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COMMUNITY MAGAZINE

June 2026
Issue No. 3



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THE BAY PORTFOLIO

COMMUNITY MAGAZINE

Welcome FROM THE EDITOR

THE CURIOUS SPEED OF TIME

Can you believe we're already in June?

It feels as though we were just welcoming a new year, making plans, setting goals, and wondering what 2026 might bring. Yet here we are, halfway through the year already.

It does make one wonder: does time really go by faster as we get older? Or is it because our lives are busier than ever? Perhaps it's the constant flow of information, notifications, commitments, and events that makes the days seem shorter and the weeks disappear in the blink of an eye.

Are we so focused on what's coming next that we're unintentionally wishing our days away? Or is there something else at play entirely?

When we are younger, everything feels new. New experiences, new places, new milestones. As we get older, many of our days begin to follow familiar patterns, and perhaps that familiarity causes time to feel



as though it is accelerating. Before we know it, another month has passed and another season is upon us.

At the same time, we live in an age where life rarely slows down. We are constantly connected, constantly informed, and constantly moving from one task to the next. There is always another email to answer, another meeting to attend, another item on the to-do list. It is little wonder that so many of us find ourselves asking, "Where did the time go?" Maybe the answer is not to try and slow time down, but rather to become more present within it. To appreciate the ordinary moments that often pass unnoticed - the morning coffee, a conversation with a friend, a walk along the beachfront, or the simple satisfaction of a job well done. These are often the moments that end up meaning the most.

"Perhaps the secret is not to slow time down, but to fill it with moments worth remembering."

June offers a good opportunity to pause and take stock of the year so far. To celebrate the wins, learn from the challenges, and appreciate the people, businesses, and communities that continue to make our region such a vibrant place to live and work.

THANK YOU

As always, this edition of The Bay Portfolio is filled with inspiring stories, local businesses, and interesting people who are making a difference in our community. We hope you enjoy reading it as much as we enjoyed putting it together.

Here's to making the most of the months ahead - and to ensuring that while time may continue to fly, we take the opportunity to enjoy the journey.

Warm regards,

Shelley



Shelley Donaldson

Editor & Designer

info@thebayportfolio.com

Celebrating the city we live in!



THE BAY

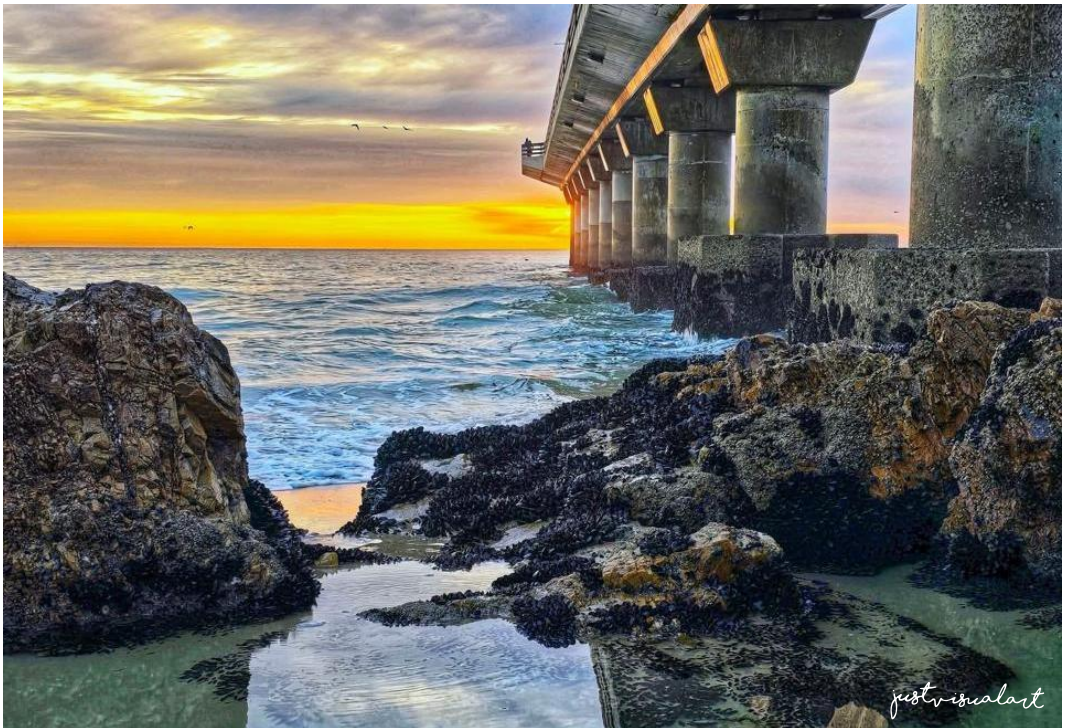
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Keep an eye out for The Bay Portfolio QR code popping up around the city!

Wherever you spot it - in cafés, shops, or community spaces - simply open your phone's camera, scan the code, and the latest edition will appear right on your screen. It's the quickest, easiest way to stay connected with local stories, businesses, and everything happening across The Bay.





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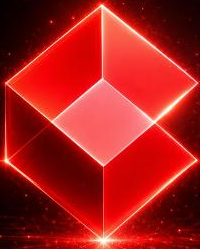
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At its core, The Bay Portfolio is designed to make life in The Bay simpler. It hopes to bring businesses and community information together in one easy-to-use space.

What makes this magazine truly powerful is that it's digital. That means everything you see here is interactive. Just tap, click, or follow the link - and you're where you need to be.

See a highlighted email address?

Click it, and your email app opens instantly.

Spot a highlighted website link?

One tap takes you straight to the business's homepage.

Want to follow a business on social media?

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Every advert can become a direct gateway - to a booking page, a competition entry, an online store, even a video showcase. Businesses can link to specials, promotions, event registrations, and more, all with one simple action from you.

This magazine won't be something you simply read; it'll be something you USE.

That's the power of a digital community magazine. It doesn't just showcase local businesses - it connects you to them instantly. For readers, it creates convenience. And in marketing, convenience drives response.

So explore, click, interact, visit, book, follow... Enjoy the possibilities - and enjoy The Bay Portfolio.



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**CELEBRATING 30 YEARS OF
SAVING LIVES:
GARDMED AMBULANCE SERVICE
MARKS A REMARKABLE MILESTONE**

For 3 decades, Gardmed Ambulance Service has been a trusted name in emergency medical care across PE and the Eastern Cape. As the company celebrates its 30th anniversary in 2026, it reflects not only on its growth as a business but also on the countless lives supported and saved along the way.

Founded in 1996 by Dave Gardner as a single-ambulance operation in Port Elizabeth, Gardmed began with a simple but powerful mission: to provide professional, compassionate emergency medical care to those in need. Over the years, that vision has evolved into one of the Eastern Cape's leading private ambulance services, serving communities throughout the province.

Today, Gardmed proudly cares for the Eastern Cape by having 9 branches, a team of highly qualified and trained medical professionals and a fleet of more than 53 emergency vehicles. Over the past 30 years, Gardmed has transported more than 305000 patients and continues to play a vital role in the region's healthcare landscape with its 24-hour emergency response.

What sets Gardmed apart is its unwavering commitment to patient care. Whether responding to motor vehicle accidents, workplace injuries, medical emergencies, sporting events, or community gatherings, the Gardmed team understands that every second counts. Their motto, "Time is Life," reflects the urgency, professionalism, and compassion that have become synonymous with the Gardmed name.

Over the years, the company has continually invested in its people, technology, and infrastructure to ensure that patients receive the highest standard of care. Its advanced life support capabilities, highly qualified staff, and state-of-the-art control room have earned Gardmed a reputation for excellence throughout the province.

Beyond emergency response, Gardmed has expanded its services to include workplace injury management, event medical support, first aid training, and occupational health solutions. This holistic approach has enabled the company to support businesses, organisations, and communities in creating safer environments while remaining prepared for emergencies when they arise.

Reaching a 30-year milestone is no small achievement in any industry, but especially in one that demands dedication, resilience, and an unwavering commitment to serving others. Behind every call answered and every patient transported is a team of dedicated professionals who have worked tirelessly, often under challenging circumstances, to make a difference when it matters most.

GARDMED
AMBULANCE SERVICE

As Gardmed celebrates this significant anniversary, it also looks ahead to the future. With healthcare and emergency medical services continuing to evolve, the company remains committed to embracing innovation while maintaining the personal care and community focus that have been the foundation of its success since 1996.

CONGRATULATIONS

to Dave Gardner and the entire Gardmed team on 30 years of outstanding service. Their contribution to the health, safety, and wellbeing of the people of the Eastern Cape is a legacy worth celebrating, and one that continues to make a lasting impact every day.



Dave Gardner - Owner and Founder



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Vernon Smith Jr.

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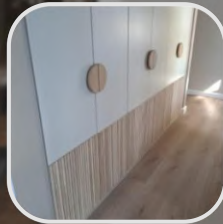
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Chamber's risk management desk marks one year of driving resilience and disaster preparedness in The Bay



Chief Executive Officer of the Chamber, Denise van Huyssteen, said the recent flooding demonstrated the growing importance of coordinated partnerships and rapid response mechanisms in strengthening resilience across the metro.

The Nelson Mandela Bay Business Chamber's Risk Management Desk marked its first anniversary in May, celebrating a year of coordinated action, strategic partnerships and practical interventions aimed at strengthening resilience, disaster preparedness and business continuity across the metro.

The milestone follows the recent floods that battered Nelson Mandela Bay, severely disrupting businesses, damaging infrastructure and affecting communities across the metro, while reinforcing the urgent need for coordinated disaster preparedness and proactive risk management.

During the flooding crisis, the Chamber's Risk Management Desk worked closely with disaster response experts Gift of the Givers, businesses, municipal structures and disaster management stakeholders to provide strategic support, communication and accurate information relating to high-risk areas, vulnerable infrastructure and precautionary measures required to minimise disruption.

"During the recent flooding disaster, the Risk Management Desk played an important role in supporting the business community with accurate risk information, coordinated stakeholder engagement and real-time communication to minimise disruption and improve preparedness," said van Huyssteen.

"The recent floods reinforced the importance of having structures in place that can rapidly mobilise information, facilitate collaboration and support informed decision-making during times of crisis."

Van Huyssteen also commended humanitarian organisation Gift of the Givers for the critical support it provided during the flooding disaster.

"We commend They played a key role on the ground in supporting the crisis through their rapid mobilisation of teams, humanitarian assistance and critical resources to affected communities and strengthening relief efforts across the metro," she said.

Launched in May 2025 in partnership with Hollard and Santam, the Risk Management Desk was established to proactively identify, mitigate and manage risks threatening business operations, critical infrastructure and community safety across Nelson Mandela Bay.

Over the past year, the Desk has evolved into an active role-player within the metro's broader resilience and disaster management framework, while strengthening collaboration between business, government and technical stakeholders.

From the outset, the Desk's mandate has focused on addressing major risk contributors across the metro, including flooding, stormwater infrastructure failures, illegal dumping, fire risks, invasive alien vegetation and vulnerable infrastructure systems.

Together with the Chamber's 11 Geographic Business Clusters, the Risk Management Desk has prioritised interventions aimed at protecting vulnerable pumpstations to prevent sewerage spills, safeguard the environment and support business continuity.

Several businesses and clusters have already implemented security and monitoring measures at vulnerable sites, including camera surveillance, fencing, patrols and lighting upgrades. From the outset, the Desk has also maintained a close working relationship with Supporting Fire Services NPC, based in Cape Town, due to shared strategic partners. Supporting Fire Services' mandate extends nationally, while the Risk Management Desk provides a local implementation footprint for projects within Nelson Mandela Bay.

Among its key achievements over the past year, the Desk has:

- Implemented GIS mapping to identify and monitor key risk areas across the metro.
- Rolled out the Adopt-a-Pumpstation initiative, with seven pumpstations adopted to date.
- Relunched Phase 2 of the Adopt-a-School programme, with 35 schools adopted to date.
- Launched the first Risk and Resilience MSME Programme.
- Initiated invasive alien plant clearing projects through business clusters.
- Coordinated large-scale clean-up projects in partnership with the Nelson Mandela Bay Municipality.
- Placed 17 YES programme participants with three NPOs in partnership with Hollard.
- Collected more than 20 000 bags of litter through the YES programme.
- Hosted three insight sessions aimed at creating awareness among Chamber members.

Van Huyssteen said the success of the Risk Management Desk reflects the value of strong partnerships in addressing the risks facing Nelson Mandela Bay.

“The support from Hollard and Santam has enabled the Risk Management Desk to move beyond discussion into meaningful action and practical intervention,” she said.

“Building resilience requires sustained collaboration and long-term commitment. The progress made over the past year demonstrates what can be achieved when business, government and stakeholders work together around shared challenges and solutions.”

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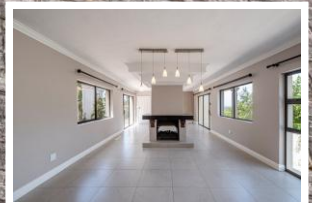
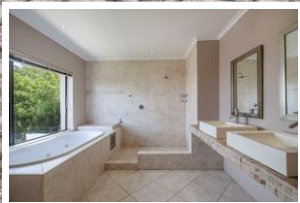
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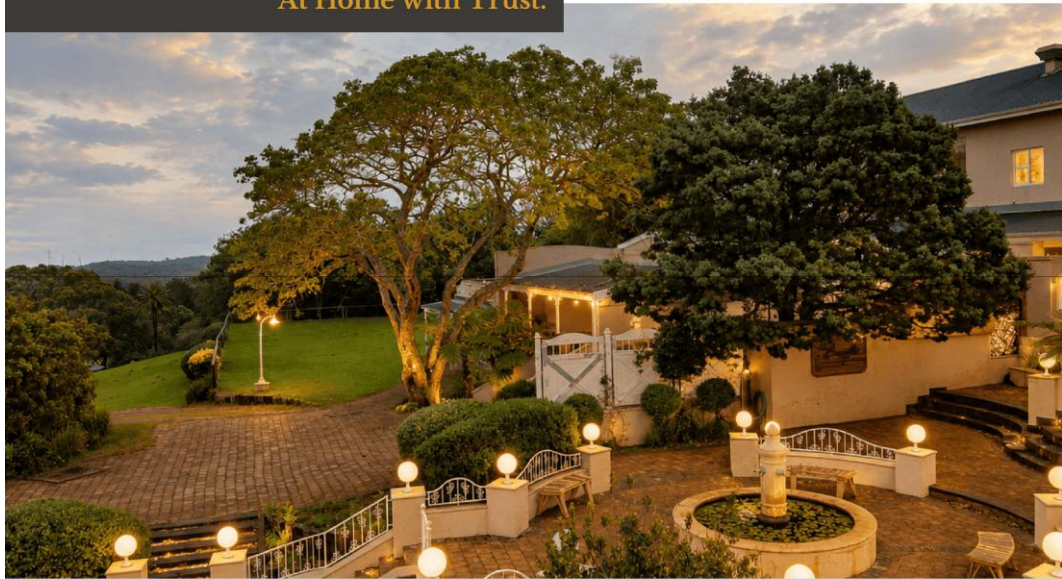
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TIME TO THINK AT THE BEGINNING OF THE SECOND QUARTER

by Liska Muller

June marks the beginning of the second quarter of the financial year. It is a natural moment for business owners to pause, not because something has gone wrong, but because every healthy business needs regular time to think.

In the busyness of running a business, thinking can easily become the first thing to disappear. There are clients to serve, staff to manage, invoices to send, suppliers to pay, decisions to make and fires to put out. Many business owners are constantly moving, constantly responding, constantly holding things together. But movement is not always progress.

Nancy Kline's work on creating a "thinking environment" reminds us that good thinking needs space. It needs attention. It needs the chance to slow down enough for clarity to emerge. In business, this kind of thinking is not a luxury. It is a leadership discipline.

At the beginning of the second quarter, it is a useful time to ask these following questions:

Are we still clear about where we are going?

Is our cash flow healthy enough to support our plans?

Are our goals realistic, measurable and still meaningful?

Are we leading the business, or simply reacting to it?

Strategic planning is really structured thinking. It helps a business owner step back from the day-to-day pressure and look at the business as a whole. Where are we growing? Where are we leaking energy, money or time? What needs to change? What must we protect? What opportunity is asking for our attention?

Cash flow planning is another form of thinking ahead. Many businesses experience stress not because they are failing, but because money is not flowing at the right time. A budget gives the owner a clearer picture of the months ahead. It allows for better decisions, fewer surprises and a greater sense of steadiness.

Goal-setting also matters. Clear goals give direction. Measurable goals create accountability. Shared goals help a team move together. Without goals, a business can become very busy without becoming stronger.

In my work with business owners, I have seen how deeply connected the business and the person leading it really are. When the business feels chaotic, the owner often feels anxious, lonely or overwhelmed. When the business has rhythm, structure and direction, the owner often begins to feel more grounded and hopeful again.

This is part of what I love about coaching. At its best, coaching creates time to think. It offers a space where business owners can step out of the noise, tell the truth about what is happening, clarify what matters, and begin to make wiser decisions. It is not only about business growth, although growth matters deeply.

It is also about helping people grow in courage, clarity and confidence as they lead.

A business is never just a financial machine. It is a living system made up of people, relationships, decisions, habits, pressures and hopes. To lead it well, the owner needs more than effort. They need perspective. So, as we enter the second quarter, perhaps the invitation is simple...

Take time to think. Look carefully at the numbers. Revisit the goals. Listen to what the business is telling you. And give yourself the space to lead the next season with greater clarity, steadiness and intention.



“Good thinking needs space.

It needs attention. It needs the chance to slow down enough for clarity to emerge. In business, this kind of thinking is not a luxury.

It is a leadership discipline.”

LISKA Muller
PSYCHOLOGY & COACHING



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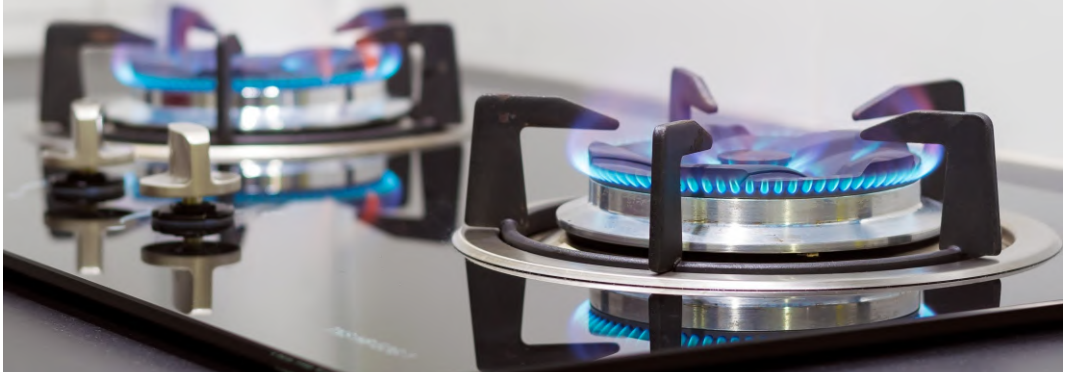


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Featured LOCAL SPOTLIGHT – PUMBA GAME RESERVE

Pumba Private Game Reserve has a fascinating story that combines history, conservation, and luxury eco-tourism. The land on which Pumba stands today was originally part of the historic Zuurveld region of the Eastern Cape - an area once inhabited by the Khoi pastoral people and later caught in the conflict between expanding colonial settlers and Xhosa communities during the Frontier Wars of the early 1800s. The original farm, called Cariega, was surveyed in 1813 and granted to the Voortrekker leader Piet Retief before being subdivided over generations into smaller farming properties.

After years of agricultural use, much of the indigenous wildlife and natural vegetation had disappeared. The vision for restoring the land came from Eastern Cape-born hotelier Trevor Lombard and wildlife enthusiast Dale Howarth, who conceived the idea of creating a luxury private game reserve that would also rehabilitate the environment. Their dream became reality when Pumba officially opened in July 2004. One of the reserve's biggest achievements was the ecological restoration of the area. Former farmland was gradually transformed back into natural bushveld, with fences, invasive farming infrastructure, and degraded land rehabilitated.





Wildlife species that had vanished from the region for nearly two centuries were reintroduced, including the Big Five - lion, leopard, rhino, elephant, and buffalo - as well as cheetah, hippo, hyena, and numerous antelope species. Pumba became especially famous for its rare white lions. These lions hold spiritual significance in African folklore, particularly amongst the Shangaan traditions, where they are regarded as sacred animals symbolising peace, wisdom, and prosperity. Pumba is one of the few reserves in South Africa where visitors can see free-roaming white lions in a natural setting.

Beyond tourism, Pumba has positioned itself as a community-development

and conservation project. The reserve created jobs in the surrounding Seven Fountains area and established the Pumba Foundation, which supports conservation, education, and social upliftment initiatives in nearby communities. This has become an important part of the reserve's identity, especially in one of South Africa's poorest provinces.

Today, Pumba is known as one of the Eastern Cape's premier malaria-free safari destinations, combining luxury lodges with wildlife conservation and historical heritage. It sits near Makhanda (formerly Grahamstown) and forms part of a broader conservation landscape in the region.



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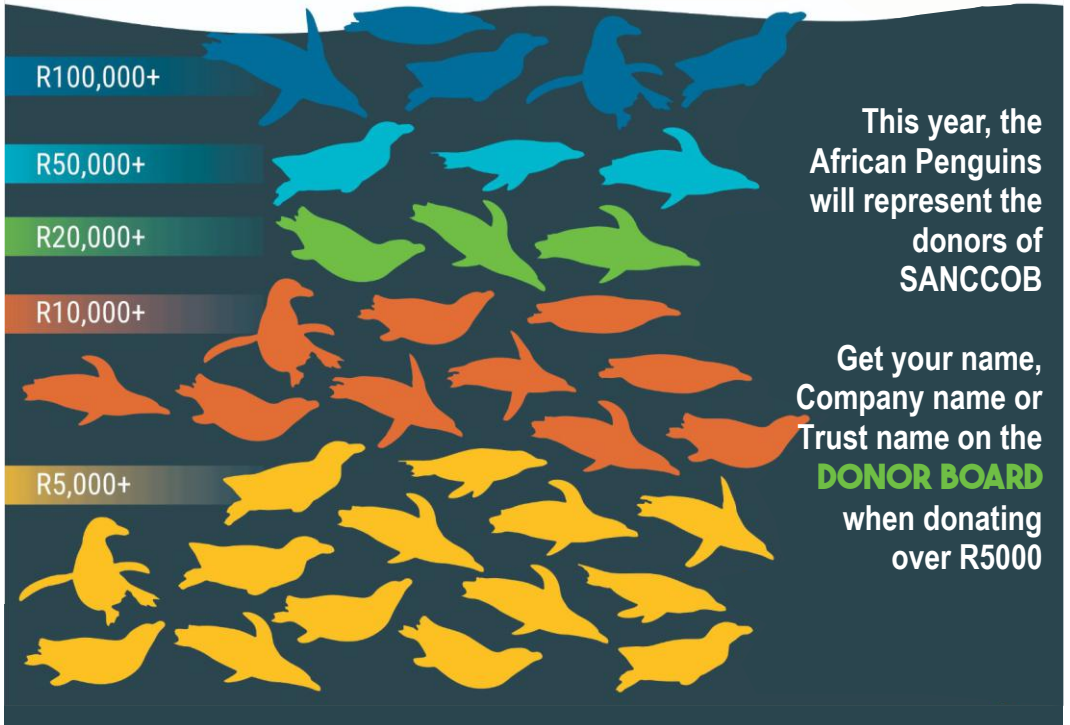




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Thank You – for making difference!



June 2026 Tide Table - Port Elizabeth

Spring Tide
16 June 04:18
Lowest Tide
16 June 10:31

Moon Phases

8 Monday
3rd Quarter



15 Monday
New Moon



21 Sunday
1st Quarter



30 Tuesday
Full Moon



	DATE	1 ST TIDE	2 ND TIDE	3 RD TIDE	4 TH TIDE	SUNRISE	SUNSET
01	MONDAY	03:59 H	10:11 L	16:23 H	22:22 L	07:14	17:16
02	TUESDAY	04:31 H	10:42 L	16:55 H	22:56 L	07:14	17:16
03	WEDNESDAY	05:03 H	11:14 L	17:29 H	23:32 L	07:15	17:15
04	THURSDAY	05:36 H	11:47 L	18:05 H	00:10 L	07:15	17:15
05	FRIDAY	06:12 H	12:23 L	18:46 H	00:53 L	07:16	17:15
06	SATURDAY	06:52 H	13:04 L	19:32 H	01:44 L	07:16	17:15
07	SUNDAY	07:42 H	13:54 L	20:29 H	02:00 L	07:17	17:15
08	MONDAY	02:48 L	08:46 H	14:58 L	21:38 H	07:17	17:15
09	TUESDAY	04:03 L	10:04 H	16:14 L	22:53 H	07:18	17:15
10	WEDNESDAY	05:20 L	11:24 H	17:30 L	00:02 H	07:18	17:14
11	THURSDAY	06:26 L	12:34 H	18:38 L	01:02 H	07:19	17:14
12	FRIDAY	07:23 L	13:33 H	19:36 L	01:56 H	07:19	17:14
13	SATURDAY	08:13 L	14:25 H	20:29 L	02:00 H	07:20	17:15
14	SUNDAY	02:45 H	09:01 L	15:15 H	21:19 L	07:20	17:15
15	MONDAY	03:32 H	09:46 L	16:02 H	22:07 L	07:20	17:15
16	TUESDAY	04:18 H	10:31 L	16:48 H	22:54 L	07:21	17:15
17	WEDNESDAY	05:02 H	11:15 L	17:34 H	23:40 L	07:21	17:15
18	THURSDAY	05:47 H	11:59 L	18:20 H	00:28 L	07:21	17:15
19	FRIDAY	06:32 H	12:43 L	19:06 H	01:17 L	07:22	17:15
20	SATURDAY	07:20 H	13:29 L	19:56 H	02:00 L	07:22	17:15
21	SUNDAY	02:09 L	08:11 H	14:20 L	20:51 H	07:22	17:16
22	MONDAY	03:10 L	09:11 H	15:18 L	21:54 H	07:22	17:16
23	TUESDAY	04:20 L	10:23 H	16:27 L	23:04 H	07:23	17:16
24	WEDNESDAY	05:36 L	11:42 H	17:42 L	00:13 H	07:23	17:16
25	THURSDAY	06:43 L	12:51 H	18:48 L	01:11 H	07:23	17:17
26	FRIDAY	07:36 L	13:46 H	19:42 L	01:59 H	07:23	17:17
27	SATURDAY	08:20 L	14:31 H	20:27 L	02:00 H	07:23	17:17
28	SUNDAY	02:40 H	08:57 L	15:09 H	21:08 L	07:23	17:18
29	MONDAY	03:17 H	09:32 L	15:45 H	21:45 L	07:23	17:18
30	TUESDAY	03:52 H	10:04 L	16:19 H	22:20 L	07:23	17:18

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TURNING PLASTIC WASTE INTO OPPORTUNITY

World Environment Day, celebrated annually on 5 June, shines a spotlight on one of the planet's most pressing environmental challenges – plastic pollution. The 2026 campaign calls for urgent action to strengthen global recycling systems, support sustainable alternatives, and encourage individuals and businesses to see plastic not as waste, but as a valuable resource that can be reused and recycled.

Globally, an estimated 400 million tons of plastic are produced every year, with much of it derived from fossil fuels. Unfortunately, a significant portion ends up in landfills, waterways, and natural environments, causing long-term damage to ecosystems and wildlife. This year's campaign promotes the development of a circular economy, where plastic materials are kept in use for as long as possible through recycling, repurposing, and innovation.

For residents and businesses in Port Elizabeth, making a positive impact can start with simple everyday actions. Households can separate recyclable plastics from general waste, rinse containers before disposal, and make use of local recycling collection services and drop-off points.

Choosing reusable shopping bags, water bottles, and food containers can also significantly reduce single-use plastic consumption.



Businesses have an equally important role to play. Offices, restaurants, retailers, and manufacturers can introduce recycling stations, educate staff on proper waste separation, reduce unnecessary plastic packaging, and partner with local recycling companies to ensure recyclable materials stay within the recycling stream. Even small changes, when adopted consistently, can make a substantial difference.

World Environment Day reminds us that environmental responsibility is not solely the job of governments or large corporations. Every bottle recycled, every piece of plastic correctly separated, and every sustainable choice contributes to a cleaner, healthier future. By working together as a community, we should all play a part in reducing plastic pollution and helping to create a more sustainable South Africa for generations to come.

If half of South Africa's plastic is collected... why is only 25% actually recycled?



South Africa consumes around **2 million tons** of plastic every year.



SO WHAT'S GOING WRONG?

A large portion of (collected) plastic is still lost to landfill due to:



Contamination



Low value plastics or difficulties during processing



Lack of separation and awareness at source



Infrastructure and capacity



WHEN THE SYSTEM WORKS

plastic waste goes through these processes:



SORTING



WASHING



SHREDDING



GRANULATION



PELLETIZING



SOLD TO MANUFACTURERS to create new durable products

Then plastic waste isn't the end of the cycle—
Recycling creates the next one.



WORLD ENVIRONMENT DAY
5 JUNE 2026

Reduce. Reuse.
Recycle. Restore.

A local recycling company playing an important role in creating a more sustainable future in Port Elizabeth is Bretcor Recycling.

Established as part of the Bretcor Group, the company has built a strong reputation in the plastics industry and operates a dedicated plastic recycling division that helps businesses divert valuable plastic waste from landfill. Based in Deal Party, Bretcor specialises in collecting, sorting, processing and recycling a wide range of hard plastic materials, transforming waste into reusable raw materials for South African manufacturers.

For businesses, partnering with Bretcor offers both environmental and financial benefits. Companies with redundant plastic products, offcuts, packaging materials, damaged stock, plastic drums, crates, piping or manufacturing waste can arrange for collection or delivery to the facility. Bretcor assesses the material, provides market-related pricing and processes the plastic through its recycling system, ensuring that valuable resources are returned to the manufacturing supply chain rather than ending up in landfill.

The process is simple and transparent. Materials are assessed, sorted, weighed, paid for and processed before being recycled into raw

material for products that can be used again and again. This not only helps businesses improve their environmental footprint but can also contribute towards sustainability goals and waste reduction initiatives.

As World Environment Day highlights the importance of building a circular economy, companies across Nelson Mandela Bay have an opportunity to view plastic waste differently. By partnering with local recyclers such as Bretcor Recycling, businesses can play an active role in reducing pollution, conserving resources and creating a cleaner, greener future for generations



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-  072 564 5677 - WhatsApp
-  info@bretcor.co.za
-  www.bretcor.co.za
-  Bretcor Recycling
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BRINGING HOPE, WARMTH AND DIGNITY TO THOSE WHO NEED IT MOST

In a world where many people are facing daily challenges simply to put food on the table or keep their families warm, organisations like Love Story continue to make a remarkable difference in the lives of vulnerable children and families across Gqeberha. Founded on the belief that every person deserves to experience love, dignity and hope, Love Story has become a beacon of compassion in our community. The organisation works tirelessly to support children and families living in difficult circumstances through a variety of outreach programmes, feeding initiatives and practical support projects aimed at improving lives and strengthening communities. Over the years, Love Story has touched countless lives by providing meals, educational support, mentorship and essential care to those who need it most.

Their work extends beyond simply meeting immediate needs - they strive to build meaningful relationships and create lasting change within the communities they serve.

Responding to a growing need following the recent heavy rains, storms and flooding experienced across the Nelson Mandela Bay region, many families have been left facing even greater hardships. Homes have been damaged, belongings lost and many parents are struggling to provide the basic necessities needed to keep their children warm during the cold winter months. As temperatures continue to drop, Love Story has launched an urgent appeal to help ensure that no child has to face winter without warmth, comfort and nourishment.

The organisation is calling on individuals, families and businesses to support its "Keep a Child Warm This Winter" campaign by donating essential winter items, including:

- **Blankets**
- **Beanies and warm clothing**
- **Jackets**
- **Shoes and socks**

These simple items can make an enormous difference to a child facing cold conditions and difficult circumstances.

HOW YOU CAN HELP

Community support has always been at the heart of Love Story's success, and now more than ever, they need the assistance of caring residents and local businesses.

Whether you donate a new blanket, contribute warm clothing, sponsor a collection drive at your workplace or make a financial donation towards feeding and support programmes, every contribution helps bring relief to families who are struggling. Winter can be an especially difficult season for vulnerable children, but together we can help ensure that they remain warm, cared for and hopeful despite the challenges they face.

The recent flooding has reminded us all how quickly circumstances can change. By supporting Love Story, you can help provide not only practical assistance but also a powerful message that our community cares.

As the organisation's name suggests, every act of kindness becomes part of a much bigger story - a story of hope compassion and generosity. Together, we can help keep a child warm, fed and hopeful this winter.

To find out more about Love Story, to make a donation or to contribute to their winter drive, visit their social media platforms or contact the organisation directly.

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Love
STORY
GO AND DO THE SAME
WINTER 2021



go and do the same

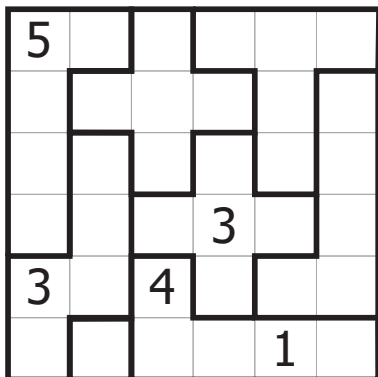
You
can keep a
child
warm this
winter

Love
STORY
GO AND DO THE SAME

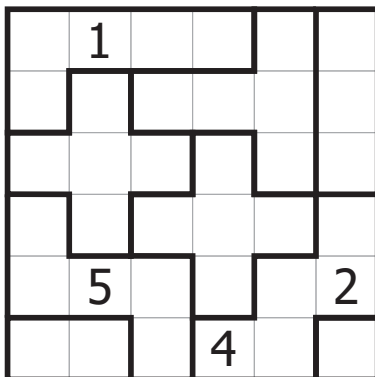
A close-up of a young girl smiling, wearing a thick, colorful knitted scarf in shades of purple, green, yellow, and pink. The background is dark and textured.

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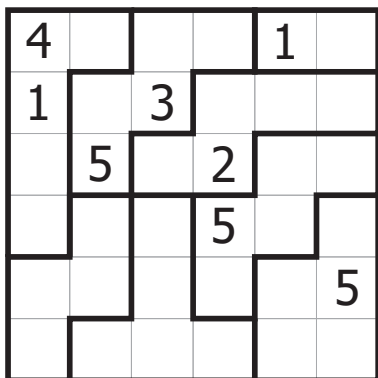
Suguru #1



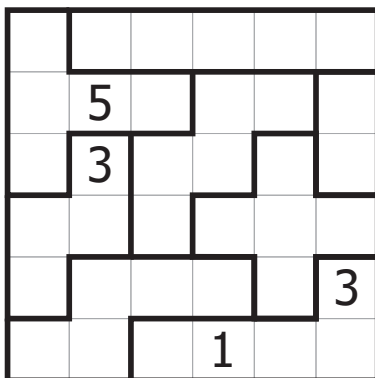
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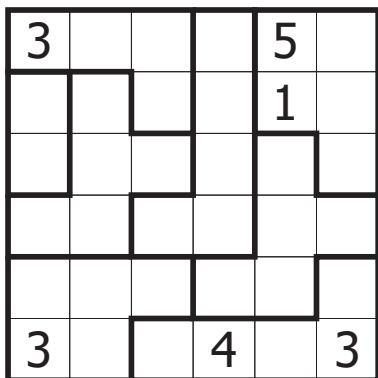
Suguru #3



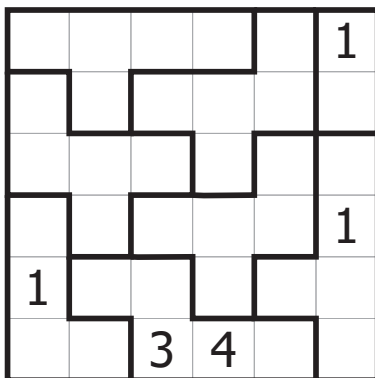
Suguru #4



Suguru #5



Suguru #6



Fill each block within the bold grid with a unique digit, counting up from 1. So a 2-square block contains the numbers 1 and 2 and a 5-square block contains the numbers 1 to 5. Adjacent (touching cells may never contain the same number, including diagonally adjacent cells)



THE BAY

PORTFOLIO

COMMUNITY MAGAZINE

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Do you own a small business in The Bay? We'd love to include you! For an introductory rate of just **R175 per card**, you can promote your services in our Business Card Directory and connect with local residents and businesses who are already searching for what you offer.

From plumbers, handymen and mechanics to beauty therapists, hairdressers, bakers, dressmakers, photographers - and every service provider in between - we're here to help you get seen.

As the directory grows, we'll begin organising cards into clear categories, making it even easier for readers to find you quickly and effortlessly.

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