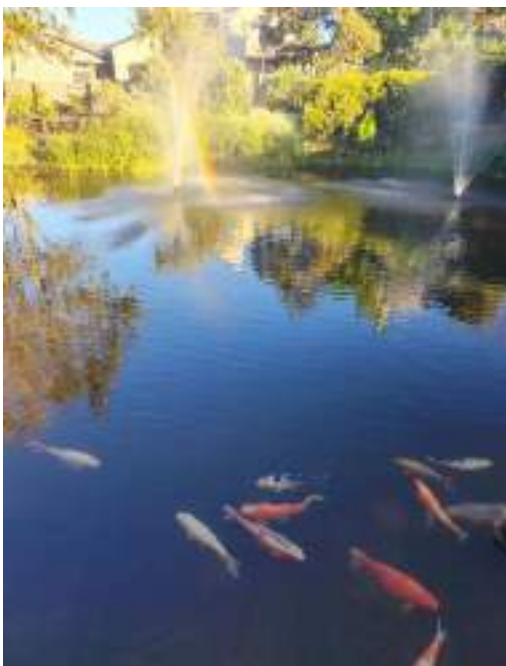


## Our Koi Community

Anyone who takes a visit to the pond at the entrance of the estate will note the wonderful selection of Koi fish in our pond. 11 Koi fish were moved from a farm in De Doorns to Negester Estate 3 years ago.



Today they have multiplied and bring a great deal of joy to everyone in the community. If you would like to feed the fish, please be aware they are given very specific fish food which is available free of charge at the office.



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# Rugby Fever

## The Build up to the Final

Our staff all dressed up in their smart Springboks supporter t-shirts the day before the final and showed us all how to sing the national anthem in the dining hall. Thank you to the person who sponsored these shirts.



## Setting the scene

Lots of preparation work went into setting up the Bistro for the viewing party on the day of the finals.



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# Rugby Fever

## Negester Abroad

André and Livia Wright, the owners of nr 18 Negestersingel were fortunate enough to be in Paris for the Rugby World Cup Final. Photographed alongside: the iconic Eiffel tower in Paris lit up with the South African colours



## Ready for the Action

The bistro was jam packed with 30 residents and their visitors for the final game on the 28th of October.



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# Rugby Fever

## Sweet Success

After a nail-biting final match the Springboks successfully beat New Zealand to be crowned 4 time rugby world champions.



# Rugby Fever



Sprinkbok captain Siya Kholisi celebrates with family after their historic win



*And then the big bad Bok ate all of them! The end.*



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# Community

## The final product

In our last newsletter we made mention of the beautiful mural done by Juanita van Tonder to spruce up the courtyard. Here are some photographs of the final product, including the new colourful landscaping to match. So stunning, we are so grateful!



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# Wine Tasting

Bouchard Finlayson came to do a wine tasting with residents in the Bistro before lunch on the 13th of October. Tannie Dirkie Loedolff (90) was in charge of drawing numbers for the winner of the hamper prize. Paul Shapland was the lucky winner going home with a basket of Bouchard Finlayson goodies.



# Celebrations with Feedem

The Feedem team have been providing some superb catering for special celebrations in the Bistro of late.





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# Year End Function

Thank you to those who RSVPd to our upcoming event. Tickets are officially sold out. Here are the details again for those joining us.

NEGESTER  
**YEAR END  
PARTY**  
SPIT BRAAI

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Two free tickets per house  
One free ticket per apartment  
Guests welcome at R300 per person.  
Please RSVP with Mariaan via 0607992987  
before by November 25 to secure a spot.

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9TH DECEMBER,  
17:30 IN THE DINING ROOM

# Year End Function



## MENU

Marinated Chicken Thigh kebabs  
Lamb on the spit served with mint jelly  
Ciabatta “braaibroodjies” with red onion,  
mature cheddar cheese & apricot chutney  
Roasted baby onion and potatoes  
Curried noodle salad  
Garden green salad with honey roasted  
butternut, toasted pumpkin seeds, Danish  
feta and garlic croutons with basil aioli

## DESSERT

Bite size chocolate brownie  
with salted caramel  
Fresh fruit skewers with  
toasted almonds and  
fynbos honey

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# Dog Therapy



Did you know that dogs, as visitors, are welcome in the care centre? Dog Therapy is a technique used worldwide to satisfy our human need for contact with animals.

Dogs that visit the elderly and frail have shown to have a significant positive effect on their mood and reduce depression. It's also a great tool for improving motor skills, movement, communication ability, reduces boredom and induce a positive outlook on life.

Eager to see the benefits for yourself? Try petting and saying hello to one of our friendly service dogs on their next visit to Negester to experience the benefits for yourself. If you are not an animal person, that's ok. You will not be forced to partake, we just ask that you please allow fellow residents who are interested the opportunity to enjoy the experience for themselves.

We also know that some residents, like Bill Harling, make use of service dogs or guide dogs who travel with them everywhere they go to assist them and keep them safe. You may see them out for walks together around the estate grounds or inside the Manor house. A reminder that these guide dogs offer an essential service, especially for the visually impaired. We urge all residents to please be respectful and allow them the space to do their jobs



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# Remembrance Day

HONOURING THE FALLEN ON REMEMBRANCE DAY –  
Thank you for your sacrifice



“As is customary, the annual Remembrance Day service and parade was held on Sunday morning, 12 November 2023, in Hermanus where war veterans, serving personnel, friends and family gathered at the Cenotaph War Memorial at the Old Harbour to pay tribute to the members of our armed forces who have died in the line of duty.

The Cenotaph War Memorial was built in 1929 to commemorate the 11 volunteers from Hermanus who never returned after the 1st World War. It is of interest to note that Hermanus had the highest level of volunteering per size of population in the British Empire during World War I.

Almost without fail, the sounds of the bugles from the local Hawston based, T.S Birkenhead Sea Cadets, playing the Last Post, the Colours slowly being lowered to half mast, the two minute silence maintained in homage and the solemn laying of numerous wreaths, brought a tear to the eye of many an onlooker participating in this sacred ritual.

On addressing those present, Peter Dickens, Old Bill of the local M.O.T.H Seagull Shellhole and Honorary President of the South African Legion, UK and Europe Branch, said Remembrance Day, also known as Poppy Day, commemorates the armistice agreement that ended the First World War at the eleventh hour of the eleventh day of the eleventh month in 1918 – 11 /11/11.

He explained that Remembrance Sunday is not just a British thing, but in fact very much a South African thing as many components of Remembrance Sunday were born in South Africa.

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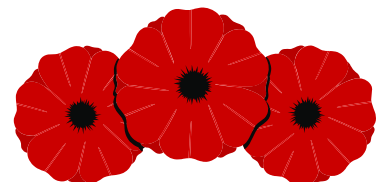
# Remembrance Day

The two minutes of silence now observed worldwide at many events and occasions in remembrance, originated in Cape Town in 1918 when Sir Harry Hands, the Mayor of Cape Town, initiated a two minute pause of silence after the noon-gun was fired for reflection on the South African men serving on the war-front. One minute was to remember the fallen and one minute to reflect on those living men and women in uniform fighting in the trenches for the cause of freedom.

He explained further that Sir Percy Fitzpatrick, the famous author of Jock of the Bushveld, had lost a son and was so moved by the pause of silence that he suggested to King George V, the King of England that it be universally adopted at the 1st Armistice Day remembrance parade. Thanking Sir Percy for his suggestion, the King decreed that a two minute pause of silence will be observed after the Last Post is played, and would be observed globally on the 11th day of the 11th month at the 11th hour the world over – the day and time the 1st World War officially ended.

Not only did the 2 minutes' silence originate in Cape Town. The tradition of wearing red poppies to commemorate armistice day started right here in the Western Cape when at an inaugural meeting in 1921 in Cape Town of what is now the Royal Commonwealth Ex-Services League, the Royal British Legion, the South African Legion, the Australian and New Zealand ex-services leagues and the Royal Canadian Legion all came together under a single banner. Started by Field Marshal Haig and the Royal British Legion, it was decided that the 'Haig Fund' red poppy would be adopted across all the military veteran associations associated with the commonwealth as its official symbol of remembrance and peace.

Issued by:  
Overstrand Municipal Manager, Dean O'Neill

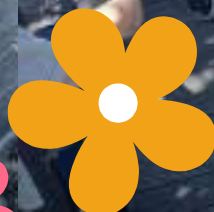


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# Enjoying the Sunshine



Residents and the care staff enjoy the summer weather outside



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# Security Upgrade

We're please to announce we are moving across to a new security company - As one of the most reputable security companies in the region they are well known for their excellent service and the high level of in-house training and communication skills of their guards. We look forward to working together.



**SERAPHIM**  
INTERNATIONAL

“SERAPHIM SECURITY INTERNATIONAL

Seraphim Security Officers are highly regarded for their professionalism. We provide security services for corporations, private sector, residential estates, and events.

Our personnel are highly competent and dedicated officers. Their expertise ranges from basic security functions to crisis management and emergency response.

Our services include the following:

- K-9 Patrol dog units
- Armed Response
- 24/7 Alarm and CCTV Monitoring
- Technical Solutions, (Alarms, CCTV, Electric Fence etc.)
- Static Security (Corporate, Retail, Residential, Rural, Renewable Energy, Agriculture etc.

Our mission is to provide a tailor-made service of the highest standard to existing and prospective clients through the provision of properly managed, motivated, and equipped staff. We strive to provide all services by being honest, have integrity and instil trust.

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# Security Upgrade

## SECURITY OFFICERS

- Carefully selected and screened before commencing
- Fully trained in emergency procedures (fire, first aid and evacuation)
- **Good communication skills**
- Access and Egress control proficient
- The Security Officers will be in possession of all relevant site equipment

## TRAINING

- Emphasis will be placed on: Physical Profile & Presentation
- Criminal Procedure Act \_51 of 1977 as amended
- Awareness skills
- All relevant security equipment training
- Radio communication
- Use of non-lethal weapons
- Arresting techniques
- Counter surveillance training





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# Pop-up Coffee Shop

The Bistro held it's first coffee shop Pop-Up to raise funds for redecorating the Bistro. The cakes and bites for sale were delicious and they enjoyed a great turn out of supporters. We can't wait for the next one!



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# Goodbye 2023



Our NSC team got the chance to celebrate the end of the year and let their hair down over a lovely lunch at Quayside Cabin. Lovely to see as we are so grateful for all the work that they do for our community!



I'd like to wish every resident of Negester a very merry festive period. May everyone experience a peaceful and joyous Christmas period. I trust that 2024 will be a prosperous and healthy year for us all. Let us strive that Negester will be a home for everyone with genuine friendships.

Johan Koekemoer,  
Chairman of The Negester Trustees