

HERMANUS SOCIAL CLUB - July 2019



A **HUGE** welcome to our new Members:
Sarah Gardham and Jan Kuipers

As I type this, rain is pelting down outside, heavy clouds darken the skies and I am looking forward to some hot soup for supper! Yes, winter is here. Talking of food, some of our local restaurants have some interesting winter specials to offer us “locals” during their quiet period. It is a great opportunity for us to enjoy a meal out and to support our local businesses at the same time. Few have “Pensioners’ Specials” - either in the form of a pensioners’ menu or discounts on a specific day – most saying that they have “Daily Specials” for everyone or that they keep their prices as low as they can anyway. The **Spur at Whale Coast Mall** have a Pensioners’ Menu, and **The Eatery**, conveniently placed next to Pick ‘n Pay carpark, offer a 15% pensioners’ discount on your bill on Tuesdays and Thursdays. Miriam at The Eatery also offers breakfast with bottomless coffee for R50 – less your discount – so maybe worth a few of you getting together and treating yourselves.

Please email or WhatsApp me with details of your favourite restaurant and any Pensioners’ Specials that you have enjoyed and I will share them with all our members in the next Newsletter.

Message from Ray Hattingh at SAARP Head Office:

Kob Inn Beach Resort – a hotel situated right on the sea on the Wild Coast of the Eastern Cape – are offering SAARP members the opportunity to book and stay for a very special price of R650 per person per night. This price includes accommodation and 3 meals a day!! Prices are valid for a stay from 1st July 2019 to 30th November 2019. Violet van Zyl is the lady to contact on 083 452 0876 or 047 499 0011 or email info@kobinn.co.za. You can learn more from their website. Simply “Google” Kob Inn.



(I know that this is quite a way from us, but at this price I just had to pass it on – Ed.)

More Good News

Can it ever be “Good News” when someone is diagnosed with Dementia? I would not have thought so - until I read an article recently sent from SAARP Head Office. The heading was “The upsides of dementia: Forgetfulness can be a Blessing. It banishes anxiety, resentment and mortal fear”. The article was written by Cressida Connolly and first appeared in The Spectator. <https://www.spectator.co.uk/2019/06/the-upsides-of-dementia-forgetfulness-can-be-a-blessing/>

The article suggests that sufferers no longer remember to be cross with those who had upset them in the past (including spouses!), no longer remember that they don’t like certain foods, forget to be frightened of things they were previously scared of – e.g. needles! – and can enjoy the same joke or event many times over without remembering that it is not new. They are also not afraid of dying. They are generally happy.

Of course, we know how hard it is for the relatives, but the article suggests that they should not feel guilty if they don’t visit too often because dementia patients have little concept of time. Be happy that the patient is happy, seems to be the message.

You may not agree – but it is food for thought.

Dates to Diarise

Every Friday afternoon at 3p.m. – Come and Play!

Join in the fun of a social game of Canasta or Scrabble at Karmenaadjie (Nr. Aida), van Blommenstein Road, Onrus. Donation R10 please towards running costs. Just turn up and make new friends. (Optional refreshments are available for your own account.)

Friday 5th July at 9.30a.m.

Social bowls at the Hermanus Bowling Club. Bowls are available for those who don't have their own. Please wear flat shoes. For more info: Norman Tait 028 312 4624 or Steve Strydom 028 316 4124.

Wednesday 10th July – Club Meeting

Vice Admiral Johan Retief will be addressing us on the probability (or otherwise) of the existence of alien civilizations. Please don't forget your Membership Card and to sign in on arrival – yes, even if there is a queue!



Wednesday 17th July – Social Outing

Book and pay at the Club Meeting for this great event!

CHRISTMAS IN JULY

AT THE HOUWHOEK HOTEL

12.30 FOR 13.00

**3-COURSE LUNCH
R170 ONLY**



Wednesday 14th August – Club Meeting

Our speaker for this meeting will be the Rev. Edwin Arrison

Wednesday 21st August – Social Outing

When did you last go up Rotary Way or visit Grotto Beach? Have you ever taken a drive through Zwelihle? How well do we know our own town? Hear more about exploring our neighbourhood in the ChillGuru bus at our next meeting!

YOUR COMMITTEE

Sheila Craul – Chairlady 028 316 3248 – sheilacraul@gmail.com

Lizette Adams – Vice Chair/Social Secretary 076 226 8799 lizette2404@hotmail.com

Secretary – Christine Tait beechwood@whale.co.za

Cathy Gey Van Pittius – Membership Secretary

Sheila Coquillon – Assistant Membership Secretary sheilac@cybersmart.co.za

Rob Parry – Treasurer

Derek Hopley & Mavis Dalglish - Name Tag Co-ordinators