

SAARP SOCIAL SERVICES - PINELANDS



(Reg No 2006/003084/08)

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Monthly Meetings: 3rd Thursday at Pinelands Bowling Club
St Stephen's Rd. Doors open at 09:00, meeting closes 11:15

NEWSLETTER: MARCH 2019

Hello, again

Well, we're nearing the end of the first quarter of 2019 – it's scary just how quickly Time flies, isn't it? A couple of short spells of rain have heralded the imminent arrival of Autumn, and let's hope that the Winter downpours will follow in due course. Today's forecast of 'strong winds' for the Argus Tour on Sunday were not welcome, though.

LAST WEEK'S COMMITTEE MEETING

(a) Winston Watson has prepared a template of the necessary components to be completed for the monthly financial reports, which will make Jackie Pittman's job as the new Treasurer so much easier; our grateful thanks to Winston for his forward-thinking in this regard.

(b) A special appeal from Merle who was dealing with subs collection for the first time at last month's meeting: *"If you paid your 2019/2020 Club Subscription at our meeting in February and received the new relevant Membership Card BUT DID NOT RECEIVE A RECEIPT, please see Merle at our March meeting, or contact her on 083 454 3775. Many apologies from Merle."*

While thinking about subs, here is a reminder of our banking details: Nedbank Pinelands Savings account number 2012078737. For EFT payments the name of the account is SAARP Pinelands Social Club.

(c) Thursday 28 March - Outing to World of Birds with lunch at Mariners' Wharf. Price R250.00 per person – please pay at our meeting this coming Thursday. The bus will leave promptly at 9 am.

(d) Tuesday 23 April – A tour of the Ostrich Farm near Cape Point, followed by lunch at Dixie's, Simon's Town. Price: R250.00 per person. I will be collecting names and payment at our meeting this coming Thursday; as it will be my first attempt at receiving cash and writing receipts, I'd be grateful if all those interested in going could please bring the correct amount with them.

(e) In May, we're thinking of visiting Afrogem in Town with lunch at a venue to be confirmed: more details to follow.

(f) This year the Knitting Committee will be concentrating on an orphanage in Athlone that cares for babies and toddlers from birth to 5 years old. Rita Scott is appealing for knitted garments and/or new or second hand clothing suitable for these youngsters, please.

(g) At our complex, the names and dates of residents having birthdays during the month are printed in our monthly newsletter. I feel this is a far more satisfactory way of doing things as it allows fellow residents to greet celebrants on the actual day of their birthdays. I'd appreciate members' thoughts on this for future newsletters but, for this month, I'll stick to just mentioning that 11 members have birthdays in March.

SPEAKER FOR OUR MEETING ON THURSDAY THIS WEEK

I'm delighted to advise that a long-time resident of Pinelands, Valerie Francis, has agreed – at very short notice – to inform us about a traumatic experience in 2014 which caused her and her husband to up-anchor and move to Riyadh, Saudi Arabia. She will relate what life there is like from a Western point of view, the changes that are currently taking place and what it's like to be a woman in Saudi Arabia. We hear so many negative things about that country and I'm sure we'll all find a positive take very interesting and informative. My grateful thanks to Brenda Sudano for arranging this booking so quickly (about 2 hours flat!).

A 'SUNDAY SMILE' FROM A LOCAL MINISTER

Our Father who art in Eskom, powerless be thy name. Thy kingdom badly run, thy power undone, in Jo'burg as it is in KZN. Give us this day our half-baked bread, and forgive the trespassers who shoot us dead. Lead me not into a dark nation, but deliver me from load-shedding. For thine have no kingdom, no power and no electricity. Amen.

THEATRE NEWS

(A) **ARTSCAPE** (Box Office 021 421 7695 – remember to ask for Seniors' discount!)

(a) **Tuesday 12 March @ 13:00: Zip Zap Circus**, Chandelier Foyer
FREE – get there early for good seats and a complimentary tea or coffee.

(b) **15 March – 14 April: Chicago the Musical** in the Opera House; South African cast, prior to their tour to New Zealand & China. Tues – Sat 20:00. Matineés: Sat 30 Mar, 6 & 13 Apr 15:00; Sun 31 Mar, 7 & 14 Apr 14:00. Prices R200-R400

(B) **FUGARD** (Box Office 021 461 4554)

(a) **Till 23 March: Happy New Year**, Studio Theatre: an hilarious, heart-warming musical set in South Africa, adapted by David Kramer from a hit London production. Tues-Sat 20:00; matinee Sat 16:00. Prices R160-R220.

(b) **Bioscope** (Sundays @ 10:00, R100)

17 March: Mayerling (Royal Ballet). A ballet created about Crown Prince Rudolf, the psychologically tormented heir to the Hapsburg Empire. 'This ballet, bursting with intensity, madness and passion, proves that sometimes the truth is more scandalous than fiction.'

24 March: *The Madness of George III* by Alan Bennett, starring Olivier Award-winners, Mark Gatiss and Adrian Scarborough.

(c) Friends of the Fugard: 'Friends' are eligible for great discounts on Fugard productions which are only available from their Box Office or by e-mailing boxoffice@thefugard.com

(C) BAXTER THEATRE (Box Office 021 685 7880)

(a) 28-30 March @ 19:30: *Save the Pedestals*: A story about two Struggle comrades who find themselves in a world of public monuments that have passed their sell-by date. With giant puppets by the Handspring Puppet Company (remember *The War Horse*?), the production is filled with slapstick humour poking fun at heroes that have fallen from grace. Pensioners R150 (from the Box Office only).

(b) 27 March @ 10:30: *Morning Melodies – Best of Both*. Two Cape Town pianists performing favourite classics, jazz etc. Subscription price R37:50, Full price R43.

ENGLISH IS A FUNNY LANGUAGE (copied from our in-house newsletter)

If money doesn't grow on trees, how come Banks have branches?

How come noses RUN and feet SMELL?

How do you get off a non-stop flight?

Why is it called 'Rush Hour' when traffic moves so slowly?

If a vegetarian eats vegetables, what does a Humanitarian eat?

Why do we put cups in the dishwasher and dishes in the cupboard?

4 VITAL STEPS TO A HEALTHIER YOU (from Old Mutual's Amicus Diligens)

- 1. *Renew your sense of purpose*: The best way to be happy is to give to others. Find something that you can do to help people, animals or the environment.**
- 2. *Don't focus on being thin*: Being healthy is very important, but becoming obsessed with your weight isn't. Love the body you're in, even if it has a few curves and bumps, or it could do with an iron to get the wrinkles out. It's brought you this far, it deserves a break.**
- 3. *Keep learning*: A great way to exercise your brain and eat well is to learn to cook new foods. Add a social element by having friends over and discovering new recipes together. Even if they flop, at least you'll be having fun!**
- 4. *Listen to your body*: Nobody knows your body as well as you do. If you feel something is "off" or there are warning signals, pay attention and seek medical advice.**

QUOTE BY GEORGE BERNARD SHAW

The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them: that's the essence of inhumanity.

A SMILE (trying to find who wrote this – any suggestions, please?)

*It costs nothing but means much,
It enriches those who receive it
Without impoverishing those who give it;
It happens in a flash
But the memory sometimes lasts forever.
None are so rich that they can go along without it -
And none so poor, but are the richer
For its benefits.
It is rest to the weary, daylight to the discouraged;
Sunshine to the sad,
And Nature's best antidote in times of trouble -
Yet it cannot be bought, borrowed or stolen,
For it is no use unless it is given away;
And if in the rush of business
A man is too tired to give you a smile,
Then leave one of yours -
For no-one needs a smile as much as
Those who have nothing left to give!*

Condolences to all those who have recently lost close family or friends – Time is a great healer and fond memories will help to ease the pain of loss you're feeling now. We think also of members who are suffering ill health or recuperating from illness – may you soon recover sufficiently to get back into the swing of things.

Cheers for now

Ruth

COMMITTEE CONTACT DETAILS

POSITION	NAME	LANDLINE	CELL NO.	E-MAIL ADDRESS
Chairman/Outings	Mark Binedell	021 465 3355	082 887 7488	mjbinedell@telkomsa.net
Vice-Chairperson	Merle Byworth	021 434 1230	083 454 3775	mbyworth@telkomsa.net
Outings Comm	Fay Woodhead	021 531 2702	072 111 0552	deswoodhead69@gmail.com
Membership D/B	Vicky Harvey	021 532 3123	083 546 4768	vickyh@sybaweb.co.za
Minutes Sec/Newslet	Ruth Buckland	021 530 0146	083 511 8237	ruthbuckland@xsinet.co.za
Knitting Comm	Rita Scott		083 392 0611	scottritaj@gmail.com
Mtg Tables, Raffle	Rose Cradduck	021 531 4529	083 487 3450	--
Treasurer	Jackie Pittman		072 769 5015	jpittman@telkomsa.net