

“THE PURPOSE OF OUR LIVES IS TO BE HAPPY.” – DALAI LAMA.

ISSUE 32

NEWSLETTER

MARCH 2020

FROM THE EDITOR

Wow, it's March already and we have some big birthday milestones to celebrate in the next few months. In April, Joan Woodley will be turning 90 and Daphne Simkins 98.

In May, Joyce Biller will be turning 92 and Barbara Crews 93.

In June, Irene Arnold will be celebrating 93rd birthday. Happy birthday to one and all and many blessings for the year ahead.

I hope you all enjoy this issue of the newsletter.



WELCOME TO OUR NEW RESIDENTS

In just a few weeks, we will be celebrating Easter with family and friends.

With a new year, we welcome new residents to our village. Welcome to Jules Whiteman to cottage 11, John and June Matchett cottage 119 and Kevin and Patricia Dabinett cottage 125. Eunice Walls has given up her cottage and has moved to Riley Wing. We wish them a happy stay in their new homes and to the Riley Wing. Some renovations are still underway and soon Rosemary Teubus will be moving into cottage 17, Adrian and Elizabeth White to cottage 41, Dermot & Megan Stobart to cottage 78 and Erwin & Jennifer Leibnitz to cottage 114.

Cottages 23, 28, 77 and 130 are currently still in the sponsoring phase and some upgrades have already commenced. We would like to thank you for your patience during these renovations.

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.



JOAN CHAPMAN
22/11/2019



SHIRLEY
BATTERBERRY
28/12/2019



REV. ERIK ANDERSEN
02/01/2020



DEREK RITSON
13/01/2020

STAFF GRATUITY 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 bonus for the staff, 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 are saved and apportioned to our staff in January when they are all in need of funds for school fees, etc. There are small white envelopes at the reception to assist you in this regard.



THRIFT SHOP DONATIONS

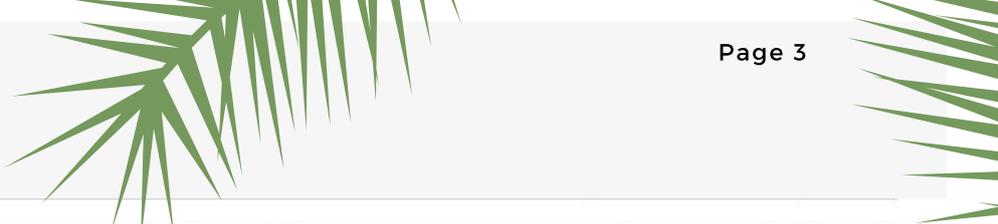
Thank you to our regular supporters and also to everyone who donates their unwanted goods to our little Thrift Shop.

The money generated these last couple of months has been used to purchase a number of items which were not budgeted for. These include flowers towards the Valentines breakfast and staff training. We donated and paid for cupcakes towards the Sterreweg Day care centre for children with disabilities. Thank you for your support.

I strongly believe in helping others and have made several donations from the thrift shop toward the Homeless shelter in town, churches and families who lost their belongings in fires.



HAPPY BIRTHDAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 2020			1	2	3 Penny Kerr	4 Rodney Hill
5	6 Rosemary Mudd	7	8	9	10 EASTER	11 EASTER
12 EASTER Wendy Jones Jeanette Macnair	13 EASTER George vd Busscche Rob Hutchinson	14	15	16	17 Cyril Baumgartner	18 Liz Grobler
19 John Evelyn	20	21	22	23	24 Wendy Jager	25
26	27	28 Shelagh Broderick	29 Daphne Simkins Joan Woodley	30 Diana Hart		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2020					1 Jane Mullin Crystal Paterson	2
3	4	5 Bonnie Badenhorst	6 Elizabeth Webster	7	8	9 Don Ayres
10	11 Jeanette Mitchell Margaret Strahlendorf	12 Dermot Stobart	13	14 Adrian White Patricia Rowe Joyce Biller	15	16
17	18	19	20	21	22 Val Braby	23
24 Barbara Crews DI Faragher-Thomas	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Brenda Rink June Matchett Elizabeth White	2	3	4 Ursula Millerd Jill Haysom	5	6
7	8 Ronald Cubitt	9	10	11 Peter Milburn-Pyle	12 Fred Broderick	13 Hector McIvor
14	15	16 Christopher van Gass Irene Arnold	17	18	19	20
21	22	23	24	25 Viv Ritson	26	27 Jill Waterman Ursula Godorr
28	29	30	JUNE 2020			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 2020			1 June Milburn-Pyle	2	3	4
5	6 Joao Gomes	7	8 Sterna Luyt	9	10	11 Ian Haig
12 David Rowe	13	14	15	16	17	18 Rita Klein
19	20	21 Colleen Shuttleworth	22	23 Steven Dodds Pamela de vos Bonthuys	24 Mori Waterson	25
26	27 George de Jager	28	29	30 Ann Stratford	31 Tinus Oosterveld	

FROM THE KITCHEN

With love in the air, what would Valentine's day be without a special treat from our kitchen?

On the 15th of February, the kitchen hosted a very successful Valentine's Breakfast. Long before the event was even advertised, all the seats were booked up.

53 guests enjoyed a buffet with a selection of fruits, yogurts cereal red velvet cinnamon buns, eggs, bacon, chipolatas, roast baby tomatoes & toast.

Thank you to everyone who supported this event. Every guest who attended, was also surprised with a selection of gifts donated by businesses in town. A big thank you to Link Pharmacy, Main Street Pharmacy, Robberg Pharmacy, Melvilles Spar, Masons Packaging, Harman's Butchery, Delia's, Uitsig, Mugg & Bean, Nineteen 89, Soca, Park Avenue Stationary and Bridgette from our Salon. Thank you to Marietta and her team in the kitchen, for their hard work in making this annual event a huge success.



FROM THE FRAILCARE

A few months ago, Sister Cindy Hatchett had a brilliant idea to get the ladies in the Frail Care busy as many of them had time to spare. She suggested to get the ladies busy with a blanket knitting activity. Sister Cindy's Mother donated the first batch of wool along with several sets of knitting needles and then the knitting started. More donations of wool followed. Our grateful thanks to everyone who donated wool and knitting needles.

Margaret Strahlendorf, Lyn Connell, Edith Hartnell and Mala van Huysteen all contributed their share of knitted squares. Staff members, Pretty Rose Gqweya and Rochelle Apies assisted with crocheting all the squares together.

Up to date, these wonderful ladies have completed 4 blankets and Lyn Connell has completed one all by herself. Keep up the knitting ladies!



STAFF MATTERS

We have had staff members leave various departments, but we have also welcomed new staff to Formosa Garden Village.

We say good-bye to Ricardo Julies (driver), Nico Mwasi (gardener), Desiree Ruiters (laundry), Monica Nogwele (carer), Robin Damons (carer) and Sister Martha Arendse.

We welcome the following staff members: Christie van Rooyen (painter), Heinright Mitchell (driver), Venchester Kettleidas (gardener), Esmerelda Jansen (enrolled nursing assistant) and Sister Monica Ras.

We wish you a long and pleasant working environment at Formosa.

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.



FRAIL CARE AND ADMIN 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.

Should you make use of the office to fax, email, make copies or require a proof of residence letter, charges will apply. Please check with Lizette if you would like a breakdown of the charges.

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 Enrolled Nurse (EN) or Enrolled Nursing Assistant (ENA) on duty will respond to a medical emergency, if reported, but may not transport or medicate a resident in need of medical attention which is more than first aid. Upon arrival the EN or ENA will assess and stabilize the person, do basic first aid, and refer the patient to 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.



EXECUTIVE COMMITTEE YEAR-END FUNCTION

Another successful year-end party was held on the 3rd of December 2019. The staff once again out did themselves with the wonderful food and beautiful decorations. Thank you to all who attended this event.





MARY MARAIS TURNS 99



Mary has had a wonderful, eventful life. Her arrival was perfectly timed on 5th February 1921 as her mother, Thirsa, travelled to Bristol to welcome home her father, Cyril a ship's captain, who was returning from an overseas voyage. After her birth, they returned home to Brixham in Devon where she spent a happy and carefree childhood.

On a few occasions Mary and her mother would accompany her father on shorter sea voyages. Her mother, being a teacher, would tutor her. One trip was to South America where her pet cat went "AWOL" in Buenos Aires. Another was to Murmansk loading timber, and also to Gibraltar. On these trips she saw albatross far out to sea; a flying fish was caught for her to inspect; saw St Paul's Rock in the mid-Atlantic; saw the Aurora Borealis and earned her Blue Nose certificate for crossing into the Arctic Circle. To keep her busy, she was taught to steer a course, navigate, send messages via Morse code and to do sennet work (similar to macramé). During the Depression of the 30s her father's ship, the SS Portfield, was laid up in Amsterdam, so the house in Brixham was closed up and Mary and her mother went to live on the ship with him. During this time she worked with the cadets - cleaning brass, caulking decks and even working on a stage over the side of the ship with chipping hammer and red lead paint.

This idyllic life came to an abrupt halt when officialdom caught up with them and she was required to attend school in Amsterdam. After attending grammar school in Totnes, Mary took a secretarial course at the Merchant Venturer's College. After qualifying, and armed with her driver's license, she landed a job with a debt collector who had had his license suspended!

At 17, Mary met her future husband, Douglas Gordon, who was a South African studying for his Chief Officer's ticket while serving in the Royal Navy. Shortly after this Mary passed her Civil Service exam and moved to London to work at White Hall, in the War Office. She was in a typing pool taking notes for officials, one of whom was an army Lieutenant, none other than the film star David Niven.

Doug and Mary were married in May 1942. Whilst serving on the battleship The Duke of York, Doug was given a week's leave to go to Buckingham palace to be invested with his DSC (Distinguished Service Cross) by the King. He was accompanied by Mary and his aunt. In June of 1943 twin boys, Douglas and Robert were born. This was a surprise as only one child was expected. At the time, Doug was at sea. A telegraph was sent informing him - "Mary and twin sons comfortable." A return telegram read, "Congratulations, babies' heads very wet." Two parties, had been held, one for each son. Due to ear injuries, the result of being a gunnery officer, Doug was given a shore job in Cardiff helping to plan the D-Day landings. After the war, unable to continue with his chosen career, as an ex-serviceman he was offered a farms in the Low Veld near Loskop Dam, in the Transvaal. They took up the offer and returned to South Africa, waiting a few months in Pretoria for their daughter, Rosemary, to be born.

After about a ten year period of farming, Doug was offered a position as an officer in the SA Navy. The British were handing the reigns over to the SA Navy. A short spell in Durban followed before the Naval Base was relocated from Salisbury Island to Simonstown in the Cape. Doug and Mary were very happy living in the southern suburbs of Cape Town whilst their three children finished their schooling and went their separate ways. All too soon Doug suddenly passed away just months before he was due to retire. The following few years saw Mary working very hard refurbishing and selling old houses. She occupied her leisure time by becoming a wonderful grandmother to her seven grandchildren, taking them on trips to Kruger Park, the Big Hole in Kimberley, down gold mines and up the Voortrekker monument. As they grew older she would take four or five of them at a time on hiking trails. They still talk of their happy sojourns with her. Mary was always very good at handcrafts and excelled at needlework. Counted amongst her achievements were the making of both flat and tufted woolen rugs; crocheted tablecloths, clutch bags; hand-embroidered cot duvets; bird and floral pictures in single thread silk. At 99, she is still busy with one.

After some years of being on her own, she married an old family friend, Sarie Marais, who had been widowed for a few years. They retired to Plettenberg Bay, joined the local bowling club and enjoyed their last few years together. Mary returned briefly to Cape Town to nurse Sarie and after he passed away, she returned to her home in Hanois Crescent, Plettenberg Bay. In time she sold her home and in May 2002 moved into Formosa Garden Village where she has spent 18 happy years.



Pictures taken at Mary's 99th birthday party. Here she is with her son, daughter and great grandchildren.



2020/2021 BUDGET FEEDBACK MEETING

The Executive Committee has approved the proposed 2020/2021 budget and a residents feedback meeting will be held on Thursday, 12th March at 10h00 in the Lounge.

LOAD SHEDDING AND THE GENERATOR

While we are experiencing regular load shedding, we ask that residents use only the essential electrical equipment while the generator is running. This will save fuel costs and avoid overloading of the generator which can cause it to shut down. Thank you for your understanding and co-operation.



FGV GATE SECURITY AND SPEED LIMIT



The security booms at the gate have recently been upgraded with a new visible system which includes traffic lights. Please adhere to the red (stop) and green (go) traffic light system when approaching the booms.

We would also like to remind our residents to adhere to the 20kph speed limit within the village. Please relay this to your visitors as we have had several complaints from residents, regarding visitors speeding down our village roads.

GARDENER DUTIES & DOMESTIC TIMES



Please use your FGV gardener to clear your gutters and sweep the surrounding areas around your cottage to avoid any blockages to the storm water drainage system. Should you not need your gardener for the full allocated time, please notify Sandra and send him back to the office. If your gardener is on leave or sick, we will appoint a relief gardener to fill his position for the day.

If your domestic is on leave or sick, an alternate domestic will be offered. We cannot guarantee the same times, but we will try to accommodate you. Please allow a few minutes before they arrive as well as allowing them to leave a few minutes before the end of their schedule to enable them enough time to walk to their next cottage or to be on time for their transport home that leaves at 15:35.



FRAIL CARE UPGRADE AND MODERNIZATION

As most of you are aware there are plans underway to refurbish and modernize our Frail Care. This project is long overdue and planning already started during the third quarter of 2019.

Due to the nature of this project is it envisaged that it would take about 3 years to complete. However, during this period, we will be reviewing the present Frail Care structure, and this could result in changes to meet the current demand as well as taking the financial situation into account. Presently the demand for Frail Care is below our projected estimates and thus changes are being made to bring our resources and costs more in line with the revised demand. In order to ascertain this level, we have used data from the past few years.

If you have any queries, please the Manager, who will be willing to discuss any aspect of the plan.

You can design and create, and build the most wonderful place in the world, but it takes people to make the dream a reality.

-Walt Disney



TO ALL CURRENT AND NEW RESIDENTS - PLEASE NOTE

- 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.
- PRIVATE SERVICES: Private TV Systems (DSTV), private computers and printer and TELKOM issues, does not fall under the responsibility of FGV. If you require a referral for assistance, please contact Sandra.
- BLOCKED DRAINS: Please refrain from flushing any foreign objects down the toilets.
- 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.
- MEDICAL AID: FGV can only assist with emailing or faxing your claim, but we do not handle follow-up 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 for residents without their own cars. Hourly charges applicable and will be charged to your account.
- FGV BUS/COMBI 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).
- LAUNDRY SERVICES: Make sure all laundry is marked and listed on the laundry list. Check all items upon return from the laundry. Separate soiled laundry from the rest of your laundry. Disclosure (refer to House Rules Clause 7): "Formosa Garden Village cannot be held responsible for any damage or loss items sent to the laundry"

SWIMMING POOL USAGE & SAFETY

No children should use the pool without adult supervision.
Please don't allow the use of tennis balls or any other smaller type objects in the pool. This can cause serious damage to the pool pump. The gate must be kept closed at all times.



People respond when you tell them there is a great future in front of you, you can leave your past behind.

- Joel Osteen

SENIOR VERSION OF JESUS LOVES ME

Here is a new version just for us who have white hair or no hair at all. For us over middle age (or even those almost there) and all you others, check out this newest version of Jesus Loves Me.

JESUS LOVES ME

Jesus loves me, this I know,
Though my hair is white as snow
Though my sight is growing dim,
Still He bids me trust in Him.

(CHORUS)

YES, JESUS LOVES ME.. YES, JESUS LOVES ME..
YES, JESUS LOVES ME FOR THE BIBLE TELLS ME SO.



Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may,
He'll be there to lead the way.

(CHORUS)

When the nights are dark and long,
In my heart He puts a song.
Telling me in words so clear,
"Have no fear, for I am near."

(CHORUS)

When my work on earth is done,
And life's victories have been won.
He will take me home above,
Then I'll understand His love.

(CHORUS)

I love Jesus, does He know?
Have I ever told Him so?
Jesus loves to hear me say,
That I love Him every day.

(CHORUS) PRAYER

PRAYER THOUGHT

FROM ELMA BERGH

Lord, let the whole world hear the gospel of Jesus this Easter and respond to it by spreading the good news. And, just in case anyone out there feels unqualified or unworthy or has any other doubts just remember no one has to be a trained, full-time professional to tell others about Jesus.

But if you're still not sure about anything, we would love to have you join our Fellowship Group on a Tuesday morning in the FGV lounge and enjoy the fun of finding out just how qualified Jesus thinks you really are!!

Fellowship every Tuesday at 10:00