

Cape Peninsula - South

January 7, 2026

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Westridge Plain, 7786

Adams Marlene; 36 Tracey street, Weltevreden 078 036 8462
Westridge Glen, Colorado Park, 7785; marle-
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Westridge Lentegeur, 7785 +27780325731(C)

Bosch Freddie & Betty; 92 Koppiesdam Rd, 084 586 9747(B)
Bishop Lavis Bishop Lavis, 7490 079 426 9455(F)

Brandt Peter; 16 Raleigh Road, Mowbray, Cape Town, 073 257 2911
Fairways 7700

Burger Yvonne; 140 Dennegeur Ave, Strandfontein, 079 037 4980
Westgate 7798

Cameron Rodney & Alvira; 5 Van Schalkwyk 082 904 3300(R)
Rondebosch East Rd, Rondebosch East, 7780; P 082 792 8700(A)
 O Box 36464, Glosderry, 7702; 021 697 3384
 rodcam888@gmail.com(R)

Camfer Sarah; 29 7th Street, Kensington, 7405 072 576 5527
Tygerdal

Cedras Donavan & Dorothy, Micheala; 37 Lau- 079 507 1629(Dv)
Penhill Estate rimer Street, Penhill Estate, Eersteriv- 081 048 2481(Dr)
 ier, 7100; donavan.cedras@gmail.com(Dv) 0683278734(M)

Daames Sherwyn, Sherné; 5 Theatre Close 079 1110453(S)
Westgate Westgate; sdaames2011@gmail.com(S)

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Westridge Colorado Park; robertadagnin12@gmail.com

Dagnin Tanya, Aidan; c/o Roberta Dagnin
Westridge

Dammert Patsy; 88 Monte Vista Boulevard, Monte Vista, 7460; dammertpatsy@gmail.com 076 513 1567
Tygerdal

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Penhill Estate

Dick Joyce; Rosebank House, 42 Alma Road, Room 2, Rosebank, 7700; joycedick123@gmail.com 072 375 3401
Rosebank House

Du Plessis Pieter & Wendy; 1 Melkhout Crescent, Platteklouf 3, 7500; pduppmail@gmail.com(P) , kocotrading@gmail.com(W) 082 781 1022(P)
Platteklouf 082 781 1021(W)

Dunn Christopher & Felicity; 6 Fifth Ave, Fairways, 7945; chrisdunn1@mweb.co.za(C) 083 373 1023(C)
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Dunn Keziah, Lombard, Joshua; Annandale Crt, 12 Annandale Road. Flat number 15, Diep River, 7945; keziaacdunn@gmail.com 796843314
Steenberg

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Steenberg

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Fairways

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Platteklouf

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Dzvokora Obvious & Nomvuso, Tanaka, Tinashe; No 350, NY 1, Gugulethu; odzvokoh@gmail.com(O) 078 813 9312(O)
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 079 599 6131(N)

Erasmus Ashleigh & Jodie, Isabella, Luca; 72, Sixth Ave, Grassy Park, 7945; ashley.erasmus7@gmail.com(A) , jodio2014@gmail.com(J) 0610942039(A)
Grassy Park +27844869147(J)

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Ewertse	Desiree; 10 Arlington way, Milnerton Ridge, <i>Tygerdal</i> 7441; ewertsedesiree@gmail.com(D)	084 337 4366(D)
Faul	Arno; Sandown Crescent, Unit D309, 12 <i>Platteklouf</i> Grand National Blvd, Milnerton, 7441; arnofaul@gmail.com	083 369 9257
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Foye	Catherine; Oasis Retirement Resort, 803 Palm <i>Pinelands</i> Royale, Century Way, Century City, 7441; jwf@iafrica.com	082 567 7488 021 250 0936
Franke	Gerald & Mona, Mandi, Elrita; 25 Edna St, <i>Fairways</i> Montague Gift, Grassy Park, 7945	078 217 0623(E) 079 129 8180 (G)
Fraser	Shani; Rosebank House, Sickbay, 42 <i>Rosebank House</i> Alma Road, Rosebank	021 689 3612
Gihwala	Jean; 8 Moore Street, Parrow valley, Cape <i>Tygerdal</i> Town, 7500	073 381 3425
Green	Ursula, Terence; 6 Gladiator St, Kensington, <i>Pinelands</i> 7405	079 479 1357(U) 072 426 0563(T)
Grootboom	Aubrey & Florence, Alaric, Enslin; 28 <i>Bishop Lavis</i> Commercial Road, Clarkes, 7490	078 169 8717(A) 074 909 4821(F)
Grootboom	Robert & Marie; 84, 9th Avenue, <i>Bishop Lavis</i> Leonsdale, Elsie's River, 7490	083 989 8202 071 184 8977(M) 0781198253(R)
Grootboom	Vanessa; 26 Commercial Rd, Clarkes <i>Bishop Lavis</i>	062 655 7930
Hall	Keith & Molly; 11 Houtman St, Monte <i>Platteklouf</i> Vista, 7460	021 559 2401 076 693 2576(K)

Hermans Louis & Merle; 31 Woodside Rd, Ottery, 073 426 6855(L)
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Hodgson Claire; 322 Obs Court, 3A Howe 072 615 0551
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Jackson Lorraine; 30 Tulbagh Street, Monte Vista, 082 708 0475
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Westgate Court, Pelican Park

Jaftha Mary, Patrick, Quinton, Joshua, Qewin; 4 071 825 8584(M)
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Platteklouf 3 Uitzicht Crescent, Richwood;
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Bishop Lavis

Le Grange Crystal; 3 William Mason Rd, Bishop Lavis, 021 934 5609
Bishop Lavis 7490 071 614 5783

Le Grange Reginald; 5 Heather Rd, Bishop Lavis, 7490 021 934 3719
Bishop Lavis 670834851

Legg Bradley; 86 Palmyra Road , Newlands, Cape 0766981076(B)
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 ,enselineokkers01@gmail.com(E)

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Pinelands annettereed1947@gmail.com

Reed Peter & Jacqui, Matthew, Caitlyn, 082 552 8420(P)
Pinelands Jonathan; 6 Poplar Way, Pinelands, 7405; 082 929 0594(J)
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Reed Michael & Yvonne, Aidan, Oliver; 33 082 853 6904(M)
Platteklouf York Close, Parklands, Table View, 7441; 082 555 5110(Y)
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Robinson Elizabeth; Rosebank House room 109, 42083 249 0233
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Sassman	Marcello, Daniel; 1 Jubalew street, Welcome <i>Grassy Park</i> Estate, Vanguard	067 951 0647
ShungKing	Enid; 27 Avro Ave, Kensington, 7405 <i>Pinelands</i>	072 607 3774
Smith	Iona; 16 Ascot Close, Ascot Mews, Ottery, <i>Fairways</i> 7800; ionasmith32@gmail.com	078 622 7858
Smith	Mervyn; 11 Claredon Crescent. Ysterplaat, <i>Tygerdal</i> 7405; soniasmith411@gmail.com	074 422 1893
Snyder	Peggy; 4 Moss St, Austinville, Blackheath, <i>Penhill Estate</i> 7580; Box 66, Blackheath, 7581; charlfred@telkomsa.net	084 507 0919 021 905 1911
Snyder	Jeffrey & Shirley; Rosebank House, <i>Rosebank House</i> 42 Alma Road, Rosebank, 7700; Frail Care No. 1.; jephthahsnyder@gmail.com	072 871 5949(J)
Solomon	Ferdinand & Gertrude; 17 Athems Road, <i>Penhill Estate</i> The Conifers, Blue Downs, 7100	073 143 3812(F) 073 738 2939(G)
Solomon	Arlene, Allandore, Cheslin; 11 Claredon <i>Tygerdal</i> Crescent. Ysterplaat, 7405	081 720 4117
Solomon	Edwin & Reyhana, Eva; 6 Geranium <i>Westridge</i> Street, Lenteguur, Mitchells Plain, 7785	084 044 7706(E) 078 550 7140(R)
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Steenberg Muizenberg; amandavlok1@gmail.com

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Pinelands Jade; 222, Twelfth Ave, Kensington, 076 055 0045(Vv)
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Wyngaard Maggie; c/o 11 Claredon Crescent. Yster- 083 258 2165
Tygerdal plaat, 7405; maggiewyngaard@gmail.com

Cape Peninsula - South

Bishop Lavis; Bosch, F

Bosch (*All mtgs; Elder*) Freddie & Betty

Grootboom (*Takes Wed AM*) Aubrey & Florence

Grootboom Robert

Grootboom Vanessa

Lawrence Russel

Le Grange Crystal

Le Grange (*Takes Sun pm*) Reginald

Maxim Trix

Mc Lane Cynthia

Mc Lane Yvonne

Fairways; Dunn, C

Brandt Peter

Dunn (*SunAM; Elder; Wed AM*) Christopher & Felicity

Duthie (*SunPM*) Marlene

Franke Gerald & Mona

Hermans (*Wed PM*) Louis & Merle

Jaftha Mattie, Bettie, Pauline

Manuel Roslyn

Renaud Mercia

Smith (*Wed PM*) Iona

Grassy Park; O'Ryan, E

Erasmus Ashleigh & Jodie, Isabella, Luca

Lutzke Bonita, Ruby

Morris Christopher

Morris Claude

O'Ryan (*SunAM, SunPM; Elder; Wed AM*) Evan & Colleen, Jade, Carlyne

O'Ryan Maurice & Josephine

Phaal Hilary, Erica

Phillips Michael & Berenice

Sassman (*Wed PM Iona Smith*) Charmaine, Matthew

Sassman (*Wed PM Iona Smith*) Marcello, Daniel

Penhill Estate; Cedras, D @ Cedras, D

Cedras (*SunAM, SunPM; Elder; Sun Pm @ 5pm, Wed PM @ 7pm Ferdinand takes the meeting*) Donovan & Dorothy, Micheala

Dauids Eileen

Mannel Sarah & Pietro, Xenethia

Okkers Wayne & Enseline, Candice, Aiden, Jadon

Samuels Sylvia

Snyder (*unable to attend meetings currently*) Peggy

Solomon Ferdinand & Gertrude

Pinelands; Reed, P

Esbend Mashardo

Foye Catherine

Green Ursula

Legg Bradley

Meintjes Mia

Morar Maylene

Reed Annette

Reed (*All mtgs; Elder*) Peter & Jacqui, Matthew, Caitlyn, Jonathan

Ruger Denyse

ShungKing Enid

Styan James-Brent, Alexander, Christopher

Van Wyk (*Takes Wed pm @ 7:30pm*) Christopher & Jenna

Williams (*Takes Sun pm @ 7pm*) Virgil & Vivienne

Plattekloof; Du Plessis, P

Du Plessis (*SunAM, SunPM; Elder*) Pieter & Wendy

Dyason (*Takes WedPM*) Stephen

Faul (*Takes SunPM alternates with Michael*) Arno

Faure Braam & Cherie, Liani, Braam (jnr), Isabella

Faure Muriel

Fevrier (*Wed; Wed PM @ 7:30*) Juliana

Hall Keith & Molly

Jackson Francine

Jackson Lorraine

Jasson Charlene

Monk Yolandi, Miquel

Reed (*Takes SunPM alternates with Arno*) Michael

Van Niekerk Yolandi & Wynand

Van Rooijen Nadia & Erik, Raymond, Gemma, Kayleigh

Rondebosch East; Cameron, R

Cameron (*SunAM, SunPM; Elder*) Rodney & Alvira

Hodgson Claire

King Earl & Cassandra, Bella, Ava, Chloe, Scott

King Sandra

Martinus André, Cameron, Andrea

Naidoo Rebecca

Nefdt Steven & Shirley

O’Ryan Joanne

O’Ryan Raymond

Weber (Wed)Mark

Rosebank House;Snyder, J

Dick Joyce

Fraser (*not able to attend mtgs*)

Robinson Elizabeth

Snyder (*SunAM;Elder;Wed AM. Mtg in sun room close to Joyce*

Dick.)Jeffrey & Shirley

Teixeira Cherryl

Steenberg;Kabamba, T

Dunn Keziah, Lombard, Joshua

Dunn (*SunPM;Sun PM, Wed pm @ Iona Smith*)Shalim &

Michelle, Sharné, Mikayla

Dunn Thersia

Dyason Janine

Kabamba (*SunAM;Elder*)Theodore & Nicky, Annabelle, Adriel

Swanepoel Lizelle

Vlok Amanda

Tygerdal;Abrahams, S

Abrahams (*All mtgs;Elder;Elder; All meetings, takes Sun*

AM)Steven & Bronwyn, Jude, Jared

Abrahams (*Takes PM meeting*)Timothy

Camfer Sarah

Dammert Patsy

Ewertse Desiree

Gihwala Jean

Smith Mervyn

Solomon Arlene, Allandore, Cheslin

Volkwyn Pam

Wyngaard Maggie

Westgate;Adonis, Derick

Adonis (*SunAM, SunPM; Elder; Elder Sun AM: Takes meeting in Sherwyn's Home*) Derick & Lettie

Burger Yvonne

Daames (*Takes Wed PM @ Westridge*) Sherwyn, Sherné

Jaftha Christopher, Angelique, Giovanni

Jaftha Mary, Joshua, Qewin

O'Ryan Reuben & Joyce

Westridge; O'Ryan, Stanley

Adams Lorraine

Adams Marlene

Bailey Helena

Dagnin Roberta

Dagnin Tanya, Aidan

Dzvokora Obvious & Nomvuso, Tanaka, Tinashe

Mervyn Rozina

O'Ryan (*SunAM, Wed; Elder; Elder Sun Am; All meetings; Westgate attends the PM meetings*) Stanley & Sandra

Solomon (*Takes Sun PM*) Edwin & Reyhana, Eva

Bishop Lavis SunPM@17h30; Le Grange, R @Bosch, F

Bosch (*All mtgs; Elder*) Freddie & Betty

Grootboom (*Takes Wed AM*) Aubrey & Florence

Grootboom Robert

Grootboom Vanessa

Lawrence Russel

Le Grange Crystal

Le Grange (*Takes Sun pm*) Reginald

Maxim Trix

Mc Lane Cynthia

Mc Lane Yvonne

Grassy Park S@17h00; O'Ryan, M @ O'Ryan, E

Erasmus Ashleigh & Jodie, Isabella, Luca

Lutzke Bonita, Ruby

O'Ryan (*SunAM, SunPM; Elder; Wed AM*) Evan & Colleen, Jade, Carlyne

O'Ryan Maurice & Josephine

Phillips Michael & Berenice

Sassman (*Wed PM Iona Smith*) Charmaine, Matthew

Sassman (*Wed PM Iona Smith*) Marcello, Daniel

Penhill Estate S@17h30;Cedras, D

Cedras (*SunAM,SunPM;Elder; Sun Pm @ 5pm, Wed PM @ 7pm Ferdinand takes the meeting*) Donavan & Dorothy, Micheala

Dauids Eileen

Mannel Sarah & Pietro, Xenethia

Okkers Wayne & Enseline, Candice, Aiden, Jadon

Samuels Sylvia

Snyder (*unable to attend meetings currently*) Peggy

Solomon Ferdinand & Gertrude

Pinelands S;Williams, V @ Reed, P

Foye Catherine

Green Ursula

Legg Bradley

Meintjes Mia

Morar Maylene

Reed Annette

Reed (*All mtgs;Elder*) Peter & Jacqui, Matthew, Caitlyn, Jonathan

Ruger Denyse

ShungKing Enid

Styan James-Brent, Alexander, Christopher

Van Wyk (*Takes Wed pm @7:30pm*) Christopher & Jenna

Williams (*Takes Sun pm @ 7pm*) Virgil & Vivienne

Platteklouf S@17h30;alt Reed, M & Faul, A @

Du Plessis, P

Du Plessis (*SunAM,SunPM;Elder*) Pieter & Wendy

Dyason (*Takes WedPM*) Stephen

Faul (*Takes SunPM alternates with Michael*) Arno

Faure Muriel

Fevrier (*Wed;Wed PM@7:30*) Juliana

Hall Keith & Molly

Jackson Francine

Jackson Lorraine

Jasson Charlene

Monk Yolandi, Miquel

Reed (*Takes SunPM alternates with Arno*) Michael

14 Plattekloof S@17h30;alt Reed, M & Faul, A @ Du Plessis, P

Van Niekerk Yolandi & Wynand

Van Rooijen Nadia & Erik, Raymond, Gemma, Kayleigh

Plumstead S;Dunn, S 17h30 @ Dunn, S

Brandt Peter

Dunn (*SunPM;Sun PM, Wed pm @ Iona Smith*)Shalim &

Michelle, Sharné, Mikayla

Dunn Thersia

Dyason Janine

Kabamba (*SunAM;Elder*)Theodore & Nicky, Annabelle, Adriel

Renaud Mercia

Swanepoel Lizelle

Vlok Amanda

Rondebosch East S;Nefdt, S @ Cameron, R

Cameron (*SunAM,SunPM;Elder*)Rodney & Alvira

King Earl & Cassandra, Bella, Ava, Chloe, Scott

King Sandra

Martinus André, Cameron, Andrea

Naidoo Rebecca

Nefdt Steven & Shirley

O’Ryan Joanne

O’Ryan Raymond

Weber (*Wed*)Mark

Rosebank House S;Snyder, J

Dick Joyce

Fraser (*not able to attend mtgs*)

Robinson Elizabeth

Snyder (*SunAM;Elder;Wed AM. Mtg in sun room close to Joyce*

*Dick.)*Jeffrey & Shirley

Teixeira Cherryl

Tygerdal SunPM;Abrahams, S 17h30 @

Abrahams, S

Abrahams (*All mtgs;Elder;Elder; All meetings, takes Sun*

AM)Steven & Bronwyn, Jude, Jared

Abrahams (*Takes PM meeting*)Timothy

Camfer Sarah

Dammert Patsy

Ewertse Desiree

Gihwala Jean

Smith Mervyn

Solomon Arlene, Allandore, Cheslin

Volkwyn Pam

Wyngaard Maggie

Westgate S;Solomon, E @ Adonis, Derick

Adams Lorraine

Adams Marlene

Adonis (*SunAM,SunPM;Elder;Elder Sun AM: Takes meeting in Sherwyn's Home*)Derick & Lettie

Burger Yvonne

Daames (*Takes Wed PM @ Westridge*)Sherwyn, Sherné

Dagnin Roberta

Dagnin Tanya, Aidan

Dzvokora Obvious & Nomvuso, Tanaka, Tinashe

Jaftha Christopher, Angelique, Giovanni

Jaftha Mary, Joshua, Qewin

O'Ryan Reuben & Joyce

O'Ryan (*SunAM,Wed;Elder;Elder Sun Am; All meetings; Westgate attends the PM meetings*)Stanley & Sandra

Solomon (*Takes Sun PM*)Edwin & Reyhana, Eva

Wetton S;Duthie, M

Dunn (*SunAM;Elder;Wed AM*)Christopher & Felicity

Duthie (*SunPM*)Marlene

Franke Gerald & Mona

Hermans (*Wed PM*)Louis & Merle

Jaftha Mattie, Bettie, Pauline

Manuel Roslyn

Smith (*Wed PM*)Iona

Bishop Lavis WedAM@10h30;Middleton, T @

Bosch, F

Bosch (*All mtgs;Elder*)Freddie & Betty

Grootboom (*Takes Wed AM*)Aubrey & Florence

Grootboom Robert

Lawrence Russel

Le Grange (*Takes Sun pm*)Reginald

Maxim Trix

Mc Lane Cynthia

Mc Lane Yvonne

Fairways W am@10h30;Dunn, C

Dunn (*SunAM;Elder;Wed AM*)Christopher & Felicity

Duthie (*SunPM*)Marlene

Manuel Roslyn

Renaud Mercia

Sassman (*Wed PM Iona Smith*)Charmaine, Matthew

Vlok Amanda

Grassy Park WedAM@10h30;O'Ryan, E

Erasmus Ashleigh & Jodie, Isabella, Luca

O'Ryan (*SunAM,SunPM;Elder;Wed AM*)Evan & Colleen, Jade, Carlynne

O'Ryan Maurice & Josephine

Phaal Hilary, Erica

Ottery No.1 W;Hermans, L

Dunn (*SunPM;Sun PM, Wed pm @ Iona Smith*)Shalim & Michelle, Sharné, Mikayla

Dunn Thersia

Dyason Janine

Hermans (*Wed PM*)Louis & Merle

Kabamba (*SunAM;Elder*)Theodore & Nicky, Annabelle, Adriel

Swanepoel Lizelle

Ottery No.2 W;Dunn, S @ Smith, I

Brandt Peter

Franke Gerald & Mona

Jaftha Mattie, Bettie, Pauline

Martinus André, Cameron, Andrea

Smith (*Wed PM*)Iona

Penhill Estate W@19h00;Solomon, F @ Cedras, D

Cedras (*SunAM,SunPM;Elder; Sun Pm @ 5pm, Wed PM @ 7pm Ferdinand takes the meeting*)Donavan & Dorothy, Micheala

Dauids Eileen

Mannel Sarah & Pietro, Xenethia

Okkers Wayne & Enseline, Candice, Aiden, Jadon

Samuels Sylvia

Snyder (*unable to attend meetings currently*)Peggy

Solomon Ferdinand & Gertrude

Penlyn Estate W;Weber, M

Cameron (*SunAM,SunPM;Elder*)Rodney & Alvira

King Earl & Cassandra, Bella, Ava, Chloe, Scott

King Sandra

Naidoo Rebecca

Nefdt Steven & Shirley

O’Ryan Joanne

O’Ryan Raymond

Weber (*Wed*)Mark

Pinelands W;van Wyk C @ Reed, P

Foye Catherine

Green Ursula

Legg Bradley

Meintjes Mia

Morar Maylene

Reed Annette

Reed (*All mtgs;Elder*)Peter & Jacqui, Matthew, Caitlyn, Jonathan

Ruger Denyse

ShungKing Enid

Styan James-Brent, Alexander, Christopher

Van Wyk (*Takes Wed pm @7:30pm*)Christopher & Jenna

Williams (*Takes Sun pm @ 7pm*)Virgil & Vivienne

Plattekloof W;Dyason, S @ Fevrier, J

Du Plessis (*SunAM,SunPM;Elder*)Pieter & Wendy

Dyason (*Takes WedPM*)Stephen

Faul (*Takes SunPM alternates with Michael*)Arno

Faure Muriel

Fevrier (*Wed;Wed PM@7:30*)Juliana

Hall Keith & Molly

Jackson Francine

Jackson Lorraine

Jasson Charlene

Monk Yolandi, Miquel

Reed (*Takes SunPM alternates with Arno*)Michael

Van Niekerk Yolandi & Wynand

Van Rooijen Nadia & Erik, Raymond, Gemma, Kayleigh

Rosebank House W am;Snyder, J

Dick Joyce

Fraser *(not able to attend mtgs)*

Robinson Elizabeth

Snyder *(SunAM;Elder;Wed AM. Mtg in sun room close to Joyce*

Dick.)Jeffrey & Shirley

Teixeira Cherryl

Tygerdal WedPM;19h00 @ Abrahams, S

Abrahams *(All mtgs;Elder;Elder; All meetings, takes Sun AM)Steven & Bronwyn, Jude, Jared*

Abrahams *(Takes PM meeting)Timothy*

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Dammert Patsy

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