

## SAARP SOCIAL SERVICES - PINELANDS



(Reg No 2006/003084/08)

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

### NEWSLETTER : MAY 2019

Hello, again

On Easter Monday Clive & I drove out to Franschhoek, such a quaint little town which we hadn't visited for some time. To avoid the homeward-bound traffic queue, we turned left off the main road, heading towards the foothills of the mountains and found ourselves on a tarred (but potholed!) country road meandering from one farm to another in the dappled light of an avenue of old oak trees, all dressed in their autumnal finery – quite beautiful. Eventually the road reunited us with the main road not far from the stone bridge, by which time the traffic congestion had evaporated and we had a leisurely drive home. A lovely outing.

### REFLECTIONS

- (a) At our AGM at April's meeting Mark's Report covered the fairly drastic reduction of our membership from 222 last year to 180 at the end of February. This is a trend that is not confined to our club – according to Head Office's newsletters, several clubs nationwide have had to close due to the creeping demise of volunteerism: Clubs simply *MUST* have a Chairperson, a Treasurer and a Secretary to exist. Friends, please pass on to a Committee member any suggestions you might have to increase our membership – your active participation in this regard would be much appreciated.
- (b) Also mentioned was the fact that, since Juan Bruwer's retirement from the position of Treasurer in February 2018, both Louise Jones and Winston Watson have occupied the post for short periods, and Jackie Pittman has recently offered her services from March 2019; accordingly, it has not been possible to produce an annual financial report in time for the AGM, for which we apologise. However, members were assured that the financial position of our club is healthy with a closing balance of R28 654.07, down from R35 515.80 last year; the loss was largely due to increased hiring costs of the Bowling Club and busses for outings. In addition, both the July & December Christmas lunches are largely subsidised by the club – this is the Committee's way of thanking members for their continued participation in our activities.
- (c) I'm most grateful to Mary Whitelaw for her kind offer to relieve me of the task of taking the minutes at our monthly Committee meetings – with a shaky hand, my shorthand has become almost indecipherable, and I truly appreciate her willingness to assume that duty.

(d) Our speaker at the meeting was Celeste Leveson who explained the importance of having hearing loss treated as, left untreated, mental decline will increase the risk of dementia. Improved communication skills keep us socially active, stimulating the brain to keep us 'brain fit'.

(e) Our outing to the Cape Point Ostrich Farm with lunch at Dixie's last week was great, and I'm grateful to Brenda Sudano for her report:

*On a chilly, blustery day, 24 members boarded the coach and made our way to the Ostrich Farm, situated opposite the entrance to Cape of Good Hope Nature Reserve. The 65ha CPOF was established in 1996 and turned into an ostrich breeding farm by the Coelle family; the running of the business has passed onto the 2nd generation and is now managed by the daughter, Catherina.*

*Luckily we were the first coach-load of the day and were treated to an informative albeit brief lecture, and then whisked through the nursery to the Gift Shop and coffee area. Some intrepid members stopped to feed a couple of breeding birds, and there was much counting of fingers and checking of 'war wounds' thereafter.*

*Although not aggressive, ostriches are tough and zealous - their beaks feel as hard as rocks when diving into the seed in the palm of one's hand. The cute little 5- to 15-week chicks we saw can apparently deliver serious & dangerous kicks to predators.*

*Unfortunately, as we were marshalled out of the Farm buildings so quickly, we didn't learn as much about ostriches as some might have liked – here's more:*

- *Ostriches normally mate for life and share the task of incubating the eggs, the females during the day and males by night. Incubation takes 42 days.*
- *There is a specific breeding season and females lay an egg every 2<sup>nd</sup> day. Once enough eggs are laid the birds cover them with their bodies and wings, thus starting the incubation process.*
- *Eggs weigh about 1,5kg each, and are very high in cholesterol.*

*The CPOF is a breeding farm, accommodating 40 pairs of birds; none are ever killed there. The birds live in 40 camps where they can mate and lay their fertile eggs with as little disturbance as possible, ensuring there are always enough ostrich eggs to be incubated. To control the breeding, eggs are taken away from the ostriches as soon as they're laid to ensure their safety and to increase the chance of successful hatching by putting them in big incubators of varying temperatures.*

- *The rearing, feeding and nutrition of ostriches is quite different from any other poultry species*
- *A frightened ostrich can achieve a speed of 72.5 km/hr and if cornered, can deliver dangerous kicks, capable of killing a lion.*
- *South Africa's ostrich farming hub, Oudtshoorn, is known as the ostrich capital of the world.*
- *Ostrich farmers are not eligible for government drought relief as ostriches are classified as "game", not livestock.*
- *Added to the drought was the blow in March 2018 when the EU, the largest importer, banned all ostrich meat imports from SA after an EU audit found that our national government testing labs were not up to their standard. No*

***problem with the meat, but the government labs and procedures are sub-standard. This has been a terrible knock for the industry.***

***After a scenic drive to “Dixie’s” in Glencairn, with panoramic views of the False Bay coastline, members were rewarded with an outstanding lunch and convivial chatter. Back at The Oval, everyone agreed it was a great outing.***

**Members who went on the Ostrich excursion were handed a leaflet. In the leaflet is a coupon to receive a complimentary free gift from Afrogem which we’ll be visiting on Tuesday 28 May. Please remember to bring the coupon with you to take advantage of this special complimentary free gift.**

## **OUTINGS**

**May 28<sup>th</sup> 2019 – Afrogem / Avenue Restaurant Harfield Village - R200.00.**

**June 2019 – Bingo at Pinelands Bowling Club (date to be confirmed).**

**July 2019 – Christmas in July R80.00 per person (date to be confirmed).**

## **THEATRE NEWS**

### **A. ARTSCAPE (Box Office 021 421 7695)**

**(a) Theatre: *CT Philharmonic Youth Wind Ensemble* offering a varied selection of music by ABBA, John Williams, Gershwin, Freddie Mercury etc. Sunday 5 May @ 4pm. Tickets R70. Book through Computicket or their Call Centre on 0861 915 8000.**

**(b) Arena Theatre: Athol Fugard’s *My Children! My Africa!* A story about generational conflict over the most effective means for ending apartheid in SA. 8-11 May & 13-15 May, 10:30 & 15:00. Tickets R45, duration about 2 hours.**

**(c) Also Arena: *Lyrics Still Matter* – a musical production of RnB & 90s dance music, smooth jazz and hip-hop. 23-25 May @ 19:30, Matinee 25 May @ 14:30. Tickets R150, duration about 90 minutes.**

### **B. FUGARD THEATRE (021 461 4554 or online [www.the.fugard.com](http://www.the.fugard.com))**

**John Kani’s newest work, *Kunene & the King*, brings together the dramatic talents of 3 outstanding South Africans – Kani himself, Sir Antony Sher and director Janice Honeyman – with a moving & funny two-hander celebrating the 25<sup>th</sup> anniversary of the 1994 elections. Starts 30 April. Tues – Sat 20:00; Sat & Sun Matinees 15:00. Prices R190 – R340**

### **C. THEATRE ON THE BAY (021 438 3301)**

**(a) ‘*Offbeat Broadway 5*’ – till 11 May: ‘An insane, irreverent romp through the world’s most loved (and loathed) musicals’. Anton Luttingh, Paul du Toit and Lindy Abramowitz, directed by Alan Committie.**

**(b) *Macbeth*, 15 May – 1 June. ‘By the pricking of my thumbs, Something wicked this way comes ...’. Directed by Fred Abrahamse.**

## **SPEAKERS**

**At our meeting on 16 May Theresa Medicine, NSRI, will be speaking to us about the recent launch of their new-class Search & Rescue vessel launched at Quay 4 in the Waterfront last Saturday, as well as their much-praised initiative of stationing Pink Rescue Buoys at unprotected beaches around our coastline.**

## SUBSCRIPTIONS

Don't forget to pay your subs before the end of June to avoid being deleted from the database! As a reminder, EFT payments are acceptable but you **MUST** put your name and PLS number in the Ref column. The name of the account is SAARP Pinelands Social Club, Account No. 2012078737.

## THINKING OF OTHERS

- (a) Our congratulations and best wishes to all 25 members celebrating birthdays this month: William Berry, Dulcie Binedell, Lynne Coetzee, Sally Cupido, Sheila d'Hotman de Villiers, Jackie Davies, William Dunlop, Adlette Eberhard, Robert Gibson, Vicky Harvey, Otto Hornischer, Mrs H Joubert, Mary Kent, Jill Laurie, Marie Leader, Elizabeth MacKrill, Judy Mollison, Adrian Newell, Cecilia Pearce, Lauren Reid, Meriel Robertson, Jeanette Vermaak, John Whitelaw, Fay Woodhead, Ernest Wynne.
- (b) Our condolences to those who grieve for loved ones who have passed on recently – may your memories of happier days help to ease the pain of your loss.
- (c) For those who have been incapacitated by illness or accident, we hope you will soon recover and be back on your feet again.

## LATEST COMMITTEE DECISIONS

Outings: Payment must be made before boarding the bus. If, having previously booked, you are unable to join the outing, please advise Mark (021 4653355 / 082 8877488) or Fay (021 5312702 / 072 1110552) soonest.

Remember to exercise your civic duty to vote on 8 May – Western Cape could be close.

Finally, to all the Mums, Grans and Great-Grannies out there, enjoy Mother's Day on Sunday 12<sup>th</sup>, may you be smothered in warmth and caring all day!  
Cheers for now Ruth

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