

Christmas Newsletter

*As the holiday season approaches,
We hope it finds you happy and
healthy!*

*Whatever brings you the most of
happiness, whatever means the most
to you, may you be blessed with the
togetherness of all and may the
season be one of the best.*

SEASON'S GREETINGS

*From all at
FGV*

20 **Nov** 17
Issue 25



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Birthdays

Meeting our new residents

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Holiday season Calendar

Important FGV protocols

....and much more!

It's almost unbelievable that another year has passed and in just a few short weeks, we will celebrate Christmas with its Spirit of Goodwill and Friendship.

With so much of the world experiencing everyday violence and uncertainty, residents of FGV are indeed fortunate to have surroundings of Peace and Tranquility.

As most of Plettenberg Bay and Knysna is still recovering from the devastating fires, we have witnessed several changes in and around the village. This includes the building and completion within the set time frame and budget, of the 3 new B2 cottages.

Current upgrades at cottage 117, 99 and 9, will soon be finished and we will welcome new residents to our village.

New upgrades will soon commence at cottages 45, 50, 54 and 115 once the sponsoring process has been completed.

The street light project is still ongoing and will be completed in the next few months.

The village is looking so beautiful and colorful and we commend Alie and his group of gardeners for the beautifully laid-out and neatly kept gardens. As Spring has sprung, we indulge in the beautiful landscape of multi colored flowers every where the eye can see.

FGV would also like to welcome Mr Theo Jager as the new House Committee Chairman.

Merry Christmas and a Happy New Year

THE LIBRARY DURING THE FESTIVE SEASON

Would anyone like to help Bonnie & Pamela keep the Library neat and tidy as from end of November 2017 to mid-January 2018?

Your help would be greatly appreciated.

Please phone Pamela
at ext 4080 or 044 533 2808.



FGV Movement

The building process of the 3 new B2 cottages have been completed and we officially welcomed Hugh and Joy Stacey to cottage 145, Angus and Jeanette MacNair to cottage 146 and Geoffrey and Ann Armitage to cottage 147.

Francis Cope has moved into cottage 100, Colleen Shuttleworth into cottage 122 and Judy van Dyk and João Gomes into cottage 123.

To the Frailcare, we welcome Mrs Pam Brown, Nel Meyer to Riley Wing room 16 and Mrs. Edith Hartnell to Price Jones room 37.

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

As current renovations are nearing the end, we will soon be welcoming Mr. Graham Jamieson to cottage 9, Mrs. Elle Holmes to cottage 99 and Mr. Michael & Mrs. Anne Clarke to cottage 117.



Meet our new residents

Hugh and Joy Stacey to cottage 145



We were excited to get a phone call from Philip in November last year telling us that our 15 year wait for a cottage at Formosa had borne fruit and that we were being offered one of the three new cottages to be built at the top of the property. We kept a close watch on building progress over the period from mid-January this year and eventually moved in the middle of September. We are thrilled with the outcome of the finishes we chose for the cottage. A big thank you to Philip and all the staff at FGV for making our move fairly painless.



We came to Johannesburg from Rhodesia, as it was then, in late 1974, Hugh on transfer from Salisbury with Anglo American and Joy to continue her most important career as a mother to our 3 boys. We bought a house in Plett in 1987, from the late, well known, Henri and Louise Marais and we retired to that house in 2001.

We are blessed with three sons and 5 grandchildren, all of whom live in Johannesburg so we are able to see them regularly.

We are still active, Joy playing tennis twice a week and being busy in our small new garden, and Hugh playing golf and bowls.

Angus and Jeanette MacNair to cottage 146

We were both born and grew up in Johannesburg and have been married for 53 years having known each other since childhood. We have 4 sons two of whom the eldest and the youngest live in Brisbane and the middle two in Johannesburg. They each have 2 children and so we are blessed with 5 grandsons and 3 granddaughters.



After Angus retired as a practising attorney in Johannesburg we decided to come and live in Plettenberg Bay. Our interests were golf, boating, birding and beach and now bowls. We have lived in Plettenberg Bay for 16 years and were delighted when we were offered to sponsor a new cottage at the end of 2016. We moved into FGV in the middle of September and are extremely happy in our new abode and with all the facilities FGV offers. We would like to thank Phillip, Gerda and all their staff for the help they have given us.

Meet our new residents

Geoffrey and Ann Armitage to cottage 147.

Geoff and I came to Plett in 2014 having farmed tobacco, crops, flowers and thoroughbreds in Zimbabwe for 40 years and like so many other farmers there, had our farm taken by the government with no compensation so far.

We built at Turtle creek, where we lived for 13 years and sad as we were to leave our home there, we were so thrilled to have moved into Formosa Garden Village.



We have 2 children who both with their families live in Cape Town.

Judy van Dyk and João Gomes to cottage 123.

Judy was born in England, came to South Africa as a baby. She and her first husband, farmed in De Wildt. After he passed, she moved to Plett where she had a holiday home. She has 2 children, a son and a daughter.



João was born and raised in Mozambique and Portugal. He was in the employment of the Mozambican Government until he met a South African girl and due to the fact that he was not allowed to marry a non-Portuguese woman, he left their employ and settled in South Africa where he married her and had 3 children, a son and 2 daughters.

After she passed away, he moved to Plett where he met Judy and they have just celebrated their 10th wedding anniversary this year.

We welcome Judy and João to Formosa Garden Village.

Colleen Shuttleworth to cottage 122



What a pleasure it is to be living in Formosa Garden Village. Everyone has been so kind, helpful and welcoming. I came to live in Plettenberg Bay in 1994 with my husband Pat, from Johannesburg, in the house my mum and dad built and which we then bought from them.

Before that we lived in various places, often out in the veld in a small 'fold up and go' Terrapin house, as Pat worked on structures as a Civil Engineer. We met through a mutual contact on the tennis court, both played rather poorly, but in spite of this, the meeting resulted in our marriage in 1963.

We enjoyed outdoor activities, tennis, hiking, a little snow skiing, loved swimming and body surfing, and before he died, 10 years ago, we were both enjoying bowls. We have three children, a daughter teaching in Cape Town, married to a teacher, with three children, a son in Johannesburg, married with two adopted children and a son who with his wife and three children, lives on the Channel Island of Jersey.

New Projects

We refer to the AGM report dated 31 March 2017 and mentioned by the Chairman at the last AGM, in which he referred to the plans for the new building project of the 5 B2 cottages below cottage 107. These cottages will have a similar layout as the 3 recently completed B2 cottages above cottage 128.

The appointed Architect, Mr. P Scheepers, has informed the Committee that he has forwarded the drawings and layout plan for the five new B2 cottages to Bitou Municipality for their scrutiny with an expected approval time of six to eight weeks.



POOL GARDENS



FGV Management would like thank Mrs. Joan

Ayres for her contribution in the maintenance and upkeep of the gardens around the pool area. She has retired for this volunteering duty as she expressed the wish to have more free time to herself. Alie will be taking over the normal maintenance and upkeep with the help of Bonile.

Meet our new residents

Francis Cope to cottage 100

Originally from Alberton, she attended school in Potchefstroom. She eventually returned to her hometown where she met her husband, David and they had 3 children who all still reside in Johannesburg.



She and her family spent many holidays in Plett and Knysna as her in-laws were residents of Formosa Garden Village. Sadly her husband passed away 7 years ago.

In January 2017, Francis received a call and was offered a cottage. As she felt it was time for a change, she accepted the offer and bid Johannesburg farewell and moved to Plett into her new little cottage by the sea.

Thank you to FGV - by Elma and Les Bergh

Once again as we approach this special time of the year in our Christian calendar, Les and I would like to express a very big thank you to Philip and Gerda, Sandra and Lizette and all our helpful admin staff of this beautiful FGV in which we are privileged to live.

To thank Matron Hanlie and her wonderful team of sisters Ingrid and Daphne and all our kind, caring carers and nursing staff who so patiently and lovingly attend to the sick and frail. To thank our ever-cheerful domestics and gardeners and maintenance staff for keeping our cottages and gardens looking so beautiful and cared for —yes, even after the destructive, Great Fire of 2017.

We love you and thank you and wish you all a very Happy, Healthy Christmas and loads of Blessings in 2018.

Phone Scams

Cybercriminals are up to their old tricks again. We have received several reports that residents have received calls from **“Microsoft” to offer help in solving their computer problems or sell them a software license.** Once they do this, their computer and all personal information are vulnerable.

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

Large Print Books

Mrs Swanepoel and her team of librarians from the George Municipal Library, have graciously donated a large number of their old, redundant large print books to our library. We hope you enjoy the fresh reading matter on our shelves. Our grateful thanks and appreciation to Mrs Swanepoel and her team for this generous gift.



We apologize for any omissions.

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

Birthday and many blessings to all of you.

NOVEMBER 2017

- | | | | |
|------|----------------|------|----------------|
| 3rd | Margie Arnold | 4th | Norman Gess |
| 5th | Jean Wilkinson | 11th | John Lamb |
| 11th | Elma Bergh | 22nd | David Atkinson |
| 25th | Ivan Baker | 25th | Roger Wright |
| 29th | Rene Isemonger | | |

DECEMBER 2017

- | | | | |
|------|-----------------|------|-----------------|
| 13th | Leslie Bergh | 14th | Flo Schreuder |
| 17th | Leslie Burnell | 20th | Val Gardner |
| 24th | Nancy Wilkinson | 26th | John Taylor |
| 31st | Margie Couper | 31st | Chappie Chapman |

JANUARY 2018

- | | | | |
|------|-----------------|------|-------------------|
| 2nd | Tony Millerd | 15th | Ann Holmes |
| 18th | Francis Porlock | 20th | Geoffrey Gardiner |
| 20th | Clare Anderson | 21st | Brenda Masterton |
| 22nd | Jackie Bass | 26th | Sally Du Plessis |
| 28th | Helen Rogers | | |

FEBRUARY 2018

- | | | | |
|------|--------------------|------|----------------|
| 5th | Mary Marais | 6th | Aiden Buchholz |
| 15th | Barry Stroebel | 16th | Ursula Allan |
| 16th | Joanie Hutchinson | 17th | Elaine Vosges |
| 17th | Mala van Huyssteen | 18th | Jackie Delport |
| 22nd | Nancy Stratten | 23rd | Joy Williams |
| 26th | Dixon Russel | | |

Requiescat in Pace



Cyril and Jean Rist



Kathleen Petersen

It is with great sadness that we note the passing of the following residents.

Our sincere condolences to their family and friends.

Vehicle Policy

PRIVATE VEHICLE:

Formosa Garden Village is a Non Profit Public Benefit Organisation and therefore we need to adhere to the National Road Traffic act 93 of 1996. Please check that your vehicle licence is valid and as a driver, you must be in possession of a legal South African drivers licence.



BOOKING DRIVERS:

Should you need to go somewhere but are unable to drive yourself, contact the office to **book a driver.** Charge's are applicable.

SPEED LIMIT:

We have received several complaints regarding drivers not adhering to the 20km/ph speed limit and also driving recklessly around turns and corners within the FGV premises.

Please keep to this speed when driving on all roads in the village.



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 make the Riley Wing phone ring and this will alert the Sister to your need for assistance. Should there be no answer, the sisters will investigate.

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

MERRY CHRISTMAS



Stage 1 Water Restrictions



We would like to remind residents that we are still currently in **Stage 1 water restrictions.** (Refer to Bitou Municipality's letter circulated 6 June 2017) Watering of gardens are only permitted twice a week between 16:00 and 18:00, Mondays and Thursdays only. No hosing of roofs and driveways and no washing of vehicles with a garden hose will be permitted. Remember there are water tanks in cases of emergencies.

Should the Bitou water situation get worse, Stage 2 will be implemented and the above arrangement will fall away. Please remember to adhere to the restrictions as per the Bitou Municipal Drought Policy.

We are receiving countless calls daily from residents informing us that neighbours are not adhering to the restrictions. We ask that you all please be considerate of the fact that water is currently a scarce commodity. Your assistance in this matter will be appreciated.

The current FGV cottage maintenance policy states:

External maintenance and upkeep of cottages, remains the responsibility of FGV. These include:

- The painting, waterproofing and varnishing thereof
- Cottage doors, window frames, windows, gutters, external door locks and structural defects
- Water, Sewerage, geyser and legal electricity connection up to and including the outlets
- Bulbs for internal and external fixed light fittings only
- Weed spraying restricted to the common roads / paved areas and communal gardens.

Internal maintenance and upkeep of a cottage, while occupied, remains the responsibility of the resident. These include:

- General maintenance of the inside of cottages which includes varnishing and painting of the cottages.
- Normal wear and tear items – cottage keys, cupboards, handles, toilet seats, carpets, tiles, shower doors, garage motors, remotes, sink and basin plugs within the cottage. Weed spray of the cottage garden and surrounding paving area.
- Breakages caused by the resident.
- Bees and ants



Maintenance team can assist with minor repairs inside cottages if reported to the office. Charges for the residents account may be applicable and will be discussed prior to any internal repair work. All maintenance requests will be investigated and handled accordingly. If staff is available, we can assist you with moving of furniture, but this will only happen, when the staff are not occupied with maintenance jobs.

Handy things to Remember

- ACCOUNT QUERIES: Contact Sandra on Ext 103 for any queries regarding your account.
- MAINTAINANCE: *Report all maintenance to Sandra directly.* Maintenance queries need to be issued with a job number and this can only be done by her. Do not instruct the maintenance team directly, as they are not allowed to assist you without an issued job number.
- PRIVATE ELECTRICAL EQUIPMENT: Repair of items such as bed lamps, irons, kettles, hair dryers, radio, heaters and cellphones, does not fall under the Maintenance department. Please contact the office for a referral, if you do not know who to contact for assistance.
- GARDENS: Gardener schedules are set and can not be changed. Please use your allocated gardening times with your gardeners to do jobs like, trimming shrubs, sweeping up leaves and removing leaves from your gutters and drains.
- DOMESTICS: If you have extra hours booked and your domestic is on leave or sick, an alternative domestic will be offered. We however cannot guarantee the same times, but we will try to accommodate you. Charges for extra hours will still be applicable.
- PRIVATE WORKERS: Any private domestic, gardener or carer entering FGV, needs to be registered with the office and should be wearing a allocated bib. Bibs available from office.
- CATERING: no orders to be given to the Kitchen staff directly. Only orders received from Sandra with an order number, will be accepted and made by the kitchen staff.
- All catering needs to be booked at least one day in advance. The same applies to any cancellations of orders and meals. Failing to do so, could result in charges to your account.
- ACCOUNT PAYMENTS: we accept credit card and cash payments. Please remember to use your account number as reference on any bank transfers
- ADMIN CHARGES: Should you make use of the office to fax, email & make copies, charges will apply. Please check with Lizette if you would like a breakdown of the charges.
- BLOCKED DRAINS: Please refrain from flushing any foreign objects down the toilets. We have had several blocked drains over the past few weeks. Our maintenance staff are constantly having to remove items other than toilet paper from these drains.
- GOING AWAY: Should you go on holiday, for even just one night, please advise Lizette. Remember to cancel domestics and meals if you are away. Neglecting to do so, could result in charges to your account.
- TV CHANNELS: 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 suit your pocket. Contact Megasat in town for more information on 044 533 3948.
- PRIVATE ISSUES: Private TV Systems (DSTV) and Private computers and printer issues do not fall under maintenance. If you require a referral for assistance, please contact Sandra.
- PETS: Dogs are not allowed in the Admin, Dining room or Frailcare area. Hooks for leashes are provided outside the areas.
- WINDOW CLEANING: Cottage windows are washed on a 6-8 week rotation, dependant on the weather. The domestics are scheduled accordingly during their available hours.
- MEDICAL AID: You are liable to settle any Frailcare invoices and submit the claim to your Medical Aid. We are not contracted to any Medical Aid. FGV can only assist with emailing or faxing your claim, but we do not handle phone calls or queries with Medical aids.

Christmas Mini Market

Our annual Christmas Mini Market will be held in the FGV lounge on Thursday 30 November 2017, commencing at 8:30am until 11:00am.

Do invite your friends to join you in browsing the stalls and doing your early Christmas shopping.



Coffee/Tea and muffins will be served.

Cocktail Party

The annual Cocktail Party hosted by Executive Committee will take place on Tuesday, 05 December 2017 at 18h00 for 18h30.

Please diarise this date and come and join in the happy get-together of FGV residents. Besides the wonderful feast prepared by our own kitchen, we will serve wine, beer, soft drinks and fruit juices.

Please book your attendance at the office before the 24 November 2017. See you there.



Private Contractors

We would like to remind you that for security purposes, no private contractors - Telkom, Eskom, builders, painters, electricians - are allowed to enter the village over weekends and public holidays. Only gardeners, domestics and private carers registered with the office and issued with the blue, pink or white bib, will be allowed to enter the premises on these days.



Gratuity Box Staff Christmas

"When you wish someone joy, you wish them peace, love, prosperity, happiness... all the good things."

— Maya Angelou

If you wish to give a staff member a financial gift for Christmas, 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 extra blessing which is divided out in mid January when cash is usually in short supply. Beneficiaries are our gardeners, maintenance staff, domestics, laundry and kitchen ladies, carers and domestics in Riley Wing who all look forward to receiving this wonderful bonsella during a very lean month.

There are small white envelopes at the reception to assist you in this regard. Thank you for your generosity.

Plant theft from the garden of cottage 127

We have received another complaint regarding plants being removed from cottage gardens without the permission of the resident. Any information regarding the whereabouts of the plant will be appreciated.



Please refrain from removing plants, pot plants and garden ornaments from any area in the village - vacant and occupied cottages- without the permission of the resident or the Manager.

Staff Matters

We welcome a few new faces to our FGV staff in various departments.



Sister Irene de Bruin

Originally from the Freestate, she moved to Plett a year ago with her husband of 25 years, Brahm and her 14 year old son Xavier. While she spends her working hours helping at FGV, her son is homeschooled by her husband.

Lugene Grainger (Hendricks)

She is a familiar face as she used to be part of the Frailcare staff team, but getting married and becoming a mom took her on a different path.

We sure are glad that path lead her back to FGV.



To our Domestic department, we welcome Esther Somagu.



Training

On August 22nd, several members of staff completed a Fire Safety Training course at FGV hosted by SafeTech Medical and Safety Training Specialist.



Congratulations to Themba Kanzi, George Plaatjies, Daisy Damons, Elizabeth Bekker, Sonika Malgas, Rowena Meswati, Francina Davids, Gwen Kasayna, Ruduwan Michaels, Yolande Kapp, Lizette Mills, Caroline Marais, Gairo Landown, Zukiswa Boltina and Ephraim Gwija.

Their training included first response in the case of a fire and they each will receive a Certificate of Competence.



Some of the proud students with their certificates

Prayer of St Francis

Lord, make me an instrument of your peace:
where there is hatred,
let me sow love;
where there is injury,
pardon;
where there is doubt,
faith;
where there is despair,
hope;
where there is darkness,
light;
where there is sadness,
joy.

O divine Master,
grant
that I may not so
much
seek
to be consoled as to
console,
to be understood
as to
understand,
to be loved as to
love.
For it is in giving
that
we receive,
it is in pardoning
that
we are pardoned,
and it is in
dying that
we are born
to eternal
life.

CHRISTMAS LUNCH

You are invited to join us for the Christmas Lunch on Christmas Day in the Dining room at 12h00. Cost is R 220.00pp. Bookings are essential as space is limited to 60 seats. Book at the office.

Booking closes on the 11 December 2017. No cancellations accepted after bookings are closed.

LUNCH BOOKINGS

It is essential that bookings for weekly and Sunday Lunches be made in advance the day prior to the intended meal. Residents are responsible for making their own bookings as phoning the office could result in names not being added to the lunch schedule as staff in the office tend to be occupied when calls are received. It is advisable that should you make a booking by phoning the office, that you make sure to confirm that your name has been added.



Riley Wing Charges

Please remember that should someone from the Riley Wing be called out to your cottage for Bed/Bath assistance, bed making, or any other visit that you require from them, there will be a charge applicable. Should you wish to confirm these charges, please contact the office or the Riley Wing.

Administration of residents prescribed medication

Various Legislation prohibits Frail Care staff to “de-cant” prescribed medicine for residents. They are also not allowed to stock or administer any emergency medication without it being prescribed by a Medical practitioner.

These are;

1. Older Persons Act
2. Department of Social Development set protocols (Norms and Standards)
3. Nursing and Medicine Acts (scope of practice)

In order for the Frail Care staff to assist residents in the future with the dispensing of their prescribed medication, it must be pre-packed by your Pharmacy in the form of Blister Packaging. The packaging costs can be added to your Pharmacy bill if you wish to do so.



Please contact Plett Medicine Depot for cost of the pre packed medication on 044 433 2278.

FGV Emergency Policy



The Frail Care sister on duty will respond to a medical emergency, if reported, but may not transport or medicate a resident in need of medical attention other than first aid. Upon arrival the sister will assess and stabilize the person, do basic first aid, and refer the resident to a hospital via ambulance. The above policy is in line with the Older Persons Act and other retirement villages to prevent negligence litigation.

Panic Button

Panic buttons can be requested from the office. A once off cost of R215.00 will be charged to your account. The Panic button works with a small A23 battery and therefore it should be tested at least once a month. This can be done by calling the Riley Wing and informing them that you would like to do a test. Then press the button for 3 seconds and the Riley Wing will receive the signal. If the signal is not received, the panic button can be handed to Bugs for inspection. Should you require a new battery, you can purchase one from any store or buy one from FGV at R30.00 per battery.

Donations

At Formosa we are in a very privileged position and therefore we are able to assist those less fortunate than us. We recently donated several pieces of carpets taken out of renovated cottages. One of the establishments that received such a donation was Siyakhula Crèche in Qolweni.

From the Frail Care, we donated several old wheelchairs and beds to a Frail care in Kranshoek.



Music Afternoon with Mel Botes



Join us for an afternoon of music fun brought to you by our guest entertainer Mel Botes.

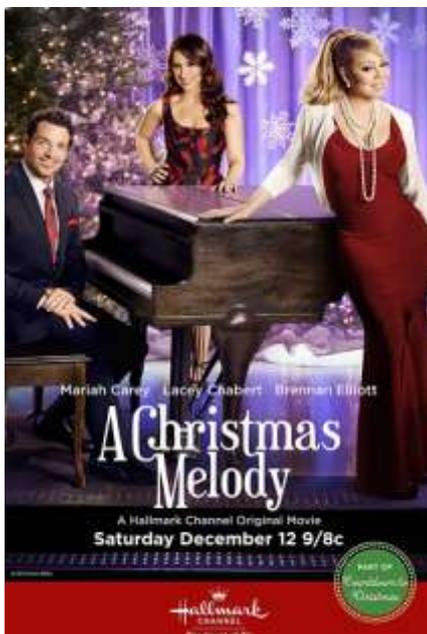
Thursday, 07 December 2017 @14:30

FGV Lounge

All welcome

Christmas Movie at FGV

A gift of music transports people back to another time and place where they find their truest feelings.



Director: [Mariah Carey](#)

Writer: [Jennifer Notas Shapiro](#)

Stars: [Lacey Chabert](#), [Brennan Elliott](#)

Wednesday, 22nd December 2017

@ 14:30 in the FGV Lounge

RESIDENTS FEEDBACK MEETING: A Residents Feedback meeting is scheduled for Friday, 1 December 2017 at 10:00 in the Lounge.

Reminders will be sent out closer to the date. Please diarise this date.



COTTAGE GARDENS: Please remember that your private garden work such as, tree and plant trimming, planting, sweeping up leaves & frequent cleaning of gutters, does not fall under the Maintenance department, therefore you should use your gardener during the appointed times they are with you to do the above work.

FGV maintenance will do a scheduled gutter cleaning twice a year.

DOGS: When you need to leave your dog alone at home, please try to keep them safe and happy inside. Unnecessary barking of "unhappy" dogs alone at home is a disturbance for other residents that might be resting. Also, please clean up after your pets.



'Twas the Month AFTER CHRISTMAS

'Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt---

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Author Unknown

Merry
CHRISTMAS AND A HAPPY *New Year*