

**methodist homes**



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# MHA on the Bay

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## Christmas Message from our MHA Board and the Head Office Staff



*"May this Christmas be a Blessed time for  
all our Residents, their Families  
and our Readers.  
May the New Year be a Joyful,  
Happy, Healthy and Peaceful One"*



### INTRODUCING THE NEW MHA BOARD



A lot of recent effort has gone into strengthening the Board, so that the existing and new members bring skills to the organization which will create strategic direction, support the General Manager and his team, and ensure good governance and best practice in all that MHA does, in the best interest of our stakeholders; you, the residents!

Let us introduce the newly elected Board to you (left to right, in the photo):

Odwa Mtati (Chairman): owns a consultancy focused on economic development  
George Irvine (Founder President): MHA's founding father, and a Methodist minister  
Malcolm Stewart: a local businessman, who recently retired from the financial services industry

Brent Keevy: (vice Chairman): has his own financial advisory and investment practice

Neil McLaggan: a professional valuer, appraiser and auctioneer

Richard Kasika: is a Human Resources Manager at a large global organization

Hein Barnard: over and above being the General Manager, he is the appointed Prescribed Officer

Thuthuka Songelwa: she is a Quantity Surveyor by profession, and has her own consultancy business

Lesley Lawson (photo inset): is already well known to residents, and will serve as MHA's Community Services Director.



The Board members look forward to engaging with residents in 2016, and to making a meaningful contribution to the continued success of this wonderful organization.

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## *"From the Front": 1940's Tribute*

Residents of the C P Bradfield Frail Care Home and from the various MHA Villages were treated to an evocative performance of memories and songs that were popular during World War II.

The presentation by Marcel Engelbrecht and Shannyn Fourie of CCH Productions was organised by Elmarie van Antwerpen of Eastern Province Caterers. It took place on the afternoon of 4<sup>th</sup> November 2015 at the Home's dining hall. The invitation to the function was extended to other residents of Methodist Homes and a total of 150 attended.

The performance was in the format of the reading of interchanged letters between a young soldier from the front and his sweetheart, telling of their love for one another. The letters were the prompt for the songs performed by the couple.



The lovely selection of songs brought back many memories to those present.

The program of songs was brought to a close with some more light-hearted items.

Pictured on the right is Pieter Wenning of Cassia Gardens enjoying the company of Shannyn, the "Sweetheart" in the couple.

Marcel and Shannyn, who perform all over South Africa, are planning another performance nearer Valentine's Day in 2016.

## **IF GOD SHOULD GO ON STRIKE?**

# **ON STRIKE**

How good it is that God has never gone on strike,  
Because he was not treated fairly in things he didn't like.  
If only once He'd given up and said, "That's it, I'm through.  
I've had enough of those on earth, so this is what I'll do.

I'll give my orders to the sun – cut off the heat supply!  
And to the moon – give no more light, and run the oceans dry.  
Then just to make things really tough, and put the pressure on,  
Turn off the vital oxygen till every breath is gone!"

You know He would be justified, if fairness was the game,  
For no one has been more abused, or met with more disclaim  
Than God, and yet He carries on, supplying you and me  
With all the favours of His grace, and everything for free.

Men say they want a better deal and so on strike they go,  
But what a deal we've given God, to whom we all things owe.  
We don't care who we hurt to gain the things we like;  
But what a mess we'd be in, if God should go on strike.

## **Cassia Gardens Celebrate their 30th Anniversary**



**3rd AUGUST 1985:** In the presence of original residents and distinguished guests, the Reverend Peter Storey, then President of the Methodist Church, officially opened Cassia Gardens.

Also present were Bob Zeiss (MHA Board Chairman), George Irvine in his dual capacity as Bishop of the Grahamstown District and MHA's founding father, and Board member Wilf Cragg.

Being thirty years since the opening of Cassia Gardens, the fundraising group of the Village decided to arrange a commemoration of the anniversary, and Lin Singmin of the group approached Sunridge Village Shopping Centre Management to sponsor an anniversary celebration for the Village.

The Centre Management took over and arranged everything including decorations, goody bags and lucky draws. According to Tony Mannering, who also supplied the photographs in this article, close on 90% of the Cassia Gardens residents sat down to an excellent three course meal at the Buzz Factory at the Sunridge Village Shopping Centre on 17 September 2015.



Our General Manager, Hein Barnard, attended together with Sandra Cornwell from Head Office.

Amongst special attendees at the function were Bob Zeiss, now a resident at Cassia Gardens, and Norma Saunders, the only original resident still living at Cassia Gardens.



Special thanks must go to Sunridge Village Management, the Buzz Factory, and other shop owners at the Sunridge Village Shopping Centre for their wonderful support of this memorable event.



## MORE MHA HISTORY

A year has gone by since the MHA history book "To God Be The Glory" was published. Residents were each presented with a copy, and some interesting feedback or additional information has been received, which we can now share with you, by way of "History lesson #2"!

### THE INTREPID WING-WALKER (114-115)



Prof Ian Wiseman, a regular columnist of ours, contributed this piece:

*"The photo of Alec Macphail looked familiar, and I realized it was the collage that I had created in 2003 for SeniorPlus, a publication for Bankmed's 11 000 retirees. Alec's wife Phyllis had supplied two photos and I took the inset picture of them"*

In Ian's 2003 article he mentioned that: *"The force of the wind was so great that it caused the stitching to come undone in the legs of Alec's trousers!"*

Ian also said that Phyllis was not at all happy about Alec's wing-walking feat, and she couldn't understand why he waited until he reached 90 before experiencing a "mid-life crisis"!

Ian's interview of Alec also revealed that the Scottish weather was a primary reason for the Macphails emigrating to South Africa. Alec said that the region where he had lived in Scotland had nine months of winter followed by three months of bad weather"!!

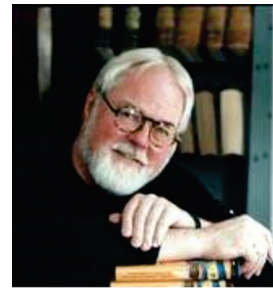
### THE BATHURST PROPERTY (pg 136-137):

Tony Mannering, a resident in Cassia Gardens, saw the name A Turpin mentioned, knew that his sister is married to Andrew Turpin, remembered that at one stage they had owned a piece of land in Bathurst, so he asked her to shed some light. This was Barbara's response to Tony:

*"I can shed some light on this property. It in fact belonged to me. We bought it with the idea of retiring there, as it is so close to Port Alfred without having PA's wind, but had second thoughts later on. It was costing us in terms of rates, so we decided that it was not worth hanging onto it. So we donated it to the Methodist Homes. When they*

*contacted us to ask if we minded their using it for development of the PE Methodist Homes, we said they were welcome to do so. The reason we did this was because we have heard of many Methodist ministers who have ended up their careers with no personal property, and life is a major struggle for them, having to be cared for by children etc. So that's the story."*

So now we know much more about the generous donors of the Bathurst erf, why they owned it, and why they disposed of it to MHA! By all accounts the proceeds of the sale of the erf by MHA went towards the CP Bradfield Frail Care facility which had opened its doors at around that time.



*"You may never have proof of your importance but you are more important than you think. There are always those who couldn't do without you. The rub is that you don't always know who."*

— Rev. [Robert Fulghum, All I Really Need to Know I Learned in Kindergarten](#)

## EXERCISE FOR SENIORS

Most seniors never get enough exercise. In His wisdom, God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking.

And God looked down and it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch.

And God looked down and it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise.

And God looked down and it was good.

So if you find, as you age, you are getting up and down more, remember it is God's will. It is all in your best interests even though you mutter under your breath!



### Gems from Comedian Steven Wright

1. Borrow money from pessimists-they don't expect it back.
2. A clear conscience is usually the sign of a bad memory.
3. Depression is merely anger without enthusiasm.
4. When everything is coming your way, you're probably in the wrong lane.
5. A conclusion is the place where you got tired of thinking.
6. I intend to live forever. So far ... so good.



## *Heart Attack and Water*

Good information to try.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

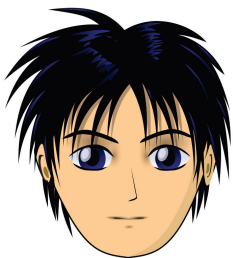
Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs; 1 glass of water 30 minutes before a meal - helps digestion 1 glass of water before taking a bath - helps lower blood pressure 1 glass of water before going to bed - avoids stroke or heart attack.

I can also add to this ... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you.

## *A Teenager's Logic Deflated*



A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son. "You bring your grades up from a C to B average, study your Bible a little, and get your hair cut.

Then we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer, and duly agreed on it.

After six weeks his father said, "Son, you've brought your grades up and I've observed you have been studying your Bible, but I'm disappointed that you haven't had your hair cut."

The Boy said, "You know, Dad, I've thinking about that, and I've noticed in my studies that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

Dad responded, "Did you notice they all walked everywhere they went?" Squelch!!!!



*"Glory to God in highest heaven,  
and peace on earth  
to those with whom God is well pleased."*

So sang the angel choir announcing the birth of a baby in Bethlehem. The baby was called Jesus and he remains central to the Christian faith.

But I am sure every Faith Group would join with Christians, at this time of year, longing and yearning for God's peace to break out on earth. Just think on the African continent, peace in the middle-east, peace in every trouble spot in the world. Think also of peace in broken families and every fractured relationship. Am I daydreaming?

We need to step back and ask what we mean by the word peace? It comes from that wonderful Hebrew word shalom. It is a Jewish greeting, but is much more than that. Shalom points to the time when God's will, will be done on earth. Shalom celebrates that one day all people will sit with their families under their own roof with enough food to eat and evil banished.

Back to the angel's choir, "Shalom on earth to those with whom God is well pleased." Did you get it? Shalom can only break out when people do what pleases God. But what pleases God? Here we have a major problem. Suicide bombers believe they are doing what pleases God. People have declared wars believing that they were pleasing God.

This is where Christmas helps, for it highlights more than any other time of the year what displeases God, what is anti to God's shalom. Why do we pack parcels at Christmas and give them to the poor? We know that hunger displeases God. Christmas screams aloud that war can never be God's shalom. There is a powerful example of this in the story from the First World War about the British and German troops declaring a truce on Christmas day and choosing to play soccer together. Woman and child abuse is never what God wants, but when a woman phones me on Christmas day, telling me that she has been viciously abused, I go cold, for it seems so much more evil at Christmas. Divisions in the family open up like running sores at Christmas.

Whatever our faith tradition, let us use Christmas as a magnifying glass to see what displeases God and then let's go and do shalom things.

A primary school was putting on a Christmas play. Wally was a big boy for his age, but not all that bright. He wanted to be one of the kings but the teacher thought he would do well as the innkeeper. He had only a few words to say. Once the Holy family knocked on the door of the inn Wally had to open the door and say. "Be gone, there is no room in the inn". The school was packed and the nativity story played itself out, that is, until the family knocked on the door of the inn. Wally opened the door mouth wide open. The prompt mouthed the words and eventually Wally said, "Be gone, there is no room in the inn". Joseph, Mary and the baby turn away and then Wally with tears running down his face shouted, "Come back you can have my room." The curtain came down. Wally got it right. We will do what pleases God when the love that was birthed at Christmas is born in our hearts.

*A Message by Rev George Irvine*