

What's Up

The Rosedale Newsletter

April 2019

NEW RESIDENT'S COMMITTEE

The following make up the residents' committee for the ensuing two-year term:

- Rosedale: Peter Horsburgh & Ed Wittert
- New Rosedale: John Moulder & Tim Reilly
- Cottages and Pillans Place: Glen Villet

with Lionel Stuurman representing the staff. We now also have **Sharon Kings** on board. Congratulations, first of all, and secondly, thanks for making yourselves available to act on our behalf. Contact details at the end of this newsletter.

Let's begin with a write-up about clinic sister Sharon whom we all know and love so well, then Lionel, which will be followed by Tim and Ed (Peter, John and Glen were featured in the June newsletter when this forum was established in 2017):

The residents' committee calls for an outside participant to serve and we are indeed fortunate to have none other than Sister Sharon Kings to fulfil this role. Her nomination was widely applauded and enthusiastically accepted and we have the security of knowing she will bring her

many years of experience to the proverbial table.

But more about this hard-working and dedicated member of the medical fraternity: Sharon trained at the then HF Verwoerd Hospital (now Pretoria General) where she practiced as a clinic nursing sister. Her career path took her briefly to the Provincial Hospital in Port Elizabeth and then to the Western Cape where she walked the medical wards of Vincent Palotti. A switch in direction saw Sharon take up the position of occupational health practitioner administering and delivering to industries such as Dunlop Tyre (Durban), Bonwit Clothing Factory in Salt River and Johnson & Johnson, moving between Cape Town and East London.

The life of a nursing sister is hectic, to say the least, but Sharon still found time to pursue her love of sports in all forms, participating in no less than 13 Cape Argus Cycle Races. Now her time is committed to the needs of her elderly Mom as well as shopping for the partially-blind residents at Helen Keller.

A familiar face around the corridors of Rosedale, with stethoscope at the ready and that ever-present smile, Sharon brings a fresh and external slant to the forum; "I hope that I have something constructive to offer," she says, "as I have a very soft spot for the residents here" – and we for her.

Want your kitchen sink unplugged? Need a change of light bulb? **Lionel Stuurman** is one of a team only too willing to help. He's been on the staff for 5 years, having come from a varied but interesting background: local government service, chauffeur-driving bigwigs around the city, including Archbishop Thabo Makgoba, Jonathan Butler and Josh Groban no less! But I guess he got it wrong, thinking he was headed for the moon when he drove Mark Shuttleworth and found himself instead at Cape Town International Airport! Dad Solomon taught him much by way of carpentry and handyman skills, all of which he brought to Rosedale where colleague



Love the tie, Lionel! Donned specially for the photo-shoot.

and personal friend Brian Barbier mentored him in the ways here. "Now, sometimes I have to remind Brian how it could be done," quips Lionel.

On a personal level, Lionel has a daughter aged 17 and a son of 9, both still at school. He follows Manchester United avidly ("Once played in the national 1st division for Trinitarians Foot Ball Club" and, again, superb name-dropping, "I once played opposite Benni McCarthy"). He was opening batsman for Elsie's River Cricket Club and today supports the Cape Cobras. "West Indies is my team", he says and I was delighted to learn that Lionel is a five-day Test supporter ("None of this one-day stuff for me"). He's a bit of a music aficionado, his genre being Gospel and jazz.

Very much a team player, Lionel fits in well in the ethos of Rosedale and has brought his individual style of resolution to the Residents' Committee table. "I like to listen and then react," he explains - and we have no doubt that his deep Pentecostal faith helps him enormously in achieving this aim. I understand from colleagues that he was a very popular choice to be the staff's representative. Best wishes for a second term.



Sharon Kings

FUNCTIONS AND EVENTS

In August 2018 we had fun and games with the Grade 7 learners at **Forres Preparatory School** – all due to Del Davies who reads to them every Tuesday. On **Friday 26 April** they will once again bring their Monopoly boards, their playing cards and other games to us. Come along at 09:00 and join in the challenge with tea/coffee and munchies afterwards.

Poppy Day is a major event in the calendar of the SA Legion, a day on which volunteers stand for hours in all kinds of weather rattling a tin to attract donations and last year's contributions amounted to R105 000, none of which

would have been possible without the determination, the tenacity of those who collected. Their efforts were rewarded at a function to say **thanks** that was held in the Wreck Room on **Thursday 28 March** when SA Legion exco chair Ray Nesselth handed out certificates.

It is always dangerous to name individuals, but there are a couple that stand out: first, there's Jean Todd (below left) who, in her quiet and amiable way, sat for hours affixing something of the order of twelve thousand pins to the poppies themselves. Then I must mention Hannah Latham (middle) from Springfield Convent Primary School, the youngest

volunteer to date. How gratifying it is to see someone of her age recognise the need to become involved in community activities. We're very proud of her. I must also mention the Royal Oak Pub, Marine Circle in Table View who, all year round, inveigle/solicit the small change from their patrons and at regular quiz evenings, managing to raise nearly 10% of the total Poppy Day takings for the year. The Royal Oaks Pub was represented by Colin Calmeyer (right).

To each volunteer, to every contributor the Legion says a very sincere "Thank you. We simply can't do it without your help".



The backbone of Poppy Day, Pamela Poole (left) and Tess Bracale keep the drinks flowing.

Lynne Hele, Meg Napier and Anne Huddy.

Not quite the hordes we expected at the inaugural meeting of **Rosedale Toastmasters Club on Tuesday 9 April**, nevertheless a very enthusiastic bunch. Yes, it is now an official Seniors' Club, the first of its kind in the Western Cape, and only one of 10 in the country! Those interested parties who did attend, learned this wonderful news: Through the Garmeson Trust our affiliate membership – which, for 20 members - at the current \$:R exchange rate is R20 000 – is now covered, and all we will need to fork out is R20,00 per person, per monthly session to cover the cost of refreshments and printing costs. A bargain if ever I've been offered one! But there's a caveat: we need a minimum of 20 signees to make this happen. With last night's attendance, we fall short by a handful, so please sign up – Ed has the forms – and become part of this exciting new venture.

Jason Sandler and his mentoring team comprising Deidre Pluke, Evadne Kortje, Mavis and Mike

Fawcett will guide newly appointed President, Ed Wittert, for as long as it takes to get this club well and truly established.

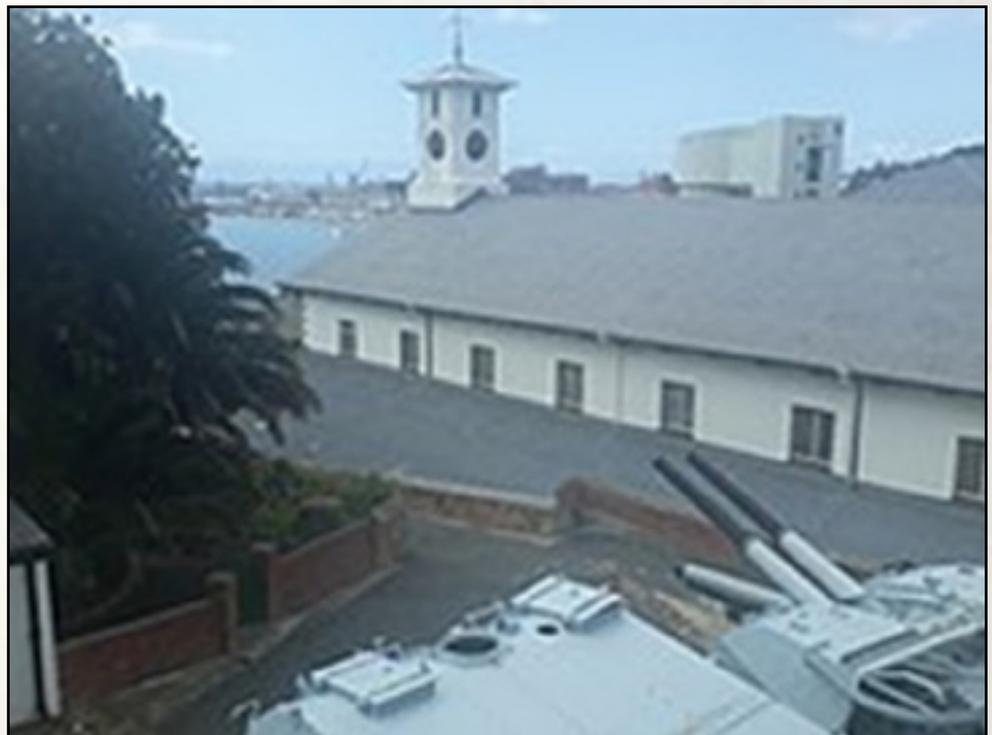
The proceedings on Tuesday took us through the process of how a meeting is conducted, with Walden Davis working with Mavis on the timekeeping aspect, Sheila Sainsbury and Attie Basson working on the pattern of evaluation, and followed by Evadne. Sue Gow, John Moulder and Lucille Byrnes were given a topic on which to talk, (unprepared) for 2 minutes, the applause each received being most heartening.

The date of future meetings is still being discussed and will be conveyed to readers asap – watch the noticeboard! Jason urges us to sign up as soon as possible in order to have full Charter Club status – and to those of you who already have: well done!



Back Row: Mike Fawcett, Sheila Sainsbury, Walden Davis, Attie Basson. Front Row: Evadne Kortje, Ed Wittert, Mavis Fawcett and Jason Sandler (wielding the gavel!)

If reports are anything to go by, you're in for a treat when you visit the **SA Naval Museum in Simon's Town dockyard on Thursday 25 April**. The artefacts on display include ship and submarine models, mine-sweeping equipment, a life-size, fully-equipped control room, not to mention a plethora of portraits including all 9 of the previous Chiefs of the SA Navy. The bus leaves Rosedale at 09:30, returning round about 17:00. By now you should have handed your name and money into Del Davies – contact details 021-6858482 / 083 658 1018 or deldavies35@gmail.com The R110,00 covers the cost of the coach trip/ gratuities for the coach driver/waitrons. Lunch is at the Simon's Town Golf Club (2 meats, 2 veg + roast potatoes and rice, malva pudding, tea or coffee for R70,00 – anything else for your own account). You can opt for a lighter lunch if you wish and, if you choose to dine from their impressive buffet, you must advise Del when you book.



Dockyard and Magazine and Storehouse.

THINKING OF YOU Whether it is in celebratory style (birthdays and anniversaries) or maybe you've been poorly (sick or even hospitalised), perhaps there's some consolation in knowing that you're very much in our thoughts.

WELCOME to Neil and Fiona Rusling who moved into 412R on 1 April. We wish you a long and happy stay.

Easter is an annual [Christian celebration](#) to remember the crucifixion and resurrection of [Jesus Christ](#). This year there will be a slight shift in emphasis – this time on the day of Christ's Resurrection – **on Sunday 21 April** and we will mark the occasion with a special Service, conducted by **Bishop Frank Retief**, in the lounge/dining-room 09:00 for 09:30.

Residents are encouraged to invite family and friends to join in this morning of celebration after which tea/coffee, hot cross buns and Easter eggs will be served. An honesty jar will be put out.

We have another fine **play-reading**, JB Priestly's *When We Are Married*, directed by Ralph Kelly, to look forward to in the Wreck Room on **Saturday 24 May** 18:00 for 18:30. The cast comprises Gerald Forbes, a young chapel organist (Walden Davis), Alderman Joseph Helliwell (Ralph Kel-

ly), his wife, Maria (Sue Gow), Councillor Albert Parker (John Moulder) and his wife Anne (Wendy Perkins), Herbert (Ed Wittert) and Clara (Beryl Lategan) Soppit, Mrs Northrop (An Daykin), the Helliwell's housekeeper, and Lottie Grady (Anne Greeff).

The narrator is Glen Villett. It takes place at a party to celebrate the silver wedding anniversary of 3 couples who were all married in the same chapel on the same morning 25 years before. The performance lasts for just over an hour (no interval) after which the bar will be open and you are invited to stay on for drinks, tea/coffee and sweet nibbles for which an honesty jar will be in place.

The **Cape Welsh Choir** will be putting on a grand show at Rosedale on **Friday 10 May** to raise funds for **Admiral Halifax Shellhole**.

The attached poster says it all. Now it remains for you to book your place and

pay your dues.

The publishing date of this newsletter often means no prior 'warning' of events to come. However, albeit a tad far in advance so please do apologise, I am able to give you the date of the **Social Dance** to be held on **Friday 17 May**, the cost of which is R15 pp.

Bring your own XYZ and enquiries to Carmen on 021-6857054 / 079 191 7371. The incoming RSC committee will need to ratify any dates for the remainder of the year which, all being well, I will publish in July.

The **Rosedale Service Centre Annual General Meeting** will take place on **Wednesday 10 July** 2019. Please note: the starting time is **17:30** and NOT 16:00 as appeared in the March issue of What's Up.

CHITTER CHATTER

The **kiosk** in the foyer on the ground floor of Rosedale is run by volunteers. It is open Mondays, Wednesday and Fridays from 10:30 to 11:30 where residents can purchase non-refrigerated items such as teabags, coffee, sugar, long-life milk, sweets/ crisps and toilet paper.

The mark-up on these items is minimal, but still this outlet was able to contribute substantially to the refurbishing of the lounge/dining-room (upholstery R3 676,50 and picture-framing R1 495,00) leaving a net profit of R793,57. Not too shabby, eh? So, thanks indeed to these hard-working individuals who make our

lives a bit easier by catering to our immediate needs. And don't forget, folks, this is not a financial institution: the kiosk operates with a float of ± R100,00 so, when making purchases, please tender the correct – or as near as possible – amount requested.

DAYS OF OUR LIVES

Some background to the tradition of celebrating **Easter** – much of what appears here is from Wikipedia: The New Testament tells us of Jesus' betrayal by Judas which resulted in His crucifixion and ultimate resurrection.

So, you may well ask: what does the story of the execution of the 'Son of God' by Roman soldiers 2000 years ago have to do with chocolate eggs and magic rabbits?

"Christians worldwide relive these events every year with masses, services and processions, the Passion of Jesus having been immortalised in devotional art and music for centuries. It all begins with Lent on Ash Wednesday (46 days before Easter Sunday), takes in Ascension Day (39 days later) and ends with Pentecost or Whitsun (10 days after that), the last date honouring the Holy Spirit.

"As we know, during Lent believers and worshippers practice self-denial by refraining from luxuries for 40 days (excluding Sundays) in the run-up to Easter Sunday, a deprivation intended as

a daily reminder of Christ's far greater sacrifice. The period is celebrated with cakes, hot cross buns and chocolate eggs, treats representing the crucifixion and rebirth, while lilies decorate church chancels to evoke resurrection.

These symbols - and Easter's timing close to the onset of spring - tie it to the [Jewish Passover](#), as does the etymology of the word "Easter", which is derived from "Eastre" the Germanic Old English translation of 'Passover'.

"The Easter Bunny and the associated egg hunt obviously played no part in the Passion and originates instead from German Lutheran traditions as an amusement for children. Loosely aligned with the [Virgin Mary](#) as a symbol of miraculous fertility, the 'Easter Hare' was originally envisioned in 17th century folklore as being akin to [Father Christmas](#), judging children on their behaviour and deciding whether they deserved seasonal confections or not." (I covered the tradition of eating hot cross buns in the April newsletter last year.)

Every **April 23** (although it does change, depending when Easter falls) **St George's Day** is celebrated. However, I've not been able to establish how a man, born in Turkey, who fought in the Roman army and slew a dragon in Libya, died in Palestine, got to be canonised by Pope Gelasius 1 in England in 494. Anyone help me?

A Christian, he was made patron saint of England – in fact, he never set foot on English soil - in the 14th century, his most significant deed being that of slaying the mythical creature, Ascalon, who wrought havoc on the town of Silene. And blow me down, I read that he's also the patron saint of Aragon, Catalonia, Ethiopia, Georgia, Greece, Lithuania, Palestine, Portugal, and Russia.

While on the subject of **Patron Saints**, there are quite a few of them out there. Some of them are fairly well known.

For instance most of us will know that St Patrick is the patron saint of Ireland and that St Andrew is the patron saint of

Scotland. Many of us also know that St Christopher is the patron saint of travellers.

But did you know that St Patrick is one of three Patron Saints of Ireland? The other two are St Columba and St Brigid of Kildare.

Likewise, St Andrew is one of three Scottish patron saints. The others are St Margaret of Scotland and St Columba (the same one as Ireland).

And while St Christopher is the patron saint of travellers, he is also the patron saint of bookbinders, gardeners, mariners, drivers, surfers, athletes, and pilots. He is not, however, the patron saint of motorcyclists. That would be St Columbanus.

In fact there are no fewer than 314 patron saints. Every continent, country, place, occupation, ailment, illness, and danger has a patron saint to call its own.

France and Germany each have ten patron saints. Russia and the Czech Republic are not far behind, with each having nine patron saints.

Did you know that St Martin of Tours is the patron saint of South Africa?

Saint Nicholas, commonly associated with Santa Claus, is said to have aided the poor father of three marriageable girls who could not afford their dowries. To save them from a life of prostitution (a common fate for unmarried women in third-century Asia Minor), he dropped three sacks of gold down their father's chimney late one night. (Sound like another St. Nick we know?) Thus, he is known as the patron saint of prostitutes.

While there is currently no patron saint of the Internet, St Isidore of Seville, who reputedly wrote the first encyclopedia, is in hot contention for the position.

Here are a few patron saints that you may not know about:

- St Zita – domestic servants, waiters.
- St John the Evangelist – editors, authors, art dealers, tanners, and theologians.
- St Anthony - the elderly.
- St Francis of Assisi – ecologists, merchants, animal welfare, and rights workers.
- St Cecilia – musicians.
- St Bede – historians and English writers.
- St Anthony of Padua – those seeking lost items or people, nomadic travellers, brush makers, women seeking a husband.
- St Pantaleon – doctors, midwives, physicians.
- St Michael the Archangel – soldiers, paramedics, paratroopers, police officers, security officers.
- St Maurice – infantrymen.
- St Dymphna – mental health profes-

sionals, psychiatrists, therapists.

- St Amand – bartenders, brewers, innkeepers, merchants, vine growers, vintners.
- St Vitus – comedians, dancers.
- St Madeleine Sophie Barat – school girls.
- St Philip – Special Forces, pastry chefs.
- St Joan of Arc – soldiers.
- St Verena – lighthouse keepers.
- St Lidwina – ice skaters.
- St Martha – dieticians, cooks.
- St Drogo - coffee and coffee houses.
- St Matthias- alcoholics.

Then one that intrigues me no end is International DNA Day, celebrated on April 25, and to mark the occasion I am going to share these lines with you, courtesy of Stephen Leibbrandt (where do you dig these up from?):

Many, many years ago when I was twenty-three
I got married to a widow who was pretty as can be.

This widow had a grown-up daughter who had hair of red
My father fell in love with her and soon the two were wed.

This made my dad my son-in-law and changed my very life
My daughter was my mother for she was my father's wife.

To complicate the matters worse - although it brought me joy -
I soon became the father of a bouncing baby boy.

My little brother then became a brother-in-law to dad
And so became my uncle though it made me very sad.

For if he was my uncle then that also made him my brother
To the widow's grown-up daughter who, of course, was my step-mother.

Father's wife then had a son who kept them on the run
And he became my grandson for he was my daughter's son.

My wife is now my mother's mother and it makes me blue
Because although she is my wife she is my grandma too.

If my wife is my grandmother then I am her grandchild
And every time I think of it simply drives me wild.

For now I have become the strangest case by far
As the husband of my grandmother I am my own grandpa!



St Michael Paratroopers pendant.

This one blows my mind: the first Saturday in May is **World Naked Gardening Day**. After reading the October 2018 newsletter Robbie Roberts of 71 Signals Association sent this email through to me.

"I read with interest the following in your International Gardening Day item (this is what I wrote, "I can't wait for the first Saturday in May next year, which is earmarked as World Naked Gardening Day. Does your mind not boggle!")

He continued, "The very next day, i.e. the first Sunday in May is always our Signal Association Annual Luncheon when we will once again be inviting you all to join us at the Parow Golf Club. After reading your dress code for that first Saturday in May I am tempted to specify the dress code for our luncheon as a "come as you are" event. Don't you think that it would cause quite a stir in the veteran community? Rosedale and the Signals Association will be the first veteran organisations staging naked gardening days and luncheons!!! It would either cause people to flock to attend both events, or skrik them off to never come again!!! Shall we chance it? LOL"

This subject then got another loyal reader pondering to the point that he penned these lines: There are bottoms in the fairies in my garden", with apologies to Rose Fyleman 1877-1957, he added. Dear readers, what would I do without your contributions?

If you think that gardening is simply baring your soul, think again! (anonymous)

And the most important day of all: Mothers' Day, which this year falls on Sunday 12 May. So, to all you wonderful moms out there ...



MOTHER'S DAY PLAYLIST

Over the years there have been some wonderful songs written about mothers. Here is a playlist of 15 songs about mothers.

If you are reading this on your computer and you have access to the Internet, then click on the song title and you can listen to it.

- [She Loves Me Like A Rock](#) - Paul

- Simon.
- [Mama](#) - Spice Girls.
- [Mama Liked The Roses](#) - Elvis Presley.
- [Mother And Child Reunion](#) - Paul Simon.
- [Mother](#) - Sugarland.
- [Like My Mother Does](#) - Lauren Alaina.

- [In My Daughter's Eyes](#) - Martina McBride.
 - [The Hand That Rocks The Cradle](#) - Glen Campbell.
 - [Somebody's Hero](#) - Jamie O'Neal.
- Trust that you will enjoy listening to these songs. And, if you're a mother, Happy Mother's Day.

Share your copy of the newsletter with a friend or tablemate and if you remove the newsletter from the noticeboard in order to read it please put it back for the benefit of others.

Till next time - keep smiling



The Rosedale Service Centre Committee

The opinions expressed in this newsletter are not necessarily those of the SA Legion or Rosedale Service Centre and/or its members. Ideas for future articles can be relayed to Lucille Byrne s flat 211 Rosedale tel. 021-6854375 / 083 558 4900 email lucillebyrnes@gmail.com

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