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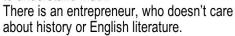


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JACQUI BOTHA

PHYSIOTHERAPY 0826562979

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16 Days of Activism against Gender Based Violence Campaign 16 Days, 16 Events, 1 Community Join the Bitou Unite Movement! Let's stand together against Gender Based Violence!

Who? You, Me, Us - One Community United!

What? 16 days of impactful events to raise awareness and support victims of GBV. Where? Our beloved community - Bitou

When? 16 Days from 25 Nov – 10 Dec Why? Because we believe in a world free from gender-based violence! How can YOU make a difference?

1. Attend the Events: Join us for Marches,

Memorandums, Online Campaigns, Community Awareness Drives, Counselling, Self-Defence Classes, and more!
2. Spread the Word: Share this post on your

social media and let your friends know about the Bitou Unite movement. Together, we can amplify our impact!

3. Wear Your White Ribbon: Show your commitment to ending GBV by wearing a white ribbon. Let it be a symbol of solidarity

4. Take a Stand: Be a voice for those who can't speak up. Take a stand against Gender Based Violence in our community and beyond.

Let's make Bitou a safer and more supportive community for everyone! Together, we can make a difference! Are you in?

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- 2 December -Dee-Ann Damons
- 3 December Jennifer Galic
- 4 December Luisa Schneider ; Matthew Wild
- 5 December Tamlyn Hagerman

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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

In the book of Galatians chapter 6 verse2 we read: "Carry each other's burdens and in this way you will fulfil the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load". This seems like a contradiction - on the one hand we are told to carry each other's burden, but then we are told they must carry their own load. The explanation is that Burden and Load are different. A burden is some hardship or distress that comes from outside and is common to all humanity whether they are good or bad, believers or unbelievers. A load on the other hand is something Christians have voluntarily decided to carry to further the Kingdom of God and glorify Jesus Christ.

This week I want to focus on what it means to carry each other's burdens. These burdens could be grief caused by the death of loved ones, ill health, relationship turmoil, loneliness or financial loss. There is always a temptation to leave this task to paid counsellors, social-workers and pastors, but we are all called to walk alongside, comfort, encourage, pray and share relevant Scripture with those who have hurt and pain however time consuming, emotionally draining and inconvenient this might be. If we don't have a desire to carry each other's burdens, our faith is a sham because evidence of a living relationship with Jesus Christ, is how much we love and care for those who are being crushed by circumstances. If we are bearing one another's burdens, we will be fulfilling the law of Christ which is to love one another as I have loved you.

Next week we will consider what it means

to carry our own load. God Bless Graeme Greenwood

WORK WANTED

7537

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MIRIAM Zimbabwean lady is looking for a
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night shift call 073 5826 444 / 063 355 3603
PHELISA is looking for a job as a housekeeper, waitress and bar lady call 083 393

LEAH is looking for a domestic work with exp call 081 074 5425

LÚCY is looking for a job as a house cleaner call 063 1099 712 / 063 899 8059

MARIA is looking for a housekeeping job call 084 777 6296

JACOB is looking for a job as a painter or gardener call 063 899 8059

RUTH is looking for a baby siting or house-keeping job call 063 899 8059 / 063 199 712 **VISTORIA** is looking for a job as a cleaner call 063 2884 090 / 063 199 712

PORTIA is looking for a job as a house-cleaner with exp call 073 510 6172

FACKAI is looking for a housekeeping job for 2 days / wk Mon, Tues call 061 627 1526 **JESSY** is looking for a job as a housecleaner ref avail with exp call 079 4072 143

ANNIE is looking for a job as a cleaner or baby sitter with exp Call 063 1099 712 for ref call 073 1955 185 Anisha

JACOB is looking for a work as a painter, gardening for Sat and Sunday with 5yrs exp fer avail call 063 899 8059 / 063 1099 712 MONCA is looking for a domestic work with

exp call 065 697 2211 **AMOS** is looking for a job as a driver code 10+pdp call 073 6222 537

SELLA is looking for a job as a domestic work and baby sitter call 081 574 7117 for a ref call 082 8283 380

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- Valid driver's license
- Registration and proof from SA Council for Social Service Occupations (SACSSP)
- 1 Candidate applying for these positions must be able to speak Afrikaans fluently
- Other candidates must be able to speak English, Isi Xhosa and Afrikaans. Other languages are advantageous.
- 3 Years and more experience as a social worker after registration with SACSSP

SLUITINGSDATUM/ CLOSING DATE HAS BEEN EXTENDED TO: 08/12/2023

Applications must be accompanied by cover letter, CV and supporting documentation, certificates and can be emailed to:
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Natures Valley Trust

20/21/23 Update on shorebird monitoring



October was equally saddening as it was rewarding as our shorebirds dealt with the aftermath of the harsh storms that raked through the Western Cape. Robberg, Keurboomstrand and Nature's Valley Beaches have all experienced a great reduction in ideal nesting habitat (i.e., dune habitat) as the high swell carved out large proportions of dune. A number of vulnerable White-fronted plover (WFPL) nests were swallowed up in the process. The dune system on Lookout Beach remained intact, but flooding of the low-lying areas still wiped out a number of active nests.

However, these birds have proven their resilience once again. Across all our monitored beaches: Robberg, Lookout, Keurbooms and Nature's Valley, there are currently 13 active WFPL nests, 4 of which have produced 6 beautifully fluffy chicks: 2 on Robberg Beach, 1 on Lookout Beach,

and 3 on Keurbooms Beach. Nature's Valley has to play some catch-up, but there is one nest that is looking promising with two excellent parents!

Because there is such little space left for these characteristic birds to breed, let's help them recover from the environmental knock in September by steering clear of the sign-posted and sectioned-off areas of the beach and dunes. This prevents the parents from being scared off their eggs which need to be shaded in the hot summer sun. That's what plover parenting is all about – keeping those eggs at the right temperature all the time. When they finally hatch, it's all about keeping them safe from predators while teaching them survival strategies and feeding habits.

As a final message, we strongly urge residents and visitors to adhere to dog regulations and restrictions on our beaches. The local teams and conservation organisations have worked hard to lift the conservation status and quality of these beaches to the point of international recognition and prestigious awards. Please be an example to our yearly visitors this holiday season to ensure the legacy shines in years to come.

WORK WANTED

WAYANA Malawian is looking for a job as a cleaner, baby sitter ref avail call 078 714

MONICA Malawian lady is looking for a work as a domestic worker call 073 830

INNOCENT Malawian is looking for a domestic work, gardening, painting, housekeeping, maintenance, pool cleaning call 078 992 5807

AGNES is looking for a 2 days job as a housekeeper with 4yrs exp ref Anneke +27896 6322 or call Tariena on +27 82 854 1442 and my number is 068 544 1467 **FAITH** is looking for a job as call 068 484 3267

DIANA Malawian lady is looking for a domestic work, housekeeping or any other job with exp and ref call 074 3394 295 VIRGINIA Malawian lady is looking for a domestic work or house sitter with exp and ref vail call 068 822 5894

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HOME FOR HOPE SOUP KITCHEN

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PLETTENBERG BAY CRIME PREVENTION ASSOCIATION

082 251 8134

A concerned resident contacted the PBCPA Hotline with information on a person dealing with drugs. The control room operator gathered detailed specifics & target information. Who then compiled and structured information in such a manner that will enable officers to execute the operation on point. The information folder was handed over to the SAPS crime prevention unit for action.

Last night, the 23rd of November SAPS CPU officers Sgt. Lumko, Const. Nonganga & Const. Tsibani executed their operation successfully, the suspect in the procession of drugs was arrested, and the drugs were confiscated.

Hats off to SAPS CPU on a job well done. We are particularly proud of the control room operator for the professional way he gathered the information and compiled the report.

Working together with all emergency and security partners towards safer and crime free greater Bitou.

Yours in security, Otto Olivier PBCPA Operations

GOLDEX KNYSNA offers easy access, privacy and security with all your gold, silver and Krugerrand transactions. We are no longer at 34 Main St. Knysna. Kindly find us in Knysna Mall – West End, near Spar. Tel. 044 – 382 0417 or contact Glen for a home visit on 082 7888 700.

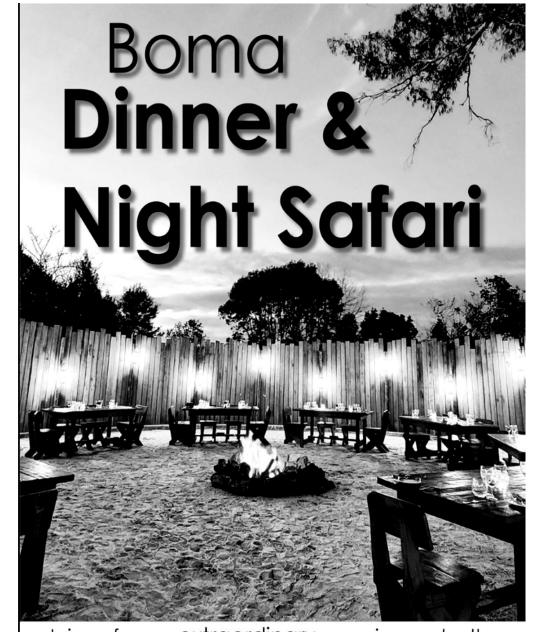
CASH for your unwanted GOLD AND DIAMOND jewellery. Expert advice and discretion. No deal too big or small. 083 266 2500

YELLOW FEVER VACCINATION ph 082 557 5255 Eden Travel

PAWS Car Boot Sale

Sunday 3 December

We are delighted to announce our next popular car boot sale Please come and join us in the Market Square parking area from 09:00 to 13:00 on Sunday 3 December. Our vendors always have an eclectic selection of useful and attractive goods on offer at bargain prices. Clothing, bedding, kitchenware and appliances, books, DVDs, toys, plants, Bric a Brac, furniture – we have it all, and more! Browse for interesting collectibles and gifts.....and then have a delicious PAWS pancake. For R150 donation to PAWS you can sell as much as you like. Contact Di Butlin to book a space 082 569 2571.



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 **boma@jukani.co.za** - **082 979 5683** or **076 163 0183**

boma@jukani.co.za - 082 9/9 5683 or 0/6 163 018

Thank You
A huge thank you to
Ozzy and Henry from
Plett Appl.Tech

who came out, found the issue and fixed my washing machine within a day!

For a mommy with a new baby - we all know how much a washing machine is needed!

Thank you so so much guys.

CX APPLIANCE Plett Prompt service + Guaranteed repairs to DEFY & most leading brands of kitchen appliances. Call Jon CX Appliance Plett 0721493351

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)

PRINGLE @ NORSEMAN MENSWEAR

OF SCOTLAN

- Demar Centre, Main Str, Knysna ph 044 382 1984

DID YOU JUST TEST POSITIVE FOR COVID-19?





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 Care home resident Dementia Have a weakened immune system condition Receiving a treatment that lowers the activity of the body's immune system

Study participation will include:

- 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 ^a



The research was approved by a Health Research Ethics Committee and the South African Health Products Regulatory Authority (SAHPRA).

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PINEDENE STORAGE Safe, secure, easy access on tar road near Airport. Store anything from Household goods to boats and cars. Dave & Jacky Martin Phone/Fax 044 533 9119 Cell 082 849 5011

CERTIFIED DIAMONDS sold at Goldex, Knysna Mall – West End (near Spar). Good selection at wholesale prices. Contact Glen on 082 7888 700 or 044 – 382 0417.

PLEASE NOTE: Disclaimer:

The views expressed in What's New in Plett are not necessarily those of the Editors or Staff of What's New in Plett.

ZUMBA FITNESS

Classes daily, Monday to Friday Mornings and evenings Call Merle 0815805520

BUYING OR SELLING KRUGERRANDS? See Glen at Goldex, Knysna Mall – West End (near Spar) Tel 082 7888 700 or 044 – 382 0417

ALANON MEETINGS.

Is your home unhappy because someone drinks/drugs too much? All 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

PLEASE KEEP OUR BEACHES AND STREETS CLEAN when taking your pet for a walk. Poo Bags are available from all the Veterinary Clinics and pet supply shops. PAWS poo bags may be purchased at R20.00 for a roll of 30 biodegradable bags.Please Support Paws and keep our Town clean. Thank you

DO YOU NEED BUSINESS CARDS

Small or large quantities @ Great prices, good quality. Single, 2, 3 or Full Colour at The Print Shop 20 High Street, Plett 044-533 2530 / WhatsApp 084 775 3973 Your local printers.

SUSPECT DOG FIGHTING?

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

WHAT'S NEW IN PLETT - 30 NOVEMBER 2023 WWW.HELLOPLETT.CO.ZA

16 DAYS OF ACTIVISM AGINST GEN-**DER BASDE VIOLENCE**

16 days –16 Events Programme 15 Nov: Bitou Municipality Int. day for the elimination of violence against women. 10h00 march- Plett taxi rank.

26 Nov: Famsa counselling & GBV support Famsa offices, bitou area online campaign

27 Nov: Dept of social Development: 10h00 awareness programme at the Crags clinic walking in the Crags commu-

28 Nov: South African Police Service 10h00 outreach domestic & gender based violence Qolweni community.

28 Nov: Dept of Social Development 10h00 awareness & walk about Qolweni Community

29 Nov Dept of Social Development 10h00 awareness programme at New Horizon clinic walk about in Pinetrees Community

30 Nov: Dept of Social Development 10h00 awareness programme at the Kwanokuthula clinic, walk out in Kwanokuthula community

1 Dec: Dept of Health: World Aids Day candle lighting remembrance ceremony Kwanokuthula clinic

02 Dec; Children's day 9h00 march, 10h00 programme with municipality, SAPS, Green hearts. Civic Centre New horizon.

02 Dec: Int. day for the abolition of slavery Human trafficking is modern day slavery over 70% are women awareness stand 9h00-12h00 NG Bazaar on beacon way **02 Dec:** Hope rising & Kwano crime prev. women's self defense class 8h00 Murray high school Kwanokuthula.

03 Dec: Sabrina love foundation: Int. day for the disabled memorial to Mayor asking for safe and inclusive playground in

04 Dec South African Police Service: 10h00 awareness outreach child protection & gender based violence Harkerville community

05 Dec: South African Police Service 10h00 awareness outreach alcohol abuse & gender based violence Bossiesgif

08 Dec: Bitou Social Development forum: 10h00 march Kranshoek.

10 Dec: Bahia youth Lab: Int. Human rights day. Online anti-bullying campaign.

Care 24/7 are you looking for a trained health care worker to assist you or your loved ones in the comfort off their own home Call 068 526 8697 / WhatsApp

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.

CARPET & UPHOLSTERY cleaning, protection and more...Call Chem Dry KPS plett@chemdry.co.za or 082 563 1741

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The Print Shop does ring and glue binding at competitive prices. 20 High Street, Plett. 044-533 2530 / WhatsApp 084 775 3973 printshop@mweb.co.za

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IF YOU SEE a lost or injured animal, or suspect abuse, please call PAWS on 083 287 9917

Please Help!!! **KEEP PLETT CLEAN**

We need your help with wages!! Nedbank Code 198765 Account number 1096711974 ADD YOUR COMPANY OR YOUR NAME AS A REFERENCE

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

SNAKES ALIVE - REPTILE RESCUE.

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

Some kids are smarter than you Some kids have cooler clothes than you

Some kids are better at sports than

IT DOESN'T MATTER

You have your thing too
Be the kid who can get along
Be the kid who is generous
Be the kid who is happy for other people.
Be the kid who does the right thing.

BE THE NICE KID

Unknown

HÉLÈNE SERFONTEIN Physiotherapy. 084 514 7098

Moon Shine on Whiskey Creek - The Crags. We are offering super special discounts for off-peak stays. From 15% to 25%Direct bookings only www.whiskeycreek.co.za WhatsApp 072 200 6656

GOLD TRADER KNYSNA HAS MOVED to Knysna Mall – West End (near Spar). We are now called Goldex and are no longer in Main St. Knysna. Tel. Glen 082 7888 700 or 044 - 382 0417. Also open Sat. mornings.

PLETT HANDYMAN - General Home Maintenance. 072 477 3230

CASH FOR GOLD

Your unwanted or broken gold jewellery. Best prices guaranteed Appointment at your convenience All deals very discreet Call Domenico tel. 083 266 2500

FAMSA provides support & counselling in a safe environment for folk experiencing challenges with relationships.
Also for depression abuse, trauma, parenting and grief.
Please call 044 533 0515.

RESIDENTS AND VISITORS: Please do not put out your garbage bags until the morning of collection. There are baboons in the area, as well as seagulls which tear open the bags

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PARKINSONS SUPPORT GROUP Maurice Hartshorne. Tel: 083 2591763

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ADVANCED FOOT CARE Sr Gillian Corns Callouses, Ingrown Nails etc 072 672 4162

SOMETIMES MISS THE WHAT'S NEW?Don't be sad... We're also on the Web. www.helloplett.co.za Read the whole publication on your computer.



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

IF YOU SEE a lost or injured animal, or suspect abuse, please call PAWS on 083 287 9917

WHAT'S NEW IN PLETT - 30 NOVEMBER 2023

www.helloplett.co.za

antony gardy dentistry

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DO YOU NEED PRINTING OR SCANNING A4 & A3. COLOUR AND BLACK & WHITE COME TO THE PRINT SHOP 044-533 2530 / WhatsApp 084 775 3973

AFFORDABLE DIAMONDS available at Goldex, Knysna Mall – West End (near Spar). Good selection to choose from, some certified. Contact Glen on 082 7888 700 or 044 – 382 0417.

Unplanned Pregnancy **HOPE CENTRE** can help. 078 177 5119

CLINICAL PSYCHOLOGIST Dr Ilza Botha Cell: 076 116 1132



082 251 8134

Today 23rd November 2023 assistance was

requested by the owner after a break-in at his house in Zenon street @11am, he tracked the stolen phone crossing the N2 @11h16 in the vicinity of Formosa Bay. 2 X I pad's and iPhone were stolen. Plett Rapid Response members & Bitou MLE responded. 11h46 Officer Mzo recovered the iPhone that was tossed in the bush. Phone was handed back to the owner. Great teamwork, well done!! Working with all security and emergency partners towards the betterment of all Bitou residents Yours in security Otto Olivier PBCPA Operations

MARY FROM MALAWI is looking for a domestic worker and baby sitter call 073 406 9113

INTERNET CONNECTIVITY

Call Jaco at Perfect Systems 082 676 2390

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

PELLS / MYBURGH PHYSIOTHERAPY 044 533 6966





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PROPERTIES OF THE WEEK

FABULOUS FAMILY HOME IN SECURE ESTATE – R 9 450 000

This modern, North facing home offers you the whole package - excellent security in the ever-popular Brackenridge Estate, high-end finishes, a myriad of accommodation options for extended family and friends holidaying together, privacy and lots of space with tranquil views over the countryside. The house is built on a 1500 m² stand.

Web ref: RLS942125 | 5 bedrooms | 6 bathrooms | 2 garages

Alet Ollemans 083 657 5678

NESTLED IN A CUL-DE-SAC ADJACENT TO ROBBERG BLUE FLAG BEACH - R 8 000 000

This well loved family home is situated in the mature, leafy suburb of Robberg's Sanctuary Beach in Seaside Longships, literally a stones throw from the glorious Beach where five kilometres of aolden sands and the blue Indian Ocean invite you to swim, walk, fish, surf or kayak, and where you frequently see seals, dolphins and whales frolicking in the bay. Web ref: RLS941311 | 6 bedrooms | 4 bathrooms | 2 garages

Daniel van Renen 082 883 6271

MODERN BRACKENRIDGE HOME WITH MOUNTAIN VIEWS - R 7 450 000

This delightful North Facing home in the ever-popular Brackenridge Estate with privacy and tranquil views over the countryside must be on your short list for viewing. Web ref: RLS940063 | 4 bedrooms | 2 bathrooms | 2 garages

John Carpenter 082 460 3838

IMMACULATE FAMILY HOME WITH SEA AND MOUNTAIN VIEWS – R 7 250 000

Located in the tranquil suburb of Bowtie, this spacious family home is northeast facing, offering beautiful views of the sea, lagoon, and the Tsitsikamma mountains. With the added bonus of a separate self-contained cottage for friends or rental income.

Web ref: RLS941937 | 5 bedrooms $|5\frac{1}{2}|$ bathrooms |2| garages

Andrew lles 02 462 0432

APARTMENT CLOSE TO THE CBD WITH LOVELY SEA AND MOUNTAIN VIEWS – R 1 600 000

Sea and mountain views, close to CBD. Walking distance to centre of town. Three bedrooms, two bathrooms. Open plan lounge and dining room with sliding doors to the balcony. Kitchen and entrance hall. Lock up garage. Good security. Easy wheel chair access.

Web ref: RLS910466 | 3 bedrooms | 2 bathrooms | 1 garage

Dirk Green 082 814 4508 | Elize Green 072 119 3710

NORTH FACING GROUND FLOOR APARTMENT IN SANTINI VILLAGE - R 1595 000

Conveniently situated in popular Santini Village, this spacious 2 bedroomed 2 bathroomed ground floor apartment is north facing and in excellent condition and is sold fully furnished. Enter into the open plan kitchen and living area from the front door.

Web ref: RLS942723 | 2 bedrooms | 2 bathrooms | 1 parking

Connie Peet 083 353 5971 | Carol Zoutendyk 083 300 1121

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