



Christmas season has arrived and with that we welcome new residents to our village. Welcome John and Gillian Evelyn to cottage 2, Tony Cain to cottage 19, June Talmage to cottage 80 and Michael and Charl Weavind to cottage 116. We wish you a very happy stay in your new home in our charming village.

We welcome Lyn Connell to Riley Wing. A number of vacant cottages have already been sponsored and during the new year we look forward to new residents taking possession of their homes. Rosemary Teubus cottage 17, Adrian and Elizabeth White cottage 41, John and June Matchett cottage 119 and Kevin and Patricia Dabinett cottage 125.

Cottages 11, 23, 77, 78 and 114 are still in the sponsoring phase and some upgrades have already commenced. We would like to thank you all for your patience during these renovations.

Message from Management and Staff  
May the Spirit of Christmas fill your home with peace, Joy and love.  
Merry Christmas and a Happy new year.

# Newsletter

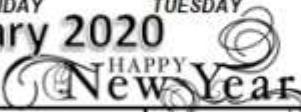
ISSUE 31 - NOVEMBER 2019

## Formosa Garden Village

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 
8	9	10 Neville Whittaker Lee-ann Andrew	11	12	13 Leslie Bergh	14
15	16	17 Leslie Burnell	18	19	20 Val Gardner Piet Odendaal	21
22 Elizabeth Lamb	23	24 Nancy Wilkinson	25	26 John Taylor	27	28 Jean Korck
29	30	31 Margie Couper	<b>December 2019</b>			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>January 2020</b>						
5 Louisa McCallum	6	7 Graham Korck	8	9	10	11
12	13	14	15 Ann Holmes	16	17	18
19	20	21 Brenda Masteron	22 Jackie Bass	23 Joy Stacey	24	25 Penny Denman Muriel Cubitt
26 Sally Du Plessis	27	28 Helen Rogers	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>XOXO</b>			 February 2020 			
2	3	4	5 Mary Marais	6 Aiden Buchholz	7	8
9	10 Deirdre Minikin	11	12	13	14	15
16 Ursula Allan Patricia Dabinett Joan Hutchinson	17 Elaine Vosges Mala van Huyssteen	18 Jackie Delport	19	20	21 Gail Farrenkothen Julian Luyt	22 Nancy Stratten
23 Joy Williams Irene Hutchinson	24 Janette McIvor	25	26 Dixon Russel John Matchett	27 Judy Kinsman	28	29 Barbara Von Dem Busscche

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sally Taylor	2 Peter Bunton	3 Judith Gomes Lucy Dodd	4	5	6 John McCallum Hugh Stacey	7 Niell Andrew Pam Rodwell
8	9	10	11	12 Godfrey Bass	13	14 Rev Eric Andersen
15	16	17 Alisa Mann Tim Wiener	18 Betty Sleigh	19	20	21 Edith Hartnell
22 Beryl Holiday Frances Cope	23	24 Heather Karis	25	26	27	28
29	30	31	<b>March 2020</b>			

# In Loving Memory



**Peter Gardiner**

29/08/2019



**Rosemary Davies**

20/09/2019



**Pat Bellingan**

21/09/2019



**Don Ribbons**

29/09/2019

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

Our sincere condolences to their family and friends.

THOSE WHO ARE  
FOREVER IN OUR  
HEARTS TODAY  
AND ALWAYS



**Chris Morris**

27/10/2019

## Gratuity Staff Donations

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.



# Spring Tea 6 September 2019



Beautiful drawings



& Thank you cards



by kids from Raffaelli School

FGV staff once again hosted a very special tea to celebrate the beginning of Spring. This annual House Committee event is always so much fun as residents get the opportunity to mingle with one another. We would like to thank all the dedicated hostesses who assisted with each table. **Pippa's Flowers** donated a beautiful themed flower arrangement for our foyer and Pamela donated an assortment of succulents that was beautifully planted & arranged by Luigi from our gardening team. These were given out as gifts to the hostesses at each table.

The guests enjoyed an assortment of treats from our kitchen while being entertained by the talented kids from Raffaelli school.



Lyn Connell celebrated her 90th birthday on this day and we surprised her with a beautiful cake baked just for her, by our kitchen staff. Happy Birthday to you!



## Staff Matters



After 36 long years of service to our residents, Caroline Andrews has **made the decision to go on retirement**. She joined FGV's Frail Care team back in 1983 when Formosa Garden Village was established. When she started here, she was a single mother who had the task of raising 4 children as her husband had sadly passed away. Caroline says that in the time she worked here, she gained lots of wisdom from the residents. She will miss working with them and have mixed feelings about this new phase of her life, but she is looking forward to a well deserved rest after so many years of service. Most of all, she looks forward to spending time with her grand children and family. We wish her well in her new endeavours.

### New Uniforms

The Frail Care have undergone a small facelift with fresh new uniforms. The Sisters are wearing the darker blue uniforms, the carers the lighter blue uniform and the domestic workers are in the light green uniforms.



**Don't you agree that they look wonderful?**

## Advance Fire Safety Staff Training



During the month of August, selected staff from all departments underwent Advance Fire Safety Training. Staff who took part in this training, have all received a certificate of completion. Well done and congratulations to all. Training was provided by SafeTec and hosted at FGV.

## Occupational Health and Safety Staff Training



On the 11th of September, the Frailcare and Kitchen staff took part in an Occupation Health and Safety Training course, hosted by Sr. Lee Boorman from Healthilee Training. During the training, new policies related to Health and Safety were discussed and implemented.

Staff who took part in this training session, received their certificates at the end of the day.

Congratulation to them all.



## Special Order from the Kitchen

The kitchen will be closed for special Catering as from Wednesday 27 November 2019 and will re-open again on Monday 6 January 2020.

## FGV Gate Security

We are currently upgrading the security booms at the gate with a new visible system which includes a traffic light. We thank you for your patience during these upgrades but request that you please adhere to the red (stop) and green (go) traffic light system when approaching the booms.

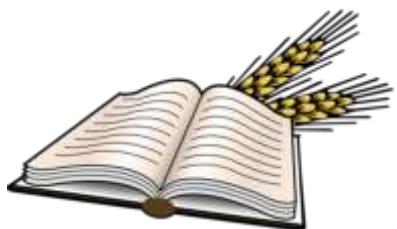


## A Christmas Message from Elma Bergh

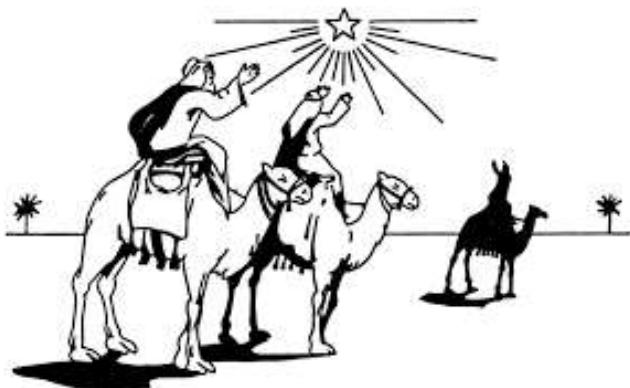
### Hearing God's Voice

As I was praying recently for help and guidance for our beautiful, broken SA and in fact wondering whether God still hears our pitiful cries. I wondered whether He will ever help us sort out the fearful mess we seem to be in, I stumbled across God's amazing promise in Isaiah 58 vs 6-10, this after He had thoroughly castigated the people of Israel for their quarrelsome, empty, pious worship, prayers and sacrifices: vs 6.... Stop oppressing those who work for you...treat them fairly. vs 7: share your food with the hungry and bring into your own homes the helpless, poor and destitute. vs 8: If you do these things God will shed his own glorious light upon you. He will heal you: your godliness will lead you forward, and goodness will be a shield before you, and the glory of the Lord will protect you from behind. Then when you call, the Lord will answer. "yes, I am here," He will quickly reply. And again in vs 10, God entreats us to ' Feed the hungry, help those in trouble. Then your light will shine out from the darkness .. And the Lord will guide you continually and satisfy you with all good things and keep you healthy too and you will be like a well-watered garden.

What a wonderful, exciting, attainable promise—each one beavering away in his/her small world of influence. Hear God's Voice!!



Many Blessings



### A Prayer for Africa

*God bless Africa. Guard our Children,  
Guide our Leaders and give us Peace -  
begin with me.*

## Now this is interesting!!! - Get to know some of our residents

We have a group of ladies, who frequently sit together during lunch time in the dining room and you can hear their joyous laughter and chatting all the way to the admin area. **They all have their own unique story to tell. Margie Couper “interviewed” them and these are their stories.**



### Margaret Eleanor Couper Née Mortimer

Margaret was born in Pretoria, in the then Transvaal and went to school at **St. Mary's Diocesan School for Girls (DSG)**. After matriculating she took a secretarial course at the Technicon and worked at the United Building Society.

Margaret's grandmother came from the Orkney Islands and her grandfather from Yorkshire. The family were fortunate to travel to Britain and the Continent, when her sister completed matric.

Margaret and her sister married brothers. Her sister lived in Johannesburg , but Margaret remained with her architect husband, John Millar Sandilands in Pretoria. They took part in many amateur dramatic productions, and Round Table melodramas - John always doing the scenery. She and John lived and worked in England for two years, enjoying travelling and camping there and on the Continent. They travelled as far as Sweden and down south to Greece, in a Bedford Van which John had converted into a makeshift caravan!

They had two daughters. After John died, Margaret remarried an anaesthetist, John Laurence Couper. He had sons living overseas, so they again travelled - this time to the USA, Canada, Australia, China and Tibet.

Margaret enjoys painting, dancing and singing and decided to retire to Formosa Garden Village where many interesting entertainments are offered. Her youngest daughter lives on a dairy farm, Cairnbrogie Estate near to Plettenberg Bay. She is proud that her youngest grandchild in Pretoria, is a fifth generation pupil at her old school, DSG.



### Joan Moubray Née Hawkesley

Joan grew up on a farm in the Free state. She was sent to the Notre Dame Convent in Kroonstad at a very early age and was a boarder there until matric. Joan later attended a Commercial College where she studied secretarial subjects. The mining industry was booming and it was while working in an office connected to this industry that she met her husband - Robert John Moubray, known by all as Bob.

Bob was a geologist and had been a RAF pilot in the war. They travelled extensively after they married and after living in Zimbabwe, settled in Plettenberg Bay. Joan became a well known Estate agent.

She enjoys living in Formosa Garden Village. She has nine grand children and ten great grand children.



## Jean Edna Wilkinson *Née Preston*

Jean was born in Calcutta India. Her family left cold Scotland and went to live in Hot India. Her father was employed by the railways and the family lived in a small village at the edge of Calcutta.

Jean attended a local convent school and playing with the children in the neighbourhood, learnt to speak Hindi. There were no shops in their village. Everything was delivered to their door - vegetables, meat and eggs, in boxes, and a cow milked on the spot for fresh milk. Her father travelled to work by train daily and the family always took the train to go anywhere.

The family eventually moved to Africa and settled in Rhodesia (now Zimbabwe). Jean met her husband in Salisbury (now Harare) - Ronald Hardy Wright, and they had one child named Anthony. Later Jean married Frank Wilkinson, also in Salisbury.

Jean is a great reader and enjoys scrabble and is a happy member of Formosa Garden Village.



## Irene Barbara Arnold *Née Belither*

Irene was born in England, in the county of Kent. She went to school at **the local village in Walderslade. War put an end to most children's'** schooling at that time, and many children were evacuated to the country and to Wales and even further afield. Irene remembers vividly watching the aeroplanes flying over Kent during the Battle of Britain, and listening to the noise of the planes droning past at night.

One on occasion, when she was quite a small child at school, the school children were hurried out of their building and told to climb the little hill behind where they all stood in a forest of trees. They were excited, not realising they had been sent there for safety as there had been a scare of gas. Chatham on the coast nearby was a naval military post and a vulnerable area during the war.

When Irene grew up, she married Norman Frederick Arnold, of the Royal Marines. He became a printer, finishing his training after the war and he joined the Northern News in Zambia where he and Irene lived in Ndola. (Zambia was then known as Northern Rhodesia.)

Irene and Norman travelled to Australia and South Africa. Friends in Plettenberg Bay, Margaret and Jack Smart, encouraged them to settle here. Irene bought a boutique shop called "Flair" and her husband started the "Little Print Shop". They had two children, a daughter and a son.

## Future Newsletters

Do you have an interesting story to share? Did we omit your birthday or a special occasion? Then we would like to hear about it. Pass on your story for the next Newsletter.



## Ann Cherrington Swartz Née Sutton

Ann grew up on a farm near Howick, Natal. Her family were committed **Christian Scientists**. She went to school at St. Anne's Diocesan College in Hilton Road and from there to a finishing school in Surrey, England. The school was totally Christian Scientist.

When holidaying in Switzerland with an uncle and aunt, the world war became imminent and they rushed back to England where they managed to get onto the last sea plane from there back to South Africa. It was a memorable flight, with most passengers air sick, but they eventually got home safely.

Ann always wanted to become a dress designer, but being wartime this never happened. However she managed to study domestic science, but this course was also thwarted owing to the war. She met her husband, Walter Frank Swartz in Scottburgh, Natal. They were married at the Wanderers club in Johannesburg. Walter was an engineer and attached to the 42nd Air School. They lived in Bloemfontein, Port Elizabeth and Johannesburg and had two children.

**Ann's family started an Aircon and Refrigeration business, RECO, which became world famous.** After retiring in Johannesburg, where Walter died, Ann moved to Plettenberg Bay.



## Sally Desiree du Plessis Née Boshoff

Sally was born in Bloemfontein but sadly never knew her mother who died shortly after her birth. She was brought up by seven aunts and as a child attended many schools at Heilbron, Klerksdorp, Potchefstroom, to mention a few. She later studied nursing in Pretoria.

**Sally's family is connected to Sarel Cilliers of Blood River** - the battle against the Zulus. She well remembers her grandfather, whom she adored, dressed as a Commandant, riding his horse. Her family were incarcerated in a concentration camp in Heilbron, where in fact, her grandmother actually gave birth to one of her children.

It was in Pretoria that Sally met and married her husband - Pieter Theunis Christiaan du Plessis. He was a salesman and they moved to Worcester where he worked in Edgars, later moving to Rustenburg in the then Transvaal.

Sally and Pieter had two children and adopted a son. Sally is an artist of note and a member of the South African Artist and Watercolour Association, and has held exhibitions of her work.

**Her deep Christianity and religion have been a wonderful strength to her.** Sally's late mother requested, on her deathbed, that her husband must marry again and go on with his life. This he did and with his second wife, Joey Odendaal, had three daughters: Amanda (meaning love), Encarista (meaning Christ) and Zebbeth (Elizabeth).



## Judy Kinsman Née Horowitz

Judy was born in Durban and attended Northlands Girls High. She later studied beauty culture for a year and after that took a three month consultancy course and worked in Johannesburg for Max Factor.

Judy had decided to branch out going to Johannesburg, although she loved Durban, where her father had a jewellery shop called Collins Jewellery. She stayed initially with relatives and later had her own flat. It was at a Yoga Philosophical Meeting, that she met her husband, Charles William Kinsman.

Charles was manager of the CNA. After marrying in Durban, they lived in Lady Smith, Natal, and Cape Town, and eventually Plettenberg Bay. Their Sunday evenings were open house, and many friends would come to discuss interesting subjects, mainly along spiritual lines.

This interest became very important to them and lead them to open community centres. They eventually bought a property in Plettenberg Bay which was later known as the Simrhan Centre. It was hard work and initially offered tented accommodation. With Charles's wisdom and fourteen very keen members, they started a commune which produced the most beautiful batiks. Judy, together with Veronica Olding, helped with sales and administration. It took a lot of courage from them all. They were all together for twenty five years.

Later, as Charles had sadly died, the community decided to close, but the members have always remained in close contact.

**Judy's spiritual outlook and belief has afforded her great strength. She has a brother and a sister who live in America. Judy settled in Formosa Garden Village and is the seventh member of the dining table. (She is now a permanent member)**



## Public Holiday change

The cottage gardeners and domestics have requested to work the Public Holiday, Monday 16 December 2019 in lieu of Friday, 27 December 2019 as many of them have to travel far to spend the festive days with their families.

The request was approved. Therefore on

Monday, 16 December, all our staff will be on duty, but will follow the normal Friday schedule.

Admin will also be closed on Friday, 27 December 2019 and there will be no bus, domestics or gardeners during these festive days.

Staff will leave at 13:00 on Tuesday 24th December 2019 and resume work again on Monday 30th December 2019. Happy Holidays to everyone!!!



"I'm running behind. Can you take half the list and deliver the toys?"

## Scooter Display

During August, Sakkie Beukes of MediHope visited Formosa Garden Village with their latest range of motorized scooters.

For more information, you can contact Sakkie Beukes of MediHope on 044 690 3172



## Knysna Rose Society

Congratulations to Beth Lamb, Barbara Byrne and Amos Ntlamba **who's hard work and care for the roses has once again guaranteed**

FGV winning several prizes during the Annual Spring Rose show held in Knysna on the 25th of October 2019.

- 1st - Retirement Complex Municipality Trophy
- 1st - Queen of the Show Cup
- 2nd - General Gulleni Rose in G16 Category
- 2nd - Nancy Gardiner Rose in G17 Category
- 2nd - Eye of a Tiger Rose in D10 Category
- 3rd - General Gulleni Rose in G16 Category

## Supporting our Springboks



On Friday 1st November, the day before the big England SA game, Alie, Ephraim and Lizette showed their support by wearing their Springbok colours.

Margie Couper and Sally Du Plessis also joined in to show their support.

## Christmas Mini Market

Our annual Christmas Mini Market will be held in the FGV lounge on Friday 29 November 2019, commencing at 08:30am until 11:00am.



Please invite your friends to join you in browsing the stalls and doing your early Christmas Shopping while enjoying a cup of Coffee and biting into delicious eats prepared by our kitchen staff.



## Cocktail Party

The annual Cocktail Party hosted by Executive Committee will take place on Tuesday, 03 December 2019 at 18h00 for 18h30 and you are cordially invited.

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 21 November 2019.

See you there!!!

## Emergency Number \*\*2102

In case of an emergency at your cottage, knock the internal phone off its cradle. The Riley Wing phone will ring and will alert the Sister to your need for assistance. Should there be no answer, the sisters will investigate. She will then arrange for an ambulance for transfer to the hospital should it be required.



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

## Panic Buttons

A panic button can be ordered through the main office by completing an order form. The once off cost is R251.90 and will be charged to your account. This panic button should be carried by you at all times and will provide the same service as knocking off the internal phone handset. It is very important that you test the panic button at least once a month. Should you require a new battery, one can be purchased from the office at R30.00 a battery or you can buy one at any retail store. Just ask for an A23 size battery.

## Friendship Hour

Please join the Friendship Hour at 17:30 every last Friday of each month in the Lounge. Mingle and meet some of the other residents. If other events are scheduled in the lounge on that day, the coffee will be served on the stoep next to the Bowling Green



# Tai Chi melds body, mind & spirit while recharging your energy.

## Dynamic balance workout ..... Moving meditation.

What is Tai Chi?

Tai chi is an efficient & safe form of exercise with low risk for injury.

Whole body is exercised & toned by relaxed movements. It is a martial art that promotes well-being through balanced posture & breathing.

Tai Chi relies on physical exercise, stretching & mindfulness. The low impact, weight bearing aspect of Tai Chi Chuan activity has been shown to be beneficial for balance, fitness, bone density & flexibility.

Regular practice reduces anxiety, lowers blood pressure & decreases inflammation & pain, at the same time improving stability, energy, stamina, & breath support or aerobic capacity. Improved muscle tone protects joints & decreases pain, improved flexibility aids blood & joint fluid circulation & decreases pain, & engaging the body with the mind enhances relaxation & decrease pain & stress.

**Tai Chi doesn't cure anything but it does help healing by moving energy around your body thus enhancing & protecting your health.**

**A vital element of Tai Chi is breath. We don't live to breathe,** we breathe to live. the elements of quiet, even breathing & slow co-ordinated movements combine & when practiced regularly improve general health, energy & mood levels as well as balance & coordination. The circular movements give you the same benefits as an Acupressure or Lymph drainage Massage.



Tai Chi is about balance ~ physical balance enhances mental balance & energy balance. This harmonizes the way we interact with the world around us.



2020 offers a 6 week Tai Chi Course at Formosa.

See notice board next year for details.

Jennie 072-128-7424



International Tai Chi Society  
Plettenberg Bay

## GOOD TO REMEMBER



- ◆ PRIVATE ELECTRICAL EQUIPMENT: Repair of items such as bed lamps, irons, kettles, hair dryers, radio, heaters and cell phones, does not fall under the Maintenance department. Please contact the office for a referral, if you do not know who to contact for assistance.
- ◆ BLOCKED DRAINS: Please refrain from flushing any foreign objects down the toilets.
- ◆ GUTTERS & UPKEEP AROUND YOUR COTTAGE: Please use your FGV gardener during the allocated time at your cottage to clear your gutters and sweep the surrounding areas around your cottage to avoid any blockages to the storm water drainage system.
- ◆ PRIVATE ISSUES: Private TV Systems (DSTV), private computers and printer issues do not fall under maintenance. If you require a referral for assistance, please contact Sandra.
- ◆ FRAILCARE SERVICES TO COTTAGE RESIDENTS: A service rendered charge is applicable should you make use of certain services in the Frailcare.
  - ◊ Please give the sister in the Riley Wing a call to let them know that you will not be home when they do their morning roll calls. This will just save a lot of time as they need to look for you if you are not answering your phone.
- ◆ 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.
- ◆ WINDOW CLEANING: Cottage windows are cleaned on a 6-8 week rotation, dependent on the weather. The domestics are scheduled accordingly during their available hours.
- ◆ 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 for meals or services not cancelled
- ◆ MEDICAL AIDS: FGV can only assist with emailing or faxing your claim, but we do not handle phone calls or queries on your behalf with Medical aids.
- ◆ 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 Management or the resident living there. Your assistance in this matter will be appreciated.
- ◆ PRIVATE FGV DRIVER BOOKING: **on request , using the resident's own vehicle.** Hourly charges applicable and will be charged to your account.
- ◆ FGV CADDY VEHICLE: a driver with the FGV Caddy can be booked for medical appointments only. Hourly charges applicable and will be charged to your account.
- ◆ 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).



## Back Page Giggle

"A Senior Citizen is one who was here before;  
the pill, television, frozen foods,  
contact lenses, credit cards .....

and before man walked on the moon.

For us, "Time Sharing" meant togetherness,  
not holiday homes,  
and a "chip" meant a piece of wood.

"Hardware" meant nuts and bolts,  
and "Software" wasn't even a word.

We got married first, then lived together,  
and thought cleavage was something butchers did.

A "stud" was something that fastened a collar to a shirt,  
and "going all the way" meant  
staying on a double decker to the bus depot.

We thought "fast food" was what you ate in Lent;  
a "Big Mac" was an oversized raincoat  
and "crumpet" we had for tea.

In our day; "grass" was mown,  
"pot" was something you cooked in,  
"coke" was kept in the coal house and  
a "joint" was cooked on Sundays!

We are today's SENIOR CITIZENS.

A hardy bunch when you think  
how the world has changed!



## Christmas Movie at FGV



**Wednesday 18 December 2019 @ 14:00**

Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up.

**Stars: Cameron Diaz, Kate Winslet, Jude Law & Jack Black**

*Join us for a fun movie afternoon at FGV.*

