

January 24, 2026

Cape Peninsula - North

Barnard	Joseph & Ingrid, Corrine, Faghan, <i>Protea Hoogte</i> Jurina; 40 Hannetjie Horn street, Koelenbosch Country estate, Stellenbosch 7650; barnard337@gmail.com(J) , merc081@gmail.com(I) , swartbooicorreo1@gmail.com(C) ; (-33,8766385, 18,8135451)	078 095 3365(J) 082 674 7934(I) 061 454 2206(C)
Basson	Besmie; Huis Uitsig, 15 M E Rothman St, <i>Ridgeworth</i> Parow North, Cape Town, 7500 (Dimentia /Frail care 2nd room left)	073 873 1960 021 919 7951
Benjamin	Cecil & Thelma, Claudia, Gia; <i>Kasselsvlei Rd</i> 111 Chestnut Way, Belhar, 7490; claudiabenjamin88@gmail.com(Cl) ; (-33.948260,18.623754)	078 989 4507(Cl) 078 479 0075(T)
Benjamin	Eddie & Antoinette, Nathan; <i>Kasselsvlei Rd</i> 46 Kasselsvlei Rd, Bellville South, 7530; anniebenj@gmail.com(A) , teddybenj@gmail.com(E)	083 707 0712(E) 073 357 0705(A) 021 951 5278
Bernardo	Isaac & Magdalene, Bonita; 5 <i>Pinehurst</i> Flamink Close, Durbanville 7550; isaacbernardo2007@gmail.com(I)	0844068063(M) 0604835151(I) 021 975 4758 0730356732(B)
Blom	Dalene; 15 Glen Choral, Beethoven <i>Bethanie 2</i> Cresc, Sonstraal Hoogte, Durbanville; blomdalene@gmail.com	082 824 4194
Botha	Yolandie & Chris, Christian, Leah; 28 Falcon <i>Bethanie</i> Street, D'Urbanvale, 7550	082 560 4716(Y)
Botha	Lucian & Nicolene; 94 Gladioli <i>Protea Hoogte</i> St, Kuils River, Cape Town, 7580; lucianbotha10@gmail.com(L) , nbotha50@gmail.com(N)	083 507 9291(L) 073 494 7523(N)
Bown	Christelle, Aimee, Oliver; 68 Alison <i>Bethanie</i> Rd, Kenever, Cape Town, 7550; chrystal@intekom.co.za	0825727733(C)
Campbell	Shelto & Candice, Courtney, Cassidy, <i>Kenridge</i> Kendal; 6 Jacaranda St, Valmary Park, Durbanville; candice@freightfocus.co.za(C) , shelto@freightfocus.co.za(S)	082 843 9367(S) 082 928 8006(C) 021 824 3374

Cloete	Traudie; Edelweiss ACVV Diensbak C111, 072 432 3472	Kentridge Hoeke van Edelweiss en Mountain View rylaan, 021 917 1110
Coetze	Elsabe; 56 Waterbessie Str, Sandalwood Kuils River, Mews, Kuilsriver, 7580	Everardsdal, DURBANVILLE, 7550; traudie@gnmail.com
Coetzee	Sandrie & Gerhard; 12 Amanda Protea Hoogte St, Morgenzuster, Brackenfell, 7560;	sandra.coetze24@gmail.com(S)
Combimilk	Kathy; 38 Gazania Way, Behar 4, 7490 Highbury	sandra.coetze24@gmail.com(S)
Damnes	Cyril & Shirely; 24 Helderberg, Evergreen 062 714 8244(C) Highbury Lifestyle Retirement Village Strat Country 072 675 2181(S)	Estate, Cypress Walk, Macassar, Somerset West; communitynurals@gmail.com(C);
De Beer	Bets; Huis Ariete room 58, 5 Queen str, Pinehurst Durbanville, 7550	(-34.0541450, 18.7774160)
Deppert	Enda; 6 Arendse St, Highbury, Cape Town, Kuils River 7580	076 699 4099
Dhunrajah	Rebekah & Theron, Kai; 8 Vlei Street, Kasselvlei Rd Parow Valley, 7560	067 370 8748(R)
Dippenaar	Maryna; 67 Malibu St, Oak Glen, 7530 Ridgeworth	083 553 2857 021 910 2294
Du Plessis	Pieter & Estelle; 21B Kastanje Beethamite 2	082 906 3275(P) Street, Kleinbron Estate, Durbanville, 061 541 2894(E) 7551; dup5862@gmail.com(P), Estellemedupl@outlook.com(E)
Du Plessis	Lindy & Andries; 4 Loleloeraai St, Kuils River, Kuilsriver, 7580; lindydutiot@gmail.com(L)082 772 0869(A)	021 906 3843 084 770 0466(L)
Du Tot	Joe; Sick Bay, George & Anne WC - North - Sick Bay Stark Homes, 2 Willow Lodge, Fans Conradié Drive, Bellville;	076 483 7414 johanna.dutiot42@gmail.com

Ewertse <i>Protea Valley</i>	Mervyn & Alrene, Lauren; 6 Prinizia Avenue, Welgedacht, Bellville, 7530; alrene@bedking.co.za(A) , mervyn@bedking.co.za(M)	082 324 3580(M) 082 874 3914(A) 021 913 2598
Faul <i>Protea Hoogte</i>	Christo & Sanel, Eugene; 1 Maree Close, Protea Hoogte, Brackenfell, 7560; christofaul@gmail.com(C) , sanelfaul@gmail.com(S)	082 378 0621(C) 071 869 8362(S) 071 530 1299(E)
Fortuin <i>Kuils River</i>	John; Room no 48, Sarepta AGS Oue Tehuis, Sarepta Street, Kuils River; jhfortuin1@gmail.com	021 592 8235
Fouché <i>Ridgeworth</i>	Muriel; D21, Wilger Park, 2 Stellenberg St, Oak Glen, Bellville, 7530; fouchemuriel@gmail.com	084 548 1414
Foye <i>Ridgeworth</i>	Andrew & Illana, Laura-Lee, Julia; 5 Artillery Road, Door de Kraal, 7530; andrew.foye@gmail.com(A) , illana.foye@gmail.com(I)	082 809 6651(A) 083 415 8246(I) 021 913 1782
Fritz <i>Kasselsvlei Rd</i>	Gerald & Patricia; 37 Brand St, Bellville South, 7530; rosetrishcoe@gmail.com(P)	082 743 4068(P) +27 82 571 3711(G) 021 951 4414
Fritz <i>Kasselsvlei Rd</i>	Shirley; 34 Railway St, Corner of MacKenzie St, Bellville South, 7530; shirleyfritz100@gmail.com	079 448 4780 021 951 5182
Froude <i>Protea Hoogte</i>	Sarie; Room 101, Huis Ravenzicht, 161 9th Avenue, Kraaifontein, 7570; sariefroude@gmail.com	082 334 1386
Gillfillan <i>Bethanie 2</i>	Barbara; 56 Ascot Street, Windsor Estate, Kraaifontein, 7580	067 169 2984
Gilles <i>Protea Valley</i>	Jannes & Anne; 1 Featherhead St, Protea Valley, 7530; apic@mweb.co.za	060 713 0479(J) 083 708 1393(A)
Goliath <i>Highbury</i>	John & Susan; 46 Plover Walk, Sunbird Park, Kuils River, 7580	072 184 0833(J) 076 362 4297(J) 064 203 2981(S)
Grobbaelaar <i>Pinehurst</i>	Dirk & Cecily; 32 Seinne Crescent, Thornwood Estate, Pinehurst, Durbanville, 7550; dirkg7@telkomsa.net(D)	+27 78 880 3310(D) 083 375 0408(C) 021 975 9351

Protea Valley W@19h30;Hermans, L

Ewertse (*SunPM*) Mervyn & Alrene, Lauren
Hermans (*Wed*) Leslie & Michelle
Myburgh Carla

Protea Valley WedAM@10h30;Stafford, N

Fortuin John
Gilles (*SunAM;Elder*) Jannes & Anne
Stafford (*Wed*) Norman, Patsy
Walker Allan & Dorothy
Walker Jonathan & Monia, Amelia, Lea, Elijah

Ridgeworth W@19h30;Foye, A

Basson Besmie
Du Plessis Visser
Foye (*Wed*) Andrew & Illana, Laura-Lee, Julia
Van Rensburg (*SunAM,SunPM;Elder*) Nico & Belinda, Bianca
Van Wyk Gene - Eugené

Welverdiend WedAM@10h30;Hall, H

Dippenaar Maryna
Fouché Muriel
Froude Sarie
Gillfillan Barbara
Hall (*Wed;Elder*) Harry & Lorna

Jansen	Otniel & Laurika, Chloe, Noah; 10 Denhume Kenridge Way, Hume, 7530	082 494 4069(O) 082 899 5985(L)
Kruger	Ruth; 21 Forest St, Voëlvlei, Kuils River, 7580; Kuils River rkruger2011@gmail.com	072 836 4050 021 903 2851
Lewis	Patrick & Lynn, Kirsten, Carl; 9 John Kuils River Jansen Road, Charlesville, 7940; lynnbrendalewis@gmail.com(L) , patrickcharleslewis@yahoo.com(P)	083 732 7904(P) 083 499 3419(L)
Lomas	Graham & Magda; 11 Duff St, Parow Protea Valley, 7500; jmalomas@gmail.com	072 309 0298(G) 072 769 1507(M) 021 931 6530H
Louw	Piet; 2 Luckhoff St, Durbanville, 7550; Bethanie pieter.louw@outlook.com	083 366 9268 021 975 6427
Maasdorp	Phyllis, Chrischar Rock WC - North - Sick Bay (Daughter); Meerenbosch Frail Care. 68 Falcon St, D'Urbanvale, Durbanville 7550. Press code 297 for frail care. Keep right.	074 979 9850(C)
Marais	Naas & Sonja, Sebastian, Stefan; Kuils River 6 Serena Close, Kuilsrivier, 7580; naashtc@gmail.com(N) , sonjamarais@oldmutual.com(S)	083 498 2425(S) 021 903 1293 +27845484659(N)
Mathias	Justin & Jessica, Sofia, Michael; Block Kuils River 3, 31 Cederberg Estate, Haasendal Road, Haasendal, Kuils River, 7580; rockafella.wp@gmail.com(Ju)	061 586 6712(Ju) 072 298 4679(Je)
Matthews	Joseph & Cynthia, Anthea; 4 Highbury Cassia Link, Belhar 1, 7490; antheamatthews440@gmail.com(A)	083 500 5188(A) 073 702 9972(J) 021 952 5045
Meadows	Joseph & Heather, Heidi, Benjamin; 37 Bethanie 2 Rosendal St, Glen IVE, Cape Town, 7550	083 452 9986(J) 0603559960(H)
Mullam	Maurice & Carol, Megan, Chad; Kasselsvlei Rd 17 Clover Rd, Belhar 17; maurice@axxess.co.za(M)	083 648 2648(C) 084 909 9365(M) 021 952 2723
Murray	John & Esther; 8 Mayenne Road, Pinehurst Thornwood Estate, Pinehurst, Durbanville 7550; jmurray.2504@gmail.com(J) , esthermurray2307@gmail.com(E)	083 270 4127(J) 083 375 0508(E)

Ridgeworth S@17h30;Van Rensburg, N

Foye (<i>Wed</i>)	Andrew & Illana, Laura-Lee, Julia
Van Rensburg (<i>SunAM,SunPM;Elder</i>)	Nico & Belinda, Bianca
Van Wyk	Gene - Eugené
Bethanie 2 W@19h30;Meadows, J	
Blom	Dalene
Du Plessis (<i>SunPM</i>)	Pieter & Estelle
Holtzhausen	Louis (jnr)
Holtzhausen (<i>SunAM;Elder</i>)	Louis & Marie
Meadows (<i>Wed</i>)	Joseph & Heather
Toerien	Heidi, Tanya
Bethanie W@19h30;Louw, P	
Botha	Yolandie, Christian, Leah
Bown	Christelle
Herman (<i>SunAM;Elder</i>)	André & Ilona
Louw (<i>Wed</i>)	Piet
Schlemmer	Iliona
Victor	Eleanore
Visagie	Eunice
Wise	Robert
Highbury W@19h30;Goliath, John	
Combrinck	Kathy
Daames	Cyril & Shirley
Goliath (<i>Wed</i>)	John & Susan
Grootboom	Mary
Grootboom	Melchior & Laiken
Grootboom (<i>SunAM;Elder</i>)	Melvyn & Sharlene
Grootboom	Milly
Matthews (<i>SunPM</i>)	Joseph & Cynthia, Anthea
Kasselsvlei Rd W@19h30;Benjamin, E @ Fritz, S	
Benjamin	Cecil & Thelma
Benjamin	Eddie & Antoinette, Nathan
Dhunrajah	Rebekah & Theron, Kai
Fritz	Gerald & Patricia
Fritz (<i>SunPM,Wed</i>)	Shirley
Mullam	Maurice & Carol
Simpson	Zelda
Snyder (<i>SunAM;Elder</i>)	Dan & Audrey

Marias (Wed) Esther & Marlene	Snyders Justina & Nasja, Sibastian, Stefan	Wingard Allan & Undean
Myburg Carola; carolewesterse@gmail.com	Protea Valley	Vlok Jan
082 610 5933	advertising.co.za(E)	Myers Lester & Edwina, Emily, Lucy; 24
Philander Deon & Toeke; B3 Belami Ridge, 7560	Protea Hoogte Street, De Oude Spruit, Brackenfell, 073 065 1661(L)	Pinehurst S@17h30: Myers, L
Norrie Lawrence & Phyllis; 36 Doringboom 084 449 4467(P)	Protea Hoogte Street, De Oude Spruit, Brackenfell, 073 065 1661(L)	Bermardo Isaac & Magdalene, Bonita
Rezaant Chistopher, Justin, Ashwin; 083 419 8912(C)	Kerridge Sonsralla Heights, Durbanville, 7550 082 474 9384(T)	De Beer Bets
Schlemer Ilona; F2 Parkview Heights, Bethané Belami Drive, Sonsralla Heights; 082 839 1024(C)	WC - North - Sick Bay Huis De Kuijen, Kuystraten; 084 976 6636(A)	Coezee Sandra
Simpson Zelda, Charlton; Verzicht Unit 5, 57 Kuils River Almere Way, Noriphine, Cape Town, 066 238 8611(Z)	schlemmerrilliona@gmail.com	Faul (SunAM, Elder) Christo & Sanele
Snyders Catharina; Room 10, Onze Molen, 12 High 7560	Kuils River Almere Way, Noriphine, Cape Town, 066 238 8611(Z)	Pietrese (Wed) Lawrence & Phyllis
Werner Graeme & Giselle, Matthew, Maunia	Van der Merwe Frans	Protea Valley S@17h30: Ewerse, M
Gillies (SunAM, Elder) Janne & Anne	Ewerse (SunPM) Merwyn & Arlene, Lauren	Hermans (SunAM, Wed) James & Frederique
Myburgh Carla	Waller Jonathan & Monika, Amelia, Lea, Elijah	Gillies (SunAM, Elder) Janne & Anne
Stafrold (Wed) Norman, Patsy	Walker Allan & Dorothy	Myburgh Carla
Waller Jonathan & Monika, Amelia, Lea, Elijah	Walker Allan & Dorothy	Stafrold (Wed) Norman, Patsy
Ridgeworth S@17h30: Van Rensburg, N	Bassoon Beesme Du Plessis Visser	Fouche Meurie

Stafford	Norman, Patsy; 94 Duncan Rd, Parow <i>Protea Valley</i>	079 610 8084(N) 021 933 4329(N) 079 466 8510(P) 021 203 7884(P)
Toerien	Heidi & Michael, Charles, Tanya; <i>Bethanie 2</i> Wessel Lourens Rylaan 60, Vredekloof, 7560; heiditoerien@mweb.co.za(H)	083 243 6803(H) 021 981 8199 +27 78 642 8253(T)
Van Rensburg	Nico & Belinda, Bianca; 21 <i>Ridgeworth</i> Hibiscus Ave, Ridgeworth 7530; nico2vr@gmail.com(N) , belindavr66@gmail.com(B)	083 270 9608(N) 072 208 7736(B) 0834148073(BI)
Van Wyk	Gene - Eugené; 18 Berkley St, Oakglen, <i>Ridgeworth</i> 7530; genevw@gmail.com	082 878 6030 021 919 9927
Van der Merwe	Frans; Unit C118, La <i>Protea Hoogte</i> Recolte Retirement Village; louise.fransvdm@gmail.com	076 847 5465 021 982 0942
Victor	Eleanore & Raymond; 22 Cecilia St, <i>Bethanie</i> Chrismar, Bellville, 7530; eleanorevic-tor@gmail.com(E)	082 517 3219(E) 021 919 4121
Visagie	Eunice; Capolavoro Mountain Es-tate, Dwarsvallei St, Kylemae, 7600; <i>Bethanie</i> eunice.visagie@eikestadnuus.com	076 382 7754
Vlok	Joan; 6 Serena Close, Kuilsrivier, 7580 <i>Kuils River</i>	076 765 1097
Walker	Allan & Dorothy; 10 Esper-ance Street, Avondale, Parow; <i>Protea Valley</i> dot47.walker@gmail.com(D)	063 400 5805(A) 078 578 5494(D)
Walker	Jonathan & Monia, Amelia, Lea, <i>Protea Valley</i> Elijah; 10 Esperance Street, Avondale, Parow	067 401 0470(J) +2782 324 3384(M)
Windvogel	Sean & Evanitha, Gershwin, Wesley; <i>Kasselsvlei Rd</i> 9 Reynolds St, Thalmen, Cape Town, 7530; seanwindvogel@yahoo.com(S)	064 931 8656(S) 021 917 1120
Wise	Robert; 1 Hewitt Street Aurora Durbanville; <i>Bethanie</i> pjwise48@gmail.com	066 093 1319 +27 21 975 4302

Victor	Eleanore
Visagie	Eunice
Wise	Robert
Highbury S@17h30;Matthews, J	
Combrinck	Kathy
Daames	Cyril & Shirley
Goliath	(Wed)John & Susan
Grootboom	Mary
Grootboom	Melchior & Laiken
Grootboom	(SunAM;Elder)Melvyn & Sharlene
Grootboom	Milly
Matthews	(SunPM)Joseph & Cynthia, Anthea
Kasselsvlei Rd S@17h30;Windvogel, S @ Fritz, S	
Benjamin	Cecil & Thelma
Benjamin	Eddie & Antoinette, Nathan
Dhunrajah	Rebekah & Theron, Kai
Fritz	Gerald & Patricia
Fritz	(SunPM,Wed)Shirley
Mullam	Maurice & Carol
Simpson	Zelda
Snyder	(SunAM;Elder)Dan & Audrey
Windvogel	Sean
Kenridge SunPM@17h30;Jansen, Q	
Campbell	(Wed)Shelto & Candice, Courtney, Cassidy, Kendal
Cloete	Traudie
Hall	(Wed;Elder)Harry & Lorna
Jansen	Charles & Sonia
Jansen	(SunAM,SunPM)Otniel & Laurika, Chloe, Noah
Philander	Deon & Toekie
Kuils River S@17h30;Lewis, P @ Kruger, R	
Cloete	Elsabé
Delport	Edna
Du Toit	Lindy
Fortuin	John
Kruger	(SunAM,SunPM)Ruth
Lewis	Patrick & Lynn

Fau (SunAM;Elder)Christo & Sanei
Froude Sarie Crescent, Summersville, Kinston
Norje Lawrence & Phyllis Kults River
Pietres (Wed)Graeme & Giselle, Mattheuw, Maunia
Van der Merwe Frans
Protea Valley;Gilles, J
Everse (SunPM)Merwyn & Alrene, Lauren
Gilles (SunAM;Elder)Janne & Anne
Hermans (SunAM,Wed)James & Frederique
Lomas Graham & Magda
Myburgh Carla
Walker Allan & Dorothy
Stafford (Wed)Norman, Patsy
Walker Jonathan & Monia, Laura-Lee, Lea, Elliah
Van Rensburg (SunAM,SunPM;Elder)Nicoo & Belinda, Bianca
Van Wyk Gene - Eugene
Fouché Muriel Visser
Dippenaar Marlyn
Basson Besme
Ridgeworth;Van Rensburg, N

Bloem Dalene
Gilliilan Barbara
Hotzhausen Louis (inr)
Hotzhausen Louis (jnr)
Du Plessis (SunPM)Pieter & Estelle
Bethanie 2 S@17h30;Du Plessis, P
Toreien Heidi, Tanja
Meadows (Wed)Joseph & Heather
Hermann (SunAM;Elder)André & Ilona
Louw (Wed)Piet
Schlemer Ilona

Wyngeard Allan & Undean, Shannan; 5 Minister
Kults River Crescent, Summersville, Kinston
7580; alkushun@yahoo.co.uk(A),
undeanw@gmail.com(U)

Cape Peninsula - NorthWC - North - Sick Bay**Du Toit** Joey**Huisamen** Neels & Sannie**Maasdorp** Phyllis, Chrischar Rock (Daughter)**Rezant** ChristopherBethanie;Herman, A**Botha** Yolandie, Christian, Leah**Bown** Christelle**Herman** (*SunAM;Elder*) André & Ilona**Louw** (*Wed*) Piet**Schlemmer** Ilona**Victor** Eleanore**Visagie** Eunice**Wise** RobertBethanie 2;Holtzhausen, L**Blom** Dalene**Du Plessis** (*SunPM*) Pieter & Estelle**Gillfillan** Barbara**Holtzhausen** Louis (jnr)**Holtzhausen** (*SunAM;Elder*) Louis & Marie**Meadows** (*Wed*) Joseph & Heather**Toerien** Heidi, TanyaHighbury;Grootboom, Melvyn**Combrinck** Kathy**Daames** Cyril & Shirley**Goliath** (*Wed*) John & Susan**Grootboom** Mary**Grootboom** Mellchior & Laiken**Grootboom** (*SunAM;Elder*) Melvyn & Sharlene**Grootboom** Milly**Matthews** (*SunPM*) Joseph & Cynthia, AntheaKasselsvlei Rd;Snyder, D**Benjamin** Cecil & Thelma**Benjamin** Eddie & Antoinette, Nathan**Dhunrajah** Rebekah & Theron, KaiKasselsvlei Rd;Snyder, D**Fritz** Gerald & Patricia**Fritz** (*SunPM,Wed*) Shirley**Mullam** Maurice & Carol**Snyder** (*SunAM;Elder*) Dan & Audrey**Windvogel** SeanKenridge;Hall, H @ Jansen, O**Campbell** (*Wed*) Shelto & Candice, Courtney, Kendall**Cloete** Traudie**Hall** (*Wed;Elder*) Harry & Lorna**Jansen** Charles & Sonia**Jansen** (*SunAM,SunPM*) Otniel & Laurika, Chloe, Noah**Philander** Deon & ToekieKuils River;Marais, N @ Kruger, R**Cloete** Elsabé**Delport** Edna**Du Toit** Lindy**Fortuin** John**Kruger** (*SunAM,SunPM*) Ruth**Lewis** Patrick & Lynn**Marais** (*Wed;Elder*) Naas & Sonja, Sebastian, Stefan**Mathias** Justin & Jessica, Sofia, Michael**Simpson** Zelda**Snyder** Barbara, Marlene**Snyder** Noelene & Kenneth**Vlok** Joan**Wyngaard** Allan & UndeanPinehurst;Murray, J**Bernardo** Isaac & Magdalene, Bonita**De Beer** Bets**Grobbelaar** Dirk & Cecily**Jackson** Louisa**Murray** (*SunAM,Wed;Elder*) John & Esther**Myers** (*SunPM*) Lester & Edwina, Emily, Lucy**Snyders** CatherineProtea Hooge;Faul, C**Barnard** Joseph & Ingrid, Corrine, Faghan, Jurina**Botha** Lucian & Nicolene**Coetzee** Sandra