

WHAT'S NEW IN PLETT 23 NOVEMBER 2023



- Internet Connectivity
- VOIP Voice over IP
- Backup Solutions / Cloud Services
- VPN Virtual Private Networks
- Hardware & Software Solutions
- Computer Support
- Enterprise Email
- Surveillance / Cameras

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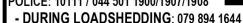
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DOCTORS: 044 5332415 / 044 5330186 / 044 5330933 / 0445330400

AMBULANCE -. Govt. 10177

Baycare Private 072 054 9110 / 044 533 6444

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SECURITY GUARDS-081 325 7385 044 533 1691

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083 269 8958 / 0445333259 / 0825682479 OPTOMETRISTS 044 533 2191 / 044 533 5195

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CHIROPRACTOR - 044 533 4113 / 533 0230 HOMOEOPATHS - 082 788 1550/ 082 728 7161

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Avoid communicating with buyers or sellers outside Facebook; Don't share your personal

Don't share your personal information such as banking details; If you are meeting a buyer or seller in person, arrange to meet in public and well-lit area or at the nearest police station.

Do more research on the buyer or seller by visiting their private Facebook profile, a "red flag " is raised when his or her Profile was only recently created.

WORK WANTED

The following people are all looking for work, let's support where we can:

ROSE is looking for a domestic work or baby sitter call 066 1444 772

RODRICK is looking for a job as a chef worked in Gateaway mall Debonairs for 6 yrs in Malawi call 078 232 0039

YIWALANI is looking for a job as a gardener and cleaning call 073 223 1600
I am looking for a job as a gardener call 073 2846 231

LIZZIE is looking for a job as a housecleaner or baby sitter call 065 7386 283

GRACE is looking for a job as cleaner or baby sitter call 069 860 5814

AREEN is looking for a job as a cleaner for 2 days Mon & Wed call 063 934 0206

HANNAH is looking for a job as a house-keeper call 063 874 5376

LINDA is looking for a domestic work on Thurs and Sat call 065 691 3179 **MARY** very honest and hard worker is looking for a domestic work for Tues and Fridays call 079 777 1060

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ELYIS is looking for a job as a gardener, operator weedeater, hedge treamer, lawnmower, chainsaw also driving 10yrs exp from Zim call 68 7124 010 **CHARLES** is looking for a general worker,

CHARLES is looking for a general worker, gardening call 071 002 9252

BRENDAH is looking for a domestic work or baby sitter call 074 702 7350 **BERTHAH** Malawian lady staying Kwanokuthula is looking for a job as a domestic worker call 084 602 4218

OLIENT Malawian lady is looking for 3 days job call 069 7393 702

INNOCENT Malawian is looking for a job as a domestic worker , gardening and painting call 078 9925 807

RODRICK is looking for a job as a chef worked in Gateaway mall Debonairs for 6 yrs in Malawi call 078 232 0039

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VENUS is looking for a job as exp in cleaning, ironing for3 days call 060 752 9882 ref call Shoni 082 591 2824 / Masha 076 5297 486

LIRANI is looking for a job as a gardener, domestic worker call 078 6977 760 **MARIA** is looking for a domestic work call 074 777 8797

SABINA is looking for a job as a domestic work call 078 969 6119

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DRUG PROBLEM?

Narcotics Anonymous Helpline 086 1006 962 www.na.org.za

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Snakes play a very important role in our eco-system. Don't kill them, call us. We capture and re-release them back into wild protected areas. 074 120 9416/534 8056

ALANON MEETINGS.

Is your home unhappy because someone drinks/drugs too much? Al anon offers help, free of charge, to the families and friends of problem drinkers/users. Meetings are held on Mondays at 13h00 at The House of Steps. Call 083 256 0841.

PSYCHOLOGIST, DR JANE LUCK,

Plett/Crags, 083 256 0841.

24 HOUR CRISIS LINE -Drug Addiction, Alcoholism, Depression, Relationships & Obsessions. Call 044-532 7547. *Discretion is assured.*

REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

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jewelry, silverware, diamonds and top end watches at Goldex, Knysna Mall – West End (near Spar). Tel. Glen 082 7888 700 or 044 – 382 0417.

IF YOU SEE a horse, mule or donkey in need of help please phone 072 370 2830

A reminder to our community. **FAMSA** assists with all forms of emotional and relationship challenges, e.g. depression, abuse, grief, trauma, parenting and divorce counselling. We would love to assist and make a difference. **Call 044 533 0515 for info.**

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Letter via The Editor

The VMMC- Voluntary Medical male circumcision program is a program that works hand in hand with the department of health. We have these programs once a month and we have professionals that do the circums. Additional information is also provided on the day or at your nearest health facilities and you can also get it from the mobilisers. We cut from the age of 10 yrs and older. It is utmost important to remove the foreskin to prevent getting any infections of any kind and it's a very safe way to do it. For any information or a booking, please so contact me on Facebook/ Whatsapp (0735135119). Kind regards

COMPUTER SUPPORT.

Frendell Shaun Terblanche

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Phone Manager Public Safety/Law Enforcement all hours. You can stay anonymous. Tel. 044 533 5000

REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

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The 176 000 hectare
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ALANON MEETINGS.

Is your home unhappy because someone drinks/drugs too much? Al anon offers help, free of charge, to the families and friends of problem drinkers/ users. Meetings are held on Mondays at 13h00 at The House of Steps. Call 083 256 0841.

In memory of our precious

Charmaine Wild,

please help Hospice
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Acc name:
The PlettAid Foundation.



As for me and my house, We will serve the Lord. Joshua 24:15

Anton: 082 878 4193 / Graeme 083 628 1648

A word fitly spoken is like APPLES OF GOLD in a setting of silver - Proverbs 25v11

The more we read the Bible the more we learn Godly advice. One such is found in 1 Corinthians 15v33: "Do not be misled: 'Bad company corrupts good character. Come back to your senses as you ought and stop sinning". It's obvious, but some people, young and old, are drawn to bad company for perceived excitement and fun. Bad company also attracts those who are seeking significance and acceptance that they feel is missing from their lives. They delude themselves that they are strong enough to not be negatively influenced by bad company. Big mistake!! Bad company always has negative consequences as they affect our moral compass which impacts our relationships and often leads to antisocial behaviour and substance abuse. Friends, if you are in a relationship with bad company, come to your senses and flee before it is too late. But don't make the mistake of withdrawing from other people, because on our own, we are vulnerable to what we see, hear and touch in this material and secular world.

People of good character need to associate with other good company because as Proverbs 27v17 says:

"As iron sharpens iron, so one person sharpens another". Our own heart and feelings can become bad company if they are not being influenced by Godly people - Proverbs 28v26: "One who trusts in his own heart is a fool, but one who walks wisely will flee to safety". However good our character is on our own we are prone to be tempted by immorality and infidelity – 2 Timothy 2v22: "Now flee from youthful lusts and pursue righteousness, faith, love, and peace with those who call on the Lord from a pure heart." We are also prone to materialism - 1 Timothy 6v11: "But flee from these things (love of money and material things), you man of God, and

pursue righteousness, godliness, faith, love, perseverance, and gentleness." In conclusion, even if we are persons of good character, we must surround ourselves with good company who will encourage us, give us good advice and positive criticism so we develop an even better character.

God Bless

Graeme Greenwood

PBCPA

A humongous shoutout to SAPS Kwanokuthula & Bitou MLE officer for a successful drug bust.

Today Sunday the 19th of November @ 12h45 SAPS Kwanokuthula & Bitou MLE Officers executed a combined operation after Intel was received of a drug dealer operating in the Kranshoek area. The suspect a 28year old Tanzanian citizen who is operating a barber shop gave the officers a run around for his vehicle's keys after searching his house, the officers patiently kept on searching meticulously. Keys was found in the grass where it was dropped.

Approximately 1200 Mandrax tablets was found in his vehicle.

Great job, well done!!!

Working with all security and emergency service to the betterment of all living in the greater Bitou

Yours in security Otto Olivier PBCPA Operations

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Date: Kids workshop - contact us for the next date.

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For too long parents, teachers and society focused on identifying and fixing kids' weaknesses to improve academic performance. But what if every child can find success in life if we start focusing on their strengths? Be bold and take the first step. Dare to be you! **DISCOVER, DEVELOP, USE and LIVE your STRENGTHS!**

CONTACT DR ROSS BOUCHER 083 251 5626

On Purpose

Cost: R900 per student Includes psychometric strengths assessment, Kids Strengths workshop and parent feedback.

Letter via The Editor

The VMMC- Voluntary Medical male circumcision program is a program that works hand in hand with the department of health. We have these programs once a month and we have professionals that do the circums. Additional information is also provided on the day or at your nearest health facilities and you can also get it from the mobilisers. We cut from the age of 10 yrs and older. It is utmost important to remove the foreskin to prevent getting any infections of any kind and it's a very safe way to do it. For any information or a booking, please so contact me on Facebook/ Whatsapp (0735135119).

P.B.C.P.A - 082 251 8134 N.S.R.I - 082 990 5975 **Police** - 044 501 1900

Kind regards Frendell Shaun Terblanche

Public Safety - 044 533 5000 Medlife Ambulance 044 533 6444

ER24 Ambulance 084 124

Fire & Rescue 044 501 3230

WHAT'S NEW IN PLETT - 23 NOVEMBER 2023 WWW.HELLOPLETT.CO.ZA

First Responders

On Wednesday 15th November, approximately 08h45, First Responders were alerted to a motorbike accident on the Airport road. First Responder volunteers responded to the scene in their private vehicles.

First Responder Logan reported that the casualty was responsive. It could be that the gentleman had a blackout and lost control of his bike. He said an ambulance was urgently needed. The patient was kept comfortable and calm whilst awaiting the professionals. The patient was handed into the care of the Western Cape ambulance services 09h05.

We wish the patient a quick recovery.

First Responders is a community-based volunteer group who provides their assistance to professionals medical services. First Responder Volunteers fund their own fuel, phone, insuranc, etc. We rely on donations from the public to fund our equipment and consumables.

Make sure that you have the professional



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First Responder Call center number is (082) 251-8134

First Responder banking details are: BMERC Standard Bank Plettenberg Bay Branch code 050714 Account no 251989976.

Safety and security don't just happen, they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens of our society, a life free of violence and fear - Nelson Mandela Child Welfare Plett 044 533 2257

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/HAT'S O

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PEOPLE MUST BE AWARE AND BE

VIGILANT.

- Don't give out personal information on the phone, through the mail or over the internet unless you have initiated the contact or know whom you are dealing with.
- Verify if the representative posing on behalf of the company does indeed work at the company
- Criminals sometimes uses the names of banks and their officials to give credibility to their "referrals" or support other aspects of their "to good-to be-true "business proposals
- The offer may even be backed with impressive-looking documentation and letterheads, which may even be genuine, that have been stolen or reproduced.
- Once you are hooked, you will be asked to

deposit money to help the transaction take place.

- If you make a deposit, you will never see the money again.
- Under no circumstances should you attempt to reply, either by email, phone or
- We urge you not to become another statistic in these scams.

GET IN SHAPE, Lose weight, have fun. ZUMBA FITNESS, Merle 0815805520

A reminder to our community. FAMSA assists with all forms of emotional and relationship challenges, e.g. depression, abuse, grief, trauma, parenting and divorce counselling. We would love to assist and make a difference. Call 044 533 0515 for info.

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PBCPA

Early last week, a Green Valley resident reported that they had a break-in where his father's tools and tyres-Mags were stolen. Friday night Green Valley Neighbourhood Watch group members requested assistance as they have received a tip-off of a person trying to sell the goods. Plett Rapid Response members living in the vicinity were within minutes on the scene. Two suspects were apprehended, one of which was a well-known criminal that evaded arrest. The 4 Mags and electrical tools were recovered.

Saturday night, a call for back-up was received from the Green Valley Community and their NW Group members to assist in apprehending a rape-suspect. The suspect was apprehended by Plett Rapid Response & handed over to Bitou MLE, who arrived in quick succession. Members waited at the victims house, who opened a criminal case. The suspect was handed over to SAPS by MLE.

Hats off to the Green Valley NW Group members & and community. Huge thank you to all involved, great response, satisfying outcome.

Working together with all emergency and security partners towards the betterment of all living in the greater Bitou

Yours in security Otto Olivier PBCPA Operations

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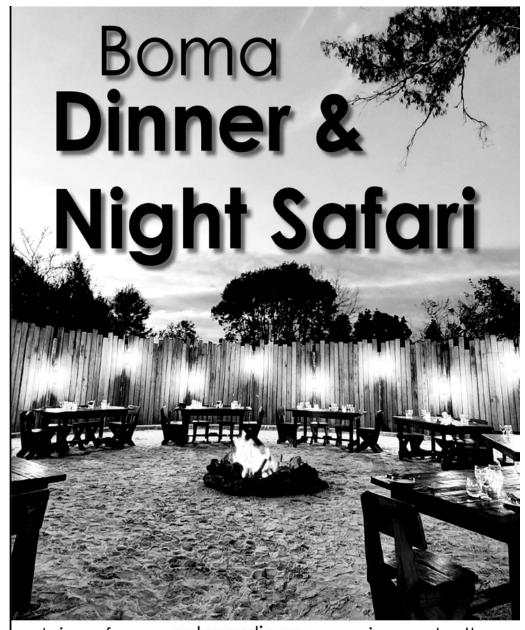
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HOME FOR HOPE SOUP KITCHEN

The above mentioned organisation is asking for your kind donations of stamp, mielies, bread, soup mix, pasta and veggies for ±150 children in KwaNokuthula. Kindly leave at Print Shop for collection. Thank you. Enq: Theodora Krabie (073 816 9021 / 063 840 7154)

YELLOW FEVER VACCINATION ph 082 557 5255 Eden Travel

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Join us for an extraordinary evening under the the stars as you relax in an African **Boma** for a 3 course meal and experience Apex Predators at their most active time at night on a **Night Safari Please contact us for more information & rates**T's & C's apply & Bookings are essential

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WHAT

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WHEN

SATURDAY, 25 NOVEMBER 09:00—12:00

WHERE

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DID YOU JUST TEST POSITIVE FOR COVID-19?





TCR CLINCAL RESEARCH

Tsitsikamma Clinical Research Initiative is seeking volunteers to participate in a research study of an investigational medicine being evaluated to see if it reduces hospitalization and death in patients with COVID-19 at high risk for disease progression.

Are you eligible?

- Tested positive for COVID-19 within the last 5 days
- Symptoms started within the last 5 days
- Must meet one of the following:

80 years or older	Or	65 years or older with at least one of the following:	Or	18 years or older with at least one of the following:
		 Obesity Heart disease (including hypertension) Lung disease 		 Down syndrome Sickle cell disease Dementia Have a weakened immune system condition Receiving a treatment that lowers the activity of the body's immune system

Study participation will include:

WWW.HELLOPLETT.CO.ZA

- Up to 8 study visits within a 60-day period
- Study procedures include several blood tests, nasal swabs, physical examination, and vital signs (blood pressure, heart rate, respiratory rate, and body temperature)
- Study medication or placebo, two pills twice a day for 5 days, in addition to standard COVID-19 treatment prescribed by study doctor

To learn more, contact a member of the study team:

Bianca Vollgraaff - Clinical Research Study Coordinator

Email: <u>bianca.vollgraaff@tcri.org.za</u>
Phone: 071 165 2792 or 072 224 1608



CALL OUT PROCEDURES TO CONTACT SEA RESCUE

Phone the NSRI emergency tel number 082 990 5975

give the the following info:

- 1. Your name and telephone number.
- 2. Your Position
- 3. Position of casualty.
- 4. Nature of casualty.

Give as much information as possible & stay in position and keep your telephone line open.

If problems with above cell number try the below:

Deon Truter 082 569 5542 Marc Rodger 082 780 6427 Steff Le Roux 082 440 0932 Rob Gibson 083 277 0992

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WHAT'S NEW IN PLETT - 23 NOVEMBER 2023 www.helloplett.co.za

PLEASE NOTE: Disclaimer:

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Plastic & Reconstructive Surgeon

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YELLOW FEVER VACCINATION ph 082 557 5255 Eden Travel

ZUMBA FITNESS

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ALANON MEETINGS.

Is your home unhappy because someone drinks/drugs too much? Al anon offers help, free of charge, to the families and friends of problem drinkers/users. Meetings are held on Mondays at 13h00 at The House of Steps. Call 083 256 0841.

PARKINSONS SUPPORT GROUP

Maurice Hartshorne, Tel: 083 2591763

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24 November - Clive Oliphant

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27 November - Nicole Maree

29 November -Justin Barnardo

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REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

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CLINICAL PSYCHOLOGIST

Dr Ilza Botha Cell: 076 116 1132

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PROPERTIES OF THE WEEK

VACANT STAND IN SECURE BEACHFRONT DEVELOPMENT IN KEURBOOMSTRAND – R 8 750 000

A 896 m2 stand in a secure beachfront development with lovely sea views and views of Robberg peninsula. The stand is on the side of the secure complex and most sea views are past the property in the front. It is an elevated stand in a cul-de-sac and enters with a Panhandle. Web ref: RLS941470 | Erf Size: 896m²

Dirk Green 082 814 4508 | Elize Green 072 119 3710

INTRODUCING WHALE ROCK HEIGHTS PRIVATE ESTATE: YOUR DREAM HOME AWAITS! - R 6 900 000

Nestled within the pristine beauty of Plettenberg Bay, discover the epitome of luxury living and this soon to be completed newly built home. This exquisite property invites you to experience a harmonious blend of coastal charm and modern elegance. Highlighting attention to detail, carefully chosen finishes, and thoughtfully designed spaces.

Web ref: RLS940297 | 3 bedrooms | 3½ bathrooms | 2 garages

Daniel van Renen 082 883 6271

SPACIOUS FAMILY HOME IN SEASIDE LONGSHIPS AREA - R 6 300 000

Conveniently located close to the beach, this spacious family home is perfect for a large family. Enter into an inviting and double volume living area, with an open plan lounge and dining room leading to a large family / games room.

Web ref: RLS944528 | 5 bedrooms | 4 bathrooms | 2 garages

Roscilla Sardini 067 760 5118

SCHOONGEZICHT BEAUTY - R 4 450 000

This contemporary home is nestled within the picturesque Schoongezicht Country Estate. Boasting three bedrooms and two bathrooms. The master bedroom is a luxurious ensuite, complete with its own charming balcony.

Web ref: RLS944320 | 3 bedrooms | 2 bathrooms | 1 parking

Susan Duncan 073 968 0779

PERFECT LOCK UP AND GO APARTMENT CLOSE TO THE BEACH.... - R 2 150 000

This well-appointed, cosy apartment is on the first floor of a smaller development. It comprises two good sized bedrooms and one superbly renovated bathroom. The very generous open plan kitchen and living area leads out onto a covered patio.

Web ref: 3781080 | 2 bedrooms | 1 bathroom | 1 parking

Connie Peet 083 353 5971 | Carol Zoutendyk 083 300 1121

FLAT ELEVATED VIEWS, ONE OF A KIND! – R 850 000

Surrounded by nature and greenbelt in the exceptional Schoongezicht Secure Estate. This large stand has the winning combination of being fairly flat, with views of the sea and the stunning Robberg Peninsula, a huge drawcard. No time limit to build, a great investment, where few exist. Web ref: RLS931666 | Erf Size: 1,965m²

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