

WHAT'S UP

The Rosedale Newsletter

June 2018

An important message from management: SA Legion receives an annual grant from the Department of Social Services (DSD) which forms part of Rosedale's operating expenditure. In order to justify this grant we need to provide DSD with statistics. It is of utmost importance that visitors to Rosedale – whether it is to participate in recreational activities or enjoy a meal with us – sign the register, one in the main foyer and one on the pedestal in the lounge.

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 Ed Wittert who moved into 108R. From get-go let's make him feel right at home.

FUNCTIONS AND EVENTS

The **Rhodesian African Rifles** ("RAR") hosted a luncheon in the Wreck Room on **Thursday 10 May** to celebrate their regimental day and funds raised will pay for their annual affiliation fees payable to the Western Province Dugout.

John Russell opens the proceedings



Ian McLean makes the toast to absent friends



The workers: chefs Phyllis Webb & Del Davies, bartenders Pamela Poole & Doug Clark and pianist Desiré Boltman

← Robin Hartley joins host David Holmes at lunch



A wonderful spread enjoyed by 18 'old' friends →



Before reporting on the event itself, it's wholly appropriate to acknowledge the gratitude of the RSC committee, as well as residents and members, to two people who contributed towards the success of the outing to **Langebaan on Tuesday 15 May**. I write of Col William ("Robbie") Roberts, Signal Association's chair, and Ian Robertson of Claremont Rotary. Robbie supports us in so many ways, one of which is circulating appeals to his members/readers for support of Rosedale activities; the other is Ian who responded to an appeal and arranged a substantial donation from his chapter of Rotary and which made the coach trip a reality. Del recorded these sentiments at the last RSC committee meeting and now she reports on the day itself, "A highly competent driver ferried 59 passengers on board and at 09:30 sharp headed out of the city en route to Langebaan and a day on the West Coast. The plan was to spend an hour at Club Mykonos' Casino and then lunch at Langebaan Country Club. A bit of a blip in arrangements – do things every go according to plan? – had us reverse the itinerary starting off with lunch and then backtracking to the Casino. I don't know how the bulk of the travellers fared but I know Tess Bracale and Gordon de la Chaumette had decisive wins and Yours Truly came out with a few Rand in the purse. We were welcomed at the Country Club as if we were royalty (well, we are, not so?) and treated to excellent value for the cost of the meal. A l-o-n-g day but one that by all accounts was a huge success and given the generosity of our sponsors we will repeat in the future." The outing was made all the merrier with the news that Syd and Jenny (Praamsa) Jewell tied the knot the day before and from Del and Rosedale residents "We wish them our very best for a happy and blessed future together".

Many thanks, Phyllis, for taking the pics: (l) Stephen & Del ready to board (m) Walter & Del give the thumbs up (r) at lunch



Through your generosity Del was able to hand the Springbok Atlas coach driver a hearty gratuity for getting us there and back safely.



We were given the opportunity to test our skills at a demonstration of **self-defence** led by Claudio Chiste (l) who was assisted by his father, Diego (r), in the Wreck Room on **Friday 18 May** – and thanks to David Holmes (m) for making this possible. We all agreed it is an activity worth repeating not least of which so that we can attain Level 2 prowess.

Claudio started his career in the Navy as a combat officer specialising in underwater warfare (mines, diving, torpedo recovery) and during this time he became provincial boxing champion. He then qualified as an instructor in Krav Maga - the self-defence system used by the Israeli Defence Force. After serving as the national chairman of the SA Legion's veterans' England branch, where he was based for 15 years, Claudio

returned to Cape Town promoting optimum mind-and-body connection (focusing on mental toughness, high-performance, self-defence) at the Warrior Training Centre.



No one looks more surprised than Wendy Perkins as she gets to grips with Claudio



← The group of participants proudly display their certificates of achievement (Level 1)



Rosedale hosted the **Dukes Association's annual reunion luncheon on Saturday, 19 May**. This was the 78th anniversary of the mobilisation of the 1st South African Infantry Brigade (1940 – 1978), when Dukes were called up for military service in World War II. It also marked the 41st anniversary of the mobilisation of the Dukes regiment for border duty in South West Africa in 1977. E-readers can view the **attached** comprehensive write-up by Regina Lord, who also took the photos, and Alan Bradshaw, a copy of which will be posted on the noticeboards.

← (courtesy of Stephen Leibbrandt) Front row l to r: Lt Col F Marais, Col L Masterson, Lt Col M Krecklenberg, Lt Col R Nessel Back row l to r: A Brashaw, Lt Col B Sterne, R Kirsten & D Holmes

Erica Maré, graduate from the Contemporary School of Dance, visited us on **Tuesday 22 May** to demonstrate the **Salsa**, which Wikipedia describes as “a popular form of social dance that originated in the Caribbean. The movements of salsa have origins in Puerto Rican bomba and plena, Cuban Son, cha-cha-cha, mambo and other dance forms. The dance, along with salsa music, originated in the mid-1970s in New York. Different regions of Latin America and the United States have distinct salsa styles of their own, such as Cuban, Puerto Rican, Cali Colombia, L.A. and New York styles. Salsa dance socials are commonly held in night clubs, bars, ballrooms, restaurants, and outside, especially when part of an outdoor festival. In many styles of salsa dancing, as a dancer shifts their weight by stepping, the upper body remains level and nearly unaffected by the weight changes. Weight shifts cause the hips to move. Arm and shoulder movements are also incorporated. Salsa generally uses music ranging from about 150 bpm (beats per minute) to around 250 bpm, although most dancing is done to music somewhere between 160–220 bpm. The basic Salsa dance rhythm consists of taking three steps for every four beats of music. The odd number of steps creates the syncopation inherent to Salsa dancing and ensures that it takes 8 beats of music to loop back to a new sequence of steps.”



Here at Rosedale we didn't get into such depth but, nevertheless, had an absolute ball with Del reporting that, “Erica had us all exercising on our chairs (some faring better than others!). She then passed on the basic salsa steps.” Del concludes, “I'm convinced that Erica enjoyed the afternoon every bit as much as her 'pupils', so much so that she is keen to visit us once a month.” Stephen Leibbrandt provided the visual back-up:

The **Regimental Band of the Cape Town Rifles** (“Dukes”) – the oldest military band in Africa, having been established in 1856 - entertained us on **Tuesday 21 May**. Many thanks to Phyllis Webb for the visual reminder of what



a great evening it was:

Writes Del, “On **Thursday 23 May** the **Silver Companions'** trio (cello, piano and flute) treated us to a selection of familiar, well-loved pieces and Isolde Stegmann, their talented burlesque dancer/ mime artiste did not disappoint. With tea-and-biscuits to follow, all in all a delightful way to spend a Wednesday afternoon.”



←Thanks, Stephen Leibbrandt, for taking the pics →

We all remember what fun it was to watch the cast performing Ralph Kelly's two-act play *Drew's Island* in May last year. Now we have the chance to try and work out the shenanigans that take place in **Double Exposure** which will be staged in the Wreck Room on **Saturday 9 June** at 18:15. This play lasts about 1½ hours, has no interval and when the curtain comes down, we'll gather over tea/coffee and biscuits – an honesty jar will be in place – when the bar will be open.

Ann Daykin, John Moulder, Ralph Kelly, Walden Davis, Sue Gow & Glen Villet rehearsing →



The story, in Ralph's words – and briefly so as not to give too much away: Miranda (Sue Gow) and Greg (John Moulder) Pemberley have been asked by a mysterious Mr Bales to go to Mrs Cotton's (Ann Daykin) guest house in a small and isolated English village – with some good news in the offing. The only other guest is Mr Birch (Walden Davis) masquerading as an art collector. Mrs Cotton has a dark secret – she is wearing a very valuable diamond brooch acquired by her late fiancée, as a 'pension' from his wealthy employer Mrs Bowesfield whom he nursed her before her death and who, thanks to her villainous nephew, had been reduced to penury. Unhappily for Mrs Cotton, Ernie Cooper, the recipient of the brooch, dies before they could be married and, in his Will he names Miranda, his granddaughter, as the new owner of the brooch. He had asked Mrs Cotton to see that Miranda gets the brooch, but Mrs Cotton makes little effort to carry out this wish and instead keeps the brooch. The parish priest (Ralph Kelly) is able to get to the bottom of all this and in so doing exposes Mr Birch, who has succeeded in gaining possession of this valuable heirloom. (Mr Birch is actually Wally Bowesfield, the disgraced nephew of Mrs Bowesfield, who is also the fictitious Mr Bales.) Not only has he tricked his aunt out of her fortune, but has spent time in prison! All this intrigue is ably narrated by Glen Villet and readers and playgoers will be pleased to learn that it all ends happily and so to enjoy this twisted tale of intrigue, join us on the 9th of June for an hour of fine entertainment.

The last function hosted by the present RSC committee will be held on **Friday 29 June** 18:30 for 19:00, the theme of which is **'Bonnets or Bling'** so dust off your best head covering to be in line for the prize; also, there's a prize for the person who has taken glamour and glitterati to another level!

Guests will be welcomed with a sherry on arrival. The menu comprises a trio of gourmet soups: lightly curried butternut and apple soup / broccoli and feta soup / Dutch pea and kassler soup, an assortment of breads, followed by ice-cream and chocolate sauce and the proverbial bottomless coffee/tea. A cash bar (wine, malt, ciders and soft drinks) will be open or you can bring your own XYZ.

A double-bill cabaret has been lined up for your entertainment: raconteur of note Godfrey Johnson plus Isolde Stegmann, our talented mime and burlesque artist.

Cost: R70 Residents. R80 Service Centre members, R90 others and bookings as usual to Del Davies per email deldavies35@gmail.com or call her on 021-6858482 / 083 658 1018. Alternatively you can make payment to the Service Centre office 021-6899771 between 09:30 and 11:30 weekdays either in cash or by EFT to: Standard Bank Code 020009 SA Legion account no. 070149291

Use as the reference 'Soup' and for whom the payment is being made and email Del proof of any EFT payment. The cut-off date for payment is 25 June.

A Notice convening the **RSC AGM**, which is to be held on **Wednesday 11 July** at 17:30, will be issued shortly, as will nominations to the committee, which presently comprises: Stephen Leibbrandt (chair), Phyllis Webb (treasurer and acting chair), Sue Bailey (secretary), Doug Clark, Del Davies, Peter Horsburgh, Neville Petitaud, Pamela Poole and Danny Primo, with co-opted members Mervyn Berowsky, Lucille Byrnes, Walden Davis, Sue Gow, Andrew McLaren and Isabella Petitaud. So diarise this important date and at the same time sharpen your voting pencil.

There was a wonderful response to the appeal to contribute in cash or kind to **Mandela Day** last year – here's a pic to remind you → and **Wednesday 18 July** we'll be doing it all again, so watch the noticeboard for what's needed and let's show the world how generous we Rosedalians are. And, remember, it's Madiba's centenary year so we need to give it all we've got! Men: you're very welcome to join us if only to prove that domesticity is not beyond your capabilities.



CHITTER CHATTER

I was away at the time of Phyllis Webb's surprise belated birthday present organised by Del Davies: a pillion ride on a Harley Davidson – something she'd dreamed of for years. Leibbrandt captured the moment they set off on a tour of the neighbourhood and I'm not quite sure whether her expression is one of utter joy or terror – you be the judge!



Many of you have been following **Facebook** founder and CEO Mark Zuckerberg's deposition to the United States Senate over data privacy and what he himself has described as a breach of trust on the part of the social network site that has captured the attention of more than 2 billion people who use it every month. For those of my generation who do not, and cannot, comprehend why Facebook exists please be aware that I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I did the night before, what I will do later and with whom. I give them pictures of my family, my dog, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

Did you know that the UK recently appointed a minister for **loneliness** to deal with what Prime Minister Theresa May has termed 'the sad reality of modern life' for too many people.

Last year, a British commission found that nearly nine million people in that country either often, or always, feel loneliness — a condition that can have harmful health repercussions.

Physicians have long warned that social isolation is a growing epidemic that can have physical, mental and emotional consequences. It's been associated with higher risk of heart disease, diabetes and cancer and has been proven to be worse for health than smoking 15 cigarettes a day.

According to the government's research, about 200,000 elderly people in the UK have not had a conversation with a friend or a relative in over a month and if newspaper reports are to be believed, social media is having a profoundly negative effect to boot.

We might be more technologically connected than ever but, by the very nature of the devices we utilise — 'Net/twitter/tweet/FB/Instagram etc. — we can be left feeling very much alone. In other words, we might be 'well connected', but in reality we are far more 'disconnected'.

It is opined that the strongest component of health, happiness and longevity by a long shot relates to how connected you feel to the world around you, far outweighing money and fame.

Social connectedness, much like other health-seeking behaviours, takes time and effort, and needs to become a habit. In the same way that we plan to exercise regularly or are disciplined in our eating, we need to make a conscious effort to cultivate and maintain relationships. These include both our "lighter" relationships and acquaintances, such as with work colleagues and the people we might meet at the petrol pump or checkout counter, and the "deeper" ones like those with our friends and family.

With acquaintances, a smile, a greeting by name or even the effort of asking about the origin of a person's name or the whereabouts of their family, can brighten their day and yours. With our deeper relationships, it's about carving out intentional time and being truly present in that time. This is particularly important with our elderly relatives. If you want them to live longer and happier lives, the greatest gift you can give them is your time.

The evidence suggests that, while face-to-face time is best, a phone call comes a close second, but a text message does not. In fact, the jury is out on social media entirely. Depending on how it is used.

So what's the answer? Make a concerted effort to welcome new residents; knock on your neighbour's door and invite him/her over for a cuppa; come to meals and join in the group chat about 'Mary's new hairdo' or 'Jim's bought another car' — and, no, it's not gossip; it's merely active and positive involvement in the lives of others around you. Also, you could do well to attend one of the many functions and events arranged for your benefit or, better still, offer your services in setting up the room or cleaning up afterwards. *(The gist of this article has been taken from Independent UK)*

Days of Our Lives

Father's Day is celebrated worldwide to recognise the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Although it is celebrated on a variety of dates worldwide, many countries observe this day on the 3rd Sunday in June and here in South Africa it falls on Sunday 17 June so, Dads:



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