

SEA VIEWS

NEWS AND VIEWS FROM

THE
St. James

September 2017

Dear Residents

Spring reminds us of nature's enduring cycle of rebirth. *Spring*, by Gerard Manley Hopkins (1844-1889,) celebrates the resurrection of Christ and the renewal of the landscape.

Nothing is so beautiful as spring

When weeds, in wheels, shoot long and lovely and lush;

Thrush's eggs look little low heavens, and thrush

Through the echoing timber does so rinse and wring

The ear, it strikes like lightnings to hear him sing;

The glassy peartree leaves and blooms, they brush

The descending blue; that blue is all in a rush

With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?

A strain of the earth's sweet being in the beginning

In Eden garden.—Have, get, before it cloy,

Before it cloud, Christ, lord, and sour with sinning,

Innocent mind and Mayday in girl and boy,

Most, O maid's child, thy choice and worthy the winning.



Wild flowers in the West Coast National Park.

The Southern Right Whales have journeyed from the frigid sub-Antarctic waters to mate and calve in the safety of False Bay, right on our doorstep. And the mountainsides are tapestries of indigenous splendour: pincushions, strelitzias and pelargonias in swathes of purple, pink, yellow and orange.

In August, the province was blessed with encouragingly good rains, but, alas, not nearly enough to swell our dams in any meaningful way. Mayor Patricia de Lille has called for tenders for the construction of a desalination plant to address the growing water crisis. This is just one of the ways the city is hoping to counter the effects of what climate pundits say will be an indefinite drought – and what De Lille calls “the new normal”.

Please do continue to be frugal with water and to pray for rain.

Newly described bounty off our coasts

Scarcity on one hand is contrasted by abundance on the other. You might be interested to read that our local waters have been in the news following the discovery of a new, green-eyed hermit crab species off the West Coast. And that’s not all. In False Bay, right on our doorstep, three new shrimp species have been discovered by local researchers.

The new hermit crab (*Paragiopagurus atkinsonae*) is named after marine researcher Dr Lara Atkinson and is found only in a tiny area off the West Coast. Curiously, it has anemones growing on its ‘shell’ home, and amalgam of sand and other deposits, and piggybacks these tentacled lodgers around in the unique biological marriage we know as symbiosis.



(Above) The green-eyed hermit crab, a news species discovered off the West Coast.

The wee beastie (it's around 70 mm long) was described in a recent scientific journal by University of Cape Town PhD candidate Jannes Landschoff and Rafael Lemaitre of the National Museum of Natural History at the Smithsonian Institution in the United States.

The crustacean is one of three hermit crabs that Jannes is describing as new to science for his doctoral thesis.

Octopus' garden

Shortly after this announcement came news of another discovery in our local waters.

According to a press report, a tiny 5.5km stretch of coastline along Miller's Point is yielding a rich trove of previously undescribed shrimp species, one of which (*Heteromysis octopodis*) enjoys a unique coexistence with octopus (*Octopus vulgaris*) – the first known symbiotic relationship between a shrimp and a cephalopod!



*An octopus in her den at Miller's Point, which she shares with the a newly described shrimp species.
(Photo Craig Foster.)*

Birthday wishes

Congratulations to residents who celebrated their birthdays during the past quarter.

July	August	September
6 th Ann Dommissie 13 th David Allaway 21 st Pam Long 21 st Patricia Pearce	4 th David Anderton 10 th Joan Nurock 12 th Jean James 21 st Pieter Swanepoel 22 nd Helen Hoffman 22 nd Ruth Raath 26 th Rosemary Bradford 30 th Betty Halstead 31 st Johanna Theunissen	2 nd Ann Welsh 5 th Brian Quail 9 th Jane Robinson 10 th Kim Huskisson 23 rd Sybil Funnel 29 th Elizabeth Knemeyer 29 th Valerie Prout

Celebrating our heritage

The St James celebrates its 120th anniversary this year and in keeping with this, residents and visiting family and friends dressed up in an array of hats from the turn of the 20th century for Heritage Day.

There were grande dames in their feather creations (on loan from the Artscape wardrobe of costumes for 'My Fair Lady' productions), top hats, soldiers and Boer commandos and an array of colourful African head scarves and painted faces. Catering Manager Johan le Roux and his staff excelled with an array of dishes that reflected the diverse heritage that we share. The buffet counter groaned under the weight of traditional English roast beef and venison, Malay curry, samp and beans, sweet carrots and skenkels, and an array of sweet desserts, from Cape brandy pudding and melkert to lemon meringue and koeksisters.

Hats galore!

As the photos below show, the ladies had a great time trying on hats to find just the right one!





Special time with family and friends



Ruth Raath with her son, Johan Raath, and grandson.



Joan Nurock with her daughter, Diane Back.



Margaret McAlister and friends.



Johanna Theunissen with her handsome family.



A smorgasbord of sweet treats.



Johan le Roux with Chadwick Vlotman at the carvery.



*Estelle Peters, Nicki Wentzel, Charmain Nopeleza
and Brenda Bombay.*

Outings and aboutings

Hardly cowed by the chilly days of the past winter season, our residents took to the highways and byways in our bus to visit some of the province's best-loved spots.

Boschendal wine farm in the picturesque Franschhoek Valley was the destination of a group of our residents on 9 August. Established in 1685, Boschendal is one of the country's oldest farms, with a wine-making heritage that dates back 300 years.

Taking advantage of the unseasonably balmy weather, they set out in the bus to explore the farm and enjoy coffee and cake at one of the farm's eateries.



Our residents visited Boschendal in glorious weather.

West Coast National Park was next up for a group of intrepid explorers, clearly enthralled by the prospect of the annual spring flower spectacle; a carpet of indigenous flowers trailing all the way to Namaqualand. They didn't get quite that far north, settling instead for the environs of Langebaan and the nature reserve.

Accompanied by Erica Jones (we were sad to bid farewell to Erica who retired due to ill health), the group enjoyed a very special trip into the park, "with views to remember". Erica reported that although the weather was generally overcast and rainy, our adventurers were able to catch a bit of sunlight, and even some blue sky, en route.

"The wild animals such as wildebeest, gemsbok, ostrich and zebra stood in the misty fields, enjoying the rain, and we saw baby tortoises venturing out from the bushes onto the roads," said Erica.

The bus took the group down to the seaside with its topsy turvy sea and then to the lagoon where they were met by the tranquil sight of houseboats on glass-smooth water. Their afternoon ended at Geelbek Restaurant with delicious cakes, scones and milk tart, accompanied by coffee, tea and hot chocolate. The main house, a Cape Dutch monument, was originally built in 1744.



A group of St James ladies explores the coastline in the West National Park.



Tranquil Langebaan lagoon with its resident houseboats.



Teatime at historic Geelbek Restaurant near Langebaan.

Music and dance



Helene Mobius (left) and Esme McDonough enjoy Chris Wildman's music and dance therapy session.

Music therapist Chris Wildman is a regular visitor to The St James, hosting interactive Monday sessions of music and movement for our elders. As loneliness and sensory deprivation can be problems among those of advanced years, Chris aims to increase mobility and social and cognitive integration through music and dancing. It's about connection and a lot of fun! During one recent Monday session, Chris introduced music of the 1920s and our residents thoroughly enjoyed the 'swing' session.

Concerts, talk and slide shows

It's been a busy quarter of informative talk and slides shows and a music concert, courtesy of the False Bay University of the U3A Music Ensemble.

In July Professor **David Davidson** visited to give a talk on the 2017 Royal Horticultural Society Chelsea Flower Show where the South African National Biodiversity Institute team won South Africa's 35th gold medal in 42 years of exhibiting at the show. The team also won the President's Awards for the best exhibit at the show.

With its theme Windows on Biodiversity, the circular exhibit presented a 'rich and varied voyage of discovery', set against the backdrop of the Kirstenbosch and Walter Sisulu National Botanical Gardens. On display were plants from all ten of the country's National Botanical Gardens.



Professor Davidson and Raymond Hudson have designed and created the Kirstenbosch-South Africa exhibit for the Chelsea Flower Show for 23 consecutive years.

This was followed by a talk and presentation by **Warrant Officer Lungi and Suzette Farmer** of the South African Police Museum, just down the road in Muizenberg.

Tony Rozemeyer visited to read a few of his poems and stories, telling the tales behind them and recalling his years in former Rhodesia. Among these was 'Where They Fell is Where They Sleep', dedicated to the pioneers of Rhodesia, 'To Those Buried at Sea' (he brought along the 168-pound weight which was shackled to the feet of the condemned!), and 'The Owl House', dedicated to Helen Martins and her home in Nieu-Bethseda, now a museum.

In August osteopath **Dr Lizane van Vuuren** presented a talk and presentation titled 'The All-Female Coxless Crew', the story of four women who rowed, unsupported, 8 446 miles across the Pacific Ocean (from California to Australia) to create awareness of women who face extreme adversity.



Moira Mahon returned to tell us about the re-opening of the Battle of Muizenberg site. The battle changed the Cape and was commemorated by the Muizenberg Historical Society on 7 August. Society chairperson Glenn Babb was quoted in press as saying: "South Africans should know how the Battle of Muizenberg sparked the development of colonialism. All of the population was involved in the attempt to repulse the English. The battle also determined that English is a major language and that we are not French-speaking ..."

Rayne Stroebel of Geratec gave an inspirational talk about the quality of life and aging and the importance of remaining independent. He recommended starting a daily gratitude journal in which you list three things you're grateful for. Gratitude can stimulate positive thoughts and change brain patterns. Negative thoughts stick like Velcro, but positive thoughts are more difficult to harness; and that's why we have to work at it. We're grateful for Rayne's message!

Christine of the Heart of Cape Town Museum delivered a talk and presentation on the 50th anniversary of the world's first heart transplant by Dr Chris Barnard on 3 December 1967. It was one of the greatest moments of medical history and took place in the Charles Saint Theatre at Groote Schuur Hospital. What memories!

Baptist pastor John Thomas, chairperson of Living Hope Trust, gave a talk and presentation titled 'Bringing Hope, Breaking Despair. The Living Hope centre, which began near Masiphumelele near Capri, spreads the gospel in a life-changing way: through the prevention, care and treatment of HIV and AIDS, community development through education and health-related programmes.

In September, the **University of the Third Age (U3A)** presented a concert at The St James featuring the False Bay U3A Music Ensemble who played from a wide range of works by Yradier, Prokofiev, Purcell, Tchaikovsky and others.

Hats off to grandparents

The charming picture below was taken at a grandparents' tea party where our resident agent Shirley Eva did herself proud. The tea party was hosted by her grandson's school, Fish Hoek Primary, with Shirley walking away with the prize for the best hat, a tower of photographic memories.



(Above) Oh, my hat! Shirley Eva in her prize-winning headgear.

Themed dinners

We enjoyed two memorable theme dinners thanks to the skills of our indomitable and imaginative Catering Manager Johan le Roux, and his trusty team. The Pirates of the Caribbean-themed evening featured a feast: Flying Dutchman's Treasured Seafood Platters, Captain Blackbeard's Carvery and Captain Barbossa's Treasure Chest Dessert Buffet... And just to ensure we kept up our calories, this was followed by a spring-themed buffet.



St James landlubbers turned pirates for the Pirates of the Caribbean-themed dinner: (from left) Molly Townsend, Johanna Theunissen, Margaret McAlister and Angela Lloyd.

Poetry Competition 2017 - a call for entries

The St James 'Three-Score-and-Ten' Poetry Competition is now in its fourth year. So, summon your muses, put on your thinking caps and submit an entry ... or two.

The competition is not about being a professional writer.

"The idea was conceived by Tamryn Vivian, our Occupational Therapist, with the intention that it serve as a catalyst for those of us with lots of life experience to explore

thoughts, feelings and memories – or just express an opinion or highlight a cause,” says Managing Director, Gael Baldwin.

You may type or write your entry. Do be sure to put your name and age on it - spring chickens do not qualify – you have to be over 70 to enter! Drop it off at the St James reception, or you may prefer to email it to reception@thestjames.co.za.

Entries close on 27th October. The winners will be invited to read their poetry at a prizegiving at The St James and the winning entry will be published in *The False Bay Echo* on 21 December.

For some inspiration, perhaps you would like to read the winning entries from the past three years. The St James Anthology is in the library or you can find it on our website. www.stjameshotel.co.za.

There are lots of lovely prizes to be won.

Last words

Psychologists say that one of the keys to health and vitality in our golden years is a sense of purpose. Our golden years can also bring new opportunities. Consider these third-age pioneers (courtesy of businessinsider.com):

- At 80, Christine Brown California, flew to China and climbed the Great Wall.
- At 81, Bill Painter became the oldest person to reach the 14,411-foot summit of Mt Rainier.
- At 82, William Ivy Baldwin became the oldest tightrope walker, crossing the South Boulder Canyon in Colorado on a 320-foot wire.
- At 83, famed baby doctor Benjamin Spock championed for world peace.
- At 84, W Somerset Maugham wrote *Points of View*.
- At 85, Theodor Mommsen became the oldest person to receive a Nobel Prize in Literature.
- At 86, Katherine Pelton swam the 200-meter butterfly in 3 minutes, 1.14 seconds, beating the men’s world record for that age group by over 20 seconds.
- At 87, Mary Baker Eddy founded the *Christian Science Monitor*.
- At 88, Michelangelo created the architectural plans for the Church of Santa Maria degli Angeli.
- At 89, Arthur Rubinstein performed one of his greatest recitals in Carnegie Hall.
- At 90, Marc Chagall became the first living artist to be exhibited at The Louvre.
- At 91, Allan Stewart of New South Wales completed a Bachelor of Law degree from the University of New England.
- At 92, Paul Spangler finished his 14th marathon.
- At 93, PG Wodehouse worked on his 97th novel, was knighted and died.

- At 94, comedian George Burns performed in Schenectady, New York, 63 years after his first performance there.
- At 95, Nola Ochs became the oldest person to receive a college diploma.
- At 96, Harry Bernstein published his first book, *The Invisible Wall*, three years after he started writing to cope with loneliness after his wife of 70 years, Ruby, passed away.
- At 97, Martin Miller was still working fulltime as a lobbyist on behalf of benefits for seniors.
- At 98, Beatrice Wood, a ceramist, exhibited her latest work.
- At 99, Teichi Igarashi climbed Mt Fuji.
- At 100, Frank Scheerer seems to be the oldest active water skier in the world.

With love

The Sea Views Editor