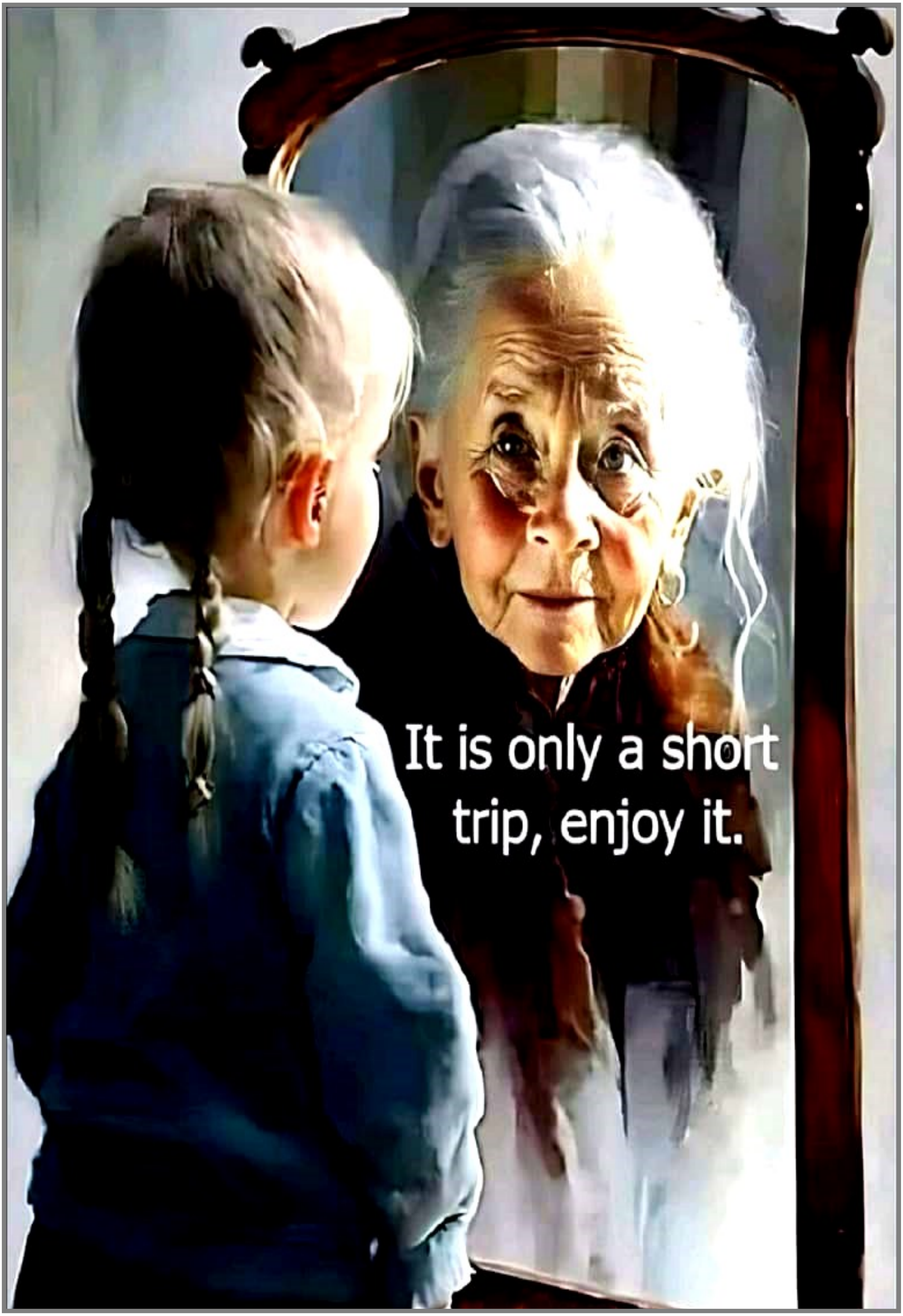
STARCK TRUTH

2023/3

GASH
The George and Annie Starck Homes
Home for the Elderly

SMA
Starckwood Management Association


It is only a short
trip, enjoy it.

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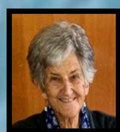

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FROM THE OFFICE OF THE GENERAL MANAGER

As we are coming towards the end of the year, we see the projects that we took on this year, also coming to an end. Our solar panels are all installed and operating. The Willow Lodge project is at it's final stages, and we are looking forward to welcoming new residents there.

Our garden staff all attended a training session on the pruning of roses. Straight after the training, they pruned our rose gardens. What an amazing job they did! Our roses are as beautiful as ever!

This is a year of maintenance, fixing and renewing. Several houses are already equipped with new bathrooms. Chairs and couches are being reupholstered. We also did a considerable amount of work in Maryport, fixing gutters, leaks, and ceilings.

With so many projects and activities happening, we can't allow personal care and maintenance to be left behind. Our "We Care" project was very successful and focussed on the well-being and care of our residents. Ancolet is an absolute star, arranging all events and outings for our residents to attend. Our staff attended several training sessions this year, including topics like Dementia Care and different management courses. Our residents are becoming techno-smart with courses on how to work their cell phones and laptops.

I love being part of this family. We fix, and we grow. We fight, and we laugh and love. We cry together and support each other through difficult times. We've got more ups than downs. We are all different and unique, and our beauty shows when we give each other space to truly be ourselves.

Thank you to all our volunteers, residents as well as other individuals who offer their time to help with several activities on our premises. You are so valuable to us, and we really appreciate you!

Our festive activities will start soon! I am looking forward to our big Christmas tree in the corner, and a house full of residents, celebrating Jesus together. Let's focus on sharing the good news, seeing the bright side and talk about the positives.

One

One tree can start a forest

One smile can begin a friendship

One hand can lift a soul

One word can frame the goal

One candle can wipe out darkness

One laugh can conquer gloom

One hope can raise your spirits

One touch can show you care

One life can make the difference

Be that One today!

BELLVILLE LIBRARY CRAFT MARKET

Mrs. J McKinnon

On Tuesday 16th May, three Bow Bells residents had to move with the speed of lightening. Pick-up time on Ancolet's information pamphlet was 9:45am. Our carer came hammering at our doors at 9:00. "Maak gou, die kombi is hier alreeds, hy wag for julle." Kenton had to wait patiently for another 10 mins before Helmien, Lettie and myself were safely loaded into the kombi. We were ferried up to Oosterzee by 9:15 where it was payback time, the three of us, had to hold our wild horses as in drips and drabs the rest of the residents, who had booked for the Seniors Craft morning at the Bellville library arrived and we pulled off on the dot at 9:45 am.

Long wooden tables with red chairs were set out. Only one other retirement home attended, like our contingent, all females. The mention of "Craft" appears to frighten the males away. Unlike the George and Annie residents, who walked in laughing, chatting and ready for anything, the other table were dour and quiet and looked slightly aghast at our merry lot.

Librarians were on hand to help us settle into chairs comfortably and pointed to a pile of newspapers on the table. A double sheet had to be laid down in front of us. There was also a small white square plastic dish for each of us. Ham fisted as usual, as I spread my newspaper out, the dish tipped over. Cold water splashed all over my newspaper and despite Helmien trying to rescue hers, it was a soggy bundle as well. Librarians flew to the rescue with mopping up cloths and dry newspaper.

Small red plastic plant potholders, paint brushes and a variety of coloured paints were distributed. We were shown how to wrap elastic bands around the pot to make triangles, squares and other shapes. A delicate pattern could be made on the pot by painting on the pattern of lacy holes from tiny paper doilies. To add to our budding artistic endeavours, rubber motives with butterflies, bees etc, could be covered in paint and then placed on the pot and when removed there should have been a master work of art.

Many at our table accomplished all the finer bits of making a masterpiece. Linda, our librarian's pot, was a delicate piece with the outline of four lacy doilies on each side. Lynette's pot was painted black as a background, elegant curving green leaves and yellow stems were painted on top, a beautiful piece. Lettie did Bow Bells proud, with patterned doilies, and butterflies. Helmien and I let the side down. I dislike modern art intensely, but our efforts look as if Picasso and Salvador Dali had lent a hand. We put too much paint on the butterflies.

They wouldn't stick and floated down in red and blue blobs. The lacy doilies met the same fate. We manfully painted over them and stuck with the triangles and squares and managed to produce a very green, yellow flower with large petals which looked as if it was on its last legs, on one side of our pots. Helmien's hands were spotless, but mine had more bright red and blue paint than there was on the pot. The staff had provided for every mishap. At the end of another table was a large basin of warm water, lots of flowery smelling handwash and soft towels. You guessed it, they had to empty the basin after I finished, it was no longer clear water but a blood bath of red and blue.

Tea, coffee, chocolate iced cake and biscuits were served while hairdryers were used to dry the wet painted pots. A librarian gathered all our pots together to take a photo. Helmien and I tried to hide our efforts at the back, but the librarian wanted everyone's efforts to be in the photo. I imagine our two pots will cause much laughter and "Ag siestog, poor old dears. Plastic bags with rich black soil were handed out to fill the pots and we received off cuts of a succulent to plant. A lovely memory of another fun filled day at the Bellville library. You fellows at George and Annie you don't know what you are missing.

TIELMAN JORDAAN SE AFSKEID

Mrs. J Stephan

Op 30 Mei het Starck Homes inwoners afskeid geneem van Tielman Jordaan, amptelike busdrywer vir Starck Homes.

Hy sal deur almal, selfs honde en katte (as daar katte was) gemis word. Sy gawe om ‘n glimlag en warmte te bring net waar hy kom, is ongeëwenaard en kan nie maklik vervang word nie. Hy het ons met die bussie na klinieke geneem, vir afsprake en selfs een keer per week winkel toe.

Ons sal hom mis en wens hom sterkte toe waar hy saam met sy vrou, Netta by Oakdale se versorgingsoord is, en help met bestuursvaardighede vir jong beginners by die ryskool wat sy bedryf.

Sy self is ook matrone van die inrigting vir mense met demensie en ander geestes-afwykings. Mens kan net dink wat hy daar vir die inwoners sal beteken.

Ons mooiste wense en herinneringe gaan saam met hom.

VADERSDAG-FUNKSIE

Mrs. J Stephan

15 JUNIE 2023

Elvis the Pelvis in lewende lywe

Die vertoning deur James Marais en Monique Cassells was briljant georkestreer en briljant uitgevoer, Elvis the Pelvis.

James Marais met sy besondere mooi sangstem en Monique Cassells met net die nodige wulpsheid was onverbeterlik.

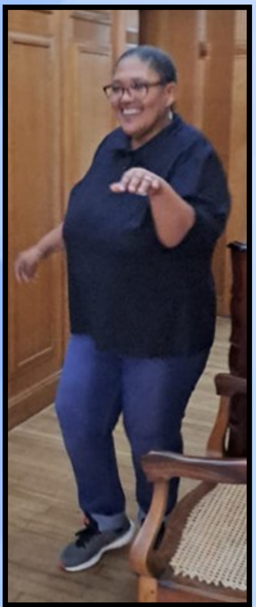
Hulle verander gedurende die vertoning gereeld van kostuums vir ‘n nuwe fase of aanbieding. Terwyl een die toneel verlaat om te gaan verklee gaan die ander een aan met sang en tipiese lyfmanipulasies, doen dan saam ‘n nuwe vertoning, en die ander een kry kans om te gaan verklee.

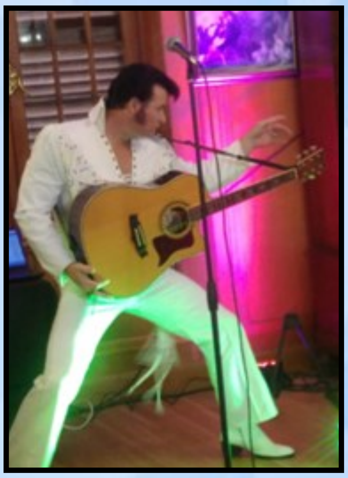
Alles seepglad gemanupileer, met tipiese Elvis aksies om te pas by die liedjies, uit die boonste rakke. Die klimaks en absolute hoogtepunt was toe Elvis in sy bekende spoggerige wit uitrusting in lewende lywe op die toneel verskyn, na ‘n dramatiese vooraf aankondiging. Onmiskenbaar Elvis.

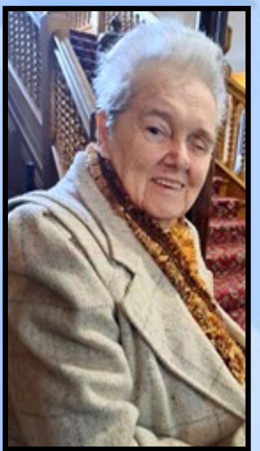
Die meesleurende mooi musiek en bekende liedjies uit verskillende tydperke het die gehoor in vervoering gehad. Daar is saam geneurie op Love me tender, Love me true, Ob-La-Di, Ob-La-Da, Falling in love with you, en soveel ander bekendes.

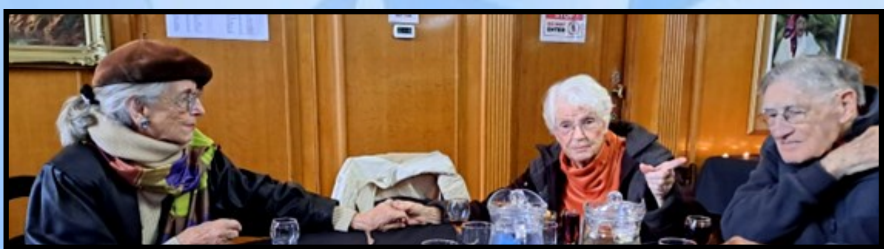
Dit was ‘n onvergeetlike vertoning en belewenis deur twee kunstenaars wat presies weet wat hul doen en hoe.

Vele dank aan Starck Homes wat ons aan die twee top kunstenaars en hul werk kom bekendstel het.









Die Here het die krag van 'n berg geneem
Die majesteit van 'n boom
Die warmte van 'n somer reën
Die kalmte van 'n stil see
Die vrygewige siel van die natuur
Die vertroostende arms van die nag
Die wysheid van eeue
Die krag van 'n arend se vlug
Die vreugde van 'n lente oggend
Die geloof van 'n mosterdsaadjie
Die geduld van Job
Die diepte wat 'n familie nodig het
En toe het die Here al hierdie kwaliteite
bymekaar gevoeg.
Daar was niks meer om by te voeg nie
want Sy meesterstuk was voltooi
en Hy het dit " oupa " genoem.
-Skrywer onbekend-

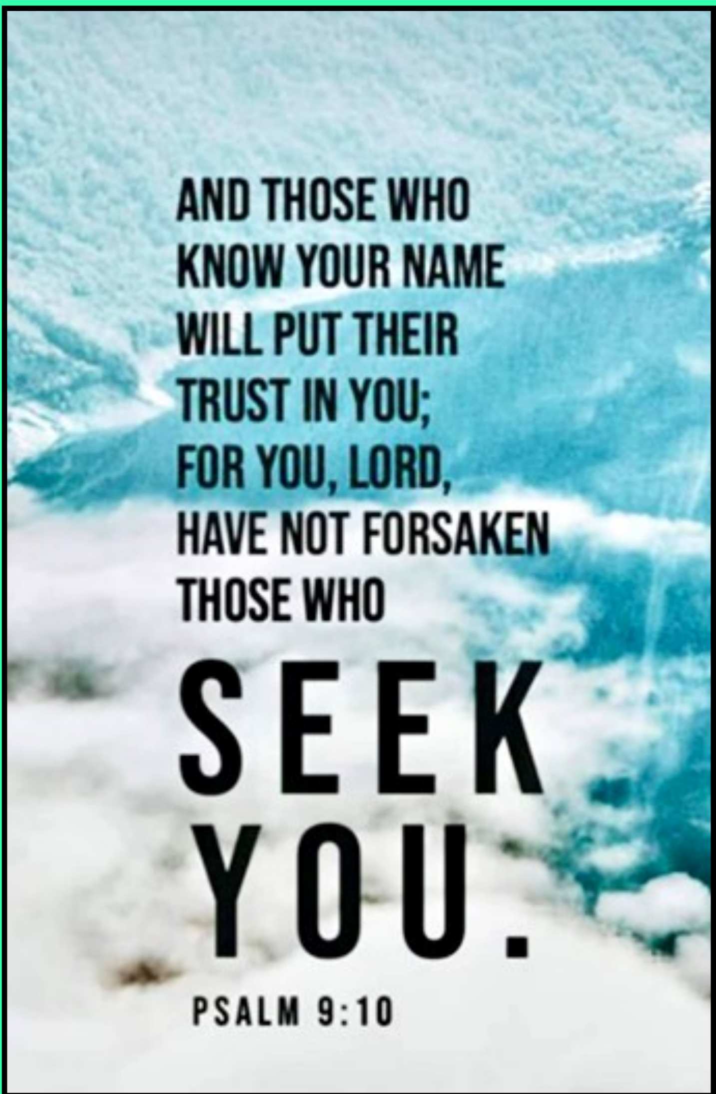
FAITH

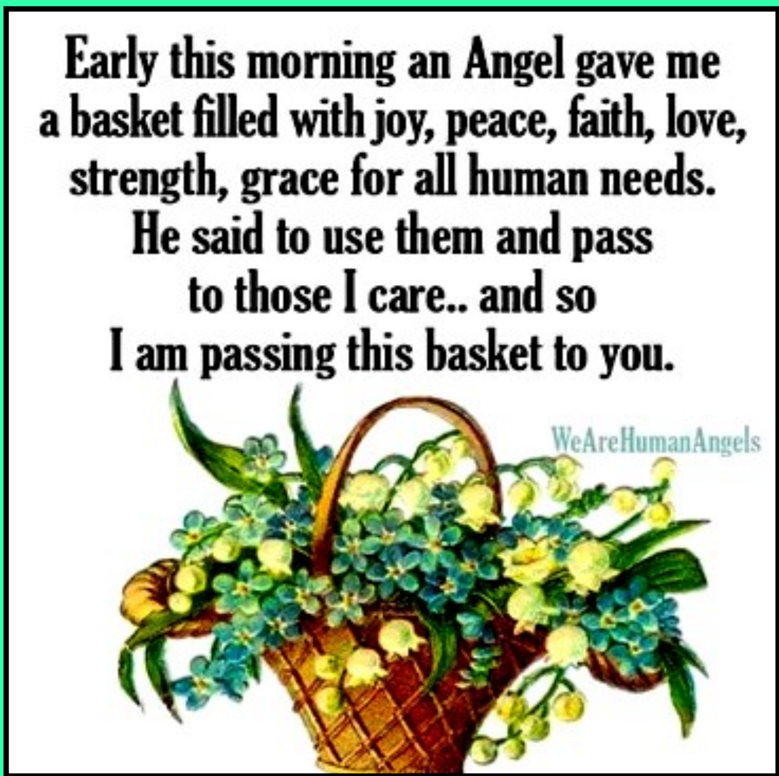
Let everyday be

"A Chance"

A Chance to be a better person,
A Chance to enjoy life to its fullest,
A Chance to correct mistakes,
A Chance to forgive and ask for
forgiveness, A Chance to love
and be loved.
Don't miss the chance you received
from God as you wake up this day.

Dear God,
I thank You for protecting
me through the night.
I praise You and give You
thanks for all the
blessings You have bestowed
on me.
Lord, I give to You all my
words, thoughts, and actions
and consecrate them to You.
Lord, may the words
of my mouth and the meditation
of my heart be pleasing to You
for You O LORD are my strength
and my redeemer.
In Jesus' name. Amen.





HAUSMUSIK ENSEMBLE

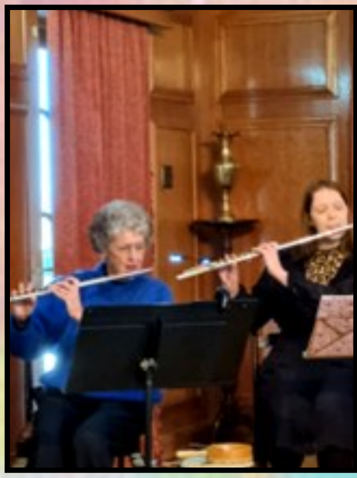
Mev. A Boonzaaier

12 JULIE 2023

Op 'n koel wintersoggend het die talentvolle Hausmusik Ensemble musikante, by ons kom optree onderleiding van Annette Cronjé.

Unieke instrumente het gesorg vir 'n heerlike verskeidenheid klasieke musiek wat ieder en elk baie geniet het.

Voorwaar baie talentvolle individue wat hulle passie vir musiek met oorgawe uitleef.



Musikante:

Marianna Maree:	**Klavier**
Alecia Conradie:	**Tjello**
Madeleine Flatow:	**Viool**
Suretha Theron:	**Klarinet**
Engela Fullard:	**Alt Fluit**
Sarah O'Neil:	**Fluit**
Annette Cronjé:	**Fluit**
Rachel Stevenson:	**Blokfluite**
Lorraine Krige:	**Blokfluite**
Karen de Goede:	**Sopraan**

GELOOF

Moenie ophou bid nie, moenie ophou glo nie en moenie ophou die HERE te vertrou nie. HY is nogsteeds en sal altyd in beheer wees van alles.

CHERRYWOOD VIERINGE

Mev. A Boonzaaier

Inwoners van Cherrywood wie se verjaarsdae in Julie is, het besluit om op Woensdag-middag 12 Julie, hulle mede-inwoners te trakteer met vrolike vieringe.

In die binnehof is stoele en tafels gepak, koeke, terte en allerhande lekkernye is bedien en afgesluk met koffie en tee.

Een van die min sonnige dae in ons wintermaande het gesorg vir ‘n heerlike buite-kuier.

Baie geluk aan almal:

1 Julie	Mnr. R van Niekerk
12 Julie	Mev. T Mouton
14 Julie	Mev. R van der Westhuizen
17 Julie	Mev. E Engelbrecht
30 Julie	Mev. M Tucker

CROWN STUDIO

Mev. A Boonzaaier

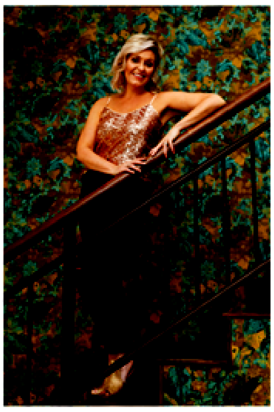
28 JULY 2023

Crown create studio was born from the vision of founder members, Therene Nel and Melanie Labuschagne, who aim to use creativity to unlock dreams, truths, and identity.

Their performance “Ek Lewe” is a comical celebration of life with the purpose of inspiring audiences. Some Golden oldies like “On top of the World”, “Fly me to the moon” and “Dis ‘n Land” and many more, will put a bounce in your step to fearlessly tackle the unknown.

Our residents thoroughly enjoyed these two talented ladies and laughs could be heard from a distance.

Soup and “vetkoek” were served after the proceedings and residents returned home with a smile on their face’s!



THERENE NEL

As a gifted musician, performer, and educator, Therene has a passion for mentoring young women in the Kingdom, helping them find their worth and way in Him. She is a loving wife and absolutely dotes on her four daughters. She's a soulful singer and loves to travel; chasing the sunshine and leaving her sparkle wherever she goes.

MELANIE LABUSCHAGNE

As Kingdom performer and administrator, Melanie has always had a passion for performance art and its power to change lives through the anointing of the Holy Spirit. For the last 7 years, she has been involved in various faith-based productions and has also worked in the area of early childhood and social development. She is a devoted wife, a loving mother of two, a dreamer, an adventurer, and an ambitious entrepreneur.

PIANO AND VIOLIN PERFORMANCE

Mev. A Boonzaaier

We had the huge privilege of hosting young children who surprised us with their talent. Coming together from different schools, ranging from 8 years to 13 years.

They were accompanied by Kerryn Torrance, Denize Fivaz and Jenny Lange who teach, support, and play with them.

We were amazed by the children's ages and talent. I think a lot of us thought back to when we were that age. – What were we doing….. probably not this. We realized that anything is possible at any age and if you want something, go for it!!

Our hearts were full, and we are very grateful to have seen this performance!

Some of the Performers:

Abigail Lange, 8:	Herschel Primary school
Ela-Sophie, 9:	Home schooled.
Zoe Pitman, 9:	Springfield Primary
James Bebington, 13	The Grove primary school

LONG SERVICE AWARDS

Mev. A Boonzaaier

On the 3rd of August Management organized a lunch to recognize the outstanding long service contributions from 7 staff members.

The small function took place on the porch at Oosterzee.

Mrs. Snyman, General Manager, presented each staff member with certificates. A three course meal were served to make this an extra special occasion.

In recognition of your years of commitment and dedication to the George and Annie Starck Homes, we would like to express our sincere appreciation on achieving this significant milestone!

The George and Annie Starck Homes Management.

PENNY KELLY	GENERAL ASSISTANT	23 YEARS
LANA OLIVER	CARER	21 YEARS
ANNEMIE SWANEPOEL	SOCIAL WORKER	14 YEARS
MARK STEVENS	PAINTER	14 YEARS
KRISTA DE VILLIERS	NURSING SERVICE MANAGER	13 YEARS
SILVIYA SOLOMON	FINANCIAL ADMINISTRATOR	12 YEARS
MICHAEL SIMONS	GENERAL ASSISTANT	10 YEARS

HAPPY and PRODUCTIVE
EMPLOYEES

VROUEDAG-FUNKSIE

Mev. A Boonzaaier

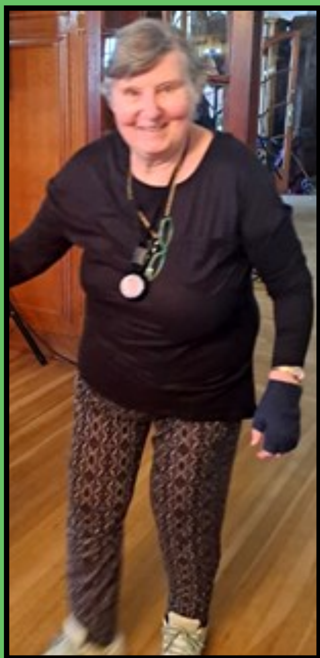
Op 10 Augustus vier ons al die wonderlike vroue wat op ons gronde wandel. Van ons inwoners, besoekers, vrywilligers asook ons personeel!

Hierdie dag verdien elke jaar om spesiaal gevier te word en hierdie jaar was geen verskil nie!

Sherrie, koeldrank en tee is bedien saam met 4 pannekoeke met verskillende vulsels. Daar is heerlik gesmul, maar hierdie keer was die eetgoed glad nie so belangrik soos die gesels, saamsing en ernstige dansies wat uitgevoer is nie.

Nic Stevens het inwoners weer kom vermaak met sy musiek waarop niemand kan stilsit nie. Dit is ook duidelik in die foto's dat dit 'n dag vol genot was!!

'n Paar mense het dit wel aan hulle ledemate gevoel die volgende dag, maar dit met 'n glimlag op hulle gesig vertel met die woorde "dit maak nie saak nie, dit was die moeite werd"!!



MRS. GERBER TURNS 90!!

Cheryl (Daughter)

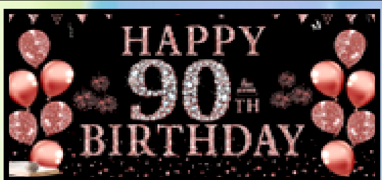
To a very special and much-loved Mother on her 90th Birthday!!

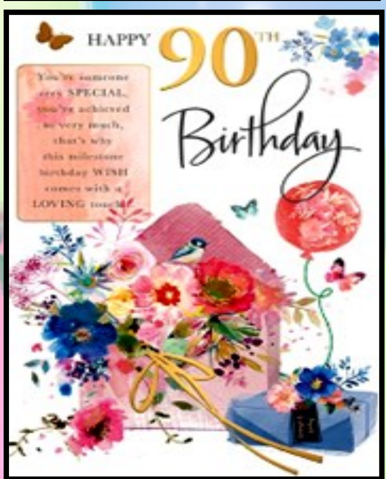
We as a family are very blessed to have you in our lives.
You are such an amazing lady who always shows so much patience and love to all around you.

To all who attended this day of celebration with us we would like to say thank you for the wishes, it brought so much pleasure to my mom and us.

We will hold them close to our hearts.

All our love, Gertie and children.





Left:

Mrs. Gerber	age, 90
Mrs. Bobrowski	age, 95
Mrs. Malan	age, 89
Mr. Malan	age, 92

AUCTION & WHITE ELEPHANT SALE

Mev. A Boonzaaier

On Tuesday 29 August 2023, a hustle and bustle were happening in Oosterzee. We were preparing for our auction. The smell of freshly baked pancakes filled the house from as early morning!

We have the best pancake bakers in the world, and they could not keep up with the demand. They did not stop for a moment! We would also like to thank them for sponsoring all the ingredients.

Residents and staff joined the festivities from 9:00. Walking around, having some coffee and pancakes. Along with some music, there was a cheerful atmosphere.

Items from our knitting group were also on display and a beautiful, knitted blanket was raffled out. The draw was done on the 4th of October by Mrs. Bester and Mrs. Snyman and the lucky winner was Mrs. M Lintnaar, one of our carers.

The day was a great success, and we will certainly do it again!

A special thanks to the following people:

Mrs. Fourie	Yellowwood
Mrs. Engelbrecht	Cherrywood
Mrs. Fourie	Rosewood
Mrs. Havenga	Cherrywood
Mrs. van der Westhuizen	Cherrywood
Mrs. Bester	Volunteer
Mrs. McGuinness	Lidcote
Mr. Swanepoel	Volunteer
Mr. & Mrs. Voigt	Oakwood
Mrs. Bester	Fernwood
Mrs. Smith	Blackwood
Mrs. Bower	Bon Accord

LEO TOLSTOY

LENTEDAG FUNKSIE - 30 AUGUSTUS

Mev. A Boonzaaier

1 September, amptelik lentedag. Die dag waarop ons as kinders by die munisipale swembad gaan swem het, al het ons gevries van die koue. Daarna grondboontjiebotter– en strooptoebroodjies geëet.

Kaalvoet skooltoe, die winter is verby. Ook die tyd wat ons in afwagting uitsien na die eerste lente reëns, net soos die blomme en veld grassies wat afgebrand het, nie kan wag om te spog met hulle nuwe groen kleedjies nie.

Ons pak die winterklere weg, skuif die swembroek versigtig nader en wonder hoe ons hierdie wit beentjies so effe bruin kan kry. Dis nou voor die somerson hulle in 'n gesonde koperkleur verander.

-(Willem Botha, www.heuning.co.za)

Ook ons inwoners het die geleentheid gehad om vir ‘n paar uur weer hierdie gedagtes te koester ter viering van hierdie nuwe fase in die jaar.

Sarah Theron het ons kom vermaak met haar opgewekte liedjies en haar ongelooflike stem wat ieder en elk in hoendervleis laat uitslaan.

Heerlike eetgoed is bedien met ‘n lafenissie daarby!

<u>Lentetyd…..</u>

Nuwe seisoen, nuwe lewe, nuwe hoop, 'n toekomsverwagting. Die beskermende kleed is terug, blaartjies en botseltjies, die seisoen het gedraai. Die Skepper wat byna onsigbaar Sy hand op die kroon van Sy skepping hou.

Dis Lente!
Meester van my hart, laat groei in my liefde, vreugde, vrede, geduld, vriendelikheid, goedhartigheid, getrouheid, nederigheid en selfbeheersing sodat ander U in my sal sien, hoor en voel.
Seëninge vir September.

Hallo Lente!

OOSTERZEE HOU PARTYTJIE

Mev. A Boonzaaier

Op Dinsdagmiddag 5 September het die Oosterzee-huisgenote partytjie gehou.

Onder leiding van Mnr. Venter is daar heerlik liedjies gesing (met sangblaadjies), geeët, gelag en staaltjies vertel. Die versorgers is ook deelgemaak van hierdie genotvolle middag en 'n vrolike gees het geheers.

Wat 'n wonderlike idee was dit nie en ieder en elk het hierdie middag terdeë geniet. 'n Geleentheid wat gerus 'n tradisie kan word!!

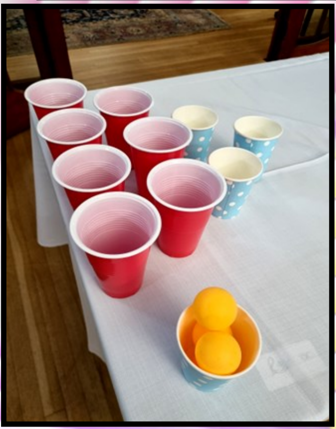
TECH TRAINING & GAMES

Mev. A Boonzaaier

On Wednesday 6 September, the team from Lava Lamp Lab - a software and development company, spend some quality time with our residents.

A fun games morning was followed by an entire team of "Tech fundies" who helped and assisted the residents with whatever questions they had.

The team supplied eats and drinks and a very informative, enjoyable day were had by residents as well as the team!



THE PINK COUCH'S STORY

Mr. F Swanepoel

So, Pink Couch, tell us where and when were you manufactured?
Oh, I was made in Knysna from the prestigious Blackwood as I was ordered by a couple living in Cape Town. I was delivered and felt proud to be fulfilling my purpose in their home. Over years the couple with their daughter and two grandchildren spend many an hour on me and we enjoyed our togetherness. Unfortunately, the children left the house and later the parents passed away. That made me very depressed…. will I have a purpose anymore?

But couch, how are you feeling today, being used here at Starck Homes in a new environment and capacity?
I cannot wait for today's show to begin…. bring your first guest and make yourselves comfortable on me.

Ok, it will be Annemie as the presenter of the first Pink Couch Tv show. Her first guest is Eugene Weinberg, who will share his life story with us.

Here is a live audience in the Starck Homes lounge. Eugene is a resident of Starckwood for a couple of years now. Within 40 minutes he will introduce himself to the audience in the lounge of Starck Homes. Annemie posed several questions to him and in response to it he took us through his rich childhood and school years in Bellville. He was inspired by his mother to take up medicine as a field of study after matriculation and thus he graduated at UCT as one of the top students.

His first years of practice was spent at the old hospital in District Six. This is where he met his wife. She was a nurse there. They are still happily married for many a year now. He eventually specialised in the treatment of asthma and ended up in the Red Cross children's hospital.

After retirement he and Florence spent some time in Barrydale as they both are nature lovers. Their favourite song is "Enchanted memories", and it brought back good memories for him whilst listening to it on the pink couch.

During a short interval tea and refreshments were served, whilst the residents mingled amongst each other.

The next guest on the pink couch was Marlene Voigt.

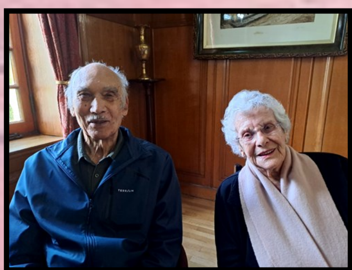
Sy het in Port Elizabeth groogeword in ‘n stabiele huishouding. Sy is ook daar getroud, maar haar man is ongelukkig na slegs 11 maande van hul getroude lewe, oorlede. Sy is later weer getroud en is vandag nog steeds gelukkig getroud en het drie kinders uit hierdie huwelik. Weereens tref ‘n tragedie haar deurdat hul seun op Marioneiland verongeluk het. Na baie jare se verblyf in Panorama het hul twee jaar gelede in Starckwood kom aftree.

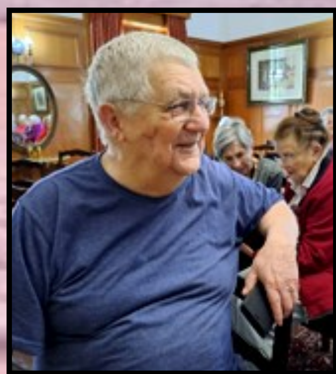
Nou is daar nuwe uitdagings wat oor hul pad gekom het, maar hulle is voorbereid om ook dit die hoof te bied. Hulle is ‘n egpaar wat onmiddellik betrokke geraak het by die talle aktiwiteite wat hier aangebied word en is ware steunpilare vir die Homes gemeenskap. Dit was wonderlik om haar en Louis saam op die pink couch te sien sit terwyl hul gunstelingliedjie “Liefling” gespeel word.

The grand finale was a performance by our talented performer Marlin, the singing chef. His song touched everyone’s heart and therefore received a huge applause.

Many an appreciation was given by the audience, and enquiries as to when will be the next episode of On the pink couch.

The pink couch’s remark was that it is always available for whoever wish to share their life story, because then we could fulfill our mission of “we care” at the George and Annie Starck Homes. We all benefit by hearing another person’s   life story.





ERFENISDAG FUNKSIE

Mev. A Boonzaaier

Erfenisdag in Suid Afrika word jaarliks op die 24ste September met 'n braaitema (ook "braaidag" genoem) gevier. Hierdie dag is 'n openbare vakansiedag, dus moes ons 'n ander datum kies vir hierdie viering!

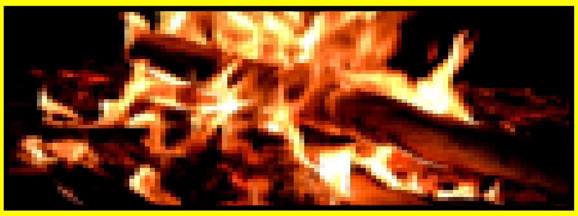
Op 21 September het hierdie funksie plaasgevind met 'n sterk tradisionele tema. Dit het die vorm van 'n braai aangeneem, kompleet met die kelners in tradisionele klere, vlae van Suid Afrika op die tafels en elkeen kon kies of hulle die tradisionele wit kolletjies op hulle gesigte geverf wil hê.

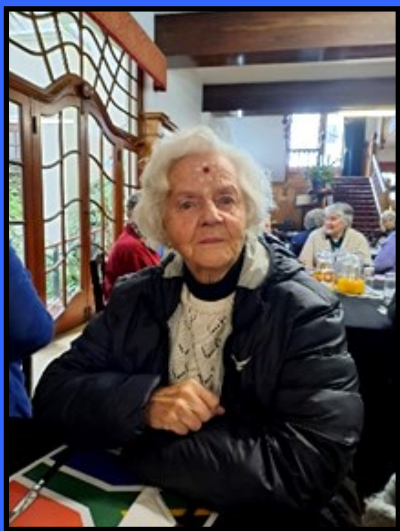
Almal het hard gewerk om alles ekstra spesiaal te maak vir hierdie groot dag. Ons eie bobaas-braaiers het by Oosterzee gebraai vir inwoners wat die funksie bygewoon het en daar was ook 'n braaistasie by Maryport opgerig sodat daar vir hulle ook gebraai kon word en sodoende die heerlike braai-reuke kon ervaar.

Op die spyskaart was hoender-sosaties, wors, braaibroodjies, aartappelslaai, groen slaai en heerlike melktert vir nagereg. Dit is veilig om te sê dat niemand huistoe gegaan het met hongerpyne nie.

Inwoners is vermaak deur 'n jong opkomende kunstenaar, tans 'n student op Stellenbosch in Landbou. Tino Singe is in Zimbabwe gebore en het later Swellendam toe getrek. Hy het skoolgegaan in Riversdal by Oakdale Hoërskool. Tino het almal vermaak met Engelse en Afrikaanse liedjies.

Dit was voorwaar 'n spesiale dag en almal het dit terdeë geniet!





QUATTRO PERFORMANCE

Mev. A Boonzaaier

28 SEPTEMBER 2023 - MUSIC FROM THE MOVIES

Die Western Province Caterers Sanggroep, Quattro is al bekend vir hul lewendige aksiebelaaide sangkonserte.

Hierdie keer bied hul 'n “Music from the Movies”-konsert aan. Al die bekende musiek van uit die die beste flieks is gesing en het gesorg vir groot vermaak. Inwoners het lustig saamgesing en hande geklap.

Daar gaan ook altyd humor gepaard met hierdie groep en ‘n mens kan nie help om saam te lag wanneer hulle “in karakter” klim nie.

Heerlike botterbroodjies en tee is na die vertoning bedien en inwoners het nog langk gelag en gesels. Voorwaar weer ‘n optrede wat almal in ligte luim gelaat het.

Vertonings deur die groep sorg altyd vir groot plesier en genot. Mag hul nog lank aanhou om ons te vermaak met hul uitstekende kuns.

08

08

08

DITTE, DATTE EN DINGELINGE

GASH bemagtig sy seniors deur hulle aan opleiding bloot te stel. Stafverpleegsters Rhodes, Stramrood en Peters woon n DEMENTIA kursus by, te Somerset-Wes, aangebied deur GERATEC.

DEMENTIA (Saambreel term). Onthou elke persoon het n storie en behandel die persoon agter die verhaal.

Die woord GEDULD kom baie na vore as dit by die versorging van die dementia-persoon kom. Baie tegnieke is geleer hoe om ons fokuspunt te verskuif na die belange van die persoon agter Dementia. Ongeduld kan vervang word met Empatie.

Hierdie siekte lê my baie na aan die hart en hoe wonderlik om n verskil te kan maak. Ek glo aan die gesegde …... Hule kan dalk nie ONTHOU, maar hule weet presies hoe jy hulle laat VOEL.

Ons wil hierdie kennis verder uitbrei en toepas in ons daaglikse versorgings-taak.

Dankie GASH bestuurspan vir die waarde wat u toevoeg om Dementia nie 'n doodsvonnis te maak nie, maar te sorg dat STIMULASIE van inwoners 'n eerste prioriteit is.

-Staf Peters

Rummicub competition – 9 October 2023

Klaradyn hosted the final rummicub competition between GASH and Klaradyn.

Klaradyn was awarded "most winning games in the year" and GASH won the trophy on the day.

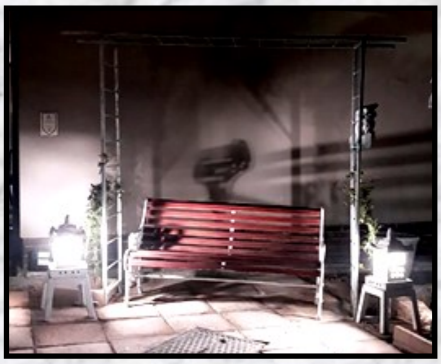
Congratulations!!

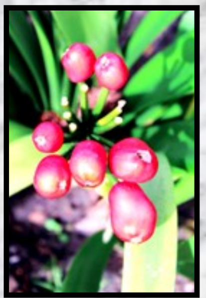
Mrs. Wotroba	(Yellowwood)
Mrs. White	(Blackwood)
Mrs. Barnes	(Blackwood)
Mrs. Smith	(Blackwood)

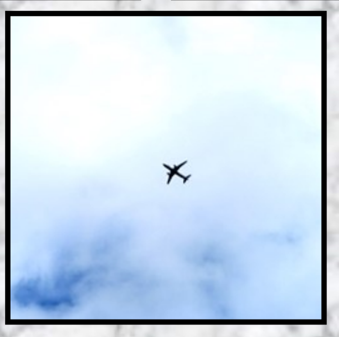
Melissa du Toit van Meljin Energies, ons Solar vennoot oorhandig twee vingerborde vir ons inwoners op Vrydag 27 Oktober aan Mr. Roos en Mev. Swanepoel, kompleet met alles "springbok" voor die GROOT finaal.

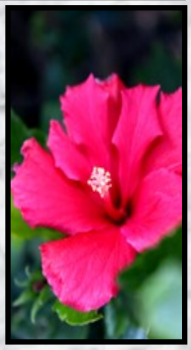
Over the past few months quite a few projects were underway on our grounds.
It is looking beautiful, from the gardens and plants, as well as new landscaping!

<u>We truly have talented people on our team!</u>









-Verskaf deur Mnr. F Swanepoel

LIEWE OUSUS KOEKIE (Vandag, lewers)

EK SKRYF VIR JOU IN SKOONSKRIF, WANT EK HET EERS MY HANDE GAAN WAS VOOR EK BEGIN SKRYF HET. EK SKRYF OOK LOS, WANT EK WEET JOU BREIN KAN NIE MEER SO VINNIG LEES NIE. DIE LETTERS IS OOK GROOT, WANT ANDERS MOET JY ‘N VERGROOTGLAS GAAN LEEN OM DAARMEE TE LEES.

Ek het ook nie die datum ingesit nie, want anders werk jy uit hoe oud jy is en dan gaan jy gouer dood. Ek wil ook nie hê jy moet weet waar ek woon nie, want dan kom eet jy al my kos op. Boonop is jy mos baie suinig en koop nie eens ‘n half-jack brandewyn vir ons night caps nie.

As die brief nie by jou uitkom nie, laat my weet sodat ek weer kan skryf. Die poskantoor personeel is mos so korrup…. hulle haal die seël van my brief af en verkoop dit weer aan iemand anders. Dit was so in Thuli Madonsela se staatskaping-verslag gemeld. Jy moet jou tog laat veras, want hulle sit sommer ‘n stuk stomp in jou kis, en ons huil ons dan dood oor ‘n stuk hout in plaas van oor jou.

Ek gaan nie vir jou vra hoe gaan dit nie, want dan bekommer ek my dood oor al jou kwale wat jy in jou brief gaan skryf.

Nou die dag keer die speedkop my voor en vra of ek nie K53 deurgekom het nie. Ek sê toe nee, ek het met die N2 gekom maar niks snaaks soos ‘n padvark of ‘n perlemoen-lorrie gesien nie. Hy vra my wanneer ek my lisensie gekry het en ek sê vir hom dis onbeskof om ‘n dame se ouderdom te vra. Hy sê ek moet my flikkerlig vir hom wys en toe knip ek my oog vir hom en toe raak hy onbeskof en praat van omkoopboete. Hy vra ek moet die briek trap, maar ek trap toe per ongeluk die petrol en daar vlieg die kar weg en ek hou toe maar aan met ry tot by die huis. Die volgende dag kom daar twee motorfietse stilhou in die straat en hulle het ‘n tas by hulle. Ek vra hulle toe of dit nou maar sleg gaan in die versekeringsbedryf, want voorheen het hulle met smart BMW’s gery. Ook of hulle bang is vir die hi-jackers, want hulle kom nou twee-twee. Hulle gee my ‘n dokument, glo van Helen Zille, of was dit dalk daai De Lille poppie se departement, en vra vir R500. Ek sê: “het die party dan nou so bankrot geraak dat hul nou per fiets geld insamel?” Ek gaan haal toe oorlede Ben se tjekboek wat nog hier rondlê en skryf ‘n tjek uit. Dis die minste wat Ben vir sy party kan doen.

Ek voel ook al of ek daar by jou in die ouetehuis moet kom intrek. Is daar ‘n kamer waar ek met my drie katte en 16 jaar-oue hondjie kan intrek? Die papegaai wat so gevloek het, is nou die dag dood. Ek mis hom so. Hy sou tog so die oumense kon vermaak het. Hy kon mos in al die elf landstale vloek, en was besig om Kubaans te leer, maar toe sterf hy. Dit is glo ‘n giftige taal daardie. Ek moet ook ‘n wye garage hê, want die ou 1946 Buick draai maar swaar en my arms is nie meer so sterk nie. Hy is al vol skuurmerke aan die linkerkant. Die bed moet ook groot genoeg wees om oorlede ma se bulsakmatras te vat. Ek moet mos in ‘n gat lê anders rol ek af. Die kamer moet ook groot vensters hê om al die winde boontoe en ondertoe uit te laat. Ons is mos bekend as die windgat Nels. Ek wil nie in my eie kamer vergas word nie.

Volgende keer skryf ek verder. Jy het seker ‘n hele dag gevat om hierdie brief te lees. Drink maar ‘n paar aspros en gaan slaap rustig. Moenie droom nie, want môre dink jy dis waar en gaan soen vir ou skeel Kootjie daar by julle, en kry hy ‘n senuwee-ineenstorting.

Al my liefde
Kleinsus Bekkie

NS: Hier kom skewe Sekkies nou aan. Nou gaan ons eers ‘n paar tjortse vat en later op die vloer bolmakiese slaan vir die sports.

ROOMS/LIFE RIGHT UNITS

Mev. A. Swanepoel and Mr. S. Roos

ASSISTED LIVING

BON ACCORD
BOW BELLS
KENILWORTH
LIDCOTE
OOSTERZEE
RUVEE
THE BARN
TROVATO
MARYPORT (FRAILCARE)

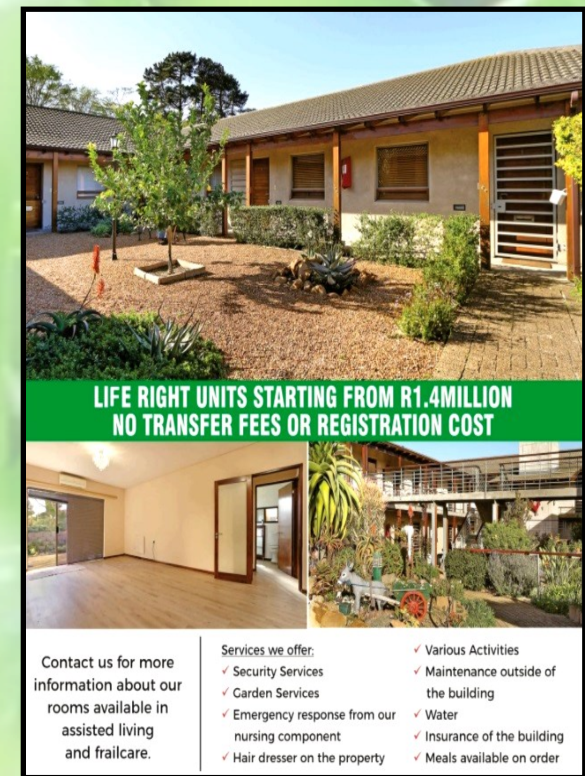
CONTACT ANNEMIE SWANEPOEL
021 948 1844 EXT. 243

LIFERIGHTS

CONTACT SCHOEMAN ROOS
021 948 1844 EXT.104

ANNIE'S VILLAGE

STARCKWOOD



RECIPE: BAKED APPLE WHEELS

Mr. D Beukes

An economical but very attractive pudding. If fresh apples are unavailable, use a tin of pie apples, cut into smaller pieces.
Serve this pudding with fresh cream or custard.

Pastry:

375ml cake flour
7ml baking powder.
Pinch of salt
60g butter or margarine
80ml sugar
125ml milk
2 large apples
5ml ground cinnamon

Syrup:

250ml sugar
250ml boiling water.

Preheat the oven to 180°C

Method:

Pastry:

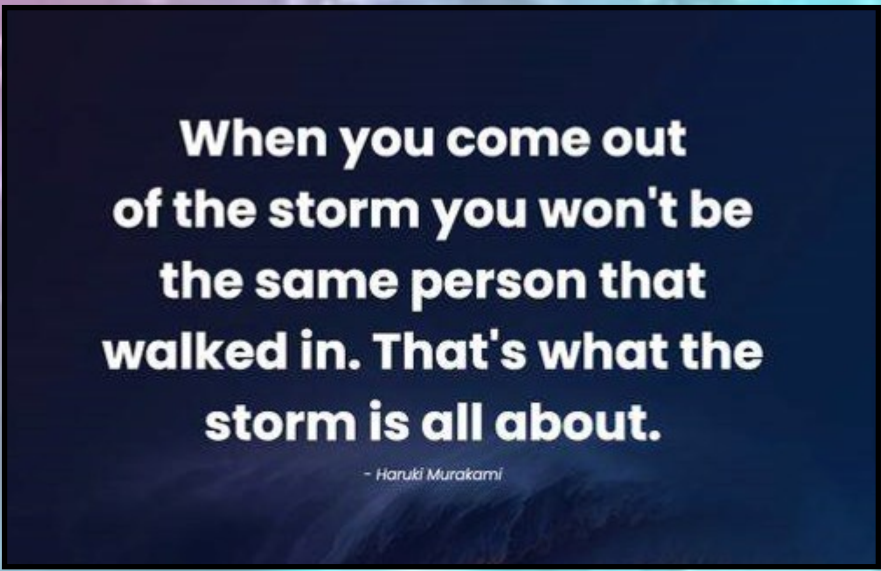
- Sift the dry ingredients together, then rub in the butter. Add 30ml of sugar, mixing well. Add enough milk to form a soft dough.
- Roll out into a rectangle on a lightly on a lightly floured surface. Grate the apples coarsely and spread evenly over the pastry.
- Mix the remaining sugar and the cinnamon and sprinkle on top. Roll up the pastry like a Swiss roll and cut into eight thick slices.
- Arrange the slices, cut sides up, in a greased oven dish.

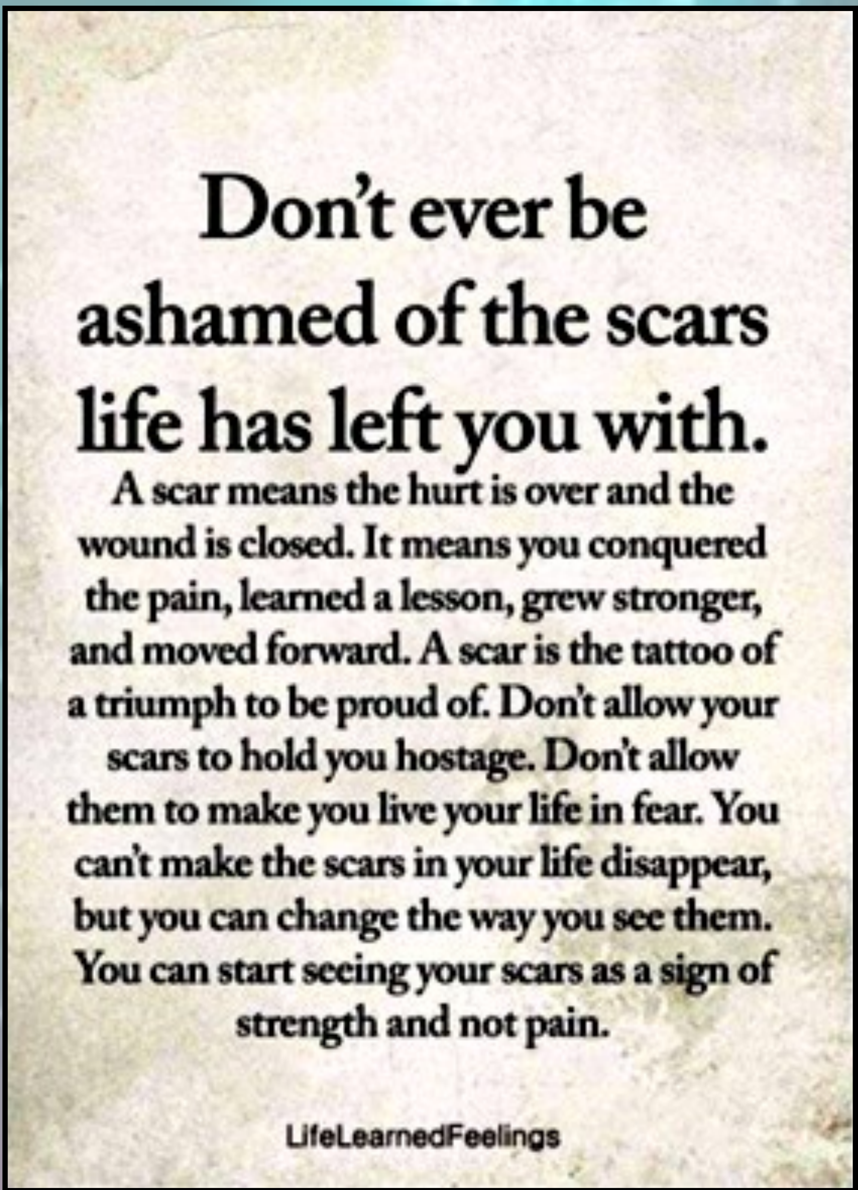
Syrup:

- Mix the sugar and boiling water and pour the syrup over the apple slices.

- Bake for 30-40 minutes until pale brown and done.

INSPIRATION





WORD SEARCH

Food Word Search 1

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

APPETIZER	BANANA	BARLEY
BASIL	BATTER	BISCUIT
BROCCOLI	BROIL	BROWNIE
BRUNCH	BUCKWHEAT	BUNS
CARROT	CHEESE	CHEW
CHICKEN	CORNMEAL	CREPE

INSPIRASIE

n Uriend kyk
verby jou
stukkende heining
en sien die
blomme raak

Skinderbêkke is erger as diewe. Hulle steel iemand anders se waardigheid, eer, reputasie en geloofwaardigheid wat soms onmoontlik is om te herstel.
SO, ONTHOU HIERDIE:
Wanneer jou voet gly,
kan jy altyd jou balans herwin;
MAAR as jou tong gly,
kan jy nie jou woorde herwin nie.

Die een wat vir 'n ander 'n lamp aanbied wanneer dit donker raak sal self nooit in die donker stap nie.

OUMA OEFENING
druk & soen
druk & soen
druk & soen
dit doen niks
vir die figuur nie
- maar my mens -
dit doen wonders
vir die
hart

WOORDSOEK

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

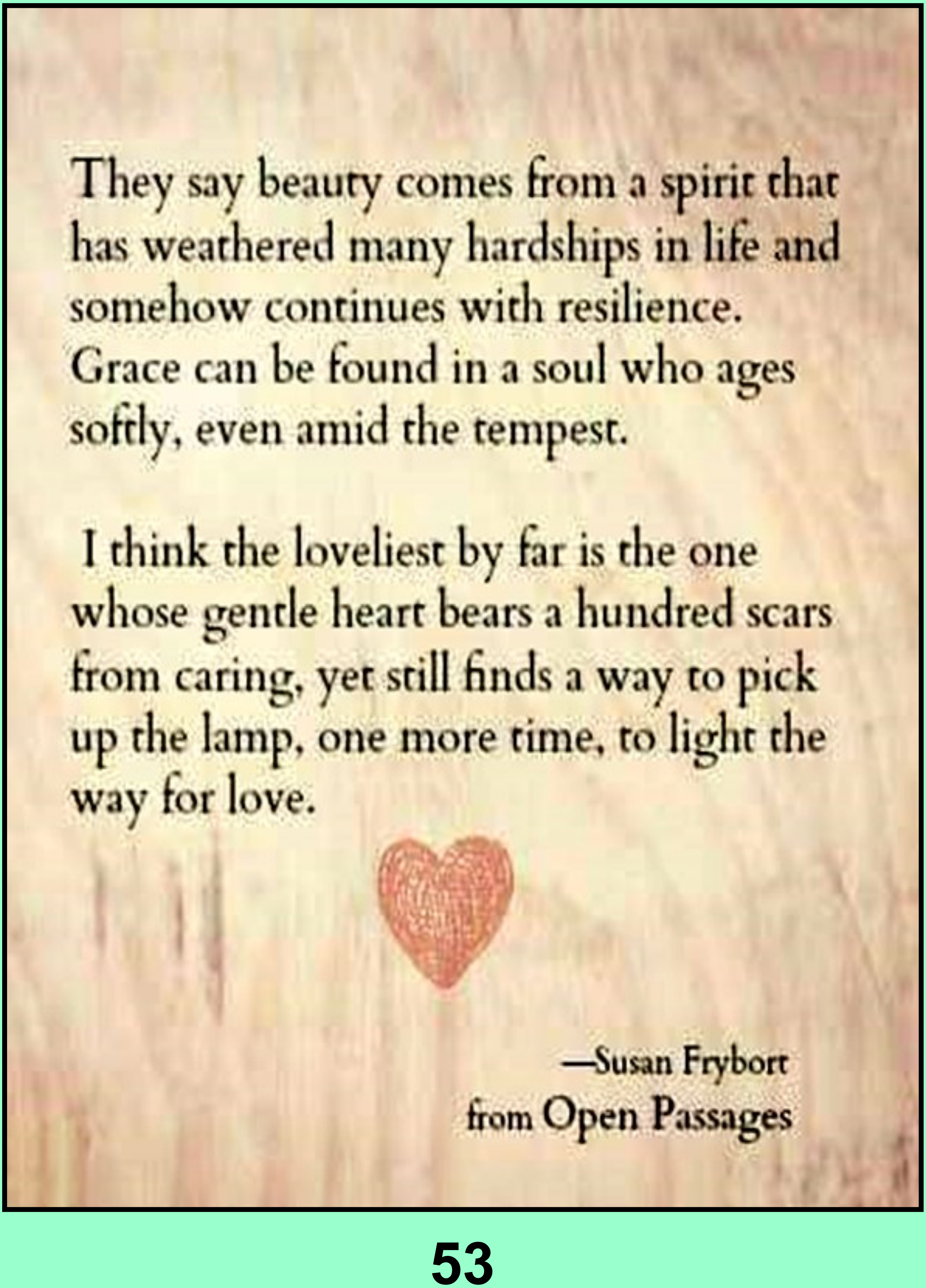
Bach	Debussy	Lehar	Puccini	Stravinsk
Bernstein	Dvorak	Liszt	Ravel	Tannhauser
Bizet	Handel	Mahler	Schubert	Tchaikovsky
Brahms	Hoffmann	Mozart	Sibelius	Verdi
Chopin	Kreisler	Prokofiev	Strauss	Vivaldi

SUDOKU

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

COLOURING / KLEUR IN

WORD ART


They say beauty comes from a spirit that has weathered many hardships in life and somehow continues with resilience.
Grace can be found in a soul who ages softly, even amid the tempest.
I think the loveliest by far is the one whose gentle heart bears a hundred scars from caring, yet still finds a way to pick up the lamp, one more time, to light the way for love.
—Susan Frybort
from Open Passages

KODE BLOKRAAI

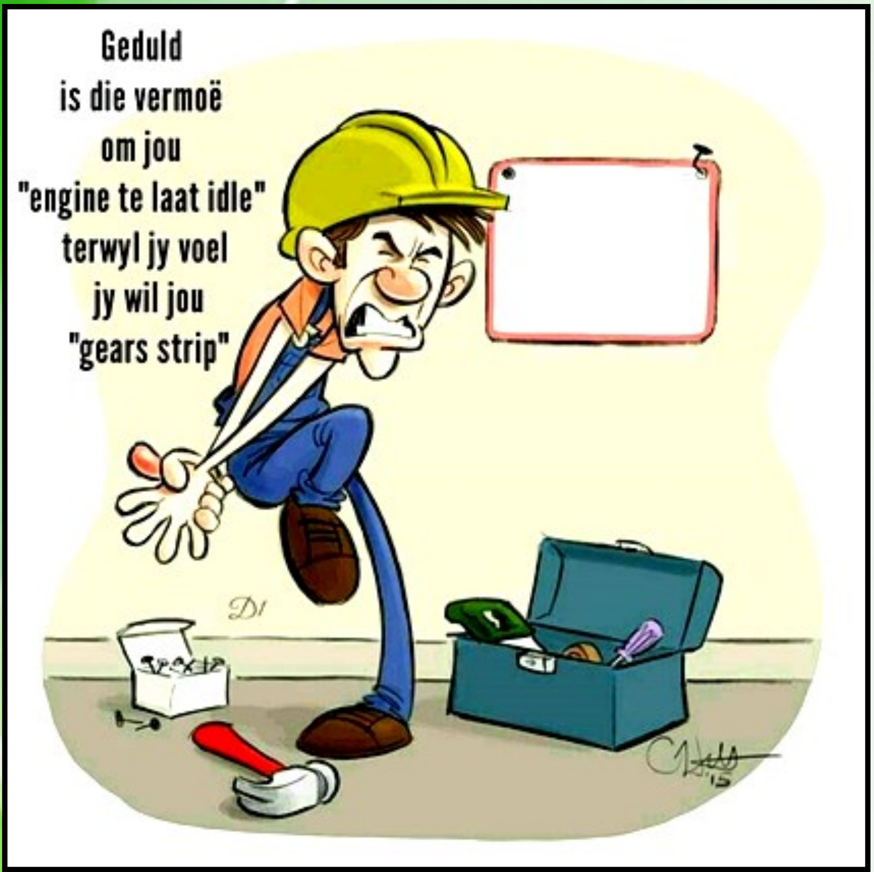
■	11	25	12	13	22	16	16	7	5	13
23	■	18	■	6	■	10	■	5	■	■
10	6	13	■	22	5	13 S	25 E	21 T	21	25
12	■	21	■	18	■	■	■	20	■	19
26	22	25	26	21	■	22	5	13	10	25
24	■	■	■	22	■	5	■	■	■	15
7	1	26	10	18	■	13	6	10	26	25
18	■	7	■	■	■	11	■	2	■	25
21	25	25	12	21	7	1	■	9	1	3
22	■	11	■	10	■	22	■	10	■	26
18	12	10	16	16	10	21	22	6	10	■

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

WOORDKUNS

REELS VIR DIE PENSIONARIS
1. Wees lief vir jou bed soos vir jouself.
2. Voorkom moegheid - moenie werk nie.
3. Wanneer die lus om te werk jou dalk mag oorval, gaan sit eers en wag totdat die bui gesak het.
4. Nog nooit is iemand dood van te veel rus nie.
5. Rus deur die dag sodat jy snags kan slaap.
6. Om moeg te wees, is om te lewe om te rus.
7. Doen altyd die minste wat jy kan, want dit wat nog gedoen moet word, kan iemand anders doen.
8. Die belangrikse reël is natuurlik: Wanneer jy iemand sien wat besig is om te rus - help hom deur self te gaan rus sodat hy nie sleg moet voel nie!
Geniet jou lewe as 'n pensionaris, jy verdien dit!

KOM ONS LAG



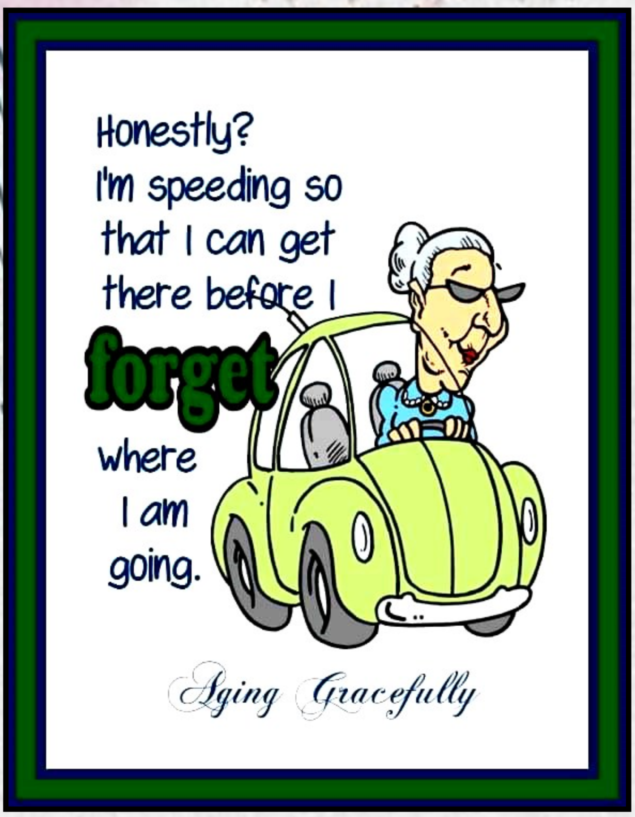
A FRIKAANS - die lekker TAAL!

Aftree: kierieverlof
Alkohol: slingersous
Bleeksiel: fooskoos
Fiets: draadkameel
Eet: tandslaan
Aap: sitbok
Blonde oomblik: brein pouse
E-pos: vonkpos
Grimering: jeugdeeg
Toilet: porseleinskoeter
Mooi meisie: asemdief
Omgekrapte maag: barsblerts
Oorgewig: duidelik sigbaar
Sakrekenaar: sompompie
Lyftaal: skeletklets
Ski-pants: sellulietsokkies
Snelweg: boete roete
Springmielies: kitskoring
"Tipex": flater water
"Tissue": snoetsponsie
"Burp": keelknal
Graanvlokkies: olifant skilfers
Slaap: lappetrap
Ouetehuis: kieriekoshuis

Ek is nog ń KIND in my hart maar ń bejaarde in my rug en knieë.

Petrol pryse is deesdae so verskriklik duur.. Selfs my vriend RYNO het sy naam verander na LOOPNOU😂😂😂

LET'S HAVE A LAUGH



OPLOSSINGS/SOLUTIONS

WOORDSOEK

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

SODUKO

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

KODE BLOKRAAI

KODEBLOKRAAI NO. 1

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

1	2	3	4	5	6	7	8	9	10	11	12	13
E	R	Y	G	W		O	U	A	F	P	V	N

14	15	16	17	18	19	20	21	22	23	24	25	26
B	L	K	D	S				T		I	H	M

WORD SEARCH

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

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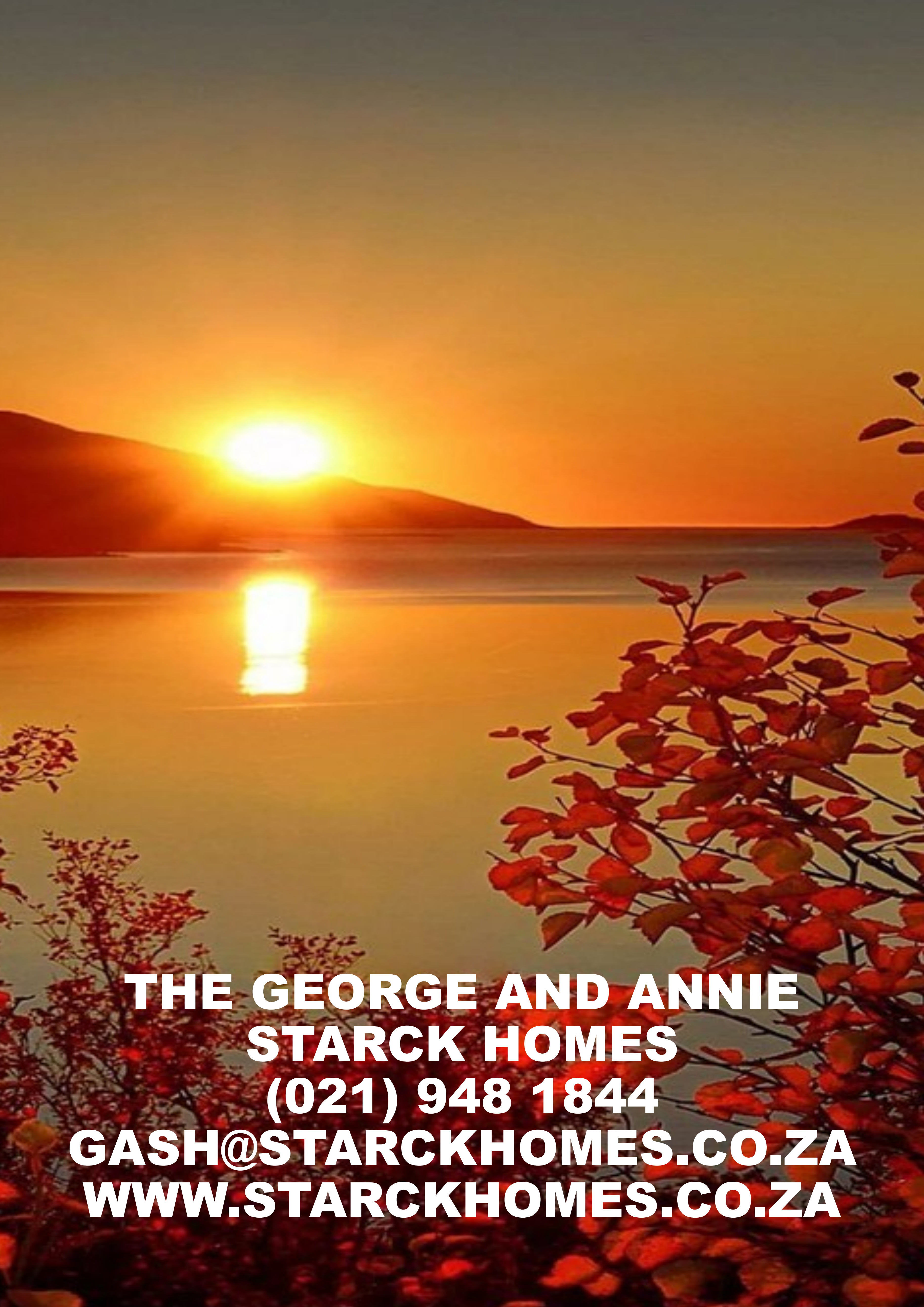
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