



RESIDENTS	
1st	Mary Mclean
2nd	Ant Gill
2nd	Maureen Spearman
3rd	Danielle Swanepoel
5th	Elizabeth Botha
6th	Graham Norman
11th	Charl Foster
12th	Janet Aylward
12th	Trevor Langley
13th	June Carter
23rd	Moiria Hilton-Barber
24th	Helen Gifford
25th	Roxy Roxburgh
26th	Jan Brown
27th	Tony Border
30th	Ronelle Steinhardt
STAFF	
7th	Sandile Sigonyela
8th	Clementine Mdletshe
10th	Akhona Magobiyana
12th	Rowena Elnagar
14th	Olwethu Waper
19th	Sipokazi Kondile
21st	Lumka Dumezweni
22nd	Lindy Ackerman
24th	Andricha Farao
28th	Danielle Fourie
29th	Tabisa Tsitsi



4th	Bonny & Tony Skipper
12th	Joan & Graham Norman
16th	Gwynn & Rob Crothall
16th	Lesley & Andy Stuart
25th	Joanne & Studley Clarke
25th	Val & Roy Spavins
28th	Sue & Dennis Chandler
29th	Jean & Gert Van Der Merwe

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 -

Wednesday 5.30 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 - (only if fully vaccinated)

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)

INTERDENOMINATIONAL CHURCH

SERVICE Thursdays at 3pm in Don Powis Hall

7 April Bruce Williams Methodist

14 April Pastor Kyle Handley Grace & Truth

21 April Kathy Cutter Grace & Truth

28 April Pastor Justin Ndoro Word of Truth

REMEMBER TO CHECK with the organiser whether or not an Activity is taking place



1 April Don't be a Fool win the Booby Prize join the Park Walk

08.00 for 08.30 starting at Hibiscus Room

20 April Residents Meeting in Don Powis Hall at 2.30pm

21 April LAHS Outing

24 April Music Concert (see page 10)

28 April U3A Meeting 9.30 for 10am in Don Powis Hall

Pasha Alden will tell us about the training and use of Guide Dogs

NB LIBRARY DAYS IN THE EASTER WEEK

OPEN Wednesday 13th & Thursday 14th

CLOSED Friday 15th

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

**RAIN
47mm up to early 30 March**



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



APRIL 2022

VOLUME 185



APRIL 23RD



The Chairman's Chat

While last month I was disappointed to report that the 4 February Park Walk had been very poorly attended, the same cannot be said for the Dog Walk that was held on 25 February. Judged by the excellent attendance and the enthusiasm of both the canine participants and their carers (I can't truly say 'masters') it was a roaring success. Hats off to Ron Quin and her Social & Events Committee for organising it and to the *Silver Threads* editor for the excellent colourful coverage given the event. This is what we want more of here in Settlers Park – lots of good fun!

It is with sadness that I must confirm the resignation of Richard Henshall as Chairman of both the Settlers Park Trust and Glen's Den. Yes, a nasty fall he had while moving a fridge, I think it was, for the Trust Shop resulted in him having back surgery and with all not going too well to date Richard is convalescing in the Aurora Hospital in Gqeberha.

Richard can truly be described as being a legend in Settlers Park. He and Judy moved down from Danielskuil in 2013 and being the willing and community-minded man he is he just got involved in local affairs right from the start. Apart from serving on the Park Board for several years he has been Chairman of the Trust for the past six years and about the same, if not longer, at Glen's Den. His cheerful welcoming speech at Glen's Den every Wednesday and Saturday evening will sorely be missed, but I know I speak for all when I say we look forward to welcoming him back as soon as possible. In Richard's place Trevor Langley has been elected as Chairman of the Trust, and Mike Newlands will be holding the fort at Glen's Den until it holds its AGM on 31 March.

Mention of the Park Trust reminds me that not all residents – especially newbies – will be familiar with the good work it does. At present this focusses on assisting those residents, whose pensions are running a bit thin, with the provision of prescription medicines and meal vouchers for the Hibiscus Room. The Board is presently considering the broadening of the Trust's brief to include a development fund and for the Trust to have Section 18A tax-deductibility status with the SA Revenue Service.

Another resignation I have to record, and I do so with considerable sadness, is that of Bronwyn Allan from the Settlers Park Board. Bronwyn held the position of Director of Finance and, albeit in an all too short a term of office, she made a considerable contribution to the good management of the Park's finances. Bronwyn stepped down for health reasons.

In my January *Chairman's Chat* I made mention of Settlers Park's excellent website, and I encouraged all to scroll through it to see just how good it is. Well, it must be very good because a retired Rhodes University English professor made just that statement to me last week when he and his wife came down from Grahamstown to 'look around at a few of the cottages on offer that have caught their fancy'.

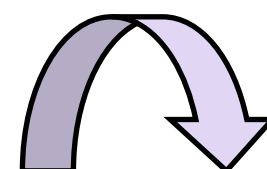
In addition to the website, take a look too at the Park's Facebook page which has regular updates provided by Laura Guest of Little Fish Agency and Claire Fraser, who is a Settlers Park resident and serves on our Board. The latest report I have on the page covering the period of 4 – 10 March shows that in that period it reached 1 300 people and that there were no less than 320 engagements. I'm no Facebook fundi, but I am informed that these figures are good!

Finally, in reply to a query about the use of Park transport by residents I can confirm that when the microbus is not available – due to the driver being on leave – alternative arrangements will be made. All that needs to be done is for the resident to call the Care Centre if the trip is for medical reason, and the administration office for all other reasons.

Keep well and kind regards,

Bugs Wilmot – Chairman of the Board

SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
3rd	Deep Fried Savoury Rice & Cheddar Cheese Balls served with Sweet Chilli Sauce	Slow Braised Oxtail served with Basmati Rice, Green Beans and Roasted Butternut	Upside down Pineapple Pudding served with Vanilla Custard
10th	Crumbed Mushrooms served with Sweet & Sour Mayonnaise Sauce	Mixed Herb and Garlic Roasted 1/4 Chicken served with Roast Potatoes, Broccoli & Cauliflower Bake and Roasted Pumpkin	Lemon and Poppy Seed Pudding served with Orange Ice cream topped with Strawberry coulis
17th	Sweetcorn and Cheddar Cheese Spring Rolls served with Micro Herb Salad and Basil Pesto Sauce	Cherry Glazed Gammon served with Roasted Potato Rounds, Sweet Ginger Carrots, Creamed Spinach, Apple Sauce and Gravy	Poached Red Wine Pears served with Vanilla Ice Cream and Toasted Peanuts
24th	Roasted Vegetable Phyllo Tarts served with Sour Cream	Rosemary and Garlic Roast Lamb served with Gravy, Roast Potatoes, Gem Squash filled with Sweet Corn and Cheddar Cheese & Green Beans	Dark Chocolate Pudding served with Cream



**Further
details to
follow**



April 2022 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
1st	Friday	Creamy Carrot	Deep Fried Hake served with Chips and Olive Salad
2nd	Saturday	Potato and Leek	Honey & Mustard Grilled Chicken served with Mash, Gravy, Creamy Spinach and Butternut
SUNDAY			
4th	Monday	Creamy Butternut	Sweet and Sour Pork Pie served with Gravy ,Roasted Butternut and Minted Peas
5th	Tuesday	Pea & Ham	Beef Stroganoff served with Fettuccine Pasta and Roasted Vegetables
6th	Wednesday	Green Lentil	Chicken & Mushroom Filled Pancakes served with Green salad
7th	Thursday	Creamy Bean	Chicken Potjie served with Mixed Vegetables and Rice
8th	Friday	Brown Onion	Fried Hake Goujons served with Carrot & Pineapple Salad and Pasta Salad
9th	Saturday	Sweet Pumpkin	Beef Meat Balls served with Mash, Tomato Gravy, Grilled Baby Marrow and Pumpkin
SUNDAY			
11th	Monday	Cauliflower & Cheese	Crumbed Pork Chops served with Gravy, Potato Wedges, Minted Peas and Carrot Rounds
12th	Tuesday	Lentil	Macaroni & Cheese served with Creamy Pumpkin and Green Beans
13th	Wednesday	Chicken noodle	Tomato Bredie served with Rice, Sambals and Roast Vegetables
14th	Thursday	Creamy Tomato	Chicken, Leek and Mushroom Pie served with Greek Salad, Potato Wedges
15th	Friday	Garlic & Potato	Lemon & Herb Grilled Fish served with Roasted Vegetables
16th	Saturday	Spinach & Feta	Cottage Pie served with Gravy, Minted Peas and Baby Carrots
SUNDAY			
18th	Monday	Creamy Mushroom	Chicken Parmigiana served with Potato Wedges and Greek Salad
19th	Tuesday	Spring Onion & Baby Marrow	Steak & Kidney Pie served with Gravy and Roast Potatoes
20th	Wednesday	Hearty Beef	Spaghetti Bolognaise served with Cheddar Cheese and Garden Green Salad
21st	Thursday	Roasted Sweet Potato	Beef Curry served with Rice, Roasted Butternut and Creamy Asparagus
22nd	Friday	Vegetable	Tempura Fried Hake served with Tartare Sauce, Carrot and Pineapple Salad and Potato chips
23rd	Saturday	Pumpkin	Chicken and Mushroom Phyllo Baskets served with Creamy Pumpkin, Cauliflower & Broccoli Cheese Bake
SUNDAY			
25th	Monday	Pea & Ham	Tangy Chicken Burger served with Chips and Green Salad
26th	Tuesday	Chicken Minestrone	Curried Mince & Vetkoek served with Sweet Corn and Carrots
27th	Wednesday	Creamed Spinach	Savoury Bacon & Mushroom & Spring Onion Quiche served with Rocket Salad
28th	Thursday	Butter Bean	Chicken Casserole served with Rice, Pan fried Onion and Green Beans and Roasted Butternut
29th	Friday	Potato & Leek	Thai Fish Cakes served with Chips, Greek Salad and Tartare Sauce
30th	Saturday	Roasted Beetroot	Boerewors served with Pap and Sous



Death, where is your Sting?

1 Corinthians 15:55-57: *Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us victory through our Lord Jesus Christ.*

A little boy and his father were driving down a country road, on a beautiful spring afternoon. Suddenly out of nowhere, a bumblebee flew into the car. Since the little boy was deathly allergic to bee stings, he was petrified! His father quickly reached out, grabbed the bee, squeezed it in his hand and then released it. But as soon as he let it go, the young boy became frantic once again as it buzzed by the little boy. The father sensed his son’s terror. He reached out his hand to show it to his son. Stuck in his skin was the stinger of the bee. “You see this?” he asked his son. “You don’t need to be afraid anymore. I’ve taken the sting for you.”

April is the month where the followers of Christ remember our Lord’s suffering, pain, torture and death. But it also the month where we celebrate Christ’s resurrection and His victory over death.

When we look around at our world, there are plenty of things that cause us to be terrified, just like the little boy in the story was. We are anxious when we see the images on TV regarding what is going on in the Ukraine and Russia; we are nervous when we wait for test results to come back; we are worried about our children and grandchildren, friends and family; we are fearful for our own financial problems; medical challenges and just the mere fact of waking up some mornings with more aches and pains.

But Christ came to experience everything we experience, when He came to the world as a human. He knows suffering, pain and anxiety as He died on the cross. Christ came to defeat death and resurrect to ensure that we know what love is; what grace is; what forgiveness is and most importantly that we always have hope. Because Jesus is victorious over death; He is also victorious over all the challenges and problems we may face.

Christ comes to us today, whoever we are, to show us His hands and feet and say, “You see this? You don’t need to be afraid anymore. I’ve taken the sting for you.”

Rev C Erasmus
Presbyterian Church Port Alfred

LET YOURSELF REST

If you’re exhausted, rest.

If you don’t feel like starting a new project, don’t.

If you don’t feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don’t feel like talking, stay silent.

If you’re fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster





CARE NEWS APRIL 2022

World Health Day is celebrated during April which provides an opportunity to focus our attention on building a healthier environment at Settlers Park. As residents, you hold the key to establish either an atmosphere conducive to the good health, peace and wellbeing of all, or sadly, create a toxic atmosphere which adversely affects everybody.

- ♦ Constant kindness can accomplish much. As the sun melts the ice, kindness causes misunderstandings, mistrust and hostility to evaporate.
- ♦ Kind words can be short and easy to speak, but their echoes are truly endless.
- ♦ Knowledge is learning something every day; Wisdom is letting go of something every day.

Did you know: Kindness is excellent for your overall health?

Being kind stimulates the body to produce serotonin which promotes calmness and feelings of peacefulness that combats depression.

Kindness increases immunity and is good for your heart.

Kindness reduces stress and eases anxiety.

On the other hand being unkind and rude can make you sick. There is evidence that anger, expressed or not, raises the risk of cardiovascular disease and weakens the immune system.

Maintain healthy relationships with your neighbours by:

- ♦ Avoid bad habits such as gossip and trouble making. "If you can't say something good about a person, don't say anything at all!"
- ♦ Don't interfere with what your neighbour is or isn't doing within their own space, unless it affects you directly. Try to resolve the issue amicably, failing which seek assistance from staff in the Wellness Centre.
- ♦ If you have a disagreement or are worried about your neighbour, instead of spreading gossip and sowing seeds of suspicion or dislike, keep your peace by allowing them to make their own choices within their own homes. Remember every person is entitled to their privacy and to receive respect and consideration from others.
- ♦ Be kind to unkind people, they need it most.

Don't assume that life is a bed of roses for everyone. Others may be battling with ill health and emotional problems that you may know nothing about. We all want the same goal, which is to live and let live in peace and tranquility in this last stage of our lives. Let's all make an effort to achieve this.

THE MAGIC BANK ACCOUNT

Imagine that you had won the following *PRIZE* in a contest:

Each morning your bank would deposit R86,400 in your private account for your use.

However, this prize has Rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, The bank opens your account with another R86,400 for that day.
5. The bank can end the game without warning; at any time, it can say, Game Over!" It can close the account and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL

Each of us is already a winner of this *PRIZE*.

The PRIZE is *TIME*

1. Each morning we awaken to receive 86,400 seconds. As a gift of Life.
2. And when we go to sleep at night, any remaining time is Not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING.

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in rand. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

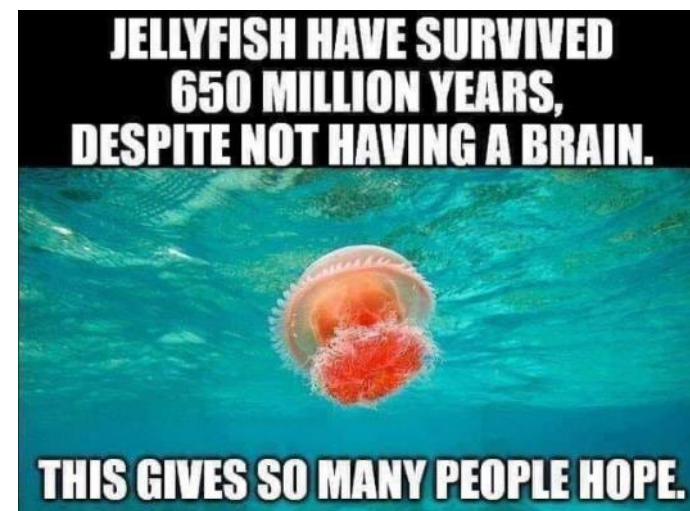
So take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day.

Start spending....

"DON'T COMPLAIN ABOUT GROWING OLD...!"

SOME PEOPLE DON'T GET THAT PRIVILEGE!



"I was going to wake up early to go jogging, but my toes voted against me 10 to 1."

Please join me
SITTING ON MY STOEP

Seems sad to me to see, that with the war in Ukraine, the Bolshoi Ballet can't dance for us anymore. Having been to Russia and watched Tchaikovsky's Swan Lake danced in St Petersburg and having seen it danced (in part) in Grahamstown by the University of Cape Town's Ballet under the guidance of Dulcie Howes the horrible events of the day are depriving us of so much.

Can you believe that I, an engineer, worked backstage with friend Taffy Lloyd (who at that stage was taking out Dulcie Howes' daughter) on one of the spotlights when the ballet Coppélia was being performed! Taffy gave some tips on the mastery of that side of things. He told me that if something goes haywire call for help this way, "Miss Howes" or louder, "Mrs Cronwright or, if very serious, just shout very loudly "DULCIE"!

Luckily I seemed to manage and never had to shout.

Dulcie Howes was the doyen and indeed a legend in the ballet world. She headed the University of Cape Town Ballet School and had much to do with its incorporation and connection to the University. At the same time she used it as a vehicle to introduce new ballets and new personalities, like David Poole, both as stars and teachers. Perhaps not many of you know her connection to Port Alfred. She donated the land for the start-up of Damant Lodge and she also chose its name!

This all happened in Cape Town in the City Hall with the full Cape Town Orchestra so I was given the opportunity to really get to know the music for Coppélia by Delibes. I was treated to the real McCoy!

And on another track altogether:

Did you read in the Sunday Times that Shackleton's ship 'The Endurance' had just been found at a depth of 3km?



The Endurance sank at the South Pole, or as close as you can get without walking. It was under the command of Edward Shackleton. He was also part of the ship's complement on the heroic Scott's expedition where he and his team reached the South Pole only to find that Amundsen, the famous Norwegian explorer had beaten them by getting to the Pole a month earlier. Scott's expedition perished, with much bravery and sacrifice by all its members, when caught in bad weather on the way home.

My interest was piqued when I read the story told by the sons of Professor James. He had settled in Cape Town in 1936 and I remember him from my UCT days when I did Physics in his class! Professor James had been a member of Shackleton's 1908 expedition and it was his meticulous and careful notes taken at that time that formed the basis of the discovery of the Endurance in 2021. It gives one goosebumps!

Sting in the Tail
The concluding lines from *Ulysses* - by Alfred Lord Tennyson

*"We are not now that strength which in old days
Moved earth and heaven, that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield."*

The last line is on Scott's Memorial to his expedition to the Antarctic. Fitting words indeed, and now after all these years his ship has been found

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

Tomy



CLINIC

The clinic has been operating from the Care Centre since 1st March.

Please note the Clinic is only open on **Tuesdays** and **Thursdays** from 8h00 to 10h00. Outside of these times, the Village Sister is doing home visits in the village. Please phone the Care Centre (201) if there is an emergency or contact the sister directly.

Although residents may find it easier having the Village Sister come to their cottages, the benefits of visiting the clinic are:

The clinic is better equipped to do procedures such as ear syringes and dressings because it has space, light and nursing materials.



You get the chance to meet the Care Team staff and other residents while you wait. The waiting room is a wonderful place to meet and catch up with fellow residents.

Regular health checks such as weighing, blood sugar, blood pressure and urine testing identify early warning signs of more serious disease. Residents are encouraged to take advantage of these Clinic services.



CARE EVENTS IN APRIL

Park Walk- Friday, 1st April from Hibiscus Room at 8h00 for 8h30. Booby Prize for the best dressed April Fool!

Care Givers Support Group- Wednesday, 13th April at 14h00 at the Wellness Centre.

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

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

FAREWELL

Sister Naomi has resigned as from the end of April as her family will be relocating to Plettenburg Bay.

We thank her for the care and energy she has brought to Settlers Park and especially the Care Centre.

We will miss you Naomi!



Flu Injections

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

Covid update:

The Government announced an extension of the State of Disaster to 15 April 2022. Please be warned that there seems to be a rise in Covid positive cases in the Country with 671 new cases reported by NICD on Monday. We have heard that China had registered double the cases in 24 hours (3400 daily cases) and have since implemented shutdowns for millions of people in their country. It seems that especially our Association Members are not aware that a Retirement Village is viewed as a vulnerable community in our Country and hence has different and, in some cases, more stringent measures in order to prevent a Covid outbreak. This is due to the fact that Government has a social obligation to protect the vulnerable in our society. We therefore have to continue to scan, screen, distance and sanitise despite wanting not to. Thus please continue to be careful and diligent.

Budget:

The Association's annual operating budget is nearing completion. We hope to finalise this month with necessary oversight from designated Board members. Residents should expect notifications of Levy and rental increases to apply as from 1 May 2022. Increases are inevitable due to fuel, municipal, service providers and in fact across the board price hikes. We do not have a figure yet but it will be conveyed soonest.

Speed humps:

- In an attempt to address the speeding issue in some high risk areas of the Park we have decided to build a speed-hump between Cottage 212 and 230. (Usher's Corner near Mary Thackwray)
- We also intend building a speed hump on Polly Shorts between Cottages 150 and 138.
- We will start off with the one near cottage 212 next week Tuesday. (Johan to confirm)
- One half of the hump will be finished followed by the second half of the speed-hump in order to allow a flow of some traffic. There will be someone directing traffic.
- This should not take longer than 3-4 days as the concrete needs to set properly. Weather permitting.
- These humps will be designed strictly according to SANS regulations.

Male Monkey:

Ted Gilfillan has warned of a fully adult male monkey roaming around his cottage area. He managed to avoid direct confrontation by making loud noises to shoo the monkey away. It was clearly after the bird seed.

Please be aware of its presence, but don't try and confront it. Loud banging and shouting will most likely have the best effect, or spraying with a water gun. If that fails, call the Maintenance Dept.

POPIA permission and My Village card form returns:

We wish to remind our residents of the two forms that were distributed via a previous Silver Threads.

1. **We still need many of the of residents' forms with "Permission to publish photos" to be returned. (POPI Act requirement). Please return your forms to the office because if you don't we will be obliged to accept you do not wish to be in any photograph whatsoever.**
2. **The My Village card** – well done, as we have received just over 50 applications from Residents and supporters which was the minimum required for registration. We await notification of the completion of the process. Thank you all who came forward to support



Disaster has struck.
Richard's computers are fried
and all the contents with them.
So, until we can somehow get
Richard another computer/up
and running there will be no
more crosswords for a while.



Solution to Crossword 81

ACROSS: 1. PA 3. Fashion 8. Burn 9. Aboral
10. Ambling 11. Gnu 13. Explained 17. Rye
18. Machete 19. Drivel 21. Aden 23. Braided
24. Do
DOWN: 2. Anna 3. Fob 4. Saraband 5. Oblong
6. Quagga 7. Brogue 10. Agate 12. Splendid
14. Drivel 15. Bedlam 16. Garter 20. Rood
22. Nod

THE WINNER FOR FEBRUARY

Congratulations

BUGS WILMOT

for the first correct answer drawn

*Please collect your voucher from
the Hibiscus Room*

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

POETRY CORNER

TO AUTUMN by John Keats

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drows'd with the fume of poppies, while thy hook
Spare the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cyder-press, with patient look,
Thou watchest the last oozings hours by hours.
Where are the songs of spring? Ay, Where are they?

Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-crickets sing; and now with treble soft
The red-breast whistles from a garden-croft;
And gathering swallows twitter in the skies.

Most of Keats's six great odes were written in May 1819; true to the subject, however, this, the last was written just a day or two before the autumnal equinox of 1819.

Keats makes autumn "the human season" not much like the super-human creativity of spring or the otherworldly extremism of summer and winter.



FROM THE FLOOR

Residents Meeting on 16 March

1. Meryl Howes : advised that she had arranged a safe way to dispose of hearing aid batteries. They may be placed in a bottle at the Hibiscus Room and Meryl will do the rest
2. Another resident reported that any other batteries can evidently be handed in at Clicks who will dispose of them in the proper manner. Meryl agreed to confirm this arrangement.
3. When we are at last able to stop wearing masks the masks we have can be taken to the Care Centre. Sister Erica explained that there is a RED dustbin behind the Care Centre specifically for medical waste that should not be thrown into your own dustbin. Do not dispose of masks or other items such as wet wipes in your toilet or drains.
4. Trevor Collett: With reference to the adult male monkey who is causing problem he recommended that we should stop feeding the cats and the big monkey will also disappear.
5. Margaret Snodgrass: Who can trim the hibiscus hedge in the Polly Shorts in front of 151?
Derek Thompson advised her to put this as a request in a job card.

NB: PLEASE DO NOT ENTER CORDONED OFF AREAS.

Trust report

Trevor Langley is acting in a caretaker role as Chairman of the Trust in Richard's place. The update on Richard's health is that he is in Aurora and making progress.

Income and Expenditure Account for February 2022

Income R25 775.88

Donations	4 728.00
Shop	11 350.02
Interest	9 697.86

Expenses R16 862.86

Assistance to Residents	13 365.00	15 residents
Cottages	3 337.86	
Bank charges	160.00	

EXCESS OF INCOME OVER EXPENDITURE R 8 913.02

Donations

Golden Girls	1 728.00
Anonymous	2 000.00
Painting Circle	500.00
Aqua aerobics	500.00
	4 728.00

Thank you to everyone. As Richard would say - you are very special indeed.
We all send good wishes to Richard.

the initiative. Do not stop now! The more participants the more Settlers Park benefits. If you need an application form, please enquire at the office.

3. Also remember to drop your till slip in the slot marked Settlers Park on the Drop Box at Pick & Pay in Heritage Mall. Settlers Park will then receive 1% of your purchase value! A worthy initiative from Pick & Pay which will provide us with additional funds in support of our various initiatives.

Recycling:

Mr Ted Gilfillan is proceeding well with this project and we hope to have an agreement finalised with a local recycler. Specially made bins will be placed inconspicuously as possible at the construction material site at the Northern Gate of the Park. You may notice a lot of clearing going on down there.

The next task is to sort out the Park's refuse building.

Hibiscus Room:

We have had continuous support for the Hibiscus Room from our residents. We wish to thank all for their patronage.

Please continue to support the initiatives and fun days. All critique is noted but please bear in mind that not all palates can be pleased all the time.

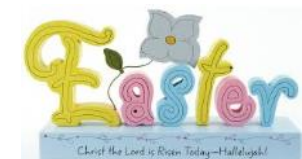
Finances:

Along with feedback on the Budget and motivation for the increases, we will provide a brief report on the state of our financial affairs in the Park at our next meeting.

Thank you to all for your continued support!

Take care, stay safe and have a blessed Easter.

Derek



R & S NEWS

A message from Horace!

ARE YOU SWEATING
WHILST PUTTING
PETROL IN YOUR CAR
FEELING SICK WHEN
PAYING FOR IT, YOU
YOU HAVE GOT THE
CAROWNERVIRUS

Thereafter the reports were provided by The Chairman, The General Manager, The Trust, the Wardens and The Social & Events Committee, all of which may be found on pages 2, 6, 8, 18.

Followed by General - points raised may be found on page 18

Horace Bramwell

Chairman of the Residents and Service Committee



Social and Events Committee

Ron Quin was away so Horace 'took over'.

The 'Dog Walk' had been most successful (see pages 14) so much so that Bugs suggested that residents should make a point of joining the regular monthly Park Walk with their dogs.

Forthcoming Events

April 24th a Musical Concert (see page 10)

May - Settlers Park Bridge Drive

Lots more in the pipeline! WATCH THIS SPACE!!

Residents are reminded that the Social and Events Committee are working hard to entice residents out of their cottages to enjoy the activities planned, so please all join in the fun.

WARDEN'S NEWS from Ed Hoseck

Load shedding is back again and requires some precautions.

- When the power is restored there is sometimes a spike of high voltage that can adversely affect your appliances. To protect their safety from these surges use a "SURGE PROTECTOR" plug.
- Keep a supply of batteries handy and ensure that rechargeable batteries are kept topped up.
- Should you be caught without lights and torches and have to resort to candles remember **NEVER LEAVE THEM UNATTENDED.**
- Try not to open your fridge or freezer while the power is off. A full fridge or freezer is more efficient. Water frozen in a 2 litre ice-cream container and kept in the freezer compartment of your fridge will aid to keep it cold during load shedding.

Coming and Going

Moved in - be happy

Rosemary Lang (H1)

Coming soon - we wish you every happiness

Rod and Ann Venables (cottage 223)

Dave and Kay Quinton (cottage 66)

Raymond and Pamela Radue (cottage 201)

ADVERTS

ROLF'S TV SERVICES
for all your T.V or DSTV needs
We also do T.V Repairs

Call Rolf on:
079 763 1755

 **available after hours**

Vintage
Auctioneers
National Auctions of Fine Objects
Gold, Silver, Medals, Art

Contact Sharon on 074 584 1504 for an assessment
Shop 18 Rosehill Mall, Port Alfred, 6170

Is pain slowing you down?

Find out which treatments
are most likely to
be effective.

 046 624 5135
079 310 5273



PRIVATE GARDEN MAINTENANCE

Take the hard work out of gardening and bring back the fun!

Ralph, Eric and Anele are eager to help you to get your garden in shape so that you can enjoy your space hassle free.

We do pruning, weeding, edging, feeding, environmentally friendly pest management, and garden revamps.

Cost for a team including a supervisor and two gardeners – R50 for 30min, R100 per hour

We will bring all tools and equipment, so you don't have to worry about anything while we are there.

The maintenance team travels to the Marina once a week, and are able to work there if any of your friends and family require our services there.

PLEASE CONTACT RALPH

on 073 4841830 for a free consultation or to make a booking



Meet **Penny Gill** who lives in Cottage 221 with her husband Ant.

Penny, who was born in Queenstown and schooled in Cathcart and Grahamstown, loves tropical fruit, also likes listening to Pan Pipes and 60's music and enjoys being outdoors.

"I like to keep myself busy by sewing or I potter in the garden," she explains. Penny is also a sports fan and admits to love watching tennis on television.

She grew up in Cathcart where she was schooled by her mom Phyllie in sub A and B before moving onto the school in Cathcart then attended DSG in Grahamstown where she matriculated. Her favourite subject at school was maths. "I had a lovely maths teacher who now lives in Kenton," she says.

At school, sport played a huge part of her life. Penny played tennis, hockey, swam and dived but did not play netball as she was considered too short.

"I think when it came to diving, I made the biggest splashes," she says with a laugh.

After leaving school, Penny attended Pietermaritzburg University before going onto Denneoord Teacher's Training College in Stellenbosch where she qualified as a teacher.

She then stayed in Stellenbosch where she taught at Rhenish Primary School for four years before relocating back to Queenstown where she taught at Southborne Primary for 18 months where she met her late husband Derek Birch, a Dordrecht farmer.

"We were at the farm for 28 years where we bred sheep, cattle and thoroughbred race horses. I really enjoyed riding horses all over the farm."

Penny ran a small private school on the farm (Grades 1 to 3) for local farmers' children who boarded with them during the week. Emphasis was on the hands-on experiencing of nature and surroundings.

"Derek owned a horse named Jacquie which was his favourite and he once rode into town where he took Jacquie into the bar while he enjoyed a drink or two!"



Penny with her two dogs Harvey, right, and Cody

The two have two daughters, Jacquie who had a physiotherapy practice in Port Alfred and is now a physiotherapist in New Zealand and Andrea, who is a missionary in Zambia.

After leaving the farm and buying a house on the West Bank in Port Alfred in 2009, Derek sadly passed away in 2014. Penny then moved to Settlers Park in September 2015.

How did she and Ant meet? "I was walking my dogs around the dam one evening and Ant decided to bring his dogs to meet mine. The rest is history. Two of the dogs were "attendants" at our wedding at the end of 2016," Penny recalls.

So what does Penny think of Settlers?

"I love it here. Security is excellent and one can get involved in anything they want. I just ignore any negative talk."

Keep enjoying your time here Penny.

THE TREES OF THE FOREST

Our trip along the Garden Route took place during February as planned. Sadly, those interested were unable to join us (the plans of mice and men don't always work out as expected). Undaunted, we set off with caravan in tow, first to Nature's Valley, that secret hide away near Plettenberg Bay.

Camping along the Groot River estuary in the de Vasselot Nature Reserve is shady and restful. They have ten basic self-catering wooden huts (all facing the river) and 63 camp sites, many under the huge yellow and iron wood trees. Our site also faced the river with the sound of the waves crashing on the beach nearby. Occasionally we would have a visit from small buck, monkeys and baboons. Google tells us how the reserve got its name. Comte Mederic de Vasselot Regne was a French trained forester appointed by the Colonial Government as the official forester. His task was to preserve what was left of the magnificent trees that had been so wastefully plundered in previous centuries. In recognition of his achievements the Nature's Valley Reserve was named in his honour.

Woodbourne Resort on the road to Leisure Isle is not far from the centre of Knysna. It is part of a working farm and was our next stop for the following ten days. Here we continued to chill in a restful atmosphere, this time watching water birds foraging peacefully in a wetland. We took a day trip to places of interest through the forest leading up to Prince Alfred Pass, one of Thomas Bain's engineering legacies. There was so much to see and do. During our lunch break at the Diep Walle (Deep Valleys) village we sheltered from the drizzle on the stoep of one of the buildings. These were all closed because it was out of season. In the silence of the forest we could appreciate the stunning scenery. The old steam engine, long since pensioned, next to the woodcutter's museum was the chief means of hauling logs out of the forest.

The road continued through the forest and past big (and some up to 600 years old) yellowwood trees. We failed to find any signs of the legendary Knysna elephant(s) but did follow a boardwalk leading deeper into the forest and saw some of the other named trees. The Knysna Forest is where Dalene Mathee set the scene for the popular book "Fiela se Kind" and her other stories.

A day trip took us over the Knysna River and up Phantom Pass which leads into the Seven Passes Road. Thomas Bain had laid this route out in the 1800s to extend the Cape Road beyond George to reach Knysna. Part of the road had been damaged by heavy rains late last year but we managed the rest of the nearly 70 km with more wonderful scenery. Some of Bain's original bridges are still in use while the steep inclines and sharp hairpin bends keep the driver alert to any surprises waiting around the next corner. Fertile farms with huge herds of dairy cattle together with fields of elephant high maize crops dot the countryside. In between are woodcutter's villages housing workers in the pine plantations. We ended this trip at Hoekwil where huge slices of the famous lemon meringue pie and cheese cake were served for tea.

The section of the N2 national road from Storms River to Keurbooms River near George is noted for deep gorges cut through the landscape by the rivers. Starting in 1956 the single-span concrete arch bridge named after Paul Sauer over the Storms River was said to be 130 m above the river and an engineering marvel at the time. Next followed the Bobejaans River Bridge at 166 m, the Groot River Bridge at 175 m, the Bloukrans River Bridge completed in 1983 and 216 m high, also hosts the world's highest bungee jump. (Next time you travel along the N2 highway stop to admire these engineering masterpieces.)

At Brenton-on-Sea we went in search of the elusive Brenton Blue Butterfly, but were told that they had not been seen since the great fires had ravaged the area. Admire the tree-lined streets of the peaceful village of Belvedere and pause at the water's edge to take in the wonderful view of the wide lagoon and Knysna town beyond. A visit to the East Bank Heads' view site rewards one with spectacular sights of the waves crashing on the rocks far below and scenes of the famous 'crossing of the bar'.

The Garden Route is an area where there is so much to do and see, hence its very high tourist rating. Perhaps the lasting impression we brought home is of the wonderful trees and spectacular scenery. In between exploring the area, it was a pleasure to relax, soak up the tranquillity and DO NOTHING! John Forster





MUSIC CONCERT

Relax and enjoy a
Sing-a long with the
LOST CHORDS

Guest artist
Akhona Magobiyana

Accompanist
Meryl Baker

On: Sunday 24 April 2022
Venue: Don Powis Hall
Time: 2.30 for 3pm
Cost: R30 including Tea and Coffee

Contact Doreen on 500 to purchase your ticket



To dig or not to dig

Hassle free gardening 101

We all get a little lazy when it comes to hard labour. Why not save your back, and that of your gardener, sit back, relax, and let nature do the rest.

A NO-DIG approach to gardening has many benefits.

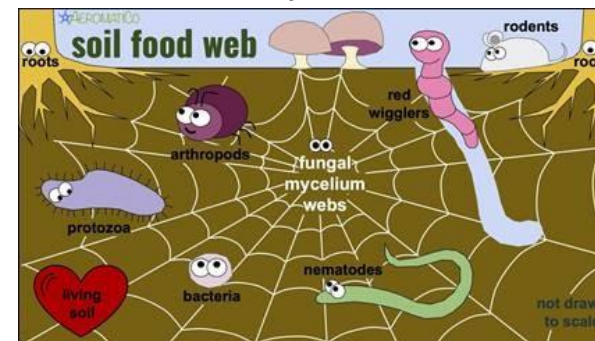
Of course we have to dig when planting new plants, but try to disturb the soil as little as possible.

Healthy soil contains millions of microbes, that work in collaboration with complex systems of fungi to transport nutrients and hold water. If the soil is dug over this system is damaged or destroyed, with a detrimental effect to your garden.



Weed seeds are dormant in the soil and germinate when the soil is dug over or disturbed, which creates more garden work.

To avoid them just let the soil be as is.



Settlers Park has many hidden gems in the form of dormant indigenous bulbs. We often find them in lawns, and relocate them to the public garden areas.

When we created the Forest area (behind Cottage 52) in 2019, we used the no-dig approach.

A variety of very special bulb species which were dormant in the soil, surprisingly emerged as the garden matured.

These include *Dietes iridoides* "Small Wild Iris", *Veldheimia bracteata* "Forest Lily", *Ornithogalum longibracteatum* "Pregnant Onion" and *Drimiopsis maculata* "Spotted leaf Drimiopsis". You never know what might emerge from your soil when you leave your garden uncultivated.

Gardening in Settlers Park is a challenge. Zero to no water, extreme heat, wind, to name a few.

The best approach is to mulch, mulch, mulch. Add as much organic matter on the surface as possible. The earthworms and other beneficial insects will work this into the soil.

In addition to this no-dig approach, one can fertilise with an organic foliar feed.



We have found this to be more successful than applying fertiliser to the soil, as there is no rain to let the fertiliser sink into the ground.

Lining a new planting hole with wet cardboard works well. Water is retained and organic matter is incorporated, which will boost new plants.

Have fun, let nature do the work, and enjoy your autumn garden.

Ilse Herbst

The Origin of the Dog Walk



I took this picture some years ago and it sent to Silver Threads. It was for me a typical picture of all the residents enjoying their evening strolls or sitting and enjoying the winter sun and the lovely gardens around the Park.

This was so special for me and was the beginning of my Dream.

Congratulations to all the residents who came out with all their beautiful dogs, all shapes and sizes. I do hope you enjoyed the morning as much as we did. We felt it was a great success!

To all the residents that came and had a cup of tea or coffee and enjoyed the festivities, thank you.

To the judges. Lynn Tarr and Tricia Border, well done.

To Rob Heffer, our wonderful photographer - big job so well done - many thanks.

To Jacques from the Anglican Church who bestowed a lovely blessing on all the dogs - thank you.

& finally to my amazing committee - well done girls we raised R3000!

See lots of residents with your dogs next February!

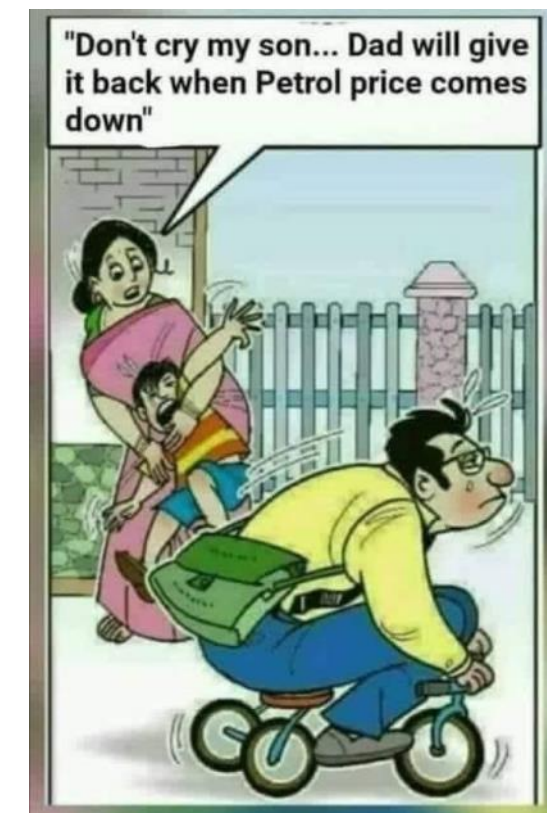
Ron Quin



Loadshedding fish and chips



**IF A WOMAN SAYS
"FIRST OF ALL."
DURING AN ARGUMENT
RUN AWAY, BECAUSE
SHE HAS PREPARED
RESEARCH, DATA, CHARTS,
AND WILL DESTROY YOU.**



SCOTTISH COUNTRY DANCING

(NOT HIGHLAND DANCING)



Takes place in the Don Powis Hall
on **Wednesdays from 17:30 to 19:00**

Come and join our enthusiastic group for a fun way to exercise and meet new people.
All welcome – ladies AND gentlemen alike, novices and experienced dancers.

Note: The wearing of kilts is optional!
Contact: Trish (ext. 444)

ENGLISH IS THE ONLY LANGUAGE WHERE YOU DRIVE IN PARKWAYS AND PARK IN DRIVEWAYS.

IT'S ALSO THE ONLY LANGUAGE WHERE YOU RECITE IN A PLAY AND PLAY IN A RECITAL.

YOUR FINGERS HAVE FINGERTIPS BUT YOUR TOES DON'T HAVE TOETIPS.

YET, YOU CAN TIPTOE BUT NOT TIFINGER.

THE WORD **QUEUE** IS JUST A **Q** FOLLOWED BY FOUR SILENT LETTERS.

JAIL AND PRISON ARE SYNONYMS. BUT **JAILER** AND **PRISONER** ARE ANTONYMS.

WHEN YOU TRANSPORT SOMETHING BY CAR, IT'S CALLED A **SHIPMENT**. BUT WHEN YOU TRANSPORT SOMETHING BY SHIP, IT'S CALLED **CARGO**.

HAPPY BIRTHDAY 90TH

CHARL FOSTER

Congratulations & Best wishes for a very happy 90th birthday



Thank you to everyone involved in a request for a smartphone which they may have had lying around.

The response was immediate and I was given one.

An extremely grateful resident.



NOTICES & NEWS

NECTAR FEEDERS

If you have a nectar feeder in the garden use only clean water and white sugar.

No colouring or artificial sweeteners or any other ingredient.

Birds have evolved to digest sugars found in nectar, which are sucrose, glucose and fructose.

So you have to make the solution as near as possible to the contents of natural nectar. Forget about all these "recipes" that contain all sorts of additives such as Beetroot, Soy, Bovril, Syrup and honey as these are very difficult for birds to digest.



Exciting news

WE ARE BACK!

The Nearly New Shop is opening again.

Come and visit us in our new venue

THE TRADING POST (over the road from the Hibiscus Room adjacent to Cottage 58a)

On the last Friday of every month from 10 - 11am.

Starting on 29 April



Note the changes to the LIBRARY days in the Easter Week

OPEN:

Wednesday 13th

Thursday 14th

CLOSED:

Friday 15th



On behalf of the Social and Events Committee I would like to thank the sponsors of our successful and fun Dog Walk.

Kowie Vet

Lynn Tarr

Jo Anne van Rensburg (Liebe Dog Food)

Maira Hilton-Barber (home baked dog biscuits)

Nola Rathbone

Dalene Hawkins

Candice

Kenton Garden Services

Hibiscus Room

Your contribution to making the event a success is greatly appreciated.

Ron Quin

I would like to thank everyone at the Care Centre for the compassion and care shown to me in my recent stay.

Thank you to Sr Ina for suggesting that I go there, thanks to Sr Noleen and staff for their care and of course Sr Erica for being there for all of us.

Many blessings to all of you.

Val Williams

GOLDEN GIRLS

This is a group of ladies who meet at Glen's Den every Saturday morning for a cup of tea, delicious eats and a natter.

It is open to everyone so pop past at 10am and join in the fun and meet fellow residents.

A small donation for the Trust is greatly appreciated.

For the period April 2021 to February this year this group of ladies raised R8 425.90 for the Trust.

To date we have a following of 23 ladies and would love to expand on this.

Everyone is welcome!

A THANK YOU to Helen Thompson

Thank you, Helen, for the concern shown to me and for constantly supplying me with books and jigsaw puzzles.

Many blessings to you and those who work with you.

Val Williams



Feral Cat Feeding Fund

A note from the FCFF again to thank our loyal little band of supporters, admittedly very few. This makes your contributions very special. We understand it's not a popular cause so we are very grateful to you wonderful people.

Anyone interested in helping please phone Bessie on 259.

Does anyone have any books in reasonable condition they would like to donate to the SPCA to sell at the stall at the Heritage Mall Monday and Wednesday?

I will collect them. Please phone 258.

Flo Fowler