



Monthly Newsletter

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

04/2012

30 January - 5 February 2012

NEWSLETTER CHANGES

Monthly Newsletter

To save on spiralling paper and printing costs, the newsletter will be reduced in volume and frequency. A comprehensive newsletter will be produced on the last Friday of each month - the "Monthly Newsletter".

The monthly issue will contain the diary, usual articles, sports results, "smalls", etc., with some minor space-saving changes.

News Snippets

During the month, a one- or two-pager, containing only important changes and notices, will be distributed in the Village - the "News Snippets".

Inserts, provided at the "advertiser's" expense, could possibly be included with these shortened News Snippets.

While items may be added to the electronic version of the newsletter published on the Village web-site, www.helderbergvillage.org.za e.g. WPC's weekly menu, it might not necessarily appear in the News Snippets distributed weekly in the Village.

The "new look" newsletters will distributed from today.

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

DAILY events - (Mondays to Fridays)

- Daily by app. **Hand & foot care** - Healthcare (Ester le Roux 083 256 1499)
- Daily by app. **Medical Doctor** - Healthcare (021 855 4732)
- Daily by app. (pm) **Audiometrist**, Hearing Consultation and Evaluation, Healthcare (Ann-Mari von Bergmann 021 855 0138)
- Daily 7:00 am - 1:00 pm: **Senior Fitness** - The Gym (Dena 021 855 4729)
- Daily 4:00 pm - 7:00 pm: **Senior Fitness** - The Gym (Dena 083 600 1031)
- Daily 9:15 am **Bus to Somerset West/Somerset Mall/Waterstone Village**
- Daily 10:00 am - 12 noon **Library** at Cheyney
- Daily 3:00 pm - 5:00 pm **Library** at Cheyney

Monday 30

- 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
- 10:00 am **Big Band Era with Frank Estment - Allenwood**
- 11:45 am Stretch & Tone class - Exercise Studio (Cynthia 021 886 6800)
- 1:00 pm - 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**
- 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 31

- 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
- 9:00 am **Bowls Clinic (Front Rankers)**
- 9:30 am Pottery - Cheyney - visitors welcome
- 10:00 am *Pathcare* - Dr Dietrich & Partners (Blood Tests) - Healthcare
- 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 1 February

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)
11:00 am - 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
3:30 pm **Christian Book Club - Allenwood** (Ann Cox 021 855 1065)
4:30 pm Line Dancing (Beginners) - Exercise Studio (Bess 021 855 5270)

Thursday 2

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**
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 - 12 noon: REAL classes - Exercise Studio (Trudi 078 747 1859)
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)
5:00 pm Back Maintenance class - Exercise Studio (Amaritha 021 851 3156)

Friday 3

7:30 am Tennis - Social play
7:45 am (play at 8:00 am): Ladies Golf Competition
9:00 am Croquet - arrange own games
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 competition (play at 3:00 pm)

Saturday 4

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 5

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

EVENTS & OUTINGS (book at the Club Office (021 855 8333))

Half day **Township Tour** with qualified tour guide on **Thursday, 9 February**, departing at **08:00 am** - R300 p.p.

Cavendish or **Waterfront** outing on Thursday, 16 February departing at 9:00 am.

Share the Love, Saturday, 11 February, at the Paul Cluver Forest Amphitheatre, Elgin, at R200 p.p., transport R102 p.p. Special picnic hampers for two are available at R230 and can be pre-ordered at Imibala (ann@imibala.com). **We need 4 people to realise this trip, so please book a.s.a.p.**

Cape Classic - under the Stars, Oude Libertas open air amphitheatre on Wednesday, 22 February, at 8:15 pm. Tickets R140; transport R47 p.p.

Big Band of Jonny Cooper at the Playhouse theatre on Friday, 24 February at 8:00 pm for 8:30 pm. Tickets R180 each, transport R24 p.p.

International Festival Opera Gala, Artscape Theatre, Saturday, 25 February at 8:30 pm. Tickets R120, R160, R200; transport R94.

Jannie Moolman, Oude Libertas on Friday, 2 March at 8:15 pm. Tickets R120, R130, R140. Transport cost to be advised.

Andre Rieu, Grandwest Arena, 23 August 2012 at 8:00 pm. Tickets R850, R950 and R1 050. Transport cost to be advised.

CULTURAL & SOCIAL

ARTS & CRAFTS Slowly, but surely, members are making their way back "home" to the Arts & Crafts room. However, cometh the day, cometh the dawn, we must all begin to fill the "blank canvas" of our new spacious work room. *Cosy Corner* is taking shape and the sofas have smart new feet (thanks, John Hendriksz!) and bright patch-work cushions, superbly made by our member, Audrey Metelerkamp, for which we say a huge thank you. Many thanks to Margi Anderson for bringing so many of her beautiful paintings to grace what would have been a rather large empty space, and for making it look more like an art gallery... great!! As you all know, John Hendriksz is in the process of designing our show case window. This will really put Arts & Crafts on the map, so to speak. I do believe it is going to be something quite special and worth waiting for! Josie G.

FRIDAY CRAFTERS: Here we go for our first Friday Crafters of the year in our new Arts & Crafts room. Next Friday, 3 February, by request, we are starting with a lesson in *Pergamano* or parchment craft and will make a greeting card. Paper and parchment will be available at a nominal cost. Please bring along a white Hybrid Gel pen, *Pergamano* tools if you have them and a mouse pad or similar mat for embossing. If you do not have ball tools, a dead ball point pen will do and a darning needle can be used instead of a pin tool. Bring koki's, oil pastels and Aquarelle coloured pencils if you wish to colour your card. (Jan 021 855 0220)

BRIDGE

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

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

Weekly Results - Tuesday, 17 January - 9 Table Mitchell:

North/South:

- | | |
|--|-------|
| 1. Stephne van der Merwe & Lily Venter | 63.7% |
| 2. Evelyn Gray & Fol Phipson | 63.2% |

East/West:

- | | |
|---------------------------------|-------|
| 1. Ken Charlton & Eddie Daniels | 60.9% |
| 2. Pippa & Guy Warner | 57.6% |

5 Table Howell

- | | |
|--------------------------------|-------|
| 1. Marion Tulley & Dawn Dowler | 63.9% |
| 2. Margaret & Graham Harington | 56.9% |

Thursday Social Bridge: 19 January - Audrey Metelerkamp - 4 850 pts

CHOIR: The following office bearers for the Choir were appointed at a Committee Meeting after the AGM: Chairperson: Barry Lessing; Vice-Chairperson: David Metelerkamp; Treasurer: Robert Raw; Secretary: Sylvia Leslie; Librarian: Diane Attwood; Music Director (ex officio): Sybil Lessing. The AGM was well attended and 7 prospective members joined us in the first rehearsal.

The first round of Rehearsal CD's will be available to the members who have subscribed to the service. Please note that all membership levies for 2012 should be paid only after 1 March 2012 to fall within the proper financial year. CD's of the Christmas concert are available and may be ordered on the order list at the entrance at R20 each. The roster for the choir's activities for 2012 will be placed on the notice board at Talani and the Clubhouse.

Because of the Tennis AGM at Talani tonight, Friday, 27 January, the choir rehearsal will start at 3:15 pm as usual and end at 5:00 pm instead of 5:30 pm.

MUSIC SOCIETY: Next Concert on Sunday, 12 February at 4:00 pm in Talani We try to bring you a variety of instrumental and vocal music while also varying our approach between serious and light-hearted. Since this concert is given shortly

before St Valentine's Day, singer Sabina Mossolow decided to offer a recital against that background. Her accompanist, José Dias, is Répétiteur of the Cape Town Opera and performed our concert in 2011 to mark the Talani piano's centenary.

SPORTS

BOWLS: Provan: The Ladies played against SWBC and peeled one match and lost the other one. The Men's A team won one and lost one against SWBC A. Our Men's B team won both their matches against Gordon's Bay quite comfortably.

New Members: We welcome Ria Nelissen (full), Di Shelton and Jack Kessler (Villager) members. Good to see you back on the greens, Jack. Happy Rolling!

Coaching Clinic: The Bowls Clinics have been arranged for TUESDAY, 31 January for Front Rankers and TUESDAY, 7 February for Back Rankers. Great to see so many entries! Remember starting time 9.00 am, flat shoes, and casual wear. A full programme is on the notice board at the Pavilion. Looking forward to two good days in the company of our visiting Western Province Bowling Coaches which will make our "game" more enjoyable.

GOLF: Club Competition winners:

Wed, 18 January: 4BBB Bogey+ - Poke Pienaar & Chris Gouws	+8
Sat, 21 January: Ind. Medal - André Stander	63 net
Mon, 23 January: Old Boys - Stan Stone, Dick Hattingh & Theo Hartwig	49 pts

GENERAL

ALLENWOOD THURSDAY BIBLE STUDY GROUP: After 23 years of existence, I have to report that sadly, this Bible Study group has had to close down for lack of numbers and a leader. It was started in December 1988 by the first Village PRO, Elaine Nothard, and has been running ever since. We extend our grateful thanks to George Frangs, who has led the group very ably for the last 20 months, but who has had to resign for personal reasons. Sylvia Leslie

CHAMELEON CONCERNS: Chameleons are some of our most endearing and interesting, even useful, wildlife, but they do poorly in Helderberg Village. By now we should have thousands. Interested parties please attend a discussion group about proposals to meet the problem, at Allenwood on Wednesday, 8 February at 10:00 am. Hope to see several nature lovers there. Jon Richfield

CHESS: Play starts 9:00 am in Allenwood. Wins for Tuesday, 24 January 2012: Bernard Joffe, Lloyd Pascall, Eddie Daniels, Ditmar Hurtzis and Tofor Szukits. Bernard Joffe presented a professional and entertaining chess class last Tuesday.

We hope the good turnout of Villagers on Tuesdays will be sustained, and we need to amend the note for this Newsletter to read "*We strongly recommend anyone who may be interested in playing chess to ensure that they do not miss the sessions on Tuesday mornings at 11.30 at Allenwood*". M & D Murray, unit 616

GARDEN CLUB: Our next meeting (AGM), will be on Wednesday, 15 February at **9:45 am** in **Allenwood**. We will have the **AGM** first, then **Adam Harrower** from **Kirstenbosch** will give us an illustrated talk on the **2011 Chelsea Flower Show**. He is a *fundi* on indigenous plants and flowers, and an excellent speaker. Be sure to attend this meeting. Visitors are welcome and will pay R10, and are invited to join us for tea after the meeting.

GOLF COURSE: Civil works (trenching and laying of pipes from the new borehole) started yesterday on the 1st Fairway and will be completed by Friday Afternoon. Golfers and walkers are kindly requested to watch out for workers along the 1st fairway. Apologies for the inconvenience.

NATURE NOTES 4: Tadpoles: My obsession with living things started in my infancy; one of my earliest memories is of tadpoles in rainwater pools on a great rock. Afterwards I came to disregard tadpoles, because where I grew up they were commonplace; only in later years did their sheer strangeness and interest penetrate my childish insensitivity. Tadpoles are the best-known example of metamorphosis in vertebrates, born as little fish-like creatures, and visibly changing to four-legged animals as they grow. In recent centuries we have learned that other vertebrates, humans among them, change equally dramatically as they grow, but in no other backboned animals are the changes more obvious than in tadpoles. The most familiar shape of tadpole looks like a head with a tail-fin; in fact the very name "tadpole" means something like "toad head". Look more closely however, and you see a complete animal, with head, eyes, cute little kissy mouth, visibly beating heart, coiled gut, and of course, the legs appearing as the animal grows. Examine the transparent tissue of the tail under a microscope, and you can actually see the blood corpuscles rushing through the capillary vessels. Such sights are magic; they display life with a tenderness and subtlety that the uninitiated could hardly imagine. And yet there is much more; tadpoles vary greatly. In the crystal-clear water of our Helderberg Village dams in summer, alert Villagers may watch dream-like creatures with mouths so wide that their heads are triangular. Those are platanna tadpoles. They drift in the middle depths like schools of minuscule manta rays, inhaling huge volumes of water, filtering out tiny prey and food particles. Their undersides are silvery to make them less obvious to hunters from beneath, and they constantly test the water with a pair of antennae. In still water the only visibly active part of the platanna tadpole is a tiny wriggling

pennant at the tip of the tail; it moves constantly to maintain the tadpole's position. The cloud-like drifting in peaceful sunlight is deceptive of course; at the slightest alarm the school vanishes in a flash.

Another kind of tadpole also has a mouth so wide as to create a triangular outline that is the young of the Ghost Frog, *Heleophryne*. *Heleophryne* is practically the opposite of the platanna; it needs fast-flowing, oxygen-rich water, and lives in local mountain streams. Accordingly *Heleophryne* tadpoles are streamlined, with huge mouths that suck onto rocks, preventing the current from sweeping the tadpoles away. They grow into frogs adapted to shady mountain gorges; their skeletal build and staring eyes are what earn them the name "Ghost Frog". They may not be pretty, but their sheer existence has a beauty that could move one to tears. Not that our "ordinary" tadpoles fail to reward attention. Most species eat detritus and algae, and those innocent-looking little pursy mouths, rimmed with horny ridges, quietly nibble away at whatever they find; they look innocuous, but they strip every scrap of tendon or cartilage from bones and shells. Strange that we never see them in thriller films!

John Richfield

RECYCLING: It seems that my last instruction re "crackly" plastic bags has caused some confusion. I was referring to plastic packets which make a crackly sound when shaken. These are not recyclable. Soft plastic packets are OK. Moulded plastic containers that are used for packaging by Woolworths etc. are still acceptable. Polystyrene meat trays with absorbent material in them are definitely not recyclable.

Sylvia Leslie

SECURITY - ACCESS CONTROL & VEHICLE DISCS: Villagers may have noticed that the electronic scanners, to assist with the access control of visitors, staff and building contractors to Helderberg Village, is currently operational at the main gate in Bakkerskloof Road. The scanners will be utilised to scan the vehicles licence disc and the respective driver's licence, thus capturing legitimate details. The Security Officer will further record the number of persons in the vehicle and the Visitors' and/or Contractors' intended destination. This process will be repeated on exit, thus identifying the movement of vehicles within the Village. The data will be wirelessly transferred on a computer server and will be easily accessible in electronic format should managing and extracting security information as required.

Village management has also commenced with the control of annual vehicle access discs issued to club members, family members and staff. Due to the upgrade of the access controls at the main gate, all new vehicle security discs issued for 2012 will only be valid for 6 months. All Villagers, Club Members and respective Staff on request, will receive vehicle permits accordingly. Security access discs requested for family members, friends, etc. will only be issued on motivated application.

Village Management regrets the inconvenience that these security restrictions may cause, but all Villagers will agree that the safety of Villagers and the security of the Village is of paramount importance and must receive priority.

THOUGHT FOR THE WEEK

1 Corinthians 2 verse 9

But as it is written: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him."

TREFFEN DER DEUTSCH-SPRECHENDEN: Villager und schwalben am Montag 6.2.2012. Wir sehen uns an diesem tag um 11.00 uhr in der food und wine bar Stellenbosch 78 lower dorp street (die naeschste strasse nach dem eingang zum amphitheatre ganz durchfahren bis kurz vor dem gate auf der rechten seite. Wir machen eine besichtigung der distillery, dann haben wir lunch mit einer grappaprobe. Es stehen zur auswahl: eine probe von 3 grappas fuer R20 oder, ein grappa-testing menue feur R60. Bestehend aus esicreme, biscuits, schokolade, Espresso und grappa. Als lunch wird angeboten: Mixed starters und Pasta zu R100, Pasta und mixed salat zu R85. Bitte bis zum 1.2.12 telefonisch sagen, wer kommt und was gewuenscht wird. Meine telefonnummer ist: 021 855 0863. J.Becker, 339

VALENTINE'S DRAW: Tickets for the **Valentine's R10 000 Lucky Draw** are selling fast! Only 200 tickets @ R100 each will be sold - excellent odds to win! Come and join a fun-filled evening on Friday, 17 February, from 6pm at Kilberry Lodge. You might just go home with a **BIG** cheque to the value of R10 000! But, you can only win if you have a ticket! *Get yours now* at the Club Office or Golf Club reception (021 855 8334).

WELCOME: A hearty welcome to the following new Villagers. We wish you many happy and healthy years with us in this beautiful Village.

- Mr Mervyn Hugh Levy & Mrs Elaine Atkinson, unit 52
- Mr Ian & Mrs Jenny Couper, unit 328
- Dr Geoff & Mrs Joan Tasker, unit 457 (021 855 0838)
- Mrs Avril McGuire de Cotta, unit 1110 (021 855 3385)
- Dr Jan & Mrs Karien Janse van Rensburg, unit 7
- Mr Lews & Mrs Lyn Borchard, unit 308
- Mr David Moses, unit C4

VILLAGERS' CORNER

- **THOSE CRAZY CYCLISTS AGAIN!** Ann MacKenzie and Sylvia Leslie are planning to ride the Argus Cycle Race again this year. We would like to ride for a worthy cause and are hoping Village folk will sponsor us to raise money for IMIBALA who is a registered charity organisation in Somerset West which

raises funds to put needy children through school. They say it costs R700 to keep a child at school for a year. Any donation, however large or small, would be very gratefully received. Sponsorship forms are available at the Club office, and we promise to do our best on Sunday, 11 March, to justify your generosity! All money received will go directly to Imibala. Are there any other Villagers planning to ride the Argus? Please phone Ann MacKenzie on (021 855 4961) if you are.

- Is there anyone interested in collecting stamps? Phone Jess (021 855 3857).

WANTED

- 2 Single beds with or without mattresses. Phone (021 855 0817).

FOR SALE

- Solar blinds (3) suitable for Cotswold (full length 1.7m wide) - R300, 6 Scatter cushions from R30 each, 2 brand new Ski jackets - large & medium - R500 each, new beach mats - R50 each, suitcases and cabin bags (3) from R50 each. Phone (021 855 4979).
- A hand crocheted table cloth (200 x 145 cm) - R200 o.n.o., 12 Fin Electric radiator (needs oil) - R70. Phone or sms (082 698 5372).
- Time share to let at newly refurbished Beacon Isle Hotel, week 3 - 10 March - room 122, overlooking the pool. Levy only. Phone (021 855 4281).
- M-Net decoder as new - R400, PC speakers - R250, Desk with 4 drawers and 4 shelves - R350, chair to match with 2 cushions - R150. Phone (021 855 1294).
- Tools: Vertical drilling machine, electrical hand drill, electrical saw, electrical grinding machine, skottel braai with gas bottle. Phone (021 855 5004).
- Scanner, almost new - hardly used. Ideal for Win XP. - R350 or nearest offer. Contact Janet (021 855 2211).

SERVICES OFFERED

- Problems with your **computer**. 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. Phone Iain McDonald (PDP & fully licensed mini bus) (021 855 5726/072 517 3131).
- **The Gym: Call Dena (083 600 1031 or 021 855 4729)**
Ankles: flex and extend and circle your feet, Knees: bend and extend lower leg, Hips: Circle your thighs around and around, Wrists: Flex and extend and circle your hands and fingers, Elbows: Bend and extend your forearms with light weights, Shoulders: Circle your upper arms around and around with elastics, Spine: Bend to both sides and to the front and back.
The gym is open to Villagers, guests and non-Villagers.
- **Valentine's Specials:** Pedicure + mini manicure - R150, mini manicure + pedicure - R130. Gift vouchers available. Contact Janine at Taurelle (021 855 4104).