

# What's Up

## The Rosedale Newsletter

March 2019



As many of you will know, 17 March is Saint Patrick's Day.

He's the patron saint of Ireland and 17 March is cause for much celebration among the Irish, and those that wish they were Irish.

So let's start this issue of What's Up with a traditional Irish blessing.

Seosláinteantséitéara, an ghadai, an trodaí, agus an óltóra!

Mádhéanantuséitéireacht, go ndéanatuséitéireachtar an mbás,

Mághoideanntú, go ngoi-detúcroímná;

Máthroidéanntú, go dtroidetú i leith do bhráthar, Agusmáólanntú, go n-ólatúli-omféin.

That, by the way, was in Irish Gaelic. It means,

"If you cheat, may you cheat death.

If you steal, may you steal a woman's heart.

If you fight, may you fight for a brother.

And if you drink, may you drink with me."

### FUNCTIONS AND EVENTS

We have Ed Wittert to thank for the wonderful turnout at the **Toastmaster's** ("TM") demo workshop held in the Wreck Room on **Thursday 28 February**. Led by Talking Heads branch chair Jason Sandler (right) and its vice Deidre Pluke, we learned that we qualify to become a Gavel Club using TM's Legacy system (as opposed to TM's Community Clubs that make use of its online system).

In essence this means that in order to register Rosedale as a club, we need a minimum of 20 people; there would be a nominal monthly charge with the bulk of the membership fees being borne by its Garmeson Trust (a bequest left by the benefactor). What great news!

Now it's over to Ed to kick-start things so watch your noticeboard for further



**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 Michael Price who moved into 303NR on 1 March and long may you enjoy your stay.



details. Back to Thursday evening: Ed made an excellent case in his What TM has done for me address. Then we had 2 very experienced speakers in Mike Fawcett, evaluated by Grace Adair, and Bruce Wade, evaluated by Evadne Kortje, telling us about My Best Friend, Titan and The Hospital Gown respectively, both speeches a tad over 8 minutes long, which would have earned them a penalty had they been in a competition. Volunteers Sue Gow and John Moulder held their own during their 1 to 2-minute impromptu speeches.

Quoting from its brochure, "Toastmaster is a world leader in communication and leadership development. The world needs leaders. Leaders head families, coach teams, run businesses and mentor others. These leaders must not only accomplish, they must communicate. By regularly giving speeches, gaining feedback, leading teams and guiding others to achieve their goals in supportive atmosphere, leaders emerge from the TM program. Every TM's journey begins with a single speech. During their journey, they learn to tell their stories. They listen and answer. They plan and lead. They give feedback – and accept

it. Through our community of learners, they find their path to leadership."

As a result of great enthusiasm from everyone who attended this demo session, the **inaugural meeting of Rose-dale Toastmasters** will be held in the Wreck Room on **Tuesday 9 April** 18:00 for 18:30 so sharpen your pencils, clear your throats, get your glad-rags on and we'll see you there.

Due to unforeseen circumstances, the planned **supper on Friday 29 March**, with the Cape Welsh Choir to entertain us, has been cancelled.

Del Davies is in the throes of organising a **bus outing** to Simon's Town on **Thursday 25 April** and members will be advised by email and via the noticeboards so, for the time being, keep this date open. (This supersedes the previous date of 4 April.)

Chair Stephen Leibbrandt asks that members diarise the **Good Friday Service** at Rosedale on **19 April** at 09:30, details about which are in the planning stage.

Two fund-raisers that need your support:

First, there's the **Celtic Rock Irish Party** that will be staged at **The Barnyard Theatre**, Durbanville on Saturday 27 April at 20:00 where you can sing along to Danny Boy, The Leaving of Liverpool and other memorable melodies. Tickets cost R155,00 each and can be purchased from Pamela Poole 021-5116863 / 073 480 1425 or email her at [pamela2006p@gmail.com](mailto:pamela2006p@gmail.com) Money raised brings in much-need funds for **Mothwa** and perhaps you can see your way clear to sponsoring someone who would love to attend but can't afford the entrance fee.

Then, another fund-raising event, this time for **Halifax Moth Shellhole** in the Wreck Room on **Friday 10 May** at 17:00, details about which will follow – watch the noticeboards!

Your committee is planning a **Rummage Sale** in the not too distant future and ask for donations by way of clothing and bric-a-brac but not books or CDs/DVDs.

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## Two very important dates

It has been some years since the RSC annual subs. were increased and like everything else, costs have escalated to the point where it has become necessary to implement one. The decision wasn't taken lightly, but your committee, with the approval of SAL Exco, has found it necessary to do so, with the result that **Rosedale Service Centre subscriptions** will increase from R48,00 pppa to R60,00 pppa. Because of the cost involved in mailing invoices – not to mention the unreliable postal service – members are asked to take note that subscriptions, which run from 1 April 2019 to 31 March 2020, are due and payable now and can be made by EFT payment to the SA Legion, Standard Bank branch 025009 cheque a/c 070149291 (use your surname + first name + RSC subs as the reference) or at the RSC office – and let them know if your personal details have changed. (Residents will be charged via their monthly accounts.) In making this change it behoves me to question: where else can one join an association for R5,00 a month and so your committee hopes you will understand and accept the rationale behind their decision. They are still there to continue to entertain you!

On the subject of membership, it's as

good a time as any to remind readers of the advantages of being a member, not only of the Rosedale Service Centre, but the SA Legion to boot. Indeed, there are many benefits but, most of all, there's the joy of being part of a network of like-minded folk and the comfort of knowing there is help at hand to assist when it is needed.

The aims of the SAL are, inter alia, the provision of accommodation for ex-servicemen in need and the distribution of food parcels. Members work to maintain the memory of the fallen and, in so doing, foster a feeling of comradeship and goodwill and SAL members will receive preferential entry into Rosedale

Being part of the RSC network gives one the opportunity to join in the many activities that take place at Rosedale (e.g. darts, bridge, carpet bowls) as well as preferential rates to participate in their social events. And then there's the dining-room where excellent meals are served Mon-Sat at R29 pp and on Sundays at R44 pp, with non-member guests paying R50 pp and R62 pp respectively. Cottage residents can buy a book of tickets for the month at R730 which in a 31-day month equates to R23,54 ppp meal. Not at all shabby, eh?

The second date to diarise is the **Rosedale Service Centre Annual General Meeting** which will be held on **Wednesday 10 July 2019** at 16:00. A formal notice convening the meeting will be issued in due course, together with the minutes of last year's AGM, the chairman's and treasurer's reports. Your committee as it currently stands comprises (portfolios on the left with the present incumbents' names on the right) – but, remember, not all of them will necessarily agree to stand for another term of office so get your thinking caps on in the meantime:

- Chairperson - Stephen Leibbrandt
- Vice-chairperson - Neville Petiteaud
- Treasurer - Phyllis Webb
- Secretary - Beryl Lategan
- Resident representative 1 - Del Davies
- Resident representative 2 - Gordon de la Chaumette
- Resident representative 3 - Peter Horsburgh
- Non-resident representative 1 - Doug Clark
- Non-resident representative 2 - Isabella Petiteaud
- Non-resident representative 3 - Pamela Poole

## Chitter Chatter



The Oscars have come and gone, but here at Rosedale we have our very own super star in the form of Desiré Boltman who, through her kindness of heart gives up her private time to bring to us movie magic. For many years now on the 1st Wednesday of every month at 14:00 residents can watch a film, enjoy a cuppa and a slice of cake all for only R6,00. Then, more recently, on the 2nd Sunday of every month she screens a movie for free, gratis and for nothing, at

19:00. A special thanks must also go to Phyllis Webb and her daughter, Nicola, who so often are called upon to solve a technical problem. Where would we be without these good people? Sitting in our flats. So, thanks from us residents to you, ladies, for helping us to escape to the world of La-La Land.

Prompted by Glen Villet, I captured these pics of employees from David Matthews Painting and Waterproofing Contractors who form part of a team of 16 that have been preparing and painting the two blocks at Rosedale.

The founder of the company handed over the reins to Burke and Valhoff, who hailed from an internationally recognised base and who have continued to follow the ethos set by him in 1972, namely, the health and safety of its work force and respect for the environment in which they operate.

I had a chance to speak to project manager for this job, Dean MacDonald, who explained the make-up of his team: rope access technicians as well as the ground crew, all of whom will be working at Rosedale for a planned period of 6 weeks. "We bring in our own non-potable water which is used to prepare the surfaces," he said. The company also is very aware of its environmental impact and follows all routes, the aim being to reduce their carbon footprint. So, Rosedale is in good hands and is looking a very grand "old" lady once again.



There's always the danger of leaving someone out when bestowing thanks for a deed well done so, on behalf of the residents to everyone who worked like the proverbial galley slaves in hacking back the shrubbery and trees we say an enormous thanks. The gardens are looking splendid and we will reap the rewards of your hard work come the spring and summer months.

One of the most important bits of information to come my way is what follows and we have Marianne Minnaar to thank for it: a list of discounts that apply to the elderly that you are encouraged to take note and make use of:

**Property Rates.** As a pensioner you qualify for a rebate on your property rates of between 40% and 100%. Apply

through the appropriate municipality.

**SABC TV licence rebate** If you are over 70 years of age you can apply for a rebate on your TV licence. People under 70 who are eligible for a government pension or disability grant are also able to apply.

**Hertz Car Rental** If you are 55 years or older a hire car from Hertz's "A group" fleet can be as little as R200 per

day. Rates include theft and damage waivers, airport surcharge, VAT, tourism levy and 200 kilometers free per day.

**Mango flights** on a Tuesday, Wednesday and Saturday come with a 10% discount for those over 60 years of age.

**Sanparks** If you are 60 years or older you can enjoy the delights of any of the many parks under the Sanparks umbrella at a discounted tariff. This ap-

plies only to certain months of the year and excludes Fridays, Saturdays and long week-ends. The discounts are for camping or staying in accommodation and can be up to 40% off the normal rate.

**Ster Kinekor** Over 60's are offered a 50% discount for all movies on weekdays and weekends, up to and including the 17:30 pm shows.

**Nu Metro** Again, over 60's can enjoy up to 50% discount on movies providing you bring along your ID. This is not applicable to Wednesdays as on this day everyone qualifies for a special rate.

**Game** Over 60's can qualify for a Senior Citizen's Discount Card which can be used on a Wednesday in all Game stores countrywide. The first R1 500 spent will qualify for a 10% discount, but excludes groceries, liquor, insurance products, cell phones, airtime and contracts.

**The V&A Waterfront** in Cape Town boasts their "Especially For You" seniors' campaign which offers South Afri-



can pensioners free parking anywhere at the V&A from Monday to Friday between 09:00 and 12:00.

**City Sightseeing's Red and Blue Buses** Pensioner's special is a wonderful opportunity to see the glories of Cape Town at reduced rates. Park in the Portwood Parking garage and take a short stroll over the road to the City Sightseeing Tour Office situated outside the Two Oceans Aquarium. Here you can purchase the phenomenally well-priced City Sightseeing pensioner's tickets for half the normal price. You must register with the V&A Waterfront at their information centre to access the "Especially For You" special offers. Remember to take your ID when you register.

**Metrorail** for pensioners who prefer to leave their cars at home Metrorail runs a pensioners' special on Tuesdays where over 60's can travel free by train

from any station to any destination within the Metropole. This discount applies only during off-peak times of 09:00-15:00. You'll need to produce your ID when purchasing your ticket.

**Pick 'n Pay** The management of Pick 'n Pay hypermarkets, family stores and supermarkets are free to decide their own pensioner policies as regards discounts for senior citizens over 60 years of age – take your ID with you. In the case of some this takes the form of special booklets with discount coupons every month for pensioners for meat, dairy, fish and other foods; others have a pensioner's day once a week where a 5% discount is offered and others have a Pensioners' Tea once a month.

**Shoprite and Checkers** stores offer all senior shoppers a cup of soup free of charge on Wednesday mornings 'by way of a thank you for their loyal support through the years'.

**Clicks** If you are 60 years or older and a ClubCard member you can opt for Clicks' ClubCard Seniors programme

and earn Double Points on the second Wednesday of the month on their exclusive Double Points Days. On these days you receive one additional ClubCard Point for every point you earn.

**Intercape** This "sleepliner" offers a 15% discount to all senior citizens over 60 years who are guaranteed a seat on the lower deck so there is no flight of stairs to negotiate and the toilet is nearby.

**Greyhound** – All over 60's travelling on the Greyhound bus service at any time of the week and receive a 5% discount.

**Automobile Association (AA)** Over 60's receive a substantial discount for an annual AA membership on the AA Alliance option. This includes three call-outs per membership year.

**Dion Wired Stores** offer senior citizens and pensioners over 60 a 10%

discount on Tuesdays. The purchase amount must not exceed R1 000 and excludes specials.

**Dis-Chem** – treats pensioners to a Double Points Day twice a month. There is a 60+ Pensioners' Tea once a year where senior citizens are given a hamper of products.

**Torga Optical** free eye testing and discounts on frames and lenses nationally to pensioners 60-plus.

**Tsogo Sun Hotels** – which includes Southern Sun Hotels and Resorts, The Palazzo, Suncoast Towers and Beverley Hills to name but a few - offer 50% discount to those who are over the age of 63 on the Best Available Rate of the day subject to availability. Phone 086-144 7744 to secure your booking.

**Orion** This hotel group offers pensioners over 60 a 40% discount on B&B rates.

**Weigh-Less** women over 60 and men over 65 qualify for a discount. Pensioners who belong to Discovery Vitality qualify for an additional discount.

**Shosholozza Meyl** This rail service offers pensioners and seniors a 25% discount in all their trips.

Magazine subscriptions:

**Car** save 30% on your annual subscription of 12 issues.

**Getaway** save 30% on your annual subscription of 12 issues.

**Leisure Magazine** save 30% on your annual subscription of 12 issues.

**Botanical Society** single membership 65 years+ is R310,00; if you're a couple it's R465,00 (12 months from time of joining); and entry to Kirstenbosch is free on a Tuesday. The first Tuesday of every month is Senior Citizens Day at the Harold Porter National Botanical Garden, Betty's Bay. Visitors over 60 will enjoy free entry to the garden as well as 10% discount on plant sales, 10% discount on cash sales at the Souvenir Shop and 10% discount at the Leopard's Kloof Restaurant.

**Spur Steak Ranches** selected outlets of offer a Seniors Menu specially for their customers aged 65-plus.

**Tiger Wheel & Tyre** In-store discounts on tyre, selected products and services for customers over 60 years every Tuesday.

**Telkom** There's a discount on a landline on over 70's but I am unable to establish what this equates to.

*If you know of any other discounts applicable to senior citizens, do let me know and I will add to this already growing list.*

## Days of Note

**S**t Patrick's Day is celebrated by the Irish on 17 March each year, that being the traditional death date of Saint Patrick. But did you know that he wasn't even born Irish.

And his name wasn't even Patrick. His original name was Maewyn, and far from being a saint he considered himself a pagan until the age of 16. He was born either in Scotland or Northern England.

When he was 16 he was captured by a group of Celtic marauders, sold into slavery and taken to Ireland.

He spent six years there as a slave before he escaped and made his way to Gaul (France). During his time in captivity it was said that he became closer

to God.

He joined a monastery and after studying for 12 years, returned to Ireland to convert the pagans to Christianity.

He was quite successful as winning converts, a fact that didn't sit well with the Celtic Druids. Patrick was arrested several times, but managed to escape on each occasion.

He travelled the length and breadth of Ireland, establishing monasteries, schools and churches all as an aid to his converting the Irish country to Christianity.

Much folklore surrounds St Patrick, including the belief that he raised people from the dead. He is also said to have given a sermon from a hilltop that drove

all the snakes from Ireland.

Of course no snakes were ever native to Ireland and many believe that this story is a metaphor for the conversion of the pagans.

Other more cynical folk reckon that St Paddy was the only one that could see the snakes as a result of a bit too much *poteen* (Irish moonshine).

The first celebration of the day took place in Boston, not Ireland. Now if that's not Irish, I don't know what is! So, whether you opt for corned beef and cabbage or sport a shamrock and drink gobs of Guinness, here's wishing you "*Lá Fhéile Pádraig sona daoibh*" – Happy Saint Patrick's Day.

Human Rights Day is celebrated across the world on 10 December each year, but here in South Africa we do so on 21 March to commemorate the events of Sharpeville when 69 people lost their lives and 180 were wounded. A bit of background: "In 1948, the United Nations defined 30 articles of human rights in the Universal Declaration of Human Rights. It established universal human rights on the basis of humanity, freedom, justice, and peace.

"South Africa has included indivisible human rights in our own Bill of Rights, Chapter 2 of the Constitution of the Republic of South Africa, 1996. The articles of our Constitution can only be changed by a two-thirds majority in Parliament,

which means it is difficult for anyone, including the government, to take away the basic rights of a citizen.

"The Bill of Rights preserved in our Constitution is the cornerstone of our constitutional and representative democracy. The Constitution as our supreme law means that no laws may be passed that goes against it. The Bill of Rights also comprehensively addresses South Africa's history of oppression, colonialism, slavery, racism and sexism and other forms of human violations. The Bill of Rights embeds the rights of all people in our country in an enduring affirmation of the democratic values of human dignity, equality and freedom."



Then there's also April Fool's Day to come. Not recognised as such as a public holiday in the western world where it is celebrated, but nevertheless a day of infamous repute in many cases. Its origin is unknown: some say it dates back to Chaucer's *The Canterbury Tales* (1392). The French, Flemish and Dutch also claim this as their creation and even to the Bible's Genesis flood narrative. Whoever holds responsibility for 1

April, here's a dire warning to watch out, to listen carefully and not to get trapped into believing what could simply be fake news. – and remember, after the noon hour you're the fool!

## Talk like a Paddy

Like most cultures around the world, the Irish have developed slang that is common to Ireland.

Here is a small sample of some of the slang used in the Emerald Isle.

- Amadán - idiot.
- Arthurs - a pint of Guinness; as in Arthur Guinness the founder.
- Be wide - be careful.
- Aul fella - father.
- Aul wan - mother.
- Bogs - public toilets.
- Bold - naughty.
- Cow juice - milk.
- Craic (pronounced crack) - fun time and good conversation.
- Dry up - Shut up!
- Eejit - idiot.
- Flea Rake - a comb.
- Git - rotten or bad person.
- Gobsmacked - very surprised.
- Grand - fine, nice.
- Hole in the wall - ATM.
- Hooley - party or celebration.
- Howya - "how are you?" "How you doing?"
- Jammy - lucky.
- I've a throat on me - I'm thirsty.
- Jammers - very crowded, busy.
- Knackered - very tired.
- Lay off! - leave me alone, stop it!
- Middling - so-so, neither good nor bad.
- Milling - fighting.
- Mind yourself - be careful.
- Muppet - fool, idiot.
- Nifty - very useful.
- Rabbit on - talk a lot.
- Ri-Ra - fun and excitement.
- Savage - very severe or excellent.
- Shattered - exhausted.
- Sláinte - Cheers (literally Health!
- Sound - really good.
- Spuds - potatoes.
- Stay easy - relax.
- Vexed - upset.
- Vitamin G - pint of Guinness.
- Whack to you - well done.
- Wise Up - use your head, wake up!
- Yonks - a long time.



## The Irish Anthem

There has often been confusion as to what song is Ireland's official national anthem.

At most international rugby matches the anthems of competing teams are sung before the game. When the Irish team is playing you will hear the anthem, Ireland's Call.

Naturally most people think that this is the Irish national anthem. It is not.

With the Ireland rugby team representing both the Republic and Northern Ireland, Ireland's Call was scripted to help cross sectarian and national divides and adopted as the rugby anthem in 1995.

The official national anthem of The Republic of Ireland is *Amhrán na bhFi-*

*ann* (A Soldier's Song).

So when Ireland play rugby in Dublin, the both Ireland's Call and A Soldier's Song are sung.

We'll sing a song, a soldier's song,  
With cheering rousing chorus,  
As round our blazing fires we throng,  
The starry heavens o'er us;  
Impatient for the coming fight,  
And as we wait the morning's light,  
Here in the silence of the night,  
We'll chant a soldier's song.

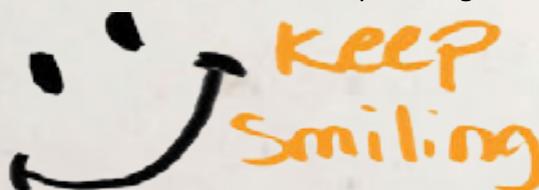
Chorus:  
Soldiers are we  
whose lives are pledged to Ireland;  
Some have come from a land beyond

the wave.

Sworn to be free,  
No more our ancient sire land  
Shall shelter the despot or the slave.  
Tonight we man the gap of danger  
In Erin's cause, come woe or weal  
"Mid cannons" roar and rifles peal,  
We'll chant a soldier's song. In valley  
green, on towering crag,  
Our fathers fought before us,  
And conquered 'neath the same old flag  
That's proudly floating o'er us.  
We're children of a fighting race,  
That never yet has known disgrace,  
And as we march, the foe to face,  
We'll chant a soldier's song.

**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