



Newsletter

email: clubhouse@helderbergvillage.org.za web: www.helderbergvillage.org.za

03/2012

23 - 29 January 2012



The Clubhouse dining areas, bar and snooker room will close after lunch on Sunday, 22 January 2012 and will remain closed until the end of February for refurbishing.

The Golf Lounge and Halfway House will remain open as usual and full bar facilities will be available - see operating hours on page 10. Normal Village lunches will be served at Kilberry Lodge. A full bar will be available at Kilberry until after lunch.

The Sunday "Chef's Table" at Kilberry Lodge will fall away until the Clubhouse is re-opened.

Pottery Annual General Meeting

Tuesday, 24 January - 9:30 am
Pottery Workshop - Cheyney



Dementia Support Group

Thursday, 26 January - 10:30 am - Healthcare Lounge



Tennis Club Annual General Meeting

Friday, 27 January - 6:30 pm - Talani
(to be followed by a Spitbraai)

The views expressed in articles and letters published in this newsletter are the responsibility of the respective authors and are not necessarily those of the Village Newsletter editor, Helderberg Village Master Homeowners Association, its Board or Village Management. The acceptance and publication of newsletter items and advertisements does not indicate editorial endorsement.

WEEK'S DIARY:

Monday 23

By app. Hand & foot care - Healthcare (Ester le Roux 083 256 1499)
By app. Medical Doctor - Dr M de Wet - Healthcare (021 855 4732)
7:00 am - 1:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
7:30 am Old Boys Golf Competition (draw at 7:50 am for 8:00 am play)
7:30 am Tennis - Social play
9:00 am Croquet - arrange own games
9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village***
10:00 am Library (10:00 am - 12 noon & 3:00 pm - 5:00 pm) (021 855 8395)
10:00 am **Big Band Era with Frank Estment - Allenwood**
By app (pm) Audiometrist, Healthcare (Ann-Mari von Bergmann 021 855 0138)
11:45 am Stretch & Tone class - Exercise Studio (Cynthia 021 886 6800)
1:00 pm - 2:00 pm & 2:00 - 3:00 pm: Pilates - The Gym (Dena 021 855 4729)
2:00 pm Waste Paper Collection - **IF DRY**
2:00 pm Villager bowls
2:00 pm **Painting class with Suzette Laten - Arts & Crafts room**
4:00 pm - 7:00 pm: Senior Fitness - The Gym (Dena 083 600 1031)
5:00 pm Back Maintenance class - Exercise Studio (Amaritha 021 851 3156)
6:30 pm Line dancing (Beginner) - Exercise Studio (Bess 021 855 5270)

Tuesday 24

By app. Hand & foot care - Healthcare (Ester le Roux - 083 256 1499)
By app. Medical Doctor - Dr F van Wijk - Healthcare (021 855 4732)
7:00 am - 1:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
8:00 am Back Maintenance class - Exercise Studio (Amaritha 021 851 3156)
8:30 am Croquet - draw (Bowls B-green available morning only)
9:00 am Chess - Allenwood
9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village***
9:30 am **Pottery Annual General Meeting - Cheyney**
10:00 am *Pathcare* - Dr Dietrich & Partners (Blood Tests) - Healthcare
10:00 am Library (10:00 am - 12 noon & 3:00 pm - 5:00 pm) (021 855 8395)
11:30 am **Chess Beginners course - Allenwood** (Bernard Joffe 021 855 0075)
1:15 pm Duplicate Bridge - Talani (Graham Harington 021 855 3524)
2:00 pm Bowls tabs-in
2:00 pm Christian Fellowship & Bible Study - Allenwood (Theo 021 855 5690)

- 3:00 pm Line Dancing (Intermediate) - Exercise Studio (Bess 021 855 5270)
 6:30 pm *Nia* classes - The Gym (Dena 083 600 1031) - please note new time!

Wednesday 25

- By app. Hand & foot care - Healthcare (Ester le Roux - 083 256 1499)
 By app. Medical Doctor - Dr G Haasbroek - Healthcare (021 855 4732)
 7:00 am - 1:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
 7:30 am Tennis - Social play
 8:00 am - 10:00 am: Gyrotronics - The Gym (Dena 021 855 4729)
 9:00 am Croquet - arrange own games
 9:00 am Fabric Painting - Arts & Crafts room
 9:00 am Tap Dancing - Clubhouse (Julie 082 978 2399)
 9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village***
 10:00 am Library (10:00 am - 12 noon & 3:00 pm - 5:00 pm) (021 855 8395)
 10:00 am Woodcarving - suspended until further notice
 11:00 am - 12:00 pm & 12 - 1:00 pm: Pilates - The Gym (Dena 021 855 4729)
 11:30 am Golf competition
 11:45 am Stretch & Tone class - Exercise Studio (Cynthia 021 886 6800)
 1:30 pm Duplicate Bridge - Talani (Margaret Harington 021 855 3524)
 2:00 pm Bowls tabs-in
 4:00 pm - 7:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
 4:30 pm Line Dancing (Beginners) - Exercise Studio (Bess 021 855 5270)

Thursday 26

- By app. Hand & Foot care - Healthcare (Ester le Roux 083 256 1499)
 By app. Medical Doctor - Dr P Odendaal - Healthcare (021 855 4732)
 7:00 am - 1:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
 8:30 am Croquet - draw (Bowls B-green available morning only)
 9:00 am - 12 noon: Mosaics with Hettie Smit - Arts & Crafts room
 9:00 am **Villagers' Tea with Tanja - Golf Lounge**
 9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village***
 10:00 am - 12 noon: REAL classes - Exercise Studio (Trudi 078 747 1859)
 10:00 am *Pathcare* - Dr Dietrich & Partners (Blood Tests) - Healthcare
 10:00 am Library (10:00 am - 12 noon & 3:00 pm - 5:00 pm) (021 855 8395)
 10:00 am - 12 noon: REAL classes - Exercise Studio (Trudi 078 747 1859)
 10:30 am **Dementia Support Group - Healthcare Lounge**
 1:15 pm Social Bridge - Talani (Pat Sanders 021 855 4997)
 2:00 pm Bowls tabs-in
 2:00 pm Knitting & Sewing for Charity - Arts & Crafts room
 2:00 pm Pottery - Cheyney - visitors welcome (Minnie Paterson 021 855 4556)
 2:30 pm Bible Study - Allenwood (Sylvia Leslie 021 855 3713)
 5:00 pm Back Maintenance class - Exercise Studio (Amaritha 021 851 3156)

Friday 27

- By app. Hand & Foot care - Healthcare (Ester le Roux 083 256 1499)
By app. Medical Doctor on weekend call - Healthcare (021 855 4732)
7:00 am - 1:00 pm: Senior Fitness - The Gym (Dena 021 855 4729)
7:30 am Tennis - Social play
7:45 am (play at 8:00 am): Ladies Competition
9:00 am Croquet - arrange own games
9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village***
10:00 am Library (10:00 am - 12 noon & 3:00 pm - 5:00 pm) (021 855 8395)
10:00 am Line dancing (Intermediate) - Exercise Studio (Bess 021 855 5270)
2:00 pm Villager bowls
2:00 pm **Bus to Heldervue****
2:30 pm **Croquet Bisquers**
2:30 pm Golf Sundowner club competition
6:30 pm **Tennis Club AGM & Spitbraai - Talani**

Saturday 28

- 8:00 am Golf club competition
8:30 am Tennis - Social play (by private arrangement)
8:30 am Croquet - draw (B-green NOT available)
10:00 am Library (10:00 am - 12 noon) (021 855 8395)
2:00 pm Bowls tabs-in & Ladies' Provan competition
3:00 pm Tennis - Social play (by private arrangement)

Sunday 29

- 10:00 vm NG Kerkdiens met Dr Danie Möller - Allenwood

- * The bus leaves from the top parking area (opposite Healthcare) at 9:15 am and returns at 12:15 pm. To book a seat, call the Admin Office (021 855 8300) the day before. Transport cost of R24 will be debited to your account.
- ** The bus leaves from the top parking area (opposite Healthcare) at 2:00 pm for Heldervue Shops and returns at 3:00 pm. To book a seat, call the Admin Office (021 855 8300) before noon on Friday. Transport cost of R18 will be debited to your account.

EVENTS & OUTINGS

An interesting half day guided **Township Tour** with qualified tour guide has been arranged for **Thursday, 9 February** departing at **08:00 am** at a cost of R300 p.p. Please book at the Club Office (021 855 8333).

Itinerary: 8:00 am - Depart Helderberg Village and pick up Colin, a Township guide from Khayelitsha; Drive to and through District Six, Langa, Gugulethu and Khayelitsha. Visit the following - Amy Biel & Gugulethu 7 memorials, a local radio station, a school, a community training centre, a Traditional Healer and meet some of the local inhabitants. Return to Helderberg Village at 1:00 pm.

By request an outing to **Cavendish** and the **Waterfront** has been arranged for Thursday, 16 February departing at 9:00 am and returning to the Village at 4:00 pm. Please book at the Club Office (021 855 8333).

The Helderberg Rotary Anns are organizing the Annual **Dixieland Jazz** evening in aid of local charities, on Saturday, 11 February at Somerset College. You'll be treated to the music of various bands such as The Riverboat Jazz, Gerald Foster, Saxophonist, and the Marimba band. You may take along your own picnic and chairs or support the various food and drink stalls. Gates open at 3:30 pm. Tickets cost R65 for adults and are available at the gate or contact Sandra (074 195 0797 or e-mail: dicksan@mweb.co.za). An event not to be missed - just across the road!

Share the Love on Saturday, 11 February, with love songs, a romantic picnic, laughter and wine at the Paul Cluver Forest Amphitheatre, Elgin, at R200 p.p. in aid of the **Imibala Sponsor-a-Child**. Entertainment will be provided by International Saxophonist, composer, Andrew Young, who is a Global Ambassador for Imibala. Transport R102 p.p. Book at the Club Office (021 855 8333). Special picnic hampers for two are available at R230 and can be pre-ordered at Imibala (ann@imibala.com).

Cape Classic - under the Stars at Oude Libertas open air amphitheatre on Wednesday, 22 February, at 8:15 pm. Tickets R140; transport R47 p.p. Bookings at the Club Office (021 855 8333).

The 16 piece **Big Band of Jonny Cooper** will perform at the Playhouse theatre on Friday, 24 February at 8:00 pm for 8:30 pm. Jonny is recognised in the USA Big Band Hall of Fame as continuing the musical style of Glen Miller and the other 30's and 40's bands. Tickets cost R180 each, transport R24 p.p. Please book at Club Office (021 855 8333).

International Festival Opera Gala - The Cape Philharmonic Orchestra, conducted by Richard Cock, presents a programme of famous opera arias and ensembles at the Artscape Theatre, Saturday, 25 February at 8:30 pm. Tickets R120, R160, R200; transport R94. Book at the Club Office (021 855 8333).

Jannie Moolman is regarded as one of South Africa's most versatile tenors. Enjoy the boundless energy of the 4 piece band and endless heartwarming talent of Jannie, supported by well loved musical director, Janine Neethling at Oude Libertas on Friday, 2 March at 8:15 pm. Tickets 120, 130, 140. Please book at Club Office (021 855 8333).

Huisgenoot en YOU Skouspel-Plus by Grandwest Arena op Saterdag, 17 Maart 2012 om 1:00 nm. Die room van ons Afrikaanse kunstenaars sal daar optree. Kaartjies kos R550 en R620. Besprekings by die Klubkantoor (021 855 8333).

Andre Rieu, Grandwest Arena, 23 August 2012 at 8:00 pm. Tickets R850, R950 and R1 050. Book at the Club Office (021 855 8333).

CULTURAL & SOCIAL

ARTS & CRAFTS

Wednesday morning **Woodcarving sessions** are suspended until further notice.

We extend a big thank you to Bob Killin (unit312) for storing our sewing machines during the construction period. It is very much appreciated.

Now that we are "open for business" after the Christmas recess in the new Arts & Crafts room, the needle-work section would very much appreciate any one willing to help with the making of **patch-work quilts**. For those wishing to learn this skill, we would be only too pleased to give tuition. Do come along and take a look at the beautiful assortment of fabrics, silks and cottons in a variety of colours. We have a number of sewing machines available to use and all we really need are "helping hands". The quilts, blankets, babies clothes and toys go to various charities, homes for the frail/aged and of course, children in need. There are so many of them that do require our help and this is the aim of our work in the knitting/sewing department. Please come and join our group on Thursdays from 2:00 pm to 5 pm. Josie G.

Artists' corner: Our Monday afternoon painting class was very successful in our new Arts & Crafts room. After the blazing heat outside, we were treated to a blissfully cool air-conditioned room! We welcome two new members who settled in immediately and hope they will have many happy painting hours. We are extremely fortunate to have such an incredible facility, where there are plenty of easels, tables, lockers and a kitchen. The "tea room" is a bonus with sofas sporting new cushions made by Audrey. The much needed store room now has shelves erected by John Hendriksz, Bo and his helper in record time. There was a very varied assortment of paintings with no two alike in oil and watercolour, with very little talking under the watchful eye of Suzette Laten, ready to give advice if needed. Anyone wanting to join our happy group can arrive at 2:00 pm on Monday afternoons or phone, Margie Anderson (021 855 1138) for more details.

BRIDGE

Duplicate Bridge Tuesday: Phone Graham Harington (021 855 3524)

Thursday Social Bridge: Phone Pat Sanders (021 855 4997)

Weekly Results - Tuesday, 10 January - 9 Table Mitchell:

North/South:

- | | |
|---------------------------------|--------|
| 1. Margaret & Graham Harington | 61.3 % |
| 2. Eunice Maré & Zelda Steytler | 61.0% |
| 3. Sally Collie & Ted Hoek | 54.8 % |

East/West:

- | | |
|-------------------------------------|-------|
| 1. Emma Cooper & Gerard Schmidt | 57.4% |
| 2. Pippa & Guy Warner | 55.6% |
| 3. Alice Pentecost & Maryla Smollen | 54.2% |

7 Table Double Hesitation Mitchell

- | | |
|-----------------------------------|-------|
| 1. Irene King & Ann Woodford | 59.3% |
| 2. Joyce Ballenden & Paul Reedman | 57.7% |
| 3. Audrey Gunn & Terps Martin | 57.1% |

Thursday Social Bridge: 12 January - Islay Huxter - 4 950 pts

LIBRARY

The Library will introduce a **100 Club** lucky draw, with effect 1 March 2012. Profits will be used to purchase books, DVD's and audio CD's.



Participation in the 100 Club will be by way of a subscription of R10 per month and will be payable in advance for six months. The amount of R60 will be deducted from the Villager's management account and the subscription will be automatically renewed unless the Villager gives advance notice to the Library (021 855 8395) or the Club Office (021 855 8333)

that participation is being terminated.

The draw will take place on the last Monday morning of each month in the Library at 11:00 am, with prizes as follows: 1st: R300; 2nd: R150 and 3rd: R50. The results of the draw will be displayed on the Library notice board and also published in the newsletter. If you would like to participate, please give your name and your preferred ticket number to one of the Library volunteers during Library operating hours or call the Club Office (021 855 8333).

MUSIC SOCIETY

Next Concert on Sunday, 12 February 2012 at 4:00 pm in Talani

Soprano **Sabina Mossolow** will bring us a programme looking forward to Valentine's Day. **Sabina** was born in Windhoek and holds a BA (Hons) in journalism and a Master's degree in music from the University of Stellenbosch. She has given highly acclaimed performances for us in the past. This time she will be accompanied on the piano by **José Dias**, who is also popular with our audiences.

SPORTS

BOWLS

Coaching clinic: As requested by members in reply to our recent survey, we have arranged with the W.P. Coaches Standing Committee to present a coaching session at our club. It is aimed at all members: novices, as well as those who may see a

need to step up a mark. The Clinic aims to improve your game, skills and to learn more about modern technology making the "game" more enjoyable.

Should you be interested, please enter your name on the list posted on the notice board at the pavilion. The day and time shall be advised once we know how many bowlers would like to participate. The cost will be R30 per bowler, dress code is casual, bring along 4 bowls. Tea will be provided.

Provan: We had mixed results last Saturday, 14 January. The Ladies won one and lost one against Strand B, but won the bonus point.

Men: Village A lost both matches to Somerset West B. Village B won one and lost one against Strand B.

Danie says.....

*Blessed are they who can play sport, Blessed are they who can still be taught
Blessed are they who accept with grace, To play in any selected place*

CROQUET

Remember **Bisquers** EVERY Friday at 2:30 am. Entry lists for the Singles, Doubles and Handicap Doubles (Jack Harvey Cup) are posted on the notice board. ALL members may enter - also novices.

GOLF

We extend a big "thank you" to Robbie Williams, one of our members who kindly donated an excellent set of clubs and bag for use by the club to hire out. Your generosity is very much appreciated.

The draws for the **Match Play** competitions will be posted on the notice board during the week. Please arrange to play your games a.s.a.p.

It's that time of the year again - **Valentine's R10 000 Lucky Draw!** Only 200 tickets are sold at R100 each. During the draw, numbers are drawn and eliminated, with the last remaining number winning a massive R10 000! The second and third last numbers to be drawn will win R3 000 and R1 000 respectively. There will be a number of consolation prizes in between. This is a fun-filled evening to be held on Friday, 17 February from 6pm until about 10 pm. As the Clubhouse will still be closed for refurbishing and the Golf Lounge might be too small to accommodate everyone, the draw will take place at Kilberry.



Club Competition results:

Wednesday, 11 January: Individual Stableford

Winner:	Donnie Frost	42 pts
Runner-up:	Andre Kock	39 pts

Friday, 13 January: Individual Stableford

Winner: Jane Rossiter 14 pts
Runner-up: Trish Wilkinson 13 pts

Saturday, 14 January: 3B Alliance Stableford (2 scores)

Winners: Dirk Kotze, John Duxbury & Rob Anderson 88 pts
Runners-up: Ben Buys, Lee Johnstone & Chris Gouws c/o 88 pts

Two club winner: Lionel Abrahams on the 1st hole.

Monday, 16 January: Old Boys 3B Alliance Stableford

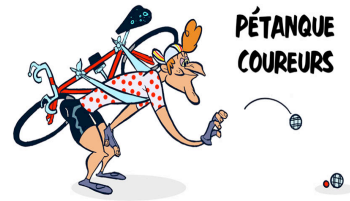
Winners: John Duxbury, Richard Sturney & Karl Eick 45 pts
Runners-up: John Matthews, Rob Williams & Mike Farrell c/o 45 pts

Competitions this coming week: (Mon 7:50 am for 8:00am, Wed 11:30 am, Fri 8:00 am - Sundowner at 3:00 pm, Sat 8:00 am):

Monday, 23 January: Old Boys 3B Alliance Stb. (George Muller 021 855 5397)
Wednesday, 25 January: 4BBB Combined Stableford
Friday, 27 January: Ladies 9 Hole Competition 2nd9 (Pam Parkes 021 855 5038)
Friday, 27 January: Golf Sundowner - 9 holes
Saturday, 28 January: 4 Ball Alliance (3 scores on Par 5's)

JEU DE BOULES

A big thank you to John Dicey who donated a brand new set of Boules to the Boules club. It's a bit hot at present, especially at the court in front of the Clubhouse, but hopefully regular games will start in February. Please contact the Club Office a.s.a.p. if you're interested in playing, indicating your preference for playing days and times. It's an easy game to learn and play - like playing marbles! We still need sets of *boules* and would appreciate if anyone who has unused sets which they'd like to sell or donate to the club, to please contact the Club Office (021 855 8333).



GENERAL

ADMINISTRATION OFFICE HOURS

Villagers are reminded that the Administration office opens at 8:30 am and closes at 3:30 pm. These hours were extended last year for your convenience. Villagers are kindly asked to refrain from using the back door of the new Administration building. This entrance is for staff only.

ATRONOMICAL HAPPENINGS IN 2012

At the beginning of each year, I compile a brief set of notes on various astronomical phenomena that will occur in that year. If you are interested, help yourself to a copy in the Club Office. Pete Wedepohl (unit 354)

succulent plants, but there are many species of succulents. They are rewarding to study and on this planet South Africa has perhaps the richest variety, with a



particularly wide range of biological strategies. Not that I deny the marvellous forms, flowers, and life histories of exotic succulents, but we should particularly value the miracles on our own doorstep; they are manifold. Our succulents range from dangerously poisonous to nutritious; from formidably thorned, to about as formidable as a dessert jelly; from plants smaller than a thumbnail, to trees as high as a three-story building, and weighing tonnes. Some grow in the blistering sun of the Karoo and Kalahari, some in the freezing, ultraviolet-blasted, alpine Drakensberg, and some in the forest understory where grasses can hardly survive, let alone compete. Try growing local succulents; pay visits to suitable nurseries; you are sure to find something attractive. Some species are tricky, some easy, but for every gardener's needs there are several, even if you reject everything that comes from beyond our borders. And the variety of their adaptations to the succulent way of life are fascinating, so much so that I cannot decide which would be my favourite, if any. Some are woolly white, with leaves like rabbit paws covered with a dense felt that reflects the sun. That felt diffuses the light that it passes on to the tender green skin beneath and it filters out the ultraviolet. It offers protection against frost and wind, and conserves water. Some succulents have a clear, waxy covering that protects the plant from ultraviolet and from drying out. Some have shapes that inflate into obese barrels when there is water, but in severe droughts they collapse neatly into folds as the reserves dwindle.

If I had to choose favourites, perhaps they would be window plants. South Africa has the majority of window plant species, and interestingly, several of our unrelated families have developed their windows independently. If you look at say *Haworthia cuspidata*, you will notice translucent dots on the leaf tips; those windows let light into the bases of the crowded leaves that present their thorny points to grazers. That certainly is neat, but some of the most advanced window plants are species of Lithops, Fenestrarias, and some Conophytums. The plants actually grow underground with only the pebble-like ends of their leaves showing at the surface. In nature they are almost undetectable; grazing animals miss most of them in even the cruellest deserts. Their leaf tips are flattened or rounded, and some are camouflaged with pebble-like markings. Those markings are not decoration, but the windows that admit the light. Fenestraria leaves have rounded lens-like tops to capture light, directing it onto their subterranean chlorophyll. Their lenses work in much the same way as the round skylights on some of our roofs. Nature has beaten us to many of our neatest tricks; beaten us by millions of years.

SPECIAL COMMITTEE (COMMON PROPERTY FACILITIES)

An appeal is made to Villagers with suitable background to volunteer to serve on the Special Committee (Common Property Facilities). This committee is tasked with assisting Management by giving advice and guidance regarding improvements and alterations to infrastructure, buildings and open areas in the Village. The committee meets bi-monthly, with the occasional special meeting if necessary.

Any Villager who is willing to contribute a small amount of his/her time, knowledge and expertise in the above regard for the benefit of their fellow Villagers, is requested to submit a brief *curriculum vitae* to the General Manager - Operations, Wayne Devy.

Villagers requiring further information relating to the above must, please contact Wayne Devy on 021 855 8310.

STAFF GRATUITY FUND

Village management, on behalf of the service and security staff earning less than R6 590 per month, would like to thank most sincerely all Villagers who so generously and freely contributed to the Staff Gratuity Fund. Contributions received amounted to a mammoth R208 644.50 (R210 612.58 in 2010) and were distributed to 209 (221 in 2010) staff members. This includes the 5 security staff.

Staff members with a full twelve months service period qualified for an amount of R1 026.12 (R1 005.00 in 2010), while staff with less than 12 month's service received a pro-rated amount. A total of 378 (430 in 2010) Villagers contributed to the fund with the largest contribution being R10 000 and the smallest contribution being R50.

Once again, a very BIG THANK YOU to all Villagers who contributed.

STAFF TRAINING

As part of the annual Village Mentorship program to train and develop staff, Mrs Grace Ngqakatha, who is employed in the Post Room and known to many Villagers, is currently being trained as a Receptionist in the Administration building. The duration of this training program will be for a period of approximately three months whereafter Grace will return to her normal duties in the Post Room.

SYMPATHY

It is with sadness that we have to advise of the passing of **Prof Shirley Barbara Williamson**, (unit S10, previously unit 67) on Saturday, 14 January 2012.



Shirley was born on 5 November 1925 and lived in Helderberg Village for about 20 years. We express our sincere sympathy her family and friends.

A Memorial Service for **Shirley Williamson** will be held on Monday, 23 January at 3:30 pm in Healthcare Lounge.

In Memoriam - Shirley Williamson

One of the most beautiful Cedars in the Village has fallen. Everyone who met Shirley knows that she was a very special person. With her captivating smile she made every visitor most welcome and her warm personality put the most nervous person at ease. She was always kind, generous and helpful and on her birthday last year she had all the staff of Healthcare (day and night members) joining in the celebration.

A keen gardener and swimmer, she was a member of the water exercise "mermaids" for many years. Even shortly before her death, she went swimming at Bredell pool. She went to great lengths to provide comfort and joy to the sick and needy, never considering her own needs. She taught many a person how to live a victorious life. *"Every goodbye is the birth of a memory"* (Dutch proverb). It was a great privilege to have known her.



THOUGHT FOR THE WEEK

Hebrews 13 verse 5

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you".

VILLAGERS' CORNER

THANK YOU

- We would like to thank the Villagers for all the support we got for our Boys home, the food parcels for Christmas and all the other donations throughout the year. The boys are growing up very quickly and all are doing well in their exams. One of our boys at Boland College passed with flying colours and is now starting his 3rd and final year; the one studying medicine at University of Stellenbosch passed with 4 distinctions and is going to his 2nd year; our matriculant passed and will be starting Electric Engineering at Boland College this week; the one at the remedial is talented in the music and art field and goes for extra lessons weekly; the one in matric at Strand High was made a prefect this year and our youngest is started at Mondeor Eco School this term. We are hoping he will make progress. A special thanks to the Sales Office and Personal Trust for sponsoring the orphans and underprivileged children (42 this year) to their annual

Christmas party at the Waterstone Spur and for all the cookies and sweets we received from the Villagers. Thank you all. Bridget Parker (unit 824)

WANTED

- An 8 foot step ladder to get into the ceiling (no painting involved). Please phone (021 855 4903).
- All weather driving cover for club car. Phone (021 855 3500/076 963 4682) any time.
- Occasional furniture, couch, net curtains, burglar bars. Phone (082 576 7602).
- Will the kind person who dropped off roses and a basket of muffins at unit 905, Erika Street, please phone (021 855 3157).

FOR SALE

- Olives in 4 flavours (R25) and Olive Oil (R50) are available at the Club Office.
- Men's Golf clubs - *Top Flite* - performance Flex irons: SW, P, and 9,8,7,6,5,4,3 - R400. Phone (021 855 2856).
- Set of clubs plus *Gemini* golf trolley, R500 - view at the Golf Club.
- Golf cart pull trolley with clubs - R500. Phone (021 855 2366).
- Corsa Sedan 2011, 4 000 km's as new - R140 000 (R165 00 original). Phone (021 855 5414). (Apologies for printing error in km's, should read 4 000 km's).
- VHS Videos - free to good home!! Gibbon's "Birds of Southern Africa" - 100 minute video, Jane Fonda's "Low Impact Aerobic Workout", Jane Fonda's "New Workout", "Callanetics" - 2 copies, "Touring the Southwest's Grand Circle" including Grand Canyon, Bryce, Monument Valley and many more, "The Noel Hunt International Golf Show". If you would like any of these, contact Ian or Barbara on (021 855 4130).
- Chest of drawers, natural varnish pine with 6 drawers, 2 Single bed floral pattern comforters. Phone (021 855 2866).
- Small catering business selling off stock: continental crockery, stainless steel cutlery, glass ware, overlays, table cloths. Phone (021 855 2866).

RENTAL

- **Holiday Home to rent in Belvidere, Knysna:** On the water edge with its own jetty, this home is a perfect getaway. Enjoy the uninterrupted view of the lagoon in the quiet Belvidere Estate. Children can be independent and are safe to cycle or walk around. "Singati" sleeps 8 people in 4 bedrooms and is fully equipped for a very comfortable holiday. Visit our website www.singati.withtank.com for info and pictures. Phone Tessa (083 400 5706).

SERVICES OFFERED

- Problems with your computer - e-mails not working, can't connect to the Internet? Phone Derek (021 855 0626/073 102 1888).

- **Transport** to/from the airport, Cape Town, Somerset West, Stellenbosch, etc. phone Sheila (021 855 3101/078 753 0217). (Not PDP licensed).
- **Transport:** Airport Shuttles, Cape Town, Somerset West and surrounds. Contact Iain McDonald (PDP & fully licensed mini bus). Phone (021 855 5726 / 072 517 3131).
- **Computer for "Dummies"** classes starts on Thursday, 2 February at 9:30 am in Allenwood. For more info, phone Debbie (082 459 5674).
- **The Gym: Call Dena (083 600 1031 or 021 855 4729)**
Book your gym times and let's improve fitness, strength and stamina.
Pilates available 2 x weekly; Nia 1 x week; Massage and pressure point treatments available 2 x weekly (Tuesday and Thursday afternoons).
Nia Movement class is now on Tuesday evenings at 6:30 pm. Please contact Dena (083 600 1031) for more information.
- **Back Exercise classes:** I would like to wish each and every one a very happy, fit and healthy 2012. Classes resumed last Monday and anyone that would like to join us is welcome. Contact Amaritha Meyer on (021 851 3156/083 457 2329).
- **Hearing Consultation and Evaluation:** During the last years I have been consulting on hearing problems and performing hearing evaluations at the Health Care Centre on Monday afternoons. This service is still available during 2012.
As I have been working in different Hospitals and also in private hearing aid businesses here and in Europe, I have come to realize that much more of an ongoing aftercare is needed! How often do we hear about somebody's hearing aid not being used because it is a nuisance and just landing in the drawer! I am available every Monday afternoon at a set time and for a minimal fee of R 80.00. Firstly I will do a visual examination of the ear, as wax is a huge problem, especially when wearing a hearing aid. Then I will carry out a hearing screening test and finally I will give you advice what to do. If I pick up any hearing problems with the hearing/screening test, I will refer you to an ENT specialist or hearing aid acoustician for detailed tests or a hearing aid fitting. I can also assist you with any problems you have with existing hearing aids. I am not working for any private business, this is purely to help and give advice!
If you would like to make use of this service, please contact me for an appointment. Ann-Mari von Bergmann (Tel. 021 855 0138).

The solution to Chess problem no. 89- b8R

My boss phoned me today, he said, "Is everything okay at the office?"
"I replied: "Oh, yes, it's all under control. It's been a very busy day, I haven't stopped."
"Can you do me a favour?" he asked.
I replied: "Of course, what is it?"
"Speed it up a little, I'm in the four-ball behind you!!"

