



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



- 4 March Park Walk 08.00 for 08.30 starting at Hibiscus Room
- 16 March Residents Meeting in Don Powis Hall at 2.30pm
- 17 March LAHS Meeting 9.30 for 10am in Don Powis Hall
AGM & talk by Professor Emeritus, Pat Irwin, LAHS Vice President on 'The Saga of Elizabeth Salt: myth and reality'
- 24 March U3A Meeting 9.30 for 10am in Don Powis Hall
Don Kurtz (courtesy of FAST) will talk on : "It's about time"
- 31 March Glen's Den AGM 2.30pm at Glen's Den
- 31 March Quiz in Don Powis Hall 6 for 6.30 pm (see page 13 for details)



RAIN
29 mm up to 25 February

RESIDENTS

- 1st Val Dugmore
- 2nd Dennis Chandler
- 3rd Charles Randall
- 4th Liz Cooper
- 5th Carole Christie
- 5th Anne De Lange
- 5th Sally Moffat
- 6th Marlene Sandilands
- 7th Sue Neame
- 8th Joan Leeming
- 10th Andrea Reijman
- 11th Helen Clohessy
- 11th Paddy Fricker
- 12th Marcia Alston
- 12th Claire Meiring
- 14th Gwen Meyer
- 14th Jean Van Der Merwe
- 16th Arnold Alston
- 16th Eulalie Moorcroft
- 16th Gert Van Der Merwe
- 17th Pat Bailes
- 18th Miemie Golding
- 20th Suzette Lampier Grist
- 21st Tricia Border
- 22nd Roy Burgess
- 24th Dave Weyer
- 26th Mary Hobbs
- 27th Wendy Leonard
- 28th Hannie De Flamingh
- 30th Richard Glennie
- 30th Bernie Reynolds

STAFF

- 1st Nagirl Matyumza
- 4th Sizakele Dayimani
- 5th Shiela Peta
- 10th Patrick Booij
- 13th Elma Same
- 17th Michael Nyanya
- 18th Magdalena Leketa
- 22nd Sylvia Mxuma

Best wishes to all those not on the list who are celebrating birthdays and anniversaries in March

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 & Thursday 9.30 & 10am

INTERDENOMINATIONAL CHURCH

SERVICE Thursdays at 3pm in Don Powis Hall

3 March Pastor Theo Snyman Nuwe Lewe

10 March Ds Wikus Venter NGK

17 March Isabeau Human Grace & Truth

24 March Kathy Cutter Grace & Truth

31 March Rev Jacques Pieterse Anglican

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

Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE

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



Ode to the Spell Checker

Eye halve a spelling chequer

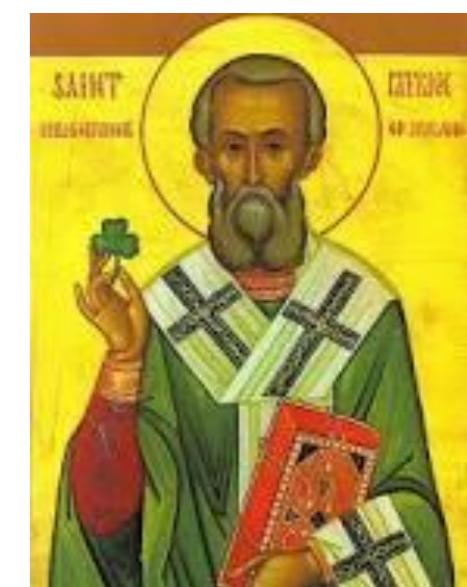
It came with my pea sea

It plainly marques four my revue

Miss steaks eye kin knot sea.



Happy St Patrick's Day



- 1st Heather & Cecil Tennant
- 8th Pam & Cliff Painter
- 27th Margaret & Robert Snodgrass
- 31st Eileen & Rene Denis

The Chairman's Chat

Droughts in the Eastern Cape are a very common occurrence and for that reason I urge you, my fellow residents, to conserve water. Yes, thanks to the marvellous rains we were blessed with in November and December – close on 300mm and thus nearly half our annual precipitation – our tanks are full and for the first time in what might be a year water is being pumped into the Sarel Hayward Dam. But – and it's a big 'but' – we're again in a dry period and much will depend on follow-up autumn rains. Hang in there and please use water sparingly!

I am very disappointed to report that the Park Walk organised by our Psycho-Social Manager, Elspeth Witthuhn, for Friday, 4 February, was extremely poorly attended. There were at best seven of us participants, and this after the superb attendance at the Christmas Walk. Come on, friends, walking is very good for us retirees so let's make every effort to support the March event.

And mention of exercise nudges me to remind you to smile. Yes, it exercises muscles and it's good not only for you but for all the people who see you being a 'happy chappy'. There's enough in the world to worry about, so let's buck the trend and SMILE!

In reading the colourful and newsy February 2022 edition of *Silver Threads* it suddenly struck me – and embarrassingly so – that ever since arriving at Settlers Park close on five years ago I have taken the publication for granted. I haven't once – 'til now, that is – stopped to think of all the hard work that goes into its production. Shame on me, and you too if you're equally guilty. So, here's my special, special thank-you to Tricia Border, the editor, and her loyal band of columnists for all the hard work they put into the job every month. And, I'll have you know that Tricia has been editing *Silver Threads* for no less than 11 years!

Finally, for a bit of fun I want to take a look at two familiar words, namely, **compliment** and **complaint**. While respectively they have 10 and nine letters, of note is that they share no less than eight letters. This makes them no less than 80% the same. Well, not really because this applies only to their structure. In their usage – sadly prevalent in Settlers Park – complaint far surpasses compliment. Yes, there are times when a complaint is required – not least of all for shoddy work – but I am asking that we 'complement' our word usage by upping the use of compliment and limiting our use of complaint to when it is really required. If we can, I think this will make Settlers Park even a happier home for all of us, be it residents or staff.

Keep well and kind regards,

Bugs Wilmot - Chairman of the Board

R & S NEWS

The past month has been quite different in many ways. We still have four seasons in a day but predominantly we are in summer with temperatures going into the 30s.

On the sad side, we have lost some lovable members in the park, and these are all surely missed.

We also have several new residents that have settled into the Park and are familiarizing themselves with our rules and regulations. Some of these more sensitive rules that need to be attended to are the issue of dogs always being on leads when going for walks with the owner. Attention must also be given to picking up dog poop should it do the deed outside of the residents fenced in area.

A special request for residents to PLEASE refrain from crossing behind security taped off areas. People have even breached the areas and walked on wet cement roads. Another area that is relatively hazardous is the pathway along the fence line. The footing in these areas is

SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
6th	Puff Pastry filled with Bacon and Whipped Cheese served with Sweet & Sour Sauce	Grilled Wholegrain Mustard Beef Sirloin served with Ginger Pumpkin, Roasted Potato Rounds, Creamed Spinach and Feta cheese and Gravy	Coffee Crème Brûlée served with Pecan nut Biscotti
13th	Brochette topped with Beef Carpaccio, Rocket Cream cheese served with Caramelized Onions	Sundried Tomato, Spinach & Mozzarella Cheese Chicken Roulade served with Grilled Butternut, Green Beans, Deep Fried Potato Wedges and Creamy Sauce	Dark Chocolate Fondant served with an Orange Compote with a Dollop of Cream
20th	Mixed Pepper and Aubergine Roulade served with Micro Herbs	Apple and Cranberry Roast Port Neck served with Roast Potatoes, Pumpkin Cinnamon Tart and Broccoli & Cauliflower Au Gratin	Seasonal Fruit Kebabs served with Blueberry Ice cream
27th	Smoked Chicken and Mushroom Mousse served with Malva Toast	Rosemary and Garlic Roast Lamb served with Gravy, Roast Potatoes, Gem Squash filled with Sweet Corn and Cheddar, & Green Beans	Red Velvet Pudding served with Homemade Coffee Ice Cream



March 2022 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
1st	Tuesday	Creamy Butternut	Beef Cottage Pie served with Greek Salad and Carrot Rounds
2nd	Wednesday	Brown Onion & Garlic	Grilled Honey & Mustard Chicken Breast served with Mash Potatoes and Roasted Vegetables
3rd	Thursday	Red Lentil	Tangy Pork Schnitzel served with Potato Wedges, Sweet Carrots and Minted Peas
4th	Friday	Potato & Spring Onion	Fried Hake served with Crispy Chips and Baked Beans Salad
5th	Saturday	Spilt Peas & Beef	Thai Chicken & Mixed Pepper Phyllo Basket served with Potato Wedges, Baby Marrow & Pumpkin
SUNDAY			
7th	Monday	Grilled Baby Marrow	Butternut & Chicken Curry served with Rice and Green Beans
8th	Tuesday	French Onion	Bacon, Avo and Lettuce Pancakes served with Roasted Vegetables
9th	Wednesday	Sweet Pumpkin	Beef Meat Balls served with Mash Potatoes, Tomato Gravy, Grilled Baby Marrow and Pumpkin
10th	Thursday	Cauliflower & Potato	Creamy Broccoli and Bacon Tagliatelle pasta served with Greek Salad
11th	Friday	Sugar Bean & Garlic	Fried Hake Goujons served with Tartare Sauce, Crispy Chips and Pasta Salad
12th	Saturday	4 In One Lentil	Beef Mince and Mushroom Tart served with Roasted Vegetables and Creamy Sauce
SUNDAY			
14th	Monday	Grilled Aubergine	Grilled Chicken and Pineapple Kebabs served with Potato Chips and Herb Salad
15th	Tuesday	Tomato & Noodle	Beef Arabiatta Penne Pasta topped with Cheddar Cheese served with Grilled Butternut
16th	Wednesday	Butternut & Coriander	Coriander Pork Pie served with Potato Wedges, Gravy and Pan Fried Greens
17th	Thursday	Sweet Carrot	Chicken Parmigiana served with Chips and Olive Salad
18th	Friday	Smoked Mushroom & Potato	Tempura Base Fried Hake served with Tarter Sauce, Coleslaw and Potato chips
19th	Saturday	Beef & Roasted Vegetable	Beef Mince and Sweet Potato Fritter served with Grilled Herb Vegetables
SUNDAY			
21st	Monday	Roasted Sweet Potato	Beef Koftas served with Creamy Basil Sauce, Mash Potatoes, Broccoli and Pumpkin
22nd	Tuesday	Baby Marrow & Spinach	Sticky Pork Strips served with Potato Chips and Greek Salad
23rd	Wednesday	Old Fashioned Samp & Beans	Beef Mince and Red Kidney Beans Pot served with Potato Wedges, Cinnamon Butternut
24th	Thursday	Red Cabbage & Sweet Potato	Grilled Mixed Vegetable and Chicken Phyllo Basket served with Beetroot Salad and Green Salad
25th	Friday	Chicken Minestrone	Thai Fish Cakes served with Curried Butter Bean Salad and Potato Salad
26th	Saturday	Creamed Spinach	Spinach, Olives, Mushroom Quiche served with Parmesan Cheese and Rosemary Vegetables
SUNDAY			
28th	Monday	Gem squash and Cheddar cheese	Tomato Chicken Bredie served with Rice, Green Beans and Sweet Carrots
29th	Tuesday	Thai Fish	Creamy Beef And Mushroom Strips served with Spaghetti and Roasted Vegetables
30th	Wednesday	Roasted Beetroot	Sweet and Sour Chicken Burger served with Chips and Green Salad
31st	Thursday	Leek, Spinach & Mushroom	British Beef Mince Wraps served with Chips and Green Bean Salad

not perfect and walking along them could cause a resident to fall onto the electrified fence. The proximity to the fence also creates a problem with our security system as the beams are interrupted and this sets off an alarm in the guard house that now requires investigating. All this causes unnecessary security problems for the guards.

On the good news, we can thank Prof Paul Skelton for the introduction of the fish into the pond. As small as they are, they are so happy that they have spawned and multiplied into an uncountable number of schools in the pond. Fishing for the future looks good. NO NETS only 6-0 hooks, this gives them a chance to get big.

At the Meeting

Horace said that Volunteers were needed

- a. To assist at Glen's Den - cooking, barmen etc
- b. To replace Richard Henshall on Trust Committee
- c. To work at Trust Shop
- d. To join the Social Events Committee
- e. To replace Ed Hoseck who does the Audio. He has resigned after many years.
(Stop Press: Tony Mitchell has volunteered but more than one person to do this onerous job would be an advantage).

Horace also

Asked residents to support the delightful Glen's Den venue - a good way to meet people and fell part of the community.

Thanked Johan for help during the long Eskom outage.

Residents should please not walk too close to the security fence as it sets off alarm even during the day

Gardens should be more than a metre from the security fence and those that were any closer would have to be removed.

Pool heating and chlorine has been sorted out.

Ed Hoseck was thanked for his many years of loyal service in manning the sound desk in the Hall. He was needed at all the events and meetings (U3A, LAHS) in the Hall and his time and dedication was much appreciated and valued. Thank you Ed.

Rob Crothall then gave a slide presentation explaining how to use the intranet.

Horace Bramwell

Chairman of the Residents and Service Committee

Coming and Going

RIP

Mauritz van der Merwe
Moving House!

Don Kelly has moved to Cottage #45

CARE NEWS MARCH 2022

"Listening is often the only thing needed to help someone."

World Hearing Day is celebrated on 3 March.

Hearing is the physical process whereby sound reaches our ears. Listening means actively paying attention to the words and sounds and making meaning from the sound.

Loneliness is one of the plagues of the elderly. The antidote to loneliness is loving companionship of a person who actively listens in a non judgemental manner.



This carer is actively listening to the resident whilst attending to her feet

CLINIC

The Wellness Centre/ Village Clinic will be moving to the Care Centre on 1 March. The Clinic will be open from 8h00 to 10h00 on Tuesdays and Thursdays.

The entrance and waiting room will be the front sunroom at the Care Centre.

Please note the new telephone numbers for clinic staff:

Sister Ina- 260 Sister Lindy- 204 Elspeth- 257

CARE EVENTS IN MARCH:

Park Walk - Friday, 4th March at 8h30 from the Hibiscus Room.

Care Giver Support Group- Wednesday, 9th March 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.

Remember the new location of the Wellness Centre

Settlers Park Trust Shop needs YOU!

The Settlers Park Trust Shop is an important part of the village and is open to both residents and outsiders.

Proceeds from the Shop go towards helping the needy within Settlers Park.

The Shop is looking for more volunteers to help out on Tuesday and Friday mornings from 9am to noon, but if enough volunteers are found, adding another morning and splitting the shifts would be great. At the time of writing it's the same volunteers who rock up each and every week.



The work entails

- To start with, someone is needed at the door to take temperatures, and help fill in details.
- Then volunteers can be taught how to mark the items brought into the shop to be sold or donated.
- If people come from outside the village, gate passes also need to be filled in.
- Finally, there is the recording of the daily sales.

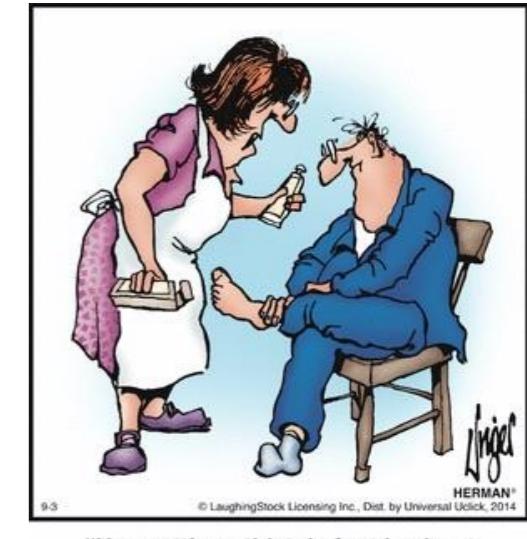
Trust Shop manager Brian McLean said: "We would love for more residents to get involved, especially those who have recently moved into the Park. Not only will it give new volunteers a chance to meet residents but they will also be keeping themselves busy for a very worthy cause."

McLean added that if one or more of the current volunteers gets ill or is side-lined, the Shop would be in serious trouble.

Those interested can contact Brian by dialling 400 or visit him at the shop on any Tuesday or Friday morning.



7-3
© LaughingStock International Inc./dist. by UFS Inc., 2010
"Wine production is way up since we piped in hip hop music."



9-3
© LaughingStock Licensing Inc., Dist. by Universal Uclick, 2014
"You getting athlete's foot is about as ridiculous as a coal miner with sunstroke!"



POETRY CORNER

This poem was read by Jann Haig's son at a celebration of his parent's life

The Dash Poem

By Linda Ellis

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end

He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years

For that dash represents all the time
That they spent alive on earth.
And now only those who loved them
Know what that little line is worth

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.
So, think about this long and hard.

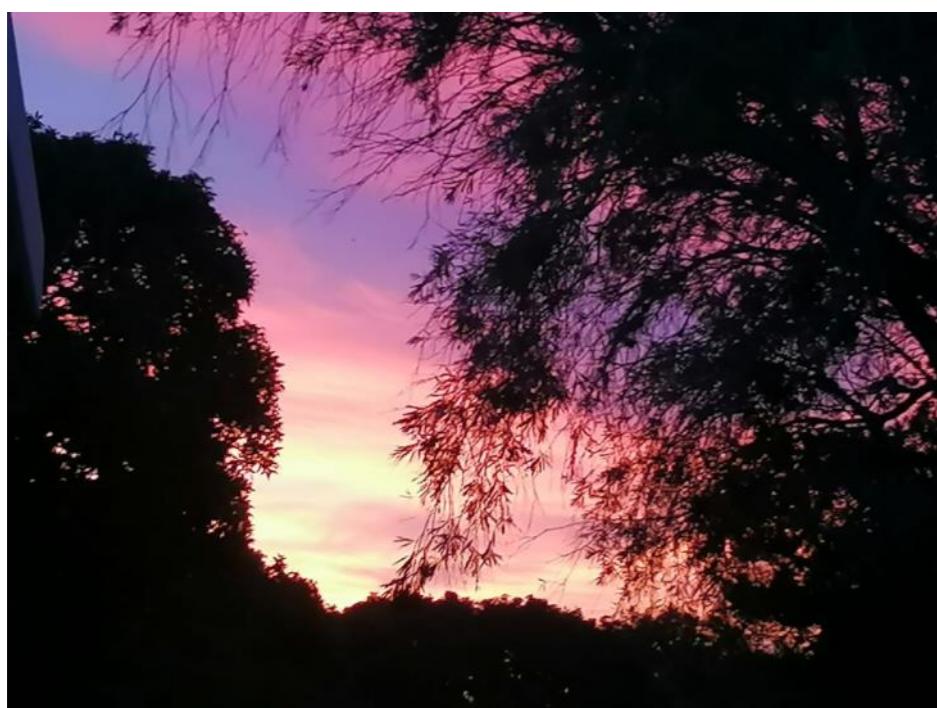
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.

If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect
And more often wear a smile,
Remembering this special dash
Might only last a little while

So, when your eulogy is being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent YOUR dash?



A beautiful Settlers sunset captured by Bernie



World Hearing Day

MARCH 3RD

World Hearing Day 2022

Loss of hearing affects many people, young and old. 5% of the world's population experiences hearing loss!

If a friend or relative is hard of hearing, it can be frustrating for the person with a hearing disability and the person who lives with them.

Here are some tips to help you communicate with those who experience hearing loss.

Communicating with someone who has hearing loss:

- * Be aware of the person's "best" ear. Try to talk towards that ear.
- * Speak to the person in a quiet room, without the television or radio playing, where no other people are talking and there are no other distractions.
- * If someone is struggling and they have a hearing aid offer to check the batteries.
- * Stand where you can be seen. Always face the person. Keep eye contact. Where possible remove your mask.
- * Use visual cues when possible. (For example show the plate in your hand and say it is time to for supper)
- * Make sure the person is wearing glasses if they need to, so that he/she can see you are talking and can "see" the *mouthing of words*.
- * STOP to answer the person's questions.
- * Do not talk when you are walking out of the room, with your back towards the person. Do not talk from another room.
- * Gently touch the person before speaking to alert them of your presence and your intention to speak.
- * Use simple words, and short sentences, while talking slowly to prevent overwhelming the person.
 - * Be aware of environmental sounds: vacuum cleaners, washing machines, loud music and hammering can cause fear or agitation. Tell the person what the sound is.
- * Those with hearing loss often experience social isolation. For example, in big groups, they miss what is being said and are often confused and lonely. In a large group, sit near the person, and *be their ears*. Tell them what is being said, and try to include them as much as possible so that they are part of the social activity.



Grey Matters

Covid update:

The Country at large is still in a Level One Lock down mode, which is nothing less than the current Status Quo. There are rumours floating around that we will follow the UK's example of no masks and distancing but I seriously doubt that we will follow suit at this stage. We currently recorded 3699 of new Covid positive cases in the Country. Good news was that the Eastern Cape only represented 4% of the National New cases figure, with Gauteng leading the pack with 36% thereof.

It is quite evident that the Covid virus is still very much present which means we still need to be vigilant and diligent in sticking to our motto of "you protect me and I protect you".

Census

We have recently circulated a one page pamphlet via S-Parks which informs all residents about a National Census currently happening throughout the Country from 2 February 2022 until end of March 2022. One has the option to register online at <https://getcounted.statsa.gov.za> and complete the questionnaire or have a Stats SA fieldworker visit you and do it at your home. For the last option you will need to call Akhona at the office who will schedule a visit by the field worker. Alternatively you may call on Elspeth at the Clinic to assist. There is also a toll free line which one can call for information and guidance: **0800110248**. The Census is compulsory and refusal can lead to contravention of the Stats Act which carries a hefty fine and penalty.

Sales

To date for this financial year we have sold 16 cottages.

Last year – 12

12 vacant cottages not sold.

6 cottages sold still vacant, in various levels of completion awaiting the new residents.

3 – 5 potential purchasers

Glen's Den

The Covid pandemic has disrupted many lives and especially the way of life as we knew it. Sadly it has caused some people to retreat to obscurity, becoming reclusive and anti-social. At retirement villages across the country this is an increasing phenomenon. We see an increase in depression and anxiety amongst the elderly which leads to physical and mental deterioration. It is imperative that our residents return to a form of activeness and socialisation. We have much to offer here at Settlers despite the restriction of Covid. One such is Glen's Den. There are get togethers on Wednesday evenings and Saturday afternoon braais with volunteers catering for the bread and salads, or at times special meals are prepared at extremely reasonable prices. But more importantly it is an opportunity to socialise. If you support Glen's Den you inevitably support the cause to keep this wonderful social venue alive. Be sure to look out for their notifications via bulk sms!

Private Gardens

It is no secret that Settlers Park boasts beautiful gardens, both public and private. Kenton Garden Services is a private contractor who is essentially responsible for keeping the public lawns tidy whilst our own Park Gardeners (3) are responsible for keeping the magnitude of the Parks public flower beds in check and looking as good as they are. One of our own residents, Helen Cowie, as many know, has volunteered to guide and manage the staff for a number of years simply out of love for the Park and the craft. The private gardens are the responsibility of their owners who have two options: to obtain the services of an external, but

Please join me

SITTING ON MY STOEP

What was I doing on the evening of 21 April 1947?

I was lying on my back on a rug on the Foreshore, the reclaimed area above the Cape Town Docks, waiting for a broadcast from Princess Elizabeth to the Commonwealth on the occasion of her 21st birthday!

She, in turn, was about a kilometre away at the Cape Town City Hall at a Grand Ball being held in her honour. The City Hall was to the west of where we were lounging, eating our picnic sandwiches, ready to listen to her speech which was to be broadcast through loudspeakers to the crowds of people waiting in eager anticipation.

and, by the way her voice rang out loud and clear as it still does when you hear her Christmas Broadcasts

and long may it continue -

"God Save the Queen"

A few days later we were part of the crowd that lined Adderley Street, which extends down to the docks as the Heerengracht, and we had a good view of the King and Queen and the two Princesses as they drove down to the docks to board HMS Vanguard and sail home to England.

That's as close as we got to the Royal Family who we had also seen more distantly when we drove over to Stellenbosch from Hermanus early in the Royal Visit.

Tricia also remembers lining the road to Government House in Bulawayo and waving her flag as the cavalcade drove past.

In the Princess's speech she dedicated her life to the service of the Commonwealth and I quote,

"On my twenty-first birthday I welcome the opportunity to speak to all the peoples of the British Commonwealth and Empire, wherever they live, whatever race they come from, and whatever language they speak.

Let me begin by saying 'thank you' to all the thousands of kind people who have sent me messages of good will. This is a happy day for me; but it is also one that brings serious thoughts, thoughts of life looming ahead with all its challenges and with all its opportunity.....

..... I declare before you all that my whole life whether it be long or short shall be devoted to your service and the service of our great imperial family to which we all belong.

But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do: I know that your support will be unfailingly given. God help me to make good my vow, and God bless all of you who are willing to share in it."

And my goodness, has she not done just that?

Sting in the Tail

Princess Elizabeth included in her speech the opening line of Rupert Brookes' famous poem

Peace

"God be thanked who has matched us with this hour...."

the poem goes on to say

"And caught our youth, and wakened us from sleeping,

With hand made sure, clear eye, and sharpened power,

To turn, as swimmers into cleanness leaping,

Glad from a world grown old and cold and weary,"

Let's listen to the poem and be glad, despite all that is going on in the world, in South Africa we are not caught up in a war. Let's be positive and go forward with a clear eye. Let's turn and make the year ahead be filled with positive vibes, health and happiness.

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

Tony

The following appeared in church bulletins or were announced at church services.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm – prayer and meditation to follow.

The church will host an evening of fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

reliable gardener or arrange with Kenton Garden Services to look after their garden, at a reasonable fee of course.

It now seems that Residents are using "Job cards" to log requests for private garden jobs. These requests are not going to be addressed. Only the trimming or cutting of large or invasive trees in private gardens will be dealt with via a job card. If there is a dispute between Private or Public garden that needs to be resolved, or advice on a gardening issue, please contact Helen at 334 during normal office hours. The following request from Helen: "Could residents please put small garden refuse in bags? There are many residents who leave small bundles of leaves on the verges. Firstly they blow all over the Park and secondly it would make collection so much easier for the staff. They should rather put refuse in grain bags."

Tags for Service providers

We have decided to implement the wearing of identification tags by service providers' staff who work in the Park. This will indicate clearly who the person is and by whom he is employed. These will be issued and collected daily. We trust this will alleviate the incognito characters moving around in the Park. We intend to expand this protocol to all services entering the Park.

POPIA permission and My Village Card Form returns

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

1. Permission to publish photos of residents taken in the Park onto FaceBook or our website. This is a POPI (Protection of personal information) Act requirement.
2. Without your explicit permission we cannot include you in a photo of a Park walk or a street breakfast or whatever function at all. If you do not wish your image to be displayed on our social media which we use for effective marketing purposes, you may decline. We do however need the formal response back from all our residents please.
3. The My Village card is basically a loyalty card similar to a Pick & Pay card and many others around. It is not a buying card or credit card. However Settlers Park is now listed as a beneficiary on this programme from Woolworths. The intention is to support your favourite initiative, charity, etc by swiping the card when you purchase goods there. Woolworths then will take a small percentage of the purchase and credit the initiative you support (in this case Settlers Park) out of their own profits. It will not cost you an extra cent. We however need your form back so that we can comply with the requirements in order to get this started for the Park. If you shop at Woolworths, please complete the Application and return to either the office or Elaine at the restaurant.
4. 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 P&P which will provide us with additional funds in support of our various initiatives.

Recycling

Mr Ted Gilfillan has taken up the task of finding a viable solution for this initiative and has made good progress with one operator in particular. Details of which will be circulated soonest.

Move of the Clinic to the Care Centre – Sr Erica

Residents will have heard that the Village Clinic is moving to the Care Centre. The Clinic will officially start operating from its new premises on the 1st March 2022. (See Care News page 4).

We believe this would provide a more central access with better parking facilities. The move required minor adjustments with little cost implications.



- ♦ Don't forget the Glen's Den AGM (see the back page for details)
 - ♦ Enter your team for the Quiz (see page 13)
- Volunteers Needed:**
- ♦ The Social and Events Committee is very busy. They would love some help. Are you good at organising, is baking your 'thing', there is a place for everyone.
 - Phone Ron on 422 and offer your services
 - ♦ Help in the Trust Shop (see page 25)
 - ♦ Not sure what to volunteer for? There is always a place for you. Give your name to Horace on 474 OR talk to Elspeth on 257

Please do not feed birds on the ground - keep your feeder in a tree

The Clinic has been operating in a building most suitable to convert into additional "Assisted living" space and we already have residents ready to move in.

Pool

Johan, together with Sparrow Pools have sorted out the technical problems

Thank you to all that have already returned their My Scholl My Village My Planet forms and pledged their support!

Keep adhering to the covid precautionary measures, stay safe and have a blessed 2022.

Derek

PS: Good news!

Mike Newlands is the Settlers Park representative at the Ward 6 Council Meetings

Social and Events Committee Ron Quin

In the last while the Social and Events Committee have catered for a number of Wakes which is more of a service rather than an money-maker. The Families involved have been grateful for the catering provided.

Over the last two years Covid protocols have made residents reclusive as they have been confined to their cottages, but it is now time to return to getting out and about.

The main drive of the Social and Events Committee is now to entice residents out of their cottages and enjoy the activities planned.

The first Fundraiser for 2022 is the Dog Walk which is scheduled for Friday 25 February. Entrants will register at the Hibiscus Room then walk to Glen's Den where judging will take place. It is hoped that many residents will join in the fun and have tea/coffee under the tree and watch the prize-giving.

Events in the pipeline are

A Quiz: Thursday 31 March at 6.00 for 6.30pm in the Hall. Bring a picnic basket with your drinks and food. Enter your team of 4 with Akhona in the Office. Quiz-master David Boyd.

A Musical Concert in Don Powis Hall on a Sunday afternoon at the end of April - details to be announced

Wearing her other hat Ron told the meeting that the Aqua Aerobics was going very well. At the moment there are two session plus a 'rehab' session. As there is more interest a 4th class will need to be added as can only have 8 at a time in the pool.

She thanked her swimming team and Johan for sorting out the pool problem.



KLIPSPRINGER

Driving along the twisting roads of the Swartberg Mountains our thoughts turned to searching for the nimble and gentle Klipspringer (literally in English=rock jumper). We were in the right terrain to find this diminutive antelope which is endemic to hills or mountains and in the Orange River valley (especially in the popular Augrabies National Park) and Namibia.

Along the road to Die Hel we drove around a bend and came across a little family group of parents and lamb, nibbling peacefully on the young leaves of a shrub. They were so focussed they did not bother about us or the vehicle. After a while they slowly moved away and disappeared into the valley below. Most sightings of these gentle animals occur as they move silently among rocky outcrops or through grasslands, their natural habitat. They are not often seen during daylight hours because they are hiding from predators. When one is fortunate to observe them they are usually standing motionless or in their characteristic pose against the skyline on top of jagged rocks.

This diminutive, unique antelope only weighs between 10 and 15 kg when fully grown and stands about 60 cm high at the shoulder. "Natural adaptation has equipped the Klipspringer with narrow, cylindrical, blunt-tipped hooves that are covered with a coating of a substance that has the consistency of hard rubber* and absorbs the shock as it walks like a ballet dancer on points** and leaps from rock to rock." (Readers Digest: Guide to S African Wildlife)

These graceful creatures can easily be identified by their fawn/greyish coats and short, straight, spiralled horns with a sharp spike at the tip. Only the male has horns. Their unique coarse hair resembles elongated tubes about 3 cm in length which provide insulation against heat and cold.

Their diet consists mainly of grasses and the leaves and young shoots of trees and shrubs. They breed all year round and, like many other antelope, the new born lambs are hidden away in a secluded place for several months until they are strong enough to fend for themselves. Klipspringers usually move about singly or in pairs and occasionally in small family groups while for caring for their offspring or socialising. Leopards, pythons and birds of prey have been identified as some of their natural enemies.

The Klipspringer marks out its territory using the scent glands below the eyes which it rubs against trees and rocks to stake its claim to an area. It also forms dung heaps to warn away intruders. When danger approaches it utters a sharp, sneeze-like whistle to alert each other. Their size and colour enables them to melt into the background and become almost invisible.

*Photographs are courtesy KRUGER MAGAZINE, Issue 9, Spring 2019 (p 132).

**Photographs copyright Eco Print

John Forster



"Klip springers' hooves have uniquely evolved to allow them to use only the tips with rubbery soles to provide the necessary traction."

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FREE
FALL RISK ASSESSMENT

Q & A from Residents Meeting on 23 February

- Q:** **Mary McGhie** complained about lots of mosquitos and felt tanks needed treating.
A: *Johan said Park could treat tanks*
- Q:** **Glenis Bentley** felt new residents should be informed on matters such as how to change water from municipal to tank and rules relating to dogs
A: *Derek replied that all new residents are given an information package and assistance from Sue. Wardens were also available to assist.*
- Q:** **Don Armstrong** concerned about speeding down Bathurst St as well as contractors and residents in Park. He suggested that the Park speak to the Traffic Dept.
A: *Tricia Border replied that a few years back when she was on Board, they approached SANRAL (Bathurst St is a Provincial Road so not under the jurisdiction of the Municipality) and suggested that it was looked into again. Brian Wilmot suggested that Mike Newlands takes it to a Ward Council Meeting*
- Q:** **Mary Thackwray** also complained about the speeding around the corner at her house
A: *Derek replied that he was aware of the speeding asked residents to note registration numbers, and even take photographs of cars if possible, so that he could speak to the people concerned.*
- Q:** **Mrs Milln** asked about being able to phone in to retrieve messages from an Answering Machine.
Irene said this option was no longer available but she would revisit the issue.

NB: Residents are ignoring security tapes around cordoned off areas and have even left foot prints in wet cement. PLEASE DO NOT ENTER CORDONED OFF AREAS.

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

WORDSEARCH NO 5

HIDDEN WORDS

SWIMMING, SNOOKER, BADMINTON, POOL,
ROLLERBLADING, TABLETENNIS, DIVING,
SAILING, SURFING, ROWING, LACROSSE,
GYMNASTICS, NETBALL, ATHLETICS, DARTS,
SOCCER, RUGBY, TENNIS, HOCKEY, SKIING,

PERSONALITIES

By Brian McLean

The next time you meet **Marge Judge** you can say to her "hello fisher woman." The reason for this will unfold as you read further about her life story.

Marge was born in the big town of Carlisle, England in 1942 while the Second World War was raging. Then, at the age of 16, she moved with her parents, Norman who served in the navy and mother Agnes, to South Africa, where they lived in the Transvaal.

However she recalls with fondness her time in Wigton where the family lived and how the patrons in a bar run by her uncle used to spoil her. She attended Athlone High School but said she didn't really enjoy school and remembers doing a lot of bunking.

"I trained as a nurse at the Johannesburg General Hospital and qualified as a nursing sister at age 20. I was not allowed to wear my epaulettes as I was not yet 21. That's how it was in those days," she recalls.

Marge adds: "I loved nursing, so much so that I did a lot of private nursing for a number of years."

After meeting and marrying her husband Arthur, who sadly died in 2015 from asbestosis, the couple had two children, a son Shane and daughter Fiona. Shane lives in Johannesburg while Fiona, who is married with two children, resides in Perth, Australia.

"When Fiona was born I remember my mother warning me that my daughter would give me the same trouble that I had given her," Marge says with a smile.

Talking of her marriage to Arthur, Marge says she remembers that on her wedding day her friends were all betting the marriage would not last a year. "They were all proved wrong for we were married for 50 years," recalled Marge.

The couple moved to Port Alfred and after her husband died Marge moved into Settlers Park. So what does Marge think about living in Settlers?

"Oh, I'm very happy here," she said.

Marge never played sport, instead her and her husband became avid freshwater anglers.

"I think we fished for bass in either rain or sunshine in every single dam in the country."

Marge then points to the top of her display cabinet where 12 trophies are on display. "Of those 12 only one belongs to Arthur," she says proudly.

The highlight of her fishing career was when the couple travelled to Brazil and Argentina as a retirement present to themselves and fished in the many rivers, including the Amazon and its tributary rivers for six weeks. Marge remembers the many parrots seen and how white all the beaches were.

A highlight was the two fishing for Golden Dorado at Ibera Marsh and Pirana River in Argentina. The couple then flew back to Johannesburg.

So what's her favourite food, I ask?

"I've never eaten a chop in my life but I do like eating pork sausages and hamburgers," Marge says.

And any favourite music? "I like music but not modern or classic. I'm from the old school and enjoy listening to Queen, Rod Stewart and Elvis Presley."

Marge enjoys being part of a cooking team which serves Glenn's Den and hopes more people will volunteer to do the same.



Marge Judge in her younger days pictured with one of the many fish she caught

Trust report for December 2021

Unfortunately Richard is indisposed - we wish him well.

Income and Expenditure Account April 2021 to January 2022

R272 851.60

Income

Donations	72 043.90
Shop	61 089.76
Cottages	7 506.79
Interest	132 211.15

R181 251.05

Expenses

Assistance to Residents	172 725.05
Bank charges	2 308.50
Stationery	36.25
Audit Fees	6 181.25

R 91 600.55

Richard always likes to acknowledge all those who have spent time working towards achieving the figures above (you know who you are) Thank you.

As Richard would say - **you are very special indeed.**

Please continue to support the Trust Shop and Guest Cottages. Visit the Trust Shop for all your needs and book your loved ones into the Guest Cottages for their stay in Port Alfred.

We all send good wishes to Richard.

WARDEN'S NEWS from Ed Hoseck

Keys: -

The Wardens are checking the spare keys that are held at the Care Centre to ensure that they are correct and relevant. Should you have a lock changed or a security gate fitted please see that there is a spare in the key cupboard in the Care Centre.

Speeding: -

Many of the Wardens have commented to me as to the amount of speeding taking place in the Park. We ask the Residents and others to please observe the rules and to remember that pedestrians have right of way.

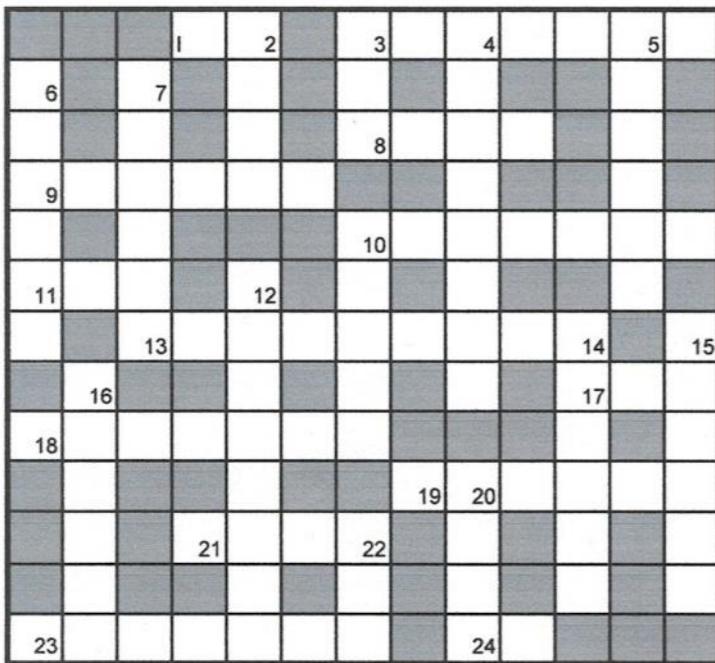
Fire Extinguishers: -

These will have their annual service during March. The Wardens keep a check on these during the year.

ICE: -

In Case of Emergency forms. Please update if or when any of your information changes. Wardens can provide new forms and/or help. Inform Sr Ina of any changes to medication.

CROSSWORD NO. 81.



CLUES ACROSS

- 1 Short father. (2)
- 3 Mode, vogue or style. (7)
- 8 To destroy by fire. (4)
- 9 Away from the mouth. (medical) (6)
- 10 Walking slowly. (7)
- 11 Wildebeest. (3)
- 13 Made plain - in detail. (9)
- 17 Cereal grass - used in making whiskey. (3)
- 18 Large heavy knife. (7)
- 19 To talk foolishly. (6)
- 21 Port in South Yemen. (4)
- 23 Plaited hair. (7)
- 24 To act upon. (2)

DOWN.

- 2 16 of theses to a rupee. (4)
- 3 Watch in a pocket. (3)
- 4 A stately court dance from Spain. (8)
- 5 Longer than broad. (6)
- 6 A zebra-like animal. (6)
- 7 Untanned leather shoe with an Irish accent. (6)
- 10 A fine-grained Quartz. (5)
- 12 Magnificent or grand. (8)
- 14 To slobber or drool. (6)
- 15 Noisy uproar. (6)
- 16 An American suspender. (6)
- 20 A quarter of an acre. (4)
- 22 A dip of the head. (3)

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

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 March

Solution to Crossword No. 80

- Across.** 1. Ug 3. Rooinek 8. Eton 9. Oblige
10. Scenery 11. She 13. Recipient 17. How
18. Replied 19. Big top 21. Void 23. Bearded
24. No
- Down.** 2. Gong 3. Rue 4. Odometer 5. Exhort
6. Maoist 7. Filter 10. Sapid 12. Schizoid
14. Thatch 15. Two ply 16. Petite 20. Icon
22. Dad



Spectacular Red Flowers blooming in the Park to celebrate Valentines Day!

Cyrtanthus sanguineus "Kei lily, Nahoon Lily".

This rewarding bulb is distributed from near Bathurst to KwaZulu-Natal, in rocky places along banks of streams and rivers, and in moist kloofs.

Plant in a well-drained, compost enriched soil mixture, in full sun only if there is a constant water supply, alternatively in light shade, preferably facing south.



Crassula falcata "Propellor plant"

Crassula falcata, known by the common names airplane plant and propeller plant, is a succulent plant endemic to South Africa, from the Cape of Good Hope.

It is a hardy, evergreen succulent with striking grey-green leaves. The pairs of sickle-shaped leaves arise from the plant stem in a flattened plane, reminiscent of an aeroplane's propeller - hence its common name.

The tiny, brilliant vermillion to scarlet-red flowers are borne in a dense cluster, and provide wonderful colour in the garden in mid-summer. Sometimes they produce a second flush of flowers in late autumn. The flowers attract many pollinating insects to the garden.



Kleinia fulgens "Kleintjies/Coral Senecio"

This is a stunning, grey-leaved plant with a profusion of scarlet flowers. It is ideal for hot, dry spots in the garden.

The species name, *fulgens*, means shining and refers to the vibrant, scarlet colour of the flowers.

The plant can be propagated easily from seed, stem cuttings and leaf cuttings.



Scadoxus puniceus "Paintbrush lily"

The spectacular paintbrush lily is one of South Africa's most striking bulbous plants.

There is a beautiful clump growing at the library and we are getting ready to harvest the seed.

This species is quite variable and a number of different forms occur throughout its distribution range.

Sunbirds, weavers and other nectarivorous birds feed on the nectar produced by the flowers.



Transformation

Change.

It's not always fun. We experienced that in the last two years with COVID. Some people (like me) do not like change. But being a true Christian requires change. It requires transformation.

These days, the idea of 'necessary change' is not popular. There are many who want to claim Christianity without having to actually live a Christ-like lifestyle.

It's not enough to just claim to believe or say that you're a Christian. There has to be a change. There should be evidence in your life that you truly follow Jesus. You must be transformed.

The great news is that Jesus is in the transformation business.

HERE ARE 2 WAYS JESUS TRANSFORMS THE LIVES OF THOSE WHO FOLLOW HIM.

1. JESUS TRANSFORMS OUR MINDS.

Romans 12:2 makes it pretty clear that transformation is a must.

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Whether we like it or not, our thoughts are shaped by the world we live in. So, there is a risk of being influenced with attitudes and societal 'norms' that have no place in a Christian's life. The Church should never be conformed to this world. We're strangers here. We're just passing through.

We can't think about the things of this life or make decisions based on what's going on in the world around us. Instead, we should use a filter of God's Word and the guiding of the Holy Spirit to see and think the way God would have us do. When we follow Jesus, He changes the way we think.

2. JESUS TRANSFORMS OUR DESIRES.

Most people know and love Psalm 37:4, "Delight yourself also in the Lord, and He shall give you the desires of your heart."

We all want God to grant us the desires of our hearts. However, when we follow Jesus, He has a way of transforming our desires. Somehow the things we thought we wanted, we don't want anymore. Material things become less important. Recognition, status, position, fame, and fortune... they're really not important in light of the Kingdom of God and eternity.

Galatians 5:24 tells us that, "those who are Christ's have crucified the flesh with its passions and desires."

And in Matthew 16:24-26 we read, "Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?"

Jesus transforms our worldly desires into desires for Him and His kingdom.

My challenge to you is this: If you call yourself a Christian, then take a close look at your thoughts and desires. Have you allowed Him to transform you? The process might be a bit painful, but it's worth it!

Wikus Venter (NG Church Dias)

(<https://daintyjewells.com/blog/4-ways-jesus-transforms-our-lives>)



FABULOUS DOG FUN

Friday 25 February saw a wonderful entry of dogs for the first ever
DOG WALK

The Social and Events Committee's first fund-raising event of the year was a resounding success. The dogs (plus their owners) gathered in their numbers and they were all so fantastic it sent the judges' heads into a whirl!

The tea/coffee/eats table was a popular area and the scrumptious scones and muffins disappeared in a trice.

The Committee must be proud of the R2 517.00 raised. WELL DONE!



TRUST AT SETTLERS PARK - 100 CLUB DRAW 18 FEBRUARY 2022

LUCKY LUCKY LUCKY you three!

First (R1000): Martie Truscott Second (R500): Anne Skelton Third (R250): June Wheelwright

Sorry to the rest of us but who knows what happens next time?

We will be having future Draws at the Hibiscus Room at 10am on Draw dates. So, if you wish to purchase a cup of tea/coffee and join us for the Draw please call the Restaurant for a seat as we are somewhat restricted with members present due to covid protocols.

Thanks to all our supporters once more. Rick would be chuffed at how many of you regularly support the 100 Club.

Future dates: 2nd Draw 20 May; 3rd Draw 19 August; Final Draw 1 November

Maude Coghlan and Marge Judge

MORE NOTICES & NEWS

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)



is back!

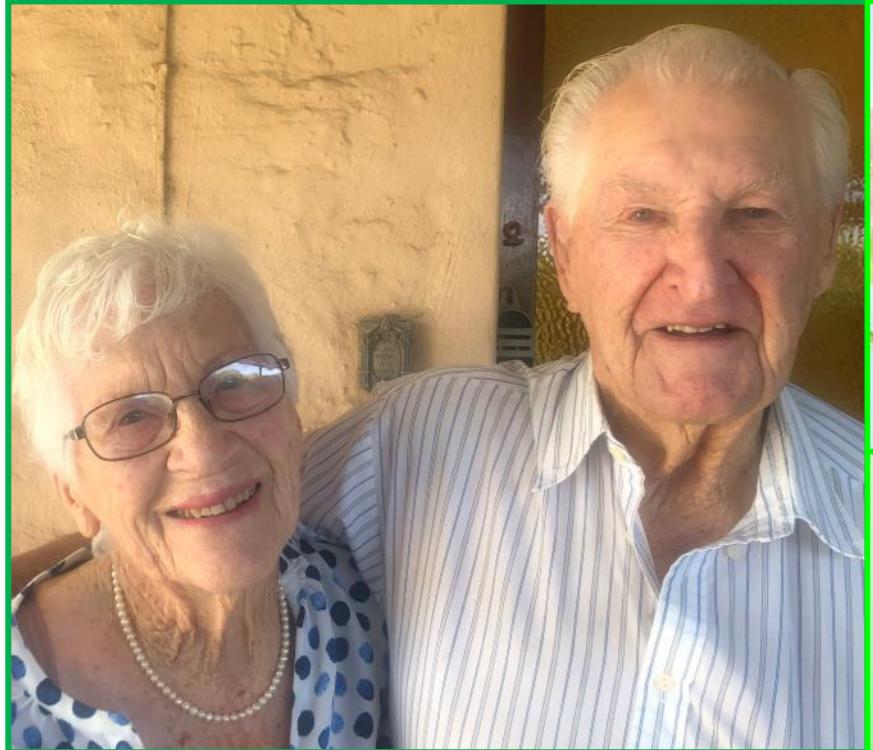
The next Quiz will be in the Don Powis Hall
On Thursday 31 March

At 6 for 6.30pm

Enter a team of 4 with Akhona at the office and don't forget to give your team a name

Something new: Bring your picnic basket with your food and drinks for the evening

Start practising now - its going to be loads of fun!



A fantastic milestone!
Congratulations to
PAM & CLIFF PAINTER
on their
70th Wedding Anniversary

NO tortoises

It has been pointed out that it is illegal to keep tortoises without a permit.
Also they might well burrow under the fence and compromise its integrity or
electrocute themselves.

So, thanks for the suggestion, but the emphatic answer is



NO



NOTICES & NEWS



THANK YOU

On behalf of Marion and myself we are sincerely grateful and really appreciate the professional and caring manner in which Sister Ina has been doing my wound dressing for the past few months.

Thank you also to Sister Lindy from the Clinic and Sisters Naomi and Noeleen from the Care Centre.

We at Settlers are truly blessed with the amazing nursing facility at our disposal which is a phone call away.

Thank you to everyone involved.

Walter Probart



Congratulations on
your 90th birthday
CHARLES RANDALL



TRIBUTE TO JANN HAIG

Jann and her husband, Doug, moved to Port Alfred during the early 1990s to look after her widowed father-in-law who had retired to Port Alfred.

Doug started his own business while Jann was employed at Settlers Park for 27 years. She worked with Nigel Coster at Settlers Park which was, at that time, under the auspices of the SA Red Cross Association until the subsidy dried up and Settlers Park was on its own.

Together Nigel, Jann, Peter Metcalf and Harold Bodill, to name a few, (as well as many others) were involved in building Settlers Park up to what it is today. Jann was blessed with the gift of compassion for elderly persons and would give out hugs and kisses to whoever needed to be heard. She would personally take residents to doctors, shopping and dentists when necessary. her passion was the Frail Care Centre. She had a large influence in the expansion of the Centre and an extension was named after her.

Jann & Doug later also became residents of the Park. Jann was later sadly diagnosed with dementia. One and half years after Doug's passing, Jann passed away.

Her race had been run and she was reunited with her beloved husband.

Well done, Jann, may you rest in peace.

From The Family



Happy people enjoying the companionship of Glen's Den. Why don't you join them?