

WHAT'S UP

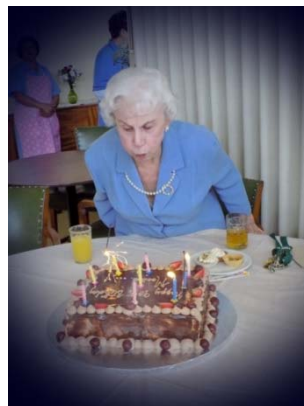
The Rosedale Newsletter

May 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.

CONGRATULATIONS

Monica Baguley celebrated her 90th birthday on April 3. Here she is, about to cut into a cake, but first ... there's the to blow out the candles and did in her inimitable and



90th birthday on April 3. scrumptious chocolate small matter of having sparklers, which she gracious style!

FUNCTIONS AND EVENTS



Art (as well as maths) teacher Carl Schmidt gave of his time on **Saturday morning 7 April** to show us how to **paint with cotton earbuds**. The process is an interesting one; the results dubious – my attempt, that is, which was a cross between an arachnid and a gymnosperm (you go look it up!). Others were more successful but I can report that whatever - we had fun.
One of the better results →



Two Rosedale teams (**A** comprising Tosca Coetzee, John Gandy, Alet Graf and skip Danny Primo and **B** comprising Janice Britten, Louise Smith (skip), Carol Venter and Robin Webb) took up the challenge from Reyger Court (**A** comprising Derna Alamein, Angelo Blassoples, Marlene Kilshaw and Eunice Gibson and **B** comprising Wilna Brand, Koos Geldenhuys, Reg Gibson and Peggy Gravenhof) in the Wreck Room at **carpet bowls on Friday April 13**, which turned out to be lucky for us with an overall win of 3/1. Thanks to the handiwork of Barbara Vivier, both groups were proudly wearing the white rosettes that she so cleverly had crafted, our own teams looking particularly sporting in their red-and-white outfits.



Onlookers are serious in their support →

← Big discussion as to who claims the kitty



Ralph Kelly really came up with some beauts which he put to the entrants in the bi-annual **Toc H fun quiz** in the Wreck Room on **Saturday 14 April**. Q: What do the stripes on a barber's pole signify? A: Red for blood and white for bandages, and which Australian bush ballad means 'You'll go to prison'? A: Waltzing Mathilda. Four teams competed for the coveted kudos: Rosedale Team A Colin Flude (captain), Anne Huddy, Don Stokes & Felix Westwood; Rosedale Team B Shelmerdene de Gersigny, Peter Horsburgh (captain), Martha Janse van Rensburg & John Moulder; Toc H team Liz Barker, Roger Fullerton & Alison Lester and - a lovely surprise! - a team from Grosvenor Square comprised of Chris Hellings, Renette Hellings, Les Keith & Sandy Keith. The ultimate accolades went to the Toc H team who, with one player short, managed to rack up a very convincing score. The tea and edibles afterwards attracted R80,00 for Toc H.



← The challenge is on!

Ralph Kelly with scorers Tim Reilly & Sue Gow



Two of the visiting teams: (l) Grosvenor Square (r) Toc H

The **MOTH Halifax Shellhole** held a fund-raising **braai** on **Saturday 21 April** and the rafters soared with the majestic voices of the Cape Welsh Choir who entertained the guests before the start of the event and then again later on in the evening. In between boerie rolls and salads were thoroughly enjoyed by members, their families and friends. Founded in 1982, the participants come from all walks of life, their passion being singing and what better way to understand their drive but to quote from their official website, "Many children are born with a silver spoon in their mouths, but only Welsh children, or those disposed to Welsh singing, are born with music in their souls." Our own John Verster is a member of this illustrious group. Led by choirmaster Eddie Atherton, the 18-man strong contingent of voices and accompanying pianist treated us to renditions of Land of Our Fathers to the trilogy I Wish I was in Dixie / Glory, Glory Hallelujah / My Trials, Lord, Will Soon Be Over, made famous by Elvis Presley. So sorry you weren't here to enjoy the fruits of your efforts, Peter Horsburgh, who had been hospitalised since the previous Thursday.



In one voice ...



Neville Petitaud serving up supper



Sue Bailey & Beryl Lategan tuck in

The **Cape Town Rifles** (Dukes) Regimental Band (oldest military band in Africa) will hold a **concert** at Rosedale on **Monday 21 May** at 19:00. Entry is free.

At 15:00 on Tuesday 22 May the Contemporary School of Dance will show us how to **Salsa**, which Wikipedia describes as "a popular form of social dance that originated in the Caribbean - no entry fee but an honesty jar will be there for you to contribute to when you enjoy a cuppa.

They're so popular they've become a regular on our entertainment programme – I'm talking about **The Silver Companions** (three retired music teachers on the cello, piano and Viola plus Isolde the cabaret/vaudeville dancer) who will perform for us on **Wednesday 23 May** so join us for another show in the lounge/dining-room at 15:00. Tea/coffee will be served; there is no charge but an honesty jar will be in place.

If you haven't already done so and wish to attend the **Schools' Jazz Band Concert at The Baxter Theatre on Saturday June 2** for 1 hour from 10:00, book your seat the RSC office and, remember, entry is free.



It's bad enough when a woman spends time and money on a new outfit for a special occasion only to find she's been upstaged by someone similarly attired, but when this happens – as it did to Yours Truly recently – and the upstart (sorry, upstager) is a man, well ... I refuse to concede that Darryl looked better than me!

An impromptu dance session took place in the dining-room after lunch, the Villets leading the group onto the

floor. Here, Samantha Bailey (r) makes her moves to the very catchy 1992 tune "Achy Breaky Heart" by Billy Ray Cyrus.



Through lack of interest the weekly outing to **Morning Melodies at The Baxter Theatre** has fallen under the radar. If anyone wishes to make use of this outing they should contact the Theatre to make single bookings as well as six-monthly bookings, usually accepted about six weeks before January and July.

With Friday Happy Hour in the Wreck Room having fallen away the plan is to hold a monthly get-together when residents can let their hair down (those who still have some!) over a glass or two and nibble on a bag of chips or boerie roll. Your committee is working on ideas and, if you have any suggestions, please pass these on to chairperson Stephen Leibbrandt, Del Davies or Phyllis Webb (contact details on the last page). One thought is to hold a Flavours of the World Day on Monday 24 September – SA's National Heritage Day – the idea being that each regiment will sponsor a table - e.g. potjiekos/braai (as it is also SA's National Braai Day) - where there will be white elephant stalls, fun-and-games for the kids, indeed, something for everyone. More about this to come ...

Rosedale was the bearer of good and crutches which were handed to Toc Roger Fullerton. In turn, the networking (Route 62 and District 935) identified a suburb of Montagu, to whom the



tidings in the form of walking frames H Plumstead branch's vice-chairman resources of Rotary's Inner Wheel the needs of the residents of Ashbury, items were donated.

CHITTER CHATTER

With the onset of winter the dreaded lurgi becomes the order of the day, but you can help ease that wracking cough with this **traditional, homemade cough mixture** recipe which I have been using for years. The good part about it is that it's nigh impossible to overdose on it and it's safe for children's consumption – and it's cheap and works. Mix together:

1X450ml bottle honey

2 bottles borsdruppels

1 bottle peppermintdruppels

½ bottle paragoriese elixir

½ bottle roulynolie (raw linseed oil)

½ bottle ipekakuanha tinktuur

) look for the Lennon range of small bottles with their familiar

) yellow/orange labels – Clicks, Pick 'n Pay - sometimes

) not easy to find so ask your family chemist to buy in on your

) behalf and, because you're using half bottles, you might want

) to consider sharing with a friend

Environmental reporter Melanie Gosling wrote on EWN' website on Thursday 3 May, "It is highly unlikely that Cape Town's catchment area will get the above average rainfall it desperately needs this year to break one of the city's worst droughts on record, a climate scientist has said. And if there is not above average rainfall this year, Cape Town is unlikely to avoid a Day Zero in 2019."

Experts have said that the catchment area needs at least four consecutive months of above average rainfall in 2018 to fill the dams sufficiently, to see Cape Town and surrounds through next summer and to avoid a Day Zero in 2019, but it looks as if there is less than a 5% chance of this happening.

Scientists Peter Johnson and Piotr Wolski from UCT's Climate System Analysis Group have worked out that the month of April is key to answering the question of whether there will be a wetter than normal year.

After analysing rainfall figures from 1930 for Cape Town's catchment area - the mountains that feed rainfall into the dams - they found that if a year's cumulative rainfall recorded by the end of April was above normal, there was a 70% chance that we would have above normal rainfall for the rest of the year. However, Johnston said on Monday that, while he had not received all the official rainfall data for April, it was safe to say that the provisional figures suggested that there had definitely not been 'anything approaching above normal' rainfall to date. "This means that it is highly unlikely - only a 5% chance - that we will receive a substantially above normal total for the year and that if the rains were not above average this year, it would be very hard to avoid a Day Zero next year.

Above average is defined as rainfall figures that fall into the wettest one-third of all the years recorded.

Johnston said they could not tell from the rainfall data to date whether the rest of the year would be average or drier than average. For that, they would have to wait for additional rainfall data later in the year.

Johnson said, "We will make a further assessment at the end of May and that if, by the end of May the cumulative year's rainfall was below average, it was likely that it will be a drier than normal year. These assessments would help give some answers for government, farmers and residents to make some decisions about what to do in 2019," he said.

Nicky Allsopp, manager of the fynbos node at the SA Environmental Observation Network (Saeon), has said, because soils had dried out after three years of drought, they would act like sponges and absorb a lot of rainwater, reducing run-off into dams. She estimated that we would need at least four consecutive months of above normal rainfall this year to fill the Cape dams enough to supply water into 2019.

A statement from the city council read that water consumption in Cape Town last week had reached a record low of 505 million litres a day, and the late April rains had resulted in the dam levels rising slightly, from 20% to 20.9% adding that the record savings are encouraging in the light of recent rainfall, which could possibly have led to some of us relaxing our efforts. However, although this showed "great commitment from residents", Cape Town residents still had not reached the target consumption set by the Department of Water and Sanitation of 450 million litres a day.

We at Rosedale are nowhere near that target, having slipped back from 80 000 litres p/week to 117 000 when we're only supposed to be using 45 000 litres p/week (= 50 litres pppd). Come on, Guys! We need to do more to reach an attainable target and what's more, to keep it there.

Days of Our Lives

As most of you know, we celebrate no less than 13 public holidays in South Africa – and Workers' Day (Labour Day elsewhere in the world), which this year fell on Tuesday May 1, is one of them. (The date signifies the first day of spring in northern hemisphere countries.) The struggle for a shorter workday and better pay dates back to the 1800s, led by trade unions, the Communist Party and other labour movements. It was inaugurated as a national public holiday in 1994.

But away, for the moment, from the more formal public holidays we enjoy in South Africa and, rather, a look at the fun days we get to celebrate. This month there's 9 May Lost Sock Memorial Day; 14 May Dance Like a Chicken Day; and 29 May Put a Pillow on (not in!) your Fridge Day

The first is one that most men will relate to. In research commissioned by Samsung it was revealed that one individual loses about 1.3 socks per month; in a year that would be more than 15 socks – which no doubt prompted Bing to sing:

*I like the dimple in your chin
I like the tricky way you grin
Still you ain't no kind of cat
(You know why don't you?)
Boy, your socks don't match!*

The answer could be to buy the new Crazy Sox where no pair matches and are made of multiple-coloured stripes.

When it comes to the second fun day, the mind boggles. Remember the 'Chicken Dance? Written by a Swiss accordionist in the '30's – perhaps for the Oktoberfest - it became popular across Europe and America in the '70's and is associated with Polkas or Oom-pah-pah music. So unpack those beaks, wings and tail feathers, throw away your inhibitions and join the Villets at their monthly **social dance** where you can practise those moves in the dining-room on **Friday 18 May** at 19:30 – cost R15 pp. Bring your own XYZ and enquiries to Carmen on 021-6857045 / 079 191 7371.



And as for the pillow fun day, well, it's up to you to come up with an idea how to celebrate it. I've run out of inspiration! Having said that, it behoves me to wish each and every mother out there an especially *happy Mother's Day* on Sunday.

We put more effort into helping folks reach old age than into helping them enjoy it - *Frank Howard Clark*

Building a future for our kids in South Africa

“What on earth is *that*?” I asked, to which my friends replied, “That’s what we’ve collected and will drop off for the EcoBrick Exchange (EBE) project”; by *that* I’m referring to the pic below on the left. EBE is the link between unwanted plastic and the construction of, amongst other things, classrooms for preschoolers in underprivileged communities. Hilary and Llewellyn, an active Newlands Rotarian for many years and an environmental lawyer to boot, collect dry plastic waste, stuff these into empty 2-Litre bottles and drop the finished product off at one of the collection points. As you can see from the middle pic, pulled from their website, the end-product will be a well in which to store water; the pic on the right shows a completed building, the filled bottles having been held together with cement – just as you would construct a ‘normal’ wall:



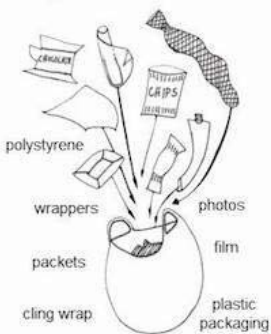
It’s a very simple *modus operandi*, as this sketch, pulled from their website, depicts:

ECOBRIK EXCHANGE

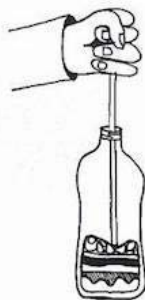


HOW TO MAKE AN ECOBRICK

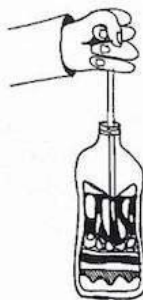
Step 1
Collect clean and dry plastic waste at home



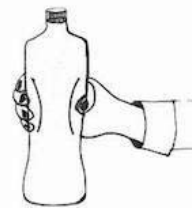
Step 2
Compress waste into plastic 2L bottle with a stick



Step 3
Pack tightly throughout the process to ensure that it’s unsquishable



Step 4
Squish with one hand to measure if it’s full enough (squish < 10% = complete)



Step 5
Celebrate! Your EcoBrick is ready to be built with



I’d like to encourage you to embark on a similar project here at Rosedale. If you do the work (fill the 2-Litre bottle with the plastic, squish the contents down as hard as you can in order to tightly pack the bottle – see sketch above) and then bring it to me (or I will collect), I will drop it off at the nearest collection point at Monte Bello Design Centre in Newlands.

On the subject of recycling, there's a good chance, that like me, you aren't sure what can be recycled and what not, so here are the three general guidelines of recycling:

- Recycle all bottles, cans, and paper
- Keep items relatively clean
- Don't mix plastic bags in with the rest of your recycled items



Do Recycle

The guidelines are that any rigid plastic bottles or containers can be recycled, as can paper and cardboard (cereal/snack cardboard boxes, 'phone books, magazines and mail, office paper, newspapers and cardboard. Metals (tin, aluminum and steel cans) and glass (food containers or jars, soft drink and liquor bottles) also can be recycled.

Don't Recycle

Loose Plastic Bags (plastic shopping bags, plastic stretch wrap); polystyrene foam cups or containers (e.g. egg cartons, take-away food containers, drinking cups); soiled food containers and paper products; and other products such as broken or sharp glass, fast food packaging, plastic utensils



**Share your copy of the newsletter with a friend or tablemate
and if you do 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

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

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