STARCK TRUTH

2022/3

GASH
The George and Annie Starck Homes
Home for the Elderly

SMA
Starckwood Management Association

Wonders van 'n kleinkind:

1. Daars geen groter liefde!
2. Niks ruik lekkerder as 'n babatjie nie!
3. Die perfekte skepping!
4. Die lag en roep van jou naam is soos musiek in my ore.
5. 'n Soentjie op die wang of in die nekkie is die sagste sag.
6. Armpies om my nek - kan nie met geld gekoop word nie.
7. Ek sal alles in my vermoë doen om hulle te beskerm.
8. Om deel van hul lewens te wees is my grootste trots.
9. As ek daai handjie vashou, wil ek net bid.
10. Twee ogies maak dat ek alles in die lewe weer vir die eerste keer raaksien.

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TAALVERSORGING - MEV. E ENGELBRECHT

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FROM THE OFFICE OF THE GENERAL MANAGER

Being born in June, I am a real winter baby! I just love walking in the rain and wearing big jackets and colourful scarves. The season reminds me of a cleaning process – pruning the trees and roses, and the trees that shook off their leaves. It's as if nature also gets rid of the unnecessary, to make room for fresh and new.

Here at George and Annie Starck Homes, we are also freshening up. Maintenance teams are working hard at the Woods to fix and paint and improve. We are looking at solar solutions and unblocking pipes. Willow Lodge is getting an entire new look – see the article for all the details.

Dit voel onwerklik om na baie maande, weer sonder maskers te kan rondloop! So lekker om weer die glimlagte rondom ons te kan sien. Hou die Starck Talk elke week dop vir nuwe uitstappies en aktiwiteite, en kom kuier saam!

Ek wil afsluit met 'n groot dankie! Dankie aan al ons inwoners, wat die COVID regulasies so streng gevolg het. Dankie vir ons personeel wat die ekstra werk wat Covid meegebring het, sonder kla hanteer het. Dankie aan die Here wat getrou oor ons gewaak en beskerm het. Dankie aan al die families en verskaffers – ons is bevoorreg om julle in ons lewens te he!

Reën

Dis tog te lekker as die reën
so drup-drup op die blare,
en die druppels hang soos pêrels
aan ons toutjierige hare.
As dit weer buite skoon is
en al die slote loop,
dan kan ons tog te heerlik
ons voete daarin doop.
Mammie sê ons kinders
moet liewer binne bly,
want as ons natreën, sal ons dalk
'n kwaai verkoue kry.
Maar wat van al die bome
wat altyd buite bly?
Nog nooit het ek gehoor
dat een 'n seerkeel kry!

ONDER DIE WASGOEDLYN

Dit was 'n Maandagoggend, ek het vroeg wasgoed gewas en was gelukkig eerste by die wasgoedlyn om my goedjies opgehang te kry voor die lyne weer vol raak.

Nog 'n taak afgehandel, het ek by myself gedink!

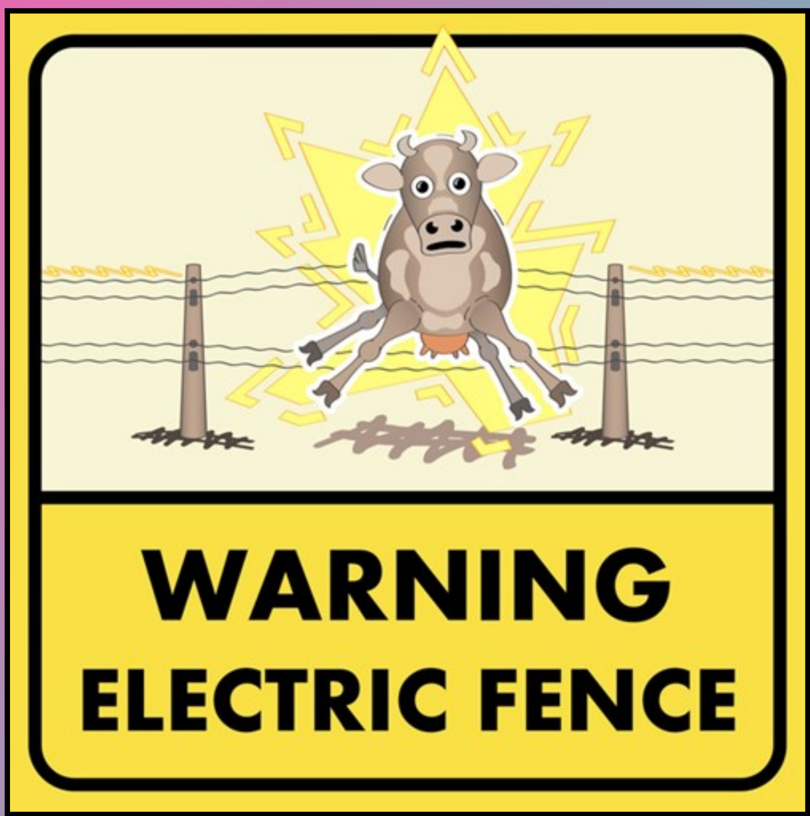
Ek het groente voorberei en vleis in die oond gesit vir vroeë middagete. Ons was weer gedreig met "loadshedding".

Ek het net die laaste pennetjie vasgeknyp toe ek bewus word van 'n gehyg en 'n plofgeluid agter my.

Oorgehaal vir 'n kuiersessie het tant Ans haar oorvol wasgoedmandjie reg agter my neer geplak. So met die terugtree beland ek bo-op die mandjie, gelukkig was hy vol tot bo, anders sou ek binne-in beland het.

Een ding is seker jy wil nie deur tant Ans "gecorner" word nie. As sy eers begin het, het sy geen einde nie. Sy het ook nog die slegte gewoonte dat sodra sy besef jy maak spasie tussen jouself en haar, gryp sy jou aan die arm en hou jou vas, want haar sê wil sy sê.

Half ergerlik het ek eers links om die mandjie probeer kom, en toe weer regs, maar ai, dit lyk of sy my gedagtes gelees het, want sy het al voor my gebly en sonder ophou gepraat.



Ek het later my hand opgesteek en ‘n spreekbeurt gevra, maar boeta, sy het net aangehou en aangehou praat. Ek het gepleit, “asseblief, my been gaan dood, ek kan nie lank staan nie. Ek het vleis in die oond, ek dink dit brand al.”

Met my voet het ek my wasgoedmandjie by haar verby geskuif gekry, ek het my lyfie skuins gedraai, my magie ingetrek en het probeer om tussen haar en die elektriese heining verby te kom. Die oomblik toe sy weer probeer het om my vas te gryp, het ek afgebuk en sy het dielektriese draad vasgegryp.

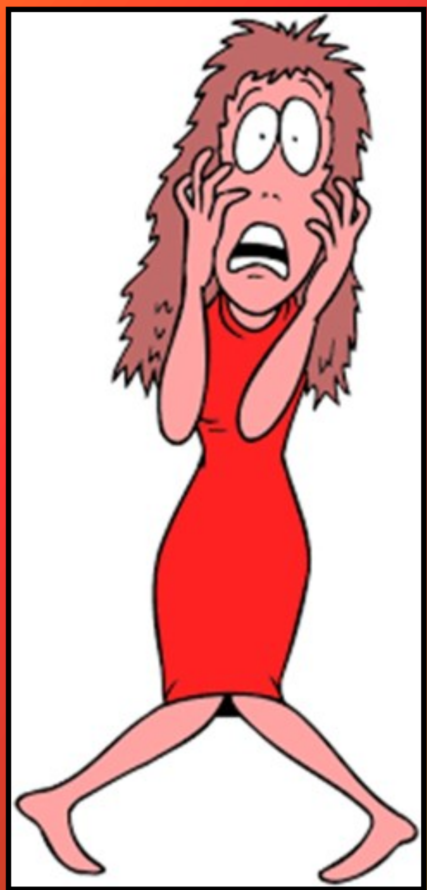
Sy het verstar…. Haar oê het begin “spin” onwillekeurig het ek aan die kinderliedjie “The wheels of the bus go round and round” gedink.

Die “highlights” in haar hare het soos “fairy-lights” begin gloei en elkeen het in ‘n ander rigting gestaan. Ek het ‘n gekletter gehoor, toe ek afkyk het haar kunstande by haar voete gelê en dit klap oop-en-toe, oop-en-toe. Sy was so gelaai, jy sou ‘n kar se enjin met haar kon “start”

Ek het my vinnig uit die voete gemaak voor sy los kon kom om my verder te treiter.

Die sekuriteit het haar daar gekry, skoon verwilderd en verward. Hulle kon glad nie verstaan hoekom sy dan nou aan die elektrise heining sou wou vat nie.

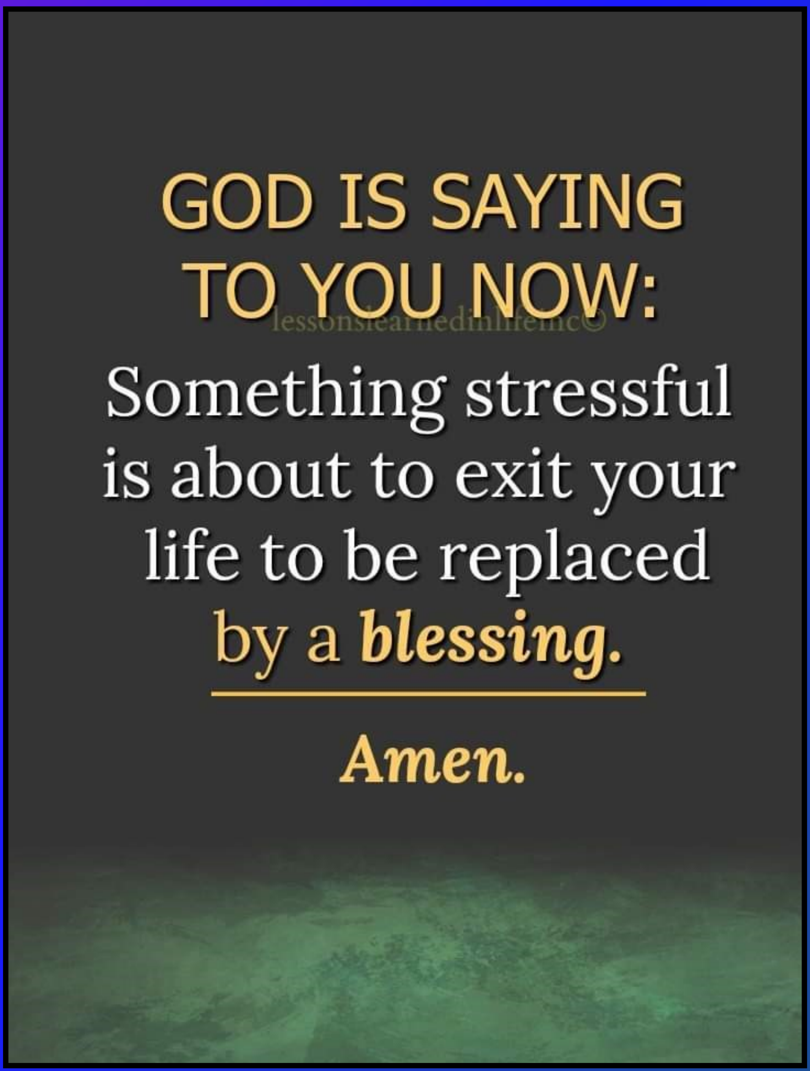
Skrywer - annonieme inwoner

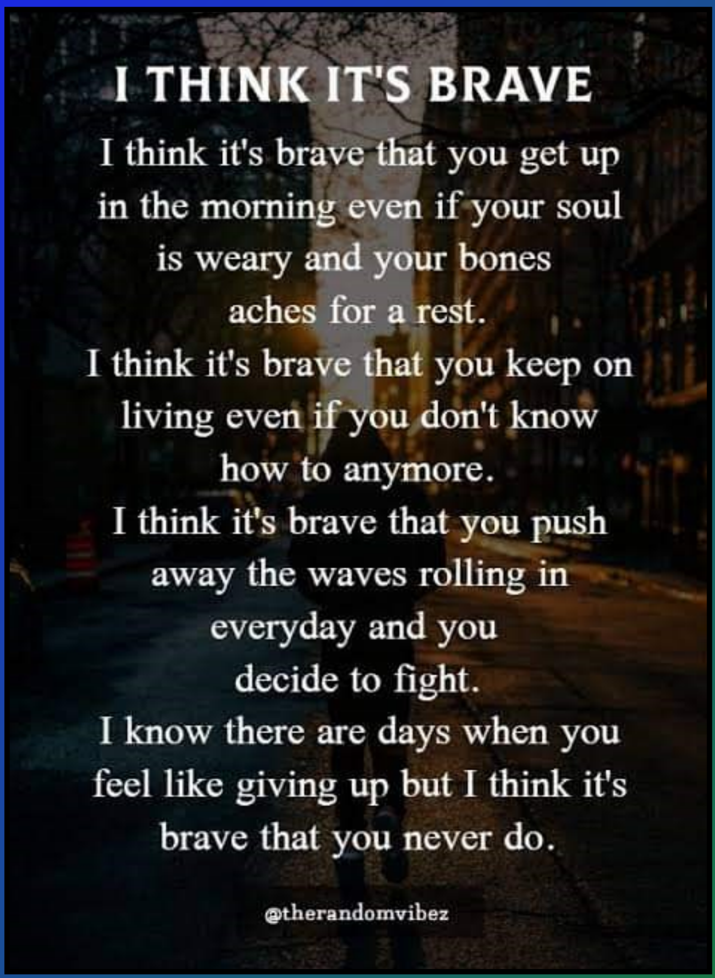


RELIGION

God is saying to
you today.. stay strong,
I am your strength.
I see what you're dealing
with and I will bring you through.
Trust me through each storm, I have
never left you before and I won't
leave you now. Better days are
coming. Trust me.

DON'T WORRY
God is never blind to
your tears, never deaf
to your prayers and never
silent to your pain.
He sees. He hears.
He will deliver.
Amen


GOD IS SAYING
TO YOU NOW:
Something stressful
is about to exit your
life to be replaced
by a blessing.
Amen.


I THINK IT'S BRAVE
I think it's brave that you get up
in the morning even if your soul
is weary and your bones
aches for a rest.
I think it's brave that you keep on
living even if you don't know
how to anymore.
I think it's brave that you push
away the waves rolling in
everyday and you
decide to fight.
I know there are days when you
feel like giving up but I think it's
brave that you never do.
@therandomvibez

The Blood Moon

16 May 2022

Perhaps Super Blood Flower Moon is the most intense of all the names for Full Moons in the Moon Calendar 2022. Yes, you read that right, the Full Moon May 2022 is known as the Super Blood Flower Moon. You may think that the name sounds ominous, but it's actually not a portent of bad things to come.

The only 'bloody' thing about the event is the colour that the Moon took on, which is caused by the alignment of the planets. Considering the extra fact that a pretty epic Lunar Eclipse accompanies it, there's a lot of super-charged cosmic energy in the ether.

A potential sting in the tail of this lunation is that it takes to the sky only days after May 2022 kicked off.

WHAT IS THE BLOOD MOON?

The Super Blood Flower Moon is the May Full Moon 2022, which is known as the Flower Moon. This particular lunation is known as a 'Blood Supermoon' as it coincides with a spectacular total Lunar Eclipse.

Blood Moons typically occur during a supermoon. A supermoon, according to Earthsky.org, is either a New or Full Moon when the moon is within 90% of perigee, its closest approach to Earth. On any other night, the Moon receives direct light from the Sun, but on this special night, the moon shifts into the Earth's darkest and most central part of its shadow. At this point, the sun, Earth, and Moon are almost completely aligned. You might think that this would cause the Moon to go completely dark, but instead, it's illuminated by indirect sunlight, which results in an eerie red colour.

Another great thing about this lunation is that, unlike a Solar eclipse, Lunar eclipses are completely safe to view without special filters, and won't damage your eyes. You can stare directly at it with binoculars, a telescope, or a telephoto lens, or bathe in all that celestial goodness with just your eyes.

MOEDERS/VADERSDAG FUNKSIE

Deur Mev. J. Stephan

Inwoners van StarckHomes was so bevoorreg om Maandagoggend, 30 Mei ‘n Lofsanggetuienis deur Lizette Janse van Rensburg en haar man, Jaco, by te woon.

Terwyl Jaco die musiek hanteer het, het Lizette met haar pragtige stem haar vreugde in die pad wat sy in lief en leed met die Here stap, gesing. Sy vertel hoe sy onverwags ‘n ernstige klierontsteking opgedoen het wat haar hele gesig en mond skeefgetrek het. Sy kon skaars haar een oog oopmaak, kon nie praat nie en moes daarvoor operasies in die Panorama Hospitaal ondergaan.

Met die tweede operasie was die dokter ‘n besonder klein persoon wat haar laat twyfel het aan sy bekwaamheid. Hy sê egter vir haar dat die Here net mense wat werklik hulp nodig het, na hom stuur. Na die operasie was die onuitstaanbare pyn wat sy verduur het, iets van die verlede, maar die herstel was nog stadig.

Haar man wat haar Blom noem, raai haar aan om weer te begin sing en amper onwillig probeer sy, eers onverstaanbare geluide, maar al hoe beter. Haar Ma het ook by haar kom bly om te sorg dat sy gereeld rus, want vermoeienis laat haar mondspier verslap. Met uitbundige vreugde sing sy nou die een loflied na die ander in haar pragtige melodieuse stem.

MOEDERS/VADERSDAG FUNKSIE

Deur Mev. J. Stephan

So getuig sy met The Same God, Because He lives I can face tomorrow, It's no secret what God can do en What He does for others, He can do for you. Sy verskaf enkele persoonlike besonderhede, hoe haar pa bekend was as Willem Oorlog en min liefde gegee het, terwyl haar ma bekend was as Angelface; dat sy as jong meisie 'n teleurstelling vir haar ouers was weens 'n verslawing, waarvoor sy in rehabilitasie opgeneem is, en waar sy tot bekering kom.

Sy vertel hoe sy met haar pa gaan vrede maak het en hom sover gekry het om haar te omhels. Die volgende dag is hy oorlede. Sy het 'n spesiale lied vir haar ma gedig na sy dood. Sy en haar man weet ook wat dit is om 'n kind aan die dood af te staan. Liefde is 'n groot geskenk en moet gekoester word, sê sy. Sy sluit af met Hold on to Jesus en Ride out your storm. Lizette leer ons dat dit nie gaan oor hoekom dinge met ons gebeur nie, maar hoe om met God se hulp daardeur te gekom het.

Dit was 'n pragtige, besielende boodskap. Daarna is die gaste op heerlike eetgoed en 'n koppie tee getrakteer.

Jaco en Lizette Janse van Rensburg woon in McGregor en getuig vir die Here met sang en musiek onder die vaandel van die AGS kerk. Behalwe hul sang en musiekgetuienis bied hul ook Damesoggende, Motiveringspraatjies en Kampe aan. Lizette kan bereik word by Posbus 535, McGregor, 6708 of by haar sel: 083 299 3838. Haar e-pos adres is <u>mtlmusiekbediening@gmail.com</u>

WELKOM INGE ROOS!!

Deur Ancolet Boonzaaier

Op 11 Mei 2022 verwelkom ons Operasionele Bestuurder, Schoeman Roos en sy vrou Charlene Roos 'n pragtige babadogtertjie!!

Gebore in Cape Gate Mediclinic is dit voorwaar 'n vreugdevolle dag en 'n pragtige toevoeging tot hulle gesin en sussie vir Marné Roos (4).

As kollegas hou ons op 26 Mei 'n klein geleentheid en oorhandig 'n geskenkie om hierdie spesiale gebeurtenis te vier. Baie geluk!!

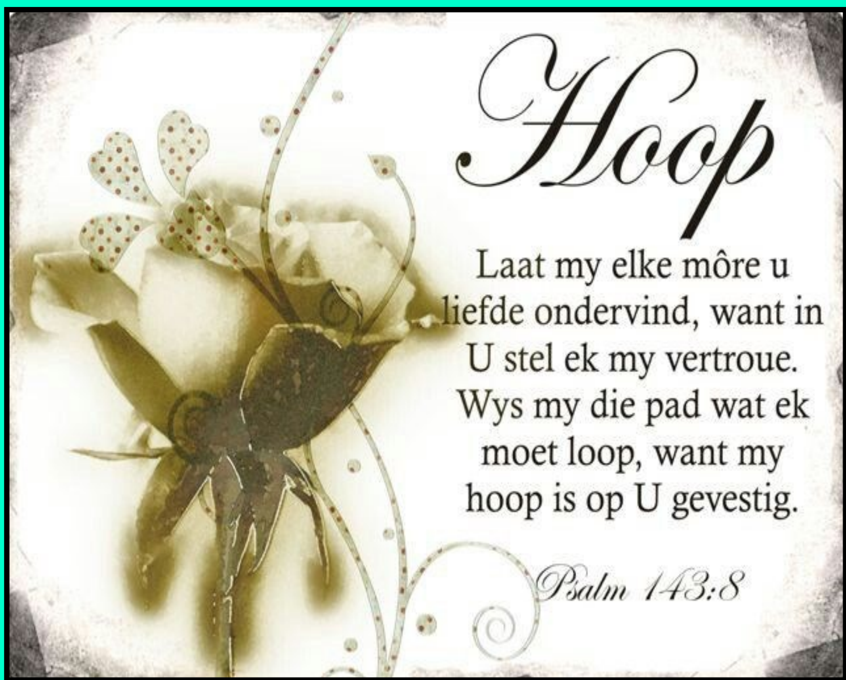
Mag julle en julle kleinding ryklik geseën word en julle baba se grootwordjare vir almal in die gesin 'n heerlike avontuur wees!!

GELOOF

Hoopgee-mens
Ons is almal maar net
voetslaners op die reis na môre.
Elkeen met sy eie bagasie,
uitgetrapte gister-skoene en
'n padkaart van hoop.
Here, ek wil graag iemand wees wat
veldblomliefde vir ander pluk,
slukke lewenswater uitdeel en
ander help om te blý
loop na die lig.
Te bly glo aan U
Altyd-by-ons-Lig.

GELOOF IS OM TE
BESEF EK KAN
NIE,
MAAR GOD KAN
Heather Dicks

Eendag vra 'n vrou
'n ander vrou:
"Hoe is dit dat jy
so baie het, terwyl
jy so baie weggee?"
Daarop antwoord sy:
"Soos ek uitskep,
skep God weer in
en Hy het 'n baie
groter graaf
as ek!"


Hoop
Laat my elke môre u
liefde ondervind, want in
U stel ek my vertroue.
Wys my die pad wat ek
moet loop, want my
hoop is op U gevestig.
Psalm 143:8

SNUFFEL EN KOOP

Deur Ancolet Boonzaaier

Op 31 Mei het ons weer 'n heerlike "snuffeldag" aangebied vir ons inwoners. Allerlei items, tweedehandse klere, beskuit en nog vele meer was te koop teen spotgoedkoop pryse!

Personeel, inwoners asook vrywilligers buite ons perseel het almal gehelp om 'n sukses van die dag te maak.

'n Pragstuk in die vorm van 'n kombers, gehekel en gebrei deur ons talentvolle breigroep, is uitgeloot.

Bobaas pannekoekbaksters het hulle slag gewys! Ons is baie bevoorreg om sulke talentvolle dames te hê by wie baie van ons dalk 'n paar klasse moet neem!!

SNUFFEL EN KOOP

Deur Ancolet Boonzaaier

Op 'n koue wintersoggend was pannekoek definitief die regte keuse en kon ons baksters amper nie voorbly met die verkope nie.

Inwoners kon heerlik ontspan met 'n koppie koffie of tee terwyl hulle smul aan varsgebakte pannekoek, lekker gesels en agtergrond musiek geniet!

Weereens 'n suksesvolle dag!

Ons bedank graag al ons personeel vir elkeen se bydrae asook 'n spesiale dank aan die volgende persone:

Mev. Fourie	**Yellowwood 4**
Mev. Engelbrecht	**Cherrywood 8**
Mev. Fourie	**Rosewood 4**
Mev. Havenga	**Cherrywood 3**
Mev. van der Westhuizen	**Cherrywood 1**
Mev. Goosen	**Vrywilliger**
Mev. Cronjé	**Rosewood 3**
Mnr. Swanepoel	**Oakwood 10**
Mev. Bester	**Vrywilliger**
Mev. Bower	**Bon Accord**
Mev. Seymour	**Bon Accord**

SWANEPOEL TROUE

Deur Ancolet Boonzaaier

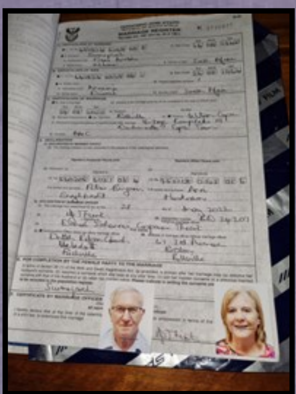
28 MEI 2022 - GEORGE & ANNIE STARCK HOMES

HUWELIK TUSSEN FRANS SWANEPOEL EN ANNEMIE HUSKISSON

Op 'n koue wintersoggend met dreigende wolke wag 'n spesiale groepie mense op die bruid. Die reën wag geduldig tot sy veilig binne is voor dit die egpaar seën deur alles skoon te was vir hulle nuwe toekoms saam.

Om presies 15:08 arriveer sy en word vergesel deur haar seun om by haar opgewonde, tog senuweeagtige bruidegom aan te sluit.

Ds. Danie Thiart verbind hulle in die eg deur 'n pragtige boodskap te bring te gee terwyl die liefde behoorlik tasbaar uitstraal!



SWANEPOEL TROUE

Deur Ancolet Boonzaaier

Na afloop van die formaliteite, beweeg almal na die sitkamer, waarna Mnr. en Mev. Swanepoel op *"Kaboemielies"* van David Fourie instap terwyl die gaste gedroogte roosblare oor hulle strooi.

'n Gesellige atmosfeer heers en gaste geniet eet en drinkgoed. Verskeie geliefdes stel heildronke in en Mnr. Swanepoel lewer 'n pragtige toespraak wat meeste met 'n knop in die keel laat.

Die pragtigste troukoek wat bestaan het uit twee helftes, rooi fluweelkoek en kaaskoek. Pragtig versier met wit rose.

Wat 'n wonderlike geleentheid om twee mense met soveel liefde vir mekaar, in die eg te verbind.

Resep vir Liefde:
1 koppie vol Romanse
'n Knypie Humor
2 Eetlepels vol Vreugde
1 Groot sak vol Verenigbaarheid
1 Koppie vol Vertroue
1 Koppie vol Respek
500 gram Mededeelsaamheid
500 gram Teerheid
1 Vol Koppie Geduld

ONS OPREGTE WENS VIR JULLE IS DAT JUL HUWELIKSLEWE SAAM EEN GROOT FEES SAL WEES.

ORGAN DONAR MONTH

AUGUST IS NATIONAL ORGAN DONOR MONTH.
Consider helping the Organ Donor Foundation of South Africa to save lives

Did you know that one person can save seven lives when they become an organ donor?

This includes the use of one heart, two lungs, two kidneys, one liver and one pancreas. One donor can also improve the quality of life of up to 50 more people by donating their tissue – their skin, bone, heart valves and corneas. The problem is that unless someone is actually signed up as a donor, their organs cannot be used after they have passed on and the opportunity to save lives goes to waste.

According to a survey conducted by the Organ Donor Foundation (ODF) in 2017, 4 300 adults and children in South Africa are in need of a new organ. Their studies further reveal that only around 0.2% of South Africans have registered as organ donors. South Africa is clearly in need of more donors, but many don't understand the process, and possibly don't know that one person can help up to 50 people through donating various organs and tissues.

Registering to become an organ donor is completely free. All expenses incurred during the donation process will be covered by the relevant hospital and/or tissue bank, as required by South African law. Compensation is also not given to you or family members for organ donation as it is viewed by law as a gift that has no monetary value.

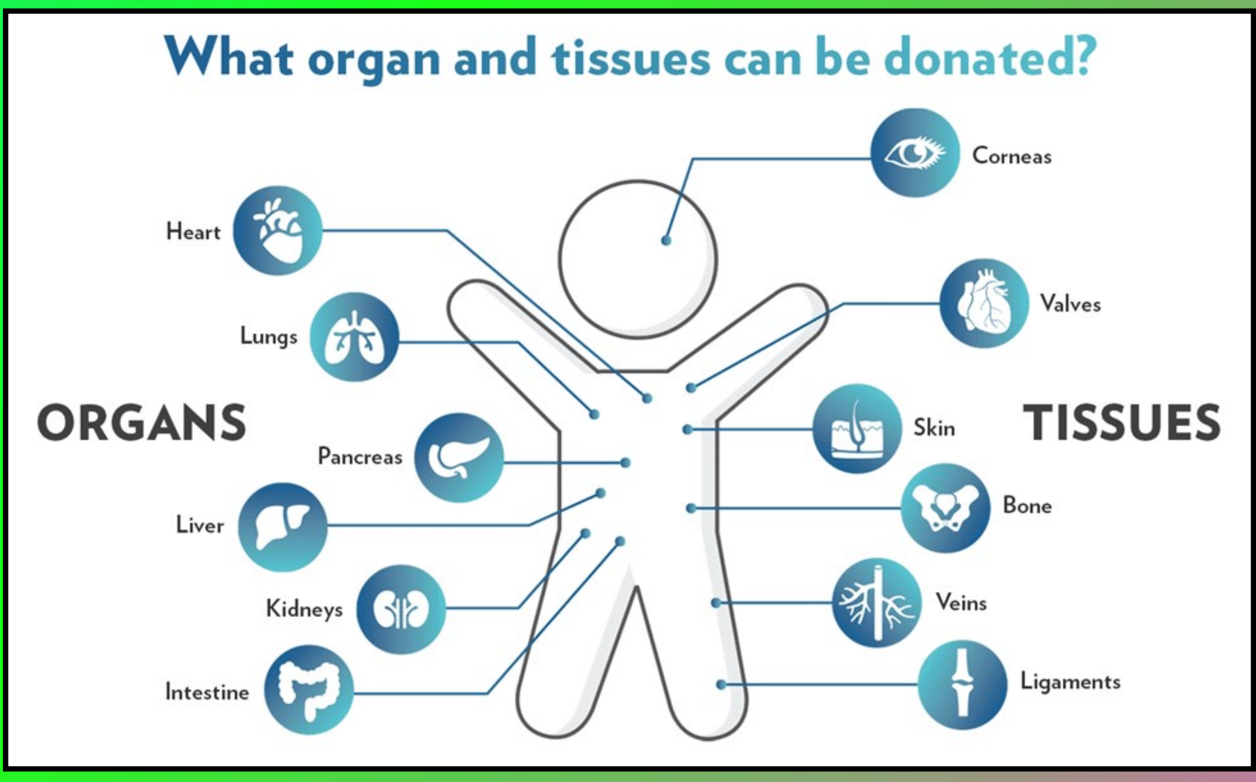
Anyone whose organs and/or tissue at the time of death are healthy will be able to donate. When registering as an organ donor you will only be discounted from donation if you are suffering from a chronic illness that will negatively affect the potential recipient. In addition to this, South African law doesn't permit recipients of organ donations to know who their donor was, and vice versa.

ORGAN DONAR MONTH

You can change your mind after registering for organ donation. The organ donor card is not a legally binding document, and so simply tearing it up and removing the stickers from your ID and driver's license will signal you have changed your mind. There are two types of transplants: organ and tissue. Organ transplants include the heart, lungs, kidneys, liver, and pancreas. These organs together can save up to seven lives. Tissue donations include skin, bone, tendons, heart valves and corneas. These tissues can save up to 50 lives.

Currently kidneys are the most needed organ in the country, with the longest waiting list. A limited number of facilities offer treatment for renal failure, meaning only 8 000 out of 50 000 people living with renal failure are on dialysis. This has left 42 000 South Africans untreated for renal failure while waiting for a new kidney.

While organ donation is a personal choice, the ODF advises anyone thinking of becoming an organ donor to inform their family of their decision, just as they would inform them of their Funeral Cover policy. It is, ultimately, your family's decision after your death, whether or not your organs will be donated, so speaking to them ahead of time will ensure they know about and respect your wishes when the time comes.



WOMEN'S MONTH

On August 9, 2022 we celebrated National Women's Day. This South African holiday is celebrated every year on a weekday. Women have had a long history of oppression, but every fight gets us one step closer to freedom and equality.
On August 9, 1956, there was a staged march at the Union Buildings of Pretoria. Over 20,000 women of all races attended the march in order to protest against the Urban Areas Act of 1950 amendments. This law required all South Africans defined as "black" to carry an internal passport that served to maintain segregation, control urbanization, and manage migrant labour during the apartheid.

The protest was led by Lilian Ngoyi, Helen Joseph, Rahima Moosa, and Sophia Williams. The women left 14,000 petitions at the office doors of the prime minister. 100,000 signatures were left outside the prime minister's door as well as a thirty-minute silent protest. After the silent protest, songs were sung to honor the event, to make sure their voices were heard. The song they sang was composed specifically for the event, titled "Wathint'Abafazi Wathint'imbokodo" which translates to "Now you have touched the women, you have struck a rock."

It was a peaceful protest, but it made a difference, because of it we have National Women's Day. The day wasn't actually made a holiday until 1995. The day brings attention to the issues African women faced then and still face today, including domestic violence, workplace sexual harassment, unequal pay, girls not being allowed to go to school, and no-help parenting. In 1994, women had very low representation within Parliament, with just nearly 2.7%. Women within the national assembly were at 27.7%. After the creation of this public holiday, the numbers nearly doubled, with women now having 48% representation all throughout the country's government.

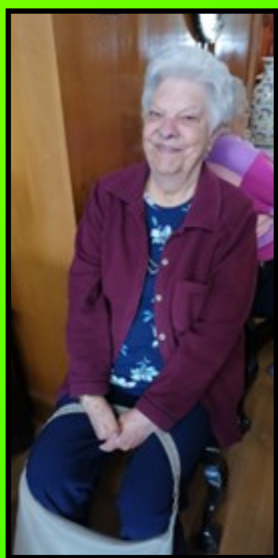
VROUEDAG FUNKSIE

Deur Mev. J. Stephan

10 AUGUSTUS 2022

NEELS MOIR MUSIEKKONSERT

Neels Moir se musiekkonsert by Starck Homes het behoorlik hartsnare geroer en voete in ritme laat saam klap. Sy lewenlustige weergawe van bekende gunsteling liedjies van toeka tot nou, eers op klavier en toe kitaar, met orkes ondersteuning, het sommer baieherinneringe teruggebring.



Hy begin met Fred Astaire se, ***"The way you look tonight"*** begin en na geesdriftige aplous volg hy dit op met ***"Fly me to the moon"*** deur Frank Sinatra. Die liedjie het in die vyftiger jare met die wedloop maan toe groot impak op gehore gehad. Wat behoorlik harte en voete vinniger laat klop het, was sy "country liedjies". ***"Daddy's Home"*** deur Cliff Richard, ***"Help me make it through the night"***, ***"Longe Fellow Serenade"*** en ***"My love for you will never die"*** is opgevolg met ***"Some Broken Hearts never die***" met heerlike dansritme. ***"Lucille"*** het menende glimlagte ontlok. Neil Diamond se ***"Sweet Caroline"*** met 'n lifelike ritme het die kroon gespan op al die mooi musiek. ***"Liewe Lulu"***, met 'n lewendige ritme het mens weer groot laat glimlag. Ander liedjies in die ***"genre"*** was "***Gatiep en Meraai***" en ***"If I said you had a beautiful body".***

Neels het in Vryheid, Natal grootgeword, sy diensplig in die vloot voltooi en is tans 'n sport instrukteur.
Sy sangtalent is veel groter. Hy het 20 jaar gelede 'n kontrak by die Gallo maatskappy gehad, twee jaar gesing en in 2003 sy bedrywighede as sportsinstrukteur aangepak. Na 18 jaar het iemand hom aangemoedig om weer te begin sing.
Vir hom is musiek so 'n vreugde en wil dit graag met almal deel. Neels woon in Table View en ons hoop om in die toekoms weer van hom te hoor.

MARYPORT SENIORS DAGKAMP

Deur A Peters

17 Junie 2022, 'n Dag vol dun grys wolke, met sonstrale wat oor die Starckhomes skyn, kry die seniorspan gereed om te vertrek na hul spanbou.

Net 500m se ry en almal snak na hulle asems want Ollie ('n terapie hondjie) hardloop oor Frans Conradie-rylaan. Hy wil hulle ook vergesel. Gelukkig was hy ongeskonde.

Spanbou het begin. Die seniorspan vertrek en gesels lekker met 'n goeie gees wat heers.

Met die aankoms op Middelvlei wynplaas is ons verwelkom met die reuk van heerlike koffie en beskuit. Knersende hout maak die vertrek lekker warm.

Barry, ons terapeut, was klokslag gereed om ons te vul met positiewe energie na die afgelope "covidvoos" jare.

Seniors word in twee groepe verdeel en take word toegeken wat letterlik en figuurlik op grondvlak kommunikeer.

MARYPORT SENIORS DAGKAMP

Deur A Peters

Met die rustigheid van beeste wat wei, voëls wat sing en plaaswerkers in die verte, ondervind ons opnuut die mooiheid van God se skeppingswerk en sy genade wat vir ons genoeg is. Vars lug, sonstrale op jou vel en gras onder jou voete! Wat treffend was, was die gelag van volwassenes wat klink soos 'n kinderkoor.

Na twee ure van spanbou geniet ons 'n heerlike koppie sop, gebakte brood, braaivleis, slaai, braaibroodjie en koue Chardonay Blanc.

Ons was nie net gevul met voedsel nie, maar het soveel emosionele voeding en sosiale bande wat versterk is, die einde van 'n heerlike dag bereik.

Dankie aan die GASH bestuurspan vir julle inisiatief. Ons het besef dat masjiene funksioneer goed as hulle gereeld ge-olie word.

Seniors, jou verpleegproses word oral saamgedra, beplanning, beraming, implimentering, evaluering en rekordering.

Julle is 'n gedugte span wat in 'n tuin van Eden werk.

Bly getrou aan spanbou.

WILLOW LODGE PROJECT

Deur Schoeman Roos

We are very excited about the renovations taking place at Willow Lodge.

New building plans has been drawn up and is currently at the council for approval. Construction should start any day now and should last for approximately 8 months. The once 10-bedroom house is now being revamped into 10 apartments.

8 x one-bedroom units and 2 x studios. Each unit comes equipped with a kitchenette and a private bathroom, all with modern finishes. The units on the ground floor each has a door leading outside onto a private porch and the units on the first floor all have a private balcony.

The garden in front of the house and the circle will be transformed into sufficient parking for the new residents. There are even private storage areas for each apartment allocated in the basement of the building.

We are very excited to add apartment rentals for independent living as part of the accommodation options available at The George and Annie Starck Homes.

TECHNOLOGY PRESENTATION

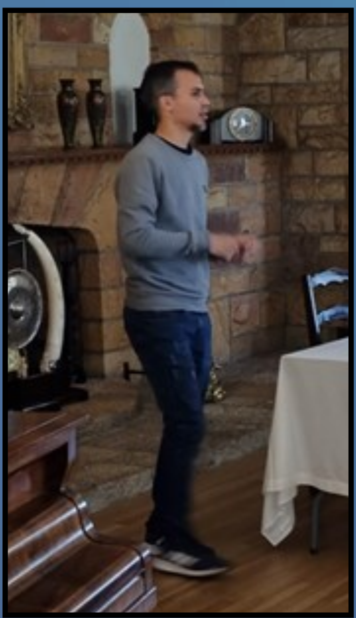
By Ancolet Boonzaaier

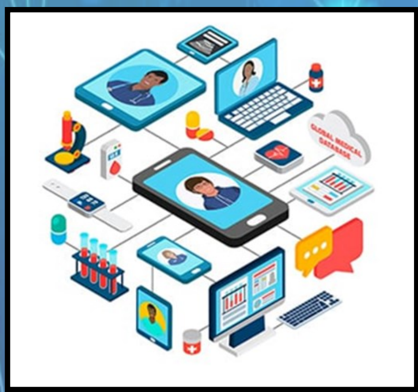
Ashley Davidson, a Former Information Technology employee at Rosebank College Cape Town, addressed our residents on Thursday 28 July 2022.

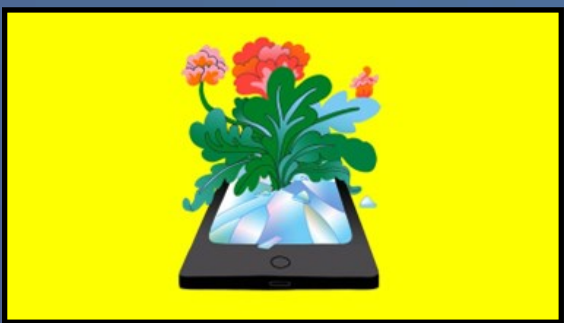
Coping with fast-changing technology is one of the biggest challenges faced by older people.

Older people find the world of automated cash machines, internet transactions and technology in general to be very frustrating and complicated. While many older people are also willing to learn new technology, they needed to have it explained to them slowly and carefully – and sometimes repeatedly.

Ashley covered the basics of all technology and electronic devices. Our residents found this interactive presentation very helpful. Our goal is to equip and empower our residents so they can use technology to do simple things like shop, read news online and communicate with their families, easily and with confidence.





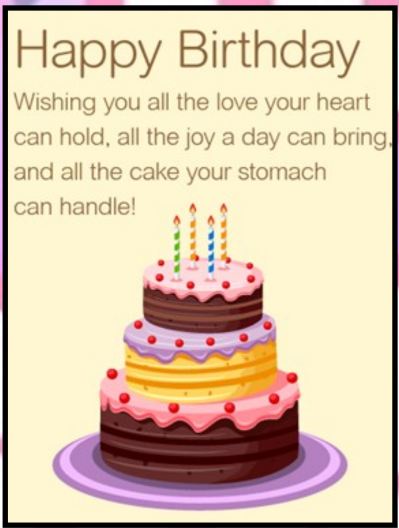


BIRTHDAY CELEBRATIONS

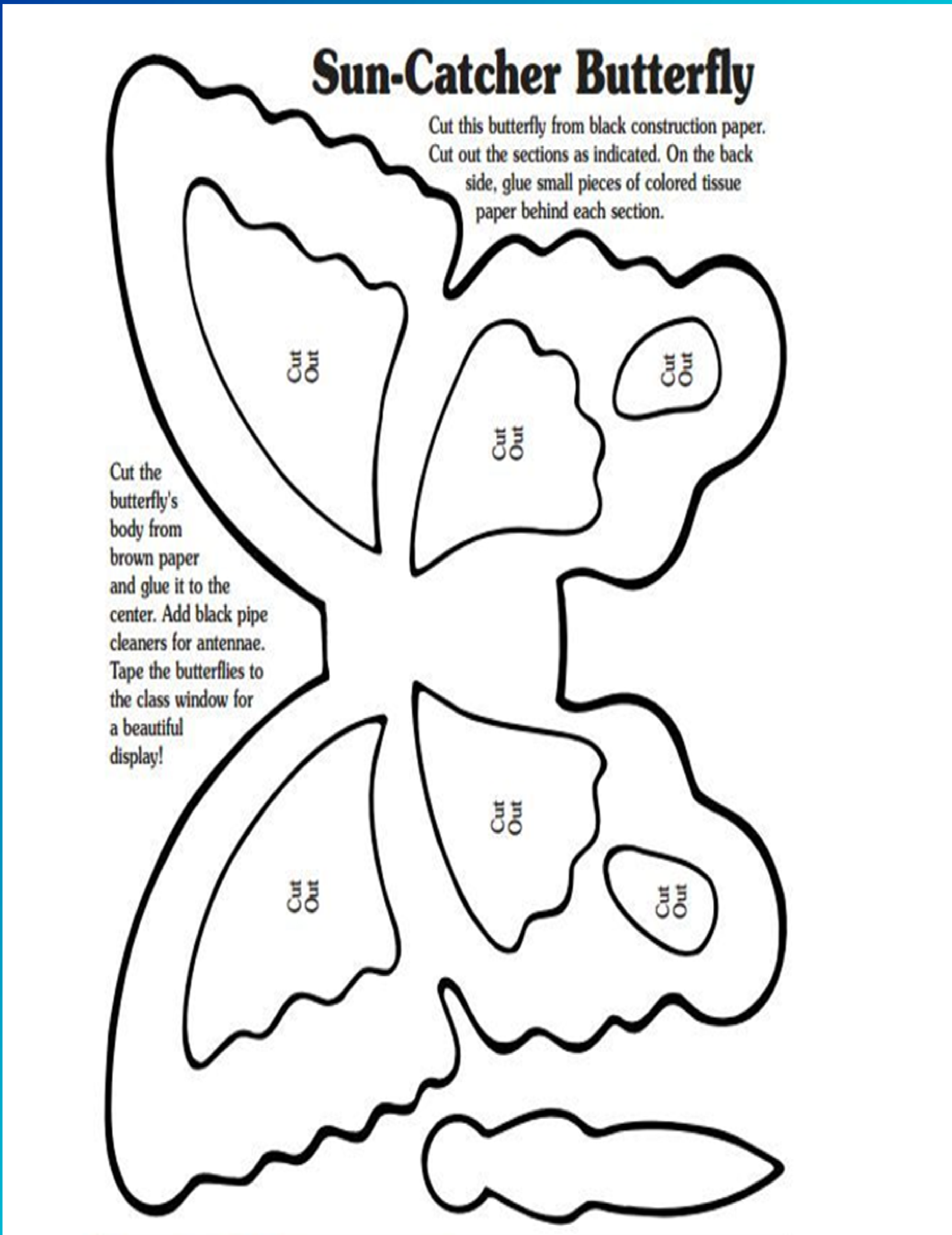
By Ancolet Boonzaaier

Happy Birthday to YOU!!

Natalhie Abrahams	**Finance Clerk**	**15 April**
Bianca du Plooy	**Financial Manager**	**19 April**
Silviya Solomons	**Stock Controller**	**24 May**
Annelize Swartz	**Receptionist**	**13 June**
Annamarie Snyman	**General Manager**	**25 June**



CUT OUT / KNIP UIT



LIFE HACKS

The Car Headrest Could Actually Save Your Life

If you ever tried to play around with the headrest of the car only to discover that it comes right off if you pull it? You may have thought that it doesn't serve any purpose. But why would someone try to remove a headrest in the first place? Well, you will be surprised to know that a headrest is there in case of an emergency. If you ever get trapped in a car, you can use a headrest to break a car window. We can hope that you never get to use a headrest, but if it ever comes to that, then you know what to do.

A Wooden Spoon For Pasta Is Perfect

If you love pasta, you may have seen this trick. If not, then don't worry because we're here for you. Well, you can prevent water from boiling over and making a sticky mess by simply placing your wooden spoon across a pot of pasta. It is magical and super easy.

The reason why a dry wooden spoon prevents water from boiling over, is that the bubbles come into contact with the dry water-repelling surface and that's why the water retreats. Moreover, the wooden spoon is cooler than 100°C, so it easily makes the foam on the water withdraw.

WORD SEARCH

Shipping Forecast

E	E	S	U	O	H	T	H	G	I	L	T	L	C	T
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S	E	U	C	L	A	G	U	D	O	Y	I	L	R	M
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B	A	P	B	A	L	L	A	S	T	F	G	G	E	Y

Anchor
Ballast
Davit
Fathom
Fogbank
Hatch
Hawser
Helmsman
Jetty
Keel
Lighthouse
Masts
Ocean
Port

ROOMS/LIFE RIGHT UNITS

Annemie Huskisson and Schoeman Roos

ASSISTED LIVING AVAILABLE ROOMS:

TROVATO
RUVEE
OOSTERZEE
THE BARN
BON ACCORD
BOW BELLS
LIDCOTE

CONTACT ANNEMIE
021 948 1844 EXT. 243

LIFERIGHTS

CONTACT SCHOEMAN
021 948 1844 EXT.104

2022 OPENDAYS:

7 SEPTEMBER

5 OCTOBER

RECIPE: EASY SCONES

By Dominico Beukes

Ingredients

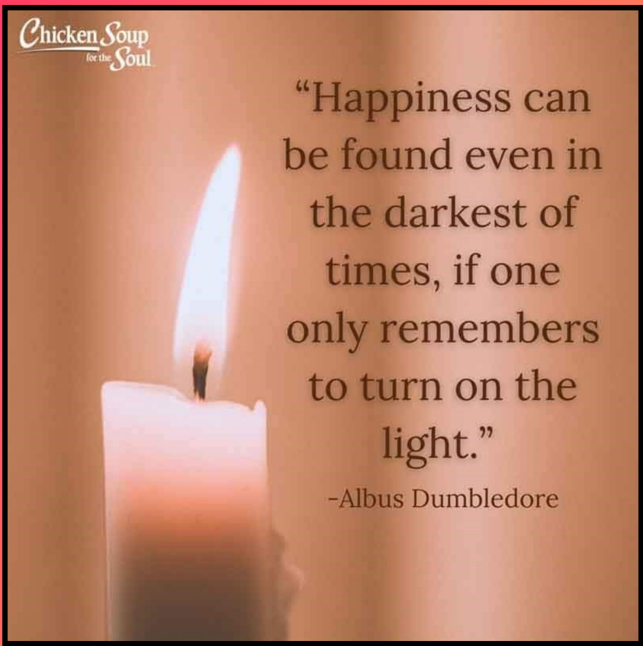
1.5kg x cake flour
250g x real butter
8 x eggs
3 x tablespoons level baking powder
1 x teaspoon bicarbonate of soda
250g x sugar
2 x cups of milk

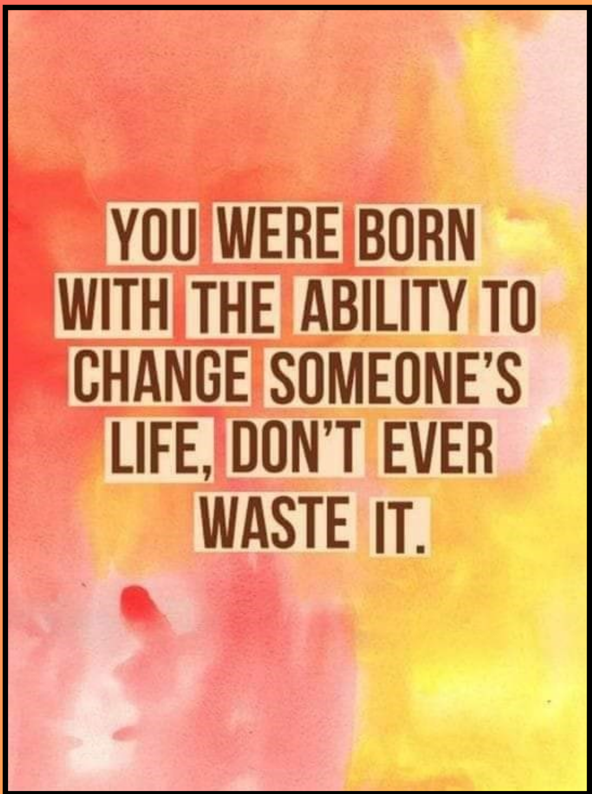
Method

- Sift all dry ingredients together, rub grated butter with dry ingredients.
- Mix milk and eggs together. Make a hole in the middle of the mix and slowly add your milk mixture.
- Combine and mould dough together.
- Sprinkle flour over the table top and now you can roll your dough with a rolling pin, but not too flat.
- Take a round cutter to cut out scones.
- Egg wash the top of the scones and bake for 180°C for 20 minutes.

Enjoy with fresh cream and strawberry jam.

INSPIRATION





The Seven Wonders of the world.
To see, to hear, to touch, to taste, to feel, to laugh, and to love.

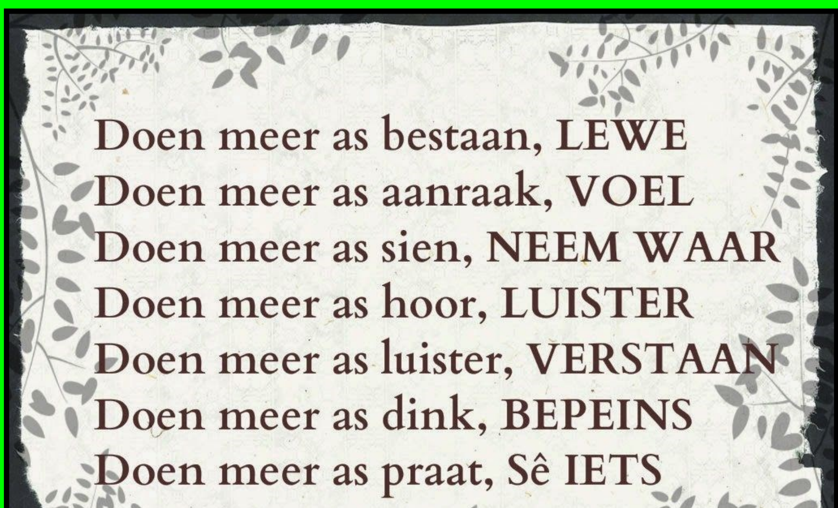
INSPIRASIE

'n Lewensfilosofie:
Hou jou gedagtes positief...
want jou gedagtes word jou woorde.
Hou jou woorde positief...
want jou woorde word jou dade.
Hou jou dade positief...
want jou dade word jou gewoontes.
Hou jou gewoontes positief...
want jou gewoontes word jou waardes.
Hou jou waardes positief...
want jou waardes word jou bestemming.

Vriendelikheid maak jou die MOOISTE mens in die wêreld, ongeag hoe jy lyk!
Helénè
@ Boeremeisie

GEDAGTE VIR DIE DAG!
'Een dag op 'n slag',
is al wat ons moet hanteer.
Ons kan nie terug gaan na
'gister' nie en ons kan nie
'môre' beheer nie.
So lewe vir 'VANDAG!'

Bemoediging kom altyd na jou toe terug in dieselfde maat wat jy dit "uitgedeel" het!
- Catherine E. Rollins -
-Afrikaanse Inspirerende Gedagtes en Wyshede-



Doen meer as bestaan, LEWE
Doen meer as aanraak, VOEL
Doen meer as sien, NEEM WAAR
Doen meer as hoor, LUISTER
Doen meer as luister, VERSTAAN
Doen meer as dink, BEPEINS
Doen meer as praat, Sê IETS
-John B.Rhodes-

Verhef jou woorde en nie jou stem nie. Dit is in die reën wat blomme groei nie in die donderweer nie
- Rumi -

WOORDSOEK

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L	K	B	W	N	T	U	Y	U	V	L	V	R	T	Z
Z	W	F	I	J	D	K	E	Q	E	L	P	X	M	F
H	O	J	D	Z	S	T	N	F	P	Z	E	G	N	X
Z	O	P	E	N	P	I	I	K	R	I	H	E	T	H
Z	R	J	O	P	A	F	G	E	G	O	B	V	R	I
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O	K	D	B	Z	A	H	D	K	S	E	P	L	L	L
R	Y	P	D	D	O	N	D	E	R	W	E	E	R	F

bewolk	mis	storm
donderweer	reën	weerlig
hael	ryp	wind
hittegolf	sneeu	wolke
kouefront	sonskyn	

SUDOKU

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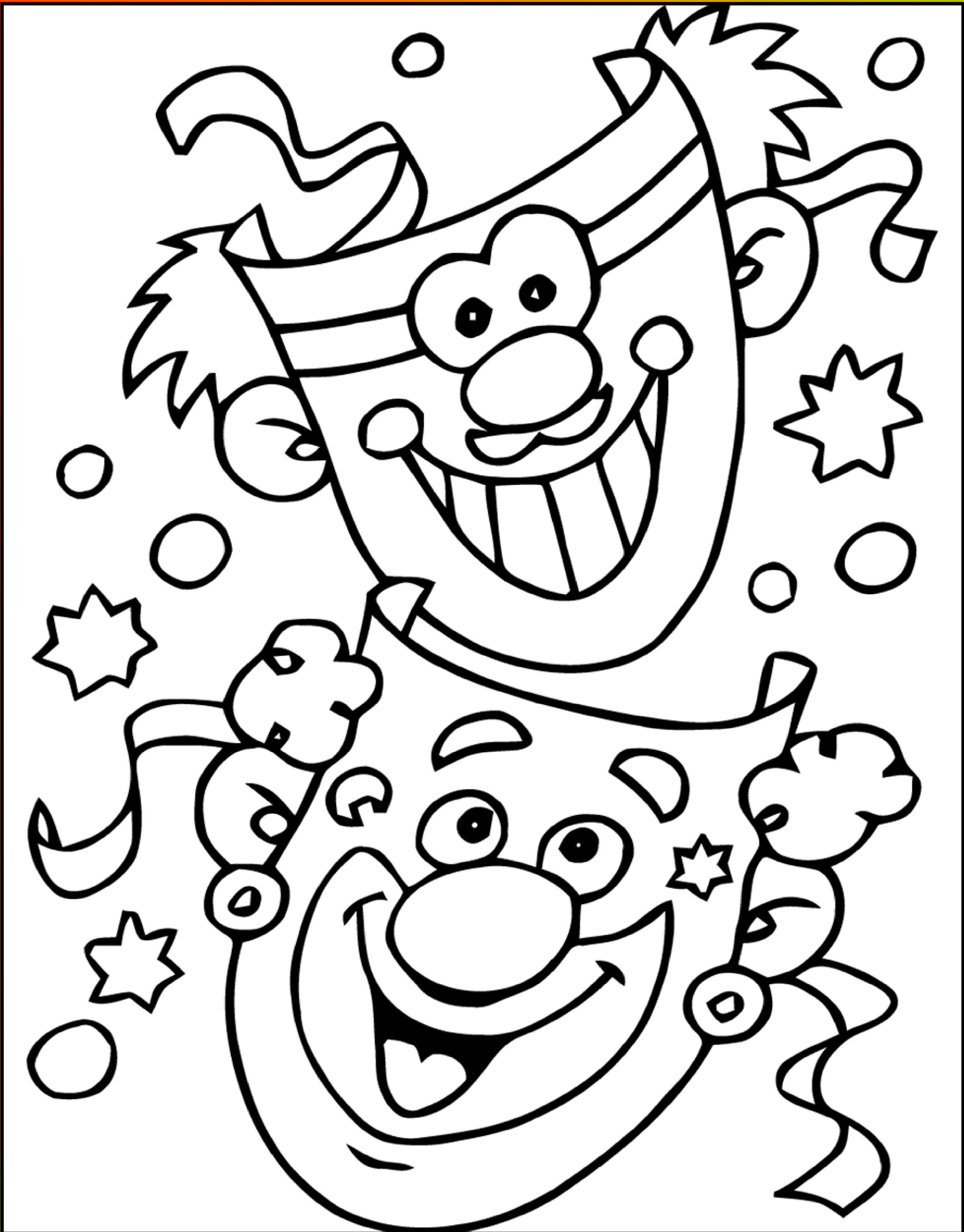
	6						3	
	1				7			
3				9				
7	4	2		8				

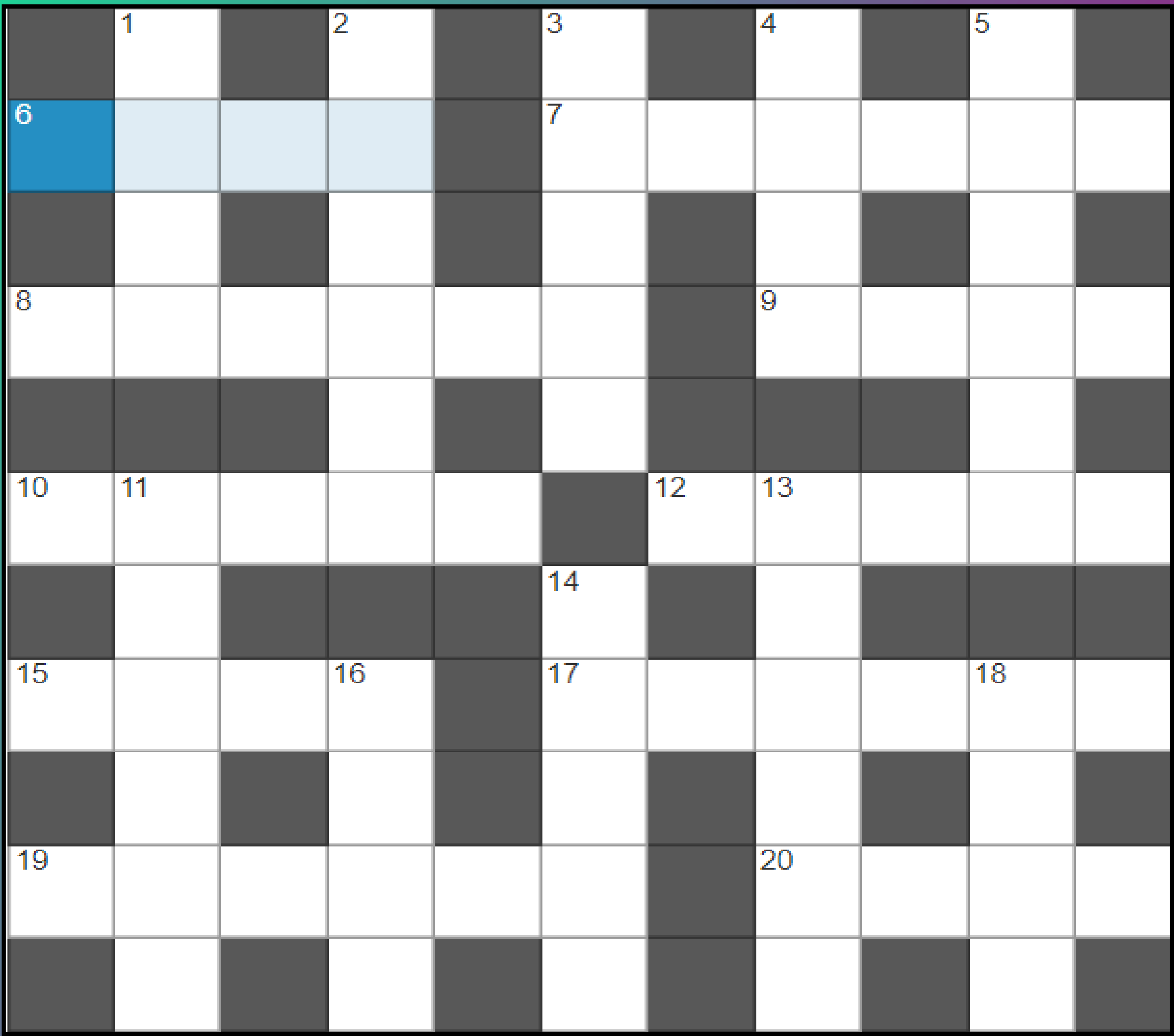
COLOURING / KLEUR IN



WORD ART

Stop apologizing. You don't have to say sorry for how you laugh, how you dress, how you make your hair, how you speak. You don't have to be sorry for being yourself. **Do it fearlessly.** It's time to accept, this is you, and you gotta spend the rest of your life with you. So start loving your sarcasm, your awkwardness, your weirdness, your unique sense of humor, your everything. It will make your life so much easier to **simply be yourself.**

BLOKRAAI



DWARS

6 Minder as X
7 Daal
8 Aanvul
9 Intelligent
10 Elegansie
12 Net
15 Digby
17 Veg teen
19 Stop!
20 Klankweerkaatsing

AF

1 Afgunstig wees op
2 Eerder
3 Via
4 Behaaglik
5 Onderhandel
11 Op wat
13 Verblyf
14 Kloosterhoof
16 Na asem hyg
18 Nie links

WOORDKUNS

Te doen lysie:
Lag meer
Eet Roomys
Vermy die skaal
GLIMLAG VIR VREEMDELINGE
Sing in die stort
Dans in die reën
Pluk 'n blom
Loop in die tuin
Hou 'n kind se hand vas
Kyk vir die wolke
DROOM
Doen iets kreatiefs
Geniet die lewe meer

KOM ONS LAG

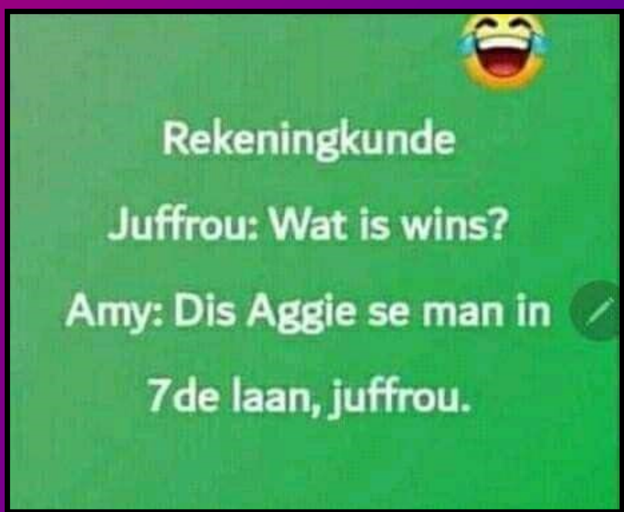
MA, HOE VOEL DIT OM DIE BESTE DOGTER IN DIE WERÊLD TE HÊ?
EK WEET NIE LIEFIE... JY SAL JOU OUMA MOET VRA

HOE PLAAS EK DIE GELD WAT IN MY KOP IS, OOR NA MY BANKREKENING

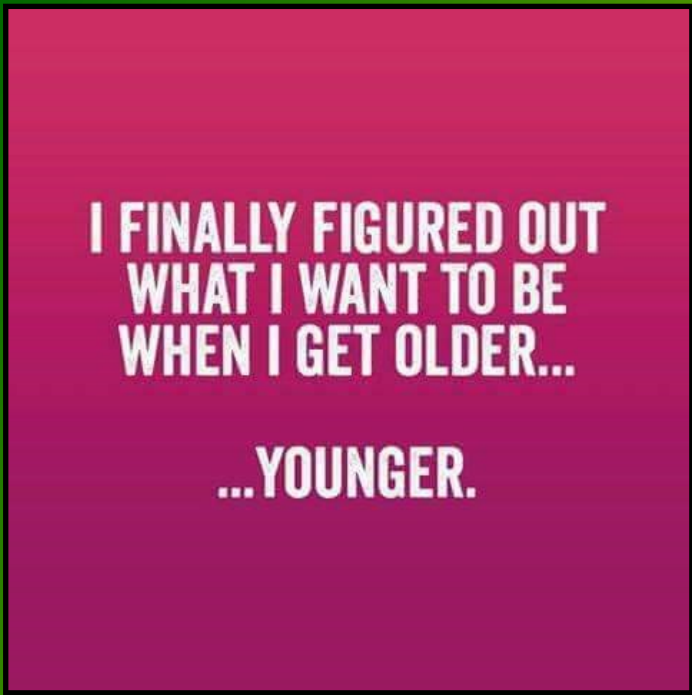
Ek verstaan deesdae nie meer die tyd zones nie....
Dit is more in Australia, gister in Amerika en 1652 in Suid Afrika?

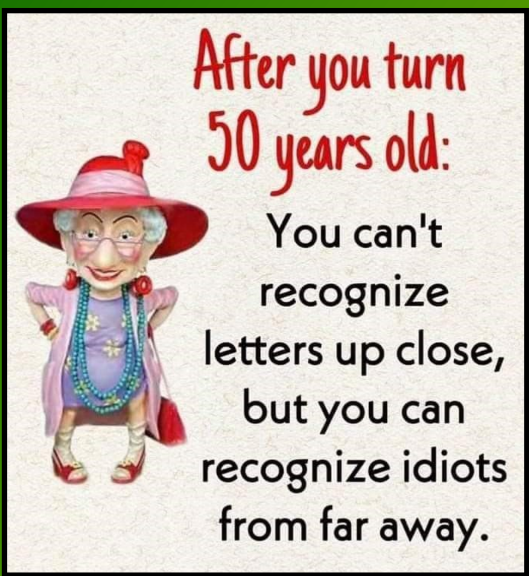
Ek het daardie ouderdom bereik wat my gedagtes sê, "ek kan dit doen."
Maar my liggaam sê, "probeer dit en jy beland in die hospitaal."

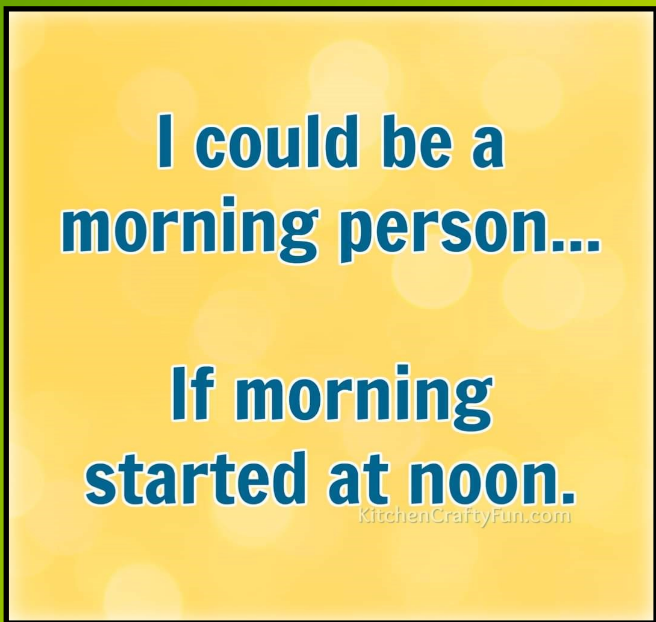
My eerste Keer ini hof sê die Judge "ORDER" toe sê ek " Twee burgers met tamatie sous en n coke asb"...ek sit nou aleen in n sel


Rekeningkunde
Juffrou: Wat is wins?
Amy: Dis Aggie se man in 7de laan, juffrou.

LET’S HAVE A LAUGH







OPLOSSINGS/SOLUTIONS

WOORD SOEK

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E	U	R	I	Q	O	H	A	N	T	O	O	Z	J	D
L	K	B	W	N	T	U	Y	U	V	L	V	R	T	Z
Z	W	F	I	J	D	K	E	Q	E	L	P	X	M	F
H	O	J	D	Z	S	T	N	F	P	Z	E	G	N	X
Z	O	P	E	N	P	I	I	K	R	I	H	E	T	H
Z	R	J	O	P	A	F	G	E	G	O	B	V	R	I
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Y	I	E	I	U	Z	L	G	E	L	O	H	T	W	T
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O	K	D	B	Z	A	H	D	K	S	E	P	L	L	L
R	Y	P	D	D	O	N	D	E	R	W	E	E	R	F

SODUKO

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4	6	7	8	5	2	9	3	1
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3	5	6	1	9	4	2	7	8
7	4	2	6	8	5	1	9	3

BLOKRAAI

■	1 B	■	2 T	■	3 L	■	4 K	■	5 B	■
6 N	E	G	E	■	7 A	F	N	E	E	M
■	N	■	V	■	N	■	U	■	D	■
8 B	Y	V	O	E	G	■	9 S	L	I	M
■	■	■	R	■	S	■	■	■	N	■
10 S	11 W	I	E	R	■	12 S	13 L	E	G	S
■	A	■	■	■	14 A	■	O	■	■	■
15 N	A	A	16 S	■	17 B	E	S	T	18 R	Y
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19 H	O	K	A	A	I	■	20 E	G	G	O
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WORD SEARCH

E	E	S	U	O	H	T	H	G	I	L	T	L	C	T
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B	A	P	B	A	L	L	A	S	T	F	G	G	E	Y

RESIDENTS/INWONERS

WE ARE WAITING FOR YOUR CONTRIBUTIONS!!

ONS WAG VIR U BYDRAES!!

PLEASE SEND YOUR CONTRIBUTIONS TO THE OFFICE. INCLUDE A PICTURE IF YOU CAN! WE ARE NOT ALLOWED TO PUBLISH MAGAZINE ARTICLES. WE WILL KEEP YOUR CONTRIBUTION AND IT WILL BE USED IN FUTURE PUBLICATIONS!

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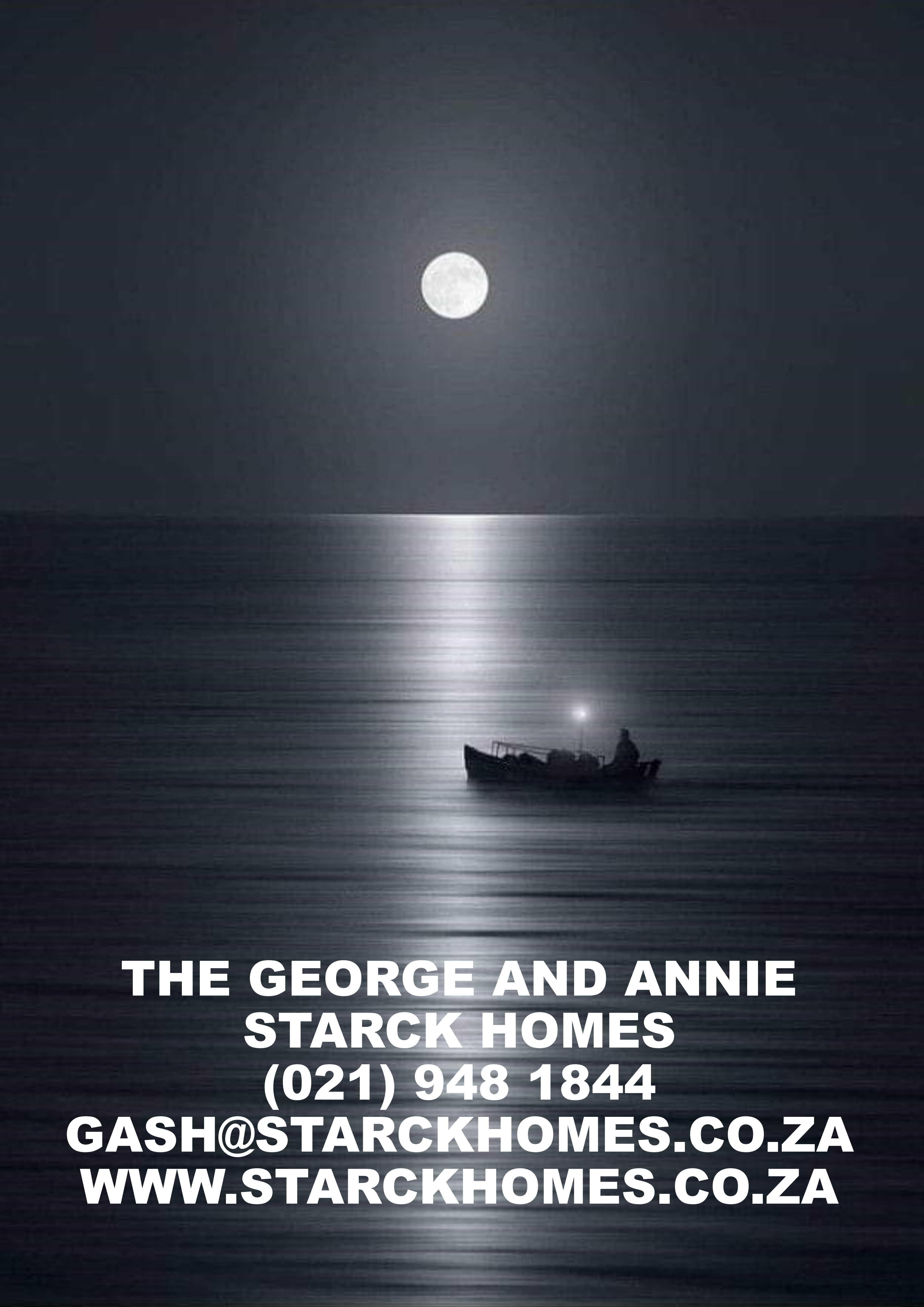
CONTACT/KONTAK ANCOLET BOONZAAIER

021 948 1844 / ancolet@starckhomes.co.za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