereno for 11 years. She and Dick moved to Helderberg Village when he retired 20 years ago and sold the garage. He died there and with all her children in Johannesburg, Anne decided to move to San Sereno, where she is very happy and has a large circle of friends.

She is still as beautiful and regal - with her snow-white hair and wonderful smile - as the day Dick Hutton fell in love. Dick Hutton was a larger-than-life person, who enjoyed every minute of every day. Customers became friends and he personally saw his garage grow into a very successful business.

Dick and Anne were married for 53 years and had two daughters and two sons. They now have nine grandchildren and nine great-grandchildren. Anne is very involved with all of them and exceptionally proud of all they have achieved. She is also spoiled by very frequent visits from the family. Anne was born in Pretoria but when her father was transferred to Natal, she moved to Durban Girls High.

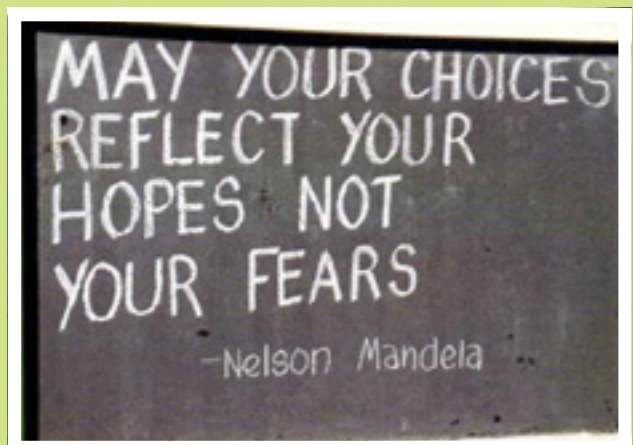
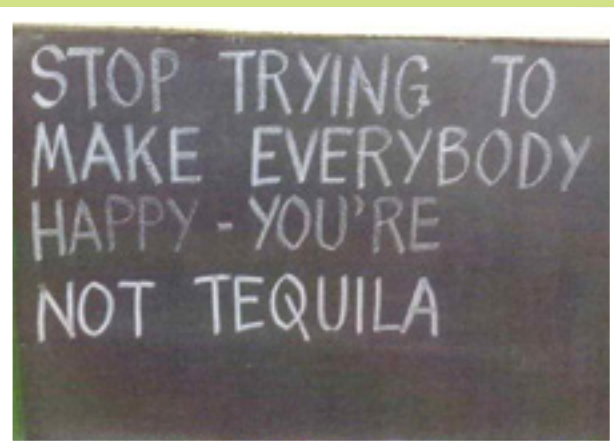
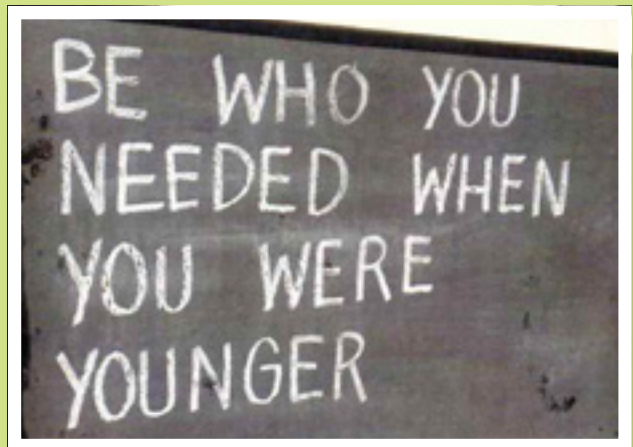
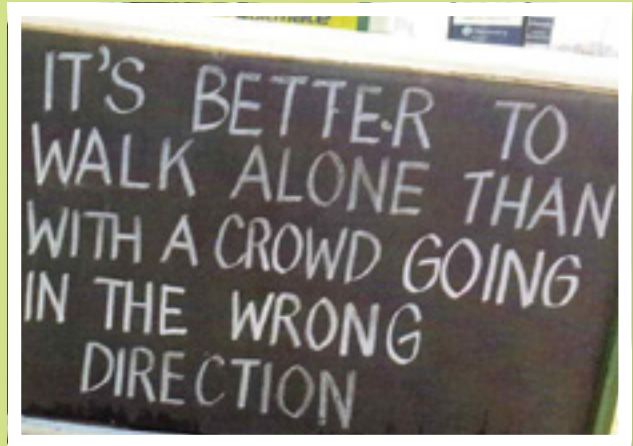
Dick who grew up in Johannesburg was a boarder at King Edward VII School but when he started working for Nestle in Durban, he met Anne and that was the start of a wonderful relationship and friendship all based on trust. They got married in 1956 and relocated to Johannesburg in 1970. Dick started the first Hutton motors in Blairgowrie with one car and his pension money. Later that they branched out to Hyde Park.

This was where the 'Petrol Pump Wisdom' started. Every day Dick would write an uplifting quote on the blackboard.

When the garage was sold 20 years ago, buyer, Allison Billets, continued this wonderful tradition. The landmark has become even better known in this age of social media.

Anne Hutton says that often people would stop to share their stories and thank them for the quote that really helped them. Alison confirms that this still happens every day.

The day Nelson Mandela died the board was covered in black cloth.



STAN MATTHEWS

CEO of SuperSport United F.C.

BY MYRON MICHEL



Myron Michel is the son of Melrose Manor's Stanley and Gertrude Michel and is no stranger to the South African sports scene. As an avid sports enthusiast and sports journalist, he has met and befriended many South African sporting personalities over the years.

Stanley Lance Matthews has been involved in professional soccer, broadcasting and education for 30 years. He is one of the most decorated CEOs in the Premier Soccer League (PSL). His highlight was winning the League Championship for three consecutive years with SuperSport United F.C. from 2007-2010. He has been instrumental in partnering with international teams such as Feyenoord Rotterdam and Tottenham Hotspur. Stan was the former PSL CEO and currently serves on the PSL Executive. He designed and co-ordinated the Boston City Campus Sports Management Certificate and holds a BCom Honours in Sports Management.

Stan was named after Sir Stanley Matthews, the famous English soccer player. While at university, Stan got into coaching through Sean Connor, Principal of King David Primary School Linkfield, who had given him his first coaching job. Under Eddie Lewis, Stan was schooled in coaching at Highlands Park F.C. (HP). While Lewis went professional with Moroka Swallows F.C., Stan became the head coach and ultimately the Chairman of HP Juniors, where he tried unsuccessfully to merge with Balfour Park. He then broke away to form the

Stan Matthews Academy with his U/12 team winning the Gothia Cup in Sweden. Consequently, Stan accepted the job at SuperSport Academy to develop young talent.

Stan also represented national cricket captains, Graeme Smith, Faf du Plessis, Dean Elgar and Springbok rugby player, Jean De Villiers. He sold his sports management company to focus on his passion, soccer. Stan feels that SuperSport United is the only club in South Africa offering a proper youth academy. He feels that his club's main generator of money selling players to the big three - Mamelodi Sundowns, Kaizer Chiefs and Orlando Pirates. He mentioned that SuperSport United, and most of the clubs in the PSL, can't sustain themselves. He says, "Everyone has rights that we as organisers of events have to comply with, before a game is played." For example, no curtain raisers are allowed as the PSL claim it would affect the playing surface, however Stan would like to see them reintroduced when his academy teams play. He says the demise of memorable clubs like Bloemfontein Celtic, Wits University and HP are due to the owners losing money and are a gigantic loss to the soccer community.

He stated that another way of making money is by winning trophies. He claims that SuperSport United do not have the legs to win the 30-game league, so they concentrate on the knockout cups. "Hopefully we do not draw Sundowns - the Manchester City of South Africa - with by far the wealthiest coffers." Stan said SuperSport United have won eight knockout cups with Chiefs winning one and Pirates, one.

Whilst in education, Stan took the Boston sports course from five students to 6000. He explained that in the past, South Africa had experienced and educated sports administrators including Dr Danie Craven and Dr Louis Luyt for rugby and Dr Ali Bacher and the late Joe Pamensky for cricket. Stan mentioned that the current soccer administrators are not educated in sports business and management except for Dr Ivan Khosa from Pirates and Dr Kaizer Motaung from Chiefs.

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.

What a fantastic Christmas evening you and your staff provided for the Woodside residents last night. Food, decor, music and good service and all in good humour. I listed the food first as this was outstanding.

ROSEMARY DONNELLY

We would like to thank the Auria Team for the most awesome evening on Friday which was arranged for the San Sereno residents. We thoroughly appreciate all you do for us. You're such a kind, considerate and caring team.

KEN AND GEORGIA NORMAN

Please pass on my congratulations and thanks to Werner and all the people involved for a truly five-star dining experience at the à la carte dinner last night. The new menu is outstanding and, as always, beautifully presented and bursting with delicious flavours. We really felt as if we were dining in a top Johannesburg restaurant!

Congratulations to all the behind-the-scenes staff who work so hard to make these evenings such a spectacular success. We can't wait for the next one!

ANN BRAUN

Thank you so much Lisa. Also thank you to your management and staff for the delicious basket of delights. We appreciate everything you do for us.

TRACY AND MICHAEL SALOMON

On Wednesday, 30 November, I had the most fantastic lunch in the private dining room to celebrate my 80th birthday. It was fantastic. Everything was perfect and we were blown away by it.

Thank you, Auria, for giving us this facility and for employing such fantastic people. The room looked superb, the table was beautiful, the staff were helpful and Justin served thirteen excited ladies a most delicious meal. There were six Woodside ladies and seven friends who lived nearby. My friends were in awe at Justin's amazing food, the perfect presentation, the taste and the generous amount. It was sensational and my friends could not stop talking about it. I could not have found anywhere better to celebrate. How lucky and proud we are to live at Woodside. Thank you.

My family enjoyed what was left over and they were also absolutely amazed by the fantastic meal.

JUNE CHARLTON

Thank you very much indeed for the very successful Art Exhibition last week. I appreciate what an incredible amount of work and planning went into the whole venture. The printed names were outstanding; unusual and very easy to read for us oldies.

I also congratulate your team who made so many easels in such a short time. Very well done and I hope that they will be used again frequently.

I have been involved in setting up exhibitions for many years so really appreciate the huge undertaking that you took on and presented so well. Congratulations to you and your team

TRICIA E-J

GET INVOLVED with our magazine

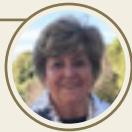
We invite all our residents (and their families) to get involved with our magazine, and to send us your stories, jokes, poems, photos... anything that our communities may like to read about. There is so much to share: hobbies, interesting people you may have met, travels you have experienced, recipes 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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