



NOVEMBER 2016

## SCREAMS ON HALLOWEEN NIGHT IN BERGVLIET FRIDAY, 29 OCTOBER

The earliest documented customs attributable to Halloween grew out of the observances of All Saints Day (November 1), a day of prayer for saints and martyrs of the Church, and All Souls Day (November 2), a day of prayer for the souls of all the dead. These were just a few stories introduced prior to dinner last week. Bergvliet residents flew into the clubhouse on their broomsticks to celebrate Halloween and a screaming-ly good time was had by everyone.



(Top L-R) Lyn Law and Joan Misplon; Paddy Oberhofer, Sheila and Bill Kirkwood.  
(Bottom L-R) Paddy Fordyce and David Walker; Toetie and Ronnie van Reneen.

See Page 6 for more pictures



**THURSDAY, 10 NOVEMBER at 9:00am**

Our men's only breakfast is set to take place on Thursday, 10 November at 09h00 and everyone is welcome. Come and enjoy a hearty breakfast and coffee. Please make every effort to attend.

Please book for breakfast with Andréa at reception or call Ext 300.

For additional information, please call Ton Weber on Ext 105

## **CLUBHOUSE CATERING & SOCIAL DINNERS**

We recently introduced our toasted sandwich menu in the clubhouse, which runs all day and is proving to be very popular with residents. We serve toasted Cheese; Cheese & Tomato; and Cheese & Ham for R20.00 per sandwich. We also serve our "cake of the day" at R15.00 per slice and tea/coffee at R10.00.

The Social Dinners have picked up and we would like to thank all those residents, old and new, who support this wonderful evening. We wish to encourage everyone to attend these dinners which take place every Tuesday evening at 6:30pm for 7:00pm. It's a marvellous opportunity place to meet friends and chat whilst enjoying a delicious meal prepared by Rambling Rose.

We kindly request that you book with Andréa at reception on Ext 300 by no later than 12-noon on the Monday to ensure that the caterers can plan and prepare your meal. Please bring your own refreshments and wine. There is a limited range of cool drinks available for sale.

We will be starting a regular monthly Sunday Lunch from January, next year watch this space for further details.



**IT WORKSHOP**  
**MONDAY, 21**  
**NOVEMBER 2016 at**  
**10:00am**

We had a good response to our first IT workshop, held in October, covering details of the Fibre-to-the-Home (FTTH) installation next year. We will be holding another workshop in the clubhouse at 10am on Monday, 21 November. All residents, especially those who have any kind of IT query pertaining to their computers, IPads, laptops or cell phones are welcome to attend. Please send me an e-mail highlighting your problems to ensure that Kyle Knight, our IT specialist, can address these issues.

Contact Andréa on Ext 300 and confirm your attendance for seating purposes.

## **SUNDAY BRING & BRAAI DAY**



**SUNDAY, 20 NOVEMBER at 12:30pm**

Summer braai's are the best way to celebrate a Sunday.

We would like to invite you and your family to join us for a "Bring & Braai" on Sunday, 20 November at the clubhouse.

Salads and rolls plus dessert will be provided. The cost per person is R60. Please bring your own refreshments.

For additional information, please call Yolanda Bond-Smith on Ext 146 and to book for the braai call Andréa at reception on Ext 300.



## MOVIE NIGHT

### - KEEPING MUM -

SATURDAY, 19 NOVEMBER AT 7:00pm



Walter Goodfellow (Rowan Atkinson), the well-meaning vicar of the parish of Little Wallop, is so obsessed with writing the perfect sermon that he is oblivious to his wife Gloria's (Kristin Scott Thomas) dalliance with her brash golf instructor Lance (Patrick Swayze); neither does he notice that his daughter Holly

has a different boyfriend every week, and his young son Petey is the whipping boy for the school bullies. Gloria feels her life is spiralling out of control. Enter Grace (Maggie Smith), the answer to the family's prayers: a sweet grey haired old lady, the charming and discreet new housekeeper, who has her own unique definition of keeping house – and a very unusual way of solving problems.

Please contact Elda Diana-Oliario on Ext 155 for any additional info. You are welcome to bring your own refreshments.

### BIRTHDAY LIST NOVEMBER 2016

6	Margaret Dry	Unit 63
7	Herman Poelmann	Unit 15
17	Dick van der Ross	Unit 19
29	Koos Human	Unit 45



We will be serving a light meal in the club house at 6:00pm before the quiz, which will include a delicious quiche and salad for R30.00 per person. The quiz starts at 7:00pm

Teams of four will compete for some lovely prizes and a barrel of laughs.

Please call your quiz master, Paddy Fordyce, on Ext 152 should you have any queries.



*Please be considerate to your fellow residents and visitors and clean up after your dogs when walking them in the common area. There are bags and bins available*

## MONTHLY LUCKY DRAW

Our Lucky Draw is a way to raise funds by the village entertainment committee in order to provide live music, décor and a variety of items for the benefit of residents.



*The winner in October is*  
**MARION THOMPSON**

Three tickets costs R50.00 and the draw sheet is available at reception.

Buy your ticket for our next draw which will take place on

**Tuesday, 29 November 2016**

## QUIZ EVENING

THURSDAY, 3 NOVEMBER AT 7:00pm

Come and join us for an evening of fun and laughter whilst testing your general knowledge at the same time.



## COLOUR-IN MORNING

WEDNESDAY, 23 NOVEMBER 2016 at 10:00am

Colouring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and coloured pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out colouring can be beneficial for adults — namely for its de-stressing power.

Colouring for adults is the latest craze and the last workshop we held in the clubhouse was very successful – so why not give it a go and see if you can release your inner creative soul and totally relax. Crayons and colouring sheets will be provided, but please bring your own, if you can.

If you'd like to give it a try, or are already a colouring enthusiast, join us in the club house on Wednesday, 23 November for a morning of camaraderie and fun.

Please call Andréa on Ext 300 to confirm your attendance for seating purpose.



### As Kingfishers Catch Fire

As kingfishers catch fire, dragonflies draw flame;  
As tumbled over rim in roundy wells  
Stones ring; like each tucked string tells, each hung bell's  
Bow swung finds tongue to fling out broad its name;  
Each mortal thing does one thing and the same:  
Deals out that being indoors each one dwells;  
Selves — goes itself; myself it speaks and spells,  
Crying *Whát I dó is me: for that I came.*

I say móre: the just man justices;  
Keeps grace: *thát* keeps all his goings graces;  
Acts in God's eye what in God's eye he is —  
Christ — for Christ plays in ten thousand places,  
Lovely in limbs, and lovely in eyes not his  
To the Father through the features of men's faces.

**Gerard Manley Hopkins**

## VILLAGE VARIETY CONCERT

FRIDAY, 25 NOVEMBER 2016  
at 6:00pm for 6:30pm

### BRING & SHARE



The catering, Events and Entertainment committee have planned a wonderful residents' variety concert, which will feature a number of our villagers and will be held in the clubhouse on Friday, 25 November at 06:00pm for 6:30pm. The concert will feature piano, song, humour and verse as well as a few sing-a-longs

Please diarise this event. Additional details will be sent out shortly. Please put your name down at reception for seating purposes or call Ext 300.

The cost is R60 per person.

## CLUBS & ACTIVITIES

**AGELESS GRACE** – our weekly exercise class meets every Thursday at 10:00am in the Clubhouse. Please contact Andréa at reception for further information.

The **BRIDGE CLUB** meets every Monday at 2:00pm. Please call Herman Poelmann on Ext 115 to confirm attendance

**SCRABBLE** is going strong with enthusiastic ladies pitting their wits against each other on Tuesday afternoons at 2:00pm

The **BOOK CLUB** meets on the first Wednesday of every month at 11:00am and is run by Vivienne Docherty. Please call her on Ext 158 for further details.

**PETANQUE/BOULE** - We encourage residents to come along on any Friday afternoon at 3:00pm, weather permitting.

The **LIBRARY** in the clubhouse is now well stocked and residents are very welcome to make use of it.

## YEAR END FUNCTION

FRIDAY, 9 DECEMBER at 7:00pm



Please diarise the Village Year-End Function which is to be held in the Clubhouse on Friday, 9 December at 7:00pm.

Menus and notices will be sent out and placed on the notice board giving you all additional information.

Book with Andréa at reception or call Ext 300.

## CAPE TOWN WATER RESTRICTIONS – LEVEL 3



The City of Cape Town's Mayoral Committee approved a recommendation to Council that Level 3 water restrictions from 1 November 2016, with corresponding tariff increases to follow from 1 December 2016. This is in line with the directive from the National Department of Water and Sanitation to reduce demand on the Western Cape Water Supply System by 20%.

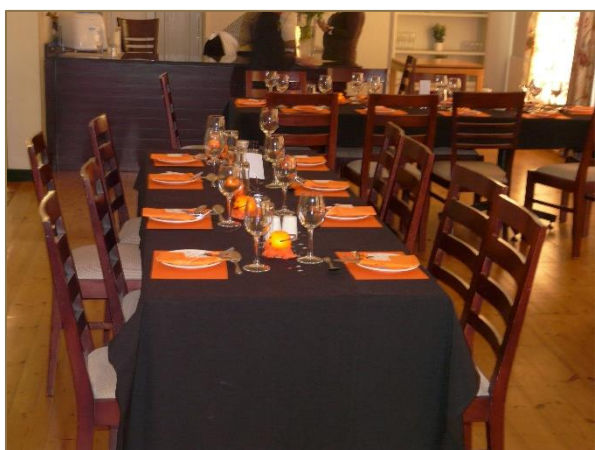
Key enhanced restrictions on Level 3 for residential users are: watering/ irrigation (with drinking water from municipal supply) of gardens, lawns, flower beds and other plants and vegetable gardens is allowed only if using a bucket or watering can; no use of hosepipes or automatic sprinkler systems is allowed and cars and boats may only be washed with water from buckets.

***Watering times are not restricted, however, residents are urged to limit their watering to the mornings and evenings when it is cooler and to avoid watering in windy conditions taking note that we are situated in a water-scarce region.***

The water tariff is designed so that the price per kilolitre of water goes up once the resident's use for the month exceeds certain levels.



## CELEBRATING HALLOWEEN IN BERGVLIET FRIDAY, 29 OCTOBER



(Top L-R) Charles and Tertia Harrod; the wonderful events & catering Committee: Jill Dower, Yolanda Bond-Smith, Joan Misplon and Felicity Walker.  
(Middle L-R); John & Amanda Bester; Willy Poelmann, Lynne Wilms and Annemarie Renaud.  
(Bottom L-R) The beautiful Halloween table decorations prepared and hand-made by the Catering, Events and Entertainment committee

## THE CONVERSATION PROJECT

WEDNESDAY, 30 NOVEMBER at 10:00am

*It's too soon until it's too late*

Several years ago, Ellen Goodman, a Pulitzer Prize winning columnist was forced into being a decision-maker for her mother as her mom's health declined. Goodman quickly realised that the two of them had never talked about her end-of-life wishes. After her mother's death, Goodman began sharing her experiences with friends and family and quickly discovered that everybody had a story.

In 2010 she launched the Conversation Project - her goal is to encourage people across the country to talk about their wishes for end-of-life care and provide them with the tools to make the conversation easier. She encourages everyone to start the conversation with people you love - it's not just a discussion for adult children to have with their aging parents - it's something that every adult should be talking about with whomever may one day be in a position to speak for them because of chronic illness, dementia or any other life-changing setback. Her mantra is "It's too soon until it's too late".

## HOPE HOUSE CHRISTMAS GIFT TOY BOX



We are doing a special gift drive for our designated village charity, *HOPE HOUSE* and appeal to all residents to buy a small toy for a child between the ages of 0-12 years.

Please place your gift in the box provided at reception and be sure to identify the present with a small label, including information on whether it's for a boy/girl and age. This will make it easier for distribution by "Santa" to the children.

We will be handing these over to Hope House via Veronica Lamson, Unit 57, by no later than Wednesday, 14 December.

## the conversation project

Understandably there is no guide and no single conversation that can cover all the decisions that you and your family may face. What a conversation can do is to provide a shared understanding of what matters most to you and your loved ones. This can make it easier to make decisions when the time comes.

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. Too many people are dying in a way they wouldn't choose, and too many of their loved ones are left feeling bereaved, guilty, and uncertain. It's time to transform the culture to shift from not talking about dying to talking about it. It's time to share the way you want to live at the end of your lives. And it's time to communicate about the kind of care you want and don't want for yourself.

The place for this to begin is at right now —not in the intensive care unit—with the people you love, before it's too late. Together difficult conversations can be made easier. You can make sure that your own wishes and those of your loved ones are expressed and respected.

If you wish to get started by participating in a "Conversation Project" with a group of people who share a desire to have the conversation and who welcome the support of others who want to try it as well. Please call Andréa on Ext 300 for seating purposes and attend our session on Wednesday, 30 November at 10:00am. We'll get the conversation going.

# TUESDAY SOCIAL DINNER

7:00pm – Clubhouse

RAMBLING ROSE

## TUESDAY 1 NOVEMBER 2016

Fish & Chips with salad,  
tartar sauce and lemon

Or

Steak & Kidney Pie with a puff pastry crust  
served with peas & carrots

Eaton Mess  
Coffee / Tea

## TUESDAY 8 NOVEMBER 2016

Italian Meatballs  
in a rich tomato and basil sauce on penne

Or

Sweet & Sour Pork  
With cashew nuts on noodles

Milk tart with fig preserve & cream  
Coffee / Tea

## TUESDAY 15 NOVEMBER 2016

Roast Fillet of Beef

Or

Roast Breast of Chicken  
Served with roast potatoes, seasonal veg &  
gravy

Sherry Trifle  
Coffee / Tea

## TUESDAY 22 NOVEMBER 2016

Butter Chicken

Or

Beef Curry  
Served with jasmine rice, tomato & onion salad,  
bananas in yoghurt, sweet chilli paw paw &  
chutney

Sweet Melon & Vanilla Ice-Cream  
with a port drizzle  
Coffee / Tea

## TUESDAY 29 NOVEMBER 2016

Bangers & Mash  
with onion gravy

Or

Hake Veronique served with mashed potatoes  
& seasonal veg

Homemade honey & nut ice-cream  
Coffee / Tea

**All reservations must be booked with Andréa  
at reception on Ext 300.**

**The meal price is R95.00 per person.  
As everything is made with fresh  
ingredients, we kindly ask that you book and  
pay by no later than 12-noon on Monday for  
catering purposes.**

**No-shows or last minute cancellations will  
unfortunately have to be charged.**