

# SHOULDER PAIN



## Dr Rian Smit

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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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IN 2025

The Ambers

ESTATE MAGAZINE ISSUE 63 JANUARY | FEBRUARY 2025

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## Dear Readers

Well, 2025 has dawned and we are about to start the second month already!! AND unbelievably nearly a 1/4 of the way through this century. There is nothing like the start of a new year to kick you into gear and make changes that last.

And no, I'm not talking about resolutions, which have a sneaky way of fading along with the holiday glow. I'm talking about taking just one month and investing some effort into making those changes you wanted to make, start a new hobby, learn something new, take a look at the things around us and take a long hard look at ourselves.

I witnessed something the other day that made me rather angry and in turn sad; a person who presumably was in authority, chastising an employee for something that he had purportedly done or not done, in front of co-workers and the public. It was demeaning to say the least and despite the fact that he said he hadn't done whatever he had been accused of the person in authority carried on and on. He wouldn't even give the person the chance to say anything. Why do people in authority do this? Do people get a certain amount of pleasure or feel powerful belittling others? So, I'm asking, lets all try this year, to consider being a better person, how much more pleasant would this world be? My grandfather used to say: "Wherever I go, I have to take myself with me, and sometimes that spoils everything". Never a truer word for some!!!

Hope your year is full of whatever you wish for.

Till we meet again

Kind regards

*Pat Franken*

082 552 3027

I've learned.....that sadly, one cant always judge a book by its cover!



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# AMBERS DRAMA GROUP'S

## What Next?

Following the success of the Ambers Drama Group's "Yule be Surprised" Christmas show for 2023, Robin Davis, Elwyn Jenkins and our talented readers combined to present a brilliant follow-up to the show – aptly titled "What's Next!", which built on the theme of presenting the background and origins of various Christmas songs and artist performances.

Through Robin's technical and creative expertise, and Elwyn's creative script writing, we were entertained by wonderful visuals and clever editing, which included seeing the late great Nat King Cole join a duet with his daughter Natalie and Andrea Bocelli (which involved Robin having to change the key that Nat was singing in to match his daughter!)

The Ambers Drama Group players - Mike Spain (compere and reader), Tracy Laubscher, William Urquhart, Joanmary Urquhart, Anthony Smith, Chris King, and Ralph Anley - gave an eloquent and often humorous commentary of the various performances. Of special mention was Elwyn Jenkins' poignant "A Child's Christmas in Wales", which Thomas recorded at the BBC as a 45 rpm record in 1952.

We also had comedy songs about Grandma being run over by a Reindeer, and a very informative piece about the composing and performing of Leroy Anderson's, Sleigh Ride (1950), which took him two years to complete.

Robin had again found intriguing video clips showing various sections of school bands separately playing each of the many instrumental facets of this complicated and beautiful song. These he edited together to form a complete song.

Remembering WW1 was "Christmas in the Trenches : 1915" written by Cormac MacConnell and sung by Irish group Celtic Thunder, followed by Christmas 1914 written and sung by English woman Catherine Rushton. The tale of the Christmas truce in 1914 was the theme of this segment.

"I saw Mommy Kissing Santa Claus" was sung by a very young Michael Jackson and his sibling brothers who were known as The Jackson 5.

"My Dear Boy" was a short poem read by Ralph Anley who played the teenage kid on the bicycle "Just Ralph" from Down Under who's not "the kind of boy whose company (his grandmother) would enjoy"! This was a reminder how grandparents' little angels grow up on the other side of the world with their cute little photos on their social media profiles.

*There were many other seasonal gems from way back when right up to last year, which had the large audiences at both performances enraptured throughout a very enjoyable show.*

Article Edward and Andy Pepperell, Amber Ridge.  
Photography Robin Davis, Amber Valley



*Nat King Cole edited into a clip with Natalie Cole and Andrea Bocelli.*



*(L-R) Mike Spain, Tracy Laubscher, William Urquhart, Joanmary Urquhart, Anthony Smith, Chris King and Ralph Anley.*



*School band 'selfie' videos playing Leroy Anderson's 'Sleigh Ride.'*



*Ralph Anley was 'not the kind of boy whose company you would enjoy.'*



**Amber Camera Club** culminated their photography year with an exhibition displaying sixty photographs covering a variety of genres, in Amber Valley dining room, running for two weeks, viewed by many residents.

In conjunction with the exhibition, the club's Annual Awards and Dinner event, was held in Amber Valley Clubhouse dining room, 19 November. Various Highest Scoring Junior and Senior category winners were congratulated:

- 'Creative' Helga Holst (Jnr) and Di Hampson (Snr);
- 'Nature & Wildlife' Alex Hopkins (Jnr) and Christine Theron (Snr);
- 'Open' Bidy Jung (Jnr) and Joan Jung (Snr) ... photography runs in the family!
- 'Photo Journalism & Sport' Iain Kerr (Jnr) and Chris Swingler (Snr);
- 'Scapes' Helga Holst (Jnr) and Jenny Kilshaw (Snr);
- 'Set Subject' Bidy Jung (Jnr) and Toni le Roux (Snr);
- 'Most Golds & Merits' Matt Jackson (Jnr) and Shirley Swingler (Snr);
- 'Most Improved Photographer' Bidy Jung;
- 'Most Judges Choice Awards' Alex Hopkins (Jnr) and Dave Mullin (Snr);
- 'Most Points' Alex Hopkins (Jnr) and Dave Mullin (Snr)

Four Amber Camera Club members were awarded prizes by Midlands Meander Association's Kate Kelly, Chairman and Della Rosenberg, Marketing. These prizes reflected the Meander's artists creativity, for photographs chosen by the Association and used in their marketing.

By Sue Grills





## Christmas Lights

By Cynthia Dibben

Visiting grandchildren were once again treated to the magical sight of the many glittering lights around the Village. Each lane brought a different creative colour-burst experience, with some static and some twinkling lights. An added attraction this year was the attractive display in front of the offices and in the surrounding trees. We say a special thank you to Marion Chapman, who donated these. (I'm sure many remember visiting their beautiful display in Kinloch Lane). We also owe our gratitude to those residents who made the effort to brighten up our lives during the festive season.



## Glory of Christmas at Amberglen

By Cynthia Dibben

We were once again fortunate to be able to host the talented Howick Choristers for their Christmas Cantata presentation titled *The Glory of Christmas*. Many of our own Amberglen residents featured in this event, and it was great to see the successful results of their many weekly practises. As explained by their skillful and highly proficient conductor, Fiona Bull, a cantata is a musical composition for voices and instruments, usually in multiple movements, that is often performed with a choir.

This group certainly gave a polished performance, complemented by an accomplished pianist and our very own Pat Bennet on the organ. It consisted of recitations, familiar Christmas carols, some solemn pieces and a few lighthearted moments including some rebellious shepherds! The audience were kept spellbound and a standing ovation at the end displayed their enjoyment and appreciation.



## Our Marmalade Maker

By Diana Coke

Our Amberglen Wednesday market is not going to be the same in 2025. In the past, buyers have been greeted with an array of jewel-coloured marmalades and jams, all made and sold by Gordon Flower. After 12 years of doing this, he has decided to call it a day. What prompted him to start was seeing citrus trees all round Amberglen, with fruit unpicked, or lying wasted on the ground. His mother was always making jams and preserves so he'd watched her as he was growing up. But he also used his recipe books. He made marmalades from the varieties of citrus available, but also experimented with other additions. His whiskey marmalade was particularly popular. He also made all kinds of jams with whatever fruits were in season.

In May 2024 he received a certificate for winning Bronze at an International Marmalade Festival in England.

One is amazed at the time and effort Gordon must have put in to preparing and cooking this fruit – often I imagine in a hot kitchen – as well as the time he spent cheerfully selling at our markets. So I am sure we wish him all the best in his retirement from this retirement hobby.



## Amberglen Christmas Market

By Cynthia Dibben

There was a joyful and jubilant ambience in our Main Centre at the beginning of December when we held our annual Christmas evening market. There were over 50 stallholders selling products such as crafts, toys, décor items, jewelry, stationery and, of course, a variety of delicious food choices. Customers were able to socialize on the patio with a cuppa, a drink or a prepared meal. This year we did not have the usual thunderstorm (or hail as in the past), so the celebrations were not diminished, and socialising could continue well into the evening. There were also numerous raffles and donation boxes so charities also benefitted, and prizes were up for grabs. Thanks must go to Margie Britton, the main organiser, the Social Committee and everyone else involved in the enormous amount of planning that goes into an occasion such as this one.





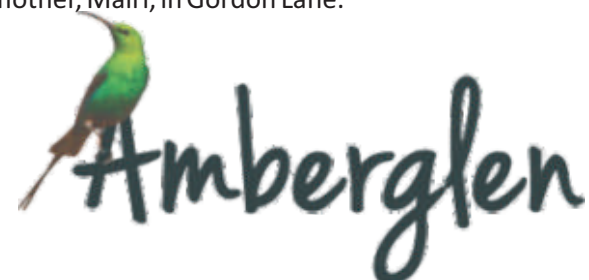
**Swirling  
Scottish Skirts**  
By Cynthia Dibben



*'Bagpipes are a woodwind instrument using enclosed reeds fed from a constant reservoir of air in the form of a bag. The Great Highland bagpipes are well known, but people have played bagpipes for centuries throughout large parts of Europe, Northern Africa, Western Asia, around the Persian Gulf and northern parts of South Asia. The most common method of supplying air to the bag is through blowing into a blowpipe or blowstick. In some pipes the player must cover the tip of the blowpipe with the tongue while inhaling, to prevent unwanted deflation of the bag, but most blowpipes have a non-return valve that eliminates this need. Materials used for bags vary widely, but the most common are the skins of local animals such as goats, dogs, sheep, and cows. More recently, bags made of synthetic materials including Gore-Tex have become much more common. The chanter is the melody pipe, played with two hands. All bagpipes have at least one chanter; some pipes have two chanters, The chanter is usually open-ended, so there is no easy way for the player to stop the pipe from sounding. Thus most bagpipes share a constant legato sound with no rests in the music. Most bagpipes have at least one drone, a pipe that generally is not fingered but rather produces a constant harmonizing note throughout play (usually the tonic note of the chanter). (Source Wikipedia)*

My admiration for these skilled performers has dramatically increased!

Incidentally, at Midnight on New Year's Eve, Doug Hathorn, one of the Pipers, following a long-standing tradition, arrived at Amberglen to pipe in the New Year to his mother, Mairi, in Gordon Lane.



In early December Amberglen were once again treated to an entertaining musical event, this time by the accomplished Pietermaritzburg Caledonian Pipe Band. The group of pipers and drummers marched into the Lounge neatly attired in red kilts. A rousing, polished performance featuring many well-known tunes followed. The star of the show was young Oliver, who played a solo while the other members took a break to restore their breathing. After the audience had shown their appreciation and an encore of *Flower of Scotland*, the Band proceeded to the Care Centre to entertain the residents and carers. We thank those who attended the performance and made generous donations towards supporting this group of skilled performers. After watching the show and to satisfy my curiosity, I researched into the origins and mechanics of playing the bagpipes was necessary:



Play Paino Play! - Christopher Duigan's  
"Dizzy Fingers" composed by Zez Confrey

At Christopher Duigan's Piano Concert in the Amber Ridge Auditorium each month many people usually seat themselves so they have a good view of his hands while he plays. At his concert in November everybody in the Auditorium had the best seat in the house because an overhead view of his hands playing was projected onto the big screen.

I had often thought it would be nice to show Chris's hands on the screen, but the Auditorium does not have a camera to do this. He mentioned to me that he uses his cell phone camera as one of the camera views in the YouTube streaming concerts he produced from his home, so he offered to bring an adaptor cable with him to try out in the Auditorium. We hooked it up to the projector and we all saw the result.

Christopher felt that the keyboard view on the screen would not be shown at all his concerts, but that his concert titled "Play Piano Play!" lent itself to

something different because it "featured music from around the world and from various genres that makes the piano sing, dance and jump."

Not only was the concert visually different, but this time the sound picked up by the two microphones placed above the base and treble bridges was increased to give the piano a fuller, livelier sound for the listeners in the auditorium.

Christopher has been experimenting with two performances in the Amber Ridge Auditorium, one at the usual time on a Thursday evening and then another at 3 o'clock in the afternoon on either the previous or following day. The reason for the two performances was to see if a daytime concert was preferred to an evening concert.

Future concerts with the keyboard view shown on the screen will be advertised as such for residents of the Greater Ambers on the d6 communicator app.

# POET'S CORNER

Twickenham 29 – 20

By Mary Perry  
Poem by Jan Esprey

In my dotage I have become an ardent Rugby fan. I now 'coach' the team from the couch, shouting encouragement and criticism, despite not have a clue about the rules.

On Saturday 16 November I watched the game with Jan Esprey and Christine Tooke. Before play started, Jan gave us each a 'Bok Bag of Tricks' and read us the following poem:

### GO BOKKE

We're Bok supporters, yes we are...  
We follow them both near and far.  
But there's some essential kit we need  
For all the rules that we must heed.  
You may not shout words at the ref,  
Even if he seems to be quite deaf.  
Instead just write them in your book  
Throw a ball and pierce him with a look.

And when you need to shed some light  
On why the Brits and Bokke fight  
Flash a light beam on their maul  
Illuminate those players all.

If you're all cut up about the score  
Use a plaster, there are plenty more.  
You'll find them hiding in a tin  
They'll see you right, through thick and thin.

Should you plan on shouting till you're hoarse,  
Rather chew a stick of 'droë wors'.  
And if you absolutely have to snack,  
There are nuts and a little nik nak pack.

There's a chance the score might make you cry  
Find tissues here, to wipe your eye  
We're all set now, to watch the game  
And hope our team retains their fame.

Fine friends and wine are gathered here  
It's good that we three can be near  
Congrats on being a Bokke fan  
With love and hugs from Nanna Jan.

During the game we had great fun using our equipment: throwing the ping pong ball at the screen when we disagreed with the ref; shining our torches at the mauls; chewing on our droë wors etc. Luckily, we didn't need any Rescue Remedy as there was none!

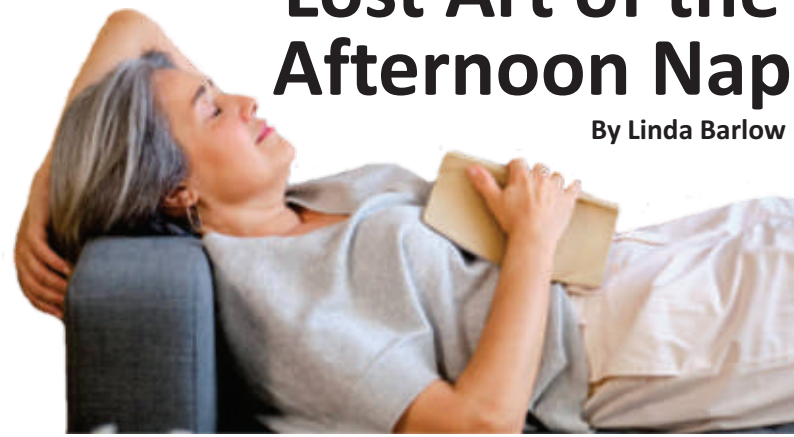
GO BOKKE!!!!



THE AMBERS 10

# Lost Art of the Afternoon Nap

By Linda Barlow



Aaah - the afternoon nap! For those of us who enjoy them, they are blissful! Coffee, energy drinks, and frantic busyness have now replaced what was once a sacred ritual. But here, at our beautiful Amberglens, we should know better. We need to be the guardians of this noble practice—the afternoon dozers extraordinaire! There are many afternoon nap techniques, and each has its own merit. Some individuals prefer the "Power Nap"—a brief 20-minute nap after lunch that leaves you rejuvenated and ready to participate in whatever activity our great Social Committee has planned for later that day. Then there's the "Deep Dive," in which you relax for an hour or two, really embracing the pillow's soothing pull. This one is especially suitable for cold, wet afternoons. But the ultimate nap masters, the "Nap-olites," have perfected the unintended nap. This sneaky nap can happen anytime—in the middle of a book, while watching a slow TV show, or even on your porch, with the sun gently touching your face. You didn't plan to snooze but, before you know it, you've drifted off into a delightful dream about your younger days or perhaps about what's for dessert today. Napping is not without its challenges. There's the disapproval of others who feel that napping is a waste of time. And then the dreaded "nap hangover," which is that groggy, confused feeling when you wake up and can't remember if it's morning, evening, or the day after tomorrow.

Then there's the "nap interruption," which occurs when you're startled awake by a phone call, a visitor, or a particularly loud sneeze from next door. However, true nappers do not let these setbacks worry them. They merely regroup, adjust their pillows, and return to their slumber. There's also a great debate about optimal nap conditions. Some enjoy leaning back in their recliners and drifting off; others swear by the full sleep experience—fully horizontal on the bed, blackout curtains, the works! Then there are the true experts who can sleep in any condition—sitting up, with the sun in your face, or with the TV blaring full blast. You are the true professionals of napping! The advantages of napping are well-known. A decent nap can increase memory, creativity, and focus. However, as all nappers know, the true reason for napping is to feel the bliss. There's something lovely about falling asleep after lunch, knowing that nothing important needs to be done and that you've earned this sweet break from the world and all its madness.

Enjoy your naps, everyone—just don't snooze until dinnertime!



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# Amberfield Retirement Village

## David & Pauline Dalton's NEWS & EVENTS

### Almost Christmas 'Musical' BINGO

J Leslie Smith sponsored an entertaining and enjoyable 'Musical' Bingo evening in November. It works just like regular Bingo, except instead of numbers, the host DJ plays clips of songs, and guests cross the songs off their cards. Adam Radnitz from Oakleigh Funeral Home played a mixture of Christmas songs and other popular hits. Adam, the perfect host, provided interesting information about the songs and artists, laced with witty comments too.



### Christmas Lights 'Switch on'

Christmas lights were set up at a private residence in Amberfield. On Saturday 7<sup>th</sup> December residents were invited for the festive event. Rick Olivier provided music and sang some well-known carols.



### Christmas Tea

The Social Committee hosted a Christmas Tea held in the Main Lounge. Entertainment was provided by a pair of dancers who demonstrated ballroom dancing. People from the audience were also invited to participate. Tea & Coffee was served and various eats were provided by the kitchen.





# BUMPER JUMBLE SALE

Fantastic bargains were on offer at our annual end-of-year jumble which was a great success once more. All proceeds collected went to the Social Club. Thank you to the organisers and volunteers and those residents who donated items to be sold as jumble.



## CHRISTMAS MARKET

The ever popular Christmas market was abuzz as usual this year. Residents were able to browse around the many stalls and enjoy coffee and eats.

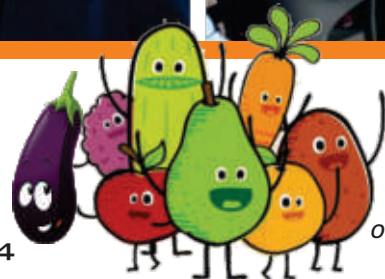


### Chris Coetzer Concert

His name is synonymous with the Three-Tenors, South Africa. Now doing solo performances, Chris provided an uplifting programme to entertain residents with his wide repertoire of timeless hits.



Fruit & Veggie Market Fridays



### Did you know?

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



That's all Folks Until Next Time



## Global Journey at the Greater Garden Club

Article by Marilyn Northmore  
Pictures by Teri Dennison and Gill Bellengere



The Global Journey with Flowers was presented on Monday Nov 18th to the Greater Garden Club. Dawn Fallett and Wendy Hawkins arrived with a roar of appreciation by the large audience when they waltzed through the auditorium to around the world to 80 days!!

These multi-talented ladies entertained us for one and a half hours with their floral talent, innovative ideas, poetry and wonderful humour.

Dawn started the demonstration, from one continent to the next in a sailing boat with a pirate at the helm. This arrangement was a long palm spray filled with blue Hydrangeas, fixed to the sides as the surf, inside Sunflowers with eyes looked like very happy boat people!

We sailed to the UK to a wonderful English country garden, and here Wendy read a lovely poem she'd written about the green fields and flowers in England. Her arrangement was an abundance of all sorts of garden flowers with yellow and red roses picked locally and were the dominant feature. When completed this was placed at the base of a similar arrangement and quite beautiful.

Our voyage then went to Japan where once again Wendy did a lovely Ikebana arrangement. This was simple with wonderful line as Ikebana always is, Umbellatum Lilies with Tortured willow were the main flowers used.

From Japan we sailed to Egypt and here Dawn did her fabulous interpretation of the days of Cleopatra and her merry men! A very long low container was filled with golden sand plus Johannesburg Gold foliage, large silver ball, large chrysanthemum heads from this emerged the oasis with palm fronds and papyrus. We were then taken to the fields the ancient Egyptians tilled; here Dawn used dried Strillizia leaves that looked like scythes, the arrangement was then placed at the Pyramid that had been build not from rocks but beautiful local Bamboo.

Across the seas and we came HOME to South Africa. A wonderful poem again written and read by Wendy to remind us we are the champions of the BRAAI.

Dawn's interpretation was brilliant; arranged in a scottle Fiery Strillizia, Aloe seed head, Pincushion Proteas all added to the interpretation. This was a two tiered placement one above the other, and this was taken to our restaurant along with the boat for all to see.

Finally the fabulous Christmas tree, decorated by Wendy, Dawn and Sally Pearson and her team. After the meeting it was transferred to the Dining Room where it was admired for the entire Festive Season







## On My Mind by William Meyer

**Making Sense Of Your Cents Investing Overseas –  
The Importance Of Diversifying Your Portfolio \*  
Extraordinary Profits From Ordinary Shares \*  
Winning Stock Market Strategies \***

**G**eopolitical risks and massive market volatility are factors investors need to contend with. At times like this the importance of planning carefully and considering off-shore opportunities and idiosyncratic shares is clear.

It is critical for investors to have an international strategy. Adding an off-shore equity/currency component to a South African portfolio reduces the risk and volatility of the overall portfolio. If any one currency or country enters a bear market, an investor will be protected by a diversified portfolio.

The best countries to invest in have fewer government regulations and interference, less government ownership, fewer trade unions, lower taxes and no foreign exchange controls. A thoughtful allocation of capital that results in an ambivalent attitude towards political risks and currency moves is another way to avoid catastrophe.

Idiosyncratic growth stocks are an important building block in achieving this goal.

The profitability of these companies is driven by their own fundamentals, rather than macro-economic condition, like the US-China trade war.

At Fenestra we tailor client's portfolios according to their individual needs. And the service is close and personal. Clients will never have to talk to a computer. We consistently steer our clients away from risky investments and towards great companies. In the process we have protected our clients from the worst calamities, e.g. Steinhoff and African Bank. Since inception in 1992 Fenestra has regularly outperformed the market, as measured by the All Share Index. In 2018, another good example, Fenestra did not buy or hold any of the worst 20 performing stocks, pointing to a significant out-performance of the market. We are very suspicious, paranoid and focussed, with 10 to 12 well researched shares in a portfolio. We invest in companies with great track records, honest management, strong balance sheets and great future prospects.

If you are not happy with your portfolio performance or would like a second opinion, please do not hesitate to contact Fenestra for a free, independent, objective and confidential review of your portfolio.

Protect your wealth.  
Optimise your returns.  
Contact Fenestra now!  
**William Meyer**  
**079 624 4031**

### The bottom line

Fenestra doesn't invest clients' money in generic portfolios. Rather investment portfolios are custom made. We listen to our clients, find out exactly what their investment objectives are and design portfolios accordingly. **William Meyer CEO**

## Why Fenestra?

### Our Mission

Fenestra strives to be a great South African and International specialist investment group. We are driven by a passion for outstanding performance and an unwavering commitment to our philosophies and core values.

*"The inherent vice of capitalism is the unequal sharing of blessings. The inherent virtue of socialism is the equal sharing of miseries."*

Winston Churchill

We all find some of the 'faces' of capitalism unacceptable. At Fenestra we strive to change what we can. Our clients use their success to set up legacies for the greater good. We need to remember we are custodians and stewards of our wealth and we must act wisely.

I also love Apple CEO Tim Cook's words in the latest Apple results: *"We're always searching across a world of possibilities, finding those places where we can do the most good."*

We are grateful. Apple helped us find the Fenestra motto for 2025.

### Focus

Fenestra limits its attention to about 50 outstanding companies but will invest in no more than 10 of them. This restricts the portfolio to only five or six outstanding performers. It is a style of investment advocated by the world's most famous investor, Warren Buffet, of whom CEO William Meyer is an avowed disciple.

### Criteria

The criteria for investments are simple but top of the list is honesty of management. Other key investment criteria include an established profit history, a growing market with growing margins, strong cash generation ability and some blue-sky potential. It is also preferable if the managers are very significant shareholders.

### Performance

Since inception in 1990 Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI).

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# AMBERS STAMP CLUB

## SIR ROWLAND HILL - The Father of the Postage System

By Dick Schuurman



**Early Life.** Sir Rowland Hill is best known as the originator of the Uniform Penny Post. In the 1830s the postal system was mismanaged, wasteful, expensive and slow. Letters were normally paid for by the recipient, not the sender. The recipient could simply refuse delivery. For the working class, a letter could cost more than a day's wage. In addition, postal rates were complex, depending on the distance and the number of sheets in a letter. Rowland Hill was born in Kidderminster,

Worcestershire on 3 December 1795 into a family of enlightened educators during an age notorious for public school brutality as shown in the books of Charles Dickens. The family ethos was to instill moral training by kindness instead of fear of authority. At the age of 12, Rowland became a student teacher in his father's school. He taught astronomy and earned extra money fixing scientific instruments. He also worked at the Assay Office in Birmingham and painted landscapes in his spare time. On 27 September 1827, Hill married Caroline Pearson, from nearby Wolverhampton; he became frustrated in his role as a schoolmaster and started looking for other avenues to achieve social progress and personal advancement. He worked on all sorts of ideas, inventions and innovations. Hill served from 1833 until 1839 as secretary of the South Australian Colonisation Commission, which worked successfully to establish a settlement, without convicts, in what is now Adelaide.

**Postal Reform.** Rowland Hill first started to take a serious interest in postal reforms in 1835. In 1836 Robert Wallace, MP, provided Hill with numerous books and documents, which Hill described as a "half hundred weight of material". Hill commenced a detailed study of these documents and this led him to publish, in early 1837, a pamphlet called *Post Office Reform its Importance and Practicability*. He submitted a copy of this to the Chancellor of the Exchequer, Thomas Spring Rice, on 4 January 1837, but was not released to the general public. The Chancellor suggested improvements, asked for considerations and requested a supplement, which Hill duly produced and supplied on 28 January 1837. There was considerable parliamentary opposition, but merchants, bankers and traders formed the "Mercantile Committee" to advocate Hill's plan and push for its adoption. In 1839 Hill was given a two-year contract to run the new system. And so the "Penny Post" was born: a letter not weighing more than ½ ounce (14 grams) could be sent to any destination in the UK for one penny, regardless of distance. Together with Henry Cole, Hill announced a competition to design the stamps. Out of some 2600 entries, none was considered suitable however, so a rough design endorsed by Hill was chosen instead, featuring an easily recognisable profile of Queen Victoria. Hill believed this would be difficult to forge. The colour for

the stamp was to be black: the famous "Penny Black". The world's first postage stamp was a simple idea, but revolutionary. ".....A bit of paper just large enough to bear the stamp, and covered at the back with a glutinous wash". First issued on 1 May 1840 it was soon followed by a two pence blue stamp on 8 May covering the double letter rate. As a canceller was chosen the Maltese Cross, applied with red ink. The Penny Black lasted less than a year. A red Maltese Cross was difficult to see on the black design and the red ink was easy to remove; both made it possible to re-use cancelled stamps. In February 1841 the Treasury switched to the Penny Red and began using black ink for cancellations instead, which was more effective and difficult to remove.



**L. to R:** Penny Black with red Maltese Cross and letters in bottom corners only; two pence blue, letters in bottom corners only; Penny Red with black Maltese Cross with letters in bottom corners only and Penny Red with letters in all four corners. However, people still re-used stamps by combining the un-cancelled parts of two stamps to form an unused whole so in 1858, as a further safeguard the top-corner symbols on the Penny Red were replaced by the lower corner check letters in reverse. In 1839, the year before the Penny Black was issued, the British postal service moved 82 million pieces of mail, many of these with no revenue to show for. In 1840, the first year of the issue, the Penny Black more than doubled the mail volume to over 169 million pieces. It had brought mail within reach of the ordinary person, something that pleased Hill immensely. Soon other countries would follow with their own issues.



**1940 saw the centenary of the first adhesive postage stamp.** May 1940 was during the dark days of war, yet the British post office managed to issue a commemorative set of six stamps featuring Queen Victoria and King George VI. See left.

Portugal, which was neutral during the war, also issued a set of stamps to commemorate this centenary and which portrayed Sir Rowland Hill. See right.



**By 1979** the world had recovered from World War II and, in August of that year, many countries celebrated the centenary of the death of Sir Rowland Hill with the issue of a set of commemorative stamps often accompanied by a miniature sheet. Here are a few of the more attractive stamps and a miniature sheet. The background of the miniature sheet, (see below), replicates Mulready envelopes which were issued for use about the time of the first Penny Postage stamps.



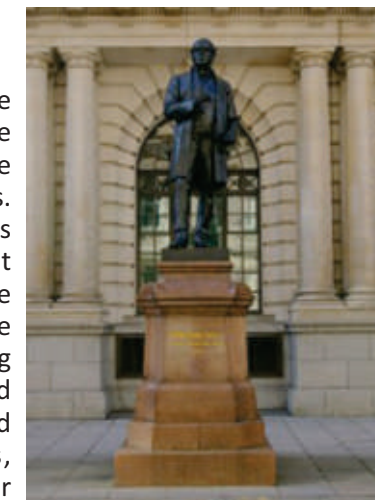
**In May 1990** it was 150 years since the Penny Black made its entry and this was commemorated by postal authorities in several countries. Some countries commemorated this by issuing special stamps or other philatelic items.

We now await the next milestone year of 2029: the 150th anniversary of the death of Sir Rowland Hill and, further along the timeline, the year of 2040: the bicentenary of the first adhesive stamp.



### Legacy and Commemorations.

Hill has two legacies. The first was his model for the education of the emerging middle classes. The second was his model for an efficient postal system to serve businesses and the general public, including the postage stamp and the system of low and uniform postal rates, which is often taken for granted in the modern world. In this, he not only changed postal services around the world, but also made commerce more efficient and profitable, even though it took 30 years before the British Post Office's recovered to its 1839 level. The Uniform Penny Post continued in the UK into the 20th century and, at one point, one penny (1d) paid for up to four ounces (113g). In 1860 his services were rewarded with the honour of knighthood and in 1864 the University of Oxford conferred on him the degree of D.C.L.; on 6th of June 1879, shortly before his death, he was presented with the freedom of the City of London. There are four public statues of Hill. The earliest is in Birmingham and now in the foyer of the Royal Mail sorting office in Newtown, Birmingham. A marble statue in Kidderminster, Hill's birthplace, was unveiled in 1881 at the junction of Vicar and Exchange Streets. Hill is prominent in Kidderminster's history. There is a large shopping mall linking Vicar Street and Worcester Street named The Rowland Hill Shopping Centre. Until 2019 there was a pub called The Penny Black in the town centre. In London a bronze statue (see left), made in 1881, stands outside the King Edward Building (formerly London's principal Post Office) in King Edward Street. There is a large sculpture in Dalton Square, Lancaster, The Victoria Monument, depicting eminent Victorians and Rowland Hill is Included. There are at least two marble busts of Hill, also unveiled in 1881. One is in St Paul's Chapel, Westminster Abbey; another is in Albert Square, Manchester. In recognition of his contributions to the development of the modern postal system, Rowland Hill is commemorated at the Universal Postal Union, the UN agency charged with regulating the international postal system His name appears on one of the two large meeting halls at the UPU headquarters in Bern, Switzerland. In Adelaide, the capital of South Australia, both Hill Street, North Adelaide, and Rowland Place in the city centre are named in his honour. The Rowland Hill Awards, started by the Royal Mail and the British Philatelic Trust in 1997, are annual awards for philatelic "innovation, initiative and enterprise". In 1882 the Post Office instituted the Rowland Hill Fund for postal workers, pensioners and dependents in need. The Rowland Hill Memorial Fund of Ireland was founded for Ireland in 1928, to help serving or retired staff and their dependents; it assists more than 300 people annually.



For more Information about The Ambers Stamp Club please contact: James Grinyer 033 239 0717 or Aubrey Bowles 033 239 2135 082 316 3308



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Just A Thought  
by Pat FRANKEN

My heart melted this morning, I was out delivering my magazines and was about to get into the lift, when a mother and two kids came running down the ramp. I was in the Hilton Medical Centre, and one of the three kids was crying. She had fallen and knocked out her front tooth, so didn't know if she was anxious or in pain. I allowed her to get into the lift and behind me was this little lad of say 6 or 7, carrying his sister's jersey, and he put his little hand on the door, so it didn't close and said it me you can go first, gran! Wow! A gentleman in the making.

I got inside and said to mom, you have raised a thorough gentleman. She said, that is my husband, I raise the girls and he Jeremy! I wished that I could have met his father, because this to me, is raising your boy well. There is soooooo little of this around today, so this father to me was a dad, by that I mean he cared in his own way, that he brings up the children he was entrusted with, the right way, possibly the way he was brought up, and is one who takes the time to raise his boy to be kind, considerate and respectful. Dad had been raised to live his life rooted in a higher purpose, in a different time but to me the right way, and has this upbringing tattooed on his heart, and in turn is prepared to teach his son to not just open the door for an elder or a woman, but to open doors for his future life.

I made a point of telling Jeremy what a thorough gentleman he was and that he had made me happy, I was in fact gladdened for the future of our world, if there were little boys like himself, who did an act of kindness so freely and willingly. His retort to me was "Dad does it to my mom all the time". Powerful words, powerful more than he knows.

“Good manners reflect something from inside – an innate sense of consideration for others and respect for self.”

Emily Post



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## WHEN PRAGMATISM COUNTS APPOINTING EXECUTOR OF YOUR ESTATE

### WHAT IS AN EXECUTOR OF A DECEASED ESTATE?

Whilst we are alive, we gather assets, create liabilities, open investment and bank accounts, and do what we can to build and manage our estates. It is advisable that we draw up a Last Will and Testament to specify what we would like to happen to our estate after we pass away. When we pass away, someone has to assist in administering and winding up our estate, and give effect to the wishes we express in our wills. This is the duty of an Executor.

### HOW DO I SPECIFY MY EXECUTOR?

Your Last Will and Testament should have a nomination clause specifying who you would like your Executor to be. The Master may grant Letters of Executorship in this instance in terms of section 15(1) of the Administration of Estates Act. If you pass away intestate (without a valid will), it will be up to your intestate heirs to nominate an Executor. If the heirs cannot agree upon the choice of an executor, the Master may ultimately be called upon to nominate an Executor in terms of section 18 of the Administration of Estates Act. However, the Master only involves themselves in such a manner as a last resort, and it can significantly delay the administration of the estate as the estate administration can only commence once an executor has been appointed.

### HOW MANY EXECUTOR'S AM I ALLOWED TO NOMINATE?

You may nominate as many Executors as you would like in your will. An Executor will also be required to sign multiple documents throughout the administration process. The more Executors you appoint in terms of your will, the more difficult it becomes to administer the estate. In some instances where more than one Executor is appointed, the Executors may choose to grant one Executor their special power of attorney thereby authorising that person to attend to the day to day administration of the estate. Having multiple Executors can also become an issue when decisions need to be made with regards to the Estate, as disagreements may arise and this can delay the administration process.

### WHO SHOULD I CHOOSE AS MY EXECUTOR?

Please bear in mind that some institutions will only administer your estate if your estate is worth more than a certain amount when you pass away. This is not always made clear when you draw up your will with the institution, and upon death, your family are placed in a position where the institution you thought would be attending to the administration of your estate is unable to assist, and refers your family elsewhere.

This can significantly delay the administration of the estate as the original held by the institution is sent by them to the Master and this process, together with the fact that the family are now required to nominate an alternative executor to the executor named in the will of their deceased family member, can cause delays in an alternative executor being appointed. It would therefore be wise to check what monetary threshold the institution has, if any, if you have chosen an institution to be your Executor. If you do not fall within their threshold, you may wish to consider changing your Executor, as the institution will likely renounce Executorship once you pass away.

### EXECUTORS AND THE MASTERS OFFICE

Please also take note that your estate will be reported at the Master's office responsible for the area in which you pass away. It can be quite inconvenient if your Executor lives in Johannesburg, for example, and your estate is reported in Pietermaritzburg. This is because the Executor's original signature will be required on multiple documents, and the Master has multiple documents which it requires to be submitted throughout the administration process. In addition, it is helpful for the Executor to be close to the Master's office to enable the Executor to follow matters up in person (either personally or by way of a Master's office clerk who attends upon the Master on behalf of the Executor). It is best to submit documents to the Master's office by hand, as the postal service is dysfunctional, documents would have to be couriered which will incur courier charges. Your Executor will likely have to appoint and pay for an agent to deal with the Estate if they do not live near the area in which you pass away. An alternative to this is that your Executor may ask the Master of the High Court in the area in which you passed away to renounce jurisdiction and grant jurisdiction to the Master's office in the area in which they reside or practice. The Executor will have to provide the Master with reasons as to why they would like the Master's office to renounce jurisdiction, and the Master then has the discretion as to whether to renounce jurisdiction or not.

### IN SUMMARY

Administering an estate can be a complicated and time consuming process. It is important to consider the consequences of choosing a certain person as your Executor. By taking the above factors into account you can avoid lengthy delays and ensure that your estate is administered as efficiently as possible.



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**Before choosing your pet, some considerations:**

- \* **Lifestyle Choices:** What type of pet is right for you depending on your lifestyle?
- \* **Cost:** Cost of the pet as well as where to get your pet? Contact us about reputable sources of adopting a pet such as from a breeder or a local adoption agency.
- \* **Time:** You must be prepared to set aside some of your time to bond and “raise” your new pet.
- \* **Finances:** your finances for vet bills, food, supplies such as a bed and toys, and puppy training. Medical aid for pets is always beneficial.
- \* **Energy & Commitment:** your energy as well as a good amount of patience to your new pet over his or her lifetime.

Before bringing your new furry friend home, ensure your house is pet-proofed and stocked with essentials like food and treats, chew and play toys, and a collar and leash. If you are going to be a responsible pet owner it will involve more than providing your pet with just the basic needs of food, water and shelter. It also involves keeping your pet **safe, healthy and happy.**

Making a decision about a pet can be overwhelming, but contemplating the pros and cons of pet ownership before bringing the pet into your home is important. Choosing the right match for you and your family may not be an exact science it is important that it is a well-

educated choice based on as much information as possible. For those who are ready, adopting a pet may be a rewarding and fun decision for both you and your new pet. Whether your new pet feels like a bundle of joy or a tiny tornado, remember that patience, preparation, and a little humor will carry you through. And when the dust (and shredded shoe remnants) finally settles, you'll have a best friend for life.

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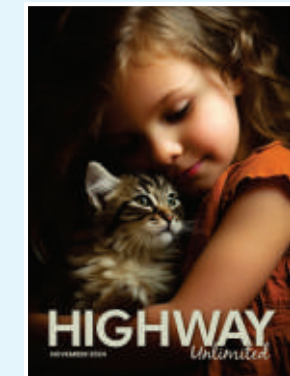
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## Home Chef

Start 2025 with a touch of Sweetness!

### Chocolate Souffle

**Ingredients - Serves 2**  
 Softened butter, for greasing dishes  
 1/2 tbsp caster sugar, plus extra to coat dishes  
 90g good-quality dark chocolate  
 75ml thickened cream  
 2 eggs, separated  
 20ml (1 tbsp) brandy  
 1 egg white  
 Icing sugar, to dust and berries to decorate

**Method**  
 Preheat oven to 220°C. Grease two 300ml souffle dishes with butter, then sprinkle with extra sugar to coat. Refrigerate for 15 minutes to chill. Place the chocolate and cream in a pan over low heat, stirring until smooth. Remove from the heat. Stir in the egg yolks and brandy, then cover and set aside for up to 2 hours.

Whisk the 3 egg whites until stiff peaks form, then add caster sugar and whisk until glossy. If the chocolate has gone cold, reheat slightly then fold in 1 tablespoon of the egg white into mixture, then fold in the rest. Fill the dishes to just below the rim, bake for 8-10 minutes until risen. Dust with icing sugar and serve immediately.

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# Home Chef

**LUNCH OR SUPPER FOR TWO!**

## Spiced Honey Roast Pork With Apple & Mustard Salad

### Ingredients

- 1 tbsp honey
- 1/2 tsp mustard powder
- 1/2 tsp ground ginger
- 1 tsp ground coriander
- 300g piece pork fillet

### Apple & mustard salad

- 1 Granny Smith apple
- 1 tbsp lemon juice
- 1/4 cup roughly chopped flat-leaf parsley leaves
- 1 cup of finely chopped cucumber
- Salad base – baby spinach or butter lettuce, or mixture of both
- 1 tsp wholegrain mustard
- 2 tbsp whole-egg mayonnaise

### Method

Preheat the oven to 220C. Line a baking tray with baking paper.

For the apple and mustard salad, core the apple and thinly slice. Cut the slices into matchsticks and combine in a bowl with the lemon juice. Top with the salad, cucumber and chopped parsley, then cover and refrigerate until required.

Combine the honey, mustard powder, ginger and coriander in a small bowl with 2 teaspoons sea salt. Place the pork fillet on prepared tray, spread mixture over top of the pork and roast for 16-18 minutes or until browned all over. Remove from the oven, cover loosely with foil and rest for 10 minutes.

Meanwhile, add the wholegrain mustard and mayonnaise to the salad and toss until well combined, season to taste with sea salt and freshly ground black pepper.

Divide the salad between serving plates and top with slices of pork.

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**Call to join our community.**

**PAT FRANKEN 082 552 3027**

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**The CAVERN & Kal-Media 2025 PHOTOGRAPHY COMPETITION**  
**THEME Birds**

Who doesn't love our feathered friends! So we thought the 2025 competition theme should celebrate them.

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## 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 2025**

**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.

# The CAVERN COMPETITION WINNER

Congratulations to Jus du Toit of Amber Ridge for, 'Mystery destination'

1st



The standard was remarkably high for the 2024 competition, we wish we had space to show them all but it would fill the entire magazine and I'm exceedingly glad I didn't have to judge! Pat Franken Ka-Media. *A few of the entries below.*

2nd

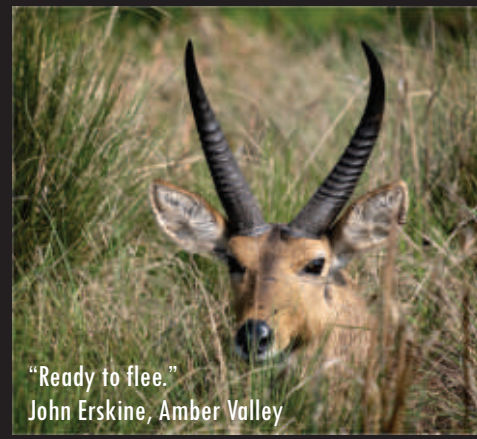


Di Hodgkinson, Amber Ridge

3rd

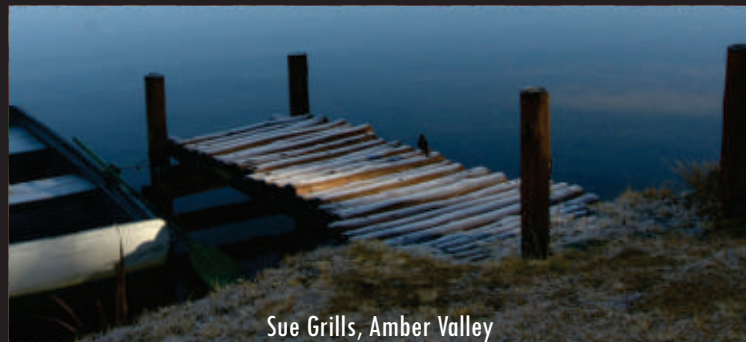


Doug Olds  
5 Forest Walk



"Ready to flee."  
John Erskine, Amber Valley

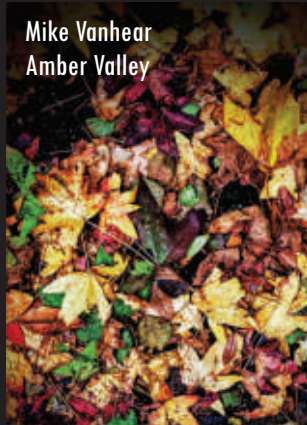
"Southern Rock Agama"  
Iain Kerr, Amber Ridge



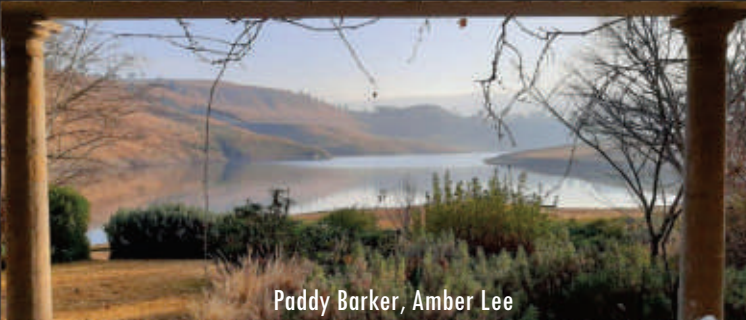
Sue Grills, Amber Valley



Gary Gelling, Amberfield



Mike Vanhear  
Amber Valley



Paddy Barker, Amber Lee



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