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Issue 151 | Tel: 071 190 7191 | westvilletimes.co.za | April / May 2022






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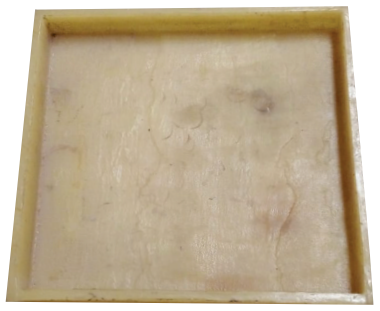
Bench & Table Moulds



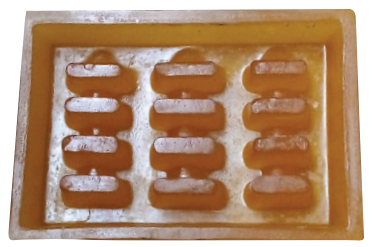
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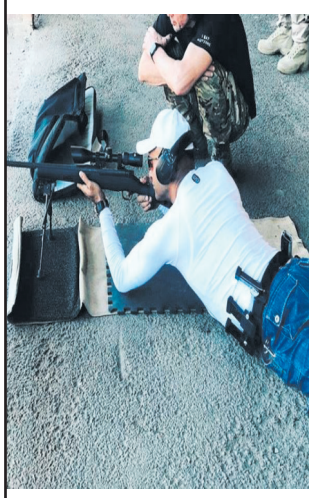
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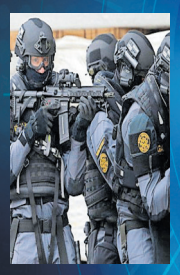


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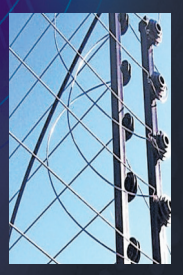

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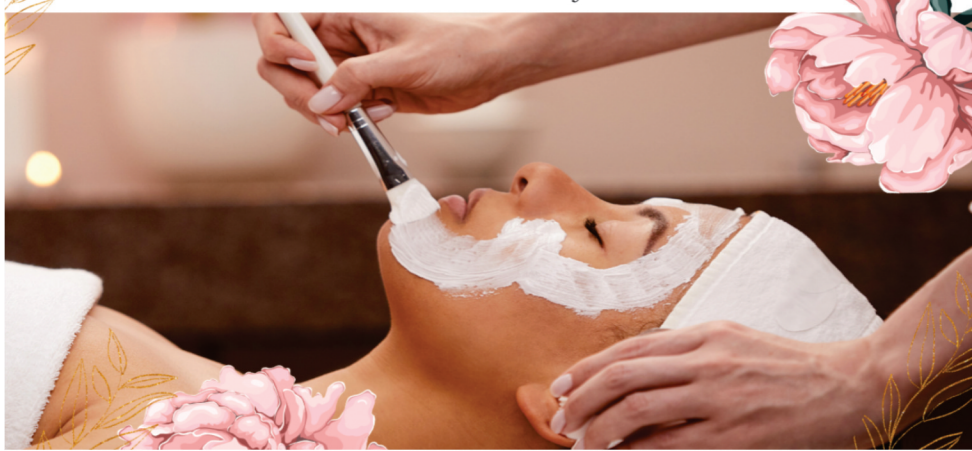
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**23 APRIL 2022 - GON TEAM DISTRIBUTED BLANKETS, MATTRESSES, BOTTLED WATER & FOOD HAMPERS IN CHATSWORTH**




**21 APRIL 2022 - GON TEAM DISTRIBUTED BLANKETS, MATTRESSES & BOTTLED WATER TO RESIDENTS OF BURNWOOD ROAD INFORMAL SETTLEMENT**



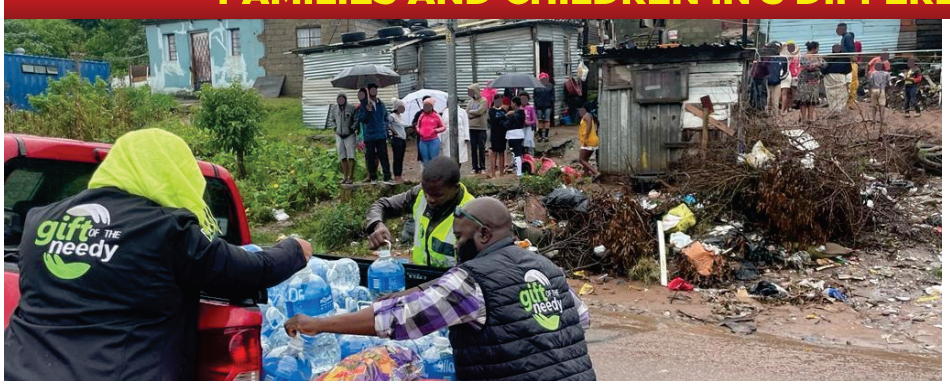

**19 APRIL 2022 - GON TEAM DISTRIBUTED A HOT MEAL TO RESIDENTS OF FOREMAN ROAD INFORMAL SETTLEMENT**




**13 APRIL 2022 - GON TEAM DISTRIBUTED A HOT MEAL TO FAMILIES AFFECTED BY THE FLOODS IN CLARE ESTATE**




**18 APRIL 2022 - GON TEAM DISTRIBUTED 5LT BOTTLED WATER & CHIPS TO FAMILIES AND CHILDREN IN 3 DIFFERENT AFFECTED AREAS IN CHATSWORTH**







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**IN THE AUSPICIOUS MONTH OF RAMADAAN, WE WERE ABLE TO EASE THE PLIGHT OF MANY FAMILIES BOTH LOCALLY & INTERNATIONALLY BY PROVIDING FOOD HAMPERS, IFTAAR & SEHRI MEALS AS WELL AS OTHER ESSENTIALS. THESE ARE JUST A FEW OF OUR RAMADAAN 2022 PROJECTS.**




22 APRIL 2022 – 20TH DAY OF RAMADAAN. GON TEAM DISTRIBUTED HAMPERS TO NEEDY FAMILIES IN ROHINGYAN REFUGEE CAMPS




10 APRIL 2022 – 8TH DAY OF RAMADAAN. GON TEAM DISTRIBUTED GROCERY HAMPERS TO 150 NEEDY FAMILIES IN WEST BENGAL, INDIA



3 APRIL 2022 – 1ST DAY OF RAMADAAN GON TEAM DISTRIBUTED FOOD HAMPERS TO NEEDY FAMILIES IN MALAWI




27 MARCH 2022 – GON TEAM DISTRIBUTED DATES TO MANY NEEDY FAMILIES IN MOUNTAINOUS AREAS

gift OF THE needy

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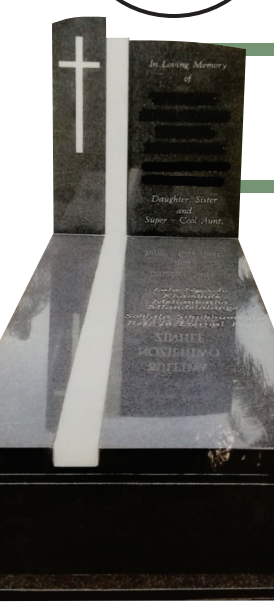
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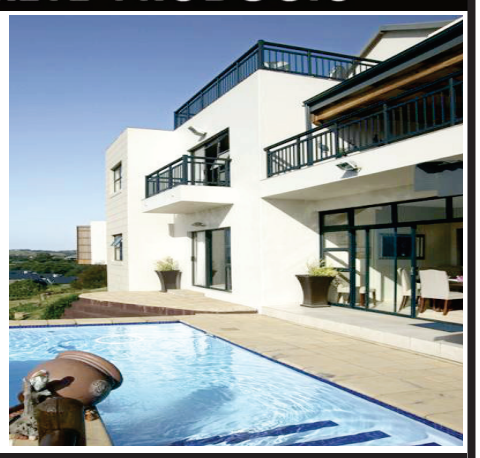
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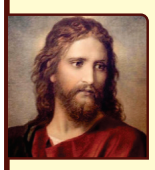


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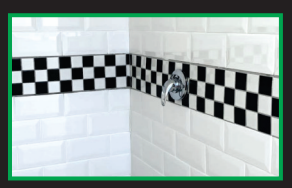
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# Lake, Smit and Partners makes generous donations towards Cancer

**Specialists in diagnostic radiology, Lake, Smit & Partners handed over donations totalling 158 000.00 to two organisations very close to their heart: Reach for Recovery and Highway Hospice. This handover was done on Thursday, 21 April 2022 at the Just for Women Digital Mammography Centre, situated in Hopelands Road, Overport.**

Jenny Caldwell from Reach for Recovery shared: "We are thrilled, and so very thankful for the continued support from Lake, Smit and Partners. It is a wonderful partnership which we have enjoyed for more than 12 years, where we have worked together at many awareness events over the years, to highlight the vital importance of early detection of breast cancer through regular mammography and screening. This donation helps us to continue to make a difference in our fight against breast cancer. We run sponsored mammogram campaigns during the year, where we provide free mammograms for women who do not have medical aid, nor the resources to pay for one.

These funds will be used to provide this life saving diagnostic test for women who have found a lump or another warning sign, or, have a family history of breast cancer. We are celebrating 55 years in South Africa this year, and our goal is to provide 55 sponsored mammograms. This donation goes a long way to help us achieve that goal and save many lives.

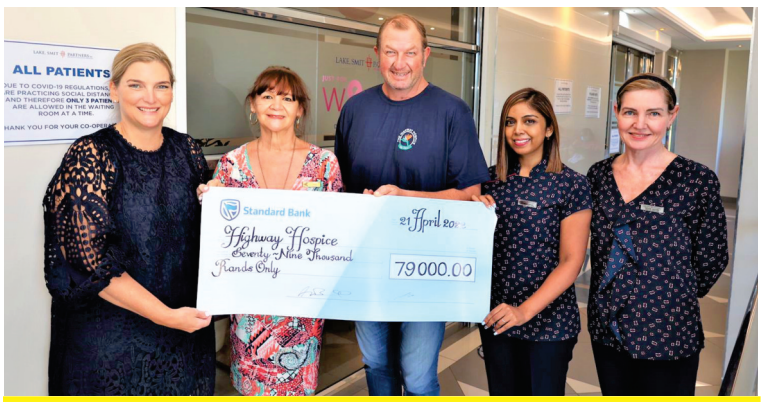
All mammograms will be done at the Lake Smit & Partners, Just for Women Mammography Centre. It is an awesome professional team, with state-of-the-art 3D mammography machines."

Reach for Recovery is an International Organization, which began in South Africa in 1967. Their aim is to provide emotional and practical support to breast cancer patients and their families, by carefully chosen and well-trained volunteers. Reach for Recovery's primary function is to visit the newly diagnosed patient in hospital, with a care bag containing information and practical support to aid recovery. Following the patient's surgery, they assist further, through their "Ditto Project", where they once again provide state hospital patients who do not have medical aid, a silicone breast prosthesis to fit in their bra following a mastectomy. This helps them feel 'whole again' and boosts their self-image enormously.

"All our income is derived from donors, sponsors and fundraising. Our services are free of charge", added Caldwell. If you would like to support any of the following needs specifically, contact the Regional Chairperson of Reach for Recovery KZN, Jenny Caldwell via e-mail at jennyc.rfr@mweb.co.za alternatively, you may call 083 790 4966. Donations can also be made via their website reach4recovery.org.za




**The Reach for Recovery team receiving their donation from Lake, Smit and Partners, Digital Mammography Centre in Overport. From left: Dr Susan Chick, Anette Simenton (Reach for Recovery), Lil Marshall (Reach for Recovery), Nirri Moethilalh (Reach for Recovery), Jenny Caldwell (Reach for Recovery), Petricia Israel and Helen Jacobs.**




**The Highway Hospice team receiving their donation from Lake, Smit and Partners, Digital Mammography Centre in Overport. From left: Dr Susan Chick, Linda Webb (Highway Hospice), John'o Olds (Highway Hospice), Petricia Israel and Helen Jacobs.**

Linda Webb, Chief Executive Officer of The Highway Hospice shared: "This is always a very special donation, as it is more than just financial support. The funds are derived as a part of a drive for prevention, it also highlights the impact of regular and comprehensive testing. The best way to fight cancer, is to not get it in the first place. And if you do, it is important to find it early and begin the fight. Naturally if this fight is lost eventually, we focus on the quality of life for the patient. So in essence, this donation tells the story from avoidance to the unavoidable and all with such compassion and love. This funding will go into the running of the Homecare team. The most amazing bunch of human beings who are specialists in providing care, comfort, and dignity to our patients. They are often referred to as, "The Angels" as they provide such a unique and special service. As we provide care, it is resource intensive for our team, and this is our greatest asset and greatest cost."

Highway Hospice provides care for people with advanced incurable terminal illness in the final stages of life. As death is a normal, natural and, an unavoidable outcome for humans, Highway Hospice provides care and comfort in this process. Highway Hospice cares for the chronically ill with incurable and terminal illness; not in fighting the disease, but in ensuring that life that remains is optimised. The organisation cares holistically for the patient's physical, emotional, intellectual, and spiritual needs, as well as for those who will be affected by the impending loss.

"As we provide our service without expectation of payment, we rely on the community to support each other through us. Two of every ten people will need Hospice and Palliative care. So, by paying it forward, the work can continue. Every cent is important in supporting our work, so substantial support such as this provides massive impact", added Webb.

Highway Hospice is always in need of medical supplies, and goods for patient care, however, cash allows them to secure the most pressing needs first. There are a number of ways to support Highway Hospice, all of which are specified on their website www.highwayhospice.co.za To contribute and or for more information, you can email fundraising@hospice.co.za

# MOTHERS ARE LIKE NO OTHERS 24 HOURS A DAY!

**Mothers are generally the back bone of the household - they do it all for us and most of what they do goes unnoticed; it's taken as a given (on special occasions they do get hugs & kisses).**

She is the protector, the disciplinarian and the one you can share everything with. She is more often selfless, making sacrifices for what she wants and needs, ensuring the wants and needs of her children are met first.

She also works super hard to make sure that her kids are equipped with the skills and abilities to make it as a good, kind and competent human being. Most importantly, she brings you up so that others will also love and care about you when you have left the nest.

So, all this being said, it is that time of year when we need to pay respect and make the first woman we ever loved feel extra special - our mum.

We all know that a well-cooked meal can go a long way. And what better way to accompany a well-cooked meal by creating a special table setting for the celebration, especially if you are doing it at home.

When setting the table keep it soft. This is really important as it sets the tone of the meal that you will be serving. Soft colours such as pinks and various shades of white will look really amazing. If you have the soft tones it would be lovely to include some fresh bouquets.

When purchasing flowers, make sure they have their natural fragrance. Use a vase to make a centrepiece and include some colours while making sure it complements the table. And the bonus of a bouquet, is that once the meal is over, mum gets an extra gift of flowers to take home.

Keep it simple. The décor should remain as clean as possible. If you are eating on a wooden table, make sure it's clean. And if it is showing its age, cover with a simple white tablecloth.

As for the cutlery and dining plates etc, now is the time for the "good china", which will definitely make her feel extra special.

If you are having an evening affair, include some candles, and even if you don't light them it will make the table look pretty. If you prefer, use the candles to set the tone as a centrepiece instead of flowers.

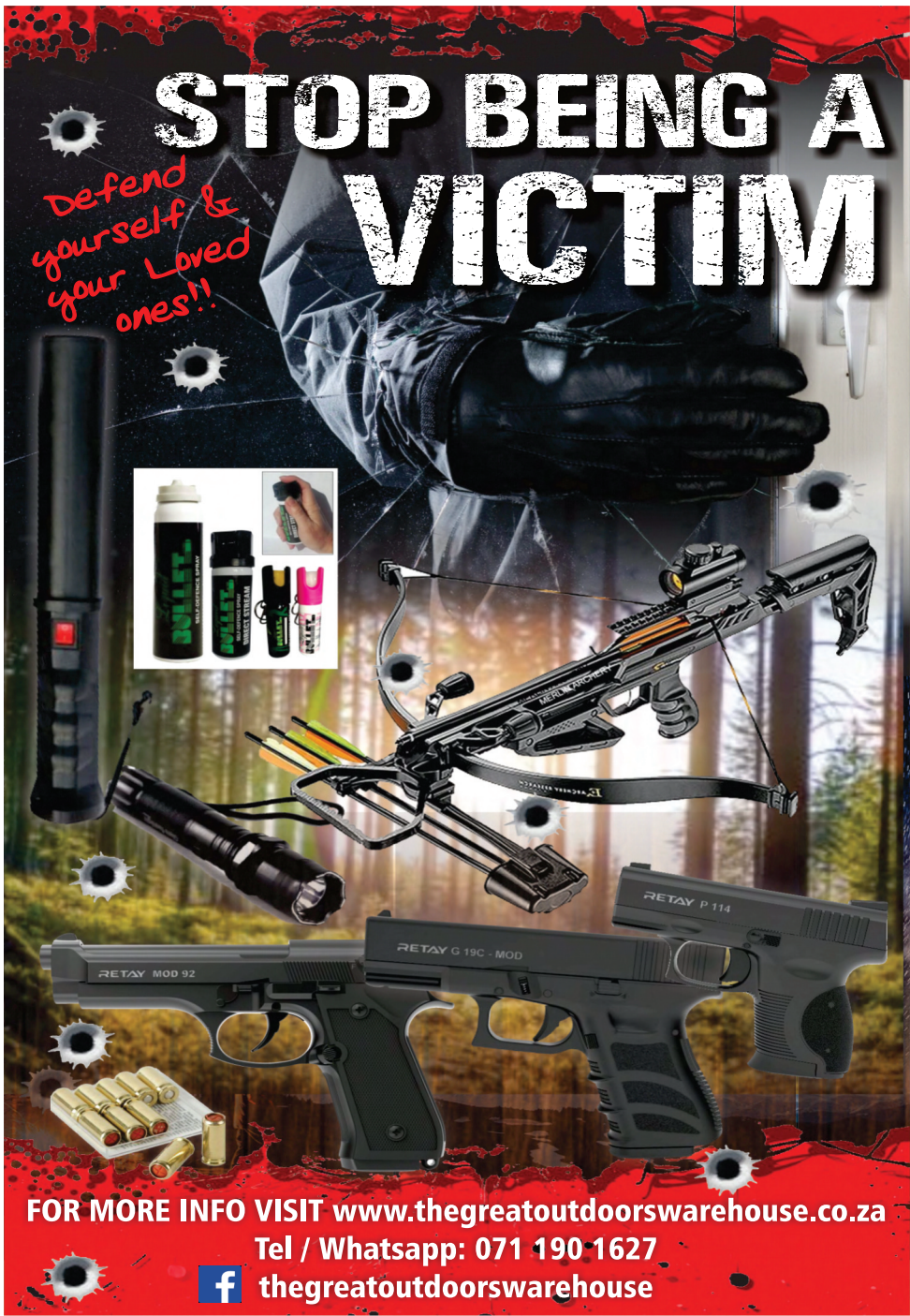
It doesn't matter how old we are, we always want to impress our mom, and remind her of how loved she is. Any thought, whether big or small, counts in her eyes.

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For more information or to order your Blank gun, call/whatsapp Vicky 071 190 1627 or visit www.thegreatoutdoorswarehouse.co.za.



# Food relief following fierce floods

**Following the recent floods that ravaged KwaZulu-Natal, The Robin Hood Foundation leapt into action and co-ordinated a much-needed food relief mission.**

"We purchased 14 tons of food and 1.3 tons of water which were delivered to our storage facility on Thursday morning.

Our team of volunteers separated and sorted everything into 850 food parcels," explains Jackie Psannis, The Robin Hood Foundation Co-ordinator.

Each food parcel consisted of 5kg maize, 2kg samp, 2kg rice, 1kg salt, 100 teabags, 400g soya, 2 tins of baked beans, long life milk, 750ml cooking oil, 400g soup, 400g pilchards, 1kg brown sugar, 1kg cake flour, 150g biscuits, fudge, 500g soap and 5 litres of water.

"In addition we also incorporated goods that we have received through our 'Share your Treasure' campaign such as clothes, jerseys, raincoats, blankets and towels," adds Psannis.

We are South Africans generously sponsored the transportation of the 14 tons of food to The Robin Hood Foundation storage units as well as the vehicles that helped to deliver parcels into the following areas: Cato Ridge, Inchanga, Camperdown, Marianhill, Stockville informal settlement, Hammarsdale, Sarnia, Nirvana Hills, Chatsworth, Sydenham, Inanda, KwaMashu, Amaoti and Verulam.

"We would also like to thank Kwanu, our food sourcing and logistics genius, for their continued willingness, generosity and support," says Psannis.

This was the first in a series of food relief initiatives that The Robin Hood Foundation are planning.

Donations of pre-loved shoes, clothes, linen, blankets as well as non-perishable food items can be dropped off at any of the following drop off points. CGA Agencies (Pinetown), Broadway Pharmacy (Durban North), Wool 'n Weave (Lillies Quarter – Hillcrest), Dormehl (Gillits), Washwell Laundry (Umhlanga).

If you are able to assist or would like further information, please contact The Robin Hood Foundation on 082 864 5729 or email info@robinhoodfoundation.co.za or visit www.robinhoodfoundation.co.za






Gina Barbeiri, Nicholas Paul and Brigitte Barbeiri



Lil Parker and Sue St Leger-Stretch



Robyn, Meghan and Amy Keulder




Sue Turner and Renee Robin

## Share your treasure and change lives

**The Robin Hood Foundation recently handed out 120 GOGO Bags filled with food, clothes, toiletries and treats to the 120 community members from the 1000 Hills Community Helpers Centre.**

"These incredible community members work tirelessly in the permaculture garden, on the immaculate grounds and play areas, in the kitchen, classrooms and clinic. The tenders of the gardens ask for no financial gain, just a few vegetables they have helped grow in this amazing garden," says Cindy Norcott – Founder of The Robin Hood Foundation.

The Robin Hood Foundation volunteers also handed out fudge to the community children who are being looked after during the school holidays and loaves of bread and some biscuits to the little ones who were at school.

"Our Share Your Treasure campaign that aims to distribute pre-loved items into the hands and homes of local Gogo-headed homes, crèches and orphanages is still running and we would greatly appreciate the community's support," adds Cindy.

With your help, The Robin Hood Foundation hope to distribute more than 1000 GOGO Bags in the next three months to Inchanga, KwaDabeka and Ntshongweni. "Simply share your treasure by donating any unwanted, yet still in good condition, household items such as clothing, linen, towels, accessories, handbags and shoes. All donated pre-loved treasures will be used in our GOGO bags – which is a food hamper filled with non-perishable food items such as maize, samp, rice, soya mince, sugar, tea, canned items as well as blankets and your second-hand clothing," says Cindy.

Donations can be dropped off at any of the following drop off points: CGA Agencies (Pinetown), Broadway Pharmacy (Durban North), Wool 'n Weave (Lillies Quarter – Hillcrest), Dormehl (Gillits), Washwell Laundry (Umhlanga).

"By sharing your pre-loved treasures you will literally be changing someone else's life," concludes Cindy. If you are able to assist or would like further information, please contact The Robin Hood Foundation on 082 864 5729 or email info@robinhoodfoundation.co.za or visit www.robinhoodfoundation.co.za

## Are you Desperate For Financial Solution?

**Tired of sleepless nights worrying about the growing debt of people you know?**

Feeling helpless at not being able to truly help those who are getting into debt as a result of the economy and lockdown?

Overwhelmed that no matter how you or they try, the debt grows with interest faster than it can be worked off?

My purpose in life is to annihilate debt and eliminate the stress and relational pressure associated with debt. Having walked a very personal road with debt at no fault of my own many years ago, I understand the terrible emotions and pressure debt places on people. I am on a mission to help people reduce their debt, create a workable plan to deal with the debt and have a set date to look forward to knowing their debt will be paid once and for all. Seeing the relief on peoples' faces when their debt is reduced, there is a set payment plan in place and a clear end date to that debt is priceless and truly rewarding for me.

Money and Legal Matters, founded in January 2000, has helped around 10000 people in South Africa save up to 70% of their debt value. Our legal and financial team are passionate about people getting out of debt and living a life without the worry and stress associated with debt. We are not a debt review company as debt review often costs you more than it saves you.

Our unique way of dealing with debt will reduce your debt by up to 70%, allow us to negotiate a payment plan that everyone is happy with and give you a fixed date to work toward to be debt free.

**Keith's Testimonial:**

"I was at quite a stressful and dark place in my life around two years ago,' says Keith, on the brink of total financial collapse. His debt had been worsened by two failed dealings with shifty loan/debt consultants.

Disheartened, it was a huge leap of faith for me to visit Money & Legal Matters, and I wasn't expecting much. I met with professionals, who talked me through the entire process, analyzed my debt and my affordability, and mentored me through the process. I was not pressured, and felt the process was both highly educational and transparent."

Do not feel there is no way out – do not take irresponsible and rash steps with your money. Approach professionals, deal only with accredited agencies, and always know what is being done with your money throughout the process.'

* Name changed

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### SOME FACTS ABOUT COCKROACHES

Cockroaches accumulate light to see in the dark.
Cockroaches can hold their breath for as long as 40 minutes.
Cockroaches nests throughout the house, often in appliances.
Cockroaches generally nests below ground level, in basements & crawl spaces. Cockroaches move through drains, sewers, toilets and all exposed drain pipes.
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In order to control the spread of the virus and decrease the viral load, it is important to sanitize your surroundings once infected. After using a high pressure thermal fogging method of sanitization, patients in isolation have confirmed an improvement in their breathing & recovery

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## ANT FACTS WHAT YOU NEED TO KNOW



Many ant species build their nests outdoors, and became a nuisance when they forage for food inside your home.
Some of the more common ant species that may invade and choose to reside inside are pavement ants, carpenter ants, odorous house ants, thief ants, acrobat ants and pharaoh ants.
Ants inside your home or apartment can be a seasonal or year-round problem.
Once they discover a good food source, some species may decide to live inside your home, others may collect their food and leave to take the food back to their outdoor colony.
Inside ants may be found near their food sources, moisture and in hidden, protected places like wall voids, under appliances, behind window frames and beneath floors.
Ants like to live close to people and eat some of the same things we do - sweets, meats, starches and liquids.

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