



RESIDENTS

2nd Meryl Bodill
3rd Horace Bramwell
3rd Helen Thompson
3rd Gillian Uys
8th Yvonne George
8th Ricardo Rodrigues
8th Eddie Svendsen
9th Bessie Danilatos
9th Lyn Kolesky
9th Elisabeth Milln
10th Gwynn Crothall
11th Ralph Clegg
13th Jos Jones
15th Nora Adderley
15th Mike Clayton
15th Marian Cleugh
16th Marion Gadd
17th Martin Leonard
19th Roy Spavins
22nd Bev Scoble
23rd Jean Bothomley
23rd Tessa Chunnnett
24th Joan Schorn
25th Michael Mildenhall
26th Mary Thackwray
27th Ted Gilfillan

STAFF

3rd Richard Msesiwe
5th Rosetta Whiteboy
7th Lungiswa Ngangu
12th Yandiswa Zondani
15th Erica Botha
16th Naydeen Swartz
19th Johanna De Wet
20th Kangelwa Ndiyana
21st Mzukisi Chotsheni
28th Qondile Mthwalo

CHURCH SERVICES IN MAY

3pm in the Hall

ALL WELCOME

6th Pastor Theo Snyman

13th Kathy Cutter

20th Pastor Justin Ndoro

27th Kathy Cutter

FOR YOUR DIARY

Hall meetings subject to Government's Covid requirements as and when announced

* 13 May 9.30 for 10am LAHS Meeting. Pat Irwin is the speaker

* 19th May 2.30pm Residents Meeting in the Hall. Limited space & mask wearing etc in accordance with the COVID restrictions

* 27th May 9.30 for 10am U3A. Rem & Ted Gilfillan on Mozambique

* Remember Glen's Den is open again. Seating limited so phone to book your place

* Table tennis resumes on 1 May for all players, experienced or beginners

Saturdays at 9.30 am & Wednesdays at 2.30pm

* Don't forget the 'Nearly New Shop' which opens on the last Friday of every month from 10 - 11am in the Hall

* For other activities check with the organiser

LIBRARY HOURS

COTTAGES 1- 125

WEDNESDAYS

9.30AM – 12.00

COTTAGES 126 – 249

FRIDAYS

9.30AM – 12.00



Previously known as Jacque Kieck Physiotherapy

72 SOUTHWELL ROAD | PORT ALFRED

Tel/Fax: 046 624 5135

Cell: 079 310 5273

admin@parbhoo physiotherapy.co.za



RAIN
29 mm for April
More as this goes to print?

6th Leslie-Anne & Ivor Phillips
12th Trish & Tony Versfeld
14th Edna & Peter Smethurst

MAY 2021
VOLUME 174



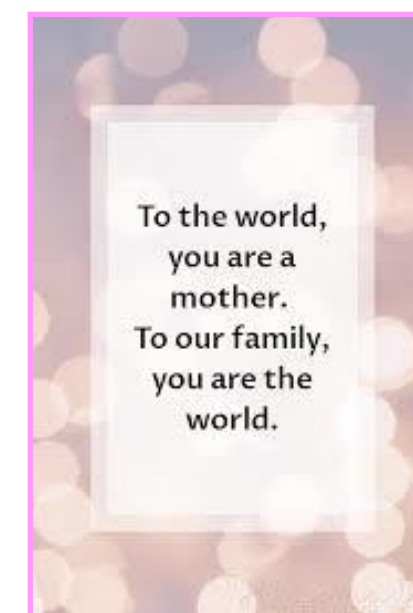
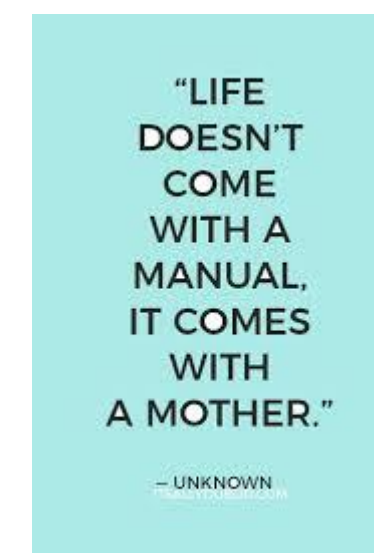
Silver Threads

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



Although we rely on them throughout the year it is in May that we celebrate Nurses Week. We owe our nursing staff and carers a great debt of gratitude for the wonderful work they do, but this month we say a special

THANK YOU!

Grey Matters

It seems as if we have just turned the corner into a new year and already four months have flown past.

In a sense it's sad that a day can pass without it being significant enough to remember.

However in another, it's a blessing that we don't.

On the 25th of March 2020, Elaine and I arrived in Port Alfred from Bloemfontein. The next day the Country went into full lockdown. We barely had time to supervise all our furniture and belongings into storage. Fortunately a Samaritan of a resident offered us his furnished apartment, overlooking the sea on the one side and the Bridge, Kowie River and Marina on the other. Fantastic views and wonderful neighbours that made grinding through the 14 day quarantine that much more bearable.

A year later, it's all history, but not forgotten.

And so on the 27th April we celebrate Freedom Day in South Africa to commemorate the day in 1994 when the first democratic election was held.

27 years later, it's all history but I'm sure many will remember the unending winding rows of voters all over the country at thousands of voting stations. Many elderly citizens stood in queues amongst other voters, hoping to cast their vote in a national election for the very first time in their life. How was your experience?

Since then much has changed in South Africa, not all good and perhaps not even better but if nothing else, we are a nation of **Hope (to have a positive expectation of good)**.

At Settlers Park we look forward to the future in anticipation and expectation as from 1 April we entered a "new financial" year, with new plans, challenges, aspirations, and hopefully much less Covid.

A recent meeting with the Municipal Manager re-established common ground through shared concerns and aspirations between significant role players in the local community. It was recognised that Settlers Park as a major economic factor and considerable representative of the senior community, is a major contributor and investor to both the local fiscus as well as the social wellbeing of the area.

We hope this interaction will bear fruit and grow to a significant relationship between Settlers Park Association and Public Management structures. Thank you to Mr. Dumezweni (MM), Mr. Venene, Diane Haynes (DA) and Brian Wilmot (Vice Chairman Settlers Park) for a memorable interaction.

Hopefully the vaccinations will do what they are intended to do...

Hopefully we receive rains to fill our water tanks,

Hopefully...

Just don't lose hope!

Greetings to all - **Derek**

SUNDAY LUNCH MENU

DATE	STARTER	MAIN	DESSERTS
2nd	Goats Cheese and Red Onion Phyllo Parcel drizzled with a Balsamic Reduction	Apricot and Apple Glazed Gammon served with Rice, Roast Potatoes, Gravy and Roast Vegetables	Death by Chocolate Mousse Cake
9th	Vegetarian Spring Roll served with Sweet Chilli Sauce	Garlic and Thyme Roast Chicken served with Rice, Garlic Baby Potatoes, Gravy and Seasonal Vegetables	Malva Pudding and Hot Custard
16th	Butternut and Sweet Pepper Quiche served with Salad Garnish	Slow Roasted Pork Shoulder served with Rice, Roast Potatoes, Gravy and Medley of Vegetables	Apple Strudel and Vanilla Ice Cream
23rd	Chicken Satay with a Peanut butter Sauce	Garlic and Herb Crusted Beef Tenderloin served with Rice, Gravy, Tuscan Style Potato Bake and Roast Vegetables	Salted Caramel Cheesecake
30th	Bacon and Mozzarella Croquette served with Salad Garnish	Slow Roasted Greek Lamb served with Rice, Herbed Baby Potatoes, Gravy, Carrot Rounds and Broccoli/Cauliflower Cheese Bake	Peppermint Crisp Fridge Tart served with Vanilla Cream



FROM THE WARDENS

In Case of Emergency




FOR CARE CENTRE
DIAL 9 OR 201
 Security :- 446 Duty call: 083 895 8863
 Office Phone :- 200
 Warden :-
 Phone :-
In Case of Emergency
 Information in I.C.E. Folder kept in/on :-

The new Fridge Magnet is coming!

This will serve the same purpose as the old magnet BUT additional information as to where emergency personnel can find important information required should you have to be taken to hospital at any time, particularly at night.

Without this information it would be very difficult to be speedily and correctly assisted. The form below will provide all the necessary information and the magnet will advise where the form is located in your cottage.

In Case of Emergency

FOR Unit No. _____

Family Name _____
 First Name _____
 I.D. Numbers _____
 Cell Numbers _____
 Medical Aid _____
 Hospital Plan _____
 Plan/Aid No. _____ Phone _____
 Doctor _____ Phone _____
Please Contact - Next of Kin / Responsible Person
 Name _____ Phone _____
 Name _____ Phone _____
 Blood Group _____

Allergies / Medication

a _____
 b _____

Copies required to be attached for each resident:-
 I.D.
 Medical Aid Card and / or Hospital Plan (Hospital card if available)
 Living Will

It is important to provide details of any chronic medications and / or allergies.

Attached to this document should be copies of:

- ID cards
- Medical aid card
- Living Will.

Your Warden will be providing you with the magnet and form and will explain what you should do to safeguard yourself

In Case of Emergency

FERAL CAT FEEDING FUND.

Thank you sincerely to our loyal supporters who understand the situation we are dealing with, and who are so constant and generous with their contributions.

Just another appeal to anyone else who would be interested in our endeavour contact no. is Bessie 259.

Thank you again,

Florence Fowler.

MAY 2021 Meal of the day Menu			
DATE	DAY	SOUP	MAIN
1st	Saturday	Spinach and Feta Soup	Broccoli and Chicken Bake served with Creamy Mash and Seasonal Vegetables
SUNDAY			
3rd	Monday	Potato and Leek Soup	Spaghetti Bolognese served with Garlic Roll and Herb Salad
4th	Tuesday	Bean Soup	Sweet 'n Sour Chicken Stir-Fry served with Egg Fried Rice and Broccoli/Cauliflower Cheese Bake
5th	Wednesday	Hearty Beef Soup	Cape Malay Bobotie served with Yellow Rice and Steamed Vegetables
6th	Thursday	Thick Pea and Ham Soup	BBQ Pork Casserole served with Tagliatelle Pasta and Roast Vegetables
7th	Friday	Chicken and Lentil Soup	Battered Fish Goujons served with Potato Wedges and Crisp Garden Salad
8th	Saturday	Sweet Potato and Ginger Soup	Baked Cola Chicken served with Creamy Mash and Seasonal Vegetables
SUNDAY			
10th	Monday	Red Cabbage and Potato Soup	Home-made Spinach and Feta Quiche served with Caesar Salad
11th	Tuesday	Roast Vegetable Soup	Tangy Apricot Chicken Casserole served with Creamy Mash and Medley of Vegetables
12th	Wednesday	Spiced Butternut Soup	Thai Beef Curry served with Yellow Rice and Seasonal Vegetables
13th	Thursday	Celery and Tomato Soup	Pork Bangers served with Garlic Mash and Roast Vegetables
14th	Friday	Chicken Noodle Soup	Lemon and Herb Deep Fried Hake served with Crispy Chips and Herb Salad
15th	Saturday	Broccoli and Cheese Soup	Chicken and Bacon Florentine Pasta Bake served with Seasonal Vegetables
SUNDAY			
17th	Monday	Pumpkin Soup	Traditional Beef Cottage Pie served with Fresh Country Salad
18th	Tuesday	Vegetable Soup	Creamy Chicken ala King served with Egg Noodles and Roast Vegetables
19th	Wednesday	Creamy Mushroom Soup	Beef Tomato Bredie served with Parsley Rice and Mixed Vegetables
20th	Thursday	Spicy Tomato and Feta Soup	BBQ Pork Rashers served with Herbed Mash, Gravy and Seasonal Vegetables
21st	Friday	Thick Bean Soup	Smashed Herbed Fishcakes served with Crispy Fries and Herbed Salad
22nd	Saturday	Creamy Butternut Soup	Asian Style Beef Strips served with Baked Potato and Broccoli & Cauliflower Cheese Bake
SUNDAY			
24th	Monday	Beef and Onion Soup	Swedish Meatballs in Tomato Ragu served with Savoury Rice and Medley of Vegetables
25th	Tuesday	Lentil and Bacon Soup	Chicken Curry served with Yellow Rice and Mixed Vegetables
26th	Wednesday	Minestrone Soup	Chilli Con Carne served with Herbed Mash and Seasonal Vegetables
27th	Thursday	Creamy Mushroom Soup	Lightly Crumbed Pork Chop served with Brown Onion Potato Bake, Gem Squash and Patty Pans
28th	Friday	Portuguese Spinach Soup	Pickled Fish served with Potato Salad, Carrot & Pineapple Salad and Beetroot Salad
29th	Saturday	Carrot and Ginger Soup	Home-made Chicken and Leek Pie served with Crispy Chips and Country Salad
SUNDAY			
31st	Monday	Chicken and Sweet Corn	Creamy Beef Stroganoff served with Egg Noodles and Seasonal Vegetables

The Robbish Column written in the Cro's Nest

We have had a very gratifying response to our call for interest in a cheaper and better Internet service and we will proceed with the project. There has been a slight delay caused by a legal tussle between the municipality and HeroTel. We are working with HeroTel to find a solution to the problem but will consult other potential service providers to ensure that the project moves forward.

Gwynn and I have a daughter in Boston, USA, and I occasionally watch American news. The antics of the Republican Party (GOP) politicians are amazing sometimes. There have been forty-seven “mass shootings” in the US in the past thirty days, and very few GOP politicians on Capitol Hill will support any legislation that ensures that gun shops only sell assault rifles to sane people who do not have a criminal record. One must question why any normal citizen feels they need an assault rifle at all?

The videos of police behaviour, in the Chauvin trial (he killed George Floyd) and their treatment of a serving army officer, are appalling, not to mention the other police shootings that are shown every week.

It seems that most GOP voters do not believe that the Corona Virus pandemic is real, even though over half a million of USA citizens have died from the virus. They consider that being asked to wear a mask in public is a violation of their rights.

As my mathematics lecturer used to say, half of the population of any country has a below-average IQ! It is particularly visible in the USA.

With all our problems of government corruption and Eskom load-shedding, I still think that we are incredibly lucky to be living in South Africa. And in Settlers Park, where we are shielded from most of the problems of civil society, we are doubly blessed.

We have had wonderful service from local suppliers during the full year of this pandemic, and our management team have excelled. We have had deliveries to our doors from Pick n Pay, Spar, Leach, Wharf Street Fruit and Veg, and courier companies. We have had as many meals as were needed from the Hibiscus Room. Residents have not needed to go to town to shop for the past year, and when we have gone out, we have used our masks to protect ourselves and others. We have had very few Covid infections among our independent residents, and this is largely due to the discipline and good nature of our residents, helped along by excellent Park management.

Businesses in town have done their part, and a few have not survived this pandemic. Some new restaurants have appeared, like KC Italia (which replaced Decadent in the Postmaster’s Village), JoBa has taken over the Penny Farthing, and Niche and Rise continue to please the palate. The Ocean Basket has re-opened. Hardware shops, like Build It, BUCO, and Kowie Hardware have felt unprecedented growth in volumes because people have focussed on upgrading their homes. We have all been forced into learning to meet and play games online, and names like Zoom, Google Meet and Skype have become part of our everyday vocabulary.

This pandemic is not over yet, and we must continue to do what we have done so well over the past year – wear a mask, socially distance, and wash our hands. The government website for registering for your Covid vaccine is now available for everyone who is over 60 years old. Visit <https://vaccine.enroll.health.gov.za> to register. But with our new way of life, and the possibility of vaccines against Covid, we will do well.

Keep well, happy, and safe!

Rob Crothall – Chairman of the Board

Boardroom Briefs

The Board met again in April in one of the cottages that is available for sale. As events and training sessions are becoming more popular, it is sometimes difficult to accommodate the many groups that need to catch up on “in person” activities and we felt that it would be a good opportunity for Board members to inspect our product.

A review of the financial reports for the full year shows that good cost control has resulted in significantly lower costs and our financial position is improved over the same time last year. We still have a way to go, but it is a step in the right direction.

As is customary at the close of the financial year, all capital project budgeted amounts that were not yet spent were forfeited and had to be re-justified for the new financial year. I am pleased to report that capital spending was well controlled in the past year.

Changes to our chart of accounts, and the restructuring of certain charges, will be applied in the new financial year. The Finance team has worked hard in preparing for these changes in conjunction with our Financial Director, Bronwyn Alan, and our auditors.

The GM and the Settlers Park Trust will work together to seek institutional donor funding for the Park and specific projects. It is important that we develop donor funding to enable us to afford some of the capital projects that are planned. We are working on a plan that enables individuals to get more money to the beneficiaries of their estate if they donate an amount to an NPO like the Park. It is all based on reducing estate duty payable and it is being reviewed by a financial advisor at present.

We spent time discussing the Organisational Development Plan and the progress made by the different departments. The process is ongoing but needs regular attention.

We need residents and friends of Settlers Park to submit short notes that reference our Facebook page. You can post directly to Facebook about good things that have happened in the Park, but please send a copy to admin@settlerspark.co.za so that we can post it to the website as well. If you prefer, just send the note by email and we will post it to both.

It is important that residents should have the opportunity to raise issues with management and Board members that are of general interest. Derek will be making an announcement soon about a resumption of monthly Residents Meetings. I look forward to meeting you all there.

Keep well, happy, and safe!



Thank you
All Care Centre
Staff



WARDEN'S REPORT

1. The water survey has been completed. The results of all the 22 Wardens findings are to be combined and will be forwarded to Management to assist in overcoming the problem areas in water supply to the park.
2. A new I.C.E. fridge magnet has been designed (see page 23). When it is available a plan will be put in place to distribute it and the information it covers explained to the Residents.
3. It is distressing that, despite numerous warnings, there is ongoing fiddling by certain resident(s) with the pool equipment ie Creepy Crawly. This is unacceptable behaviour and once again residents are asked not to interfere with equipment - in the Pool area or anywhere around the Park

POETRY CORNER

HOW DO I LOVE THEE?

Let Me Count the Ways

By Elizabeth Barrett Browning

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of being and ideal grace.
I love thee to the level of every day's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for right.
I love thee purely, as they turn from praise.
I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints. I love thee with the breath,
Smiles, tears, of all my life; and, if God choose,
I shall but love thee better after death.

When she was about 32 years old, Elizabeth Barrett Browning was seriously ill and remained an invalid for some years. In spite of the overprotection of a forbidding father, she became secretly engaged to Robert Browning and married him in 1846 when she was forty.



RENEWING DRIVERS LICENCES

This may **ONLY** be done on **MONDAY, WEDNESDAY or FRIDAY**

This is what you need to have/provide

- ♦ The correct application form for licence renewal, filled in
- ♦ Your ID card or book
- ♦ A certified copy of your ID card or book - may be certified at the Office
- ♦ Certified Proof of Residence. This may be obtained from the Office - give them time to prepare
- ♦ 2 recent photographs
- ♦ Your old licence
- ♦ An eye test - may be obtained from by an Optometrist instead of being tested by the Dept machine which may not be working
- ♦ R216 fee payable there and then
- ♦ Patience by the tone and a good sense of humour!

Thanks to Bugs for providing this very helpful information

NB: If YOU flush a wipe, it will give THE PARK strife!



These are two very good products to use to eliminate toilet odour in-between flushes.

PERSONALITIES

By Brian McLean

She’s an avid Blue Bulls fan, loves gardening and bowls and her favourite meal is a braai.

Meet **Sally Moffat**, an ex-Zimbabwean and a resident of Settlers Park for approximately two years.

She was educated at Chisipite Senior School in Harare before coming to South Africa in 1984. Like a lot of Zimbabweans, Sally attended Rhodes University, obtaining a BSc.Hons degree as well as a U.E.D. While at Rhodes she captained the women’s squash team playing at one. At school she captained the swimming team and played first team hockey. During varsity holidays and after varsity Sally played both hockey and softball for Mashonaland and Manicaland and taught chemistry in both parts of Zim.

However, her best sporting love was ignited after attending the first Outward Bound Course for Girls in the Chimanimani Mountains. This resulted in Sally becoming a keen mountain club member at Rhodes where she met Chris, her late husband, who passed away some six years ago from cancer.

“After teaching in Zimbabwe, we immigrated to South Africa and lived in the senior boys’ hostel at King Edward School in Joburg, where holidays were spent exploring hiking trails in the mountains,” Sally said.

In Johannesburg Sally, eventually became the deputy headmistress at Parktown Girls’ High.

Asked about the many local trails she and her family explored, Sally was quick to name the Whale Trail, Harkerville and Winterberg, as well as climbing the Compassberg.

Sally remembers her youngest daughter Carol taking on the Otter Trail aged nine, then celebrating her 10th birthday while on the trail. “I also remember birthday cake having to be carried and Carol and Jenny, my elder daughter, having to carry their own packs for five days,” Sally said with a smile.

While on trips overseas, Sally and Chris did not visit cities but mountains, where two memorable visits were to Snowden in Wales and Yosemite in the United States.

After taking early retirement due to Chris’ cancer, the couple moved to Bathurst, built a house and joined the Oldenbergia Hiking Club in Grahamstown.

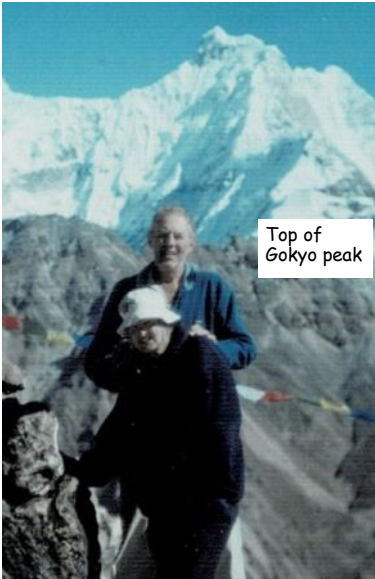
Sally then taught at Victoria Girls’ High and finally, as he had promised, Chris took her to the Himalayas.

Explained Sally: “One flies to Kathmandu in Nepal, then jump a local flight with Yeti Airlines to Lukla where one starts to walk, mostly up, with Mount Everest nagging you on.” Sally remembers the Everest base camp being just like other parts of the mountains, only higher. “I did have a dose of altitude sickness and the cure to that was to go down as fast as I could.”

Unfinished business includes Formosa Peak near Storms River where she and Chris had to turn back due to thick mist.

Sally took up bowls around 2006 at Kowie Bowls Club where she is currently the ladies’ club captain. She moved into the village 2 years ago and helps in the village Library on a Friday.

Unfortunately, after a serious knee injury incurred while playing hockey, no hiking and very little bowls is being done these days. She explained: “Nevertheless, I believe in enjoying life and having fun every day.”



Coming and Going in April 2021

RIP
Reg Quin
Moving In – may you be very happy in Settlers Park
Mrs June Carter (cottage 14)

Q & A Remember, submit your questions to info@settlerspark.co.za and the answers will be published monthly **No questions this month**

Trust report for March 2021

Greetings to all our Residents.
I would like to share with you the performance of our Trust for the month of March 2021

Income	29 751.39
Donations	7 873.35
Shop	10 943.78
Interest	10 934.26
Expenses	21 583.72
Assist our needy	19 561.52
Cottages	1 671.20
Bank charges	351.00
Excess of income over expenditure	8 167.67
DONATIONS	
Anonymous	2 000.00
Papenhuizen	5 523.35
Golden girls	350.00
Total	7 873.35

Big thanks for the three donations.....your generosity is gratefully accepted.
Please remember that if you believe that you are owed money by our Trust Shop then make a turn when the shop is open on a Monday or a Friday from 09H00 to noon.
Also please note and this is important..... Should you have given the shop something to sell on your behalf and that “thing” has disappeared, then we apologize..... but these things happen. Should you throw your toys out of the cotthen that also does not make things any easier. It is important to remember that all who generously give of their time at the shop do so without expecting anything in return. They are very special folk. If you know the 80/20 Pareto Principle which clearly states that twenty percent of folk make things happen, and the remaining eighty percent find fault with everything. This happens anywhere and everywhere in the world.
Glens Den is also open now and there are changes in the way we will operate, and my very sincere thanks to all those who agreed to be involved with the various Cooking Teams. They, and those who support the venue, are the sole reason the place makes a profit which is usually directed towards our Trust.
Stay Safe
Richard Henshall (Chairman Settlers Park Association Trust)

RESIDENT & SERVICES COMMITTEE REPORT MARCH 2021

- A Resident's Meeting is scheduled for May. Only 100 people are allowed in the Hall so attendance will be on a 'first come first served basis'. No tea will be served
- Social events will remain on hold at this stage. Further events will depend on the Covid-19 reports and restrictions. For all events that do take place the wearing of masks, sanitizing and social distancing is essential.
- Verbal abuse of staff. Residents do not have the right to confront staff directly except in a complimentary manner.
- Cottage sales are still taking place.
- The ditches left by the installers of the Security camera system are being addressed.
- A request has been made for all Security staff to wear name tags so that they may be identified.
- Residents might have noticed the items being shared on Facebook and on the website. If anyone has any interesting news or event taking place, please advise the office so that footage can be loaded on social media. This information should also be shared with Silver Threads and pictures are always welcome.
- Ongoing measures are being put in place to stabilise the water supply in the park.
- Wardens are in the process of completing an audit on the water situation at each cottage.
- Residents are still causing sewer blockages by flushing wet-wipes and foreign objects down the toilet.

THAT'S WHAT!

COVID 19 & VACCINATIONS

Amidst threats of a third wave of infections during the Easter weekend, the Government held their nerve and thankfully refrained from forcing the country into an unfounded higher risk level.

We thus remain at a Risk Level 1 which is unlikely to change until the 67% supposed "herd immunity" is reached through national vaccination.

The roll out process of vaccines is proving to be nothing short of mass confusion.

At least we have at this stage registered all health care staff as prescribed, and now await confirmation from the Department of Health as to when and how our Care staff will actually receive the vaccination.

At this stage the protocols surrounding the vaccination procedures are not very clear as it would be much more practical for our residents to receive the vaccinations on site.

This option is being entertained, but not much progress made unfortunately.

On 16 April the Government announced that all citizens over the age of 60 could register for vaccinations through an internet portal: <https://vaccine.enroll.health.gov.za>. We encourage you all to register.

If you need assistance you may call the Covid hotline: 0800 029 999. In addition, our Care Centre is available for assisting residents who are unable to access internet through their devices or do not have access to such devices at all. Please call Elspeth or Rowena to assist.

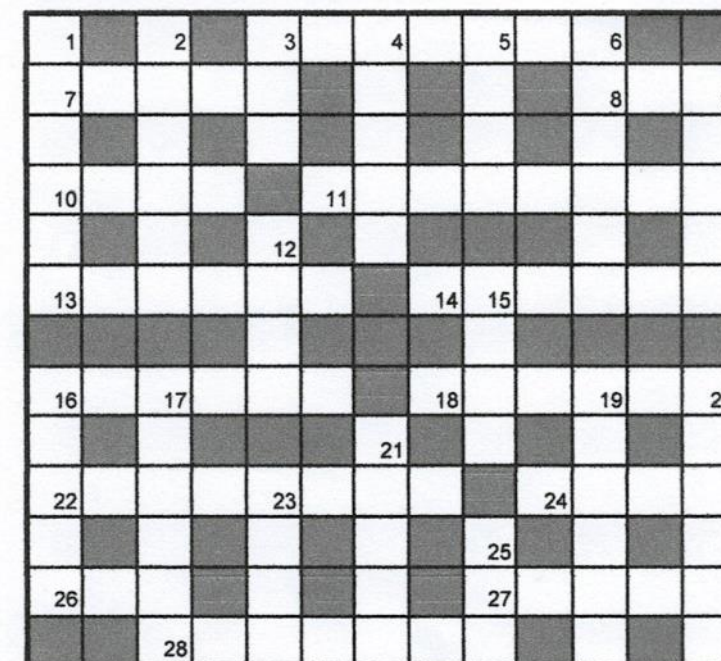
An important call from Care Management to all residents that do register is to inform the Care Centre of your successful vaccination registration. We need this information to determine who we will need to vaccinate if, and when, we are authorised to do so, on site. It will also assist us with recording required statistics at the end of the day. We are not 100% sure but, at the time of writing, current indications are that the Johnson & Johnson vaccine could possibly be resumed after the Health Regulator has recommended lifting the suspension.

At Settlers Park our Covid measures remain in line with Covid Risk Level 1 as previously announced by Government.

Grandmothers are
the people who take
delight in hearing
babies breathing into
the telephone.



CROSSWORD NO. 71



ACROSS

- 3 Small river in N/Italy that needs to be crossed. (7)
7 To backcomb hair. (5)
8 Water in a cold form. (3)
10 Kale converted to a body of water! (4)
11 Prisoners fleeing custody. (8)
13 Rajput soldier based in Nepal. (6)
14 Desired. (6)
16 Students in the police ranks. (6)
18 To harass persistently. (6)
22 A hole, gap, slit or opening. (8)
24 Metallic element No. 30 (4)
26 Classic book by Henry Rider Haggard. (3)
27 To regard with horror. (5)
28 Also called a student. (7)

DOWN

- 1 WW2 POW camp in Germany. (6)
2 Pen manufacturer. (6)
3 Short referee. (3)
4 Lightweight Peruvian tree. (5)
5 A tuft of hairs on some variety of seeds. (4)
6 Insect could be the best! (6)
9 To lessen in pressure or discomfort. (5)
12 A measure of spirits. (4)
15 Aid. (4)
16 Total disorder or confusion. (5)
17 Alternative fuel. (6)
19 He has title of 'Sir'. (6)
20 A woman hired as a social companion. (6)
21 Preserved meat made from pig's trotters. (5)
23 Loose flowing garment made from Goat! (4)
25 An upside rag fish with a 'beak'! (3)

Solution to crossword no.70

Across 1. Lacquer 5. Toast 8. Air
9. Noxious 10. Aesop 11. Deli
12. Empress 14. Easels 16. Cursor
19. Acrobat 21. Abba 24. Icing
25. Trivial 26. Use 27. Meets
28. Similar
Down. 1. Lend 2. Coxae
3. Uxorial 4. Rasher 5. Tramp
6. Abscess 7. Tapestry 13. Geranium
15. Sardine 17. Uranium 18. States
20. Bogus 22. Brill 23. Slur

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

In the last two issues of Silver Threads I described the first 6 days of a 10-day tour along the Orange River and through the Richtersveld desert. In this final part of the trip we cover the last 4 days as we follow the route down the Namaqualand coast.

From Alexander Bay our route turned south along the tarred road with the cold Atlantic Ocean on one side and the bleak desert on the other. We drove past fields of unique ginger-coloured lichen which grows nowhere else in the world. The old mine dumps of waste rock and sand are all that remain of the lucrative diamond mining of the past.

In Port Nolloth (Port Jolly as it used to be known) we relaxed on the beach munching fish and chips. The town boasts a small museum and many old miners' houses, reflecting the long history of copper and diamond mining. A handful of diamond diving boats rocked gently on a light swell in the harbour, waiting for the ever-present Malmokkie fog to clear. (Malmokkie is the local name given to the fog that closes in for up to 200 days a year and makes it too dangerous for divers to venture out of the harbour to dive for diamonds on the seabed.) The wreck of the ex mine-sweeper Aristeia lies firmly embedded on the beach. Old maps mark the sites of dozens of wrecks up and down the coast. Many brave mariners and diamond divers have come to a sticky end along this dangerous coast.

Further south McDougalls Bay, Kleinsee, Hondeklipbaai, Koignas, and other tiny communities cling to their turf, eking out an existence with tourism, and whatever else they can do to put bread on the table. For nearly a century diamond mining held sway here and the government declared vast areas forbidden territory, to protect the diamonds. (In Namibia the Germans called it Sperrgebiet). Most of the big companies have since moved on, but a few determined one-man operators hang in, living in hope of finding the BIG ONE. In some areas the 'mine ravaged' desolation resembles a war zone, and stories and legends of what happened long ago continue to fascinate visitors.

Our next stop was Houthoop Guest Farm, near Kleinsee, set in coastal scrubland. Surprisingly, this is a flourishing sheep farm and the main activity around these parts and source of income. The wind was blowing great gusts (quite normal, they say) and made camping difficult and unpleasant, so we happily sought shelter in the brightly painted bungalows on the farm. These look more like Muizenberg beach bathing booths, surrounded by a neatly laid out water-wise garden of succulents. A huge communal kitchen provided for our culinary needs and also served as the dining room.

We accompanied the noted ship-wreck specialist, Dudley Wessels, on a tour of the 40 km long coastal strip known as the Ship Wreck Route. Four of the wrecks we visited have almost been totally demolished by the powerful waves and high winds. (Makes one realise why so many ships came to grief along this coast). Next day we explored the Wildeperdhoek Pass and admired patches of mesems or vygies next to the road.

We saw where the Italian POW's who built the pass during WWII were housed in rudimentary quarters along the dry Buffels River. The ruins reflected harsh living conditions with very few facilities. It must have been unpleasant living under extreme temperatures (below freezing at night and above 40 degrees during the day.)

Finally we spent time being intrigued by a colony of fur seals slithering over the rocks with pups trying to find their moms in the crowd.

Our last overnight camp site was right on the beach overlooking a cosy bay, with tiny waves lapping the shore gently all night. This rugged and undeveloped coastline is beautiful but very isolated. No amenities and definitely no flushing toilets! So ended a 1 200 km trip, over challengingly difficult terrain, but with spectacular scenery, idyllic camp sites, and yes ... what a privilege to just BE THERE.

John Forster



As a reminder, Indoor gatherings may not exceed 50% of venue capacity, and may allow up to a maximum of 100 people. Capacity is determined by applying the rule of a minimum of 1.5 m distancing.

Outdoor gatherings may not exceed 50% of venue capacity, but can allow up to a maximum 250 people.

Curfew remains between 12 midnight - 4am.

Wearing of a face mask in public places is still absolutely mandatory. As explained in the S-Parks! of 16 April "Covid requirements stipulate that everyone must wear a mask or a mask and a shield not just a shield".

To reiterate:

It may be prudent to await at least the vaccination of all of our health care workers and the majority of our Residents before large congregations and gatherings are attempted, as these are well known for being **super spreaders**. Some Health Experts still warn of a possible third wave.

One would hate to fall foul of the virus now.

Having said this, Management has considered having a Residents meeting in May. Details will follow in a S-Parks! soonest.

H2O

Currently the status of water provision in Ndlambe Municipal area is very dire. We need to brace ourselves for quite a number of months without Municipal water. Fortunately we have access to stored rain water throughout the Park and will continue to enhance these reservoirs as much as we are able.

As reported in a previous Silver Threads, we are taking a holistic approach to a number of water related issues in the Park. Ted Gilfillan is coordinating the project and has had much progress with some of the issues. You may have noticed that there is activity around the Pond. The plan is to clear the Pond of weed and undesirables. Also, to check if there is a water leak at the weir wall and fix it.

Sewage Lines

There remain a number of residents that do not heed our requests to refrain from flushing inappropriate items down the drain. We have found scouring pads, clothing, face cloths etc when unclogging these lines, at great effort from the facilities staff. Please assist and adhere to our pleas.

SECURITY

Our Total Security system is now possibly none less than having a "Bobby" patrolling on each corner and perimeter of the Park!

The rolling images on the AI Cameras are quite astounding. It's very clear and distinct. The Guards at our main gate are very pleased and confident about the security measures that we have implemented.

The front gate is now fortified with electric fencing installed on the top end.

Despite all these security measures that are in place, there is no substitute for personal vigilance. It is important to take care and be aware of and report suspects activities and or behaviour to the gate.

You may also notice pruning and cutting of shrubs and trees along the Alfred road perimeter fence. As previously explained, this is required to ensure a clear line of view for the Security cameras. Clearing of either side or the perimeter fence will however not exceed 1 metre.

POOL

Most avid swimmers and water lovers are probably rejoicing due to the pool eventually reopening.

Unfortunately there remains the shadow of Covid which compels a level of containment. The pool is also a great allure for our local geese especially due to the current state of their "natural" habitat, the pond. Please ensure that the doors are closed whilst either using the pool or leaving.

The scheduling and attendance register bring both order and an effective screening measure to the pool, so please use these diligently.

A protocol regarding the Gym is being finalised by our senior medical staff and will be communicated as soon as available.

FACILITIES

Recently our Facilities Department have engaged in repairing some of the major road surface deteriorations that present a high risk, around the Park. They are certainly doing a great job of it!

We have also started painting some of the signs and barriers and will continue to do so as capacity allows.

We also plan to reconstruct some of the speed-bumps in the Park as they are simply a hazard to life and limb.

Thank you for your continued support, compliance and cooperation.



Losing Hope



We've all faced times when God does not do what we think He is going to do or, for that matter, what we think He should do. We become frustrated because we cannot see or understand the reason behind God's actions. We know deep in our hearts that God must have a plan for us: but as humans, we still tend to lose hope in such situations.

How often have we heard comments such as? "We were hoping the doctor would discharge him." or "I had hoped to pass the exam." or "We had hoped the surgery would excise the entire tumour." or "I thought the job was in the bag." Our reaction was painted grey with disappointment. What we had hoped for hadn't happened. The outcome was not what we wanted. The result was shattered hope.

This is what we found in the two disciples, the two men on the road to Emmaus, who were facing just such a situation when they encountered the God of hope LK 24-13-35. The whole situation seemed to these two men to have no explanation. Their hopes and dreams were shattered. There is all the poignant, wistful, bewildered regret in the world in their sorrowing words, "We were hoping that he was the one who was going to rescue Israel." They were the words of men whose hopes were dead and buried. Then Jesus came and talked with them, and the meaning of life became clear and the darkness became light. A story-teller makes one of his characters say to the one with whom he has fallen in love, "I never knew what life meant until I saw it in your eyes."

It is only in Jesus that, even in bewildering times, we learn what life means. If we will allow Him to do so, Jesus will make sense of that which has left our hopes and dreams shattered. The mystery is solved when Jesus helps us to understand the realities that remain. The apostles had given up their hope because they did not understand. The empty tomb mentioned in vv. 22-24 only served to confuse them more. Human logic and understanding had failed them. They could see no reason for hope. Their ability to believe and to have faith had been challenged. Our faith may be equally challenged due to illness or advanced age. We feel that life is different to what it used to be; because we have lost our partners...there's loneliness, insecurity, depression and anxiety. The worst possible response to adverse situations is to give up. The Lord calls us to press forward in our faith. He calls us to persevere until we are triumphant in our faith. We should not quit if we find ourselves in the midst of trials. We may not know that God could be the person walking next to us, God is with us always but we are 'blind to see' as were the two disciples...

May God bless you all

Fr. Francis Kaumba

CARE CENTRE

CARE EVENTS TAKING PLACE IN MAY

Parkinson's Support Group- Thursday 6 May at 13h30 in the Wellness Centre

Care Giver Support Group- Wednesday 12 May at 13h30 in the Wellness Centre

Bereavement Support Group- Wednesday at 14h00 in the Wellness Centre

Knitting Circle- Fridays at 10h30 in the Wellness Centre

Clinic- Monday to Friday from 9h00 to 10h00 (By appointment only)

Please contact Rowena at the Care Centre on 201

YOU can benefit through volunteering:

- ♦ Gain confidence
- ♦ Make a difference
- ♦ Meet people
- ♦ Be part of your community
- ♦ Learn new skills
- ♦ Take on a challenge
- ♦ Have fun
- ♦ Bring fulfilment to your life
- ♦ Counteract effects of stress, anger and anxiety
- ♦ Experience a sense of purpose

VOLUNTEERS

We are planning to resuscitate the volunteer programme. If you would like to join our group of volunteers, please contact Elspeth on 201.

Previously our volunteers served the community at Settlers Park in many valuable ways, from transporting residents to doctors, reading the Silver Threads to the visually impaired and doing the daily phone around during the COVID lockdown.

Before COVID struck, volunteers were going to use their arts, crafts and gardening skills in the Care Centre Activity Programme.

Only a life lived for others is a life worthwhile.

Albert Einstein

CARE NEWS

MAY 2021



Self-care is not selfish.
You cannot serve from
an empty vessel.



Being the sole caregiver of a dependent loved one can cause constant strain. Taking care of someone full-time affects every aspect of your life as a caregiver. The more dependent the person becomes on you, the more you are forced to sacrifice your own personal time and needs.

Caregivers feel that they are expected to be selfless and subsequently put the emotions and needs of the person they are caring for ahead of their own. If this sounds like you, remember that it is completely normal to think this way but that does not mean it is right or how it should be.

Caregivers are facing burnout by not taking precautions and recognising the signs early enough.

LOOK OUT FOR THESE BURNOUT SIGNS:

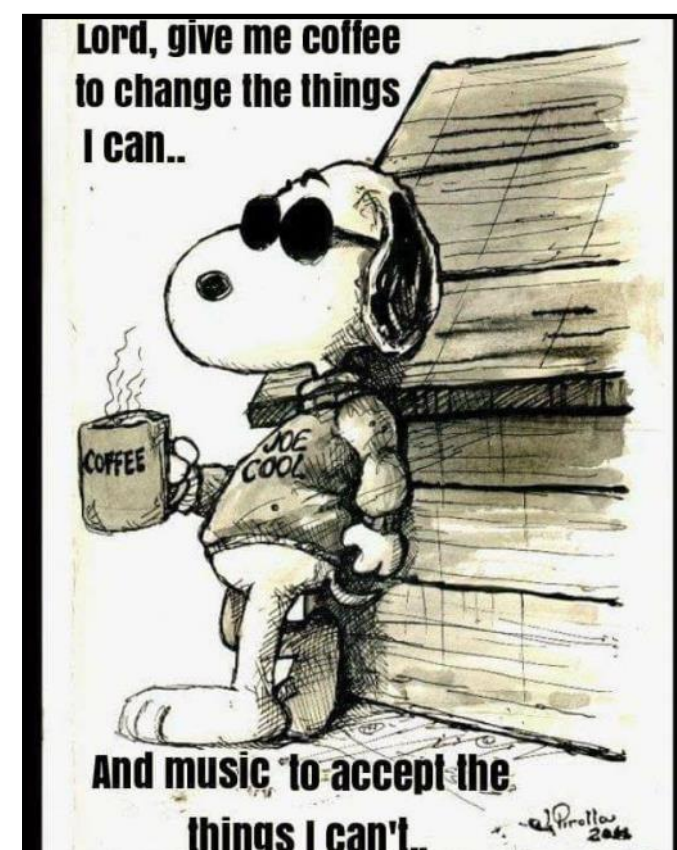
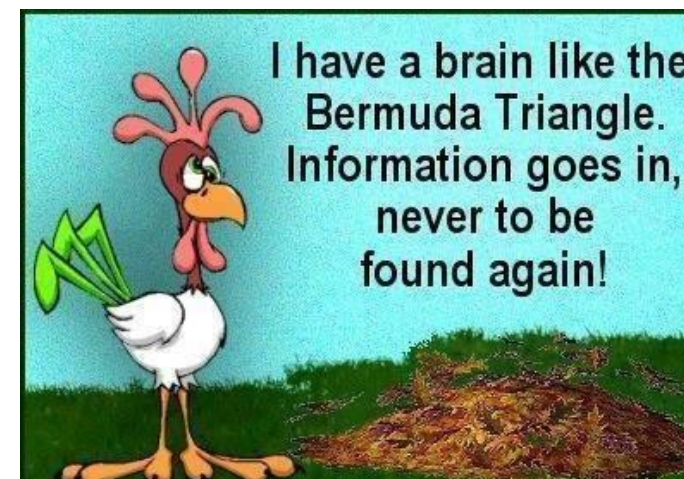
- ❖ Emotional or physical exhaustion
- ❖ Anxiety and depression
- ❖ Not sleeping
- ❖ Medical problems
- ❖ Losing interest in things you once enjoyed
- ❖ Irritability and/or unexplained rage
- ❖ Neglecting your own health and wellness
- ❖ Isolating yourselves emotionally and physically

PREVENTION IS BETTER THAN CURE

How do you prevent caregiver burnout?

- ♦ Go on holiday
- ♦ Join support groups
- ♦ Seek personal therapy
- ♦ Practice self-care
- ♦ Consider respite care

BEFORE you reach the end of your tether, please contact Elspeth or Mariska at 201 for advice and support.



IRISH HUMOUR!

Garda Murphy sees a little old lady walking down a Dublin street, dragging two plastic garbage bags. While he is watching her, he observes that there is a hole in one of the bags, and every once in a while a €20 note flies out of it onto the pavement. As she goes to pass him, the policeman stops her. "Excuse me ma'am, but did you know there are €20 notes falling out of that bag?" "Dear me!" says the little old lady. "I had better go back and see if I can still find some. Thanks for the warning officer."

"Well now, not so fast. How did you get all that money? Did you steal it?"

"Oh, no," says the little old lady. "You see me back garden backs up to the stadium parking area. After each hurling match or football game, a lot of fans pee in me hedges, right into me flower beds! So, I go and stand behind the bushes with a big hedge clipper, and say, '€20 or off it goes!'"

"Fair play!" laughs the officer. "Well good luck. By the way, what's in the other bag?"

"Oh that," the little old lady replies, "not all of them pay."

NATURE THOUGHTS

BIRD OF THE MONTH

Southern Boubou Shrike

Afrikaans Suidelike Waterfiskaal

Scientific Lanius ferrugineus

I was looking out my kitchen window the other day when I spotted a Southern Boubou Shrike hopping around under a bush. I was really excited as I hadn't seen one since moving to Settlers Park! I have always thought it to be a very special bird.

The Southern Boubou is a Bushshrike as opposed to a true Shrike, although these passerines (which means birds that can perch) were once included with true Shrikes in the Laniidae family it was found that they actually were not closely related to that family at all.

This species forages furtively on the ground in gardens, dense thickets and forests. In drier regions it is only found in riverside woodland. It is also usually found in pairs although I have seen them on their own.

The Southern Boubou is quite a big bird approximately 20 to 22 centimetres long. It has black upper parts extending from the top of the head down to the tail, a striking white wing stripe, similar to a Fiscal Shrike, and a relatively long tail with white outer feathers - the Fiscal Shrike is shorter tailed and has more white on the wing. The under parts are white, darkening to rufous on the belly. The rufous on the male is quite a deep shade whereas on the female it is more of a pale wash. Young birds are like the female but are a mottled buff-brown above, they have a buff wash on the wing and are barred below.

The rufous on the underparts, which, incidentally, gives it its scientific name, distinguishes it from the Tropical and Swamp Boubous.

Unlike the true Shrikes which perch conspicuously in the open the Boubou creeps about stealthily, hopping slowly in dense vegetation. This habit has given it a name for being shy and skulking.

Their food is mainly insects, picked off the vegetation as it creeps around. It will also eat small rodents, lizards, snails and fruit.

The Southern Boubou Shrike is usually detected by its delightful call, a duet which sounds like a 'oo-wee-oo' followed by a whistled 'ooo-ooo-weet-oo' then a rattling scold like the vibrating of a seed-pod shaker! The alarm call is a muted click.

Their nest, built mainly by the female, is a shallow cup in a creeper or a dense bush into which, usually, 2 brown-blotched, greenish-white eggs are laid. Both sexes incubate for 16 to 17 days to hatching and then both parents bring food to the chicks. Fledging takes place in about another 16 days.

A few of the nests are occasionally parasited by the Black Cuckoo, which is considerably bigger than the Boubou - I wonder what mummy Boubou might think of such a large child!

Lynn Day



Ptaeroxylon obliquum

Family: Rutaceae (Citrus family)

Common names: Sneezewood, Nieshout, umThathi

SA Tree No: 292

This is a protected tree in South Africa. Great quantities were felled for use in the past, making it scarce today so we are very lucky to have so many beautiful specimens in Settlers Park!

Our climate is ideal for these trees. They are extremely drought hardy, and grow about 1m per year. They usually occur in dry forests like we find around Port Alfred.

According to Palmer & Pitman (1973) in *Trees of Southern Africa* Sneezewoods were used to fuel five lime kilns at Bathurst, and the steam-tugs at the Kowie (Port Alfred). The wood is reported to burn like paraffin, and can also be used to make fire by friction.

A SPECIAL TREE

Flowers to give you pleasure for May



Lily of the valley This flower signifies sweetness, humility, and motherhood. How appropriate for Mother's Day!

The **Hawthorn flower** is unique. It's a small white or pink flower that is typically seen blooming on a plant or bush instead of in a bouquet. However, its red berries are sometimes used as fillers in bouquets to add colour and texture



FOR SALE

RENAULT MEGANE

MODEL YEAR 2000

KILOMETRES - 156000 KMS ONLY

PRICE: R 30 000 - CASH - "VOET STOETS"

CONTACT: PAM PAINTER at 338

THANK YOU!!

Sincere and grateful thanks to **TREVOR AND SUE LANGLEY (COTTAGE 29)** for the very generous (and amazing) selection of DVDS which they donated to the library recently.

Greatly appreciated.

Helen Thompson



Lots of new designs - these comfortable masks, leaving room to breathe, are available from Jacquie (telephone 287).

We will be wearing masks for some time to come so spoil yourself or give one as a birthday gift.

R45 for one or R80 for two.



After moving out of Settlers Park with much sadness and heartache on 10th February 2019, Matewis (my dog) and I arrived at the gate on Friday 25th March, 2021. It was like coming home.

The Staff at the gate were friendly, the Staff in the Office were like meeting old family. Seeing how beautiful the park was and the happy faces; everyone greeted us with such warmth and love. Thank you. Matewis was in his element. Settlers Park is truly a small piece of heaven if I may be so bold to say so.

I won't mention names for fear of missing a name but we were overwhelmed with love and caring. Thank you once again. We look forward to our next visit, God willing. Wyn and Matewis



Please join me

SITTING ON MY STOEP

On a sad note, the huge fire disaster at UCT: Tricia and I were both at UCT, Tricia in Fuller Hall and me in Smuts so the scenes are both familiar and horrifying. We sincerely hope that much can be saved in the Library and that university life can return as quickly as possible. Students have had enough to cope with in their lives.

To happier things: Both Tricia and I have great great grandfathers born in the eighteenth century in England who later both moved to South Africa. They went forth and multiplied, and carried on multiplying, with about a dozen offspring each – so there were a lot of us, and we have been around in South Africa for a long time!

So, as I was saying in 1796/97 our great great grandfathers were born.

Quite a lot went on those early years.

When we visited Cawdor Castle at the beginning of this century to find the roots of Shakespeare's most famous tragedy "Macbeth" we find a record of the last invasion of the United Kingdom on 22 February 1797 which was put down by the 1st Lord of Cawdor. This led to a rush on the Bank of England who quickly issued paper money, £1 and £2 notes. The Government groping for cash initiated a tax on pocket watches, trebled the tax on windows and put a 10% tax on income.

1797: "It was altogether a peculiar year. Lord Nelson lost his right arm; Château Lafite started to bottle vintage wine; the first parachute descent was made, from a balloon; Adams became the President of the USA; the metal lathe was invented; Bonaparte defeated the Austrians; Goethe provided *Hermann und Dorothea*; but still worse was to come: Mr Heatherington appeared in London in a top hat, the first to be seen....." *Quote from Room Notes by 6th Earl of Cawdor*.

The 6th Earl's notes go on to say that, "All years are odd, even the even ones, and 1797 was no exception".

Oh, by the way, there are a couple of quirky things about Cawdor Castle. The site was chosen by a donkey which went to sleep on a rocky place with water nearby. This was the fourth site for the castle, earlier sites being abandoned for being too low or too marshy or too something! So, the donkey knew its business and sited the castle on a good foundation but with access to water (useful when besieged!). The other quirky thing was that the tower was built around a tree! At first it was believed to be Hawthorn but in modern times it was discovered to be Holly. Anyway, being inside the tower it died in about 1372 as soon as it was deprived of light!

You will be pleased to hear that the gardens and woods around Cawdor Castle are lovely and big horned Highland cattle roam around the parking place.

Sting in the Tail

"In theatrical tradition the play (Macbeth) is unlucky and must not be quoted from."

So says my "The New Encyclopaedia" purchase from Caxton in 1969 so that puts paid to my quote from Lady Macbeth that referred to Cawdor in the first line of her speech. Cawdor appears again and again. So much that the late Lord Cawdor was quoted as the Shakespeare connection. His response?

"I wish the Bard had never written his damned play!"

So, on that 'non-quotation' I take my leave.

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

Tony



Sneezewood flowers and a Common Citrus Swallowtail butterfly

The wood of this tree is extremely hard and durable, and has been over used for making fence-posts, railway sleepers, furniture, machine bearings.

The tree is also used for both for ritual and medicine purposes. The resin from the heated wood has been applied to warts and powdered bark added to a wash to kill cattle ticks.

Woodworkers suffer from violent sneezing after sanding or sawing due to the highly irritant, aromatic peppery oils called 'nieshoutoil'

The small, sweetly scented flowers are produced from August to December. Male and female flowers occur on different trees.

The Common Citrus Swallowtail butterfly *Papilio demodocus* is known to visit and breed on this tree.

We will be removing self-seeded Sneezewood saplings from various areas in the park. The intention is to grow them on in pots and then replant them in the Park when they are mature. If residents have any Sneezewood saplings in their garden they are welcome to contact me to safely remove them.

Ilse

Kenton Garden Services

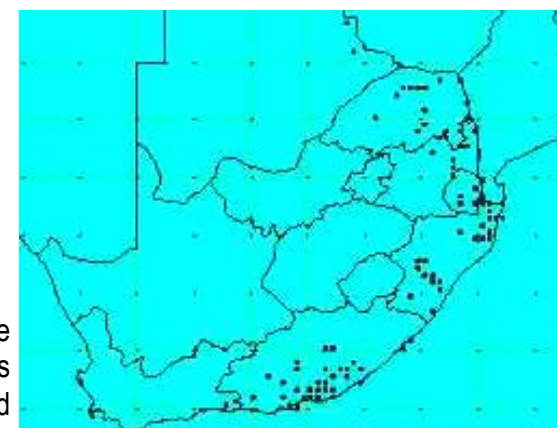


Sneezewood leaf

Sneezewoods
in the Park

Above:
In Loerie Lane

Right:
In Pool area



Dots where
Sneezewoods
are found



1961 was a vintage year!

60 years ago

**LESLIE-ANNE &
IVOR PHILLIPS**

were married

CONGRATULATIONS!



THE BLANKET BRIGADE NEEDS HELP

We are looking for a couple of volunteers to help with joining strips to make our blankets. These are then donated to Hospice.

If you would be willing to help by doing this please contact

Hillary Smith on 452, cottage 204



We, as an exercise group, would like to give a huge thumbs up to Pat Bailes. She is, in our eyes, a superstar. No-one would guess that she is 91 years young. She taught ballet, tap and Spanish dancing and has always exercised and danced. Not only has she been an exerciser and dance teacher but she also passed all her banking exams. Then with her husband Doug she started a printing business.

She is a wonderful example to all of us, proving that exercise and using her brain has paid dividends.

We love her energy, her enthusiasm, her upright posture and her beautiful smile.

She plays bridge online and loves it.

I am always saying that I want to be like Pat when I grow up!

Well done, Pat. You are a star and we admire you.

Martie Senar

My mother keeps going to exercise classes (Can't think why?) but I'm quite happy because my new best friend, David, keeps me company.

NOTICES & NEWS



IN MEMORY OF REGINALD QUIN

I'm lost for words. Where do I start.....?

At this moment two tributes came in and I could not have put it any better.

From my youngest daughter Judy:

"It is with great sadness that we mourn the loss of Reg, husband to our mother, Ron, for 22 years. Since becoming part of our family all those years ago, Reg has enriched our lives and the lives of our children. While never assuming a role as father or grandfather, he most certainly found a spot in our family and nestled into a deep part of our hearts. This passing as a profound loss to us all. We will miss this kind hearted, generous man and are grateful and privileged that Reg was part of family for some time."

In the Daily Dispatch from the Management & Staff of The Spargs Group:

"We are deeply saddened by the passing of our friend and CEO of our Group Mr Reg Quin. Those who had the privilege of working with him will testify to his kindness, integrity and sense of fairmindedness. His leadership qualities and foresight played a large part in the success of our Group for which we will be eternally thankful. He has been inspirational to many who worked with him. We offer our sincere condolences to his wife Ron, his son Greg and Family."

I love you my darling and miss you already.

Ron Quin

THANK YOU

To Sister Erica and her wonderful nursing staff I would like to thank them for the wonderful love and care to both Reg and myself. To the Frail Care for their integral part of caring for my husband in the last couple of weeks of his life.

To Sister Ina and her team of Roaming Carers, they are absolutely brilliant. Ina you are such an asset to Settlers Park. You walked the path with us from the beginning. You went beyond your call of duty. I respect you & love you for who you are and how you nurtured my husband Reg these past couple of years.

THANK YOU one and all & God Bless you.

Ron Quin