



RESIDENTS	
1st	Eileen Tilly
2nd	Joy Coster
4th	Penny Gill
4th	Tony Mitchell
4th	Jim Truscott
7th	Beryl Kemp
8th	Clifford Kemp
10th	Paul Probert
11th	Jenny Wallace
15th	Loretta Krein
15th	Helen Lansdell
15th	Malcolm Slater
17th	Kathie Hill
18th	Jenny Hoseck
22nd	Richard Henshall
22nd	Jillian Macdonald
26th	Denise Beresford
27th	Marion Macpherson
27th	Lodene Pohl
28th	Ems De Jaeger
28th	Juan Southey
30th	Mary Bredenkamp
30th	Charles Pellew
STAFF	
3rd	Sonja van Rensburg
5th	Nomfusi James
8th	Lillian Tokota
11th	Naomi Wigley
12th	Lindile Belwana
23rd	Geoffrey Duruwe



1st	Jean & Rob Atkinson
11th	Lynda & Peter Schoning
25th	Peggy & Juan Southey
26th	Tessa & Ivo Chunnnett
27th	Helen & Don Armstrong

REGULAR MONTHLY ACTIVITIES

BUS TO TOWN - Office 200

Wednesday 8.30 am

LIBRARY - 505

Wednesday & Friday 09.30 am - Noon

CLINIC at Care Centre - 201

Mon - Friday 9.00 am — 10.00 am

GLEN'S DEN - Richard 481

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 8.30 am

Thursday 8.30 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

MEN'S TABLE TENNIS - Robert 445

Wednesday 2.30 pm

Saturday 9.30 am

LADIES TABLE TENNIS - Trish 415

Tuesday 3.30 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

INTERDENOMINATIONAL CHURCH

SERVICE Thursdays at 3pm in Don Powis Hall

4 November Pastor Justin Ngoro

11 November Rev Jacques Pieterse

18 November Isabeau Human

25 November Rev John Forster

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



12 November LAHS outing

18 November 9.30 for 10am in Don Powis Hall

LAHS Meeting - Annual Morse Jones Lecture: Thomas Baines 1820 - 1875 'Life of a Traveller' by Rod Hooper-Box, presented by LAHS President, Dave Hawkins.

25 November 9.30 for 10am in Don Powis Hall

U3A Meeting - Dr Mary Hodgkinson ex head of the TB unit at Baragwanath hospital in Soweto, will talk on **"TB: the disease that just won't go away"**.



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

CONGRATULATIONS

News re the TRUST SHOP is that the transformation is amazing. Thank you to all concerned.

The Shop is now a pleasure to visit as everything is well laid out and displayed.

The change is phenomenal.

WELL DONE!

RAIN
10 mm up to 28 October

Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE

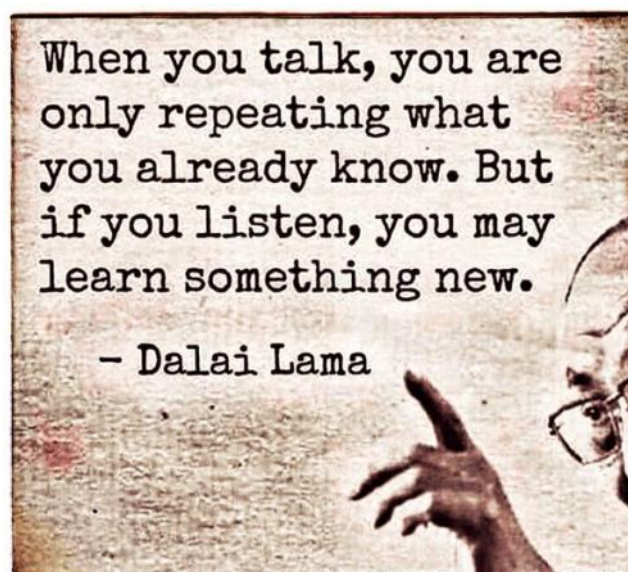
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Tel. 046-604-0200 - Fax 046-624-4618

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

NOVEMBER 2021

VOLUME 181





Best Layout & Design
Yvonne Surtees



GARDEN COMPETITION 2021

DEREK and SALLY presenting the PRIZES

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Best potted/patio garden
Nola Rathbone



Barry Luckman's garden



Liane Dyer



10 Industrial road, Rivers Bend,
Bushmen's River Mouth ext,
Eastern Cape, 6190
PO Box 399, Kenton on Sea, Eastern Cape, 6191

SUNDAY LUNCH MENU

DATE	STARTER	MAIN	DESSERT
7th	Tempura Zucchini served with Dipping Sauce	Honey Glazed Gammon served with Mustard Sauce, Roast Potatoes, Creamy Spinach and Carrot Ribbons	Baked Ginger Pudding
14th	Crumbed Mushroom served with Tartare Sauce	Lemon & Herb Roast Chicken 1/4 served with Gravy, Roast Potatoes, Green Beans and Pumpkin	Baked Apple & Custard Pudding
21st	Mushroom Tartlet served with Caramelized Onion	Roast Port Neck served with Gravy, Apple Sauce, Roast Potatoes, Pumpkin Fritters and Broccoli & Cauliflower Au Gratin	Crêpe Suzette served with Chantilly Cream
28th	Mixed Pepper & Onion Arancini served with Dipping Sauce	Lemon & Thyme Roast Lamb served with Gravy, Roast Potatoes, Pumpkin and Green Beans	Pineapple Crumble served with Whipped Cream



WORDSEARCH NO. 1

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

Hidden Words

Red, Blue, Primrose, Lilac, Silver.
Amber, Fuchsia, Verdant green,
Burgundy, Navy, Vermilion, Olive,
Orange Scarlet Emerald Dun
Pink, Rose, Cream

November 2021 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
1st	Monday	Roasted Beetroot	Oven Baked Fish Parcel served with Potato Wedges and Greek Salad
2nd	Tuesday	Creamy Baby Marrow	Grilled Chicken Salad served with Croutons and Salad Dressing
3rd	Wednesday	Chunky Vegetable	Beef Cottage Pie served with Grilled Beetroot and Broccoli
4th	Thursday	Mushroom & Leek	Pork Curry served with Rice, Green Beans and Carrots
5th	Friday	Chicken Noodle	Fried Hake served with Crispy Chips and Ruby Coleslaw Salad
6th	Saturday	Red Onion	Chicken Lasagne served with Garden Salad
SUNDAY			
8th	Monday	Roasted Cauliflower	Hawaiian Chicken Kebabs served with Savoury Rice, Gravy and Garden Salad
9th	Tuesday	Creamy Pumpkin	Bacon, Leek & Mushroom Cannelloni served with Salad
10th	Wednesday	Lentil & Barley	Beef Bobotie served with Rice, Tomato Sambals and Baby Marrow Ribbons
11th	Thursday	Creamy Mushroom	Sweet & Sour Pork served with Spaghetti and Fried Vegetables
12th	Friday	Tomato & Celery	Grilled Hake served with Tartare Sauce, Crispy Chips and Greek Salad
13th	Saturday	Spinach & Garlic	Bacon Carbonara served with Garden Salad
SUNDAY			
15th	Monday	Hearty Beef	Spaghetti Bolognese served with Cheddar Cheese Topping and Green Salad
16th	Tuesday	Chicken & Corn	Chicken Schnitzel served with Cheese Sauce, Potato Wedges and Greek Salad
17th	Wednesday	Broccoli	Beef Stroganoff served with Mash, Butternut and Green Beans
18th	Thursday	Minestrone	Chicken Ala King served with Rice, Carrot Rounds and Baby Marrows
19th	Friday	Potato & Leek	Lemon & Herb Fish Goujons served with Crispy Chips and Carrot Salad
20th	Saturday	Brown Onion	Beef Boerewors served with Mash Potatoes, Tomato & Onion Relish, Green Beans and Butternut
SUNDAY			
22nd	Monday	Sweet Potato & Ginger	Meatballs served with Cream Sauce, Rice and Seasonal Vegetables
23rd	Tuesday	Roasted Vegetable	Pork & Apple Pie served with Mashed Potatoes and Roasted Vegetables
24th	Wednesday	Carrot	Mince Chilli Con Carne served with Rice and Garden Salad
25th	Thursday	Red Cabbage & Onion	Chicken & Leek Phyllo Tart served with Potato Wedges and Beetroot Salad
26th	Friday	Spiced Pumpkin	Lemon & Coriander Fishcakes served with Crispy Chips and Carrot & Pineapple Salad
27th	Saturday	Herbed Mushroom	Crumbed Chicken Strips served with Potatoes and Herb Salad
SUNDAY			
29th	Monday	Roasted Beetroot	Honey & Mustard Grilled Chicken Breast served with Mashed Potatoes and Green Salad
30th	Tuesday	Creamy Baby Marrow	Beef Lasagne served with Garden Salad



Barry Luckman



Mary Thackwray



Best Water-wise Garden
Ann Skelton



Jeanette Dick



Most Colourful Garden
Trevor Collett (#201)



The Chairman's Chat

In opening this my first 'chat' as Chairman of the Board I have two important duties to perform.

The first is to thank my predecessor, Rob Crothall, for the excellent service he rendered as leader of the pack these past two years. He did a marvellous job, and this notwithstanding the difficulties he faced with a change in General Managers and, of course, with the problems the Covid pandemic has brought with it.

My second duty is to thank my fellow Board members for the faith they have placed in me to serve as Chairman. While the task is undoubtedly challenging, I take great strength from knowing what expertise and experience there is in the Board as assembled, and no less so, what the General Manager and his staff bring to the table in terms of sense of duty and good, honest hard work.

For myself, I am conservative and frugal by nature, and though I fully endorse innovation and future-thinking you will not find me endorsing flights of fancy in matters financial. Hard-earned income must be spent with great caution and sagacity, and in saying this I don't think I differ very much in my thinking from what our Director of Finance, Bronwyn Allan, and our General Manager, Derek Thompson, have been applying this past year in their hands-on management of Settlers Park's finances.

Further to the above, a comment made by the auditors in their recent assessment of the Park's financials – and, I think, stated also in previous years - is that the Park is a going concern but dependent on selling life rights, i.e. cottages. Needless to say this will definitely have the rivetted attention of the Board in all its deliberations.

But I ask that it not be just the Board and the staff that push the sale of life rights, but you also as residents of Settlers Park. Each and every one of us has a role to play in promoting our village and spreading the good word on what all Settlers Park has to offer for the very best of retirement life. Do a good job and tell everyone!

We're all getting a little older and we must take special care of ourselves. Please don't neglect yourself. Good physical and mental health are paramount. To this end we as Park residents are privileged to have highly professional health service staff on call, and thus I ask you not to hesitate to contact Sister Ina de Klerk or Elspeth Witthuhn, our Psycho Social Manager, at the Clinic if you have any needs.

As you are no doubt aware, the Municipal Elections come up on Monday, 1 November, and I must stress that voting in the election is not only your right but it is also your responsibility. We must, each and everyone of us, ensure that the best possible people are put in place to run our town and district to the greater good of all its people.

Arrangements are being made by the Park management for those needing transport to the Station Hill voting station.

The newly elected Settlers Park Board held its first meeting on Friday, 15 October, and from its deliberations I report the following.

1. The now fully rehabilitated pond will in the not too distant future again be stocked with fish. To guide us in this project we are fortunate to have among our residents a highly respected authority on freshwater fish in the person of Prof. Paul Skelton. Paul, who is an old colleague of mine, is the former head of the South African Institute for Aquatic Biodiversity, once known as the JLB Smith Institute of Ichthyology.

2. If you travel down the Park's frontage on Bathurst Street you can only agree that it doesn't show off our best side. It looks tatty, and none of the beautiful scenes that characterise Settlers Park are visible. For this reason the Board has decided that a good clean-up and the erection of some attractive signage along the road are needed.

- * Roy Spavins: People always talk about their rights, but with rights come obligations and responsibilities. We need to be tolerant of others.
- * Trevor Langley: The only technology we need when walking in the park is our cell phones to ensure our safety.
- * Lyndon Bartlett: When the 2022 stickers for our cars are designed could they be brighter so as to be more visible.
- * Trevor Collett: How are we going to ensure that the feral cats get the rabies vaccination.
Horace: We have a problem catching these feral cats. They have become very wary of the traps and thus we have no way of ensuring that they get neutered, spayed or vaccinated.
- * David Sheard: We need to get the SPCA on board to help us.

Brian McLean writes



Are you prepared to help someone in Port Alfred break a Guinness Book record? If so, donate all your ties.

Port Alfred resident Johan Nortier says the current record stands at approximately 21 321 and he is currently short of 661 ties.

"I am confident of breaking this record but in order to do so I need help with my collection," said Nortier.

So how did it all start?

"Some 30 years ago the idea came to me and I started off collecting. But in the middle years my enthusiasm slowed and I should have been more positive," he said.

Nortier said later, as word spread, help had come from all over the country and from many towns in the Free State, KwaZulu-Natal as well as George but postage had proved expensive.

He added he had tried to get his story published in many popular magazines but had received negative feedback.

"I currently have collected 20 860 ties and am determined to reach the winning target," Nortier stated.

Nortier's determination regarding his ambition of breaking the current Guinness Book of records regarding ties came about following a general discussion while visiting the Settlers Park Trust Shop.

So, if there's anyone out there in the Village or town who can help, please take the time to drop them off at the Trust Shop which is open every Tuesday and Friday from 9am to 12pm. Otherwise, Nortier can be contacted on 076 232 8764.



FROM THE FLOOR 20 OCTOBER

- * Helen Clohessy : What about the rebate from the municipality for people who earn more than R7000?
Derek responded that the Management is investigating this situation and continues to have dealings with the Municipality. Remember that residents do not own any property, all cottages belong to the Park.
- * Mirelle McPhee: Who is paying for the bright spotlights on the perimeter at their cottages. These are using a lot of electricity?
The matter is already being investigated. If the lights are a hindrance it might be necessary to change them however it should be remembered that the security cameras need light around the perimeter.
- * Mirelle McPhee: Do we pay for the plug outside our cottages?
Rob Crothall: The plugs are there for electric lawnmowers and if necessary for air conditioners. They are connected to the cottage db boards.
- * Charles Pellew: A constitution is a very important document and we need to update and amend our constitution using legal expertise.
Derek: We are in favour of looking into this matter and it will be raised at the next Board Meeting.
- * Mike Newlands: The Park needs advertising so we should invite Talk of the Town to take photos of the Garden Competition winners and our beautiful pond.
- * Roy Spavins: Thank you to the organiser and assistants in the Library for the wonderful service they provide for the residents. He suggested they should be provided with more money for acquiring more books.
- * Colin Winchester: Can we have a speed hump at the bottom of Polly Shorts as cars speed down there at a rapid rate.
Derek: We will take this up with the Board, but I want to know the names, cars, photos of the registration number, anything to identify the perpetrators so that they can pay a penalty, the same goes for dogs not on leads, dog poop not being picked up.
- * Jim Truscott: Speed bumps are a problem for cars, but we need a speed hump between cottages 228 and 229 in Ushers Way.
- * Don Armstrong: Please paint poles yellow.
This has been started and will be finished soon.
- * Charles Pellew: Is the protocol at the gate necessary and the temperatures taken are not accurate. Security officers are not authorised to verify identities. Are the logos on our cars not sufficient for the security?
Derek: We need to secure the Park and the residents. It is our duty of care to know when residents have left the Park and when they return as well as ensuring that outsiders enter and leave the Park. If residents feel strongly about the identification your name can be removed.
- * Mary Thackwray: We have rules and we need to adhere them.
- * Gwynn Crothall: Speed bumps can cause extreme pain for people who suffer with back problems.
- * Tricia Border: We need to be grateful for the security we have in this Park and appreciate the care we are afforded.
- * Brian Wilmot: Reiterated how important health and safety is in a retirement village.

3. Just a few months back the Park's catering service provider, Eastern Cape Caterers, appointed a new supervisor and a new chef, and the improvement in the quality of food has been staggering. In fact, such has been the improvement that for the last two Sundays there have had to be two lunch sessions. Do yourself a favour and pop in for a meal.

4. Irene Marais informed the Board at its meeting last week that prior to the Covid-19 lockdown in March 2020 more than 100 residents were providing one or other form of voluntary service in the Park. I am sure we will get back to that level when the pandemic is fully behind us, but in the meantime, if anyone has skills to offer and is willing to volunteer please contact Derek.

5. The matter of bringing fibre internet service to the Park is a project in progress, and has the full attention of our past chairman, Rob Crothall, himself a computer specialist.

6. It is an unsavoury topic, but I must unfortunately bring to your attention the all too regular need there is in Settlers Park to unblock the sewage system due to all the wrong things being flushed down toilets. It might seem insignificant flushing down an earbud but it too can create a problem. Imagine than what pads do! Please ensure that nobody in your cottage uses the loo as a garbage bin.

In wrapping up my chat I might surprise you by stating that Port Alfred's major industry is neither the training of pilots at 43 Air School nor the hotel industry training programmes at Stenden. What is it? Well, it might surprise you but it is, in fact, the retirement industry.

Yes, 43 Air School and Stenden are big role-players in the local economy, but outweighing these are the hundreds, even thousands, of Kowie residents who are retired. And we as Settlers Park with 400-plus residents are a major contributor. So, hold your heads high because you're a real asset to Port Alfred!

Keep well and kind regards

Bugs Wilmot - Chairman of the Board

R & S NEWS

It was a special pleasure to welcome so many people to the first Residents Meeting to be held after such a long time.

The new Board Chairman, the General Manager, the Head Warden and the Chairman of the Trust were all invited to present their reports. (These reports may be found on pages 4, 9, 20)

Social and Events Committee: Horace thanked the previous incumbents and briefly explained the purpose of, and some of the activities, the social and events team need to carry out. The Committee organises activities such as the Craft Market, Morning Market, Quizzes and Dances etc but so far only one volunteer has come forward. These events won't happen if we don't get people to assist.

Please would residents prepared to volunteer hand in their names after the meeting.

For those who are prepared to help but were unable to attend the meeting please contact Horace on 474

After Questions and Answers (see page 24) the meeting was closed with a prayer.

Horace Bramwell Chairman of the Residents and Service Committee

CARE NEWS November 2021

"Walking around the community is an easy way for a senior to keep active, and can be a good avenue to making friends"



Friday, 5th November sees the first Park Walk since lockdown.

Dig out your tackies, walking stick\any other walking aid required and best pink outfit for the PARK WALK FOR CANCER AWARENESS.

There will be two routes both starting and finishing at the Hibiscus Room. The shorter route takes walkers around our beautiful pond whilst the longer route takes walkers up to the swimming pool, down Sunnyside Road, around the pond, back to the start and making a loop through the beautiful gardens in the "older" side of the park before returning through the forest to the finish at the Hibiscus Room.

The walk will be to honour cancer survivors and to raise funds for CANSA EC. Donations in lieu of entry fee will be appreciated. Prizes will be on offer to the best pink male and female outfits!

Entries will be taken from 8am to start at 8.30am

Don't forget your mask as covid protocols will apply.

Care Events in November

Walk in the Park- 5 November at 8h30 from the Hibiscus Room

Weekly Walks from the Care Centre- Fridays at 8h30

Care Giver Support Group-

Wednesday 3 November at 14h00 at the Wellness Centre

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

Daily clinic- Week days from 9h00 to 10h00 at the Wellness Centre

ATTENTION:

Do we have this important information?

- ♦ Your Living Will
- ♦ The latest copy of your Chronic Script
- ♦ Your updated personal details

Please pop up to Care Centre with these items so that we can update your file.

Thank you!



HELP PLEASE

Ralph is looking to rent a 3 bedroom house near the sea in this area for a family reunion between December 28 and January 2.

Please contact Ralph on 083 539 6076.

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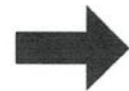
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72 SOUTHWELL ROAD, PORT ALFRED

Tel/Fax: 046 624 5135

Cell: 079 310 5273

admin@parbhoophysiotherapy.co.za

Present this card
or
call for your



FREE
FALL RISK ASSESSMENT

TRUST COTTAGES

ALL Trust Cottage bookings should be made with
JANET AYLWARD on telephone 298 (after 14h00 on weekdays)

For any problems with the servicing and maintenance of the cottages please phone
SHARON BRAMWELL on telephone 474

We are so lucky to have delightful, well equipped cottages where our families can stay when visiting us.

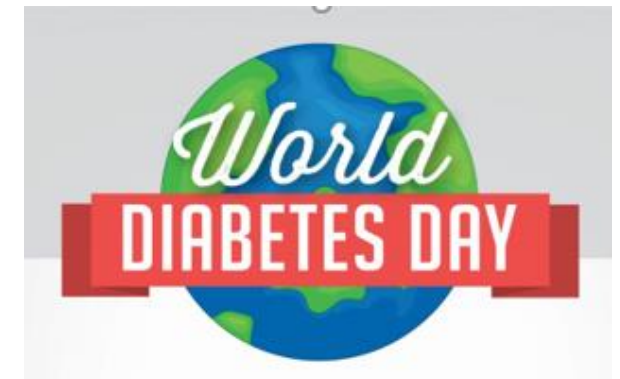
Also Christmas is just around the corner - make your booking now!

World Diabetes Day

14th November 2021

Did you know.....?

- There are two types of diabetes: Type 1 and Type 2 diabetes
- In Type 1 diabetes, the body cannot produce insulin. It is also called juvenile diabetes, as one is born with it
- The most common form of diabetes is called Type 2 diabetes
- With Type 2 diabetes the body does not use insulin properly
- An estimated 462 million individuals are affected by Type 2 diabetes
- Being overweight and inactive is a risk factor for developing Type 2 diabetes
 - Type 2 diabetes has a strong genetic link, which means it tends to run in families.



The Signs of Diabetes:



How to Prevent Type 2 Diabetes:

- Choose healthy foods such as wholegrains, fruit and vegetables.
- Eat smaller portions
- Try to exercise regularly and keep active
- Drink less alcohol
- Stop smoking

TYPE 2 DIABETES
KNOW YOUR
RISK

If you are concerned that you could be at risk for diabetes, visit the Village Clinic or contact your doctor.

Christmas CAROLS BY CANDLE LIGHT

Date: Friday 3 Dec 2021

Time: 17:30 for 18:00 till 20:30

Venue: Pond

You are invited to join us for a evening
under the stars at Settlers Park

- Chairs will be provided
- Transport in the Park can be arranged
- Parking will be allocated
- Free coffee/tea and snacks
- Bring your torch/head light and mask

Book your seat and get your ticket @ Akhona # 200
limited seats



POETRY CORNER

Who Has Seen the Wind?

By Christina Rossetti

Who has seen the wind?
Neither I nor you:
But when the leaves hang
trembling,
The wind is passing through.

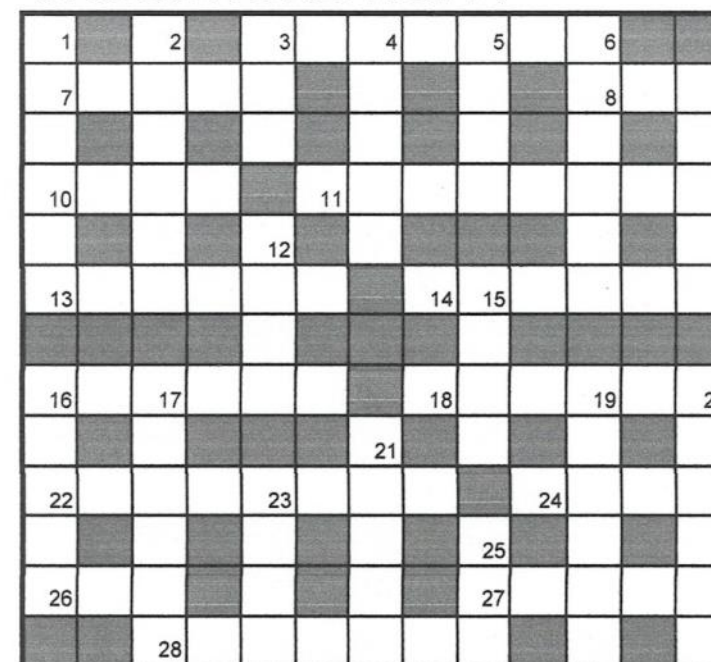
Who has seen the wind?
Neither you nor I:
But when the trees bow
down their heads,
The wind is passing by.



Solution to crossword no.76

Across 1. Oviform 5. Major 8. Obi
9. Sapient 10. Magic 11. Slap
12. Vocalic 14. One eye 16. Accrue
19. Sidecar 21. Rage 24. Dared
25. Chimera 26. Eve 27. Dryer
28. Diehard
Down. 1. Oust 2. Impel
3. Overpay 4. Motive 5. Mimic
6. Jugular 7. Ricochet 13. Lopsided
15. Elderly 17. Carmine 18. Traced
20. Cider 22. Chela 23. Hand

CROSSWORD NO. 77



ACROSS

- 3 To generate or stir up trouble. (7)
7 The centre of an amphitheatre. (5)
8 Shaped like a curve, bow or arch. (3)
10 Teachers aid when teaching students to read. (4)
11 Mediums. (7)
13 To deceive the mind. (6)
14 Americans refer to it as 'Java' (6)
16 Keeness of the senses or the mind. (6)
18 The trees from which Gum Arabic is harvested. (6)
22 The letters of a language. (8)
24 To glide through water. (4)
26 A pile of rocks on the top of a hill. (3)
27 An emotional feeling. A sympatric (5)
28 A pain in the ear. (7)

DOWN

- 1 A source of potential danger. (6)
2 A wooden cylinder filled with graphite. (6)
3 A fashion in dress. (3)
4 Sunday delight in Oar St. (5)
5 An extended narrative poem. (4)
6 A list of duties, or taxes imposed. (6)
9 Indian heredity classes. (5)
12 Horizontal passage cut in a hill. (4)
15 A word used to express pain. (4)
16 Towards the stern. (5)
17 A judge or arbiter in sport. (6)
19 Actors Gene Autry and Roy Rogers portrayed this genre. (6)
20 Fleet of ships. (6)
21 A thing that has survived a passage of time. (5)
23 Partially open. (4)
25 Military pilot who has destroyed 5 or more enemy planes. (3)

PEOPLE DON'T HAVE A
STRONG INTUITIVE
SENSE OF HOW MUCH BIGGER
1 BILLION IS THAN 1 MILLION

1 MILLION SECONDS IS 11.6 DAYS
1 BILLION SECONDS IS 31.7 YEARS

"I cannot give you the formula
for success, but I can give you
the formula for failure--

It is:

Try to please everybody."

-- Herbert Bayard Swope

"The ones who are crazy
enough to think they can
change the world, are the ones
that do."

-- Anonymous

Christmas Wreath Competition

Join us in creating a festive
Christmas spirit in the Park by
Creating your own Christmas
Wreath

No rules regarding use of materials or
size just as long as it is hanging on your
cottage door for judging on
1 December

Prizes up for grabs!!!

Winners will be announced at the
Christmas Carols Event on
3 December

For enquiries and entries contact Sue on Ext 200



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

Trust report for September 2021

Greetings All. It is good that we can get together again after many, many months and have a proper Residents Meeting.

I would like to share with you the performance of our Trust for the month of September 2021

Income R21 676.06

Donations	4 198.00
Shop	6 807.77
Interest	10 670.29

Expenses R21 755.92

Assistance to Residents	16 446.85	18 Residents
Cottages	5 031.07	
Bank charges	278.00	

Excess of expenditure over income R 79.86

DONATIONS

Anonymous	2 500.00
Golden Girls	1 048.00
Aqua Aerobics	650.00

Total R 4 198.00

Now having shared our finances with you let me say that all is not gloom and doom because in the past five months our net income was R13423 over our expenditure. We received anonymous donations of R26750 and the Golden Girls gave us R3380 and the Aqua Aerobics a further R2090.00 To all of you that were part of this income our Heartfelt thanks - you are very special indeed.

Once again sincere thanks to all those who put effort into making our Trust wheels turn. At the shop it is Brian, Carol, Edith, Joan, Gill, Trevor, Willie, Colin and Junette who does the Books for the Shop. On the Cottage side it is Janet who runs with all the bookings and Sharon who ensures that our Maid leaves the Cottages *spikkerish* for the next guests when they arrive. To Horace who also does the odd jobs around the cottages thanks for all your work. And then to Irene Brans who does our books thank you very much. This is a real Team effort and I salute you all.

Also a big thank you to all who donate or pass on goods to be sold as this is the real backbone of our shop. Please and remember this....should you believe that the Trust Shop owes you money then make a turn there between 9 and 12 on a Tuesday or a Friday.

Please stay Safe we are not out of the woods yet.

Richard Henshall (Chairman Settlers Park Association Trust)

WARDEN'S NEWS

The Park is divided into 22 sections and each section has a Warden who sees to the safety and wellbeing of the residents in their section.

Some of the duties of the Wardens are:-

1. Check fire extinguishers.
2. Keep an eye on street lights
3. Visit the Residents in their area and help them if required.
4. To ensure that a spare set of keys is in the Care Centre.
5. How to operate a panic button.
6. In the event of an emergency assist the Park Management

Any queries you have please ask your Warden. Should they not be able to help directly they will find out how or point you in the right way

Stay Safe

Ed Hoseck

Grey Matters

COVID 19

As from 1 October 2021 the Country adjusted to alert **level 1**. This brought no significant changes to the few restrictions in the Park:

- * Closing time for our social, religious and cultural gatherings is now 23h00.
- * Any gatherings within buildings remain limited to 50% capacity. Therefore in the Don Powis Hall we can allow a max of 100 people due to the compulsory 1.5m distancing. Hibiscus Room is limited to 40 per meal session.
- * Outdoor functions are limited to 2000, whilst 1,5m distancing remains compulsory.
- * 'Curfew' is now from 24h00 to 04h00 daily.
- * Wearing of face masks, covering nose and mouth while in public is mandatory (illegal not to wear a mask).
- * Retirement villages are still considered 'controlled for visits by members of the public', which requires us to uphold the current entrance arrangement, such as access by appointment only. Scanning and screening will remain in place. Please continue to notify the gate in advance of expected visitors to avoid frustrations.

TRANSPORT TO THE MUNICIPAL ELECTION

Please be reminded of the Local Municipal Elections to be held on 1 November 2021.

For Settlers Park Residents this will entail voting at the Community Hall in Station Hill (Ward 6). Those Residents that have no other form of transport are advised to contact Akhona at the office to book a seat on the Park Bus. We do however encourage Residents to arrange to travel together or offer a ride where available. Please report to Akhona if you are offering a lift.

Be reminded that Elspeth will once again arrange for the special votes.

TELEPHONE LIST

The updated telephone list is finalised and will be distributed to the post boxes by Friday 22/10.

We have added an aerial "site" map of the Park indicating the cottage numbers and key buildings, which we trust will be of value to Residents. We plan to update and distribute the hard copy list quarterly.

Visit the Intranet (sprv.co.za) for monthly updated information.

WATER UPDATE

Despite the installation of the much acclaimed RO plant we are informed by the spokesperson at the Municipality that it is not capable of providing water to the Park at this stage.

We have installed our own meters at all the sources into the Park to determine what amount of water we in fact actually receive. This will also assist us in controlling the equalisation of water from the Tank Farms throughout the Park. However this is only effective if and when we receive Municipal water.

In the meanwhile, we have to be extremely frugal with our water usage. Those who have carers are to ensure that they are aware of the water situation and to be mindful.

With the pond at current levels we may have the largest fresh water source in Port Alfred. The water team continues to press on with the plan of utilising the pond as a back-up water source. You may notice a difference in the clarity of the water as the flocculent starts to work.

AGM

We thank all who had participated in the past AGM and especially to thank all the staff and helpers for once again, staging a seamless event. As reported, we had 103 votes cast and all required voting issues were carried with an 80% plus vote. These decisions will be implemented ASAP.

GENERATOR

The relocation of the Petrol Generator at the Care Centre is ready to commence as the housing and electricity supply has been completed. We trust this will provide some reassurance with regard safety issues.

GARDEN COMPETITION

We wish to congratulate the following category winners during this year's Garden Competition:

Best Layout and Design – Yvonne Surtees

Best Water-wise garden – Anne Skelton

Best potted/ patio garden – Nola Rathbone

Most colourful garden – Trevor Collett (#201)

The categories were hotly contested which made the judging quite challenging.

All entrants will receive a prize. Arrangements will be made for photographs and the handing over of prizes on Friday 22nd October. WELL DONE GARDENERS!

MARKETING PLAN

During the previous Residents meeting there was a question regarding whether Settlers Park had an official Marketing Plan, to which I replied that we did not. Since then the Board and Management have prioritised this issue, which has now culminated in embarking on a process of compiling a professional Marketing Plan through the guidance of experts in the field. On this journey we will conduct valuable surveys which could require the participation of our Residents. Your support in these surveys is essential as they form an integral part of the upfront marketing research stage. We look forward to the end product.

HIBISCUS ROOM

The support of Residents to our Restaurant has escalated significantly over the past two months to which we wish to extend our gratitude.

The Kitchen Staff of EPC have really tried hard to impress and deliver top notch meals. As is human nature nothing is ever always perfect so there may be a glitch here and there. Please do inform your waiter immediately if the served meal is not acceptable, which they would gladly rectify on the spot.

APOLOGIES

Management wish to apologise for not providing sufficient notice regarding the application of the Rate Rebate amendments on the last accounts.

Please note that we were compelled to adhere to the application instructions of the Local Municipality.

Nevertheless, we will endeavour to do it better next time.

Please also note that the next amendment to your account will be the removal of the electricity rebate and equal reduction in the levy amount. This will take effect as from 1 November 2021.

Please take care.

Greetings and blessings to all – **Derek**

proviso we ate in the owner's restaurant every day, and every day was fish cooked on an open fire with plenty of black bits! Tasted wonderful!

We mostly cooked on an open fire as gas cylinders were not easily filled. When we camped outside Venice noting changed and we carried on with our fire, to the horror of our fellow campers who must have decided we were savages for Africa. We went into Venice on the local bus and during our trip, near the main canal, we stopped for a pizza – the worst we have ever had – imagine that in Italy!!



PS What happened to the Landrover?

We thought the readers of our African Safari may be interested to know what happened to our worthy Land Rover whose only failing on the adventure was one puncture!!

It stayed on in the Wood family for 25 years all told after coming back to South Africa from Tilbury Docks by sea on a container ship as roll on roll off (roro) cargo.

The Landie was donated to our younger son some years ago for his use but this year he decided that it should be retired after it's hard life and.....

.....here was the exciting twist to the tale!

Having approached a Land Rover dealership our son was greatly surprised at their eagerness to acquire this decrepit old vehicle. They offered a much younger Land Rover TD5 in a straight swap which was amazing and aroused curiosity as to the reason.

It turns out that the old TD1s get reincarnated! The dealership will strip the vehicle down to the chassis which will be galvanised and the whole vehicle completely rebuilt and resprayed to look like new and shipped off to America. He was told these vehicles are in great demand in the USA and command top dollar.

Believe it or not!



FOODIE ADDENDUM TO AN AFRICAN SAFARI

Re-visiting our trip over the 4-part series on the Silver Threads has brought back many memories and we would like to share a few.

We all had different ways of preparing for this trip. You may have noticed that one of the Landrovers, looking overloaded, stuck in the mud a few times. The reason? Apart from the proverbial kitchen sink, prior to leaving the owner had stocked up with iridated meals for the whole trip procured from Pelindaba!

Where as we preferred to forage as we went along working on the premise that everyone has to eat something – that is why we looked very lean after 6 months! The best was fresh fish bought at any lakeside as we traversed the Rift Valley. Tomatoes and onions were always available so vegetable curry was often on the menu.

Christmas lunch laid out for us on a beach in Zanzibar was our last hoorah to high living. When we saw fly covered meat being butchered at roadside stalls as we progressed through Tanzania & Kenya we became almost vegetarian! We were lucky to stay with friends in Uganda who cooked up a goat curry which was a first for us and also served Ugandan Waragi gin, both very delicious.

Our next "highlight" meal happened the day we arrived at the border with Ethiopia from northern Kenya right on lunchtime and the customs officials were resting so told us to carry on into town and come back later!! So we found an eatery and tried the national dish of enjeera & wat. Soggy grey pancake/bread which is used to dip up highly spiced meat of some sort. I don't remember any of us feeling too good afterwards so when we had finally cleared customs we looked for a nice place to stay. The next morning we found we had been staying in a brothel for the night – no wonder it was so noisy with the metal entrance gate clanging at all hours. During the trip I think we parked off in almost every conceivable type of accommodation (sleeping in our Land Rover) – police stations, schools, hospitals, hotel carparks as well as camp sites and, of course, the brothel!

Ethiopia was such an interesting and varied country. The ancient buildings and castles were the most fascinating and the population very unused to vehicles, to the extent one had to drive with great care, as there was no conception of speed, and dodge the stones that were thrown at us.

We did spend some time apart from our fellow travellers as various irritations arose. So we were pleased to come across more like-minded folk occasionally. In one camp site we had a jolly good meal overlooking Lake Langano (still Ethiopia) with travellers whose "piece de resistance" was a pot bread cooked in a hole in the ground and I remember getting out a precious can of salmon and making fish cakes as our contribution.

After the hazards of the Red Sea and Saudi Arabia, Jordan was a delight with regular type shops selling relatively regular food. On into Syria where a glass of tea was on offer everywhere we visited. So sad to know that Damascus is a mess and Palmyra mostly destroyed now. Turkey turned out well as we got free camping at a lakeside with the

Lions Christmas Cake



By purchasing these cakes you are helping to improve the lives of people across South African communities.

We thank you for your support and wish you a Merry Christmas!



1kg
R135⁰⁰

Since 1975, Lions Clubs throughout Southern Africa have sold Lions Christmas Cakes to raise funds to finance projects in their communities. Lions meet the needs of local communities around the world. Projects include: Vision programmes to improve and prevent blindness; Hearing projects; Diabetes Awareness & Education; Youth Exchange and Leadership Development; Feeding Schemes; Assistance to senior citizens; the youth, mentally & physically challenged people; Protecting our Environment and Disaster Relief.

Contact **MIKE NEWLANDS**
083 631 4511 or 323

NO ADDED ALCOHOL
ALL PROCEEDS IN AID OF LIONS PROJECTS

HIBISCUS ROOM CHRISTMAS LUNCH

STARTER

Smoked Chicken & Mango Salad

MAIN

Apricot Glazed Gammon, Rosemary & Garlic Roast Lamb served with Broccoli & Cauliflower Mornay, Roast Potatoes, Rice and Carrot Ribbons

DESSERT

Strawberry Eton Mess served with Brownie Skewers

TEA / COFFEE

R195.00 PER PERSON

RSVP

Book your Ticket with Danielle or Elaine on 526
by 20th December 2021

CELEBRATION



St James Anglican Church built in 1870

St James Church Southwell 150th Anniversary on 5 December at 10am

A talk briefly outlining the history of St James, by Alan Weyers will be given after the Service in the Church garden

Thereafter the Southwell Ladies will provide tea/coffee, snacks, salads etc in the Hall

Guests may bring meat for braaing for lunch (fires will be ready) - or whatever they wish to have for lunch

There will be a full CASH bar for refreshments (please bring small change)

Sufficient seating will be available - guests and friends most welcome

PLEASE SPREAD THE WORD

Please join me
SITTING ON MY STOEP

On Saturday afternoon at 3pm on 20 September 1975 the GREAT VOYAGE began when we boarded the good ship “High Seas” at Upton Dyke on the Norfolk Broads.

The ships complement was listed as follows:

Captain: Tony First Mate: Tricia Second Mate: Sweetie (Tony’s Aunt)
Able Seamen: Liane and Richard Ship Boys: Michael and Ian

All Borders. We had the biggest yacht we could find on the Broads because it had to be a six berth. Sweetie was hitching a lift with us and stayed at B&Bs along the route.

Having been brought up with Arthur Ransome’s books in which he writes about real places I’d spent many happy hours of my childhood enjoying his books about the Broads, the first one being ‘Coot Club’ set in the period before WWII and published in 1934.

Our trip to the Broads some 40 years later came about because having read and re-read the books I wanted to retrace some of the voyages the children in the story had followed!

When we got to the intersection of the Upton Dyke, River Bure and River Thurne the book came to life, as quoted

“Three roads meeting” said Dorothea “There’s another signpost”.

“Do what it says”, said Starboard “To Potter Heigham. Bring her round”

So, their ship the Teasel heads up the Thurne and so did we. But on the way there is a lovely old bridge built four hundred, or more, years ago.

“We’ll never get through it, will we?” said new boy steersman Dick.

It did indeed look a bit narrow so we tied up below the bridge for a glass of Norwich Bitter and decided we would leave getting through it until the next day.

That meant that on the next day we had to drop our mast, start our auxiliary engine and aim for the middle of the arch of the old bridge – and pray!



Old Potter Bridge



Captain hoisting main sail under watchful eye of First Mate!

We successfully motored under the arch and the other newer railway bridge and tied up again so that we could put the mast up again, hoist our sails and be on our way.

Later we reached our next objective being another branch off river and into another Broad called Horsey Mere where we had fine sailing.

My joy was that we tracked the “Coot Club” sailing routes above Potter Heigham and the Border family were treated to a whole week on the Northern waters and rivers with safe and lovely sailing on the magic areas of Norfolk on our 34 foot long vessel “High Seas”.

Isn’t it wonderful that books can turn into reality and provide happiness for a whole family?

Sting in the Tail

first 4 verses of ‘The Yachts’
by William Carlos Williams

*contend in a sea which the land partly encloses
shielding them from the too heavy blows
of an ungoverned ocean which when it chooses
tortures the biggest hulls, the best man knows
to pit against its beating, and sinks them pitilessly.
Mothlike in mists, scintillant in the minute
brilliance of cloudless days, with broad bellying sails
they glide to the wind tossing green water
from their sharp prows while over them the crew crawls
ant-like, solicitously grooming them, releasing,
making fast as they turn, lean far over and having
caught the wind again, side by side, head for the mark.*

And so to more sailing, more river, more dyke and more Broads!

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

Tony



SALDANHA-SISHEN RAILWAY

Trains have fascinated me for as long as I can remember. As a youngster I dreamt of becoming an engine driver but the closest I have been to fulfilling that dream was to stand on a foot plate.

Iron ore mining started at Sishen in 1953. Twenty years later a second mine was opened to feed a growing export market and a dedicated railway line was completed in 1976 to carry the ore 861 km to the port at Saldanha. As demand grew SAR & H engineers experimented with different combinations of locomotives and numbers of wagons to make the project more economically viable. Trials culminated in a world record breaking train in 1989 consisting of 14 locomotives pulling 660 fully loaded wagons carrying the huge total of 70 543 tonnes of ore from mine to port. This train was 7.82 km long and travelled at reduced speed to maintain safety! (One observer commented “My head was spinning just thinking about the friction on the rails caused by 5 472 steel wheels!”) The project took 7 years to plan and became a world record for the biggest freight train over the longest distance. This achievement thrust South Africa into the world headlines and the record still stands.

Ongoing experimentation with tonnage hauled finally led the authorities to conclude that the optimum was to use 7 diesel electric locomotives pulling 342 loaded wagons at one time. The locomotives are spaced along the entire length of the train to help manage the curves on the line. It was decided to order 76 of these custom-made locomotives from the manufacturers in Japan and they were named the 15E class. These 3.4 km long trains have been in use ever since and are likely to be the ones you see on your travels in Namaqualand and across the Karoo.

The crew’s cabin is equipped with 4 screens and sets of buttons and levers for the driver to operate his train. Radio signals given by operators sitting at their panels in Saldanha direct the whole system, including giving the driver permission to proceed. The loading and unloading of the wagons is similarly automated. When the train is fully loaded the driver pulls a lever to start the long journey crossing numerous bridges and passing under or over many roads that criss-cross the countryside. The line also crosses the longest and highest viaduct in SA, over the Olifants River at Vredendal. It is 1.35 km long and supported every 50 m by 22 huge concrete columns.

Pieter Oosthuizen (SA 4X4 magazine, Dec 2016) describes this train as a ‘massive metal millipede’ snaking its way, as it were ‘between nothing and nowhere’ over the barren expanse of Karoo and Bushmanland, till it reaches Strandfontein. The line passes through a tunnel at Elandsbaai and proceeds along the wind-swept west coast ending at Saldanha port. Line maintenance is strictly observed to ensure safety at all times. You may see a large awkward looking machine (called a tamper) running along the track to check that the ballast remains level. Other machines check for minute cracks in the rails using ultra sound equipment. There are 19 loops placed at 45 km intervals along the line to allow trains to pass each other. At peak times trains can depart from both ends of the line about every 4 hours, resulting in many train spotting opportunities.

For the train enthusiast there is something magical about ‘spotting’ a team of huge locomotives hauling thousands of tons of ore across the veld at an average speed of 50 km/h! No wonder the marvels of engineering always fascinate us. Mankind stands in awe at what can be achieved; just think how we marvel at 450 people can be flown around the world in a jet airliner.

There are lovely stories told about these train crews delivering newspapers to their sheep farmer friends living in isolation along the desolate stretches of the line. It’s a very lonely life out there for everyone. Anything for a bit of excitement. At Halfweg they change trains, rest and take the next train home. Could we describe the crew as space explorers out in their silent world?

John Forster

NATURE THOUGHTS

BIRD OF THE MONTH



PINTAILED WHYDAH

Pin tailed Whydah

Scientific: Vidua macroura

Afrikaans: Koningrooibekkie

I am writing about the Pintailed Whydah this month as it is very visible and vociferous in my garden at the moment! I have even seen it harassing doves and chasing sunbirds and anything else it might consider a threat! It is an extremely 'spunky' and tireless little bird!

The Pintailed Whydah was first described by the German naturalist, Peter Simon Pallas, in 1764 and given the binomial name *Fringilla macroura*. They are occasionally called widow birds because of the males' long tail in the breeding season.

It is a small bird, about 12 to 13 centimetres in length but the male in breeding season is about 32 centimetres because of the length of his tail!

The adult male has a black back, crown, and tail. The wings are a dark brown with white patches. The underparts and head (apart from the crown) are white and the bill is bright red. The female and non-breeding male, have brown streaked upper parts, whitish under parts with buff flanks and a buff and black face. The immature birds are similar to the female but plainer with a grayish bill. They are gregarious often appearing in small flocks of 20 or more birds. Breeding groups usually comprise one male adult and about five or six females and young males.

The Pintailed Whydah occurs in much of sub-Saharan Africa, in grasslands, scrub and savannah, also coming into parks and gardens.

The species is a brood parasite which lays its eggs in the nests of finches, especially waxbills. Unlike the common cuckoo, which also lays its eggs in a host's nest, it does not destroy or harm the host's eggs, it simply adds its own eggs to the nest. Typically it lays 2 to 4 eggs, adding considerably to those already present!

The eggs of both the host and the Whydah are white and, although the original eggs are slightly larger, the difference doesn't appear to be noticeable to the host. They generally incubate the eggs and raise the young as their own. The nestling Whydahs mimic the gape pattern of the fledglings of the host species. Nature is amazing!

The male Pintailed Whydah is territorial and quite aggressive and pugnacious. One male has several females in his group. He has an elaborate courtship flight display, which includes hovering over the female to display his tail.

The Whydah's song consists of a series of rapid squeaking and churring sounds given from a high perch.

Their diet consists mainly of grain which they forage from the ground or from a feeding tray. They scratch for food by jumping backwards with both feet to scatter sand. They sometimes eat ants or hawk insects in flight such as butterflies, bees, locusts.

The Pintailed Whydah is one of approximately a hundred parasites of the ten thousand bird species in the world!

The Elephant in the Room

Can you believe it is already November? It's almost time to dust off those Christmas decorations and get ready to see the dawn of a new year! But has this past year been one that flew past? Or has it been tedious and long? Our lives have changed so much in the last two years, since Covid 19 has become a reality. How did this impact you? How did it change your day-to-day life? How did you manage? What keeps you going? How long do you think, Covid 19 will continue to turn our lives upside down and inside out? How did Covid influence your Christmas celebrations last year, and how might it influence your Christmas celebrations next month?

All these questions are quite overwhelming! Covid has been quite overwhelming to many of us. It invaded our lives and our way of doing things. There are so many things we missed out on - family get togethers, weddings, important birthdays, being there as new grandchildren and great-grandchildren came into our families and so the list goes on and on. But even though we are currently in level one, and even though we are starting to get excited for a new year - Covid remains the elephant in the room that can change all our plans at a drop of a hat!

But, have you ever stood close to an elephant? When we do, all we see is its tough grey wrinkled skin, with pieces of mud stuck on some of its hair. We only see how massive the elephant's toe is; or how long its tongue is! If we do not take a step back, we might miss how beautiful and majestic an elephant can be, as it slowly walks through the bush, plays in the water, or looks after its babies. Perspective is a wonderful thing, and sometimes we need to take a step back to see the bigger picture.

When we read Colossians 3:1-4, we are reminded of the bigger picture. This reading helps us to take a step back and refocus. Refocus our eye on Christ - who is seated at the right hand of the Father. It is easy for us to get blinded by all the negativity that surrounds us; or to get caught up in our suffering, our problems, our situations - but Colossians 3:1-4 comes to remind us that all our problems, all our vices, all our suffering was nailed to the cross with Christ. He has taken on all of it onto himself. So, Jesus understands exactly what we are going through. He knows what you are currently facing; what you are worrying about; what you must deal with daily.



However, sometimes we need to acknowledge the elephants in our rooms, give them over to Christ and refocus and adjust our perspective. For our focus needs to be on Christ. God is our all-powerful Lord who carries us through anything and everything. He is the one who holds us in the palm of his hand. He is the one who understands us. He is the one who is our rock; anchor; source of strength; protector; provider; and Lord.

No matter what we face, let us keep our focus on Christ - for God will carry us through it all. He is taking care of the elephants in our room.

Rev Christel Erasmus (Presbyterian Church)

Coming and Going

RIP

Sue Roll, Ralph Clegg

Moving Away

Mr Dullabh has relocated

Glen's Den

There are two inputs that make this small venue work and those are our Cooking Teams and the respective Barmen and then those who support their efforts. We have unfortunately had one Team pull out and we really need another team please... so those of you that could possibly form a Team, think about this?

Our bookings are not where we would like them to be but we are working on this. Last week Glen's Den Committee agreed to give a R4 000.00 donation to our Trust. Thank you for that donation. Over the past years we have made many donations to our Trust and also upgraded the venue and surrounding pathways and roads.

There is a story doing the rounds that Glen's Den is in opposition to our Hibiscus Room...this is complete nonsense. I would like to urge all our regulars who supported us in the past to come back and support us now. The Covid lockdown had affected us all and we have a social distancing setup and probably the very cheapest evening meal one can buy anywhere. In closing our Management has agreed to put the weekly menu out on an sms every Monday morning so you are all now fully in the picture as to what we have to offer every Wednesday and Saturday evenings....early bookings are imperative and we are looking forward to your support.

Thank you all

General

I do feel that the following words of recognition come from us all.

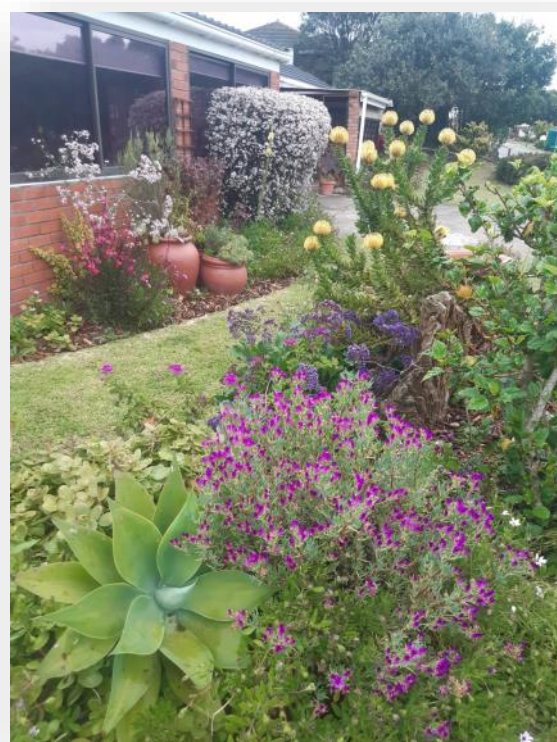
- To our Management Team thank you for all your efforts they are really appreciated.
- To Ilse and Kenton Garden Services your efforts make this Place we call home really proud.
- To Helen Cowie who does all the extras in our gardenswe thank you.
- To all those who work in our Care Centre please keep up the good work.
- To all those working in our laundry,,,, your hard work is really appreciated by all.
- To Johan and his Team thank you for attending to our problems.

Thank you all and stay safe.

Richard Henshall

NOTICES & NEWS

A happy group of residents celebrating the fact that they all turn 80 this year!



A beautiful garden with a super yellow pincushion protea in full bloom

**Remember to join in the Park Walk on 5 November.
Register from 8am at the Hibiscus Room**

Stunning Amaryllis in Elzabe's courtyard



Garden Route visit in January–February 2022

You are invited to join a self-catering and self-drive tour of several areas of the Garden Route starting in the last week of January 2022.

Our idea is to use our caravan and you may select to use your caravan or camping equipment or stay in a chalet or B&B. We will suggest suitable resorts and what each provides, as well as places to visit and things to do. You will be free to travel as a group or follow your own interests and then meet as a group each evening around the camp fire to share a braai and socialise.

All accommodation arrangements and costs are for your personal account.

Contact John (292) or Phyl (407)