

WHAT'S UP

The Rosedale Newsletter

September 2018

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. In particular, our thoughts are with the family of Brian van der Poel who passed away on 5 September.

WELCOME to Sheila Sainsbury who is the new owner of 6 Pillans Place; also, to Robin Buys in 304R and Sue Ritchie in 302NR. Let's give these three new residents our usual warm welcome. The good news is that Nicole Lefevre, in 501NR, has decided to stay on permanently.

GOODBYE to Beulah Brennand who has moved to Brown and Annie Lawrence Home. Nice for daughter Gail, as it's just around the corner in Pinelands.

FUNCTIONS AND EVENTS

With Tess Bracale, who has been calling numbers at **Bingo** for over 20 years, and Peter Horsburgh, her back-up, both overseas, I was inveigled (thanks, Ivo!) into standing in on the second Monday of the month in **August, the 13th** it was which turned out not to be lucky, as the jackpot, which was not scooped, gets carried over to next month.

Quite an experience for me: Two Little Ducks (no. 22) and no. 45 (halfway there, the top number on the board being 90 – and it gets the distinction of being termed Top of the Shop) – get my drift?

Forty-four keen players braved the chilly winter's evening to gather in Rosedale's dining-room, highlighters at the ready, pencil points sharpened, waiting for Yours Truly to call out their lucky sequences.

With 11 games on the menu, we kicked off with Pyramid 1-2-3, had a break for delicious sandwiches and tea/coffee, ending the evening with One for the Road, followed by a raffle and prizes for lucky entry ticketholders.

I didn't drop the numbers and apparently I spoke lucidly although, in my eagerness, at times a tad fast, but I've still got to differentiate between the numbers 28 and an upside-down 87 – you try it and you'll see the confusion!

Would I do it again? Most definitely – that's if they'll have me (no one's yet saying ...).

If you'd like to participate, contact Ivo Hensberg 079 373 9214 or Tess Bracale 021-6855361 / 083 703 3129 before the next get-together on Monday 10 September. After that, also Peter Horsburgh 021-6854864 / 066 229 3910. It's great fun.



Danny Primo sells an entry ticket to Joan Ball



Mercy Boy brings in the moolah for the wine raffle prize

By the by, just before the game commenced, Stephen Leibbrandt took a call from England: it was Peter Horsburgh to say 'hello' and wish everyone a successful evening or, as they say in the classics, break a leg!



These are the serious players, travelling the Peninsula in search of the elusive jackpot. (Mikki bakes and sells the most divine biscuits.)



Larry Lewis (r) is the numbers-checker; here he is with his wife, Marilyn (m), and his mother, Mavis (l)

We had a surprise visit from the Preparatory School who posies of flowers – their way of Day on the 1st.



Grade 6 learners at Forres brightened up our day with wishing us a happy Spring

Once again Erica Maré, graduate from the Contemporary School of Dance and who showed us how to salsa in May, gave us another lesson, this time in line dancing on Thursday **6 September** at 15:00 which was followed by tea and biscuits.



Thanks to Sue Gow for taking the pics



NOTE: Please erase the date of 23 October when Erica would have been demonstrating salsa dancing.

On **Friday 14 September** come and listen to the **Singalong** group entertain us. A welcome sherry awaits you and after that it's BYO XYZ. Come and listen to their rendition of golden oldies such as *Over the Rainbow*, made famous by Judy Garland in *The Wizard of Oz* and Petula Clark's *Fill the World with Love* from *Goodbye Mr Chips*. And if you're in the mood you too can sing-a-long to old-time favourites such as *When Irish Eyes are Smiling* and *Roll out the Barrel*. It promises to be great fun so see you in the Wreck Room at 18:00.

By now you will have entered your team of 4 for the **Toc H Fun Quiz** on Saturday **15 September** which will be played out under the firm hand of quizmaster Ralph Kelly in the Wreck Room starting at 14:30. (Was anyone able to answer the questions on the poster advertising the event? If so, then you're a cinch to win the competition.) As you know, there's no entry fee, but your contribution towards the refreshments will help fill the coffers of this charitable organisation "whose members try to testify through neighbourly action the relevance of the Christian way of life". The movement evolved out of the Battle of Passchendaele in west Flanders when one army chaplain Philip 'Tubby' Clayton who established Talbot House. Named after a friend, Gilbert Talbot, it became a haven for soldiers fighting in the First World War. Their mantra of, *inter alia*, "developing a sense of responsibility towards the needs of Society" is still existent today. Let's support them.

The biggie in the RSC's calendar is the **Food 'n Fun Fair** that will take place at Rosedale on **Monday September 24** from 10:00 till 15:00 – and the even bigger news is that Alderman Ian Neilson, the deputy major of Cape Town, has agreed to open the event plus participate in the judging of the potjiekos competition. Given his hectic diary and the fact that it's a public holiday makes it very special to have him share the day with us.

Besides the traditional potjiekos, pannekoek en koeksusters, there will be boerie and bacon-and-egg rolls to keep the hunger pangs at bay, as well as a tea stall and a cash bar. Then, to tempt the lucre from your wallet, there is bric-à-brac, books and DVDs to be bought, and activities such as tarot reading to keep you entertained.

Mention tarot reading and the reaction is one of outright scepticism or there are accusations of occultism. This century-old art conjures up a woman in flowing robes sitting at a table in a darkened tent dealing cards and predicting the future when in fact, through either question readings or open readings, one can learn more about oneself and so arrive at a clearer idea of life. This ages-old art has come back into fashion, as people are searching for answers about their existence. First known as, inter alia, [trionfi](#) and later as tarocchi or tarock – the tarot are cards used from the mid-15th century in various parts of [Europe](#) to play games. It is going through a revival and tarot readers are sought to help clients determine how to conduct their day-to-day lives, rather than predicting what the future holds. As one source terms it, “A good tarot reader doesn’t tell you what’s going to happen; they simply allow you to think your question through in a different way.” So, throw away your inhibitions and come and listen to well-known tarot reader Jade help you hunt for answers.



Vergenoegd Wine Estate near Stellenbosch utilises an eco-friendly and novel way to control the snail and slug infestation in the vineyards – and this initiative has earned them a WWF biodiversity certification. Every day – since 1984 - come rain or shine, at 10:30, 12:30 and again at 15:30 over a thousand **Indian Runner Ducks** waddle their way in between the vines, hellbent on chowing as many gastropods as they can get their teeth (sorry, beaks) into. Once again, Del Davies has pulled the magic rabbit out the hat – or in this case, it’s a duck! Through a generous donation from Rotary Claremont (grateful thanks to Robbie and Ian), she has organised a coach trip on **Wednesday 3**

October leaving Rosedale at 08:30 sharp for us to see this ingenious and innovative way of utilising this natural resource for pest control. We will be given the opportunity of touring the duck pens and “breeding room”, where the members of Vergenoegd’s research and breeding programme ensure that the workforce of ducks is productive, healthy and happy. Rosedale residents will have first preference and then it will be open to outside non-resident RSC members – watch the noticeboard! From there to Simonsvlei for lunch. The cost of R110/head includes the ride and lunch (choice of Bobotie, basmati rice and honey butternut / Chicken schnitzel with cheese sauce and side salad / Vegetable and Chickpea curry and honey butternut.

A reminder that the next **Social Dance** evening will be held on **19 October** at 19:30 – cost R15 pp. Bring your own XYZ and enquiries to Carmen on 021-6857045 / 079 91 7371.

You will recall that last July John Moulder’s step-daughter, Taryn Harkness, was about to sit her final music exams and we provided an audience platform for her to practice on – and what a great piano performance it was at that. At the time we learned that one of her other accomplishments is **Irish and Highland dancing** and we sought – and gained -her commitment to come and perform for us which will be the case come **Saturday 13 October** from 15:00 to 16:00 so you’re invited to join us in the dining-room for an hour of this multi-talented performer swirling the skirts. This will be followed by tea and biscuits.

The bus trip to **Kirstenbosch National Botanic Gardens** on **Tuesday 30 October** is still very much on, so diarise this event and watch the noticeboard.

The very popular **Silver Companions** will be back performing for us on **Thursday 15 November** at 15:00, followed by tea/coffee and biscuits. Let’s give them a warm welcome back!

CHITTER CHATTER

For many years Jenny Jewell was just that – the jewel in the crown of the SA Legion’s Women’s Auxiliary – who, with the help of her husband, George, managed the distribution of **food parcels to military veterans** at Robertson House, Milnerton and Valkenberg, as well as Salvation Army in the city and Happy Valley Shelter in Simon’s Town. This was carried out with the help of willing assistant Lynn Hele. Jenny’s passing in June left a void in this charitable activity which George is happy to continue filling for the time being.

The team has been strengthened with the addition of Veronica Venter, Marianne Minnaar and Lucille Byrnes and, once a month on a Friday, they deliver food parcels to those indigent veterans who have put their lives on the line for South Africa. The parcels include basic toiletries and some sweet treats and are personally delivered, giving rise to the opportunity to meet the recipients and get a better understanding of who they are and the circumstances under which they live. It may be a small thing, but every bit helps and the recipients are so appreciative of the assistance provided.

It is one of the ways in which the SA Legion is involved in community work and why it is necessary to support their ongoing fund-raising drive, in particular on Poppy Day (about which I will write in the October newsletter).

Gardening matters



*"I enjoy the spring more than the autumn now.
One does, I think, as one gets older."*

~ Virginia Woolf, Jacob's Room

Spring 2018 in the Southern Hemisphere begins on Sunday 23 September and ends on Saturday 22 December. Spring Day itself is celebrated on Saturday 1 September and brings with it the advent of brighter weather, hotter days and balmy nights. Sue Gow reports on matters horticultural, "The garden has survived the drought extremely well; nature is very forgiving but, with summer on its way, there will still be serious water restrictions to overcome. A great deal of tidying up needs to be done on an ongoing basis and new on the garden scene is Arthur Skidmore who has been chopping and lifting and doing just that. Good to have another strong man around." Sue tells me she will be buying some indigenous plants soon; also, "the landscaper who helped during 2016 will be clearing a very tangled section next to the lawn; and the various garden gnomes continue to do whatever they can". This calls for a big thanks to one and all.

Days of Our Lives

September is Heart Awareness Month in South Africa so let's take time out to learn how we can improve our lifestyles and thus extend this vital organ's lifespan

- * Spend less time sitting and more time moving
- * Lose excess body fat, particularly belly fat
- * Stop smoking and start living
- * Lower non-HDL cholesterol (by choosing healthier fats)
- * Lower your resting blood pressure to below 120/80
- * Prevent – or control – diabetes
- * Reduce inflammation
- * Lower Triglyceride levels (lifestyle changes)
- * Keep a lid on stress

In a nutshell, the heart is a muscular organ that pumps blood, thus providing the body with oxygen and nutrients. It also acts as a cleaner (of metabolic waste material). Treat it with respect and it will serve you well for many years; abuse it and your life can be drastically shortened with the onset of cardiovascular disease.

Because the next issue of What's Up will only reach readers mid-month, I am writing in advance about **breast cancer awareness**, which is recognised internationally in **October**, with the 26th being Pink Ribbon Day. So, if you see someone carrying a tin appealing for donations on that day, give generously. The five leading types of cancer that afflict women in South Africa are breast, cervical, colorectal, uterine, and lung cancer, with breast cancer being the second most common cancer worldwide and the leading cause of death in women globally.

It is important for women up to the age of 70 to have mammograms annually. After that the recommendations became hazy, but if there's a history of cancer in the family, then the practice must continue. This is in addition to the checks women should conduct on their bodies monthly. Although breast cancer in men is rare, it exists and symptoms such as lumps should be addressed immediately by consulting your doctor.

**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