



the bugle...



volume4.2011

- CONFIDENTIAL TO UNITS OF THE ORDER - NOT FOR PUBLICATION -

july2011

from the PMC Chairman

It is that time of the year when deadlines have arrived for Cottage Schemes to have submitted all their reports, financials and minutes etc. A large number of the Cottage Schemes have already submitted their paperwork and for this we are grateful as it makes our lives easier. Many thanks for your great efforts. For the Cottage Units who are still to submit their annual documentation please persevere and let the PMC Secretary have it ASAP. (Bruce Michler)

from the editor

It is well into winter and some are really feeling the cold. My heart goes out to those who battle during this time of the year; there is so much to be grateful for! Well the question is what can we do to make life easier during these cold days and nights? I am going to try and help by giving you the best tips and advise, so please pass this on to everyone you know! I would also like some feedback on previous editions, it is nice to know if any of the tips and advice has been handy in the past. Take care! Sue-Ellen

quick tips



- ☆ Winter Health
- ☆ Good Advice
- ☆ Indoor Winter Activities

happenings



- ☆ In the News
- ☆ Classifieds
- ☆ What can we do to save Earth

upcoming



- ☆ Upcoming Events in SA
- ☆ Braai's & Balls
- ☆ Bowls Tournament
- ☆ Important and other

quick tips

Winter Health (http://www.canadianliving.com/health/mind_and_spirit/7_tips_for_winter_health.ph)

☆ Drink healthy fluids

Sugary and caffeinated beverages can suppress immune-system function, not to mention cause weight gain and dehydration. Drinking six to eight glasses a day of water or herbal tea can keep your digestive system healthy, your weight down and your energy up.

☆ Get some z's

Sleeping is one of the most effective ways to refuel after a stressful day. Make sure to sleep in a dark room to ensure your body properly secretes the hormone melatonin, which is believed to help repair the immune system.

☆ Avoid added sugars

In addition to causing weight gain, refined flours and sugars can suppress immune-system function. In other words, if there is a flu or cold circulating and you go a little crazy on the white sugar (cookies, pop, candy, etc.), you're creating the perfect environment for illness to strike. Turn to naturally occurring sugars found in fruit for some sweetness.

quick tips (continued)

☆ **Go for garlic**

The sulphur-containing compounds in garlic help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages, which in turn help battle colds. Eat garlic raw or cooked for an immune-system boost.

☆ **Eat zinc-rich foods**

Zinc helps prevent a weakened immune system. Get adequate amounts by eating oysters, liver, lean beef, pork, turkey, lamb, lentils, pumpkin and sesame seeds, garbanzo beans and yogurt.

☆ **Favour fruits and veggies**

Research proves that eating at least 5 portions of fruit and vegetables each day has very real health benefits. It can help to prevent heart diseases and some cancers. Evidence shows however, that many of us are not listening to this healthy eating advice. Recent research shows that only 1 in 7 of us achieve the 5 a day quota. One serving is equal to:

- 1 medium-size fresh vegetable or fruit
- 1/2 cup (125 mL) fresh, frozen or canned vegetables or fruit
- 1 cup (250 mL) salad
- 1/2 cup (125 mL) juice

☆ **Move it**

Don't succumb to inactivity this winter -- suit up and head outdoors. A brisk walk burns calories, gets the blood flowing and increases energy.

Good Advice! (<http://www.chiiff.com/a/seniors-winter.htm> / <http://www.accidentsdirect.com/ways-to-avoid-winter-injuries-for-the-elderly.aspx>)

- ☆ Make sure to wear 2/3 thin layers of clothes – layers provide more insulation and will ensure the body retains heat
- ☆ Don't remain sitting still for long periods as movement will aid the body to keep naturally warm
- ☆ Spread chores throughout the day as this will alternate periods of rest and activity, therefore, keeping you more mobile and warm
- ☆ Don't stay outside for too long
- ☆ Stay indoors if very cold or windy
- ☆ Eat well – it is recommended to have at least one hot meal a day in winter months and to drink plenty of hot drinks throughout the day
- ☆ Ensure hot water bottles are of good quality
- ☆ Wall mounted heaters are preferable to portable ones as they do not pose a tripping hazard
- ☆ Depression is more common in the winter months, and bad weather can mean social isolation for many seniors. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.

Indoor Winter Activities (<http://www.suite101.com/content/fun-winter-activities-for-seniors-a42829> [/http://myhealthcaremanager.compendiumblog.com/blog/eldercare-resources/winter-activities-for-the-elderly](http://myhealthcaremanager.compendiumblog.com/blog/eldercare-resources/winter-activities-for-the-elderly))

- ☆ Invest in some of the many handheld games available, such as video poker, Yahtzee, Jumble, or solitaire. Make a score board and have a friendly competition to see who can get the most points. Those with limited abilities can work with a partner.
- ☆ Get into a "new" television series on DVD. There are many shows on DVD that many people never saw when they on the air. This might be the time to get interested in a new show.
- ☆ Set up an old-fashioned jigsaw puzzle. Get one with larger pieces if appropriate.
- ☆ Ask friends to recycle magazines and books to seniors who enjoy reading.
- ☆ Winter is a great time to learn to use a computer with confidence. There are online tutorials for various computer programs and information about virtually anything online. One can "travel" to museums and cities around the world, learn a new language, take an online class via a college or other venue, or just goof off and play games.
- ☆ Move around because of arthritis started walking without pain.
- ☆ Invite friends/family over for tea and snacks.

happenings

In the News

- ☆ **Mainline Model Club** - The model club has been involved for some time now in building a model of a Bren gun carrier. The model in question is actually full size and we are hoping to be able to take children for rides at fetes etc to promote the MOTH order. The law states that we are not allowed to own an armoured fighting vehicle but there is no law about models....We are taking strain financially and are desperate for an engine, so all help will be welcomed. This project will become the property of the order. For more images and information visit the MOTH website. <http://www.moth.org.za/clubs.htm>



Classifieds

- ☆ Website Design and Maintenance – Contact Sue on 0832432270 or sueraysmith@gmail.com.

Please remember to send your classifieds, we have had such success from this section – so don't miss this opportunity in the next BUGle...

What can we do to save Earth? (http://www.ehow.com/how_4515525_save-earth-tips-saving-planet.html)

- ☆ Many grocery stores sell reusable bags, buy them and use them.
- ☆ Turn off the lights when you are not in the room (this is an easy one that is quickly forgotten). Also, unplug your appliances when not in use; even when not in use they can be an "energy sink" just by being plugged in.
- ☆ Plant a tree or other plants. You might want to think about raising some edible plants (help the environment, save money on food, and feed healthy food to your family - what could be better)
- ☆ Use refillable bottles for water. Bottled water is a huge culprit to having a clean environment. Stop buying all of those water bottles that fill up our land-fills. If you need special water, buy a water filter.
- ☆ Reuse what you can, like boxes for mailing and padded envelopes can have several uses in them. Be sure to black out the previous addresses and remove the used stamps.
- ☆ Plan your trips and combine as many errands into an outing as possible. See if you can carpool to work, or take a bus.
- ☆ Use natural cleaners whenever possible like lemons and baking soda. It is healthier for the environment as well as for your family.
- ☆ Pay your bills online and save a tree.

upcoming

Upcoming Events in South Africa

If you want to get out and enjoy those chilly days, go to <http://www.sa-venues.com/events/> and have a look at what's happening in your province/ area. Try and get out as much as possible, invite people and make an excursion of it. Take your camera and send me some photos for the next BUGle!

The Bugle is here for you too, so keep me informed and let's spread the news of what you have been getting up to!

upcoming(continued)

- ☆ 10 July 2011 - Mafeesh / Oribi Shellhole meet on Sunday at 12 noon. Braai afterwards and a nice cup of tea. (Annemathieson@mweb.co.za - 082 332 5212)
- ☆ 13 August - 72nd Bools Day. It is played at 3 bowling clubs, namely, Amanzimtoti, Umbogintwini and Winklespruit. There are 2 games of 11 ends and then all retire to Mills Bomb Shellhole for lunch and entertainment - which includes the Dancing Girls. Only teams with a Moth in it can compete for the Bools day trophy. Non Moth bowling teams are welcome and will play for a separate trophy. Non Bowlers are VERY welcome. Entry fee is R160 per team. Enquires and entry forms to Anne Mathieson 082 332 5212 or Barry Simpson 073 227 2805.
- ☆ 3 - 4 September 2011 - Lord Allenby Shellhole in Estcourt are holding an annual bowls tournament, i.e. "the reitz trophy". Accommodation is provided. (Anthony – Lord Allenby 0832787984)
- ☆ 27 November 2011 - O&S Shellhole we will also be holding a "FUN BOWLS DAY" at the Berea Bowling Club. Posters and application forms will be distributed shortly. We will be serving a "Potjie Meal" and there will be lots of prizes to be won. In the interim if there is anyone who wishes to enter their team please contact the Lady Billie Eve Godbeer on 031 –2052833 or 0824646641.

important and other

From the office of PMC

Government Legislation Acts – please see link for all current and amended Acts - <http://www.polity.org.za/page/acts>.

Recent PMC Circulars – **PMC 2011.04** – Registration of all Cottage Schemes (ie both MESCA and MOTH Cottage Schemes) with the Department of Social Development.

PMC 2011.05 – MOTH General Standing Orders – Clause 12.1 Paragraph Three.

Please notify the PMC office if you require copies of the above or any past Circulars that have been sent out. (<mailto:pmcmothoffice@gmail.com> or 031 3071574)

Thoughts of the wise Stork

The Following is an extract from a book Essential Militaria by Nicholas Hobbes:

"Excerpts supposedly from Royal Navy and Royal Marine Evaluation Forms
His men follow him anywhere, but only out of curiosity.

This man is depriving a village somewhere of an idiot." (Bruce Michler)



The Last Laugh!

Growing Old

- ☆ Growing old is mandatory; growing up is optional.
- ☆ Forget the health food. I need all the preservatives I can get.