



GETTING TO KNOW YOU - JIM DOYLE

“My interest in model aircraft started as a youngster growing up in Ireland. I started off with rubber-band powered models and gliders before finally progressing to “control line” with a plane powered by a “Baby Bee” nitro engine. In those days we could only dream of “Radio Control”, which we excitedly read about in old magazines, as there were no flying facilities in the small country town of Fermoy where I grew up.

The outdoor life has always appealed to me, and I suppose this, along with my bent for maths, is probably why I chose civil engineering as a career. Whilst most of my career was spent in SA, Mary and I did an “offshore stint” between 2001 – 2009 when I worked in Nigeria, Bahrain, Dubai and Western Australia, followed by shorter stints on my own in Malaysia, Qatar and Tanzania.

However, as we all know, work just takes up too much of our time, so some years ago I decided to “retire early” in order to have more time to indulge my other great loves: tennis, hiking and mountain biking. Unfortunately, injury put paid to my tennis some years back but that just gave me more time to explore other interests.

My interest in model aircraft was rekindled after seeing a “poster” for an open day at Peninsula Radio Flyers. Following which, early one Sunday Mary (reluctantly) and I headed out to Zeekoevlei and what a day that was. I was like a kid in a candy store watching wonderful displays of conventional planes, a “flying lawn mower”, fabulous aerobatic displays, war birds “aerial battles” and the finale was a display by a model powered by a miniature jet engine.

The following week I signed up for RC flying lessons and as they say, the rest is history.

The hobby has changed enormously over the years and just like my other passion – cycling, electrics are now rapidly taking over. This from the power flying side, is mainly due to “noise issues”. Electrics however do make for a far cleaner hobby as you can put your planes straight back in your vehicle without having to spend lots of time cleaning residual oils etc. off the planes, although we old-timers still miss the sound and smell and feel of “nitro engines”.

On the “non-power” side of the hobby, a slope soarer is kept airborne when wind blows into the face of a hill or a cliff and the airstream is deflected upward, creating the lift in which our unpowered models are flown.

The hobby is ideally suited to Cape Town as when conditions are calm (under 20km/hr) we fly our “powered” planes from our club field in Bergvliet (courtesy of the Louw family) and when the South Easter pumps in summer we fly our slope soarers from Red Hill above Simonstown. Then in winter, when the wind is invariably from the NW, slope soar at Signal Hill. We are truly blessed in Cape Town with some of the world’s most magnificent flying sites.

To sum up why I find this hobby so exhilarating, here is what the Chairman of our local slope soaring club included in his recent AGM report.

"I often wonder how the magic of slope soaring, and the community around it, has managed to keep my interest for so many years, but when you think about it, it all makes perfect sense:

Slope soaring really covers all the basics; from enjoying a fresh breeze and stomping about in nature, to the enjoyment of flying a model glider on nothing more than what nature provides, or designing a model of your own, or building your dream creation, math, science, movie making, rock collection or whatever your interest, slope soaring has you covered."

For those who may be interested in getting involved in this wonderful hobby:

At Dreyersdal we fly with a variety of models - the easy way to start is with an "off the shelf" or "Plug 'n Play" type plane. This will typically be made of durable molded foam and will come complete with motor/ servos / receiver/transmitter (and sometimes the battery is included).

For those who have never flown before, the club will assist with setup, pilot training etc. Other options are to build your own plane from plan or from a kit.

You can also design and build your own plane (which is great fun). Last year we held a "competition" where members had to build and fly their own plane constructed from "recycled materials".

Typical build materials include balsa, corex plastic or foam sheeting, or 3D printed models.

The types of plane vary from trainers, (powered) gliders, slow fliers, warbirds right up to fully aerobatic models. The power is supplied by Lithium Polymer batteries.

SLOPE SOARERS:

These planes come in all shapes and sizes; from "flying wings" made of foam right up to the more advanced racers made from fibreglass and carbon-fibre. Most pilots will keep a collection of two or three models to cater for different wind conditions.

If you would like to know more about this wonderful hobby, you are most welcome to pop by House 24 for a chat.

To experience life at our Dreyersdal flying club "control+ click" (or copy) the link the following links to open in your browser:

<https://youtu.be/PGngRde8VGM>



Here are some "Sloping Soaring" Links:

<https://youtu.be/tS89AVDGEjo>

<https://www.youtube.com/watch?v=nfLpR6neY6g> "

3rd Hendry Pienaar

6th Charles Harrod

7th David Draude



10th Yvonne Jackman

10th Jo Nixon

15th John Bester

21st Elda Diana-Oliaro



Happy Anniversary to

1st Dawn and Colin Osborne

5th Janine and Adrian Fuller

19th Heather and Trevor Honeysett

27th Felicity and David Walker

AUTUMNAL PLANTING

Autumn can be seen as a wind-down season before winter, when flowers die back, leaving the garden looking bare but, with a little planning and planting, you can now add a burst of colour to your borders and containers to enjoy through the coming seasons.

Before you start any planting prepare your borders by nourishing your soil. Lightly dig it over, adding plenty of compost mixed with some bonemeal to give the soil a much-needed boost.

Autumn borders can be a dynamic display with a flow of different textures, shapes and colours.

When planting out your choices remember to put the taller plants at the back, then medium sized, down to the smaller varieties in the front. Add a few ornamental grasses to help add structure to the overall design, plus there are some stunning shrubs that will provide both colour and scent, which encourages wildlife to visit.

The Confetti bush (Coleonema) has green and gold foliage with gorgeous scented pink or white flowers from winter to early summer.

Camellia Japonica is a hardy evergreen shrub with beautiful rosette flowers of white, pink or red.

Leonotis Leonurus (wild dagga) is a brilliant, fast growing shrub with fabulous bright orange, white or salmon tubular flowers. Wildlife just love it, birds, bees and butterflies!

Popular Antirrhinums (Snapdragons) will bring masses of colour to a winter garden with their bright green foliage and wide choice of amazing coloured blooms.

The Strelitzia (Crane flower) with its stand-out colours of orange edged with purple borders is an ideal plant for the back of borders, reaching a height of 1.5m.

Other reliable colourful perennials to plant are Penstemons, Salvias, Gazanias, African Daisies, Bokbaivygies, Lupins, Aquilegias, Echinaceas, Gautama and, of course, the sunny Calendulas! Dianthus, Violas, and Petunias are all low-growing plants that will brighten up containers and look great as edging for the front of flower borders.

Tracey Cole/Village Gardens/FB Po/2022



Franschhoek Literary Festival - 17-19 May

Imagine streets buzzing with book lovers, creating a vibrant ambience as they move between a variety of village venues all within walking distance of each other.

The Franschhoek Literary Festival runs annually on the third weekend in May, starting on Friday and ending Sunday.

The FLF provides a platform for open and progressive discourse with participation from renowned local and international authors and thought leaders. Informal discussions are the hallmark of the festival with spirited debates on a variety of topical issues. Not forgetting the lighter, inspirational and fun sessions guaranteed to stimulate the senses.

A storytelling festival, business breakfast, live performances, documentaries and writing workshops complete the excellent offering of the FLF.

SUNDAY 12TH MAY

A VERY HAPPY DAY TO ALL THE MOTHERS AND GRANDMOTHERS

Mother's Day is a celebration honouring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.



Since Youngsters of Today have their Texting Codes (**LOL, OMG, TTYL, LMAO, etc.**) the Oldies decided not to be outdone by these kids and now have developed our own codes too :

- ◆ ATD - At the Doctor's*
- ◆ BFF - Best Friend's Funeral
- ◆ BTW - Bring the Wheelchair
- ◆ BYOT - Bring your own teeth
- ◆ FWIW - Forgot Where I Was
- ◆ GGPBL - Gotta Go, Pacemaker Battery Low*
- ◆ GHA - Got Heartburn Again
- ◆ TFT - Texting From Toilet.

😄 Now share this with some other oldies, who are 50+, and make their day. 👍👍❤️😄💕"

9:54 AM ✓

Contribution: Lynne Perry

This photograph was taken in Brazil on 28th March. The photographer said he waited three years to take it. Absolute masterpiece

Karen Reid



**A SWIGS EVENING WAS HELD ON THURSDAY 4TH APRIL
WITH STEPHANIE HAYES PRESENTING**



"A set of glasses - proof of another
successful and enjoyable
SWIGS gathering"

Jenny Erskine



The next SWIGS evening will be held on
Friday 24th May

LIONS HEAD

“ Did you know that in the 17th century the peak was known as Leeuwen Kop (Lions Head) and Signal Hill as Leeuwen Staart (Lions Tail), as the shape resembles a crouching Lion or a Sphinx. The English called it Sugar Loaf.

In 1897 gold was discovered on Lions Head. A company was floated and a shaft was sunk to more than a depth of 30m. However the grade was too low and the mine was closed in the following year. Subsequently the shaft was filled and only a small depression is all that remains today. Certain things are just meant to be.”



Nigel Riley/Kalk Bay Community/FB post

Lion's Head is a mountain in Cape Town, South Africa, between Table Mountain and Signal Hill. Lion's Head peaks at 669 metres (2,195 ft) above sea level. The peak forms part of a dramatic backdrop to the city of Cape Town and is part of the Table Mountain National Park.

The suburbs of the city surround the peak and Signal Hill on almost all sides, but strict management by city authorities has kept development of housing off the higher ground. The area is significant to the Cape Malay community, who historically lived in the Bo-Kaap quarter close to Lion's Head.

There are a number of historic graves and shrines (*kramats*) of Malay leaders on the lower slopes and on Signal Hill.

https://en.wikipedia.org/wiki/Lion%27s_Head_

TWO OCEANS AQUARIUM FOUNDATION - TOAF

Its Turtle Hatchling Season, and the Two Oceans Aquarium Education Foundation in partnership with Cape Nature have given the low down on what this season is all about, as well as how we can help a little turtle along the way. The season for hatchlings comes around from March to July every year in the Western Cape, and this is where the tiny rescue missions with a big impact occur!

This year the teams were wildly busy at their rescue facilities as they prepped for new turtle arrivals. 240 loggerhead and leatherback turtle hatchlings have been rescued. Rehabilitating a single hatchling costs roughly R10,000 - no small ask. Yet, this contribution keeps the little patient alive, from feeding it a healthy diet, keeping it warm in clean salt water and maintaining life support to veterinary treatment for injuries and illnesses. Eventually, this contribution will take the little turtle all the way home - when it has regained its strength and is ready to greet the big blue once more. Imagine having 240 of these palm-size patients to care for. Every donation helps - R100 would buy enough vegetables for a week of gel food.

It is the time of year when baby turtles wash up on our beaches. They are washed down from their hatching grounds in KZN into our cold currents so arrive suffering from dehydration and hypothermia. The first hatchling found in False Bay was collected in Muizenberg a couple of weeks ago. Please keep a look out for these babies as they can be as small as a tea cup. We mainly receive loggerhead turtles and, very occasionally leatherbacks. If found, please do not keep them in water as this increases the chances of hypothermia. Keep them warm and dry. The Shark spotters and Law Enforcement offices have boxes for them. The person in charge will then arrange for them to be collected and transferred to the Two Oceans Aquarium's Turtle Rehabilitation Centre. They can also be dropped off at the Shark Spotters in Muizenberg.

RESCUE HOTLINE 083 300 1663



A PUB EVENING WILL BE HELD ON FRIDAY 3RD MAY

Books of tickets at R100 each can be purchased from reception

For catering purposes, please do not forget to book by Monday 29th April

PLEASE NOTE STARTING TIME IS 18.00



LUCKY DRAW

Our monthly Draw is a way to raise funds by the Village Entertainment Committee to provide live music, décor and a variety of items for the benefit of residents' functions.

One ticket costs R20/three tickets R50

Buy tickets at reception

The next draw will take place on Friday May the 3rd



A CANASTA EVENING WILL BE HELD ON SATURDAY

11TH MAY AT 7PM

KINDLY BOOK AT RECEPTION BY THE 8TH MAY

FEEL FREE TO BRING YOUR OWN REFRESHMENTS



Music Evening

15 MAY | 19H00

PROGRAMME

GLUCK
DANCE OF THE BLESSED SPIRITS
FLUTE AND HARP- CROATIAN BAROQUE

RIMSKY KORSAKOV
SCHEHEREZADE
FRANKFURT RADIO SYMPHONY ORCHESTRA
CONDUCTOR ALAIN ALTINOGLU

VAUGHAN WILLIAMS
THE WASPS OVERTURE
MELBOURNE SYMPHONY ORCHESTRA
CONDUCTOR VASILY PETRENKO

RSVP AT RECEPTION OR ON EXT. 3200

THE OSCARS - wonderful to see everyone dressed for the occasion with special thanks to Yolanda and Riaan for the décor



Images: Jamey George and Penny Marek



I Love this Japanese Doctor *

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true ?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up Heart not make you live longer; its like saying you extend life of a car by driving faster. Want to live longer?

Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. *Wine* made from fruit. Fruit very good. *Brandy* distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. *Beer* also made of grain. Grain good too. Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry.

My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil.

How getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable!

It best feel-good food around!

Q: Is swimming good for your figure?

A: Is swimming good for figure,
explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is also a shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Finally the Japanese Doctor summed up: Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!!!

Eat whatever you like because you will still DIE, don't allow motivational speakers deceive you.

1. The inventor of the *treadmill* had died at the age of 54
2. The inventor of *gymnastics* died at the age of 57
3. The *world bodybuilding* *champion died at the age of 41
4. The best footballer in the world *Maradona*, died at the age of 60

BUT

5. The *KFC* inventor died at 94
6. Inventor of *Nutella* brand died at the age of 88
7. Imagine, *cigarette* maker Winston died at the age of 102
8. The inventor of *opium* died at the age of 116 in an earthquake
9. *Hennessey* inventor died at 98

How did these doctors come to the conclusion that exercise prolongs life ?

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years So, take some rest, chill, stay cool, eat, drink and enjoy your life. You will still die

Karen Reid



BOOK REVIEW - MARIE SAMPSON

The Personal Librarian by Marie Benedict and Victoria Murray

This is loosely based on the true story about Belle da Costa Greene, the personal librarian to J P Morgan. Set in the early 20th century with all its racial and gender prejudices, it tells the story of how Belle built up the collection of rare books and artwork for his library and ultimately on his death she persuaded his son and heir, Jack Morgan, to give the library to the people of New York.

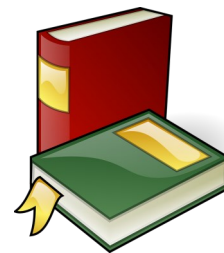
I found it a compelling read that kept my interest throughout.

The Curious Incident of a Dog in the Night Time by Mark Haddon

A novel about a young boy with serious behaviour difficulties together with an extremely high I Q. Written quite humorously with the story being narrated by the young boy, Christopher.

This is an oldish book and was a reread for me. I found it to be just as enjoyable the second time round.

We saw this in a London Theatre, absolutely brilliant FW





"The Aldij Slope Soarer is fibreglass and has a wingspan of 2.2m." *Jim*

OUR MONTHLY RESIDENTS WALK WILL TAKE PLACE

ON FRIDAY 31st MAY AT 8.30AM

BRUNCH WILL BE SERVED

BOOK AT RECEPTION BY FRIDAY 24TH MAY



**Thank you to all for your contributions. Deadline for the
June edition is May 22nd - flickiwal@gmail.com**

FW