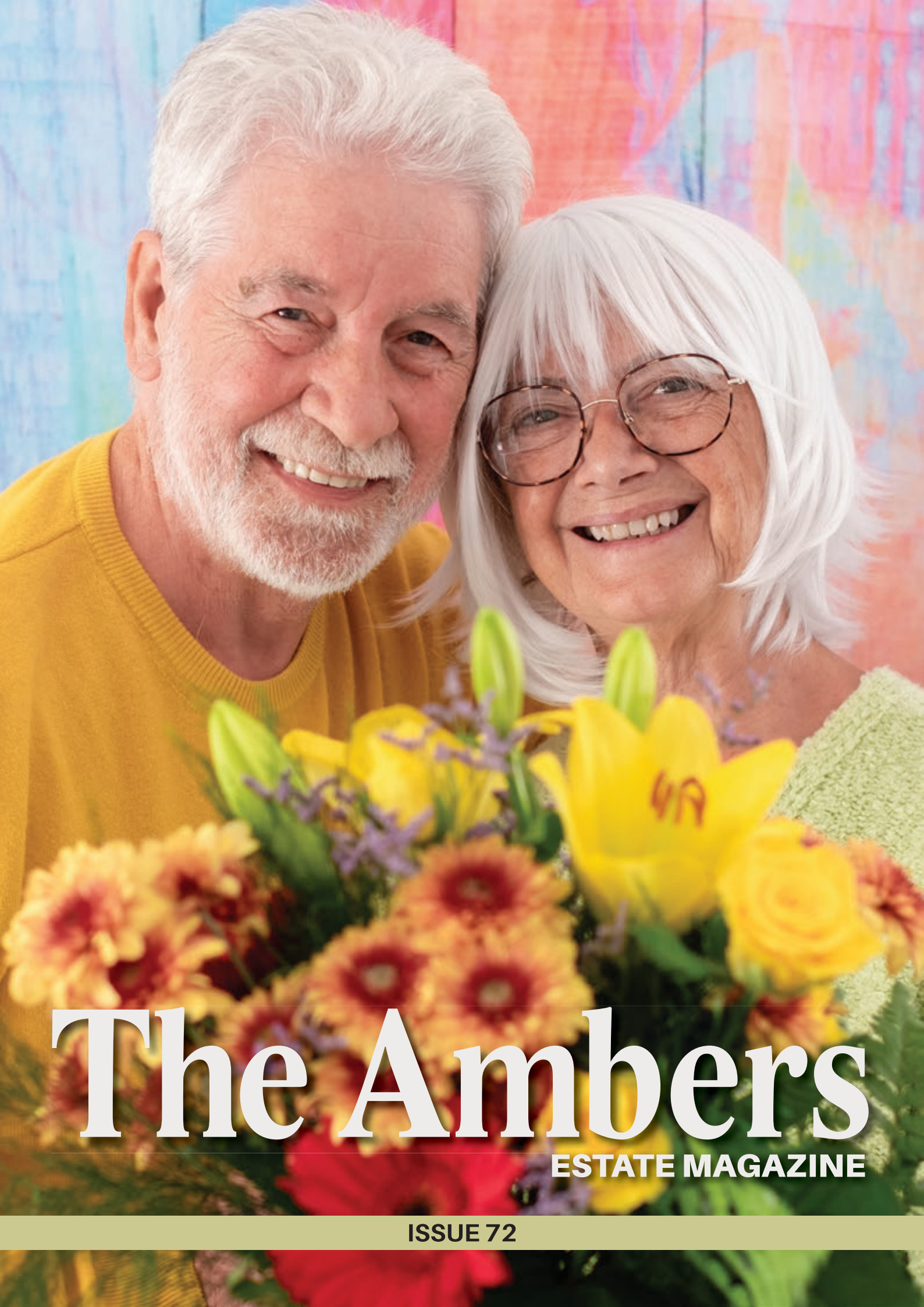




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ESTATE MAGAZINE

ISSUE 72

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Dear Readers

I seem to have acclimatized myself far too easily to this 'new norm' and am quite happy to burrow myself into the depths of my bed, and work, rather than step outside into the world. But then again, I tell myself that we still have the chilly mornings of the endings of winter, so I am going to cut myself some slack here, before I get up and do something meaningful today. I will also remind myself, that I don't have to be doing extreme things to make a difference in this universe.

But I will be is grateful today nonetheless, for my work and the different people in my life. Gratitude is so overlooked; we always seem to be whining about something. When, as a child, I used to complain that things were not fair, my grandfather used to give me a pen and paper and tell me to write a list of what isn't fair and then what I was happy about. Guess what, the happy part was always longer, and automatically my outlook changed. The goodness of my list lay mostly because of the people in my life and think that it is not only down to our own hard work or dedication but also down to what and how others have contributed. The habit of being grateful starts with appreciating even the small, good things that happen in your life and recognizing that despite this, happiness does in fact come from within. If you are feeling down today, try and hone into the beauty of the small things, the things that have made you feel grateful, get on that gratitude train, and your day too, will improve.

Spring will soon be upon us, a time for all things new and fresh, let's do this together and see things with different eyes.

Till we meet again, Warmest regards

Pat Franken 082 552 3027

I've learned...that only in the darkness can you see the stars.

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20 YEARS OF CONSISTENT PROFESSIONAL SERVICE DRIVEN BY EXCELLENCE!



On My Mind by William Meyer

**Making Sense Of Your Cents Investing Overseas –
The Importance Of Diversifying Your Portfolio *
Extraordinary Profits From Ordinary Shares *
Winning Stock Market Strategies ***

Geopolitical risks and massive market volatility are factors investors need to contend with. At times like this the importance of planning carefully and considering off-shore opportunities and idiosyncratic shares is clear.

It is critical for investors to have an international strategy. Adding an off-shore equity/currency component to a South African portfolio reduces the risk of volatility of the overall portfolio. If any one currency or country enters a bear market, an investor will be protected by a diversified portfolio.

The best countries to invest in have fewer government regulations and interference, less government ownership, fewer trade unions, lower taxes and no foreign exchange controls. A thoughtful allocation of capital that results in an ambivalent attitude towards political risks and currency moves is another way to avoid catastrophe.

Idiosyncratic growth stocks are an important building block in achieving this goal.

The profitability of these companies is driven by their own fundamentals, rather than macro-economic conditions, like the US-China trade war.

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The bottom line

**Fenestra doesn't invest clients' money in generic portfolios.
Rather investment portfolios are custom made. We listen to our
clients, find out exactly what their investment objectives are and
design portfolios accordingly. William Meyer CEO**

Why Fenestra?

Our Mission

Fenestra strives to be a great South African and International specialist investment group. We are driven by a passion for outstanding performance and an unwavering commitment to our philosophies and core values.

"The inherent vice of capitalism is the unequal sharing of blessings, The inherent virtue of socialism is the equal sharing of miseries."
Winston Churchill

We all find some of the 'faces' of capitalism unacceptable. At Fenestra we strive to change what we can. Our clients use their success to set up legacies for the greater good. We need to remember we are custodians and stewards of our wealth and we must act wisely.

I also love Apple CEO Tim Cook's words in the latest Apple results: "We're always searching across a world of possibilities, finding those places where we can do the most good." We are grateful. Apple helped us find the Fenestra motto for 2025.

Focus

Fenestra limits its attention to about 50 outstanding companies but will invest in no more than 10 of them. This restricts the portfolio to only five or six outstanding performers. It is a style of investment advocated by the world's most famous investor, Warren Buffet, of whom CEO William Meyer is an avowed disciple.

Criteria

The criteria for investments are simple but top of the list is honesty of management. Other key investment criteria include an established profit history, a growing market with growing margins, strong cash generation ability and some blue-sky potential. It is also preferable if the managers are very significant shareholders.

Performance

Since inception in 1990 Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI).

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BIG SCREEN RUGBY Springboks vs Barbarians

Val Burton

Oh, what a lovely day it was – sunshine, boerewors rolls and rugby!

The weather was on its best behaviour, and the Amberglen Centre buzzed with activity as the Social



Club prepared for the big game. Outside, the braai was fired up and volunteers worked hard behind the scenes. As the smell of boerewors and fried onions filled the air, the mood became infectious.



Residents gathered in the Lounge and on the Patio, proudly dressed in their Springbok colours, enjoying good company and sharing predictions for the match ahead. The atmosphere was warm and festive, with plenty of laughter and anticipation.

As the National Anthem rang out, signalling the start of the game, the Lounge came alive with happy banter, loud cheering and the occasional groan of anguish. Everyone watched with bated breath as the Springboks delivered a thrilling performance against the Barbarians. The final whistle sounded and, with a score of 80-31, the Boks were the Victors. Everyone left happy, with lots to talk about.

What a score – Go Bokke!

Adding to the fun, bottles of wine were awarded to the supporters whose predictions came closest to the final result. Congratulations to Bev Acutt and Francis and Owen Humby, our lucky winners.

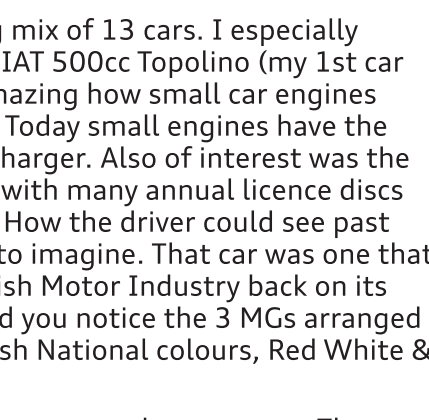
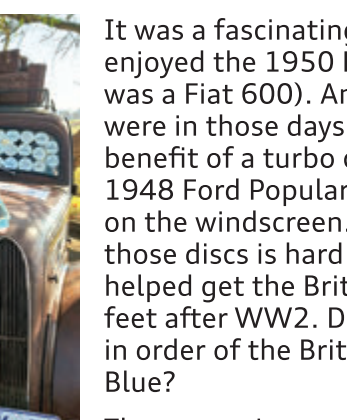
A special thank you goes to everyone who helped make the afternoon such a success, from preparing the food and setting up the venue to serving refreshments and creating such a welcoming atmosphere.



CARS IN THE GLEN

Howard Reeves

Having spent 50 years of my working career in the motor industry, I was delighted to see a version of "Cars in the Park" coming to Amberglen.



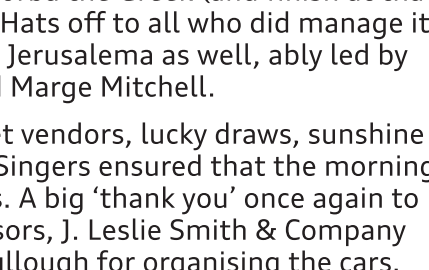
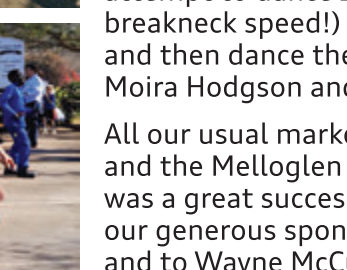
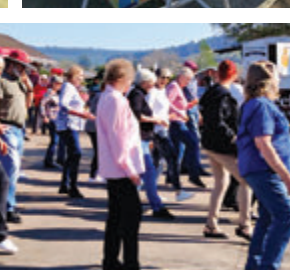
It was a fascinating mix of 13 cars. I especially enjoyed the 1950 FIAT 500cc Topolino (my 1st car was a Fiat 600). Amazing how small car engines were in those days! Today small engines have the benefit of a turbo charger. Also of interest was the 1948 Ford Popular with many annual licence discs on the windscreen. How the driver could see past those discs is hard to imagine. That car was one that helped get the British Motor Industry back on its feet after WW2. Did you notice the 3 MGs arranged in order of the British National colours, Red White & Blue?

The two racing cars were a real eye-opener. They were put together from several different makes of cars, reminding one of Heinz 57, the canned food people. The green racer had a Buick straight 8 engine. Nowadays an 8-cylinder engine is in the shape of a V. That engine was mounted on the chassis of a Ford pick-up. Neither of those cars were noted for their beauty or comfort, and had had very little by way of TLC for decades.

Some trivia information. The letters MG stand for Morris Garage! Perhaps you may have noticed an emblem on the radiator of the red racing car? It is the emblem of a Chevrolet, and that emblem is known in the trade as a "Bowtie". Coming out of the same company 120 years ago were names you may remember: Buick, Pontiac, Oldsmobile. I understand from a usually reliable source that F O R D in the US stands for "fixed or repaired daily".

In addition to the old cars, Mary Perry wrote about the rest of the Amberglen market that day. What a happy morning it was. All those gorgeous old cars – and that dear little caravan – 1944 believe it or not. And then of course one had to sample the cappuccino, followed by a Bucks Fizz, and then a small glass of gluhwein! But even after all that Dutch courage I was still not brave enough to attempt to dance Zorba the Greek (and finish at that breakneck speed!) Hats off to all who did manage it, and then dance the Jerusalem as well, ably led by Moira Hodgson and Marge Mitchell.

All our usual market vendors, lucky draws, sunshine and the Melloglen Singers ensured that the morning was a great success. A big 'thank you' once again to our generous sponsors, J. Leslie Smith & Company and to Wayne McCullough for organising the cars.





On Mandela Day, a large contingent of Amberglen residents and staff spent the morning at Nogqaza School. There they split into teams. The 'Aloe planting' group planted 40 aloes in the grounds. A large group of volunteers spent their time painting the large wooden jungle gym in bright primary colours. You'd be surprised how many surfaces and angles there are on a jungle gym!

The painting team repainted the Kitchen where the Feeding Scheme meals are prepared each day. Another team placed three large, brightly painted swing bins in strategic places in the school grounds. The Library floor had been cement, which became very dusty and dirty. In preparation for Mandela Day, Amberglen residents collected enough to pay for a wonderful new floor of vinyl tiles. Three Amberglen residents volunteer at the Library every week, and they say this will make a huge difference to the condition of the books, and all who go there.

When most of the work was done, and the teams got together, someone started singing Nkosi Sikelel' iAfrika; everyone joined in and the Anthem rang out. What an unforgettable moment – we are a Rainbow Nation indeed!

Thank you, Amberglen staff, the Team Leaders and their teams for all the preparatory planning and your hard work. Your combined efforts in setting everything up was so very much appreciated by everyone who was there. You created a truly memorable day. Mandela must be smiling and saying, "This is what I meant our beloved country to be, a Rainbow Nation in action."



The Amberglen Village fitness programme is thriving, and it seems everyone has discovered their inner athlete. We are all continuously told how important exercise is for our wellbeing and our mental health, so we are always looking for new ways to work on this!

The walkers are out in force every morning, striding purposefully around the Village. Admittedly, some are walking for fitness, while others are simply trying to remember where they left their glasses. Either way, steps are being counted.

Line dancing and Scottish dancing continue to be favourites. They provide excellent exercise for the legs, the memory, and the patience of anyone trying to remember what the next move is! A forward-then-back step, a shuffle, or a complete improvisation. The good news is that if everyone makes the same mistake at the same time, it becomes a new dance step.

On Thursday mornings, a group of ladies gathers for 'Movement to Music' - a session that combines gentle exercise with plenty of fun. Led by Claire, a physiotherapist, the class focuses on improving balance, mobility, and overall fitness through carefully designed movements set to great music. The sessions are so enjoyable that the exercises seem to take on a life of their own. When familiar tunes pop up at a dance or musical bingo event, it's not unusual to see participants springing into action, enthusiastically performing the moves they've learned in class. It's proof that exercise doesn't have to feel like hard work when it's accompanied by good music, good company, and plenty of laughter.

Aquaerobics remains popular too. There is something wonderfully uplifting about exercising in water. Joints feel younger, movements become graceful,

and for a brief moment everyone resembles an Olympic athlete. Our entire bodies feel lighter in the water. The illusion lasts until it's time to climb out of the pool. The aquaerobics enthusiasts will be really glad when our newly renovated pool is up and running again!

And then there is our in-house gym, which has developed a devoted following. A small but determined group can be found there regularly, approaching the equipment with the seriousness of professional athletes. They discuss resistance levels, and muscle groups with great authority, while the rest of us nod politely and wonder if lifting a cup of tea or knitting count as strength training.

The latest craze is chair yoga. Anyone who follows any form of social media will have been subjected to endless ads about how efficient this exercise is. Participants are delighted to discover that exercise can be done while sitting down. Some are even so relaxed by the end of the session that they require gentle encouragement to wake up and go home.

The residents are mostly delighted with this enthusiasm for fitness. After all, exercise improves strength, flexibility, balance, and wellbeing. It also provides endless opportunities for socialising, comparing aches and pains, and discussing who has the most impressive step count.

Who says retirement is about slowing down? At this rate, the rest of the world may struggle to keep up with us!



"I'll shower soon, and then get dressed.
But before that, something I love best ...
While still in pj's, out I go...
Into my garden, don't you know!"

The early sunlight crests the hedge
And there, in bloom, at the garden's edge...
Is one last summer rose ... right there...
And I see my secateurs are near.

I didn't stop to find my gown...
Though without it, neighbours might just frown...
In my pyjamas out I went,
That fragrant rose was heaven sent.

I picked the rose, then turned some soil,
And helped a creeper on a fence to coil
Then I filled the birdbaths, as I do...
Each early morning when the day is new.

I looked around ... and what
I saw,
Was my neighbour creeping out
her door...
She had on pj's, just like me,
And so I said, "Let's have some tea!"

But coffee seemed a better choice,
"With rusks, please," came her happy voice.
So, together we sat on the patio
Sharing gardening notes of course, you know!

Still in our pj's, sleep-mussed hair...
We laughed and found we didn't care!
Our early morning sortie out,
Showed what real good neighbours are all
about.

(The rose is from Jan's garden – 'Isidingo')

YOUTH DAY BRAAI Val Burton



It was quite disconcerting for the Social Club to find that the weather seemed, yet again, to know that an outdoor event had been planned for 16th June. It was a cold, wet misty day and the possibility of the sun coming out was very slim.

Thank goodness for the enclosed Patio and the recently purchased gas braai! The Patio proved to be the perfect venue for the event - cozy and cheerful and filled with happy conversations and laughter: a lovely way to spend a cold, grey, wet day. The event was a great success, and a good time was had by all who attended.

AMBERLEE GREY CROWNED CRANES



FUN FACTS ABOUT THE GREY CROWNED CRANE

Unlike other cranes, crowned cranes usually roost in trees.

They can flock in large numbers, anywhere between 30 and 150.

The grey crowned crane is the national bird of Uganda.

The chicks are 'precocial' which means they can run as soon as they hatch.

They don't tweet, far from it...they actually honk (and it's quite loud).

Role Players in a deceased Estate

written by Lungile Mkhize

Understanding who the key role players are can make the process of winding up a deceased estate less daunting.

The process of winding up a deceased estate in South Africa ensures that a person's financial affairs are properly settled and that their assets are distributed to those entitled to inherit. It involves several important role players, each with specific duties and rights.

THE DECEASED AND THEIR WILL

The deceased is the person whose estate is being administered. A valid Will is one of the most important documents.

- **Testate Succession:** If there is a valid Will, the assets are distributed according to the deceased wishes.
- **Intestate Succession:** If there is no valid Will, the estate is distributed according to the Intestate Succession Act.

WHY IS A WILL SO IMPORTANT?

Without a Will, you lose the opportunity to decide who should inherit your assets. Instead, the law determines who your beneficiaries will be according to family relationships.

THE MASTER OF THE HIGH COURT

The Master of the High Court oversees the administration of deceased estates. The Master ensures the law is followed and protects the interests of beneficiaries, creditors and other parties. The Master also appoints the executor and issues the Letters of Executorship, which give the executor authority to act.

THE EXECUTOR

The executor is responsible for managing the estate from beginning to end. This includes identifying assets and debts, details of the deceased estate, administration costs, and distributing the remaining assets to the beneficiaries.

An executor cannot legally act on behalf of the estate until formally appointed by the Master.

BANKS AND SARS

Banks assist the executor to close the deceased's accounts, obtain the necessary statements and transfer funds into an Estate Late account.

SARS must be notified of the death. The executor must ensure all necessary tax obligations are dealt with. The estate can only be finally distributed once the necessary tax clearances have been obtained from SARS. This process can sometimes take several months and is often what delays the finalisation of the estate administration process.



J Leslie Smith
ATTORNEYS

PMB OFFICE

Suite 1, Level 1, Athone Circle 1, Montgomery Drive.
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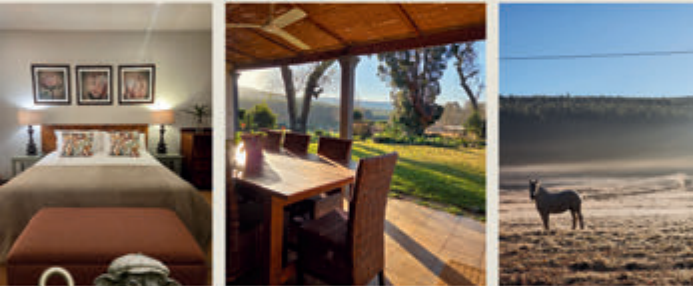
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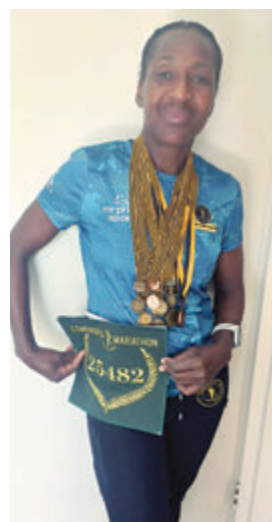
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COMRADES MARATHON TRIUMPH FOR THOLAKELE NGCOBO

Over 14,800 runners have completed the Comrades Marathon at least 10 times, earning them the coveted and exclusive Green Number. This milestone was celebrated with 438 new runners joining the Green Number Club in the recent 2026 race, adding to the thousands to have achieved this triumph since 1921. Our very own, Tholakele Ngcobo (a domestic worker in Amberfield and a member of Zakhele Running Club), is one of these athletes to attain this feat (no pun intended). When asked to comment on her latest achievement, Tholakele commented "My feet were sore and my shoes wore out!" As an athlete she said her dream was always to run the Comrades. However, the challenge of pursuing her dreams of running is increasingly more difficult due the expenses involved.



approximately 90 kilometres (56 miles) between Durban and Pietermaritzburg alternating each year between an "up" or "down" run). It is globally renowned as "The Ultimate Human Race" because of its massive scale, historic roots as a WW1 memorial, and brutal, hilly route. The most famous runner is Bruce Fordyce, who holds the record with nine wins. Among women, Gerda Steyn is the most dominant contemporary star with five titles and multiple course records, while in 2026, men's champion George Kusché shattered a long-standing record to claim his first victory.

The Comrades Marathon was founded in 1921 by WW 1 veteran Vic Clapham to commemorate the South African soldiers who lost their lives during the war. He intended the grueling race as a living memorial and tribute to the endurance, bravery, and camaraderie of his fellow soldiers. The original vision was for the event to act as a harsh physical test that would honour their sacrifice and spirit of championship formed on the battlefield.

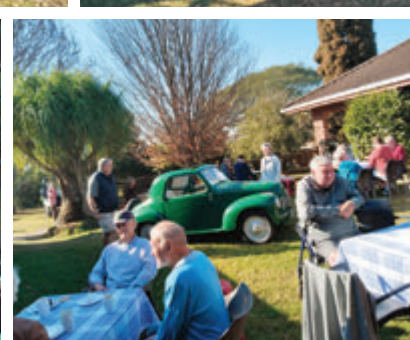
The Comrades Marathon in South Africa is the world's oldest and largest ultramarathon, spanning



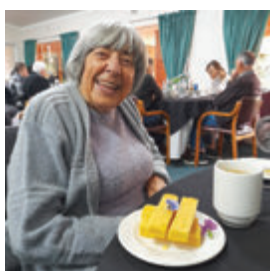
VINTAGE CARS IN AMBERFIELD J Leslie Smith



Wayne McCullough brought along his collection of interesting old cars, which amongst others, included: a 1948 Anglia; a 1946 Modernistic Teardrop Caravan; a 1953 Fiat Cub Topolino; a 1958 MG Magnette; a 1970s/80s Lotus seven kit car; a 1983 Mercedes W123 230 E; not to forget the "Jag". Many people, including some Care Centre residents, turned out to enjoy the sunny morning, to view the cars and enjoy tea or coffee & cake & the Amberfield Friday Market. Thank you, Wayne & to sponsors, J Leslie Smith, for making this possible.



FATHER'S DAY CELEBRATION David & Pauline Dalton



Capitol Caterers provided a fabulous lunch to celebrate Father's Day in Ambefield. Some quotes from fathers include: A Dad is an ordinary man doing his best to stand in for Superman ... a source of good but usually expendable advice - very nearly expert ... a man who knows - but would like to look it up just to be on the safe side - Dads know more about things than you'd credit. Only it's best to check before you hand it in as homework. "A father is the one friend upon whom we can always rely." (William Shakespeare among others) **But what Dad really wants is a nap!**



ROCK AROUND THE CLOCK SUPPER

Capitol Caterers organized an outstanding Theme Evening Supper: Rock Around the Clock. A delicious three course meal, which also included rock n roll music. The fore thought, preparation and décor and meal where amazing. And residents did just that, rocked around the clock to music hits from the 50s and 60s. Many thanks to Capitol Caterers & staff for an excellent meal & evening's entertainment. We certainly look forward to the next one.



TOILET SIGNS



The one toilet sign was found on the seat on a train in the UK, the other can be found in the men's change room at Howick Golf Club.



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SENIOR PET CARE:

THE IMPORTANCE OF CHECKUPS FOR SENIOR PETS

Pets ‘officially’ become seniors when they pass their average mid-life mark at 8 years of age. With high-quality pet nutrition and better veterinary care compared to a few decades ago, dogs and cats are living longer, healthier lives. Well-cared-for cats are often reaching the age of 20 years. Why does it matter? Acknowledging your pet’s passage into their senior years means acknowledging that it’s time to adjust their diet and other aspects to suit their needs so they can live a long and happy life.

What are some common health issues in senior dogs and cats?

- ▶ As pets age, they may suffer from painful joints, and a stiff gait, difficulty lying down and getting up from their bed, and difficulty squatting when using the litter box.
- ▶ Painful joints can also make senior pets less active, which could lead to weight gain. Carrying additional weight puts more pressure on their already painful joints, which just exacerbates the lack of exercise. The cycle continues.
- ▶ Senior pets may be more susceptible to periodontal disease and gingivitis from a build-up of plaque, tooth loss, and other dental issues- especially for small breed dogs such as Yorkies and Daschunds.
- ▶ Ageing pets’ internal organs can experience a decrease in healthy functions. Cats and dogs can experience kidney disease, diabetes and reduced thyroid function. Early detection of these changes

can help your pet live longer.

- ▶ Ageing pets can also experience heart disease, cognitive decline, sight and hearing loss. These are progressive, long-term illnesses that will need compassionate care and changes made to routines and living spaces to accommodate your pet’s health and wellbeing.

A professional senior pet wellness examination will help answer your questions, address your concerns, and guide you through the best possible care for your aging companion. Your older pet’s well-being depends on the choices YOU make as a pet owner. By prioritizing regular veterinary care, you’re giving your aging companion the best chance at a happy, healthy, and comfortable life.

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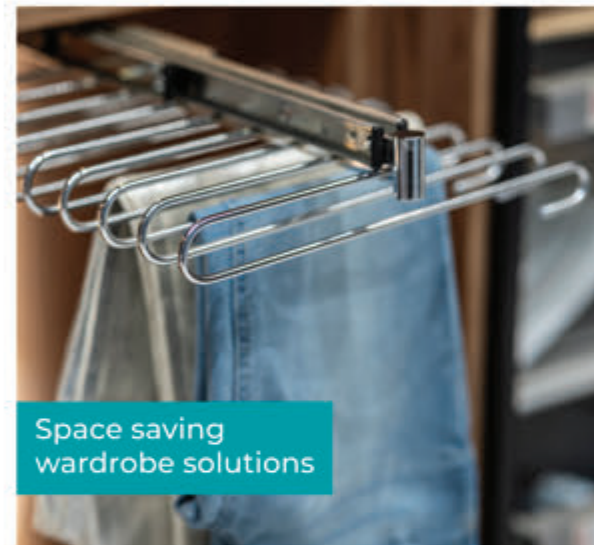
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HMS PROTECTOR



I'm always looking for a story behind the stamp. It is amazing how stories can be derived from something quite simple. This is the story of such a find – in fact it was an envelope with four stamps from the Falkland Islands Dependencies, and overprinted “Trans Antarctic Expedition 1955-58” It is difficult to read the cancellations, but it would appear to have been posted at South Georgia on 21 Nov '57. The addressee interested me. Petty Officer Kischir, 1 Mess, HMS Protector. What was HMS Protector doing in the South Atlantic?

Left: The envelope addressed to a Petty Officer on HMS Protector.

She was built in Glasgow in 1936 as a fast net layer – a specialised naval auxiliary ship designed to carry out the dangerous work of protecting harbours, anchorages, and individual ships from enemy submarines and torpedo strikes. She saw service in the South Atlantic and Norwegian Campaign during World War 2, before being hit by an aerial torpedo in the Mediterranean. She was towed to Bombay and repaired and returned to Britain after hostilities.

In 1953, the ship took part in the Fleet Review to celebrate the Coronation of Queen Elizabeth II. She became a training ship, and then was re-fitted as an ice-patrol ship and also fitted with a hanger to carry two Westland Whirlwind helicopters. She made



HMS Protector.

her first visit to the Antarctic in 1955/56, serving the Falkland Islands Dependencies and the British Antarctic Survey Bases.

During her patrols, she rescued the passengers and crew of the ice-bound MV Theron, including Sir Edmund Hillary and Dr Vivian Fuchs during their Trans Antarctic Expedition.

The MV Theron had been in difficulties in the ice whilst it was offloading advance parties to establish bases, including Shackleton Base. The damage was serious and HMS Protector escorted the MV Theron to safety after having made the rescue of Fuchs, Hillary and some of the expedition members.



Left: Sir Vivian Fuchs, leader of the Expedition.
Right: Sir Edmund Hillary, who became the third man after Amundsen and Scott to reach the South Pole.

In November 1957, RRS Shackleton (Stamp on Right) hit an ice-berg and was holed in two places, while due to visit Signy Island, South Orkneys. HMS Protector came to the rescue with pumps and shipwrights to keep her afloat until she reached Stromness, South Georgia for repairs. Scientists and many other passengers were transferred to Protector.

Was this when the envelope above was posted in 21 Nov 1957? And was it posted to Petty Officer Kischir with the full set of stamps because he collected them?



HMS Protector made good use of its Whirlwind helicopters in 1961 after a volcano eruption in 1961. In 1962 the island of Tristan da Cunha became habitable again.

The total population about 290 residents of Tristan da Cunha was evacuated from the Island when there was a volcanic eruption as close as about 300 metres from the nearest house. HMS Protector took an advance party of 12 people back to the Island in November 1962 to effect repairs and mend a year of neglect. The crew and helicopters assisted greatly in this task, mainly because the small harbour and landing beach had been damaged from the eruption.



HMS featured on many stamps some shown below.



1963, The first stamp that featured HMS Protector.



1993, British Antarctic Territory.



1989, South Georgia.

HMS Protector (A146) was scrapped in 1970. Its successor, HMS Protector (A173) was brought into service in 2011 as a modern ice-breaker.



It services research station in the Antarctic, and checks that the International Antarctic Treaty is complied with. It was deployed in fighting a fire at the Brazilian Research Station on King George Island in the South Shetlands, unfortunately three reseahers died. It was also called to assist in the International Operations to locate the Argentine Submarine “San Juan”, which had had no contact for two days. The search was called off and the imploded submaine was located a year later.

The modern icebreaker. HMS Protector (left).

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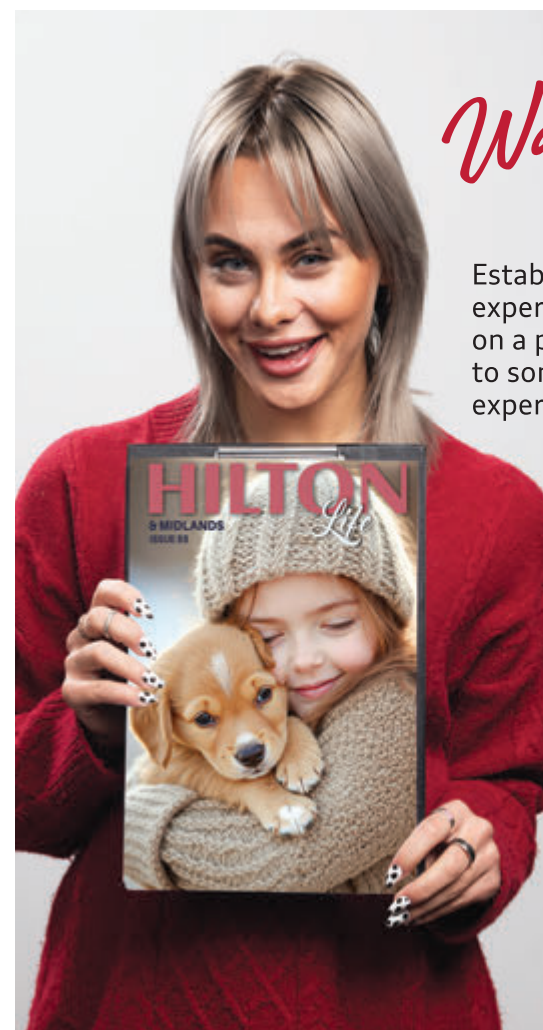
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Renaissance to Rock'n Roll:

The Howick Choristers' Rich Choral Journey



Conductor Johan Grobler with accompanists
Rosemary Tregenza and Pat Bennet

Under the accomplished direction of conductor Johan Grobler, the Howick Choristers rose to the challenge of their recent Renaissance to Rock'n Roll concerts at Amber Valley, Amber Glen and Amberfield. The choir captivated the audience with a programme that moved gracefully across eras and styles, showcasing the breadth, variety and spirit of their repertoire.

Sacred Beginnings

The first act featured five beautifully rendered sacred works. It opened with the moving a cappella motet *Locus iste a Deo factus est* (This place was made by God, a priceless sacrament), written in 1869 by the late-Romantic Austrian composer Anton Bruckner. The piece depends entirely on the balance, blend and sensitivity of the soprano, alto, tenor and bass (SATB) choir. This was followed by the four-part chorale *Ah! Lord, when my last end is come*, from Bach's *St John Passion* (1723–24). Bach's global reputation grew significantly only after his death with Felix Mendelssohn's 1829 Berlin performance of the *St Matthew Passion*, which helped spark the worldwide "Bach Revival".

The programme included the much-loved hymn *Amazing Grace*, written by English clergyman John Newton in 1779 after the spiritual conversion that followed his earlier life as a slave-ship captain. The choir performed Jay Althouse's arrangement, which blends the traditional American folk melody with warm harmonies and a smooth, flowing piano accompaniment. The choir sang Howard Goodall's version of *Psalms 23, The Lord is My Shepherd*, best known as the theme from the British sitcom *The Vicar of Dibley*. Goodall, also celebrated for his theme music for *Mr Bean*, *Blackadder* and *Red Dwarf*, created a setting that bridges television nostalgia and beautifully crafted church music.

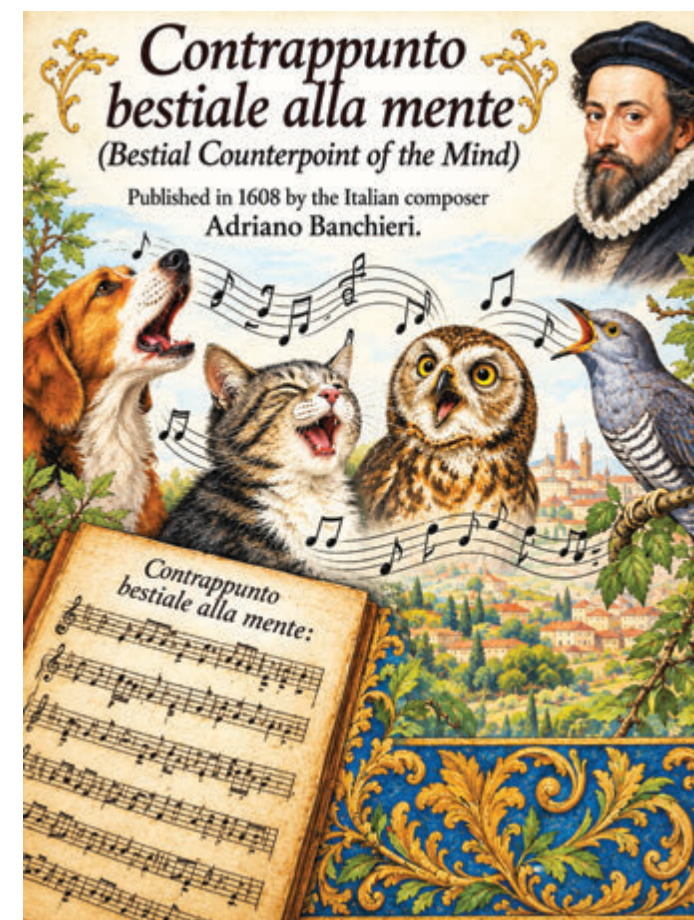
A Gaelic Blessing, written by British composer John

Rutter in 1978, remains a favourite with choirs around the world. Its enduring appeal lies in the combination of a deeply comforting, nature-infused text and an accessible, exquisitely smooth four-part harmonic style that resonates with singers and listeners alike.

Secular Highlights

The secular part of the concert offered lively choral contrasts, moving from Renaissance wit to the lighter theatrical and popular works that followed. One memorable example was *Contrappunto bestiale alla mente* (Bestial Counterpoint of the Mind), published in 1608 by the Italian composer Adriano Banchieri. Madrigals were secular vocal works that developed mainly in Renaissance Italy and were typically performed without instrumental accompaniment. In this piece, Banchieri uses polyphonic (many sounds) to turn animal calls—dog, cat, owl and cuckoo—into a comic sequence, creating a playful musical story that reflects the Renaissance fascination with music, nature and wit.

The audience especially enjoyed two beautiful melodies from Stage and Screen. *Barcarolle*, inspired by the traditional songs sung by gondoliers in Venice, is the famous duet from Jacques Offenbach's 1881 opera *The Tales of Hoffmann*. Its English lyrics begin with "Night of stars, and night of love," written in a lilting, rocking style which evokes the gentle motion of a boat on the Venetian canals. It has featured memorably in films, including the Oscar-winning 1997 Italian film *La vita è bella* (Life Is Beautiful) and *Titanic*, where it is played by the ship's string band during the evacuation. *Somewhere Out There*, composed by James Horner for Steven Spielberg's



1986 animated film *An American Tail*, brought a different kind of emotional warmth. With its themes of longing, hope and connection, the song's sweeping melodic lines and rich harmonies translate naturally into lush, multi-part choral writing, making it appealing for both singers and audiences.

Seventy-Six Trombones, from Meredith Willson's 1957 hit musical comedy *The Music Man* and its 1962 and 2003 film versions, captured the grand, patriotic sound of a classic American parade band. The choir brought out its infectious march rhythm, nostalgic charm and high-energy theatrical spirit.

The Beatles' *All You Need Is Love*, by John Lennon and Paul McCartney, proved to be one of the evening's more demanding numbers. Although many of the Choristers grew up with the music of the Beatles, the song's deceptively easy-going spirit concealed considerable technical challenges, particularly its shifting asymmetrical metres, with bars moving between 4/4 and 3/4 demanding repeated preparation to negotiate these rhythmic turns.

Bill Haley and His Comets' 1955 classic *Rock Around the Clock* shifted the mood decisively into rock-and-roll territory. With its driving beat and brisk tempo, the number brought an infectious energy to the programme and invited the audience to share in the choir's sense of fun.

The concert closed on a warm and heartfelt note with Don Besig's *As Long as I Have Music*, published in 1986. Its flowing melodic line and accessible harmonies made it an apt finale, allowing the Choristers to end with a sincere affirmation of music's power to comfort, uplift and heal.

Interesting facts about Choir Singing

Choir singing synchronizes the heart rates of the singers and dates back thousands of years to ancient Greece.

Oldest Choral Repertoire: The earliest surviving and notated choral music comes from Ancient Greece, featuring the Delphic Hymns from the 2nd century BC and the hymns of Mesomedes from the 2nd century AD.

Heart Rate Synchronization: Research shows that when people sing together in a choir, their heart rates naturally speed up and slow down in unison based on the rhythm and melody of the music.

Largest Choir Record: The largest choir in the world consisted of 121,440 people who sang in unison in Chennai, India, setting a massive record.

Boosted Immunity: Performing complex choral masterworks has been shown to increase the levels of immune system proteins in a singer's saliva.

Brain Development: Singers often develop a larger and more active arcuate fasciculus - the nerve fiber bundle connecting auditory and motor areas of the brain - than instrumentalists or non-singers.

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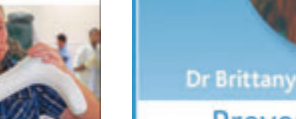
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- ▶ 1/4 Cup olive oil
- ▶ 1 Tbsp. paprika
- ▶ 1 Tbsp. ground cumin
- ▶ 1 Tbsp. light brown sugar
- ▶ 2 tsp. dried oregano
- ▶ 2 tsp. onion powder
- ▶ 1/2 tsp. cayenne pepper
- ▶ Kosher salt and pepper
- ▶ 3 8-ounce boneless, skinless chicken breasts
- ▶ 1/2 Cup sour cream
- ▶ 1 tsp. lime zest plus 1 to 2 tablespoons juice
- ▶ Lettuce leaves and cilantro leaves, for serving

DIRECTIONS

Step 1

Heat grill to medium. In medium bowl, whisk together oil, paprika, cumin, brown sugar, oregano, onion powder, cayenne pepper, and 1/2 teaspoon each salt and black pepper. Add 1 chicken breast at a time and coat with spice rub.

Step 2

Grill chicken, covered, until cooked through (165°F on instant-read thermometer), 8 to 9 minutes per side. Transfer to cutting board and let rest 10 minutes before cutting into bite-size pieces.

Step 3

In small bowl, combine sour cream, lime zest, and 1 tablespoon juice, adding additional juice if desired.

Step 4

Serve chicken with lime crema and lettuce leaves and cilantro if desired.



Cedarberg Mountains Western Cape

Rising dramatically from the rugged landscape of the Western Cape, the Cedarberg Mountains are a paradise for nature lovers and outdoor enthusiasts. Located about two to three hours' drive from Cape Town, this spectacular mountain range is renowned for its towering sandstone formations, crystal-clear streams, and wide-open spaces. The region offers a peaceful escape from the hustle and bustle of city life, inviting families to slow down, breathe in the fresh mountain air, and reconnect with nature.

The Cedarberg is famous for its unusual rock formations, many of which have been shaped by wind and water over millions of years. One of the best-known landmarks is the Maltese Cross, while the impressive Wolfberg Arch rewards hikers with breathtaking views of the surrounding wilderness. During spring, colourful wildflowers brighten the landscape, and throughout the year visitors may spot dassies, baboons, klipspringers, and a variety of birdlife. The area is also home to ancient San rock art, offering a fascinating glimpse into the lives of the region's earliest inhabitants.

Families can enjoy a wide range of outdoor activities, including hiking, mountain biking, swimming in natural rock pools, and camping beneath some of the clearest night skies in South Africa. The Cedarberg is also the only place in the world where rooibos tea grows naturally, making a visit to a local rooibos farm an interesting and uniquely South African experience. Many farms and lodges welcome visitors and provide opportunities to learn about the cultivation and processing of this famous herbal tea.

Whether you're seeking adventure, tranquillity, or simply a chance to admire some of South Africa's most spectacular scenery, the Cedarberg Mountains offer something for everyone. From dramatic cliffs and hidden valleys to peaceful campsites and unforgettable sunsets, this remarkable region promises memories that will last a lifetime. It's the perfect destination for families looking to explore the great outdoors and discover one of the Western Cape's natural treasures.



**ENVY Rises
to the
surface**



I must confess, when sitting on my own in a restaurant for a cup of coffee someone else has made, I do intend to listen, no one can't help but hearing, the conversations around the room.

Two mummies, sitting discussing the school run, "did you see Linda this morning? she has one of those to die for new Land Rovers, oh my gosh, I'm in love! Wow, what I would give to have one of those instead of my old Hyundai, even my kids are embarrassed by it. But Don wont budge hey! Its just to fetch the kids from school love, he says"!

Whilst I do agree those new Land Rovers are brilliant and yes, I would love one too. One can't help but realize that envy plays a huge part in all our lives in one way or another. Wish my hair was that colour, wish I was as thin as her, wish I had money so that I could stay at home and be just a housewife (with a maid no doubt) wish this and wish that.

Envy is an emotion that is rarely sought after, and we come to realise that it really a negative feeling that doesn't lead us in the direction of joy at all, no exception. When we compare ourselves to others, especially those we see as having more of something than we do, it causes us to focus on what we lack rather than what we have. Those feelings of envy often make it hard to see the blessings that are right in front of us. I have learned that envy, well I must conclude, that when we dig a little below the surface of our emotions, our own inadequacies seem to disappear and ungratefulness that envy brings, floats to the surface.

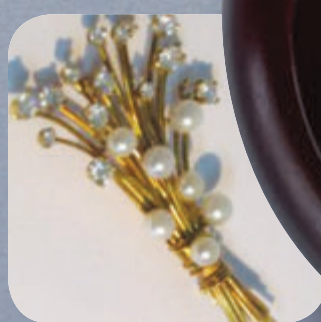
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This December, Cathedral Peak Hotel celebrates 87 years of family hospitality in a spectacular Drakensberg setting. It began with Albert van der Riet, who visited the valley in the early 1900s and imagined a secluded hotel beneath its magnificent peaks. After acquiring the land in the mid-1930s, he built the road into the valley, established the infrastructure and used local stone to turn that vision into reality. In December 1939, the partially completed 43-room hotel welcomed its first guests. From the outset, Cathedral Peak offered more than accommodation. Guided walks, horse rides, dancing and entertainment created a spirit of shared adventure. After World War II, Albert, his wife Doreen and their family expanded the property and introduced recreational facilities, transforming the mountain retreat into a renowned resort.

Following Albert's passing in 1987, his son, William took over the hotel. Together with his wife, Belinda, they have preserved its warmth, generosity and deep connection to the Drakensberg. Later generations are actively involved today. Now a family-owned and run 4-star resort, Cathedral Peak Hotel combines exceptional buffet-style cuisine with 18 walks and hikes, guided daily walks, horse riding, golf, birdwatching, swimming pools, a wellness centre, bowling green, tennis and squash courts, a daily entertainment programme and more. Through every generation, its heart has remained unchanged: one family welcoming others to share the beauty and magic of the mountains.

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Spring Fashion Takes Centre Stage in The Greater Ambers



Spring arrived in spectacular style as residents from The Greater Ambers - Amber Valley, Amber Ridge, Amber Lakes and Amber Lee - gathered for another memorable fashion show in the Amber Ridge Auditorium.

With an almost full house, the event was clearly one of the season's most anticipated social occasions. Before the show, guests gathered in the Lakes Barn for tea, coffee and delicious cakes supplied by Maggie's Café, setting the scene for a morning of fashion, music and friendship.

This year's theme, "My Fair Lady" brought a touch of classic glamour to the occasion. Familiar tunes from the much-loved musical provided the soundtrack slickly played by Robin Davis as models showcased pieces from Miladys in Howick's new summer collection. The combination of fresh seasonal fashions, music and beautifully designed staging created an atmosphere of elegance and fun.

The stage itself was transformed for the occasion thanks to the creative talents of Rose Warren, Dawn Fallet and friends. Adding a particularly charming touch to the opening was an impromptu dance on the runway by sisters Mackenzie and

Kaitlyn, the beautiful granddaughters of Lynda and Bernard Kriel. Their confident performance delighted the audience and provided a joyful start to the show. The musical theme continued with performances of the iconic My Fair Lady numbers "Wouldn't It Be Lovely" and "I Could Have Danced All Night," capturing the spirit of the classic production. After the interval, the glamour continued when Carol Hunter appeared in a dazzling sequined blue gown and danced elegantly to "The Embassy Waltz". Guests were treated to refreshing mimosa supplied by Greendale Spar, adding a celebratory sparkle to the morning.

The event concluded on an especially prestigious note. For the lucky draws, organisers were privileged to welcome not one, but two former Miss South Africa titleholders: Penny Coelen Rey and Amber Valley's own rose, Vera Johns Sutherland. More than simply a fashion show, the event proved once again to be a celebration of community, creativity and friendship - and a fittingly stylish way to welcome the arrival of Spring.

Text by Robin Davis. Photographs: Crystelle Wilson, Gerry Mulford.





Amber Camera Club

JULY Monthly Competition Winning Images



Above: Monthly Competition **Junior Winner**, 'Elephant at Welgevonden' by Este Blundell.



Left: Set Subject 'Window Light' - **Senior winner** 'In My Boudoir' by Shirley Swingler.



Left: Set Subject 'Window Light' - **Junior Winner** 'Lit' by Brian Groenewld.



Monthly competition **Senior Winner**, 'Pierced' by Chris Swingler.

Contact: ambercameraclub@gmail.com

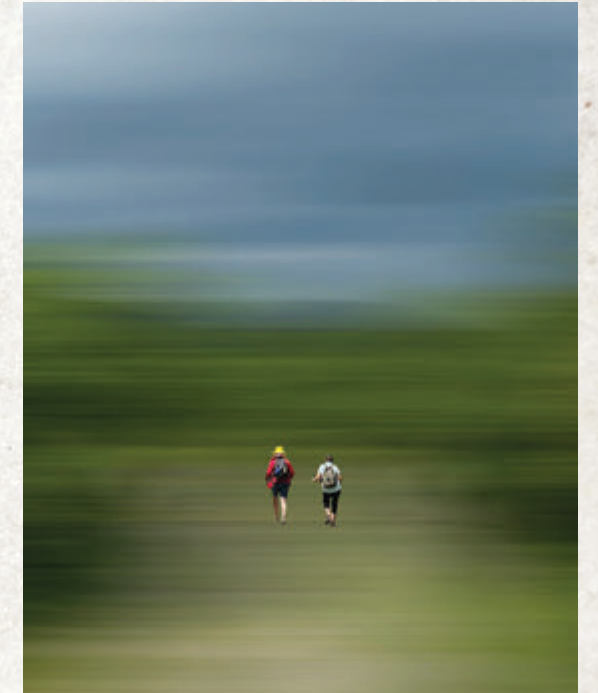


Amber Camera Club

AUG Monthly Competition Winning Images



Senior Winning image 'At Full Throttle' by Shirley Swingler.



Set Subject 'Poetry in Motion' - **Junior Winning** image 'Walking into the forest' by Este Blundell.



Junior Winning image 'Wondering' by Biddy Jung.



Set Subject 'Poetry in Motion' **Senior Winning** image 'Fairies Garden' by Sue Grills.

Contact: ambercameraclub@gmail.com

The **CAVERN**
2026 EST. 1941

PHOTOGRAPHY COMPETITION

Theme **LIGHT IN THE LANDSCAPE**
(Sunrise, reflection and shadows)



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RULES

Please read these carefully, your entry will be disqualified if you don't follow the guidelines.

Please email to: pat@kal-media.co.za. Ensure you put Cavern Competition in the subject box.

Please advise your name, address and contact details. Please give a title to your photograph. If the files are big upload to www.wetransfer.com and notify Pat that you have done so. Please send your entries in jpeg format.

Photography **must** be your original work. Prizes **cannot** be exchanged for cash. The judge's decision is final.

Closing Date of the Competition is 1st December 2026. Competition is open to Ambers Residents ONLY. No more than 2 entries per person.

Nestled in the spectacular Northern Drakensberg, The Cavern has been welcoming generations of families for 85 years. Enjoy guided mountain walks, hearty meals, peaceful forests, sparkling streams and breathtaking scenery.

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It's About What You Eat

When it comes to feeling good and slimming down for summer, it's not about skipping meals or following the latest fad diet. It's about taking a closer look at what's on your plate. Fresh, wholesome foods such as vegetables, fruit, lean proteins, whole grains and healthy fats can help you feel fuller for longer and give your body the nourishment it needs. Small, consistent changes often make a bigger difference than drastic restrictions.

Summer is also the perfect time to make eating healthy a family affair. Fill the fridge with colourful fruit and vegetables, choose grilled foods over heavily fried options, and keep healthy snacks within easy reach. At the braai, load up on salads and vegetables alongside your favourite protein, and enjoy treats in moderation rather than feeling that you must avoid them altogether.

And remember, healthy weight management isn't just about food. Staying active, drinking enough water and getting good-quality sleep all play a part in how you feel. Take the family for a walk after dinner, head outdoors on the weekend, or find an activity everyone enjoys. The goal isn't perfection - it's building habits that you can actually stick to.

This summer, think less about "going on a diet" and more about eating well, moving more and enjoying food together. When healthy choices become part of everyday family life, looking and feeling your best becomes a natural bonus.

Watermelon Salad

This refreshing Watermelon Salad is brimming with sliced sweet watermelon, cucumber, feta cheese, red onions, and mint leaves all tossed in a simple yet unusually good sweet, tangy, and spicy dressing. A mouth-watering summer salad that will impress anybody!

INGREDIENTS

- ▶ 6 cups (or 4 pound) seedless watermelon
- ▶ 1 cucumber, seeded and small diced
- ▶ ½ cup (66g) feta cheese or sub with queso Blanco
- ▶ ½ cup (57.5g) red onion, thin sliced
- ▶ 1 cup (25g) coarsely chopped mint leaves, some whole for garnish

WATERMELON SALAD DRESSING

- ▶ 3 tablespoons (42ml) extra-virgin olive oil
- ▶ 3 tablespoons (45ml) fresh lemon juice
- ▶ 2 tablespoons (30ml) red vinegar
- ▶ 1 tablespoon (15ml) lime juice
- ▶ ¼ -½ teaspoon (0.5g-1g) cayenne pepper
- ▶ 1 tablespoon (18g) honey
- ▶ ½ teaspoon (2.5g) hot sauce
- ▶ salt to taste
- ▶ ½ teaspoon (1g) freshly ground pepper



INSTRUCTIONS

- ▶ Start by cutting off both ends of the watermelon. Then slice watermelon into half and cut in slices.
- ▶ Place each slice on the cutting board. Then cut out the skin of the watermelon slices, as you cut it out rotate the slice. Be sure to cut out all the white part. Cut it into cubes and place in a large bowl.
- ▶ In a small mixing bowl, whisk together olive oil, lemon juice, red vinegar, lime juice, cayenne, honey, hot sauce, salt, and pepper.
- ▶ In a large bowl, combine watermelon, cucumber, feta, onion, and chopped mint. Toss with dressing.
- ▶ Garnish with mint. Refrigerate until ready to serve.



Is your home bursting with things you no longer use? That forgotten exercise bike, the toys the kids have outgrown, clothes hiding at the back of the cupboard or kitchen gadgets gathering dust could all be worth something. Instead of letting unwanted items take up valuable space, why not turn your clutter into cash?

Start by working through your home one room at a time and be honest about what you actually use. If something hasn't been touched in months - or you've simply outgrown it - it may be time to let it go. Group similar items together, give them a good clean and take clear, well-lit photographs. The better your listing looks, the more likely it is to catch a buyer's eye.

Selling unwanted items can also be a great family project. Get the kids involved by encouraging them to sort through toys, books and sports equipment they no longer need. You could even help them sell their own items and teach them a little about saving, spending and the value of looking after what they own.

The best part? You get a tidier home and some extra money in your pocket. Whether you put the proceeds towards a family treat, a savings goal or simply the next month's expenses, turning clutter into cash is a win-win - less mess, more space and a little extra financial breathing room.

Sometimes a fresh season is all the motivation we need to press the reset button. A new routine doesn't have to mean changing everything overnight - it's about making small, positive changes that fit naturally into family life. Whether it's getting up a little earlier, planning healthier meals or making more time to be outdoors, simple changes can have a big impact.

The key is to start small and keep it realistic. Choose one or two habits to focus on and give everyone time to adjust. Maybe it's a family walk after dinner, less screen time before bed, or preparing lunches together for the week ahead. When healthy habits become something the whole family does, they're easier - and more enjoyable - to stick with.

A good routine should also leave room for life. There will be busy days, lazy weekends and the occasional takeaway, and that's perfectly okay. What matters is finding a rhythm that supports your family rather than adding more pressure. Consistency, not perfection, is what makes new habits last.

So, why not make this the season of a fresh start? Pick a few changes that will make your family feel healthier, happier and more energized - and take it one day at a time. A new routine could be just the beginning of a whole new way of living well together.





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Dr Rian Smit

Orthopaedic Surgeon / Shoulder Specialist

Operating from Life Hilton Private Hospital

Shoulder Complaint

- Pain and sometimes weakness when lifting your arm, pain when lying on your shoulder that wakes you from sleep.
- Pain and stiffness that started slowly, sometimes accompanied by grating and clicking in the shoulder.
- Severe stiffness and pain, typically in people aged 30 to 50.
- Ongoing pain after sports injuries. Ongoing feelings of instability after previous dislocation.

Possible Causes

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Osteoarthritis

Frozen Shoulder

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