

# ROSEDALE SERVICE CENTRE COMMITTEE

NEWSLETTER January 2018



From chairperson Stephen Leibbrandt comes this New Year's message: *May I take this opportunity of wishing every one of you a happy, successful and healthy 2018. I'm sure you'll agree with me that last year was quite an eventful one with its fair share of obstacles to try and trip us up. However with the aid of walking sticks, Zimmer frames, etc., we managed to overcome most of them. Looking ahead, I do think that 2018 will be a far more productive year. From an economic perspective I feel that South Africa is at a turning point and with some political changes and a bit of luck, financial stability could well be just around that proverbial corner. Of course there is always the unknown. However, we have it within our grasp to keep a positive attitude and do our bit. One of the ways is to reach out to fellow residents, their family and friends and to be there for one another. It would be so good to see residents interacting more with each other in the spirit of Ubuntu (a quality that includes the essential virtues: compassion and humanity and which also means 'I am what I am because of who we are'). Your committee has pulled out all the stops to make the social side of living at Rosedale such a joy, but they can't do this without your support so, please, may I encourage you to leave your flats and come and join in the fun when an event is being staged – and, of course, if you want to lend a hand your help will be appreciated. Cape Town is experiencing a very serious water shortage and I appeal to you to continue to use water sparingly. We have the ability to use even less water than the recommended 87 litres a day. Remember to ask for drought relief when you say your prayers.*

*That's All Folks!*

**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. And to those of you who have lost loved ones, we extend our heartfelt condolences, in particular to Yvonne Rosslind and family on the passing of her son, Doug on 9 January.

**THANKS** Walter Heinen has asked me, on behalf of Moira, to thank their many friends at Rosedale for their interest in her welfare and for the numerous calls and visits the good folk here have made. They send their very best for the festive season.



## OUTINGS – ROSEDALE

Lita Gonsalves' daughter, Aletta Leach, is the owner/principal of Kaydee (after-school) Educare Centre which, with 19 assistant teachers, cares for a hundred children aged 3 months to Grade R. On **8 December** a group of the little ones treated us to a **concert** ranging from Christmas carols to traditional songs.



What a wonderful spread we enjoyed, courtesy of the **SA Legion** on **December 9**. Prepared by our very own kitchen staff and served by members of the Warrant-Officers' Club, we dined on salmon pâté with seed loaf, leg of lamb, carrots, creamed spinach and crispy-crunchy roast potatoes, followed by the most decadent chocolate fondant for afters. Legionnaire Peter Napier delivered a message of thanks and good cheer and Grace was said by Stephen Leibbrandt. Beautifully laid and decorated tables welcomed the guests and much fun and laughter were enjoyed by some 130 of us.



Recently wed Andrew & Gill McLaren



Pierre & Ramona Fourie with Peter Napier  
with Kevin & Iris Newton



W-O Club volunteers



Aletta Graf, Louise Smith & Lynne Hele→

←Mary Bremner & Annette Blake



Kathy Ellis, Desiré Boltman & Anne Huddy



Doug Clark, Tess Bracale & Robin Webb

Per kind favour of Dessima Jordaan (l) at Sharon Warrener's **Touch Salon** residents were treated to feet, hands and **December**. The only mistake I made 10:30 ... should have made it 16:30 so I to be highly recommended so if you want 4245581. Remember: you're worth it!



and Nonkosi Mahashana (r), beauticians (thank you, Philippa, for setting this up), neck therapy on Tuesday **12** was to book my neck/back massage for could go straight to bed afterwards! It's to make an appointment, call 021-

## Local talent exposed ...



Rosedale residents are in the throes of rehearsing one of Ralph Kelly's entertaining plays – *Double Exposure* - in which husband and wife, John (John Moulder) and Miranda (Sue Gow) Pemberley are booked into an English village guest house owned by Mrs Cotton (Ann Daykin). The villain, Mr Birch, masquerading as an antique dealer, is ably performed by Walden Davis and Ralph is well cast as the pastor, Rev Phillip Hackney. The plot is tied together neatly by narrator Glen Villet. But to learn who inherited - and who ultimately stole - a £50 000 brooch, you're going to have to come and see them take to the stage in March, after which the Huis Lückoff residents will be entertained at a repeat performance.

Rosedale's annual Christmas **Carol Service** was held on **December 16** and although it is true to say that events of this nature happen because of teamwork, accolades must go to Stephen Leibbrandt for his enthusiasm and hard work behind the scenes in making it all happen.

Nearly 200 people gathered in the lounge/dining-room to witness the arrival of Santa Claus (consigned by Zuma-Gupta Transport (Pty) Ltd ☺ ) who distributed sweets to the crowd before lift-off to other rooftops. Then intros and thanks by Stephen who handed over to Rt Rev Bishop Joe Bell who delivered the seasonal message of goodwill.

The 15-strong choir, accompanied by Ralph Kelly on the piano and the 4-man band from St Peter's Community Church, Fish Hoek launched into 7 of the most popular carols and were joined by the audience who sang their hearts out.





← Choir



four-man band →



Santa's happy helpers Phyllis Webb & Trevor van Rensburg →



← Neville Petitaud sees to wife Isabella's culinary needs (Trevor looks on)



**Cavendish Square** Management's driver, Mr Jacobs, has been at our beck and call twice monthly for the past couple of years – a service initiated by Anne Huddy for which many thanX – and we took the opportunity to thank him on his last trip for the year by way of a gift voucher from the RSC committee and cash from his passengers on Tuesday 19 December. We hope he can find something worthwhile to spend it on. Our good wishes were enclosed in the envelopes. We also sent seasonal greetings to Mrs Raseeqah Larney, our Cavendish contact.

Although I have been at Rosedale for one month short of two years, this was the first **Christmas Day buffet lunch** I got to enjoy with my fellow inmates (that's not right, is it?) – and some spread it was! The brainchild of Del Davies and Phyllis Webb, and aided by generous contributors in cash and kind, they dished up a banquet of veritable delights. A selection of photos has been up on the noticeboard for some time, but here are one or two more of the behind-the-scenes contributors who made it all happen:



*Desiré tickles the ivories*



*Biddy's surrogate daughter, Virg, and entourage playing gift of the givers*



*Doug does dishes*

On **December 31** some 50 of us gathered on the lawns and in the Wreck Room to celebrate the year past and welcome in the New Year. This took the form of a bring 'n braai and amongst the revellers were:



On **Saturday 3 February** the **Nineties High Tea** will be held at Chart Farm in the Constantia Valley 13:30 for 14:00. Those residents who qualify (90 and over) will be sent personalised invitations and will be transported there and back to enjoy not only a sumptuous spread but also the beauty of the rose gardens below.

A **supper** will be held on **Friday 9 February** 18:30 for 19:00 at which **illusionist Russell Fox** (Mike Binedell's son) will perform his sleight of hand. Watch the noticeboard for details.

### **Chitter Chatter**

The City of Cape Town has implemented **Level 6 water restrictions**. What this in effect means is that our daily water usage is, for the time being, to remain at 87 litres per person per day, irrespective of where you live, and unless targets continue to be missed as is currently the case. Mayor Patricia de Lille is quoted as having said that, "With the average household size in Cape Town closer to 3 people, much can still be done to ensure that we are not queuing for water in March or April 2018 when we would then have to consider lowering usage targets further." The new restrictions will mean that non-residential properties will have to reduce consumption by 45%, while agricultural users will have to lower their water use by 60%. De Lille said that the new restrictions also discouraged the use of borehole water for outdoor use in order to preserve the "precious groundwater resource".

*Water is Life..*

*"You visit the earth and water it, you greatly enrich it, the river of God is full of water; you provide the people with grain, for so you have prepared it."*

*[Psalm 65:9]*

Father of photographer Paul Nuttall (professional name Paolo Liberti) was awarded the highest recognition possible for a NCO: that of the Military Medal which he received for an act of bravery during the Allied liberation of Crete. Having been raised by such an illustrious parent meant Paul was exposed to matters military growing up. His interest and career path resulted in a portfolio of 6 monochrome photographs of our very own heroes (*l to r*): Kathy Ellis (Women's Auxiliary Army Service), Gren Taylor (Tank Corps. and Armoured Division), John Ridgway (RSM SA Infantry), John Moulder (Parachute Regiment SA Army), (Des Wollaston (pilot, SAAF) and Peter Horsburgh (Lieutenant, Rhodesian African Rifles). Paolo is holding the title panel.

Chairman of the Creative Camera Club, Paolo entered this portfolio and won 2<sup>nd</sup> prize in a competition, after which it was displayed at an exhibition of a body of works. He presented the 6 portraits to Rosedale where they will be on display in recognition of their achievements.



Credit for the photograph to George Prassas

Resident Kevin Newton brought to the attention of the RSC committee the fact that pensioners visiting the Zeitz Museum can do so on Wednesday mornings free of charge. While we would very much like to take a group to the V&A Waterfront for just such an outing, the logistics of transportation make this difficult. However, from the 'Net I have extracted this information to whet the appetite of those of you who would like to see – and have means of getting to - this magnificent, unique and fascinating icon of the Mother City: The Zeitz MOCAA (Museum of Contemporary Art Africa) - pronounced “zights mocka”, which opened in September, (quote) “houses the largest collection of contemporary art on the continent and is the only museum of its kind in Africa. Much of the art exhibited across some 6 500m<sup>2</sup> of gallery space belongs to German businessman and African art enthusiast, Jochen Zeitz, the main funder of this iconic new institution that comprises some 100 different gallery spaces.

Once a grain silo, built in the Twenties, the structure has been ingeniously re-imagined and redesigned by the ‘Pied Piper of Architecture’, Thomas Heatherwick. The outside concrete tubes are topped with jewel-like geometric windows. Once inside, before even seeing the art collections, it is possible to spend hours admiring the converted concrete, steel and glass interior. The cylindrical tubes sawed open are the most arresting feature of the atrium” the best viewing being via the lifts. Another access to the exhibition floors is via the steel staircase. “The stairs were dropped in piece by piece from the top into the reinforced silo. The maze of tunnels in the basement “used to house the conveyor belts that moved the grain from one section to another and allows you to see the funnels from which the grain would have flowed.

The works of some of the most respected artists - Nicholas Hlobo, Cyrus Kabiru, Hank Willis Thomas, Jody Paulsen, Kendell Geers and William Kentridge – are on display and Nandipha Mntambo's solo exhibition, which spans five rooms is unmissable; Kudzanai Chiurai's mixed-media work goes right around the floor.

More than a showcase of the continent's best art, Zeitz MOCAA aims to be welcoming space for all. Entry to the museum is free for under-18s and there's an art education centre for school children in the basement, complete with a designated drop-off zone. The museum also offers guided audio tours for visitors.

Visit in your own time – remembering that entrance is free (normally R180 pp) on Wednesday mornings 10:00-12:00 for African citizens or buy annual membership of R185 pp for over-60s (normally R250 pp). This gives you unlimited free admission to exhibitions, preferential queuing at the entrance and special member events, including talks, tours and extended opening hours. For more information call 087 350 4777 or email [info@zeitzmocaa.museum](mailto:info@zeitzmocaa.museum)

I discovered **WeePong!**<sup>TM</sup> (and, no, it's not made in China) **toilet spray**, courtesy of an environmental lawyer friend who has tested many similar products and found this one to be the most effective. What's it all about? Well, Sannitree<sup>®</sup> International are leading suppliers of 100% environmentally friendly, biodegradable products for the treatment of organic waste and waste water since 1986. This particular product claims to be “The No. 1 water-saver” – they explain: ‘The average toilet uses around 6 litres with every flush. By leaving urine in the toilet bowl and only flushing when absolutely necessary, you could save between 120 – 250 litres on flushing per day. Simply spray Wee Pong!<sup>TM</sup> around toilet bowl and over the toilet water after use with the result that you're left with a pleasant fragrance before the sulphur retardant goes to work to reduce the malodours associated with stagnant and decomposing urine. Your toilet will always smell fresh and hygienically clean – even when you're not flushing.’ It works like this: As urine breaks down, ammonia is released causing the bad smell associated with stagnant urine. Powerful, yet harmless organic enzymes and bacteria combined with the sulphur retardant in Wee Pong!<sup>TM</sup> digests ammonia on contact thus preventing malodours to form and your toilet smells fresh and hygienically clean. It is sold from their Westlake office or at Starke Ayres. At R125,00/250ml spray container it's not cheap, but it works.



There's a new fangled gadget out there, albeit in the testing phase, called a Hip'Air, a human airbag belt, aimed at preventing falls in the elderly, designed by French airbag company Helite who recognise that falls are the second (they don't say what's first) leading cause of accidental or unintentional deaths worldwide. What makes this one revolutionary is that it predicts when you are about to fall within 0.2 seconds – and even ‘tells’ you when you're not wearing it correctly. Not cheap, it will sell at 15X more than the standard hip protector, but what caught my eye was the advice of an expert who says that “the elderly should take up tango or ballroom dancing to prevent the risk of falls ... that dancing meant taking physical risks, such as shifting weight from side to side or back to front. This makes people much more confident when moving in everyday life” and that “the postural alignment is very important in preventing falls in older people and could help keep them safe”. Bet the Villets wholeheartedly agree with this viewpoint.

## Days of Our Lives

21 January is **Squirrel Appreciation Day** so in the spirit of Ubuntu - and as I know, there are many residents who think they're too cute for words - I will endeavour not to chase these little creatures w-a-y up a tree and out into the blue beyond. (Anyone who knows me will vouchsafe: Lucille is a birder and, well ... they do predate on avifaunal nests.)

The grey squirrel (*Sciurus carolinensis*), indigenous to the hardwood forests of North America, was brought to our fair land by Rhodes (who has much else to answer for) and are, for now, restricted to pine and oak plantations, as well as urban gardens where they are active early morning and late afternoon. Their home is called a drey, is soccer ball-shaped and constructed in a tree. Squirrels are mainly vegetarian, but supplement their diet with eggs and indeed the chicks themselves. Their life span is 6-7 years so someone should warn our local critters they're living on borrowed time; for now, I promise to leave them alone!

And so, to end this, the first edition of the newsletter for 2018, I leave you with these lines:

### *My New Year Solutions, Not Resolutions*

*This year I want to be a monkey  
Jumping from tree to tree  
Next year I can be a donkey  
Braying from sky to sea  
Every year I want to change  
And experience something new  
I wish I am something strand  
Like the disappearing dew  
I want to feel the life of a lion king  
Sitting inside its majestic skin  
Turning into a peacock I will sing  
And be one of a Siamese twin  
Why can't I be a bubble?  
Blow away and disappear  
Instead of getting into trouble  
Making resolutions every year.*

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 Byrnes flat 211 Rosedale tel. 021-6854375 / 083 558 4900 email [lucillebyrnes@gmail.com](mailto:lucillebyrnes@gmail.com)

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