

A Letter from Africa-Aug 1 2015

In the last letter I made ref to the fact that my left leg seemed to collapse when playing golf in C.T. This was mid Feb but it got progressively better allowing many hikes .But in March it did not seem that way and I approached the medical world .A chain of events had been activated!

These included 3 sessions with x rays and Cat Scans plus medicals and surgeon interaction with a 5 day stay in hospital following **hip surgery**.

So what the devil happened?

Well in mid Feb my femur broke, which explained why the final holes of the golf course were so painful. The femur started to heal although this was not apparent by the end of March. By the end of June I was doing hikes and climbing over sand dunes. But the x rays told an extra story. The femur had been so damaged by a cyst to cause bone degeneration resulting in the break. So I had a third hip replacement and a lot of reconstructive surgery and removal of the cyst.



First 2003 CT



Second 2011 PE



Third 2015 PE

After the op they discovered the cyst had been infected with bacteria and thus I am on a strong antibiotic regime and we need to wait another 3 months to get a follow up view of the lab work on another culture.

Question? Does playing impact sports into ones 50`s = poor hips?



We had a **birthday** since we last wrote and this pic of Bev tells it all.

Andrea organised the day and dinner with a lot of us doing a Burger Bash the evening before her Birthday.

The day also had a light lunch/wine session at the beachfront using Cubana.



Are you happy??

I read an interesting article on this point the other day that basically related the obvious, and yet I found it most illuminating. First one needs to understand what being happy means. If your wishes are being fulfilled by what you are actually doing then that should give you a sense of being happy. So, if when a child in the 40`s and 50`s I wanted to be out in the streets of London playing soccer and cricket, and if not having an en-suite or motor car or even living in a house that the family owned was ok, then I was happy.

If today I want to live in a country with good governance and where integrity is important then I am probably unhappy. It explains why we so often refer to the good old days and talk about how much better it was then. It follows that happiness is a moving target. Now if we can somehow convince ourselves that what we want is what we have then life would be so much more enjoyable.



An old picture to test your memory.

Any idea who we have here from a fun party around 1980 in Johannesburg?

The real happy one is Sam and the lovely lady is ..well me!

Sam is in Australia now and clearly needed to get as far away as possible to seek a new kind of happiness.

Some politics.

The DA has made its` position clear and will target the Metros in the 2016 local elections. This is a fairly obvious approach for the reasons I provided last time but also, because the ANC continue to tighten their grip over traditional leaders and kings who in turn will tell their peoples who to vote for i.e. the ANC, who funds the leaders.

Down here in PE we have a **new Mayor** being Dannie Jordaan of 2010 World Cup fame. He appears to be sincere in his desire to have a clean local government and the ANC may well let him have his way until the elections are over. Dannie is coloured and in PE it is the coloured vote that may decide whether the DA or ANC win.

Another blot on the SA copybook was the Government`s refusal to adhere to a court order in SA or the ruling by the ICC that **Al Bashir** be arrested or at least held in SA. This contrasts with the decision by the ANC to not allow entry to Nobel peace prize winner, The Dalai Lama.

It is clear that everything that this ANC Government touches is either corrupted or broken or both. It is a mind boggling thought that they now wish to spend R1 trillion of tax payers money to build **nuclear power plants**. Dare we trust them with this task??

This level of poor governance and other factors sees the Rand continue to fall and anyone buying pounds will probably have to pay 20 Rands for just 1 pound!



Well, **Andrea** has left SA and we have a pic of her at the PE Airport on her long dog leg journey to London via the Middle East. Her job is to set up a base from which a visa application can be completed for Courtney. It is quite incredible that she has to obtain work etc. in the UK and leave Courtney in SA .How can a single parent do this under normal circumstances?

I can clearly see why the UK authorities need to tighten up immigration as thousands storm Calais for illegal berths aboard anything that is going to England. But Andrea is British!

We have a **dinner group** that take it in turns to host the main course with others providing the other two dishes. Di and Stuart did the honours in July and a trip to the UK must have prompted this Rule Britannia evening of fun and good food. A pic taken by Di shows the motley lot about to indulge on a very cold winters evening.



Well that is about all this time round but one or two bits and pieces.

Courtney has just returned from a sports trip to Bloemfontein where she played netball, although many other activities took place. Three coach loads did the 1400 km journey and for her part she played for 30 minutes!!

Some of you will remember **Sandie** and Terry Palmer from Jhb. But we have just learnt of the passing of Sandie following a long holiday in SA.

The troubles in SA just keep on piling up as we deal now with the matters of Nkandla, Marikana, the battle by the ANC against the Public Protector and the issue of police brutality.

Oscar Pistorius is due to be released in August but the appeal against the legal aspects of his sentence has yet to be heard and much drama will still unfold.

Our stock exchange hangs on around 42000 fuelled mainly by the profits obtained offshore by some of the big players. The **economy** is slowly going down as industrialists and investors lose trust in the government`s ability to manage the economy. Even our tourist industry is now under pressure from some well-intended, but badly thought through legislation regarding visa requirements and those under 18 years of age.

It is good to see that **Lindiwe Mazibuko** is back in SA after obtaining her Master`s Degree from Harvard. Let us see what role she will be given by the DA.

No pictures on this page-sorry about that.

So, as ever, it is goodbye from me and goodbye from Bev.

Cheers to you all.

Alan