

WHAT'S UP

The Rosedale Newsletter

November 2018

HEARTFELT THANKS to each and every one of you who called, emailed, visited me, brought fruit, flowers, magazines and generally cared for and about my welfare post my op. If ever I needed confirmation that my decision to move to Rosedale was the right one, this brought it home to me. I hope when it's my turn to see to your needs that I'll be as thoughtful and caring as you have been. Most of all, you made me laugh ☺ Much love and thanks, Lucille

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.

The news of the passing of long-standing legionnaire Col. Lionel Crook on November 4 was received with much sadness. One-time branch secretary, he was well-known to many of our members and residents who extend their condolences to family and friends. Shelmerdene de Gersigny of 3 Pillans Place, who had been ill for a while, passed away on Saturday 10 November.

FUNCTIONS AND EVENTS

Due to a poor response, the coach trip to **Kirstenbosch** that had been booked a year ago, so popular are they – and which would have cost a mere R10,00/head – on Tuesday **30 October** had to be cancelled.

With glasses charged from the cash bar, an attentive audience of over 50 at Ralph Kelly's **play-reading concert** on Saturday **10 November** listened to Old Dumbo explain his temporary deafness ("It was wax, you know, impacted wax"), followed by the intrigue at Seven Oaks retirement centre which was threatened by demolition and development. The footnote read by narrator of the second play, Glen Villet (*back, bottom left*), summed it up nicely, "Any resemblance between the characters in the plays and any persons past or present at or associated with Rosedale is purely a figment of the imagination, so don't shoot the author otherwise he'll write a play about you!" The Honesty Jar revealed a tidy sum of over R200,00 which spoke highly of the enthusiasm of those who attended and enjoyed socialising over tea and biscuits afterwards.



Back row: Ed Wittert (*Old Dumbo*), Ralph Kelly (playwright & Ambrose in *Seven Oaks*), Glen Villet (narrator (*Seven Oaks*), Walden Davis (*Seven Oaks*) Front row: Wendy Perkins (*Old Dumbo*), Beryl Lategan (both plays) Sue Gow (*Seven Oaks*) & Lucille Byrnes (*Seven Oaks*) – not in pic John Moulder (narrator, *Old Dumbo*)

Rev Ray Thornley, chaplain, SA Legion, Cape Town branch, led a **Remembrance Service** at Rosedale on Sunday **11 November**. Read further on about **Poppy Day** and all it holds dear in our memories.



In his welcome address Rosedale manager David Holmes made special mention of three WW11 veterans who were present, namely, Kathy Ellis, Des Wollaston and Richard Lawrenson. The band of the Cape Town Rifles (“Dukes”) led the Service. SA Legion’s chair Peter Napier, laid a wreath, as did Servaas van Breda (representing Admiral Halifax Shellhole) and Peter Horsburgh (representing RAR).

The **Singing Companions** performed for us in the Wreck Room on **Thursday 15 November** for an hour from 14:00 after which we were treated to cold drinks. Their repertoire kicked off with, appropriately, “There’s No Business Like Show Business” and a number of solo performances from Joan, John and Marie. Our very own Ralph Kelly was a very convincing liar in the duet “How Could You Believe Me! With Sheila (*below left*) and an even more credible Fagan with “I Got Plenty O’ Nuttin”. Isolde performed an Eastern dance to the tune of (I kid you not!) POWAQQATSI and 94-year-old Rosemary put us to shame with her rendition of “I’m Glad I’m Not Young Anymore”. The afternoon’s entertainment was rounded off with the appreciative audience joining in to sing “Silent Night”, after which chair Stephen handed Sheila an envelope in thanks for their efforts and time and wished one and all a happy festive season.



Their full complement comprised: Annali (on keyboard), Rosemary, Joan, Allan, Ralph, John, Sheila, Isolde, Marie & Gloria

Later that afternoon the mood turned to more serious stuff with the **98th AGM of the SA Legion** that took place on **15 November** and was well attended by some 50 members. Voting having taken place the newly elected members of Exco are (*below right, back row* Peter Muirhead, William Millar, Peter Napier, Johan Johnson, George Zacharias & Stephen Leibbrandt; *seated* chair Ray Nessett & vice-chair Robbie Roberts.



← Peter Napier accepts from Ray Nessett a Certificate of Merit awarded to him by National Congress

In addition to what the RSC has dished up for you, there's the **Forres Preparatory School** end-of-year concert on **Thursday 29 November** at 09:00 to look forward to. If you wish to attend, hand your name in at the RSC office where you can also book transport to and from the venue in Park Road – be in the foyer by 08:30.

The **Cape Town branch of the SAL** will hold a year-end social and **induction of new members** in the Wreck Room on **Thursday 6 December** 17:30 for 18:00.

Lita Gonsalves' daughter, Odette Leach, owner/manager of **Kay-Dee Educare Centre & Daycare** will bring the little ones to entertain us in the dining-room on **Friday 7 December** at 10:00.

The **SAL Christmas dinner** will take place in the dining-room on **Saturday 8 December** 18:00 for 18:30. If you would like to attend, please add your name to the list in the RSC office. No charge for residents and if there is space, then outside members pay R120/head and guests R150,00/head.

In fond memory of Bidy Jackson, surrogate daughter Virgie Johnson has organised the **handing out of gift vouchers** in the dining-room on **Wednesday 12 December** at 17:00 followed by tea and biscuits. Watch the noticeboards.



The now renowned and ever popular **Christmas Carol Service** will be held in the lounge/dining-room on **Saturday 15 December** 17:30 for 18:00 and will be followed by the sale of boerie rolls and frankfurters in the Wreck Room at R25,00 each, when the bar will be opened. This is a wonderful opportunity for you to invite family members and friends to participate in this annual event and to join the choir in singing your hearts out in celebrating the joy that this precious time of the year brings. I can't give you the name yet, but I can tell you that chair Stephen is arranging a rather special guest speaker so watch this space!

Readers kindly note: Your committee does everything it can to stick to the dates and times that appear in newsletters in advance. However, this is not always possible – performers' schedules sometimes have to change/be cancelled – so bear with us, please, and remember also: they try to bring you the best possible entertainment within the confines of a restricted budget.

Although not part of the RSC activities as such, I must mention the **Christmas Day** extravaganza organised and hosted by Del Davies and Phyllis Webb in their personal capacities. Writes Del, "This initiative was born 6 years ago, primarily for those Rosedale residents who had no invitation for a Christmas meal." From then it's become a highlight event at which 70 guests get to enjoy the spirit of the festive season together on the 25th. So, if you wish to attend, put your name on the list in the RSC office – the cost is R120,00 per head – and remember: Christmas Day is the only day in the year when Rosedale's kitchen is closed to enable staff to spend time with their families. This means that **NO MEAL** or takeaway will be served that day. But being there is one thing; contributing to will make it all the more memorable. Del has a list of goodies they need or, if you would rather, make a cash contribution towards the fare. No matter how small, your kindness will go a long way towards making someone else's Christmas meal a joyous time.



New Year's Eve (or Hogmanay to you Sassenachs) falls on **Monday 31 December** this year and here at Rosedale you and your family and friends are invited to bring your braai requisites and revel on the lawns when the fires will be lit – the use of which will cost R10,00 per person – and ready for braaiing at 19:30. The bar will not be open so bring your own XYZ.

NOTE: There will be no family braai on 5 January 2019.

CHITTER CHATTER

There's a new kid on the creative block: the **Norval Foundation Centre** for art and cultural expression. To quote, "We are dedicated to the research and exhibition of 20th- and 21st-century visual art from South Africa and beyond. Located in the Steenberg area of Cape Town, adjacent to Table Mountain National Park, the Norval Foundation combines the experience of art with an appreciation for nature.

"Our innovative Sculpture Garden, outdoor amphitheatre, purpose-built exhibition spaces and research library are situated in a unique setting that offers visitors a multisensory experience. This is complemented by the Skotnes Restaurant and Bar, a bespoke shop and a children's playground."

Their aim is to create high-quality exhibitions and public programming to broaden the viewers' understanding of the visual arts. "The Norval Foundation is honoured to be the custodian of the Gerard Sekoto Foundation, the Edoardo Villa Estate Collection and the Alexis Preller Archive. We believe that art has the power to enrich our lives and that artists contribute to our communities in a profound way."

The Norval family are the founders and initial funders of the Norval Foundation. Their aim is to make art widely accessible to local and international visitors by creating a self-sustaining centre for art. The proceeds from capital donations will be used to secure the foundation for future generations.

For more detail visit their website <http://www.norvalfoundation.org/> Better still, visit the Centre on Mondays when admission is free. There's also a delightful restaurant – named after well known South African artist and teacher, Cecil Skotnes, which overlooks the surrounding wetlands. Here are the salient details:

Admission Fees:
Adult single admission R 160
Free for under-18s
Donation Mondays

On Mondays (except on public holidays) entrance is free, but you are welcome to make a voluntary donation.

Opening hours:
Monday 10:00-17:15
Wednesday 08:00-17:15
Closed on Tuesdays
Thursday 10:00-17:15
Friday 10:00-17:15
Saturday 10:00-19:15
Sunday 10:00-17:15

Daily Free Tours:
Daily Curatorial Tours commence at 14:00 and start at the front desk.
Free tours are for a maximum of 25 people and are on a first come, first serve basis.

Guided Tours:
Guided tours are tailored around the following subjects: Foundation Highlights, Sculpture Garden Tour and Full Tour of the Norval Foundation, all of which are hosted for a duration of 1.5 hours.



The Sculpture Garden features 3D and installation-based artworks by artists from the continent. The unique site, bisected by a protected Cape Lowland Freshwater Wetland and surrounded by the natural beauty of the Western Cape, features flora indigenous to the area. The placement of artwork uses the contours of the garden to hide and reveal work, creating an experience of discovery for the viewer. The building has been designed so that the Western side gives way onto the Sculpture Garden at multiple points, allowing visitors access from the galleries, building connections between exhibitions taking place both inside and outside. The programme aims to

represent a plurality of practices currently taking place in the region, including artists working with the figure, narrative and mythology, abstraction and post-minimalism and craft. Artworks will be a mixture of long-term loans and works from the Homestead Art Collection, which are installed permanently.

Days of Our Lives

November is National Diabetes Month, with World Diabetes Day falling on Wednesday 14. The symbol for “Unite for Diabetes” is a blue circle, that colour representative of the sky and of the United Nations flag, the circle depicting unity in the fight against the diabetes epidemic. It was the brainchild of Kari Rosenfeld of the International Diabetes Foundation (IDF) and her daughter Clare, back in 2006, when the IDF was campaigning for United Nations Resolution on diabetes.

In summary – and taken from the website of the Centre for Disease Control and Prevention - there isn't a cure yet for diabetes, a life-threatening disease, but a healthy lifestyle can *really* reduce its impact on your life. What you do every day makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).



With type 1 diabetes, your body can't make insulin (a hormone that acts like a key to let blood sugar into cells for use as energy), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of the risk factors below, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

Type 2 diabetes risk factors include:

- Having prediabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes)
- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

You can lower your risk for developing type 2 diabetes by losing a small amount of weight if you're overweight and getting regular physical activity, which means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.



Then, in terms of the SA Legion/Rosedale, the most important event of this month is, of course, **Poppy Day** which fell on **Sunday November 11** this year. Also known as Remembrance Day, it marks the end of World War I, at 11am on the 11th day of the 11th month, in 1918, and is recognised in Commonwealth of Nations member states.

The poppy has long been associated with Remembrance Day: once the conflict was over it was one of the only plants to grow on the otherwise barren battlefields. Its significance as a lasting memorial symbol to the fallen was realised by the Canadian surgeon John McCrae in his poem *In Flanders Fields* (see noticeboard).

War Does Not Determine Who Is Right — Only Who Is Left

But sometimes I think the world's gone mad in its endeavours to remain politically-correct: in the Daily Mail I read that the British Transport Police have told their officers not to use the poppy stickers on their vehicles ahead of the 100th anniversary of the Armistice which ended World War I because they were "concerned about singling out one charity over others and feared the stickers were not official". As it was put to them 'it would 'not be doing the right thing' to prefer the Royal British Legion over other charities'. I ask you! Well, folks, let us not forget those who gave their lives so we may live as free men and women.

Then, just when I'd given up on the Brits, I read that the bouquet of Princess Eugenie, who married Jack Brooksbank on Friday 12 October, was laid on the grave of the Unknown Warrior in Westminster Abbey. It consisted of Lily of the Valley, Stephanotis pips, hints of baby blue thistles, white spray roses and trailing ivy. This tradition is a tribute to the fallen of the First World War and international military conflicts since. It began with the Queen Mother when she married King George VI and was laid there in memory of her brother, Fergus, who was killed in 1915 at the Battle of Loos during the First World War.

I am delighted to report that your committee has made a donation of R2 000,00 from its funds, largely generated by you who so loyally supports its endeavours, to the SAL's Poppy Day collection, a decision that was unanimously approved at its meeting on Wednesday 14 November. This is also an appropriate occasion to acknowledge and thank the volunteers who collected money on Saturday 10 November and I'll report back on the amount generated in a forthcoming newsletter.

Till next time - keep smiling



The Rosedale Service Centre Committee