

What's Up

The Rosedale Newsletter

August 2019

FUNCTIONS AND EVENTS

Most of you have met chef Peter Herbert and what follows is a brief write-up on the nitty-gritty of the man who fills our tummies and spices up our lives.

Ask **Peter Herbert** what makes him happy, he'll tell you cooking, cooking, cooking ... "and if it's for the elderly then even better!" He says his job satisfaction comes from seeing the pleasure on their faces when they are enjoying their meal.

Now living in Kuilsrivier with his wife, Grizelle (who is also at Fedics) and 17-year-old daughter, Peter attended Glendale High in Mitchell's Plain and started his culinary career at Fedics Foods – as cleaner. That didn't last long and soon he was promoted, spending 8 months at Provincial Parliament (the days of Morkel et al) and earning the notch of assistant catering manager.

He then joined Geratec, contractors to homes for the elderly and gained further experience at Vonke Huis, Helderberg, Huis Uitsig in Parow North, Martina, also northern suburbs, and Panorama Palms.

Recognition of his abilities and talents came in the form of an invitation to join the SABC2 lifestyle magazine show Pasella where his health salad was very favourably rated.

All these placings were of a contractual nature and, seeking a more secure environment in which to further his love of cooking, Peter innovatively put his c.v.



out on Gumtree – and the rest, as they say, is history.

We're very fortunate to have such a caring cook as supervisor of Rosedale's kitchen and we wait expectantly to savour the dishes he will no doubt be producing with the help of his team. We wish them only good things ahead.

Readers, by the time you read this newsletter, Peter and Grizelle will be proud parents of a little boy, due date being 1st of August. Congratulations and being the close family that you are, we know this little soul will bring you many joyous years.

Two new RSC committee members were voted in at the AGM last month - Dave Kenny and John Verster – and here I report on the interesting chats I had with them in an endeavour to get to know them better.

When he was nominated as treasurer of the Rosedale Service Centre committee, Dave Kenny accepted with enthusiasm, saying he wanted to participate in any way he could and, just as warmly, he was voted in and now holds the fiscal purse on our behalf.

His parents were tobacco farmers in the Raffingora region of the then Southern Rhodesia, but his mom saw fit to see her confinement out in England and consequently Dave was born in London.

He attended junior school in Rhodesia and then Michaelhouse in KZN after which he studied for a BSc in petrochemicals at the University of Western Ontario. (I was interested to learn how the continental shift came about, to which Dave explained, "Dad was president of the Rhodesia Tobacco Association and was friends with the president

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.

GOODBYE Another long-standing staff member will be leaving us at the end of the month: after 18 years' service Lettie Reed has decided to return to her home in Colesberg to tend to the needs of her family and home there. Those who have benefited from her caring will miss her greatly as will those of us who are fortunate enough not to have needed home care yet.

WELCOME to Anna Vorster who has moved into 107R and whom we hope will have a long and happy stay here. We also welcome new residents Tim and Pat Evans, now ensconced in 412R.



of Canadian Tobacco Association”).

A move to London followed where he worked for ExxonMobil as a trader for 5 years. (By way of explanation: an oil trader is a broker who buys and sells various commodities with specialisations in buying and selling crude oils.) “I then started Cargo Trade buying and selling plastic raw material which I sold to customers including Sasol after 25 years at a time when that company had entered the polymer business exporting their products to Europe, South America and into Africa.

“My work took me around the world and for 7/8 months of the year I was on a plane flying to the States, Far East, the Middle East and Europe and developed very close and warm friendships with the traders and suppliers I had dealings with.”

In fact, Dave tells me, it’s because of this hectic schedule that he obtained his pilot’s licence on a Cessna 172 which he used, flying out from Lanseria, to outlying customers. He also invested in a Kingair (which required a co-pilot) and which he rented out – all thanks to his astute accountant who discovered this

was a tax-deductible investment (“It only lasted a year before SARS rescinded it,” Dave adds rather woefully.)

“Following on that lucrative deal I put up my feet and retired – or so I thought – but I got so bored walking around a golf course for 3 months that I was soon back in business, my next venture being setting up a plant in Simondium manufacturing plastic bottles for the local retail industry as well as for export.”

If you’re looking for Dave he’s usually in the box at Newlands or behind the TV screen or ear pressed to the radio enjoying his passion in life: sport. Not only did he play international rugby as flank for Rhodesia, he was also invited to play for Bordeaux, which he did for 3 years. He also coached Maties during the Jean de Villiers era and played provincial cricket as a bowler for Midlands.

With his beautiful wife Luanne, they have 2 daughters: Nicola (30) who has a vibrant business making artworks using pressed/dried indigenous plants which are then mounted behind glass and which, I am told, sell as soon as they hit the shelves at Kirstenbosch. Her husband, Heyn, has innovatively got him-

self a niche market in the drone business. Twenty-eight-year-old Jessica is married to property owner Rod Watson whose father, incidentally, was one of the founders of IT company Dimension Data; she manages the Singita group of luxury safari lodges in South Africa – now also in Rwanda – which she does from her desk in Johannesburg, using the company aircraft to take her to the lodges themselves. (Some people have all the luck.) Both girls got married last year but “no grandchildren as yet”.

Dave is one of a select few who has met Madiba one-on-one; in fact, the meeting took place during his incarceration in Pollsmoor Prison. This all came about through the kind offices of Mandela’s trusted guard and because Dave, an anti-apartheid activist, was in the demonstration outside the South Africa Embassy in 1985. (He was one of the 114 arrested in the scuffle.)

A gentle, quiet and modest man, but one whom you will take to given the chance to hear his story. Let’s see how gentle he can be when we come begging for money for this function or that event!

Also voted onto the committee and a resident in New Rosedale since January 2016, John Verster is hoping to bring fresh ideas to the table and, in talking to him, I found he certainly has plenty of those.

A SACS scholar and UCT graduate (geography and English, with a touch of sociology on the side), John joined

A Cape Town-based insurance company who transferred him to Johannesburg but, hankering for the Cape, it wasn’t long and he was back in familiar surrounds.

Next step was joining the Permanent Force as an infanteer, based at The Castle. Forays into Mozambique and Angola followed until he took a bullet and, bush weary, was recalled and moved to Army Intelligence. The then Government had him transferred to Europe, the idea being to identify and nurture rugby friends – these were the days of sports sanctions. (He had to resign in order to take up this post which he did at the level of major.)

“My coaching years took me to Italy, Portugal, Germany, France and England but, with the new Government now in power – and rugby not being a high priority on their agenda – the writing was on the wall and so I saw the season out with Piazzoch Sul Brenta in northern Italy in 2002 – 12 years in all.”

You can see where his love of sports was forged – during his school years. His track (literally) record is impressive: awarded Provincial colours in 100m, he also excelled in the long and high jump. The speed tracks of Killarney, PE and East London also saw him racing saloon cars in those earlier years.

“In the late Seventies I perceived a lack of athletics facilities in a great many schools in the Western Cape and with generous sponsorship from the Allied Building Society, I set up PREPS which resulted in junior athletes being invited to participate at provincial level.”

Another aspect that John focused on was the fact that when demobbed, serving men did so without any sort of ceremony or parade (“They kind of disappeared into oblivion”) and what has resulted is an underlying anger and hatred that is not being addressed. “I myself am working on this very issue,” admits John.

His involvement with youngsters – both on the sports field and at the Marsh Memorial Home where he worked with abandoned and abused children for 6 years – comes through loud and clear and I can only imagine how many potential sporting greats must have benefited from his coaching and mentoring.

John has a daughter, 15 months’ junior to his son of 43, who is a teacher in



Johannesburg.

We look forward greatly to a new injection of talent and ideas from John and wish him every success on the RSC committee for 2019.

Functions and Events

Mandela Day on Thursday 18 July dawned dark and dismal – and if ever the homeless were going to be in need of some nourishment it was today. With that in mind some 15 of us knuckled down to make saamies for these unfortunate indigent people.

All in all, 33 loaves of bread were spread with marg, egg mayonnaise, pilchards and tuna, polony, peanut butter, jam/golden syrup and packed, some lucky enough to receive an Easter egg (over from April and kept specially for this occasion). We were rewarded with

tea/coffee, organised by Stephen Leibbrandt and courtesy of the kitchen, with yummy tartlets provided by Lorraine Howard. Then into the Kombi: Del Davies, Nicole Lefevre, Wendy Perkins and Lucille Byrnes chauffeured by Glenn Bock headed out to the lower city, up and off Roeland Street and then to the bottom of Iman Haron Road in Claremont. It was quite disturbing to find many of the shacks dismantled, the dwellers having moved on. I can't say for sure, but this could be as a result of the Cape Town City Council's action in levying fines on

street people. I don't think Madiba would have approved.

A very big thank you to everyone who contributed to Mandela Day, either through monetary contributions or donations of groceries and in particular to the volunteers who gave of their time to help make up the sandwiches. Thanks also to Philippa and staff for smoothing the way to make it happen and to Glenn for driving us around to find and identify the homeless and needy.



The two teams knuckle down to do their 67 minutes (and then some)

Tuesday 30 July saw a huge contingent of residents come together to wish **Annette Blake** well and say goodbye to her on her retirement.

As manager David Holmes said, "The numbers here today are testament to how much you are valued", which promptly earned a round of applause



Mrs Blake acknowledges the contribution handed to her by David



Big hugs from Tim Reilly, chair Residents' committee & vice RSC



Hugs (and a few tears) from Hilda Louw



Farewell wishes from Irene Ngobeni-Manjezi



Mrs Blake's son, Mark, with Mary Bremner, Gail Booysen and the queen of the day herself



New appointee Peter Herbert accepts the apron strings with a smile



Good wishes from Gordon de la Chaumette

As you know, the **Rummage Sale** schedule for 27 July had to be postponed and will now take place in the Wreck Room on **Saturday 17 August** from 09:30.

The **Silver Companions** will be entertaining us once more in the Wreck Room on **Thursday 8 August** (rescheduled from 22 August) at 14:30. Tea/coffee and biscuits will be served for which there is no charge but the honesty jar will be put out.

The **Vaudeville Companions** will put on a performance for us in the dining-room on **Thursday 29 August**

at 14:30 and again tea/coffee will be served and an honesty jar put out.

Diarise this fund-raiser, a **Fish 'n Chips supper**, with entertainment by Kenny, on **Friday 30 August** 18:30 for 19:00. Details will follow.

Fancy yourself a fundi on trivia? Teams of 4 are invited to take up the challenge in the **Toc H fun quiz** in the Wreck Room on **Saturday 14 September** at 14:30 when quizmaster Ralph Kelly will pose questions to the team and the audience, with small prizes to be won. Entry is free, but a R5,00 donation towards the tea/coffee/biscuits would be

very welcome. Give generously! Watch the noticeboards for further details.

The **fish 'n chips lunch on Friday 2 August** went down a treat. Not only did those resident and outside members who attended receive a free glass of wine or juice, there were prizes to be won.

From my point of view, I thought it was a novel idea on management's part to inveigle those residents who don't normally come to meals to do so. Could this be a precedent of more such lunches to come?



A packed dining-room says it all



Tony Venn wins the Friday cake raffle (again!)



New residents Pat and Tim Evens

Chitter Chatter

Physiotherapist Jenny Dominicus gives an hour of her time every Tuesday from 08:30 to 09:30 to help get those creaky joints working at her **gym class** in the Wreck Room.

There's not much stress involved, but I can assure you there is benefit in committing one hour of your time once a week and joining the group -and it only costs R29,99 per lesson.

Days of Our Lives

By now we know that National Women's Day is celebrated in South Africa on 9 August. This year it falls on what will be a long weekend for many families and is an ideal opportunity to do something kind for a woman you love, whether it's your mother, grandmother, sister, daughter, girlfriend, or a female friend...

Why not celebrate IWD by making them feel special? A bunch of flowers, a greetings card, a small gift will make them feel extra-special. It doesn't matter if you're a man or woman; we can all show our gratitude and love for the women around us

Woodstock was staged on a 600-acre dairy farm near White Lake in Bethel, New York 70 km southwest of Woodstock between 15 and 18 August 1969, 50 years ago. It was the setting for the biggest music festival the world had ever known, the idea being that the organisers would make enough money to build a recording studio there. Incidentally, it took them a decade to turn a profit.

The event attracted the BIG names in the industry: Jimi Hendrix, the highest paid performer, as well as the likes of Joan Baez, Joe Cocker, Santana and Arlo Guthrie. (Bob Dylan was unable to perform as he was 'recovering from a motorcycle accident', but closer to the truth was that he didn't like hippies!) It truly was a festival of peace: over half a million people attended with not one incidence of violence being reported, though Ravi Shankar, an Indian musician and composer who played the sitar, called it 'terrifying', where the large crowds wallowing in the mud reminded him of water buffaloes back



home. Another piece of useless information is that cartoonist Charles Schulz named his Peanuts bird character –

which began appearing in 1966 but was still unnamed – Woodstock in tribute to the festival.

The Women that led armies

History is filled with stories of famous warriors and their exploits. These warriors have mainly been men.

As August is Women's Month, let's take a look at two female warriors that once led armies.

Boudica

Boudica was queen of the British Iceni tribe. Her husband, Prasutagus, had been a nominal ally of Rome. At the time the Romans occupied and ruled Britain.

When Prasutagus died he left his kingdom jointly to his daughters and the Roman Emperor. His will was ignored and his kingdom was annexed as if conquered. Boudica was flogged, her daughters raped and Roman financiers called in their loans.

Boudica led the Iceni people, along with the Trinovantes and others, in revolt. They destroyed Camulodunum (now Colchester) and defeated a Roman legion, the IX Hispana.

They then went on to attack Londinium (London) and burnt it to the ground. Despite being heavily outnumbered, Boudica's army defeated the Britons in

the Battle of Watling Street.

It was such a crisis that Roman emperor Nero to consider withdrawing all Roman forces from Britain. Boudica was eventually defeated and either killed herself to avoid capture or fell ill and died in either AD 60 or 61.

In an era when women were regarded as little more than slaves to their men, this woman had led an army.

Joan of Arc

Jeanne d'Arc, or Joan of Arc, was nicknamed 'The Maid of Orléans'.

Joan was a peasant girl who claimed to have seen visions and been given divine guidance. During the Hundred Year's War between France and England she led the French army to several important victories.

She was eventually captured and put on trial by the English for the crimes of insubordination and heterodoxy. She was burnt at the stake for heresy.

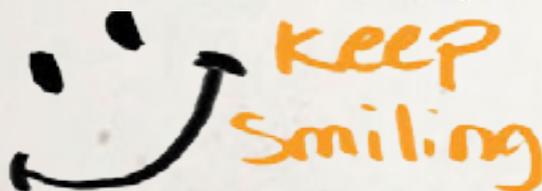
She was only 19 years old. She went on to become folk heroine of France and a Roman Catholic saint.

Once again a woman, a girl really, had led an army.



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 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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