

FGV Newsletter

July 2016 - Issue 21

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Happy Birthdays

Meet a Resident

In Memoriam

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Titanic Trivia

An Autumn Newsletter introduction with a difference

I am writing this sitting on our patio looking at the beautiful Tsit-sikama mountains. After the gentle rain last night everything is sparkling in the morning sunlight. We certainly do live in a beautiful part of the world.

It is a pleasure to see the five new cottages occupied and their residents making a wonderful effort to plan and plant up their new gardens. The many upgrades to re-sponsored cottages, the on-going maintenance to the communal areas and gardens improve the overall appearance of the whole village.

The residents feedback meetings provide informal occasion for residents to freely express their concerns and opinions.

It is also a time for the House Committee to give an update on the village. No agenda is set and no minutes kept. This format seems to be appreciated by most residents.

Hooray! We will pass the winter solstice on 21st June.

Now sit back and enjoy this new issue of FGV news compiled by Sandra for your enjoyment.

John Lamb - House Committee Chairman

Falling Leaves

*Little leaves fall softly down
Red and yellow, orange and brown
Whirling, twirling round and round
Falling softly to the ground*

*Little leaves fall softly down
To make a carpet on the ground.
Then, swish, the wind comes whistling by
And sends them dancing to the sky.*

Welcome to our New Residents

With the cottage up-grades completed, we are happy to welcomed Ann Stratford to cottage 129, Tony and Ursula Millerd to cottage 133, Dennis and Heather Smith to cottage 56 and Pamela Rodwell to cottage 57.

To the Frailcare, we welcome Mrs. Gisela Kuster to Riley Wing room 6, Mr. Peter Gardiner to Riley Wing Room 18 and Mrs. Ursula Allan to Price Jones Room 41.

We trust that they are settled in and feeling at home in our lovely village.

With new renovations commencing, we will soon be welcoming Mrs. Ursula Godorr to cottage 20 and Mrs. Rozane Sayer to cottage 106.

Movement within the Village

Mrs. Mary Randon has taken up residency in Riley Wing room 29.

We hope that she is settling in well.



Happy Birthday wishes!



Age is a case of
mind over matter.
If you don't mind,
it don't matter.

Satchel Paige

During the next few months there are quite a number of our dear Octogenarians and Nonagenarians who will be celebrating their birthdays.

JULY 2016

8th	Sheila Brown	14th	Edna Humphrey
18th	Rita Klein	23rd	Patricia Bellingan
23rd	Harry Bungay	25th	Brian Hickey

AUGUST 2016

3rd	Shirley Johnstone	3rd	Cyril Rist
5th	Daphne Garmany	6th	Marina Niven
9th	Jennifer Hickey	14th	Betty Harris
17th	Ken Dickin	17th	Eunice Walls
17th	Heather Smith	19th	Lyndsey Wright
19th	Paula McLachlan	20th	Nell Meyer
28th	Ray van der Poll		

SEPTEMBER 2016

4th	Brenda Richardson	5th	Joan Weideman
6th	Lynn Connell	10th	John Dreyer
13th	Jean Baker	14th	Riena van Graan
14th	Nancy Wood	15th	Joan Deane
19th	Paddy Davies	19th	Joan Moubray
20th	Wouter de Vos	21st	Ruth Gess
22nd	Bill Harrison	28th	Gladys Cato
29th	Shirley Batterberry		

OCTOBER 2016

2nd	Barbara Hansen	3rd	Liz Mudd
3rd	Ann Swartz	12th	Dennis Smith
17th	Joan Chapman	19th	Val Kritzinger
21st	Dick Schreuder	23rd	Pat Hosack
27th	Peter Stratten	29th	Joan Ayres
31st	Val Williams		

Happy Birthday and many blessings to all of you.



HAPPY ANNIVERSARY

Heartiest congratulations and many blessings to our bridal couples who will be celebrating their special day during the next few months. We wish you every joy for the future.

Should I have left your name out, please let me know...



JULY 2016

Julie & Neville Whittaker 09/07/1966 50 years

AUGUST 2016

Peter & Nancy Stratten 22/08/1958 58 years

SEPTEMBER 2016

Lindsay & Rodger Wright 14/09/1957 59 years

OCTOBER 2016

Angela & Bill Harrison 18/10/1963 53 years

Joanie & Rob Hutchinson 18/10/1969 47 years

Neill & Lee-Ann Andrew 20/10/1967 49 years

In Loving Memory



Joy Hansen
02 March 2016



Mr. Patrick Webb
07 April 2016



Mr. Eric Stratford
17 June 2016

It is with great sadness that we note the passing of the following residents. Our sincere condolences to their family and friends.

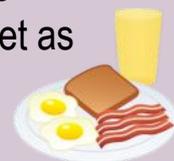
“Silently, one by one, in the infinite meadows of heaven,
Blossomed the lovely stars, the forget-me-nots of the angels.”
— [Henry Wadsworth Longfellow, Evangeline: A Tale of Acadie](#)

Breakfast Specials

Our Breakfast Menu has become quite popular, but seating is limited. Our next planned English Breakfast event is scheduled for the Saturday, 30th July @09h00.

Bookings open from the 15th July in the Admin area. The cost is R45.00 per person.

If you have a special dietary requirement, please make sure to note it on the booking sheet as the menu is set and the kitchen staff need ample time to prepare any special foods.



Special Orders Menu

As most of you know, our kitchen does special orders like cakes, savory snacks and sandwiches. These orders can only be placed with Sandra or Gerda between Monday and Friday.

No changes to orders or new orders will be accepted over the weekends.



Thrift Shop News



Thank you to all our regular supporters and also to everyone who donates their unwanted goods to our little Thrift Shop.

The money generated these last couple of months has been used to purchase and pay for a number of items which were not budgeted for. These include Kitchen equipment and 6 Forever Planks benches that will be used at Fire Drill points.

If you have any items you would like to donate to the Thrift shop, just give Sandra a call.

Donation News

Lately we have received many donations of books. Our Library is growing steadily and FGV has donated 8 boxes of books to Stromboli's Library.



During cottage upgrades, an old garage door and motor was donated to St Monica's congregation in Kwanokatula.

Staff Matters

QUANTUM ACCIDENT

On Monday, 23 May the FGV's Toyota Quantum Ses fikile bus was involved in an accident while transporting FGV domestics. None of the FGV employees were seriously injured .

We would like to thank all residents for their patience during the recovery of their maids.



WELCOME TO NEW STAFF



We welcome **Lizette Mills** to Reception. Lizette grew up in Plettenberg Bay and matriculated at Wittedrift High School. Lizette and her husband Charles have been Plett locals for over 40years. She previously worked at Uitsig Fruit Shop and thereafter as Receptionist at Jordaan & Pretorius Attorneys for the past 8 years.

Also a big welcome to Robin Damons and Daisy Damons, two new carers joining the Frailcare team.

STAFF TRAINING

We congratulate the following Frail care staff, Carer Elizabeth Bekker, Domestic Yvonne Ntsala, Carer Christa Lukas and Carer Jenny Terblanche who recently received a certificate for completing a course as Evacuation Wardens.

In total 15 Frail Care staff members attended the course and also received certificates.





The LIVING WILL (by Clive Hill, Legal Adviser, Sanlam Trust)



André van Niekerk
Financial Adviser
086 144 7755
082 498 3133

The medical profession and medical technology have made rapid strides since the second world war. Pharmaceutical companies plough millions of dollars into research aimed at finding new cures. Doctors can today cure diseases which were previously fatal, and keep incurable patients alive much longer than before.

We have only to recall the lengthy time former President Mandela spent in hospital prior to his passing to realize that medical science has made tremendous advances.

But what are the consequences of this? Does it mean the patient suffering from an incurable disease must be compelled to suffer longer? What of the impact on the patient's family and friends? And what of the monetary cost?

Many people today do not relish the prospect of being kept alive by artificial means and expensive drugs. But how do you ensure that your wishes are respected and that your doctors do not try to prolong your life unnecessarily? The Living Will is a recognized way of making an advance arrangement to protect you. At a time when you are unable to refuse treatment, for example you are in a coma, or cannot speak and write, your doctors will act upon your wishes not to be kept alive artificially.

What's the difference between a Living Will and a Last Will and Testament? Both are written documents signed by you. Your Last Will comes into being only *after* your death, while a Living Will is really an advance directive to your doctors as to how they should treat you when you are suffering from an incurable disease and reach a stage when you are no longer able to communicate your wishes to them. A Living Will is basically the written record of your advance decision that you do not wish to be kept alive by artificial means when your illness is incurable, and when your illness has advanced to the point that there remains no quality of life.

If you wish to give guidance to your doctors, it is your responsibility to draft a Living Will in such a way that it provides sufficient guidance to your doctors to act on it. It is no good restricting the circumstances under which your doctor should withhold treatment to a narrow range, because you might fall outside these circumstances. Likewise it is best not to be so wide in your description that your wishes are too vague to implement. Careful consideration in consultation with your doctor will produce a document which can be implemented.

It's no good having a Living Will but not giving signed duplicate originals of it to relevant people, like your doctor, your spouse or close family members. If you live in a retirement centre, the chief matron or other trusted person should have an original. If you wish to join Medic Alert, so that your need for special medicines can be disclosed at a time of emergency, the disc can also be engraved with the words 'Living Will'.

For further information, contact André van Niekerk Tel: 044 533 5951



Meet a Resident

Pam Rodwell

Pam Rodwell was born in Pretoria & attended Pretoria High School for Girls, before graduating from Natal University, Pietermaritzburg.

She married Denham Rodwell in 1965, and has 2 children, Justin who now lives in Knysna and Megan who lives in Perth. Her working career in Johannesburg alternated between teaching (mainly junior maths) and accounting. She and her husband moved to a farm in Harkerville, Plettenberg Bay in 1998, and after his death she moved into town.



Wendy Jager

I was born in Liverpool, 24th April 1939, five months before the 2nd world war. Survival was difficult but after 10 years we immigrated to South Africa.

Theo and I were married in 1961, we have two daughters. One an Architect, the other an Industrial Physiologist. We have four grand children.

I taught ceramics for 27 years, with three classes a week, whilst also supplying six shops with merchandise to sell. During this time my work was exhibited Regionally and

Nationally organized by the Potters Association of South Africa. My interests have been varied and many. Regretfully retiring I now enjoy my painting.



Dennis & Heather Smith

My name is Dennis Smith. Born in Rhodesia 1932, I spent a few holidays in Belgian Congo. After leaving school in 1949, I joined a Tobacco company as an auctioneer. I subsequently became Chief Auctioneer. I met my wife Heather who was originally from the UK. She was educated at the Notre Dame High School in Norwich England. We married in 1954 and had 3 sons.

I played rugby for Rhodesia in 1955 and soon after I was head-hunted by a Malawian Tobacco company and spent 18 years as Chief Auctioneer training the locals the art of auctions.

On retirement, we moved to South Africa and we are now happy citizens of Formosa Garden Village.



FUNNIES

Middle age is when you are at home on a Saturday evening, the phone rings and you hope it's not for you.

One reason why it's hard to save money is that our neighbours are always buying something we cannot afford.

Events Calendar at FGV

Formosa offers a variety of entertainment during the month for our residents and members.



Monday Tuesday Wednesday Thursday Friday

<p>Every Monday 10h00: U3A (Lounge)</p> <p>Every last Monday 18h15: U3A Film club (Lounge)</p> <p>Every Day 15h30: Friendship Hour in the Lounge</p> 	<p>Every 2nd Tuesday 09h30: Digitone (RW)</p> <p>Every Tuesday 15h30: Fun & Fitness (Lounge)</p> <p>Every 2nd Tuesday 18h30: BINGO (Lounge)</p> <p>Every Day 15h30: Friendship Hour in the Lounge</p>	<p>Every Wednesday 10h00: U3A (Lounge)</p> <p>Every 2nd Wed 14h30: FGV Movie</p> <p>Every Day 15h30: Friend- ship Hour in the Lounge</p>	<p>Every Thursday 10h00: Fun & Fitness (Lounge)</p> <p>Every Day 15h30: Friendship Hour in the Lounge</p> 	<p>Every Friday 08h30: Make & Bake (Lounge)</p> <p>Every 1st Friday 10h00: Catholic Mass (SDRM)</p> <p>Every 3rd Friday 15h30: Music Appreciation (Lounge)</p> <p>Every 4th Friday 09h30: Anglican Church Service (Lounge)</p> <p>Every Friday 13h30: (SDRM) Mah Jong</p> <p>Every Last Friday 17h30—18h30 Happy Hour in the Lounge</p>
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Please Remember

- ◆ The Library is open all day, every day for your enjoyment.
- ◆ The Bowling greens are kept weekly and we have Bowls that can be used. Please arrange with Lizette at the Reception.
- ◆ Detailed programs for each event (ie: U3A, Movie) is displayed in the Foyer.
- ◆ Weekly and Monthly calendars is displayed in the foyer should you require more information regarding upcoming events.

Gratuity Box Staff Donations

Emergency Number **2102

Did you know that the intercom phones can be used in times of emergency to call the Frail Care Staff? All that is required is to knock the phone off its cradle which will give off a signal in Riley Wing alerting the Sister to your need for assistance.



IN CASE OF AN EXTREME MEDICAL EMERGENCY OR A LIFE-THREATENING SITUATION, you may dial ****2102** from your internal phone for assistance.

All other calls to the Riley Wing should continue to be done in the normal manner. Calls made to the emergency number that are **NOT** emergencies will invoke the payment of a fine.



If you wish to give a staff member a financial gift or “tip”, we request that you **DO NOT** give to individuals as this causes unhappiness between members of staff. Instead place your donation in the locked gratuity box in the foyer.

This will ensure that all staff have a share in this “bonus” which is divided out in mid January when cash is usually in short supply.

Beneficiaries are our gardeners, drivers, maintenance staff, domestics, laundry and kitchen ladies, carers and domestics in Riley Wing who all look forward to receiving this wonderful bonus.

There are small white envelopes at the reception to assist you in this regard. We would like to thank each and every one who contributes towards the staff gratuity fund during the year.

Future Newsletters & New updated Website

Do you have an interesting story to share? Did we omit your wedding anniversary or a special occasion? Then we would like to hear about it.

I'm inviting residents to submit interesting stories or suggest a story that I can add to future newsletters. Drop off your story at the office, fax to 044 533 4209 or email it for Sandra's attention to newsletter.fgv@gmail.com



Operating Office Hours

We would like to remind residents of our office hours.

Monday to Thursday the office is open from 08h00 to 17h00.

Fridays we are open from 08h00 to 16h00.

Office is closed on Saturdays, Sundays and all Public Holidays. Staff are on lunch between 13h00 and 14h00.



The internal phone number for the Frail care is 102 and the direct phone number is 044 533 2718.



Going away on Holiday?

We remind residents to PLEASE fill in a **Going Away** form at reception even if it's only for 1 night. Supply all the information requested on the form. Missing information will cause confusion with Riley Wing's morning checks as well as Domestic and Gardener schedules.



Close all windows and lock your doors. **Please do not leave doors unlocked even if you are only going to town for an hour or so.** Remember if you have a set meal bookings, please cancel it with the office or you might get charged.

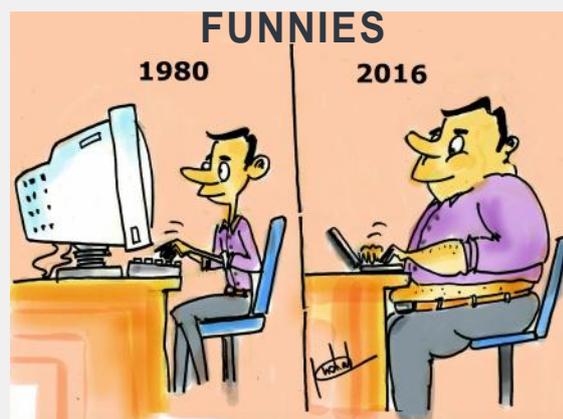
Pets

We are constantly receiving complaints from residents regarding other residents dogs fouling on their lawns. If you are a pet owner, please be considerate and clean up after your pet. And please, folks, dogs should be walked on a leash within the Formosa Garden boundaries and do not allow your dog to bark incessantly.



Handy things to Remember

- ◆ All catering needs to be booked at least one day in advance. The kitchen staff comprises of 4 employees who's responsibility also included catering for the Frailcare Breakfast, Lunch & Dinner as well as the daily Lunch menu served in the Dining room.
- ◆ The Maintenance department is responsible for the upkeep of the outside building and certain areas inside the cottage. We however will confirm with the resident should the "job" require outside assistance and also if it is for the residents own account.
- ◆ All maintenance issues must be reported to Sandra's office. No instructions should be given to maintenance staff directly as a job number needs to be issued and without a number, a job can not commence.
- ◆ We have received several requests regarding Gardener schedule changes. Unfortunately this schedule is set and can not be changed. Gardeners are expected to follow these schedules.
- ◆ The DSTV channels that FGV offer, is under the control and management of DSTV and changes to programs and channels is out of our control. Maybe consider getting your own private system as DSTV has different packages on offer that might suite your pocket. Contact Megasat in town for more information on 044 533 3948.
- ◆ Private TV Systems (DSTV) and Private computers and printers issues does not fall under maintenance. If you require a referral for assistance, please contact Sandra.
- ◆ Dogs are not allowed in the Admin or Frailcare area. Hooks for leashes are provided outside the areas.
- ◆ Cottage windows are washed on a 6-8 week rotation, dependant on the weather. We however cannot promise when your outside windows will be washed as we use our domestics during their available hours.
- ◆ You are liable to settle any Frailcare invoices and submit the claim to your Medical Aid. We are not contracted to any Medical Aids.



Annual Knysna Rose Society

The annual Knysna Rose Society's Annual Autumn Rose Show, with its overwhelming fragrance and kaleidoscope of colours, returned to delight young and old at the Knysna Mall on Friday, April 15 and Saturday, April 16.

As usual, Formosa Garden Village under the guidance of Mrs. Beth Lamb entered the competition.

We are glad to announce that FGV walked away with several prizes. These include:



1st Place Retirement Complex - General Galleries

1st Place Lady in Waiting - Just Joey

3rd Place - Overall Points Scored

Duchess - Little Red Hedge



CARD MACHINE

Remember that FGV has a Card Machine. It makes paying levies an absolute pleasure, so quick and easy.

Just remember to raise your daily spending limit to accommodate your levy.

We accept MasterCard and Visa - Credit Cards and Debit Cards



Avoid Computer Phone Scams



Cybercriminals don't just send fraudulent email messages and set up fake websites. They might also call you on the telephone and claim to be from Microsoft. They might offer to help solve your computer problems or sell you a software license.

Once they have access to your computer, they can do the following:

- ◆ Trick you into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.
- ◆ Request credit card information so they can bill you for phony services. **Never provide your credit card or financial information to someone claiming to be from Microsoft tech support.**
- ◆ Convince you to visit legitimate websites to download software that will allow them to take control of your computer remotely. **Once you do this, your computer and your personal information are vulnerable.**

Don't trust unsolicited calls. Don't provide any personal information.

Here are some of the organizations that cybercriminals claim to be from:

- Windows Helpdesk
- Windows Service Center
- Microsoft Tech Support
- Microsoft Support
- Windows Technical Department Support Group



Should you receive such a call, tell the operator **you are not interested** and hang up the call immediately.

IMPORTANT NUMBERS TO REMEMBER

Police

044- 501 1900/

044-501 1937/

044-501 1941

(from Cellphone)

110



Fire Department (24hr)

044 533 5000

Fire Department (Office)

044 501 3230



Ambulance

MED LIFE

044 533 6444

072 054 9110

ER 083 320 1199

NET CARE 0082 911



Security EXT: 120

Riley Wing Emergency

**2102

During Office hours

Maintenance EXT: 103

Reception EXT: 100

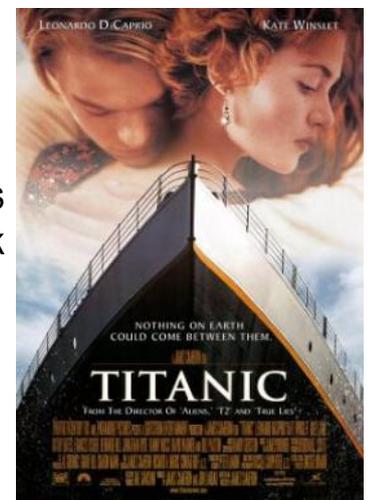
Riley Wing EXT: 102

Titanic Trivia Tribute

For more than a century, people have been fascinated by the story of the Titanic, the “unsinkable” ship that met its demise on April 15, 1912.

Here are a few facts you may not have known:

1. The RMS Titanic was the world’s largest passenger ship, measuring 269 metres (882 feet) in length, and the largest man-made moving object on Earth.
2. The ship burned around 600 tonnes of coal a day – hand shovelled into its furnaces by a team of 176 men. Almost 100 tonnes of ash were ejected into the sea each day.
3. The ship's interiors were loosely inspired by those at the Ritz hotel in London. Facilities on board included a gym, pool, Turkish bath, a kennel for first class dogs, and a squash court. It even had its own on board newspaper – the Atlantic Daily Bulletin.
4. There were 20,000 bottles of beer on board, 1,500 bottles of wine and 8,000 cigars – all for the use of first-class passengers.
5. The Grand Staircase on board descended down seven of the ship’s 10 decks and featured oak panelling, bronze cherubs and paintings.
6. The staircase at the White Swan Hotel in Alnwick, contains banisters from the Grand Staircase of the Titanic’s sister ship, the Olympic.
7. Only 16 wooden lifeboats and four collapsible boats were carried, enough to accommodate 1,178 people, only one-third of Titanic's total capacity, but more than legally required.
8. 100,000 people turned up to see the ship’s launch on May 31, 1911.
9. Of the 885 crew on board, just 23 were female.
10. The last supper served to first-class passengers consisted of 11 courses.
11. John Jacob Astor IV was the richest passenger on board, with a net worth of around \$85m (approximately \$2bn today), and went down with the ship. One legend claims that after the ship hit the iceberg he quipped to a waiter: “I asked for ice, but this is ridiculous”.
12. Another notable victim was Benjamin Guggenheim, an American businessman. Realising that the ship was going down, he and his valet, Victor Giglio, reputedly changed into their evening wear while he remarked: “We've dressed up in our best and are prepared to go down like gentlemen.” They were last spotted on deck chairs drinking brandy and smoking cigars.
13. Two of the nine dogs on board were rescued – a Pomeranian and a Pekinese.
14. The last remaining survivor of the disaster, Millvina Dean, died on May 31, 2009, aged 97. She was two months old at the time.
15. The iceberg was spotted at 11.40pm on April 14, 1912, by lookout Frederick Fleet,.
16. Edward Smith, the ship’s captain, also went down with the vessel. His last words were ““Well boys, you've done your duty and done it well. I ask no more of you. I release you. You know the rule of the sea. It's every man for himself now, and God bless you.” A statue of him can be seen in Lichfield, Staffordshire.
17. A lifeboat drill, scheduled for April 14, was cancelled for unknown reasons.



Join us Wednesday, 27 July, at 2:30 p.m., for a special viewing of the movie “Titanic.”