MBANGO VALLEY ASSOCIATION

MBANGO CHRONICLE

CONNECTING OUR COMMUNITY

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COMMUNITY NEWS

A reason to celebrate.

Mbango Valley Association takes first place in the 2026 Best of South Coast Readers' Choice Awards for Best Retirement / Frail Care Facility.

A heartfelt thank-you to everyone who voted and helped celebrate our community.



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Blue Zones, connection and everyday wellbeing

MVA Takes First Place!

Best of South Coast Readers’ Choice Awards 2026

I’m sure you’re all aware that we took first place in the Best of South Coast nominees, with Hibiscus Retirement Village coming second, and The Vales making third place.

A COMMUNITY FAVOURITE

This award celebrates the businesses and organisations that make the South Coast a special place to live.



How the Best of South Coast Works

The Best of South Coast is a community-based competition that recognises and celebrates outstanding local businesses on the South Coast. It allows residents and visitors to show their support for their favourite businesses.

Eligible nominated businesses are placed on the voting list. The public votes for their chosen business in each category. Each person may vote only once per sub-category.

Businesses can encourage their customers to vote, but voting must be voluntary. Prizes or incentives in exchange for votes are not allowed.

The business receiving the highest number of valid votes in each category wins. Votes are audited and checked to ensure fairness and prevent fraudulent voting. Results are announced once voting has closed and the votes have been verified.

Winning businesses receive recognition as community favourites and can display the Best of South Coast logo for the current year.

The competition is a wonderful way for the South Coast community to support local businesses and entrepreneurs, recognise good service and quality products, and celebrate the businesses that make the South Coast a special place to live and visit.

Thank you to all who participated in the voting. With Mbango Valley Association offering so much, we can all be proud to be a part of it!

Reference: Best of South Africa, Best of South Coast FAQ (as cited in original).

WELLBEING & LIFESTYLE

The Secrets of a Long and Healthy Life

Having written about Blue Zones on several occasions, I promised you an article after the talk that Dr Ntshalintshali gave where he mentioned it.

Around the world, more people are living to the age of 100 and beyond. Better hygiene, access to clean water, improved nutrition and advances in healthcare have all contributed to longer lives, although genetics plays a role too. In areas where people live past 100, it’s not only about living longer; they also strive for quality of life.



THE BLUE ZONES

Regions around the world known for unusually high numbers of people living to 100 or beyond.

Across different cultures, common themes include everyday movement, nutritious food and social connection.

Habits that support living well

Nourishing food

Fresh vegetables, beans, lentils, whole grains, nuts and seasonal produce feature in many of these diets.

Everyday movement

Gardening, walking, cooking and other daily tasks help people remain active and independent.

Meaningful connection

Family, friendship, community involvement and a sense of purpose are important recurring themes.

Continued in the full issue: Okinawa, Ikaria, Nicoya, Loma Linda and practical ways to bring these habits into everyday life at Mbango Valley.