



RESIDENTS

2nd Eileen Denis
3rd Sally Hopper
3rd Pam Painter
3rd Ivor Phillips
3rd Maureen Truscott
4th Gavin Fraser
4th Lyn Gradwell
5th Winsome Collett
6th Helena Glennie
13th Tony Skipper
14th Christine Coulter
14th Eleanor Mildenhall
16th Marion Bartlett
16th Trevor Collett #201
16th Robert Sandilands
16th Heather Tennant
16th Sterna Vorster
17th Lynda Schoning
18th Wilma Gericke
19th Joy Williams
20th Duncan Van Der Poel
24th Gill Walker
27th Margie Moore
28th Studley Clarke
28th Mike Schorn
29th Willie Aab
29th Paul Skelton
30th Sue Roll

STAFF

3rd Chwayita Ntamo
7th Mziwanele Mthathi
14th Nompilo Njibana
16th Susan Campbell
19th Liza James
22nd Sally Wormald
25th Johan Wolmarans
28th Mandla Hendele
29th Yolisa Gula
30th Thobela Jack
31st Nomsa Matthews



*A bird doesn't sing because
it has a voice,
it sings because it has a
song.*
Maya Angelou



4th Bev & Bessie Radue
5th Wendy & Martin Leonard
24th Trish & Tony Mitchell
26th Elzabe & Ricardo Rodrigues
31st Winsome & Trevor Collett
31st Maureen & Jim Truscott

AGM DATES

21 July Nomination forms available
2 August Annual Financial Statements available
5 August Deadline for written Financial Questions to info@settlerspark.co.za
10 August Deadline for AGM Agenda items to info@settlerspark.co.za
11 August Deadline for submission of Nomination Forms to Admin Office
17 August Special Edition of Silver Threads to be distributed
24 August Proxies to be submitted by 8.00am
25 August Voting in Don Powis Hall as follows:
• Cottages 1 - 65 from 9.00am - 10.00am
• Cottages 66 - 125 from 10.00am - 11.00am
• Cottages 126 - 190 from 11.00am - 12.30pm
• Cottages 191 - 249 from 12.30 pm - 14.00pm
27 August Results of Voting to be published in S-Parks! and distributed to residents

LAHS are pleased to announce that they will hold the Annual Morse Jones Lecture on 19 August at 9.30 for 10am.

Please remember only 50 people may attend and strict covid protocols will be in place.

BE SAFE

Please wear light coloured clothing when walking at dusk and into the evening.

You can easily be knocked over when a car comes around the corner and you are not visible because you are wearing dark clothes.

TAKE CARE!

ADVERTS GALORE

Turn to page 20 & 23 for all sorts of interesting adverts - Sales and Services.

♦ And now a prize for the Crossword!

**RAIN
52 mm for July**

Silver Threads

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It's WOMAN'S DAY on 9 AUGUST

In 1678 Venetian Elena Cornaro Piscopia was awarded a doctorate of philosophy from the University of Padua, becoming the first woman ever to receive a university doctoral degree or PhD. Elena, a philosopher from a noble family (although viewed as an illegitimate child born to her father's mistress), had applied for a doctoral degree in theology, but the Church had objected to the official legitimization of a female theologian, and had denied her application. Her second application for a doctorate in philosophy was accepted. However, immediately after her graduation, university rectors issued a directive prohibiting the granting of further degrees to women. She then became a mathematics lecturer at the University of Padua, but she soon retired from academic life to devote herself to charity. She died of tuberculosis at the age of thirty-eight.



In 1980, Indian 'human computer' Shakuntala Devi sets a world record by mentally multiplying two random 13-digit numbers in 28 seconds. She correctly answered that $7,686,369,774,870 \times 2,465,099,745,779 = 18,947,668,177,995,426,462,773,730$! Devi's father was a magician and performer who discovered his daughter's talent while teaching her a card trick when she was just three years old.



In 1949 American actress Meryl Streep was born in Summit, New Jersey. Widely considered the greatest actress of her generation, if not all time Streep has won three Academy Awards from a record 21 nominations. She has also received 32 Golden Globe nominations, with nine wins, both more than any other actor in history.

The Chairman's Chat

Our Board Meeting in July carried the welcome news of funds paid for our recent Life Right sales. Finances are looking good, with the value of our Capital Reserve rising with every Life Right sale. Tight budget control is having the desired effect. We must not get complacent, however, because the effect of the Covid pandemic and the recent insurrection in KZN and Gauteng have not yet worked through the economy. There are still tough times ahead.

In addition to tight budget control, we have been looking at the strategic plans of the departments. We have been reviewing and supporting the Organisational Development Programme (ODP) plans of individual departments and ensuring that they support the core objectives that we publicised last year. As a result of some of those plans, we have looked at some of the tools and systems that we use and are making some changes.

The Job Cards/Tasks function in the intranet (www.sprv.co.za) has seen more than three thousand tasks handled as a delegation tool. This is normally used by residents to document issues for Facilities, but it has also been used by other departments. Facilities will soon be using services provided to manage infrastructure tasks and planned maintenance activities.

Planned maintenance will soon extend to the maintenance of independent living cottages, so in addition to responding to tasks, there will be visits to cottages on a scheduled basis to see if any additional maintenance is required. There are a lot of cottages to inspect, so it will take time to get to everyone, but when the team arrives, please make them feel welcome.

Our Pastel Partner accounting system and payroll are being reviewed and will be replaced by updated versions. The Pond has been deepened and resealed and is almost back to normal after the recent rains. We still need to complete planting the indigenous vegetation, but that will come in time for spring. Our water planning team is well on their way to solving some of the intractable problems caused by the failure of our municipal water supply and the recent rains must have filled all our water tanks.

It is interesting to note that Settlers Park has storage capacity for more than 1,750,000 litres of potable water, so the investment in rainwater tanks has really benefited our residents.

We are pleased to report that we are compliant with the new "Protection of Personal Information Act" (POPIA) and our policy in response to the requirements of the Act is available for your scrutiny on the intranet, under Documents.

The Life Right purchase contract has been revised, streamlined, and now has specific details of who has responsibility for maintenance of additions and equipment in the cottage. This does NOT affect your existing contract but adds clarity for new purchasers.

Accounting services in Facilities, Administration, and Care Centre will be using professional inventory management and enhanced purchasing and charge-out software. This will improve material management practices and reduce duplication of data capture effort.

The Care Centre has plans to improve the management and control of contract service providers, including carers used in the independent living area of the Park and, in some cases, external clients.

The current Board have had their last meeting before the AGM, so the next Board will be meeting after the AGM. It has been a privilege to work with successive Boards and I wish our next Chairman every success for the new year.

Rob Crothall - Chairman of the Board

SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
1st	Ham and Cheese Croquette served with Salad Garnish	Pineapple Glazed Gammon served with Rice, Roast Potatoes and Steamed Vegetables	Malva Pudding served with Custard
8th	Balsamic Roasted Beetroot served with Rocket & Sunflower Seeds	Spinach & Feta Stuffed Chicken Roulade served with Rice, Roast Potatoes, Broccoli & Cauliflower Au Gratin with Carrot Ribbons	Caramel Pancake served with Chantilly Cream
15th	Red Onion and Blue Cheese Phyllo Tart	Roast Pork Loin served with Apple Sauce, Rice, Roast Potatoes, Pumpkin and Baby Marrow Fritter	Steamed Ginger Pudding served with Custard
22nd	Roasted Butternut served with Feta, Rocket and Sesame Seeds	Lemon and Garlic Roast 1/4 Chicken served with Rice, Roast Potatoes and Roasted Vegetables	Baked Sago Pudding served with Apricot sauce
29th	Roasted Vegetable Kebab drizzled with Pesto Sauce	Rosemary Roast Lamb served with Rice, Roast Potatoes, Pumpkin Fritters and Green Beans	Apple Crumble served with whipped Cream

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Masks

We still have to wear masks and probably will for some time to come.

Why not treat yourself to a new one, or buy a gift for a friend

R45 for one or R80 for two.

Contact Jacquie on 287

AUGUST 2021 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
2nd	Monday	3 Bean	Bacon & Mushroom Florentine Tagliatelle served with Mixed Salad
3rd	Tuesday	Spiced Butternut	Grilled Chicken Strips served with Lemon & Herb Sauce, Mashed Potatoes and Roasted Vegetables
4th	Wednesday	Thick Pea	Creamy Beef & Spinach Cannelloni served with Garden Salad
5th	Thursday	Herbed Tomato	BBQ Pork Stew served with Parsley Rice and Seasonal Vegetables
6th	Friday	Chicken Noodle	Battered Fried Hake served with Crispy Chips and Coleslaw Salad
7th	Saturday	Red Onion	Chicken Lasagne served with Herb Salad
SUNDAY			
9th	Monday	Roasted Cauliflower	Beef Meatballs with Tomato & Onion Relish served with Mashed Potatoes and Roasted Vegetables
10th	Tuesday	Pumpkin	Chutney Chicken Casserole served with Basmati Rice and Seasonal Vegetables
11th	Wednesday	Lentil and Barley	Beef Bourguignon served with Brown Rice and Mixed Vegetables
12th	Thursday	Creamy Mushroom	Tempura Pork served with Sweet & Sour Sauce, Savoury Rice and Stir-Fried Vegetables
13th	Friday	Tomato and Celery	Grilled Hake served with Crispy Chips and Greek Salad
14th	Saturday	Spinach and Garlic	Bacon, Butternut and Spinach Quiche served with Sweet Potato Wedges and Green Salad
SUNDAY			
16th	Monday	Hearty Beef	Hawaiian Chicken Kebabs served with Savoury Rice and Greek Salad
17th	Tuesday	Chicken and Corn	Pork Bangers served with Onion Gravy, Mashed Potatoes and Peas
18th	Wednesday	Broccoli	Traditional Beef Stroganoff served with Rice and Seasonal Vegetables
19th	Thursday	Minestrone	Tenderised Pork Schnitzel served with Mushroom Sauce, Garlic, Baby Potatoes and Roasted Vegetables
20th	Friday	Potato and Leek	Lemon & Herb Fish Goujons served with Crispy Chips and Herb Salad
21st	Saturday	Brown Onion	Chicken & Mushroom Pancakes served with Sweet Potato and Buttered Corn
SUNDAY			
23rd	Monday	Sweet Potatoes and Ginger	Beef Schnitzel served with Cheese Sauce, Potato Wedges and Roasted Beetroot
24th	Tuesday	Roasted Vegetable	Bacon & Mushroom Pasta Bake served with Country Salad
25th	Wednesday	Carrot	Cape Malay Beef Bobotie served with Yellow Rice and Seasonal Vegetables
26th	Thursday	Red Cabbage and Onion	Curried Pork Pie served with Rice, Gravy and Mixed Vegetables
27th	Friday	Spiced Pumpkin	Lemon and Coriander Smashed Fishcakes served with Crispy Chips and Coleslaw Salad
28th	Saturday	Herbed Mushroom	Sweet & Sour Beef Stir-Fry served with Egg Noodles and Country Salad
SUNDAY			
30th	Monday	Roasted Beetroot	Spaghetti Bolognese served with Cheddar Cheese and Herb Salad
31st	Tuesday	Creamy Baby Marrow	Lemon and Herb Chicken Kebabs served with smashed Potatoes and Roast Vegetables

KRUGER PARK REVISITED

Remember the old type thatched rondavels in Kruger Park? They are still in use and most have been refurbished, as have the camping grounds, shops, and ablution and wash-up facilities. Tar roads link the main camps and the gravel roads are in good condition. The Park is almost dominated by the large number of gentle, doe-eyed impala who top the 100 000 mark. The Big Five, birds and small fry are all there and the aura or mystique of each new sighting still holds you in its clutches. Each camp has its own unique atmosphere with animals and birds that prefer to be in a certain area.

At Maroela Camp we occupied a site for 9 days next to the boundary fence, providing a grandstand view of the elephants plucking the highest leaves on the trees growing along the dry Timbavati River. A hyena den was also close by and we had regular visits from several adults. Another occasional visitor was a shy African Civet, all these giving us our own sightings at close range.

Rivers, dams and waterholes provide for wonderful sightings. Hippos and crocodiles live naturally in water, and at Sunset Dam near Lower Sabie we counted a pod of 20 hippos and some 60 crocodiles occupying every corner of the dam or relishing the rays of the sun on the sandbanks. These awesome creatures are remarkably agile as they glide through the water; hippos choosing to squash together on the smallest mudbank they can find, while the crocs laze about anywhere warm.

Water is essential for all creatures and it is here that the elusive are more likely to be seen: Water Monitors, Waterbuck, Fish Eagle, Goliath Crane, the elusive Woolly-necked Crane, and the hugely successful Kingfisher family. It was fascinating to watch how the resident water birds like spoon bills completely ignored the predators. However, surprise is the name of the game in Nature and not many are caught off guard. A tranquil scene can change in an instant, so everyone has to be alert. Equally, there is always an element of surprise for the visitor, with action or something exciting around the next corner. Birders and photographers are skilled at being constantly ready.

Raptors, especially vultures and eagles, are the supreme rulers of the sky, and circle effortlessly on thermals high overhead, searching for prey. A lone bull Elephant quietly comes for a drink and melts back into the bush. Suddenly a Fish Eagle drops out of the sky to catch a fish for lunch. Drama!

We came across three separate groups of the endangered Southern Ground Hornbill as well as several packs of the endangered African Wild Dog, both highly sought after sightings. Magic.



Animal antics provide endless amusement as one species chases another or blocks access to the water. Some are politeness itself, waiting patiently for older members to ‘Go first’. We added the occasional leopard and lion sightings to our list and watched amused as a large herd of elephants playfully jostled with each other as they crossed the Sabie River, in slow motion. A lone male animal thrust out of a herd can play on one’s sympathy. It is easy to be fooled by a buffalo too old to keep up with the herd and now ready to become an easy meal. But that docile ‘dagga boy’ (nickname) can also be dangerous. And who doesn’t feel the chill up one’s spine when the roar of the King of the Beasts or howl of a lonesome hyena breaks into the stillness of the night air?

The night skies are a gift for star gazers. The cloudless skies in May offer wonderful opportunities to study the stars and photograph the night sky. The media has produced volumes and reels of film on the Kruger, extolling its uniqueness and many virtues. These are good but one has to visit the Park personally to appreciate why it is so special. The opportunity to enjoy Nature at its best and soak up the relaxed atmosphere must surely contribute. Whatever the reason for a visit or how often, it is easy to become ‘hooked’ on the Kruger. When all is said and done, a visit to the Kruger is hugely rewarding and well worth the effort. The Kruger Park is a South African (and international) icon and nothing can rob us of the joy and pleasure of a visit.

John Forster

CARE NEWS

August 2021

Self-Care for Seniors During COVID-19

As they age, seniors face a litany of new challenges to their well-being. Even as the COVID-19 pandemic is affecting the world, seniors are among the most vulnerable population to the deadly virus.

Along with monitoring their physical health, seniors are being encouraged to support their mental health. Especially now, self-care during coronavirus can be even more important.

Here are 7 ways seniors can take care of themselves:

Connect With Others

Call or email someone such as grandkids, family, and friends you haven't heard from in a while. Check on your neighbors from a safe distance.

Join groups and clubs. Discussion groups and book clubs are meeting online. Livestreaming on subjects that interest you can also include chat opportunities.

Give Thanks

Begin each day by giving thanks. Saying "thank you" can open you up to more feelings of gratitude.

Giving back can give you a sense of purpose while connecting with others

Practice Mindfulness and Relaxation

Go for a walk or be in nature. Take in the sights, sounds and even smells of the outdoors.

Listen to relaxing music or sounds.

Turning off the television or computer lets you experience the timeless.....

Consider Prayer

Prayer has been associated with feelings of peace, encouragement and social support.

Read a New Book.

Only six minutes of reading can reduce stress up to 68% (as much as drinking a cup of tea)!

Do Something Creative

Compose a poem, draw or paint a picture, write a story (how about your memoir?)

Prioritize Your Physical Health



PERSONALITIES

By Brian McLean



Willie Aab has one fervent wish. His wish is that the lockdown rulings on gatherings will be done away with by August 29 so that he can invite people to help him celebrate his 90th birthday.

Willie, whose ancestors originated from Estonia, has lived a full and colourful life.

"In my younger days I swam and rode bikes a lot and also did a lot of mountain climbing," he says.

Apprenticed for five years with the Bosch Agency, he has spent most of his life in the motor and manufacturing industry.

Born in Durban in 1931, he and his mother Margerie, father Willie and sister Lorna, later moved to Johannesburg. He attended Parkview Junior School in Durban and later Parktown Boys' High in J'burg.

Such was his talent that as a youngster he used to buy, fix and sell mostly fancy cars and motorbikes. "If you visit the museum here in Port Alfred, you will see an old Triumph that I built from scratch," he proudly says.

In 1957 he married Daphne and the marriage produced three boys, one of which has sadly passed away. Gavin, their eldest son lives and works in Sasolburg while Bryan lives in England. Sadness is visible in Willie's eyes when he talks about the death of Daphne who died four years ago.

"We were married for 62 years and Daphne was such a good wife. My various jobs demanded that I spent very little time at home with family and she would definitely have received the marriage medal," he says with a smile.

Willie, who loves a glass or two of red wine each evening, points to the walls in his lounge which are adorned with Daphne's embroideries.

"Daphne had a special talent when it came to embroidery and she was awarded many prizes," he says proudly.

Before marrying, Willie spent a good deal of time travelling in Europe where as a racing fan, he followed all the Formula 1 races. He also spent two weeks attending the Isle of Man motorbike event.

Willie with a friend Roy, who later became his brother-in-law, also spent a month-and-a-half in 1954 travelling through Africa in an old army vehicle.

Willie and Daphne moved into Settlers Park some five years ago.

Points out Willie, who is also a volunteer in the village's Trust Shop: "I'm happy to be here in such a nice place but don't understand why people complain so much. My only complaint is lack of water and rain which I hope will be corrected sooner rather than later."

Asked his favourite food, Willie said he had no favourites, loved eating and cooked a lot. When it came to music, classical was his best. Willie loved his time singing with Kentones.

"When it comes to sport, I like watching top sport involving cricket, rugby, golf and tennis."

Asked to reflect on his life, Willie said: "I have lived a wonderful life with lots of memories both good and bad when it comes to business and have done all I ever wanted to do."

Let's hope the situation changes by the time he turns 90 so we can all help him celebrate.

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Welcome

We are excited to welcome Godfrey Kivitts to the Care Team. He will be joining Sister Noelene's team as a nursing assistant in the Care Centre. He has previously worked at Fort England Hospital in Makhanda/Grahamstown and has also been involved in the building industry. His rapport with the residents was evident when he escorted them to their vaccination station during the recent COVID vaccination drive.

The Clinic is open again between 9.00 and 10.00am daily. Phone Rowena on 201 to make an appointment.

The Care Centre has been on strict lockdown due to the third Covid wave. When visitors are not allowed, we are mindful of the negative impact of social isolation and loneliness on residents' mental health.

Residents are assisted to communicate with their loved ones via WhatsApp, Skype and video calls.

Care Centre staff have organized birthday celebrations, "vitamin D therapy days" in the sunshine and foot spas where residents are pampered.



Netball in the sun



Being
pampered



Robbie's birthday

COVID 19

President Ramaphosa has not disappointed and made an announcement on the evening of 25 July regarding the Country's lockdown status.

He has decreased the Risk Level to Level 3 in order to release the tension to many businesses and entrepreneurs in especially the hospitality and liquor related industries. At the time of producing this article, detail regulations had not been received but what was clear from the announcement was that we could now use our venues to a maximum of 50 (Don Powis Hall) or 50% of capacity for those venues that were smaller (Hibiscus Room & Glen's Den).

For us at Settlers Park it would mean that we can re-engage the Library, Church, bowls, table tennis, aerobics and water aerobics. We certainly envisage opening the Hibiscus Room for sit down meals, and allowing family to visit once again.

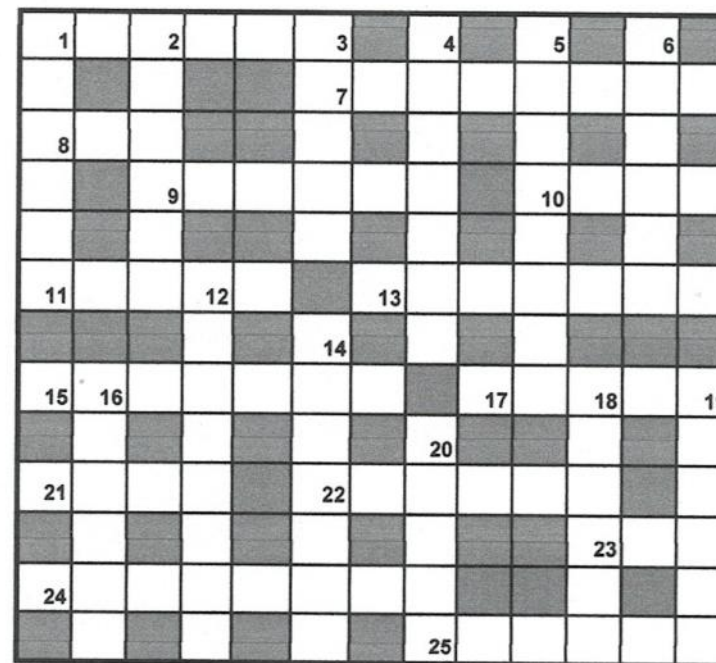
The following is effective from 27 July 2021:

- * **Family and visitors are allowed into the Park on condition that the guards at the gate are informed of the names, date and times of visitors / family entering the Park. Please obey these rules to avoid any disappointment or any embarrassment to your visitors.**
- * **Trust Cottages are available to visitors. Bookings are done, as before, with Sharon Bramwell at Ext 474.**
- * **The Library will be open to Residents in Cottages 1 – 125 on Wednesday, 28th July and to Residents in Cottages 126 – 249 on Friday, 30th July from 09h30 to 12h00. Associated Members will be allowed to visit the Library on Monday, 2nd August.**
- * **The Clinic is open again. Phone Rowena on 201 to make an appointment.**
- * **The following will open as from 1 August 2021:**
 - ⇒ **Hibiscus Room** will open for sit down meals from Sunday, 1st August. However, **NO** street breakfasts will be allowed to take place until further notice.
 - ⇒ **Don Powis Hall** – all recreational activities may resume in the Hall. However, please contact Reception to confirm arrangement first. Large gatherings such as U3A, LAHS and Church services are restricted to a maximum of 50 people only.
 - ⇒ **Pool** as from 2nd August the Pool will be opened for use by Residents only. The Water Aerobics squad may resume as well. Please continue to observe the same protocol as prior to lockdown i.e. scheduled use, screening, sanitising, distancing etc.
 - ⇒ **Trust Shop** – will be open on Tuesday, 3rd August and Friday, 6th August from 09h00 to 12h00 and similarly on every week thereafter.
 - ⇒ **Glen's Den** – will remain **closed** until further notice.

Despite having the majority of residents and staff vaccinated already, it does not provide carte blanche on current compulsory measures, such as the wearing of masks over the mouth and nose, sanitising and socially distancing. Many still fall prey to the dreadful variant called Delta, despite vaccinating, albeit most at a mild level. It also seems as if many continue to suffer from covid related issues such as damage to lungs and vitals. In any event do not drop your guard and continue to boost your immune system with the well-known regimes of Vitamins D, C and Zinc.

Please be reminded that there is an inevitable delay between the TV announcement and the official regulations that get posted in a Government Gazette a few days later. These provide

CROSSWORD NO 74



Across

- 1 A specialised dealer. (6)
- 7 A 'mark' in writing or printing. (8)
- 8 To catch in the act. (3)
- 9 Exile or expel. (6)
- 10 Diplomacy or finesse. (4)
- 11 Can be FM or AM or even SW. (5)
- 13 To breed within. (7)
- 15 Joined or implanted in Horticulture. (7)
- 17 A method of dyeing cloth. (5)
- 21 To look-over - quickly. (4)
- 22 You can't make this without breaking eggs. (6)
- 23 A small flap on a garment. (3)
- 24 With warmth, enthusiasm or appetite. (8)
- 25 Colourful bird from Knysna. (6)

Down:

- 1 A guide or monitor. (6)
- 2 Caught - add bed to 8 across. (6)
- 3 Raging or fanatical. (5)
- 4 Carve, to make a pattern on glass or metal. (7)
- 5 Standards of judgement. (8)
- 6 A maiden loved by Eros. Or the soul. (6)
- 12 Foot soldiers. (8)
- 14 Pertaining to respiration. (7)
- 16 Noise made by tennis 'tool'. (6)
- 18 To sway as if to fall. (6)
- 19 An iron bucket. Used in wells. 96)
- 20 An old-fashioned green gem. (5)

It's been cold, Covid is around and we have been locked up but now there is a smile at the end of the tunnel!

PRIZE TIME!

**A Manager's Special Meal for Two
At the Hibiscus room**

Please make sure your entry is in the box at Reception by the 15 August and you might just be the lucky winner!

Solution to crossword No.73

Across 3. Taxicab 7. Alibi 8. Orb

10. Kale 11. Consomme 13. Edward

14. Rancid 16. Snivel 17. Trilby

21. Alluvium 24. Oral 26. Ego

27. Imago 28. Needful

Down 1. Hackle 2. Pillow 3. Tic

4. Xenon. 5. Cats 6. Boom 9. Bread

12. Brae 15. Acre 16. Scare 18. Lariat

19. Yellow 20. Quaff 22. Lion 23. Vane

25. Ail



This edition of Silver Threads is free of charge to the members of the Settlers Park Association. Editor: P Border

triciaborder@mweb.co.za

Printed & distributed by Settlers Park Office Administration

NB:

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

Trust report for June 2021

Good afternoon All

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

Income R44 158.44

Donations	8 010.00
Shop	6 907.77
Interest	29 240.67

Less Expenses R23 855.48

Assistance to Residents	18 328.70	(18 Residents)
Cottages	5 280.78	
Bank charges	246.00	

Excess of Income over expenditure - R20 302.96

DONATIONS

Anonymous	7 000.00
Aqua Aerobics	550.00
Golden girls	460.00

Total R8 010.00

My Committees deep gratitude to those who made the kind donations mentioned above. In our hour of need, we have managed to keep our noses above the water. Bless each and every one of you,

Once again sincere thanks to all those that make our Trust Work.....it is a Team Effort. Please stay Safe we are not out of the woods yet.

Richard Henshall (Chairman Settlers Park Association Trust)

the detail and demand absolute compliance under the Disaster Management Act. Management and the Board do not have veto authority over this Act or the published regulations but simply implement these as prescribed. Thank you for your continued cooperation, understanding and support.

THE POND

Is definitely coming into its own with the recent rainfall. It's certainly a much improved feature of the Park. Soon we aim to develop a small area around the pond to entice and support bird-life and other fauna. We will also introduce selected indigenous water lilies to a section of the pond as well as a lookout and Bird screen to view the selection of Birds that would visit and inhabit the pond area. Additionally there are plans afoot to introduce a suitable species of fish to the pond. Many thanks to Ted, Johan, Ilse, Helen and the rest of the team for their amazing effort!

The Pond remains an aesthetic feature of the Park and all attempts will be made to keep it in good order. We currently estimate that the pond should have around 800 000l of water capacity now after the de-silting process. This certainly provides a substantial reservoir and therefore a sufficient water source in the case of a fire, especially when there is no municipal water available to feed the fire hydrants.

There is however a distinct possibility to filtrate the water significantly so that it can be used to, for example, augment the daily water requirement of the Care Centre. Not for drinking though, as for that we have filtered rain water.

We however have engaged with specialists in this field who will test the runoff to the Pond from the recent rains, determine the possibility and viability of filtration and propose a specific solution for the Park. We will keep residents informed of the results and future water plans.

RAIN WATER TANKS

Our Facilities department continue to address incomprehensible valve switchover issues at cottages as per the Wardens survey. There are less than 30 cottages that need to have non-return valves fitted. This will be completed within the next two months.

This implementation should ensure no resident loses valuable rainwater due mistakenly purging it into the empty municipal water lines in the Park. However there are a number of Residents who utilise their tank water very frugally and smartly. I have some tips from one of them:

“Our situation could provide an example. We have been on the following system listed below ever since water became a problem. Our tank usage:

- 2 or 3 washes a week in our washing machine – bed linen, towels and clothes. This can be 2 when it's cold as it is fine to only wash bed linen every second week. This is, of course, not possible for those who have a sick person in the house. However, limited extra washes are also acceptable.
- Dishwasher used every day so no washing of dishes after each meal – our old dishwasher uses 10l water on a short cycle which we are sure is less than many hand washes.
- All showering and wash hand basins on tank. Limit shower length as much as possible. Our tanks are still over half full. Even those small amounts of rain keep them topped up”.

There may be other water wise tips someone has implemented with good success, please share them with us. We could post these in the next Silver Threads.

Would you believe that dog owners STILL do not pick up their dog's poo. How sad is that?

Not all Retirement Villages allow pets so we are very privileged and yet certain residents constantly abuse this privilege.

Once again Silver Threads has had complaints of this ongoing, constant problem.

This time at the top of Polly Shorts and Wagtail Way where some dog poo is not picked up and some picked up but then deposited in the gardens around the corner.

Those residents disobeying the rules and behaving badly know who they are but choose to carry on regardless.

PLEASE change your ways.
PLEASE pick up after your dog.



PLEASE PICK UP
AFTER YOUR DOG

AGM

Please be reminded that this year's AGM will follow the same format as the Q&A and voting poll system we used last year. The voting poll is currently scheduled for the 25th August.

Our concern is that the Annual Financial Statements may not be ready by end of July as planned. Covid 19 and a few other unforeseen issues are causing unplanned delays at the Auditors. We however hope to have the Annual Financial Statements finalised in time to comply with the planned schedule. If not we will inform Residents accordingly of revised dates.

- Nomination forms are available at the Office for the Residents & Services Committee, consisting of 5 residents from the Park duly nominated and elected. Two of which also serve on the Board.
- Nominations forms are also available at the Office for five positions on the Board of 2021/2022.

Bear in mind that a current member of either of the above committees who wishes to continue to serve does not need to be nominated again but will still need to be re-elected.

All candidates will be introduced in a special Silver Threads prior to the voting day.

JOB CARDS

The Park has use of an effective Job Card system which records and monitors the maintenance and or repair requests from Residents and operating departments on a daily basis.

Access to the system is available either through the Settlers Park internal Intranet (www.sprv.co.za), an email to jobcards@settlerspark.co.za, a phone call to the Admin office or the Facilities Department (Johanna #551). If there is an unresolved issue or unhappiness with the service provided by our staff, the issue can be escalated to Johan Wolmarans (HoD Facilities). If no response is received, please escalate to the GM or to your Residents Committee representative responsible for your "ward". Please avoid issuing request informally or in passing as we do need to have an official record of the request. This not only supports overall efficiency but provides invaluable management information.

Don't forget to send us your **General Questions** for inclusion in the Silver Threads due to the suspended Residents Meeting as well as the Annual General Meeting. Simply send an email to info@settlerspark.co.za.

Take care.

Greetings and blessings to all – **Derek**

QUESTIONS VIA EMAIL - NONE

R & S NEWS Information covered in Grey Matters

WARDEN'S NEWS - NO REPORT

Grateful thanks to all the Board Members and the Residents and Services Committee Members for their dedicated work in representing resident's interests and working hard for the benefit of Settlers Park. It has been a job well done.

where gorillas live were unreachable because the road had washed away. Our two-and-a-half-hour trek was expensive but fruitful. We were able to observe a family of nine gorillas at very close range – a huge silver back male with his six wives and two children. The babies were such show-offs, just like human kids. Our entourage including the guide, armed soldiers, a tracker and porters was able to tell us that there are five gorilla families in the Parc de Virunga but sadly there is still a poaching problem and only recently 12 gorillas from the largest family were slaughtered.

We continued our tour of Uganda, seeing the snow-capped Rwenzori Mountains in the distance while travelling through vast tea and coffee plantations. We spent almost two weeks in Uganda before passing back over the border to Kenya. We crossed the small lakes of the Rift Valley en route to Nairobi. The most spectacular sight was at Lake Nakuru where the estimated two million flamingos around the edge of the lake looked like huge swathes of pink.



The town of Nakuru was also having a spot of excitement. The morning we arrived there were riots by the opposition to the re-election of President Moi. The shops were all barricaded up and we couldn't even shop for vital supplies!

We also stayed at Lake Naivasha of "White Mischief" fame. As we're missing our Kowie River crabs we got very excited when we heard that freshwater crayfish were abundant in this lake. We duly went to a restaurant and ordered some of this delicacy for dinner – to find one needed about 40 to make a meal as they were only shrimp size! Our stay in Nairobi was a necessary evil to get ongoing visas and sort out vehicle maintenance and fill gas bottles etc.

On February 5th (1998) we set off north again, destination Lake Turkana. We drove through the Aberdare National Park to find we were only the second visitors of the year. Not too surprising as the roads were in a very bad condition. We saw Samburu tribesmen herding camels and donkeys. They are really exotic with ochre mud-plastered heads decorated with feathers. The beads and bracelets are amazing. We saw one man riding a bicycle with so many necklaces on the he couldn't look down to see where he was going.

To be continued

Don't miss the next issue of Silver Threads so you can follow more of the AFRICAN SAFARI

AN AFRICAN SAFARI

THE SECOND INSTALMENT of ROSEMARY AND DON'S TRIP THROUGH AFRICA

After our Christmas sojourn we headed for Arusha, gateway to the Ngorongoro and the Serengeti National Park. Our first camping stop was in the Kilimanjaro foothills. Although rain and heavy cloud were still dogging us the next morning we got short but magnificent view of the snow-capped Kilimanjaro Mountain. New Year's Eve was spent at the Masai Camp in Arusha. The countryside here is very scenic and with the tall Masai in their red tartan and striped cloaks tending their herds, one could be in a different century.



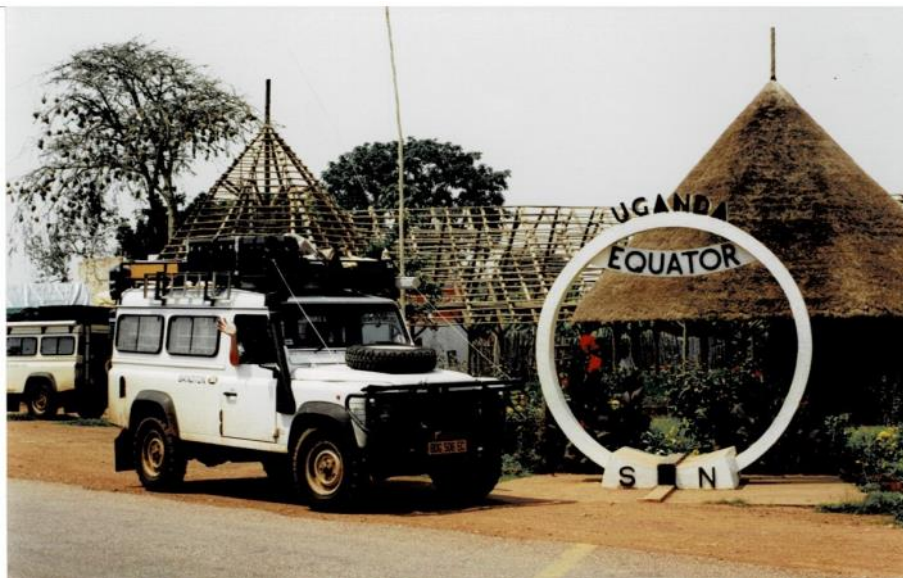
As we left tarmac roads and headed towards the Ngorongoro Crater we felt our real adventure had begun. With all the flooding due to heavy rains the roads again became appalling. It was late afternoon when we reached the rim of the crater – what a breath-taking sight – worthy of its title as a World Heritage Site. That night we camped on the rim. Early next morning we descended through cloud to the crater floor. Unfortunately flooding had closed up half the area and one of our party managed to get stuck in the mud again. We, however, saw plenty of game but the

big excitement was seeing the masses of flamingo at the edge of the soda lake.

Next came the Serengeti plains on which we saw the massive herds of game, stretching for miles as far as the eye could see. Thousands of wildebeest, impala and zebra. It is what everybody reads about – truly awesome! The roads just kept getting worse as we headed for Lake Victoria. Once again flooding had taken its toll and 100km took over 6 hours to cover so it was with great relief we finally arrived at Musoma on the shores of Lake Victoria. Sadly, the lake suffers a serious water hyacinth problem – huge islands of it float about at the whim of the wind.

We carried on north around the lake into Kenya and on to Uganda – we got quite dizzy with all the currencies changes! Thankfully the weather and the roads improved as we progressed. We're quite thrilled with Uganda having approached it with a certain amount of trepidation. The people are the friendliest yet and the countryside is tropically lush and extensively cultivated. We camped on the Jinja Golf Course (an establishment that reeks of faded colonial splendour on Nile Crescent) overlooking the 'Source of the Nile' contemplating our next move – to search for the Mountain Gorillas.

In the end this meant journeying into the Congo to find the gorillas. The two Ugandan National Parks



Please join me

SITTING ON MY STOEP

"Hermanus lies next to the ocean
Hermanus lies next to the sea
Hermanus Boy Scouts have the notion
That they haven't done too bad-ley"



We sang those words – it went on for several verses – at a Jambo-rally (a small Jamboree of several hundred Scouts). We camped for a week at Swartvlei Dam each with our own Bell tent. There was one Patrol from each Troop in the Western Province and some Patrols were accompanied by one of their Scouters, all in uniform and very smart and proper. Our Hermanus Troop was newly established and was there on a learning experience – gosh, we had so much to learn, we really knew nothing!

We had no older Scouters with us, so I was put in charge as the senior Patrol Leader with less qualified Scouts to look after, and I was only just 15! Thank goodness we had no major problems. I had my younger brother as a Second and he gave me unflinching support the whole week.

Whereas we were just one Patrol of eight Scouts many of the Troops had more than one Patrol and in the middle of the week each Troop was cut to their main Patrol and we were then put through a hoop of tests, some of which we hadn't even heard of before. Our examiner for the War Cry was the Big Boss – the Commissioner – so I said, "Just give us two minutes please". I got our chaps together, did some quick inventing and told them this is our War Cry – no time to practice these are the words so all together, shout loudly! So we did and produced a loud raucous War Cry. Of course one of the things Scouts are taught is to "be prepared", so we tried to be just that. Two things we had been asked to have ready were 'do a skit' and to 'sing a song'. I'd had some help with the skit but it got a bit difficult to perform. It was based on a disappearing pumpkin. The pumpkin would be on a blanket beneath which we had to dig a hole, then as we pulled the blanket the pumpkin would disappear (into the hole). All Scouting activities took place in the evening around the campfire so digging a hole should be easy. Dismay! the ground the campfire site was stone hard making hole digging impossible. Rapid improvisation was needed which contrived to rather spoil the magic we had hoped to achieve.

Anyway, we got the prize for the 'Best Song', which I had quickly written to a reliable tune that everybody knew as we'd only had a little time to practice - My Bonnie Lies Over the Ocean. I hope you will be impressed that I still remember the words, as above, some 70 years ago!

In the end we got a midpoint result for our test day – seven out of fourteen teams competing.

I loved being a Boy Scout but taking a Patrol by bus and train and overnight was something I'm glad I only had to do once!

Years later I was able to put something back into Scouting during the twenty years we lived where it all began – Mafeking. In the Siege of Mafeking, at the turn of the century before last, Baden Powell saw how young boys could do responsible duty in times of war and hunger as he used them to carry messages and the idea of Scouting was born. I am always glad and grateful for my stint in the movement as a boy in Hermanus.

Sting in the Tail

"If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!"

Last few lines of Rudyard Kipling's great poem IF

Kipling's words found their way into Scout Lore in this poem and in other ways through the Mowgli stories and the Jungle books; also Kim's Game which was a key exercise in observation and memory training and a Game all Scouts played.

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

Tony

SETTLERS PARK ASSOCIATION

Registered Non-Profit Organisation: Reg. No. 000-351 NPO
RETIREMENT VILLAGE AND REGISTERED FRAIL CARE

Due to the restrictions on gatherings enforced by the Disaster Management Act and Regulations a conventional Annual General Meeting of the Settlers Park Association which is scheduled for Wednesday, 25 August 2021 will instead take the format of a ballot style voting process in order to ratify the relevant business of the Association.

Election of Board Members / Residents & Services Committee

Members: members are requested to submit nominations for the election of persons to serve on the Settlers Park Board and on the Residents & Services Committee by 11 August 2021 with a one paragraph CV of the nominee as well as items of relevant business for the agenda, to:

The General Manager

Private Bag 2125

Port Alfred

6170

Or email to info@settlerspark.co.za

Approval of Annual Financial Statements & budget: Audited financial statements for the last financial year and budget for the current financial year are available upon request from the Administration office (046 604 0200) from 2 August 2021 and any relevant questions are to be submitted to the General Manager or to info@settlerspark.co.za by 5 August 2021. These will be addressed and replies will be published in a special edition of Silver Threads on Tuesday, 17 August 2021.

Please note that all PROXIES are to be mailed and received by no later than 08h00 on Tuesday, 24 August 2021. Forms can be requested from the Administration Office (046 604 0200).

Call 046 604 0200 or email info@settlerspark.co.za for more information.



POETRY CORNER

IF

By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;

If you can trust yourself when all men doubt you,
But make allowance for their doubting too;

If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your
master;

If you can think - and not make thoughts your
aim,

If you can meet with Triumph and Disaster
And treat those two impostors just the same:.

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to,
broken,

And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss:

If you can force your heart and nerve and
sinew

To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your
virtue,

Or walk with Kings - nor lose the common
touch,

If neither foes nor loving friends can hurt you,

If all men count with you, but none too much:

If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

THE JOY OF OUR GARDENS

Ralph says:

Spending time and working at the Settlers Village has been most interesting so far. It's the campus of wisdom and knowledge. I have met so many interesting folk. Farmers, Professors and Academics abound so my pseudonym for Settlers is referred to as Google Village. If you need a bridge built, a gogga identified or the best fishing spots, go no further. Enquire within!!

With this persistent drought, it seems natural to turn to plants that are hardy and tough. There are many and varied so I want to steer you in the direction of SANBI or PlantZAfrica biodiversity websites. They have a vast data base of indigenous plants that you can read up on and I am busy making some enquiries as to where we acquire some of these plants that would suit our local conditions.

This is the Impala lily that I found interesting.

"It grows well in warm, well-drained situations where the soil is sandy. In the garden they are not plants for cold or damp areas. They are ideal subjects for a dry rockery, giving a warm colourful display of bright flowers in winter. As container plants they may be kept in cooler places, but do not water them when they are dormant and protect the plants against frost. The impala lily is known in Africa and southern Africa as a source of fish poison and arrow poison. The poison is prepared from latex in the bark and fleshy parts of the trunk, but it is always used in combination with other poisons. Leaves and flowers are poisonous to goats and cattle, but the plants are sometimes heavily browsed and are not considered to be of much toxicological significance. Despite the toxicity, it is used in medicinal applications and in magic potions so beware of Cupid, Sangomas and Witches!!

Their striking forms and beautiful flowers borne in masses over a long period make them excellent garden and container plants."



NATURE THOUGHTS

BIRD OF THE MONTH

THE COLLARED SUNBIRD

Scientific name: Anthreptes Collaris
 Family: Nectariniidae.
 Afrikaans: Swartsuikerbekkie
 Xhosa: Ingcungcu



The sunbirds are a group of very small Old World passerine birds which usually feed on nectar, although they will also take insects, especially when feeding their young. However, the Collared Sunbird is mainly insectivorous, a fact which I find extraordinary as they are so often to be seen drinking at my sugar-water feeder!!

The Collared Sunbird is tiny, only approximately 10 cm long. It has a short, thin, slightly decurved bill and brush-tipped tubular tongue, both adaptations for nectar feeding. The wings are short which causes their flight to be fast and direct, unlike other Sunbirds which have longer wings.

The adult male has brilliant metallic green upper parts with a yellow belly and a narrow purple breast band. The female is a duller green above and entirely yellow below with no breast band. The iris is dark brown. The bill, legs and feet are black.

The Collared Sunbird is found across most of sub-Saharan Africa, apart from the Western Cape, Karoo and Highveld. It is found mostly in riverine and lowland evergreen forest and coastal bush, especially where there are tangled creepers.

It is a locally common resident which often joins other mixed-species flocks to glean leaves and catch insect prey (they actually hover when catching insects). However, they feed mainly on fruit and nectar.

They use their beaks to pierce the base of tubular flowers and suck out the nectar.

They have a reedy, high-pitched chattering song - chirri, chirri chirri, sometimes drawn out into a trill. They also sing a rolling duet- chippery chippery, chippery; a thin call note - chirri, chirri, chirri or a thin tsip ,tsip and a feeble seep,seep alarm call.

Collared Sunbirds are usually seasonal breeders, and this is normally the wet season, when there is an increased availability of insect prey on which to feed their young.

They are generally monogamous. The nests are oval shaped, made of grass, leaves, twigs, and tendrils bound with spider webs and lined with plant fibre, some feathers and, occasionally, horse hair! The entrance, near the top, is porched, usually with an untidy tail of material hanging from it. The nest is about 15 cms. long, suspended by a 'neck' of material to a drooping branch of a leafy tree or shrub at the edge of a forest or thicket about 3 metres above the ground and strangely often over a pathway. It is built by the female in about 4 days!

2 to 3 eggs are laid in the nest. They are a very pale pink, streaked with green and blue, blotched and spotted with violet, black, grey and brown, measuring approximately 14 centimetres. The incubation period is 14 days and is done by the female. The nestlings are fed by both parents.

Lynn

The Rhythm of Christian life

In Mark 6.30-34 we hear Jesus telling the disciples to take a break...to move away from the monotony.

The Lord wants us to rest and reflect.

It is important to take a break in life, we have so many things happening, we are too busy working. I complain that God does not listen to my prayers, I have problems in my life...my kids, my unwell husband or wife and worries with financial problems.

Jesus is encouraging us to take a break in life, there's a certain rhythm we need to maintain in life as human beings and as Christians, the rhythm of rest and work. No one can live a Christian life unless we give ourselves time with God. We get tired and complain because we don't want to rest, "come to me all you who labour and are heavy burdened". So many problems in our lives are because we don't give God that opportunity to speak to us because we don't know how to be still and listen.

We give God no time to recharge us with spiritual energy and strength.

In Christian living the time we spend with God must result in action. Our prayer life must be accompanied by good deeds and good relationships. We are all shepherds by virtue of our baptism...and we should become an example to our brothers and sisters.

May God bless you as we continue praying for our country and our family and friends who are not well and those who are struggling during this pandemic.

God bless you.

Fr Francis Kaumba - St James Catholic Church



Coming and Going in June 2021

RIP

Marion Gadd and Brian Linforth

Moving In - may you be very happy in Settlers Park

Jeanette & Quinton Dick (Cottage 27), Anne De Lange (Cottage 90) and Irna Delport (Cottage 46)

The POPI Act has created problems for Silver Threads.

Traditionally Silver Threads has been the vehicle for keeping residents informed of each others birthdays and anniversaries and for publishing photos of people and events in the Park.

It is not that easy now! Residents have been invited to sign a form stating whether or not their information may appear in the Silver Threads. Some residents have opted out, others not, so if, for example, a resident's birthday is not listed it is not gremlins at work (there are plenty of those!) but the residents choice.

Group pictures are more of a challenge but every effort will be made not to publish a picture of those who do not wish to appear in Silver Threads.

NOTICES & NEWS



Sam & Layla Painter wearing masks
by Jacqui (see page 23)
(permission to publish granted)



One of our amazing sunsets
captured by Paul



Many congratulations to
WILLIE AAB
On reaching his milestone 90th birthday
Hope you will have a great day



So beautiful!
PAM PAINTER
Celebrating her 90th Birthday.
Congratulations!



Have you spotted these?
Mercedes and Akhona saw them
when out walking.

BATS!



CALLING ALL THOSE BORN IN 1941

To all those born in 1941 we have been given permission to have a celebration once we have all had our second covid injection and the strict covid restrictions are relaxed.

To join in the fun please contact Marion on 380 or Mirelle on 492.