



RESIDENTS

2nd	Meryl Bodill
3rd	Horace Bramwell
3rd	Quinton Dick
3rd	Helen Thompson
3rd	Gillian Uys
8th	Ricardo Rodrigues
9th	Lyn Kolesky
9th	Elisabeth Milln
10th	Gwynn Crothall
13th	Jos Jones
15th	Marian Cleugh
17th	Martin Leonard
19th	Roy Spavins
23rd	Jean Bothomley
23rd	Tessa Chunnett
26th	Mary Thackwray
27th	Ted Gilfillan

STAFF

3rd	Vuyo Msesiwe
5th	Rosetta Whiteboy
12th	Yandiswa Zondani
15th	Erica Botha
16th	Naydeen Hilpert
19th	Johanna De Wet
20th	Kangelwa Ndiyana
21st	Mzukisi Chotsheni
28th	Qondile Mthwalo



- 6 May Park Walk 08.00 for 08.30 starting at Hibiscus Room
- 12 May U3A in Don Powis Hall 16.00 for 16.30
Heather Howard: Nostalgia Unplugged: 60 Years in the Kowie
- 18 May Residents Meeting in Don Powis Hall at 2.30pm
- 19 May LAHS in Don Powis Hall 9.30 for 10am

Chirag Patel: Forged on the Frontier (1818-1849) The unbelievable true story of history's strangest character, Norton I. Long before he became Emperor of the United States, Joshua Norton won his place in history as one of the 1820 Settlers, in the British colonialisation of the Cape Colony, in today's South Africa.

- 20 May SETTLERS PARK BRIDGE DRIVE (see page 9)
- 21 May 100 Club draw in the evening at Glen's Den
- 26 May U3A Meeting 9.30 for 10am in Don Powis Hall

Prof Donald Kurtz: The Stars are Ours! "What good is astronomy?" Through colourful historical anecdotes and science this talk leads from a lonely death in a cold stone tower over 400 years ago to the discovery of the ultimate energy source for humanity - the biggest payoff of all time. Hear stories of wealth and poverty, castles and dungeons, kings and princes, sailors, sea battles and voyages of discovery as we look back at the improbable, unpredictable path that gave us the /Power of the Stars/.

Note: Medolino Farmers Market takes place on the last Saturday of each month

RAIN
72 mm in April

6th Leslie-Anne & Ivor Phillips

Best wishes to all those not on the lists who are celebrating birthdays and anniversaries in May

REGULAR MONTHLY ACTIVITIES

BUS TO TOWN - Office 200

Wednesday 8.00am

LIBRARY - 505

Wednesday & Friday 09.30 am - Noon

CLINIC - 201

Tues & Thurs 8.00 am — 10.00 am

GLEN'S DEN - Colin 389

Wednesday 5.00 pm

Saturday 5.30 pm

TRUST SHOP - Brian 400

Tuesday & Friday 9.00 am - Noon

Goods may be delivered on any of these days

PAINTING CIRCLE in Don Powis Hall - Martie Truscott 253

Tuesday 9.00 am

AEROBICS - Martie 046 624 1667

Monday 8.15 am

Thursday 8.15 am

MARTIE'S STRETCH & TONE CLASS

Wednesday 8.00 am in Don Powis Hall

SHORT MAT BOWLS - Eddie 453

Monday 3.00 - 5.00 pm

SCOTTISH DANCING - Trish M. 444

Wednesday 5.30 - 7.00 pm

MEN'S TABLE TENNIS - Robert 445

Wednesday 2.30 pm

Saturday 9.30 am

LADIES TABLE TENNIS - Trish 415

Tuesday 3.00 pm

PA ART CLUB in Don Powis Hall

1st Thursday of month 9.30am

PA BRIDGE CLUB - Bronwyn 083 708 3475 or Emil 072 603 0654

Friday 9.00am

AQUA AEROBICS - Ron Quin 422

Tues & Thurs 9.00, 9.30 & 10am (rehab)

Lower Albany Historical Society (LAHS)

Meetings - Gwynn 441

3rd Thursday of the month 9.30 for 10am

U3A MEETINGS - Gwynn 441

2nd Thursday of the month at 16:00 for 16:30

4th Thursday of every month 9.30 for 10am

INTERDENOMINATIONAL CHURCH SERVICE

Thursdays at 3pm in Don Powis Hall

5 May Rev Brian Mona Anglican

12 May Pastor Josh de Wit Baptist

19 May Isabeau Human Grace & Truth

26 May Kathy Cutter Grace and Truth

Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE

Private Bag 2125, PORT ALFRED, 6170

Tel. 046-604-0200 - Fax 046-624-4618

E-mail: info@settlerspark.co.za - Web Site: www.settlerspark.co.za



It was in 1907 that, in memory of her mother Ann Jarvis, Anna Jarvis held the first Mother's Day service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia.

Anna Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War

Anna Jarvis specifically noted that "Mother's" should "be a singular possessive, for each family to honour its own mother, not a plural possessive commemorating all mothers in the world."

Hooray for the Social & Events Committee!



BRIDGE

Practise your bidding
For details see page 9



Dance the night away

For details see page 10

Waltz

Fox trot

Cha Cha

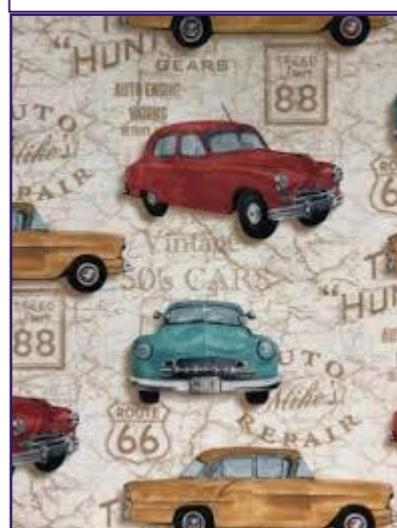
Rumba

Mambo

Swing

Tango

Beautiful old cars
For details see page 11



And there is more to come
WATCH THIS SPACE!!

The Chairman's Chat

At the outset I am very pleased to report that Mr Richard Laing, a lawyer of considerable experience and known to not a few residents, has kindly accepted co-option onto the Settlers Park Board. Before his retirement to Port Alfred Richard was the senior partner of Wheeldon, Rushmere & Cole in Makanda. In these days of 'litigation, litigation and litigation', as it sadly is, it is comforting to know we have a good legal eagle on our side.

Also concerning the Board, but less pleasant news, is the fact that levies must again be increased. Hard as it is I am sure that all residents will appreciate that given the prevailing economic conditions, hammered not least of all by the escalation in fuel prices, a consequence of the Russian-Ukraine War, an increase was inevitable. Our General Manager will provide the details.

Settlers Park is a special place. Yes, it is but what makes it so? Many reasons come to mind; picturesque streetscapes, genuine friendliness, the Hibiscus Room, peacefulness. All of these are true, but to put it succinctly I am taken by the words of Rob Crothall, which are simply "people care and no maintenance".

On the care side I have two examples. The first occurred a month or so back when in chopping up some wood for making a Sunday braai a piece flew up and caught me a really sharp blow on the eyebrow. Needless to say there was blood everywhere. Had I been living in suburbia it would have been an emergency necessitating my having to call the doctor or, dread of dreads, having to go to the hospital. In Settlers Park no such problems. I simply held a wad of tissues on the affected eyebrow and took myself off to the Care Centre where in just minutes and with total professionalism the Sister on duty patched me up. My second example of care happened on the Wednesday before Easter when like all other residents I was visited by a staff member, wished happy Easter and given a little chocolate Easter egg. Yes, it might be deemed to be something small, but it was an act of kindness showing the genuine care that we have here in Settlers Park. I was touched.

On the "no maintenance" side of things what a pleasure it is for me – a real, non-technical type – not to have to tackle the likes of a blocked drain, a broken window pane, or worse still a leaking loo. All I simply do is send off a job card and await the service of one of our trusty Facilities Department staff members. Done and dusted!

Finally, and definitely in lighter vein, I pose the question why managing a retirement village is such a difficult job. The reason is quite simple really; the share-holders all live on the premises and being retired they have all and every day to monitor the business! Jokes aside – and I really mean it – all constructive comments (even criticisms) are welcomed because they go to making Settlers Park an even better home for all of us.

Keep well and kind regards,

Bugs Wilmot - Chairman of the Board

SUNDAY LUNCH MENU				
DATE	STARTER	MAIN	DESSERT	
1st	Cheese & Red Onion Phyllo Parcel served with Balsamic Sauce	Spinach & Feta Stuffed Chicken Roulade served with Gravy, Roast Potatoes, Broccoli & Cauliflower Au Gratin and Carrot Ribbons	Caramel Pancakes served with Chantilly Cream	
8th	Mozzarella & Ham Croquette served with Mustard Sauce	Roast Pork Loin served with Apple Sauce, Rice, Roast Potatoes, Pumpkin and Baby Marrow Fritters	Steamed Ginger Pudding served with Custard	
15th	Roasted Vegetable Kebab served with Pesto Sauce	Slow Braised Oxtail served with Rice, Roasted Butternut and Creamy Spinach	Dark Chocolate & Ginger Pudding Served with Vanilla Ice Cream	
22nd	Roasted Butternut served with Feta, Rocket & Sesame Seed Salad	Cherry Glazed Gammon served with Roast Potatoes, Sweet Ginger Carrots and Creamed Spinach	Salted Caramel Cheesecake	
29th	Crumbed Mushrooms served with Tartare Sauce	Rosemary Roast Lamb with Gravy, Rice , Potato Bake, Pumpkin Fritters & Green Beans	Strawberry & Lemon Pavlova Nest	

WORDSEARCH NO. 5

U	D	U	K	Q	W	E	R	T	Y	A	R	B	E	Z
I	H	A	G	C	M	O	L	A	F	F	U	B	Q	T
E	H	G	N	K	D	R	A	H	C	I	R	A	W	S
G	J	F	Y	E	L	E	P	H	A	N	T	B	E	E
I	A	S	A	C	Y	B	M	N	N	M	M	O	R	E
R	Z	D	L	A	A	H	N	O	M	A	R	O	T	B
A	X	S	A	L	R	L	K	T	N	Y	Y	N	Y	E
F	C	V	A	B	A	N	B	R	M	G	M	L	U	D
F	E	P	N	K	H	S	U	E	A	Q	O	K	I	L
E	M	A	C	T	T	E	V	R	E	V	W	O	O	I
I	H	A	I	L	I	E	I	S	S	A	D	J	S	W
S	J	M	A	S	G	O	D	D	L	I	W	R	P	E
E	S	S	P	R	I	N	G	B	O	K	D	S	A	A
C	N	I	U	Q	L	E	T	A	R	F	G	H	L	A

HIDDEN WORDS

ELEPHANT, KUDU, SPRINGBOK,
NYALA, VERVERET, WILDBEEST,
WILDDOG, ZEBRA, AARDVARK,
HYENA, JACKAL, BABOON, RATEL,
DASSIE, BUFFALO, IMPALA,
GIRAFFE, MONGOOSE.

Being a mother means that your heart is no longer yours; it wanders wherever your children do.

May 2022 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
2nd	Monday	Thick Pea	Grilled Chicken Strips with Lemon & Herb Sauce, Mashed Potatoes, Broccoli and Butternut
3rd	Tuesday	Spicy Butternut	Creamy Beef & Spinach Cannelloni served with Garden Salad
4th	Wednesday	Herbed Tomato	BBQ Pork Stew served with Parsley Rice, Sweet Carrot and Gem Squash
5th	Thursday	Chicken Noodle	Bacon , Butternut & Spinach Quiche served with Sweet Potato Wedges and Green Salad
6th	Friday	Spinach & Garlic	Battered Fried Hake Served with Crispy Chips, Coleslaw Salad and Potato Salad
7th	Saturday	Red Onion	Chicken Lasagne served with Roasted Butternut and Garlic Green Beans
SUNDAY			
9th	Monday	Roasted Cauliflower	Beef Meatballs served with Tomato & Onion Relish, Mash, Carrots and Gem Squash
10th	Tuesday	Pumpkin	Chutney Chicken Casserole served with Basmati Rice, Baby Marrow Ribbons and Butternut
11th	Wednesday	Lentil & Barley	Beef Bourguignon served with Brown Rice, Pumpkin and Green Beans
12th	Thursday	Creamy Mushroom	Tempura Pork served with Sweet & Sour Sauce, Savoury Rice and Stir-fried Vegetables
13th	Friday	Tomato & Celery	Grilled Hake served with Lemon & Garlic Sauce and Grilled Vegetables
14th	Saturday	Potato & Leek	Macaroni & Cheese served with Potato Wedges and Rocket Salad
SUNDAY			
16th	Monday	Hearty Beef	Hawaiian Chicken Burgers served with Potato Wedges and Greek Salad
17th	Tuesday	Chicken & Corn	Pork Bangers served with Onion Gravy, Mash, Minted Peas and Cinnamon Pumpkin
18th	Wednesday	Broccoli & Cheese	Traditional Beef Stroganoff served with Rice, Green Beans and Carrot Rounds
19th	Thursday	Minestrone	Tenderised Pork Schnitzel served with Mushroom Sauce, Garlic Baby Potatoes, Baby Marrow Rounds and Roast Beetroot
20th	Friday	Potato & Leek	Lemon & Herb Fish Goujons served with Crispy Chips and Herb Salad
21st	Saturday	Brown Onion	Chicken & Mushroom Pancakes served with Sweet Potato and Buttered Corn
SUNDAY			
23rd	Monday	Sweet Potato & Ginger	Beef Schnitzel served with Cheese Sauce, Potato Wedges and Roasted Beetroot
24th	Tuesday	Roasted Vegetable	Bacon & Mushroom Pasta Bake served with Country Salad
25th	Wednesday	Creamy Carrot	Cape Malay Beef Bobotie served with Yellow Rice, Cinnamon Pumpkin and Baby Marrow
26th	Thursday	Red Cabbage & Onion	Curried Pork Pie served with Parsley Rice, Green Beans and Carrot Rounds
27th	Friday	Creamy Pumpkin	Lemon & Coriander Smashed Fishcakes served with Crispy Chips & Coleslaw Salad
28th	Saturday	Herbed Mushroom	Sweet & Sour Beef Stir-fry served with Egg Noodles and Country Salad
SUNDAY			
30th	Monday	Roasted Beetroot	Spaghetti Bolognese served with Cheddar Cheese and Herb Salad
31st	Tuesday	Creamy Baby Marrow	Chicken & Mushroom Phyllo Baskets served with Roast Pumpkin, Cauliflower & Broccoli Cheese Bake

FAVOURITE CAMP: KIELIEKRANKIE

"Dit is DIE lekkerste blyplek in Kgalagadi....verseker....verseker!" (It is the THE best camp in Kgalagadi ...for sure...for sure)

A recent entry in the Visitors Book in one of the chalets at Kieliekrankie Wilderness Camp, hidden deep among the red sand dunes of the Kgalagadi National Park. It is one of five such wilderness camps in the Park. They offer limited accommodation and children under 12 years of age are not allowed because of dangerous animals!

What is so special about Kieliekrankie Wilderness Camp? There are many reasons: first, it is the high standard of service provided by the two camp attendants, Willem and Jacques who rotate weekly sharing the responsibility for maintaining this very high standard. Then there is the vastness of the vistas offering 180 degree uninterrupted views to the horizons; the changing colours in the sky at sunrise and sunset, and the dramatic changes of colours of the vegetation and sand dunes when the rains come. The waterhole lies in a 75m deep saucer-like basin, surrounded by red sand dunes, which attracts animals 24/7: there is the fascination of observing the animals cautiously approaching the waterhole down the many winding paths; at night there is the eager anticipation as animals even more timidly approach the flood-lit waterhole; this is guaranteed to keep insomniacs busy waiting for that rare sighting. One evening while braaiing we enjoyed a porcupine foraging not more than a metre away. What a photographer's paradise!

Enjoying the uninterrupted tranquillity while observing the goings on at the water hole, at any time of day, from the safety and comfort of the secure deck, is an experience never to be forgotten. A few more visitor's comments confirm this:

"After trying for ever to get a booking, eventually two nights of bliss and peace."

"Such a special place, the sightings at the waterhole, the brilliant sun rises and sets."

"We have been coming to Kgalagadi for 36 years. This is our 5th visit to KK. KK is one of the highlights of all the SANParks rest camps."

"Another excellent stay in the best maintained and run wilderness camp in SANParks."

We can vouch for these sentiments.

In 1918 the SA government planned to settle returning soldiers from World War I, on condition that they maintained the boreholes and wind pumps to supply water for the animals. RD Jackson, a Scot, had been engaged to survey these farms. The farms were over 10 000 hectares in extent with only bush tracks to provide access to the outside world. The nearest shop was 100 km distant in the village of Ashkam. The extreme conditions were too severe for these brave souls to carry out any farming operations. Was it any wonder that the plan failed?

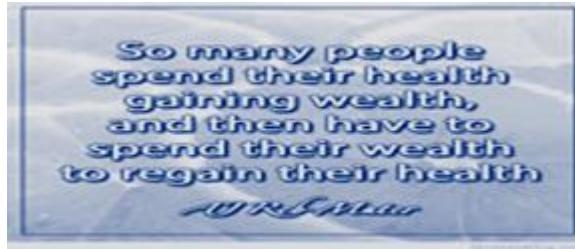
People have surmised that the spot Jackson selected for a temporary camp site, now known as Kieliekrankie, reminded him of a village in Scotland on the River Garry called Killiecrankie. There can be little similarity, perhaps he had an active imagination? As far as choice of camp site goes, Jackson got this one right. It is very special and unique, and a rare privilege to get a booking there.

The chalets are so positioned to give every visitor uninterrupted views with no-one to block your front row seat. Time spent at Kieliekrankie is precious and its situation gives one the impression of being in deepest Africa with not another human being on the planet.

John Forster.



CARE NEWS MAY 2022



All you need to know about the Older Person's Grant

An older person's grant is paid to people who are 60 years or older.

How do you know if you qualify?

You must be a South African citizen or permanent resident and live in South Africa.

You should not earn more than **R86 280 (R7 190 pm)** if you are single or **R172 560 (R14 380)** if married. You may not have assets worth more than **R1 227 600** if you are single or **R2 455 200** if you are married.

How much will you get?

The maximum amount that you will get is R1 980 per month increasing to R1 990 in October 2022. If you are older than 75 years, you will get R2 000 and from October R2 010.

What you should do

1. Go to the South African Social Security Agency (SASSA) office with the following:

- Your 13-digit bar-coded identity document (ID).
- Proof of your marital status.
- Proof of residence.
- Proof of your income and/or dividends.
- Proof of your assets, including the value of the property you own.
- Proof of your private pension (if any).
- Your bank statements of the previous three months. If you are married, the bank statements of your spouse also need to be submitted.
- If you are too old or sick to travel to the office to apply, a home visit can be arranged.

2. The grant will lapse when you pass away, do not claim for three consecutive months or are absent from the country.

Contact Elspeth at 523 if you need assistance.

CARE EVENTS IN MAY

Park Walk- Friday, 6th May from Hibiscus Room - 08h00 for 08h30

Care Givers Support Group- Wednesday, 10 May at 14h00 at the Wellness Centre.

Knitting Circle- Fridays at 14h00 at the Wellness Centre.

Tea, Cake and Companionship - Wednesdays at 15h00 in the Care Centre lounge.

Trust report

Income and Expenditure Account for March 2022

Income

R75 275

Donations	27 227.00
Shop	12 368.00
Cottages *	25 307.00
Interest	10 373.00

Expenses

R16 480.00

Assistance to Residents	15 757.00	14 residents
Bank charges	723.00	

EXCESS OF INCOME OVER EXPENDITURE **R58 795.00**

* The cottages did so well as we had overseas visitors for an 80th Birthday and a 70th Wedding anniversary.

Donations

Golden Girls	1 101.00
D & J Haig	5 926.00
100 Club	10 200.00
Glen's Den	<u>10 000.00</u>
	27 227.00

Special thanks to the 100 Club, and the ever faithful Golden Girls.

The Trust shop continues to improve thanks to the hard work put in by Brian and his team. The magnificent R10,000 donation from Glen's Den was also achieved through the hard work of cooking teams, barbers, and the loyal supporters.⁸⁹

WARDEN'S NEWS from Ed Hoseck

KEEPING OUR ROADS SAFE Walking is one of the best ways of exercising

But after sunset or before sunrise wear something that is clearly visible



Don't forget something visible for your dog



After dark remember to take a torch for those dark areas or when ESKOM decides to LOAD-SHED



Please ask your friends to respect our speed limits, road signs and traffic restrictions

From your Wardens – Stay safe

Please join me

SITTING ON MY STOEP

We have just had Easter so we go to Lord Byron's great poem "The Destruction of Sennacherib". It opens with the famous line we all know

"The Assyrians came down like the wolf on the fold"

This opening line leads on to the description of the biblical story of the Angel of Death coming forth to strike down Israel's foe on the Galan Heights as happened on Saturday October 6, 1973. We too were very conscious of Byron's poem and the story when we crossed the valley below many years ago.

We were very lucky in our tour guide, who was Jewish with a good knowledge of the Bible and its Christian connections. He had flown on Active Service during the war as had my father's younger brother so I felt we had something in common - even though I had been much younger than my uncle as I was only nine years old when the war ended. Also I was the only one in our group who had brought my Bible along with me so he was able to give me some opportunities to read certain passages to the group.

Now, we were not part of a religious group but were rather part of an agricultural tour, but the connection to Jesus seemed so evident in all the paths we trod. To be at the source of the Jordan River, to look over the grassy terrain to the Sea of Galilee, to visit the Garden of Gethsemane and lots more and hear stories related by our guide how could we not be moved and happy to relate back to the Bible? We also were lucky enough to stay in Kibbutzim and get a real feel of the lives so many early Israelis lived. My interests were always water related, whether sailing or putting in water pipelines, building water reservoirs, water purifications works and wastewater treatment works so it was fascinating listening, and seeing, how the Israelis lived so well in such a dry country.

Of course thinking of water one can't help feeling appalled at the devastating floods in KwaZulu Natal. Did you know that 1ℓ of water weighs 1kg? Perhaps this will give you some idea of why water can be so destructive. I worked in Pietermaritzburg for many years so am very familiar with the whole area and can visualise many of the places where there has been so much destruction. They need all the help they can get and one is so grateful to all the organisations like Gift of the Givers and many others who have stepped in to help.

Sting in the Tail

*"And the widows of Ashur are loud in their wail,
And the idols are broke in the temple of Baal;
And the might of the Gentile, unsmote by the sword,
Hath melted like snow in the glance of the Lord!"*

Last verse of "The Destruction of Sennacherib" by Lord Byron

and the poem echoes the Bible '.....like the wolf on the fold'.

Take heart, let us all remain safe and healthy, and keep hope alive

Tony



We would like to thank the following residents and families for their support of the Care Centre by donating equipment, clothes and furniture.

The Coster family for their donation of several furniture items

The Sutton family for the furniture in our visitor's quiet room



Mr P Smethurst for this beautiful cupboard

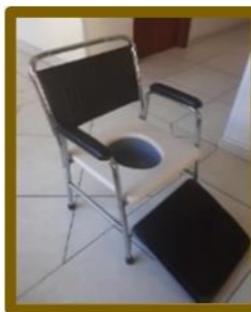
Mrs L Stuart for the walker



Mrs H Landsdell for the heel protectors and clothing



Mr Don Kelly for the donation of a pain sensor and these paint-



Mrs L Krein for the commode



Knitting Circle News

The knitting circle ladies have been hard at work on Friday afternoons and during their 'free time'. Our seasoned knitters produced these beautiful cardigans, mittens, scarves, snoods and bed socks which are being handed over to Loaves and Fishes

Flu injections can be given at the Clinic during Clinic times. Residents should order their own injections from the pharmacy.

Grey Matters

Infrastructure

- The speed-hump between Cottage 212 and 230. (Around the bend on Usher near Mary Thackray's cottage) is completed and will be painted appropriately.
- The speedhump planned for between cottages 150 & 138 will follow soonest.
- We are intending adding specific traffic warning signs asap i.e. "20 km speed limit" at strategic areas to increase the awareness in the Park with regard to speeding traffic

Finances

The Association's annual operating Actual/ Budget figures for the year ending 2022 recorded a nett deficit of R2,273 M against a budgeted deficit of R5,036 M

Technically, the deficit is totally funded by Life-right sales.

In the new year's budget, we have included a preventative maintenance schedule which will increase our budgeted expenditure vastly to accommodate scheduled maintenance activities around the Park starting with the painting of Barge Boards etc.

During lockdown we managed to sell 12 Life-rights and in the 2021/22 financial year we managed to sell 18 cottages at an average of R1,27 M. The previous year average was R1,22 M. We are delighted with the increase of sales and congratulate Sue and her support team for this achievement.

We are optimistic that we will at least sell the same number of cottages in 2022/23.

The 6,5% increase in Levies, Rent and Fees announced recently, is merely an attempt to cover some of the normal increases we expect in 2022/23 but income from this source alone will unfortunately not cover the total of our operating expenses.

We would probably have had to increase Levies and Rentals in excess of 20% year on/ year in order to achieve such a scenario. However, that is not contemplated now as the sales of Life-rights are currently sufficient to bridge shortfalls and continue to build on the reserves.

Some of the service providers have indicated increases of between 7-8% for the new year. Many of whom have not raised any fees during Covid.

Our aim remains to build up as much reserve as possible in the midst of attempting to maintain the quality of living in the Park and address much needed scheduled maintenance to the buildings and infrastructure.

A lot hinges on

- Residents also playing a part by not putting unreasonably high demands on the Facilities Department. However, residents should continue utilising the Job card system for necessary repairs
- Continue to be positive and market the Park
- Availability of Life-Rights to sell, and of course
- Willing buyers

Bogus/ Fraudulent Bank calls

It has come to our attention that criminal syndicates are once again calling people telephonically to obtain their banking passwords with the ruse that their accounts have encountered a security breach. They pose as the security department of the bank and have a fair amount of info on a person so as to convince one it is all above board.

This is all bogus! An attempt to gain access to your account and clean it out.

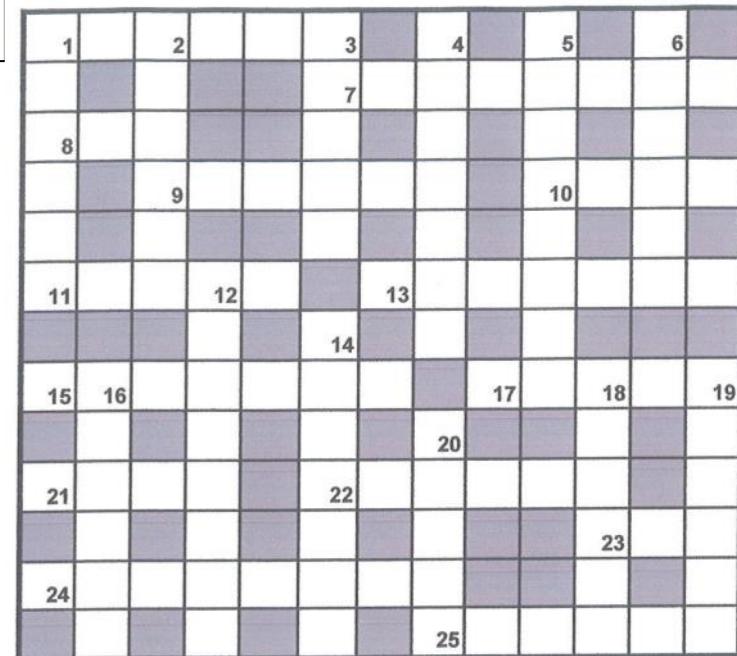


Richard is back!
Thank you to all the kind folk who got him up and running again.
So the Crosswords AND their prizes are back in action!
Come on all you buffs out there. Get your entries in by the 15th of the month and you could find yourself having a free meal.



This edition of Silver Threads is free of charge to the members of the Settlers Park Association. Editor: P Border
triciaborder@mweb.co.za
Printed & distributed by Settlers Park Office Administration

CROSSWORD NO.82



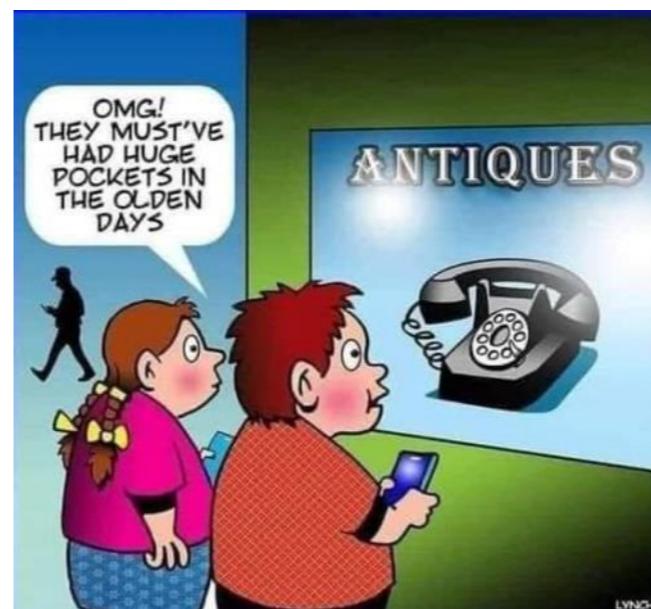
EXCITING NEWS!
Sponsored by our Caterers there will be a prize for the first correct crossword opened
EVERY MONTH!

Eastern Province Caterers



**What will it be?
That's the fun. It's a surprise!**

So get busy and make sure that your completed crossword is placed in the box in the Office by 15 May



ACROSS

- Skyscrapers have many. (6)
- Archaic and discarded. (8)
- By way of. (3)
- Harass this striped animal. (6)
- Pulpit in early Christian church. (4)
- To address in a friendly way. (5)
- Nero did this while Rome burned. (7)
- A lady's maid. (archaic) (7)
- Motorcar accident. (5)
- The indigo plant. (4)
- Solomon Grundy's birthday. (6)
- Take in liquid with the tongue. (3)
- Stand on which a ship's compass is housed. (8)
- Slang for Receiver of Revenue. (6)

DOWN

- Opposite of dying. (6)
- Capable of existence. (6)
- Musical poetry. (5)
- A type of plane curve.(geometry) (7)
- A poisonous shrub. (8)
- From whence the horses fled. (6)
- Aubergine by another name. (8)
- A clever device or stratagem. (7)
- A robber or outlaw. (6)
- Another word for 'nuthouse'. (6)
- Device used to secure a lady's hat to her head. (6)
- To insert. (5)



Update on the My Village Cards

Thank you to every Resident and family member, or friend of Settlers Park who has taken part in our successful aim to have Settlers Park as a beneficiary of the on-going fundraising initiative of Woolworths.

Our application was uploaded successfully and people with existing Woolworths cards/My Village/ My Planet or School cards were linked to Settlers Park as a beneficiary. Residents who applied for new cards will have their cards soon and we will distribute the cards.

Anybody can still be part of the fundraising initiative by getting a My Village card at Woolworths and adding Settlers Park as your beneficiary. If you do have a card see the link below to upload Settlers Park as a beneficiary.

To link your card: [Login](#) or Call Client Service Centre on 0860 100 445 or email cs@myschool.co.za.

How does having a card with Settlers Park as a beneficiary work?

Giving could not be easier. Simply get your free MySchool MyVillage MyPlanet card, choose beneficiary (Settlers Park Retirement Village) you'd like to raise funds for and shop at one of our partners. Every time you swipe your card, you will be giving back.

For assistance Call Elaine @082 696 6302

A Mother's Love

By Helen Steiner Rice

A Mother's love is something
that no one can explain,
It is made of deep devotion
and of sacrifice and pain,
It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away . . .
It is patient and forgiving
when all others are forsaking,
And it never fails or falters
even though the heart is breaking . . .

POETRY CORNER

It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems . . .
It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation . . .
A many splendoured miracle
man cannot understand
And another wondrous evidence
of God's tender guiding hand.

DO NOT PROVIDE YOUR PASSWORD AT ALL OVER THE PHONE but instead, visit your Bank asap to report the incident. REMEMBER, the banks will not request your password in any event, at all.

Recycling

The project is proceeding well, and we are finalising procedures with a credible local recycler. Work on suitable holding bins has progressed at the refuse yard and soon we will provide detailed information on the four types of recyclable waste to put in which colour bag. Unfortunately, so far it seems that our recycler does not collect any bottles, so these will have to join your normal household waste.

Once again thank you to Ted Gilfillan who is diligently driving this initiative.

Hibiscus Room

We wish to congratulate the Hibiscus Room & the EPC kitchen for some of the most delicious meals that have been consistently presented over the past few months. The Easter Brunch received great accolades and we look forward to many more such occasions with similar scrumptious cuisine.

Despite a glitch here and there which was mainly due to suppliers delivering less than adequate produce, the quality and presentation of meals have been of an excellent standard. Please continue to support the social initiatives and fun days.

Covid

So far, we have notified residents of the three new Covid cases in the Park.

We currently await official announcements from the Department of Health, probably around 5 May 2022, as they have now taken over the responsibilities from CoGTA where the National Health Act and not the Disaster Management Act will define new Covid regulations, if any. Until then, it's pretty much status quo at Settlers Park.

KEEP A 1 METRE DISTANCE AND WEAR A MASK IN ALL INDOOR PUBLIC PLACES.

Thank you to all for your continued support!

Derek

Coming and Going

RIP

Mike Brown and Peter Beaumont

Left the Park

Mrs B Willis & Mrs J Oliver

Moving In - wishing you every happiness

Norma Ferguson (cottage 133), Barry & Sally Chapman (cottage 217)

Merri Meintjes (cottage 181), Mary Wade (cottage 79)

Steve & Mary Ferguson (cottage 40)

Social and Events Committee Ron Quin

The Committee has been very busy and it is hoped to have an event every month. We really want residents to come out of their homes after having been locked away for so long, and have some fun.

Many thanks to all who turned out to participate in our Quiz. It was a happy evening with our Quizmaster David Boyd who posed some interesting questions. We will be holding another Quiz in a few months time this time with Quizmaster Gwynn Crothall - Watch the press! The picnic basket idea worked well and you all left your 'picnic' spots clean and tidy - well done. We raised R1 470 - a very worthwhile effort.

The next fundraiser is the Music Concert with The Lost Chords and Akhona Magobiyana on Sunday 24 April. I'm thrilled to say the tickets were sold out within a week. Unfortunately due to Covid restrictions we can only have 100 people in the Hall. We will have another concert later in the year and maybe we will no longer have any restrictions. Just remember book early!

Don't forget the Bridge Drive on 20 May. Enter with a partner and book with Elzabe on 497

What a joy. Peter Drennan is back. We will be tripping the light fantastic in all our finery on 10 June! Don't dance? It doesn't matter come and enjoy a fun filled evening and enjoy the music.

We have launched a Raffle which will be drawn at the Bridge Drive on 20 May. Get your ticket now (phone Ron on 422). I'm aiming to make R5000. Very ambitious but help me get there as we endeavour to make a difference in the Park!

Thank you everyone for all your support and encouragement in all our ventures to help entertain you all while, at the same time, raising some money for the Trust.

R & S NEWS

Horace welcomed all the residents to the meeting.

Horace reminded the residents that they are responsible for keeping their dogs on a leash and when out on a walk with the dog to pick up the dog poop.

He also reminded the residents that Questions are to be Park related and not personal.

This month there was only one question see below.

Horace Bramwell

Chairman of the Residents and Service Committee

FROM THE FLOOR

Residents Meeting on 20 April

Ivo Chunnett asked whether there was a schedule for the maintenance work for the Park eg cleaning of the gutters etc.

Johan Wolmarans replied that they had a full schedule and they are fixing up from cottage 1 to 49. They have completed the first 17 cottages

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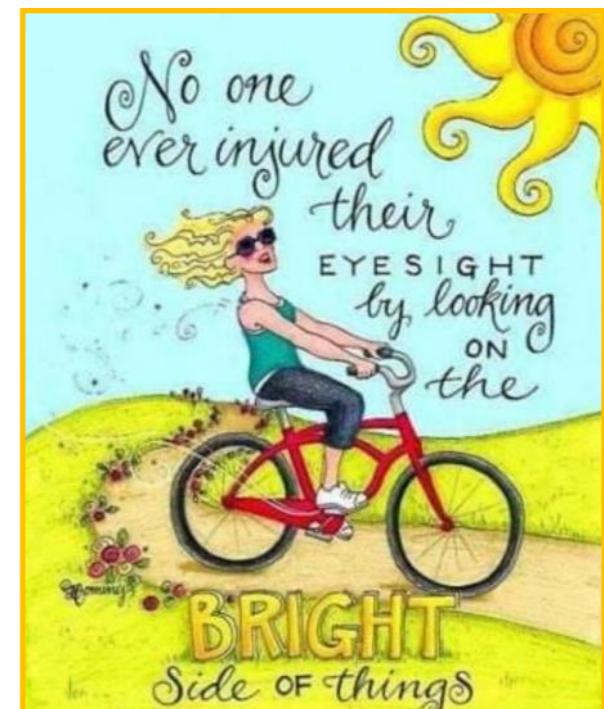
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Who are you following?

My 10-year-old son had to do a school project, and the project featured "dads". After being interviewed by my son, he then drafted his paper and wanted me to hear him read it. Right towards the end of his paper, he concluded that he wanted to be just like his dad. What a compliment.

I have found it interesting to observe how different people behave. Some behave very differently from what I would, others behave quite similarly to me, and in observing different people's behaviour, one thing is for sure- they were taught that behaviour. Somewhere someone is being imitated and that imitation has a direct effect on people's behaviour.

The Bible is full of interesting people who also demonstrated interesting behaviour. One person that stands out to me is John the Baptist. John from birth was filled with the Holy Spirit (Luke 1:15). He was to act as a kind of forerunner for Jesus Christ- he would "prepare the way of the Lord" (Matt. 3:3). And as it goes, John attracted people to himself. People were in awe of this radical prophet that wore a garment of camel's hair and a leather belt around his waist and ate locusts and wild honey (Matt. 3:4). But they were also attracted to the message this man came to give, "Repent, for the kingdom of heaven is at hand" (Matt. 3:2). In addition, John baptized people in the Jordan River upon confessing their sins (Matt. 3:6). He also had strong words for the Pharisees and Sadducees- even calling them a "brood of vipers" (Matt. 3:7)! As a result, this John accumulated quite a following.

But then things get interesting. One would normally assume that having a following is a good thing- I mean, you have the potential to impact people in a good way. But observe what happens next: John is with two of his disciples, and then he sees Jesus walking by and says, "Behold, the Lamb of God" (John 1:35)! The Apostle John then says, "The two disciples heard him say this, and they followed Jesus" (1:37). Just like that! This reveals something of this man named John the Baptist. He wasn't too concerned about maintaining a following, but more concerned about pointing people to Jesus! What a wonderful example worth imitating! Not seeking a following for the mere sake of having a following and so boast my pride and my agenda, but gaining a following so people can be pointed to Jesus Christ and become so inundated with Jesus that they actually leave you behind and follow Jesus! Some people don't like that! But John loved it! In fact he wholeheartedly supported it!

So the question begs to be answered, "Who are you following?", because the chances that you point others to the one whom you follow is very likely. John was a follower of God, led people, but led them to Jesus Christ. And the truth is that every Christian is called to follow this pattern. By God's grace, I will lead my 10-year-old son to Jesus so that he in turn, will one day do the same. I hope you will join me in this exiting adventure of following Jesus Christ and so point people to Him!

I promise you, you will never regret it!

It is well worth it!

Joshua de Wit



SETTLERS PARK BRIDGE DRIVE

WHEN: Friday 20 May

WHERE: Don Powis Hall, Settlers Park

TIME: Starting at 9am - be there early!

COST: R50 per person

FORMAT:

Section A - Duplicate Bridge

Section B - Social Bridge

Tea/Coffee & scones will be served

Phone Elzabe on 497 or

073 218 5735 to book your table

I LOVE BRIDGE
♥ ♣ ♦ ♠





This is the start - painting going ahead and the courtyard ready for the change!

The plan is to also pipe appropriate music into the courtyard for the residents to enjoy in amongst the donated equipment and trees.

Oh! If it is easier for you please consider donating money to purchase the equipment not donated.

Any comments or constructive suggestions are welcome



Join this happy crowd of **Golden Girls** for tea and a chat on Saturday mornings at 10am





Jeannette's Dream

The Care Centre has a safe, sunny, protected courtyard which needs a facelift.

It will provide a place so that residents of the Care Centre, family and friends and Carers can enjoy the breeze, birds, plants and herbs.

Residents can sit in the sun and enjoy the scents, hear the birdsongs and have space to relax and be stimulated with friends. They will have an outdoor place of their own - a wonderful place for a braai or just a place to sit and enjoy!

Of course, as we all know, to turn dreams into reality help is always needed.

Please could you help achieve this new colourful world for the residents of the Care Centre - contributions in money or in kind will be so appreciated.

We have already received gifts of money, paint, a bird feeder, pots and soil as well as a beautiful Natal Mahogany tree and one lemon tree. So with your generosity we are getting there! But, of course we need more.

Perhaps the list below will help you to know what is required.

- * Compost and manure
- * Two lemon verbena plants
- * Paint for wall feature
- * Strong white plastic stacking chairs with no arms for family and guests
- * Two Eureka lemon trees
- * A small electric water pump for the water feature
- * Three large pots for the lemon trees
- * Colourful cushions for the chairs
- * A watering can with a spray nozzle

What a Treat!

ON Saturday 18th JUNE

THE VINTAGE CAR CLUB

IS COMING TO THE PARK

Care Centre residents **WILL** be taken **FOR** a ride
IN THESE FABULOUS cars **aFTER** WHICH THE CARS
WILL park at **GLEN'S DEN** **FOR** ALL OF US **TO**
ADMIRE **AND** **ENJOY**

VENUE: GLEN'S DEN

TIME: 4.30PM

FOR DRINKS & A BRAAI



Conebush 'Ebony' contrasting with yellow Confetti bush



Erica verticillata ' Marsh Heath'



Conebush 'Jester'

FYNBOS SUCCESS IN SETTLERS PARK

Being a long time Capetonian, new to the Eastern Cape, I had to learn a whole new way of gardening and adjust my decisions based on the summer rainfall Climate, which proved to be a bit mind boggling at first.

I have always been a bit homesick for the Western Cape Fynbos species I know and love so much. All the landscapers I had spoken to said that I should not plant fynbos here. The soil and conditions were not right and they will all die!

Actually the area surrounding Port Alfred has a great variety of fynbos species. Driving towards Fish River a few months back, one could see hundreds of orange pincushions flowering.

A large variety of bulbs and other smaller fynbos shrubs like Helichrysum "Kooigoed/ Imphepo" can be seen growing in Port Alfred. The un-mowed road verges surrounding the Golf Course have a rich variety of local bulbs that emerge throughout the year.

So why would it not work?

I left the idea for a while and recently started experimenting with fynbos in Settlers Park.

To my surprise we have had a 100% success rate with planting Pincushions, Erica's, Conebushes and Restios (thatch reeds). There is also a mature Protea currently flowering at the gate (not planted by us).

It proved to be quite simple to plant and keep them alive. The success depends on the planting method and follow up care.



A challenging Quiz
with Quizmaster
David



We dug a good sized hole, lined it with a thick layer of wet cardboard, bottom and sides.

We incorporated 1/3rd acid soil with the existing sandy soil when planting.

Pine bark can also work to increase the soil acidity.

No bonemeal or fertiliser or municipal water should be used when planting. Light water once every two weeks until established.

A thin layer of mulch will help to keep the moisture in the soil.

I am passionate about bringing more of this beautiful, proudly South African plant family into the Park.

You are welcome to chat to me if you require some more detail regarding these plants and where to source them.

Happy Gardening
Ilse

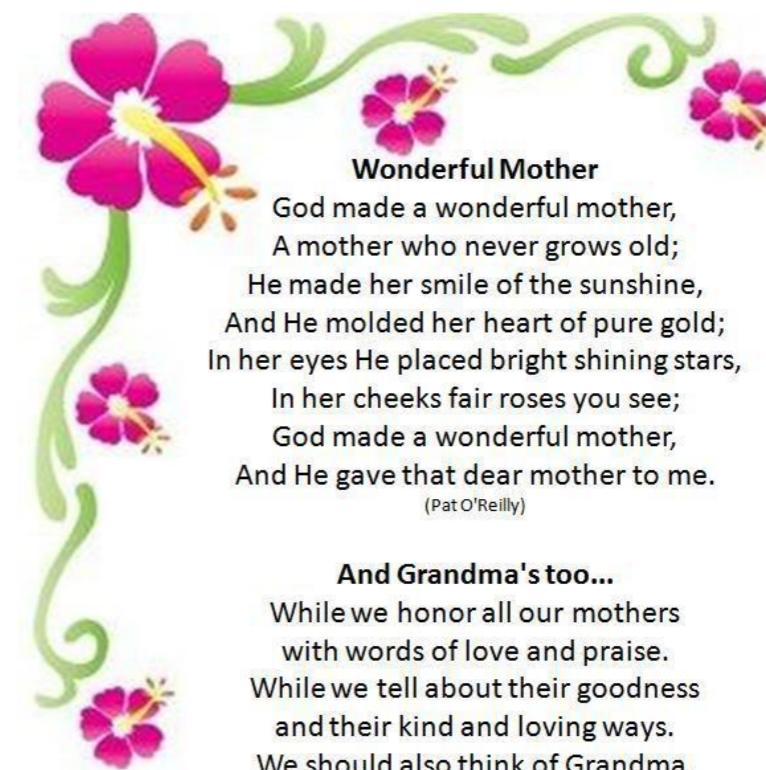


Conebush 'Summer Sun'



Protea 'King White'

Relaxing at an Easter Sunday braai at Glen's Den



Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.
(Pat O'Reilly)

And Grandma's too...

While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see....
For she mothered my dear mother
as my mother mothers me.

Author Unknown



Enjoying a fabulous Easter Brunch at the Hibiscus Room. Didn't go? Don't miss out next time!



100 CLUB DRAW
Please note that the next draw will be held in the evening on Saturday 21 May at Glen's Den
Good luck to all those who helped support our Trust

MEMORIES & STORIES



Mike Newlands presenting Richard Henshall with a Certificate of Appreciation for over 10 years involvement and lots of hard work in running Glen's Den

A lovely relaxed afternoon knitting and chatting. Why don't you join in? Every Friday afternoon at 2pm in the Clinic Waiting Room - its for a good cause too (see page 5)



GRATEFUL THANKS TO ALL FRIENDS, STAFF AND FAMILY

Following my husband's illness and recently passing on, I have listened to a lot of music

All the help and support that I received made me think of Jurie Els's song: "Hoe sê 'n mens Dankie?"

I am not mentioning any names, but each of you that are involved with me will know that I am deeply grateful.

In the knowledge that my increasing weakness and dependence on others is beckoning, I think of Jim Reeves's "This is not my world anymore".

But.....During quiet and long meditation about the gifts that each day brings, my thoughts go to Jo Black's beautiful "Voel jy die genade.....?"

My daughters Mauritsa, Rolanda, Lihani and Stephanie all join me in these heartfelt thanks to you all.

Ria van der Merwe