



## 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 closed due to Covid-19.

### NEWSLETTER : AUGUST 2020

Hello, again

120 days of lockdown and we're still in an endless, dark tunnel: we never thought we'd be spending the last few years of our lives like this, did you? We know the rules are there for our protection – wash/sanitise hands frequently, wear a mask when-ever we leave home, and keep at least 1.5 metres away from other people – but, let's face it, it's hard to abide by them week after week, month after month, with no end in sight. The latest newsletter to residents in our complex has a cartoon with the verse:

A mask is better than a ventilator, Home is better than ICU.

Prevention is better than cure – not 'curfew', its CARE FOR YOU!

Thinking of masks, Brenda Sudano has been hard at work researching the facts about masks and face shields: *A mask is considered a "50%" barrier, and is compulsory under SA legislation when in public; and, with 1.5 metre distancing, it works. Plus wash hands regularly and don't touch face or mask.*

*The face shield is not a replacement for the mask, although some folk think it is; unfortunately, it still promotes the movement of droplets. The benefit of a face shield is seen in the context of being in small confined spaces with many people, and then worrying that micro droplets might enter the mucous of the eyes. If we are social-distancing correctly, this should be a minute problem; it is more of a problem for medical professionals, though.*

*Thus, one can wear a mask without a face shield, but not the other way round.*

*Or one can wear both.*

*Remember: We wear masks to help prevent the person next to us from getting sick, and s/he does the same out of respect for us. We don't want to look back in time to come and think we were complicit in someone else's death just because of our own (selfish) actions. Let it not be about 'Me', but about 'We'.*

Many thanks for your contribution, Brenda.

Another contribution, this time from Evelyn Hocknell: members will know that she has been collecting dried t-bags for Original T-Bag Design in Hout Bay for ages (it opened 20 years ago!), and we have had several outings to them over the years. However, Evelyn has received a letter from Jill Heyes, founder and CEO of the business, advising of their closure:

*'It is with extremely heavy hearts that we have made the decision to close our doors at Original T-Bag Design. We are exploring ways to offer our twenty team members*

support in this time and will of course assist them as much as we can in finding new employment.’ Further down she writes that the initial vision was to ‘upskill, empower and create employment for those living in poverty in Hout Bay’ and ‘create the opportunity for team members to build, own, or maintain houses, take charge of their personal finances and debt, travel overseas for the first time and set up entrepreneurial ventures to create additional income streams’. Jill concludes: ‘You will have heard us say “Where there’s tea, there’s hope” and so we trust that, as you find comfort in your next cuppa, you will continue to be reminded of our story and the lives that have been changed.’ She finishes with grateful thanks to all who have given their support to the venture by way of ‘time, resources and advice’, including tour guides and those who have ‘lovingly dried, sorted and posted used t-bags from all corners of the world’. What a sad end to a very worthy enterprise!

So, what to do with all those dried t-bags? Well, Google to the rescue!

## A FOR THOSE WITH GARDENS

Used tea bags can work real miracles in your garden! By adding them to the soil, you are providing it with extra nutrition. Tea leaves contain tannin, nitrogen and nutrients that serve as a natural fertiliser for the earth. The bag itself is made of fibres from the stalk of the abaca plant (is a type of banana plant). The tea easily dissolves in the earth, providing a healthy environment for flowers and plants.

- (i) *Compost Heap*: Acids in the tea speed up disintegration.
- (ii) *Water Retention*: When planting, bury used tea bags close to the roots.
- (iii) *Seedling Germination*: Tea bags will hasten the process, enabling transfer to larger pots or open garden sooner.
- (iv) *Weed Control*: Burying used tea bags in the soil between plants and flowers will make it a lot harder for weeds to grow.
- (v) *Cats* - Sprinkle tea (or coffee grounds) over the earth to prevent cats from peeing or pooping all over it. *Extra tip*: this also works to keep your own cats away from the plants inside your home.
- (vi) *Worms eat tea leaves*: These slippery little fellas are very good for your garden and, once they’ve digested the leaves, they’ll produce even more nutrients for a super fertile garden.
- (vii) *Vermin* - Used tea bags (as well as coffee grounds) help to keep vermin out of your flowers and plants.

## B OTHER USES

- (viii) *Puffy Eyes*: Green & black teas are best for eye treatment as both are rich in caffeine and tannins, which shrink and tighten living tissues, and antioxidants that soothe the skin. Refrigerate tea bags until cool but damp, place them on the puffy skin under the eyes for 20 minutes and wash face after removing them. Frequent application will ensure visible results.
- (ix) *Pain Relief*: A cheap and simple remedy for burns, sunburns, bee stings and rashes.
- (x) *Meat Tenderizer*: Add flavour to braai beef cuts by marinating in used tea bags – tannins tenderize the meat. (Doesn’t work well with chicken or mutton).

- (xi) *Eliminate Fridge Odours:* Place a small, uncovered bowl of used green tea bags in the fridge for 3 days to get rid of unwanted smells from fish, stale food or strong-flavoured foods like curry.
- (xii) - *And Shoe Odours:* Stuff a handful of dried tea bags into old socks, tie firmly and place them inside the shoes for a few days.
- (xiii) - *And Foot Odours:* Soak your feet in a strong tea solution and add fresh mint leaves if available.
- (xiv) - *And Carpet Odours:* Sprinkle used dried tea over a carpet and leave for at least 15 minutes before vacuuming.
- (xv) - *Hand Odours:* After preparing fresh fish, soak hands in a bowlful of water and used tea bags.
- (xvi) - *And Cat Litter Odours:* Add used tea bags to cheaper cat litter – the tea leaves deodorize and are antimicrobial.
- (xvii) *Glass & Mirror Cleaner:* Add 2 black tea bags to 1 cup of boiling water. Cool completely, then soak a soft cloth in the solution. Wring out excess tea, clean glass & mirrors and buff with a dry cloth. (Old newspapers work well, too! RB)
- (xviii) *Restore Faded Black Clothing:* Wash and rinse item as usual, then soak in a mixture of 1 cup strong tea to 4 cups clean water for 10 minutes, wring out excess water and hang up to dry. Don't use on items meant for dry cleaning.
- (xix) *Give Old Clothes New Life:* Perhaps an off-white blouse could do with a bit of perking up? Use 3 black tea bags for every 2 cups boiling water, allow to steep for 20 minutes. Cool before soaking the item, and stir to get even staining. Leave for at least 15 minutes before rinsing and hanging out to dry. Results will vary from a light coffee to off-beige, depending on the material, strength of tea and duration of soaking – to get a darker shade, prolong the soak.
- (xx) *Clean Wooden Furniture and Flooring:* Tannic acid in black tea can serve as a polishing agent that gives a new shine. Boil 3 black tea bags in 1 litre of water, soak a soft cloth into the cooled solution; wring out excess water and wipe wooden furniture and flooring.
- (xxi) *Take a Tea Bath:* By adding used green tea bags to your bath, you can enjoy a spa in the comfort of your own home!
- (xxii) *Facial Routine:* If you use a facial steamer, try adding chamomile tea bags to your water solution as a skin booster.
- (xxiii) *Treat Acne:* Wash face with green tea to help reduce and cure acne.
- (xxiv) *Clean the Sink:* Rub the sink with tea bags for a gleaming shine.
- (xxv) *Cure Eye Styes:* It is reported that tea bags will even remove styes after applying for several days!

There we are! There must be something for everybody to try amongst all these suggestions. Please note that I have not actually tried *ANY* of these myself – I was simply browsing Google for ideas for the newsletter, and was astonished to see how many people had contributed to this collection! I think it proves that we humans have an in-born curiosity about the world we live in.

## WHAT'S IN A WORD

Last month I wrote about 'funnies' amongst the legal profession; this time it's medical secretaries! Allegedly these are verbatim extracts from typed reports.

- The patient has no previous history of suicide.

- Patient has two teenage children, but no other abnormalities.
- She is numb from her toes down.
- Rectal examination revealed a normal size thyroid.
- She stated that she had been constipated for most of her life.
- The patient was in his usual state of good health until his aeroplane ran out of fuel and crashed.
- When she fainted, her eyes rolled around the room.

## AGEING

As I get older I realize:

1. I talk to myself because sometimes I need expert advice
2. Sometimes I roll my eyes out loud
3. I don't need anger management - I just need people to stop pissing me off
4. My people skills are just fine - it's my tolerance of idiots that needs work
5. The biggest lie I tell myself is "I don't need to write that down, I'll remember it"
6. When I was a child I thought 'nap time' was punishment – now it's like a mini-vacation
7. The day the world runs out of wine is just too terrible to think about
8. Even duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes, come out wrinkle-free and three sizes smaller?
- 10 "Getting lucky" means walking into a room and remembering why I'm there

These last two items are pinched from an old edition of Ray Hattingh's SAARP newsletter – I've been busy sorting out piles of old papers (should never have brought them with us when we moved!).

## THINKING OF OTHERS

Best wishes to all those having birthdays and anniversaries during August – it's so hard to 'celebrate' these occasions while constrained by lockdown, isn't it? I hope you'll be kept busy all day with phone calls, WhatsApp, sms's, e-mails and Facebook messages from good friends and relatives!

On the darker side, it's even harder to come to terms with the early loss of family members and good friends when funerals are so restricted – our condolences go to all those who have been affected by this dreadful virus. We think of all the children and grandchildren whose schooling has been severely disrupted, their futures affected for years to come; to add to their stress, many of them have parents who have lost jobs and joined the growing number of unemployed. And one sympathises with the families of all the healthcare workers who risk their own and their family's lives on a daily basis. One daren't even think of how long it will take for the countries of the World to clear the huge debt burdens that have, of necessity, been created. We're going into a very strange future, and can only hope and pray for strength to see this crisis through.

Keep safe, sanitised and socially distanced.

Cheers for now.

Ruth