



The Margate & Ramsgate Retirement

Village Vibe

October 2024 Issue 163. A Residents Association Publication. Submit content to rac.vibe@gmail.com
Our deadline is 'as soon as possible' but no later than the 25th of the month.
Editorial team: Joy Crutchfield (6353); Sharon Gluckman (6347), Gwyn Deakin (6336).



OH MY HAT! – No public holiday in October? Time to move on to Fun Facts ...

October comes from the Latin word octo which means eight. October was the eighth month of the year. When the Gregorian calendar was adopted, it became the tenth month of the year, but it has retained its original name. And ... how many brains does an Octopus have? Nine! A central one between their eyes and a mini one in each tentacle, that makes him very handy!

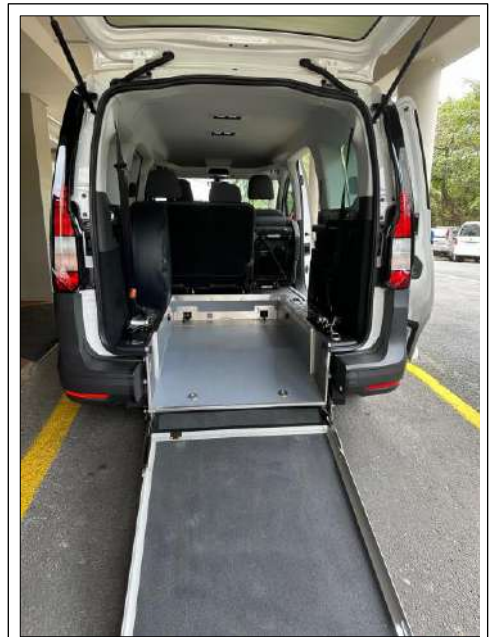
SPECIAL 'WAV' CADDY ARRIVES AT HIBISCUS HEIGHTS FRAIL CARE

It was Joan Krause who identified the need, Chris King who investigated the options, and several excited Comfort Fund and MRV Management members who gathered at the Hibiscus Heights on Friday, 20th of September, to celebrate the arrival of the new VW Caddy Maxi...fitted with a Wheelchair Accessible Vehicle (WAV) conversion sponsored by the Comfort Fund.

Many residents will benefit from this initiative, long into the future - being able to be taken to medical appointments in a village vehicle, instead of having to foot the exorbitant bill for a private ambulance service. This will bring smiles to many faces and much needed relief to many pockets.

Don't you just love it when a good plan comes together?

Click on the links below and enjoy watching willing 'guinea pig', Barry Schoultz being loaded and off-loaded as the team



Ramp lowered and ready to load



learns how to operate the unique WAV mechanism and how to ensure the safety of their passenger.

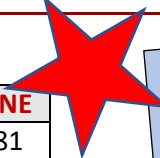
1. [Loading Barry Schoultz](#) into the WAV Caddy (5:18 mins)
2. [Off-loading](#) Barry from the WAV Caddy (2:26 minutes)
3. [Storing the ramp](#) in the WAV Caddy (1:39 minutes)
4. [Handing over the keys](#) (0:15 seconds)

Turn to pages 2 & 3 and enjoy the selection of photographs taken on the day. And, read all about the background and technology behind this wonderful addition to the MRV/RRV Frail Care fleet. Another Residents Comfort Fund initiative.

LEFT PHOTO: Lionel Brunette (VW) and HRV's social worker Anathi Mangalelwa looking on as volunteer Barry Schoultz is fastened in by 'mother hens' Matron Suzette Odendaal and his wife, Priscilla.

NEW RESIDENTS – Welcome to our HRV family

| UNIT | NAME | ARRIVAL | PHONE |
|--------|---------------------------------------|------------|-------|
| MRV281 | Mr Clive Unsworth | 2 Sept 24 | 5281 |
| 509HH | Mrs Shirley Pride | 7 Sept 24 | 5447 |
| MRV11 | Mrs Denese Slater | 8 Sept 24 | 5011 |
| 504HH | Mr Samuel Graham | 13 Sept 24 | 5504 |
| 207HG | Mr Roelof Stevens & Mrs Henda Olivier | 18 Sept 24 | 5207 |
| 411HH | Mrs Jenny Lehmann | 20 Sept 24 | 5433 |
| 2CG | Mrs Marion Theessen | 24 Sept 24 | 5602 |
| 306HH | Mrs Margaret Disney | 10 Oct 24 | 5412 |



**JOIN THE RAC
WHATSAPP GROUP**
Call Debbie on 5701

**RAC MONTHLY DRAW
AUGUST 2024 WINNERS**
1st R350 – Dirk Crafford - HG225
2nd R250 – Lorelie Jennings - MRV112
3rd R200 – Ann Minnaar - MRV57

DEAR DEPARTED FRIENDS

| | | |
|---------------------|------------|-----------------|
| Mr Douglas Butcher | FLAT 11PG | 25 July 24 |
| Mr Oosie Oosthuizen | MRV295 | 27 August 24 |
| Mrs Ema Dos Ramos | FLAT 348CW | 9 September 24 |
| Mr Carlo Valle | FLAT 328AG | 13 September 24 |
| Mrs Rita Venter | MRV18 | 14 September 24 |
| Mrs Denise Mutch | MRV63 | 19 September 24 |

We thank them for enhancing our lives.

FORTHCOMING EVENTS

| | | | | |
|-----------|-------------|---|-----------------|-------------------|
| Friday | October 4 | Double Bluff – Ronnie Baker Theatre Group | 18h30 | Ronnie Baker Hall |
| Saturday | October 5 | Double Bluff – Ronnie Baker Theatre Group | 14h30 | Ronnie Baker Hall |
| Thursday | October 10 | Bowling Club Quiz Evening | 17h30 for 18h00 | Bowling Club |
| Friday | October 11 | Double Bluff – Ronnie Baker Theatre Group | 18h30 | Ronnie Baker Hall |
| Saturday | October 12 | Village Social Dance Club | 19h00 - 22h00 | Ronnie Baker Hall |
| Sunday | October 13 | Double Bluff – Ronnie Baker Theatre Group | 14h30 | Ronnie Baker Hall |
| Thursday | October 17 | Long Table: All welcome – mix and mingle | 10h00 | Café Munro |
| Thursday | October 31 | The Travel Expo | 09h00 – 15h00 | Ronnie Baker Hall |
| Wednesday | November 20 | RRV Fun Quiz with Gail Nunn | 18h00 | RRV Hall |

Special ‘WAV’ Caddy arrives at HH Frail Care (continued from front page)



L-R: Rescom Chair Olliver Ransome, Maintenance Manager Patrick Nolte, Matron Suzette Odendaal, Finance Manager Kim Cole, Residents Comfort Fund Chair Chris King and Joan Krause.



Restraining belts in place. Passenger Barry safe and secure.

Background of the MRV/RRV WAV project & the technology in use - by Chris King

Background: Where did the idea of a WAV (wheelchair accessible vehicle) originate? Well, around 2 years ago, a wheelchair-bound person fell and was injured while on a visit to the dentist in Margate - this resident had been transported in one of the Village's Caddys. The consequence of this accident was that a ruling was introduced that wheelchair-bound persons could no longer be transported by Caddy - they would have to call for an ambulance if they needed to consult a doctor or specialist.

Joan Krause of MRV became aware of this difficulty and, in particular the cost that this would entail if a trip was required to Port Shepstone or worse, Durban. The first idea was to modify our bus to take a wheelchair but this turned out to be impractical, so the need for a solution was raised at a RCF (Residents Comfort Fund) General Meeting late in 2022.

Chris King then started researching the matter and discovered that certain VW Caddys could be modified to take a wheelchair-bound person onboard and transported safely. (VW Caddys come in two sizes - standard and long-wheelbase, known as the Caddy Maxi. The Caddy Maxi is the one required for conversion to a WAV.)

After some discussion and motivation to HRV, the purchase of a new Caddy Maxi was approved for purchase during 2024 - the Comfort Fund undertook to carry the cost of modifying the vehicle to WAV. This brand new (and modified) Caddy Maxi was delivered to HRV on Friday 20th September and taken into service - it will replace the old Caddy which has served us for the past 7 years. Training will be given to all the drivers and duty nursing sisters in the safe loading and unloading of wheelchair-bound persons, and they can be transported to anywhere that the current Caddys service, i.e. from Port Edward to Durban.

Technology: The conversion of the Caddy Maxi to WAV requires the installation of a 'kit' of parts consisting of a 'tub' that lowers the vehicle's floor, a new fuel tank, new exhaust and a 4-point harness to restrain the wheelchair firmly while the Caddy is in motion. The company that manufactures these kits is Bierman of Holland, and the company that imports and installs them is Advanced Vehicle Engineering in Cape Town.

Our Caddy Maxi had to be transported on a car transporter to Cape Town, modified and then transported back before it could be handed over and put into service.

The Bierman system is both safe and simple - there are no motors or hydraulics, just a simple ramp and four restraining belts to secure the wheelchair. In addition, the passenger will be protected by using the Caddy's own seatbelt so will travel in absolute safety and security. Even after conversion, the Caddy Maxi still seats 5: a driver and four passengers, plus a wheelchair passenger.



Residents Comfort Fund Committee. L-R: Chris King (chairperson), Yvonne Jansen (past chairperson), Lorraine Madden, Joan Krause, Carol Tyers and Sophia Weber.



Driver Phendulani Qadi with WAV Caddy Maxi ramp stowed neatly away.

Click the links & enjoy Bierman of Holland – Professional videos

[Bierman VW Caddy Maxi - white](#) - with background music only (1:58 minutes)

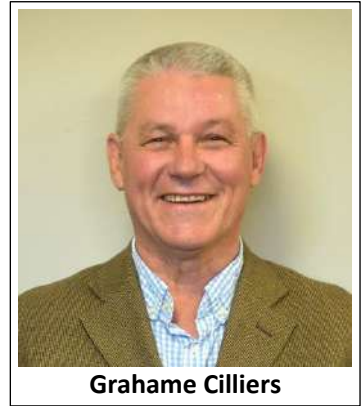
[Bierman VW Caddy Maxi - grey](#) - more technical with voice over in Dutch (1:34 minutes)

WELCOMING OUR NEW HRV SOCIETY CHAIRMAN – GRAHAME CILLIERS

Grahame was born in Northern Rhodesia (now Zambia) in 1956, one of three siblings. He moved to South Africa from Southern Rhodesia in December 1973 and matriculated at Maritzburg College in Pietermaritzburg in 1975. It was here that he did his articles, studying part-time at Natal University, Pietermaritzburg, and qualified as a Chartered Accountant.

Grahame married his best friend Glenda, who was a teacher and Headmistress. They had four children, three sons and a daughter. Unfortunately, they lost their third son David when he was only five months old.

Grahame spent the bulk of his career as Managing Director for various corporate companies. This included several years in Norway with Avis Car Rental and later in the UK with Barloworld.



Grahame Cilliers



Grahame and Glenda returned to South Africa in 2009 and took up residence in Ramsgate. They have six grandchildren. Their sons have two boys each and their daughter has two girls. Grahame loves camping, hiking and mountain biking in his spare time.

RECENT EVENTS

BOWLING CLUB QUIZ NIGHT

The quiz night was a resounding success once again. A fine time was had by all 120 eager participants. Brainy boys were Mark Wakeford, Errol Wilson, Nigel Scott & Reg Sutton. Runners up were Grant Phillips, Heather van Rooyen, Nicolette Lavery & Paul Korb. Many thanks to the dedicated team who make this very popular event possible.



WINNERS

Mark Wakeford, Errol Wilson, Nigel Scott & Reg Sutton



Packed to capacity – 120 enthusiastic quizzers



RUNNERS UP - Grant Phillips, Heather van Rooyen, Nicolette Lavery & Paul Korb

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

You can find the answer in this Vibe!

THE LONG TABLE

The Squiggles welcomed the newcomers together with a good few oldies. There were a record number of 25 residents in attendance. It really was a happy hour (or two) of jolly good ‘mix and mingle’. Join the October Long Table on the 19th at 10am at Café Munro. See you there!



Longest ever, Long Table! Thanks for coming.

MEET PAULINE HOWLES

Pauline took occupation of MRV7, a mere 4 weeks before joining the September Long Table. She has already joined Movement to Music and the Library and has her eye on a few other interest groups. The residents’ activities and on-site frail care are what drew Pauline’s son to buy her a cottage in MRV as he will soon be working abroad. Pauline lived happily in Leisuredene Village for the past 29 years and is settling well into her new lifestyle.



Squiggles : Yvonne, Ally & Linda



Pauline - Out & About!

RRV FUN QUIZ with Gail Nunn

On 18 September, an evening filled with teasers and quick wit was led by Quiz Mistress, Gail Nunn. Quizzers came from MRV, RRV and a few neighbouring towns. MRV’s ‘Bright Sparks’ – Chris & Shelley King and Allan & Linda Williams - were the winners with ‘The Faeries’ - Sonia Hay, Philippa Makepeace, and brothers Jamie and Carl Kotze - running a close second.

The next RRV Fun Quiz will be on Wednesday 20 November at 18h00. Please book with Debbie at the MRV RAC Office or Cheryl at the RRV office. The entry fee is R25 per person and you get to bring your own tittle and snack – cutlery, crockery and glassware is provided by the RRV Community Centre. The more the merrier! See you there! Potato Heads welcome!



Bumping into old friends – L-R: Alf Hayter, Liz Kroon, Shaz Gluckman & Phillip Schäffler.



‘Bright Sparks’ Chris & Shelley King (front), Allan & Linda Williams (back) buttering up Quiz Mistress Gail Nunn (centre) ... before the games began? 😊

SOMETIMES THE QUESTIONS ARE COMPLICATED
AND THE ANSWERS ARE SIMPLE.

Dr. Seuss - NOON

FROM MY HIDE with David Holt-Biddle

Geckos on stage

When we moved down to the South Coast 20 years ago, one of the many negative things we were warned about were the geckos. When we took over our new, custom-built wooden house, all the geckos of the lower South Coast apparently thought we had invited them to accept our hospitality. They were everywhere, literally everywhere!

Two particular things I remember, we watched with distaste as a spotted bush snake (also everywhere) swallowed a gecko, starting at the head and slowly downed the rest of it. And then, watching them on the wall behind our television, particularly if there was a large moth involved. They were far more entertaining than the local offerings on TV.

I can't even guess at what geckos they are. *A Field Guide to Snakes and Other Reptiles in Southern Africa*, author Bill Branch, notes 15 gecko species. Only two have natural habitats in our part of the world, and neither look to be likely candidates.

Here in the Village, we have very few geckos in our lives. They lurk in dark corners, like the grocery cupboard in the kitchen and surprise us every time we open it. They leap out and scamper off. I suppose they are considered a nuisance because they hide away in obscure places and leave deposits. Personally, I think they are worth the trouble, after all, they are very much part of what makes the Lower South Coast the place it is.

(I would like to apologise for an obvious typing error that lurked in last month's column. The Indians who first arrived in South Africa in 1860 were clearly not endangered but were just as clearly indentured. - David.)



Geckos are small, mostly carnivorous lizards that have a wide distribution, found on every continent except Antarctica. (Wikipedia)

These distinctive creatures are full of gripping secrets

- The clingy toe pads of geckos are a major inspiration of biomimicry. *(This is when we 'borrow' ideas from nature.)*
- Geckos have incredible eyes adapted for hunting at night.
- Geckos have more to say than you might think.
- Some species in the gecko family lack legs.
- Geckos can ditch their tails as a strategy for escaping predators.

Click here to enjoy

[12 Surprising gecko facts](#)

Credit: <https://treehugger.com>

FROGS ALIVE! by Sharon Gluckman



Sunning itself on a new leaf on the lemon tree

marked fellow. A disguised chameleon? Actually no! They tend to have the boring colours in the day but do become more colourful at night. Perhaps they need to be inconspicuous by day, so possibly evading all their predators and there are many! These include snakes, spiders, birds, terrapins and even their larger cousins.

The raucous mating call of the tiny male painted reed frog (*Hyperolius marmoratus*) can send one up the wall. Imagine my surprise when I actually saw one climbing up my lounge wall one evening! It was minute, but a little bigger than the one I had seen the previous day. It was on my lemon tree and no bigger than my thumb nail. And more surprise...it was a reddish orange...until it jumped to the ground and changed to a drab grey and white pock-



... from the wall



... onto the wooden table and artwork



IT'S A CELEBRATION!

Birthdays serve as a reminder of the passage of time & the milestones achieved in one's life.

HARRY turns 80



Harry McGladdery celebrated his 80th birthday with his wife Marion & family members, Martin & Lynne Belgrad from RRV. Quality time was also spent on the telephone with his children who are resident in Australia.

DENISE ADAM-BARNARD turns 80



BACK R-L: Son David, grandson Ryan and niece Margaret from Kokstad. **FRONT L-R:** Sister-in-law Eileen, birthday-girl Denise, and good friends, Sue from Tugela Mouth and Sandy from MRV. The joyous afternoon tea shared with friends and family at RRV was preceded by a visit from Denise's youngest son Andrew, and celebrations culminated a week later when she visited family in Port Elizabeth.

CLIVE MILLER turns 89



Clive celebrated his 89th birthday together with residents from the Heights and RRV. The table was beautifully decorated and the catering team spoilt him with a delicious Black Forest cake. Ice-cream cones were enjoyed after.

MERCURY ... A CURE-ALL ... NOT!

A quest for eternal life - dead at 49 - Emperor Qin Shi Huang - first ruler of a unified China.

He believed that by drinking mercury, he would gain immortality. Much to the frustration of archaeologists, his tomb has remained sealed, as high levels of toxicity have been detected around the site. Similar levels have been detected around and in pyramids in Egypt.

Minamata Disease in Japan resulted in more than 900 deaths, and over 2 million people with severe health problems as a result of mercury by-products polluting air, river and land surrounding a factory. Effects of this poisoning included sensory disorders, ataxia (physical impairment), vision and hearing problems.

Mad Hatters disease (erethismus mercurialis). Back in the day, when hats, especially top hats, were an essential part of a gentleman's get-up, Hatters would slave away in confined, unventilated rooms constantly breathing in mercury fumes as they treated fur, in order to create felt hats. This, incidentally, was called carroting or secretage. Over time, mercury poisoning would create havoc with their brains, kidneys and lungs. In 1941 use of mercury in this industry was banned in favour of hydrogen peroxide. But the damage was pervasive on these luckless souls.

Dr Moffet's teething powder (of course also mercury-based) created deformities, mouth gangrene and even death in babies. Mercury was also used as a pill for yellow fever. It is still being used in skin-lightening cream, cheap cosmetics and some dental amalgams. It took 2 centuries before anyone realised the enormity of what this toxic element could do **to**, rather than **for**, the human body.

On October 6th, get ready to celebrate National Mad Hatters Day!

This day celebrates the iconic character from Lewis Carroll's classic novel 'Alice in Wonderland'. The Mad Hatter was known for his quirky behaviour and wild hat collection.



MRV & RRV INFORMATION MEETING – 12 SEPTEMBER 2024

The recent Information Meeting heralded good news – it was up-beat and the mood was receptive. Whilst the Azalea Hall was not filled to capacity, there were several ‘ambassadors’ present who no doubt shared the information with their friends and groupings.

CEO Andrew Crooks, accompanied by MRV & RRV Rescom Chair, Olliver Ransome and Secretary Tina Louw, addressed the meeting and focused on the economy. It was good to note that, whilst the global picture is currently fraught with curved balls, ‘back home’ there are some very positive signs of improvement:

- Eskom’s service delivery has improved, and the load-shedding reprieve is fantastic – the high costs to the Society in respect of diesel and generator repairs are down and our daily lives are less frustrating. The view is that load-shedding may well occur again, but it will probably be low stage.
- The country experienced remarkably peaceful elections and the coalition government is bedding down well. The Azalea Hall voting station was most convenient for residents and also put money into the RAC coffers.
- Business confidence has improved in the country. Interest rate cuts are expected this year. Inflation seems to be settling and the external property market is showing signs of recovery which supports village sales. The Rand/Dollar exchange rate has improved and the fuel price is dropping.
- Our Springbok Rugby Team is doing well and that always brings optimism!

At a Society level:

- The new governance structure is bedding down and will be formalised at an AGM together with the required amendments to the Constitution.
- Consultants have been appointed to review costs, structure and process optimisation.
- Costs are tracking well to budget, but for a collapsed boundary wall that had to be rebuilt at MRV following torrential rain.
- Life-right resales are doing well, and the South Coast continues to offer very good value for money.
- The Society is enjoying a far more comfortable cash flow and is now funding projects that had been put on hold. These include a Caddy with a wheelchair lift conversion sponsored by the Comfort Fund, repainting the Hibiscus Heights, and renovating the currently unutilised wing on the 1st floor into ensuite Assisted Living units.
- Increased solar solutions are not being pursued in MRV & RRV but the limit on the number of panels fitted by residents to their cottages has been increased from 6 to 10. *(Please note that the Rescom Feedback, September 2024 Village Vibe, incorrectly stated the maximum number as 12).*

In closing, Andrew encouraged residents to reside in their own homes for as long as possible. He also drew attention to the ravages of inflation – the repainting of the Hibiscus Heights will cost more than the construction of the entire building!



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NOVEMBER 24 : Amakhosi - 5* experience, the Big 5 || 27-30 November (3 nights)

DECEMBER 24 : Pumula Hotel || 1-4 December (3 nights) – Filling up fast

JANUARY 25 : Flock to the Marion Island, Birding Cruise || 25-31 January 25 (not hosted)

MARCH 25 : Springbok Lodge, Nambiti || 2-5 March 25 (3 nights)



IN CASE OF EMERGENCY – A helpful page to pin behind your bedroom door

| |
|--------------------------------------|
| YOUR NAME: |
| YOUR COTTAGE NUMBER: |
| MY EMERGENCY BAG IS (COLOUR): |
| MY EMERGENCY BAG IS (WHERE): |

IN CASE OF EMERGENCY

PRINT OR CUT OUT THIS PAGE AND USE IT AS A GUIDE TO PREPARE YOUR EMERGENCY BAG. STORE IT WITH THE OTHER VIP DOCUMENTS ON THE BACK OF YOUR BEDROOM DOOR.

| PERSONAL ITEMS TO BE SENT WITH/TO YOU | YES | NO |
|--|-----|----|
| Wallet (with a small amount of money) | | |
| Medical aid card | | |
| Identity book/card | | |
| Watch | | |
| Cellphone | | |
| Cellphone charger, adaptor plug and earphone | | |
| Reading glasses | | |
| Book to read | | |
| Medication – If YES, please specify: | | |

| |
|-------------------------------|
| |
| |
| |
| Other – Please specify |
| |
| |

| CHECKLIST FOR PACKING YOUR EMERGENCY BAG | | | | | |
|--|-----|----|-----------------------|-----|----|
| ITEM | YES | NO | ITEM | YES | NO |
| Toothbrush | | | Toothpaste | | |
| Soap | | | Deoderant | | |
| Shampoo | | | Body lotion | | |
| Baby powder | | | | | |
| Wash cloths x 2 | | | Towel | | |
| Pyjamas | | | Gown | | |
| Socks | | | Slippers/Shoes | | |
| Underwear | | | Nappies/sanitary pads | | |
| Hairbrush/Comb | | | Make up | | |
| Pen | | | Notebook | | |
| TV Headphones (or buy at hospital) | | | Ear plugs (for noise) | | |
| Jersey | | | | | |
| | | | | | |

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EMERGENCY MEDICAL DETAILS – Page two for behind your bedroom door

| | |
|--|-------------|
| Cottage number: | |
| Resident name: | |
| Identity number: | |
| | |
| Medical conditions: | |
| | |
| | |
| Allergies (Please circle relevant answer) | YES or NO |
| - If YES, please specify | |
| | |
| | |
| Chronic or critical medication (Please update when/if changed) | YES or NO |
| - If YES, please specify | |
| | |
| | |
| | |
| Doctor's name: | |
| Doctor's telephone number: | |
| Next of kin/friend (1): | |
| Relationship: | |
| Telephone number: | |
| Next of kin/friend (2): | |
| Relationship: | |
| Telephone number: | |
| | |
| Medical aid name: | Attach copy |
| Medical aid membership number: | Attach copy |
| | |
| Does your medical aid cover ambulance call out? | YES or NO |
| If specific service provider/s are required by your medical aid, please supply name/s of service provider/s. | |
| Which local hospitals does your medical aid plan include? | |
| | |
| Name person who will look after animal/s in emergency: | |
| Telephone number: | |
| | |
| Name of person who has your keys in emergency: | |
| Telephone number: | |

THE TALL WHITE BUILDING: HIBISCUS HEIGHTS

I have heard that some village residents look the other way when they walk past the tall white building. The ground floor is an administrative hub, while the three upper floors are apartments with fine views. However, this time my article focuses on the first and second floors only, and the people living and working there.




If you stand opposite the main entrance of Hibiscus Heights and look up, the left wing on the first floor provides assisted living to residents, who are no longer able to live on their own. Management plans to convert the right wing to an assisted living extension, with en-suite bathrooms too.

The area directly above, on the second floor, homes residents who need high-level frail care. The balance of the second floor is given over to those whose minds are taking them into uncharted waters. And finally, there are several lounges and dining rooms where residents gather for relaxation and entertainment.

The accommodation on both floors is maintained to a high standard. The staff I have met there are friendly and professional. But there is something missing that only you and I can provide. Some first and second floor residents receive regular visitors. Others are not so fortunate. They rely on a small group of volunteers whose resources are stretched to the limit.

If this article tugs at your heartstrings, how about popping in for a visit? You may find yourself leaving strangely fulfilled.




Cheers Leprechaun.



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|--|--|

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Steve Smith from Capital Radio will open the

THE TRAVEL EXPO

at Margate Retirement Village
on Thursday 31 October 2024



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VILLAGE LIBRARY NEWS

A big thank you to Village management, the RAC and all our library members for these wonderful new books!

1. THE LIBRARIANS OF RUE DE PICARDIE – Janet Skeslien Charles (historical)

A powerful novel based on the extraordinary true story of Jessie Carson, the American librarian determined to bring books to the children of war-torn France.

2. COVER THE BONES – Chris Hammer (thriller)

When a body is found floating in a canal, DS Ivan Lucic and DC Nell Buchanan are called to investigate. But small towns like to keep their secrets buried...

3. THE SECRET HOURS – Mick Herron (suspense)

A stand-alone spy thriller that is at once unnerving, poignant, and laugh-out-loud funny.

4. WHAT HAVE YOU DONE? – Shari Lapena (thriller)

In Fairhill, Vermont, a community where nothing seems to happen, a violent death exposes the cruelty hiding beneath the town's supposedly placid surface.

5. SHADOWS IN THE MOONLIGHT – Santa Montefiore (relationship)

Pixie is summoned to the wild Cornish coast to unravel a mystery at St. Sidwell Manor. She knows something extraordinary must be hiding in its shadows.

6. THE HONEYMOON AFFAIR – Sheila O'Flanagan (romance)

Sheila O'Flanagan tells a thought-provoking story about two strong women, one complicated man, and the secrets and dreams that draw them together.

7. THE PROTECTOR – Tony Park (adventure)

A gripping new thriller about rescue, revenge and redemption, and what we do to protect the ones we love.

8. HOW TO AGE DISGRACEFULLY – Clare Pooley (humour)

A senior citizens' centre and a daycare collide with hilarious results in this new novel by Clare Pooley.

9. STORM CHILD – Michael Robotham (crime)

Cyrus Haven and Evie Cormac return in Robotham's latest psychological thriller, which finally unlocks the secrets of Evie's past.

10. FURY'S WAR – Buxton Gray (historical)

An epic tale of two loves on opposing sides of a bitter conflict. Set during the second Anglo Boer war.

11. THE STORM WE MADE – Vanessa Chan (historical)

A spellbinding novel about a Malayan mother who becomes an unlikely spy for the invading Japanese forces during WWII – and the consequences that rain upon her community and family.

12. CHILD OF THE RUINS – Kate Furnival (historical)

1948, Berlin. World War II has ended and there is supposed to be peace, but Russian troops have closed all access to the city. Anna and Ingrid are both searching for answers in a city where the line between right and wrong has become dangerously blurred.

13. RESURRECTION – Danielle Steel (relationship)

In dark times, hope lights the way...Resurrection is a powerful story of family, survival and hope.

14. GHOST RIDERS – Mark Felton (non-fiction)

Operation Cowboy: The World War Two mission to save the world's finest horses.

15. A CHILDHOOD MADE UP – Brent Meersman (non-fiction)

A memoir on his life and growing up in Cape Town, with his mother who had schizophrenia and a father who battled depression.

16. WE WILL NOT BE SAVED – Nemonte Nenquimo (non-fiction)

A memoir of hope and resistance in the Amazon Rainforest.

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FACT, FICTION & FOIBLES by Sharon Gluckman

Wolraad Woltemade and a horse named Vonk: 1 June 1773

The ferocious north-westerners in Table Bay are legendary. This night was one of the worst. A flotilla of 5 Dutch East India Company (DEIC) sailing vessels lay at anchor in the bay. The storm was of such magnitude that one of the ships, De Jonge Thomas, was about to sink. The captain, Van Lammeren, reckoned that if he weighed anchor he might be able to get the vessel to drift to the mouth of the Salt River. Unfortunately, he hadn't realised that the river was in flood. The ship was thus driven onto a sandbank where the waves eventually broke its back.

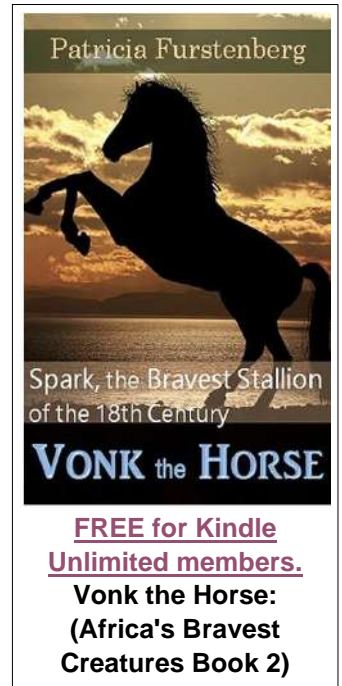
The pitiful cries of the sailors and the booming sound of the distress cannons, echoed across the bay. Those on the shoreline watched helplessly. The Company had posted soldiers to prevent looting of anything that might wash ashore. The desperate sailors who braved the icy water were swept further out to sea where they met their end.

When daylight broke a father of one of the soldiers, Wolraad Woltemade, arrived on horseback from his farm, Klein Zoar, to bring food to his son. He was a retired soldier and Keeper of the Company Menagerie. He was seated on a magnificent grey stallion charger called "Vonk". Woltemade became overwrought as he listened to the cries of the shipwrecked sailors. He sat for a time in contemplation, studying the heavy rolling seas and the violent storm above. And then, he dug his heels into Vonk's muscular flanks, urging him straight into the wild, turbulent and icy sea.

The pair became as one as they battled the rain and the waves crashing down on them. But their course remained steady. As they reached the broken vessel, Woltemade shouted for 2 men to jump overboard and grab Vonk's tail. 2 of the braver men lowered themselves from the wreck, grabbing onto the horse's tail. Vonk inched their way back to shore. The cheers of the bystanders were lost upon Woltemade as both horse and rider were already heading back out to the stricken vessel. 7 times they swam out, and 7 times they returned, always with 2 survivors. By now both were utterly exhausted, but the forlorn cries of the trapped sailors tore Woltemade apart. Again he urged Vonk on and such was the rapport between horse and master, that Vonk, plunged once more into the freezing maelstrom.

By now the ship was beginning to disintegrate and the stranded sailors, realising that this was probably their last chance, jumped from the ship...not 2 as before, but 6 desperate men, holding onto Vonk, wherever they could get a grip. Unfortunately, one held onto the poor horse's bridle so that his head was pulled under the water. Unable to breathe, Vonk began to thrash but he could not shake himself free. Both horse and rider sank beneath the waves ... dragging with them the last 6 men that they had tried to save.

In all, Vonk and Woltemade had saved 14 men of the 191 on board. In total, 53 survived the wreck. Woltemade's body along with several other corpses washed up on the beach the next day. The stallion's body was never found. Ironically, the storm eased up the following day and several trapped sailors were able to make it to shore safely.



Captain van Lammeren received an official funeral but not Woltemade. It took a great deal of public outrage before his family received compensation. It was also many years before the Company acknowledged his brave feat by naming a ship after him "De Held Woltemade". On its stern was painted both horse and rider. A railway station in Capetown was named after him and The Union of the South Africa King's Medal for Bravery bore a depiction of the heroic act. In 1970 The Woltemade Decoration for Civilian Bravery in South Africa was minted. Even a tugboat bore his name, as did several suburbs in the Cape. There is also a bronze statue depicting both Woltemade and Vonk outside the Old Mutual Headquarters in Pinelands, Cape. Presently, the FAK

(Federasie van Afrikaanse Kultuurvereniginge) is hoping to persuade Old Mutual to move the monument to a more accessible site. Several poems and stories have been written about this heroic event.

On the 4th of January 1821, almost 50 years later, a 17-year-old horseman, Francis Rose, braved a storm in Table Bay and saved all those aboard a stricken vessel. Unfortunately, as he and his exhausted horse headed for shore, they were swept further out to sea and perished. There is a commemorative plaque at the National Sea Rescue Institute (NSRI) Station 3. [Click here](#) to see the plaque. Scroll down to read the wording.

BIRD TALK with Peter B. Munday (HG227)

Report No.24.09.2024 (September)

On the First Day of Spring, whilst having an early breakfast in Southbroom, I was lucky to have seen a flock of between 30 and 40 Trumpeter Hornbills flying clumsily, as they do, from the South. As they approached the lagoon at the Bizana River mouth, the flock broke up and small groups flew off in different directions. I wondered whether our Ornithologists could perhaps explain this behaviour and then I stumbled upon this interesting information:

Mrs Judy Potts, a resident in Southbroom south has for decades put out fruit and bone meal for the Trumpeter Hornbills. This draws a large number of birds from the district. A German University Student heard of Judy's 'flock' and initiated a research project which involved capturing some ten Hornbills and tagging them with a radio tracking device. The device was held in place by a bio-degradable strap so releasing the transmitter (tracker) after the project was complete.

The project illuminated the role played by the Hornbills in the ecosystem. They, like other birds, are a key in the distribution of viable **seed** of fruits in the bush in their faecal deposits. Thus, ensuring the perpetuation of the fauna.

The tracking exercise was a success and showed that some of Judy's flock flew twice daily from as far afield as Oribi Gorge, estimated about 25 to 30 km! So, what I observed, flying north a few Sundays ago was the flock taking off after their breakfast at Judy's, and then each family group making their way to their own range sites.

As an additional note, the Female nests in a hollow tree cavity. She seals up the entrance with mud brought to her by the Male, and leaves a gap through which the Male feeds her and their offspring. The Male continues to feed them until the fledglings are ready to leave the nest.

Piet and Marietje Beukes (222 HG) reported seeing a Black-backed Puffback which is similar to the slightly smaller Brubru but is identifiable by its piercingly red eye. A rare sighting of this shy, shrub-loving bird. I have always nicknamed the male in breeding season as the "Flying Pompom". (see Roberts' diagram alongside)

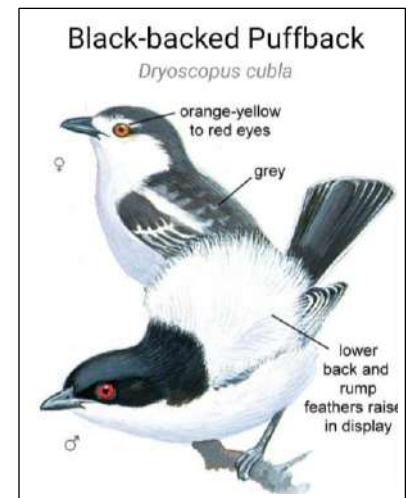
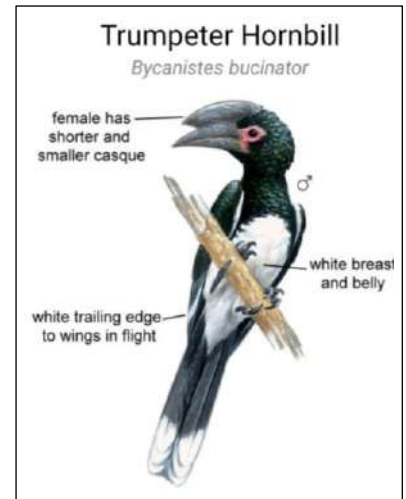
On a clear morning, I recently observed, for some time, the soaring flight at high altitude of four Woolly-necked Storks and a medium-sized raptor, provisionally identified as a Yellow-billed Kite. They were clearly utilizing a thermal or an updraft to get to that altitude and were having fun in the air currents.

Andre Lourens (136) reports that to date, he and Elsa have not seen any migratory Barn Swallows and or Striped Swallows, which traditionally rest on the insulated telephone cable, adjacent to their cottage and near the garages on Crossway. Andre has seen a Pin-tailed Whydah male bird in his transitory winter to summer plumage change, and that its tail was only half developed.

Other avian visitors were the African Fire Finches and ubiquitous flock of Bronze Mannikins.

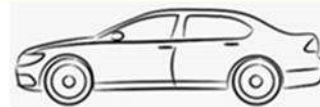
As per normal, whilst playing Bowls, we were able to observe the African Harrier-hawk flying over the greens pursued by the Red-winged Starlings, and the occasional Yellow-billed Kite with its distinctive inverted "V" tail feathers.

Thanking our contributing Bird Lovers for their interest. Peter B Munday (phone 5227)



RAINFALL FOR AUGUST by Brian Bucher

- Rainfall for August 17 mm
- The Summer Rainfall year starts in August.
- Average previous 10-year August rainfall 52 mm



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| ANNOUNCEMENT | SERVICES | WANTED |
|--|---|---|
| <p>SALON DI HAIRDRESSER Yvette has joined Salon Di Hairdresser at Ronnie Baker Hall. She will be there on Mondays, Wednesdays and Fridays, and Di will be there Tuesday to Friday. We look forward to seeing you!</p> | <p>REFLEXOLOGY TREATMENTS AT MRV 244. De-stress and relax with a foot massage while listening to classical music. I also treat muscular pain with an electronic machine and do traction for neck pain and headaches. Contact Margaret Kennerley on 5244.</p> <p>MOBILITY SCOOTERS, WALKERS & WHEELCHAIR REPAIRS & SALES. Contact Nick van der Westhuizen on 5092 or 0827509614.</p> | <p>SWIVEL OFFICE/TYPIST CHAIR. Comfortable and on wheels. Contact Linda Watmough on 0826743496 or 5445 (evenings).</p> <p>MICROWAVE OVEN WANTED. In good condition. Please contact Joyce on 6362.</p> |

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SEEN ENJOYING THE VILLAGE BOWLING CLUB'S HERITAGE DAY BRAAI



L-R: Jeanne Fensham, Pat Landman, Linda Bignell and Joyce Oliver.

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LAUGH A LITTLE

An older couple were lying in bed one night. The husband was falling asleep, but the wife was in a romantic mood and wanted to talk.

She said: "You used to hold my hand when we were courting." Warily he reached across, held her hand for a second, and tried to get back to sleep.

A few moments later she said: "Then you used to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

Thirty seconds later she said: Then you used to bite my neck." Angrily, he threw back the bedclothes and got out of bed. "Where are you going?" she asked. "To get my teeth!"

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INTEREST AND ACTIVITY GROUPS – Please make contact and join in.

| TIME | ACTIVITY | VENUE | CONVENOR | PHONE |
|--|-----------------------------------|------------------|---------------------------------|--------------|
| MONDAY | | | | |
| 06h30-07h00 | Keep Fit Class | Ronnie Baker | Wendy | 5254 |
| 07h30-10h00 | Men's Snooker | Candlewood | Dave | 5406 |
| 09h00-10h15 | Yoga | Ronnie Baker | Denise | 5267 |
| 10h00-10h30 | Movement to Music | RRV Hall | Kay | 6317 |
| 10h30-11h30 | Line Dancing | Ronnie Baker | Joan | 5138 |
| 13h30-16h00 | Badminton | Ronnie Baker | Marietta | 5024 |
| 14h00-17h00 | Men's Darts | Boma | Trevor | 5312 |
| 15h30-17h30 | Ladies' Darts | Candlewood | Pat/Lorraine | 5249/5312 |
| TUESDAY | | | | |
| 06h30-07h00 | Keep Fit Class | Ronnie Baker | Wendy | 5254 |
| 09h00-11h00 | Market Day | Café Munro | Denise | 5701 |
| 09h00-12h00 | Canasta Club (MRV) | Tom Millard Room | Clair | 5599 |
| 12h30 | Bridge Club | Ronnie Baker | Jean | 5116 |
| 13h00-15h30 | Billiards Club - men | Pool Room | Neil | 5267 |
| 13h30-16h00 | Indoor Bowls | Ronnie Baker | Trevor | 5312 |
| 16h15 | Table Tennis | Ronnie Baker | Rocky/Kay | 5109 |
| WEDNESDAY | | | | |
| 06h00-07h00 | Keep Fit Class | Ronnie Baker | Wendy | 5254 |
| 07h30-10h00 | Men's Snooker | Candlewood | Dave | 5406 |
| 08h30-09h30 | Exercise to Music | Ronnie Baker | Jenny | 5609 |
| 14h00-16h00 | Ronnie Baker Theatre Group | Ronnie Baker | Barbara | 5236 |
| 13h00- | Rummikub | Ronnie Baker | Dawn | 5325 |
| THURSDAY | | | | |
| 06h30-07h00 | Keep Fit Class | Ronnie Baker | Wendy | 5254 |
| 08h30-10h00 | Croquet | Boma | Gert/Olly | 5218/5182 |
| 13h00-15h30 | Billiards Club - men | Pool Room | Neil | 5267 |
| 13h30-16h00 | Badminton | Ronnie Baker | Marietta | 5024 |
| 14h00-17h00 | Men's Darts | Boma | Trevor | 5312 |
| 14h00 | Art Classes | Ronnie Baker | Pixie | 5019 |
| 14h30-15h30 | Bible Study | RRV Library | Pastor Denise | 6348 |
| 15h30-17h30 | Ladies Darts | Candlewood | Pat/Lorraine | 5249/5312 |
| 16h15 | Table Tennis | Ronnie Baker | Rocky/Kay | 5109 |
| FRIDAY | | | | |
| 06h30-07h00 | Keep Fit Class | Ronnie Baker | Wendy | 5254 |
| 07h30-10h00 | Men's Snooker | Candlewood | Dave | 5406 |
| 09h00-10h15 | Yoga | Ronnie Baker | Denise | 5267 |
| 12h00-16h00 | Rubber Bridge | RRV Hall | Mal | 6308 |
| 13h30-16h00 | Indoor Bowls | Ronnie Baker | Trevor | 5312 |
| SATURDAY | | | | |
| 14h00-16h00 | Ronnie Baker Theatre Group | Ronnie Baker | Barbara | 5236 |
| 14h00-17h00 | Canasta Club (MRV) | Tom Millard Room | Clair | 5599 |
| 14h30-17h00 | Petanques/Boule | Boma ground | Denise | 5267 |
| OTHER | | | | |
| 1st Friday | RAC Monthly Draw | RAC Office | Hugh | 5701 |
| 2nd Saturday/19h00-22h00 | Social Dance Club | Ronnie Baker | Leon | 5198 |
| 3rd Thursday | Speakers Corner | Ronnie Baker | Sue | 068 118 5449 |
| 4th Tuesday - 09h30 | Quilters Guild | Ronnie Baker | Lynne | 079 248 8354 |
| 4th Sunday - 10h30 | Christian Church | RRV Hall | Pastor Denise | 6348 |
| Every Sunday | Inter-denominational | MRV Chapel | Neil | 5267 |
| | Various Bible Studies | MRV Chapel | On notice board in Chapel lobby | |
| | Village Gym | Hibiscus Heights | Tom | 5460 |
| | RRV Gym & Pool Room | RRV Hall | Denzil | 6307 |
| Mon/Wed/Sat/13h15 | Village Bowling Club | MRV Green | Annette | 5703/5704 |
| Non-members can join for a "tabs-in" on Fridays at 14h45 | | | | |
| Pub is open Monday, Wednesday, Friday and Saturday between 16h00 - 18h00. All residents are welcome. | | | | |
| | S A Airforce Association | | Johnny | 5001 |
| Always Open | Swimming Pool | Behind the Boma | Mark/Chris | 5206/5270 |
| | Bingo | Ronnie Baker | Denise | 5267 |
| | Vingo (Bingo - visually impaired) | HH Pink Room | Denise | 5267 |
| Mon/Thurs/08h00-09h00 | Wheelchair Workshop | | Nick | 5092 |
| Mon/Fri - 08h15 to 10h15 | Tape Aids Library | Hibiscus Heights | Sharon | 5278 |
| Mon/Weds/Sat 08h30-11h00 | RAC Village Shop | Ronnie Baker | Jenny | 5609 |
| Tue to Fri - 08h30 to 11h00 | Comfort Fund - The Shoppe | Hibiscus Heights | Joan | 5308 |
| Tue/Thurs - 08h30 to 11h30 | Comfort Fund - Boutique | Hibiscus Heights | Sophia | 5463 |

INFORMATION AMENDED THIS MONTH IS HIGHLIGHTED IN RED AND WITH AN * (ASTERISK)