

HERMANUS SOCIAL CLUB – NOVEMBER 2020



“The greatest glory in living lies not in never falling, but in rising every time we fall.” **Nelson Mandela**

Welcome to our New Members: Michelle Harty, Lesley Brookes, Madeleine Stone and Hugo Marais

At our meeting on 11th November, Vicki Hudson from CapeNature gave a very interesting presentation on tortoises and her working dogs. Brin stole the show, particularly when she sniffed out the item hidden on the stage by Vicki.



75 Members and 4 visitors attended the meeting where all correct entries for the October Challenge were placed in a box for a lucky draw for the Woolworths vouchers.

1st Prize of R250 voucher went to John Moat

2nd Prize of R150 voucher went to Niel and Mariana Steenkamp.

Congratulations to the winners and thank you to all who participated in our challenges during lockdown.

At the meeting, everyone kept to the rules:

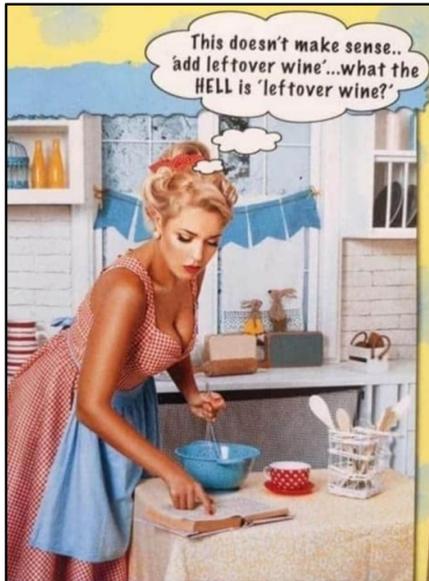
- *wear a cloth mask
- *have hands sanitized at the door
- *sign the attendance register
- *keep social distancing

These protocols will apply to all meetings until further notice!!

The Celebratory Lunch at Biga Artisan Bakery, Hemel en Aarde Village on Wednesday, 18th November was a huge success. The pies were amazing and the company even better!! A HUGE thank you to Lizette for organizing the event.

The next social event will take place either on Wednesday 20th or 27th January. With school holidays having been changed due to the virus, venues are reluctant to commit until they see the impact of holiday makers. Full details in the next Newsletter at the end of December.

SUBSCRIPTIONS: The subs amount remains at R50 per person. The best way to renew is still by EFT to avoid handling cash during these “virus” times. A reminder of our bank details: Standard Bank, branch code 050212. Account: SAARP Social Services. A/c No.384916503. Please **use your name as reference. Please do not do a cash deposit.** The bank takes R40 of the R50 for their fees!



Diarise the Date

Wednesday 13th January – 9.30 for 10a.m. – Sandbaai Hall

Our speaker will be Dr Arien van der Merwe, a medical doctor and author, who believes in a holistic approach to healthy living. She will get us all fired up to get the most out of the year ahead, explaining how brain networks can be restored, stimulated and rejuvenated. One of her favourite wellness tips is to start the day right: "breathe deeply, plan carefully, and stretch fully! Be grateful for the good in your life, for being alive."



2020 has not been an easy year - and that is an understatement! We do not know what 2021 will bring but we hope that it will be a year when we can return to some semblance of "normality"; a year when we can remove masks and see each other smile; a year when we can shake hands and hug; a year when we can see our children and grandchildren in the flesh rather than on Zoom or Skype; a year when a virus is something that may attack our laptops rather than our bodies. Let's look forward to a great new year!

Your Committee joins me in wishing you safe journeys, good health and many happy days over the coming Festive Season and we look forward to seeing you bright and breezy in January!



YOUR COMMITTEE

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| Chair: | Sheila Craul – 028 316 3248 / 072 324 7894 – sheilacraul@gmail.com |
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| Secretary: | Christine Tait |
| Membership Secretaries: | Cathy Gey Van Pittius & Sheila Coquillon sheila.coquillon@gmail.com |
| Treasurer: | Thelma Beukes |
| Name Tag Co-ordinators | Derek Hopley & Mavis Dalglish |