



## REGULAR MONTHLY ACTIVITIES

### BUS TO TOWN - Office 200

Wednesday 8.00am

### LIBRARY - 505

Wednesday & Friday 09.30 am - Noon

### CLINIC - 201

Tues & Thurs 8.00 am — 10.00 am

### GLEN'S DEN -

Wednesday 5.30 pm

Saturday 5.30 pm

### TRUST SHOP - Brian 400

Tuesday & Friday 9.00 am— Noon

Goods may be delivered on any of these days

### PAINTING CIRCLE in Don Powis Hall -

Martie Truscott 253

Tuesday 9.00 am

### AEROBICS - Martie 046 624 1667

Monday 8.15 am

Thursday 8.15 am

### MARTIE'S STRETCH & TONE CLASS

Wednesday 8.00 am in Don Powis Hall

### SHORT MAT BOWLS - Eddie 453

Monday 3.00 - 5.00 pm



### 4 February Park Walk

08.00 for 08.30 starting at Hibiscus Room

### 17 February LAHS Meeting

9.30 for 10am in Don Powis Hall

Dr Dean Allen on "Frontier Lands: A Journey through the Eastern Cape"

### 24 February U3A Meeting

9.30 for 10am in Don Powis Hall

AGM and talk by Roy Gordon on "A life worth living - the ramblings of an aged Headmaster"

### RESIDENTS

3rd Edith Blackbeard

4th Dave Chaston

6th Mirelle McPhee

7th Joy Lloyd

13th Lynn Day

13th John Forster

13th Brian Mclean

15th Jen Louw

15th Peggy Southey

15th Val Williams

17th Herma Purdon

18th Colin Fletcher

18th Don Wood

19th Peter Lear

19th Bes Radue

19th Cecil Tennant

21st Karel De Jaeger

23rd Christiane Dicken

23rd Val Spavins

25th Jennifer Worrall

26th Pam Taylor

29th Babs Aldis

### STAFF

1st Patricia Swartbooi

2nd Sarie Gysman

8th Gloria Mbendeni

15th Sonia Nginase

18th Siya Saki

25th Vuyo Jack



8th Jan & Mike Brown

14th Bernie & Roy Reynolds

17th Rem & Ted Gilfillan

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
25	21	39	34	44	23	52	81	56	16	184	94	669

Total rainfall in 2020 745mm

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

RAIN  
19 mm up to 28 January

### MEN'S TABLE TENNIS - Robert 445

Wednesday 2.30 pm

Saturday 9.30 am

### LADIES TABLE TENNIS - Trish 415

Tuesday 3.00 pm

### PA ART CLUB in Don Powis Hall

1st Thursday of month 9.30am

### PA BRIDGE CLUB - (only if fully vaccinated)

Bronwyn 083 708 3475 or

Emil 072 603 0654

Friday 9.00am

### AQUA AEROBICS - Ron Quin 422

### INTERDENOMINATIONAL CHURCH

SERVICE Thursdays at 3pm in Don Powis Hall

3 February Rev Brian Mona Anglican

10 February Pastor Josh de Wit Baptist

17 February Isabeau Human Grace & Truth

24 February Fr Francis Kaumba Catholic

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

# Silver Threads

SETTLERS PARK RETIREMENT VILLAGE MONTHLY MAGAZINE

Private Bag 2125, PORT ALFRED, 6170

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

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



An English professor wrote the words

"A woman without her man is nothing" on the chalkboard and asked the students to punctuate it correctly.

All of the males in the class wrote:

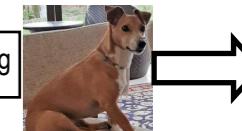
"A woman, without her man, is nothing"

All of the females in the class wrote:

"A woman: without her, man is nothing"

Punctuation is powerful!

Follow the dog



**Cell phones bring you closer to the person far from you. But they take away from the ones sitting next to you.**

Kelly's Treehouse



Such a cool dude with a wicked sense of humour and an incredibly strong sense of social justice. You will be missed but you have earned your rest. Be at peace.  
Michael

## The Chairman's Chat

Yes, 2022 is already well under way, but this being my first official communiqué of the year I take the opportunity to wish all a very prosperous year. May it bring great joy and happiness, with not least of all, our hopefully seeing the back of the dreadful Covid-19.

Mention of the virus brings me to express my sincere thanks to all – our loyal Settlers Park staff and the Department of Health – for the rollout of the booster vaccination. Yes, there was a slight delay at the start of proceedings on the Monday, but for the rest all seemingly went off swimmingly. Personally, I am just so pleased to have had the jab ... and I feel so, so sorry for those who persist in denying themselves this life protector. And, yes, the observation of protocols – including sticking strictly to quarantine rules when applicable – must NOT be neglected. It is only fair to ALL concerned.

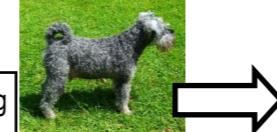
On the matter of health I must regrettably draw attention to the persistent problem in Settlers Park of residents – and no doubt carers too – flushing the likes of wet wipes, sanitary pads and nappies down the toilet. The problem is that all too many of these items don't truly flush and plug up the system necessitating our maintenance staff to spend precious time opening manholes and cleaning up. It is not a pleasant job and it can be avoided by people just being considerate and placing such items in the appropriate refuse.

To a much more pleasant matter, namely, the Settlers Park website. If you haven't had a look at it do yourself a favour and scroll through it. It is very professionally done; it's aesthetically pleasing with a great selection of beautiful photographs and loads of information. Yes, the website and the newsy material now being regularly placed on Facebook (and shortly also on Instagram) are there to promote Settlers Park; to show the big world out there that 'what we call home' – to quote Richard Henshall – is the ideal retirement option. Do your bit and spread the word on the website. It's our big state-of-the-art marketing tool.

Keep well and kind regards,

**Bugs Wilmot - Chairman of the Board**

Follow the dog



## R & S NEWS

We regret that no residents' meeting could be held due to the spike in COVID in the Park.

We are always very sad to lose friends or family for any reason whatsoever. Our condolences to families that have lost a loved one or friend.

A floatation device was spotted in the Pond which stirred up much speculation. The thoughts were items such as a floating sun deck for over nineties to lie and suntan, a perch for the geese to roost on, to a platform for visiting kids to dive from.

Imagine the delight when it was discovered that all these ideas were well off the mark. Ideas from Derek and Johan to build a floating deck to house plants in the centre of the pond giving the fish a shelter from the sun and predators.

Sorry to the over nineties, so no suntan deck !

Please don't get into the boredom rut, Get involved in any of the numerous activities that are starting up.

From the committee we say STAY SAFE and Behave Yourselves but enjoy yourselves.

**Horace Bramwell Chairman of the Residents and Service Committee**

SUNDAY LUNCH MENU			
DATE	STARTER	MAIN	DESSERT
6th	Tempura Zucchini served with Dipping Sauce	Cherry & Pineapple Glazed Gammon served with Garlic Baby Potatoes and Broccoli & Cauliflower Cheese Bake	Lemon and Poppy Seed Pudding with Orange flavoured Custard
13th	Crumbed Mushroom served with Tartare Sauce	Mediterranean Roast Chicken 1/4 served with Gravy, Roast Potatoes, Green Beans and Butternut	Baked Apple with homemade Cinnamon ice cream
20th	Caramelized Onion, Roasted Butternut Quiche served with Sour Cream	Roast Pork Neck served with Gravy, Apple Sauce, Roast Potatoes, Pumpkin Fritters and Broccoli & Cauliflower Au Gratin	Chocolate Ganache pudding served with Chantilly Cream
27th	Mixed Pepper & Roasted Aubergine Roulade served with Dipping Sauce	Lemon & Thyme Roast Lamb served with Gravy, Roast Potatoes, Gem Squash filled with Sweetcorn & cheddar cheese, Green Beans	Pineapple Crumble served with Whipped Cream



HELP!

Can anyone tell Jeanette of Cottage 27 phone 268 what this plant is?  
(the pink in the centre is a rose petal not part of the plant)

## WORDSEARCH NO. 4

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

With Valentine's Day in February, it may come as a surprise that the red rose is not February's birth month flower.

Instead, those born in the second month of the year are linked to the violet and primrose.



## HIDDEN WORDS

ROMANCE, FEBRUARY, LOVE, RING, FUN DINNER, DANCING, HOPE, MARRIAGE, ENGAGEMENT, VALENTINE, JOKE, STARS, MYSTERY, SUITOR, ELOPE, MOONLIGHT, PROPOSAL, SENTIMENTAL, EXCITEMENT, BEATING HEART.

February 2022 Meal of the Day Menu			
DATE	DAY	SOUP	MAIN
SUNDAY			
1st	Tuesday	Red Sugar Bean	Spaghetti Bolognaise served with Greek Salad
2nd	Wednesday	Creamy Baby Marrow	Grilled Chicken Salad served with Croutons and Salad Dressing
3rd	Thursday	Chunky Vegetable	Apricot Glazed Pork Chop served with Potato Wedges and Roasted Vegetables
4th	Friday	Mushroom & Leek	Deep Fried Hake served with Crispy Chips and Ruby Coleslaw Salad
5th	Saturday	Chicken Noodle	Creamy Chicken & Mushroom Pancakes served with Potato Wedges
SUNDAY			
7th	Monday	Roasted Cauliflower	Buttered Coconut Chicken served with Mash, Gravy and Mixed Vegetables
8th	Tuesday	Creamy Pumpkin	Bacon, Leek & Mushroom Pancakes served with Farro Salad
9th	Wednesday	Lentil & Barley	Beef Bobotie served with Rice, Tomato Sambals and Baby Marrow
10th	Thursday	Creamy Mushroom	Sweet & Sour Pork served with Spaghetti and Fried Vegetables
11th	Friday	Tomato & Celery	Tempura Fried Hake Fillet served with Tartare Sauce, Crispy Chips and Panzanella Salad
12th	Saturday	Spinach & Garlic	Monkey in the Cabbage Leaf served with Rice and Gravy
SUNDAY			
14th	Monday	Hearty Beef	Grilled Boerewors served with Maize Meal and Chakalaka Sauce
15th	Tuesday	Chicken & Corn	Chicken Parmigiana served with Potato Wedges and Greek Salad
16th	Wednesday	Broccoli	BBQ Pork Strips served with Cous Cous and Seasonal Vegetables
17th	Thursday	Minestrone	Chicken A la King served with Rice, Carrot Rounds and Baby Marrows
18th	Friday	Potato & Leek	Lemon & Herb Fish Goujons served with Crispy Chips and Carrot Salad
19th	Saturday	Brown Onion	Beef Lasagne served with Roasted Vegetables
SUNDAY			
21st	Monday	Sweet Potato & Ginger	Hawaiian Beef Burger served with Creamy Sauce, Chips and Micro Herb Salad
22nd	Tuesday	Roasted Vegetable	Pork & Apple Pie served with Mashed Potatoes and Roasted Vegetables
23rd	Wednesday	Carrot	Mince Chilli Carne served with Rice and Garden Salad
24th	Thursday	Red Cabbage & Onion	Chicken & Leek Phyllo Tart served with Potato Wedges, Grilled Baby Marrow
25th	Friday	Spiced Pumpkin	Lemon & Coriander Fishcakes served with Crispy Chips and Carrot & Pineapple Salad
26th	Saturday	Herbed Mushroom	Crumbed Chicken Strips served with Roast Potatoes and Carrot & Raisin Salad
SUNDAY			
28th	Monday	Roasted Beetroot	Spinach & Feta Quiche served with Grilled Vegetables

## Coming and Going

### RIP

Ronnie Smith, Jann Haig, Robbie McLean, Joy Coster, Juan Southey, Trevor Collett (Cottage 201), Robert Boyce

### Moving In

John & Patricia Heather (Cottage 58)

### Moving Away

Mike & Joan Schorn have relocated to Plettenberg Bay.

### Hope for our World

The bright Christmas lights in the town and the many lights decorating cottages around us were beautiful this year. These outer lights are wonderful but did they lead to an inner lighting up of our hearts and minds? Did they help us welcome the coming of the Lord in the manger in Bethlehem?

An angel of the Lord appeared to the shepherds and the glory of the Lord shone over them. They were terribly afraid, but the angel said to them, 'Don't be afraid! I am here with good news for you, which will bring great joy to all the people. This very day in David's town your Saviour was born.' (Luke 2.9-11)

Mankind had been waiting for centuries to see God's promise of salvation fulfilled. The prophets foretold the coming of the Saviour, the Messiah, the One who would release us from our sins, our burdens that we carry around with us.

The year just passed brought us great fear of the virus and its consequences. Many feared or experienced the loss of employment and an income and the ability to provide for the family. Most serious of all was the fear of contracting Covid19, suffering in hospital and premature death.

The Psalmist (46.1-2) assures us, "God is our shelter and strength, always ready to help in times of trouble. So we will not be afraid, even if the mountains fall into the ocean," even if ..... whatever threatens us or happens to us. Our help comes from the Lord, "Protect me, O God, I trust in you for safety. I say to the Lord, You are my Lord; all the good things I have come from you." (Ps 16.1-2)

We have to look below the surface of our lives and not be misled by the bright lights. We have to go into the silence and peace of the manger, the quiet of our hearts, and speak to God, trust in Him, believe what He tells us in His Word. Our faith will be complete when we act on it. Each of us has a tremendous amount of love and goodwill buried deep inside of us.

The late Archbishop Desmond Tutu repeatedly appealed to us to believe and then take action, share with others. Go out and do the little good that each of us can, where we are, at home in the family, at work, in society. We dare not keep the Love and the Hope of Christmas for ourselves, we have to share them with others.

The Christmas season and giving of gifts reminds us of the true meaning of Christmas. Sometimes the goodness deep inside us is buried by our cares and worries. They block our vision of the true meaning of Christmas. It is never too late to begin a real relationship with God. The Saviour of the world has been born and has come to be our personal guide through life.

Have your eyes seen the Lord, the Babe lying in the manger? The old man in the temple, Simeon, had seen the Christ Child and was able to "go in peace" (Lk 2.29). You too can "go in peace" through each day in 2022 and always, knowing that the Lord is with you.

May your New Year be one of Trust in the Lord. May He guide you to share the gifts and blessings He has given you with those around you. This is our Hope for a better world.

God bless you.

Rev. John Forster St James Catholic Church, Port Alfred



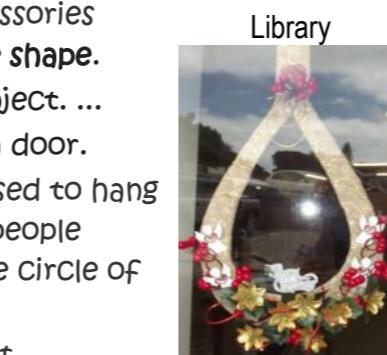
Admin,  
Care  
Centre  
&  
Clinic

## Wreaths

Our talented residents and staff made the most beautiful and varied wreaths to welcome Christmas to the Park.

A wreath is an arrangement of leaves, flowers, or other foliage and accessories fastened in a ring. The difference between a wreath and a garland is the shape. A garland is a long string that is usually draped along a wall or over an object. ... A wreath is rigid and fixed into a ring position and is usually hung from a door. Wreaths can trace their origins back to Ancient Rome, where Romans used to hang a wreath on their doors to symbolise victory after a win in battle. Some people believe that the circular shape of the wreath represents eternity and the circle of life.

Unfortunately because some wreaths were on glass doors or windows they didn't photograph well so its not possible to publish them.



Library

### ONE MUST GO

**One must go and one be left  
It happens soon or late.  
One is called and one must stay.  
For that's the way it is.  
One completes the journey here  
The other must go on.  
Although the heart is broken  
And the joy of life has gone.**

### But there is no separation

If the love be fond  
Death may break the earthly tie  
But not the unseen bond.  
Changes come but  
Loves goes on  
For all eternity.

### PATIENCE STRONG



*We fell asleep in one world, and woke up in another.*

*Suddenly Disney is out of magic,*

*Paris is no longer romantic,*

*New York doesn't stand up anymore,*

*the Chinese wall is no longer a fortress, and Mecca is empty.*

*Hugs & kisses suddenly become weapons, and not visiting parents & friends becomes an act of love.*

*Suddenly you realise that power, beauty & money are worthless, and can't get you the oxygen you're fighting for.*

*The world continues its life and it is beautiful. It only puts humans in cages. I think it's sending us a message:*

*"You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember that you are my guests. Not my masters."*

*Author... Haroon Rashid.*

A farmer named Sam was overseeing his herd in a remote hilly pasture in Hereford when suddenly a brand-new BMW advanced toward him out of a cloud of dust.

The driver, a young man in a Brioni suit, Gucci® shoes, RayBan sunglasses and YSL tie, leaned out the window and asked the farmer, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?"

Sam looks at the man, who obviously is a yuppie, then looks at his peacefully grazing animals and calmly answers, "Sure, why not?"

The yuppie parks his car, whips out his Dell notebook computer, connects it to his Cingular RAZR V3 cell phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg, Germany ...

Within seconds, he receives an email on his Palm Pilot that the image has been processed and the data stored. He then accesses an MS-SQL Database through an ODBC connected Excel spreadsheet with email on his Blackberry and, after a few minutes, receives a response.

Finally, he prints out a full-colour, 150-page report on his hi-tech, miniaturized HP LaserJet printer, turns to the Farmer and says, "You have exactly 1,586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says Sam.

He watches the young man select one of the animals and looks on with amusement as the young man stuffs it into the trunk of his car.

Then Sam says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?"

The young man thinks about it for a second and then says, "Okay, why not?"

"You're a Member of the European Parliament", says Sam.

"Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required." answered Sam. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of pounds worth of equipment trying to show me how much smarter than me you are; and you don't know a thing about how working people make a living - or about cows, for that matter. This is a herd of sheep."

Now give me back my dog.

## POETRY

### Duck's Ditty -

by [Kenneth Grahame](#)

All along the backwater,  
Through the rushes tall,  
Ducks are a-dabbling,  
Up tails all!

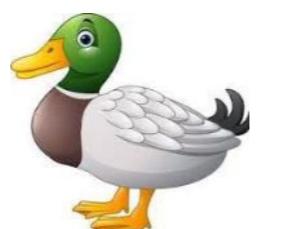
Ducks' tails, drakes' tails,  
Yellow feet a-quiver,

Yellow bills all out of sight  
Busy in the river!

Slushy green undergrowth  
Where the roach swim —  
Here we keep our larder,  
Cool and full and dim.

Every one for what he likes!  
We like to be  
Heads down, tails up,  
Dabbling free!

High in the blue above  
Swifts whirl and call —  
We are down a-dabbling  
Up tails all!



Follow the dog



# CARE NEWS FEBRUARY 2022

"Think of all the beauty still left around you and be happy"- Anne Frank



Christmas Walk in our beautiful Park

## Care Events in February

- \* Park Walk - Friday, 4<sup>th</sup> February at 8h00 for 8h30 from the Hibiscus Room
- \* Care Giver Support Group - Wednesday, 9<sup>th</sup> February at 14h00 at the Wellness Centre
- \* Knitting Circle - Fridays at 14h00 in the Wellness Centre
- \* Tea, Cake and Companionship - Wednesdays at 15h00 in Care Centre lounge.

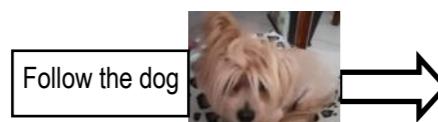
## Did you miss your Covid Vaccination Booster?

Any resident who did not receive a Covid vaccination booster in January, please note that boosters will be available to all residents who were unable to receive the vaccine, in March 2022.

The date and time will be announced and communicated to you timeously.

## CLINIC

**As from 1st February the Clinic will be open on Tuesdays and Thursdays from 8h00 to 10h00.**



## Please join me

### SITTING ON MY STOEP

Our South African world is quite crazy being full of politics and Covid with nothing in between so let's leave politics out of it and think and talk about real things and things that matter, like art and beauty – real things that you can hang on the wall and treasure.

So all my life I wanted a landscape by "Wiles", the old man W G Wiles

and it was always out of reach

either the price was too high

or our cash flow made acquisition definitely not top priority!

I saw a number of his paintings over the years which I was sorry not to buy but didn't. They still stand out in my mind's eye.

Then suddenly I saw one that fitted though complicated by being put together as a 'special'. with another artist that I didn't want. If I buy both I get a special discount. The second painting was by Sidney Carter and we already had a Sidney Carter which I had inherited from my parents. They got it as a wedding present. We had children at boarding school and university so spending money on paintings was not high on the agenda and anyway the special really didn't make sense for us but, guess what, we took the plunge, forgot about the special, used our savings and bought the Wiles. It was a real gem and a good buy from a reputable dealer so no regrets and my wish had been fulfilled.

I must add that I can't enjoy it every day anymore as it was designated to go to one of our sons in Canada so hitched a ride in a container going that way and now, beautifully cleaned, graces our eldest son's wall!

I must add that as a student I was often (mostly!) broke so when feeling down would wander down to the old docks in Cape Town to buy some slap chips at the Harbour Café and enjoy the view. I have enjoyed our paintings of the Victoria Basin and the Old Clock Tower as they bring lots of memories of the real places that calmed my soul.

Buying paintings by well-known and unknown artists has delighted us and given us much pleasure over the years. Interestingly one of our paintings that attracts the most attention in our home here in Settlers is one by a farmer's wife who decided to take an art degree part time. We spotted it in a little antique shop in Parys, it was selling for next to nothing, we both fell in love with it and with great joy we took it home. We put a light on it every evening and it makes us smile!

### Sting in the Tail

.....Back at the door

I sign the book, donate an Irish sixpence,  
Reflect the place was not worth stopping for.

Yet stop I did: in fact I often do,  
And always end much at a loss like this,  
Wondering what to look for; wondering, too,  
When churches will fall completely out of use  
What we shall turn them into.....

Some lines from "Church going" by Philip Larkin (1922 -1985)

Makes you think doesn't it? Reading the whole poem gives part of the answer – and you need to read about the man too and renew your soul by spending time at the docks when in Cape Town or on our beautiful beaches right here.

May 2022 be a wonderful year - take heart, let us all remain safe and healthy; and keep hope alive. Tony

Although residents don't own their properties it was considered a good idea to keep up to date with the work of PARRA - hope you all agree.



Port Alfred Ratepayers and Residents Association  
Post Office Box 29  
Port Alfred 6170  
December 2021

### The Port Alfred Ratepayers and Residents Association (PARRA)

PARRA has had an infusion of new blood and ideas. We plan to serve our community in a more meaningful and interactive way. PARRA has a new Webpage (<https://parra.org.za/>) and a new look Facebook Page (PARRA - Port Alfred Ratepayers' & Residents' Association) and Logo. You can also post on the WhatsApp Group - Parra water and sewage leaks with a photo and an address and the Municipal official will immediately pick up this post and send a team to investigate the leak. PARRA will also publish the different Portfolios and the person's contact details so you can freely contact these members if you have any problems pertaining any service delivery from Ndlambe Municipality in Port Alfred.

PARRA aims to work with the Municipality, Tourism and the Business Forum and help with promoting Port Alfred as the coastal town of choice. PARRA will however keep a strict oversite on budgets, the awarding of tenders and help curb wasteful expenditure. An example is the fact that numerous households do not pay their Utility Bills as they do not receive them. This needs to be audited and corrected where no bills are being sent out by the Municipality. Another example is that the Auditor General reported that Ndlambe lost 53% of the water it produces to the value of R 27.1 Million. These water losses are attributed to leaks, no meters, and incorrect readings. Unauthorised expenditure amounted to R58.8Million. PARRA are hoping to tighten up on the wasteful and unnecessary expenditure like catering, casuals and overtime.

PARRA encourages all residents and ratepayers to join them and hold the Municipality to account where it's not performing and to commend it where it is performing.

PARRA Chairperson  
David van Wyk

**Answers To Quiz:** on page 19

1. Boxing.
2. Niagara Falls. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb.
4. Strawberry.
5. It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle. What about 'dwang' = a short piece of wood etc...
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.



## The question most elderly folk don't want to hear "Don't you think it's time to stop driving?"

As people age, their general health, fitness, eyesight, hearing, reaction time and physical mobility deteriorate. Crash risk increases in drivers over 70.

Signs that it may be time to consider hanging up the car keys include:

- Do other drivers often hoot at you?
- Do other cars and people walking appear out of nowhere?
- Have you had some accidents, even if only "fender benders"?
- Do you often get distracted while driving?
- Have family and friends said they are worried about your driving?
- Do you have trouble staying in your lane?
- Do you have trouble moving your foot between the accelerator and brake pedals, or sometimes confuse the two?



If you answered "yes" to any of these questions, it may be time to talk to your doctor or a health professional about driving.

For residents who make the difficult decision to give up driving, there are various services available such as our Bus, Leach Pharmacy, Spar and Pick 'n Pay deliveries.

For those who are still driving, here are some driving tips to keep you safe:

- Only drive to places that are easy to get to
- Avoid risky spots like right turns
- Limit how much you drive at night
- Don't drive when you are stressed, tired or feeling unwell
- Wear your glasses and/or hearing aid, if you use them
- Avoid distractions such as listening to the radio, or chatting
- If someone follows you too closely, slow down and pull over if needed to let that person pass you

Giving up driving may be more than losing your car. It involves loss of independence, status, identity and self esteem. For a man, in particular, his car may be associated with his masculinity.

Making the decision to give up driving **yourself** allows you to take back control of this potentially life-changing situation.

# Grey Matters

## Covid update:

Despite the level one lockdown which the country is at, Settlers Park experienced the 4<sup>th</sup> wave with some severity. At the onset, 19 cases were recorded in the space of three weeks.

To date the tally is at 17 Residents, 4 staff and 2 relief carers.

Fortunately, we have not had any fatalities due to Covid during this period. We trust the vaccinations have had a positive effect in ensuring infections are manageable.

Nonetheless we were obliged to implement our own measures to curb a potential Covid outbreak by imposing restrictions, especially to large gatherings which pose a “super spreader” threat.

We believe we have once again passed the peak at Settlers and therefore feel comfortable in lifting the “ban” on all gatherings and recreational activities in the park. Look out for the detail in a S-Parks.

## Handbook:

As time goes by many of the rules and regulations as stipulated in the “Handbook” seem to fade away and are either ignored or find their own interpretation amongst some of our Residents.

It is essential for good communal order to ensure that we adhere to these guidelines which in fact, are and have been, the wishes of the Residents.

Dust off the file, read through it and check whether you are supporting it or perhaps overstepping some boundaries. This may be a point for discussion at the next Residents meeting.

## New Residents:

As we move through the eye of the “Covid storm” we may have opportunity to once again have “meet & greet” with new residents.

In the meanwhile, please inform the Facilities Department of repair issues by either sending an email to [jobcards@settlerspark.co.za](mailto:jobcards@settlerspark.co.za) or via our intranet ([www.sprv.co.za](http://www.sprv.co.za)).

## Booster Vacs:

Trustfully most residents welcomed the opportunity to receive booster vacs right on their doorstep, and some even at their homes.

As always, our Care and Admin staff went over and beyond the average to provide an event which was well organised and efficient.

Well done to Sr Erica, Irene and their teams!

## Screening:

We have discarded the paper Covid screening form at the gate because its simply no longer required by Law.

We will continue to scan. We will also continue to screen and take temps at all venues and gatherings. The convenors will be responsible for ensuring that this protocol is adhered to.

## Motorists

We have had a few mishaps with residents and their vehicles in the park which is a cause for concern.

Some residents are continuing to drive a motor vehicle whilst not capable of always ensuring

## BIRD OF THE MONTH

We are sorry to miss Lynn’s wonderfully informative Bird of the Month column. She is not well and we wish her a speedy, and full recovery



## MySchool MyVillage MyPlanet

Settlers Park is now a beneficiary of the

### MySchool MyVillage MyPlanet Card.

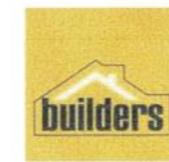
Simply get a free card, swipe it when shopping at our retail partners, in-store or online, and our retail partners will give a percentage of your spend back to the cause of your choice. It's that easy and won't cost you a cent!

We can now get money back for shopping at the partners shown below. The secret is to swipe your card every time you shop. Family and friends all over South Africa can take part just by adding Settlers Park Retirement Village as a beneficiary if they have already a my School, My Village or My Planet Card.

Please fill in the necessary form to get your card or change the beneficiary on your existing card.

For any enquiries please contact Elaine on 082 696 6302.

Elaine can help you fill in the form and/or collect your form at your cottage.



# ADVERTS



**ROLF'S TV SERVICES**  
for all your T.V or DSTV needs  
**We also do T.V Repairs**

Call Rolf on:  
**079 763 1755**

DSHV open view

**available after hours**



**PARBHOO**  
**PHYSIOTHERAPY**

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

Present this card  
or  
call for your 

**FREE**  
**FALL RISK ASSESSMENT**



**TRUST COTTAGES**

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

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

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



control of the vehicle. We fear the repercussions to Management and the Board when such a mishap leads to a serious injury or fatality of either a fellow resident or staff member.

We wish to urge residents to take the responsibility to rather refrain from driving and consider alternative methods of transport of which there are various. In the event of continued incidents, we will be obliged to take steps to protect the Park.

#### Nuisance animals:

Nature and its wonderful animals are designed to look after themselves. It is us Humans who tend to disturb this balanced equilibrium by believing we should feed the animals.

We then find ourselves in a predicament as these wild animals now become dependent on us for their care. Hence the geese and other birds that gather and wait to be fed. Feral cats that congregate and beg for their daily meal. The local geese population has outgrown its current "habitat" but stick around because they are being fed and there is nothing that scares them away.

**We need to stop feeding these animals**, otherwise face an unmanageable explosion of geese and Feral Populus. None of these are an attraction to potential new residents wishing to invest in our beautiful Park.

#### POPIA (Protection of Personal Information Act):

This Act, whilst very valid and necessary, is causing difficulties and challenges with regard to the gathering and display of resident's information.

Even more frustrating is the taking of photographs at public events. We are obliged to acquire the personal permission of each person attending where the face of such is discernible.

With the latest Carols by Candlelight, we could not post any of the wonderful pictures capturing the residents enjoying the event. How sad as that would have meant so much more in promoting the Park to the world.

We have thus included a form which would provide us with the permission to post photos of you on our social media platforms and website. The form will allow for clear indication from those who do not wish to allow this. Thank you for your cooperation in this regard.

**Thank you for your continued support.**

**Keep adhering to the covid precautionary measures, stay safe and have a blessed 2022.**

Derek



#### WARDEN'S NEWS from Ed Hoseck

**WALK SAFELY** These tips are aimed at the coming months as the days get shorter.

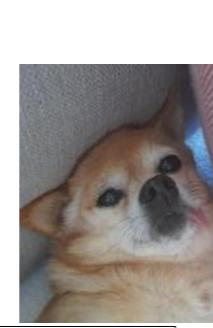
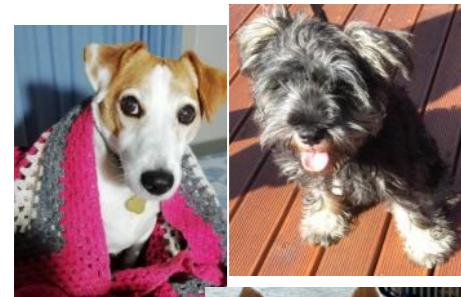
##### **Do**

- ◊ Wear light coloured clothing to be more visible to traffic.
- ◊ Use a suitable walking stick (Correct height is very important).
- ◊ Keep dogs on leads & be aware of traffic. (Smaller dark dogs are difficult to see at dusk.)

##### **Don't**

- ♦ Don't talk on Cell phone while walking – move to the side of the road away from traffic.
- ♦ When walking after dark do not walk alone in poorly lit areas because, should you fall, nobody would see you if you are incapacitated.

**LET US KEEP THE PARK SAFE**



## Dog Walk Fundraiser

Join us for a morning of entertainment walking your dog from the Hibiscus Room to Glen's Den.

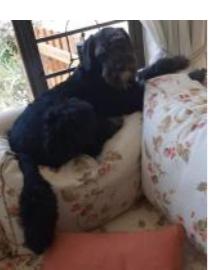
There will be a few fun events on the grass at Glen's Den with some spot prizes eg best dressed dog and owner!

The entrance fee will be a donation.

When: 25 February 2022

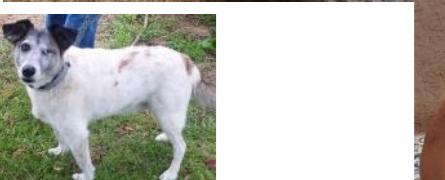
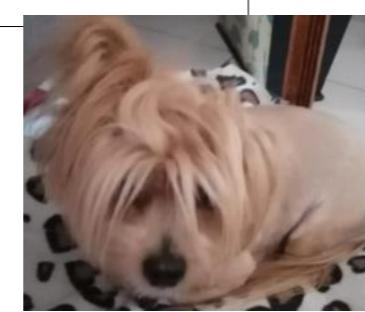
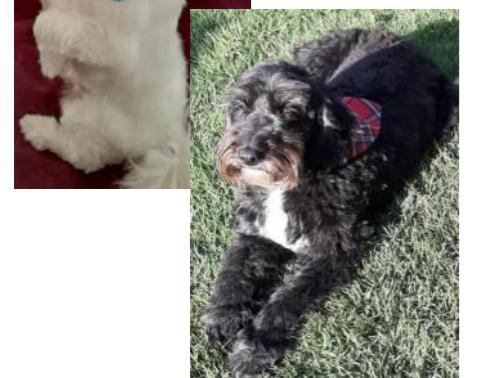
Time: Registration at 08:30

Tea and scones will be on sale at Glen's Den from 10h00.



Come and enjoy the fun with or without a dog

**See you there!**



## Trust report for December 2021

Unfortunately Richard is indisposed but here is the performance of the Trust for the month of December 2021

**Income** R24 464.16

Donations	4 380.90
Shop	5 187.24
Cottages	4 356.91
Interest	10 539.11

R17 169.85

15 Residents

**Expenses**

Assistance to Residents	16 885.85
Bank charges	284.00

R 7 294.31

## Excess of expenditure over income

### DONATIONS

Anonymous	2 000.00
J Coster	80.00
Border's Anniversary	950.00
Golden Girls	1 200.90
Aqua Aerobics	150.00

**Total**

R 4 380.90

Richard always likes to acknowledge all those who have spent time working towards achieving the figures above (you know who you are) and so ably put together by Irene Brans. Thank you. As Richard would say - **you are very special indeed.**

Please continue to support the Trust Shop and Guest Cottages. Visit the Trust Shop for all your needs and book your loved ones into the Guest Cottages for their stay in Port Alfred.

We all wish Richard a full and speedy recovery.

**This is a quiz for people who know everything!**

**These are not trick questions. They are straight questions with straight answers.**

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.

2. What famous North American landmark is constantly moving backward?

3 Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?

4. What fruit has its seeds on the outside?

5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?

6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.

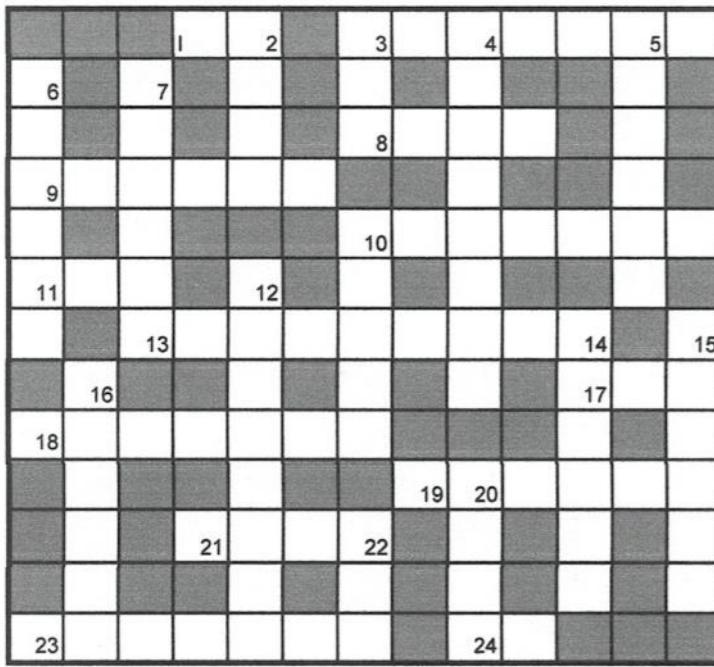
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?

8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

Find the answers on page 22

## CROSSWORD NO.80.



### CLUES ACROSS

- 1 Expression of disgust. (2)
- 3 British soldier during the Boer War. (7)
- 8 Famous British School. (4)
- 9 To gratify wishes. (6)
- 10 The appearance of the natural surroundings. (7)
- 11 Book title: Author - Haggard.(3)
- 13 One that receives, or is receptive. (9)
- 17 In what manner or way. (3)
- 18 Responded to a question. (7)
- 19 A 3-ring circus has one. (3,3)
- 21 Empty of matter. (4)
- 23 Hirsute in a masculine way. (7)
- 24 Negative response. (2)

### DOWN.

- 2 Slang for a medal. (4)
- 3 Regret. (3)
- 4 A milometer. (8)
- 5 To urge. (6)
- 6 Follower of Mao Tse-Tung. (6)
- 7 A device to remove suspended matter. (6)
- 10 Pleasing to the mind. (5)
- 12 A disturbed person with mood swings. (5)
- 14 Plant stalks used for roofing. (6)
- 15 Tissue format. (3,3)
- 16 Small, slender and trim. (6)
- 20 An image. (4)
- 22 A short father. (3)

Unfortunately Richard McGhie, who so loyally provides the crosswords every month made a couple of errors in Crossword 79.

Apologies

### LUCKY WINNERS

Peggy Southey

please will you accept the Frozen Meal for Two. Juan had the only correct answer.

Nola Rathbone and Joy Williams

each get a Quiche for Two for their entry in Crossword #79.

WELL DONE!

### Solution to crossword no.78

- Across**
- 1. Whip 7. Romanians 8. Nit
  - 9. Exceptions 11. Oer 13. Yard 14. Empty
  - 16. Each 19. Any 20. Surprising 23. Gar
  - 26. Bowstring 27. Psst
- Down**
- 1. Win 2. Intern 3. Lo 4. Bart
  - 5. Dipody 6. Ash 7. Recede 10. Pompeii
  - 11. Offer 12. Shady 15. Yawing 17. Harass
  - 18. Haggis 21. Rare 22. Abe 24. Rat

### Solution to crossword no 79

- Across**
- 3. Learner 7. Amble 8. Ant 10. Keen
  - 11. Ginsling 13. Entomb 14. Finger
  - 15. Sweaty 17. Border 21. Guardian
  - 24. Gnat 26. Rot 27. Anear 28. Exclaim
- Down**
- 1. Cackle 2. Absent 3. Lea
  - 4. Alias 5. Nabs 6. Raki 9. Tiger 12. Omit
  - 15. Iron 16. Sugar 18. Danger 10. Retort
  - 20. Sabra 22. Ante 23. Disc 25. Jam

## Q&A

### 1. There seem to be quite a number of workmen and or contractors roaming around the Park and residents are not sure what their purpose is

- A. There are a number of contractors in the Park at this stage, as we have quite a number of projects running.

There is work being done at cottages that were recently sold, by different contractors, due to a variety of skills required. All of these contractors are vetted by the Facilities Manager according to OHSACT requirements. The Gate Guards ensure that these workers are scanned before entry each day.

We are contemplating the issue of contractors ID cards for all these service providers.

### 2. The staff workwear is also not consistent and the dress code is therefore questioned.

- A. We provide sufficient PPE (protective clothing) to facilities staff, and uniforms and PPEs to the Care Centre staff annually.

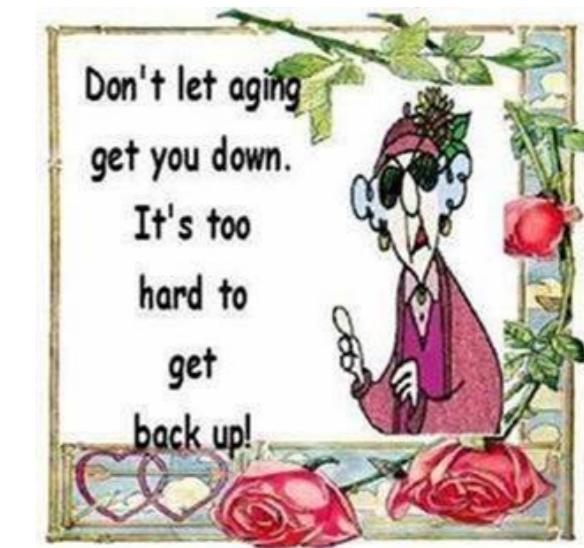
Some of the staff remove their blue overall top due to excessive heat and reveal their working T-shirts which in some cases are undesirable.

It is however understandable that a new T-shirt will not hold up very long in this type of working environment, hence the workers preference of using old T-shirts. We are looking into alternatives, but also especially an ID card which would clearly state their affiliation.

### 3. Are the new water meters in use yet.

- A. The water meters were installed in order to check the correctness of the water supply from Ndlambe and of course track our bulk usage.

We are in process of utilising technology to assist with the effective reading and recording of the meters as the current method is time consuming and in some cases challenging due to the water lines positioning.





## TWELVE TONNES OF CHOCOLATE

At Christmas time we indulge ourselves with delicious chocolates that are so tempting. Throughout the year we motorists pass huge trucks out on the road. Not so often, a heavy truck may pull in to the same layby where we are taking a tea break. This happened to us near Middelburg (Cape).

We were soon chatting to the driver. Curiosity led us to enquire what he was transporting and where he was headed. He (let's call him Robert) freely answered our questions and shared some of his work experiences. This day began earlier in the morning at a Port Elizabeth chocolate factory. His stop was for a routine check of the temperature in the refrigerated trailer. He was en route to Windhoek in Namibia, which he would reach the next day, to deliver the load consisting of twelve tonnes of chocolate products.

Another question: What next for him? His return trip from Windhoek involved continuing through Namibia via Gobabis, through Botswana to Mafeking to load 35 tonnes of frozen beef. After delivery in Johannesburg it was back to Port Elizabeth for the next load of chocolate products, and start the whole cycle again. He explained that each load required specific temperature checks. It was interesting to listen to Robert describe how driving skills had to be adapted for types of cargo. The chocolate load he classified as a 'light load' (meaning it was easy to drive) while the beef load would be a 'big load' demanding different driving skills.

Robert is fortunate in that his entire circular route is driven on good tarred roads. After repeating the circular route for three weeks, he has a week off at home with his family. He was proud of the fact that in the fifteen years he had worked for the same employer he had maintained an excellent safety record with no accidents or serious mishaps either to himself or 'his' trucks.

He also explained that his employer allocates a truck to a driver for 500 000 km, after which it is replaced with a brand new rig for the next 500 000 km for his sole use and care. For ease of customs control and border formalities the company also dedicated drivers and their truck to specific routes to make border crossing as uncomplicated as possible.

On another trip we had stopped at a layby half way up Van Rhyns Pass on Route N7 to take in the spectacular view of the Cape west coast from the top. This pass is one of Thomas Bain's road and pass building masterpieces. We watched a heavily laden flat-bed and trailer crawling up the winding 6km pass at a snail's pace. The driver had engaged the lowest gear in order to manoeuvre his rig around the hairpin bends and up steep gradients. Destination? Possibly a mine in Namibia?

We motorists driving sedans don't often appreciate what skill is needed to handle these huge rigs. We sometimes pass a big truck overturned or in serious trouble. Our two steep hills through Port Alfred on Route R72 are notorious crash sites. The photo in a recent Talk of the Town newspaper shows such an incident near the Victoria Hotel. The driver allegedly 'lost control' of his rig. It narrowly missed a house but destroyed a tree. The cab was seriously damaged and the driver badly shaken. Most long distance drivers reach their destinations safely but the cowboys give cause for concern. Thank you to all the Roberts who keep the economy going and food on our tables.

John Forster



**Marygold Harman** had no less than TWO wonderful parties to celebrate her 90th birthday.  
One in East London and one in the Hibiscus Room.



At last it was possible to hold a Tea Party to welcome Newcomers to the Park.  
After Ron Quin (chairlady of the Social & Events Committee) talked about the Park it was time to enjoy the delicious tea on offer



Enjoying the Christmas Park Walk



## MORE NOTICES & NEWS

Don't forget the next Park Walk on 4 February



The Gremlins and Christmas Elves were hard at work in the December/January Edition of Silver Threads for which we apologise most sincerely.

We missed two birthdays

Adriana Daalhuizen-kroon  
and

Marygold Harman

It was a milestone birthday for Marygold - 90 - many congratulations!

Turn to page 16 to enjoy pictures of her parties.

### LIBRARY VISITS:

Residents are please reminded **NOT** to visit the Library on Mondays because they are reserved for our Association Members.

Many thanks

Helen Thompson



Thank you for spoiling us:

Sincere and grateful thanks to Residents and Association Members who spoilt us in December with chocolates, biscuits, savoury snacks, sweets, cash (to buy more goodies) and fudge to die for.

The Library Ladies

We have terrapins in the Pond but what about a tortoise or two?

A brilliant suggestion has been made that we add to the wild life in the Park by introducing a tortoise - or two.

Anyone know if that would be a good idea and, if so, where we can get a tortoise?

Call Tricia on 269



### **SETTLERS PARK TRUST 100 CLUB**

The above, for those who are new to us here in the Park, is a service to the Trust. It costs those wishing to participate R120 a year for a dedicated number (allocated not selected) which goes into a tin. Four times a year there is a lucky draw. The 1st prize is R1000, 2nd R500, and 3rd R250.

We put aside the winner amounts for the year and the balance goes to Richard Henshall, or deputy, for the Trust.

Last year we collected almost R8000 for the Trust - given to the Trust prior to the first draw in 2021.

The Trust where possible assists those Residents needing support. Richard Henshall, as the Trust Chairman, and a selected committee, allocate help where needs be.

**Should you be interested in participating please call**

**Maude Coghlan on 340 for surnames A- L and**

**Marge Judge on 470 for surnames M -Z**

**by 15 February**

as the first draw is due on 18 February - then 20 May, 19 August and 18 November

Thank you for your support

Maude Coghlan and Marge Judge



Trevor Collett's family provided a scrumptious lunch for Trevor's Settlers Park friends under the tree outside Glen's Den.

A fitting 'goodbye'. Thank you

## **NOTICES & NEWS**



### **AQUA AEROBICS**

Come and join in the fun at the pool exercising, improving and toning our tired bodies. Its greatly beneficial to all.

We have two classes twice a week

Tuesdays and Thursdays

9.30 - 10.00 and 10.30 - 11.00

Good music and loads of fun.

A donation of R50 per month all goes to the Trust or to offset expenses.

Phone Ron Quin on 422

PS the pool is heated!

### **CALLING THE "BLANKET BRIGADE"**

I will be collecting blankets for Hospice on behalf of Hillary whilst she is indisposed.

Unfortunately I don't know who knits, crochets or joins strips for Hillary so please feel free to contact me on Ext 444 or call at cottage 198.

Thanks.

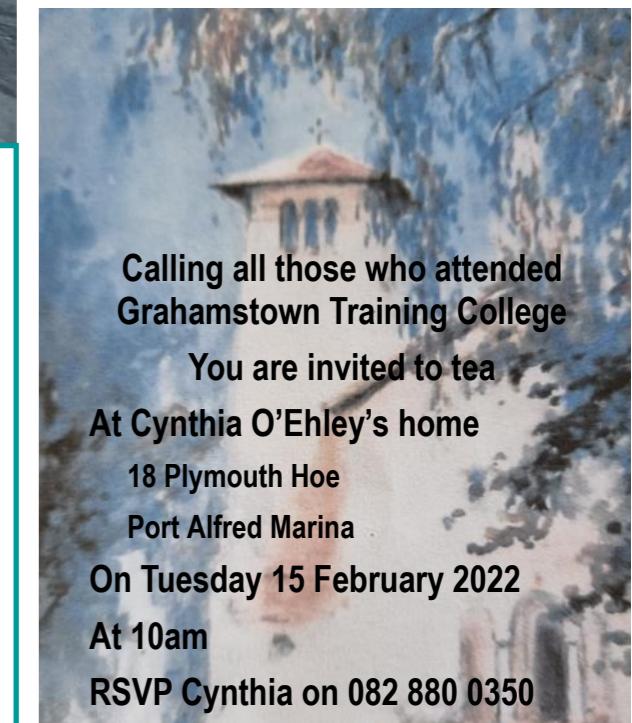
Trish Mitchell

### Glen's Den

#### February 2022

**Every Wednesday** - Glen's Den will be opening the pub at 5 o'clock. Come and sit under the lovely shady trees and enjoy a drink while catching up on all the news from other residents.

**Every Saturday** - A meal will be served or steak night or bring and braai will be held. Watch out for a SMS letting you know what is happening.



Calling all those who attended Grahamstown Training College

You are invited to tea

At Cynthia O'Ehley's home

18 Plymouth Hoe

Port Alfred Marina

On Tuesday 15 February 2022

At 10am

RSVP Cynthia on 082 880 0350

