



## 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 : JUNE 2019

Hello, again

Well, the election is done and dusted, and our President has chosen his Cabinet with high hopes that they will perform their duties in accordance with the Constitution. Before putting the subject to bed, though, I have a couple of thoughts to share with you and would be interested to hear your views.

- (a) After watching the election results coming through for hours on end, I came to the conclusion that simply being kept advised of the latest percentages of National and Provincial parties wasn't nearly as much fun as when we voted for *people*, not parties; in fact, I think our system of proportional representation lays itself open to state capture and blatant factionalism.
- (b) A vivid memory I have of this election was joining the queue at the end of the long, long snake of voters; after about 20 minutes we had progressed about 5 metres when along came an IEC lady looking for 'elderly and disabled people', and I unashamedly attached myself to her queue, clutching my ID book in case I had to prove I qualified as 'elderly'. I admit to being embarrassed as we sailed passed all those patient people who had been queueing for hours, but *at last* I had discovered that ageing does *indeed* have some benefit after all!

### OTHER REFLECTIONS

- (a) **ANNUAL GENERAL MEETING:** Mark delivered a very comprehensive annual report, after which Jackie Pittman and Mary Whitelaw were confirmed as new members of the Committee. Mary has agreed to relieve me of the responsibility of minute-taking, for which I am very grateful.
- (b) Our speaker, Theresa Medicine, spoke of the excitement of being on board the new ORC vessel that had recently been launched - the *Alick Rennie* will be based in Durban, and Simon's Town will receive the second vessel, *Donna Nicholas*, which will provide 'the mother mould' for future ORCs to be built here in Cape Town. One of the videos Theresa showed explained rip currents very graphically, and a supporting brochure gave tips on how to escape a rip current, and water safety in general.

## LOOKING AHEAD

**(a) Thursday 20 June – General Meeting:** Recently, while sorting through a large bundle of papers, I came across a songsheet of old music hall songs that we used at a function many years ago when we were still involved with sequence dancing. I mentioned this to someone at lunch one day who informed me that, in the UK, community singing is recognised by the medical profession as being very beneficial to the elderly, enhancing physical and mental health as well as social well-being. This reminded me of the fun we had when Deborah Nicholls of Ageless Grace came to show us how to keep fit through exercising in a chair, accompanied by well-chosen music – there's something about moving to music that is very infectious, and we were all soon swaying in our chairs and singing our heads off! I've googled 'Community singing' and came across a programme called *Sing Your Hearts Out*, which originated in 1862, when the Medical Superintendent of Norfolk Mental Hospital formed an orchestra of staff and patients. Since 2005, though, they've been holding weekly sessions and, over the years, they've been on radio, TV & in newspapers, spoken at conferences across the country, won awards, and attended endless local events promoting singing as an 'inherently therapeutic' activity. Participants include ordinary citizens as well as the elderly, disabled, and people in the early stages of Alzheimers (who remember the words of songs from their childhood days) – and all have FUN!

I approached Gordon Epstein (aka *Elvis*), who has been learning the music of the songs on the songsheet, and I'm hoping Juan will put all the words onto a flashdrive so that we don't have to use paper unnecessarily. I hope you'll all come and have a very enjoyable sing-song at our next meeting.

**(b) Tuesday 25 June – an 'Indoor Outing':** Doors open at 08:45 and we start to play at 09:30; tea break from 10:30 – 11:00, then back to Bingo which will finish at about noon. There will be a prize after each game. R20 per person, and please bring a small plate of eats for tea. You're welcome to invite friends to join us – the more, the merrier; it would be nice to have a big crowd for this winter outing.

## MEMBERS' BIRTHDAYS IN JUNE

Our best wishes go to all those celebrating birthdays this month, with special greetings to those having 'Big 0' birthdays: Shelley Brown, Athol Brown, Clive Buckland, Maureen Gillham, Lorraine Keet, Mrs C Langemann, Irene Meintjies, AJ Moses, Sandra Naidoo, Estelle Nel, Rosemary Rittmann, Caroline Robertson, Peter Robinson, Elna Smith, Peggy Steele and John Thompson.

## **THEATRE NEWS**

**(A) ARTSCAPE (Booking: 021 421 7695 & Computicket outlets at Checkers)**

June is Youth Month at Artscape and, in pursuance of their programme of developing, mentoring and showcasing young South African talent, they are offering several productions in the theatre, two of which I mention below:

**(a) June 8: *Youth Jazz Festival*; 20:00 for 2 hours. After 10 weeks of tutoring by a group of jazz musicians, these youngsters are well-prepared to showcase their exceptional talents on stage. Tickets R80.**

**Youth Jazz Little Giants 15th June R120 Adults, Pensioners/Students R60- 2hrs. 7.30pm**

**(b) June 20: *Mzansi – Many Roots, One Tree*; showcasing undiscovered talents of singers and dancers from local communities – ‘a celebration of our collective culture, portraying and integrating different genres & styles’.**

**(c) *South Pacific*: Opera House, 20 July – 10 August; Tues-Sat 19:30, Sat & Sun 14:30. Tickets R140-R290. Booking is now open for this exciting G & S production of the enchanting musical by Rodgers & Hammerstein set on a South Pacific island during WWII. Glorious music!**

**(d) Cape Town Ballet x 3 Ballets in one of different disciplines, Classic, modern, energetic Pensions sit anywhere R180 with Orchestra 22nd June and 29th June Matinees 3pm recorded R150 Pensioners general tickets R150 to R495 22nd June to 7th July**

**(e) Cape Town City Ballet *Sleeping Beauty* 17th Aug/31 Aug Matinees 3pm eve 7.30pm orchestra 17,18,23,24,28,31 others (19,20...) recorded Prices as above**

**(f) *South Pacific* 20th July to 10th August Matinees 230pm Book at SAARP meetings R160pp**

**(B) FUGARD THEATRE (021 461 4554)**

***Kinky Boots*, From 11 June: Tues-Sat 20:00; Sat & Sun 15:00. Tickets R220-R470. A smash hit on Broadway and London’s West End since 2013, and winner of many awards for Best Musical, Original Score and Choreography. ‘There’s no business like show business’ – The Guardian.**

**(C) THEATRE ON THE BAY (021 438 3300)**

**June 12-29 - Marc Lottering’s *Not A Musical*. Following the success of *Aunty Merle The Musical*, Marc returns to the stage with his new stand-up comedy show.**

## SOME FUNNIES

He said to me 'I don't know why you bother to wear a bra; you've got nothing to put in it.'

I said to him 'You wear pants, don't you?'

He said to me 'Shall we try swapping positions tonight?'

I said to him 'That's a good idea - you stand by the stove & sink while I sit on the sofa and do nothing.'

He said to me 'What have you been doing with all the grocery money I gave you?'

I said to him 'Turn sideways and look in the mirror'!

He said to me 'Why is it so difficult to find men who are sensitive, caring and good-looking?'

I said to him 'They already have boyfriends.'

He said to me 'What do you call a woman who knows where her husband is every night?'

I said to him 'A widow'.

He said to me 'Why are *married* women heavier than *single* women?'

I said to him 'Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in bed and go to the fridge'.

Cheers for now

Ruth

## NEW COMMITTEE CONTACT DETAILS

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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>
Treasurer	Jackie Pittman		072 769 5015	<a href="mailto:jpittman@telkomsa.net">jpittman@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	--