



SAARP SOCIAL SERVICES - PINELANDS

(Reg No 2006/003084/08)

E-mail Address : ruthbuckland3638@gmail.com
Monthly Meetings: 3rd Thursday at Pinelands Bowling Club,
St Stephen's Rd.
Doors open at 09:00, meeting closes 11:15

NEWSLETTER: SEPTEMBER 2019

Hello, again

As I've been asked to include a number of items in this month's newsletter, I'll have to dispense with the usual chat and get down to business. Before I do, though, a quick look-back to last month's meeting: There was a good turn-out for the Red Letter Day presentation by Colin Stevens, and from the comments I heard afterwards, many of you enjoyed it immensely. He's apparently working on another presentation, Mellow Yellow, which he has offered us for early next year – something unusual to look forward to in 2020.

Our speaker for 19 September is a very interesting young lady, Dr Maria Jose, who will be explaining to us a process currently in practice to solve problems affecting communities. As she writes: *"Design Thinking is a mindset, a process and a set of tools which seek to better understand problems from the perspectives of the humans that are most affected by it. This is the essence of Human-centered design thinking, and it relies on multi-disciplinary teams applying lateral thinking to identify the range of people affected and their experiences. This is different from the vertical thinking method of problem-solving which aims to understand the problem and then apply a known solution. Once identified, the individual and their experience is then re-framed by questioning current assumptions to act as a stimulus for new ideas which are then rapidly built and tested immediately. Design Thinking is powerful in our modern day because it is underpinned by values of empathy and collaboration between the user (or person experiencing the problem) and the design thinking team."* To assist us in understanding the concept, Maria has devised an interactive programme for all of us to participate in, which sounds a fun way of learning something new.

Head Office have asked that we distribute two items of interest to a wider audience. As they are both lengthy, I'll try to summarise to save space. The first is on behalf of the Rotary Club Cape of Good Hope who, in collaboration with CT City Clinic staff and Living Hope, are offering a Rotary Family Health Day (RFHD), a one-day programme of FREE health services as follows: For Adults: Blood pressure & pulse check; Diabetes check & blood sugar test; TB symptomatic screening & referral; HIV testing & counselling; Family planning counselling & free provision of condoms; Sexually transmitted infections screening & referral; Vision testing & supply of Readers.

For Children: Malnutrition screening; Deworming medication; Vitamin A supplement.

They're negotiating to have the following services donated: Blood donor and Bone marrow registration site; Audiology; info on Male Breast Cancer; Water & Sanitation management, and Hand-washing. City Health Dept have been requested to provide brochures/literature on the following subjects: Nutrition & Food Gardens; Exercise & Sports Facilities; Plastic Recycling; Garbage & Refuse Collection. Altogether, a very comprehensive list of free services.

The venues for RFHD are as follows:

Day 1 – Mon 30 Sept: Ocean View Community Centre, 9am – 3pm

Day 2 – Tues 1 Oct: Red Hill Library, Site C, 9am – 1pm

Day 3 - Wed 2 Oct: Masiphumelele Community Centre, 9am – 3pm

Day 4 - Thurs 3 Oct: Simon's Town Town Hall, 9am – 1pm

Day 5 - Fri 4 Oct: Fish Hoek Civic Centre, Main Hall, 9am – 3pm

They would welcome the assistance of ex-medical personnel or professionals of other services, or simply people who would like to assist on any of the days. Please contact Bev Frieslich, Head of the Steering Committee (e-mail: bevrieslich@telkomsa.net).

Next, we come to Nick & Jane Brown, who live in Zonnebloem, just off Philip Kgosana Drive (maybe better remembered as De Waal Drive!). Nick has approached Head Office for help in finding a genteel person who can hold intelligent conversation and drive, to become a part-time companion for his much-loved, 69-year old wife of more than 30 years. In his words: *Jane was a 'life and soul of the party' and held a management position in a large corporation until 2000. Now suffering from 19 years of painful osteo-arthritis and being unable to drive or read because of deteriorating eyesight, Life has taken its toll. She is completely self-sufficient in all other respects. Jane has audio books and support from Helen Keller. She has adequate pain control medication but is frustrated by her inabilities. Her very poor vision and inability to walk more than 30 paces without a break, mean she needs company to break the boredom of sitting at home reading.*

Nick wonders if there are any SAARP members who would be happy for some company themselves twice a week; if so, he'd appreciate your contacting him on nickmnb@iafrica.com, please.

LOOKING FORWARD – please remember to diarise where applicable.

Wed 25 Sept: Outing to the Cape Garden Centre with its wonderful show of Spring flowers, followed by a super lunch at Schoongezicht. R250 a head. There is still space on the bus – please contact Fay on 021 531 2702 or 072 111 0552

Thurs 17 Oct: Our General meeting – I've approached two people as speakers for October and November but we're not finalised yet.

Tues 22 Oct: Outing to T-bag Design in Hout Bay, then on to lunch at Barristers in Newlands. R200 a head. Remember to book and pay at our next meeting.

Wed 20 Nov: A treat for animal-lovers, especially feline fanciers! We'll be visiting Cat Heaven in Somerset West. If you need last-minute Christmas pressies for family members and friends who are pet-owners, this is the place to be! There are 22 rescued cats who all know they are in heaven – they have everything a cat ever needed to be happy. After refreshments in the yard and much stroking and purring, we'll head off to Helderberg for lunch and maybe Mooiplaas en route home.

Thurs 16 Jan: Mad Hatter's Tea Party. I'm trying to arrange some fun entertainment for the occasion – more details soon, I hope.

STILL TO BE FINALISED

Christmas Lunch: We're looking at Wednesday 4 December but need to check when other retirement homes are having their functions – last year our lunch clashed with Brown & Annie's as well as Pinelands Grove.

February Outing: SA Naval Academy, Simon's Town, were unable to host us in November due to end-of-year examinations, but suggested we visit early next year.

THEATRE NEWS

A. ARTSCAPE (Box Office 021 421 7695 or Computicket)

(a) **STOMP, 10-15 Sept:** A theatrical experience not-to-be-missed! For pensioners, Tues 10 20:00 and Sun 15 18:00, ONLY R150. For all other performances normal prices of R200 / R300 / R400 apply.

(b) **FUNKY TOWN, 20-21 Sept:** Hop on board the Soul Express, a musical journey through the generations from the 20's all the way to now. Tickets R120, but pensioners etc. R90.

B. FUGUARD (021 461 4554)

KINKY BOOTS, until 27th Oct: A lovely feel-good show. Pensioners R250 at matinees 15:00. Evenings at 20:00, full price R350 to R450. Book by phone.

C. BAXTER (webtickets.co.za or any Pick n Pay store)

OPERA KALEIDOSCOPE, Fri 27 Sept 19.30, Sat 14:00. Arias from many works in costume presented by the SACM Opera School. Full price R80; Pensioners/Students R65/Learners R55

D THEATRE ON THE BAY (021 438 3300)

(a) **#HeTwo, till 14 Sept:** Pieter-Dirk Uys together on stage with Evita Bezuidenhout (NO mirrors!).

(b) **A Night at the Musicals, 17 Sept-5 Oct:** Hilarious hijinks and shady shenanigans abound as all the musicals you know and love are murdered!

THOUGHTS OF OTHERS

(a) Our best wishes to all celebrating birthdays this month, especially to the Big 0's! May you all be treated by family and friends with big hugs and much love. (Sorry – as my list comes straight off the database there are no first names.) *J Ackroyd, R A Adley, J H Austin, T Coetzee, P Coetzee, F J Coombs, I D Fearn, M J Fenn, R Hattingh, M E Heydenrych, L Jones, H CKirkman, F I Kruger, L La Grange, J M Landman, E Meeser, A Mitchell, D E*

Paul, D M Paul, J Pittman, T L Raath, R J Scott, J Willey, D Wilson, J M Wiltshire.

(b) Our sympathy to those who have lost much-loved family or friends recently – may memories of happier times soften the sadness of loss. Many of you will remember Joanne Woollgar who used to join us on outings for a while; Joanne died on 27 August and the memorial service was attended by a large congregation. An extra-ordinary person, in all senses. We think particularly of her parents at this time of grief.

GOLF BALLS

A man entered the bus with both of his front pockets full of golf balls and sat down next to a beautiful (you guessed it) blonde. The puzzled blonde kept looking at him and his bulging pockets. Finally, after many such glances from her, he said, "It's golf balls". Nevertheless, the blonde continued to look at him for a very long time, deeply thinking about what he had said. After several minutes, not being able to contain her curiosity any longer, she asked: "Does it hurt as much as tennis elbow?"

Cheers for now
Ruth

COMMITTEE CONTACT DETAILS				
NAME	POSITION	LANDLINE	CELLULAR	E-MAIL
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