



Another very successful SWIGS evening was held on March 7th.

**Big thank you to John, Wenche and to Diaan van Zyl,
an informative and charismatic man
delicious snacks and wonderful wines**



Thanks to Riaan
for the images



BIRTHDAYS THIS MONTH

1st Lorraine Bryant

9th Sylvia Lategan

13th Alison McDonald

13th Amanda Pitt

13th Brenda Hill

19th Cedric Reid

26th Mike Smith



14th Annike and Ton Weber

Happy Anniversary!
62 years

BENEFITS OF A GOOD VOCABULARY

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

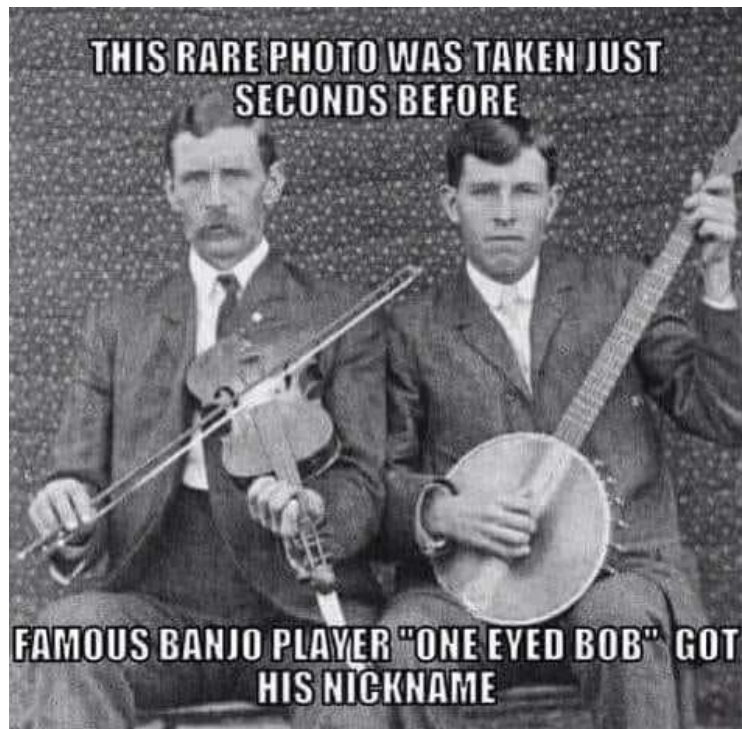


PLEASE NOTE THERE WILL BE NO CANASTA ON 1ST APRIL AS IT IS
A PUBLIC HOLIDAY

CANASTA WILL BE HELD ON SATURDAY EVENING 6TH APRIL AT 7PM

KINDLY BOOK AT RECEPTION BY NO LATER THAN THE 4TH APRIL

FEEL FREE TO BRING YOUR OWN LIQUID REFRESHMENTS







Music Evening

17 APRIL | 19H00

PROGRAMME

VIVALDI: LUTE CONCERTO IN D
SYMPHONY SEVILLE ROYAL ALCALZAR PALACE SEVILLA,
CONDUCTOR JOSE BUENAGU, CLASSICAL GUITAR JOHN WILLIAMS
~

CHOPIN: PIANO CONCERTO NR I
POLISH RADIO CHAMBER ORCHESTRA,
CONDUCTOR AGNIESZKA DUCSMAL, PIANIST OLGA SHEPS
~

BRUCH: KOL NIDREI
FRANKFURT RADIO SYMPHONY
CONDUCTOR PAAVO JAEVI, CELLIST MISCHA MAISKY
~

ROBERT SCHUMANN ARABESQUE IN C MAJOR
PIANIST EMIL GILELS
~

CLARA SCHUMANN BALLADE OP 6 NO 4
KUMHO ART HALL YONSEI, PIANIST HYE-SEON LIM

RSVP AT RECEPTION OR ON EXT. 3200

FRIDAY 19TH APRIL WILL SEE US PLAYING BINGO 6PM

A LIGHT MEAL WILL BE SERVED

PLEASE BOOK AT RECEPTION BY NO LATER THAN 15TH APRIL

R80pp



Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

LIGHTEN UP..... IT AIN'T ALL THAT BAD!!! HAVE A GOOD CHUCKLE

Hate it when I see an old person and then realize we went to high school together. I told my wife she should embrace her mistakes... so she hugged me.

My wife says I only have 2 faults. I don't listen and something else....

At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.

I thought growing old would take longer.

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.

The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed.... I need bail money.

Day 12 without chocolate. Lost hearing in my left eye.

Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.

The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

A dog accepts you as the boss... a cat wants to see your CV.

Oops.... did I roll my eyes out loud?

Life is too short to waste time matching socks.

Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.

I won't be impressed with technology until I can download food.

Some people call me crazy. I prefer 'happy with a twist'.

My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."

I really don't mind getting old, but my body is having a major fit.

Camping: where you spend a small fortune to live like a homeless person.

Project Manager. Because Miracle Worker isn't an official job title.

I told my wife I wanted to be cremated. She made me an appointment for Tuesday.

The world's best antidepressant has 4 legs, a wagging tail and comes with unconditional love.

If you're happy and you still know it, it's your meds.

I used to be able to do cartwheels - now I tip over, putting on my underwear!

Contributor: Jenni Uys

THE TALE OF BEATRIX POTTER

Helen Beatrix Potter (28 July 1866 – 22 December 1943) was an English writer, illustrator, natural scientist, and conservationist. She is best known for her children's books featuring animals, such as *The Tale of Peter Rabbit*, which was her first commercially published work in 1902. Her books, including *23 Tales*, have sold more than 250 million copies. An entrepreneur, Potter was a pioneer of character merchandising. In 1903, *Peter Rabbit* was the first fictional character to be made into a patented stuffed toy, making him the oldest licensed character.

Born into an upper-middle-class household, Potter was educated by governesses and grew up isolated from other children. She had numerous pets and spent holidays in Scotland and the Lake District, developing a love of landscape, flora and fauna, all of which she closely observed and painted. Potter's study and watercolours of fungi led to her being widely respected in the field of mycology. In her thirties, Potter self-published the highly successful children's book *The Tale of Peter Rabbit*. Following this, Potter began writing and illustrating children's books full-time.

Potter wrote over sixty books, with the best known being her twenty-three children's tales. With the proceeds from the books and a legacy from an aunt, in 1905 Potter bought Hill Top Farm in Near Sawrey, a village in the Lake District. Over the following decades, she purchased additional farms to preserve the unique hill country landscape. In 1913, at the age of 47, she married William Heelis, a respected local solicitor with an office in Hawkshead. Potter was also a prize-winning breeder of Herdwick sheep and a prosperous farmer keenly interested in land preservation. She continued to write, illustrate, and design merchandise based on her children's books for British publisher Warne until the duties of land management and her diminishing eyesight made it difficult to continue.

Potter died of pneumonia and heart disease on 22 December 1943 at her home in Near Sawrey at the age of 77, leaving almost all her property to the National Trust. She is credited with preserving much of the land that now constitutes the Lake District National Park. Potter's books continue to sell throughout the world in many languages with her stories being retold in songs, films, ballet, and animations, and her life is depicted in two films and a television series.

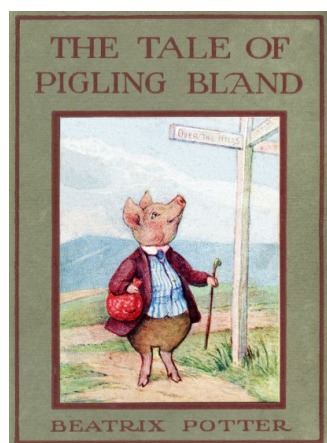
Wikipedia

"Her books took the nurseries of Victorian England by storm, still have heart-lifting freshness and appeal and seem sure candidates for immortality."

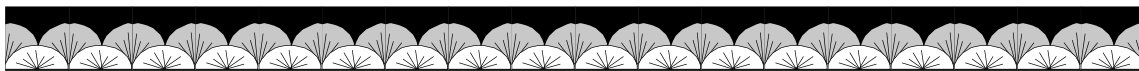
Books and Bookmen

Should anyone like to read *The Tale of Beatrix Potter* by Margaret Lane, I have donated my copy to our library.

As she died in 1943, the copyright term of her work expired at the end of 2013 and has been freely available in the public domain since 2014.



GETTING TO KNOW YOU by Judy Walsh



Do you believe in love at first sight? Have you ever done something so totally out of character that, in retrospect, it changed your life?

There was a movie several years ago about how different one person's life might have been if she had not caught that train. (Sliding Doors 1998). That movie resonated with me.

You see, I grew up in Spokane, a smallish American town in Eastern Washington; I survived 16 years of Catholic school (nuns first, then Jesuits); I had a good career path mapped out in clinical pathology, working first in a private laboratory and subsequently at Stanford University teaching hospital in Palo Alto California, the heart of what would soon be known as Silicon Valley. And speaking of hearts, I recall working in the lab on a Sunday morning in December and learning that the first human heart had been transplanted -- in South Africa! The team of Stanford transplant surgeons led by Norman Shumway were not yet there (his first was in 1968, the world's second).

A few young Americans had a desire to travel to Europe after saving money from their first job; it was no different for me and two of my work friends. Armed with a three month Eurail pass, Arthur Frommer's "Europe on Five Dollars a Day", our modest savings in American Express travellers cheques and not much else, we left for Europe on the cheapest flight out of New York, Icelandic Airlines.

Our Eurail pass entitled us to unlimited train travel throughout Europe as well as the hop-on-hop-off Rhine river cruise from Cologne to Mainz. Halfway down the Rhine, at Coblenz, two young men hopped on and my life changed forever. They were South Africans, hitch-hiking around Europe after a skiing holiday in Austria and a short stay in London. By this time they were tired of each other's company and, seeing the three young Americans, bought us a glass of wine. Three days later on the battlements of Heidelberg Castle, Brian proposed, and, totally out of character, I said yes!!

My friends and I continued our remaining two months tour of Europe (Brian had flown back to South Africa); I returned to the US to many long and lengthy discussions with my parents and friends; I scrambled to learn as much as possible about South Africa. Communication between Brian and I was limited to a few expensive telephone calls, but there were lots of letters -- in those days the SA post office was fully functional!

Undeterred, I sold all my US stuff; Brian sent me an air ticket to South Africa. I arrived in Johannesburg 4 months after our first meeting and we were married two months later. Often in our marriage Brian was fond of telling new friends our marriage was the result of a holiday he was still paying for!

I was made very welcome by Brian's family and his friends. The first place we visited as a couple was the Kruger Park - the bushveld was our special place -- when we retired we would go to the Park twice a year for 3 weeks.

South Africa has become my country. I wouldn't think of living anywhere else.

We had just over 50 years together. I had a great job working for Lancet Laboratories in their Microbiology laboratory in Johannesburg for over 20 years. Brian became a successful financial advisor with his own business. We have two sons, both living in South Africa (I know how lucky I am!). When we retired we relocated to George for 13 years before moving to a retirement community in Hermanus. I moved to Evergreen in June 2021.

I am an avid (although average) bridge player and enjoy gardening, cooking and wine. I love orchids and dogs (you may see, or rather hear, my fox terrier Tindo as you pass my house, number 23).

Imagine if I had not caught that boat.



CHINA by EDWARD RUTHERFURD

Edward Rutherford's (a favourite author of mine) China is another of his novels that doesn't disappoint. His historical research which is thorough, coupled with fascinating characters make his books 'unputdownable'. It starts in 1839, from the first Opium War to the present. His characters – Chinese, British and American travel through time and events against the backdrop of this remarkable country. The Forbidden City was brought to life, and of particular interest was the role that eunuchs played whilst in the employ of those in the Imperial palace. Having spent a wonderful holiday in China, some years back – mainly in Beijing with a quick visit to Xian to see the Terracotta warriors, this book (preferably read on a Kindle to prevent damage to your sternum if read in bed in hardback or paperback!) hit the sweet spot for me. Highly recommended for Edward Rutherford and historical fiction fans.

Penny Marek

**BEAUTIFULLY COMPILED NAMES OF ALL SHAKESPEARE'S PLAYS TO CREATE A LITTLE PARAGRAPH
OF A STORY, BRILLIANT, CLEVER AND TALENTED - GIVES A LITTLE CHUCKLE TOO**

SHAKESPEAREAN SHAKESPEARE:

**Who were the bride and the bridegroom?
Romeo and Juliet.**

**When did he propose?
Twelfth Night.**

**What did he say?
As you like it.**

**From where was the ring obtained?
The Merchant of Venice.**

**Who were the chief guests?
Antony and Cleopatra, Troilus and Cressida.**

**Who were the bridegroom's friends?
The Two Gentlemen of Verona.**

**Who prepared the wedding breakfast?
The Merry Wives of Windsor.**

**What was the honeymoon like?
A Mid Summer Night's Dream.**

**How would you describe their quarrel?
The Tempest.**

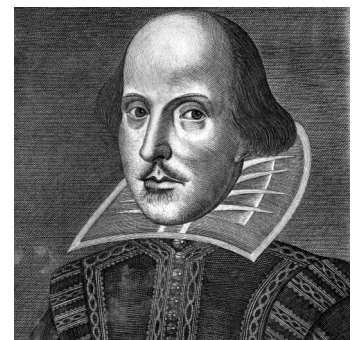
**What was their married life like?
Comedy of Errors.**

**What was the bridegroom's chief occupation?
The Taming of the Shrew.**

**What did their friends say?
All's Well that Ends Well.**

**What's the moral of this story?
MUCH ADO ABOUT NOTHING.**

P.S. Shared for its humorous angle.



MY SOUL IS IN A HURRY

I counted my years and discovered that I now have less time left to live than I had lived until now.

I feel like the kid who won a pack of candy; He ate the first few with pleasure, but when he realized there were few left, he began to savour them deeply.

I don't have time for endless meetings where we discuss bylaws, rules, procedures and internal regulations, knowing that nothing will happen.

I no longer have time to put up with absurd people who, despite their chronological age, have not grown up.

My time is too short to discuss titles. I want the essential, my soul is in a hurry...

I want to live next to human people, very human. Who know how to laugh at their mistakes, who are not vain of their triumphs. People who don't consider themselves elected before their time, people who don't try to escape their responsibilities. I am looking for people who defend human dignity, people who only want to walk on the side of truth and honesty.

The essential is what makes life worth living.

I want to surround myself with people who know how to touch people's hearts...

People who have learned from the hard knocks of life to grow up with soft touches in their soul.

Yes..., I am in a hurry..., I am in a hurry to live with the intensity that only maturity can give.

I intend not to waste any of the candy I have left... I am sure they will be more exquisite than the ones I have eaten so far.

My goal is to arrive at the end satisfied and at peace with my loved ones and with my conscience.

We have two lives and the second one starts when you realize that you have only one.....

By Mario de Andrade (Sao Paulo 1893-1945), poet, novelist, essayist and musicologist

Contribution: Brian Dalton

YOU ARE WHAT YOU BRAAI

“As a boy, I was told by my mother that fish should never be eaten raw: it would make me sick. Phoney or not, I never seriously questioned this unadorned proposition until, as a young man, I visited the Arctic and Japan. Raw fish, I saw, was eaten with unbuttoned gusto by many people, apparently with impunity and without overdosing. Nevertheless, I still don't eat raw fish.

Zealous proponents of raw food diets for healthy bodies and minds have, beaten their one-sided drums for centuries, but for most of us cooked meat and vegetables, with some raw salads and fruits on the side, continue to constitute a staple dietary menu.

All animals, with the exception of human beings, thrive on raw foods whether meat or vegetable. Humans are unique in cooking their food. Why shouldn't human animals at least fare well on a diet of uncooked food alone? Don't certain groups of people get by perfectly well on diets of uncooked meat, blood and milk alone? What about the Maasai and Inuit people for example? People, all people, do not flourish for long on raw foods alone: they tend to lose weight and experience diminished levels of energy. That's a proven fact. In sum, humans are not like other animals: people need cooked food for full sustenance. Finish and *klaar*. Moreover, our digestive system is apparently adapted for processing cooked food relatively efficiently.

So what's the origin of our dependence on cooked meat and three veg? Why have we lost what our apelike ancestors in the dim past must have had? That is, an ability to thrive on a diet of raw food alone. Humanity's biological and cultural progress has been, and continues to be, dependent on a source of energy called fire. There would be no cooking without fire. Our prehuman ancestors controlled the use of fire for hundreds of thousands of years. That much is known for sure. According to one, still controversial hypothesis, the control of fire and its use for cooking go back in time for more than one million years. Should this eventually prove to be correct, then much of what we are - our anatomy, physiology and culture can be explained in terms of cooked food being a principal factor for our evolutionary success. Unlike all apes, we do not have to spend relatively much time chewing and digesting our food—time that can be spent on such other activities as making tools, never mind money.

Another thing that makes us unique among primates is a relatively small gut system. Our combination of a large brain and a small gut can operate only if fuelled by a high-quality diet in which meat is prominent, and more particularly, cooked meat. The effects of cooked food are apparently branded into the human DNA.

Rather than fret about the expensive sushi of the nouveau restaurants, enjoy your backyard semi-carbonized *tjops* and *wors*. They are unpretentiously good for you.”

Abridged article : Roy Siegfried



MIGHT AS WELL TRY AND EDUCATE YOU LOT !

1... WHY:

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE:

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2.... WHY:

Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE:

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3.... WHY:

Why are zero scores in tennis called 'love'?

BECAUSE:

In France , where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US , Americans (naturally), mispronounced it 'love.'

4.... WHY:

Why do X's at the end of a letter signify kisses?

BECAUSE:

In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5... WHY:

Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE:

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6... WHY:

Why do people clink their glasses before drinking a toast?

BECAUSE:

In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

Contributor: DW

7... WHY:

Why are people in the public eye said to be 'in the limelight'?

BECAUSE:

Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the centre of attention.

8... WHY:

Why is someone who is feeling great 'on cloud nine'?

BECAUSE:

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9... WHY:

In golf, where did the term 'Caddie' come from?

BECAUSE:

When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

10... WHY:

Why are many coin collection jar banks shaped like pigs?

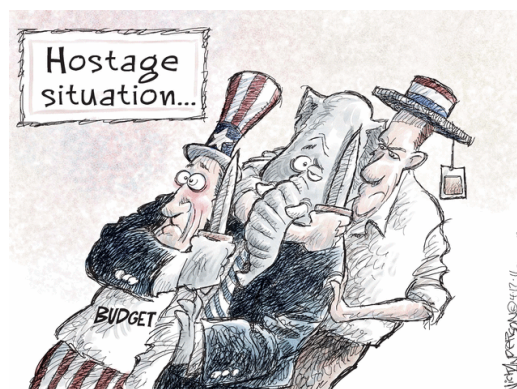
BECAUSE:

Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.



Perks of reaching 60 or being over 70 and heading towards 80!

- Kidnappers are not very interested in you.
- In a hostage situation you are likely to be released first.
 - No one expects you to run, anywhere.
 - People call at 8pm and ask, "Did I wake you?"
 - People no longer view you as a hypochondriac.
 - There is nothing left to learn the hard way.
 - Things you buy now won't wear out.
 - You can eat supper at 5pm.
 - You can live without sex but not your glasses.
- Your supply of brain cells is finally down to manageable size.
 - You can't remember who sent you this list.
- And you notice these are all in Big Print for your convenience.



"Don't do anything or else the elephant gets it"



MANDELBROT RAINBOWS

en.m.wikipedia.org



Thank you to all for your contributions. Timeline for the May edition is

19th April - flickiwal@gmail.com

FW