

STARCK TRUTH

2023/2



The George and Annie Starck Homes
Home for the Elderly



— Starckwood Management Association —

Onthou:

Nie alles wat met jou gebeur
is altyd jou skuld nie.

Aanvaar dat die lewe
nie altyd "fair" is nie.

Wat vir iemand anders werk
gaan nie noodwendig
vir jou werk nie.

Jy verdien die beste
so moet nooit "settle"
vir tweede beste nie.

Almal maak foute,
en die kans is goed dat jy
nog 'n paar gaan maak.

Goed gebeur al verdien
jy dit nie altyd.

Almal sê moenie net
altyd aan jousef dink nie,

NEE

jy moet juis partykeer aan
jousef ook dink...

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REDAKTRISE/EDITOR

ANCOLET BOONZAAIER



TAALVERSORGING/LINGUIST

ELNA ENGELBRECHT



EMAIL: secretary@starckhomes.co.za
www.starckhomes.co.za

FRANS CONRADIE DRIVE, BELLVILLE, 7535, (021) 948 1844

FROM THE OFFICE OF THE GENERAL MANAGER

A warm welcome to all our new residents on the premises. We are so happy that you chose George & Annie Starck Homes as your home. When happy and sad moments are shared over tea in the houses, you truly experience the heart of our homes.

Autumn is such a special time of the year. A time to restore, refresh and renew. On our premises we see it around us – all the trees are shaking off their leaves, to make space for the new. Loadshedding forced us all to be more creative and find different ways to do things. These days we cook different, work different and plan different. Some new ways are frustrating, and some surprised us all.

Today I'm taking the opportunity to honour our staff. Their hard work and dedication can be seen all around. Our nursing staff and carers are truly amazing, looking after our residents with compassion and love.

A special thanks to Abri, Duncan and our garden team, who keeps our gardens so beautiful. We are truly blessed to be living and working in such a special environment. Our administration office staff keeps the books balancing, all controls in place and communication and planning up to date on a daily basis. All events, outings, and special days take lots of planning and organizing beforehand. We have a great team, always willing to support and assist and it's a privilege to work with them daily!

“ Autumn, my love,
Reminds me
How vibrant, how natural,
It is to transform

Shows me
How violently soft
We can fall

Says, darling, if you're
Going that way, you might
As well dance on
The way down”

-B Branch



FRIKKIE JOUBERT PERFORMANCE

Mrs. J McKinnon

On Friday 3rd February musician Frikkie Joubert was scheduled to do a gig, singing and playing guitar at 10:00 am to get our ancient bones moving onto the dance floor. It was probably the first time he made the long trek from Muizenberg to behind the Boerewors Curtain in morning rush hour traffic, a feat equal to driving “ossewaens” over the Drakensberg. The audience chatted away and wondered why he was not putting in an appearance. The staff came to the rescue, tea and coffee, chocolate biscuits and rusks were served to the residents. Ancolet announced that he was on his way; he had experienced a hold-up. It was worth the wait. From the minute he took up his guitar at 10:55, our feet were tapping. A dance floor had been created in the foyer. Carpets removed and floor ready for bodies to waltz, bop, hip hop, jive, lang arm boere moves, and line dance. At first residents sat glued, bottoms firmly on seats, no one wanted to be the first to venture onto the floor. The music got the better of us. Exercise instructor, Helen Strange, who has us dancing in our chairs on Mondays and Fridays in the exercise classes, led the way. She and Chris took to the floor and brought back memories of 100 yard starched net petticoats in shocking pink or green while we bopped away.

Four of the staff appeared and coaxed us onto the floor, twirling us, doing the shimmy and you name it. The tunes that had most of us on the floor were the bop and jive. My long term dance partner, Jean Snyman, jitterbugged onto the floor where she twisted and jived. Daughter-in-law Annemarie joined in. Those who remained seated were toe tapping and swaying. One of the highlights was when four of the personnel performed a line dance to a great ovation from residents. Frikkie was a hit, playing Elvis, Pat Boone, Old Blue Eyes – Frank Sinatra, and Acky Breaky Heart, memories of our days when we could dance all night. He was scheduled to play for an hour and a half, but his late arrival meant that at 12:00 noon he had lost 95% of his audience. With rumbling tummies they departed for lunch. The stalwarts, the two of us from way down the bottom, Bow Bells were the last to exit at 12:15, he was still playing. It was a morning to remember, toe tapping all the way.



I didn't have the nerve to tell Frikkie that we were related, about seven generations ago, thereby hangs a skinner story. We are descended from French Huguenots, Pierre Joubert and Isabeau (Elizabeth) Richarde. When they boarded the ship in the Netherlands they were both married to other spouses. Both their partners died on the long journey to the Cape. Pierre and Isabeau then married on board ship and arrived at the Kaapse Vlek (Cape Settlement) in 1688. Dirt poor, Simon van der Stel loaned them oxen, money, farm and other implements to build small houses, not the beautiful gabled whitewashed wine farm buildings of today. All this had to be paid back at a steep interest rate. The Jouberts excelled at farming and by the time their daughter, named after her mother, Elizabeth was 16 years old, a marriageable age, they owned, three thriving wine farms, La Provence, La Plaisante Plaats, and La Motte. By 1707 their next door neighbours were also thriving, their son, 27 year old, Guillame Loret, was betrothed to young Elizabeth. Proud father, Pierre, went off to the Huguenot minister, Rev. Beck, to arrange for the three bans to be called for the couple to be joined in marriage.

Instead of a happy father, Pierre stormed out of the vestry. Rev. Beck informed him that he would only marry the couple if the marriage vows and bans were modified because Pierre's 39 year old wife, Isabeau, the prospective mother-in-law, was having an ongoing 3 year passionate affair with Guillame, her future son-in-law. Pierre must have idolised his wife. He refused to believe Beck and called a meeting of the church council, of which he was a member, to denounce Beck for libel and send him packing. The church council's verdict was: "Sorry old man, we knew all about it, you are the only one still in the dark." Six months later, the young couple were married with the modified vows stipulated by Beck. They lived for a few years on the adjoining farm to the Jouberts, I wonder if there were get togethers on birthdays, high days and holidays and what the atmosphere was like. Pierre and Elizabeth soldiered on together and when he died after more than 40 years of marriage they owned 5 thriving wine farms. Elizabeth lived for more years and kept a hand on them firmly training her other children to take over.



Another interesting surname on the dance floor was Snyman. The family is descended from a fascinating woman, an Indian slave, Groot Catrijn van Palicatta. She worked on a VOC owned farm in Jakarta. Slaves were not allowed to marry each other but were allowed to have partners. Catrijn's slave partner attempted to rape her in the farmyard. She grabbed a sharp farm implement and stabbed him. He died four days later. The judge condemned her to death, but the VOC said she was too good a worker and sent her off to the Cape where Van Riebeeck was pleading for slaves. She was promoted to chief washerwoman for several successive commanders. Trouble was her middle name. Officials and soldiers had flings with her and fathered several of her children who all died as infants. Gambling and fraternising with soldiers was forbidden, she was in trouble for gambling with soldiers, stealing bread and rice rations she flogged for money. Every time she was given only a stern warning. The soldiers had to pay back to her the money she lost gambling with them. They were fined, demoted and even sent to Robben Eiland. Catrijn was more valuable to the VOC as a hard worker.

The only child who survived was Christoffel Snjiman/Snyman, fathered by a soldier, Hans Snjiman. He was banished to hard labour on Robben Eiland for neglecting his duties as a guard to sneak into the slave quarters to be with Catrijn. It is one of the mysteries of Cape history that Snjiman, a German, whose name means "Taylor", disappeared on the Island. The VOC records were meticulous in recording deaths, or paroles of prisoners. He completely disappeared from the records, probably drowned trying to swim from the Island to the mainland or managed to stowaway on a ship that anchored there when the weather was too bad to moor in Table Bay. Catrijn converted to Christianity, she was a Hindu, and had her son baptised. This spelt freedom for her. She married another freed, converted slave, Antonji of Bengal. The pair set up house in the Cape settlement and produced three children. Court records show that 12 year old Christoffel was called to testify that he saw his mother's duck running down the street with the neighbour's axe buried in its back. The neighbour was accused of stealing several of Catrijn's poultry, which he denied. The judge ruled in her favour.

A few years later a disease swept through the settlement, it was not smallpox but could have been measles, flu or chickenpox, infections commonly caught from passing ships' crews and passengers. Antonji, Catrijn and their 3 young children died, Christoffel survived. He was taken in by his god mother, Angela of Bengal, ex-slave to the Van Riebeecks who married Arnoldus Basson and matriarch of the Basson family. One of her farms adjoined the farm which was part of what is now wine farm, Solms Delta. She sent Christoffel there to manage the farm and he inherited it from her. Her married Marguerite de Savoye, daughter of one of the few Huguenots who were fairly well off. He died about 40 years old, she went on to run the farm and look after the family of little Snymans. Jean loved the Snjiman/Snyman family tree and asked if there was anything spicy about her maiden name, Colman, but the Irish Colman family from Ireland all appear squeaky clean so far.



VALENTYNSDAG

Mev. J Stephan

14 FEBRUARIE 2023

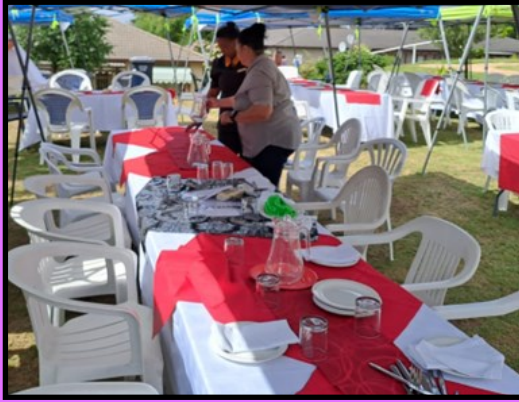
Die Valentynsbraai op 14 Februarie by gedekte tafels op die gras by die swembad was 'n liplekker kuier met heerlike kos en musiek.

Vilene Kannemeyer met haar spesiale sangstem het alles nog vroliker gemaak. Mens kon nie anders as lyfswaai op die vrolike musiek en sang nie, met Afrikaanse liedjies soos Jantjie, Liewe Lulu en die Alibama. Haar Give me Hope Johanna het sommer die heerlike kos nog lekkerder laat smaak.

Die spyskaart self was uit die boonste rakke, met "Loinchops, chicken kebabs, sausage, mixed salad, en strawberry fridge tart".

Dankie aan Starck Homes vir n heerlike, vrolike Valentynsdagviering.







RELIGION



Lord, I put everything in
Your hands today;
My family, my health,
my home, my security,
my fears.
You're The Only One
I trust with all I have
and all I am.
Amen

*Good Morning Families and
Friends. May God Bless You.*



Father,
I thank you for taking
the time to look down
and bless us. I praise You
for Your protection, For Your
Mercies which are new
every day and for Your Grace
which knows No boundaries!
In Jesus name, Amen.

God Is **LOVE!**

God is the best
listener. You
don't have to
shout or scream,
because He
hears the silent
prayers and cries
of your heart.

Amen

Gods411

You were never created to
live depressed, defeated, guilty,
condemned, ashamed or unworthy.

You were created to be

VICTORIOUS.

— Joel Osteen

No matter how severe the storm,
when you're with God there
is always a rainbow waiting
at the end.

We all need to stop
and realize we have so
little to complain about and
so much to be grateful for.
Stop stressing and start
thanking God for
your many blessings.



Don't Quit.

Someone is praying
for you right now and you
will make it through this.
God is on your side.

Amen

SPORTDAG

Mev. J Stephan

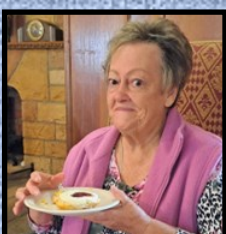
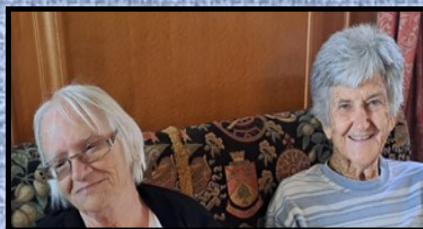
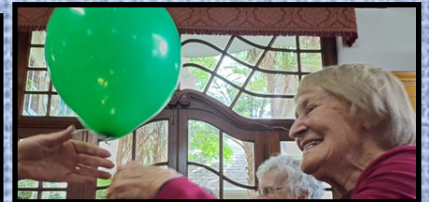
'n Beter plan om almal in hoogste rat te laat inskakel, kon skaars bedink word. Starck Homes se speletjiedag van 8 Februarie was 'n kookwaterplan. Twee spanne het mekaar uitgedaag met lagwekkende opdragte. Die spanne was die Fireflies (eie naamkeuse) en die Butterflies (ook eie keuse). Die Fireflies was Gret Mcguinness, Marlene Voigt, Louis Voigt, en Marlene Smith. Die Butterflies was Judy Potgieter, Elna Engelbrecht, Derick Hasses en Abe Williamson.

Eers moes elke lid van die twee spanne 3 sakkies in 'n bepaalde ruimte gooi. Toe kom die eierloop. Elke spanlid moes 'n ent loop met 'n eier op 'n lepel gebalanseer. Wasgoed ophang met pennetjies aan 'n wasgoedlyn het vir naelbyt spanning gesorg. Jy moes jou slag ken. Die ergste was egter om 'n toiletrol af te rol en so aan die afrol aan te gee aan jou spanmaats wat in 'n ry langs jou sit sonder dat dit afbreek. Niemand kon dit regkry nie, al het die toeskouers kliphard probeer help van die kant af.



Nog 'n onmoontlike opdrag was om 'n lemoen met jou nek vir jou maat aan te gee, met baie komiese resultate. Die laaste opdrag was om met 'n opgeblaaide ballon tussen jou bene vasgeknypt te probeer stap. Enkeles het dit sowaar reggekry. Duncan het telling gehou van die uitslae en die wenspan was uit eindelijk die Butterflies met 241 teenoor die Fireflies se 237. Derick Hasses is aangewys as die speler met die meeste gees.

Dit was 'n baie vrolike manier om hart en asem in hoogste rat te kry en die lagspiere te prikkel. 'n Baie gesonde resep vir lekker oudword. Dank aan die organiseerders.



UITSTAPPIES

Mev. J Stephan

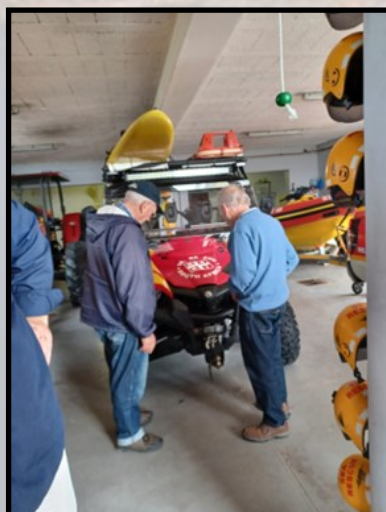
NSRI - MELKBOSSTRAND - 22 MAART 2023

Gerrie Niemand, Wes Kaap se Openbare Betrekkingegasspreker vir die NSRI het ons vertel van hul bewusmaking- en opvoedingsprojekte, oor die gevare van die see. Volgens 'n opname oor 6 jaar, vind daar jaarliks 1477 verdrinkings in S A plaas. Nog 'n opname toon dat die meeste verdrinkings onder tieners plaasvind en dat 165 verdrinkings, binne 20-meter van die huis, gebeur. Meestal in damme, riviere, kanale tot in 'n emmer water. Die NSRI bestaan sedert 1966 in Suid-Afrika, nadat 'n dame, Patty Price, uit ontsteltenis oor verdrinkings in die vissersgemeenskap, met toewyding gereeld briewe in die media geplaas het vir bewusmaking en ondersteuning.

Dis aan haar te danke dat die NSRI in 1966 gestig is. Die NSRI bestaan heeltemal uit vrywilligers, wat ten spyte van 'n vaste betrekking altyd beskikbaar moet wees vir 'n noodoproep. Dis 'n vaste verstandhouding met hul werkgewers. NSRI se hoofkantoor is in Milnerton, maar daar is 51 NSRI Reddingsstasies oral in die land bv. by groot damme in die binneland. Betrokke vrywilligers moet naby genoeg aan hul stasie bly om onmiddellik op 'n noodoproep te kan reageer. Almal is in radioverbinding met mekaar.

Reddingswerk is nie beperk tot mense nie, hulle help ook seediere in nood, soos bv. walvisse, robbe en ander diere wat in seenette vasgevang word. Die vrywilligers word ook opgelei in lewensreddingstegniek, soos kunsmatige asemhaling ens. Hul reddingstoerusting en vaartye word ook konstant verbeter. So het hulle in 2022 'n internasionale toekenning vir inovasie gekry van die Survival Swimming Centre van die IMRF (International Maritime Rescue Federation) vir hul pink boeie. Dis 'n spesiale reddingsboei waarmee lewensredders en ander lede van die publiek, drenkelinge te hulp snel, en wat help dat die paniekerige drenkeling hulle nie altwee onder die water intrek nie. Daar is tot dusver 146 lewens gered en daar is meer as 1600 van hierdie boeie orals langs die kus van Suid-Afrika.

Gerrie Niemand het ons onderhoudend vertel van die uitdagings wat die see aan hul stel en hoe hul dit hanteer, en die toerusting waarmee hul werk aan ons gewys. Dis 'n bewonderenswaardige inisiatief deur vrywilligers, wat geen betaling daarvoor ontvang om menseleuens te red nie. Hulle maak staat net op donasies van die publiek en hul verdien al die ondersteuning wat hul kan kry. Die publiek kan gerus die moeite doen en op uitnodiging hulle besoek om meer te leer van die wonderlike mensereddings onderneming.



SAAF MUSEUM - 19 APRIL 2023

Die uitstappie na die S A Lugmagmuseum was 'n geskiedkundige herontdekking van ons land en 'n groot plesier, mits jy fiks genoeg is vir al die rondstap tussen al die uitstallings en inligting wat oral verskaf word.

Uitstallings van hoek tot kant bied inligting oor die ontstaan en groei van die Suid Afrikaanse Lugmag, gepaardgaande met belangrike datums in ons geskiedenis.

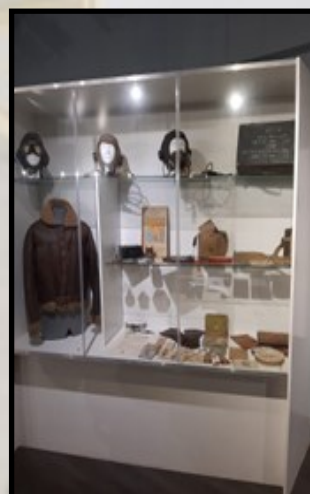
Die eerste vliegtuig op eie bodem word in Mei 1911 ontwerp en gebou en in 1948 maak die eerste helikopter sy verskyning.

In Julie 1912 kom die Union Defence Force (UDF) tot stand. In 1940 begin 'n lugmagopleidingskool, en in 1941 word 'n kuspattroolie ingestel.

Midde in die Tweede Wêreldoorlog neem 18 Suid Afrikaanse vliegtuie deel aan gevegte teen die Afrika Korps (Duitse en Italiaanse invalsmagte) in die Noorde van Afrika. Op 9 April 1945 neem hul ook deel aan die laaste lugaanval op Italië. Op 3 Mei 1946 maak die eerste spuitvliegtuig (jet) sy verskyning in ons lugmag. Histories word jy herinner aan die ontstaan van die Unie van Suid Afrika op 31 Mei 1910, en die A NC op 8 Januarie 1912, die begin van die Eerste Wêreldoorlog, 28 Julie 1914 en die begin van die Tweede Wêreldoorlog toe Engeland op 3 September 1939, gevolg deur S A op 6 September, oorlog verklaar teen Duitsland.

Vanaf 11 Junie 1940 is die SAAF (South African Air Force) volwaardig deel van die gevegte. Op 24 Oktober 1945 kom die VN of UN (Verenigde Nasies) tot stand. Nog 'n belangrike historiese datum is 4 Januarie 1948 toe dr. D F Malan en die Nasionale Party aan bewind kom.

Mens verlustig jou aan al die mooi en interessante uitstallings en word teruggevoer in die geskiedenis. Dankie Starcke Homes vir die voorreg.



GELOOF



QUATTRO OPVOERING

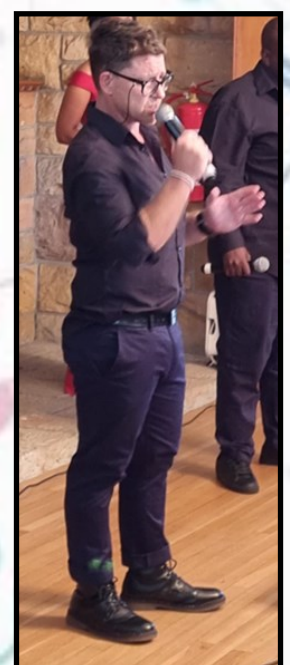
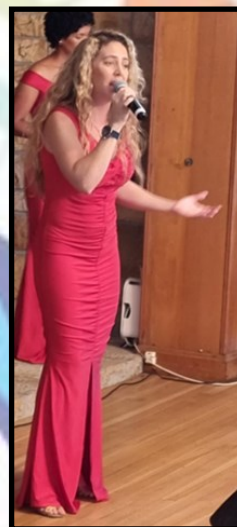
Mev. J Stephan

27 MAART 2023

Die bekende sanggroep (voorheen CCH Produksies), bestaande uit Taryn Fox, Liandé Valentyn, Sandile Kamie en Byron Lee, het weer hulle gehoor in vervoering gehad met die musiekkonsert wat hulle hier aangebied het.

Gewilde en bekende musiektreffers het die gehoor bekoor. Donna e Mobile uit Verdi se Rigoletto en die drinklied uit Verdi se La Traviata is manjifiek uitgevoer deur Sandile met sy baritonstem. Byron en Sandile het My Way met oorgawe uitgevoer. Liandé, I know him so well – uit Chess deur Andrew Lloyd Webber. Barcelona, spesiaal in die Queen's studios vir die 1992 Olimpiese Spele, opgeneem en deur Freddie Mercury en Montserrat Caballé bekendgestel, is deur die hele groep met passie gesing.

Die konsert is goed bygewoon en die Starckhomes-inwoners het hul goedkeuring en waardering uitbundig te kenne gegee. Dit was 'n baie genotvolle musiekkonsert en daar is groot waardering vir hierdie besondere groep se goeie en gewilde uitvoerings.



BIRTHDAY CELEBRATIONS

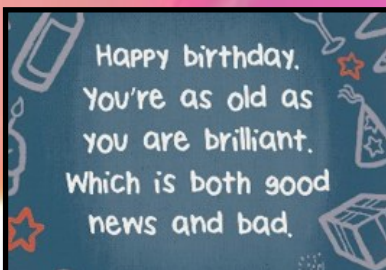
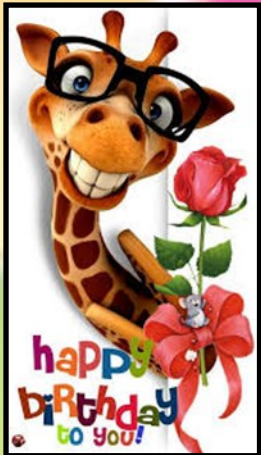
Happy birthday!

May you be gifted with life's biggest joys and never-ending bliss. May God continue to bless you with all the wonderful things in life.

Krista de Villiers
Tielman Jordaan
Penny Kelly
Abri Jacobson
Natalhie Abrahams
Bianca Lopes

Nursing Manager
Driver
General Assistant
Maintenance Manager
Finance Clerk
Financial Manager

12 January
2 March
13 March
27 March
15 April
19 April



BAXTER THEATRE OUTINGS

Mrs. J McKinnon

18 January (article), 15 March, ongoing

On 18th January seven doughty residents climbed into the combi on an overcast but slightly humid Wednesday morning. Tielman drove us to the Baxter Theatre, Rondebosch in his usual competent manner in the busy morning traffic. The guard at the gate directed him up a narrow winding path where he could offload us. I am certain the architect who designed the layout for parking at the Baxter never ever drove a combi up this winding road. On board was Ancolet, who accompanied Tielman up a ramp into the building to find out where we were to be seated. Thank goodness for Ancolet, without her there would have been drama with seven residents getting lost or worse.

Two combis from Southern suburbs' retirement complexes arrived and disgorged their passengers who all manfully holding onto the rails managed to slowly walk up the ramps and disappear into the door. Our two stalwarts arrived back, clambered into the combi with the news that we had to park much further down. Mission accomplished, Tielman did his usual Sir Galahad trick and helped us out. We followed Ancolet after a short stroll into an entrance and into a lift that took us to the Ground Floor. The entire place was choc-a-bloc with oldies of every description, we felt at home.

Ancolet politely inserted herself ahead of a long queue at the box office and was rewarded with tickets. Then it was back down in the lift to where we came in. She knocked and rapped on the doors where she was told we should enter but no one answered. Keeping her cool she went up in the lift once more and arrived back with an employee who also rapped with no success. Last ditch stand the employee used her mobile to no avail, so disappeared back in the lift. Then, hey presto, Ancolet's magic touch opened the double doors! In front of us were, shock, horror, utter dismay, a flight of stairs. Ancolet to the rescue once more. She hauled strollers up the stairs and assisted the wobbly ones to ascend safely.

Our group was seated in the front row right in front of the stage. The show started promptly at 10:30 with a male, bearded pianist walking on and giving a long spiel over the microphone, which he did not speak into, but lifted his mouth way above it. My heart sank, if I heard three words in the whole long speech, it was a lot. My hearing must be deteriorating badly. At least when he sat down at the piano, every note was audible. I guessed it was a description of what he was about to play as I heard "Argentina" and "world-wide tour", so it must have been composed by a famous Argentine composer, since the program stated it was a celebration of Argentine music. He played several pieces, tangos and eight tempo fast waltzes, none of them were your usual ballroom music, all executed in a strictly classical style. Even with eyes closed I could not imagine swirling couples in crinolines in Vienna or tango dancers entwined against each other, a rose in their teeth and lots of back bends. He also played about 3 pieces, also classical style, which reflected the strong Spanish influence on Argentina. Music where the castanets would be clicking, feet stamping, fans waving and frilled skirts swirling.

After about four piano pieces, a gorgeous violin player walked on. As my mother used to say: "Waar is my dae?" Her feet were shod in black, silver glitter, strappy, stilettos. She played beautifully, some solos and other pieces accompanying the pianist. Only near the end of the performance did she say something over the microphone. I could not distinguish a single word she said. To complete the ensemble, a soprano, clad in a full length red and black velvet dress, sang a variety of songs. Before each rendition she talked about, you guessed it, I haven't a clue, presume it was a description of the origin of each song. The words were all in Argentine Spanish, which is a completely different dialect to the Spain's Spanish language, the latter being the equivalent of Queen's English. The song that received the most rousing applause was, the Drinking Song from the opera La Traviata, a celebration of wine, laughter and love. La Traviata was composed by Italian, Verdi, based on the real life story of French Parisian courtesan Marie du Plessis. I was intrigued to know why the soprano included it in the Argentine medley. Could she have played that role in the opera that toured Argentina? I asked the few of us who had no hearing problems what was said, the answer was: "haven't a clue, could not hear a word." Even spring chicken Ancolet with A1 hearing was none the wiser.

The concert ended, once more Ancolet to the rescue, lifting strollers down the stairs and helping those unsteady on their feet. Then it was up in the lift, our ancient bladders needed desperately to see a man about a dog. The loos in the Baxter are right at the end of the huge foyer. After the relief of Lucknow, we emerged and told that loadshedding had struck, what's new? We could not go back down in the lifts. Tielman arrived and this time hoisted strollers and wobbly residents up more stairs than out of a door down the ramps. He had to take charge of the strollers, despite brakes they wanted to run away with us down the double steep ramps. We all made it safely down, clinging onto the rails on each side. Tielman drove us back via Pinelands and at the robots leading out of Thornton, asked us if we wanted to skip the late lunch awaiting us at GASH and go for a gamble at the Casino?

Growling stomachs won, we gave the flashing machines a miss and drove back to a late lunch. Many, many thanks to Ancolet and Tielman for making a very entertaining and unusual morning a success.



BIG WALK

Mr. F Swanepoel

31 MARCH 2023

When our residents heard of the Big Walk, they immediately asked whether we are going to China doing the Great Wall track. Well, looking back, it was not so farfetched to relate our big walk to it: our walk was also quite long and steep, and it took guts to partake in it, whether you had to walk yourself or were sitting in a wheelchair.

Die jare oue jaarlikse gebeurtenis was met opgewondenheid aangepak. Die organiseerders het maande voor die tyd die voorbereiding en logistieke reëlins getref en die deelnemers en toeskouers was vol energie om deel daarvan te wees.

Early in the morning of the 31st of March 2023, all hands were on deck. The venue had to be prepared – Gazebo's for shade, table & chairs, balloons and flags for atmosphere, emergency station, record keeping of the various races, prizes to be won, refreshments, route markings, water points, marshals and more had to be in place before the start of the Big Walk.

By this time several participants had already gathered at the set-off point. It was such a heart-warming gesture of the attendance of our guests – children and grandchildren, spouses, and friends of our residents. Even our therapy dogs were roaming the venue area, adding a relaxed atmosphere. Although our staff were quite nervous and busy finalizing the last-minute organizing of the event, they enjoyed doing it.



Die organiseerders moet gelugewens word vir die kreatiewe benaming van die verskillende wedrenne. Die Ferrari's, Jaguars, Rolls Royces en Formula 1's. Almal meesterlike motors en tipies van ons deelnemers – gebou om ongeag hul liggaamlike tekortkominge nog kompetierend te wees en uit te hou tot die einde. Wenner, wenner wil ons wees!!

Except for the real winners of the various races, everyone who was present was a winner. Your smiles, laughter, cheering, comradery and being there, these were the true winners. The photos are evidence of it. Remember, your spirit is noticed the world over via e-mail and facebook and our scenic environment in which we could have this event – where in the world would you find such an oasis as ours?



RESULTS:

ABLE BODIES (FORMULA 1'S, BLOU):

Eerste: Mev. Voigt (Oakwood)
Tweede: Mrs. Williamson (Yellowwood)

WALKING STICKS (JAQUARS, GROEN):

Eerste: Mev. Slabbert (Kenilworth)
Tweede: Mnr. Aggenbach (Kenilworth)

3 & 4 WHEELERS (FERRARI'S, ORANJE):

Eerste: Mev. Slabbert (Maryport)
Tweede: Mnr. Adams (Maryport)

ROLSTOELE (ROLLS ROYCES, ROOI):

Eerste: Mrs. Hodge (Maryport)
Tweede: Mrs. Calvert (Maryport)



WORD SEARCH

Safari Animals

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

KUDU
LEOPARD
SPRINGBOK
ELAND
CROCODILE
BABOON
GIRAFFE
ELEPHANT
BUFFALO
HIPPO
RHINO
WARTHOG
GAZELLE
ZEBRA
CHEETAH
CIVET
HYENA
LION

WEDDING BELLS!

Mrs. A Boonzaaier

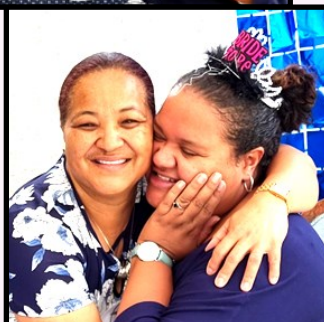
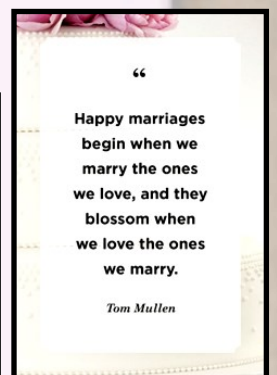
17 March was the kitchen tea. **25 March 2023 was the date!!**

It was all hands on deck for (then) Ms Du Plooy's wedding. The venue was George and Annie Starck Homes. Catering was done by the WPC team, led by Dominico Beukes.

A few raindrops fell, but cold it was definitely not. Very early morning, the wedding party took up different venue's on our premises to get ready for the day. Our very own Chapel was used for a beautiful service - jam packed with guests. 10am Was the time, Ms Du Plooy - in true bridal fashion arrived slightly late (husband to be, Pierre Lopes had to sweat a bit!)

She "glided" as she entered in a beautiful flowy gown. Gasps could be heard throughout. The service was full of laughs, tears, wisdoms and lessons for all - truly one to remember!

Guests were asked to wait for **Mr & Mrs Lopes** on Oosterzee Manor's steps with bubbles instead of confetti. After the formalities, guests made their way inside to the lounge where they were treated to a hooray of eats. The beautiful wedding cake stood proud amongst a jampacked table. Plates were never empty as the WPC team were in stealth mode - not seen or heard, just replacing empty dishes as soon as it was needed.



While the wedding party proceeded with photo's, a relaxed atmosphere prevailed with beautiful live background music. Our poor Bride and Groom were kept SO busy with photo's and guests congratulating them that they hardly had time to enter the lounge and have something to eat.

What a beautiful day for two special people! - Congratulations **Mr & Mrs Lopes!!**
We wish you all the happiness for the future and may your lives be blessed with all your hopes and dreams!!





BELLVILLE BIBLIOTEEK BESOEK

Mev. J Stephan

4 APRIL 2023

Starck Homes se spesiale eie biblioteek in Oosterzee word van boeke voorsien uit Bellville Biblioteek.

Bellville Biblioteek het 'n spesiale besoek aan Starckhomes gereël, waartydens Laise Coetzee en Mahanda Benice inwoners in die onthaalvertrek getraakteer het op voorlesings uit 'n aantal boeke.

Hul keuse was meesal uit boeke van bekende skrywers en rubriekskrywers met skerpsinnige, soms lagwekkende lewenskommentaar. Dana Snyman, Hennie Aucamp en Nataniël is van die bekendes. Audrey Blignault in haar "Met my rooi rok voor jou deur" is bruisend van haar lewensvreugde. Ander bekendes is PG du Plessis, met sy "Ligvoets" en Izak de Villiers. met "Liedjie uit 'n Towerfluit" Daryl Bristow se "Baby - one midlife crisis" was baie vermaaklik. Nog 'n bekende was Blou Willem met "50 Blitse Blou" Jeanne Goosen se "Straataf" was baie vermaaklik.

Dit was 'n interessante oggend en almal het dit geniet.



PAASFUNKSIE

Mev. J Stephan

6 APRIL 2023

Talita Olivier, 'n jong dame met 'n klankhelder stem bring dank aan die Here vir die gawe wat sy ontvang het deur lofliedjies tot Sy eer te sing.

Sy was lid van die Libertas koor onder Johan de Villiers, het in die Tygerberg Camerata- en City of Tygerbergkore gesing, en onlangs in die a capella band, 8 Misses Croon.

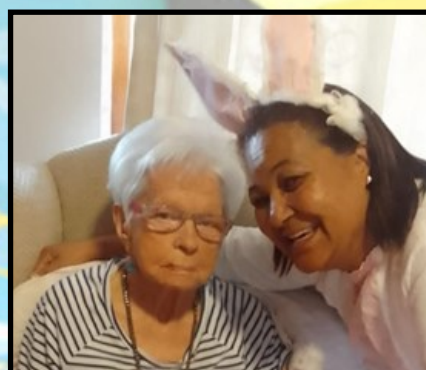
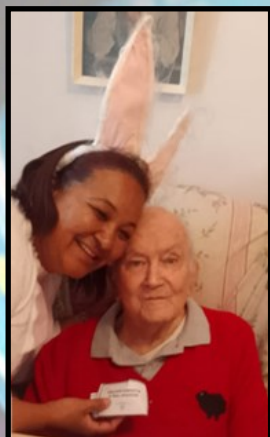
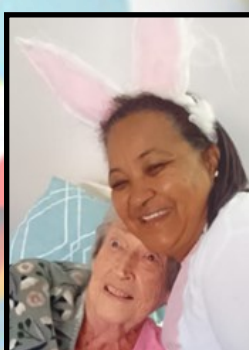
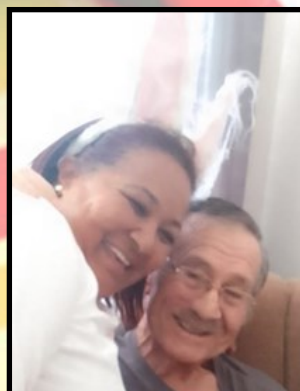
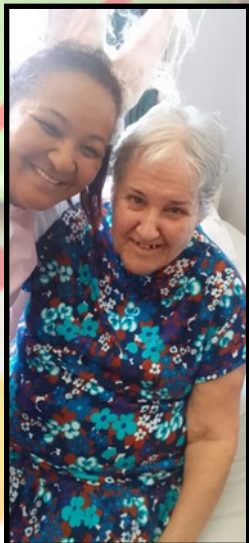
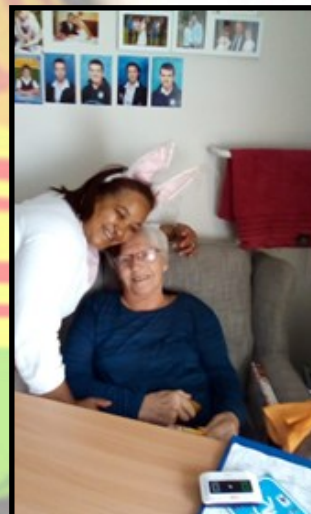
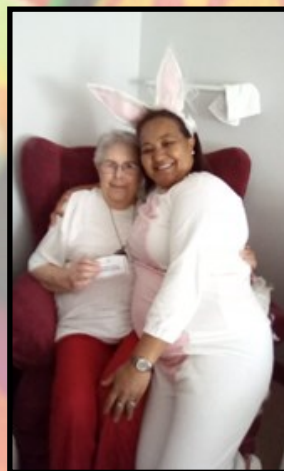
Sy word om die beurt begelei deur Ronel Lourens met kitaar en Anita Ferreira op klavier.

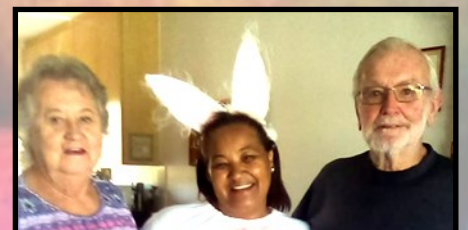
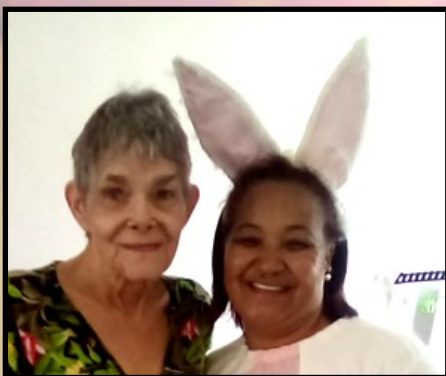
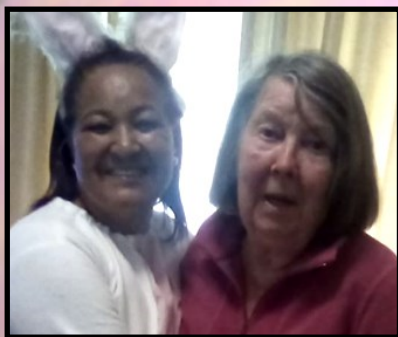
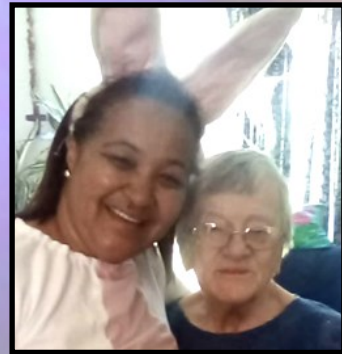
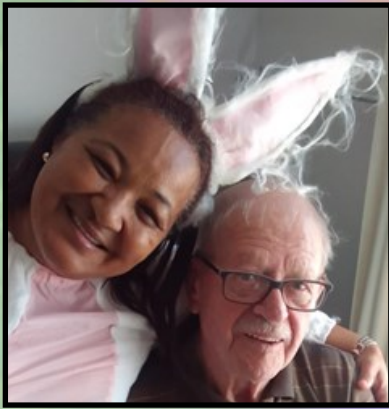
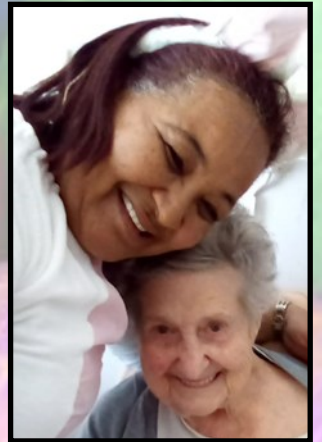
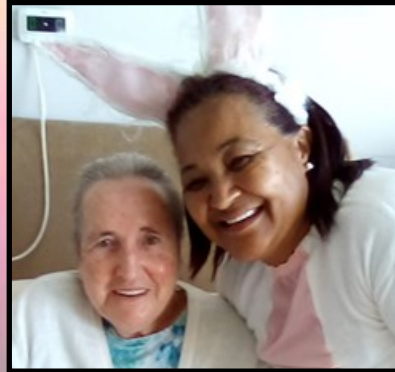
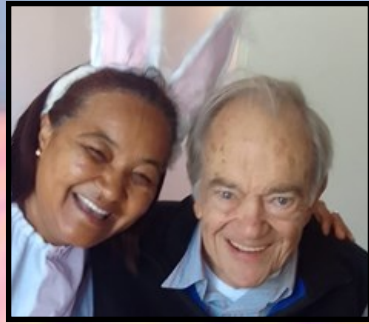
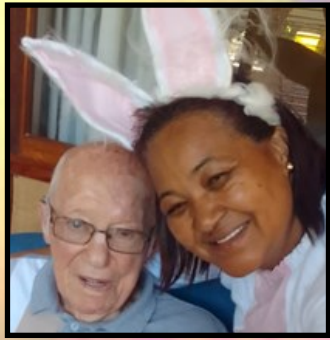
Met haar suiwe sopraanstem vermaak sy haar gehoor met oorgawe. 'n Hoogtepunt was haar weergawe van Koos du Plessis se Gebed, waarna met groot waardering geluister is.

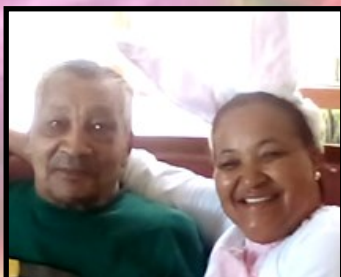
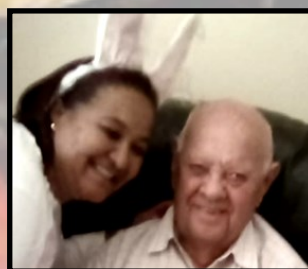
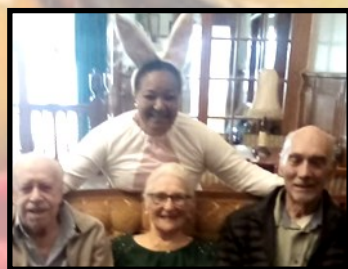
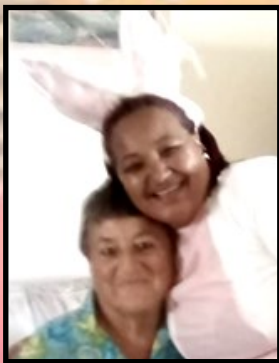
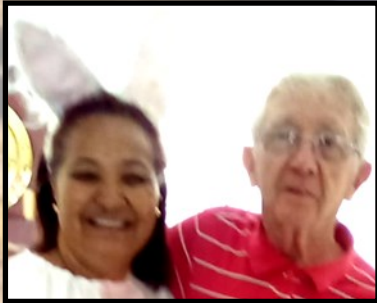
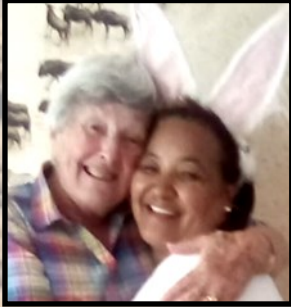
Groot dank vir die voorreg om na die mooi musiek te kon luister.



George & Annie Starckhomes se eie "paashaas" AKA - Angie Isaacs het besoek gaan aflê by ieder en elk van ons inwoners om paaseiers te oorhandig!!







MUSIEKVERRASSING

Mr. F Swanepoel

MELODIES, MUSIC, and MEMORIES

“WORDS OF LOVE IS LIKE MUSIC TO OUR EARS, AND OUR EARS ARE IN LOVE WITH MUSIC”

And that was what we were welcomed to on Wednesday 3 May 2023 at the Manor House of George & Annie Starck Homes. There was a spontaneous response to the invitation to attend an afternoon of music of times gone by and all available seats were occupied quickly.

All the inputs by the organisers to this event was after all worth every drop of sweat (and perhaps a few tears as well)! From the word go the spirit amongst the staff involved was high and the aim was to make this a pleasurable and memorable event for our residents... memorable, as the songs were all of yesteryear and well known to them. With closed eyes and moving lips they drank in every song and melody.

Behalwe vir die bekendheid van die liedjies, het die milieu waarbinne die geleentheid plaasgevind het, hulle ook laat terugblik op die tye toe hulle saam met hul geliefdes soortgelyke musiekkonserte kon bywoon.

The décor of the venue was painstakingly designed to resemble a theatre of old. Low lights, drawn curtains, a glass of sherry and soothing music created a relaxed atmosphere.

The mascots for the event were none other than an old grammophone as well as an old radio. These were displayed in front of the photo booth. Many a photo would include it.

The attire of the day for the residents was to be smartly dressed and so they did. It was amazing wha they still had in their cupboards. Surely, they had something to show off in the foyer.....formal dresses and hats. It perfectly blends in with the theme of the event.



After a few words of welcome, the music came alive. Long play and seven single records were played alternatively for about twenty minutes. Many a cheer after each song sounded regularly. Tea and refreshments were served whilst the audience remained seated and could enjoy the continuous songs.

Next on the programme was a questionnaire to test their knowledge on the music of the day. Five residents were invited to participate, but only three were brave enough to come and play for the prize. Six songs were played, and June came out as the winner of the prize.

The highlight and most enjoyable moment of the afternoon was when five residents performed their best dance moves on the music of "La Dance De Zorba". A slow start and gradually picking up speed needs some stamina till the end...and they all completed the dance, all in good health! Wat dit meer indrukwekkend gemaak het, was dat drie van die oudste inwoners van Starck Homes aan die dans deelgeneem heten die wenner was een van die drie. Geluk, Judy!!

The prize for the best clothed woman went to Jane from Lidcote.

There was also a prize for the most impressive hat and that was awarded to Rina Bergh from The Barn.

The last prize was for the best dressed couple present and they were Linda and Otto von Saman from Fernwood.

With the music playing in the background, the residents joyfully left the venue.

Many extended their appreciation to the organisers of the event.



MOEDERSDAGFUNKSIE

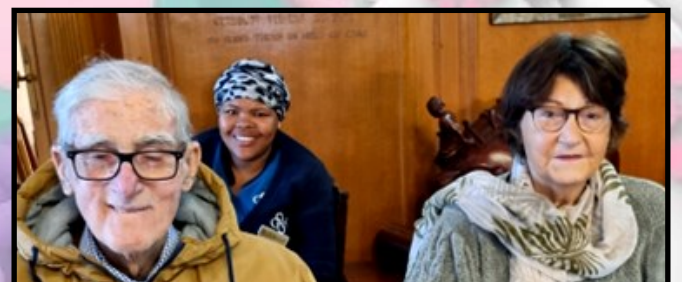
Mev. J Stephan

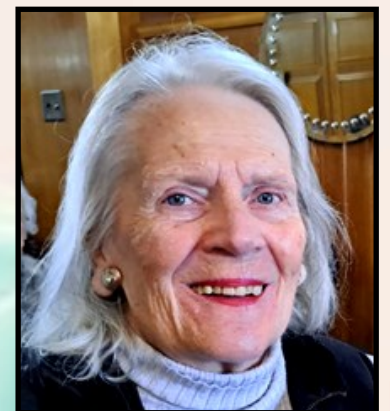
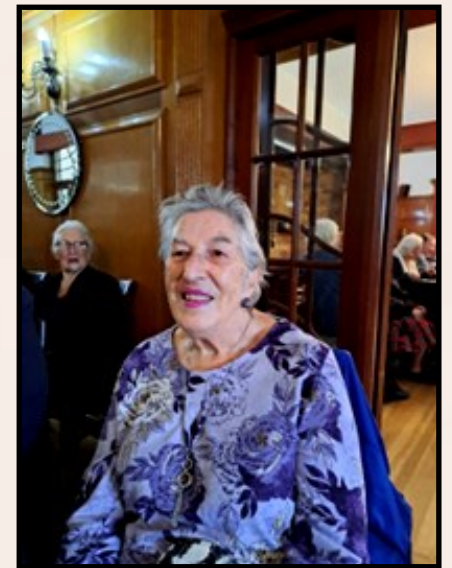
Op 11 Mei was Starck Homes se Moedersdag High Tea vir die inwoners by Oosterzee behoorlik 'n kuier langs "Memory Lane". Cobus Snyman se pragtige vol stem het harte geroer met ou - ou gunsteling soos "The Green green grass of Home" en "Maggie", en ons laat saamwieg op "Pretty Belinda" en "Save the last dance for me".

Ons is boonop lekker bederf met smullekker happies soos roomkaas/komkommer toebroodjies, 'n bolognaise vetkoek en 'n happie vegetariese quiche. Daarna met happies melktert, wortelkoek en Lamingtons. Die pasella sakkie lekkers met die mooi versie, "May your joys be as deep as the ocean, your sorrows as light as its foam" het die punt by die komma gesit. 'n Paar dapperes het selfs danspassies gewaag. Ai, waar is daai dae.

Dankie Starck Homes vir 'n genotvolle Moedersdag oggend.







DITTE, DATTE EN DINGELINGE



AFRIKAANS VERJAAR

Mev. A Boonzaaier

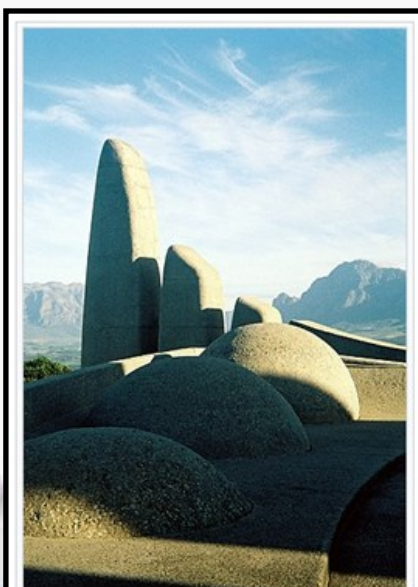
8 Mei 2023

Die grondwet van 1909 het bepaal dat Nederlands en Engels die amptelike tale van die land was. Op 8 Mei 1925 is Afrikaans aan Nederlands gelykgestel en is Afrikaans, naas Engels, as amptelike taal erken. Vandag word Afrikaans (13,5%), naas Zoeloe (23%) en Xhosa (16%), die meeste in die land gepraat.

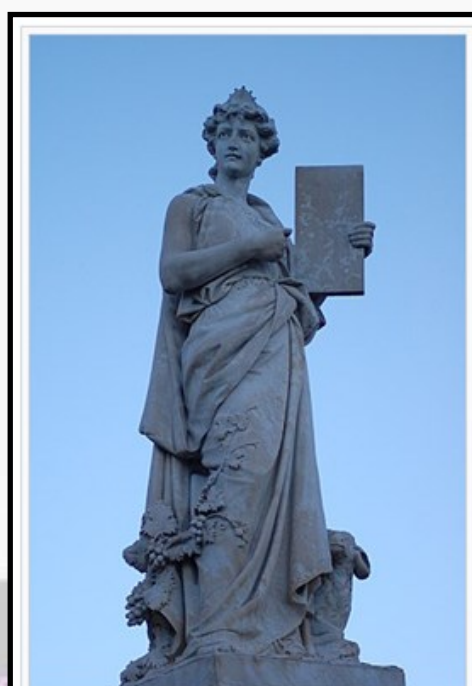
Die geskiedenis van Afrikaans het egter veel vroeër as 1925 begin. Op 14 Augustus 1875 is die Genootskap van Regte Afrikaners (GRA) in die Paarl gestig onder leiding van ds. S.J. du Toit. Hierdie gebeurtenis word as 'n mylpaal beskou in die geskiedenis van die taal en as die begin van die Eerste Afrikaanse Taalbeweging. Die doel van hierdie organisasie was om die mense daarvan bewus te maak dat hulle 'n eie taal het wat Afrikaans genoem word.

Die totstandkoming van Afrikaans is nie net 'n verhaal oor taal nie, maar ook een van 'n volk met 'n eie kultuur. En soos dit maar in die geskiedenis van alle volkere en tale gaan, was daar wanhopige tye, terugslae, probleme, diskriminasie, twiste, hartseer en verliese. Afrikaans het egter ook 'n wonderlike geskiedenis van jare van opbloeit, groei, ontwikkeling, vestiging, baanbrekerswerk en talle eerstes soos die eerste Afrikaanse koerant, die eerste Afrikaanse gedig, die eerste Afrikaanse roman en die vertaling van die Bybel in Afrikaans in 1933.

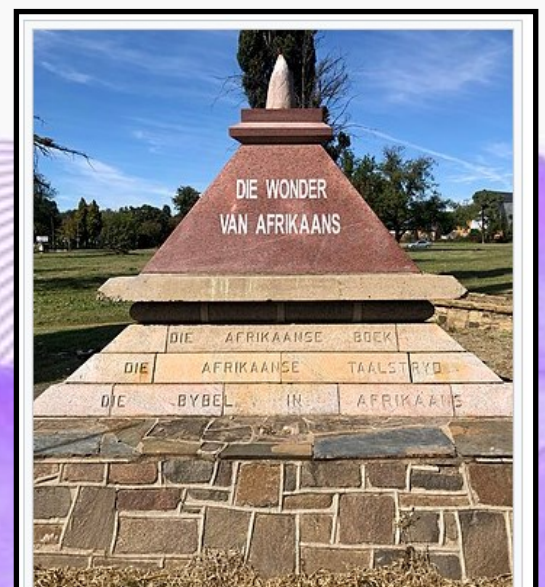
Afrikaans het uiteindelik tot 'n volwaardige taal tot op die hoogste vlak ontwikkel wat die sprekers daarvan met trots vul. Die aftakeling daarvan in die afgelope jare het tot groot paniek gelei, maar soos wat die geskiedenis weer leer, is daar altyd pioniers wat met vernuwende denke na vore kom om die verdwyning van die taal te beveg en teen te staan.



Die Afrikaanse Taalmonument in Paarl (Wes-Kaap) versinnebeeld die invloed van ander tale by die ontstaan van Afrikaans.



Die Eerste Taalmonument te Burgersdorp



Aansig van die Afrikaanse Taalmonument in Welkom

'N PAAR IDIOME MET VERDUIDELIKINGS:

Wie A sê, moet ook B sê — wie met 'n ding begin het, moet daarmee aanhou.

Sy aand- en môrepraatjies kom nie ooreen nie — wat hy nou sê, stem nie ooreen met wat hy vroeër te kenne gegee het nie

Hoog by iemand aangeskrewe staan — in iemand se guns wees.

Van aangesig tot aangesig met iemand praat — 'n persoonlike gesprek met iemand voer.

Hoog in aansien wees — Hooggeag wees.

Aanstaltes maak — voorbereidsels tref.

Die stoute skoene aantrek — dapper iets aandurf.

Al dra 'n aap 'n goue ring, hy is en bly 'n lelike ding — mooi klere of versierings kan 'n lelike mens nie mooi maak nie.

Die rondte van Vader Cloete doen — by almal aangaan wat jy om 'n bepaalde rede wil of moet nader, sonder om iemand oor te slaan.

Die skelm op heter daad betrap — op die skelm afkom terwyl die misdaad gepleeg word.

Iemand opdreun tot by oom Daantjie in die kalwerhok — iemand 'n behoorlike skrobbering gee of hom selfs letterlik terdeë te lyf gaan.

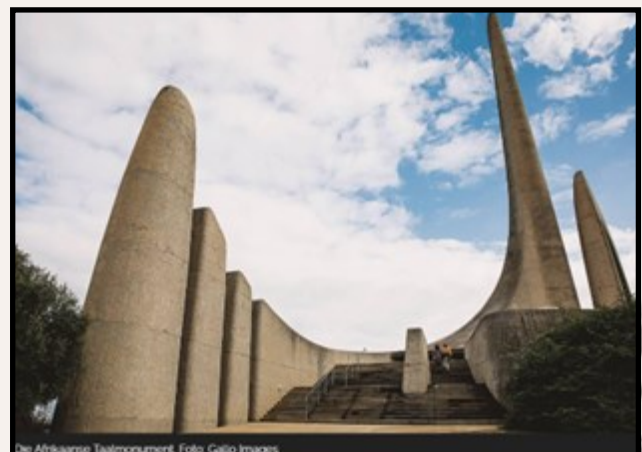
Daar sal dadels van kom — daar sal niks van kom nie.

Met dapper en stapper — te voet.

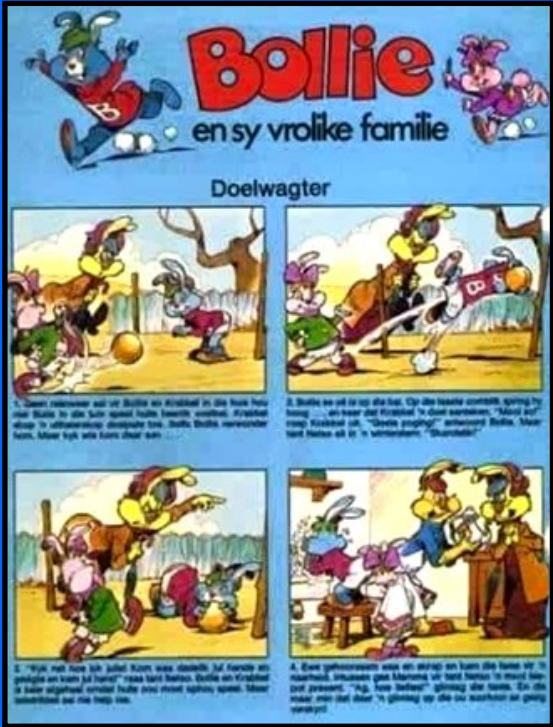
So bang wees soos die duiwel vir 'n slypsteen — baie bang wees.

Gee die duiwel wat hom toekom — al hou jy nie van iemand of van sy dade nie, moet 'n mens erkenning gee aan die goeie wat hy wel ook doen.

Stille waters diepe grond, onder draai die duiwel rond — gesê van 'n skynbaar ingetoë mens wat heimlik allerhande stoutighede aanvang.



DO YOU REMEMBER?

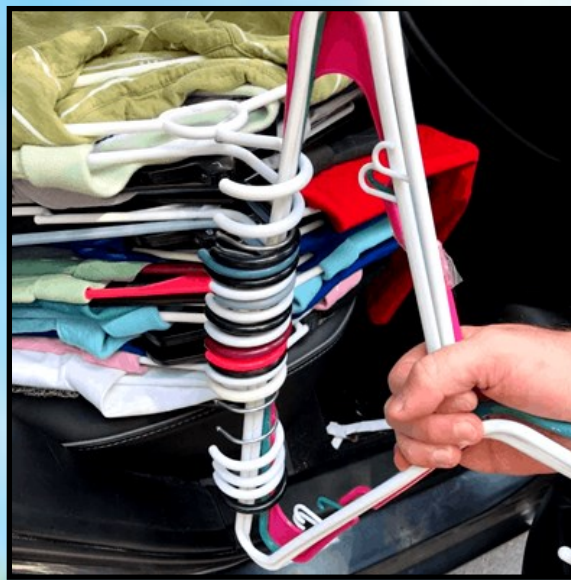


LIFE HACKS

Clothes Hanger Inception

There's no denying that moving houses can be really tiring. So any trick that can help in making the moving process easier is welcomed. Did you know that your clothes hangers can prove really handy in relocating your clothes?

Well, start by hanging your clothes and then hang those hangers from another hanger. In case you have a lot of clothes, you can use two or three hangers. It is an easy and simple way to relocate your wardrobe.



Coca Cola Is Like A Miracle Drink

You may have seen videos of people using this beverage for other purposes. You can use it to clean porcelain, tiles, and remove rust.



Padlock Hole Magic

Have you ever noticed that there's a needle-sized hole at the bottom of a padlock? It is in the design of a padlock for a big reason. If you drop the padlock in water, the little hole is there for drainage. The water could cause rust or freeze without any expansion room, which could easily damage the padlock and might even make it impossible to open until thawed.

If you notice that the padlock is rusty and the key isn't turning because of the rust accumulation, simply pour a few drops of oil in the hole and see the magic.



Sponges Can Also Double As An Ice Pack

It can be challenging to keep meals cold in a fresh condition. The good news is that there is a simple trick to create an ice pack. All you need to do is grab a sponge and fill it with water. Now place the sponge in a plastic bag and put it in the freezer.

The frozen sponge can stay cold for a long time. Do make sure you use a watertight plastic bag and the sponge should be fresh and not a used one.



INTERNATIONAL NURSES DAY

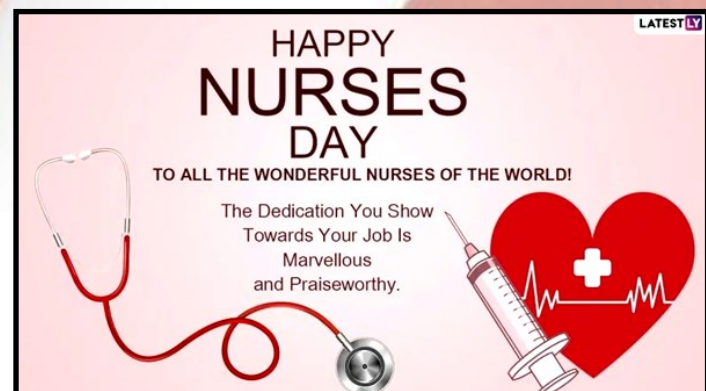
Mev. A Boonzaaier

International Nurses Day (IND) is an international day celebrated around the world on 12 May (the anniversary of Florence Nightingale's birth) each year, to mark the contributions nurses make to society.

Florence Nightingale, (12 May 1820 – 13 August 1910) was an English social reformer and statistician, and the founder of modern nursing.

Nightingale came to prominence while serving as a manager of nurses trained by her during the Crimean War, where she organized the tending to wounded soldiers. She gave nursing a highly favorable reputation and became an icon of Victorian culture, especially in the persona of "The Lady with the Lamp" making rounds of wounded soldiers at night.

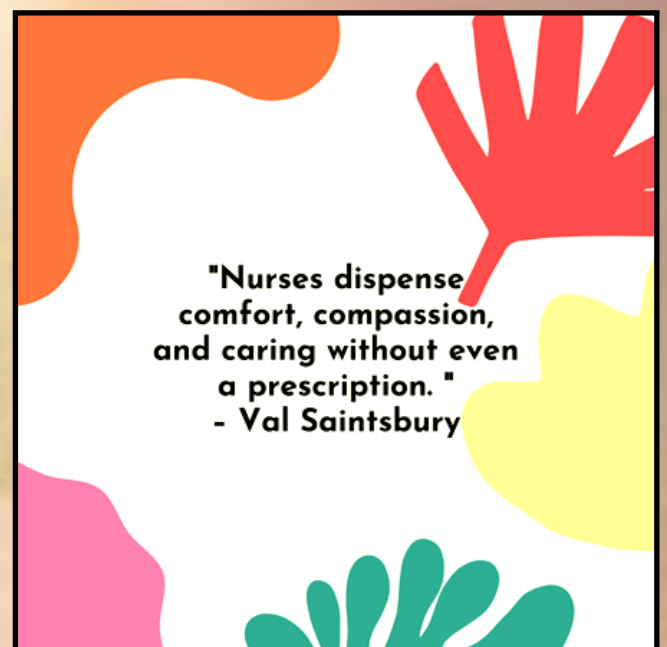
While recent commentators have asserted Nightingale's achievements in the Crimean War were exaggerated by the media at the time, critics agree on the decisive importance of her follow-up achievements in professionalizing nursing roles for women. In 1860, Nightingale laid the foundation of professional nursing with the establishment of her nursing school at St Thomas' Hospital in London. It was the first secular nursing school in the world, now part of King's College London. In recognition of her pioneering work in nursing, the Nightingale Pledge taken by new nurses, and the Florence Nightingale Medal, the highest international distinction a nurse can achieve, were named in her honor, and the annual International Nurses Day is celebrated around the world on her birthday. Her social reforms include improving healthcare for all sections of British society, advocating better hunger relief in India, helping to abolish prostitution laws that were over-harsh to women, and expanding the acceptable forms of female participation in the workforce.



Nightingale was a prodigious and versatile writer. In her lifetime, much of her published work was concerned with spreading medical knowledge. Some of her tracts were written in simple English so that they could easily be understood by those with poor literary skills. She was also a pioneer in the use of infographics, effectively using graphical presentations of statistical data. Much of her writing, including her extensive work on religion and mysticism, has only been published posthumously.

The International Council of Nurses (ICN) has celebrated this day since 1965. In 1953 Dorothy Sutherland, an official with the U.S. Department of Health, Education and Welfare, proposed that President Dwight D. Eisenhower proclaim a "Nurses' Day"; he did not approve it.

In January 1974, 12 May was chosen to celebrate the day as it is the anniversary of the birth of Florence Nightingale, the founder of modern nursing.



Alphabet for seniors will make you laugh

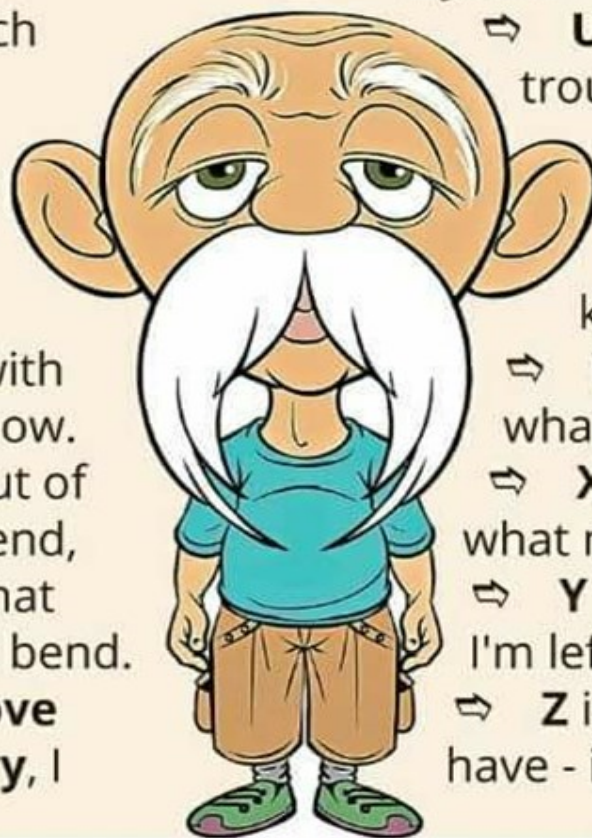
A is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead

The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention.
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show.
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.
- ⇒ **L's** for **lots of love**
- ⇒ **M** is for **memory**, I

forget what comes next.

- ⇒ **N** is **neuralgia**, in **nerves** way down low;
- ⇒ **O** is for **osteo**, bones that don't grow!
- ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
- ⇒ **Q** is for **queasy**, is it fatal or flu?
- ⇒ **R** is for **reflux**, one meal turns to two.
- ⇒ **S** is for **sleepless nights**, counting my fears,
- ⇒ **T** is for **Tinnitus**, bells in my ears!
- ⇒ **U** is for **urinary**, troubles with flow,
- ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
- ⇒ **W** for **worry**, now what's going 'round?
- ⇒ **X** is for **X ray** and what might be found.
- ⇒ **Y** for another **year** I'm left here behind,
- ⇒ **Z** is for **zest** I still have - in my mind!



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2023 OPENDAYS

7 JUNE
6 SEPTEMBER

RECIPE: HOMEMADE HAMBURGERS

Mr. D Beukes

Ingredients:

750g lean minced beef
1 large onion
1 egg, beaten.
2 cloves garlic, crushed (or more to taste)
50ml parsley finely chopped.
15ml barbeque spice
3ml salt
Freshly milled black pepper
Dash Worcestershire sauce
1-2 slices crumbled bread (optional)



Method:

Place mince beef and the rest of the ingredients in a large bowl.

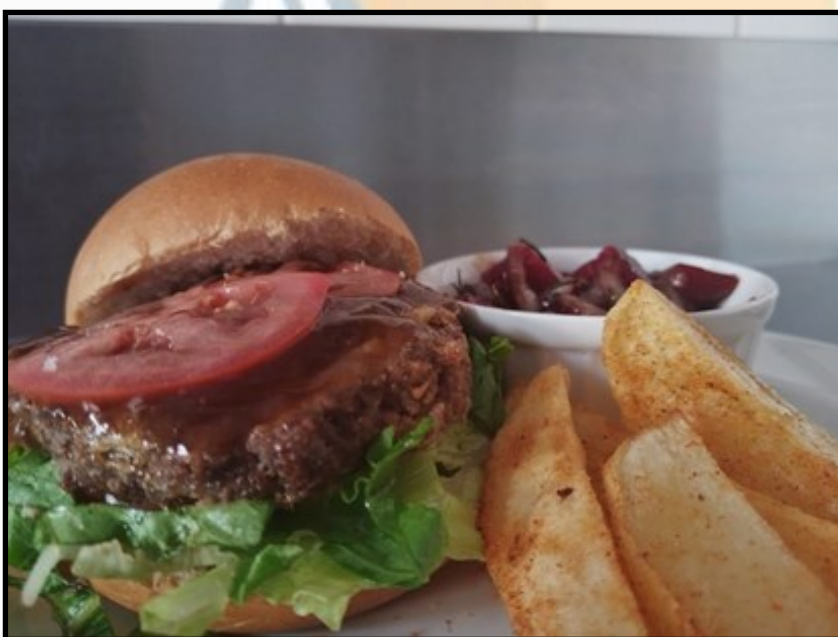
Mix lightly with a fork.

With wet hands and shape patties (handling the mixture gently so that it holds together without compacting.)

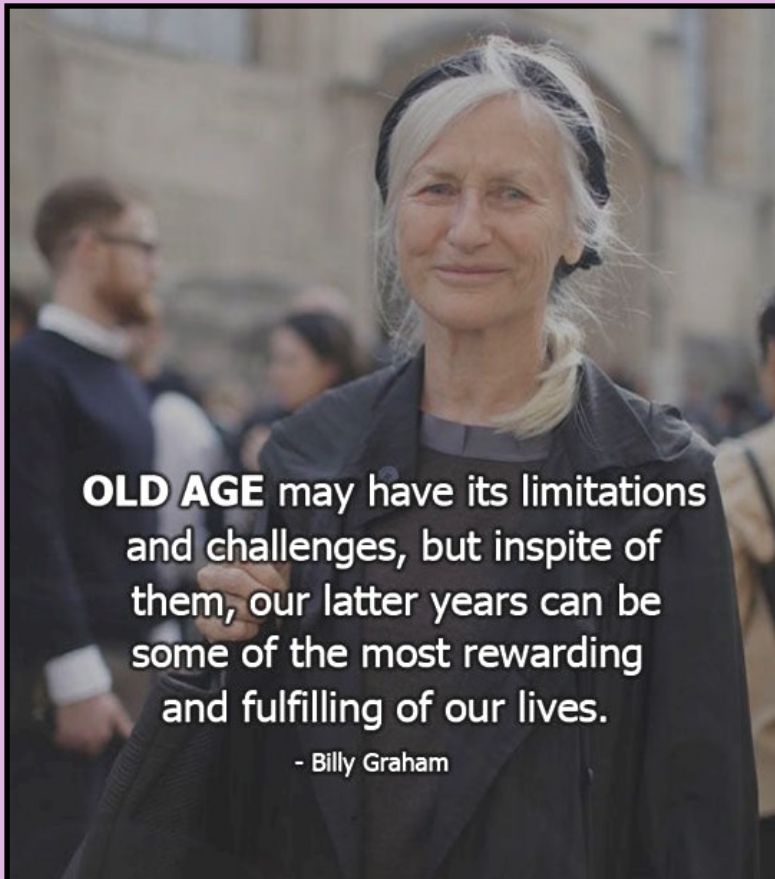
Pan fry for a total of 4-6 minutes on each side.

Serve on a soft buttered roll, with a selection of garnishes and sauce of your choice, accompanied by chips or your choice of side.

YUMMY!



INSPIRATION



Note to Self:

When things feel
overwhelming
remember...
One thought at a time,
One task at a time,
One day at a time.



The Five W's Of Life

Who you are is what makes you special. Do not change for anyone.

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over, you push back harder.

Where there are choices to make, make the one you wont regret.

Why things happen will never be certain. Take it in stride and move forward.



Whispers of Positivity

DIY



Boekmerk/Bookmark

- Neem 'n mooi lint en werk 'n knopie aan die een kant en 'n rek aan die ander kant.
- Gebruik vir 'n boek merk soos aangedui op die foto.
- Take a pretty ribbon and sew a button on one side and an elastic band on the other end.
- Use as shown in picture.

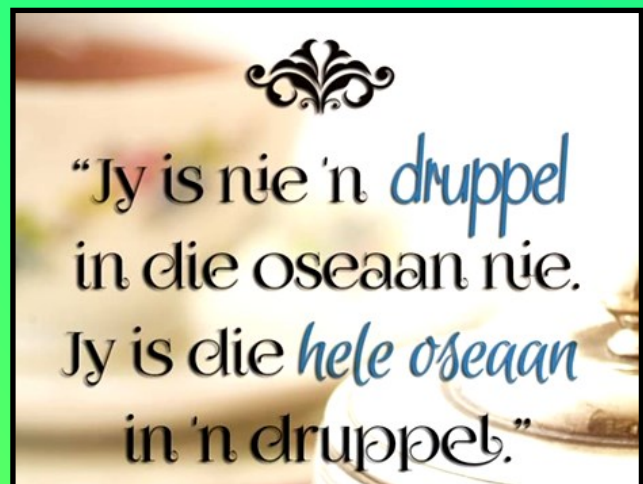


Geskenksakkie/Geskenkhouer - Giftbag/Gift holder

Herwin papiersakkies en blikke vir geskenksakkie/houers - Use recycled paper bags and tins for giftbags/holders

- Neem suiker of meel sakkies en maak mooi skoon en sit toutjies aan vir handvatsels.
- Plaas geskenkie daarin.
- Buig blikke bietjie in aan bokant en versier.
- Maak gaatjies in en heg toutjies aan vir handvatsels.
- Sit geskenk daarin.
- Take empty sugar or flour bags and put rope on for handles.
- Place a gift inside.
- Take a tin and bend the top part a little and decorate.
- Make holes and put ribbon or rope for the handles.
- Place gift inside.

INSPIRASIE



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

Kyk of jy die 25 komponiste se name wat hier verskyn, in die woordsoekrooster kan opspoor. Woorde kan horisontaal, diagonaal of vertikaal geles word en val soms oor mekaar: ←

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

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

COLOURING / KLEUR IN



WORD ART

SOMETIMES

we need a bridge and sometimes we are the bridge. No one I know has escaped troubled waters, rough seas and challenging, scary days. There are times in our lives when we could use a little help, and other times when we are given the chance to be that help for someone else. It really doesn't matter where you are right now. What matters is that you remember we are stronger together, and taking a hand is just as important as offering one.

Paul Boynton / [Power of Wordz](http://PowerofWordz.com)
powerofwordz/fl



BLOKRAAI

Bros bottergebak	Vooroordeel opvat	Boekie in die pos: 'Reader's	Dolos	In die besonder uitgesoekte	Hare gestryk	'n Spaanse Meneer	Na aanleiding van (Lat.)	Blaamerf Rep. van Suid-Afrika	Sonder moeite doen	Knolgewas vir maagpyn	
↳	↓		↓	↓	Lewenslus →	↓	↓	↓	↓	lepe	
Ganse		Gaping → Grense			Denneboom vir feestyd →					↓	
↳		↓			Dwergbuffel →				Pinehas se Pa → Berg in woestyn		
Gedenk 25 Des. as Sy geboorte →					Poetsbesem → Pase, bv.			Selfkante → Poinsettia			
Kaf van die koring skei →					↓	Waar hulle trek brand vuurtjies →				lem. wat ontvang	
Geen → 3 in Rome			Algemene era →		Blokke hooi	Jagtersvolk → Bejaarde			In skeepsruim laai	Lima is die hoofstad daar	
↳			Brombees	TV aanbieder Me Thinane →		↓		Afvyf →			
Met 'n mes deel →				Cameron (gholf) → Sekonde			Ad...(Vir die regs-geding) → Vlees				
Egpaar →				Mates weer neem	Heimans (fietsryer) → Pruttelaar				Vir hoor → Dowwe keelgeluide		
↳						Tydperk vir leer					
Ontvang onder 'n boom		Toestelle	Beslis moontlik Geselligheid →		Flukse	Spleet van 'n boom oorplant →			Kroos	Toevlugsoord	Rapportryer
Verdeel of afsonder	In sak en ... sit → Dagmars se ruspunt			Soort Russiese vliegtuig →			Alpebokke →				
↳	↓						Skelmpies → Voorreg om te rus				
Afgemat →			Langoor →					Niksnuts →			
Bloedbuise →			Hoof → Afdruk				Koerante en TV, bv. Britse toekenning				
Die lydenstyd van Jesus →				Dun strook leer →				Gedaan	Maak moles vanaf sy rakkie →		
				Eetlus	Die skenk van nuwe lewe →			↓			
Akkoordgaande →				Uitgelap →					Begin hard word soos gips →		

WOORDKUNS



Afrikaans

Afrikaans is mooi, dit word gegooi, dit word gebraai en getiekiedraai. Dit het 'n woord, "lekker" met uiteenlopende betekenis en "nou-nou" wat niemand oorsee verstaan nie.

Ons praat van konfrater en hoe later hoe kwater. Ons taal is diep gewortel, tog buigbaar en byderwets. Ons is opgewonde oor nuutskeppings, pittigheid en kwinkslae.

Afrikaans is ryk aan geskiedenis en ryk aan moontlikhede. En haar sprekers se harte klop op die maat van Afrikaans.

Dis nostalgie met 'n boerepompie, Die Uile, Saartjie en Trompie. Afrikaners is nou vir jou 'n plesierige klompie.

Haar humorsin is skerper as 'n minora en sy kan selfs in die donkerste nag skaterlag met 'n grendelgrap wat WhatsApp binne sekondes raakraps.

Dis boeretroos, dis boerekoors, warmer as Covid-koors. Dis Afrikaans, die Genootskap vir Regte Afrikaners, 145 jaar, kom ons vier haar.

- Esmarie Yssel -

KOM ONS LAG



🍪

MY MA as ñ MA:
As jy honger is, eet brood!
As jy nie lus is vir brood nie,
dan is jy nie honger nie!

MY MA as ñ OUMA:
Is jy honger my liefie?
Daar is beskuit, milo, koekies
of chips, as jy nog honger is,
sal ouma vir jou kook.

BOON
tasties



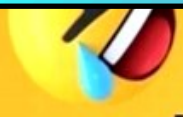
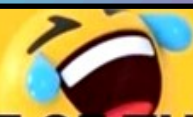
AS JOU MA JOU PEANUT BUTTER BROODJIE VIR SKOOL

IN 'N KFC BOKSIE SIT

LET'S HAVE A LAUGH

I think the proper term
for 'senior' women
should be:
Queen-agers.

That is all. Carry on.

 
JOKE OF THE
DAY-BUMPER
STICKER ON A
SENIOR'S CAR "I AM
SPEEDING BECAUSE
I HAVE TO GET
THERE BEFORE I
FORGET WHERE I AM
GOING"

IRISH
POST

Neighbour: Hello Mary, how are you?

Mary: I'm homesick.

Neighbour: But this is your home.

Mary: I know, I'm sick of it!



Common sense is not a
gift, it's a punishment.
Because you have to
deal with everyone who
doesn't have it.



OPLOSSINGS/SOLUTIONS

WOORDSOEK



SODUKO

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

BLOKRAAI

Dit is de naam van de provincie.	Voorvoegsel van een naam.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.	Dit is de naam van de provincie.			
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G	E	H	E	L	E	A	N	O	A	E	L	I	
J	E	S	U	S	M	O	P	S	O	M	E		
U	I	T	S	I	F	R	O	K	I	E	S		
D	N	S	A	E	S	A	N						
I	I	I	L	E	B	O	R	A	S	P	E		
S	N	Y	E	S	A	U	L	I	T	E	M		
E	G	A	S	L	E	V	I	O	R	E			
G	E	S	K	E	N	K	E	L	E	S	U	R	
R	K	A	N	E	N	T							
A	S	M	I	G	I	B	E	K	S	E			
S	E	P	A	R	E	E	R	S	L	U	I	K	S
T	A	M	E	S	E	L	O	N	N	U	T		
A	R	E	T	E	T	E	M	E	D	I	A		
P	A	S	E	R	I	E	M	E	L	F			
A	P	T	Y	T	G	E	B	O	O	R	T	E	
E	E	N	S	G	E	R	E	P	S	E	T		

WORD SEARCH

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

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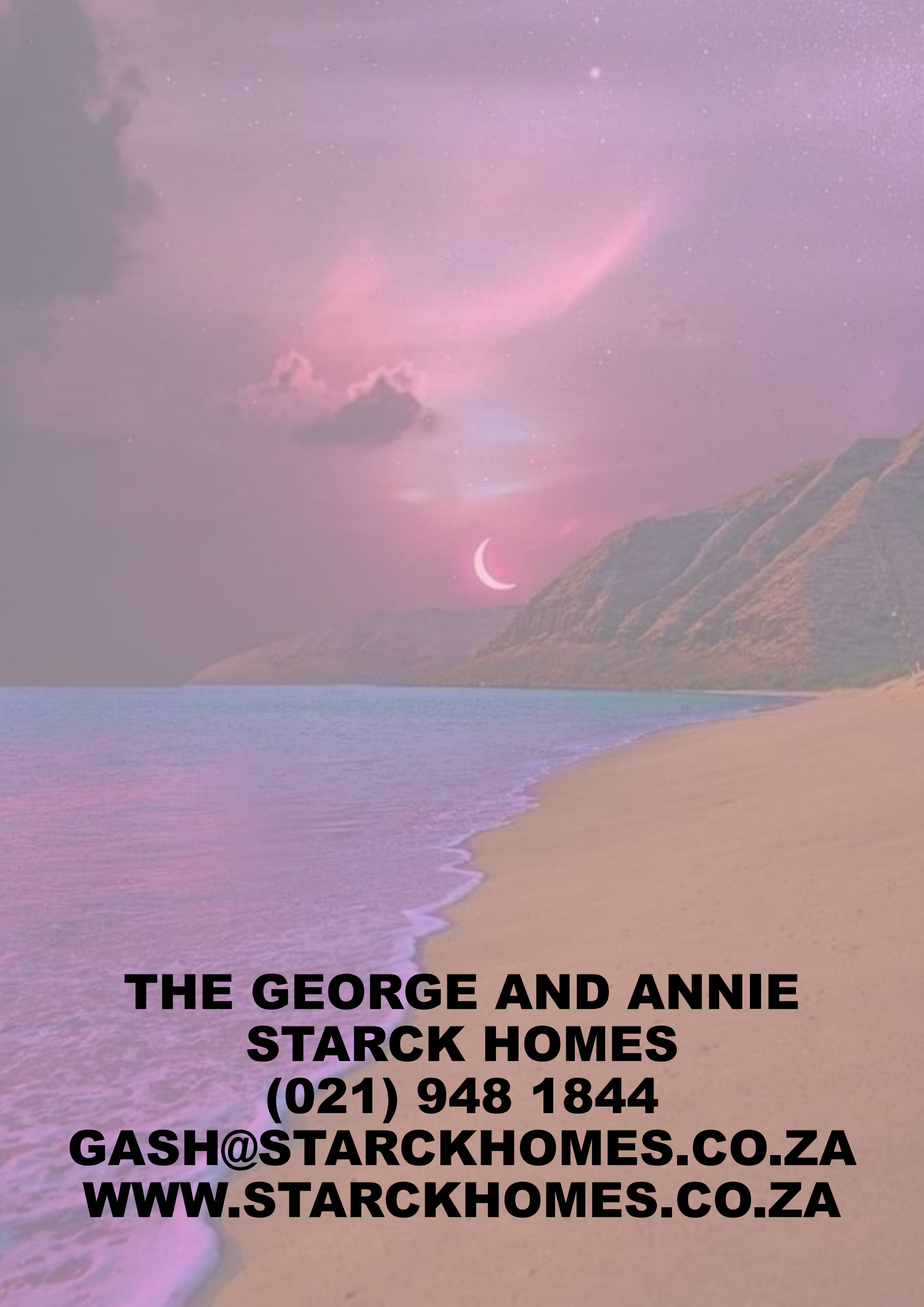
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