

STARCK TRUTH

2024/1



The George and Annie Starck Homes
Home for the Elderly

SMA

— Starckwood Management Association —



**ANNIE'S
VILLAGE**

Ek probeer elke dag dankbaar
wees oor ietsies en dinge.
Vandag is ek dankbaar plooie
pyn nie.



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FROM THE OFFICE OF THE GENERAL MANAGER

What a massive task it is. To love our neighbours, as we love ourselves. To not judge anyone in any circumstances, so that we won't be judged. To look for the ugly sneer on your own face, before seeing the smudge on your neighbour's. Sometimes, it's just so much easier to criticize than to complement.

God expects from us to take care of each other, with love and kindness. To honour Him with everything we do. My biggest daily prayer is to have the wisdom of Solomon, the patience of Job and the heart of Jesus.

My ma het herhaaldelik vir ons as kinders gese, dat as jy nie iets goeds kan se nie, dan bly jy stil. Dat as 'n storie nie met "ek" of "my" begin nie, is dit beslis nie my storie om te vertel nie. Ons weet nie wat in ander mense se lewens aangaan nie, en hoef nog nooit in hulle skoene te gestap het nie. En haar gunsteling was, "haal eers die balk uit jou eie oog, voordat jy die splinter in iemand anders se oog probeer uithaal".

Ek is opnuut weer so dankbaar, dat Jesus vir my sonde aan die kruis gesterf het. Dat hy telkemaal vergewe wanneer ek faal, en dat hy my foute nooit teen my hou nie. Ek bid elke dag om meer en meer soos Jesus te lewe.

May we all experience God's grace, love, and mercy on a new, refreshed level this Easter. May we all love deeper, talk less, and listen more. May we have more patience and more grace.

Have a blessed Easter,



MOENIE vrees vir wat die **TOEKOMS** mag inhou nie, sê die **HERE**. Ek **KEN** die toekoms. Ek is klaar daar. Ek weet waar die **SLAGGATE** en verkeerde **AFDRAAIPAAIE** is. Aanvaar dat jy **NOOIT** die toekoms sal ken nie. Daarom moet jy **MY VERTROU** daarmee. Stap saam met My ... **EEN DAG** op 'n slag ... die onbekende toekoms in. **VERTROU** My elke keer net vir jou **VOLGENDE** tree en besluit ... **One STEP** at a time. Moenie môre se **BESLUIE** vandag probeer neem nie. Lewe vandag **VOLUIT** en laat môre in **MY HANDE**. Ek sal jou **DRA**. Dankie **JESUS**. Amen.

FAITH

My body sometimes feels sore, but it works. I don't sleep well some nights, but I do wake up to face another day. My wallet isn't full, but my stomach is. I don't have all the things I want, but I have everything I need. And I have God to thank for that. Amen.

Never lose hope. Just when you think it's over, God sends you a Miracle.



Anything is possible if you just BELIEVE	LOVE is the most precious thing you can find to give
DREAMS are whispers from the soul	FAITH makes all things possible

Good morning

There are times when prayer is the only gift we can give to the one we care for... So I prayed to GOD to make you happy, guide you safely, grant you wealth, give you good health and most of all, answer your prayers...

GELOOF



7 BELOFTES VAN GOD



BESTUURSEMINAAR

Mrs. A Boonzaaier

Op 8 November 2023 is die bestuurspan weggevoer na 'n geheime bestemming vir 'n Bestuurseminaar.

Kenton het ons veilig na ons bestemming geneem, Devonvale Golf & Wine Estate.

Eureka Ouetehuis (voorheen André van der Walt), wat in Durbanville geleë is en bestuur word deur Mnr. Holtman Taute, het ook deelgeneem aan hierdie baie insigewende seminaar.

Die seminaar is gelei deur Mark Berger van "Mark Berger Training" wat gefokus het op "Personal Leadership and Team Effectiveness".

Daar is hard gewerk gedurende die dag. Daar was 'n gevoel dat daar te min ure in die dag is, maar daar is baie geleer en was van onskatbare waarde.

'n Heerlike middagete is bedien waarna ons weer volstoom voortgegaan het.

Baie dankie aan die aan GASH vir hierdie geleentheid.



AGTER: Michelle Janse van Vuuren (Finansiële Bestuurder, Eureka), Bianca Lopes (Finansiële Bestuurder, GASH), Ancolet Boonzaaier (Kantoorbestuurder, GASH), Krista de Villiers (Verpleegbestuurder, GASH), Annamarie Snyman (Algemene Bestuurder, GASH), Schoeman Roos (Operasionele Bestuurder, GASH), Anton Mouton (Onderhouds Bestuurder, Eureka).

VOOR: Annemie Swanepoel (Sosiale Werker, GASH), Marlisa Kruger (Eenheids-Bestuurder, Eureka), Melissa Dreyer (Verpleegbestuurder Eureka), Anzille Visser (Sosiale Werker, Eureka), Holtman Taute (Algemene Bestuurder, Eureka).

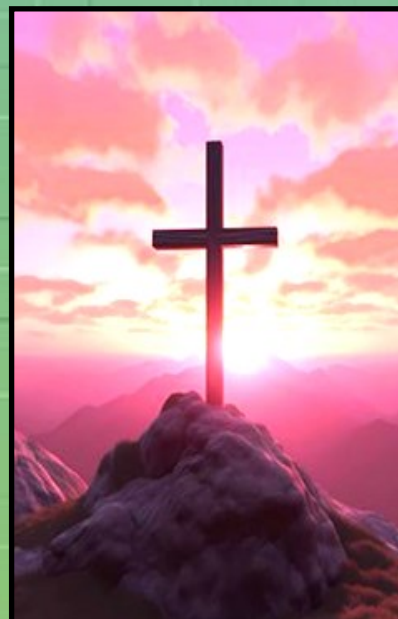


“LAST CHAPEL”

Mrs. A Boonzaier

Die laaste kerkdien op Donderdag, 23 November 2023 is altyd ‘n spesiale geleentheid vir Starck Homes.

Na afloop van die diens is verversings bedien en almal het heerlik gekuier.



“LIFE HACKS”

Shopping Cart Loops Are The Hack We Didn't Know We Needed

Most of us use a shopping cart without ever wondering how it is designed. We just know that it has space on the inside for the groceries, wheels to move it around and a handle to push it. Well, there's another handy little feature that we don't use at all. On the side of the cart, there are loops that can be used to hold your grocery bags. For instance, if you have some fragile items, then you can keep them upright with the help of the loops.



For Those People Who Hate Flossing

If you feel pain while flossing, just tie your floss in a knot and that's pretty much it. Doing so makes it easier for you to maneuver the floss as tying a knot helps increase the tension of the floss. Moreover, you are less likely to lose your grip.



Juice Box Flaps for Kids

It's a hot summer day and a juice box can help your kid beat the heat. But the problem with the juice box is that sometimes kids squeeze it too hard, and it creates a sticky mess everywhere. You can avoid the juice box mess by opening the flaps on the bottom of the box. This way your kid will have something to hold the juice box and there will be no squeezing.



Shampoo Should Be Applied to One Area Only (No, It's Not the Hair)

No one loves greasy hair, and it smells bad as well. To keep your hair fresh, you need to focus on using shampoo on your scalp. It is because your scalp is the area that secretes oils, which makes the hair greasy. So, you need to target the source for better results.



ADVENT

Mrs. R Williamson

In the Christian community, Advent is the season of preparation for the celebration and commemoration of the birth of our Lord Jesus Christ – mas.

All over the world, Christians remember this season of Advent. It is a four-week period of preparation for this event. Each week has its own specific theme. Four candles in the wreath representing the themes of hope, peace, joy, and love.

Week 1: Purple candle of hope. The prophecy candlelight shining in the dark.

Week 2: Purple candle of peace. Peace in the world, in our community and within ourselves.

Week 3: Pink candle of joy. May we too experience the joy which the shepherds did on hearing the good news.

Week 4: Purple candle of love. May the love of Christ radiate from within our hearts to those beyond.

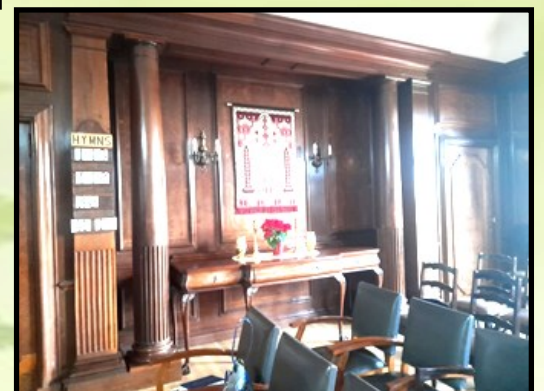
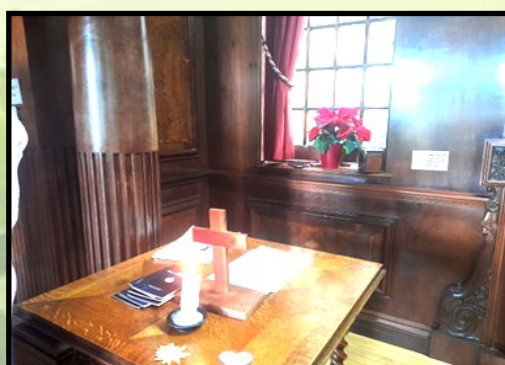
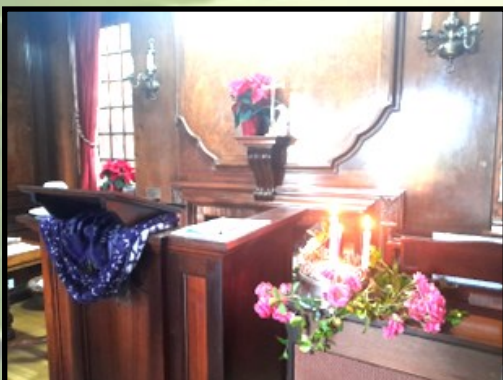
The white candle in the center represents Christ, which is the focal point of our Christian faith.

As there were no Church services in the George and Annie Starck Chapel during the month of December, we focused on the four themes of Advent during the month of November.

Here are some beautiful pictures taken by Helen van Eden, the Chapel organist.

We wish you all Christs blessings for holistic health, peace, joy and love.

Looking forward to your presence in 2024.



SMA (WOODS) CHRISTMAS FUNCTION

Mrs. A Boonzaaier

Op 28 November het die SMA (Woods) se Kersfunksie plaasgevind.

Na 'n paar weke se beplanning en harde werk deur sommige van hulle eie lede is daar van vroegoggend gewoel om alles reg te kry.

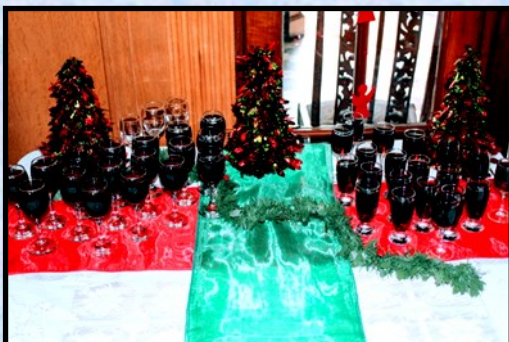
Met aankoms is almal verwelkom met 'n glasië Sherrie. Die Tafels is baie mooi in tradisionele Kerskleure gedek en versier. Almal het gesellig saamgekuier.

Die spyskaart was heerlik en ook beplan deur die span wat alles gereël het. Dit het bestaan uit 'n garnaalvoorgereg, gevolg deur geglasuurde gammon & pynappel, gebraaide aartappels, blomkool & brokkoli met kaassous en pampoenkoekies. Die feesmaal is afgerond deur 'n tradisionele koekstruif.

Inwoners is ook bederf met 'n optrede deur "The singing Policeman" wat ook voorheen hier opgetree het. Die gaste het dit baie geniet.

Mnr. Richard Gates, voorsitter van SMA het 'n paar woorde gesê, asook almal bedank wat hierdie dag so 'n groot sukses en spesiaal gemaak het.

Almal het die dag baie geniet en die fesseisoen is behoorlik in elkeen se hart gelaat.







BREIGROEP AFSKEID

Mrs. E Bester

Die jaar 2023 het so vinnig verbygegaan, maar ons in die breigroep het dit baie geniet en waardevolle tyd saam spandeer. Daar is patrone uitgeruil en gedeel, raad is gegee en gevra en wol is uitgedeel. Ons het lekker gesels en tee gedrink. Ons waardeer ook die dames wat sorg vir ons tee en eetgoedjies elke Dinsdag. Dankie Penny en Angie.

Elkeen het weereens gebrei en gehekel aan items waarvan hulle hou en so hul bydrae gemaak. Ons is steeds besig met die "Bless a Baby" projek en lewer bababaadjies, sokkies, keppies en komberse vir die projek. Daar is ook heelwat items verkoop wat weer die fondse van OT aangevul het. Die nodige skenkings is ook gemaak waar dit nodig was.

Dit was ook hartseer gewees om van die mense wat in die breigroep was, te verloor deurdat hulle oorlede is of getrek het om by die kinders te gaan bly. Julle word gemis. New residents also joined the knitting group and it made them feel welcome and they made new friends.

Van die inwoners wat nie na die breigroep kom nie, het gereeld gehekelde/gebreide blokke, in verskillende groottes gestuur, wat gebruik is om 'n kombers te maak. A beautiful blanket was made from all the squares and ruffled. A Carer in Kennilworth House won it.

Die jaarafsluiting was op 12 Desember en daar was heerlike eetgoed saam met die tee bedien. Dankie vir elkeen se bydrae. Kersfeeswense is gedeel en almal is 'n lekker vakansie en veilige tuiskoms toegewens.

My hoop vir die nuwe jaar, 2024, is dat meer mense by die breigroep sal aansluit om dit met ons te deel en dat alles voorspoedig sal gaan met een en elkeen.



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

GASH CHRISTMAS FUNCTION

Mrs. J McKinnon

On Wednesday 6th December, Ancolet and the staff outdid themselves in arranging a wonderful Christmas lunch for Care home residents. The massive Christmas tree glittered, garlands hung from the walls, tinsel and other decorations gave a festive feel to Oosterzee. The tables were all beautifully laid out, large jars of iced water, cold grape and apple juices stood in the middle, very welcome, the temperature for the day was predicted at 30 degrees.

As we stepped in the door, glasses of sherry were offered. Helmien at first declined but I reminded her we did not have to drive back to Bow Bells; we could roll down the hill together. Ancolet was a star helping and getting carers to assist those in wheelchairs, moving chairs out of the way and providing a comfortable chair for those like me with titanium in my lower back, hip and femur.

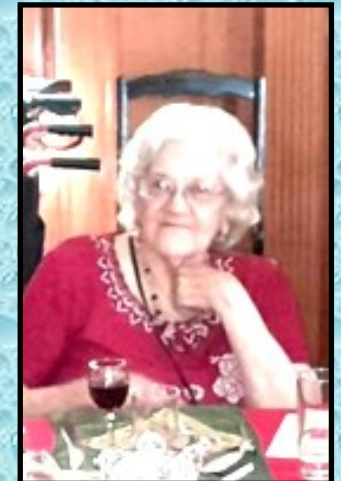
One of our favourite entertainers, Quatro, arrived. Instead of the normal four, there were three but as usual they gave a toe tapping performance. I'm sure there were others who never knew there were so many Christmas themed songs. Amongst the old favourites was the 1942 hit by Bing Crosby, White Christmas. This was sung as a solo by the bass singer with a mellow operatic voice. Hearty applause followed. Our table, Bow Bells and Bon Accord, agreed we would love a white Christmas instead of our predicted red hot one.

Another oldie from 1960, Jingle Bells, was the first song played and sung in outer space by American astronauts. Perhaps they wished they were in a one-horse sleigh on snowy terra firma instead of whizzing through the unknown icy blackness of space. The 1984 heart breaker, Last Christmas, by Wham - Andrew Ridgeley and George Michael reminded me of my daughter, Chantal, and son-in-law, Martin Bailie who live in a village in Cornwall. Soon after they bought their house there, they were invited to the pub quiz. When they arrived, there were only two seats empty at a table where another couple sat. The Bailies were welcomed by the couple, who happened to be Andrew Ridgeley of Wham and his wife.

While the trio entertained us, a starter of creamy pate, lettuce and crispy bread sticks was served. The singer with the black peaky blinder's haircut has a Greek dad and a South African mom. He is a brilliant dancer, teaches hip hop and his wife is the South African Latin American Ballroom champion. They both own and teach in Studios in the Southern Suburbs. The lass with the lovely long hair, is multi-talented. She trained in opera at UCT. After graduating she moved to Durban to train with one of the foremost male ballet teachers. He has a fearsome reputation of only accepting the best dancers and drilling them mercilessly, she is proof of her years of dedicated training.

Lunch was served, beautifully plated. Gammon with pineapple glaze, chicken pie, fried potatoes, cauliflower and broccoli with cheese sauce and trifle. Pagans in Germany served smoked ham in a feast to honour their god, Freyr, the god of harvest and boars. When Christianity arrived, the tradition was carried on to Christmas Day. Smoked ham was ideal in those times with no refrigeration. It could be taken with when invited to eat with friends and family on Christmas Day. The French word for ham is Gambon, which became Gammon in English. 3,000 years ago, in the Amazon Rain Forest, people began to cultivate pineapples. Columbus in 1493 landing in Guadalupe was the first European to taste pineapple. In 1550 the Portuguese took pineapples to India. Even in the time of Napoleon pineapples were one of the most expensive and rare fruits in Northern Europe and Britain.





DITTE, DATTE EN DINGELINGE



BON ACCORD INVITED BLACKWOOD FOR SOME TEA IN DECEMBER TO GET TO KNOW EACH OTHER BETTER!



WE ARE VERY PROUD OF OUR CARPET BOWL TEAM WHO TOOK AWAY THE WIN FOR THE YEAR!! CONGRATIOLATIONS!!

FROM THE LEFT:

**MR. FOURIE (ORAM)
MR. VOIGT (OAKWOOD)
MRS. WILLIAMSON (YELLOWWOOD)**

**We have our
Winners!!!**



STAFF YEAR END FUNCTION

Mrs. A Boonzaier

On the 8th of December 2023, Oosterzee Office Staff had their Year end Staff lunch at The Palms Restaurant, Brackenfell.

The restaurant has ample outside areas and was at full capacity due to different businesses also having functions. This unique the restaurant offers “braai options” and staff took full advantage of this with Malva pudding as well!

A beautiful summer day to close off another year, experiencing the December “holiday feeling” and recharge for the new year.



VRYWILLIGERSONTBYT

Mrs. A Boonzaier

Die gebruikelike vrywilligersontbyt het plaasgevind op Maandag 11 Desember. Hierdie geleentheid word jaarliks aangebied om die vrywilligers, wat so groothartig deur die jaar met verskillende take help, te vereer en te bedank.

Dit is aangebied deur Mev. Annemie Swanepoel (voormalige sosiale werkster) wat soveel moeite gedoen het om die tafels, kos en atmosfeer so spesiaal as moontlik te maak.

Elke vrywilliger is hartlik bedank vir die bydraes deur die jaar. Daar is nooit genoeg hande vir al die take nie en hierdie onbaatsugtige individue verdien 'n GROOT dankie.



KINDERKERSFUNKSIE

Mrs. A Boonzaier

Die jaarlikse Kersfunksie vir kinders word aangebied vir al die inwoners en personeel se klein- en agterkleinkinders.

Soos altyd het die kindertjies met blink ogies en fraai kleertjies opgedaag vir die partytjie. Oumas en Oupas was baie trots en het met die versierde kersboom gespog. Onder hierdie GROOT kersboom het geskenke vir ieder en elk gewag.

Die Kersverhaal is op 'n treffende manier deur Mev. Voigt (Oakwood) vertel. Almal het vasgenael gesit en luister.

Hierna het die groot oomblik aangebreek. Annemie het aangekondig dat daar 'n werklike Kersvader gaan opdaag. Die kinders moes help roep sodat Kersvader kan kom.

Die opgewondenheid was groot toe hy met die gelui van 'n klok en "Ho Ho Ho" by die majestueuse trappe wat na die boonste verdieping van Oosterzee lei, afgestap kom.

Hy het elke kind nadergeroep om hul geskenke te ontvang en geduldig gewag sodat 'n foto van elkeen geneem kon word.

Hierna het almal na die sitkamer beweeg waar elke kind 'n lekkergoedpakkie gekry het. Die grootmense is bederf met heerlike eetgoed en tee.

Hier is hulle vermaak deur 'n ballonkunstenaar wat vir elke kind 'n vorm van sy keuse gemaak het.

Wat 'n heerlike manier vir die kinders, sowel as hulle ouers en grootouers om die feesseisoen so te begin!!







WOODIES NEW YEAR

Mr. A Williamson

OLD YEAR'S EVE 2023

HAPPY NEW YEAR 2023/24

Some of the Woodies residents spontaneously decided to welcome the New Year at Woodpecker and extended an invitation via the Representatives communication system to fellow Woodies.

The response was very positive. 26 residents attended, bringing along drinks and delicious eats to share.

The evening's event was opened with a prayer by Mr. Lampies Lambrecht. Then with music and lively conversation, an enjoyable evening was had by all.

A wonderful celebration for the end of 2023.

Watch this space for further lively events.



VALENTYNSDAG

Mrs. A Boonzaaier

Starck Homes se Valentynsbraai vir inwoners op Dinsdag 13 Februarie, was 'n vrolike gesels- en kuiergeleentheid.

Wat 'n voorreg om vir 'n verandering 'n "buite" funksie te kan geniet met mooi gedekte tafels op die gras by die swembad.

Inwoners is vermaak deur Monique Cassells en James Marais van *Elvision Entertainment* met 'n program genaamd "Oldies but Goldies". Die gereelde kostuumveranderings en heerlike musiek het gesorg vir 'n vrolike dag.

'n Smaaklike ete van Lam Tjop, Hoender Sosatie, Braaibroodjie en gemengde slaai is afgerond deur 'n aarbei yskastert.

Baie dankie aan Starckhomes se braaiers en ander rolspelers vir 'n heerlike, vrolike Valentynsdagviering.







QUATTRO PERFORMANCE

Mrs. A Boonzaaier

29 FEBRUARY 2024

Die gewilde sanggroep Quattro Voci het Starck Homes se inwoners weer kom vermaak met hul spesiale, lewendige, mooi sang en musiek.

Met die tema "Seasons of Love" het hulle ons, soos altyd, vermaak met hulle aksiebelaaide sangkonserte.

Vertonings deur die groep sorg altyd vir groot plesier en genot. Mag hulle nog lank aanhou om ons te vermaak en binnekort weer kom kuier met hulle uitstekende opvoerings.



ANNEMIE GROET!

Mrs. A Swanepoel

HOOGTEPUNTE VAN 2009 -2024

Hierdie jare is in 'n oogwink verby. In hierdie tyd, het ek vele mense sien kom en gaan. Sommiges van hulle het ek hier gekry, ander het die hele pad saam met my geloop. Ander se verblyf by GASH was weer van korte duur.

Die ouer persone is beslis my passie en elke inwoner het dit vir my die moeite werd gemaak om te kom werk. Selfs ten tye van my egskeiding het ek soms met 'n swaar gemoed gery van Wellington af, maar hoe nader ek aan die Jip de Jager-afrit gekom het, hoe meer opgewonde het ek geraak.

I know each one of you and when I close my eyes I can visualise each house, each room, and every individual.

Although there were some challenging days, the enjoyable always outweighed them. Die lief en leed van GASH sal my altyd bybly. Die gevoel van behoort aan 'n groot gesin, was vir my 'n riem onder die hart. Almal het mekaar se lief en leed gedeel. Hoe bevoorreg was ek nie om deel daarvan te wees nie.

Many functions, activities and outings were organised in this time. Always with the elderly in mind and to brighten their days.

Like the wedding seremony of Buddy and Ola and their 10 pupps playing cheerfully on the lawn in front of Oosterzee house.

All the bazaars with pancakes, soetkoekies and scrumptious bazaar puddings. The year when all the houses wrote a play and performed it themselves to compete for a prize.

Many changes took place in these years, most of the times it was for the better.

Not even to mention the COVID time, when all the carers, nursing staff and I lived on the premises. It was a real challenge. I even needed a permit to go home and water my plants, and I was instructed not to stop at any shop (in case of contaminating the virus). And once again we protected our residents like a mother hen would do with her precious chicks.

Lank terug het Mnr Geldenhuys en Juan nog met die fietse op die terrein rondgery en sekergemaak dat al die werk op die terrein goed gedoen word.

Al die kinder-kerspartytjies wat ek met presisie moes reël en o ja, die jaarlikse soektog na 'n geskikte en gewillige kersvader! Ek moet sê dat Abe Williamson van al die kersvaders, die meeste opgewonde was (dankie Abe)dit is sekerlik nie 'n aange-name taak om daardie warm, wollerige pruik, baard en rooi uitrusting aan te hê nie, en dit nog op 'n snikhete dag!!

Die sop- en sjerrie-aand en ook die "music in the manor" was beslis hoogtepunte.

My kinders was nog in die laerskool toe ek by GASH begin het. Anri, my dogter het altyd gesê: "Mamma het so 'n lekker werk, sy gesels net met die ou tannies, drink tee en kry nog 'n salaris ook".

As Mnr Honing maar geweet het van my beperkte rekenaarkennis daardie tyd, sou hy dalk 2x gedink het oor my aanstelling.

Immediately after I was appointed, I went for a computer lesson or two at my children's computer teacher (which didn't help me much but at least I knew where the on/off button was and also mastered the control of the mouse).

Not even to mention the good relationship I could build with the children and other family members of the residents.

Laaste maar nie die minste, wie sou nou ooit kon raai dat ek my man hier sou ontmoet? Ek is so dankbaar dat ons mekaar hier gevind het.

Hy is 'n ware juweel! Ons troue het toe plaasgevind amper 2 jaar gelede in die sitkamer en op die stoep van George en Annie Starck Homes. Wat 'n voorreg!!

Baie dankie aan Maryport se personeel wat so mooi omsien na my Pappa. Ek waardeer dit vreeslik baie!

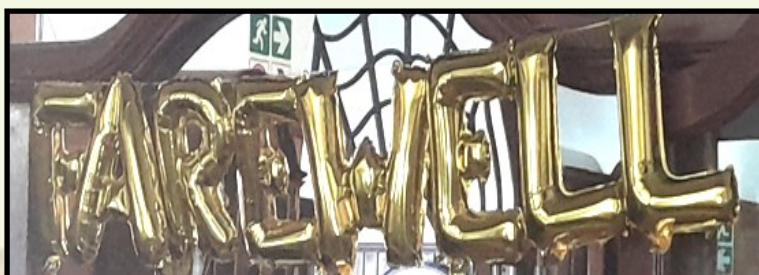
Baie welkom aan Marcel van Dyk, wat by my oorgeneem het. Marcel jy sal baie gelukkig wees by GASH, en ek glo jy sal die mense mooi ondersteun en ook liefhê. Sterkte!!

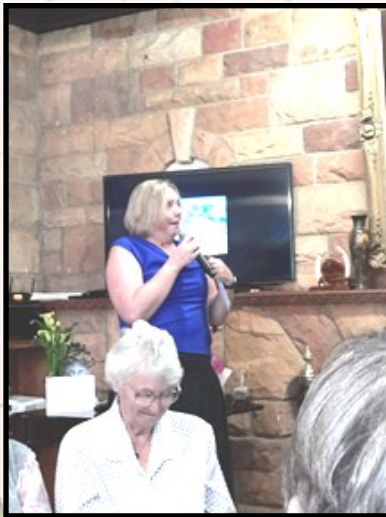
Ek wil graag vir elke kollega, inwoner en familielid dankie sê dat julle deel was van my lewe. Ek sê totsiens maar nie vaarwel nie.

Ons is nou woonagtig in die prentjiemooi Rawsonville (letterlik net 70km van julle af). Almal is baie welkom om te kom kuier!

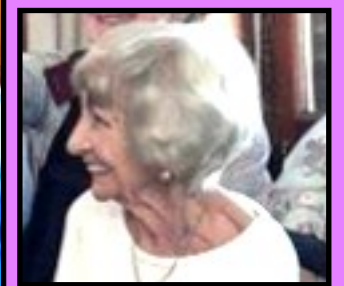
Mag ons lieve Heer julle elkeen ryklik seën!

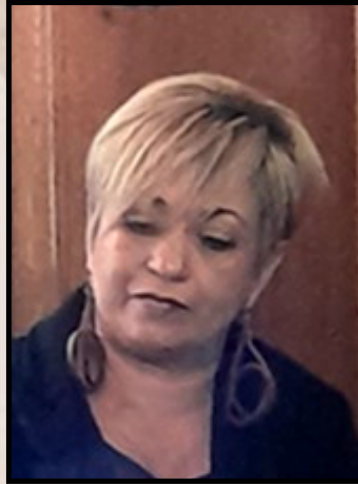
Annemie Swanepoel





Die mooiste plek om te wees,
 is in iemand se gedagtes
 iemand se gebede, en in
 iemand se HART





Ek bid vandag spesiaal vir jou.
 Dat God jou veilig in Sy hand sal hou, en
 waardeur jy ook al mag gaan, dat Hy jou
 daardeur sal dra.
 Ek bid vandag spesiaal vir jou vir geloof
 om aan Hom vas te hou en vir nuwe krag om
 vas te staan as die golwe teen jou slaan.
 Ek bid vandag spesiaal vir jou.
 Dat God sy arms styf om jou sal vou, dat jy
 Sy liefde dal ervaar, in elke las, elke traan.
 Ek kom sien jou met die liefde van ons Here.
 Ek kom sien jou met die vrede wat Hy gee.
 Ek kom sien elke tree van jou lewe dat jy
 altyd voorspoedig sal wees.



ROOMS/LIFE RIGHT UNITS

Mnr. M van Dyk and Mr. S. Roos

ASSISTED LIVING AVAILABLE ROOMS:

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OOSTERZEE
THE BARN
BON ACCORD
BOW BELLS
LIDCOTE

CONTACT MARCEL VAN DYK
021 948 1844 EXT. 243

LIFERIGHTS

CONTACT SCHOEMAN ROOS
021 948 1844 EXT.104



**LIFE RIGHT UNITS STARTING FROM R1.4MILLION
NO TRANSFER FEES OR REGISTRATION COST**



- Contact us for more information about our rooms available in assisted living and frailcare.
- | | | | | | | | | | |
|--------------------|---------------------|-------------------|---|--------------------------------|----------------------|---------------------------------------|---------|-----------------------------|----------------------------|
| Services we offer: | ✓ Security Services | ✓ Garden Services | ✓ Emergency response from our nursing component | ✓ Hair dresser on the property | ✓ Various Activities | ✓ Maintenance outside of the building | ✓ Water | ✓ Insurance of the building | ✓ Meals available on order |
|--------------------|---------------------|-------------------|---|--------------------------------|----------------------|---------------------------------------|---------|-----------------------------|----------------------------|



RECIPE: RAISIN LOAF

Mr. D Beukes

Ingredients

750ml (3c) self-raising flour
20ml(4t) baking powder
375ml(1½c) milk
250ml (1c) sugar
1 extra –large egg
Pinch salt
250ml (1c) raisins

Makes 1 loaf.

Preheat the oven to 180°C.

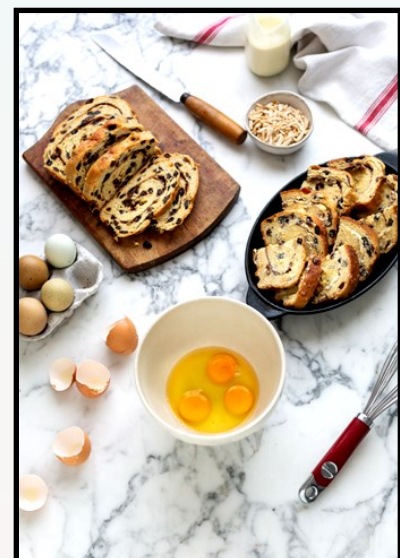
Beat all the ingredients, except the raisins, together well. Add the raisins and mix thoroughly.

Turn into a greased 23cm loaf tin and bake for about 50 minutes.

Although this loaf is slightly sweet, it's delicious served with chicken liver, Snoek pate, or cream cheese.

Hint

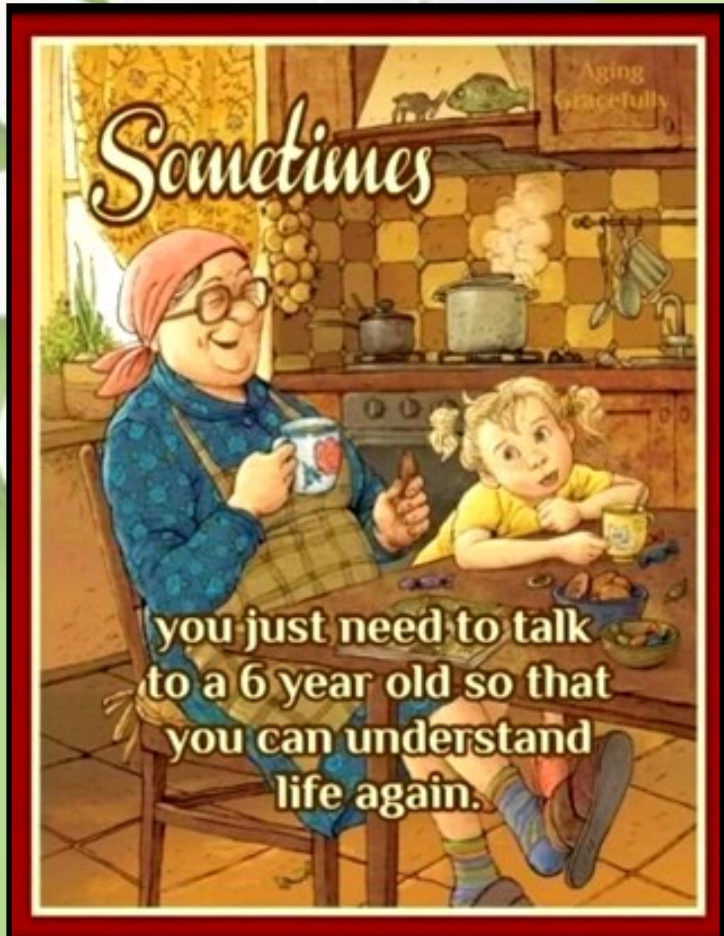
The recipe can be doubled successfully to make two loaves.



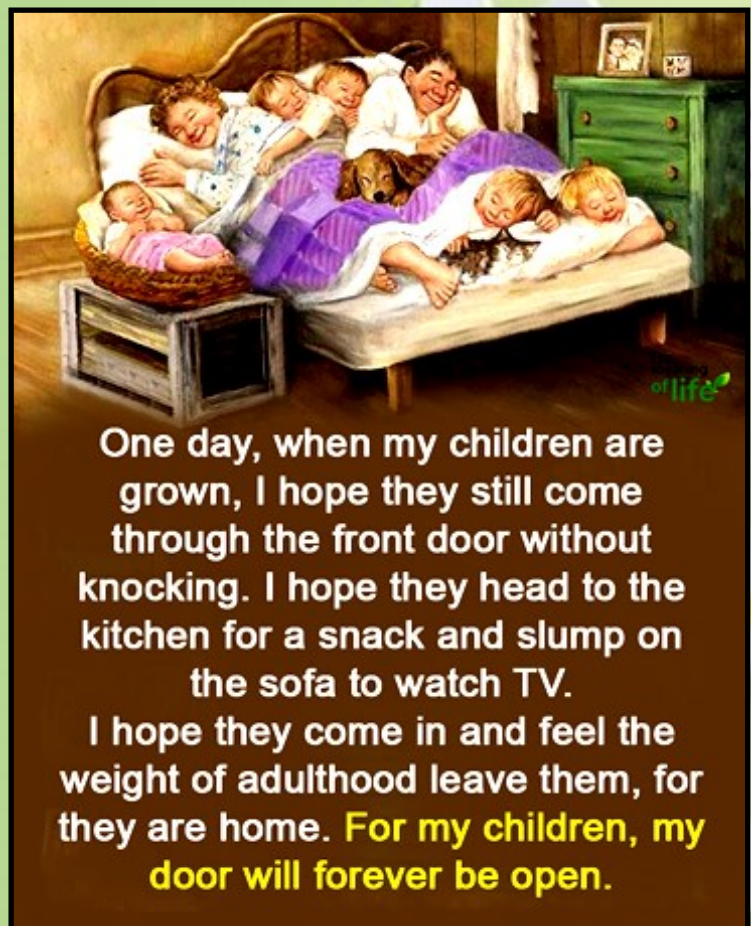
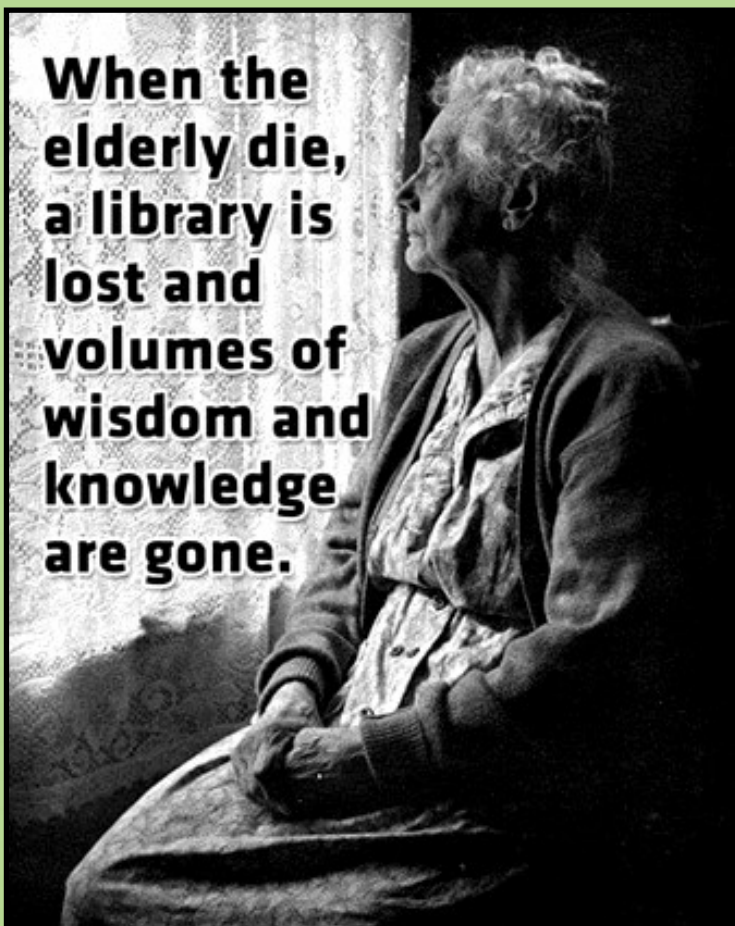
INSPIRATION

People can be so quiet about their pain that you forget they are hurting. That is why it is so important to always be kind.

- Mikita Gill



When the elderly die, a library is lost and volumes of wisdom and knowledge are gone.



One day, when my children are grown, I hope they still come through the front door without knocking. I hope they head to the kitchen for a snack and slump on the sofa to watch TV.

I hope they come in and feel the weight of adulthood leave them, for they are home. **For my children, my door will forever be open.**

ONS NUWE SOSIALE WERKER



My name is Marcel van Dyk, and I am the new social worker at The George & Annie Strack Homes.

I was born in Paarl and grew up in Durbanville, Vanda, Paarl and Grahamstown. I matriculated at Stellenberg High School in Durbanville.

After school I enrolled for a chef course at Tygerberg College because I enjoy cooking and initially considered a career in the hospitality industry.

I have always been drawn to getting involved with the needs and caring for older persons through church activities, religion and music.

I followed my heart and enrolled for a 4-year degree in social work at Huguenot College in Wellington.

Ek is die afgelope sestien jaar werksaam in die praktyk en beskou dit as 'n roeping, voorreg en groot bron van vreugde om my naaste van hulp te kan wees.

Goeie mense en gesinsverhoudinge is vir my belangrik en ek spandeer graag tyd met my familie en vriende.

Ek hou van buitelug-aktiwiteite en geniet dit om oor naweke by die see te gaan stap, vlooiemarkte te besoek en musiek te luister. Ek sing ook graag, speel kitar en geniet dit om pannekoek te bak.



INSPIRASIE

Ou suurknol! Lag 'n bietjie,
dit sal jou hele dag opkikker!



Sien jousef as 'n kleurpotlood. Jy
is nie almal se gunsteling kleur nie
maar iewers op 'n dag gaan iemand
Spesiaal jou nodig kry om die
prentjie van hul lewe te voltooi.

Wanneer n mens jou lewe wil verander dan is
daar net een mens wat dit kan doen.... JYSELF!



**Dit voel so lekker
om te weet
Jy is kwaad vir
niemand. Jy haat
niemand. Jy is
jaloers op
niemand.
Jy voel net vrede**

KODE BLOKRAAI

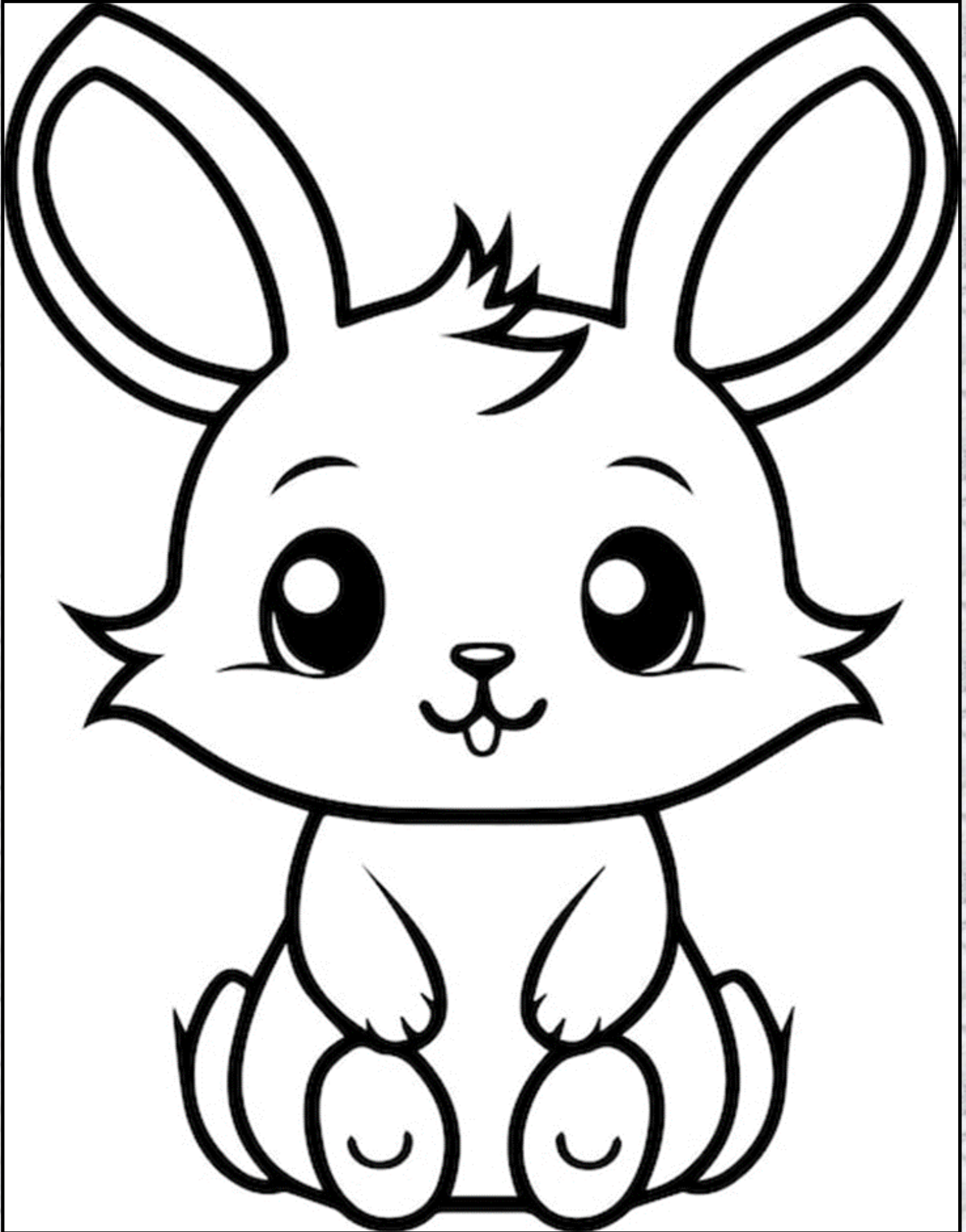
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COLOURING / KLEUR IN



WORD ART

Dust If You Must by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

BLOKRAAI

Gebinde Gepoins	Veels	Kis	Lampjit	Vererde	Iran	Miere	Prei Net	Nestor	Be- spieder
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Deeglik	Rokas Tronke				Reine As				Doge
				Enigsins Noto					
Lob Ert		Mate			Ligeg		Ons	Pos Onknap	
		Irakees	Por Traer		Groenes				
Den- driete						Rodeo Salle			
Traak	Ente Aksep			Nektar	Knal			Orden	Neste
			Gebaar	Sir Regsit			Epos Sedig		
Seep- agtig	Karga Vietse				Agting Sig				Tenues
						Dinees Relieke			
Kie			Desibel				Net Kriel		
			Aster Ruie			Kerse Ede			
Etse	Raso- leer	Reun Tien			Lere Klal- steen			Kroes	Kore
				Leer Etse			Nool Sake		
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							Krae Inets		Gesels
Biese	Toereik							Reg Luite	
			Ebniese Oes						
Taal Groepe	Klap	Strek Riet				Senu			Trom
				Etse Nee			Tes	Et Rei	
Leters				Te		Seties			
Tas Erken		Eens				Steler			
			Stee				Meter		

WOORDKUNS

Voetspore gedig

-Mary Stevenson-

Een nag het ek 'n droom gehad.
Ek het gedroom dat ek op die strand loop
en gebeure uit my verlede het voor my afgespeel.
In elke toneel het ek twee rye
voetspore in die sand gesien:
myne en die Here sin.

Toe die laaste toneel voor my afspeel,
het ek teruggekyk na die voetspore in die sand
en merk toe opdat daar soms net een ry spore was.
Dit was telkens gedurende die eensaamste
en droewigste tye in my lewe!
Dit het my gehinder en ek het gevra:

"Here, toe ek begin het om U te volg, het
U beloop dat U my nooit in die steek sal laat nie.
Hoekom was daar dan net een ry spore gedurende
daardie moeilike tye in my lewe?
Ek kan nie verstaan waarom U,
in die tye wat ek dit die nodigste gehad het,
my verlaat het nie."

Die Here het geantwoord: "My liewe kind!
Ek het jou lief en sal jou nooit verlaat nie.
Die tye wat jy net een ry spore gesien het
was die tye toe Ek jou gedra het."

KOM ONS LAG

NET IN SUID-AFRIKA



MY SELFOON HET SO HARD GEVAL, DAT TWEE VAN MY 'CONTACTS' IN DIE HOSPITAAL BELAND HET!

Soms wonder ek oor sekere dinge en Google help nie altyd nie....

🤔 As 'n skilpad sy dop verloor, is hy kaal of haweloos?

🤔 As 'n kamera se lens sirkelvormig is, hoekom is die foto's reghoekig?

🤔 As die Flintstones in die steentydperk afspeel, hoekom vier hulle Kersfees?

🤔 As jy sê jy't soos 'n baba geslaap, beteken dit jy het elke paar ure huilend wakker geword om bottel te drink?

🤔 Hoe lank sal dit 'n kameelperd neem om op te gooi?

🤔 As jy skoon is na jy uit die stort geklim het, hoekom word handdoeke vuil?

🤔 Wat as renosters net vet Unicorns is?

🤔 As Cinderella se skoene perfek gepas het, hoekom het dit dan uitgeval?

🤔 As vegetarians so lief is vir diere, hoekom eet hulle die diere se kos?

🤔 Hoekom sit superglue nie in sy houertjie vas nie?

Dit is sulke goed wat my wakker hou in die aande 🤔



Hoe ouer ek word hoe sterker word ek....ek dra nou al R2500 se groceries met een hand... 🤔

LET'S HAVE A LAUGH

I'M NOT OLD
I WOKE UP,
I LIFTED MY ARMS,
I MOVED MY KNEES,
I TURNED MY NECK....
EVERYTHING MADE THE SAME NOISE:
'CRRRRRRRRRRRRRAAAAAAACCCCCCCCCCK!'



.... I CAME TO A CONCLUSION:
I AM NOT OLD,
I AM CRISPY!



Staff Announcement



Company Vehicles - New South Africa

Due to the perks on company cars and the price increase on petrol, all company cars will be replaced by bicycles.

The allocation of bicycles is as follows:

Representatives:	3 speed with bell
Sales Managers:	3 speed with bell and pump
Branch Managers:	10 speed, one mirror and choice of saddle.
Directors:	10 Speed, two mirrors, plastic raincoat, mud flaps and a choice of metallic colours.
Managing Director:	Tandem bicycle with chauffeur.

Clock for retired people



Life is like a
hot bath.
The longer you stay in,
the more
wrinkled
you get!



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OPLOSSINGS/SOLUTIONS

WORDSEARCH



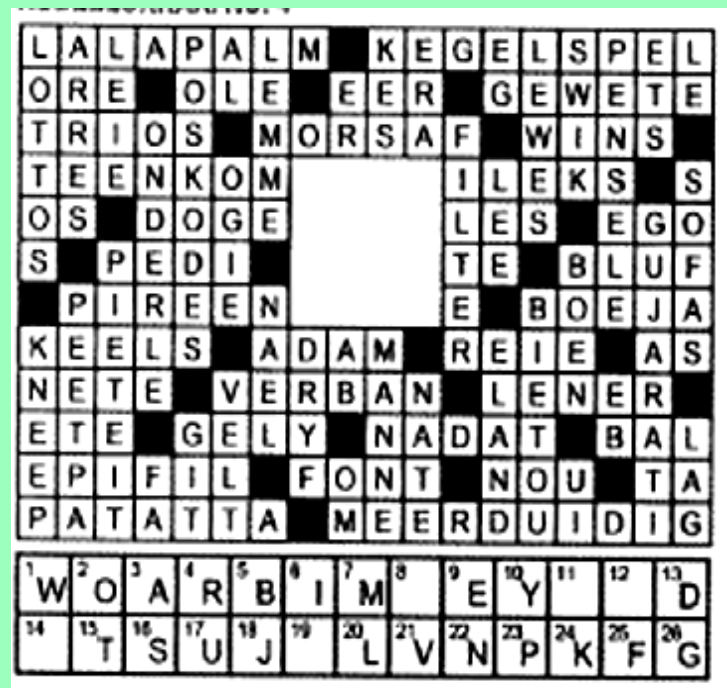
SODUKO

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BLOKRAAI



KODE BLOKRAAI



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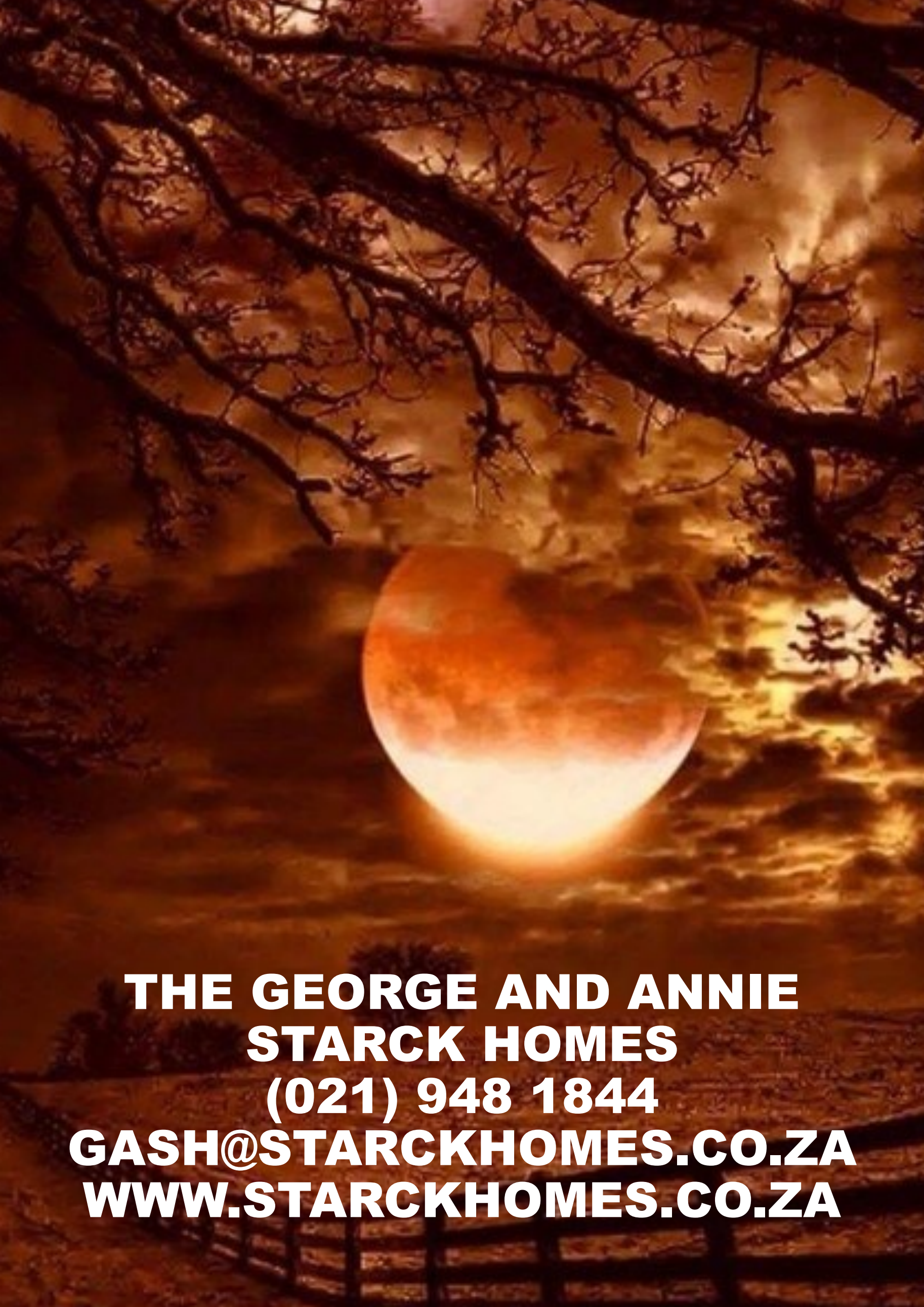
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