



Tuan C. Nguyen writes

For many, the start of a new year represents a moment of transition. It's an opportunity to reflect on the past and to look ahead to what the future might hold. Whether it was the best year of our lives or one we'd rather forget, the hope is that better days are ahead.

It wouldn't be New Year's without the symbolic lowering of Times Square's massive sparkly orb as the clock approaches midnight. But not many people are aware that the giant ball's connection with the passing of time dates back to early 19th century England.

Time balls were first built and used at Portsmouth harbour in 1829 and at the Royal Observatory in Greenwich in 1833 as a way for seafaring captains to tell the time. The balls were large and positioned high enough so that maritime ships could view their position from a distance. This was more practical since it was difficult to make out the hands of a clock from afar.

The U.S. Secretary of the Navy ordered the first "time ball" to be built atop the United States Naval Observatory in Washington, D.C. in 1845. By 1902, they were used at harbours in San Francisco, Boston State House, and even Crete, Nebraska.

Though balls drops were generally reliable in accurately conveying the time, the system would often malfunction. The balls had to be dropped at exactly noon and strong winds and even rain could throw the timing off. These sorts of glitches were eventually rectified with the invention of the telegraph, which allowed time signals to become automated. Still, time balls would eventually be made obsolete by the beginning of the 20th century as newer technologies made it possible for people to set their watches wirelessly.

It wasn't until 1907 that the time ball made a triumphant and perennial return. That year, New York City enacted its fireworks ban, which meant the New York Times company had to scrap their annual fireworks celebration. Owner Adolph Ochs decided instead to pay homage and build a seven-hundred-pound iron and wood ball that would be lowered from the flagpole atop Times Tower.

The first-ever "ball drop" was held on December 31, 1907, welcoming the year 1908.



Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE

Private Bag 2125, PORT ALFRED, 6170

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

DECEMBER 2021 /
JANUARY 2022
VOLUME 182



SADNESS

Farewell Johan - we wish you well



FUN



Park Walk



JOY





DECEMBER

OFFICE HOURS in DECEMBER

Thursday 16th December:
Office closed
Friday 24th December:
Office closes at 1pm
Tuesday 28th -
Friday 31st December
Office closes at 1pm

Church services in December

- ♦ 2 December Rev Christel Erasmus of the Presbyterian Church
- ♦ 9 December Pastor Josh de Wit of the Baptist Church.

Other Special Dates

- ♦ 3 December Carols by Candlelight
- ♦ 10 December 8 for 8.30 put on your finery for the Christmas Park Walk

LIBRARY NEWS

You don't want to be left with nothing to read so please take careful note of



Opening Times for December

Wednesday 22 December

9am - noon Cottages 1 - 124
2pm - 4.30pm Cottages 125 - 249

Wednesday 29 December

9am - noon Cottages 1 - 124
2pm - 4.30pm Cottages 125 - 249

In January times will be as normal

Thank you for your support during the year.

Helen Thompson

RESIDENTS

1st	Delene Scarterfield
2nd	Jenne Boyce
4th	Maude Coghlan
4th	Rem Gilfillan
4th	John Moss
5th	Meryl Howes
7th	Christine Fowler
8th	Gillian Armstrong
9th	Jenifer Simpson
13th	Roy Leeming
13th	Pamela Barclay
15th	Rod Smith
16th	Noen Watson
16th	Roy Reynolds
17th	Carol Sheard
18th	Margie Hendry
21st	Colleen Moore
22nd	Bugs Wilmot
24th	Trevor Doyle
28th	Elizabeth Sutton
31st	Liane Dyer

STAFF

RAIN
180 mm for November



RESIDENTS

2nd	Flo Fowler
2nd	Glenys Clark
3rd	Mary McGhie
5th	Averil Oosthuizen
5th	Joan Norman
5th	Ronnie Smith
6th	Trevor Collett <small>cottage 107</small>
7th	Robert Boyce
8th	Marygold Harman
9th	Daphne Archer
9th	Sue Chandler
10th	Kathy Stylianou
11th	Dermot Moore
12th	Raye Butcher
12th	Des Forward
14th	Godfrey Howes
15th	Elzabe Rodrigues
16th	Rita Weber
17th	Doreen Smit
19th	Fransje Spieker
21st	Nola Rathbone
21st	Pat Clough
21st	Glenys Bentley
22nd	Peter Phillips
25th	Robin Collett
25th	David Boyd
27th	Helen Armstrong
28th	Mike Brown
30th	Lynette Basson
31st	Eris Goetze

STAFF

5th	Xolani (David) Ngesi
9th	Akhina McKay
9th	Doreen Campbell
11th	Ronelle Botha
12th	Gladys Boesak
16th	Nomvuzo Futuse
17th	Regina Boosjen
18th	Noeleen Lee
26th	Janice Matthews

JANUARY



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

DATES

- Please confirm with organiser as to when the various activities will restart

Church

- 13 January Rev Christel Erasmus of Presbyterian
20 January Isabeau Human of Grace & Truth Church
27 January Ds Wikus Venter of NGK

U3A

- 27 January - 9.30 for 10am Joanne King (Trevor Collett's [201] daughter) on 'The Story of an African Farm (School)'

Library

- As normal
Wednesday 9.30 to noon Cottages 1 - 124
Friday 9.30 to noon Cottages 125 - 249

OFFICE HOURS in JANUARY

From Monday 3 January as normal: 8.00 am - 4.00 pm.
Closed between 1 and 2 pm

Have you got your
Car Sticker?



The Senility Prayer

WORDSEARCH NO. 3

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

HIDDEN WORDS

SINGING, DANCING, MERRIMENT, AULD LANG SYNE, STREAMERS, CHAMPAGNE, DRINKS, TOASTS, GAIETY, CELEBRATION, WINE, ROCKETS, HAPPY NEW YEAR

CHECK

After the uncomfortable experience of being stuck on the N2 for five hours while waiting for help Meryl Howes recommends that if you have a

'DO NOT TOW'

sticker on your car you phone the number listed, **before you go away**, to establish that it actually works. Theirs didn't!



Happy
Christmas

DECEMBER 2021 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
1st	Wednesday	Chunky Vegetable	Pork Schnitzel served with Mushroom Sauce, Mashed Potatoes and Stir-Fry Vegetables
2nd	Thursday	Mushroom & Leek	Beef Bobotie served with Rice, Tomato Sambals and Baby Marrow Ribbons
3rd	Friday	Chicken Noodle	Fried Hake served with Crispy Chips and Beetroot Salad
4th	Saturday	Red Onion	Buttered Chicken Curry served with Rice, Peas and Pumpkin
SUNDAY			
6th	Monday	Roasted Cauliflower	Tempura Chicken served with Stir-Fry Vegetables, Spaghetti and Sweet & Sour Sauce
7th	Tuesday	Pumpkin	Tuna Pasta Bake served with Mediterranean Vegetables
8th	Wednesday	Lentil & Barley	Curried Beef & Lentil Pie served with Butternut, Broccoli & White Sauce
9th	Thursday	Creamy Mushroom	Chicken Schnitzel served with Cheese Sauce, Potato Wedges and Carrot Salad
10th	Friday	Tomato & Celery	Grilled Hake served with Tartar Sauce, Crispy Chips & Apple Coleslaw
11th	Saturday	Spinach & Feta	Creamy Chicken, Leek & Mushroom Penne served with Green Salad
SUNDAY			
13th	Monday	Hearty Beef	Spaghetti Bolognaise served with Cheddar Cheese & Roast Vegetables
14th	Tuesday	Chicken & Corn	Coronation Chicken served with Rice, Gravy, Butternut & Baby Marrows
15th	Wednesday	Broccoli	Beef Kofta served with Herbed Yoghurt, Sweet Potato Wedges, Carrot Rounds and Green Beans
16th	Thursday	Minestrone	Pork Sausage served with Gravy, Mashed Potatoes and Sweet Peas
17th	Friday	Potato & Leek	Lemon & Herb Fish Goujons served with Crispy Chips, Tomato, Cucumber & Feta Salad
18th	Saturday	Brown Onion	Spinach & Feta Quiche served with Potato Wedges & Garden Salad
SUNDAY			
20th	Monday	Sweet Potato & Leek	Beef Meatballs served with Creamy Sauce, Spaghetti, Carrot Ribbons and Green Beans
21st	Tuesday	Roast Vegetable	Curried Pork Pie served with Gem Squash and Baby Marrows
22nd	Wednesday	Carrot	Beef Bourguignon served with Rice and Broccoli & Corn
23rd	Thursday	Red Cabbage & Onion	Chicken & Leek Phyllo Tart served with Potato Wedges and Beetroot Salad
24th	Friday	Spiced Pumpkin	Lemon & Coriander smashed Fishcakes served with Crispy Chips and Greek Salad
25th	Saturday	Herbed Mushroom	Chicken & Mushroom Pie served with Butternut & Broccoli and Cheese Sauce (Take-away only)
SUNDAY			
27th	Monday	Roasted Beetroot	Creamy Tuna & Corn Tagliatelle served with Garden Salad
28th	Tuesday	Creamy Baby Marrow	Chicken a la King served with Rice, Butternut and Green Beans
29th	Wednesday	Chunky Vegetable	Sweet & Sour Pork served with Spaghetti & Stir-Fry Vegetables
30th	Thursday	Mushroom & Leek	Mediterranean Chicken served with Potato Wedges, Carrots and Creamed Spinach
31st	Friday	Chicken & Noodle	Fried Hake served with Tartare Sauce, Chips and Ruby Coleslaw Salad

JANUARY 2022 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
1st	Saturday	Red Onion	Pork Sausage served with Onion Gravy, Mashed Potatoes, Peas & Gem Squash (Take-away only)
SUNDAY			
3rd	Monday	Roasted Cauliflower	Beef Lasagne served with Greek Salad
4th	Tuesday	Pumpkin	Potato Topped Haddock Pie served with Cut Corn & Peas
5th	Wednesday	Lentil & Barley	Tomato Bredie served with Rice and Thyme Roasted Carrots & Baby Marrows
6th	Thursday	Creamy Mushroom	Chicken & Mushroom Pancakes served with Sweet Potato Chips & Green Salad
7th	Friday	Tomato & Celery	Grilled Hake served with Tartare Sauce, Crispy Chips & 3 Bean Salad
8th	Saturday	Spinach & Garlic	Beef Meatballs served with Tomato & Onion Relish, Rice & Country Vegetables
SUNDAY			
10th	Monday	Hearty Beef	Spinach & Feta Quiche served with Potato Wedges & Green Salad
11th	Tuesday	Chicken & Corn	Rosemary Chicken served with Pesto Pasta & Broccoli
12th	Wednesday	Broccoli	Homemade Beef Burger served with Chips & Greek Salad
13th	Thursday	Minestrone	Honey & Mustard Pork served with Rice, Carrots & Peas
14th	Friday	Potato & Leek	Lemon & Herb Fish Goujons served with Tartare Sauce, Crispy Chips, Tomato, Cucumber & Feta Salad
15th	Saturday	Brown Onion	Creamy Chicken & Leek Pie served with Green Beans & Gem Squash
SUNDAY			
17th	Monday	Sweet Potato & Ginger	Butternut Topped Beef Cottage Pie served with Broccoli & Cauliflower
18th	Tuesday	Roasted Vegetable	Pork & Mushroom Casserole served with Rice & Greek Salad
19th	Wednesday	Carrot	Grilled Mediterranean Chicken Fillet served with Mashed Potatoes & Green Bean and Corn Medley
20th	Thursday	Red Cabbage & Onion	Bacon & Mushroom Pasta Bake served with Grilled Vegetables
21st	Friday	Spiced Pumpkin	Lemon & Coriander Smashed Fishcakes served with Crispy Chips, Banana & Pea Salad
22nd	Saturday	Herbed Mushroom	Sweet & Sour Beef Stir Fry served with Spaghetti & Stir Fried Vegetables
SUNDAY			
24th	Monday	Roasted Beetroot	Greek Chicken served with Vegetables, Tzatziki & Cous Cous Salad
25th	Tuesday	Creamy Baby Marrow	Crumbed Meatballs served with Mashed Potatoes, Tomato & Onion Relish, Baby Marrow & Carrot Sticks
26th	Wednesday	Chunky Vegetable	Sweet & Sour Pork served with Spaghetti & Stir Fried Vegetables
27th	Thursday	Mushroom & Leek	Beef Stroganoff served with Rice, Butternut & Green Beans
28th	Friday	Chicken Noodle	Fried Hake served with Tartare Sauce, Chips & Ruby Coleslaw
29th	Saturday	Roasted Tomato	Crumbed Chicken Strips served with Potato Wedges, Tartare Sauce & Greek Salad
SUNDAY			
31st	Monday	Creamy Mushroom	Butternut & Feta Quiche served with Potato Wedges & Green Salad

SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
2nd	Watermelon, Feta & Red Onion Salad	Spinach & Feta Stuffed Chicken Roulade served with Gravy, Roast Potatoes, Pumpkin Fritters & Broccoli Bake	Peach Crumble served with Chantilly Cream
9th	Zucchini & Cauliflower Fritter served with Lemon Cream Cheese	Slow Roasted Oxtail served with Samp, Cinnamon Pumpkin & Green Beans	Baked Vinegar Pudding served with Custard
16th	Coronation Chicken Bruschetta with Micro Greens	Honey & Soy Glazed Gammon served with Gravy, Mustard, Roast Potatoes, Pumpkin Fritter, Cauliflower & Broccoli au Gratin	Meringue Nest with Fresh Fruit & Whipped Cream
23rd	Barley Salad with Rosa Tomatoes, Cucumber & Red Onion	Lemon & Herb Roast 1/4 Chicken served with Gravy, Roast Potatoes, Butternut & Broccoli	Red Wine Poached Pear served with Cream
30th	Broccoli Frittata served with Sweet Chilli Sauce	Lemon & Garlic Roast Lamb served with Gravy, Roast Potatoes, Pumpkin Tart & Green Beans	Crème Caramel

Hibiscus Room
New Year's
Breakfast Brunch

1st January 2022 from
08:30am - 11:30am

Made with PosterMyWall.com
Getty Stock

All you can eat
Brunch Buffet
R 160.00 per person

Book your seat with
Danielle or Elaine on 526
by the 28th December 2021

PLEASE NOTE:
1 January
'Meal of the Day' only available as a take-away

Don't miss out
BOOK NOW



SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
5th	Blue Cheese & Caramelized Onion Tartlet	Honey & Soy Glazed Gammon served with Mustard, Rice, Roast Potatoes, Creamed Spinach & Carrot Ribbons	Lemon Fridge Tart
12th	Caprese Brochette	Lemon & Herb Roast 1/4 Chicken served with Gravy, Rice, Roast Potatoes, Green Beans and Pumpkin	Baked Coconut Puddings served with Custard
19th	Tuna & Cucumber Stack	Roast Pork Neck served with Gravy, Apple Sauce, Roast Potatoes, Rice, Pumpkin Fritter, Broccoli & Cauliflower Au Gratin	Sago Pudding served with Custard
26th	Beetroot Carpaccio served with Feta Cheese & Rocket	Lemon & Thyme Roast Lamb served with Gravy, Rice, Roast Potatoes, Pumpkin & Green Beans	Tiramisu

PLEASE NOTE: Christmas Day Arrangements

The Hibiscus Room will be closed from 8am until 11am on Christmas Day.
NO BREAKFASTS. 'Meal of the Day' only available as a take-away.

Don't miss out
BOOK NOW
For 1 January
Breakfast
Brunch
See page 36

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

- ⇒ Do not walk alone outside of the Park
- ⇒ 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

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

The Chairman's Chat

In this my second chat I will be very brief.

I start by saying that it saddens me to have heard of late of Park residents being negative, and down on Settlers Park. Yes, I too am finding that the protracted pandemic – and all that comes with it – has me in a negative frame of mind, but to moan and go on bad-mouthing the Park is another matter that I deem to be totally off-sides.

If you are down lift your head and look around you to see how much we're blessed to have in Settlers Park. Consider for starters just the beautiful streetscapes with their neatly manicured lawns and gardens, the rejuvenated pond now newly stocked with fish, the abundant bird life, the superb offerings at the Hibiscus Room, the ever-friendly staff, and the love and professional care provided at the Care Centre.

This is not to say that there are not problems from time to time. Of course, every organisation has its hiccups, and where there are genuine problems they need to be attended to as promptly as possible.

And the way to get this done is through the correct channels, and not by letting off at the nearest staff member as sadly residents have been known to do. As a reminder, for maintenance problems and the like the route to take is completing a job card, and for security issues to contact your local Warden. For other issues you have the ever-available assistance of the professional Clinic staff, or the Residents & Services Committee, or making an appointment to chat things over with the General Manager. And then if all has failed – which is highly unlikely - you can even email me. Yes, there is a special address and it is chairman@settlerspark.co.za

Few people really appreciate how difficult it is to manage a retirement village. Consider just these two facts:

- all the share-holders live on the premises; and
- being retired they have all day and every day to carefully scrutinise the affairs of the enterprise and inform all and sundry.

Smile, it uses less muscles than when frowning ... and it's a lot more fun!

Now for something totally different. For residents that haven't heard the outcome of the recent election in Ward 6 of the Ndlambe Local Municipality, in which Settlers Park is located, it was a win for the Democratic Alliance. Steps have already been taken to set up a meeting with the new councillor to inform him of what all Settlers Park is and what all it means for Port Alfred and the district.

Yes, it may be early, but this being my last official communiqué for 2021 I take the opportunity to wish all residents, friends and staff of Settlers Park a Blessed Christmas and Prosperous New Year. May God be with us.

Keep well and kind regards

Bugs Wilmot - Chairman of the Board

*Are you looking for
Christmas presents?
Look no further!*

*Trish Versfeld makes
delicious liver paté - plain or
peri peri for R20 a tub*

AND it freezes well

Last orders on 15 December

*Try some - you won't be
sorry!*

*Contact Trish on 415 or at
cottage 169*



SETTLERS SPECIAL

Professional Reflexology Treatment
(Soul food for the Sole)

Treat yourself to a relaxing and beneficial Reflexology Treatment and/or a feet-to-knee massage to stimulate the circulation and ease aching muscles - Gentle and Effective

1 hour Reflexology R200

20 minute Leg Massage R75

Phone Lynne Tarr on 078 152 8151

or WhatsApp 084 901 3153

Lovely as a gift or spoil for a friend!



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!

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 our citizens, the disabled, elderly & 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

*Need a new MASK to match
your Christmas outfit*

Or

*A gift for a special friend
Your problem is solved!*

R45 each or R80 for 2

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available after hours





KENTON GARDEN SERVICES

Monthly, fortnightly and once-off garden clean-ups and makeovers.

We are here all through December so we can attend to your garden while you are away.

No garden too big or too small.

Cost of maintenance - R100 per hour for a friendly team of two supervised gardeners.

Additional mulch, compost and potting soil at R30 per bag.

Gift vouchers are available from us as well.

Please book your appointment with us telephonically.

Ralph 073 484 1830

Ilse 063 037 8635 (WhatsApp preferred)

 **PARBHOO**
PHYSIOTHERAPY

Previously known as Jacquie Kieck Physiotherapy
72 SOUTHWELL ROAD | PORT ALFRED
Tel/Fax: 046 624 5135
Cell: 079 310 5273
admin@parbhoophysiotherapy.co.za

TRUST COTTAGES

ALL Trust Cottage bookings should be made with

JANET AYLWARD on telephone 298

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!

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.

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!

Lewis Carroll

 It is difficult to believe that another year is fast coming to a close. 2021 will go down in history as one of the most unusual and abnormal years of the century. The ravages of Covid-19 have adversely affected every one of us personally. The grace of God has brought us thus far, and we can only entrust our future to His loving care.

The Festive Season is traditionally a time when we get together with family and friends. We can only hope that the virus with the resultant restrictions will not dampen these occasions. We need to make use of every opportunity to express our love and appreciation for those who are dear to our hearts.

Christmas is also a time for giving and receiving gifts. It is foremostly a celebration of the greatest Gift given to mankind. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16).

The Nativity Scene depicts a new-born Baby in a manger, surrounded by Magi and shepherds gazing in wonderment and awe. They could not have understood that this Baby Boy was in fact "Immanuel - which means, God with us" (Matthew 1:23). The Lord Jesus Christ is the Saviour of the world.

A gift has no value unless the recipient receives and makes it his own. Similarly, only those who receive the Lord Jesus as their personal Saviour obtain the free gift of eternal life. The world did not recognize Him, the Jews did not receive Him, "Yet to all who received him, to those who believed in his name, he gave the right to become children of God" (John 1:12).

May you have a very blessed Christmas, and may 2022 be filled with love, joy, peace and faith in God.

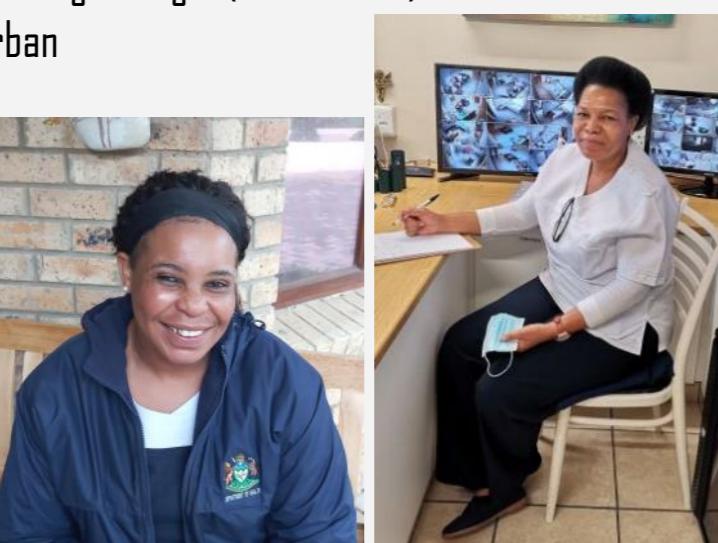
Pastor Theo Snyman



CARE NEWS December 2021

WELCOME

The Care Team would like to welcome Staff Nurse Gugu Kunene and Nursing Assistant Magdalena Leketa to Settlers Park. Both have experience in working with the elderly. Magdalena (pictured on the right) comes from Bloemfontein where she worked at Siesta Home and Bayswater Village. Gugu (on the left) is from KwaZulu Natal and previously worked for Tafta in Durban



CANCER PARK WALK

The first Park walk since lockdown took place on Friday, the 3rd of November. Forty seven residents, staff, family and friends turned up in their finest pink outfits to enjoy the fresh air, camaraderie and beautiful scenery.

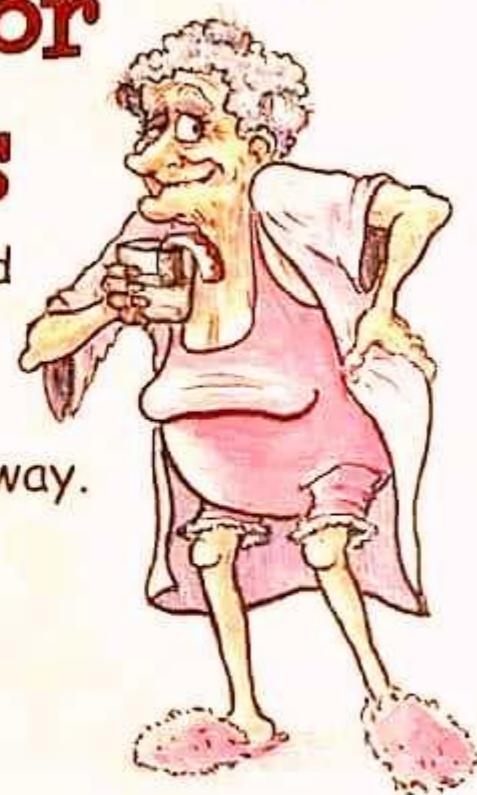
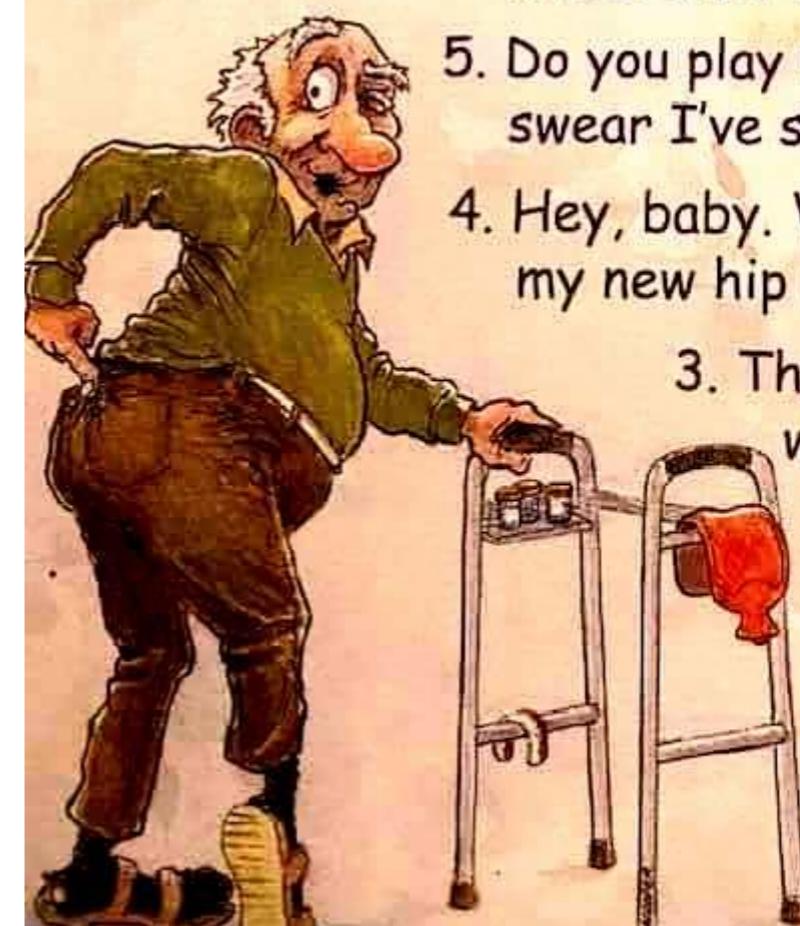


Prize winners for the best dressed pink man and lady were David Boyd and Ron Quin.

Thank you to all those folks who participated in the walk and for your generosity towards this worthy cause. R2 200 was raised in donations for CANSA SA.

Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?
9. Do you have an oxygen tank? Because you took my breath away.
8. Like to come by and see my medicine cabinet?
7. Make like a compression sock and give me a squeeze!
6. Ever had a lap dance in a wheel chair before?
5. Do you play bingo, because I swear I've seen you B4.
4. Hey, baby. Wanna help me test my new hip replacement?
3. That pretty smile of yours would sure look good in a glass on my nightstand!
2. You're not dead yet either? We have so much in common!
1. Your heating pad or mine?




SUNSHINE COAST HOSPICE
A satellite of Grahamstown Hospice

No 1 Alfred Road
P. O Box 281
PORT ALFRED 6170
Tel: 046 624 4107/ 046 624 2107
Email: sunshinecoast@hospice.port-alfred.co.za
Non-Profit Organisation Registration No 003-751 NPO
PBO No: 930001107

The Blanket Brigade
For the attention of Silver Threads Magazine

November 2021

Good day, the Blanket Brigade

RE: DONATION TO SUSHINE COAST HOSPICE

Thank You so much for your kind donation to Sunshine Coast Hospice of 53 blanket this year. Your ongoing support and continued kindness for our cause goes a long way in enabling Hospice to provide the care that it does to those in need.

We often don't always know what the best way to help is, but every action no matter how big or small, makes a difference in the lives of our patients and their families.

Hospice's motto is "there isn't enough darkness in the universe to extinguish the light of a small candle", you are all small candles that light up a dark universe. Thank you!

May you have a blessed festive season,

Yours faithfully


Dallas Ehrke
Director: Grahamstown & Sunshine Coast Hospice

Shannen Kethro
Receptionist
Sunshine Coast Hospice



WORDSEARCH NO. 2

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

HIDDEN WORDS

XMAS, GAMMON, MISTLETOE, BOWS, RIBBON, HOLLY, BELLS, FRIENDS, FAMILY, PUDDING, TIME TO BE JOLLY, PRESENT, STREAMER, GLITTER, CAROLS.

Dear Santa Claus, when I asked you for a 30 year old escort, this is not what I had in mind



time to spare?
skills to share?

VOLUNTEER

GRANNIES TAKING CARE OF GRANNIES IS GOOD FOR EVERYONE



The Care Team is needing volunteers to get involved with activities at the Care Centre in 2022. We are needing volunteers who can give their time, skills and enthusiasm to run various projects. These include activities such as:

Gardening, games and activities, pet therapy, running of errands and visiting lonely residents, sitting with residents whilst their carers attend training and reading to visually impaired residents.

If you have time to spare (even if it is 20 minutes or so a week) please consider joining our volunteer group. No special skills are needed as training and support will be provided. Please contact Elspeth at 523 if you would like to join the volunteers group.

"It is not what we get, but who we become, what we contribute....that gives meaning to our lives"

Care Events in December\January

Christmas Walk in the Park- 10 December at 08h00 for 08h30 from the Hibiscus Room

Care Giver Support Group-

Wednesday 8th December at 14h00 at the Wellness Centre

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

Keeping safe during the festive season

It's that exciting time of the year! Families are visiting and residents are going away. The sun is out and so are the mosquitoes . The Care Team would like to give you some safety tips so that you can experience an enjoyable festive season.

- Try to do shopping early in the season to avoid crowds. Avoid busy days such as Saturday in the malls. Shop early in the morning when it is quieter and there are fewer crowds, and therefore safer.
- Be alert and aware when you are in town or on the beach.
- Be aware of con artists. Don't accept assistance for computer issues, do not give out your passwords and be aware of internet scams. Have a good anti-virus installed on your computer.
- If you're out in the sun remember to apply sun screen, and wear a hat.
- Keep well hydrated. Drink at least 6 glasses of water daily.
- Keep some bug spray and a soothing ointment for insect bites at hand. There are non-toxic herbal repellent sprays available.
- Don't drink and drive. Limit your alcohol consumption.
- Be careful with what you eat: pies, chicken and cold meats are often culprits that result in nasty tummy viruses in summer.
- Let your neighbours know where you are and what time you will be expected back. Ensure that your cell number is available.
- Ensure that you have a sufficient supply of your chronic medication, as there are days in December when the pharmacy will be closed.



Going away checklist:	Tick
Have you informed Care Centre of the dates you will be away?	
Have your neighbour and Care Centre got your contact details?	
Do your relatives and a friend have an itinerary of your vacation?	
Have you given relatives and a friend the names and contact numbers of where you are staying?	
Have you packed sufficient medication for your trip?	
Do you have your cell phone charger?	
Have you packed extra batteries for your hearing aid?	
Is your home locked up and secure?	

Whether you are going away or staying home, we trust that you will have a safe and happy festive season.

-Article by Sr Lindy

PERSONALITIES

By Brian McLean



It's a Monday and I arrive two minutes before the arranged time of 2.30pm at cottage 198 for my interview with Trish Mitchell.

I knock and Trish answers before leading me into her neatly decorated lounge.

Trish, who grew up in Roodepoort, Gauteng and has one brother named Norman, attended Roodepoort Town Primary School before going on to Florida Park High.

While at primary school she was a member of the swimming and netball teams, then continued to swim but played hockey at high school.

After leaving school she trained as a secretary and worked for various businesses before marrying Tony in 1974. "After my son, Graeme, was born I made the decision to become a stay-at-home mom," said Trish, who also has a daughter named Lindy. Both Graeme and his family and Lindy now live in England.

So, why the move to Settlers Park?

"We had looked at a number of retirement villages in various parts of the country but Tony really liked Settlers so we decided this was the place for us. We moved here in October 2016."

"We have no regrets and staying here is like living in a different world," she says with a huge smile.

Trish is involved in many things in and out of the Village. She is a member of a cooking team for Glenn's Den, was part of a Scottish dancing group and is also a table tennis player. In addition, she takes Loretta's dog, Peewee, for a walk twice a week and helps Hilary Smith make blankets for Hospice.

Her biggest love is horses. She was taught to ride at a young age by an aunt who ran riding school which explains why she is now a volunteer at Healing Horses, a therapeutic riding centre situated some 14km from Port Alfred towards East London.

Explains Trish: "The aim of Healing Horses, a non-profit organisation, is to provide the opportunity of therapeutic and recreational riding to both children and adults who suffer from a disability."

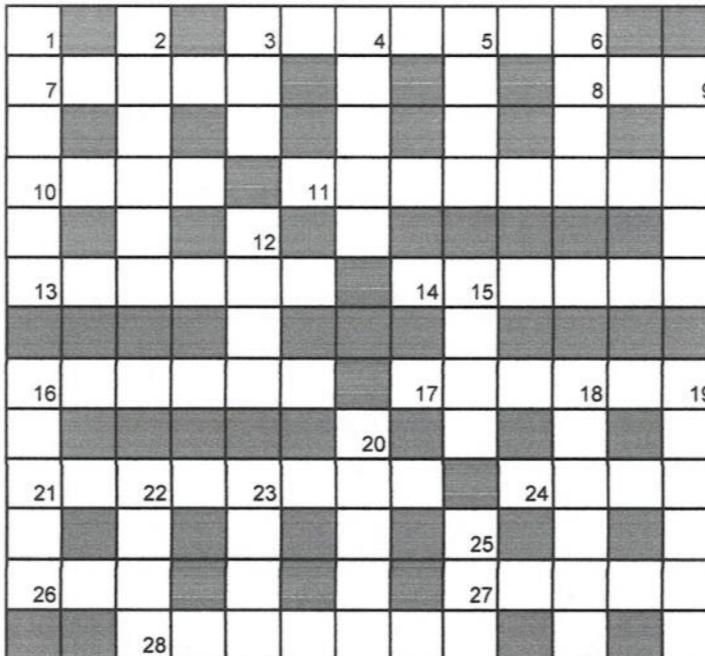
Trish, who has been involved once a week since 2018 adds: "It's my way of giving back to the community. We assist "differently abled" people from all walks of life. It is a joy to see how these people improve both physically and mentally as they master riding. From a safety point of view, we generally need three volunteers per rider - a horse leader in front and two side walkers."

So what else about Trish Mitchell? Well, she loves chocolates, enjoys listening to music and is into birding where she is currently trying to learn the calls of the local birds. She also finds the time to read a lot and enjoys crossword and sudoku puzzles.



This month a prize of a
**Gift Voucher for Your
choice of Quiche for two**
from the Hibiscus Room
Place your entries in the box at the
Office by no later than 15 January

CROSSWORD NO.79

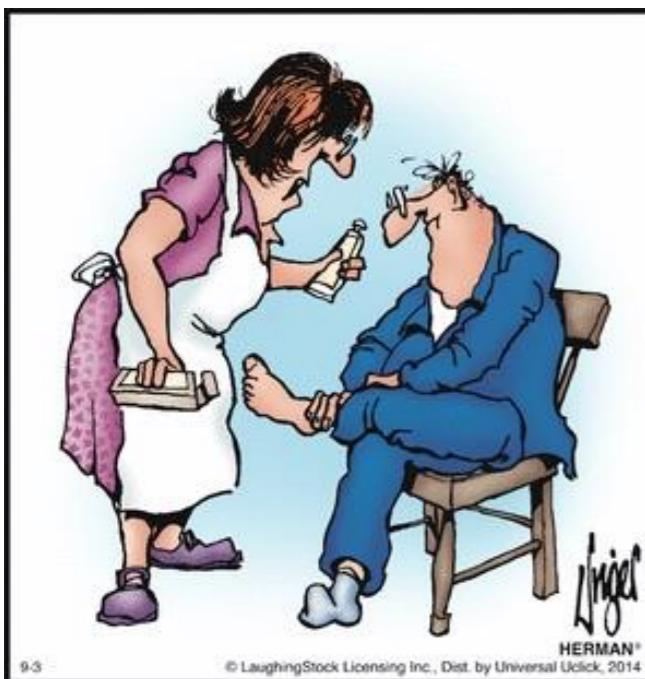


ACROSS.

- 3 A student perhaps. (7)
- 7 Walk slowly. (5)
- 8 Industrious insect. (3)
- 10 Eager. (4)
- 11 An alcoholic drink of gin, lime and water. (8)
- 13 Bury. (6)
- 14 You point with it. (6)
- 16 Physical activity may leave you like this. (6)
- 17 The edge. (6)
- 21 One who protects, defends or guards. (8)
- 24 Tang that flies and bites! (4)
- 26 Decay. (3)
- 27 Nearly (archaic) (5)
- 28 To cry out suddenly. (7)

DOWN.

- 1 To laugh like a banshee. (6)
- 2 Not present. (6)
- 3 Meadow. (3)
- 4 An assumed name. (5)
- 5 Apprehends. (4)
- 6 Anise flavoured brandy. (4)
- 9 Striped feline to put in your tank perhaps. (5)
- 12 Leave out. (4)
- 15 Flattening utensil using heat. (4)
- 16 A sweet term of endearment. (5)
- 18 A source of risk or peril. (6)
- 19 A laboratory vessel and a quick reply. (6)
- 20 Native born Israeli. (5)
- 22 Stake in poker. (4)
- 23 Painful if it slips. (4)
- 25 Sugary spread made from fruit. (3)



"You getting athlete's foot is about
as ridiculous as a coal miner
with sunstroke!"



"It's okay! I found the keys."

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

Foot Care Service

Please note that Foot Care will now only be offered by the Roaming Carers,
who are trained in Foot Care.

The cost is R25 for 30 min.

You can book your session with Rowena at ext. 201



THE CARE TEAM



Grey Matters

General

With the intense threat of the Covid 19 pandemic somewhat driven to the distant corners of our minds, a semblance of a form of life as it was has returned to the Park. Many Residents are returning to social activities; especially get togethers at the Hibiscus Room and braais at Glen's Den.

We are especially pleased to see such an increased support of the Restaurant and its special meal days.

The team at the Hibiscus Room have even experienced double seating's of more than 80 diners, that besides the 30 plus meals for the Care Centre. We aim to increase these volumes across the month as well.

Feedback on Rate Rebate Question

A question was posed at the previous Residents meeting regarding an additional rebate category above that which we indicated on our income survey. According to the Senior Accountant (Billing/Revenue) there is no other category such as was indicated (R13000 income). The maximum eligibility is R7500 per household.

Municipal Elections

The past election on 1st November went very well with Settlers Park transporting more than 50 residents to the polling station and around 50 residents arranging special votes.

We wish to thank Erica and Care Centre staff for their support as well as Irene and her Admin staff for all the arrangements and being on duty through half of the voting day (a Public Holiday) to ensure smooth running.

Generator

The generator that was located below the Care Centre next to G1 was successfully relocated to a safe spot behind the kitchen and is now fully operational. Thank you to Johan and his team as well as to Messrs Howes and Denis for their inputs in the matter.

Gatherings

The state of Disaster has been extended to 15 December 2021.

A number of convenors of clubs and societies etc have approached me for approval to serve refreshments at their gatherings.

Whilst gatherings are allowed by the Disaster Management Act 2002, Chapter 6 Section 69 it states quite clearly that it is on condition that the wearing of masks is compulsory and distancing, screening (questionnaire and temperature) is complied with.

The maximum of 50% of capacity of the venue rule must be obeyed. The maximum capacities of the venues are to be displayed.

The Act goes further in saying that the responsible person, in this case the Convenor, is obliged to take responsibility for compliance to this Act.

Neither I nor my staff can therefore "Police" the gatherings, and therefore it is the responsibility of the Convenor. Please also note I do not have the authority to permit non-compliance of the Act.



SPECIAL

This month a prize of a

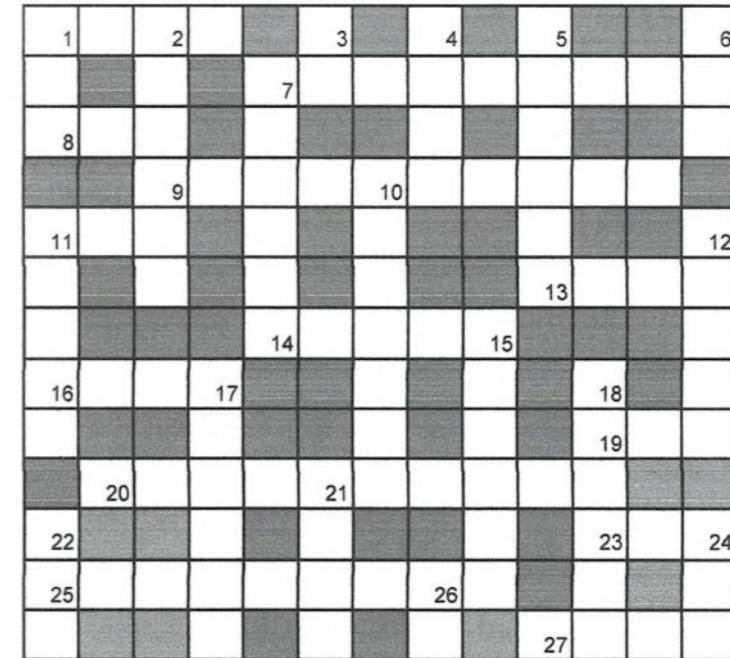
**A Gift Voucher for a
300gr Frozen Meal**

from the Hibiscus Room

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



CROSSWORD NO. 78



ACROSS

- 1 To flog. (4)
- 7 Inhabitants of Romania. (9)
- 8 The egg of a parasitic insect. (3)
- 9 Exclusions or restrictions. (10)
- 11 Poetic contraction of over. (3)
- 13 This is made by 3 feet. (4)
- 14 The egg of a parasitic insect. (3)
- 16 The E on your fuel gauge. (5)
- 19 Per. (4)
- 20 Unexpected; feeling of wonder. (10)
- 23 a fish with a long snout. (3)
- 25 An essential part of a sporting bow. (9)
- 27 A whispered sound to attract attention.(4)

DOWN

- 1 To achieve victory. (3)
- 2 A graduate undergoing training. (6)
- 3 Precedes ' and behold.' (2)
- 4 Lionel . . . ; composer of music for 'Oliver'. (4)
- 5 A metrical unit in poetry, consisting of two feet. (6)
- 6 A tree, or residue from a fire. (3)
- 7 To move back. (6)
- 10 Destroyed in AD 79 by Mt Vesuvius. (7)
- 11 To present for acceptance. (5)
- 12 Of dubious character. (5)
- 15 To deviate from intended course (sailing) (6)
- 17 To irritate persistently. (6)
- 18 A Scottish dish. (6)
- 21 Half cooked. (4)
- 22 6th President of the USA. (3)
- 24 Rodent. (3)
- 26 Sodium. (2)

Solution to crossword No 77

ACROSS

3. Ferment 7. Arena 8. Arc

10. ABC's 11. Psychics 13. Delude

14. Coffee 16. Acuity 18. Acacia

22. Alphabet 24. Swim 26. Tor

27. Chord 28. Earache

DOWN

1. Hazard 2. Pencil

3. Fad 4. Roast 5. Epic 6. Tariff

9. Caste 12. Adit 15. Ouch 16. Abaft

17. Umpire 19. Cowboy 20. Armada

21. Relic 23. Ajar 25. Ace



SOCIAL and EVENTS COMMITTEE

Ron Quin has agreed to take over the role of running this committee - Congratulations to her and the others who have agreed to serve on this vital committee.

Before outlining possible activities Ron thanked the outgoing committee, led by Mary McGhie and supported by Marion Konig, for working so hard for the last twelve years.

The original founder of this committee Thora Ford and many residents, too numerous to name, initiated many successful events over the years and raised thousands of rands which were used to improve various aspects in the Park.

The Committee organised Morning Markets, Craft Markets, celebrated those turning 90 and welcomed New Residents with special teas, catered for Wakes and Memorial Services, held Bridge Drives, Quizzes and Dances and more. The proceeds were used to purchase new linen and equipment for the Care Centre as well as equipping the kitchen in the Hall, to top up the funds to pave the area at the entrance to Glen's Den, and recently have helped with the extra rocks for the pond walls, the pathway round the pond and donated money to our very special Library.

In addition the erstwhile Committee bought gifts for those residents celebrating special birthdays.

Covid restrictions put a stop to any activities but with a strong committee behind me we plan to carry on the good work done before and I ask for your support and suggestions.

Ron Quin

FROM THE FLOOR 17 NOVEMBER

Horace

- * Please consider volunteering to learn to use our sound system. Eddie Hoseck has done this job for a long time and needs some assistance/a break.
- * Residents must please walk on the pathway around the path and not on the pond side of the path.
- * Residents need to get to know how to use the Intranet. It is particularly useful for logging job cards.
- Trish Mitchell: Is the Residents Meeting going to be the 3rd Wednesday of every month? *Horace confirmed that this is normal day and will continue to be so.*
- Jim Truscott: The people who have these negative views need to get a life!
- Jim Truscott: Are there fish in the pond? *Paul Skelton: there about 500 small 10cm Tilapia in the pond.*
- Charles Pellew: Why are the geese not swimming in the pond? Is it because of the stone wall? *Horace assured him that the geese are swimming in the pond.*
- Robin Collett: residents are taking the kreepy crawly out of the swimming pool. *Ron Quin : there are strings on the side of the pool to hook the kreepy crawly on if people want to get it out of the way.*
- Ron Quin: Thanked Johan for the improvements done at the pool.
- Tricia Border: Thanked Johan, on behalf of all of us, for all he has done in the Park

Park Walk

Thank you for all Residents and staff that joined in the PARK WALK FOR CANCER, it was fun!

You may hopefully never have to endure seeing me in a tutu again. THANK YOU ELSPETH.

Sales

We have had a very good sales month so far with total sales for this financial year reaching 14 Life Rights sold, with 4 months to go. Well done Sue!

Last year we managed 12 despite Covid. The average in the past was around 18, depending of course on the availability of cottages Life Rights to sell.

Recycling

Management have engaged with an alternative "recycler" which will hopefully provide a workable process which all Residents can participate in for the good of the environment. We trust to have more detail soon, which we will pass on to all via a S-Parks!

New Pathway

We wish to thank our Social & Events Committee for sponsoring the building of a pathway around the Northern side of the Pond, thereby linking access to the bridge and lookout deck, especially for our less ambulant Residents.

Festive Season

With the Festive Season approaching rapidly we realise that many service providers and suppliers will be shutting down. We may even find ourselves in a lockdown due to a 4th Covid wave – hopefully not! Unfortunately this time of year brings with it elements which increase the criminality threat so be careful around malls and banks and refrain from venturing out of the Park, alone and on foot.

In conclusion

The resilience of Human kind is very remarkable. Despite challenges, sadness and hardship we thrive nonetheless. The restoration and beautifying of the pond is in many ways our witness to this. Despite the drought and shortage of water in our area, we celebrate abundance and beauty in our midst. Let's then look further and acknowledge all our blessings, from the lush gardens, the variety of amenities and finally to the caring people close to and around us.

Remember, there is the wreath competition, tree wrapping and the Christmas Carols to look forward to. Get involved and enjoy!

Have a Blessed Christmas and a healthy, happy New Year.

Derek

Coming and Going

RIP

Sue Spies, Ann Roos and June Hart

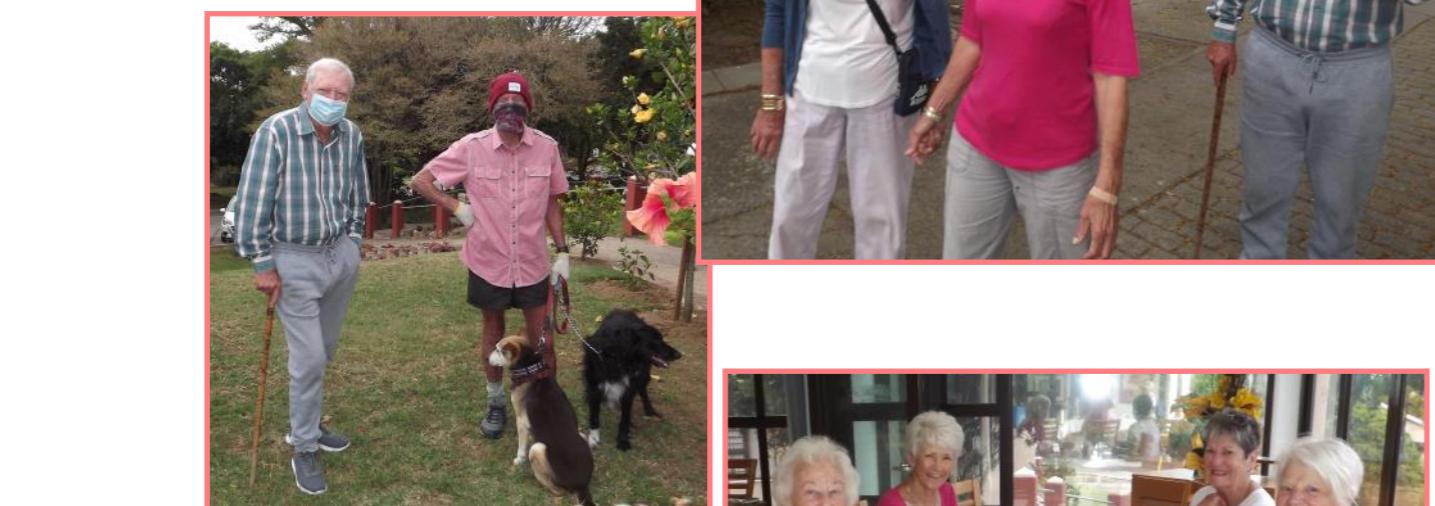
Moving In - may you be very happy in Settlers Park
Janet Bowker (Cottage 219) and
Len and Ron Steinhardt (Cottage 243)



Pink was for CANCER

What will you wear for Christmas?

Next walk on 10 December - See you there!



Trust report for October 2021

Greetings All

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

R 45 669.29

Income

Donations	R 21 939.00
Cottages	R 4 479.94
Shop	R 9 962.72
Interest	R 9 287.56

Expenses

Assistance to Residents	R 17 279.00	16 Residents
Bank charges	R 239.00	

Excess of income over expenditure R 28 151.29

DONATIONS

Anonymous	R 12 500.00
J Coster	R 3 984.00
Glen's Den	R 4 000.00
Golden Girls	R 805.00
Aqua Aerobics	R 650.00

Total R 21 939.00

A big Thank You to all those who made donations.....We live in a very Special Retirement Village and our donations can vouch for this....very sincere thanks to all those folk who were part of the donations.

As this will be my last report on our Trust for the year, please allow me to thank all those very willing folks who put in much effort during the year to make our Trust work. Your efforts are deeply appreciated.

In closing I would like to wish everyone a Happy and Merry Christmas and may the year ahead be filled with good health.

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

Richard Henshall (Chairman Settlers Park Association Trust)



Glens Den

Glens Den will be closing after the last Cooking Team function on Saturday 11th December. It will be reopening in mid January 2022.

A big thank you to the Cooking Teams and Barman/Barladies whose efforts are the reason why this venue exists.

We are desperately short of another Cooking Team so to all, please consider this.

As in past years there will be a New Years Eve Bring and Braai at Glen's Den. Please bring your own chairs and tables as there is seating available, but for the early comers.

Thank you all and stay safe

Have a Blessed Christmas.

Richard HenshallChairman Glens Den.

Haga Haga: On the stoep



Years ago we hired a holiday home at the Wild Coast resort of Haga Haga.

A feature of many homes was the large wrap-around 'stoep' which served many purposes including providing ample space for families to enjoy the sunshine

sheltered from the wind practically all day. Stoeps also served as the meeting place for family gatherings and reunions during this special time 'at the sea.'

Penny Gill, one of our fellow residents, has contributed to a history of Haga Haga compiled by Peter and Betty-Lou Brown and Mike Thompson. Other residents of the village have also added their stories about the early days. They travelled to 'the sea' by ox wagon and were only too happy to rough it in tents and other temporary accommodation. Holidays were meant to be real adventures and provided up-country farming families with wonderful opportunities to rekindle relationships while the fishermen could remind their friends about the 'enormous' catch last year!

There were no shops and everything needed for the month-long 'summer holiday' was transported from the farm. But this could be hazardous. I liked the story about two teams of 16 oxen having to be linked together to pull loaded wagons through a flooded drift. Paddy Thompson tells how 'we had to bring our own cow for milk (plus bales of lucerne), crates of fowls for eggs and several sheep for meat.' Sheep also served as lawn mowers.

Some farmers bought a second farm at the coast to provide winter grazing for their stock. They used the new railway services to help transport stock. But farmers stopped using the railways when the railage fee rose to a penny a sheep! From then on the stock was herded back and forth on the hoof.

Kitchens were often an add-on in the back yard. The long drop toilet was dug a little further away, and this provided many a challenge at night! Bathrooms were rare and bedrooms were provided with wash stands, basins and water jugs. A zinc tub was brought into the kitchen and the family took turns for their weekly 'bath'. Donkey boilers in the back yard provided hot water for domestic use.

Candles and paraffin lamps were normal and only phased out after WWII, when residents installed "Tiny Tims". These 12 volt lighting plants provided quality light and put their proud owners into a class of their own. Some original wood and iron cottages are still standing and used as sheds. Few visitors these days think about candles and paraffin lamps or donkey boilers for hot water, while flimsy electric light cords still dangling from ceilings provide some 'novel' amusement.

The Crouch family wrote about their holiday home built in 1928 on a plot of ground that cost ten pounds. One condition was that a house had to be built with a minimum value of one hundred and twenty-five pounds (R300 at the time). Modern houses have been erected and help to give the village a special holiday resort flavour. Eleven permanent families live there at present and the population swells to over 2 000 in season. The local hotel is also very popular. A small museum and hall together with a library and shop selling essential things holiday makers need, complete the scene. Such primitive conditions and rough bush tracks make one appreciate the modern door-to-door tarred road, with hot shower and flushing toilets on tap 24/7. Holiday-makers today easily unwind and slip into the more relaxed lifestyle as they soak up the sea and sunshine. Fishing is tops, the children 'run wild' as the family relax on the wide stoeps, listening to the call of the birds in the trees and the crashing of waves on the rocks below. Recall your own memories of family holidays 'at the sea'. (Oops, my book just slipped from my hands.)

Join me in February as we resume our travels across our beautiful country.

A Happy and Peaceful Christmas and bright New Year to you all.

John Forster

R & S NEWS

The past month has been one with quite a few surprises. As money matters in the Park are always under scrutiny and criticised, the outgoing Social and Events committee agreed to donate some funds out of their coffers to the Park. All funds collected by the Social and Events group is specifically aimed at improving the Park as a whole. The ladies decided to donate a generous sum of money to the Library for more books. They further donated additional rocks for the pond walls as well paying for the wonderful new pathway around the Pond. This will be to the delight of the people in wheelchairs and mobility scooters who now have access to the viewing deck.

It goes without saying that all wheeled apparatus used should keep to the path and not attempt to transverse across the grass. Walkers who do walk around the pond should not walk on the grass between the path and the pond. Historically there have been some accidents where residents have fallen into the pond, so we appeal to the residents not to go close to the edge of the pond.

It was brought to the attention of the R&S team that some residents appear to have very high electricity usage. If there appears to be a huge discrepancy in electricity accounts, please contact Bukiwe in the financial department to check.

Johan recommended that as an energy saver, residents should switch off their geysers and only turn it on 1 hour before it is required for your evening shower. Switching off immediately after the shower.

The Garden Competition was a great success, there were good sponsors with substantial prizes. People with beautiful gardens must encourage others to also show off their gardening skills. Although Gardens are all in common property, it was mentioned that people are walking through them without consideration of the occupants' efforts to maintain them. It is common courtesy not to walk through gardens but rather walk around them.

We are really looking forward to the Wreath competition and Tree wrapping as well as the Carols by Candlelight. See you all there!!

Horace Bramwell Chairman of the Residents and Service Committee

WARDEN'S NEWS

GOING AWAY

These tips are aimed at those going away for several days.

Do's

- ✓ Inform the office and Care Centre as to dates you will be away.
- ✓ Let your Warden & neighbours know.
- ✓ Change to Municipal water and switch off pump.
- ✓ Switch off all appliances (BUT not DSTV decoder. If it is off for an extended time it has to be reconnected through the office.)
- ✓ Geyser off if you are away for more than a few days. (With a timer set it to "By-pass off")

Don'ts

- ✗ Check that no plugs are left in the basins or sink. (flooding)
- ✗ Don't lock the garage door from inside the garage.
- ✗ No keys to be left in locked doors.
- ✗ All Laptop computers and iPads should be taken with you or placed into a cupboard out of sight.

COME BACK TO US SAFELY

Ed Hoseck

NATURE THOUGHTS

BIRD OF THE MONTH

DABCHICK

Species: *Tachybaptus ruficollus*

Family: *Podicipedidae*

Afrikaans: Kleindobbertjie

As I was driving past our pond/mini dam the other day I was thrilled to spot something I hadn't seen before - two Dabchicks!!

The genus or species name is from Ancient Greek - "takhus" meaning fast and "bapto" meaning to sink under. The specific "ruficollis" is from the Latin word *rufus* meaning 'red', and Modern Latin - " *collis*" meaning 'necked'; itself derived from Latin "*collum*" meaning 'neck'.

It is one of the smaller water birds, being between 23 and 29 centimetres long and it has a pointed bill.

It is commonly found in open bodies of water with reeds around the edges.

The Little Grebe was first described by the German naturalist, Peter Simon Pallas, in 1764 and it was given the binomial name *Colymbus ruficollus*. The tricoloured grebe was considered conspecific. There are, in fact, six currently recognised subspecies, separated principally by size and colouration, the *ruficollus* is the most common, found from Europe and Western Russia and all the way south to most parts of Africa.

The adult is unmistakable in Summer, predominantly recognised by its rich colour - the rufous coloured neck, cheeks and flanks and bright yellow gape.

The rufous colouring is replaced by a dirty brownish grey in non-breeding and juvenile birds which also have a yellow bill with a small black tip, and black and white streaks on the cheeks and sides of the neck. The yellow bill darkens as the juvenile ages, eventually turning black in adulthood.

In Winter the buff plumage with a darker back and cap, and a 'powder-puff' rear end, make it easier to identify.

The Little Grebe's breeding call, given singly or in a duet, is a repeated trill 'weet-weet-weet' or 'wee-wee-wee' which sounds rather like horse whinnying!

It is an excellent swimmer and diver and feeds on fish and aquatic invertebrate prey underwater. It skilfully uses the vegetation along banks as a hiding place.

Like all grebes, it nests at the water's edge. Its legs are set very far back and cannot walk well and therefore needs to be close to the water!

During breeding four to seven eggs are laid and when the adult leaves the nest alone it cleverly covers the eggs with weeds, thus making it less likely to be detected by predators.

The young are able to swim soon after hatching but are often carried on the backs of the adults.

Wouldn't that be an amazing thing to see at our dam!!

Happy birding and may you see many new species during the Summer months!



Did you Know?

Have you ever wondered why particularly we wear a poppy while standing in silence, with the rest of the world, for 1 minute at 11am on the 11th day of the 11th month to remember lives lost in battle? It is 2021 a 100 years since this became a tradition so - Why poppies?

Even as far back as the Napoleonic Wars in the 19th century, fields that had been barren before battle exploded with the blood-red flowers after the fighting ended.

Then Lieutenant-Colonel John McCrae of Guelph, Ontario, a Canadian Medical Officer during the First World War penned the Poem "In Flanders Fields" on a scrap of paper in May, 1915 following the death of a fellow soldier. Little did he know then that those 13 lines would become enshrined in the hearts and minds of all who would wear a poppy.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

But it was Madame Anna Guérin of France who, inspired by John McCrae's poem, conceived the idea for the Remembrance Poppy. To raise funds for her charity founded to help rebuild regions of France torn apart by the First World War Anna created poppies made of fabric to raise funds. She presented her concept to The Great War Veterans Association of Canada and it was adopted on July 6, 1921.

Isn't it amazing that each year in November poppies bloom in a garden here in Settlers Park, just as they do in Flanders Fields.

Let's continue to wear our poppies with pride as we remember those brave men and women who gave their lives in battle.



Please join me

SITTING ON MY STOEP

In conversation with my editor genealogy came up.

How it was important in so many ways to families to communities, to companies or entities such as the Park, to have some record and history.

To know where you came from and you all may be going.

To record important occasions, happenings, BIG things, little things, stories.

How, so often when you are young, you don't ask questions of your elders until its too late, not because you didn't care but rather that you just didn't know what to ask or even possibly thought 'the olden days' were boring. Only to be saddened when, later in life, you realise that there is so much you actually want to know.

Then there is your heritage. Where did you come from? I love history and this is something that has fascinated me for years. I have piles of notes, cuttings and papers detailing my ancestors, and Tricia's too. As Tricia keeps pointing out I'm technically challenged and can't even switch a computer on so she is supposed to be collating it all and, for some irritating reason, she keeps finding other things to do. Perhaps 2022 will be the year of progress?

I have traced my family back to Devon in the 1600s and Tricia's family to Yorkshire in 1450. Then we found both our great great grandfathers graves in South Africa.. It has been such fun to delve back into the past and to record it for the future because we all have a history, don't we?

Anyway, as we are a lot of older people in Settlers Park, don't let us leave our children and grandchildren in the dark. Shouldn't we be writing down something, shouldn't we be leaving stories about our lives or those of our parents, or friends or relations? Something that they will, one day, find they really want to know.

So, get started. At first by writing one incident at a time like, "on Saturday 16 December 1961 at 3pm we were married in St John's Cathedral Bulawayo Southern Rhodesia." And soon the memories will start to flow.

Just like this one - I am lucky enough to have the joy of beautiful silver scooter which I have christened Gertie. Why Gertie? Well, when we got married we got a wedding gift from Aunt Gertie. Who on earth was she? It took some time to find out who she was (should we have known? Yes we should.) so in the meanwhile we called our first car, a blue VW Beetle, 'Gertie'. Now, 60 years later I have another 'Gertie'!

Write YOUR story and encourage your children to write theirs – remember it's a moving target because life is continually evolving.

Try it! Today!

Sting in the Tail

The Perfect Rose by Dorothy Parker

A single flow'r he sent me, since we met.
All tenderly his messenger he chose;
Deep-hearted, pure, with scented dew still wet –
One perfect rose.

I knew the language of the floweret;
'My fragile leaves,' it said, 'his heart enclose.'
Love long has taken for his amulet
One perfect rose.



Why is it no one ever sent me yet
One perfect limousine, do you suppose?
Ah no, it's always just my luck to get
One perfect rose.



Well, more than 60 years ago I got lucky and found 'the One Perfect Rose' and I hope you did too.

Wishing you a blessed Christmas and all good things ahead in 2022

Tony

The Gardening Teams

would like to ask all residents to help eliminate all Category 1 Invasive plants from Settlers Park.

Invasive Alien Plants are plants which are imported into an eco-system which is not their natural habitat. They proceed to grow prolifically, threatening the indigenous plant and animal species. Alien invasive plants are a problem because they:

- * can waste a large proportion of national water resources (7% estimated in South Africa);
- * lead to the loss of potentially productive land, and the loss of grazing potential and livestock production;
- * reduce the ability to harvest indigenous natural resources;
- * increase the problems associated with flooding and fires;
- * cause erosion, destruction of rivers, siltation of dams and estuaries, and poor water quality;
- * can cause a mass extinction of indigenous plants and animals

Information courtesy of 'thewaterpage.com'

Here are the most predominant Category 1 invasive plants found within Settlers Park

Chandelier plant – Bryophyllum delagoense



Inkberry – Cestrum laevigatum



Lantana camara



Belhambra tree - Phytolacca dioica



OUR NEW FISH

As reported in the Chairman's Chat last month it was planned to introduce fish to the pond.

This introduction was made on Saturday 13th November when Nick James of Rivendell Hatchery based in the hills around Makhanda (Grahamstown) delivered and placed in the pond over 500 juvenile tilapia specimens. Rivendell Hatchery is one of very few in the country that are able to do this – and we are fortunate that it is so very convenient. Nick is an old student of the Department of Ichthyology and Fisheries Science at Rhodes University as well as working through the South African Institute for Aquatic Biodiversity (SAIAB) Ichthyology (formerly The JLB Smith Institute of Ichthyology).

The introduced fish is commonly known as 'tilapia' or Mocambique tilapia – a well known species indigenous to the Kowie River, which is close to its natural southern limit of distribution in Africa. Here it is more or less confined to the coastal region because it is a tropical species with limited cold tolerance, especially in freshwater. There are other species of 'tilapia' in Africa and most of these are farmed in aquaculture or are favoured as a catch in wild fisheries where they occur because of their excellent eating qualities. In many restaurants, especially in tropical Africa 'tilapia' will be on the menu. Tilapia are almost custom made for aquaculture – easy to breed, fast growing, omnivorous (i.e. eat a wide range of foods including fine-grained sediments, insects etc), and are hardy and tolerant of a wide range of water quality from sea water through to freshwater.

They have an interesting way of breeding – the males scrape a large nest in the shallow sandy parts of estuaries and large sluggish rivers, entice a female to come and lay her eggs which he then fertilizes and she collects in her mouth and retreats to a safe nursery. The eggs develop and hatch in her mouth and the brood is cared for until the fry are large enough to swim free and fend for themselves. Are they good for angling? That depends on what the angler wants from his actions – tilapia can grow quite large (several kilograms) and make for a fine catch on light tackle – using a worm or a small spinner at most. They are not the classic predatory sport fish like bass or trout – both non-indigenous (alien) species that in my opinion are somewhat inferior to tilapia if the catch is for the table!

So what can we expect from our tilapia in the pond? Firstly I hope the cormorants don't eat them all and that some survive to breed and survive. They could grow to a nice size and certainly add to the diversity in the pond, providing an interest for all of us who like to witness nature all around!

Paul Skelton



What has gone wrong with Eskom ?

Technically – Eskom is great! We have competent electrical engineers, technologists, technicians and artisans.

We have the necessary infrastructure to supply power to the country

BUT

We don't have proper management

WHY ?

Eskom is a SOE (State Owned Enterprise)

How to we change the situation ?

We need to privatise the 3 divisions ie.

- Generation - the power stations
- Transmission- the grid
- Distribution – the supply of electricity to companies and individuals

We need to educate the nation that:

- Eskom is not there to supply jobs
- Eskom is not there to supply free electricity
- Eskom is not there to enrich people via tenders etc

Eskom has a new CEO, Andre de Ruyter, and he is doing an excellent job.

In the early 2000s our power stations performed at 90% efficiency.

In 2021 we are currently running at 64 % efficiency.

The CEO has promised to increase the efficiency to 70% this year. The target for next year is 75% .

In the short term – Eskom will allow private companies to produce electricity and sell it to the Eskom grid.

What can we as individuals do ?

1. Use electricity sparingly
2. Stop stealing electricity – thousands of citizens are stealing power by bypassing the electricity meter (the culprits are not only the poor but also farmers and companies)
3. We need to support the new Eskom management
4. Load shedding will be with us for the next two years and we need to be prepared by providing simple emergency lighting in our home, a small gas cooker to boil a kettle and perhaps a simple portable power system (a battery and inverter) to power our TV.

Ed: We need to play our part!



We need to understand Eskom in order to understand and accept Load-shedding with good grace. In the summary below Cyril Gebhardt helps to unravel the Eskom story

WHO IS ESKOM ?

Contrary to what we believe – Eskom is not a “Mickey Mouse” company.

In fact Eskom is the 11th largest single electricity producer in the world (43000MW)

Eskom consists of 3 divisions:

- * Generation
- * Transmission
- * Distribution

GENERATION:

90% of our electricity is produced by power stations and 10% from renewable energy (wind and sun)

- ◊ 15 Coal powered stations
- ◊ 1 Nuclear power station – Koeberg
- ◊ 2 Hydro-electric power stations
- ◊ 2 Pumped storage power stations
- ◊ Emergency power- Diesel Turbine generators

TRANSMISSION - WHAT IS THE GRID ?

Effectively the grid is a thick high tension cable that extends throughout SA.

It is 26 000km long (from here to New York and back or more than halfway around the world)

A voltage as high as 765 000 volts is fed into this grid.

This cable has to be “filled” with electricity and must be kept at a certain “pressure” (voltage) of electricity at all times.

There must be enough “pressure” (voltage) to supply power to 60 million people.

DISTRIBUTION

This is done via 325 000 km (that is 8 times around the world) of small cables attached to the grid and distributed to our homes and companies

LOAD SHEDDING

Why is there load shedding?

The problem is electricity cannot be stored – what goes into the grid must come out of the grid.

Eskom has to continuously ‘pump’ electricity into the grid to match the volume of electricity taken out of the grid and used by 60 million people.

If too much electricity is put into the grid then the system will literally collapse.

If there is too little electricity in the grid the voltage will drop and our appliances won’t work and there will be a total blackout.

A **BLACKOUT** is a total collapse of the grid and it could take a month to recharge the grid.

We have enough power stations to power the grid but the power stations need to run at +- 80% of capacity

To do this - good management is essential.



Ted Gilfillan and Gavin Fraser watch as Nick James prepares the consignment of fish for the pond.



Tilapia for the pond



Gavin assists Nick to introduce the fish



In they go...





NOTICES & NEWS

Congratulations and best wishes to
PAMELA BARCLAY
on her 90th birthday



Just to say

THANK YOU

I must, once again, congratulate the efficiency of our Nursing Care Department.

I had another fall in my house over a weekend. Within 5 minutes of my accident Sr Naomi was here and did amazing repair work to my knee, followed up by Sr Ina who is attending to me.

The speed and attention from the Staff is to commended and I know I will make a rapid recovery.

Thank you and God Bless you all
Ron Quin

Feral Cat Feeding Fund

Its almost the end of 2021, and we want to thank again all the wonderful people who have helped this year.

We wish you all a happy, peaceful, healthy and stress free Xmas.

Much love and thanks
Bessie & Flo



Tony & Tricia Border
on their special day 60 years ago



THANK YOU to the Care Centre for such amazing services and care while I am incapacitated with my right foot fractured ankle bones.

The care for Gordon while I was in hospital was truly a blessing. I did not even think or worry about his care while I was in hospital. The carers did a fine job.

Back home we have had so much support from carers, Sue has been amazing. Gardmed, Sue, the security and night sisters all came to my rescue.

This is the reason we live at Settlers Park. When things go wrong we get such amazing love and support. We are truly blessed to be here and have such care available day and night. Thanks to my awesome neighbours for checking in on us too. We appreciate you all.

Linda and Gordon Reynolds.



Maureen



Linda



Val

100 CLUB

The November Draw took place on Friday 19 November.

The winners are

- 1st R1000 Maureen Truscott
- 2nd R500 Linda Reynolds
- 3rd R250 Val Spavins

Congratulations to the lucky winners. The Organisers hope you will be back to try your luck in 2022 as well as assisting the Trust

Thank you to Maud Coghlan and Marge Judge for keeping the 100 Club going despite Covid.



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

2022 is nearly here so get your R120 ready to join in next year's **100 Club** fun. For more info call Marge on 470 or Maud on 340

Wishing everyone an amazing Festive Season and a healthy New Year