



SAN SERENO

BY AURIA SENIOR LIVING

SAN SERENO NEWS

DECEMBER

2020

SAN SERENO'S 300 CLUB

3 INSPIRING WOMEN | 300 YEARS

**The lifelong relationships
of some of our San Sereno Residents**

Liz Castle's inspiring Leeuwkop art

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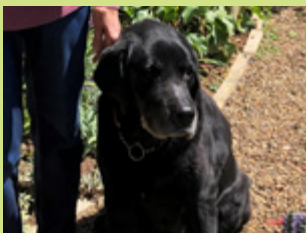
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DEAR Residents

WELCOME TO OUR DECEMBER EDITION OF SAN SERENO NEWS!

We have all achieved so much this year. We know that what you have all been through has not been easy, but we made it through, together as a community!

We are so happy to be able to slowly and safely start opening up for visits with friends and family. We are cautiously resuming some of the facilities and services that make San Sereno the fun, exciting community that it is. Café Auria has opened with an updated menu and a new ice cream selection from Moody Cow: just in time for summer. The Biokinetics team are resuming aqua aerobics and exercise programmes.

Thank you for the messages and cards we have received in abundance over the last seven months. We have loved coming up with the ideas for the weekly gifts and games for our residents and we are thrilled with how much you have enjoyed them.

Christmas is right around the corner! In a year that has turned a few of our traditions upside down, we hope that you can keep a few with family and friends. Although we have been unable to host our Carols evening this year, we feel it is important to have a Christmas Lunch for residents spending time at San Sereno... which we detail on the back page. Throughout this holiday season, I hope that each of you has a great festive season and happy new year.

Warm regards,
Rui Antunes
General
Manager



THE SAN SERENO *Team*

GETTING TO KNOW...



ASHLEY

Scott

**CARE CENTRE
COMMUNITY MANAGER**

Ashley joined the Auria team in October 2020 as the Care Centre Community Manager. She is responsible for ensuring that the residents in the Care Centre enjoy their best quality of life. Every single day. Whether this is through engaging in a wellness activity or in a much-loved hobby, she will help to set this up!

Ashley matriculated at The National School of the Arts before studying Occupational Therapy at WITS, qualifying in 2013 and then she completed her community service at a rural hospital near the Kruger National Park, where she worked with both children and adults.

Thereafter, Ashley worked in Nelspruit at a private practice serving people who suffered from neurological conditions. In 2016, she moved back to Johannesburg and worked for a large practice in Sandton treating people with neurological and orthopaedic conditions. Whilst there, she managed the operations of the outpatient practice.

In September 2019, Ashley started her M.Sc. in Global Health at Trinity College in Dublin, Ireland. Here she explored how health is understood across the world, with her focus being on experiences of disability. She is graduating virtually in late 2020. While in Dublin, she worked at a private retirement village implementing activities programmes for people living with different types of Dementia.

Ashley enjoys keeping healthy by going to the gym and spending time with friends and family. She also enjoys reading, gardening, and doing DIY on her flat. Ashley says: "I am very excited to be at San Sereno and I am looking forward to getting to know the community! I will endeavour to help everyone live their best life!"



DANIELLE

Donald

CARE CENTRE MANAGER

Danielle joined Auria in March 2020 as the Auria Group Care Facilitator and was appointed in June as the Care Manager for San Sereno. She is a highly-experienced registered nurse with several years' experience in senior care, home nursing care and management, case management and extensive general nursing experience both in South Africa and in the UK.

Danielle's focus has been on ensuring optimal resident wellness, by overseeing the Care Team and ensuring that every resident receives the best possible individualised care.

In her spare time, she runs after her busy 3-year-old son, Nate, and loves spending time with him and her husband. She enjoys gardening, building on her vegetable garden, reading and spending time with friends. Danielle says: "I enjoy San Sereno and all the residents and I hope to continue serving for a very long time. I am very passionate about mindful and meaningful ageing!"



Mike Siteo and Gavin Muller

THE STORY OF MIKE THE TILE MASTER

I thought I would share the wonderful story of Mike Siteo, the founder and owner of a tiling business called “Mike The Tile Master.”

I first met Mike back in 2010 when Barry Kaganson and myself were re-developing our first student building in Arcadia, Pretoria. Mike was the quiet, humble and friendly guy on site who always just got on with things. I soon noticed that of all the trades on site, tiling was never a problem and the work was always executed efficiently and professionally. I also noticed that Mike was extremely analytical by nature – never was a tile laid until Pythagoras’ Theorem was adequately tested, much to the annoyance of the bricklaying teams. Back in the student housing days Mike basically worked alone and battled to make ends meet as we only required tilers for a couple of months of the year.

Fast forward 10 years, many student buildings, many garden villa and apartment renovations later, Mike still does all our tiling. With the redevelopment of San Sereno and Melrose Manor over the last few years, Mike has steadily grown his business and he now employs a team of 10 tilers on a full-time basis. Such is the success story of Mike, he has recently purchased his first bakkie which is a Mazda Double Cab so that he can safely get his teams to and from site and take on more work.

Mike’s dedication and hard work is a genuine rag-to-riches story in the building trade. It is not often that a business name is truly representative of their product or service delivery offering, but Mike truly is The Tile Master and we would never consider using anyone else when it comes to tiling.

We at Auria are truly proud to be part of supporting small business, and as our senior living business grows we hope to be part of growing and supporting many more successful small businesses.

Gavin Muller
Auria Development Director



Auria has an employee recognition initiative to identify team members who have made an extra effort with assistance, service and care to residents. Residents are encouraged to participate in helping us to identify Star Performers as we cultivate a culture of excellence and appreciation at San Sereno.

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

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

THULANI KHUBONI AND SIMON MOSADI

During July we insourced the gardening team. As a result of lockdown, a large amount of work was required in our San Sereno gardens. Thulani and Simon put in a considerable effort to assist in catching up on work in the common areas. Additionally, they came in on a number of weekends to help residents move homes.



NYIKO MAKARINGE

When a fire was reported to the guardhouse in September, Nyiko acted promptly. She was calm and followed all necessary procedures that are in place for emergencies. She was the perfect backup to the team that helped Mrs Scholtz with putting out the fire in her villa in September (see page 5). Nyiko is performing admirably, filling in for guards that are currently on maternity leave.



OUR COMMUNITY

OUR AURIA

Superheroes



From left: Edgar Ndawo, Queen Mathebula and Emmanuel Ndwamato

FIRE FIGHTERS



We have some extra-special fire-fighting superheroes that we would like to acknowledge. In September, Gloria Scholtz (141 Midas) pressed her Velux panic button. Emmanuel answered the intercom to hear that there was a fire in her kitchen, started whilst she was cooking lunch.

Emmanuel quickly called Queen for backup and she dashed off with the golf cart together with Edgar.

They found Mrs Scholtz standing in the kitchen where there was a lot of smoke and so they immediately took her outside to clear her lungs.

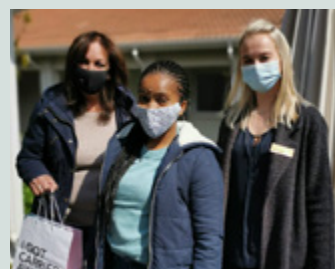
Emmanuel pulled the fire hose out, Edgar tripped the electricity board and Queen opened up the water. As a team, they worked together seamlessly! Jacob had joined them and he took the golf cart to collect the nurses, but they were already on their way.

Queen and Edgar opened the windows and together with Jacob they helped to tidy things up and restore the kitchen. Gloria was physically uninjured, but obviously shaken up by a very scary experience. We are just so grateful for our on-the-ball, quick-thinking, well-trained team members!



WONDER WOMEN

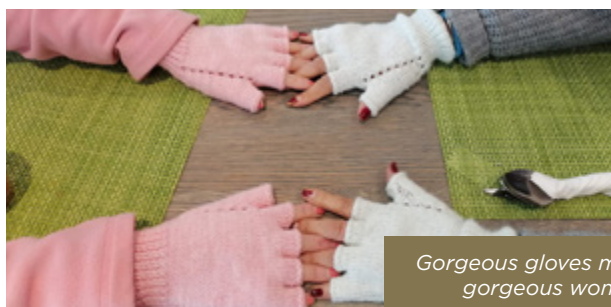
Our Auria team have gone above and beyond, particularly in the last few months, and they have made many personal sacrifices to ensure the safety and well-being of our residents. We value their strength, dedication and hard work. As a little thank-you to the women in our team, we treated them to some Sorbet pampering.



OUR COMMUNITY

KEEPING MINDS AND BODIES ACTIVE

Knitting



Gorgeous gloves made for gorgeous women



Doreen Coetzee made a pair for Ruth Marneweck & Dolly Marais

VIP

VISUALLY IMPAIRED PERSONS CLUB

This is a group run by San Sereno resident, Clyde Arthur, for residents of San Sereno who have visual impairments. The group meets bi-monthly to provide information as well as to discuss support and management measures for daily living.

A meeting was held in November. Please contact Clyde Arthur or Concierge to find out when the next meeting will be.
ssconcierge@auria.co.za | 010 109 1747

SOME SYMPTOMS THAT MAY INDICATE VISUAL IMPAIRMENT:

- blurred vision • partial loss of vision •
- inability to see in dim light • distorted vision •
- straight lines that appear wavy •

DID YOU KNOW?

San Sereno has a **Merlin Reader** located in our library for use by all residents. It helps people with low vision, muscular degeneration, retinitis pigmentosa, glaucoma and cataracts read and write, thereby ensuring visual independence.



MINDFULNESS CLASSES

Dr Ashika Pillay continues her online Zoom Mindfulness Classes for our residents. She is known as the Lioness of Africa and her philosophy is: "Total wellbeing, preventative medicine and mindfulness as routes to us evolving into the best versions of ourselves - mentally, physically and spiritually."

DAY: Every Tuesday & Thursday

TIME: 18h00

HOW: Zoom: the login and password is sent in advance of each class via our dedicated resident WhatsApp group.

If you need help accessing the class, or even downloading Zoom, please contact Concierge: **010 109 1747**.

SOCIALISING IN THE SUMMER

Sunshine



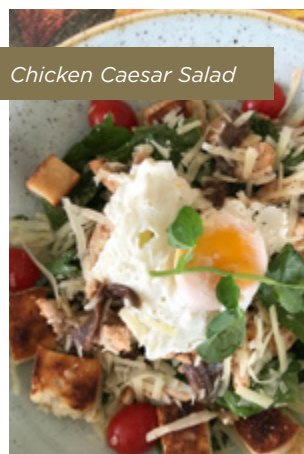
Left to right: Heather Burgess, Vernae Vermaak, Barbara Grobler, Marion Ronquest, Val Lord, Shirley Capra, Maria Hoy, Anne Hutton

Spinach, Feta & Onion Quiche



FOOD, GLORIOUS FOOD

Being able to open up Café Auria, and phase back in our dining options brings us such joy. We know that the social aspect of being able to mingle and chat over delicious fresh food (with social distancing and all protocols in place) is of utmost importance to so many residents. We opened Café Auria with a brand new menu, filled with deliciousness, and our cake fridge overflows daily with cakes and pastries that our kitchen team take such pride in baking.



Chicken Caesar Salad



Caramel Slice



Berry Cheesecake

Goody BAGS

From March to October, the Auria Team had such fun coming up with ideas to surprise each and every resident on a weekly basis. We have tried to support small businesses wherever possible, as so many people have had their livelihoods affected by the repercussions of COVID-19. We have built some very special relationships by doing this. Although our weekly goody bags are not an 'official' event anymore, we promise to continue finding ways to keep surprising our residents!



OUR COMMUNITY

Bowls

GETS GOING

San Sereno's beautiful bowling green reopened on 02 November! So many residents breathed a big sigh of relief as they joined together outside in the glorious weather to play together again.



Don Collie and Owen Leibbrandt



THE WORKSHOP

BY JOS VAN NIEKERK (116 JANUS)

San Sereno provides many different opportunities for residents to pursue their hobbies. The workshop is certainly a hidden gem amongst these opportunities. Those of us who use it consider ourselves extremely fortunate to have this available to us. The workshop was part of the original building and over the years, members have donated tools and even power tools to the workshop so that it is now a very well-equipped woodworking centre. The Zimbali Bench (Alan Munro), and beautiful Bowls Scoring Board (Ken Mepham) were both made there.



My bench is intended as a replacement for one that got frazzled by exposure to Natal coastal air and sunshine at the holiday home of my daughter-in-law, Debra, and my son John. It is of the same dimensions as the one it replaces and it provided the opportunity, for which I have waited 40 years, to utilise some imported Oregon roof beams given to me by a friend when he was renovating his Parkhurst home.

Making it in the San Sereno residents' workshop gave me about 150 hours of quite strenuous activity, like when I maneuvered it single-handedly from the work surface to the ground and back up again on several occasions. The central, very stable, table in the workshop proved to be ideal for the job.

I clearly dominated that workspace but, as far as I know, not to any other resident's great disadvantage. I seem to be one of few who take advantage of the great facility which is the workshop. However, this selfishly suits me down to the ground. The solitude when working allows me to commune with the timber and to enjoy unrivalled personal satisfaction and great relaxation.

ZIMBALI BENCH

BY ALAN MUNRO (118 JANUS)

Using the power tools which other residents have left in the workshop over the years is an absolute pleasure. They do offer many advantages over the box full of hand tools which I inherited from my grandfather via my father. However, I do use the latter as much as possible, with huge satisfaction and pleasure. He brought many of them from Scotland when he emigrated in the late eighteen nineties having served an apprenticeship in one of the Clyde shipyards, which included making most of their own tools. He turned to cabinet making in Pretoria for his brother who was the main contractor on Paul Kruger's Palace of Justice which still stands proudly on Church Square. It was the venue for the Nelson Mandela Treason Trial.

It is surely imaginable from the above just how much pleasure I have had from thinking about them when using these old hand tools and trying so hard to emulate the planning and manual skills which I learned from my grandfather by simply watching him at work, as a very young boy. I might have come closer to re-producing the results, which he achieved in his workshop and on sites such as the Union Buildings, had he actively taught me. Pity - but it does not detract from the enormous pleasure I derive from woodwork.

The workshop at San Sereno is what persuaded me to give way to my wife Merlyn's entreaty to join the waiting list here. Undoubtedly the best decision of our lives. There is no doubt that we will contentedly see our time out here.

OUR COMMUNITY

SAN SERENO'S

300 Club

These three ladies, who often share a dining table, form our "300 Club." Mary Gouws who is now 94, Joan Ruffel who is 100, and Doreen Read who is a super-energetic 106, have a combined total age of 300!

Thank you to each of you ladies for being such an inspiration to our community.



Doreen Reed, 106

Doreen was a short-hand typist after matriculating in 1931. She enjoyed playing sports, especially hockey, however now would rather spend her time crocheting or knitting. The quote that she enjoys most is "Take the good with the bad."- Unknown.



Joan Ruffel, 100

Joan was a member of The Women's Royal Naval Service otherwise known as "The Wrens" and worked in cyphering in the second World War. She was on Winston Churchill's staff and went to the Yalta Conference. As such, her favourite quote is that of Winston Churchill himself: "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender, and even if, which I do not for a moment believe, this island or a large part of it were subjugated and starving, then our Empire beyond the seas, armed and guarded by the British fleet, would carry on the struggle, until, in God's good time, the new world, with all its power and might, steps forth to the rescue and the liberation of the old." Although Joan used to enjoy collecting stamps in her youth, she now prefers spending her leisure time playing bridge.



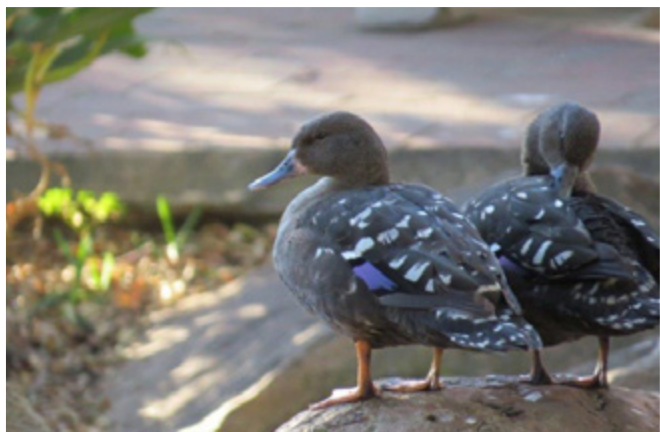
Mary Gouws, 94

Mary's career was as a bookkeeper for an attorney firm, and this meant that she did not have many hobbies in her youth as she was working very hard! Now her favourite hobby is watching rugby and she is a big Bulls fan. Her favourite quote is: "Ek is tot alles in staat deur Hom wat my krag gee." - Filippense 4:13.

AFRICAN BLACK

Ducks

BY DENISE COLLIE (128 LANDAU)



This gorgeous image was captured by Denise Collie at the pond at San Sereno.

Did you know that African Black Ducks have a life span of 20-30 years?

AGEING

**WRITTEN BY VAL LORD
(86 BRENTHURST)**

And now that we've found
this amazing place
So full of beauty, charm and grace
I look at you, at the ageing face
And bless the day I found you.
Through all the fun and the trials
we've shared
I knew you were there, and really cared
And so my thanks, from a grateful heart
For always being my cherished
sweetheart
Now for the years that we still have left
Let's make the most so we have
no regrets
Cause we have lived life to the full,
and yet
There's fun to come, on that I'll bet.

SHADY'S
INTUITION

BY GILLIAN HORNE (110 IDAHO)

I enjoyed Anthony Griffith's article (in San Sereno's last newsletter) on the achievements of his father and Bojuum, the German Shepherd, who was a messenger dog for the Germans. It brought back a simple experience I had with my Guide Dog, Shady.

I had joined RWFL (Run, Walk for Life) in the hopes of being fit enough to walk long distances. As RWFL allowed guide dogs I was able to take Shady with me. On Saturdays the group walked at 7:00 am having done stretching exercises. I was late in arriving on one particular day. I left Shady lying down or, "at the down" in obedience terms. I ran down the path and joined the exercises, only to look up and see Shady had gotten up AND walked up the path towards a woman. She had broken one of the basic rules, that: I'm Boss!

I left the group feeling conspicuous as I had already arrived late. I fetched her and pulled her back, however the woman that Shady had befriended was shouting at me. I did not listen. I then joined the walkers and didn't see the woman again until the following week. She came up to me saying, "Don't talk, just listen." She told me that last Saturday when she woke up, she found a note next to her bed from her husband. He had left her. She realised she had two choices. To end her life or come to RWFL and pound her sadness and rejection into the tarmac. Shady brought love and meaning to her life when she was truly depressed. Shady knew that the rule was worth disobeying because this lady was sad and needed attention.

Bojuum's and Shady's loyalty and their ability to know that another person was in trouble, was much more than I could have realised about a stranger.



Gillian and Shady

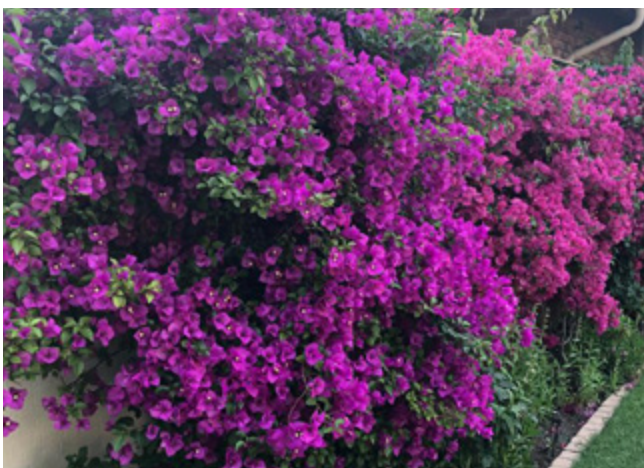
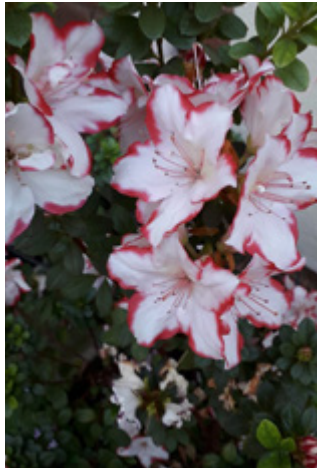
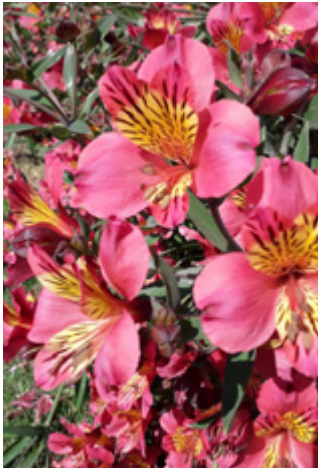
OUR COMMUNITY

Flowers

OF SAN SERENO

Thank-you to all the residents who submitted these beautiful images of the gorgeous gardens at San Sereno - the flowers are in full bloom, giving us joy every day.





SANDY'S SWEETPEAS

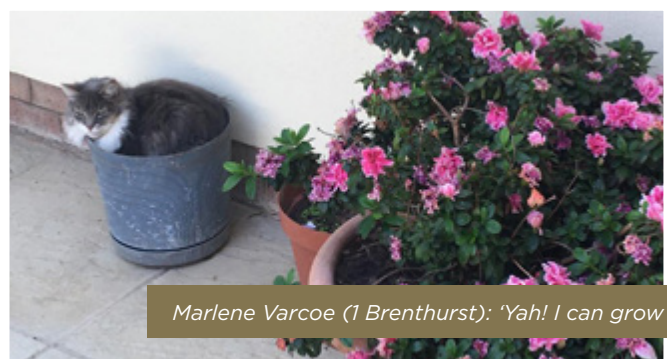
BY SANDY SMITH (95 HAMLET)



I loved receiving the Mothers Day gift from Auria of a packet of sweet pea seeds. What a lovely gift - and look at my sweet peas 5 months later. What a lovely idea from Auria, which for me signified future growth and nurturing. Thank you to Auria for the variety of gift surprises you have given to us to sustain us over lockdown. Congratulations on three years at San Sereno - what a magnificent difference you have made to our lives.



Neo McDonald (12 Bach): 'Lockdown... no problem'



Marlene Varcoe (1 Brenthurst): 'Yah! I can grow a cat'

RELATIONSHIPS

It's magical how San Sereno is made up of a web of lives that crisscross and intertwine, connecting us all in one way or another within our community. Here we share a few stories of residents who have a shared history prior to moving to San Sereno. We know there are many more, so do let us know about them...



Clive



Colin

Clive and Colin met in Grade 1 at Northlands (now Northwood) Primary School in Durban North and matriculated from the High School. They went their separate ways after leaving school and lost contact until they found themselves living across the road from each other at San Sereno.

Clive and Colin both completed their nine month military training after leaving school. Clive stayed on in the Citizen Force for 15 years rising through the ranks to become commanding officer of a logistics unit. He joined Standard Bank where he spent his working life. His interests centered around business process improvements and turnaround assignments, as an executive in retail banking and business operations. Whilst Clive was head of computer operations in the 1990's, IBM recognised Standard Bank as one of 18 worldwide innovators in computer operations. Clive and

CLIVE & COLIN

**CLIVE POPLETT (100 BRENTHURST) &
COLIN MCMURDO (84 BRENTHURST)
INTERVIEWED BY DOT MEPHAM (41 DELFT)**



From left: Clive and Colin

his wife Ingrid love cruising and have sailed to many parts of the world. They have three children and five grandchildren.

After finishing his nine-month compulsory military training, Colin graduated with a BCom from Wits and served articles with a small auditing firm, Samuel Thompson and Young. He moved into the steel industry and joined a company called Titian Industrial. This was taken over by MacSteel and he remained with them for 32 years. Colin had to visit several heavy engineering steel companies - Iscor in Vereeniging being the largest - and he ran a few steel factories. He loved playing squash and tennis. Colin and Monica are very happy at San Sereno. They have three children and six grandchildren. Colin and Les Bowring's (40 Delft) lives also crossed before moving to San Sereno - yet another connection and perhaps another story someday.

Doug and Harold grew up in Greenside and attended Greenside Primary School. Apart from that connection, Doug's grandfather and Harold's father were both shootists and members of the Rand Rifle Club that has a history of more than a century. Both were leading members of the Springbok team - this also brought the boys together. When they moved to different schools, they lost contact with each other. Doug matriculated at KES and Harold at Parktown Boys.

Doug is a keen sportsman and whilst at varsity was invited to captain the Knights squash team to the United Kingdom. He trained as an accountant and after qualifying he worked overseas with Price Waterhouse Coopers in Montreal and Hong Kong where he was the number one squash player. Returning to South Africa he joined Barlows and rose through the ranks to become CEO and a director of companies in both the building materials and food divisions. He later decided to branch out on his own. Some of his assignments included project managing the Nelson Mandela Aventis Project for combating TB which was funded by the Sanofi/Aventis Foundation in Europe. He has more recently assisted the Johannesburg Bar Council with administrative duties. Doug's love of gardening is in his genes. His grandfather was Director of Parks in Johannesburg and he and his team were responsible for the establishment of many of the earlier parks in the city. His own father opened one of the early seed and landscape businesses and, when he passed on at a young age, Doug helped his mom in the shop and nursery during his school holidays. Upon retirement he and his wife Zoe moved to San Sereno and now live in the same street as Harold! They have a son and two daughters, four grandchildren and three really cute Schnauzers.

After leaving school, Harold studied to become an actuary. At that time there was no course available in South



From left: Doug and Harold

DOUG & HAROLD

**DOUG HOWIE (113 IDAHO)
& HAROLD MITCHLEY (108 IDAHO),
INTERVIEWED BY DOT MEPHAM (41 DELFT)**



Harold (top right)



Doug

Africa, so he had to do a correspondence course through Edinburgh University. He had to use the postal system and so he would submit an assignment and wait a few weeks before an assessment or literature arrived back. When he qualified there were less than 100 actuaries in the country. In 1958 he joined the actuarial firm of J.A. Carson and Partners and in 1970 he became a partner in the firm. He retired in 1998 as the senior partner. At the age of 15, Harold followed in his father's footsteps and joined the rifle club. He remembers that they were not allowed to 'discharge a rifle' on a Sunday. This was due to a law passed by Paul Kruger in the 19th century. Harold and his late wife Corienne had two sons, a daughter and four grandchildren. He was delighted when the golf courses opened again as he loves the sport. Doug recognised Harold's name in San Sereno's telephone list and found him after all these years, living four houses away!

RELATIONSHIPS

IVAN & DENYS

**IVAN CASSIDY (162 BRENTHUST)
& DENYS HAYDEN (35 DELFT),
INTERVIEWED BY DOT MEPHAM
(41 DELFT)**



Ivan

Denys and
his little cousin

From left: Ivan and Denys

Ivan and Denys have known each other for 80 years. They met in their Catechism classes in the Mayfair parish. Denys lived in Mayfair and Ivan in Brixton and they would catch a tram and a bus to Marist Brothers in Koch Street in Doornfontein. This was the second oldest school in Johannesburg, built in 1887. They completed their schooling at Marist Brothers in Observatory.

They both became articled clerks after obtaining their degrees from Wits University. They were also both sports-mad - particularly over cricket. Denys played for Wits and Ivan for CMR Cricket Club.

They went their separate ways for a few years and then caught up again and they travelled together all over the world.

Ivan joined Cadac Engineering in 1955 and stayed for 20 years. Then he turned to developing properties. He built the first storage facility in Honeydew, a new concept in South Africa, building a 250 garage-sized unit. It was a new idea that became very popular! Ivan had six children, four grandchildren and three great-grandchildren. Denys was a born entrepreneur. In the early 60s he became involved in property development in the north of Johannesburg: Bryanston was being mapped out. He enjoyed this period of his life immensely. In the last ten years of his working life he moved into the medical world, selling anesthetic products among others.

Denys has been a member of the Bryanston Country Club for 50 years and Ivan for 45. They have been on numerous golf tours together to the USA, Ireland (in the rain) and others. In 1994 they went to Australia to watch the Springbok cricketers playing in their 1st International tour after being allowed back into world cricket. The Springboks won by five runs on the fifth day of the test!

Ivan has lived at San Sereno for 11 years and Denys for five. They are still great friends after 80 years. What a truly remarkable blessing!

PANDEMICS IN *history*

BY DR JOS VAN NIEKERK (116 JANUS)

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.

We are now living in a pandemic, but this is not the first time that a pandemic has caused disruption. Many epidemics have struck the world but a few have made an impact on history.

The following epidemics are particularly interesting...

ATHENS 430 - 427 BC

This pandemic that killed 25% of the population of the city was carefully described by the Greek doctors of that time; however, an actual diagnosis of the disease has never been made! The symptoms and signs were clearly described but do not fit any disease we know of. For example, carers of the sick did not get the disease. This was during Athens' war with Sparta and it broke the power of Athens permanently.

CONSTANTINOPLE 541 - 549 AD

It is interesting that all the historic plagues were believed, at that time, to have originated in Africa. This pandemic in Constantinople was bubonic plague and probably actually came from the East. This was during the Justinian era and approximately 20% of the population died. At the height of the plague the death rate was 5000 per day. The dead bodies presented a problem and sometimes they were packed into a ship and it was pushed out to sea. At other times bodies were thrown into the watch towers on the walls of the city to decay there. This plague weakened the power of Constantinople which at that stage planned to take over from Rome and become the centre of Europe.

THE BLACK DEATH 1346 - 1353

This was again bubonic plague, caused by the germ *Yersinia Pestis*, carried by rats.

This plague came from the Middle East and spread from Constantinople through all of Europe. It led to an incredible number of deaths estimated to be at least 50 million, which decimated the population of Europe and took more than 100 years to recover. It also changed the economy as it led to a shortage of labour and so the cost of labour increased. The workers now had money to spend and this ended the feudal system.

SPANISH FLU 1918 - 1920

This plague started in the American Midwest in an army camp just as the United States joined World War I. The American soldiers took the infection to Europe. The plague came in two waves, the first made people very ill and bedridden but with a relatively low mortality rate but the second wave had a very high mortality rate. This plague changed the outcome of World War I. In July 1918 the Germans were winning, they planned to break out of the trenches and advance on Paris. The Germans tried on five occasions to break out but on each occasion their records show that between 40% and 50% of the soldiers were not fit to fight. By October 1918 the war was over and Germany had lost. The soldiers now returned to their countries of origin and took the plague with them. The South African soldiers disembarked in Cape Town and as the trains travelled North so the flu spread through the country. We got the second wave with an extremely high death rate which spread to all the towns and into the countryside as workers were sent home from the mines and other occupations. In some areas the death rate was 30%. According to some records, South Africa had the second highest death rate in the world, as a percentage of population, which was only surpassed by Fiji.

When and how COVID-19 will end remains to be seen. Remember that the medical community is writing the text book on COVID-19 as they treat the patients, however our understanding and knowledge is so much more than before.



Thami and I at our certificate ceremony at the end of 2019. It's a shame that this will not be happening in 2020. However, Thami is young, enthusiastic, and aware of his talent and he is steadily building up a ready clientele for his excellent portraits. I think he will be fine in the real world very soon.

LEEUEWKOP

Art

BY LIZ CASTLE (65 FAUST)

Liz Castle has been teaching Art at Leeuwkop Prison since 2017. The intention of the classes is to provide a few hours of painting and drawing that defies all boundaries. Being incarcerated within cement walls for years deprives people of how to truly see and feel. The classes provide the opportunity for individual expression and creativity that cannot be held back by prison walls. Liz holds an MA in Fine Arts and has many years of teaching experience. She brings opportunity of enjoyment, renewed self-esteem and purpose to lives that have been severely restricted.

Teaching progress at Leeuwkop Prison during the year of COVID-19

I have been teaching art to interested students at Leeuwkop prison for 4 years. Reaching out to my students has been difficult during 2020 but we have managed to some degree. I was finally given special permission to take art supplies to them in June, after letters to the Head of Prisons had helped him understand the huge value for the students. I was allowed to wave to them at a distance and all the paints and brushes had to be carefully sanitised.

The way I have been teaching is by 'remote control', very much how we have all been operating in this strange time. My students tell me their ideas and then show me the beginning stage and the following progress. I will then discuss colour, form, proportions, perspectives and possibilities for improvement etc and we take it from there.

They are all at a level where they understand the art terminology (they don't have computers and are not supposed to have phones either). Nevertheless, our messages manage to fly back and forth. I always encourage individuality and no student works in the same way. Each of them is encouraged to find his own particular interest and identity.

THAMI

Thami prefers working in pencils and ink and has honed his talent into fine renditions of character. As the drawing progresses he manages to endow the portrait with life and character. He is tentative about introducing colour into his work and we always joke that he is like William Kentridge with his tonal preferences. Art history has always been part of my lessons and the students are familiar with Van Gogh, the Impressionists and Picasso to name but a few.



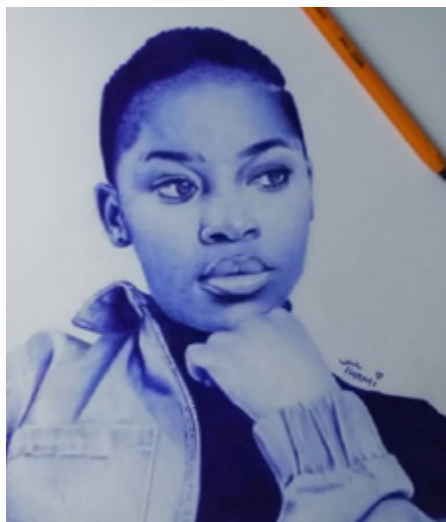
Thami's pencil work

ALFRED

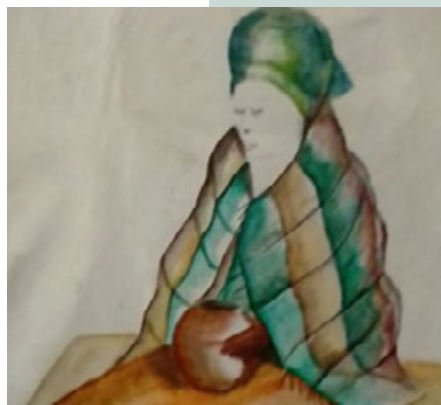
Alfred has been in prison for 25 years and is due for parole next year. How he is going to cope in this changed world is a huge challenge. He has supportive family members and wants to teach art to children, to offer them the creative possibilities that he never had. He is largely self-taught and has his own way of expressing things. His work has a strong cultural emphasis as his inspiration. The prison authorities give him old sheets which he uses as his canvas. Alfred staples these sheets to the cell wall and works quietly while others in the cell talk, argue, play loud music etc. In some large cells there are 40 men. They have three tiers of bunk beds with extraordinarily little space in-between. However Alfred is optimistic about his future and continually sends me messages of hope and positivity.

The Mindfulness poem by the wonderful Japanese artist Hokusai says...

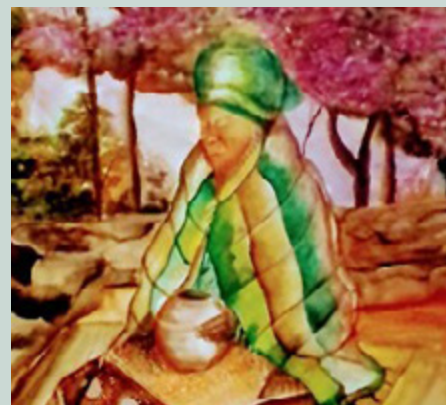
Hokusai says look carefully.
He says pay attention, notice.
He says keep looking,
stay curious.
Hokusai says there is
no end to seeing.



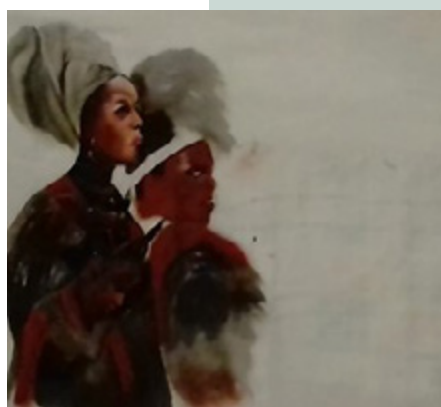
Thami's ballpoint pen portrait



Alfred's primary work starts with the old woman, expressionless and resigned



Then he finally adds the blossoming trees to give the work hope and future possibilities



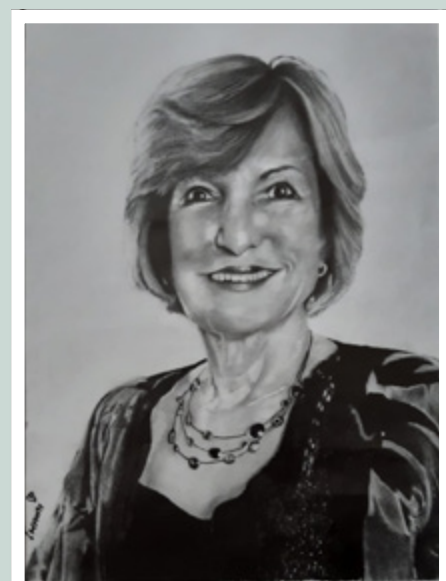
This is the beginning of Alfred's painting of the three tribal representatives on the wall of his cell. In this work Alfred has used cultural imagery to extend his visual declaration of feelings about COVID-19. His chief's face is fierce, and the young woman is almost defeated. However, the central imposing figure is resolute and ready to move on.



Alfred's completed oil painting of his response to COVID-19



Thami's feelings about COVID-19 in visual form



Thami's pencil portrait of Liz Castle

BESOEKERS AAN

Die Kruger Wildtuin

**DEUR MARIE-LOUISE VAN NIEKERK
(116 JANUS)**

Ons beskou dit vandag as vanselfsprekend dat ons die Wildtuin kan besoek. Dink egter aan daardie vroeë dae net na die Wildtuin geproklameer is in 1926. Stevenson-Hamilton, die beroemde eerste veldwagter was baie onseker wat karre met mense in, aan sy geliefde diere sou doen. Daar was geen paaie of infrastruktuur nie. Alle vervoer was te perd of fiets. Hy besef egter gou dat as hy paaie en oornag akkomodasie moet finansieer sal die besoekers daarvoor moet betaal.

Toe die eerste drie karre in 1927 die Wildtuin besoek, besef hy die diere is ongestoord solank die mense net nie hulle karre verlaat nie. Hierdie drie karre het elk een pond betaal om in te kom en in Pretoriuskop te kamp.

Die wildtuin was so gevaarlik, dat besoekers hulle eie gewere vir selfverdedeging kon inbring. Die geweer is by die hek verseel met 'n draad deur die loop en as jy die wildtuin verlaat met 'n gebreekte draad moes jy "please explain." Dit het geduur tot omtrent 1959, toe die Wildtuin, en feitlik al die kampe, vir die eerste keer omhein is. Terloops hierdie wildheining van 1800 km is die langste van sy soort in die wereld. Die eerste besoekers en hul karre is met ponte oor die groot riviere vervoer en Pretoriuskop was die enigste kamp wat heeljaar oop was, weens die groter malariagevaar in die noorde. Musketnette op alle vensters is later installeer en nou kan ons die pragtige wildtuinsomer orals geniet saam met al die voels wat dan na Suid Afrika migreer.

Gedurende die Tweede Wereldoorlog was ry baie beperk agv petrolrantsoenering. Ontwikkeling het egter vinnig gevolg en na die oorlog, in 1946 besoek 38 000 karre die wildtuin. In 1965 word die eerste paaie geteer ten spyte van baie teenstand. Hulle sukses word gou bewys omdat karre stiller loop, plantegroei langs die pad nie vol stof word nie wat dit vir die diere meer aantreklik maak en die pad minder onderhoud verg.

My eerste besoek was in 1948 saam met my ouers en ons het feitlik jaarliks die wildtuin besoek. Na my troue met Jos, wat net so 'n fanatikus was is hierdie tradisie voortgesit met ons eie kinders en kleinkinders tot vandag toe. Die ophef van reisbeperkings het net betyds gekom om September 2020 weer daar te kuier!

Ons onthou nog die eerste elektrisiteit met opwekkers, eerste yskaste, eerste hutte met badgeriewe, goeie winkels en baie ander verbeterings. Die hutte vandag verskil hemelsbreed van die wat deur die eerste bouer in Pretoriuskop gebou is. Dit word vertel dat hy so bang was vir leeuus dat die tradisionele grasdakhutte sonder vensters gebou is. Daar was wel 'n opening tussen die bokant van die muur en die dak en 'n klein ronde loergaaitjie in die deur.

Byna twee miljoen besoekers besoek nou jaarliks die Wildtuin., alhoewel luukse privaat lodges kompeteer om toeriste te lok. Ons geliefde Wildtuin is nog altyd eerste keuse by Suid Afrikaners. Mag dit nog baie lank voortduur.

A TRIBUTE TO THE FOUNDERS OF THE KRUGER NATIONAL PARK

BY MARIE-LOUISE VAN NIEKERK
(116 JANUS)

Our recent visit to the KNP made me think of the vision, perseverance and enduring legacy of the remarkable men who founded this treasure.

Our first larger-than-life character in this saga. Joao Albasini, Portuguese but born in Italy, came to Africa to seek his fortune. He actually settled in the area of today's Pretoriuskop and started transporting goods to the Voortrekkers at Ohrigstad, on the edge of the escarpment. The Voortrekker Road was now established as a very rough track through the dense Bushveld with trading posts along the way. In 1870 this road became ever more important when gold was discovered on the escarpment at Lydenburg, Pilgrim's Rest and later in Barberton. The hunting in the Lowveld increased as everyone killed for the pot.

Now appears our next character, Sir Percy Fitzpatrick, in 1885, who travelled this road with his dog, Jock. Sir Percy Fitzpatrick's story about their adventures, "Jock of the Bushveld", has become a beloved South African classic. This story is immortalised by quite a number of Jock plaques along the old Voortrekker Road and some in the Kruger Park.

The next figure is President Stephanus Johannes Paulus Kruger, who was elected as the President of the Transvaal Republic in 1883. The very next year, in 1884, he astounded the Volksraad (Parliament) by proposing that a tract of land be delineated where hunting would be totally prohibited. Never before had anyone proposed taking away the inherent right of every person to shoot any wildlife wherever they wanted to. It took President Kruger four more years to win approval, after fierce debate in the Volksraad and on 26 March 1898, the Sabie Game Reserve was proclaimed. A singular achievement at that time as war was looming and there were many more important issues to discuss. If Kruger

had delayed, however, today's Park might never have been, as the Anglo-Boer War started 18 months later.

After the war appears an interesting Brit, Abel Chapman. A hunter and fortune seeker, who after the war became convinced of the need for conservation. He reported to Lord Alfred Milner, British Governor of the new Transvaal, gained his support and Lord Milner re-proclaimed the Sabie Game Reserve, after hostilities ceased, word for word the same as Kruger's original proclamation.

Milner then is inspired to appoint Major James Stevenson Hamilton as Chief Ranger in July 1902. Stevenson-Hamilton nearly singlehandedly brought to fruition President Kruger's vision and built the Sabie Game Reserve into the magnificent Kruger National Park as we know it today. He was known as "Skukuza", the man who sweeps everything clean. He worked with absolute dedication, strict discipline and military precision in his huge task. In 1903 a further expanse of land, between the Letaba and Limpopo rivers was added to the Sabie Park and finally in 1923, the last stretch of 32km between the Olifants and Letaba rivers united the two sections.

After the Union of South Africa had been formed, uniting all four provinces, and mainly through the influence of our next hero, Deney's Reitz, when he was appointed by Prime Minister Jan Smuts as his Minister of Lands, the National Parks Act could be promulgated. The Government changed and the new Prime Minister, General JBM Hertzog, was very supportive. Here comes the final hero who actually got the deed done. Minister of Lands, Mr Piet Grobler, coincidentally a grand-nephew of President Kruger, proposed that the National Parks Act should include not only Sabie and Shingwedzi but all future National Parks. After much opposition, mainly from farmers who had been expropriated and avid Lowveld hunters, the bill was unanimously passed in Parliament on 31 May 1926. Die Burger, an Afrikaans newspaper, suggested the name to honour the old visionary President Paul Kruger.

This set South Africa on the road to becoming a world leader in the field of Conservation.

OUR COMMUNITY

BIRTHDAYS AND *Celebrations*

At Auria Senior Living we love celebrations and, whilst we believe that every day is worth celebrating, there are some extra special ones that are worthy of mention.

MILESTONE BIRTHDAYS

SEPTEMBER

Vera O Dwyer turned 80
Izak Van Aswegen turned 80

OCTOBER

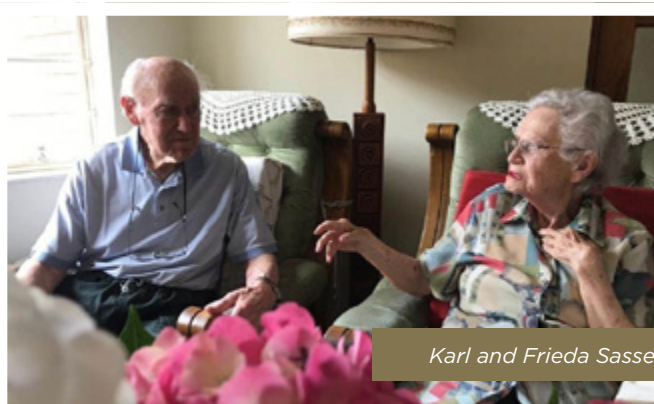
Marilyn Van Aswegen turned 80

NOVEMBER

Roger Whitehead turned 80
Ken Norman turned 80
Quinton Goch turned 90
Gabrielle White turned 101

EXTRA-SPECIAL MILESTONES

Karl and Frieda Sasse celebrated their 61st Wedding Anniversary in August AND they both celebrated their 90th birthdays in November!



Karl and Frieda Sasse

WELCOME TO OUR NEW RESIDENTS

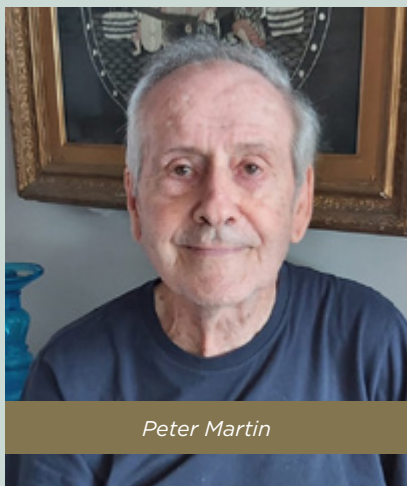
We have some new residents in our community and we hope that everyone will welcome them the way San Sereno does so well!

SEPTEMBER

Peter Martin (221 Erica)
Anne Vogt (218 Erica)
Sylvia Brown (222 Erica)

NOVEMBER

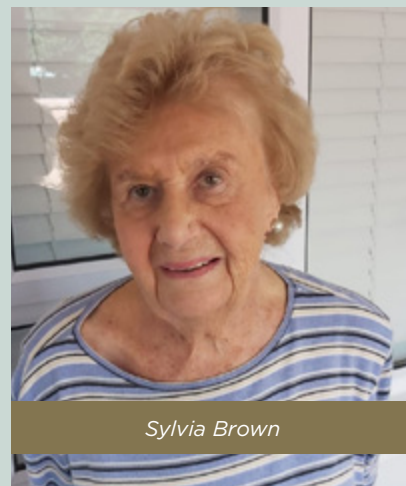
Sally Townshend (27 Caesar)



Peter Martin



Anne Vogt



Sylvia Brown

Letters

FROM RESIDENTS & FAMILIES

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

.....

I would like to say thank you and how much I appreciate the excellent job that has been done to correct our drainage problem. The team have done a magnificent job. It has been a huge job and every day before they went home, the place was left immaculate. It has had a good test run with the recent rain and the water is now draining perfectly.

I would also like you to pass on my sincere thanks to Sister Khosi who very kindly checked up on Deryck's carer, Fikile, yesterday. Fikile was involved in a taxi accident on her way here and hit her head, fortunately not seriously. I took her up to the clinic where Sister Khosi checked her blood pressure and then did so again later in the morning. Wonderful caring service for which Fikile and I were most appreciative.

I am absolutely sure that there is nowhere else in South Africa where residents can rely on and enjoy so much care and attention. Thank you again, it is hugely appreciated. Kind regards

ANN BRAUN (150 BRENTHURST)

.....

Thank you very much for the beaded keyring I received today to celebrate the South African Heritage Day. The thoughtful weekly gifts that have been delivered throughout the, so far, 6 months of our various Lockdown levels have made me feel very special! Thank you all so much for all you have done (and are doing) to ensure our happiness and wellbeing. It is so very much appreciated. Kind regards

BARBARA CREWE (10 BACH)

Somewhat belatedly, may I offer my sincere thanks and congratulations to you and your staff for the totally professional management of San Sereno, that has been especially evident in the last five months. It is amazing how little real discomfort we have had to endure.

The necessary curtailment of activities and social events were missed but Jessica did great work with innovative substitutes. Obviously we are not out of the woods and we hope and pray that the worst is over.

REX GLANVILLE (310 NERINA)

.....

Thank you to the Auria team for your good wishes and welcome gift. I must also acknowledge - with thanks - the thoughtful gift to celebrate Heritage Day - most impressive. Thank you also for your continued care of all San Sereno residents during the very trying times of lockdown - you have definitely made our lives more bearable and positive.

With best wishes

STEVE MURRAY (15 BACH)

.....

We are all feeling happy with the advent of Spring and Level 1. I would like to thank you and the Auria Team for having looked after us so well during the past 6 difficult months.

Thank you for:

- Permitting us to walk in the complex in Level 4
- For opening the Spaza shop and Take Aways (coffee with friends kept us sane)
- For the games and interesting internet sites
- For fixing our TV's and computers when we didn't know what had happened
- For the attitude of all staff towards us - we can be difficult at times
- For the weekly gifts - what a splendid idea.
- For supporting small and informal business - showing your commitment to RSA

Thank you for being what you are.

MARIA HOY - A VERY HAPPY RESIDENT (124 LANDAU)



JOIN US FOR
HOLIDAY CHEER

TO WRAP UP THE YEAR

and a delicious 4-course meal with
entertainment at the San Sereno
Christmas lunch

TIME: 11h30 OR 13h30

DATE: Friday, 25 December 2020

WHERE: Main Dining Room

COST: R180 per person

AVAILABILITY: 30 seats per time slot
with no more than 6 people per table.

BOOKINGS: Please contact Concierge
to make your booking. Please note that
this event is for residents only.



**AURIA SENIOR LIVING
ON FACEBOOK**

Your social media support
would mean a lot to us...

We have a Facebook page,
accessible by all:

AURIA SENIOR LIVING.

Please like this page, share it with friends
and family; and interact with us here!

We also have a private group for our
residents and their families only:

AURIA SENIOR LIVING COMMUNITY.

This group will allow you to stay up-to-
date with the important news and notices
pertaining to our Auria community, and to
share comments and photos. Thank you to
those that have been actively involved...
it is so appreciated. Please be sure to
invite your family so they can also be
a part of our community.

GET INVOLVED WITH OUR NEWSLETTER

If you have a passion for writing, editing, or
sourcing good stories, let us know! We invite all
our residents (and their families) to get involved
with the newsletter, and to send us your
stories, jokes, poems, photos... or anything our
community may like to read about.

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SAN SERENO
Bryanston



MELROSE MANOR
Melrose



ROYAL VIEW
Sandringham

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