

methodist homes



MHA
on the
Bay

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HE LIVES!

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An Easter Reflection

As we approach the weekend where we who are followers of Jesus are invited to engage, again, with the last moments of Jesus' earthly life I invite you to consider with me why this is an event that speaks profoundly of hope and life.

Obviously the validation of all Jesus said and did is in the resurrection on Easter Sunday. This is a wonderful fulfilment of promises and proclamation of love and life that is stronger than darkness, doubt and death. Indisputably Jesus is who He says He is and can be trusted. His calls to any and all to trust Him, turn to Him and follow Him echo and reverberate through the years as a real and good route to meaning and purpose.

But let us look a little closer. In how Jesus engages with accusations and threats, violence and abuse and all manner of heartache we have a glimpse of a way forward for us all. Ours is a world and context that hears daily of violence and protecting our rights and protesting our innocence. Jesus seems to rest in absorbing, enduring and allowing the most cruel abuse and brutality, thereby as it were draining it of all power. I am not sure if I can honestly live and pursue a life of pacifism, but I do see that the propensity for defending myself and using whatever means at my disposal easily and often perpetuates the myth of "might is right" and can as easily complicate and compound the wrong. Jesus defends the vulnerable and "fights" for the weak, but "like a lamb led to the slaughter" trusts his safety and security into God's hands. I find I need to ponder that deeply and must critique our default for defending ourselves and taking offensive action so often.

I find immense inspiration and hope in a number of realities as I do this. Jesus seems to have no need to speak out in the face of misrepresentation and even questioning in the engagements with those in authority, be they Jewish or Roman. His silence is clearly not consent. Even in the agony on the cross his words are towards the wellbeing of others and ultimately in connection with God the Father and steeped in echoing Scripture. Our world is so full of words and speech – but are my words around me and my welfare and wellbeing or more oriented to the good of others and the glory of God.

We dodge suffering and struggle because it is hard and hurts – but in Jesus I see that it is a way towards hope and healing. Certainly his bold embrace of desertion, betrayal, denial, abuse, accusation, pain and profound torture puts a different perspective on living life fully and well. For love of the Father and as an act of loving obedience it stops me in my tracks and gives me cause for reflection. Sometimes I think we want things too easy, too simple and too comfortable. Not that I would wish for nor seek strife and struggle and stress in some sort of masochistic martyr-like crusade. Living well and loving deeply in a world of random and capricious evil is not going to be quick, easy or obvious. It is, however, lit with opportunities to trust and turn to the consistent love and presence of a Jesus who comes to us to enable us to come to Him and know a peace the world cannot give. He comes gently and graciously and reveals a way of love, light and life. O that I could be more like that!

Happy Easter

Contributed by Reverend Jonathan Hobson
of the Walmer Methodist Church

A timeless quote from John Wesley Founder of the Methodist Church



*Do all the good you can,
by all the means you
can, in all the ways you
can, in all the places
you can, at all the times
you can, to all the
people you can, as long
as ever you can.*

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Some of Port Elizabeth's Suburbs' Names and their Derivation

Excerpts from Dean McClelland's "Port Elizabeth of Yore" and other later contributions



AMSTERDAM HOEK After the Dutch man-of-war "Amsterdam" which was wrecked just north of the Swartkops River mouth in 1817.

BROADWOOD The name of Charlo Extension No. 7. Chosen merely as an attractive name.

EMERALD HILL From a farm granted to John O'Neal, an Irishman, in 1815, who named it in honour of the "Emerald Isle".

FAIRVIEW From the fact that there was a good view from this higher area of the region. Developed by the Fairview Suburban Estate Co. Formerly included in Newton Park.

CHARLO After Charles Lovemore. The Lovemore family owned most of the ground on which this township was laid out.

COTSWOLD After the picturesque hill region in England. Named by Surveyor H.B. Smith.

FERNGLEN Named from a kloof behind Parkin's farmhouse on the site of the estate.

FRAMESBY The Suburb of Framesby was named after William B Frames.

GLEN HURD After Herbert Hurd, property developer, Town Councillor of Walmer and its Mayor 1922-1925.

GLENDINNINGVALE After Mr. John James Glendinning, a City Councillor for many years and Mayor in 1944/5.

HUMEWOOD After William Hume, M.L.A., who was Chairman of the Harbour Board at the time the land was transferred from the Harbour Board for development as a seaside resort.

KABEGA PARK Kabega is the name of one of the two streams which unite to form the Baakens. Possibly from the Hottentot KA—abundance, and BEGA—red clay.

LINTON GRANGE After Archibald Linton, M.P.C., City Councillor and Mayor in 1923/4.

LORRAINE Said to have been suggested by Mrs. Kyle, wife of a surveyor. The streets in this area are named after French towns and famous French persons.

LOVEMORE HEIGHTS Once part of the property of the Lovemore family.

MILL PARK So called because a Mr. T.W. Gubb owned a mill there. It was formerly a township known as Gubb's location.

MOUNT PLEASANT A popular name for areas and residences. This property was the first developed by I.W. Schlesinger in Port Elizabeth. A farm of this name stood on the site.

NEWTON PARK First named Fairview but on objections from the Post Office it was changed to Newton Park.

PARSONS HILL After Mr. M.G. Parson, Municipal Land Surveyor, 1932-1950.

SCHOENMAKER'S KOP According to Harold Baydon Smith this was named after a vagrant who lived in a cave in this region.

SUMMERSTRAND Named by Mr. H.B. Smith, Surveyor. It had the reputation of being the calmest spot in the Bay.

SUNRIDGE PARK Named by Mr. W.E. Londt, owner of the property, after a place in Croydon, England.

WALMER Named by D. Macdonald, Government Surveyor, when the township was laid out on the farm Welgedacht in 1853. After Walmer Castle, seat of the Duke of Wellington as Warden of the Cinque Ports, who had recently died.

MHA BOARD CHANGES

Mention was made at the recent round of Annual General Meetings that change was happening at Board level.

In 2018 Brent Keevy resigned after several years of service, and Sr Lesley Lawson re-joined the Board. Odwa Mtati stepped down as Chairman after six years of leadership, but remains a Director. Neil McLaggan was elected in January 2019 to fill that role.

Thuthuka Songelwa and Malcolm Stewart continue to serve on the Board, and Bishop George Irvine remains the holder of the organization's moral compass, in his role as Founder President.

We are pleased to introduce three new Directors, who have already taken up office:

Kevin Helm: after retiring from an international accountancy firm he set up a trust company dealing with estate administration and other services, where he serves as a Director. Kevin is an involved member of St. John's Methodist Church.

Thoft Soga: he is an academic who was Dean of Students at Fort Hare University, and more recently involved at NMU. Thoft serves on the PE North Circuit of the Methodist Church, and he is very involved in his community, in particular via the Arthur Wellington Church in New Brighton.

Michael Burmeister: he was the founding member of a local legal firm, and retired in 2005. He then joined Legal Aid in PE, working there until 2017. He is currently a part-time lecturer at NMU. Mike is a member of Walmer Methodist Church.

Each Director brings one or more specialist skills to the table, and the key focus of the Board is to ensure the stability of MHA, to address the changing needs of residents, to create a robust strategy for the future, and to support the Chief Executive Officer and his team.

MHA is privileged to have people of such ability and depth serve on the Board.





Barry Boichat in action

Mr. Good Lookin Is a Cookin

Recently the residents of Wesley Gardens were presented with the gift of a brand new braai complete with a roof and lights.

One of our residents, Barry Boichat, has taken it upon himself to patiently and ably cook all the meat, a most demanding job, on the last Sunday of every month.

Barry "the Braai Master" works so appropriately dressed for the part, complete with bow tie and a bespoke apron on which is printed "Mr Good Lookin is a Cookin". To thank Barry (such a sport) the braai has been duly christened "Barry's Braai".



"How to save water

A few residents of Maranatha Village clubbed together to buy a water tank for the Village in Pickering Street, Newton Park. Seen in our picture is their gardener, Mr Eric Libala filling two watering cans from the new installed tank.

Article and picture submitted by
Jill Bromiley

The Art of Politics

With the National and Provincial Elections being less than a month away, these quotes from the past may still be apposite, and traps politicians should avoid.



"I offered my opponents a deal:
if they stop telling lies about me, I will stop telling the truth about them."

Adlai Stevenson. Campaign speech 1952

"I have come to the conclusion that politics is too serious a matter to be left to politicians."

Charles de Gaulle. French general and politician

"We hang petty thieves and appoint the bigger thieves to public office."

Aesop, Greek slave & fable author

"Politicians are the same all over. They promise to build a bridge where there is no river."

Nikita Khrushchev, Soviet politician

There is nothing, it seems, new under the sun.



The Easter feeling does not end.
It signals a new beginning,
Of nature, spring and brand new life,
And friendship, peace and giving
The spirit of Easter is all about
Hope, Love and Joyful Living



Don't annoy older people!

An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to re-open a medical clinic. He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for R500 - if not cured, get back R1,000. Doctor Digger Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get R1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: "Aaagh! - This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be R500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't - that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be R500."

Dr. Young (after having lost R1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak - I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that so, here's your R1000 back" (giving him a R10 note).

Dr. Young: "But this is only R10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be R500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. They don't like being old in the first place, so it doesn't take much to tick them off.



Can processed foods be healthy?



Maintaining a diet that is full of fresh fruit and vegetables is essential to staying fit and healthy. However, eating fresh food every day is not always possible. Fortunately, there are certain processed foods which can be good for your health when consumed in moderation.

While nutritional experts recommend eating foods in their natural state for better health, there are certain processed foods that are surprisingly good for you.

Peanut butter.

Fresh, raw peanuts are excellent sources of nutrients, and their processed counterpart, peanut butter, has been found to be equally nutritious. Natural peanut butter is high in protein, potassium, and fibre and promotes good digestive health. Peanut butter also has a high content of healthy fats, which are responsible for lowering your cardiovascular risk. However, it also contains saturated or unhealthy fats, so be sure to eat this spread in moderation. According to a study in The Journal of the American Medical Association, peanut butter, like fresh peanuts, were also found to significantly lower the risk of type 2 diabetes in the women in the study.

Yoghurt.

Although plain, Greek yoghurt falls into the category of processed foods, it is one of the healthiest forms of processed food. Yoghurt is a great source of probiotics, which are needed for good digestive health. Yoghurt is also high in proteins, vitamin B, and calcium, which are essential to maintain healthy skin and bones. Just ensure that you choose yoghurt that is low fat and low in sugar to avoid adding excess sugar and fat to your diet.

Tomato sauce.

Tomato sauce is one of the most common sauces that is added to food to give it more flavour. The good news is that it is also a good source of nutrition. Tomato sauce is low in calories and fat. This tomato derivative also has extremely high lycopene content, which is an antioxidant that protects the body against cancer. Tomato sauce is also extremely high in vitamin A, which is essential for healthy eyes and a strong immune system.

Oatmeal.

Though you may not have realised it, the oats that you would buy in a supermarket are often rolled, steamed, and even roasted in certain cases. However, these processes do not decrease the nutritional content of the oats. Eating a bowl of oatmeal every morning can help you to increase your fibre intake and improve your overall digestive health. In particular choosing fresh oats rather than their instant counterparts is always the healthier option as there are also certain instant oats that are high in sugar.

While fresh is always better, it can be difficult to constantly prepare fresh meals. So the next time you are at the grocery store, why not add a few of these processed items to your shopping trolley for easy and healthy meal options.

*Acknowledgements -
Consolidated Investments elCare Newsletter*



*An Easter Message from Rev Rowan Rogers
of the Newton Park Methodist Church*

Malcolm Stewart, a good and trusted friend, asked me to write an Easter greeting for this publication. It's an honour to be asked. The Methodist Homes is a wonderful ministry in this city.

I have written things like this often before. And I enjoy writing. But I knew as I wrote my first draft that it may be a bit risky (not risqué, just risky). So I wrote a second one, as an alternative – and I asked Malcolm to choose the one he preferred. Malcolm and I have a warm, honest relationship – the kind in which truth can be spoken lovingly. He didn't think either of my submissions were particularly suitable. I had warned Malcolm, when first he asked, that I am not fond of fluffy, sentimental prose and that I would be unable to write about Easter Eggs, Easter Bunnies or pie in the sky when we die. Easter is simply too profound to litter with sentimental nonsense.

As I get older, my own capability to confront reality seems more difficult. I avoid watching nature programmes because I no longer have the stomach for watching animals kill each other. When reading the morning paper, I place my cereal bowl over the picture of the rhino slaughtered by poachers. The endless stories of corruption exasperate me, and I sometimes abandon the article halfway through. Sometimes it's easier to make Easter about bonnets and bunnies.

But the Cross of Jesus won't give us that luxury. It confronts us with the worst of humanity; the worst about ourselves. Even our best efforts will never sanitise the brutal truth of the Cross; and the extraordinary love which it reveals.

Celebrating Easter is to stare the truth in the face, and find that we are loved. Deeply, deeply loved.
Happy Easter

PS I really hope Malcolm likes this one.

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