TRANS

### **DESEMBER 2017 DECEMBER**

# C O M M N C A T

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### A MESSAGE TO ALL TRANS-50 STAFF MEMBERS

A s we enter the last month of the year it is human to feel tired and maybe even a bit irritable. Remember almost everyone is feeling the same way, we have to remind ourselves to be a bit more patient and a bit more caring both at home and at work.

We want to hurry the last few weeks of the year along so that we can get to Christmas and New Year. Sometimes we also think about what went wrong during the past year, and also start thinking about the year ahead. What will we do different, what are the positive things we want to let into our lives? We also think about the burdens we carry and how to get rid of them.

Remember - you, the staff of Trans-50, is the most valuable and irreplaceable component of the business. Without you, Trans-50 cannot provide the services needed to keep our customers.

To the staff members who joined us during the past year, welcome. I hope you will spend many happy and productive years with us. I am also sure that you realised by now, that you have joined an exceptional group of people who call themselves employees of Trans-50.

In order to provide excellent service we need to constantly train and better ourselves. The Institutionally Based Care training that started in July, is an example of this. Congratulations and thank you to the staff members who took the leap to become learners, you have taken on responsibilities over and above your daily duties at work and at home. Your commitment to the programme and your eagerness to learn does not go unnoticed. The rest of us will remember to support you, because we know that today's supporters will be tomorrow's learners, and todays learners will be tomorrow's supporters.

Here follows some inspirational words, I hope each of us can find at least one of these thoughts to add to our daily way of thinking and acting.



Listen to your teachers when they tell you WHAT to do. But more importantly, think about it later and ask yourself WHY they told you to do it.

Life is all about CHANCES and OPPORTUNITIES. Never leave anything to CHANCE and never let an OPPORTUNITY get away.

Give up on your frustration but never on your hopes. Give up thinking about your setbacks but never on your goals. Give up worrying about your past but never on your future.

Don't feel sad because you are different from others. Every unique skill and talent has the potential to make you a superstar. Embrace your personality and unchain your inner strength. Don't forget – the one thing that all successful people have in common is that they were different from everyone around them.

Failure is only temporary. The only thing that should be permanent is your will to overcome it.

Each and every problem is a skill waiting to be learnt in disguise.

Greatness is simply defined as the ability to believe in yourself and ignoring everyone who says you can't do it.

You can look for inspirational quotes about success but that won't do you any good until you try to be an inspiration yourself.

Jobs and bosses will come and go, but your education will always help you to grow.

Everyone makes mistakes. But only those who stand up and look a mistake in the eyes to say I WILL FIX YOU, go on to succeed.

### A MESSAGE TO ALL TRANS-50 STAFF MEMBERS

Oh yes, the past can hurt. But you can either run from it, or learn from it. —Rafiki, The Lion King

If I had nine hours to chop down a tree, I'd spend the first six sharpening my axe. — Abraham Lincoln

Intelligence is the ability to adapt to change. —Stephen Hawking

Talent wins games, but teamwork and intelligence wins championships. —Michael Jordan

Do or do not. There is no try. —Yoda, The Empire Strikes Back

If something is wrong, fix it now. But train yourself not to worry, worry fixes nothing. — Ernest Hemingway



I wish each and every one of you a Blessed Christmas, may God's love and joy fill your homes and may peace and love be present at all your gatherings, at home and at work.

Welcome the New Year in a responsible fashion, while having lots of fun, and may 2018 be filled with love, friendship and peace.

Ruan de Wet



# Warm Words from Witfield

### **NEW BUILDING**

The Witfield Park Team is very excited about the new frail care unit being erected. Recently we took another tour to have a look at the progress. Armed with hard hats all inspected the building and gave comments for smoothing out possible challenges. We aim to move in during February 2018.







### MARIE BRONKHORST SE SEUN

Versorger Marie Bronkhorst, se seun Schalk, was een van vyf kinders in graad 5 wat gewen het met die wiskunde tafel-olimpiade. Schalk speel ook vir die onder 11 rugbyspan wat deurgedring het na die rugby liga vir die 2de jaar na mekaar. Schalk is 'n leerling by die Witfield Laerskool. Baie geluk Schalk en Marie!



### HERITAGE DAY

n Heritage day the staff members were allowed to wear traditional wear. What a beautiful and colourful sight this was! During our team building session in October the team extended this event with a cultural meal. The men had fun while braaing the boerewors on the open fires and the ladies sang and danced. Feedem treated us with mealie pap and atchaar gravy, samp with beans and roasted chicken.





### FIRST AID TRAINING

uring the past few month, a resident, Alet Rautenbach, who also happens to be a consultant trainer for Ingozi Medicals, presented the First Aid Level One course to the Witfield Park Team. This was a practical and fun-filled experience and everyone enjoyed themselves. The certificates were presented at the heritage lunch.



# Warm Words from Witfield

### SEMINAR

arita and Elize, from our lifestyle department, hosted a seminar. The topic was "Ageing Gracefully, the Body-Brain Connection". The speakers were Rachel Potgieter, an educator from Ageless Grace and Sharee Jones, a physiotherapist. The seminar was attended by 72 persons. It was kicked off with a breakfast and thereafter the speakers shared their knowledge with us. Thank you, Marita, for the professional way in which your seminars are always conducted.









### **TOTSIENS SOLLY**

ons drywer van die afgelope 32 jaar, Solly Ledwaba, is op 8 Oktober 2017 oorlede, na 'n kort siekbed.

Solly was 'n vriendelike en sagmoedige persoon met soveel geduld. Hy het die inwoners vir jare lank baie veilig vervoer. Inwoners het hom met hul lewens vertrou en vir Solly was niks ooit te veel moeite nie.

Die inwoners was almal baie geskok om van sy afsterwe te verneem en John Wilkinson het 'n gedenkdiens kom lewer wat deur die inwoners en personeel bygewoon is.

'n Aantal personeellede het ook sy begrafnis by sy familietuiste in Skilpadfontein, naby Hammanskraal, gaan bywoon.

Rus in vrede, Solly. Jy sal gemis word.



# PALM's PRET!

### Mandela day outreach to Huis Martina

ur Mandela day outreach to Huis Martina Old age home started by residents, staff and interested parties donating toiletries and refreshments for the 150 residents. Our staff and residents hosted a Gospel sing-along event. Our resident, Mrs Brenda Butler accompanied us on the piano, Mrs Alice Abrahamse behind the laptop, Mrs Di Crocket and Care team led with Word and song. Our residents visited their residents in the rooms. Each of their residents received gifts, cupcakes and more. Our staff ended off in a group song that gave one goose bumps. It was really a special morning where God was glorified. Our staff and residents felt blessed.



### Boss' day

ur manager, Annatjie Cockbain, was spoiled with breakfast and flowers for Boss's day.

We also celebrated with her the first anniversary of being Mrs Cockbain.



# Saying farewell to our Colleague

ecently we had say goodbye loved colleague, Lesley Martin, who passed One of our residents, Bosman held a lovely remembrance service for the staff, the family and her children.



# PALM's PRET!

### Having Fun, while working!

very Tuesday and Thursday afternoon our residents in our Frail & Dementia home take a lovely walk with staff and volunteers. It is really very joyful and residents enjoy the fresh air. Our staff also enjoy the "in between" activities with our residents. We recently started again with Bingo in Frail Care. The shouts of Bingo and laughter that follows, make it very exciting.











### **Active Aging &** having FUN





## **Relationships within** the Workplace

ntoinette Struwig facilitated workshop on Relationships in the Workplace, yourself your clients.

We are privileged to work for Trans-50 who believes in the training and development of their staff.





Relationships: With Self, Colleagues & Clients -**Presenter Antoinette Struwig** 

# Acacia nuustak

anessa se heel eerste Baas-dag saam met ons hier by Acacia Park. Sy het niks vermoed nie en was baie verras!





### Chris Kapu gee skoene

hris Kapu, 'n Versorger, het die nood van die kinders wat elke dag voor sy huis verby loop oppad na Pescodia Laerskool in Roodepan gesien, en besluit om geld in te samel vir hulle vir skoolskoene en kouse. Hy het aan die einde genoeg geld gehad om aan 10 leerlinge elkeen 'n paar kouse en skoene te gee. Dankie Chris! Jy is voorwaar 'n voorbeeld vir ons alma!!



### Fietsry saam met oom Jakkie

p oom Jakkie se Karoo Fietstoer het ons die Saterdag oggend 'n entjie saam met hom gaan ry. Vanessa het moeilikheid met haar fiets se bande gekry en moes tou opgooi. Landi het tot net buite Kimberley saam gery en moes ook omdraai weens verpligtinge. Carla en Deon Bester het so 15 km saam met oom Jakkie gery en toe gegroet. Dit was een heerlike ondervinding soos altyd!



Van Links na Regs: Landi, Vanessa, Carla, Oom Jakkie en Deon.

# Acacia nuustak

### Matrieks 2017



ierdie jaar het ons 7 matrikulant ouers by Acacia Park gehad. Kyk gerus hoe pragtig het almal gelyk. Wat 'n groot gebeurtenis.!!







Kagisho Manzane se dogter.





Yolande Mitton se dogter. Norma-Rose

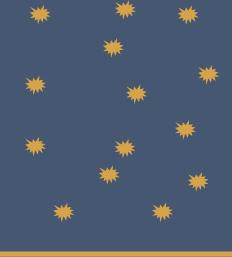


Laurika Terblanche se dogter. Denise-Cher









# Acacia nuustak

### Spanbou en Lentedag

ons Lentedag het sommer ook 'n heerlike spanbou dag geword. Ons het almal soos rugby spelers wat beserings opgedoen het, aangetrek. Dit was nou grooooot pret!



Van Links na Regs: Vanessa, Helen, Carla



Go team Acacia! Go!



Vanessa and Janico vier 'n heerlike Lentedag saam met ons inwoners!



### **Christi's Column**

### PAST, PRESENT AND FUTURE CARE

Looking back over the past year makes me excited! One of my personal highlights has to be this year's care and lifestyle audit. Sylvia and I had a great time working with staff and seeing the care you provide, in practice. I found myself looking on in awe at employees and experiencing your compassion, patience and love for our residents.

Obviously, my skills were also tested by some of you, and I had to do incontinence care, mobilisation, feeding of residents, mouth care and record keeping. Needless to say, I failed the record keeping dismally. Luckily this was pointed out to me and I could ensure that the correct entries were made. It was heart-warming to see how each care practitioner knows and understands their resident's needs. Carers do not just understand the basic needs of the residents, but have an in-depth understanding of who the resident is and what matters most to him or her. We at Trans-50 are truly privileged to have such committed and caring staff!

Hierdie omgee deur ons personeel strek baie wyer as net die fisiese versorging van ons inwoners. Dit is duidelik dat ons personeel ook die belangrikheid van sinvolle betrokkenheid deur die inwoners en die leefstylprogramme besef. Hier het menigte personeel die voortou geneem om met nuwe en kreatiewe idees vorendag te kom. Ons leefstylkonsultante en assistente werk hard om te



verseker dat inwoners 'n verskeidenheid van sinvolle aktiwiteite en programme het waaraan hul kan deelneem. Ek wil ook sommer ons onderhoudsmanne, skoonmakers en kombuisspanne bedank, wat belangrike rolle vertolk om te verseker dat ons versorgingsdienste van uitmuntende gehalte kan lewer! Julle is puik!

Alhoewel ons by sommige oorde gespook het om die regte versorgingsbestuurder te kry, sluit ons die jaar af met al die poste wat gevul is deur omgee mense.

Sr. Wilna Ackerman en Sr. Sandra Fortuin neem waar as versorgingsbestuurders by Panorama Palms en ons het vir Mnr. Janico McKay ('n heer – die eerste in die geskiedenis van Trans-50) by Acacia Park verwelkom. Ons verwys sommer na Janico as "Kaptein". Baie dankie ook aan hulle wat elk op hul eie unieke manier reeds positiewe bydraes kom maak het!

### **Christi's Column**



As you all know we have been talking about the large amount of paperwork that is part of our daily routine, for many years. Well, the time has finally arrived that we are investigating the possibility of providing staff with electronic recording methods.

We are very excited about this journey and I am sure that you are all uttering a sigh of relief. This however, will mean that we should have an open mind and that we should be receptive to change.

The journey will reflect on the ways in which we have been doing things, and possibly have us do something totally new and different. It is important that the system allows us to capture the crucial information but ultimately ensure that we as care providers, have more quality time to spend with our residents and taking care of their needs.

Die ontwikkeling van 'n nuwe versorgingseenheid by Witfield Park en die aanbouings by Acacia Park het vir verdere opwinding gesorg. Witfield Park is ons oudste oord. Om te verseker dat ons die beddens kan volhou en voldoen aan die inwoners en familie se vereistes, was die bou van hierdie nuwe eenheid, onvermydelik.

Tydens die jaarlikse leefstyl en versorgingswerkswinkels het ons gefokus op ons huidige dienslewering en hoe ons in elke afdeling kan groei en ons dienste uitbrei. Julle is almal bewus daarvan (en ervaar dit dalk self) dat inwoners en hul kinders finansieel sukkel om by te bly met die betaling van hul rekeninge. Versorgingsdienste kom teen 'n astronomiese koste. Ons poog dus om ons tuisversorgingsdienste uit te brei, sodat inwoners in hul bekende omgewing van hul eie huise, woonstelle of kamers versorg kan word tot aan die einde. Dit verg weereens almal se samewerking en kreatiewe denke om die sorg na die inwoners toe te neem in plaas daarvan om die inwoners na die versorgingsafdeling te neem.

From my side, I would like to thank each and every team member at the centres for your support, dedication, compassion, love and empathy shown to our residents and their family. Our employees often walk the extra mile to ensure that residents are well cared for and happy.

I wish you a blessed festive season and hope that you can all spend some quality time with your loved ones. Wishing you a bright and prosperous New Year.

Take care of yourself and each other.

**Christi Louw** 

### THIS IS JAKARANDA PARK

As Jakaranda Park is turning 40 on 17 November 2017 – and we will be celebrating it on 18 November 2017, I thought it appropriate to give everybody who has not yet had the opportunity to visit us, a sneak peek into our beautiful facility. We have four blocks of flats, named Karee, Mopanie, Kiepersol and Tambotie with a total of 92 units and one two-bedroom house. Our grounds are beautiful and form an important part of our marketing attraction.

















### **OPEN DAY**

Jakaranda Park's annual Open Day took place on 27 October 2017. After a lovely advertisement in the Rekord newspaper, we received visitors from all over Pretoria. I am not sure if the lovely photos with lots of purple caught their eye, as October is the month when the Jacaranda trees are in full bloom. It may have been the friendly faces of our residents, but it served its purpose. The reaction to our beautiful facility and grounds were extremely positive and we once again had residents of other facilities who decided to put their names on our waiting list. Comments were made throughout about Trans-50's professional image. I could not have been more proud.











### A DREAM COME TRUE

n 13 October the excitement was tangible in the air at Jakaranda Park. Our long awaited Clinic and Lifestyle Centre was completed and we could celebrate to our hearts content. This beautiful building, of which we are very proud and also extremely thankful for, will elevate our services to another level.

Gone are the days where the clinic was held in a storeroom and all resident and staff activities had to be coordinated to the tee, as we only had the hall in which to do everything. Now we can have residents' activities in the hall and the staff can continue in the lifestyle centre, which will also serve as a boardroom or where more than one activity for residents can take place at the same time as we have the hall and the lifestyle centre at our disposal. The ribbon was cut by Christi, our National Care Director, and Sister Hermien, our Registered nurse, after which the champagne flowed freely. What a joyous occasion!

BY: MARNA MARĖ (LIFESTYLE MANAGER)









### BASIC FIRE FIGHTING TRAINING

he Fire Team at Jakaranda Park, consisting of residents and staff, received basic Fire Fighting training on how to extinguish fires. The information was very interesting and appropriate. After receiving a lecture we all went outside for a site-visit and to practice what we have learned. Do not let the pictures fool you, although we had a lot of fun, we quickly realised that extinguishing fires are definitely not easy. We are however now ready to tackle any fire that comes our way.





### MAKING MANDELA DAY COUNT

he staff, together with some residents, had our annual Mandela day outreach on 18 August instead of 18 July this year. This was done to enable all our staff members to take part, as we had other important priorities at Jakaranda Park on 18 July.

We made sure that we had everything we needed for a day's work.....and fun, and early for **Lat-Wiel Centre** Quadriplegics in Mayville. While our residents had fun with the residents of Lat -Wiel by playing Bingo, the rest of the staff did some much needed maintenance work and cleaning. At teatime we all enjoyed cake and coffee that we took with and then it was back to work again. While the management and residents of Lat-Wiel were grateful to us for making difference, we were just as greatful to them for giving us the opportunity to do

We are already looking forward to next year's Mandela Day.





# **ROSESTAD NUUS**

mployees of Fichardt Park are always willing and excited to take part in activities with the residents.

They also learn through the activities and that helps them to understand the residents better. Thank you to all our employees for the effort you put in to give the residents a meaningful life.







### **Heritage Day**

eritage Day is a South African public holiday celebrated on 24 September. On this day, South Africans across the spectrum are encouraged to celebrate their culture and the diversity of their beliefs and traditions, in the wider context of a nation that belongs to all its people.

The story of the Basotho blankets goes back over 100 years. In 1860, King Moshoeshoe I, the founder of the tiny landlocked mountain kingdom of Lesotho, was given a wool blanket as a gift. He was very taken with it and soon abandoned his traditional leopard-skin kaross in favour of the blanket. The Basotho people soon followed their leader, and to this day the blanket is an integral part of their lives. It is an essential feature of all important life events, from marriage and childbirth to the coronation of Kings.

The traditional Basotho hat, called "mokorotlo", is a conical woven hat with a distinctive topknot. It is a symbol of Lesotho's unification. The hat depicts a mountaintop with the name Mount Qiloane, which is conical and top-knotted. You will find the mountain close to Thaba Bosiu. The conical top is visible from the fortress and tomb of King Moshoeshoe I. You find the hat in the National Lesotho flag.

Shweshwe is the magical blue fabric with a fascinating history. The story begins in Europe where the fabric was imported from Asia, mainly India. The cloth was originally made using natural indigo dye but a synthetic substitute as well as two additional colours (a rich chocolate brown and a vibrant red) is now used. The original German Print fabric was introduced to South Africa with the German settlers in 1858/9. Xhosa women took a particular liking to this stiff blue fabric and gradually replaced their animal skin garments for these newly available cotton ones. Over the years Shweshwe fabric has become an intricate part of traditional ceremonies in the rural areas.







# ROSESTAD NUUS



### **Institutionally Based Care Training**

t Trans-50 we believe that in order to provide quality services, we have to invest in our employees. It is for this reason, that Trans-50 has obtained HWSETA accreditation for the programme: Institutionally-based care that we provide to each care employee. During July, Christa Pretorius, our National Training manager presented training at Fichardt Park. The staff really enjoyed the training and are very excited to participate in this wonderful opportunity!



### **MARKETING**

uring the month, our HR and Marketing Director visited Fichardt Park for a day of brainstorming to review our strategy and marketing. Although we advertise and plan our marketing, our residents remain our best marketers - our latest resident satisfaction survey indicates that residents feel that Trans-50 lives up to its promise of providing a retirement lifestyle ensuring peace of mind! Thank you to the ongoing support from our residents and family members.



Left to right: Wendy Fellows, Lorna Stuart, Teresa Barnard, Anita Steenekamp, Hanlie Visser

# **ROSESTAD NUUS**

### MOOD DISORDERS IN THE ELDERLY

ichardt Park retirement centre held a workshop on Mood Disorders in the Elderly. Dr Ilse Eiselen, a Psychologist was the speaker. It was an eye opener for all the attendees that came from all over the Free state.

### **Depression in Older Adults**



- Mood disorder characterized by:
  - Sadness
  - · Guilt, negative self-regard
  - · Apathy loss of motivation, loss of interest
  - · Vegetative Symptoms: sleep, appetite, energy
  - Psychomotor changes agitation or slowing
  - · Trouble thinking, concentrating
  - · Loss of interest in life; suicidal ideation
- . Must occur for at least 2 weeks and interfere with daily living
- Higher prevalence rates of mood disorder in the elderly

DSM-IV and ICD-10 criteria



From left to right: Dr Ilse Eiselen, Lorna Stuart, Hanlie Visser, John Wilkinson

### **SENSORY GARDEN**

ichardt Park has a sensory garden where we make use of various herbs and plants for sensory stimulation and allowing residents from the frail and dementia unit the opportunity to care for the flowers and plants. We also make provision for the freezing winter months in the Free State - where we have smaller pot plants that are taken to the residents to water, smell, touch and taste. Residents love telling stories and reminiscing about the familiar smell of the herbs and plants.



# Klets nuus uit die klaskamer

p 10 Julie 2017 het die "Institutionally Based Care" kursus, SAQA: 80447 amptelik te Panorama Palms begin. Die senuwees het maar ietwat gepla, maar halfpad deur die dag was al die vreemdheid weg.

### **Studente per oord:**

Panorama Palms-12 studente,Fichardt Park-8 studente,Witfield Park-6 studenteAcacia Park-7 studente



Daar is baie goeie, positiewe interaksie en kommunikasie tussen my en al die studente. Daar word baie hard gewerk in die klas en die huiswerk word getrou gedoen en netjies weer ingedien. Probleme en onsekerheid word dadelik hanteer en uitsorteer. Assesserings wat 2 maandeliks plaasvind bestaan uit 'n teoretiese en praktiese deel, en tot dusver is al die studente bevoeg bevind in die modules wat tot dusver afgehandel is. Die studente vind die werk baie leersaam, alhoewel heelwat van dit bekende werk is. Die verskil is dat dit ons leer om beter en slimmer te werk tot voordeel van ons kliënte en hul families, en positiewe bemarking van ons oorde tot gevolg kan hê.

Ander lede van die bestuurspanne wat die klasse van tyd tot tyd bywoon, vind dit interessant, en die studente geniet dit wanneer hierdie lede klasse bywoon. Dit maak die ondersteuningstelsel van die studente net soveel groter en sterker, veral aangesien ek slegs een maal per maand by elke oord kan uitkom.

Ek en my studente deel in die klaskamer en andersins, wedersydse respek, vertroue, eerlikheid, omgee, humor, pret, gesonde kompetisie en interaksie. Daar is 'n gemaklike spontaniteit - ons kan lag vir en met mekaar. In die klaskamer fokus ons net op die kursus; sake wat nie van klas belang is nie, word net eenvoudig nie hanteer nie, en deur my in die regte rigting gekanaliseer.

Studente weet hoe en waar om met my te kommunikeer, via telefoon, skype ens. Ek het egter ook hierdie maand begin om by elke oord 'n "whatsapp" groep te stig vir verdere kommunikasie. Hierdie groepe word beperk tot die werk en sal nie buite verband misbruik word nie! Panorama se groepie is reeds geskep en staan bekend as "Panorama studente klets". So gaan ek dan vir elke oord se studente 'n groepie stig, wat dan bekend sal staan as:

Acacia Park - Acacia studente klets; Witfield Park - Witfield studente klets & Fichardt Park - Fichardt studente klets

Van my kant af wil ek net noem dat ek elke sekonde van my nuwe werksrigting geniet; ek beskou dit as 'n groot voorreg en sal soos met enige taak wat ek aanpak - 200% gee!! Die studente is vir my prioriteit en dit is vir my van kardinale belang dat ons suksesvol in die klaskamer sal wees.

Dankie vir almal se omgee en ondersteuning - mooi loop!





# Teresa's Tale



# **COMPETITION TIME!**

**Exciting prizes to be won!** 

We are looking for 9 Creative Symbols for each of our Values!

### **Examples of Symbols:-**

onesty, Trust & Respect



raining and Development



### Prizes to be won!

- Value Symbols to be forwarded to Teresa Barnard via mail or e-mail: hr@trans50.org.za (request your department manager to mail or e-mail it to Teresa).
- If 1-4 of your symbols are chosen, you stand to win a voucher to the value of R100 per symbol!
- However, if five or more of your symbols are chosen, you stand to win a Samsung Galaxy Tablet S2!

The winners will be announced during February 2018.

**CLOSING DATE FOR ENTRIES: 31 JANUARY 2018** 

# **New Appointees**

**June 2017** 

Francina De Wee: Enrolled Nurse, Acacia Park

**July 2017** 

Melanie da Silva: Registered Nurse, Panorama Palms

**Emmy Zass:** Care Practitioner, Panorama Palms

**Christa Pretorius National Training Manager** 

August 2017

Elize van der Westhuizen: Registered Nurse, Fichardt Park

Lene Poolman: Enrolled Nurse, Acacia Park

September 2017

Esther Ilunga: Registered Nurse, Witfield Park

Mandy Novazi: Care Practitioner, Fichardt Park

Elma Kock: Registered Nurse, Acacia Park

**Promotions: July 2017** 

Ruan de Wet Managing Director

Allen van de Weide National Property Manager

Joey Lourens National Accounting Manager

Welcome!

# BIRTHDAYS!

### **JANUARY**

ALICIA	NGIBE	01 WIT
VERONICA	MOGOBOYA	01 WIT
ELIZABETH	LOTTERING	01 PAN
FELICITY	WITBOOI	02 PAN
CHRISZELDA	MESSIAS	02 PAN
GOODWELL	SABANI	03 WIT
BARBARA	KLEINHANS	03 PAN
IVY	RODA	04 FIC
PRUDENCE	KOOPMAN	07 FIC
THOMALENE	STEVENS	09 PAN
PENELOPE	DE BRUYN	09 ACA
BEN	MAEPA	10 WIT
RAE	LABUSCHAGNE	12 HO
DOLLY	LOUW	15 WIT
MARIE	VAN ZYL	18 PAN
SHAUN	FABRICIUS	18 HO
ANNAH	SIBANYONI	19 WIT
ZANDI	NGCONGWANE	25 ACA
JUAN-PIERRE	GOLIATH	27 PAN
ANNEMARIE	HEYDENRYCH	31 PAN

### MARCH

YOLANDE	MITTON	03 ACA
MARNA	MARE	03 JAK
MARINDA	LOMBAARD	03 WIT
ANNATJIE	COCKBAIN	03 PAN
BEAUTY	MALATE	07 WIT
RAYMOND	MOGAKWE	08 ACA
SHAFIEKA	JACOBS	09 ACA
PETRUS	PHOLO	11 FIC
JOYCE	BAHUMI	13 FIC
NOBUNTU	SIGCAU	14 PAN
LAURIKA	TERBLANCHE	14 ACA
DINAH	MOLOTO	16 WIT
FAITH	THWALA	17 WIT
ELSA	STEYN	17 WIT
ELIAS	BLOM	18 ACA
TREVOR	JONKERS	19 PAN
JANELYNE	ABRAHAMS	21 PAN
INNOCENTIA	TSHONGWENI	21 FIC
VERONICA	ZIBAYA	21 WIT
GERALDINE	LONGMAN	24 PAN

### **FEBRUARY**

CARMEN	LINKS	04	PAN
CASTALINA	GANS	10	FIC
PRISCILLA	BENJAMIN	11	PAN
HESTER	HENNECKER	12	ACA
MACBRIDE	KHANTOANE	13	ACA
YOLISA	NGXIYA	13	WIT
<b>CHRISTALEEN</b>	LEKAY	16	PAN
TSHIDI	MUTLE	<b>17</b>	НО
DAVINE	SADAN	18	PAN
GLORIA	KNOX	25	WIT
TERESA	BARNARD	25	НО

APRIL

RENEE	DE KLERK	01 HO
ANSIE	BEUKES	05 WIT
THANDI	MPANZA	06 WIT
EMMY	ZASS	07 PAN
WILNA	ACKERMANN	07 PAN
SHANNON	MZENZI	10 ACA
MARIE	BRONKHORST	12 WIT
ANITA	STEENEKAMP	15 FIC
JUDITH	SILIKANSIE	15 FIC
ELMA	КОСК	19 ACA
ANITA	KELLY	21 PAN
SANDRA	FORTUIN	21 PAN
MICHELLE	RUTGERS	21 PAN
FREDDIE	CALITZ	22 HO
ANNIE	PHAKOE	22 FIC
NORMAN	TAYLOR	23 HO
JACK	DE JAGER	24 PAN
NONTU	MOSIUOA	27 FIC
MBALI	MNGWEVU	28 WIT
HARIET	GOLIATH	30 PAN

