

# SHOULDER PAIN



**Dr Rian Smit**  
Orthopaedic Surgeon  
Shoulder Specialist  
Operating from Hilton Life  
& Lenmed Howick Hospitals

Dr Smit specialises in shoulders and treats a wide variety of conditions. Non-surgical treatment options include diagnostic ultrasound, barbotage and specialised injections of PRP, steroids or Synvisc. Surgical treatment options include arthroscopic or open procedures for rotator cuff problems, frozen shoulder and sport's injuries as well as shoulder replacement for osteoarthritis.

**Shoulder Complaint:**  
Pain and weakness when lifting your arm. Pain when lying on your shoulder.

**Possible Causes:**  
Rotator Cuff Disease, Bicep Tendonitis

**Shoulder Complaint:**  
Pain when bringing your hand to your mouth. Pain and stiffness with most movements; usually slow onset with or without clicking or grating.

**Possible Causes:**  
Osteoarthritis with cartilage loss

**Shoulder Complaint:**  
Pain after sport's injuries, gym injuries or falls.

**Possible Causes:**  
Tendon, ligament or cartilage tears. Dislocation with ongoing instability or fractures.

**Shoulder Complaint:**  
Severe stiffness and pain, typically in people aged 30 to 50.

**Possible Causes:**  
Frozen Shoulder



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# Harcourts Ambers

Retirement Specialists



Words speak for themselves...

The difference between ordinary & extra ordinary is the little bit extra."

Tiffany is an excellent Agent and very caring!! Tiffany really knows what she is doing, she helped me in every way possible.

Stars: 5  
NPS: 10  
Judy Kriek

Tiffany reacted to our request with speed and efficiency. She is totally professional, experienced and up to date with all requirements for a purchase. A great example of how all estate agents should be!

Stars:5  
NPS:10  
Fiona Eiber

For someone who has next to no knowledge of the property market, I have been blessed by the assistance and guidance provided by Tiffany. Tiffany was patient and diligent! Provided us with awesome feedback and always willing to do what it takes to make the process a smooth transaction. Thank you Tiffany!

Stars: 5  
NPS: 10  
James Clayton

I had a great experience dealing with Debbie purchasing a property in Howick. She was always available and responded very rapidly to my questions. I would definitely recommend her to people looking to buy property in Howick.

Stars: 5  
NPS: 10  
Alida O'Connor

Debbie thank you so much for your professional service and kindness to me in making it stress free in the sale of my home.

Stars: 5  
NPS: 10  
Jane Kesterton

In my opinion , Tracy has been the best performing and most efficient managing rental agent I have had in 20 years.

Tom Bassett

Yard 41; Karkloof Road; Howick; 3290  
Tel: 033 330 3436 (Office)  
Tiffany: 074 444 9694 (FETC Real Estate, PPRE)  
Debbie: 0825570107 (FETC Real Estate)  
Tracy: 072 204 8194 (Rental Manager)  
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## Harcourts

## Dear Readers

Another year, our 14<sup>th</sup> visiting your welcoming homes, and February here already. Never a truer word when they say that time waits for no man. Frightening isn't it? My granddaughter told me there are only 320 odd days to Christmas. So, my thoughts are..... and need to inwardly digest myself, why not start and make your list and get your shopping done early and save that last minute rush, not to mention the spending. Taken each month the blow isn't that bad.

Talking about time have you noticed how everyone is rushing on the roads lately? The trip between Hillcrest and Howick is horrendous, many speeding looming trucks, many speeding cars travelling right on one's bumper, urging you to move, even though there is nowhere to manoeuvre in the traffic. These selfish people think that everyone should move out the road because they are more important than others! It's time to take stock, there have been some really horrific accidents over the festive season. Is it because everyone leaves things for the last minute. Do they oversleep?

There always seems to be a traffic jam somewhere. Have been travelling on freeways for ages now, delivering magazines and visiting places for work and pleasure, and thinking wow, we are near the end, bliss!!! only to find that they have blocked off two lanes because they are altering what had already been done or building a drain or a retaining wall. Seriously??


During my time, publishing and delivering this well-loved magazine, which I have always personally delivered outside of the estates, I have met some super people, in our advertisers, along the way. Which brings me the fact, that I would like to remind our readers that without our loyal advertisers, these magazines would not be published. Please, wherever possible do make use of their services.

Till we meet again

*Pat Franken*

082 552 3027

*I've learned....* That everyone's journeys are different.

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Scrooge is in a Christmas mode

## Flowers come alive in A Christmas Story

By Pixie Emslie  
Photographs by Sue Grills

An animated floral and stage production on the theme of A Christmas Story held the audience of some 250 members of the Greater Ambers Garden Club enthralled at the final meeting of 2023. Floral artists Dawn Fallet from Amber Valley and her friend and business partner Wendy Hawkins from Amber Glen, put on a show that combined beautiful flower arrangements with performing acts and comedy.

Marilyn Northmore, chairperson of the Garden Club, introduced the two who are well known for their floral artistry and their "Dare to be Different" business.

Then the fun began – the displays depicted Ebenezer Scrooge, Tiny Tim, Christmas Ghosts and others, scattered with humour that even got a laugh for Scrooge. These

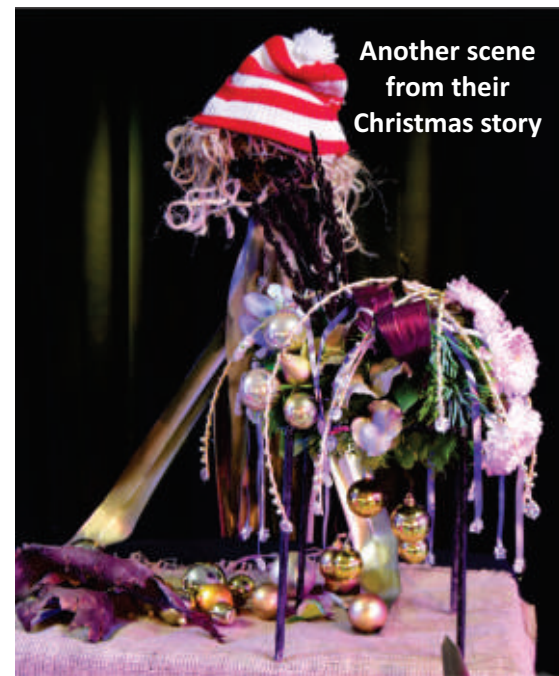
were followed by Mother Mary and the Christmas story, ending with the grand finale of floral decorations for the Christmas table.

The girls did arrangements of horizontal greenery with red candles and red roses, gold chrysanthemums and vertical sticks decorated with gold ribbon – beautiful creations. These wonderful arrangements, as well as bunches of flowers, were later raffled so three lucky winners went home with beautiful gifts.

Lots of good advice was given by Dawn and Wendy as they did their demos, explaining how things were done, how to make 'happy' or 'sad' flowers, and adding in lots of interesting bits of information along the way.

All the while Ian Taylor played the piano and sang in the background, adding to the ambience of the morning.

It was a fitting end to a successful Garden Club year, and 2024 looks to be starting with a bang as the speaker for January is Malcolm Powell on the topic of bonsai, followed in February by landscaping expert Peter Bretherton. March is the AGM and the speaker is Karen Tocknell.



Another scene from their Christmas story



Marilyn Northmore welcoming everyone to the Christmas Story



Talented floral artists Wendy Hawkins and Dawn Fallet demonstrate a Christmas table arrangement

## SIZZLING SUMMER CHRISTMAS DANCE

By Cynthia Dibben

Once again, our dining room was transformed into a vibrant dance venue, together with a strobe light and a glittering Christmas tree. Live music was provided by Barry Ritson who gauged the audience skillfully and kept most attendees on the floor for the entire time. The music suited all tastes from young to old, couples and singles and even those with walkers and carers! Some folks were happy to just sit and watch the proceedings, enjoying snacks and drinks and the company at their respective tables. The enjoyment continued to the end when a request for more dance numbers was made. For those who have not yet attended a dance come along to the next one in order to participate in these wonderful experiences.



## CARE CENTRE GIFTS

By Diana Coke

On Christmas morning residents of our Care Centre had a visit from Father Christmas in the person of Ingrid Lindsay. She brought 46 beautiful gifts which were made and donated by the 'Knit and Sip' ladies. They meet on the first Tuesday of each month at the Howick Golf Club to make various crafts. Each parcel contained soap handmade by the ladies, and slippers. Trained Staff member Cynthia, who was on duty on 25<sup>th</sup> December, described them as awesome, and said all the recipients, and their families, were absolutely thrilled.



## CHRISTMAS MARKET

By Cynthia Dibben

At last, the day dawned for the annual Christmas market, after many months of planning. We all hoped for good weather after the past few years being disrupted by severe storms, hail, or intense heat. A cool drizzly day ensued which led to a cozy but buzzing atmosphere in the jammed packed dining room and lounge. Over 40 stalls provided a huge variety of goods from toys, decorations, food items, jewelry, stationery, décor items to name but a few. Satisfied customers were able to stock up their Christmas stockings, grocery cupboards and hopefully spoil themselves. Food, drinks and tea and coffee were available on the patio and customers were able to socialize and enjoy each other's company. Thanks must go to the Centre staff, the social committee and to all the stallholders for contributing to this successful event.







# Amberglen

## SNIPPETS

### PICKLEBALL

By Diana Coke

The new (to South Africa) sport of Pickleball has certainly taken off at Amberglen. This sport began in the United States and has grown phenomenally. It's a combination of tennis, table tennis and badminton, played on a court half the size of a tennis court.

I went to the Centre on New Year's Day and was delighted to find an enthusiastic group of people playing or watching this game. Several said it was a wonderful way to begin 2024, getting good exercise. The players certainly seemed to me to be not only exercising, but also having fun. The original idea was for this to be played on the carpark next to the swimming pool. But that turned out to be unsuitable for several reasons. There was a concern about cars driving in and out, the concrete surface was too hard, and play was often cancelled because it was too hot, or too wet. It was thought the croquet lawn may have been an option, but the ball didn't bounce on grass. Then the Lounge was tried, and that has proved very suitable. The floor surface is ideal and the weather isn't an issue. Many thanks to Siphiso, who marked out the court. He and Sindi then tried it out - and managed, to everyone's delight. Carol Zaيمان, the Co-ordinator, says there have been about 14 people who have played whenever possible over this holiday season.



### A HIGH FLYING CAREER

By Cynthia Dibben

What a wonderful experience it was to hear one of our residents, Pam Hofman, regale us with stories of her time as a pilot in the South African Air Force. She kept the large audience spellbound with her interesting and amusing stories of her commando squadron training and escapades during the border wars. She started her working life as a radiographer, and what she achieved during that time would make a story in itself. Having produced four children in quick succession she felt in need of another challenge, so took private flying lessons. Later she joined the first all-women Commando Squadron 114 of South African Air Force and became Commanding Officer. She was quite the pioneer as this was all in the times when woman pilots were unheard of. She was the first woman to earn the rank of Lieutenant Colonel and also the first woman to be awarded the Southern Cross Medal for exceptionally meritorious service and particular devotion to duty. What an inspirational lady we have living in our Village!



### CHRISTMAS DÉCOR DEMONSTRATION

By Cynthia Dibben

The Home and Garden Club ended the year with aplomb. A floral demonstration with a Christmas theme was presented by two talented local ladies, Wendy, and Dawn. They skillfully showed us how recycled Christmas decorations, combined with flowers and greenery could be turned into stunning table arrangements. They kept us entertained with banter and amusing anecdotes while adeptly working on their designs. As much as I try to avoid buying anything 'Made in China' our demonstrators, repeatedly stated that everything one may well need for our Christmas creations could be sourced from the local China Shop! After closely viewing the striking completed floral constructions the members and guests in attendance were able to enjoy food, a drink and camaraderie in the dining room.

## FASHION SHOW




# Amberglen

## SNIPPETS

### AN INCREDIBLE JOURNEY

By Diana Coke

The thunderstorms these past weeks have been extreme, and probably most dog owners have had to calm their pets down. Des Wright told me an amazing story. On Saturday 30<sup>th</sup> December she opened her front door early to find a little dog sitting on her patio. He came in as soon as she called, and immediately drank several bowls of water. He also bonded with her small dog. Des drove all round Amberglen asking if anyone was missing a dog, but her search was fruitless. Then daughter Michelle arrived, took a photo of the cute animal, and posted it on Facebook. Shortly after lunch Des received a call from his ecstatic owners. This young couple had only moved into their new house in Howick 2 nights before. In the storm on Friday night their pet somehow escaped from their garden - in Greendale - and, incredibly, the frightened animal made his way right across Howick and into Amberglen! He is obviously a very clever pooch, as he made straight for Des's home. He knew he'd find a caring dog-lover there! He recognized his owner's car outside as soon as they drove up, and Des said the reunion was a joy to behold. His bed was on the back seat of the car, but it was moved to the front so he could sit on his missus' lap. A horrible story that had a very happy ending. Even dogs know that Amberglen is the place to be!





# AMBER CAMERA CLUB

January 2024 Winners



Black Backed Gull, by Alexander Hopkins, Junior



There is no Limit, by Ashley Wheeler, Junior



Meerkat Lookout, by Toni le Roux, Senior



Carols in the Forest, by Llewellynn Scott, Senior

## A POETIC CONVERSATION

### JOY IN GRIEF

*Joy in grief? Impossible.  
An oxymoron! Lacks good taste.*

*It depends, I guess. But on what?  
Who died?*

My wife died.

*Really? You disliked her that much?*

I loved her like no other.  
It is 6 months – I still weep.

*But joy? What joy?*

My darling is safe.  
She ran her course bravely, victoriously,  
Died at peace with God and family.  
Faithful to her Saviour to her last breath.  
Joy: she is eternally secure in Christ.,  
Beyond the reach of human evil;  
Beyond horror, fear of destruction from Satan.  
She stands in the brightness of the Lord of Light,  
His love, his joy, his peace,  
His faithfulness to eternity.  
I worship with joy.

### The Author

I am a resident in Amberfield - have been for 19 years.  
My wife died in June. We had been married for 58 years.  
I am an octogenarian retired gynaecologist and ordained minister,  
working through the challenges of grief.  
I attach a poem about one of the healing lines I have found in my tears.  
I think it may be of use to your readers who are struggling with the same  
grief, so I submit it for possible publication in The Ambers.



With kind regards,  
(Dr) Jon Larsen  
181 Amberfield,

*But you are alone!*

There's my joy  
that when I turn to prayer and worship  
I know she does that still,  
But more deeply, for she sees God face to face.  
I have joy in gratitude for God's grace.  
58 years He gave us to grow  
In love, commitment, enrichment –  
A harvest of grateful memories  
to deepen joy by grace.

*Memories fade.*

Another joy holds me still.  
The joy of certain hope that in Jesus  
We will see each other again:  
Only deeper joy then, with all our hang-ups gone  
–  
Healed, she more beautiful than ever.  
Joy.

Jon Larsen 2023

An exceptional  
POET'S  
CORNER







# The Ambers Stamp Club Exhibition by The Members of the Club **AMBERS STAMP CLUB**



All together there were 180 pages of exhibits which attracted quite a few visitors (Fig. 1)



Getting the lighting right to improve viewing was very important (Fig.2)



Fig 3

The amusing envelope from the Meager Collection on display was an invitation to Mrs Ides and it created quite a lot of interest as it depicts the Penny Red used as a top hat! It appears that the invitation was never sent. (Fig. 3)  
Important 1895 Natal Half-penny stamps were also on display (fig 3) and the shortage of the stamps at the time led to a very interesting display and discussion amongst the viewers.

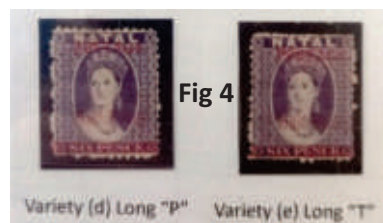


Fig 4

Variety (d) Long "P" Variety (e) Long "T"

The Ambers Stamp Club held their second Stamp Exhibition at the Amber Valley Clubhouse and was open to the Amber Residents, Members and Friends for a two week period in mid- October.

Members got together and erected the frames to display the exhibits in record time. The Exhibitors, who were all Members of the Club, worked hard in producing an interesting array of stamps covering various subjects. There were 14 Exhibits, most of which comprised 15 pages each.

## THE EXHIBITS

- The Meager Collection: A family collection of early Victorian postal items
- Natal 1895: The shortage of the half-penny stamp
- The Birds of the Ambers
- Artists who dared to challenge convention
- Militaria
- New Zealand Health Stamp Themes
- Horses
- Atmosphere and Weather
- The life of Sir Ernest Shackleton
- Prince Charles and Lady Di
- Number as a dominant feature on stamps 1876 – 1976
- Tuvala stamps

Some of the birds found in the Ambers included the magnificent Fish Eagle (Fig.5a) and a Malachite Kingfisher. (Fig. 5b)



Fig 5a



Fig 5b

Artists Who Dared To Challenge Convention was a popular subject and covered the development of nude art throughout the centuries. (Fig. 6a and 6b) and the artists who influenced change.



Fig 6a Michaelangelo's 'Creation of Adam'



Fig 6b 'Temptation of Adam and Eve'

Stamps depicting various uniforms worn by the armed forces were also on display (Fig. 7)



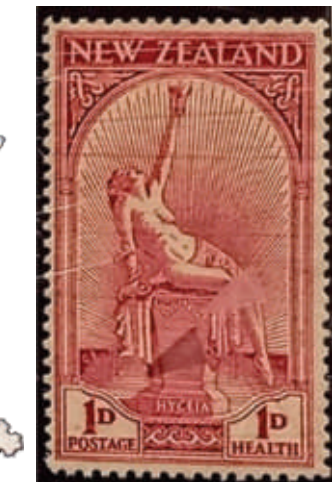
Fig 7



Fig 8



New Zealand issued Health Stamps on a regular basis and charges a supplement for health purposes. Included in the exhibit were two 1943 triangular stamps depicting Princess Margaret and Princess Elizabeth. (Fig. 8).



A 1932 stamp depicting Hydra, Goddess of Health was an important part of the Health Exhibit. (Fig.9)

Fig 9

Fig. 10 Horses Some of the popular themes included Horses (Fig. 10) and the Atmosphere and Weather (Fig. 11)



Fig 10

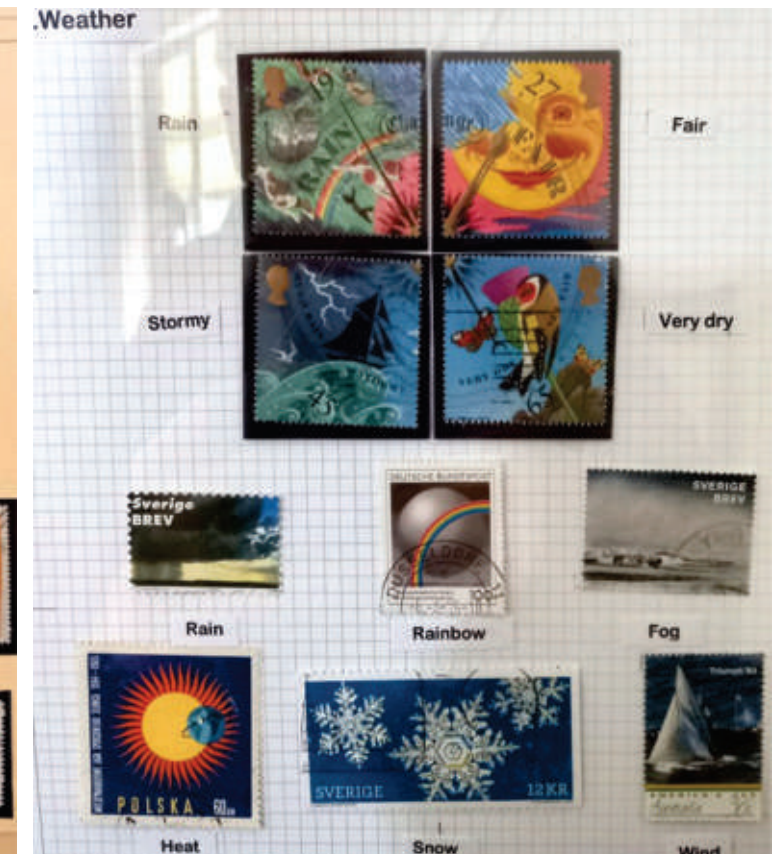


Fig 11



The life of Sir Ernest Shackleton was told through one of the exhibits which concentrated on his exploration of Antarctica and the loss of his ship "Endurance" which was lost in pack-ice. A fascinating exhibit (Fig 12, 13 & 14)



Fig 12 Sir Ernest Shackleton



Fig 13 'Endurance' trapped in pack ice



Fig 14 'Endurance' in pressure crack



Fig 15



Fig 16

Still as popular as ever - Princess Di and Prince Charles, the most talked-about royal couple in history; made an interesting exhibit, which was enjoyed by most visitors.

Fig 15

Most Commonwealth countries issued stamps to commemorate the couple and in some instances the family. Fig 16

One exhibit was 'Numbers as a dominant feature on stamps' which featured some interesting issues over the years. Great Britain, for example, at one stage, did not show the name of the town from where the postal item originated, but instead each post office was given a number as a cancellation (Fig 17)

During the Third Reich inflation in Germany ran wild and the value of stamps changed weekly, hence over-prints became a feature with the German stamps (Fig. 18). The stamps of Nederland also went through a period showing values on very plain stamps in large print. (Fig. 19 and 20)



Fig 17



Fig 18



Fig 19



Fig 20

Last but not least was an exhibit about Tuvalu Island (Fig, 21) depicting aspects of life on the island including home-craft and good produce such as nuts.

It was also very pleasing to receive some very favourable comments about the Exhibition which was not a competition and the purpose was to display to visitors the possibilities and interest that stamp collecting can provide and how exciting and informative the hobby can be, for all ages.



Fig 21

For more Information about The Ambers Stamp Club

please contact: James Grinyer 033 239 0717 - Aubrey Bowles 033 239 2135 082 316 3308



Located in Howick, within the picturesque KwaZulu-Natal Midlands, Amber Glades stands as a luxury senior living village. Our spacious studio, 1-bedroom, and 2-bedroom apartments blend sophistication, comfort, and security, presenting an affordable yet refined living experience.

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# Amberfield Retirement Village NEWS & EVENTS

by David & Pauline Dalton

## CHRISTMAS MARKET

The ever popular Christmas market was abuzz with coffee and eats, delightful stalls, including art work on display, too.



THE AMBERS 14

## JUMBLE SALE

The annual end-of-year two-day jumble sale was a great success once more. All proceeds went to the Social Club so thank you to the organisers and helpers, those who donated items and of course, those who supported it.



## NEW YEARS EVE



Time to Boogie

A Jolly Rocking New Year's Eve with Rick. Residents of Amberfield were treated to a Friday evening of music, dancing and singalong with Rick Olivier. A great evening's entertainment was had by all.



THE AMBERS 15





# A Christmas Tale

By David Dalton

A week later he burst into the office excitedly announcing that he had been invited to a lunch at the prestigious Victoria Club, as a guest of book publishers. The archetypical exclusive gentleman's club, steeped in its colonial heritage, even had a special rear entrance for workers and tradesmen, and believe it or not, 'wimmen'! (Jane Raphaely, SA magazine publishing doyenne of Fair Lady and Cosmopolitan fame, once caused a huge fuss by *daring* to enter the club through the *front entrance*!!!)

In the late seventies, Pauline (my 'missus-to-be') invited me to her folks place for Christmas lunch. The Plattens immigrated to South Africa from Hartlepool (North East of England). What with their accents, I expected what I understood to be a North East UK-something called 'Peace' *puddin'*. It being Christmas time, I presumed this would be Christmas cake (hopefully filled with coins), topped with ice cream! Understandably, I was a bit baffled when by the end of the meal my favourite pudding didn't feature at all. Trifle was served instead.

Laughing, Pauline explained that *pease* is an Old English word for peas, and that **pease puddin'** had been served with the roast as a mash made from yellow split peas and pickled pork juice. I would later learn that cold pork slices in a bun with a dollop of pease puddin', is a fabulous meal too! "Pease be with you."

**"Slings Black Labels" in the Victoria Club!** An embellished account of a true story. During the 1980s I joined the KZN provincial education department based in Pietermaritzburg. It was obvious why the city had been dubbed 'the last outpost of the British Empire!' Besides the language, the town abounded with red-bricked Victorian architecture. My office was situated across the road overlooking possibly the last vestige of the Victorian era in Pietermaritzburg, **The Victoria Club**. The club was situated in Longmarket Street (now Langalibalele Street) since 1897 (until its merger and relocation with Maritzburg Country Club in 1997, now called Victoria Country Club). My colleague, Jack, had the privilege of once setting foot through the hallowed portals. The then century old club was a testament to the aura that surrounded this bastion and last vestige of colonialism in South Africa.

This saga started one day when after work I invited Jack for a drink at our local. "Johnny Walker ... Black Label Whisky, you say. Mmmm ... I must remember that ... *on the rocks, too*" Jack exclaimed taking a whiff.

So it was to this upper-class club that my colleague took himself off to lunch. Later when he returned, he sat down in his chair and burst out laughing. Eventually, in between chuckles, he blurted, "You'll never guess what happened?" going on to recount his lunch time experience...

On his arrival at the club, Jack said he was ushered through, by a stern-faced uniformed *maitre'd*, to the lounge where his two hosts were seated. After introductions drinks were offered. The hosts placed their usual order of gins with an equally stern-faced waiter, sporting a red fez. Jack said at that moment he remembered the expensive **Black Label whisky** he and I had savoured the week before (besides which, he thought, these geezers were paying!)

"And for you ... Sir," enquired stern face. "Make mine a Black Label." (A drink he presumed befitted the ambience of the place.)

"Very good Sir." "Oh... and make it on the rocks ... **on the rocks, please!**" to which the waiter briefly faltered mid-stride, and then continued on his errand.

In his mind's eye, Jack envisaged the fine malt whisky, immersed in ice cubes in a Waterford crystal glass! Instead, placed in front of him *was a tankard of beer, filled to the brim with ice cubes!!! He had been served Carling Black Label Beer, on the rocks!!!* Recovering his composure he promptly proposed a toast (with a clink of glasses, and a clunk on a beer mug). "Here, Here!" came the reply. The very fine lunch proceeded without further incident, washed down with a fine wine.

So, whenever I have a whisky, I envisage my bemused colleague sitting in front of a frosty tankard of beer, filled to the brim with ice cubes. If it had happened anywhere else probably no one would have cared a toss at all. But that it happened in a hoity-toity club, was indeed a real hoot, what!

# 2024 **The CAVERN** & Kal-Media PHOTOGRAPHY COMPETITION

## RULES

Please read these carefully, your entry will be disqualified if you don't follow the guidelines.

Closing Date of the Competition is **1st December 2024**

Competition is open to Ambers Residents **ONLY**.

**No more than 2 entries per person.**

Please email to: [pat@kal-media.co.za](mailto:pat@kal-media.co.za)

Ensure you put Cavern Competition in the subject box.

Please advise your name, address and contact details.

Please give a title to your photograph.

If the files are big upload to [www.wetransfer.com](http://www.wetransfer.com) and notify Pat that you have done so.

Please send your entries in JPEG format.

Photography must be your original work.

Prizes cannot be exchanged for cash.

The Judge's decision is final.

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You can keep updated of events and social activities on the **Amberfield News & Natters**



**That's all Folks Until Next Time**



This is a song that I heard my parents play, several times when I was young, and wanted to share with you, the words have a certain ring of truth!

## The Deck of Cards by Tex Ritter

During the North African Campaign, a bunch of soldier boys had been on a long hike, and they arrived in a little town called Casino.

The next morning, being Sunday, several of the boys went to church. A Sergeant commanded the boys in church, and after the chaplain had read the prayer, the text was taken up next.

Those of the boys who had a prayer books took them out, but, this one boy had only a deck of cards, and so he spread them out.

The Sergeant saw the cards and said, "Soldier, put away those cards". After the services were over, the soldier was taken prisoner, and brought before the Provost Marshall. The marshal said "Sergeant, why have you brought this man here?" "For playing cards in church Sir." "And what have you to say for yourself Son?" "Much, Sir," replied the soldier. The marshal said, "I hope so, for if not, I shall punish you more than any man was ever punished."

The soldier said, "Sir, I have been on the march for about six days, I have neither Bible nor prayer book, but I hope to satisfy you, Sir, with the purity of my intentions." And with that, the boy started his story.

"You see sir, when I look at the Ace, it reminds me that there is but one God, and the deuce, reminds me that the bible is divided into two parts, the old and the new testament. When I see the trey, I think of the Father, Son, and the Holy Ghost. And when I see the four, I think of the four Evangelists who preached the Gospel There was Matthew, Mark, Luke and John.

And when I see the five, it reminds me of the five wise virgins who trimmed their lamps, there were ten of them, Five were wise and were saved, five were foolish, and were shut out.

When I see the six, it reminds me that in six days, God made this great Heaven and Earth.

When I see the seven, it reminds me that on the seventh day, God rested from His great work.

And when I see the eight, I think of the eight righteous persons God saved when he destroyed this Earth.

There was Noah, his wife, their three sons, and their wives.

And when I see the nine, I think of the lepers our Saviour cleansed, and, nine out of the ten, didn't even thank him.

When I see the ten, I think of the ten commandments, God handed down to Moses on a table of stone.

When I see the king, it reminds me that there is but one King of Heaven, God Almighty. And when I see the Queen, I think of the Blessed Virgin Mary, Who is Queen of Heaven, and the Jack of Knaves is the Devil.

When I count the number of spots in a deck of cards, I find 365, the number of days in a year. There are 52 cards, the number of weeks in a year. There are four suits, the number of weeks in a month. There are twelve picture cards, the number of months in a year. There are thirteen tricks, the number of weeks in a quarter. So, you see Sir, my pack of cards serves me as a Bible, an Almanac, and a prayer book. And Friends, the story is true, I know, I was that soldier.



### Woodward Maurice "Tex" Ritter

(January 12, 1905 – January 2, 1974) was a pioneer of American Country music, a popular singer and actor from the mid-1930s into the 1960s.

Woodward Maurice Ritter was born on January 12, 1905, in Texas to Martha Elizabeth (née Matthews) and James Everett Ritter. He grew up on his family's farm, after graduating with honours, he entered the University of Texas in 1922 to study pre-law and major in government, political science, and economics. However, he was drawn to a musical career and moved to New York appearing in Broadway shows, later moving to LA and enjoying success in movies.

Ritter had a heart attack and died in Nashville in 1974, ten days before his 69th birthday. He was survived by his wife and two sons. Tex Ritter's son, John, became famous as an actor, playing Jack Tripper in the sitcom Three's Company.



## WINE TASTING TALES

by Cynthia Dibben

An enthusiastic, merry group of over 50 residents met in the Lounge on a warm Wednesday evening in January to sample wines provided by Diemersfontein Wine Estate near Wellington in the Western Cape. The tables were attractively set with brightly coloured overlays and an array of elegant glasses for sampling the six selected varieties of wine. The qualities of each sample were expertly explained by Terrilyn, the sommelier representing the Wine Cellar. Snacks and sandwiches were provided to mop up the effects of the wine, but stories and banter continued well into the evening after all the samples had been consumed. Events of this nature will be held each quarter so be sure to sign up timeously as attendance numbers are limited.



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### BUSH & LAKE

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### BEACH

**Pumula Hotel:** 17 to 20 March (3 nights),  
8 to 11 December (3 nights)

**Whale Watching in Hermanus:** 10 to 14 Sept  
& 26-30 October (4 nights)

### FESTIVAL

**Cherry Picking Festival in CLARENS:**  
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## FACTS ABOUT EYES

Article by Dr. Russel Lazarus

1. The brain is the only organ in our bodies more complex than the eye.
2. Over 1 in 8 males are colour blind.
3. Over 80% of the brain's processing is from our vision.
4. Children with vision problems are often misdiagnosed with dyslexia, ADHD and other learning difficulties
5. There are NO pain nerves inside the eye, you could have serious eye conditions, such as glaucoma, and not know it until you have permanent eye damage.
6. Eyes heal quickly, it takes only about 48 hours for a minor scratch to heal
7. Every second, your eyes change focus over 50 times.
8. There are over 1 million nerves connecting each eye to the brain.
9. Even though the retina detects only 3 colours, red, blue and green, we can distinguish over 10 million different colours.
10. The front of the eye, the cornea, is the only part of the body that receives its oxygen directly from the air, not the lungs
11. Only 1/6 of your eyeball is visible.
12. In a pitch black night, eyes can detect a candle flame 14 miles away.
13. The iris (coloured part of the eye) has 256 distinct features, whereas fingerprints only have 40.
14. When concentrating, most people only partially blink, causing dry spots and redness on the eyes
15. In a typical lifetime, you will see over 24 million images of the world around you.
16. The retina is made up of 2 types of nerves, known as 'rods and cones'. Rods are responsible for night vision and seeing shapes, whereas cones provide sharp vision and decipher colours.
17. The average person blinks 12 times a minute.
18. The cornea of a shark is nearly identical to that of a human, and it has even been used in human eye surgery!
19. Contracting in less than 1/100th of a second, the eye is the fastest contracting muscle in the body.
20. The 'red eye' seen in flash photography, is due to the retina being densely packed with blood vessels.
21. The cornea is the only tissue in the body that does not have blood vessels.
22. The human eye weighs approximately just under an ounce.

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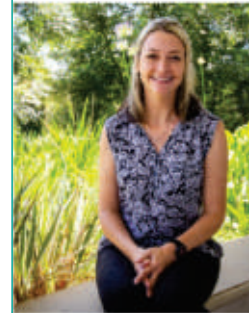
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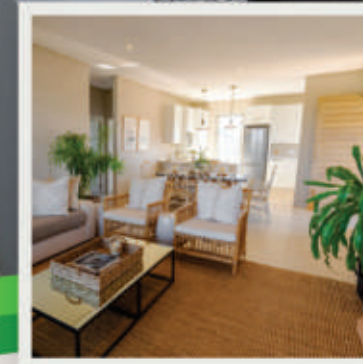
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# Ageing



“Beautiful Young People  
are accidents of nature. BUT  
Beautiful Old People are  
Works of Art”  
ELEANOR ROOSEVELT

**JUST  
A  
THOUGHT**  
by  
*Pat*  
**FRANKEN**

**W**as in the reception area of an upmarket retirement village, fascinated about the number of recreational opportunities that were available to these residents, even a library, hairdresser, and spa. There was aqua aerobics, Pilates and passive exercise classes going on. Tennis court and bowling green. Plenty of open space to walk around the complex. Many were doing so with little pups in tow. Wow, a dream without even going out the yard. One lady was approaching the door to go out and another very much older lady is coming in. On the way out, she asked “How are you”? and the little old lady's response was “Bored!!!”. The lady didn't reply, the look of absolute surprise on her face said it all, and in my mind could hear “Bah! Humbug” from that famous Christmas pantomime Scrooge.

Sometimes we do feel that life is boring, and each day is the same as the one before. There just never appears to any more excitement in ones life. This led me to wonder if this lady had tried to find things to do, to make each day a special one in some way, and not seen or perhaps ignored all that was going on around her. It's a case of – if life gives you a bag of lemons.....

She had only to walk outside to find people playing bowls, sitting outside the library chatting. Sit and watch, one does not have to participate or join in.... maybe if she had smiled it would also have helped. It is our attitude that makes our lives what it is. Every second that we breathe is a gift, why waste it being continually bored with life. Fill each day as if it was your last.

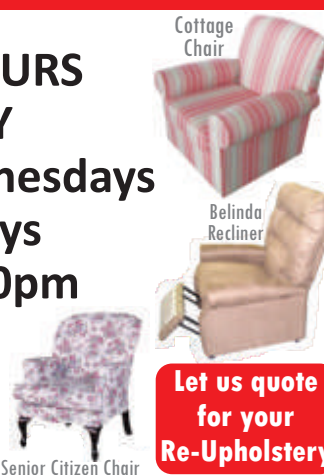
Sitting in the car before leaving, I pondered on this unhappy little lady, should I have stopped and said hello? Should I have asked what she would like to do? Would she have told me to mind my own business or ignored me?

They say it takes all types to make a world, but I could not help feeling saddened for a few hours, how this lady could not see or did not want to see how happy these people were with what they had, and that she too could very easily be a part of it.

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# FASHION - The Last 100 Years

Fashion trends come and go – in many ways what we wear reflects the world we live in.

Almost 100 years have passed since the **Roaring Twenties**. A time characterized by a newfound joie de vivre, which was really celebrated during this time. Gold and glitter, sequins and feather boas, flapper dresses, headbands and, for the men, dandy suits, suspenders and felt hats were the hallmarks of contemporary fashion. The waist of the woman was hidden under short, straight flapper dresses, the hair was cut off. The androgynous look reached its peak here, after all, at this time the woman also acquired a completely new position in society – she even smoked now, but only with a cigarette holder, of course.

The party mood of the twenties evaporated with the economic crisis of the time. The style icon of this time was without doubt Marlene Dietrich, who also made the long wide trousers presentable at this time, which later became the cult Marlene trousers.

Fashion radically changed in the **forties**; due to the war. There was no material available for dazzling and elaborate dresses, so women became inventive and usually made their own clothes. New clothes were made from the old, and to save on material, the clothes were especially figure-hugging.

What was particularly noticeable at that time were red lips. An accessory that was supposed to defy the dreary environment.

Fashion in the **fifties**, came a little closer to that of the twenties – the fun came back. Christian Dior already laid the foundations for the typical rockabilly of the fifties at the end of the 1940s, when he put wide cut skirts with large petticoats in the shop windows, along with tight blouses that created the “New Look”. A new style was also on the agenda for men. The suit gave way to casual jeans in the younger generations. In addition, white T-shirts and leather jackets shaped the image of the men on the streets – very James Dean and Elvis Presley!

**The Swinging Sixties**, characterized by protest movements. The rather romantic fashion of the fifties was unceremoniously discarded; instead, people took to the streets in A-line dresses and miniskirts. A time of Mary Quant and Twiggy.

The hippie movement conquered society during the **seventies**. Striking colours, patterns and accessories reflected the feeling of freedom and individualism of the time. Men and women squeezed themselves into tight tops and tight jeans, bell bottoms of course. Hair; worn long by both sexes, and most young men favoured facial hair, particularly moustaches.

Some may say fashion took a downward turn in the **eighties**; shoulder pads, balloon pants, puffed sleeves, perms and neon-coloured XL pullovers with leggings – combination at will allowed, often clashing colours! Also a time of 'tracksuits' in synthetic fabric.

In the **nineties**; fashion divided into different groups from sporty, preppy to grunge, anything goes and with the youth depends very much on the style of music! This has continued in the **2000's**, although it needs to be said – semi nudity seems a favoured trend with many pop and film stars! There appears to be more value with shock value from the fashion houses than creating something new or re-inventing something old.....



## DEWORMING PETS: Why it's important?

Deworming pets is generally not done often enough, probably because no pet parent likes to think of their dog or cat having worms. A pet can be taking parasite preventives with no signs of intestinal parasite infection and still be infected. Pets can harbour several kinds of worms, some of them deadly, and deworming regularly is as important as annual vaccinations.

Clinical signs of intestinal parasitic infection in pets can include diarrhoea, weight loss, scooting and anaemia - remember that infected pets may not always show these signs. Infected pets could contaminate their environment with parasites which are a potential risk to humans. Some parasites (such as hookworms and roundworms) are a serious risk to your family, especially children. Roundworms for example can cause eye, lung, heart and neurological symptoms in people.

**This is why we recommend routine deworming of pets to protect them and your family.**

### So how do you prevent worms?

- Remove faeces from your lawn daily.
- Prevent your pet from eating rodents and other small mammals.
- Routine flea control.
- Deworm pregnant pets before breeding, and again before helping to help prevent infecting newborn puppies and kittens.
- Dose your pets with regular Veterinary recommended deworming medication. There are several anti-worm medications available.

### Deworming your pets: when should you do it?

- Puppies and kittens every 2 weeks until the age of 3 months (they may contract worms through their mother's milk), then once a month until the age of 6 months.
  - Pets that roam a lot or eat bugs and rodents are considered high risk, as are pets that eat a raw diet. These pets should be dewormed monthly.
  - For pets 6 months and older, every 3 months.
- NB!! Remember to treat for fleas at the same time that you deworm, otherwise the fleas will re-infect your dog or cat with tapeworm.**

### Regular diagnostics

Regular diagnostics are needed as part of your pet's wellness exams to identify an intestinal parasite infestation and provide the best possible preventive care. At Midlands Veterinary Hospital we are equipped with the latest laboratory technology, a Vetscan Imagyst machine. With Vetscan Imagyst, we have the ability to have accurate, fast results allowing us to diagnose and treat parasites accurately. We advise doing a faecal test on puppies and kittens three times a year, and twice a year for adult dogs and cats.

All it takes is dropping off a labelled stool sample in a clean tub or ziplock bag, and once the results are in we will contact you with the findings and report.

**To find out more about having your pets Faecal test done contact us on 033 330 6184.**



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# Air Fryer Home Chef COOKING



## Air fryer quiche Lorraine

### Serves 4

Whisked eggs, bacon and cheese go perfectly with the tender, flakey pastry.

### Ingredients

1 sheet frozen puff pastry, just thawed  
 2 tsp olive oil  
 175g rindless bacon, cut into batons  
 1 brown onion, finely chopped  
 5 eggs  
 125ml (1/2 cup) thickened cream  
 125ml (1/2 cup) milk  
 100g (1 cup) coarsely grated Swiss-style cheese  
 Parsley or spring onions to sprinkle.

### Origins

Quiche Lorraine is a French tart with a filling made of cream, eggs, and bacon or ham, in an open pastry case. It was little known outside the French region of Lorraine until the mid-20th century. As its popularity spread, nationally and internationally, the addition of cheese became commonplace, although it was criticised as inauthentic.

Quiches (sometimes spelled kiches), the name may derive from the German *Kuchen*, a term used for similar dishes. There are many varieties of quiche, with different regions creating their own. Originally a quiche Lorraine was baked with a bread-dough case similar to that now used for pizza, but the modern versions favour shortcrust of puff pastry.

### Variations

Like pizza quiche is really only limited by imagination! But basically, using the cheese as the base you can experiment. Broccoli, cauliflower, green beans or spinach is an ideal way to increase your intake of vegetables. Types of cheese can also put on a spin, particularly if you like something with a 'bite'. Served with a salad or fresh, quiche provides a healthy choice for those cooking for one.

### Method

Line a 4cm-high, 18cm (base measurement) round fluted tart tin with removable base with the puff pastry, pushing well into the base and side. Line the pastry with baking paper and fill with pastry weights or rice. Remove the sliding rack from the air fryer. Place the lined tart tin inside the rack. Slide rack back into the air fryer. Cook at 180C for 6 minutes. Remove the pastry weights or rice and the baking paper. Use a fork to prick the base of the pastry. Return to the air fryer and cook for a further 6 minutes or until the pastry feels dry to the touch. Set the pastry aside, in the rack, to cool slightly. Meanwhile, heat the oil in a large frying pan over medium-high heat. Add the bacon and cook, stirring often, for 5 minutes or until starting to turn golden. Add the onion and cook, stirring, for 5 minutes or until bacon is crisp and onion is softened. Set aside to cool slightly.

Whisk the eggs, cream, and milk together in a medium bowl. Season with pepper. Spoon the bacon mixture into the pastry base. Sprinkle with the cheese. Pour over the egg mixture. Gently slide the rack back into the air fryer. Cook at 160C for 30 minutes or until filling is set. Set aside to cool slightly. Cut into slices to serve warm or cold.



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## Home Chef Olive oil, Rosemary and Salt Flat Bread

Make your own flatbread with olive oil, sea salt and fresh rosemary, then serve warm with cheese or your favourite dip.

### INGREDIENTS

1 and 1/2 cups plain flour  
 1 tsp (1/2 sachet) dried instant yeast  
 1/2 tsp salt  
 3/4 cup warm water  
 2 tbsp Olive Oil  
 2 tsp chopped rosemary  
 1 tsp sea salt flakes

### METHOD

Combine the flour, yeast and salt in a large bowl. Add the water and 1 tablespoon of the oil and stir until combined.

Turn the dough out onto a lightly floured board. Use floured hands to knead lightly until dough is smooth and doesn't stick anymore. Place the dough in a clean, greased large bowl. Cover with a clean tea towel and set aside for 1 hour or until doubled in size.

Preheat oven to 235C (215C fan-forced). Grease a large oven tray. Punch down dough. Use oiled hands to spread dough over prepared tray to a 32cm x 28cm rectangle. Brush with remaining oil and sprinkle with rosemary and sea salt flakes. Bake for 15 mins or until golden and base is crisp. Serve immediately.

**Note:** Use this basic recipe and add onions, peppers or additions of your choice.



# THE RISKY NEW TRUST LANDSCAPE – BENEFICIAL OWNERSHIP REGISTER REQUIREMENTS FOR TRUSTEES

Article by Sumaiyah Abdulah (Attorney: Trust Department)

The amendments to the Trust Property Control Act 58 of 1988 (the "TPCA"), which took effect on 1 April 2023, are inter alia, aimed at establishing registers of beneficial owners of trusts.

## Beneficial Ownership Register

In an effort to address its grey listing status and to ensure that its regulatory environment aligns with international standards for combating money laundering and the financing of terrorism, South Africa amended the TPCA through the enactment of the General Laws (Anti Money-Laundering and Combating Terrorism Financing) Amendment Act 22 of 2022.

In terms of the amended legislation, trustees are now required to establish, record and maintain an up-to-date record of prescribed information relating to the founder, trustees and beneficiaries to the Master of the High Court via an electronic register. This submission must be completed manually on the Trusts Online Portal, accessible at

<https://trustonline.justice.gov.za/Masters/Account/Login?ReturnUrl=%2fMasters%2fMastersTrustsOnline%2fTrustRegister>.

Only trustees are authorised to record the data on the online portal. However, the authority to upload the beneficial ownership data on behalf of a trustee can be granted to a representative under a Power of Attorney from the trustees.

The accounting officer of the trust is also required to upload the beneficial ownership register with the South African Revenue Services when submitting the tax returns for the Trust.

## Consequences of Non-Compliance

Failure to comply with these requirements may result in a penalty of up to R10 million and/or five years' imprisonment for trustees. Additional sanctions may be imposed by the Master or the Financial Intelligence Centre.

Should you require assistance in ensuring compliance with the amended legislation, contact our offices to ensure that you comply with these new requirements and avoid any penalties.



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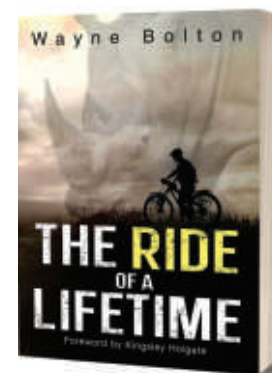


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In today's investment climate, capital and asset allocation are mission critical.

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If you allocate your available capital into five tranches of 20% each – each tranche into a different fund – the reality is that you are actually invested in thousands of different companies. And each fund will come with its own layer of fees.

Institutional investor portfolios are typically over – diversified with their one-size-fits-all approach. They tend to focus on in-house unit trusts, bonds, cash, exchange traded funds and some stocks, to the extent that the worth of their top 10 holdings is diluted to less than 2%, while the portfolio manager's top picks ultimately represent less than 0.2% each. Sadly, the reality is that even if the top picks perform brilliantly, they're not going to positively impact the portfolio.

Over diversified portfolios will never outperform the benchmark because, to all intents and purposes, they are the entire market, impersonating managed portfolios, but accompanied by high fees that erode performance and returns.

Fenestra is different!

We are a fiercely independent boutique investment company founded in 1992.

We select stocks from a universe of local and international businesses. Each company is carefully researched. Top equity picks for a portfolio are weighted at 5% at the least.

This strategy allows Fenestra to avoid investing in companies that don't have a compelling investment case or reliable and trustworthy management teams. This is how we managed to avoid stocks such as Steinhoff, Tongaat Hulett, Brait, African Bank and EOH. We also avoid perennial underperformers such as Woolworths, Aspen, BAT and Sasol. What sets Fenestra apart is the ability to have an objective local and global view, and an intimate knowledge of different markets.

To protect themselves against market risks, investors need to be diversified, but not too diversified or they won't see any significant

return. Diversification has pros and cons. It is possible to enjoy the benefits of diversification without diluting performance.

The trick is to be invested in different currencies and countries in a focussed way: a wide spread is not advisable.

More than 90% of a portfolio's return stems from the capital allocation decision. Asset classes to consider include the US dollar, gold, other dollars, and different currencies, countries and industries. Exposure to offshore equities is essential because of the limited opportunities offered by the JSE, and to track global growth themes not available on the local bourse. In recent years the number of listed companies on the JSE has shrunk significantly, providing investors with a limited pool of businesses in which to invest. Making the situation even worse is that few new companies are being listed.

A balanced portfolio should have an allocation to safe-haven assets such as the Swiss Franc and gold, because capital preservation is critically important. The equity components need to perform well because from a return point of view they carry the entire portfolio.

Sadly, South Africa is not an important investment destination. Rising public debt, lack of decisive plans to grow the economy, electricity supply problems and rolling blackouts and sluggish legal processes to address corruption in state-owned enterprises are some of the reasons why capital does not flow into the country. And without investment South Africa will battle to stage an economic recovery and its unemployment figures will continue to soar.

High growth companies are typically found in Silicon Valley rather than Sandton.

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These shares have gained hundreds of percentage points and some of Fenestra's 2023 picks are already up more than 100%. Apple is now the most valuable company in the world, worth \$2.9 trillion. Microsoft is worth \$2.8 trillion.

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