

It seems like just the other day that we had season's greetings from our chairman and here we are, having celebrated Valentine's day already, and in the Lenten build-up to Easter. Covid or not – time seems to be flying and we are fortunate to live in a safe environment where the latest stats indicate that we are currently a Covid-free village. Wonderful news and a big thank you to all who are working so hard to ensure that we remain so.



Evg staff celebrating National Wear Red Day (top left) followed by spreading the love this Valentine's day.

Top middle Mr Momen (Care Centre) and top right some of our décor.



Bottom left Mr & Mrs de Wet and bottom right Kathleen Julies

Colourful and bright –the staff and backbone of Evergreen Muizenberg who had made Valentine's day a fun day for all.



Happy 40th Birthday to Tyrell (Duty Manager) – 26 Feb
Congratulations and all the best for the year ahead.



Notes from a resident on our healthcare staff

Speaking of staff, resident Marian Arenhold felt that she should share a recent experience with residents after she required a hip replacement.

I recently spent a couple of weeks in the above Centre after an unfortunate holiday-home accident with my family which culminated in a full hip replacement.

I wish to express my deep admiration and thanks for the excellent attention and care I received during that time. For the uninitiated who reside at Evergreen and have never had to avail themselves of this service, it was a complete revelation and especially to me who cannot even remember when I last needed hospital assistance – probably when my children were born – they are now in their 40's and 50's!

From the time my family approached Frail Care after a disastrous hospital experience they were made to feel that nothing was too much trouble.

I soon settled into the rhythm of the place. Lights on at 5am, vigorous bed-bath, lights off, waiting for first cup of tea with breakfast.

However, all carers cheerful even after a long and often busy night, doing their best before they had to get into a taxi and go home to their families - sometimes miles away.

Not an easy life but grateful to be able to earn a living especially during these trying times. I delved into some of their backgrounds and can only admire their patience and tenacity, sometimes under difficult circumstances.

I had indicated that at some stage I would really like a shower and hair wash ... no trouble. Woken at 5am, a brisk wheelie in a wheelchair to the Sluice Room, Carer shed her shoes, tucked her dress into her knickers, and let fly with the shampoo and industrial hose.

Shower and hair wash African Style ... best ever! Perhaps we should market this to overseas visitors!

To all the carers in Frail Care that I chatted to – you know who you are – thank you.

To the backroom staff, IT specialists, receptionist, caterers and not forgetting the clean laundry every day... Thank you! The caring Physiotherapist, Loren. Thank you.

To Yolanda for her wisdom and understanding when I yearned to go back to my little cottage thank you and please pass on my thanks to all concerned.

And to Evergreen for providing a much needed and important caring facility for the Village especially during this particular time. Thank you.

Thank you for the lovely letter and your endorsement of the work the staff are doing there.

I am so please your experience was good, it bodes well for the future, I have passed on your letter. We so easily forget, as privileged people, the hardships some of our employees go through to get to work. Get up and about soon, wishing you a quick recovery. (Derek)

NEWS FLASH

All things going well our popular market will be held towards the end of October. So, get your ideas together and start baking, preserving, sewing or whatever is your passion to be sold at our popular market. Of course, this is also an ideal forum for collectors who have decided to scale down. More details will be made available at a later stage.

Watch this space



The Great Banana Bake-off

Great excitement reigned on Tuesday, 23 February in the Bistro when the Evergreen bakers battled it out in a competition to gain the title of the baker of the best banana bread in the Village. Apparently, most of the entries emanated from the apartments and only a handful from the "new territories" (as it appears phase 3 is known by some...) so let's hope that the newer residents will rise (excuse the pun) to the challenge next time around...



The Winner
Shirley van Eeden



2nd Place
Lydia Hirschmann



3rd Place
Cynthia Waldergrave

Warm baker's congratulations to the winner, Shirley van Eeden who received a gift of yummy treats, 2nd place went to Lydia Hirschmann and 3rd place went to Cynthia Waldergrave and both received a baking hamper; consisting of flower, eggs, baking powder etc. May all your 'flours' bloom deliciously!

Milestone birthday!

A milestone birthday – big congrats to Brenda Hemus who recently celebrated her 80th birthday. She was inundated with flowers and surprise gifts from the family – even a coffee machine... Seen here is Susan ... one of our night managers, who made sure that Brenda received all the flowers she had been sent.

The healing effects of photography

By Jim Raubenheimer

Many individuals are finding the present situation of lockdown and restriction stressful. Feelings of apathy and disinterest are common, but it is important for the individual to busy oneself through activities and hobbies that bring pleasure and offer an escape from the daily doom and gloom, and keep the mind and thought processes active. This is so important too in retaining and expanding social awareness and participation. There are many such activities to choose from, and all require a small investment in materials of some form or another.



While photography can be an expensive hobby, it is not necessarily so. Using the phone cameras available today amazing results are obtained, often rivalling the most expensive cameras on the

market. Also, simple point and-shoot digital cameras are inexpensive, and once obtained do not need extras such as film. But why photography, one may ask. Firstly, it is an art form. The name itself is derived from the Greek language and means "painting with light", and light is all-important in photography. The other important factors such as focussing, composition, colours and tones and lack thereof, subjects and projects, can all be learned, and there is a plethora of information available.

It has been suggested by learned people that the ability of a person to express their thoughts and feelings through photography develops through three stages. The first stage, called the "Innocents", involves those just beginning with photography and those who take photographs for personal reasons, which includes the majority of camera users. The second stage of photographers is labelled the "Amateurs", who are the individuals who analyse and discuss matters relating to photography and photographs, e.g. the Evergreen Muizenberg Camera Club. The third and final stage is where photography is consciously used as a form of creative self-expression, and is termed "Mature photographers".

The Evergreen Camera Club presents all the necessary activities to keep one's mind and interest active through monthly projects, and weekly circulation of matters of interest in this art form. Attend a meeting or contact Jim Raubenheimer, house 50, or call 150 on the intercom phone.

So, as you can see from some of the entries featured above, photography is not simply taking a photo. Please contact Jim to join this very active and talented group of photographers. (ED)

Our themes for the rest of the year with the viewing dates:

Month	Theme	Viewing Date
March	<i>Happiness</i>	29 March
April	<i>Abstract</i>	26 April
May	<i>Perspective</i>	31 May
June	<i>Smoke / Steam</i>	28 June
July	<i>Macro</i>	26 July
August	<i>Night Scenes</i>	30 August
September	<i>Shadow Art</i>	27 September
October	<i>Symmetry</i>	25 October
November	<i>Bokeh</i>	29 November
December	<i>Pleasure</i>	3 January 2022
January	<i>Juxtaposition</i>	31 January
February	<i>Picception</i>	28 February

Last month the theme was "Nostalgia" and this provoked much head-scratching, but the results were good. Seen below are some of the entries received.



Above: How apt that we are sharing Muizenberg stories of below the railway line...



Active service members retire...

After eleven years of 'Active Service' as Hydle puts it, she and Gawie are now retiring... They have been involved in getting many many projects in the village off the ground but the time has come for them to remain participants, but not the organisers. However, Hydle is quick to point out that none of these would have come to fruition were it not for the wonderful encouragement and support of management over the years – so a big thank you to them as well.

Just for interest sake, we're listing some the projects that she and Gawie had a hand in getting off the ground: Sunday movie nights with soup; Classical music evenings; snack suppers on Wednesdays; 'Boeredag celebrations with typical boerekos; the Chit-chat days (meet and greet) making it possible for new residents to meet others; Bible studies and weekly interdenominational fellowship meetings as well as 'Oefen Afrikaans' get-togethers where those who would like to learn a bit more about the Afrikaans language could meet. *(I'm sure that I'm speaking on behalf of all the residents if I say – it's been an amazing ride Gawie and Hydle – and a difficult act to follow...)*

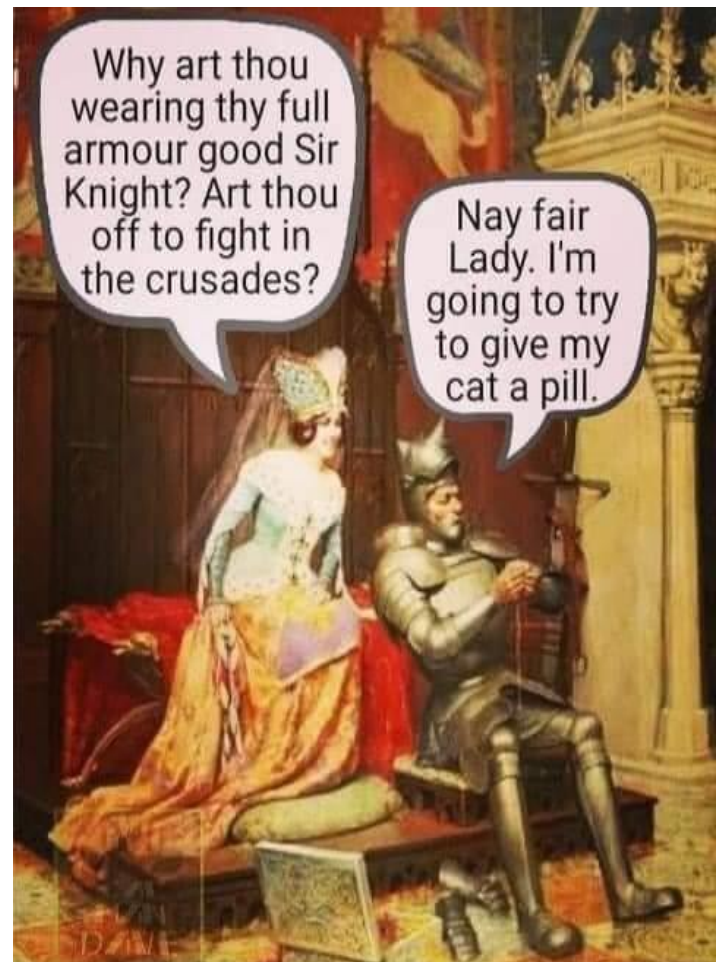
And on the 8th day, God created Seniors

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose co-ordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find, as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.





The most recent Oefen Afrikaans meeting – what good news that things are slowly getting back to normal in our village!

Our talented residents...Colleen Ricketts

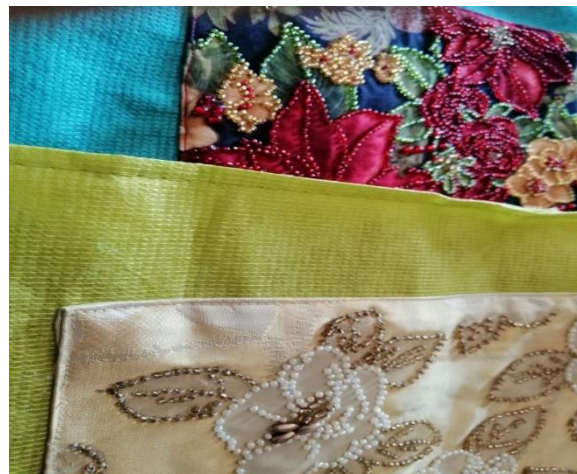
by Lydia Hirschmann

"I am not artistic, but I steal with my eyes" says Colleen and which is a family saying. She was born in Kalk Bay and has lived in the southern peninsula all her life.

After attending courses in dressmaking and Knit Wit, Colleen together with her paraplegic sister, started a sewing group in Kalk Bay which was mainly for domestic workers teaching general sewing. This continued for 30 years before closing.

Then Colleen started producing cotton fabric childrens' books which proved to be very popular for Grannies to enjoy with their grandchildren. These comprised 12 pages with a cover that could be personalised. Each page had play activities such as counting with buttons sewn on, tying of a bow, lacing of a shoe, etc. Colleen had, however, to close down the production, donating the machines and stock to a church in Gugulethu as she and her husband had decided to retire to Evergreen.

After moving to Evergreen, Colleen was asked by a cousin to make her a large sunglass case for her sunglasses. She decided to bead the case, which started her new hobby of the bead decoration of glasses cases as well as shopping bags. Recently her cousin's son saw the beautiful beaded cases she was making and bought them to sell in his art gallery in Stellenbosch where they proved to be most successful. Lockdown has unfortunately put a stop to this outlet for her but she continues beading cases and shopping bags as gifts for friends.



A small selection of her amazing handwork

Fun in the Village......some local avid followers of American politics had fun during the presidential election... an all-out American supper with hamburgers and the works...great fun... not saying who supported who though...

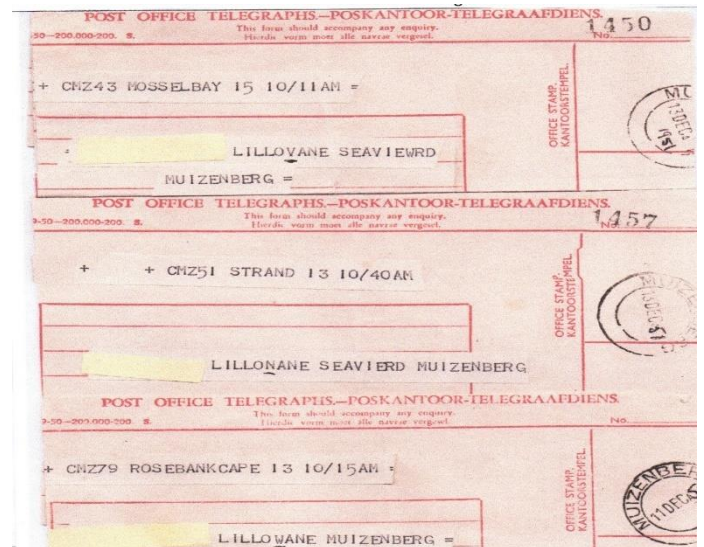


Muizenberg revisited...continued

by an Evergreen resident

Having lived at Evergreen for quite some time I am ashamed to admit there is still a couple of suitcases that need unpacking mostly containing family memorabilia and not until lockdown did, I unearth an enormous amount of information not only the birth of Muizenberg but its resurrection which gives us an insight into the wonderfully diverse place that we now live in and enjoy.

I now realise we come from a family of hoarders and what a revelation it has been. Although there are many books and fascinating articles which definitely go into more depth, often interesting family albums and cuttings give a different perspective.



For instance, I have telegrams sent by the old Post Office addressed to LILLOUANE. This is now known as Delbridge House standing proud on the mountain named after the remarkable gentleman who built the station, the new Pavilion, the school which is now the Muizenberg Police Station and the Post Office amongst other notable buildings and in his spare time he became Mayor. Apparently, it was named after his three daughters, Lily, Louise and Jane and retained this name right through the 1950's when the house was leased to another family. The Post Office Telegram Department never was quite sure how to spell it so there are three different versions on telegrams sent to LILLOUANE.... herewith...

Previously I gave an overview of few places in Muizenberg Village above the line. For the uninitiated, in the early days of CT Society particularly in the suburbs, it mattered if you lived above or below the Railway Line! Probably due to easy access to the city. So... we are now crossing the line at York Road onto the Beach area and the birth of The Corner, now known as Surfers Corner with beautiful adjacent Rocky Beach – always a haven for the little ones with its pools and of course photo opportunities.

Originally, from the Station all the way round to the level crossing, this area contained homes, then an apartment block, an hotel, (frequently used for a lunchtime tippie on the veranda) and by the 1950's a couple of small cottages. At one stage some of the surfing community used the alleyways between the houses to store their boards! It is now the large parking area which fills up at weekends.

Muizenberg, a popular place to swim and surf from early days gained a huge following for both its accessibility for locals and families and as a holiday resort with over 20 hotels plus boarding houses to choose from. It attracted many well-known figures from the 1920's onwards – Agatha Christie, George Bernard Shaw, Sir Herbert Baker and Cecil John Rhodes were among many notable figures and later famous cricketers, sports personalities, film stars, actors, et cetera enjoyed the safety of the beach and sea.

It is recorded that in 1919 South African Heather Price was befriended by two US Marines who had stopped over in Cape Town and was given the opportunity to surf on their Hawaiian-style surfboard. She became the first person to be photographed standing up holding a leash with a man lying on the back for stabilisation. That photo was later used to promote the Union Castle Line.

So popular had surfing become in Muizenberg that by the 1950's many surfboards started life by being built in home garages by family members and were made out of wood covered with heavy canvas – no fin (skeg), no leash and a plug which assisted draining the water out after each ride. If you came off at the back of the waves the board headed for the beach and you had a very long swim but there was always a queue of hopeful participants waiting for a ride. No wetsuits in those days either. Peter Wrights Corner Surf Shop – the first in Africa – has many of these early boards on display as historic memorabilia. Muizenberg still continued to attract families and holiday makers from far and wide and one could hire boards which became heavier and more numerous. The Corner has always been a special place for families and the wall with its concrete seat has always been a meeting place for friends. Mums frequently carried wicker baskets with tea and refreshments and the small kids were always within sight of the water or on the nearby playground with its swings and a roundabout.

However, conditions changed in the mid-1960s. There were now other seaside options in South Africa and families opted for new easy ways to get to places. Then swimmers complained that the boards had become dangerous without leashes and in 1996 the City Council banned surfing in the Corner which caused a huge uproar – particularly from the surfing

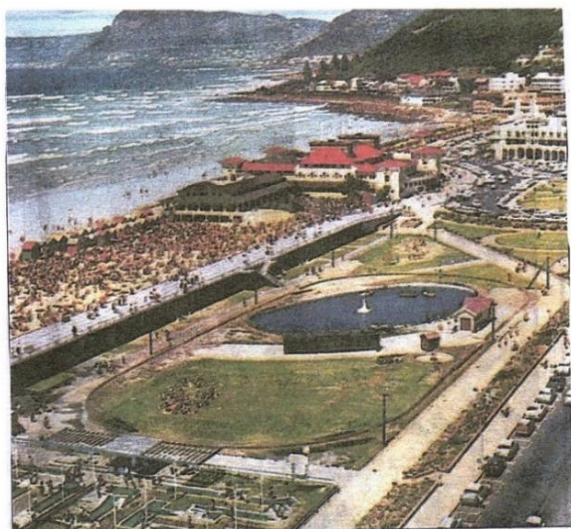
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■ The snake pit was the place to be for young people in summer in Muizenberg as this 1950s photo shows. It was packed from edge to edge with young people enjoying the sun, sheltered from the south-easter by two rows of beach huts.

■ Sixty years ago, this is the sight you would have seen looking out to Muizenberg. The hotels near the station had not yet been demolished and were still doing a roaring trade. In the far horizon Sunrise beach stretches out with none of the development that lines it today.

Guess who also dunnit
 Murder-mystery novelist Agatha Christie, above, with her surfboard named Fred, was one of the first Brits to surf at Muizenberg. She was touring Africa with her husband at the time. Picture: Museum of British Surfing.

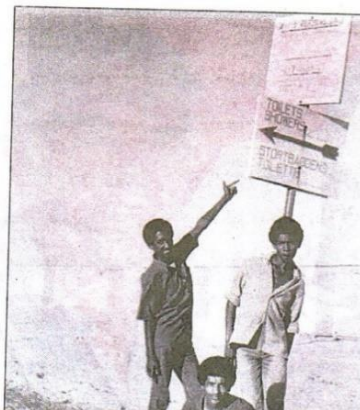
community. Muizenberg was put on the back burner and the City Council had not kept up with the times and changes were required to entice people to this once prime holiday resort.



Missing the 1950s by a hop, skip and a jump is this 1960s birds-eye photo of the prime recreations spots of Muizenberg. The putt-putt course still exists but the little lake where children could hire boats for brief periods has been filled in. The current swimming pool is on the mountain side of the little lake. The old pavilion, since demolished, can be seen between the lake and the beach as can some hotels and flats between what is now Surfer's Corner and the railway line, which have also been demolished.

Snapshots of time

This picture captioned "Whites Only beach apartheid signs" was found in the Independent Newspapers archive.



This 1960s photo shows the glory of Muizenberg beach. This row of beach huts were washed away in a storm in the 1980s. The old pavilion - the red-roofed double-storey building towards the rear of the photo - was demolished and replaced by the pavilion we know today, just off Beach Road, closer to the position from which this photo was taken.



A group of surfers at Muizenberg in the 1960s, showing off their distinctively shaped foam and fibreglass longboards. Picture: © Michael Wright



1976 Family Sunday morning Muizenberg corner underneath the private bathing box built for The Governor General of South Africa - Dr. Jans

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A letter was published by the Cape Times justifying the ban on surfing stating that visitors should be protected at all times. It caused an uproar as visitors were becoming few and far between due to the lack of the upkeep of amenities. In fact, it was the surfing community who had kept it going as a year-round venue for safe surfing. Finally, it was brought to the attention of a prominent MP. After a stand-off with the locals bolstered by a large surfing community an appeal was made to the Administrator over the heads of the Councillors. It is recorded that the crowd eventually dispersed peacefully agreeing the waves were onshore and not up to scratch anyway! The new bathing area was then moved a couple of 100 yards down the beach!

Hoteliers moved onto greener pastures; boarding houses became obsolete and many hardworking families had to relocate. Business premises and properties were taken over by landlords, and people disappeared to more lucrative areas. The historic Muizenberg Synagogue (built in 1924) which served a wide area and was attended by many Jewish landlords and millionaires on holiday, also declined, to the despair of people who had lived here for years. Its soul has eventually survived and the Mountain standing guard in the background the waves and beautiful beach reminds us how lucky we are to live in this fascinating area of the Cape.

Follow the rebirth of Muizenberg in the next issue of *The Muize News*.

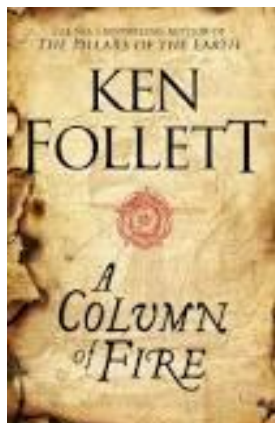
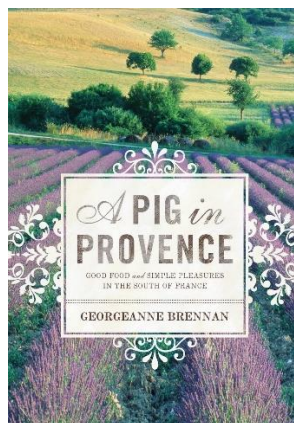
Authors, bookshops, libraries and words...

Evergreeners are avid readers

by June Orsmond, Facilitator (ext 2234)

It was so good to be back at Book Club again on Thursday 4th Feb 2021 after a 3-month break (last meeting was 11th November 2020). After an enthusiastic 'meet 'n greet' we did our interesting 'round-the-room' session where each member talks about recent reading 'adventures' always a fascinating variety.

Margaret Clough had us in stitches talking about a book on – of all things – HAWK training, ending with the tongue-in-cheek comment: 'OTHERS may enjoy reading it'. From hawks we went to **A Pig in Provence** – an animated telling by Lynda Till. It's a memoir about the American author's life in *Provence*, her love for French food, its people and their way of life



Grizéll alerted Ken Follett followers to his new book **A Column of Fire**, a read she thoroughly enjoyed. Annaleen, Maggie and Ruth had explored some 'dark, sad and bizarre' books. Maggie highly recommended **Dead to me** by Leslie Pearse ... a well-written 500 page-turner. Suzie was immersed in Afrikaans short stories and Pat had enjoyed some more Kindle reads. (I was told about a lady that I'd met who was a member of a Kindle Book Club... brave new electronic world!!)

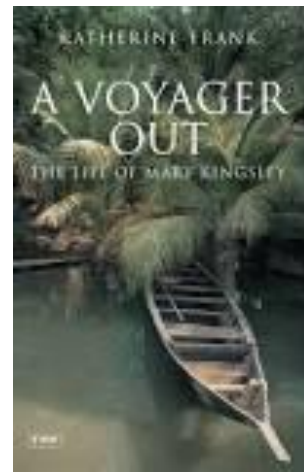
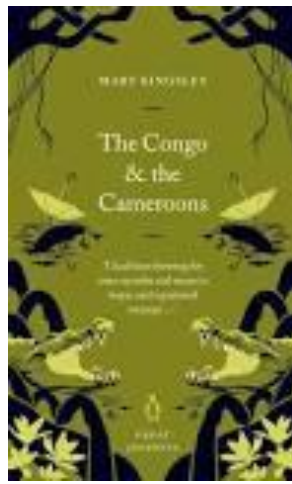
Two stand-out books for me were another Barbara Kingsolver – **Unsheltered** from Evergreen Library. Again, as in **The Poisonwood Bible** the author's construction intrigued me. Then there's **The Boy, The Mole, The Fox and the Horse** by Charlie Mackesy... Memorable for its beautiful illustrations but maybe a bit contrived, I thought, although I kept going back for little snippets of wisdom, eg: 'Is your glass half empty or half full?' asked the Mole. 'I think I am grateful to have a glass,' said the Boy.

Mary Kingsley, an exceptional woman

by Melanie Steyn

Mary Kingsley was an exceptional woman, quite unlike Victorian women generally. However, she refused to wear anything but socially acceptable Victorian clothing throughout her travels in Africa. This illustrates that she was used to accommodating contradictions in her mind. Her parents' marriage, for instance, was a paradox in itself. Her father was a successful doctor, who married his servant four days before their child, Mary, was born. Her mother was unwilling or unable to adjust to her new status and became a life-long invalid, who preferred to remain in her room with her shutters closed.

Her father got Mary a German tutor, because German was the dominant language in medicine at the time, and he thought she might one day be of professional assistance to him. He also encouraged her to enjoy the extensive library in his country home. Mary loved both of her parents and was heartbroken when they died within a short time of each other. Her frail younger brother tried to persuade her to become his house-keeper, but she was attending lectures and developing a taste for adventure.



She had educated herself broadly and was astonishingly progressive. For example, she believed in the Almighty, but used the name Allah quite as often as she used God. She also made contributions for instance to the fields of botany and anthropology. She travelled to West Africa and got to know the Fang, who were cannibals at that stage. This was long before the concept of field work was established. She found that they considered her untrustworthy when she approached them directly and asked to do research, so she bought stock, hired helpers, and went as a trader. The Fang learnt to trust her, and her intervention even saved one of her companions from being killed and eaten by them. She also studied their religion objectively and helped them with her medical knowledge.

She opposed the British war effort in South Africa and came here specifically to nurse Boer prisoners of war. She worked in the Palace Barracks in Simon's Town, converted to a temporary hospital in 1900. Unfortunately, she caught the enteric fever that killed so many of the prisoners and died at the age of 37. She had asked to be buried at sea and she was given a military funeral with full honours. She had wasted away so much that her coffin was too light to sink when she was committed to the ocean near Cape Point. It had to be pulled back on board to have an anchor attached to it.

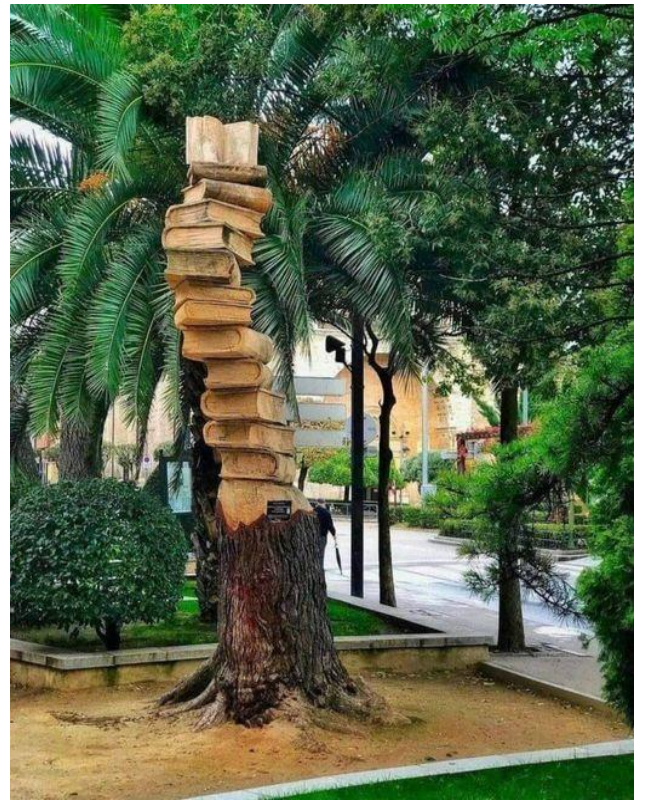
She is generally considered to have been a modifying influence on the racist and chauvinistic attitudes of her society at the time. (Source: New World Encyclopaedia:

http://www.newworldencyclopedia.org/entry/Mary_Henrietta_Kingsley)

*My mother cocooned herself in a darkened room;
The doctor my father flitted to London to serve
The Earl of Pembroke, and I was left to digest
The library, a caterpillar of books.
West Africa called when I was free at last.
My entrée was my trading and my stock,
So, I could learn about their faith and land
And nurse the Fang and study vegetation.
I was told I discovered the Karkola River no white
Had seen. I laughed off their impertinence.
When England began a war for diamonds and gold
I came to nurse the Boers in Simon's Town.
My coffin rolls its legacy of love,
Forever, my friends, in your cerulean seas. (Melanie Steyn)*



The amazing Lello Bookstore in Portugal



A tree trunk turned into a book sculpture

UP... a noun, verb, adj., adv. or prep...

This two-letter word in English has more meanings than any other two-letter word, and that word is UP. It is listed in the dictionary as an [adv], [prep], [adj], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it is a toss UP) and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is blocked UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!


To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with UP to a hundred or more.

Language Matters

Why English is so hard to learn

Marlene Davis



YOU think English is easy? Check out the following.

1. The bandage was wound around the wound.
2. The farm was cultivated to produce produce.
3. The dump was so full that the workers had to refuse more refuse.
4. We must polish the Polish furniture shown at the store.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his tasty dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present to his girlfriend.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object which he showed me.
11. The insurance was invalid for the invalid in his hospital bed.
12. There was a row among the oarsmen about who would row.
13. They were too close to the door to close it.
14. The buck does funny things when the does (females) are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail around the mast.
18. Upon seeing the tear in her painting she shed a tear.
19. I had to subject the subject to a series of tests.
20. How can I intimate this to my most intimate friend?

Heteronyms
These are brilliant. Homonyms or homographs are words of like spelling, but with more than one meaning and sound. When pronounced differently, they are known as heteronyms.

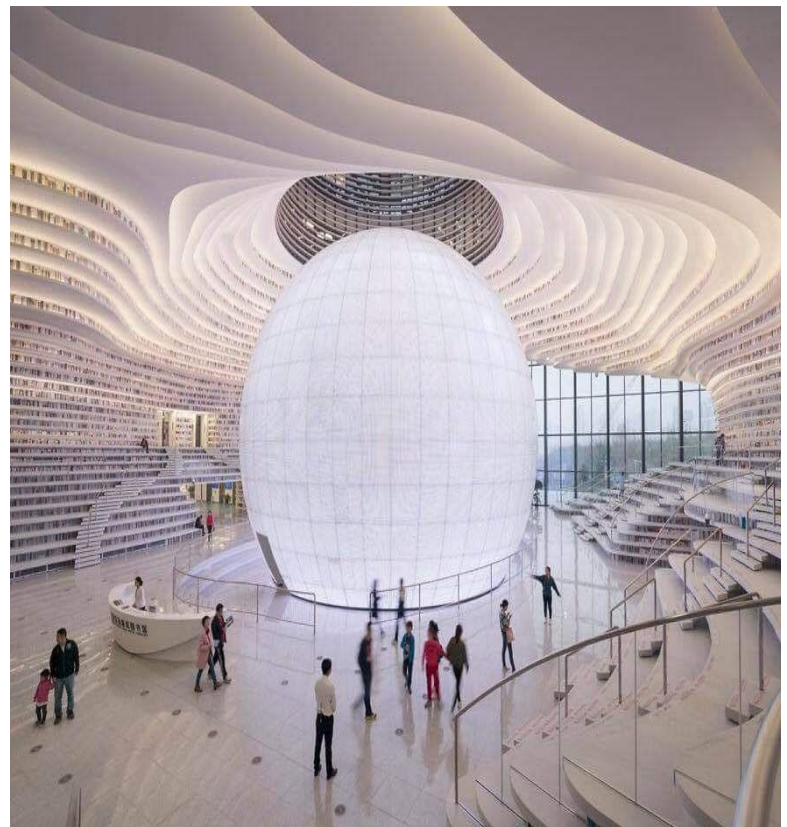
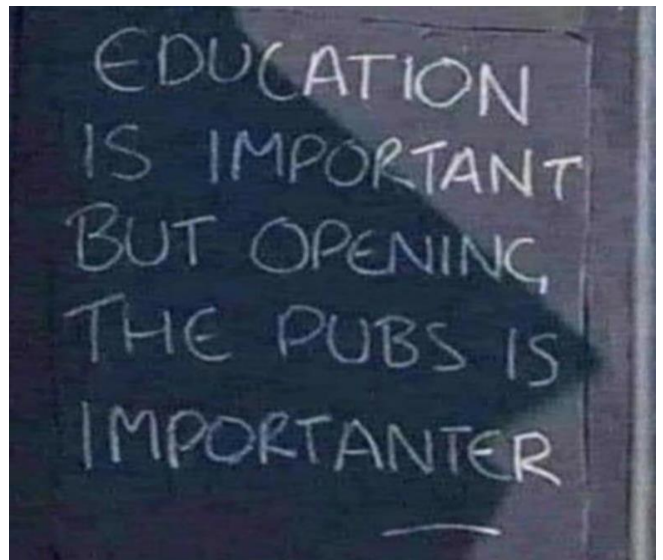
When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP for now... my time is UP!

So, did this whole thing, crack you UP?

Spectacular library in China

China has one of the world's coolest libraries, the *Tianjin Binhai New Area Library* that is part of the Binhai Cultural Centre, one of its five central attractions.

The five-level library consists of 33,700 square metres. It features floor-to-ceiling, terraced bookshelves and are able to hold 1.2 million books.



Above: This large, luminous sphere in the centre that serves as an auditorium that can accommodate 110 people. The library is nicknamed 'The Eye' because the sphere, which appears like an iris, can be seen from the park outside through an eye-shaped opening

Top right: Floor to ceiling bookshelves shaped as an eye



The library houses 1,2 million books



'The Eye' that can be seen from the outside

What's the difference between a literalist and a kleptomaniac? A comma. A literalist takes everything literally and a kleptomaniac takes everything, literally.

All in good Pun, leading to 25 groans.

1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.
6. Just so everyone's clear, I'm going to put my glasses on.
7. A commander walks into a bar and orders everyone around.
8. I lost my job as a stage designer. I left without making a scene.
9. Never buy flowers from a monk. Only you can prevent florist friars.
10. How much did the pirate pay to get his ears pierced? A buccaneer.
11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
12. My friends and I have named our band 'Duvet'. It's a cover band.
13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
15. Why is it unwise to share your secrets with a clock? Well, time will tell.
16. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
17. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
18. Prison is just one word to you, but for some people, it's a whole sentence.
19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

acyrologia

An incorrect use of words - particulately replacing one word with another word that sounds similar but has a diffident meaning - possibly fuelled by a deep-seeded desire to sound more educated, witch results in an attempt to pawn off an incorrect word in place of a correct one. In academia, such flaunting of common social morays is seen as almost sorted and might result in the offender becoming a piranha, in the Monday world, after all is set and done, such a miner era will often leave normal people unphased. This is just as well sense people of that elk are unlikely to tow the line irregardless of any attempt to better educate them. A small percentage, however, suffer from severe acyrologiaphobia, and it is their upmost desire to see English used properly. Exposure may cause them symptoms that may resemble post-dramatic stress disorder and, eventually, descend into whole-scale outrage as they go star-craving mad. Eventually, they will succumb to the stings and arrows of such a barrage, and suffer a complete metal breakdown, leaving them curled up in the feeble position.

20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
23. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
24. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
25. I've started telling everyone about the benefits of eating dried grapes. It's all about raising awareness.

Write a letter to the future you (*this is for us all...*)

Back in 2010 I wrote a column about a memo a 60-year-old had written to himself to be read when he was 75, reminding him of the things that he should do at that age.

Since then, I have been asked on numerous occasions about that column and for copies of it.

I also recently decided that when I reached compulsory retirement age to have a look at the column in my own interest and that of my family.

As a consequence, I decided to update the column and publish it again. Here goes.

The original column was written after I had spoken to a respected actuary about the problems associated with things such as deciding when to move into a retirement village and, even more importantly, into frail care.

Most people simply do not want to move into either. And when they do, the move can be fairly traumatic.

One of the problems associated with holding on to the "family" home is that the pensioner occupants are often asset rich (in terms of the property) but cash-flow poor and struggle to make ends meet.

The family home has, in any event, undergone a change of status. When the occupants pass on, it is more than likely that the property will be sold, because their children will, by that stage, have their own homes.

Creaking joints and the shortage of cash often mean that the condition of the property deteriorates and it declines in value.

The other problem is that alterations to accommodate less-mobile inhabitants, such as putting a bedroom or bathroom downstairs in a multi-floor house, can detract further from the value of the property.

There are other important financial issues associated with getting older.

Dealing with these issues can become more and more of a challenge as you age, particularly if you have any form of dementia. Among other things, you can become increasingly stubborn about taking sound advice, may make incorrect decisions and may even be exposed to fraud.

The actuary mentioned in passing that his father-in-law had told him that he was aware of these and other problems associated with ageing. His father-in-law's solution was to write himself a letter (see "Memo to me when I'm 75", below. The names have been changed.) I think this is a wonderful idea, and I have decided to do the same thing.

There are a few things I will add to my letter to myself. They include:

Tell my children to tell me if they believe I am suffering from dementia.

Accept that there will be times of loneliness, so don't talk endlessly to strangers. They will listen only out of politeness.

Always give my grandchildren chocolate cake for breakfast.

Sell my motor vehicle or employ a driver as soon as I need assistance to stand up or if I forget why I was out driving in the first place.

Don't scale down my medical scheme option or cancel my membership altogether to save money. And ensure that someone can make the right medical scheme option choices when I can no longer do so.

I am sure there are other things you can think of for your personal memo to yourself. What we need to do is to accept the frailties of older age.

(Bruce Cameron, *Personal Finance*, 2013)

Memo to me when I'm 75 - From John to John

Written: age 60

Intended reading date: age 75+

1. Don't try to organise your children in their own homes; let them organise you.

2. If it doesn't matter, don't make an issue out of it.

Illustration: Colin Daniel. Credit: PF

3. Given your age, you probably will be forgetful. Write things down and don't repeat yourself.

4. Pursue photography, woodworking, birding and golfing interests to make your-self more socially interactive. Also, try to be reasonably up to date with current affairs.

5. Your children have grown older and wiser as well. Don't reject their ideas. Respect their ideas, especially those from financially wise children. Their ideas will be more up to date than yours, and possibly more appropriate in the financial environment of the time.

6. Don't procrastinate when it comes to relocating to smaller, more appropriate accommodation as personal circumstances change. Avoid holding on to the family home when your needs decrease, even though the home may hold precious memories. If your children are urging you to move, comply.

7. Arrange later retirement accommodation around schemes with frail-care facilities, good access to medical attention and other services related to older people. Don't leave it too late.

8. Don't follow your children around, but, if they seem reasonably settled in one place, try to live near them. It will make it much easier for them, especially near the end.

9. Migrate your investments towards cash-related investments as time progresses. Continue with independent, objective advice from a financial advice company.

10. Eliminate unnecessary investment clutter. (Consolidate relatively small investments that are disconnected from the main.)

11. Put arrangements in place to make sure Jill (spouse) can become the principal medical scheme member without undue difficulty.

12. Make sure Jill has enough cash to survive for one year after your death to tide her over the winding up of your estate.

13. Update your will regularly, especially the annexures that detail investments and relevant reference and contact numbers.

14. Keep important documents in a central place so that your heirs can easily access such information.

15. Look after yourself and always look presentable. Your children would like to be proud of you.

16. Prioritise appropriate and regular exercise, especially walking and swimming.

17. Prioritise brain stimulation, especially piano playing and crossword puzzles.

18. Maintain annual medical check-ups.

19. At the appropriate time (around age 75), sign a power of attorney in favour of Jill or John junior so that your personal affairs can be managed during times of frailty or illness. Brief them as to where everything can be found, especially your will and living will. Don't leave this too long.

20. Everything you say should add some value to the conversation. Rather keep quiet than say something for the sake of saying it.

21. If not being spoken to, don't insist on being part of the conversation.

22. Never embarrass your children or grandchildren. They will avoid you if you do. If they are too fat or too thin, it's their problem, not yours – don't comment.

23. Be ruthless about clutter. If you don't need it, get rid of it.



Dementia and your finances

Dementia has devastating consequences for physical health; but it can also ravage your financial wellbeing. Lara Warburton, managing director of Imara Asset Management South Africa, says the challenges of dementia have prompted some leading financial planners to take special measures to assist ageing clients who are becoming forgetful, wasteful and disoriented.

The intention is to ensure that disorientation in financial management does not creep in. She says prudent older clients often take the initiative and raise the issue of what to do in case Alzheimer's or other forms of dementia set in. Imara Asset Management has introduced a system of "red flags" that are raised when an older client diverts radically from an agreed financial strategy or long-established practice. When this happens, the financial planners are empowered to get in touch with a client's children, grandchildren or trusted friends.

Warburton says this proves the worth of a long-standing relationship with a trusted, highly experienced financial adviser, because such a relationship has many unquantifiable benefits. "If a client suddenly becomes extravagant or reckless in financial matters, this is a strong indicator something is wrong. Sometimes we simply request a review and a re-briefing on strategy. A simple face-to-face session usually resolves the issue, but in other cases it is necessary to alert family members."

Warburton says that recently a long-retired client suddenly needed much more ready cash month after month. Enquiries revealed he had started buying the same high-ticket item over and over again. She says the implications of increasing longevity deserve careful consideration in many fields, including financial planning.

There is growing recognition that dementia-related diseases will afflict more and more people as the population starts to age.

Warburton says many clients are taking a practical, matter-of-fact approach.

She says a holistic approach is required, which covers things such as investment management, estate planning, discussions around "living wills" and instructions to family members on what to do should you become totally incapacitated.

'Once scenario-planning like this is under way, many clients raise the issue of dementia or Alzheimer's,' Warburton says. She says a client in his mid-60s recently told her he had spent 35 years building a nest-egg and if he started "losing it" he didn't want to lose his money as well. Prudent people should have a trusted family doctor, a trusted family lawyer and a trusted financial adviser, Warburton says.

My Living Will

*Last night, my kids and I were sitting
in the living room and I said to them,*

*'I never want to live in a
vegetative state, dependent on some
machine and fluids from a bottle.
If that ever happens, just pull the plug.'*

*They got up, unplugged the
computer and threw out my wine!!*

The little bastards.



Okay, Ralph let me 'splain it you again.
You're big, I'm little; BUT!!! you're dog, I'm
cat that makes me the boss. Got it ??

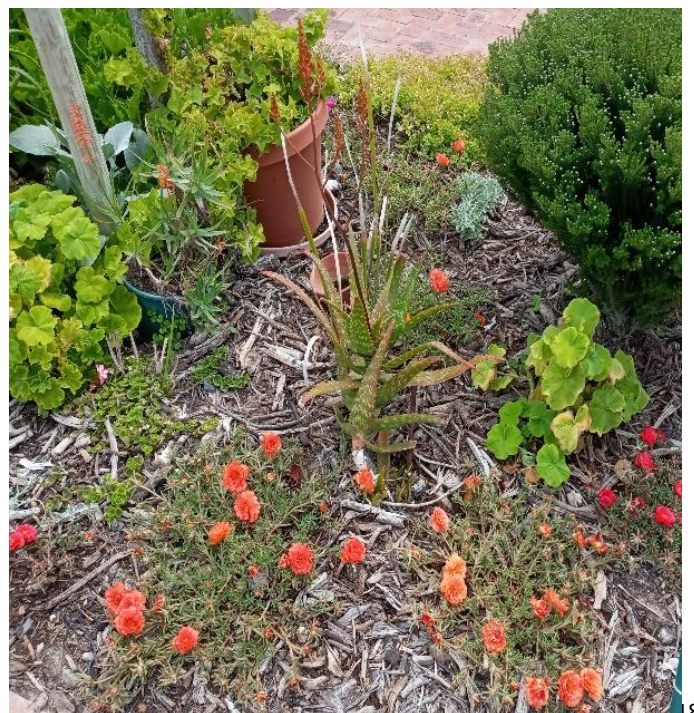
Time to prune

by Ann Blignaut

While we are living through strange times in this world, we need to remember that we who are growers of plants that one of the joys of gardening is its forward-lookingness. Being both close to soil and nature allows us to keep in touch with the changing of seasons and constant renewal of life in nature's ordered process.

Mentioning this, we now have a change in season and need to clean out and cut back in our gardens the time of flowering has come to an end but we now have the opportunity to plan, propagate, and plant again. (What a joy!) It is time to cut back and even divide some of the plants as they start to go to sleep!

Prune summer flowering plants (e.g. lavender, hydrangeas, Rosemary and guara). Keep mulching and watering while it is still quite hot during the day and very windy. The exciting part is to put in a few bulbs and watch them grow. Bulbs can also be grown indoors. Also pansies and violas can now be grown to give some colour through the winter.



Also see the pretty vygies that are flowering in their bright colours in the front of house 104. Veggies and herbs to plant at this time include different types of lettuce (One could get a punnet of 6 and share

and just plant three in a pot which one can pick leaves from to add to a quick salad). Parsley, rocket, celery and beans also do well at this time of the year. Remember to keep indoor plants hydrated with a little water. Things to look forward to are the flowering of the different protea families and then the aloes.



During a walkabout we captured some really pretty annuals and succulents that are gracing the village gardens.

At the moment it would be good to visit Kirstenbosch gardens where all the indigenous shrubs are beginning to flower. Enjoy. (Remember, free entrance for over 60s on a Tuesday.)



The "Boomslang" is a tree canopy walkway up in the tree tops where you can experience the trees like the birds do. Enjoy spectacular views of the mountains and the Gardens, and over the Cape Flats to the mountains beyond.

The raised tree canopy

walkway winds and dips its way through and over the trees. It is a steel and timber structure, 130m long. It is 11.5m at its highest point, yet it starts at ground level and has a very gentle gradient throughout its crescent shape. (Free entrance for over 60's on a Tuesday. Enjoy.)

Put on your apron and let's cook Pineapple fridge tart

1 tub smooth cream cheese
 1 tin condensed milk
 1 tin CRUSHED pineapple (drained)
 1 packet tennis biscuits and melted butter combined to create the base.
 Crush biscuits and mix with about 60g butter. Coat well and press down into a pie dish. Put in fridge to set while combining rest of ingredients.
 Mix cream cheese, condensed milk and pineapple together. Pour on to base and set in the fridge.
 Freezes well.



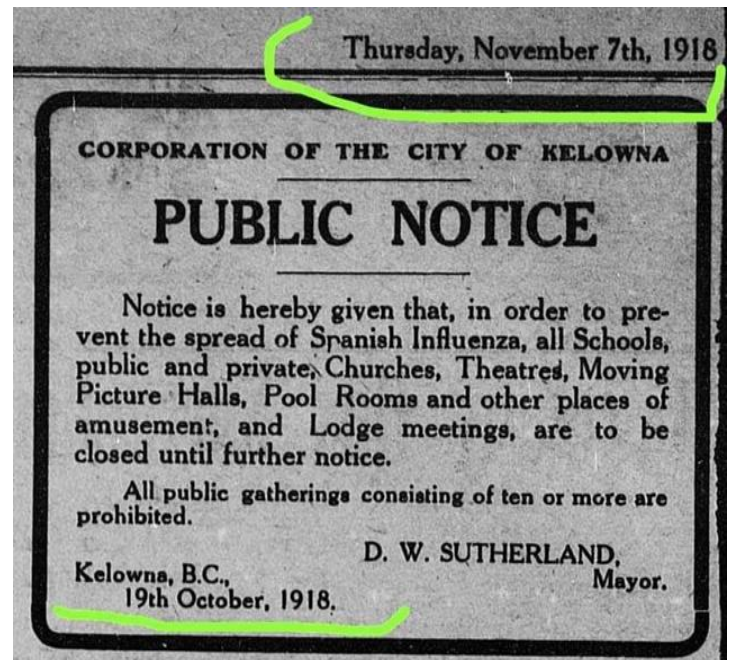
The Pandemic

Most people must by now be suffering from pandemic fatigue. However, as we all know so well by now, this is/was? certainly not the first time this kind of catastrophe has hit the world and it won't be the last

History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

This is Timeless....

And people stayed at home
 And read books
 And listened
 And they rested
 And did exercises
 And made art and played
 And learned new ways of being
 And stopped and listened
 More deeply
 Someone meditated, someone prayed
 Someone met their shadow
 And people began to think differently
 And people healed.
 And in the absence of people who
 Lived in ignorant ways
 Dangerous, meaningless and heartless,
 The earth also began to heal
 And when the danger ended and
 People found themselves
 They grieved for the dead
 And made new choices
 And dreamed of new visions
 And created new ways of living
 And completely healed the earth
 Just as they were healed.



NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
 love is not cancelled
 relationships are not cancelled
 reading is not cancelled
 naps are not cancelled
 devotion is not cancelled
 music is not cancelled
 dancing is not cancelled
 imagination is not cancelled
 kindness is not cancelled
 conversations are not cancelled
hope is not cancelled



either. But in the Village, we all seem to be doing our bit and are at present on top of it... let's keep it that way please!

Paint by numbers – great fun for all

by Jenna Monk

Are you tired of reading and watching television? Why not try something completely different and create a painting of your own?



These pictures printed on canvas and accompanied by acrylic tabs of paint and brushes, are the latest Covid "keep me sane please" lockdown activity. This is for all age groups as it just needs patience and a fun 'Paint by number' to complete the canvas and voila, you have your own artwork.

Depending on your personality, you will either start in a corner and paint all the shapes, one at a time, or you will start with the tiny paint pot nr 1 and look for all the number 1 shapes before moving to little pot number 2. This is really just like a jigsaw puzzle.

The kits are R280.00 each and make great carer and spousal gifts (even for your grandchildren) to keep their minds and hands active.

Don't let Covid put you on hold with life... try a new opportunity and if you enjoy this, consider joining one of the art groups on a Monday or Thursday to develop a possible new-found talent.

A very small selection of artworks

available. Your painting kit comes packaged with everything you need to turn this into an artwork that you had a hand in... Included in the package are all the paints you would need as well as the paintbrushes.



Home Bakes

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- * Scones R7.00 ea
- * Biscotti R35.00 per tray
- * Shortbread R35.00 per tray
- * Cup Cakes R8.00 ea
- * Muffins R12.50 ea (Banana Walnut and Blueberry)
- * Chiffon Cakes to order



To order phone Lydia on ext 2017 or Cell 073 707 6474.

Looking for that special card?

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Large R50.00 each

To order phone Stephanie on ext 2002 or Cell 083 549 5070.

The end - donate your body...

This maybe an odd topic but then we cannot always deal only with the pleasantries in life.

The Faculty of Health Sciences at the University of Cape Town acknowledges, with deep respect, the rare gift of whole-body donation. These bequests are vital for the teaching of anatomy to medical, physiotherapy, occupational therapy and science students. Bequests may also be used to train professional, for example, surgeons in new techniques. It is for these reasons that the anatomy departments of medical schools are legally empowered to receive bodies. There are no fees and if residents don't have family in SA to pass the ashes on to ...then this might be another option. The Department of Juman Biology at the University of Cape Town is most grateful to persons who so generously bequeath their bodies for anatomical study. The contribution to the training of tomorrow's doctors and other health care professionals is enormous.

For more information, please feel free to contact Michael Cassar at michael.cassar@uct.ac.za or on his landline 021 404 7753.

Nine Important Facts to Remember as We Grow Older

Death is the number 1 killer in the world.

Life is sexually transmitted.

Good health is merely the slowest possible rate at which one can die.

Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

All of us could take a lesson from the weather. It pays no attention to criticism.

In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others; I need to go to the bathroom.