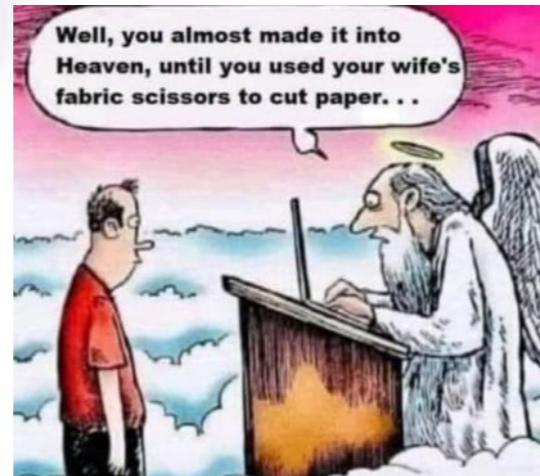




Pray for
a year
of good
rains

- ✓ Tonight's December thirty-first —
- ✓ Something is about to burst. —
- ✓ The clock is crouching, dark and small, —
- ✓ Like a time bomb in the hall. —
- ✓ Hark, it's midnight, children dear. —
- ✓ Duck! Here comes another year!
- ✓ Ogden Nash



CAR STICKERS

Remember that the **2021 CAR STICKERS** will be available at the Office when notified. Please take your old sticker to the Office and get your new one. If you have a problem removing your old sticker the Office will help you.

Please don't put your sticker on the top of your windscreen or the side window

Place your sticker on the

BOTTOM RIGHT-HAND

side of your windscreen so that all our stickers are in the same position and easily visible at the Gate

Bring on the NEW YEAR!

This edition of Silver Threads is free of charge to the Residents of Settlers Park Retirement Village.
Editor: P. Border
Printed & distributed by Settlers Park Office Administration

C.S. Lewis

"You are never too old to set another goal or to dream a new dream."

Alfred Lord Tennyson

"Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true."

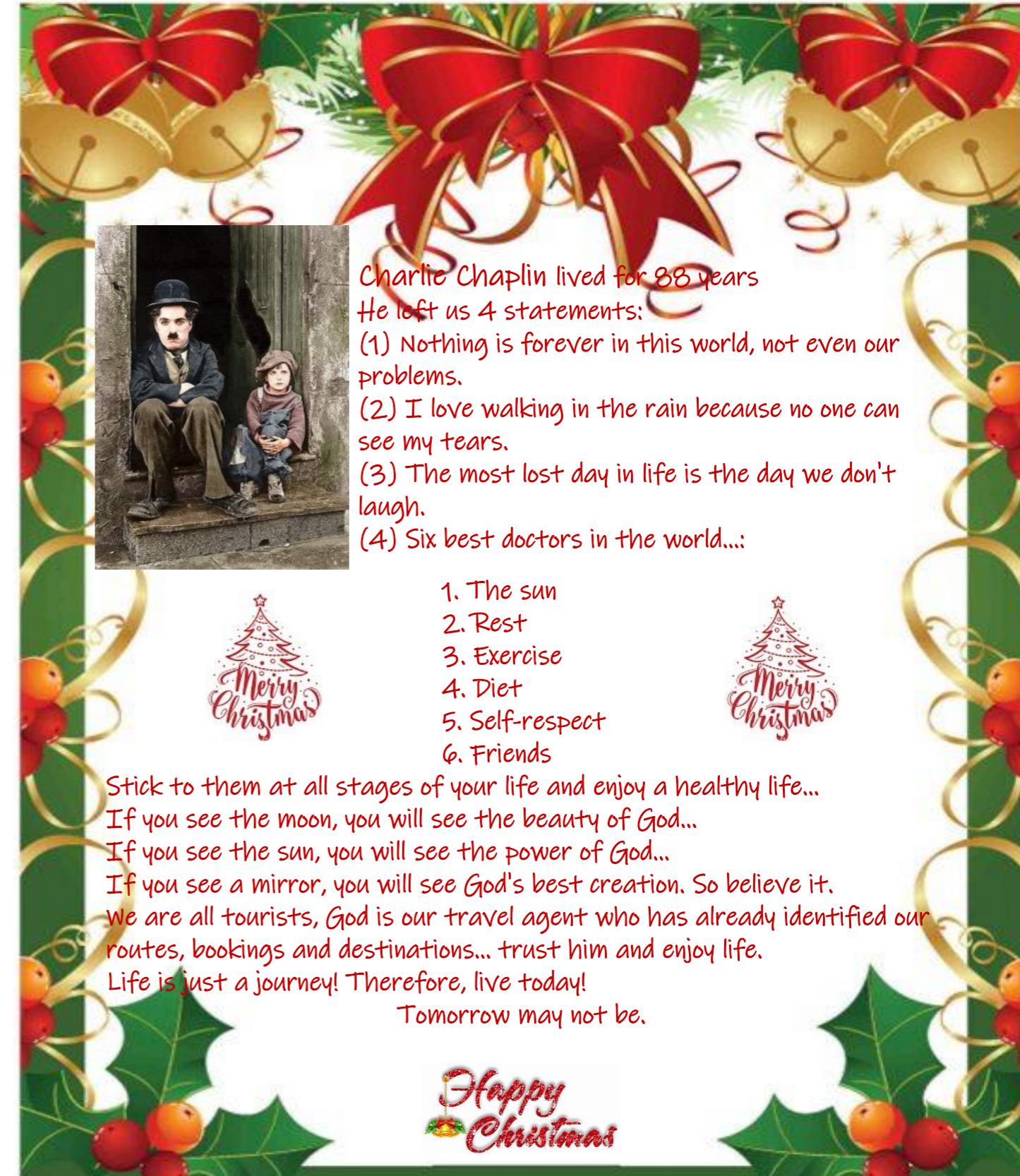
Karen Kaiser Clark

"Life is change. Growth is optional.
Choose wisely."

Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE
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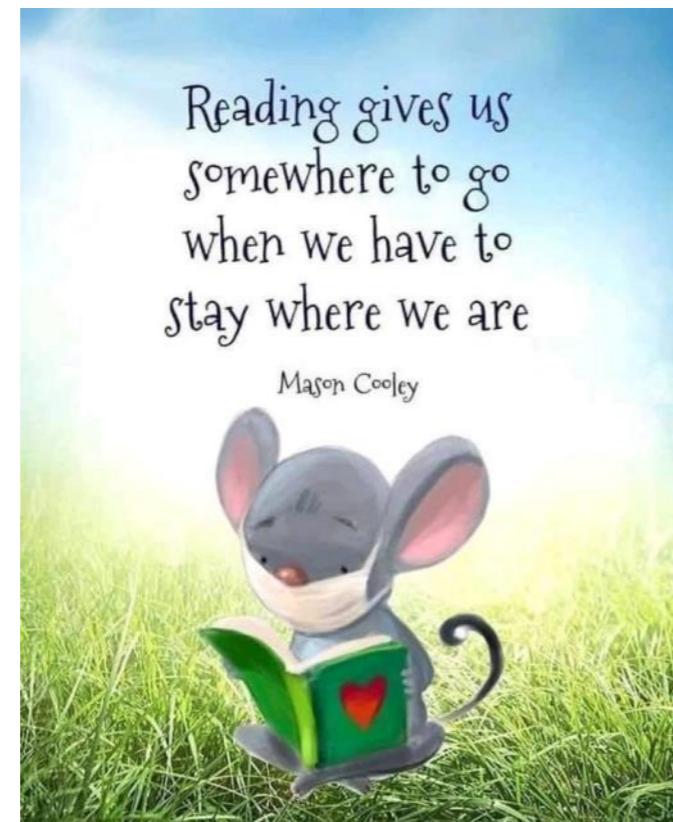
Happy Anniversary

- RESIDENTS**
- 4th Linda & Gordon Reynolds
 - 7th Helen & Rob Gifford
 - 7th Mary & Brian McLean
 - 9th Margie & Dermot Moore
 - 10th Jenny & Dave Chaston
 - 15th Ems & Karel de Jaeger
 - 16th Tricia & Tony Border
 - 18th Myrna & Charles Pellew
 - 19th Mary & Richard McGhie
 - 29th Marcia & Arnold Alston
 - 29th Penny & Ant Gill

DECEMBER

OFFICE HOURS in DECEMBER

| | |
|---|----------------------|
| Wednesday 16th December: | Office closed |
| Thursday 24th December: | Office closes at 1pm |
| Friday 25th December: | Office closed |
| Monday 28th - Wednesday 30th December: | Office open |
| Thursday 31st December | Office closes at 1pm |



LIBRARY NEWS

The Library will be closed on
Wednesday 16 December
Friday 25th December
Friday 1 January



RAIN
44 mm for November

RESIDENTS

- 2nd Flo Fowler
 - 2nd Glenys Clark
 - 2nd Erda Verwey
 - 3rd Mary McGhie
 - 4th Margaret West
 - 5th Averil Oosthuizen
 - 5th Joan Norman
 - 5th Ronnie Smith
 - 6th Trevor Collett cottage 107
 - 7th Robert Boyce
 - 8th Marygold Harman
 - 9th Daphne Archer
 - 9th Sue Chandler
 - 10th Kathy Stylianou
 - 11th Dermot Moore
 - 12th Raye Butcher
 - 12th Des Forward
 - 13th Joan Jacobs
 - 14th Godfrey Howes
 - 15th Elzabe Rodrigues
 - 16th Maureen Bawden
 - 16th Rita Weber
 - 17th Doreen Smit
 - 19th Fransje Spieker
 - 20th Stephanus van Niekerk
 - 20th Stan Bellingan
 - 21st Pat Clough
 - 21st Glenys Bentley
 - 22nd Peter Phillips
 - 23rd Maria Smidt
 - 25th Robin Collett
 - 25th David Boyd
 - 27th Helen Armstrong
 - 28th Mike Brown
 - 30th Lynette Basson
 - 31st Eris Goetze
- STAFF**
- 2nd Nontwayibonwa Ndzima
 - 5th Xolani (David) Ngesi
 - 11th Ronelle Botha
 - 12th Gladys Boesak
 - 16th Nomvuzo Futuse
 - 17th Regina Booysen
 - 22nd Happy Vani
 - 26th Janice Matthews



JANUARY

DATES

(please confirm with organiser)

Closed:

Library 1 January

Back in Action:

Aerobics 4 January

Painting Circle 12 January

Nearly New Shop 29 January



OFFICE HOURS in JANUARY

Friday 1 January: Office closed
From Monday 4 January as normal: 8.00 am - 4.00 pm.
Closed between 1 and 2 pm

Have you got your Car Sticker?

Urgently needed:
empty 2ℓ cool-drink bottles for eco bricks.

Please leave them at the Office



- 6th Beryl & Clifford Kemp
- 16th Marlene & Robert Sandilands
- 16th Patty & Brian Pachonick

SOME OF THE BEST WORDS LITERALLY EVER:

- | | |
|-----------------|-----------------|
| Bamboozled | Flabbergasted |
| Discombobulated | Shenanigans |
| Malarky | Kerfuffle |
| Skedaddle | Nincompoop |
| Flibbertigibbet | Thingamajig |
| Whippersnapper | Whatchamacallit |
| Pumpernickel | Flummoxed |
| Poppycock | Gobbledygook |
| Persnickety | Canoodle |
| Dingleberry | Codswallop |

WHICH ONES DO YOU USE?

WATER CRISIS

How to save water in your home



Take a shower of 5 minutes or less.



Close taps properly.

Don't rinse dishes under a running tap.

- ♦ You may NOT use tank water to water your garden unless you have an extra tank not connected to your drinking water tanks.
- ♦ You may NOT use a hose to water your garden or clean your car.
- ♦ You may NOT use Municipal water to water your garden.

Remember the toilet rhyme

"If its yellow, let it mellow

If its brown, flush it down"

There are bio-degradable products on the market that can be sprayed into the toilet to minimise odours.

Do everything you can to conserve water.

The situation is serious.

Start **saving** by breaking a bad habit:

Never let tap water run needlessly as you wash or rinse dishes, wash your hands or face, brush your teeth or shave. ...

Use every drop

Put bowls in the basin, shower and sink and re-use water collected



Re-use your **bath** and **shower** water in the garden.



Turn off the tap.

While brushing your teeth and **washing** your hands, don't leave the **water** running.



Fix leaking taps, pipes and toilets.



THANK YOU also to all those wonderful volunteers who do so much for Settlers Park – they work in the Library, Glen's Den, the Trust Shop, Trust Cottages, Bingo evenings, organise Teas at Glen's Den, 100 Club, do Flowers, volunteer help in the Care Centre, arrange Events, Visit and Welcome new folk, hold Church services, make sure the sound equipment is perfect and of course those who serve as Wardens.

This is a thank you to all those we know and apologies to any we have left out. The thanks applies equally to you.

It has been a very difficult year but our good wishes are for better things ahead and to you all for a wonderful festive season—may you have a happy Christmas and hopefully even a rest from all the things so generously given to ensure that Settlers Park is the best!

Covid-19 has made for a very difficult year for everybody in the Park but our staff have been really hard hit.

We mourn the passing of **Siseko Faltein**

and

Norah Plaatjie

May their souls rest in peace



DECEMBER 2020 Meal Of the day Menu

| DATE | DAY | SOUP | MAIN |
|---------------|-----------|------------------------------|---|
| 1st | Tuesday | Red Cabbage & Potato Soup | Traditional Chicken ala King served with Rice and Country Mixed Vegetables |
| 2nd | Wednesday | Roast Vegetable Soup | Creamy Beef Stroganoff served with Egg Noodles and Stir- Fry Vegetables |
| 3rd | Thursday | Spiced Butternut Soup | Lightly Crumbed Pork Schnitzel served with Mash, Onion Gravy and Seasonal Vegetables |
| 4th | Friday | Celery and Tomato Soup | Smashed Fish Cakes served with Crispy Chips and Fresh Country Salad |
| 5th | Saturday | Chicken Noodle Soup | Mediterranean Chicken Casserole served with Savoury Rice and Broccoli & Cauliflower Cheese Bake |
| SUNDAY | | | |
| 7th | Monday | Carrot and Ginger Soup | Beef Lasagne served with Crisp Herb Salad |
| 8th | Tuesday | Beef and Onion Soup | Butter Chicken served with Creamy Mash and Country Mixed Vegetables |
| 9th | Wednesday | Lentil and Bacon Soup | Hungarian Beef Goulash served with Rice, Gravy and Roasted Vegetables |
| 10th | Thursday | Minestrone Soup | Sweet 'n Sour Pork served with Egg Noodles and Stir-Fry Vegetables |
| 11th | Friday | Creamy Mushroom Soup | Lemon and Herb Deep Fried Hake served with Seasoned Potato Wedges and Herb Salad |
| 12th | Saturday | Portuguese Spinach Soup | Russians and Crispy Chips served with Garlic, Tomato and Feta Salad |
| SUNDAY | | | |
| 14th | Monday | Sweet Potato and Ginger Soup | Beef Cottage Pie served with Country Garden Salad |
| 15th | Tuesday | Potato and Leek Soup | Chicken Chow Mein served with Egg Noodles and Stir-Fry Vegetables |
| 16th | Wednesday | Bean Soup | Beef and Onion Stew served with Parsley Rice and Roast Vegetables |
| 17th | Thursday | Hearty Beef Soup | Pork Bangers served with Mash, Onion Gravy and Seasonal Vegetables |
| 18th | Friday | Thick Pea and Ham Soup | Battered Fish Goujons served with Crispy Chips and Fresh Garden Salad |
| 19th | Saturday | Chicken and Lentil Soup | Creamy Chicken and Broccoli Bake served with Rice and Medley of Vegetables |
| SUNDAY | | | |
| 21st | Monday | Pumpkin Soup | Spaghetti Bolognese topped with Cheddar Cheese served with Herb Salad |
| 22nd | Tuesday | Vegetable Soup | Chicken and Tomato Bredie served with Mash and Country Mixed Vegetables |
| 23rd | Wednesday | Creamy Mushroom Soup | Beef Curry, Sambals, Rice and Country Mixed Vegetables |
| 24th | Thursday | Spiced Tomato & Feta Soup | Sticky and Sweet BBQ Pork Rashers served with Mash and Seasonal Vegetables |
| 25th | Friday | Thick Bean Soup | Garlic Butter and Rosemary Grilled Hake served with Savoury Rice and Roast Vegetables |
| 26th | Saturday | Creamy Butternut Soup | Philly Cheese Steak Rolls served with Potato Wedges and Fresh Country Salad |
| SUNDAY | | | |
| 28th | Monday | Minestrone Soup | Vetkoek and Curried Mince served with Herb Salad |
| 29th | Tuesday | Potato & Red Onion Soup | Chicken Florentine Pasta served with Country Mixed Vegetables |
| 30th | Wednesday | Herbed Tomato | Cape Malay Beef Bobotie served with Yellow Rice and Roasted Vegetables |
| 31st | Thursday | Broccoli & Cheese Soup | Pan Roasted Apricot Pork Chop served with Gravy and Seasonal Vegetables |

JANUARY 2021 Meal Of the day Menu

| DATE | DAY | SOUP | MAIN |
|---------------|-----------|------------------------------|--|
| 1st | Friday | Lentil & Bacon Soup | Pickled Fish served with Potato Salad, Carrot & Pineapple Salad and Beetroot Salad |
| 2nd | Saturday | Carrot & Ginger Soup | Chilli Con Carne served with Rice and Medley of Vegetables |
| SUNDAY | | | |
| 4th | Monday | Sweet Potato & Corn Soup | Homemade Beef and Onion Pie served with Gravy, Crispy Chips and Garden Salad |
| 5th | Tuesday | Spiced Butternut Soup | Creamy Chicken ala King served with Rice and Mixed Vegetables |
| 6th | Wednesday | Celery & Tomato Soup | Traditional Beef Cottage Pie served with Roast Vegetables |
| 7th | Thursday | Roast Vegetable Soup | Lightly Crumbed Pork Chop served with Mash, Onion Gravy and Broccoli & Cauliflower Cheese Bake |
| 8th | Friday | Minestrone Soup | Lemon and Herb Deep Fried Hake served with Potato Wedges and Green Salad |
| 9th | Saturday | Creamy Mushroom Soup | Chicken Lasagne served with Garlic Roll and Greek Salad |
| SUNDAY | | | |
| 11th | Monday | Spinach & Feta | Swedish Meatballs in Tomato Ragu served with Savoury Rice and Seasonal Vegetables |
| 12th | Tuesday | Creamy Pumpkin Soup | Sweet 'n Sour Chicken served with Egg Noodles and Roast Vegetables |
| 13th | Wednesday | Broccoli and Cheese Soup | Thai Beef Curry served with Yellow Rice and Country Mixed Vegetables |
| 14th | Thursday | Thick Bean Soup | Pork Bangers served with Mash, Savoury Gravy and Medley of Vegetables |
| 15th | Friday | Chicken Noodle Soup | Battered Fish Goujons served with Crispy Chips and Herb Salad |
| 16th | Saturday | Beef & Onion Soup | Chicken and Bacon Florentine Tagliatelle served with Seasonal Vegetables |
| SUNDAY | | | |
| 18th | Monday | Mixed Vegetable Soup | Beef Tomato Bredie served with Rice and Roast Vegetables |
| 19th | Tuesday | Chicken & Lentil Soup | Tangy Apricot Chicken Casserole served with Creamed Mash, Gravy and Country Mixed Vegetables |
| 20th | Wednesday | Tomato & Feta Soup | Cape Malay Bobotie served with Yellow Rice and Green Vegetables |
| 21st | Thursday | Hearty Beef Soup | BBQ Pork Casserole served with Creamy Mash, Gravy and Roasted Vegetables |
| 22nd | Friday | Creamy Mushroom Soup | Rosemary and Lemon Butter Grilled Hake served with Potato Wedges and Seasonal Vegetables |
| 23rd | Saturday | Cauliflower & Red Onion Soup | Baked Mayo and Chutney Chicken served with Rice and Garden Salad |
| SUNDAY | | | |
| 25th | Monday | Thick Pea & Ham Soup | Spaghetti Bolognese topped with Cheese and served with Garden Salad |
| 26th | Tuesday | Red Cabbage & Chicken Soup | Chicken Curry served with Sambals, Rice and Roast Vegetables |
| 27th | Wednesday | Creamy Butternut Soup | Asian Style Beef Strips served with Egg Noodles and Country Mixed Vegetables |
| 28th | Thursday | Broccoli & Cheese Soup | Sweet 'n Tangy Pork Rashers served with Creamy Mash, Gravy and Medley Vegetables |
| 29th | Friday | Portuguese Spinach Soup | Smashed Fishcakes served with Potato Wedges and Country Garden Salad |
| 30th | Saturday | Potato & Leek Soup | Homemade Chicken and Leek Pie served with Gravy and Roasted Vegetables |

SUNDAY LUNCH MENU

| DATE | STARTER | MAIN | DESSERTS |
|------|--|--|---|
| 3rd | Vegetable Spring roll served with Sweet Chilli Dipping Sauce | Homemade Oxtail served with Rice and Roast Vegetables | Chocolate Brownie served with Ice Cream |
| 10th | Chicken Liver Paté served on French Bread | Roast Pork Belly served with Rice, Roast Potatoes, and Seasonal Vegetables | Baked Orange Pudding with Sticky Citrus Sauce |
| 17th | Spinach and Feta Phyllo Cup | Roast Beef served with Rice, Roast Potatoes, Gravy, Broccoli Cheese Bake and Julienne Carrots | Chocolate Mousse topped with Whipped Cream |
| 24th | Cheese Puffs served with Tangy Sauce | Honey and Cinnamon Glazed Gammon served with Rice, Roast Potatoes, Gravy and Seasonal Vegetables | Baked Peach Melba served with Ice Cream |
| 31st | Mini Ham and Cheese Quiche | Rosemary and Garlic Roast Lamb served with Rice, Crispy Roast Potatoes, Gravy and Country Mixed Vegetables | Sticky Toffee Pudding served with Custard |

IMPORTANT NOTE

It is ESSENTIAL to book for all sit down meals to ensure social distancing is adhered to.

SAY A PRAYER

Little Johnny and his family were having a Christmas dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When little Johnny received his plate he started eating right away.

"Johnny! Please wait until we say our prayer" said his mother.

"I don't need to," the boy replied.

"Of course you do" his mother insisted. "At our house we always say a prayer before eating".

"That's at our house," Johnny explained, "but this is at Grandma's house and she knows how to cook"

WHEN YOU PLAN TO TRAVEL AGAIN THESE ARE THINGS TO DO BEFORE YOU GO AWAY

- Notify both the main Office & Care Centre
- Notify your Warden & neighbour
- If a domestic worker or gardener is to continue working while you are away notify your Warden or neighbour that this will occur
- Cancel your newspaper
- Change to Municipal water
- Switch off your pump
- Disconnect appliances
- Remove leads to TV
- Leave DSTV on
- Hide your computer
- Switch off your geyser
- Take plugs out of basins/sink
- Close windows
- Lock doors

TRAVEL WELL

| DECEMBER SUNDAY LUNCH MENU | | | |
|----------------------------|--|---|---|
| DATE | STARTER | MAIN | DESSERT |
| 6th | Watermelon & Feta Salad | Slow Roasted Rosemary and Garlic Pork Shoulder served with Rice, Garlic Baby Potatoes and Seasonal Vegetables | Salted Caramel and Chocolate Tart served with Whipped Cream |
| 13th | Crumbed Mushroom Skewer served with Tangy Sauce | Herb Crusted Roast Beef served with Rice, Roast Potatoes, Gravy and Roasted Vegetables | Banoffee Pie served with Cream |
| 20th | Feta and Roasted Rosa Tomatoes served on Garlic Bruschetta | Honey and Mustard Glazed Gammon served with Rice, Garlic Baby Potatoes, Gravy and Roast Vegetable Medley | Roly-Poly Pudding served with Custard |
| 27th | Chicken Satay Skewer served with Peanut Sauce | Sage and Thyme Infused Roast Lamb served with Rice, Roast Potatoes, Gravy and Country Mixed Vegetables | Malva Pudding served with Ice Cream |

PLEASE NOTE:

The Hibiscus Room will only do 'Meal of the Day' as a take-away on Christmas Day, Friday 25 December



As the Festive Season approaches you are reminded of the following:

- ⇒ Do not walk alone outside of the Park
- ⇒ Keep security gates closed and locked at all times
- ⇒ Be vigilant and report any strangers to the guards at the gate
- ⇒ Do not allow any strangers into your home
- ⇒ When shopping or using an ATM make sure you take good care of your wallet / purse and handbag
- ⇒ Do not leave valuable items lying in your vehicle to tempt opportunists

Christmas menu

Starters

Camembert & Cranberry Parcel drizzled in a sweet Balsamic Glaze served with salad garnish

Mains

Lemon & Garlic Rosemary Lamb
Citrus Honey Glazed Smoked Gammon
Roast Potatoes / Rice / Gravy / Roast Vegetables

Desserts

Blueberry & Strawberry Pavlova with Vanilla Whipped Cream & Berry Coulis

Hot Homemade Cocoa Beverage
Topped with Whipped Cream & Marshmallows

R185.00 per person

Call Danielle on EXT 526 for Reservations



NORAH PLAATJIE



In 1999 Norah first started working at Settlers Park during her school holidays, both as a gardener and then a cleaner and she went on to be trained as a carer and spent several years at the original care centre, the Lodge.

When the receptionist post in the Admin Office fell vacant Norah applied and was appointed where she spent several years interacting with residents on a daily basis. Norah was the epitome of dedication, loyalty and passion, continually striving to improve herself as shown by obtaining an International Management Diploma while doing her receptionist job. Norah's next career move was to that of Assistant to the General Manager for a couple of years and then into her final position of Bookkeeper in the Accounts Department. This is where Norah excelled. Her drive, focus and eagerness to learn stood her in good stead over the past few years and made her an invaluable member of the Accounts team.

In Norah's years at Settlers Park she became familiar with all the history of the Park's development, the Residents and the day to day operations of the Village.

Norah was wife to Ace and mother to two lovely young children. Heavily involved with her Church and respected for her involvement and dedication, Norah's deep faith was evident in her daily life. Norah will be sorely missed by everyone at Settlers Park, particularly Kittie and Bukiwe and other colleagues.

The Board, Residents & Services Committee, Management, Staff and residents of Settlers Park extend their deepest sympathies to her family and friends.

Rest in Peace dear Norah

SISEKO FALTIEN



Siseko started working at Settlers Park on 1 April 2006 in the Maintenance Department assisting with the gardens. He later started driving the tractor and bakkie with collection of refuse and large removals within the Park.

Siseko is described by the Facilities Department Manager, Johan Wolmarans and his colleagues, as hard working, honest, humble and reliable; he could never say 'no' to anyone and will always be remembered for his pleasant smile. He was also known as a man of faith and treasured his family.

Siseko was a keen soccer supporter as well as playing soccer for the City 11 team.

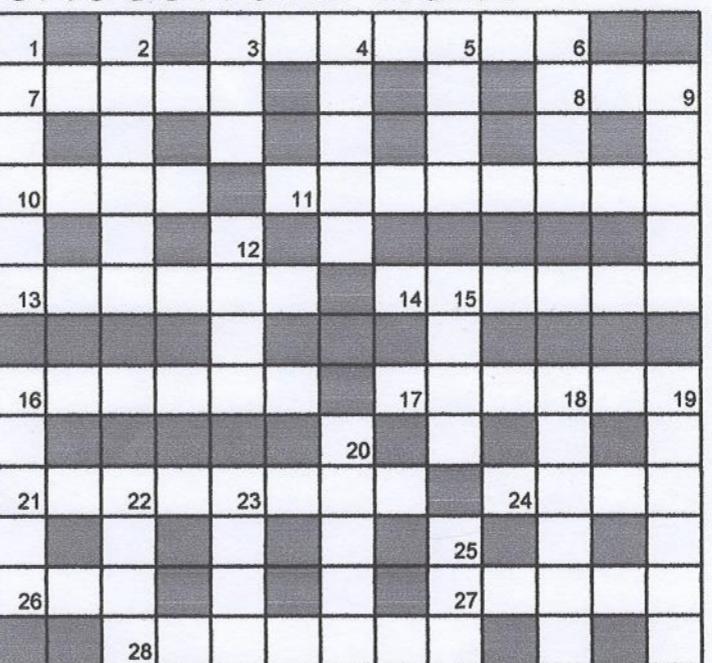
It is with great sadness that we will not see Siseko's smiling face and happy wave as he drives past. Siseko, at the age of 41 years, leaves his wife, Phumeza and young children and our hearts go out to his family and friends at this sad time.

Siseko served Settlers Park well and will be missed by all.

The Board, Residents & Services Committee, Management, Staff and residents of Settlers Park extend their deepest sympathies to his family and friends.

Rest in Peace

CROSSWORD NO.67



ACROSS.

- 3 A rotary engine. (7)
- 7 Piebald horse. (5)
- 8 A mechanical device for gripping. (3)
- 10 Require. (4)
- 11 Not faithful. (8)
- 13 Corn by another name. (6)
- 14 Fitting tightly. (6)
- 16 These may fly far from a fire. (6)
- 17 One less than a baker's dozen. (6)
- 21 Deride or lampoon. (8)
- 24 Encourage or assist from beat! (4)
- 26 Sense of self esteem. (3)
- 27 Soft part of palate. (5)
- 28 A disease of children. (7)

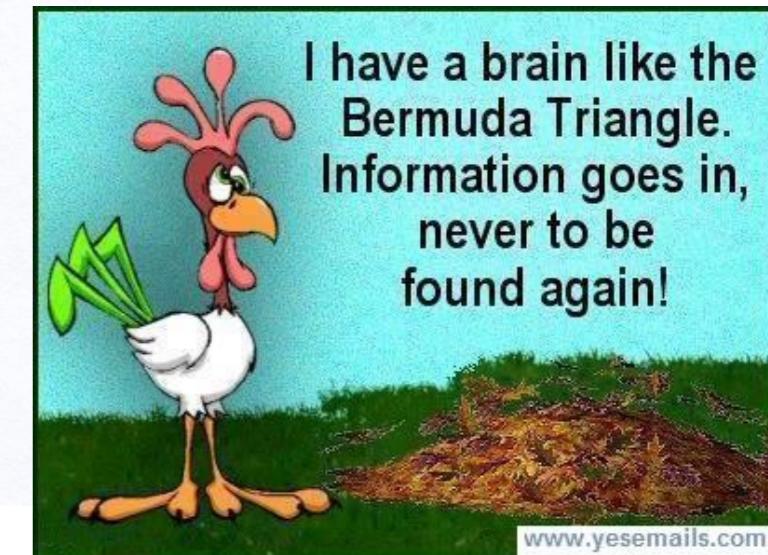
DOWN.

- 1 A word derived from a persons name. (6)
- 2 An explosive response from the nose. (6)
- 3 On one's own (British slang.) (3)
- 4 A bird with a Rufous chest. (5)
- 5 A blissful or perfect period. (4)
- 6 A circular movement of water. (4)
- 9 Expression of surprise. (5)
- 12 Colour and also name of small flower. (4)
- 15 Information that was previously unknown. (4)
- 16 Loose stones on the slope of a mountain. (5)
- 18 Work hard. (6)
- 19 A few more. (6)
- 20 Parasite worm on an anchor - maybe? (5)
- 22 Something that swings on hinges. (4)
- 23 Elegant. (4)
- 25 Vehicle carrying paying passengers. (3)

This month a prize of a
Gift Voucher for two for
the Meal of the Day
at the Hibiscus Room

Place your entries in the box at the
Office by no later than 15 January

Solutions to Crosswords 66 and 67
will appear in the February issue of
Silver Threads



Let's relax and ***Laugh!***

Some (true?) comments heard by airline passengers, mostly after their planes had made less than perfect landings:

After a particularly rough landing during thunderstorms in Memphis, a flight attendant on a Northwest flight announced, "Please take care when opening the overhead compartments because, after a landing like that, sure as hell everything has shifted."

Flight attendant: "Your seat cushions can be used for flotation. In the event of an emergency water landing, please paddle to shore and take them home with our compliments."

From a flight attendant on Southwest Airlines after a very hard landing in Salt Lake City: "That was quite a bump, and I know what y'all are thinking. I'm here to tell you it wasn't the airline's fault. It wasn't the pilot's fault. And it wasn't my fault. It was the asphalt."

Overheard on an American Airlines flight into Amarillo after an extremely hard landing, the flight attendant said: "Ladies and gentlemen, welcome to Amarillo. Please remain in your seats with your seat belts fastened while the captain taxis what's left of our airplane to the gate."

Another flight attendant's comment on a hard landing: "We ask you to please remain seated while Captain Kangaroo bounces us to the terminal."

An airline pilot hammered his plane into the runway really hard. Upon landing the first officer had to stand at the door smiling and thanking passengers for flying with them. He found it hard looking passengers in the eye but nobody commented. Well, not until the last passenger, an elderly lady, said: "Do you mind if I ask you a question? Did we land, or were we shot down?"

After a dreadful landing in Phoenix, the flight attendant announced: "Ladies and gentlemen, please remain in your seats until Captain Crash and the crew have brought the aircraft to a screeching halt. Once the tire smoke has cleared and the warning bells are silenced, pick your way through the wreckage to the terminal."

Happy Christmas What about

Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either, just bugger off and leave me alone.

Remember, no one is listening until you break wind.

Never forget that, like everyone else, you are unique.

Never test the depth of the water with both feet.

Before you judge someone, you should walk a mile in their shoes. That way, when you judge them, you have a mile start and you have their shoes.

A closed mouth gathers no feet.

If at first you don't succeed, avoid skydiving.

Give a man a fish, you feed him for a day. Teach him how to fish and he will sit in a boat and drink beer all day.

Have you ever lent someone R20 and never seen them again? It was probably worth it.

There are two theories about how to win an argument with a woman. Neither one works.

Generally speaking, you aren't learning much if your lips are moving.

Never miss a good chance to shut up.



Follow the gift 

Grey Matters

Whilst we are approaching what some may call the "silly season"; others the "festive season"; many Christians are reminded of the birth of Jesus Christ and celebrate the event on 25 December as Christmas day.

Throughout the world many religions and rituals exist. Some believe in a single deity whilst others, many. There are many people as we know who are agnostic and some atheists.

At Settlers Park we accept and respect all religions and non-religions alike. My wish to everyone is that they shed all of the negative baggage of the year, the unhappiness, grudges or ill feelings. The sadness, remorse and guilt. Whatever is clouding your mind and heart, and choose to let it go.

Embrace life for what it is and embrace each other. Perhaps re-establish old ties and friendships, or strengthen others. Choose to enjoy! Choose to live life every day to the fullest.

In these times where a life is seemingly snuffed out so quickly, one is reminded of the how vulnerable we humans are. The voice we knew silenced forever on this earth..

Covid 19 has saddened the world. Many have experienced the death of loved ones, friends and colleagues through this dreaded disease. It is the first time in my working career that I have lost staff to death..

May you rest in peace Norah and Siseko, you will be remembered.

I sincerely pray we do not have any more deaths due to Covid in Settlers Park.

Whilst I am haunted with questions about whether our measures and precautions were/are sufficient I was reminded by my brother-in-law who is a retired Prof in Biochemistry, that this virus is highly unpredictable and able to constantly mutate. It only lives whilst in a human cell and if not, it dies.

It interacts with the hosts DNA, making it extremely difficult to develop a vaccine which would control it, let alone kill it whilst in the cell.

Best is to keep it out of your system. Stay away from closed gatherings, as this is probably the best environment to get infected. Keep your mask on, but especially cover your nose as this is where the virus wants to be. Don't touch your face unless you have sanitised your hands thoroughly.

Much more than this, one probably cannot do. Do not let your guard down! This virus is dangerous and until we find an effective cure or vaccine, it is going to continue to take lives.

To one and all, may you have a joyful and Blessed Christmas.

Derek

The Robbish Column written in the Cro's Nest

It was with great sadness that we learned of the recent Covid-19 illness of members of our staff, residents, and Associate Members, and the deaths of Norah Plaatjie, in the Accounts Department, and Siseko Faltein, a member of our Maintenance Team. Our thoughts and prayers are with them, and with their families and friends.

We must not drop our guard – masks, social distancing, and hand hygiene are our best defence against this pandemic. Limit you socialising to your own “germ group” – a few friends (maximum of four other people) and you and your friends should be fine. Of course, your friends should also stick to the same group – if they mix with outsiders, your risk of infection rises dramatically.

Have you noticed how few people have had ‘flu over our winter period? That is because our Covid-19 protections work for other illnesses as well. Perhaps that is the silver lining to our current Covid-19 cloud.

As I write this, the early morning sun is shining brightly on our garden, the droplets from the rain glistening in the light. The gardens in the Park are looking lovely, and the plants have been rejuvenated by the recent showers. A fitting reward for all those who worked so hard for the Garden Competition, even if they did not win. If you have a lovely photo of your garden or of views and activities in the Park, please send them to info@settlerspark.co.za for possible use in the Silver Threads and our new website – www.settlerspark.co.za. If your photo is accepted, we may want to collect a high-resolution copy on a memory-stick or via www.wetransfer.com. If you have not yet looked at our new website, please do so – it is our showcase to the world about our lovely Park.

Christmas, Hanukkah, and the other 64 specially named days (yes, there is a list!) in December are going to see rather muted celebrations this year, but that is not a bad thing. If only a few good friends and family gather, we can really listen and chat to others instead of spreading ourselves to talk to many at a superficial level. Make the most of the opportunity this year to really connect to a few people instead of being just one in a crowd. It is an opportunity that may not come again for a long time, so make the most of it.

It remains for me to wish you all a very happy Christmas, or holiday of your choice, and hope that we will emerge stronger and more resilient in the new year. Be safe, and be careful!

Rob Crothall

Chairman of the Board

Follow the gift



Coming and Going in November 2020



RIP

Louis van der Walt, Peter Bushell, Terry West and Brian Aylward

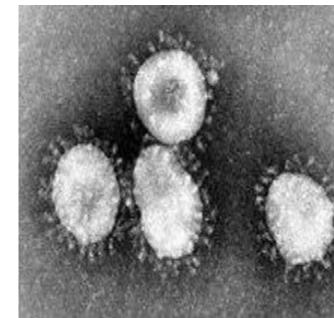
Moving In mid- December - wishing you a happy stay

Michael and Jill Mildenhall (Cottage 74)

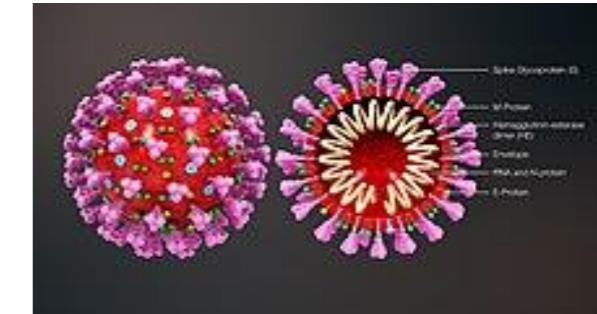
Richard and Helena Glennie (Cottage 150)

John Moss (95a)

Electron microscope picture of the Corona virus



Schematic representation of the Corona virus



The outer envelope structures through which the virus attaches to the host cell is clearly visible in the pictures.

Next is an excerpt from a document published by the American CDC (Centre for Disease Control)

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

At this time, the risk of COVID-19 spreading **from animals to people** is considered to be low. Learn about COVID-19 and pets and other animals.

It appears that the virus that causes COVID-19 can spread **from people to animals** in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do if you have pets.

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

Maintain good social distance (about 6 feet/1½m). This is very important in preventing the spread of COVID-19.

Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

- Routinely clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a cloth face covering when around others.
- Learn more about what you can do to protect yourself and others.

Provided by Piet Pretorius

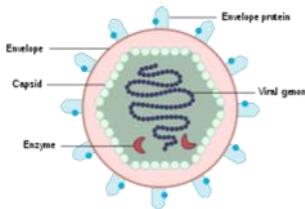
What is a Virus?

Viruses are infectious particles that vary in diameter from about 16 nm to over 300 nm (nm = nanometer = 10^{-9} meter; [it would take 30,000 to 500,000 of them, side by side, to stretch to one centimeter](#)) and occur in all living things, i.e. Bacteria, plants, animals and humans. Common human diseases caused by viruses include the common cold, influenza, chickenpox, cold sores, Ebola and AIDS.

Viruses are per definition not "alive" since they cannot reproduce by themselves or independently such as for example yeast and human cells. They need a host cell to infect and use the host cell to reproduce and are therefore called intracellular parasites.

Viruses can therefore be called infective particles and each type of virus infects a specific cell type, e.g. the corona virus infects the human respiratory system in a specific way causing characteristic symptoms and severity of disease. Most well-known and visible human viral infection is a wart on our hand caused by the papilloma virus.

These infective particles come in a variety of shapes but have one structural feature in common (see figure below): they consist of an outer layer called the capsid made from protein and sometimes mixed with lipids and carbohydrates, the latter two are known as the envelope. The capsid is a well-defined structural entity and the genetic material of the virus is packaged in the surrounding capsid.



Simplified diagram of the structure of a virus

The biological information needed by a virus is contained in its genetic material, also known as its genome. Since viruses are structurally much less complex than organisms comprising of single cells (bacteria), they have only a small number of genes and can thus reproduce rapidly inside their host cells. A virus uses the outer proteins to attach to a target cell and this interaction is very specific for each type of virus.

This highly ordered structure is of paramount importance for the virus to be infective. Washing your hands with soap deranges this structure and causes the virus to "fall apart" into a non-infective entity. The same goes for a sanitizing agent.

When a virus infects a target cell it re-routes and so modifies the course of cellular processes for the optimal execution of their own reproduction. In this process the target cells are damaged and eventually kill the cells when new viruses are released to infect adjacent cells. It is also during this infection period that the immune system of the human host is activated to produce specific antibodies. A vaccine is supposed to elicit the same immune reaction to protect people from getting sick when exposed to the virus.

Viruses cannot move by themselves and need a host to be transferred from one place to another. In open air and on all kinds of surfaces they have limited survival time though in some cases a few days. In a crowd there is a lot of breathing, coughing and sneezing filling the surrounding air with tiny water droplets that is the main infectious agent.

The importance of a face mask is to filter out the body fluid droplets containing corona viruses originating from infected people and cannot filter out viruses per se. Only very specialized and expensive masks can do this. We sometimes see people handling their masks and then touch other parts of their face or body or even someone else, thus transferring the material filtered out by the mask to other places and people.

It is important that a mask covers not only your mouth but also your nose because the nasal epithelial cell at the back of your nasal cavity is a primary target for corona infection. That is why it is preferable that a sample for corona testing is taken through your nose.

This interaction with host DNA can also cause viruses to change. If a virus that normally affects birds does by chance enter a human a revised/changed type of the original virus may be formed that may be more likely to infect humans in future. This is why scientists are concerned about rare viruses that spread from animals to people.



Resident & Services Chairman's Christmas Message

Firstly, the current Residents and Services Committee, would like to thank Val Williams and her team for bringing us into 2020. The excellent work done by them was dampened by the onslaught of COVID-19 in the early part of this year. The new committee has had to face 8 months of lockdown preventing us from having regular monthly Residents Meetings which resulted in residents not being able to interact with, and get to know, the new R&S committee. We are delighted, however, that even though COVID-19 has created havoc with all our socialising and Resident Meetings the general spirit of the residents was not dampened.

During this difficult time every effort has been made to communicate relevant information to the residents. Through innovative thinking of certain members in the park we have utilised the monthly Silver Threads, S-PARKling! and the regular S-PARKS! to bring as much news as possible to the residents. Thanks must go to the team that diligently worked on collating all the information, editing, printing and distributing this correspondence. In particular Residents derived great pleasure from the 'fairies' who visited each cottage to deliver S-PARKling! with its variety of crosswords, puzzles and general snippets.

COVID restricted residents to their Cottages, giving them ample time to do puzzles, work in gardens and be creative. The Annual Garden Competition was held despite the drought and COVID. There really are some beautiful gardens throughout the Park.

Going forward many of the general social events are still restricted due to the high volume of COVID-19 cases in the Eastern Cape. Plans for events such as Street Breakfasts, Residents teas, Glen's Den and our annual Christmas Lunch all hang in the balance.

Never-the-less we have the spirit of Christmas to look forward to. Sharing the Joy of Christ surpasses all restrictions, and we trust that His love and Grace will be your Peace in the coming months ahead.

Blessings to you all from the Residents and Services Committee

Horace Bramwell (Chairman)



Please feel free to send your questions to info@settlerspark.co.za

Q. The FNB ATM has been removed – how can I draw cash?

Answer: Please contact the office at least a day before you need the cash and staff will try to assist you. You will be required to pay the money over to the normal Settlers Park Bank account using EFT, with your account number (from your Settlers Park statement) as a reference, and present a printed copy of the EFT when collecting the funds. Alternatively, you may pay by credit/debit card at Reception. Any bank charges arising from the transaction will be debited to your account. No cash deposits will be accepted.

Q. When a cottage has been standing vacant for a long period of time is it possible that the Garden Services can do a general clean-up. Presently weeds are thriving and about to disperse to the more cared for gardens.

Answer: Indeed, we have to keep these gardens to an acceptable standard and this is normally something we would ensure, however with disruptions in the Office and the ample rain, I believe some of these routines may have been neglected. Where such issues occur, please send a Job-card, stating the appropriate cottage number, as a reminder so that the matter may be addressed appropriately.

Boardroom Briefs

Our Board met online using “Google Meet” this month and it worked well. We all sat at home in front of our computers and could hear and contribute successfully. Google Meet is like Zoom and Skype but needs all attendees to have a Google or Gmail account.

On the financial front, we are receiving much better information from Accounts for control of Capital Projects and our GM and HODs have more granular control of working costs. This is having a beneficial effect as can be seen in the high-level cost reports which we review. After some research during the past month, we will focus attention in future on getting donations from corporates as part of their corporate responsibility initiatives and from individuals who can afford to support us. Our eventual target will be to fund at least 5% of our working costs through donations each year, starting with 2% in the new financial year. We will encourage those of us whose children are well established financially to sign over our residual life-right to the Park when we no longer need it, as Chrissie Holmes did a little while ago and benefitted the Pond and the Care Centre.

Our weekly S-Parks! to give current updates did not come out recently – the office was closed because of Covid-19 infections. The S-Parks! have resumed, and I think that they are providing a valuable service. This reminds us that “front-line workers” – the people who serve us – are most at risk because they deal with multiple people. Our GM has had plexiglass shields installed at Reception to minimise risk there as part of the recent PPE capital project approved by the Board some months ago.

On security, we are aware of a recent fence breach and the associated break-in to a cottage. We have been negotiating with our bank to fund a significant security upgrade and we are pleased to announce that financing for this upgrade has been approved. The contract has been awarded to Atlas/Multi-Security and they are sourcing the components and scheduling the installation. You should soon see people working near the fence to install intelligent cameras which are connected directly to the Atlas Control Room, with associated armed response. Gate access and guarding will continue to be provided by Starlight Systems and Security.

We would like to encourage a “Culture of Care” in the Park. This includes all aspects of living in the Park, not only related to wellness. If you see something that needs to be fixed, please submit a Job Card. If something can be improved, consult your Residents and Services (R&S) representative, or send an email to info@settlerspark.co.za. We care about your views and would like to hear them.

We encourage residents to submit issues that you have been unable to resolve with staff to your local R&S Committee members for resolution and, if necessary, escalation for Board discussion and decision. The R&S representatives who attend Board meetings are full members of the Board and they report formally to the Board every month. The primary resolution mechanism of R&S members is direct contact with Park management and most issues are resolved quite easily, but where there are intractable problems, the Board can usually help.

Keep safe over the holiday season!



Follow the gift



Solution to crossword No 65

ACROSS 3.Tumbler 7. Ratio 8. Aye

10. Note 11. Ethical 13. Emceed

14. Bandit 16. Barber 18. Rested

22. Children 24. Lair 26. Nee

27. Upend 28. Defunct

DOWN 1. Prince 2. Static 3. Tor

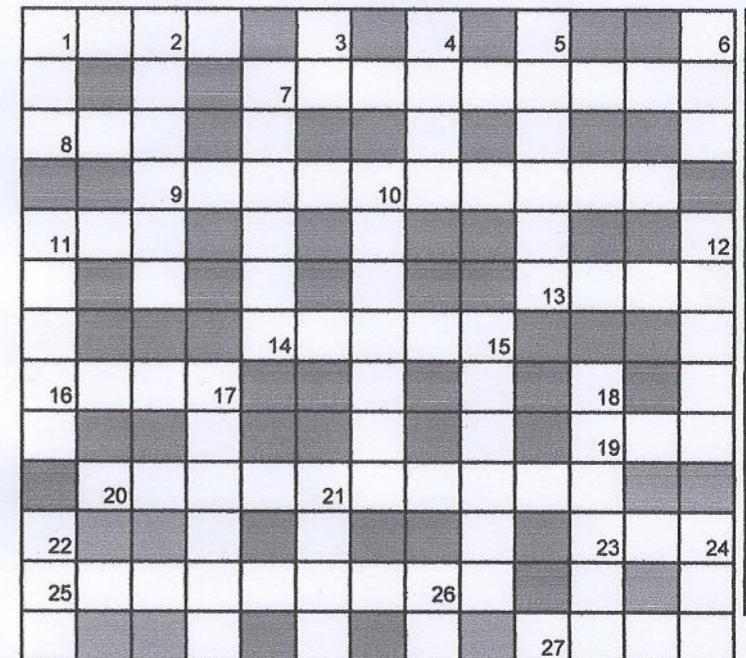
4. Musty 5. Loan 6. Rancid 9. Eclat

12. Sere 15. Apex 16. Bacon

17. Revive 19. Tuareg 20. Deride

21. Tenon 23 Deaf 25. Cut

CROSSWORD NO. 66



ACROSS

1 A fishy name for an elf? (4)

7 Military units. (9)

8 A lug by another name. (3)

9 Sleigh of hand perhaps? (5,5)

11 Sheep talk.(3)

13 Beloved and expensive. (4)

14 You don't want this around your neck.(5)

16 Cheat. (4)

19 Ridge connecting two mountains. (3)

20 Old-fashioned 'suck' sweets.(5,5)

23 Public house. (3)

25 Rooster's realms. (9)

27 Intertwine twine or wool to produce garment. (4)

DOWN

1 Observe. (3)

2 An aeronaut. (6)

3 Old fashioned you. (2)

4 Fish sperm. (4)

5 Time. (6)

6 Tree - left after fire. (3)

7 Sleeve shape. (6)

10 Coaxed. (7)

11 British term for policeman. (5)

12 To disengage from one's opponent (5)

15 Diplomatic agents. (6)

17 Japanese robe. (6)

18 A badge or emblem. (6)

21 Close. (4)

22 Early education subject. (3)

24 Slang for head . (3)

26 A wife of Prince Charles. (2)

SPECIAL
 This month a prize of a
**A Gift Voucher for 2 for
the Meal of the Day**
 at the Hibiscus Room
 Place your entries in the box at the
 Office by no later than 15 December



Trust report for October 2020

Warm greetings to all our Residents.

I would like to share with you the performance of our Trust for the month of October 2020

Our income was R 41,248.48

| | |
|-----------|-------------|
| Donations | R 14,202.63 |
| Shop | R 9,458.17 |
| Cottages | R 6,042.85 |
| Interest | R 11,544.83 |

Our Expenses were R 20,304.99

This was made up of our assistance to 16 needy Residents of R 19,988.40

Bank Charges R316.59

Donations received

| | |
|--------------|-----------|
| Anonymous | R2,550.00 |
| T McCarthy | R 100.00 |
| A Wilmot | R9,772.00 |
| Golden Girls | R 890.00 |
| Bingo | R 890.00 |

Excess of Income over expenditure R20,943.49

It is really good to see the turnaround of our figures and our very sincere thanks must go to those folk who gave generous donations.....these are all deeply appreciated.

For obvious reasons there will not be a Trust Xmas lunch this year but our Committee would like to thank all our Residents for everything they have done to help our Trust during this past year. To those that have assisted in the Trust Shop since its re-opening we thank you. Also special thanks must go to Horace and Sharon Bramwell, as well as Janet Aylward and her late husband Brian for the running of our Cottages.

To Jean Wight and Sue Neame who have run the Bingo evening for many years, on behalf of all those players we would like to thank you for your efforts. Great evenings were had, and one day when things return to half normal, there will be a gap for "somebody" to restart the Bingo Evenings again?

To all our Residents.....stay safe and be vigilant of what we as a Retirement Village have gone through, and be thankful that you live here in Settlers Park, you could not have ever been in a better place.

To my Committee, my heartfelt thanks for standing by me during this past year. As you all should know, the Trust Shop closes from mid December until mid January and there will not be a Silver Threads at year end. With this in mind, please allow me to wish you all a very special Christmas and a happy and healthy year ahead.

Bless You All

Richard Henshall (Chairman Settlers Park Association Trust)

IMPORTANT NOTE

Recently the Staff have been through the most difficult time ever in their working life in the Park. They have had to cope with doing everything they can to keep us safe, they have had to manage with reduced staff and then latterly have faced death amongst their colleagues.

COVID fatigue might be catching up with some of us but it is unacceptable behaviour to abuse and swear at staff members. It is disheartening for them to have to cope with rude residents when they are already stressed and trying to do their best under less than favourable conditions

Please treat all our staff with good manners and respect at all times



THAT'S WHAT!

COVID 19

The recent deaths of Norah Plaatjies and Siseko Faltein have shaken our seemingly "safe" establishment. It has once more accentuated our extreme vulnerability as humans.

We mourn the passing of our friends and colleagues and extend our condolences to their family and loved ones.

The Eastern Cape is definitely experiencing a so-called second wave of Covid infections which must inform us of the severity of this virus. We also see government relaxing more and more restrictions and as of 1 December most airlines are dropping the pre-screening requirement.

At Settlers Park we need to be ever vigilant. When using a mask, ensure that you cover your nose. It is useless if you don't as this is where the virus prefers access.

Due to the Covid resurgence in the Park, we cannot entertain any gatherings, especially in the Hall.

Please do not socialise without wearing a mask and keeping a 1,5m distance.

We know that some residents who visit the Hibiscus Room love to wander over to a fellow resident's table to chat without their mask. This is dangerous behaviour and should not be perpetuated. In fact it's unlawful.

If the Covid infections in the Park escalate we will be forced to shut down most of the activities again and restrict some of the access. This will however not occur without thorough engagement with the Board and Residents Committee.

All activities will remain as is until appropriate notice is given. Please read the sms's and S-Parks! that are sent out as they will contain important messages.

Please read the article on Viruses on page 28 - it provides valuable information.

HIBISCUS ROOM

The Hibiscus Room will continue to provide all meals, with Mercedes taking over from Danielle who will be on leave for two weeks from the 3rd of December.

RECYCLING

As most Residents probably already know, the recycling effort has re-commenced in the Park. We wish to urge one and all to participate if possible. The clear bags are available at the Hibiscus Room, but can be purchased at most retail and hardware stores.

Please remember to sort the glass, paper, plastic and tin objects separately as our staff won't be able to do this for you. Continue to use the standard black bags for remaining household garbage.

If in doubt please call the office or facilities department who will gladly advise.

STAFF

During the holiday season we normally have less staff available because a number are on leave. Recently, due to compulsory quarantine and lockdown procedures as a result of Covid infections, the situation is even more dramatic.

Please be reminded of this and understand that service delivery might be impeded.

If there are urgent matters, please utilise the services our various departments provide, but if not, kindly reserve for the New Year.

HOLIDAY

Do not forget to inform the office and or Care centre when going on Holiday and whether you may have specific arrangements with a neighbour or friend regarding the care for plants or animals.

SECURITY

We need to be vigilant during this Holiday season as criminal activity will inevitably increase.

Be especially aware whilst drawing cash at ATM's or returning to your vehicle with a trolley or shopping bags.

We hope to have the A1 surveillance cameras installed around the perimeter of the Park before Christmas. This will provide much more direct security and alertness as the cameras will detect attempted breeches immediately and alert the response teams simultaneously.

Thank you for your continued compliance and cooperation.

Gary Ford's Christmas Message

Luke 2:7 And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn. There was no room for them in the inn. The inn was occupied. Let us not live our lives in a way that says like the inn, "No room". Let us not be so occupied that we leave no room for Him. Let us open up our hearts to Christ and say, "Here is my life. Take all I am Lord, and use me for Your glory. I'm not my own, I belong to the King." Dwight L Moody used to say, "Give your lives to Christ. He can do more with it than what you can."

Let this Christmas be a starting point in your soul's history. Awake to see the value of your soul, and the importance of being saved. Let today be the day you made room in your heart for Christ if you've never opened your heart to Him before. "For God so loved the world the He gave His only begotten Son." Make room in your heart today for the King of glory to come in. We don't want to be like the inn that said no room. Let us open the door of our hearts to Him. Come and consecrate us for Your service. Come and be Lord of our lives.

There was no place for Him in the inn but He has prepared a place for you.

1 John 4:9 In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.

1 John 4:10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

1 John 4:11 Beloved, if God so loved us, we also ought to love one another.

John 14:1 "Let not your heart be troubled; you believe in God, believe also in Me.

John 14:2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you.

John 14:3 And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

He has made the way for us to be able to come into right standing with Him. What we need to do is put our faith and trust in Christ as our Lord and Saviour. He is the way, the truth and the life. May this December be one that you remember for opening your heart up to His love. Let us not get so busy that we forget the reason for the season.

May you all have a blessed Christmas.

Nelson T 1991. *Spirit-Filled Life Bible- New King James Version: A Personal Study Bible Unveiling All God's Fullness In All God's Word.*

Nashville, United States of America: Thomas Nelson Publishers



Follow the gift

**Auld Lange Syne**

-Robert Burns

Should old acquaintance be forgot,
and never brought to mind?
Should old acquaintance be forgot,
and auld lang syne?

For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne.

And surely you'll buy your pint cup!
and surely I'll buy mine!
And we'll take a cup o' kindness yet,
for auld lang syne.

We two have run about the hills,
and picked the daisies fine;
But we've wandered many a weary foot,
since auld lang syne.

We two have paddled in the stream,
from morning sun till dine;
But seas between us broad have roared
since auld lang syne.

And there's a hand my trusty friend!
And give me a hand o' thine!
And we'll take a right good-will draught,
for auld lang syne.

This Christmas Season seems all set to continue to test us and it would be easy for us to get bogged down by what we might be missing this season, and getting bogged down is understandable and one hundred percent okay. And then we need to look around us at our beautiful park, our loving neighbours and community and reach out to each other, be kind to each other, be grateful for the little gems that are all about us.

Maybe if we face a festive season without the frills and trappings that we're used, we can re-connect with the real spirit of the season and really reach out to each other – give your neighbour a tinkle and let them know you're there, smile and wave at the people who walk past your cottage, leave a secret little bunch of flowers from your [own] garden on the step of someone you know is lonely or having a hard time or sing carols with your neighbours in the street in the evening.

I know we are all feeling a sense of pandemic fatigue and we just want it all to end now, and it will, but for now we need to keep going and keep supporting each other to get through. So, our wish from the Care Team for this festive season is that we can all be filled with joy of Christmas. That we can all find that joy amongst everything else that might be going on. Oh, and lastly, we definitely wish

that... 2021 is a better year for all of us.



Follow the gift



Care News

"The holiday season is about love! Share it. Spread it. Live it."

— Amy Leigh Mercree

December 2020



*Celebrating the end of
difficult year*

This year has been extremely difficult for us all and the coming festive season looks to be marred by resurgences and second waves, but within all the losses that we mourn and the hardships we know are still to come, we have much to celebrate. We have endured and made it through. We have bid farewell to loved ones, freedoms, securities and yet there is still laughter in the air, there is still love in our hearts and hope that the new year will bring with it happier times. This strength of will and caring in our community is what has brought us thus far and what will carry us through.

The care team would like to thank the SPRV community for your support and understanding through this time. As we have had to implement regulations that we did not agree with, as we have had to face times of dread and fear, long stressful hours, personal loss and more, we have known that you as a community are there for us, standing behind us and supporting us. For this we thank you. For every kind word, for the clapping and messages of support and kindness, thank you. Cont. p2

*Love Came Down at
Christmas -Christina Rossetti*

*Love came down at Christmas,
Love all lovely, Love Divine;
Love was born at Christmas,
Star and angels gave the
sign.*

*Worship we the Godhead,
Love Incarnate, Love Divine;
Worship we our Jesus:
But wherewith for sacred
sign?*

*Love shall be our token,
Love be yours and love be
mine,
Love to God and all men,
Love for plea and gift and
sign*



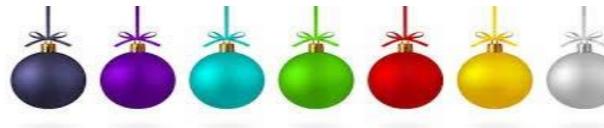
HS320 Mobility Scooter

(3 Wheeler) includes Charger.
New Batteries
Swivel seat/Movable armrests
R12 000

Contact: Patricia
083-7952249



Physio Christa Basson
is now in private practise.
She may be contacted on
082 826 2200.



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Follow the gift





Follow the gift

NATURE THOUGHTS

BUTTERFLIES & PLANTS

ATTRACTING BUTTERFLIES TO YOUR INDIGENOUS GARDEN

Butterflies are beautiful, but we have to understand that they start off as caterpillars, which means some of your plants may get chomped!

Leaving the caterpillars to be, and do what caterpillars do, will in turn attract more birds to your garden. Pesticides are a big no-no if you are planning to invite more butterflies into your garden.

Butterflies love brightly coloured, nectar rich flowers. Choose a sunny, wind protected spot and plant a mixed variety of butterfly food sources.

Create a small bath of mud bath, as many species need to suck up vital minerals needed in order to produce pheromones for mating.

Remember that indigenous plants are natural hosts for specific butterfly species, which makes gardening very interesting.

Happy butterflying!

Ilse



Commodore butterfly
and caterpillar

Isn't this interesting?

'Dr Google' tells us that this how butterflies see flowers



Plectranthus species

Butterflies, especially the Garden Commodore (*Precis archesia archesia*) loves Plectranthus

Plectranthus
zuluensis



Plectranthus
madagascariensis



Plectranthus
'Mona Lavender'

Please join me

SITTING ON MY STOEP

Today in Port Alfred we bought, fresh out of the sea, a fish called a Carpenter. I immediately asked my wife was that the fish sellers name for a local fish, did it have another name as well? She said this was the case so, as an outjie who grew up in Hermanus and because Hermanus was a famous fishing village and yet I had never heard of such a fish I set out to find its Hermanus equivalent – preferably an Afrikaans name as that being the local fishing vernacular where I grew up.

Well a Carpenter is a Sea Bream and the only time I'd had such a fish was in England at a restaurant next to 'The Twizzle' on the edge of the Walton Backwaters next to 'The Naze'. (Don't the British just have the most delightful place names!?) So, was that the only known bream I had eaten thirty years ago? No, as usual Tricia corrects me, she bravely cooked a Kariba Bream for me fifty-eight years ago and it was horrible! I think it was the bream not her cooking.

Well then we needed to consult 'Dr' Google on our iPad (see how modern I'm getting!) who said a 'Carpenter' was also a Sea Bream and that they varied in size from babies to big to very big to huge and could live for fifty years and become monsters! Surely our local ones are different as the one we bought was quite small. There is also reference to a Carpenter being a Silver Fish.

Now I remember as a boy being on the rocks at De Kelders and a group of Gansbaai youngsters were sitting on the rocks, on a calm-ish day, with handlines and making a good haul of fish they called "Hotnotts" - a nice pound or two and good eating they said!

So, what is a 'Hotnott' fish? It's a Silver Fish and was plentiful off the rocky shelf we were sitting on – no need for a rod just tossing a handline did the trick to produce supper for the family. In the 1940s many of those youngsters had fisher folk in the family and were expected to contribute to the family larder after school or on weekends. I was never a great fisherman (couldn't bear to touch them) but luckily lived across the road from the golf course – through the fence and onto the 18th tee. That and playing with boats or canoes we made from old, corrugated sheeting was much more to my liking.

We'll have to see how I survive Tricia's cooking of our latest purchase!!

Sting in the Tail

*It seems a shame,' the Walrus said,
To play them (oysters) such a trick,
After we've brought them out so far,
And made them trot so quick!"*

*The Carpenter said nothing but
The butter's spread too thick!"*

*I weep for you,' the Walrus said:
I deeply sympathize.'*

*With sobs and tears he sorted out
Those of the largest size,*

*Holding his pocket-handkerchief
Before his streaming eyes.*

*O Oysters,' said the Carpenter,
You've had a pleasant run!
Shall we be trotting home again?'
But answer came there none —
And this was scarcely odd, because
They'd eaten every one."*

The last three verses of The Walrus and the Carpenter by Lewis Carroll (1832-1898)

BUT, instead of allowing the Walrus and the Carpenter to go and eat all the oysters we ate 'the Carpenter' and very good it (he) was too.

So, as I take leave of you until 2021 may I wish you all a wonderful Christmas period and may the new year bring you good health and happiness.

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

Tony



Linda Reynolds is the go-to lady for anything beautifully made in stained and fused glass, cottage 209, telephone 457. Fused glass angel and key ring holder pictured. Linda takes orders and can also make something personal. She needs at least 5 days lead time.



Beaded Christmas tree decorations available from Gwynn Crothall, Cottage 195, telephone 441



Unusual Christmas tree decorations made by Sharon Bramwell, cottage 226, telephone 474



Teddy in a Tin – Travel Bear

Once you've stitched and named travel bear he may want a nap in his tin before grabbing his map and back pack for exciting adventures. This tin contains a pre-sewn teddy shape, stuffing, thread, plastic needle & bear accessories.

Also in the range: Finger Puppet Craft Set, Sock Monkey in a Tin, Sock Zebra in a Tin, Teddy in a Tin (Cuddly Bear), Make your own Rag Doll, Make your own Penguin, Make Your own Mermaid, Sew me up Floral Bunny, Sew me up Hedgehog & Hoglet, Crafty Creatures – Milly Mouse & Crafty Creatures – Olly Owl, George the Giraffe

We have a number of very accomplished quilters in the Park.

Try **Carol Sheard** for bathmats and pot holders. Cottage 96, telephone 336.

Marcia Alston make gorgeous full-size quilts but also makes mug mats (like a coaster) and Christmas stockings.

Orders essential. Cottage 111, telephone 360



Scabiosa Africana ‘Pincushion flower’

Flowering from spring to early summer, the plants are a beautiful sight with the many tall flowering stems waving in the wind.



Buddleia auriculata “Weeping Sage”

This shrub has beautiful glossy foliage and can grow into a small tree. Sweetly-scented cream, orange or pinkish flowers appear mid-winter to spring which attracts many butterflies. Grows well in sun or semi-shade. Examples of these can be seen

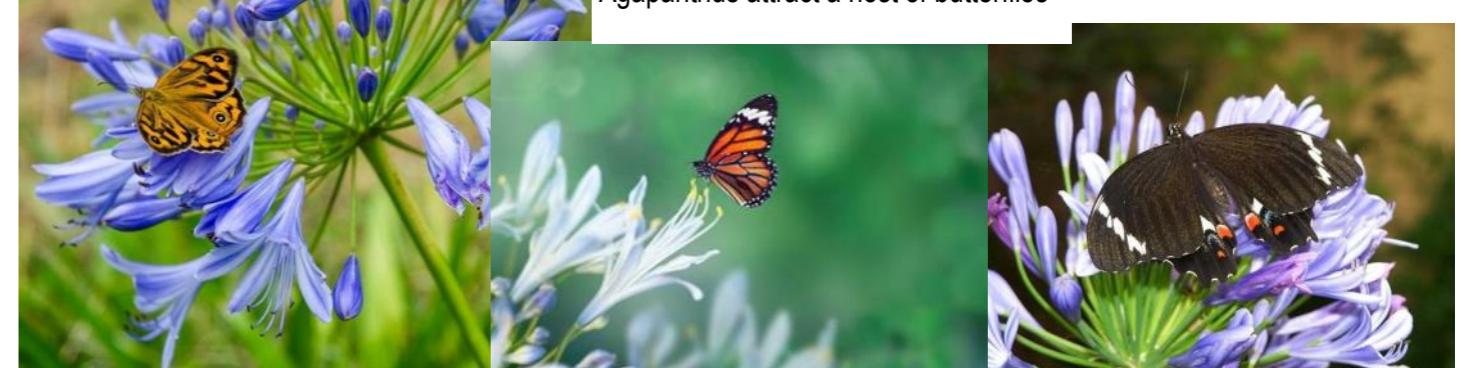


Follow the gift

Eronia lida “Autumn leaf vagrant butterfly” on Plumbago – of which we have so many in the park!



Agapanthus attract a host of butterflies



The Green-veined white butterfly loves Felicia flowers and Pelargonium species.



Citrus Swallowtail on Pelargonium. They also feed on the nectar of White Ironwood trees - there is a beautiful specimen at the Hibiscus Room parking area.



CHRISTMAS GREETINGS FROM A FAIRY TO A CHILD



Lady dear, if Fairies may
For a moment lay aside
Cunning tricks and elfish play,
'Tis at happy Christmas-tide.

We have heared the children say---
Gentle children, whom we love---
Long ago, on Christmas-Day,
Came a message from above.

Lewis Carroll

POETRY CORNER

Still, as Christmas-tide comes round,
They remember it again---
Echo still the joyful sound
"Peace on earth, good-will to men!"

Yet the hearts must child-like be
Where such heavenly guests abide;
Unto children, in their glee,
All the year is Christmas-tide.

Thus forgetting tricks and play
For a moment, Lady dear,
We would wish you, if we may,
Merry Christmas, glad New Year!

What girl can resist some beautiful jewellery?



Earrings by Gwynn Crothall,
cottage 195 telephone 441



Try a lovely bead necklace
made by Rod Gradwell,
cottage 220, telephone 468



What about a pair of comfy slippers?
Ron Quin makes all sorts of
interesting things.
Cottage 176, telephone 422



Ilse can supply you with
plants. A super gift that will
give endless pleasure.
Ilse 063 037 8635



Trish Versfeld makes
delicious liver pate,
cottage 169, telephone 415

ALL FOOD ITEMS AND PLANTS
NEED TO BE ORDERED IN
ADVANCE

Need a cake yourself or want to give
one as a gift? Look no further than
Elize Kietzmann,
Cottage 241, telephone 491



Try meat pies made by
Richard McGhie, curried
pineapple too.
Cottage 194, telephone 440

CHRISTMAS GIFTS

Shopping is not easy this year but look no further than all that is available in the Park



First of all you will need a card to go with your gift or just to give to a friend to show you are thinking of them.

- * **Martie Truscott**, cottage 71, telephone 253 has lovely hand painted cards
- * **Jenny Hoseck**, cottage 205, telephone 453 leads the team that renovates cards. These are available, at very reasonable prices, in the Hibiscus Room

GODFREY HOWES
Scrollsaw Artist

64 Settlers Park
Port Alfred

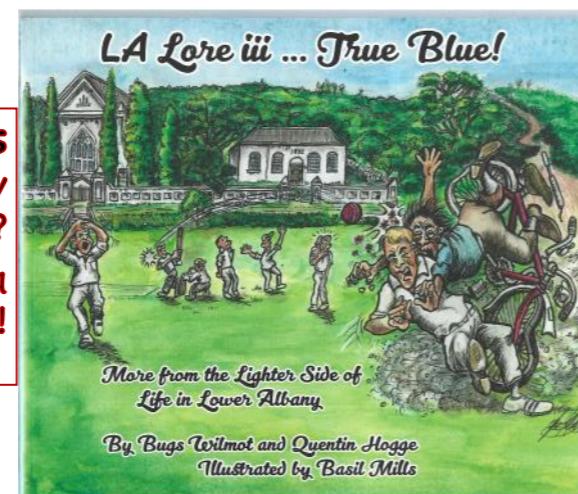
046 604 0273 • 084 675 7069



Another talented woodwork artist -
Horace Bramwell,
cottage 226, telephone 474
Look at the super presents for men
who are so difficult to buy for



What about Bugs
Wilmot's newly
released book?
Always good for a
laugh!



Stilbaai Fish Traps

Many of us have happy memories of the eager anticipation and excited preparations we made for the annual trek to the sea for our Christmas holidays. Fishing gear was checked and packed into the car, and the eager anticipation of eating freshly caught fish straight from the sea became a highlight.

Primitive tribes of long ago living along the coast enjoyed their fishing all year round, and they were quite ingenious at devising ways of feeding themselves and their families. Fish traps of one kind or another were the answer. Along the KwaZulu Natal coast different types of fish traps were used, some located in river estuaries. Down the Cape Coast fish traps were constructed using rocks. These tidal fish traps were in regular use for many centuries.

At Stilbaai and the surrounding coast many of the fish traps are still clearly visible. From the harbour area it is but a few steps to the first fish traps. Tucked away in the next little bay, Noorkappertunt, there is another battery of traps, 24 in total. What do they look like and how do they work?

They consist of low stone walls built of large stones with pebbles filling the gaps between them. They were situated in the inter-tidal zones along the beach and at low tide would be about a metre or so deep. Several traps were built next to each other and varied in size from a few square metres up to a hectare or more. The stone walls on the sea-ward side sloped into the sea. The side facing the beach would be perpendicular. The idea was that as the tide rose the fish would easily swim into the traps to feed. When the tide receded the fish would not be able to get over the stone wall and therefore be trapped. It was then a simple task to catch them.

"The most effective time for harvesting fish is during the night of the new moon spring tide when, in the dark, the fish do not notice the receding waters," writes Reon Meij of the Hessequa Society for Archaeology. The Society has done extensive research into these tidal fish traps and two local residents, Reon Meij and Brian Mathiesen, have documented their findings in a booklet which makes interesting reading. The evidence found at the archaeological site at Blombos Cave further along the coast has made it possible to estimate with some certainty that fish had been part of early man's dinner for at least 70 000 years. In the area between Jongensfontein (near Stilbaai) and the Gouritzriviermond no less than 17 clearly demarcated tidal fish traps have been identified.

Many of the traps have been restored and maintained as a living museum and some are still in use today. Other historical records relate that an early Dune Voortrekker in the 1810-1820's had told his children that he had found these traps in use. Archaeologists have estimated that some of the oldest remaining fish traps could go back 3 000 years and more.

Many other artefacts discovered along this coastline throw light on the life of these early beach (strand) dwellers. The area is rich in middens and primitive implements as well as the fish traps that were in constant use in the past.

There is an even longer stretch of coastline, from Gouritsriviermond (not far from Mossel Bay) to the Breede River at Witsand, situated within the Riversdale district municipality that incorporates many of these early dwellers sites. Modern research has identified one group as the Hessequa people, hence the name now used for this district. These early people were variously described as Bushmen or Hottentots.

When you next take out your fishing kit and wait patiently for that bite, ask yourself whether you'd like to turn the clock to earlier times? Whatever your decision, enjoy the outing and, hopefully, may you have great success with your rod and reel. And if you are in Stilbaai at any time, try to fit in time for a visit the Tourism Office to see the eels being fed. It is fascinating.

John Forster

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Congratulations to the
GOLDEN GIRLS
who raised R3506 while
meeting regularly for tea
and Cake.
The Trust is so grateful
for this welcome
donation.
Thank you!

PAYING TRIBUTE
Just think about the many people
who care for us, the residents, of
Settlers Park. We have security
guards, gardeners cleaners, carers,
a Care Centre with a manager,
nursing staff, social worker and
occupational therapist, a general
Manger, receptionists, admin, sales
and financial staff, laundry
workers, a bus driver, caterers and
kitchen staff as well as cheerful
Elma and Danielle in the Hibiscus
Room with Mercedes on standby,
refuse collectors and maintenance
workers.....

We owe all these people a **HUGE
DEPT OF GRATITUDE** for what
they do for us daily, particularly at
this difficult time when many are
fearful not only for themselves but
for their families as well.

Please show your appreciation by
treating them with respect, a smile
and say thank you.....they make
SUCH a difference in our lives.

Let us all pay a special tribute to
Siseko, the driver of the bakkie that
collects black bags and garden
refuse, and Norah from the Admin
staff, who have recently gone home
to the Creator.

Meryl & Godfrey Howes

NOTICES & NEWS



As the Festive Season approaches you are reminded of the following:

- ⇒ Do not walk alone outside of the Park
- ⇒ Keep security gates closed and locked at all times
- ⇒ Be vigilant and report any strangers to the guards at the gate
- ⇒ Do not allow any strangers into your home
- ⇒ When shopping or using an ATM make sure you take good care of your wallet / purse and handbag
- ⇒ Do not leave valuable items lying in your vehicle to tempt opportunists

Setting a Book Launch Trend?

The Hibiscus Room at Settlers Park hosted a second Book Launch in as many weeks on 4 November.

This time Bugs Wilmot entertained those present to some typical Eastern Cape humour and delightful excerpts from the newly published book *LA Lore iii* authored by Bugs and Quentin Hogge and complete with wonderful illustrations by Basil Mills.

Christmas shopping won't be easy this year so you can do no better than snapping up this light-hearted, humorous book – a real pick-me-up as we cope with the pandemic.

Enjoy!



Glens Den

Please note that due to COVID and social distancing regulations in place, Glens Den is closed until further notice - hopefully mid January 2021 - and as Chairman, I would like to take this opportunity to thank all those Teams and their Barman for the sterling job they had done before lockdown. You, as well as our supporters, are the sole reason that Glens Den exists.

To Lynda Schöning who has managed our finances, and also fortunately ensured we had enough in the bank to cover the monthly expenses....our Committee thanks you. There are many who have missed this venue, but rest assured it will reopen and perhaps a whole new type of menu/activity will be on the cards.....time will tell.

After our AGM the lockdown was announced and the new Committee has not had the chance to have a meeting. My sincere thanks to all those who assisted in my project to get the back entrance paved. It feels like it was years ago, but very sincere thanks to the Social and Events Committee, who covered the shortfall on this project. The outside area of Glen's Den is still available to anyone who wants to use it and this includes New Year's Eve. Please be aware of social distancing and leave the area as you found it.

Have a Blessed Christmas.

Richard HenshallChairman Glens Den.



100 CLUB

Although no gatherings are permitted the 100 Club functioned all through the year.

The November Draw has taken place with Richard Henshall drawing the lucky numbers.

The winners are

- | | |
|-----------|---------------|
| 1st R1000 | John Feathers |
| 2nd R500 | Janet Aylward |
| 3rd R250 | Kay Stavridis |

Thanks go to Maud Coghlan for keeping the 100 Club going while the other organiser Marge Judge was locked down in Australia!

For those who haven't been here for very long the 100 Club meets four times a year for an evening of fun and fellowship complete with a Bring and Share supper. Make sure you join!

The organisers thank you for your participation and wish you a happy Christmas.

2021 is nearly here so get your R120 ready to join in next year's 100 Club fun. For more info call Maud on 340 or Marge on 470