

Formosa Garden Village

March 2019 *** Issue 29



Movement and renovations at FGV

Since the last newsletter, much of the building work on the new cottages as well as the upgrades of the re-sponsorship cottages has been completed and we have welcomed a few new residents.

They are, Norman & Lucy Dodd to cottage 9, Tim & Elizabeth (Biffy) Wiener to cottage 40, Christopher & Peta van Gass to cottage 43, Thomas & Deirdre Minikin to cottage 103, Margaret Brown to cottage 148, Ronald & Muriel Cubitt to cottage 149, Rodney and Hazel Hill to cottage 150, Denise Anderson to cottage 151 and Tinus Oosterveld & Maria Wagener to cottage 152. Heather Karis has moved into cottage 13 and Pamela de Vos Bonthuys will soon be moving into cottage 54.

The upgrade and renovations are still currently ongoing at cottage 27 and once it is completed, we will be welcoming Jill Waterman. Cottages 2, 11 & 17 are still in the sponsoring phase and upgrades will commence once these have been sponsored.

To the Frailcare we welcome Jackie Delpert, Dixon Russell, Mala van Huyssteen and Joan Chapman.

The upgrade and renovations to the main building are almost completed. The large tiles create a seamless look and is a beautiful focal point that gives the illusion that the space is bigger **than it is**. **The new wheelchair friendly toilet and the bigger men's facilities will definitely be a** welcome addition to the admin building.

The renovations to the main kitchen have also been completed.

We would like to thank all of you for your patience during the renovations.

Cybercriminals

Cybercriminals are up to their old tricks again. We have received several reports that residents **have received calls from "Microsoft" and "Telkom" to offer help in solving their** computer/internet problems or sell them a software license. Once they do this, your computer and all your personal information is vulnerable. **Don't trust unsolicited calls. Don't provide any personal information over the phone** or computers.



Breakfast Specials

Our kitchen has introduced a Breakfast Menu on selective Saturdays. It has become quite popular, but seating is limited. Please keep an eye out on the notice board for when these special breakfast mornings take place and book your spot.

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, savoury snacks and sandwiches. These orders can only be placed with Sandra or Gerda between Monday and Friday. No new orders will be accepted over weekends.



Happy Birthday wishes!

We apologize for any omissions.

“Wishing you a day filled with happiness and a year filled with joy. ...

MARCH 2019

1st	Sally Taylor	2nd	Dr. Peter Bunton
3rd	Judy Gomes	3rd	Lucy Dodd
6th	John McCallum	6th	Hugh Stacey
7th	Neill Andrew	7th	Pam Rodwell
12th	Godfrey Bass	14th	Rev. Erik (Andy) Andersen
17th	Ailsa Mann	17th	Tim Wiener
18th	Betty Sleight	21st	Edith Hartnell
22nd	Beryl Holliday	22nd	Frances Cope
24th	Heather Karis	24th	Rosemary Davies
25th	Nan de Jager	25th	Thomas Minikin
30th	Neville Isemonger		

APRIL 2019

3rd	Penelope Kerr	3rd	Chris Morris
4th	Rodney Hill	6th	Rose Mudd
10th	Dr Denis Carroll	12th	Wendy Jones
12th	Jeanette Macnair	13th	George von dem Busscche
13th	Rob Hutchinson	17th	Cyril Baumgartner
18th	Elizabeth (Liz) Grobler	24th	Wendy Jager
28th	Sheilagh Broderick	29th	Daphne Simkins
29th	Joan Woodley	30th	Diane Hart

MAY 2019

1st	Jane Mullin	1st	Crystal Paterson
6th	Elizabeth (Liz) Webster	9th	Don Ayres
11th	Jen Mitchell	11th	Margaret Strahlendorf
14th	Patricia Rowe	14th	Derek Ritson
14th	Joyce Biller	22nd	Val Braby
24th	Barbara Crews	24th	Di Faragher-Thomas

In Loving Memory

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

"Yesterday is history, Tomorrow is a mystery, Today is a gift ... That's why they call it the present."
- Eleanor Roosevelt



Mary Randon



Brian Hickey



John Dreyer



Chappie Chapman



Dick Schreuder

Renovations to the Main admin building and kitchen



Thrift Shop

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 table cloths for the dining room and staff training.

Thank you for your support.

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.

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



Events Calendar at FGV

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

- Library : Open all day, every day for your enjoyment.
U3A: Mondays and Wednesdays at 10h00 (Lounge)
U3A Film Club: Last Monday of the month at 19h00 (Lounge)
Contact: Henry Timme - 044 535 9041
- Bridge: Mondays at 13h45 (Dining Room)
Contact: Jean Korck - 044 533 0340
- Digitone (Hearing aids): Every 2nd Tuesday at 09h00 (Riley Wing)
Contact: Stephen - 079 337 0839
- Fellowship: Tuesdays at 10h00 (Lounge)
Contact: Lisa Ritchie - 044 533 3032
- Fun and Fitness: Thursday at 10h00 (Lounge)
Contact: Marlaine Coetzee—044 533 1889
- Bingo: Every 2nd Tuesday at 18h30 (Dining Room)
Contact: Jenny Stevenson - Cottage 125(4125)
- FGV Movie: Every 2nd Wednesday at 14h30 (Lounge)
Contact: Lizette at Reception
- Make & Bake: Fridays at 08h30 to 09h30 (Lounge / Foyer)
Contact: Penny Denman - Cottage 85 (4085)
- Music Appreciation: 3rd Friday of the month at 15h30 (Lounge)
Contact: Pamela de vos Bonthuys-Cottage 80 (4080)
- Anglican Church Service: Every 2nd Friday at 09h30(Lounge)
Contact: Lynn Connell - Cottage 114 (4114)
Rev. Erik Andersen—Cottage 93 (4093)
- Mah Jong : Fridays at 13h30 (Small Dining Room)
Contact: Mrs. Lyndsey Wright - Cottage 96 (4096)
- Rotary Anns: Every 3rd Monday of month (Check to confirm)
Contact: Jill Haysom—Cottage 113 (4113)
- Happy Hour: Every last Friday of each month at 17h30 (Lounge)
Contact: Jeanette Mitchell - Cottage 128 (4128)
- Croquet: Fridays at 15h30 on the Greens
Contact: Di Faragher-Thomas—Cottage 110 (4110)

Croquet is an ideal way to spend a summer's

afternoon and provides gentle exercise without being too strenuous. It involves a combination of mental and physical skills.

Why not join in for a fun afternoon game.



Friendship Hour

We invite all our residents to a Friendship Hour at 17:30 every last Friday of each month in the Lounge. Come and relax and meet some of the other residents. If other events are scheduled on the day, the coffee will be served on the stoep next to the Bowling Green.

Staff Matters

We welcome a new staff member to the gardening team. Oris started in January and will be joining the rest of the gardeners with the upkeep of our beautiful gardens. Welcome Oris.

Wellmery Lukas from the Frailcare, welcomed her first child and is currently on maternity leave. We wish her all the best with the new member of her family.



Gratuity Box Staff Donations

We would like to thank each and every one who contributed towards the staff gratuity fund during the past year. It was a welcome bit of money after a very long year.

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. The monies collected is saved and apportioned to our staff in January when they are all in need of funds for school fees, etc. Beneficiaries are our gardeners, drivers, maintenance staff, domestics, laundry and kitchen ladies, carers and domestics in Frailcare who all look forward to receiving this wonderful bonsella.

There are small white envelopes at the reception to assist you in this regard.

Future Newsletters

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, fax to 044 533 4209 or email it for Sandra's attention to newsletter.fgv@gmail.com



Pumpkin Soup A Warm & Festive Meal



Ingredients:

Cooking Spray
1 tbsp olive oil
1 large onion, diced medium
3 stalks celery, diced medium
2 carrots, diced medium
2 cups pumpkin, fresh (cooked) or canned
6 cups low-sodium chicken or vegetable broth
½ tsp curry powder
½ tsp cinnamon
Pinch of clove
1 cup low fat milk
Salt, to taste (optional)

Directions:

Spray the bottom of a large pot with cooking spray and add olive oil.
Add the onion, celery and carrots; sauté for about 5 minutes to soften vegetables and bring out the flavor. Then add pumpkin, broth and spices; bring to a boil and then reduce heat.
Simmer for 30 minutes and remove from heat. Let cool for 15 minutes.
Puree the soup in a blender and then return it to the pot. Whisk in low fat milk and reheat before serving. Add salt if desired.

Meet a Resident

Welcome to our new residents. We know that you will soon feel right at home



Margaret Brown
Cottage 148



Denise Anderson
Cottage 151



Rodney and Hazel Hill
Cottage 150



Tim and Biff Wiener
Cottage 40



Chris and Peta van Gass to Cottage 43

For Peta and Chris van Gass, the new residents at Unit 43, relocating to Plettenberg Bay is **almost like coming “home” to the Garden Route.**

They spent their honeymoon in the area – **and still remember the dinner “on the rocks”** in the old restaurant at the Beacon Isle Hotel back in 1974. The rest of their honeymoon was **spent at Nature’s Valley and Sedgefield.**

Peta knows the George area well and was a boarder at the Holy Cross Convent in George for 10 years. Her mother, Kitty Charlton was, until her death a few years ago a resident at Strombolis – **and Peta’s brother, Barry, now also lives in Plett.**

Chris grew up in Benoni , but also had some formative years in Oranjemund.

Peta and Chris spent many years as residents in the “Village” of Irene – and both daughters, Kate (Lyttelton Manor High School) and Olivia (Pro Arte) matriculated there.

Peta and Chris (both South Africans) met in London in 1971 – **but that’s another story.**

They have been living at Suiderstrand, Cape Agulhas for the past 17 years where Peta ran a Bed and Breakfast – while Chris worked in Cape Town for Business Day until his retirement.

“Both our daughters are happily married and dedicated career women juggling their home lives with their working lives. We have three lovely grandchildren – two in Johannesburg (Aria and Brio) and one in Somerset West (Owen).”

Meet a Resident

Marie Wagener and Tinus Oosterveld to Cottage 152



Marie was born in Vryheid and educated in Northern KZN. She followed a study in Social Science at the Stellenbosch University. She married Frans Wagener and lived in Namibia, Johannesburg and the Hartbeestpoort area. In 1998 they relocated to Natures Valley.

They did several Safaris to Namibia Botswana and enjoyed many outings with the UA Geology Group.

Tinus was born in the Netherlands and survived the 2nd World war and the 1953 Storm Flood disaster. He was educated in Amsterdam, living next to the Concert Hall of the Amsterdam Symphony Orchestra and that gave him ample opportunity to enjoy and participate in their performances. He studied Geology and Mining Engineering in Delft and left the Netherlands in 1961 for Africa. Tinus worked in Prospecting and Evaluation of Diamond deposits in Tanzania, Namibia, South Africa and other countries where diamonds were found. He lived in Kimberley for 16 years and 7 years in Johannesburg. In the **late 1990's, he settled in Plettenberg Bay as a Diamond Industry consultant and enjoyed playing tennis, U3A Geology and travelling.**

Marie and Tinus first met in the mid 1960's in Johannesburg. When they met again 10 years later, they both had lost their spouses and after some time they decided that it would be nice to live together. Then the opportunity arose to move to Formosa Garden Village and they happily accepted. They hope to enjoy the place and its inhabitants for years to come.



Norman and Lucy Dodd to Cottage 9.

Herewith a short introduction. **"After living for 35 years in Uitenhage** where Norman practised as a General Practitioner we retired to Plett in 1997. We have two daughters and two granddaughters. Norman is an ardent walker and hiker, does all the cooking and spends a great deal of time caring for his roses. Lucy spends her time sewing, knitting and doing some charitable work. **We both enjoy reading."**



Ron & Muriel Cubitt to Cottage 149

Ron grew up in Graaff Reinet and after leaving Union Boy's High went on to UCT. After university he began working in Northern Rhodesia where he met Muriel, who had left UK and come to Ndola to teach – this is where they were married. After moving to Kitwe where their first two daughters were born they left for Johannesburg where a third daughter was born. In 2000 Ron retired and moved to Plettenberg Bay where they still are and enjoying the natural beauty of the area.



Formosa Garden Village makes an effort to give back to the less fortunate and we receive various requests to donate carpets from areas being upgraded.

During the last couple of months, we have donated carpets to Olwethu Mayila-**Bacela Greenhill Educare** and to the **Women's Auxiliary** who donated it to Eyethu crèche in the Industrial area. We have received letters of appreciation from both these recipients are on the notice board in the Admin area.

Going away on Holiday?

PLEASE fill in a Going Away form at reception when you go on **holiday, 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 set meal bookings, please cancel it with the office or you might get charged.



And the winner is?

Congratulations to Jackie Plaatjies (kitchen staff) for winning the Christmas cake raffle with her lucky number 22. Thank you to all who bought a ticket for the lucky draw. Better luck next time.



In the case of an Emergency
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.

FGV Emergency Policy

In the event of a medical emergency at your home or your neighbours'

home, the Frail Care should be contacted immediately. Do not

attempt to move the patient. The Frail Care sister on duty will respond to a medical emergency, if reported, but may not transport or medicate a resi-

dent in need of medical attention which is more than first aid. Upon arrival

the sister will assess and stabilize the person, do basic first aid, and establish whether the patient requires a referral to a hospital, via ambulance, according to their Medical Aid cover. The above policy is in line with the Older Persons Act, and other retirement villages, to prevent negligence litigation.



Riley Wing Charges

Please remember that should staff from the Riley Wing be called out to your cottage for Bed/Bath assistance, bed making, blood pressure 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.



Laundry Protocol

Due to the requirements laid out by Social Development, it is necessary to ensure that all laundry received from residents is not soiled  so as to

avoid cross contamination, which can lead to dangerous and costly infec-

tions within the village. All soiled clothing items, should firstly be rinsed at your cottage before it can be considered safe to be washed at our laundry. These items should then be separately sent in a sealed plastic with clear indication that this is a soiled item that was rinsed.



 Soiled - Any linen which has minimal spotting of visible blood, faeces or any other body fluids on it.

Staff Matters

Please refrain from giving instructions to staff directly. It is very important that you work through the department head.

Staff are only allowed to take instructions from the office and a job card has to be opened for all maintenance work that

has to be done. Should you need maintenance work done or just a hand to do some heavy lifting, please contact the office to arrange this.



2019/2020 Budget Feedback meeting

The Executive Committee has approved the proposed 2019/2020 budget and a residents feedback meeting will be held on Thursday, 14th March at 15h00 in the newly revamped Lounge.



For your information

Sandra van Zyl - Maintenance Department: Ext 103

- *Account queries*
- *Maintenance* - Please do not instruct the maintenance staff directly as all maintenance queries need to be issued with a job number and this can only **be done by Sandra. Only jobs issued with a "job number"** will be tended to.
- *Gardener schedules* - Garden Schedules are set and cannot be changed or amended.
- *Kitchen orders* - no orders to be given to the Kitchen staff directly. Only orders received on a order form from Sandra will be accepted by the kitchen.



The current FGV cottage maintenance policy states:

FGV's Responsibility - External maintenance and upkeep of cottages. 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.



Resident's Responsibility - Internal maintenance and upkeep of a cottage, while being occupied by 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 in the cottage. Weed spray of the cottage garden and surrounding paving area.
- Breakages caused by the resident.

Our Maintenance team can assist with minor repairs inside cottages if reported to the office, but only when their busy schedule allows them. 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.

For your information

Lizette Mills - Receptionist: Ext 100

- Account payments - we accept credit card and cash payments
- Can assist you with faxing, emailing and copies. Your account will be charged accordingly.
- Guestroom bookings
- Domestic schedules

FGV Transport & Drivers

- ♦ FGV Bus transportation runs every week day from 9.30 a.m. *Monday, Wednesday and Friday* drop off and pick up point is Melville Corner in town. On *Tuesdays and Thursdays* drop off and pick up point is The Market Square (Pick & Pay). *We can not deviate* from these routes.
- Private Drivers **on request**, using the resident's own vehicle. We however refer to the FGV Vehicle Policy.



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**. All vehicles on FGV's premises or entering the village, must be registered and the driver must be in possession of a legal drivers licence. Please check your licence on your car.

- ♦ FGV Car & Driver on request for Drs visits only.

Please note that FGV drivers are restricted to transporting only in Plettenberg Bay & Knysna. An hourly rate is applicable and your account will be charged accordingly. **Please book drivers through Sandra's office.**



Removal of items from cottages

We earnestly request that no pot plants, shrubs, garden ornaments or light bulbs be removed from any cottage -vacant or occupied - without the permission of the Manager or the resident living there. Your assistance in this matter will be appreciated.



Formosa Garden Village Mini Market

The date for the Mini Market has not been finalized. We will put up a notice on the Admin notice board once the date has been confirmed.



Back Page Funnies

The “MIDDLE WIFE” by an Anonymous 2nd grade teacher

I’ve been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never ever place any boundaries or limitations on them. If they want to lug it in to **school and talk about it, they’re welcome.**



Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She hold up a snapshot of an infant. **“This is Luke, my baby brother and I’m going to tell you about his birthday”**

First Mom and Dad made him as a symbol of their love and then Dad put a seed in my Mom’s stomach, and Luke grew in there. He ate for nine months through an umbrella cord”

She is standing there with her hands on the pillow, and I’m trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

“Then about two Saturdays ago, my Mom starts saying and going, ‘Oh, Oh, Oh, Oh!!’ Erica puts a hand behind her back and groans. **“She walked around the house for like an hour, ‘Oh, Oh, Oh’** (Now this kid is doing a hysterical duck walk and groaning)

My Dad called the middle wife. **She delivers babies, but she doesn’t have a sign on the car like the Domino’s man.** They got my **Mom to lie down in bed like this.....”** (then Erica lies down with her back against the wall)

“And then, pop! My Mom had this bag of water she kept in there in case he got thirsty and it **just blew up and spilled all over the bed, like psshheew!”** (This kid has her legs spread with her little hands mimicking water flowing away – it was too much!)

“Then the middle wife starts saying “push push’ and ‘breathe, breathe”. They start counting but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in **yucky stuff that they all said was from Mom’s play**-centre (placenta) so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up there!

Then Erica stood up, took a big theatrical bow and returned to her seat. **I’m sure I applauded the loudest.** Ever since then, when its show-and-tell day, I bring my camcorder, just in case **another “Middle Wife” comes along.**