

SEA VIEWS

NEWS AND VIEWS FROM *THE St James*

December 2017

Dear Residents

December came tumbling in on a doughty southeaster, scouring the land, whipping up white horses on False Bay and bringing intermittent but oh-so-wonderful rain. In a province experiencing its worst drought in 100 years, almost everyone speaks of rain as a blessing. No more complaints about rain-dampened hairdos, limp washing or ruined walks. How our priorities have changed! That which we took for granted has become so prized.

We continue to guard our water in the hopes that D-Day (when the taps will be turned off), now expected in mid-May next year, won't come after all.

A highlight of the year was the celebration of The St James 120th anniversary, celebrated at a Heritage Day lunch.



The St James in 1907.



The St James in 1925.



Resplendent in the sunshine, 120-year-old St James today, a False Bay landmark.

From abroad we were delighted to hear news of Prince Harry's engagement to Canadian actress Meghan Markle. It's been reported that they will marry at St George's Chapel, Windsor Castle, in the spring. The couple will make their home in Nottingham Cottage at Kensington Palace.

"Three-Score-and-Ten" poetry competition winners

The winning entries of the 2017 "Three Score and Ten" poetry competition were announced at a function at The St James Retirement Hotel last week. Muizenberg resident John Cartwright's poem "I have destroyed" took the laurels. The competition is open to the over 70 community in Cape Town.

"Response over the four years of the competition has been excellent," says Gael Baldwin, Managing Director of The St James. "Our senior citizens, with their lifetime of experience and insight, are so often side-lined in the hurly-burly of 21st century life."

Submissions for the 2017 competition were of a particularly high standard, said judge Finuala Dowling, a False Bay resident and international award-winning author and poet. Dowling has judged entries since the inception of the competition four years ago.

"I was so impressed by the top poems: they were outstanding, of publishable, international quality," says Finuala. "The best poems came from poets who are themselves great readers and champions of poetry -- it's not enough just to want to write: to write is to read."



Winners in the "Three Score and Ten" poetry competition for the over-70s. The overall winner was John Cartwright (third from left, front). Judge Finuala Dowling is fourth from left in the back row.

“I loved the range of different voices, as well as the range of techniques and styles: creativity is definitely alive and well in writers over 70,” she adds.

Eighty-eight poems were submitted, and though inevitably many of them dealt with themes of ageing and dying, there were also poems about the environment, about insomnia, sex, and dual nationality. The winning entries for 2017 as well as those from previous years can be viewed on The St James website: www.stjameshotel.co.za.

The runners up are: Jeni Cole for “At Seventy”; Robin Malan for “Verifying God of Whatever Means the Good”; Geoffrey Haresnape for “Poetry Bookshelf”; Chip Wood for “What did Corso Say?”; Adré Marshall for “From Fish Hoek Beach”; Hazel Shaul for “Insomnia”; Val Parry for “Escape Clause”; Chris Dodson for “dog Meeting”; Ekin Kench for “The Waiting Room”; Keith Edwards for “Leaving This”; Linda Zinzi Seally for “Sky Coffin”; Brigitte Murphy for “My Countries” and Effie Joffe for “To Gaze with Awe”.

Thanks to our prize donors Casa Labia, Cucina Labia, Dryad Press, Feedem Pitseng, Finauala Dowling, Fiona Hermanus, Ina Paarman, Kalk Bay Books, Kalk Bay Theatre, Meredith Harington, Mollie Townsend, St James Manor Hotel, The Masque Theatre, Rustenburg Pharmacy and Vortex Products.

Here is John Cartwright’s winning entry:

I HAVE DESTROYED

I have destroyed, casually
and separately, two nearly full
bottles of olive oil, cold
pressed and virgin, splintering
in a soft golden splash
on the kitchen floor - not
from irritation at Italians,
a grouch with Greeks or a spite
at Spain, but from a fading
in my spatial sense, my movement
among the objects of daily life. This
in a performer who knew to an inch
where to put his foot or apparently
accidental hand. So now
I have a new game - not
to destroy stuff with an errant sleeve
or trailing heel, but to remember
where I am, to pace myself
in a slow dance between
me and the rest of the world.

Birthday wishes

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

October	November	December
2 nd Mollie Townsend	1 st Dina Naicker	4 th Peggy Tibbit
3 rd Elizabeth Duncan	10 th Mary Webster	6 th Esme McDonagh
6 th Mavis Deuchar	16 th Barbara Weaving	7 th Cynthia Cooper
18 th Beryl Joseph	17 th Ben Sterianos	8 th Helene Moebius
20 th Peggy Diener	17 th Rhona Pawson	30 th Rosemary Rijkmans
29 th Joe Katzeff	18 th Eira Lewis	
30 th Mary Taylor	19 th Jim Simcock	
	28 th Angela Waterkeyn	

What a treat it was for the St James music lovers when Rhona Pawson celebrated her birthday by hosting a violin and piano concerto in Gentrys.

Visits, concerts, talk and slide shows

It's been a busy and entertaining few months offering a cornucopia of events and visits.

In October, old friend and photographer **Wouter van Warmelow** visited the St James to show a collection of his photographs titled 'The Children of the Red Cross Children's Hospital'. Described by many as the best children's hospital in the southern hemisphere, managing over 260 000 small patients annually, the institution has been caring for children for 61 years. It is the country's only dedicated child health institution, location of medical milestones such as kidney transplants and the separation of conjoined twins.

This was followed by the visit of the **Fish Hoek Ladies' Choir** who entertained us in Gentrys. Later in October hemp activist **Tony Budden** called to deliver a talk on the legalisation of cannabis and the medicinal applications of cannabis oil and uses of hemp in Africa. Hemp is a wonder plant, growing quickly, sustainable, and offering a host of applications, from fabric (did you know that hemp is four times stronger than cotton and extremely durable?), to building materials, toiletries and food.

In November, clinical pastoral therapist **Roux Malan** visited the St James to talk about The Gift of Years Small Group. Retired **Commander Mike Oldham** delivered a talk and musical performance titled 'Music Enriches Lives – Saves Lives'. The multi-instrumentalist and conductor has performed with many groups aboard, tours including Europe, the Middle East, Iceland and Southern Africa.



Retired Commander Mike Oldham. (Image from http://www.navy.mil.za/navyband/history_directors.htm)

Mike's first professional engagement was as a member of the famous Grenadier Guards Band, which performed all the ceremonial duties in London. Since 1979 Mike has been involved with teaching programmes throughout South Africa and was invited to teach for the National Youth Orchestra Course. During this time, he also performed at the International Music Festival in Vienna and was the South African representative. Mike was appointed as Director of Music at the South African Navy in 1989, until his retirement in 2004.

For the past 21 years he has worked in the townships with the Izivunguvungu Music Project. Izivunguvungu offers young South Africans from disadvantaged communities a unique combination of sailing and music projects as part of a healthy developmental process.

Peter Hermann of Soaring Free Superfoods delivered a talk about superfoods. Superfoods are mostly plants but include dairy and fish, products that are nutritionally dense. These include foods such as blueberries, salmon, kale, raw nuts such as almonds, cashews and walnuts as well full-cream yoghurt, full of probiotics. These nutrient-rich, organic foods are thought to boost healing, energy and longevity.

What a treat it was to have **David Muller** enact Heathcote Williams' epic poem 'Whale Nation', directed by Claire Watling. David's performances have received enthusiastic reviews. Critics have said: "He is able to take his listeners to places of joy, delight and conversely, pain as he pays homage to nature's largest sea wonder. Muller effectively

paints a moving scenario that enlightens, entertains” – Karen Rutter, *Cape Times*.
“Beautifully simply done, as it deserves.” – John Cartwright.



A festive splash of colour on the balcony at The St James.

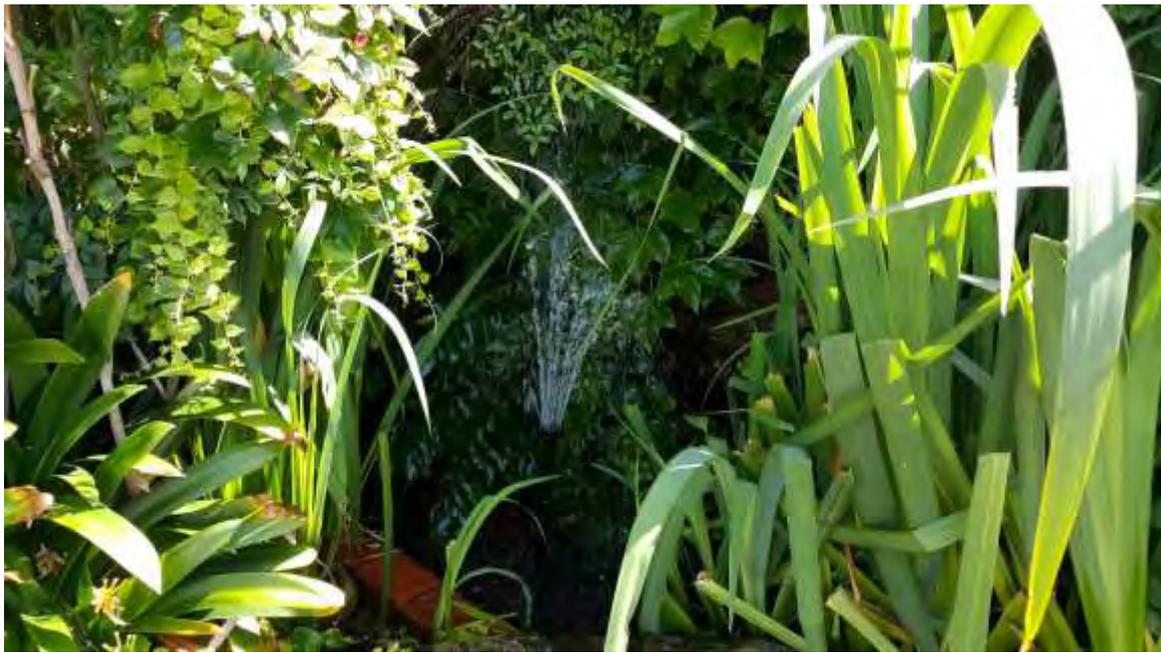
On 16 December, the University of the Third Age (U3A) Orchestra presented the U3A Music Ensemble of piano, flute, violins and cello performing *Berceuse* by Fauré, *Concertino* by Küchler Op. II, *Baby it's Cold Outside* and *The Entertainer*. They also performed some of our favourite Christmas carols: *Silent Night*, and *God Rest You Merry Gentlemen* and *Good King Wenceslas*.

On 21 December **Dave and Sue Whitelaw** will present their talk and photographs, a presentation they call 'Oldies in the Amazon', from their recent trip to Brazil. For those who love all things floral, be sure to join us on 22 December when **Mavis Deuchar's daughter** will be hosting a flower arranging demonstration in the library at 09:45.

Another forthcoming attraction on 28 December is the return (by popular demand) of **Dr Joe Tyrrel** who will present photos and a talk on Antarctica.

Themed dinners

Catering manager and his team dished up scrumptious theme dinners, including Cowboy Ghost Town, redolent of the prairies with tasty offerings such as beef, bacon, beans and greens soup, BBQ rare roast Texan steaks, Lone Ranger lemon meringue, Crazy Horse carrot cake, Mississippi mud pie chocolate mousse and John Wayne jelly.



The oasis at the entrance to The St James.

Mollie Townsend exhibition

Resident and artist Mollie Townsend held an exhibition at The St James from 14 October to 17 December to showing painting and sketches of False Bay and surroundings. Fish Hoek historian Michael Walker opened the exhibition.



Tranquil False Bay.

Christmas lunch at The St James

Here is a preview of the delicious festive fare our catering team will be preparing for Christmas lunch.

Starter

Sinter-Klaas Smokey Ham and Pea Soup

North Pole Festive Seafood Platters

With pickled fish, seafood crab mousse, herring roll mops, hake goujons, smoked salmon mousse and tartar sauce

Holly and Mistletoe Salads

Noël Roast Vegetable Salad, Three Wise Men Bean Salad, Mixed Salads of Summer Greens and Caramel Beet Salad

The St Nicholas Hot Christmas Buffet

Apricot-glazed Gammon with Pineapple Rings and Cherries

Festive Chickens with Celebration Stuffing

Golden Roast 'Grandfather Frost' Potatoes

The Magic Elves Seasonal Vegetable Buffet

Under the Christmas Tree Dessert Buffet

Snow-capped Lemon Meringue

Ruby and Emerald Festive Cale Trifle

Cherries and Berries Chocolate Cake

Velvet Passion Fruit Fridge Tart

Favourite Festive Fruit Salad

Olden Carrot Cake and Crème Caramel

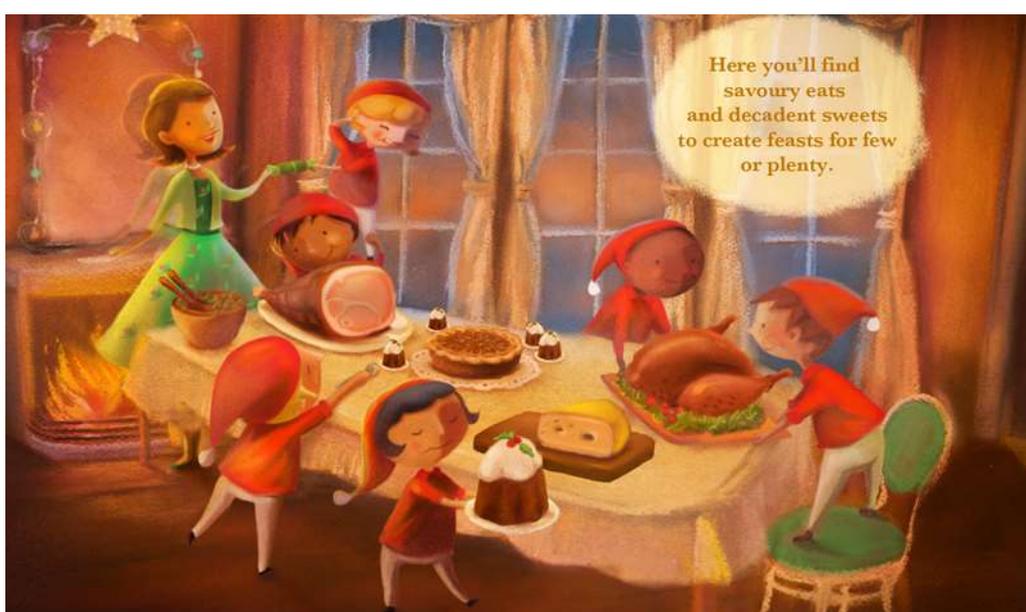
Cheerful Chocolate Mousse

Chocolate Truffle Cake

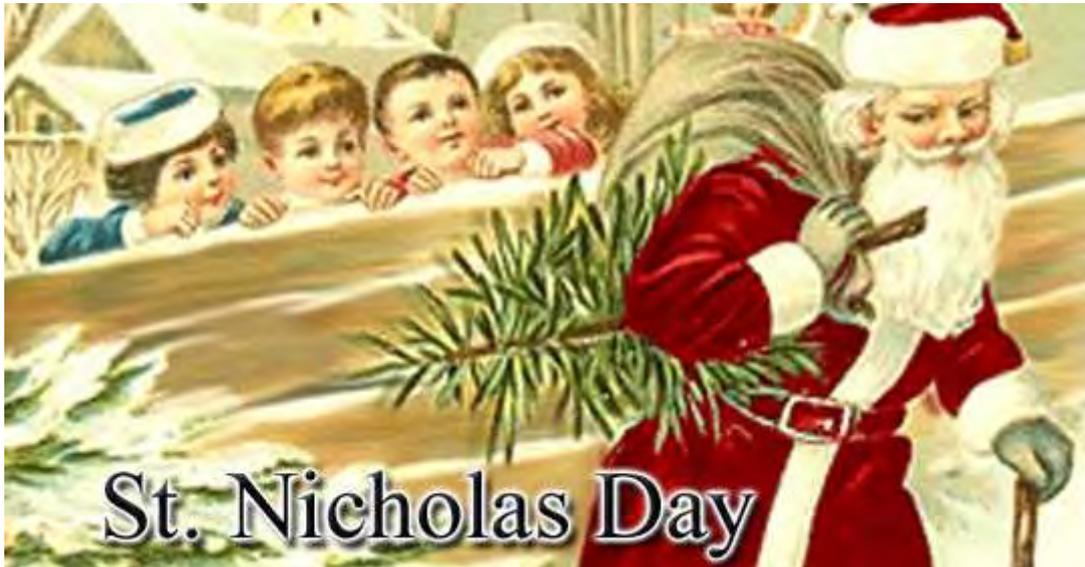
Melody Marshmallow Cake

Shooting Star Christmas Wish Cake

Jingle Bells Jingle Jelly, served with Custard and Crème



Dem bones



If you don't believe in Santa Claus, here is food for thought. According to Sarah Gibbens writing for the *National Geographic*, a team of Turkish researchers believe they have found the tomb of St Nicholas beneath the mosaic-covered floor of a church in Turkey's southern Antalya province.

It's the same region in which St Nicholas is believed to have lived during the fourth century. Gibbens writes: "Tradition holds that St Nicholas was famous for giving gifts and aid to the poor. (Over the years, his reputation as a generous saint persisted and he began to be called 'Sinterklaas' in the Netherlands). Like his reputation, the location of his bones depends on who you ask."

Others believe that St Nicholas' bones were filched by Italian sailors in the 11th century and taken to the crypt of the Basilica di San Nicola in southeast Italy. In 1993 archaeologists claimed the St Nicholas' actual resting place is the Mediterranean island of Gemile. This is based on a burial mound discovered.

The controversy persists. The St Nicholas Centre, a Catholic institution dedicated to the legacy of St Nicholas, maintains that his bones are in the Basilica di San Nicola "until proven otherwise".

Carol Myers, a representative of the centre, says, "This speculation [that the bones are in Turkey] is very premature." The Turks, she says, are of course very interested in promoting tourism! But if relics are found, they would need to be dated and examined by international experts. DNA testing could be possible.

All told, it's too early to say! Wherever St Nicholas' remains may rest, we'll continue to honour St Nicholas' tradition of giving gifts and helping the poor.

Last words

We wish all our residents and readers a very happy festive and peaceful festive season. To those who will be travelling, drive safely and with an extra measure of patience. Enjoy this special time with friends, family and loved ones.



“On the first Day of Christmas my true love gave to me...” At The St James we don’t have calling birds, partridges or French hens, but our family of ducks are a delight to the residents at the health care centre.

With love

The Sea Views Editor