



the bugle...



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- CONFIDENTIAL TO UNITS OF THE ORDER - NOT FOR PUBLICATION -

September 2011

from the PMC Chairman

I noticed the article below about getting things done and give up on procrastination. I appeal to units who have outstanding matters such as correspondence to attend to it. By doing so you will be contributing to lightening our load, as well as those of other recipients. A BIG Thank You to all the MESCA Units who got their annual financials and documentation in on time. Those units who still have to complete this task please finalise this matter ASAP to also Lighten our load and contribute to Mutual Help. (Bruce Michler)

from the editor

The spring smell is in the air and everything around us looks so pretty. Its time to spring clean, put away all those extra blankets and winter clothes in your washing basket! It's also a time for a smile on the dial and with Christmas around the corner there is so much to look forward to. I know the year has flown by, but now is the time to reconcile your year. If there is anything that needs to be done that you have procrastinated about, use this time to complete it. The weather is just right and by the time Christmas comes, it's going to get busy again and the weather is uncomfortably hot. Spring is happiness, spread some of that around. You never know who might need it? (Sue-Ellen)

quick tips



- ☆ Spring Cleaning
- ☆ Spring Activities
- ☆ 10 Minute Lunch Ideas

happenings



- ☆ In the News
- ☆ Classifieds

upcoming



- ☆ Fete's, Parades, Bowls, and Braai's
- ☆ Important and other

quick tips

Spring Cleaning (<http://www.howtocleananything.com/professional-cleaning-tips/spring-cleaning-tips/>)

☆ Tips for cleaning walls:

For cleaning interior walls you would need Wall cleaner, mix 1/2 c. ammonia, 1/4 c. white vinegar, and 1/4 c. baking soda to 1 gal. warm water.

☆ Tips to Clean Windows:

You can make your own spray cleaner. Its easy. Fill a spray bottle with 3 tablespoons ammonia, 1 tablespoon vinegar & the remainder with water

☆ Tips to clean Bathroom:

Rubbing alcohols also removes spots from bathroom fixtures. But for having a sparkling Glass shower doors, clean it with white vinegar. Rusty tile marks can be removed with kerosene. Dull walls will shine when washed with vinegar and water and polished with a dry cloth. Lighter fluid will remove most stains from porcelain sinks and bathtubs.

☆ Appliances Care:

Yellowing of white appliances is a perennial problem. To stop that mix 1/2 cup bleach, 1/4 cup baking soda and 4 cups of warm water. Apply with a sponge & keep for 10 minutes. After that rinse and dry thoroughly.

spring cleaning (continued)

☆ **Tips to keep Carpets Clean:**

To clean dry spots, loosen soil and vacuum away prior to moistening it. When taking out stains, always use a white cloth. If you have dropped Wax on carpet or upholstery and want to clean it then set a clean, absorbent cloth over the wax stain and hold a hot iron on it. Then remove the cloth. Coat mildly greasy stains with aerosol shaving cream, use a hair dryer to speed dry. Then vacuum. Sprinkle a greasy stain with baking soda, cornstarch or talcum powder. Leave on at least 8 hours, and then vacuum. The works done.

☆ **How to keep your kitchen clean:**

Remove stubborn water spots from a stainless sink with a cloth dampened with rubbing alcohol. These spots can be removed with vinegar. If the stainless steel is rusty then rub stainless steel sinks with lighter fluid. To fight with refrigerator odor keep an open box of baking soda. Can also use a few drops vanilla extract on a piece of cotton placed in the refrigerator. This will eliminate odours.

Spring Activities (<http://takingcareofthefolks.com/10-springtime-activities-for-seniors/>)

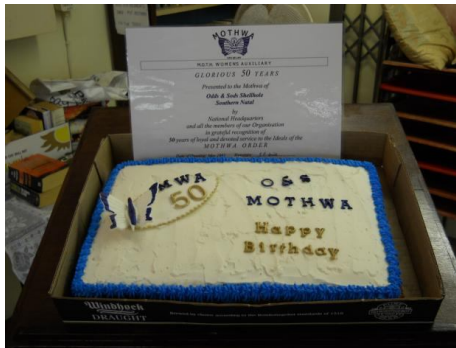
- ☆ Fill the bird feeders or feed the birds .
- ☆ Water the plants. Sure they may get wet but watering is so rejuvenating and clothes can easily be changed.
- ☆ Plant some seeds in pots for a windowsill or patio garden – dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds, pansies are the easiest to grow.
- ☆ Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
- ☆ Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place, but they can help by putting those items that are going to be donated into a box or bag.)
- ☆ Go for a walk. It's good for both of you.
- ☆ Watch the food network shows and write down recipes. This may help to jog your loved-one's memory about an old recipe that they used to make, which can then be noted and kept for a family cookbook.
- ☆ Pull weeds – I hate to even bring this one up, because it's not seen as fun, but my father really enjoyed pulling weeds in his later years. It got him out in the fresh air and gave him a sense of accomplishment.
- ☆ Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowers such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.

10 Minute Lunch Ideas (<http://www.webmd.com/diet/healthy-kitchen-11/brown-bag-lunche>)

- ☆ **Cold Cheese and Fruit Kit:** Make your own "Lunchables" by filling a reusable container with assorted cheese slices, easy-to-eat fruit like apple slices and grapes, and whole wheat crackers.
- ☆ **Falafel Pita Pleaser:** Purchase ready-to-bake falafels in the vegetarian refrigerator section of some supermarkets. Bake them up ahead of time, then insert them in a whole wheat pita pocket spread with some hummus (homemade or store-bought).
- ☆ **Fish in a Pinch:** Work a fish serving into your week by adding tuna or salmon to your green salad, pasta salad, or sandwich. For a satisfying snack, toss some tuna or salmon with balsamic vinaigrette and enjoy with whole grain crackers.
- ☆ **Love Your Leftovers:** One of the easiest ways that corporate nutritionist Maggie Moon, MS, RD, makes sure she has a healthy lunch tomorrow is to start with dinner tonight. Before serving dinner, she packs some of it away in portable containers, stores them in the refrigerator, and then takes one to work the next day.
- ☆ **Pasta Salad Prep:** Make cold pasta salad with leftover pasta shapes from last night. Toss chilled whole grain pasta with cheese cubes, lots of bite-size vegetables, and a homemade or bottled vinaigrette dressing made with olive oil or canola oil.

In the News

- ☆ In May 2011 O&S Shellhole celebrated their 50th Birthday. On 16th July 2011 we invited everyone to celebrate this auspicious occasion with us. We provided good food, good wine, good entertainment but most of all good Company. We had our 50th Bash at Bartle Rod Cottages and we invited “Graham Rich” to entertain the girls and to date we have received so much positive feedback on how much everyone enjoyed this day with us. *(Darryl Adams)*



- ☆ Flame Lily Park - We are at present busy with an exercise to streamline our waiting list and eliminate all but those applicants who are genuinely interested in retiring at Flame Lily Park. This involves annual re-application and the payment of an administration fee, which presently stands at R 50.00, in order to remain on the waiting list. If you have received your renewal form, please remember that your renewal and payment must reach us before the end of December 2011. Please contact Dulcie at Flame Lily Park if you have applied for accommodation, but have not received a renewal notice. Also note that as from next year we will not be posting out reminders to applicants who have not renewed their application. *(Braam – General Manager)*

- ☆ The Flame lily Fete is almost upon us and the Mainline Modellers are working hard to complete their Bren Gun Carrier in time. If all else fails it will be there as a static display but if the cooling problems can be sorted in time then we can give everyone a ride. See the web site for pictures <http://www.moth.org.za/gallery.htm#model> . *(Howard Prothero)*

- ☆ Our cottages at Muldersdrift (WOCMAC) have been the recipients of a series of most wonder full and generous donations thanks to the efforts of two members of Oasis Shellhole namely Moths Robbie Dow and Sean McHarry. The efforts of these two scroungers/beggars/thieves (all three apply as they were previously both Sgts Major) have resulted in a collection of “goodies” including +/- 400 m2 of interlocking paving bricks, 23 sets of sanitary ware (pan, cistern and wash basin), 23 shower mixers and basin taps and so far, 50m2 of wall and floor tiles. Our original project was to install showers in all cottages. This was put on hold due to lack of funds. We will now re-do all bathrooms with new sanitary ware as well as the existing stuff is past its sell by date. We have completed three cottages so far and have only had to shell out for labour and some smaller items. Any donations towards the labour costs will be much appreciated. Thanks. *(Mike Hart - Old Bill Oasis)*

- ☆ **Moths arrive home with the silverware!** Coalfields District's Old Bill, Moth Len Bowker, was very proud to announce that Coalfields was awarded both the “MOTH Platinum Recruitment Trophy” as well as the MOTH “Public Relations Trophy” for the period 2010/2011 at the recent AGM of MOTH Platinum Province, held this month at Apex Dugout, East Rand District P.R.O. Moth Neville Lynn paid tribute to all District Moths for their efforts and made it clear that the role that The Witbank News and related publications played towards these awards is phenomenal. He noted that the continuous exposure that the Order enjoys in the local newspapers in Witbank and Middelburg certainly contributed towards attracting new recruits and in addition added to the Public Relations Effort of MOTH Coalfields District. *(Chris Sonnekus)*



- ☆ **Operation Coal Fields.** Raiders from Gondar Shellhole raided Ratel Shellhole on the 6 September and then Coalfields District Dugout on the 14 September 2011. *(Gondar Raiders Committee (GRC))*

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...

upcoming

Fetes, Parades, Bowls, and Braai's

- ☆ 1st October 2011 - Flame Lily Park is having its annual Fete on Saturday the 1st of October. This is our main annual fundraising event and we rely heavily on all MOTHs, MOTHWA and their family and friends for their support to ensure that this is a successful event. With the large number and variety of stalls that have already been booked I am sure that there will be something of interest for everybody.
- ☆ 1st October 2011 - Don't miss the MOTH Parade & Fete Day. The Moth Ex-Servicemen's Cottage Association (MESCA) Dickie Fritz Cottages for the aged will hold a El Alamein Remembrance Parade and Fete day on Saturday, 1st October 2011. The event starts at 9am with the Parade commencing at 11am, the Fete will run till 3pm. It will be held at the Dickie Fritz Complex, 115 Dickie Fritz Avenue, Dowerglen Extension 3. There will be a tea garden, food stall, flea market, white elephant, refreshments and more. Flea market tables are available at R150-00 per table. Proceeds from the event will go to MESCA for the running of the complex. Donations for the fete or goods that can be sold in the white elephant stall are most welcome. For more information about the MESCA fete contact Leon Apicella, MESCA Chairman on 011 618-1253/4 or 082 848 5368. Fax 011 618 1254.
- ☆ 27th November 2011 - **Odds & sods MOTHWA fun bowls day tournament to Be held at Berea bowling club, Glenwood** - O&S Shellhole we be holding a "FUN BOWLS DAY" at the Berea Bowling Club. Commencing 08h45 sharp. We will be serving a "A "Potjie", Salad and Pudding." and there will be lots of prizes to be won. R40.00 per person, inclusive of Green Fees, Mid Morning Tea and Lunch. **For an application form contact Eve Godbeer, No 5 Bartle Road Cottages, 292 Bartle Road, Umbilo, Durban, 4001 - (031) 205 2833 - 082 464 6641 OR Nellie Smith (031) – 205 4152 – 072 399 3817 –** Queries or concerns can be emailed to: Darryl Adams - Email: darryl.a@jmca.co.za.
- ☆ 16th December 2011 - Mafeesh/Oribi open day will be having a bring and braai on Friday 16th December 2011. It is at 12 noon, all Welcome! (Chris Pretorius - 033 355 1277)



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 2011.06 - Accounting procedures for all MESCA Cottage Units.**

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)

The Last Laugh!

An elderly man was stopped by the police around 2 a.m. and was asked where he was going at that time of night.
The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."
The officer then asked, "Really? Who's giving that lecture at this time of night?"
The man replied, "That would be my wife."

