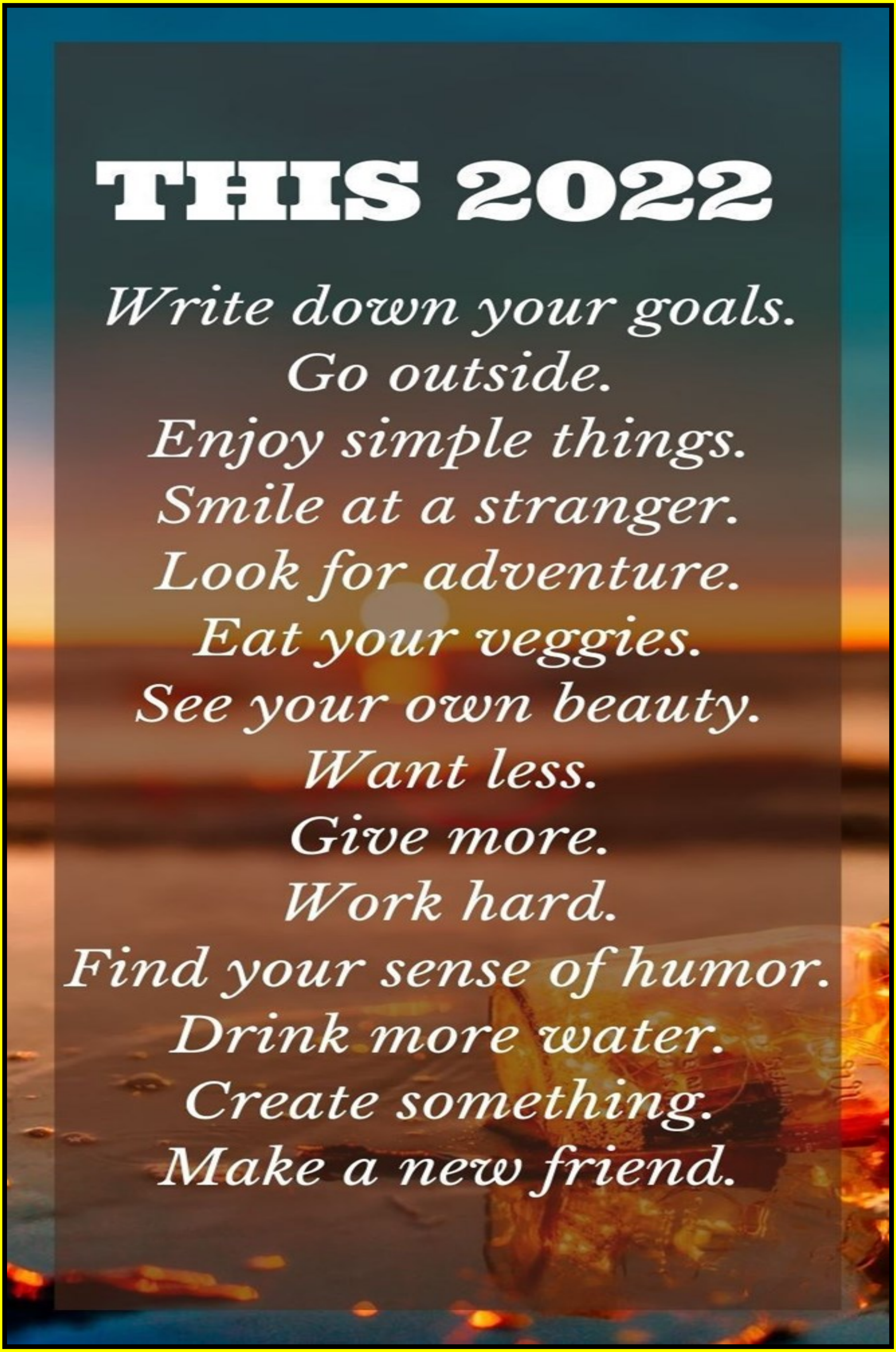
STARCK TRUTH

2022/1

The George and Annie Starck Homes
Home for the Elderly

SMA
Starckwood Management Association


THIS 2022
Write down your goals.
Go outside.
Enjoy simple things.
Smile at a stranger.
Look for adventure.
Eat your veggies.
See your own beauty.
Want less.
Give more.
Work hard.
Find your sense of humor.
Drink more water.
Create something.
Make a new friend.

INHOUD/CONTENTS

INHOUD/CONTENTS	1
FROM THE OFFICE OF THE GENERAL MANAGER	2
MEV. A SWANEPOEL	4
RELIGION	5
GASH VERKOPING	6 & 7
GELOOF	8
HOUTBAAI UITSTAPPIE	9
A SPECIAL FERNWOOD DAY	10,11 & 12
WPC SANGGROEP OPTREDE	13
HAPPENINGS	14
KERS KINDERPARTYTJIE	15 & 16
WOODS KERSETE	17
CHRIS COETZER OPTREDE	18
ANGIE ISAACS VERJAARDAG	19
STARCK HOMES KERSETE	20
KIRSTENBOSCH UITSTAPPIE	21 & 22
WORD SEARCH	23
ROOMS/LIFERIGHTS	24
RECIPE: CHICKEN Á LA KING	25
PROPERTY DISCOVERIES	26
INSPIRATION	27
INSPIRASIE	28
WOORDSOEK	29
SUDOKU	30
COLOURING/INKLEUR	31
WORD ART	32
BLOKRAAI	33
WOORDKUNS	34
KOM ONS LAG	35
LET'S HAVE A LAUGH	36
OPLOSSINGS/SOLUTIONS	37

TAALVERSORGING - MEV. M STRYDOM

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FROM THE OFFICE OF THE GENERAL MANAGER

The start of a new year. It's the perfect time to reflect on the past year, with all its joys, but also frustrations. Happiness and sadness. Laughter, but at some stages, also tears.

It brought a few lockdowns, illnesses and deaths. It also brought new residents, recoveries and freedom. We are grateful for the good and deal with the bad, and together we move forward into 2022.

Looking back at the projects that we tackled in 2021, Maryport has got a brand new roof. The greenhouse is ready for new life and Kenilworth will provide safety and joy for twelve residents in need of Dementia care. We've upgraded our security system, keeping our residents as safe as possible.

The Starck Truth and baby Starck Talk was born. We are so grateful that we could start with all activities again, and end last year on a high note with outings and entertainment. It was a challenging year, but looking back, we can see God's protection and provision right throughout the year.

I hope that all staff members, residents and families have had a very blessed festive season. I believe you experienced the joy of Christmas in a fresh and special way, and may Jesus remain the centre of it all.

totsiens 2021
die jaar van verlies
en verandering
die jaar van besef
wat werklik saak maak
en hoe kosbaar tyd regtig is
die jaar waar ek 'n nuwe deel van myself kon leer ken en
ander se foute leer verstaan het
ek los vandag die terughou agter
en omhels die moontlikhede wat 2022 bring
my hart sing soos 'n sonbesie voor die reën
opgewonde, dalk selfs 'n bietjie bang,
maar verwelkomend en in afwagting op seën

7 Gebede vir die Nuwejaar:
- Mag jou gesondheid verbeter.
- Mag jou vriende vreedsaam wees.
- Mag jou familie geliefd wees.
- Mag jou finansies vermeerder.
- Mag jou pyne en skete verdwyn.
- Mag jou bekommernisse minder wees.
- Bowenal, mag God jou ryklik seën

TO CARE FOR THOSE WHO
ONCE CARED FOR US
IS ONE OF LIFE'S
HIGHEST HONORS.

MEV. A SWANEPOEL

The Barn

Ek is gebore in Maitland in die Weskaap.

Ek is ‘n weduwee en het drie kinders. Die beste gebeurtenis in my lewe was my 50ste huweliksherdenking. My dogter van 63 woon in Kraaifontein, my seun van 61 woon ook in Kraaifontein en my ander dogter van 59 woon in Brackenfell. Deur my kinders het ek 7 kleinkinders.

My gunstelingkleur is pienk en ek geniet dit om televisie te kyk eerder as radio luister en lees ook graag.

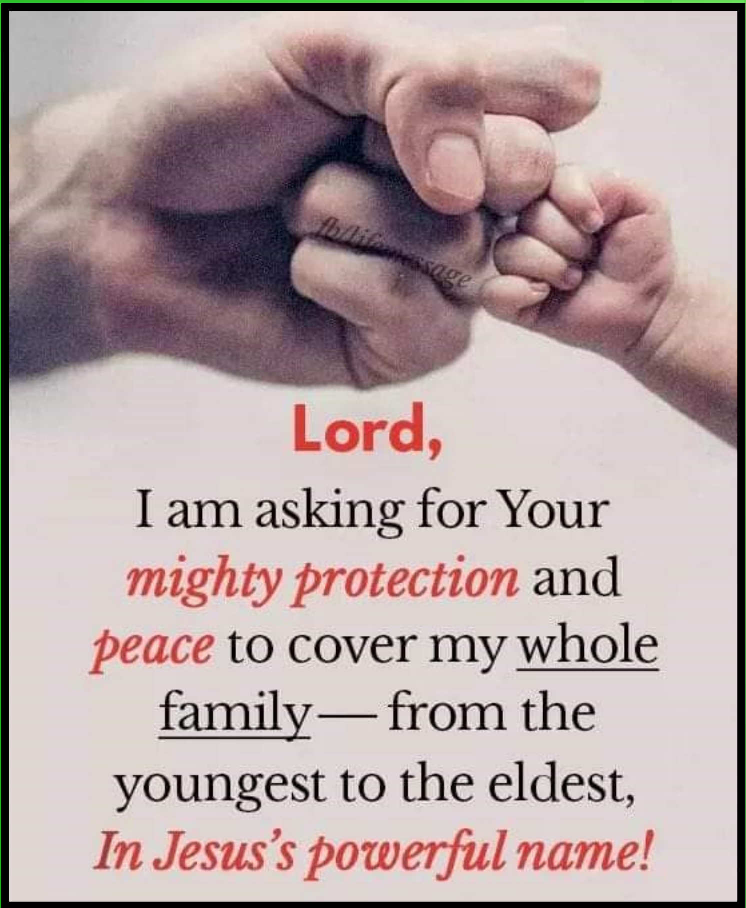
Dit is heerlik om ‘n Suid-Afrikaner te wees, aangesien ek graag braaivleis en slaai eet en lief is vir die see. My droomvakansie is by Durban saam met my familie. Een van my lekkerste ervarings was in 2013 toe ek Durban toe gevlieg het.

Ek is ‘n vreeslike soettand, veral sjokolade, en ek hou ook van koffie en tee.

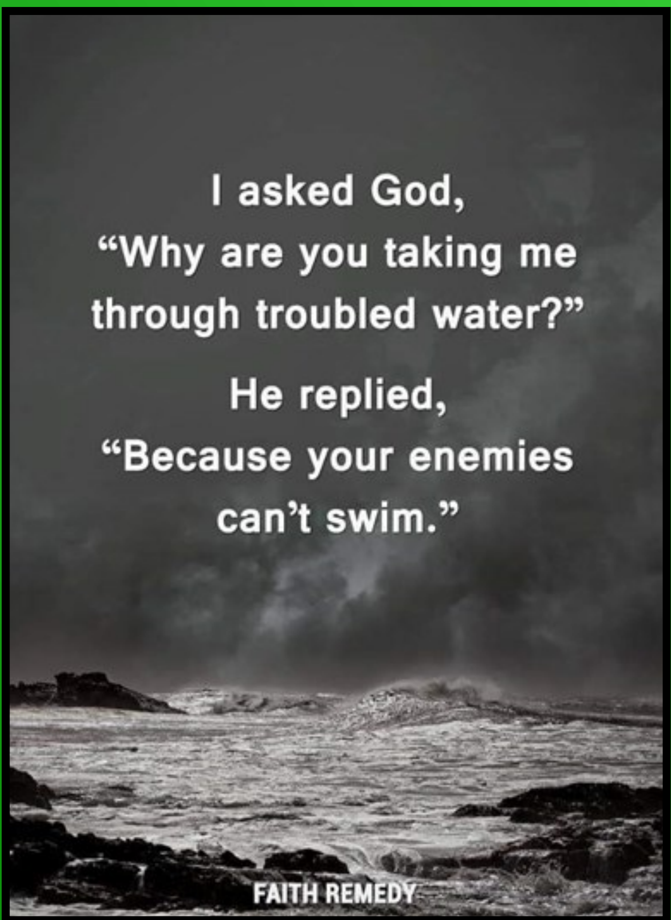
Die somer is my gunstelingtyd van die jaar en ek geniet aande meer as oggende. Ek is baie lief vir honde en my grootste vrees is spinnekoppe en slange.

As ek ‘n temalied vir my lewe moet kies, sal dit “The Old Rugged Cross” wees. Ek is ook baie gelowig en bid gereeld.

RELIGION


Lord,
I am asking for Your mighty protection and peace to cover my whole family — from the youngest to the eldest,
In Jesus's powerful name!

Let your Faith be bigger than your Fear.
POWEROFPOSITIVITY.COM


I asked God,
"Why are you taking me through troubled water?"
He replied,
"Because your enemies can't swim."
FAITH REMEDY

There Is Coming A Day When Every Knee Must Bow & Every Tongue Confess That Jesus Christ Is Lord
Amen
Good Morning
Let today be the day that you
SPREAD YOUR WINGS
and Fly
Good Morning
Have a Happy Thursday
The blessing of the Lord makes me rich
PROVERBS 10:22
God doesn't call the prepared
He prepares the called.
THE FEAR OF THE LORD IS TO HATE EVIL;
Pride and arrogance and the evil way And the perverse mouth I hate.

GASH VERKOPING

Deur Ancolet Boonzaaier

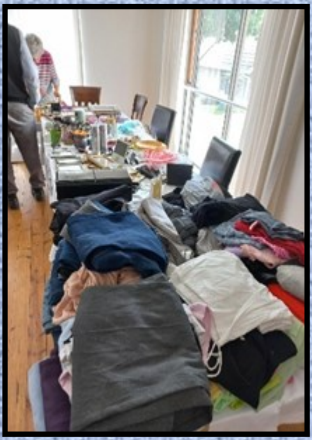
2 NOVEMBER 2021

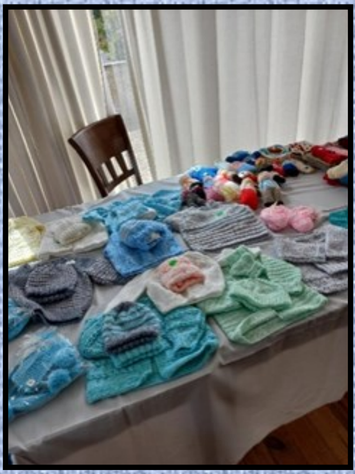
Hoe lekker was dit nie om vir 'n verandering weer normale dinge te kon doen nie, sonder dat Covid ons inperk.

Die oomblik wat die Covid-vlakke gelig het, het ons die geleentheid aangegryp om soveel as moontlik aktiwiteite aan te bied vir ons inwoners.

Een van die aktiwiteite, wat deur al die jare baie geniet word deur inwoners sowel as personeel, is die verkoping van verskillende snuisterye.

Die reëlings is dus getref sodat dit 'n heerlike dag vir ieder en elk kan wees. So 'n dag moet natuurlik gepaard gaan met iets te ete en te drinke, dus is daar besluit om *"hotdogs"* ook te verkoop.





GASH VERKOPING

Deur Ancolet Boonzaaier

Soveel skenkings is ontvang! Van heerlike tuisgemaakte konfyt, ons wonderlike inwoners se pragtige breiwerk, tuisgemaakte juwele, legkaarte tot tweedehandse klere en vele meer!

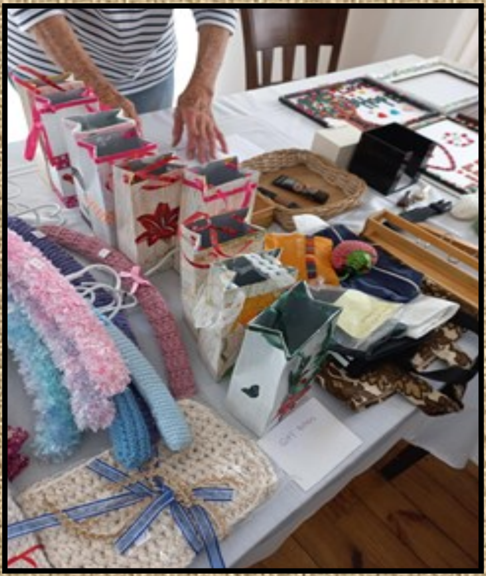
Dit het alles plaasgevind in die *"Woodpecker"* lokaal. Abri en sy span het die wors gebraai, Sylviya en Natalhie het die finansies hanteer en Annemie was in beheer van worsrolle maak en uitdeel.

Vrolike musiek het die lokaal gevul en almal het die dag terdeë geniet!

'n Spesiale dankie aan ons vrywilligers op wie se knoppies ons altyd kan druk! Sonder julle sal ons nie genoeg hande hê nie en sal dit nie 'n sukses wees nie!

Dadelik is 'n volgende verkoping beplan vir die 30ste November. Dié dag was daar pannekoek te ete en dit is ook baie geniet deur almal wat ingeloer het.

Ons maak gou weer so en sien uit na 'n jaar van vele glimlagte, aktiwiteite en heerlike onspanning!



GELOOF

God is in beheer van my omstandighede. En wanneer ek self nie verder kan of wil nie, kan én wil Hy.

Hou vas aan die lewe!
Hou vas aan die hoop!
Hou vas aan God!
En op 'n dag sal die lig weer begin skyn.

I.L. de Villiers

HOUTBAAI UITSTAPPIE

Deur Mev. J Stephan

Die uitstappie na Houtbaai op 27 Oktober 2021 was uiteindelik ‘n sprokiesmooi besigtiging van groot dele van die mooie Kaap. Van Starck Homes het ons vertrek na Kaapstad om die pad na Houtbaai te vat.

Dit neem ons o.a. verby die Somerset Wes Hospitaal en stedelike gebiede. Ons ry verby kusdorpe met die 12 Apostels bergreeks aan die linkerkant met hul ruwe spitse en see regs, wat mens betower met die ongelooflike uitsig. In die proses ry ons verby Drieankerbaai, Bantrybaai, Clifton, Kampsbaai, Bakoven, Landudno en uiteindelik Houtbaai.

By Houtbaaihawe hou ons stil en koop vis en skyfies by die hawerestaurant, wat ons by hul buitesitplekke, gerieflik onderdak, sit en geniet. Daarvandaan ry Tielman met ons met die Chapmanspiek-roete en verder met die ou Kaapse Weg sodat die skilderagtige Skiereiland voor ons oë ontvou soos ons verder ry.
Gebiede soos Noordhoek, Steenberg, Bergvliet, Tokai en uiteindelik Constantia bekoor met hul ligging en uitsig. Jy word bewus van die Kaapse Skiereiland se uitsonderlike bekoring van berg, fynbos en see! Waar nog kry mens so ‘n kombinasie van bergspitse wat gedurig die uitsig verander, gekombineer met die Weskaap se fynbos-rykdom en die see net hier langs jou.

Uiteindelik ry ons terug na Kaapstad met die ou De Waalpad, nou Robert Sobukwe, tot in Roelandstraat. Ons sien verskeie historiese geboue op ons tog. Die ou Roelandstraat-gevangenis, ‘n Rooms Katolieke kerk, en St Georges Cathedral. Verder aan sien ons die Museum, die ou Botaniese tuin, die Parlementsgebou en die ou Hooggeregshof.

In Loopstraat sien ons die ou Kaapse baddens en die planetarium, en in Adderleystraat die Groote Kerkgebou. Ons ry die stad uit met Kusweg om. uiteindelik met die N1 terug na Bellville waar Starck Homes is.

Dit is sekerlik een van die mooiste uitstappies om in die Kaapse Skiereiland te onderneem, en alle dank aan Starck Homes vir die voorreg en in die besonder aan Tielman Jordaan vir die kundige en spesiale manier waarop hy dit hanteer het.

A SPECIAL FERNWOOD DAY

By Mrs. V Bobrowski

Hello everyone! I would like to tell you all about the lovely party braai that Magriet Malan arranged to celebrate her husband Jannie's forthcoming 90th birthday with their friends at Fernwood.

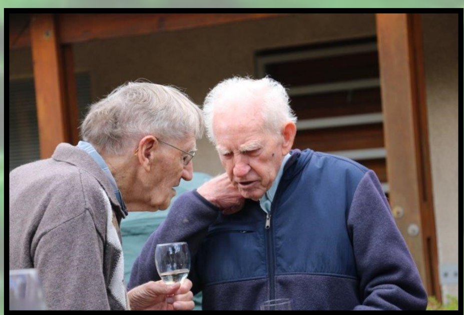
The first indication which we received letting us know that something was afoot was a typewritten note from Jannie saying that we were all invited to a braai to be held in the Fernwood courtyard on the 3rd October. It was their intent to do this to say thank you to their neighbours for the support they had received during Jannie's spell in hospital earlier in the year. Should the weather not be suitable, it would be postponed to the 17th October, as it turned out that is what happened and it was held on the 17th.

Everyone in Fernwood was looking forward to the 17th and action began the day before with the erection of a gazebo in the garden. It was arranged to borrow extra glasses and tables and plastic garden chairs for the next day.   We were hopeful of the weather.

Magriet and Jannie

Lighting the braai.
Johan and Dawie

Otto and Dawie



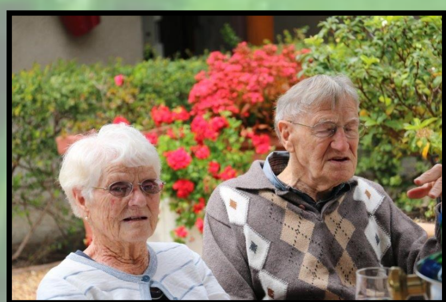
Two elderly gentlemen enjoying a very intense conversation.
Mark and Jannie

Spot the difference.
A little more wine consumed and Ed join's the conversation.

Ladies enjoying snacks and wine.

Festive!

Magriet's daughter Annarita welcomes everyone.



Another picture of Magriet and Jannie.

A SPECIAL FERNWOOD DAY

By Mrs. V Bobrowski

Sunday dawned and the heavens opened and the rain came down. Three separate showers, but as it happened, the sunshine came out in between each shower which revived our hopes once again. Magriet and Jannie's children were there in force to help out, namely daughter Annarita and husband Johan, son Dawie and wife Lientjie.

Around noon we all began to gather outside under a welcome spell of sunshine and a clearing sky. It's going to be fine, we anticipated.

The braai fire was lit and the men gathered around it, as men do, and the ladies sat under the gazebo. Wine, soft drinks and lovely snacks were served. Everyone was drinking to Jannie's good health and Happy Birthday. Magriet and Jannie's daughter Annarita gave a little speech welcoming us all and the party began, but unfortunately not for very long. The heavens really came down this time and we all ran for shelter. Now what was to be done. Moenie worrie nie – Magriet and her family of helpers came to the rescue. In no time at all furniture in the lounge had been moved away to make room for a long dining table but the problem was the plastic garden chairs took up far too much room and 14 of them just would not fit in.

Magriet told everyone, "Everything will soon be ready but you'll have to bring your own chairs to sit on." Amid much laughter the necessary dining room chairs were provided and the problem was solved. The table was decorated beautifully and we were all seated for lunch. We really didn't care now if it rained cats and dogs. We were all hugely comfortable and the right decisions had been made.

Magriet and Annarita setting the table.

How to dispense with 90 candles.

14 Happy neighbour's and Family.

Down comes the rain, everything goes inside.

The gazebo gives better shelter.

Enjoying the day!

A SPECIAL FERNWOOD DAY

By Mrs. V Bobrowski

Annarita and Lientjie really spoiled us with the efficient way they served everyone, placing a delicious plate of food in front of us. The boerewors, chicken, and kebabs were done to perfection, with several various salads, one of which donated by next door neighbour Linda and husband. Otto gave a green salad picked and washed from his garden that morning.

Conversations and joking abounded and we were having a great time and gosh, we had the rain to thank that things had turned out so well. This was really great and could not have been any better.

Later coffee was served and the birthday cake, made by a family friend, brought out. It was the most divine carrot cake, placed in front of Jannie with one fat candle stuck in the centre which he blew out. We all sang "For he's a Jolly Good Fellow."

By now it was well into the afternoon and slowly the guests drifted off, well satisfied and perhaps to snatch a bit of shut-eye. It had been the most perfect occasion.

Written by Vera Bobrowski – next-door neighbour.

Conversations!

Part of the table décor.

Arena, 6 Fernwood

Some more conversations!

WPC SANGGROEP OPTREDE

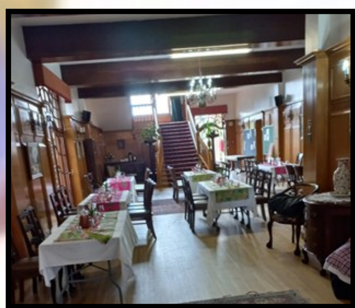
Deur Mev. J Stephan

Die sanggroep van Western Province, Taryn Fox, Enzo Tame, Byron Olivati en Liandi Valentyn het na 'n lang afwesigheid Starck Homes se inwoners weer kom verras met hul spesiale, lewendige, mooi sang en musiek. Op hul baie spesiale manier is treffers uitgevoer.

Hulle het begin met *Circle of Life*, waarna Taryn en Byron 'n pragtige uitvoering van *Barcelona* gelewer het. Dis gevolg met *What the world needs now* en 'n baie mooi weergawe van *You Raise me up* deur die groep. Enzo se *La Donna I Mobile* is aangrypend mooi in die opera-tradisie gelewer. Liandi se mooi *I know him so well* is gevolg deur Enzo en Byron met die bekende *My Way*. Daar is afgesluit met *Last Night of the World* en *One Day More*.

Daarna is die inwoners wat die uitnodiging aanvaar het, getrakteer op 'n spesiale informele boksete met slaai en die lekkerste nagereg in 'n glas. Die lemoendrank was ook net reg vir die dorstiges.

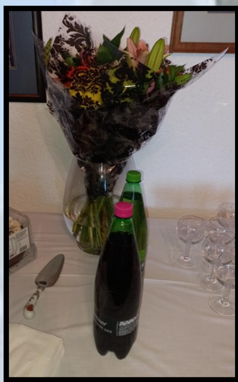
Groot dank aan Starck Homes vir 'n hoogs gewaardeerde kuier.



HAPPENINGS

ON 1 – 5 NOVEMBER 2021, *KYKNET* FILMED *"ALTYD PA",* FEATURING ACTOR CHRIS VAN NIEKERK, AMONGST OTHERS, IN AND AROUND OUR PREMISES.

ON THE 15TH OF OCTOBER 2021, OOSTERZEE OFFICE STAFF HELD A SMALL CELEBRATION TO HONOUR MRS SNYMAN FOR BOSS'S DAY.



25 NOVEMBER 2021 – LAST CHAPEL: RESIDENTS WERE TREATED TO SNACKS.

21 NOVEMBER 2021 A HORACE HADEDA GOT STUCK ON THE CENTRAL LELAND OF FROGGY POND. THE WATER WAS RISING, AND HE WAS SO WET THAT HE COULDN'T FLY. FLORENCE SUGGESTED PUTTING A PLANK ACROSS AND AFTER SOME COAXING, HE WALKED ACROSS THE PLANK TO SAFETY.

KINDERKERSPARTYTJIE

Deur Annemie Huskisson

15 DESEMBER 2021

Hoe heerlik was dit nie om weer soos in die goeie ou dae voor Covid 'n kinderkerspartytjie te reël nie. Al die inwoners se klein- en agterkleinkinders was die eregaste by hirdie geleentheid.

Soos altyd het die kindertjies met blink ogies en fraai kleertjies opgedaag vir die partytjie. Die Oumas en Oupas was ook tog te trots om rondom die kunstig versierde Kersboom te spog met hul kleingoed.

Die Kersverhaal is op 'n treffende manier vertel deur middel van 'n buikspraakpop. Almal het dit gate uit geniet.

'n Kulkunstenaar het gesorg vir lekker giggels en het die gehoor se aandag behoorlik gevange geneem met al sy toertjies.

KINDERKERSPARTYTJIE

Deur Annemie Huskisson

Hierna het die groot oomblik aangebreek toe die kinders almal moes roep vir Kersvader om te kom. Die opgewondenheid was groot toe hy met die gelui van klokke arriveer. Hy het met groot geduld en liefde die kinders nadergeroep om hul geskenke te ontvang.

Die middag is afgerond deur die neem van foto's saam met Kersvader.

Elke kind het 'n lekkergoedpakkie gekry en die grootmense is bederf met heerlike eetgoed en tee deur die WPC gemaak.

WOODS KERSETE

Deur Ancolet Boonzaaier

8 DESEMBER 2021

Vroegoggend was daar ‘n geskarrel deur WPC om alles perfek te maak vir ons geliefde gaste wat hulle Kersparty in Oosterzee-sitkamer kom hou.

Met aankoms is hulle vriendelik gegroet. ’n Welkom-drankie van sjerrie of pons is aangebied.

Die Tafels is baie mooi in tradisionele Kerskleure gedek en versier. Almal het gesellig saam in die sitkamer gekuier. Sagte Kersmusiek het ‘n heerlike atmosfeer geskep.

Die spyskaart was heerlik en het bestaan uit ‘n voorgereg van Salm en Garnaal Paupiettes. Die hoofgereg was Coq Au Vin, Lamsboud, Sampioenrys, Brokkoli / groenboontjies / ertjies en murgpampoentjies en pampoentert. ‘n Heerlike koekstruif het die feesmaal afgesluit.

Elke persoon wat hierdie geleentheid bygewoon het, het ook ‘n spesiale sjokoladepakkie met ‘n Kerskaartjie gekry wat deur GASH geskenk is.

Laggend en gelukkig keer die inwoners terug na hulle onderskeie woonplekke.

Dit was voorwaar ‘n heerlike geleentheid en net die regte manier om die feesseisoen mee af te skop.

Alle dank aan elke persoon wat gehelp het om hierdie dag spesiaal en ‘n sukses te maak.

Tot volgende keer….

CHRIS COETZER OPTREDE

Deur Mev. J Stephan

Op 10 November 2021 het Chris Coetzer, sangkunstenaar, inwoners van Starck Homes vermaak met 'n program van vrolike musiek as deel van 'n bekendstelling van AVBOB se dienste. Saam met hom was Yolanda Pretorius, Shantal Malgas en Sherize Francis, almal verbonde aan AVBOB.

Chris besit 'n gawe om sy gehoor te betrek en het dit selfs reggekry om ons saam te laat sing en aksies saam met die musiek te laat uitvoer. Gunstelinge soos Johnny Cash se *Ring of fire*, Jak de Priester se *Roer jou voete* en 'n versameling bekende Afrikaanse liedjies, het groot byval gevind.

Hy kry dit ook reg om sy gehoor saam met hom aksies te laat uitvoer met die sing van *Catch a Falling Star*. Die klimaks was toe hy Judy Potgieter, een van die inwoners met 'n pragtige sangstem, saam met hom laat sing het.

Of jy nou in 'n rolstoel was of minder beweeglik, almal het onder Chris se entoesiasme geswig en uiteindelik saam pret gemaak. Hy sluit af met You raise me up en op daardie rustige noot kom 'n genoeglike oggend tot 'n einde.

Die wyshede van bemoediging en troos wat Chris deurentyd kwytraak, het ook baie bygedra tot die genoeglike oggend.

ANGIE ISAACS VERJAARDAG

Deur Ancolet Boonzaaier

13 DECEMBER 2021

Oosterzee Personeel vier Angie se verjaardag van 16 Desember op Vrydag 13 Desember.

Annamarie open met mooi wense namens ons almal en open met gebed.

Angie wou graag self eetgoed verskaf. Ons, wat haar eintlik moes bederf, het toe heerlike happies geniet! Ons HET darem vir haar 'n koek gegee!

Ons het lekker gekuier en Angie, ons wens jou weer eens net die beste vir die toekoms toe en nog vele mooi jare wat voorlê!

STARCK HOMES KERSETE

Deur Mev. J Stephan

14 DESEMBER 2021

Starck Homes se Kersete was, soos verwag kan word, uit die boonste rakke!

Vrolikgedekte tafels in die Kersfeesgees en 'n sjerrie voor die ete het die gaste voorberei vir die keurige Kersmaal wat voorgesit is, aangevul met lemoen- of appelsap.

Nadat Schoeman Roos en bestuurder Annamarie Snyman die gaste welkom geheet het, het die bekende groep van Western Province, Taryn Fox, Enzo Tame, Byron Olivato en Liandé Valentyn soos altyd geskitter met Kersfeesvrolikheid, met bekende liedjies soos *Jingle Bells* en minder bekendes. Tonekrul lekker.

Kersetes is aangebied vir die inwoners van Mary Port, die Woods en Starck Homes.

Dankie aan die bestuur en al die flukse helpers, vir die Kersvrolikheid wat julle so heel-hartig met ons gedeel het. Die Kerskinderparty lê ook nog voor en belowe om net so lekker te wees.

KIRSTENBOSCH UITSTAPPIE

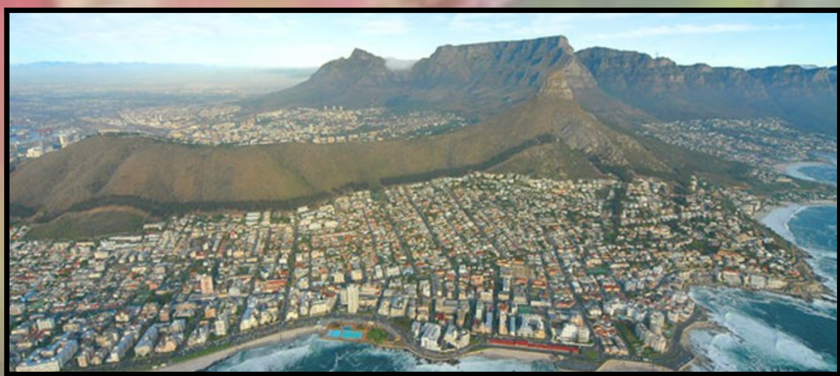
Deur Mev. J Stephan

Een van die mooiste en lekkerste uitstappies waarmee Starck Home inwoners bederf, is na die natuurtuin Kirstenbosch op 23 November 2021.

Van Kaapstad af draai jy in die ou De Waalpad af, verby die ou Mostertse Meul, wat onlangs in ‘n brand vernietig is, verby die Universiteit Kaapstad en Rondebosch tot by Kirstenbosch in die Constantia-area.

Cecil John Rhodes wat in die area gewoon het, het die wysheid gehad om ‘n stuk grond te koop vir die bewaring van die Kaapse Fynbos met sy ongekende skoonheid. Hy plant ‘n laning Kanferbome langs ‘n pad wat dwarsdeur die plaas Kirstenbosch loop, en met sy dood word die plek bemaak aan die nasie van Suid-Afrika. Na die tot-stand kom van die Unie van Suid-Afrika in 1910, word die Kirstenbosch Nasionale Botaniese Tuin in 1913 gevestig.

Cecil Rhodes

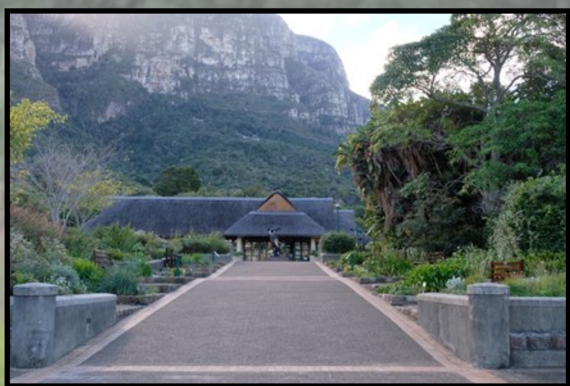


KIRSTENBOSCH UITSTAPPIE

Deur Mev. J Stephan

Kirstenbosch vier dus sy honderdste bestaansjaar in 2013. Botaniese tuine fokus op die versamel, identifiseer en klassifiseer van plante – inheemse plante in die geval van Kirstenbosch. Inheemse plante uit die ganse land word hier versamel. Met die uitleg van die tuin word ook probeer om plante in hul mooiste en natuurlikste habitat te vertoon.

Groepe besoekers word deur 'n gids ontvang en rondgeneem om besonderse versamelings of spesies en interessanthede uit te wys. Die tuin word ook deur skoolgroepe en vir pieknieks en uitvoerings, soos *Carols by Candlelight* gebruik. Kirstenbosch is wêreldwyd bekend vir die unieke, ryk inheemse flora in 'n asemrowende mooi omgewing.



WORD SEARCH

Types of Food

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

ONION
PORK
BURGERS
FAST FOOD
RADISH
MACARONI
LETTUCE
VEGETABLES
NOODLES
BREAD
CEREAL
HAM
FRUIT
TUNA
SALAD
SPAGHETTI
BUTTER
ROLLS
TV DINNER
HOTDOGS
STEAK
GRAVY

ROOMS/LIFE RIGHT UNITS

Verskaf deur Annemie Huskisson en Schoeman Roos

ASSISTED LIVING AVAILABLE ROOMS:

TROVATO
RUVEE
OOSTERZEE
THE BARN
BON ACCORD
BOW BELLS
LIDCOTE

CONTACT ANNEMIE
021 948 1844 EXT. 243

LIFERIGHTS

Cherrywood	19
Cherrywood	16
Cherrywood	11

CONTACT SCHOEMAN
021 948 1844 EXT.104

RECIPE: CHICKEN Á LA KING

Deur Dominico Beukes

Ingredients:

2kg chicken breast cubed
250g button mushrooms sliced
2 green sweet peppers, chopped
2 large onions, chopped
2 gloves garlic, peeled and crushed
1 beef stock cube
125ml boiling water
30ml (2t) cake flour
500ml fresh cream
250ml milk
Salt and freshly ground black pepper to taste

Serves 4 – 6 people

Fry the chicken, mushrooms, sweet peppers, onions and garlic until slightly browned.

Dissolve the stock cube in the boiling water and add to the chicken mixture along with the cake flour, blend well.

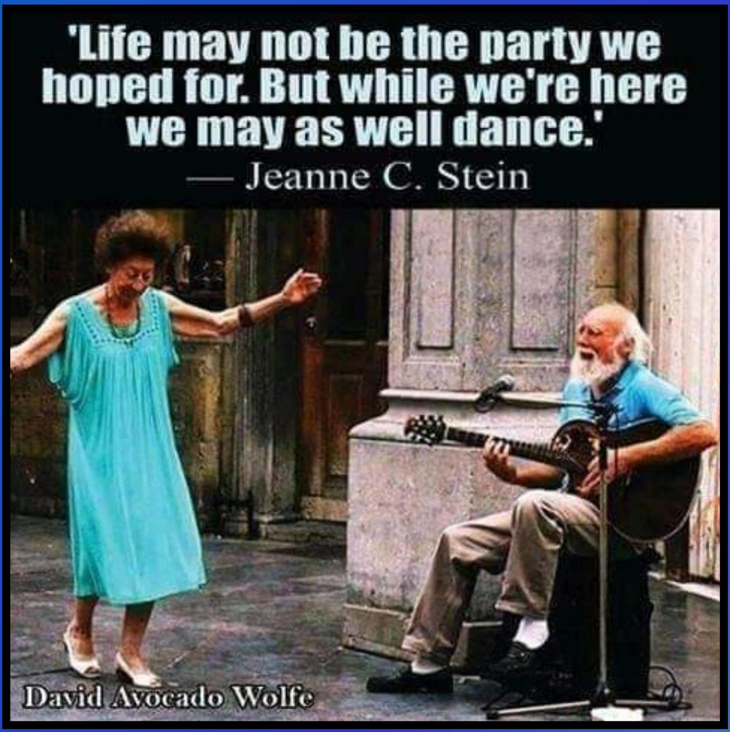
Add the cream, milk and seasoning and simmer for about 20 – 30 minutes.

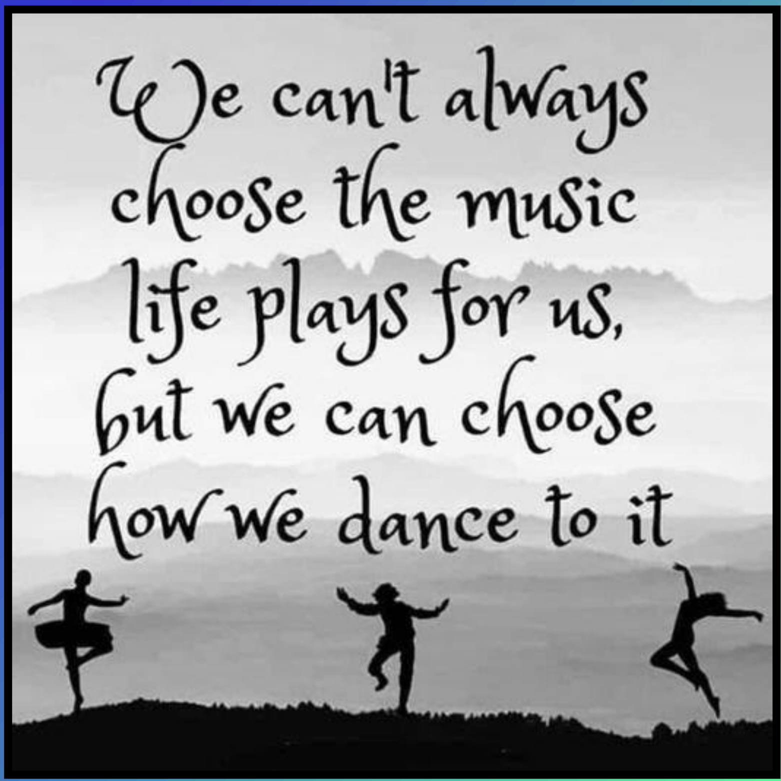
Serving suggestion:

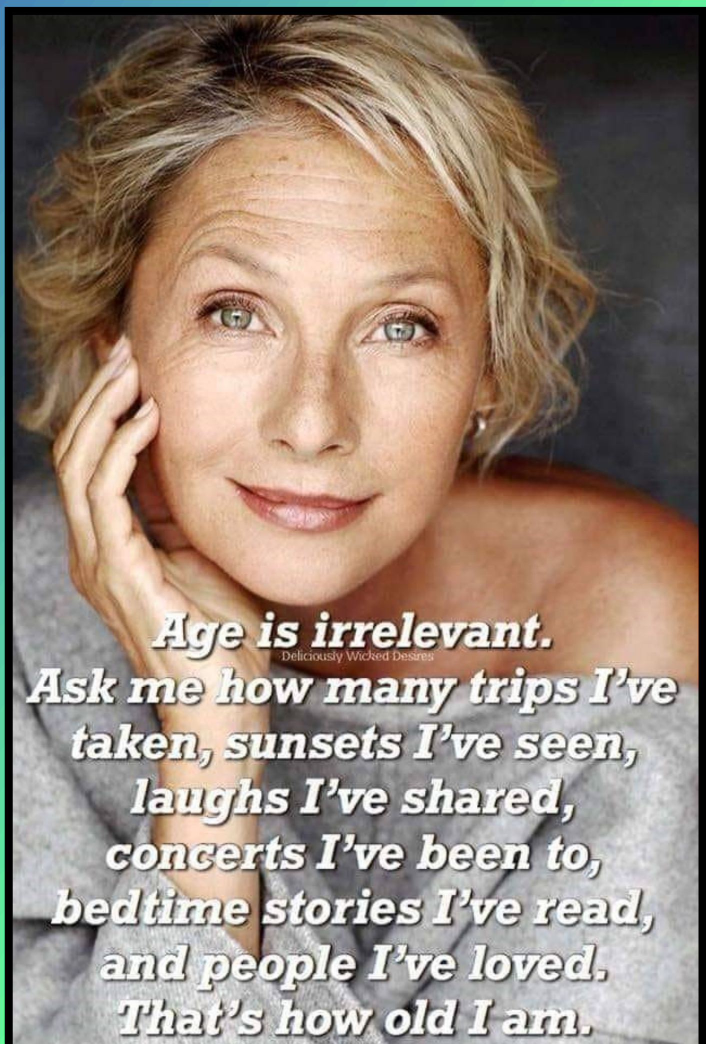
Serve with a Greek salad and garlic bread.

PROPERTY DISCOVERIES

INSPIRATION



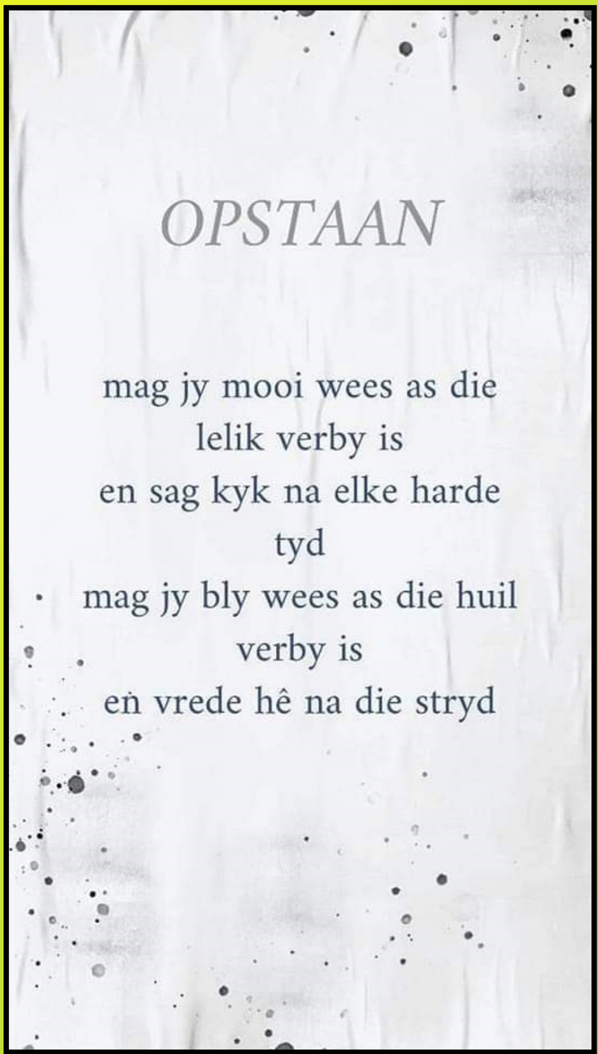




INSPIRASIE

Ek mis dit hoe Kersfees gevoel het toe ons klein was.

Net soos wat jy jou ouers nodig gehad het toe jy 'n kind was....
~Yvonne~
net so het jou ouers jou nodig wanneer hulle oud is...


OPSTAAN
mag jy mooi wees as die
lelik verby is
en sag kyk na elke harde
tyd
mag jy bly wees as die huil
verby is
en vrede hê na die stryd

Die mooiste dinge in die lewe kan nie gesien of aan gevat word nie. Dit moet met die hart gevoel word.

WOORDSOEK

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

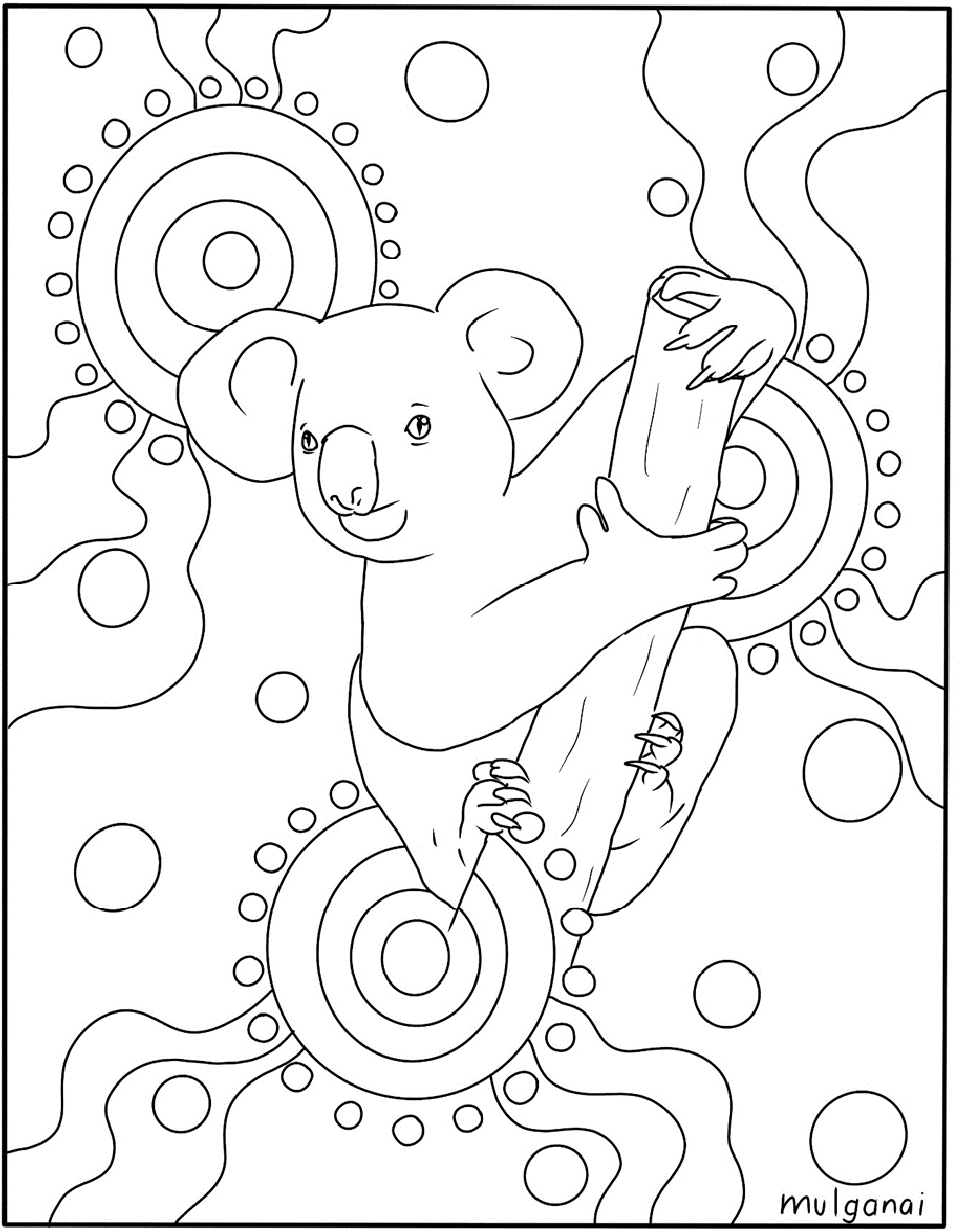
bloudissel
boereturksvy
boetebossie
dorappel
gifbol
gifui
granadina
kankerroos
kraakstewel
lantana
motvanger
peperbos

potloodseder
rooivuurdoring
satansbos
sisal
sisblom
steeleik
stinkboom
tulp
wildekoffie

SUDOKU

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

COLOURING/KLEUR IN



WORD ART

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.

But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.

Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.

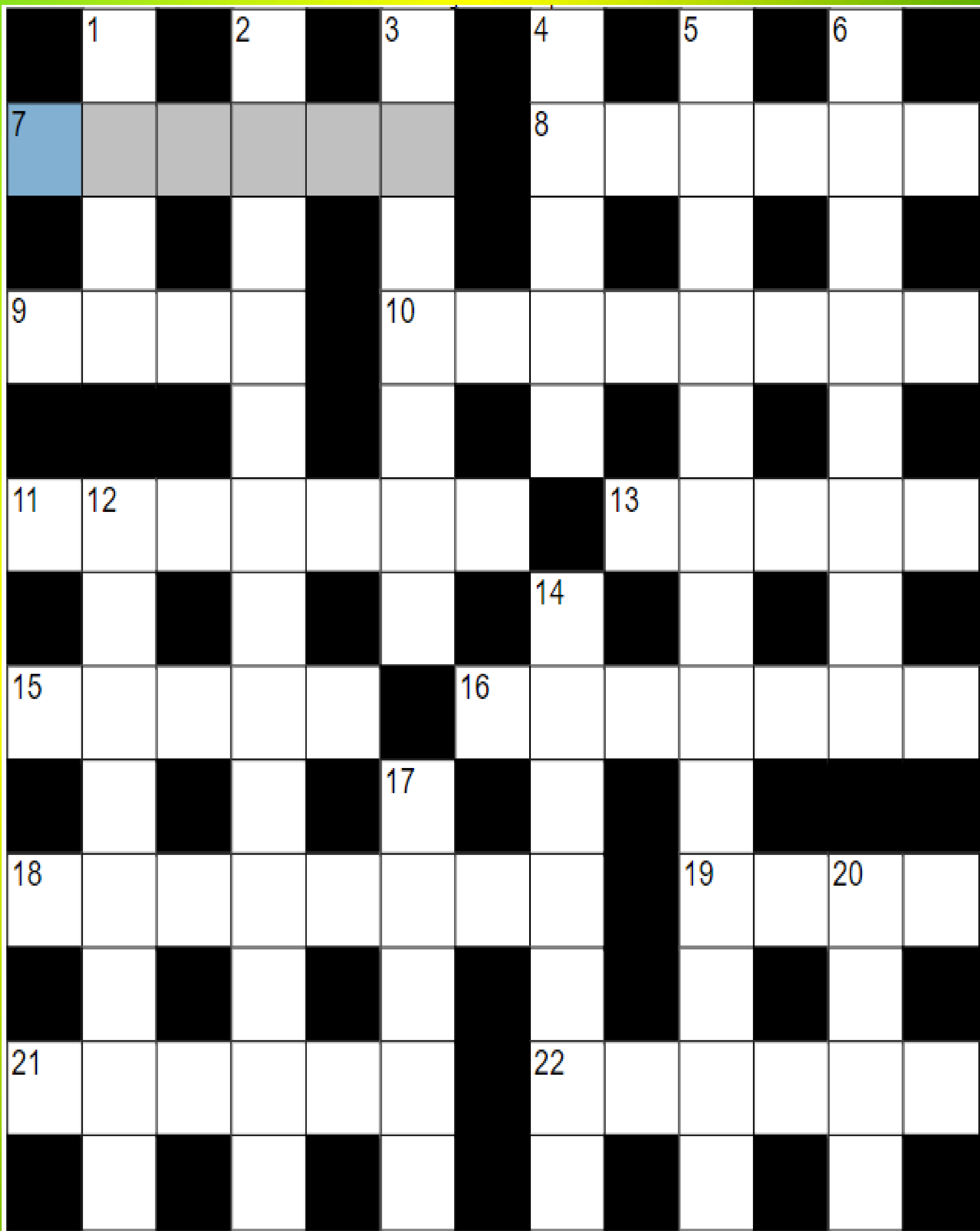
And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?

I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller.

Though my hair has turned to gray
and my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.

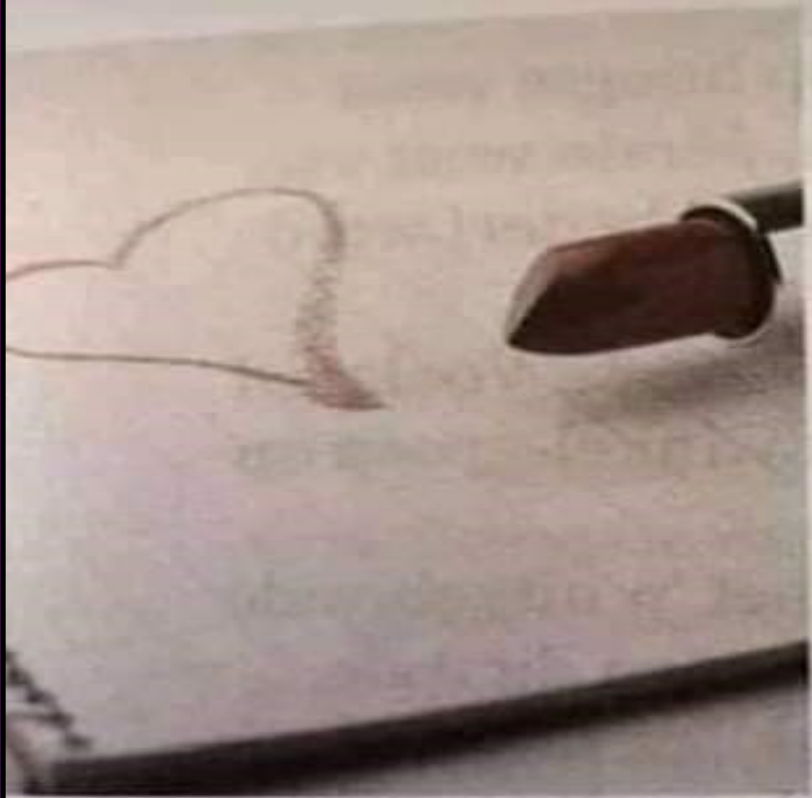
~ Maya Angelou

BLOKRAAI



WOORDKUNS

Wees tevrede met wie jy is



Jy is nie hier om alles op te los of almal te red nie. Red eers jouself. Wees jouself en wees tevrede met wie jy is.

Jy hoef nie jammer te wees omdat jy jy is nie. Dis tyd om te aanvaar dat dit presies is wie jy is.

As mense hulleself uit jou lewe wil verwyder, moet hulle nie keer nie. As jy weggestoot word, gaan.

Jy is nie op aarde geplaas om ander van jou waarde te oortuig nie.

Jy is hier om te leer, te skep, te floreer, te leef, liefde te versprei en om te gee.

Dit is waarop ons moet fokus.

—Sue Pyler

KOM ONS LAG

MISSISSIPPI TODAY
GOOD LUCK.
DELTA VARIANT
UNVACCINATED
VACCINATED

Iemand wat sê jy moenie toelaat dat klein dingetjies jou pla nie...
... het nog nooit saam met 'n MUSKIET in dieselfde vertrek probeer slaap nie!

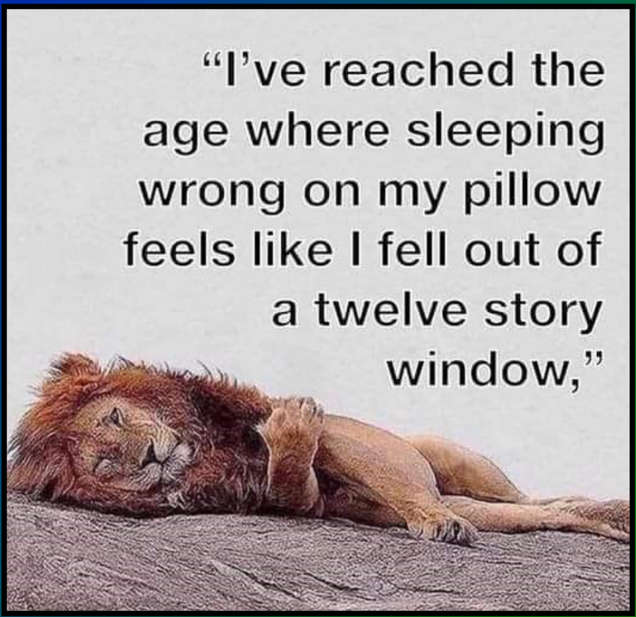
EK WOU OEFEN...
MAAR TOE CHICKEN EK UIT

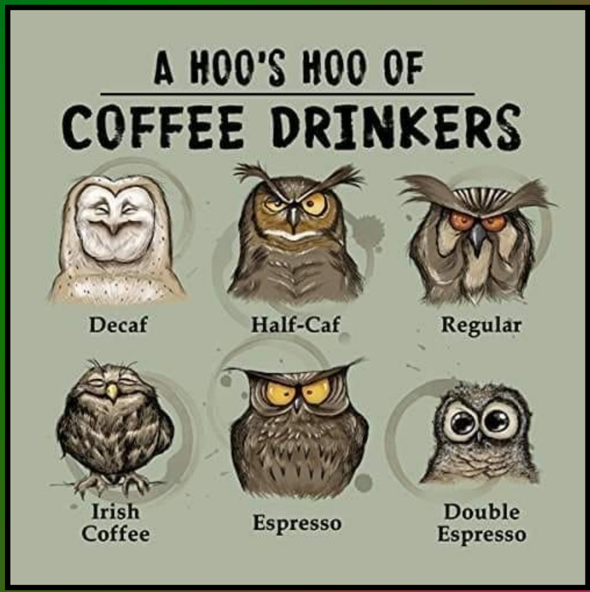
Pssssst.... Ek wil nou nie hoes, nies, brag of skinner nie..of enige een jaloers maak nie....
maar weet jy wat...??
my oorbelle van 30 jaar terug pas my nog steeds!

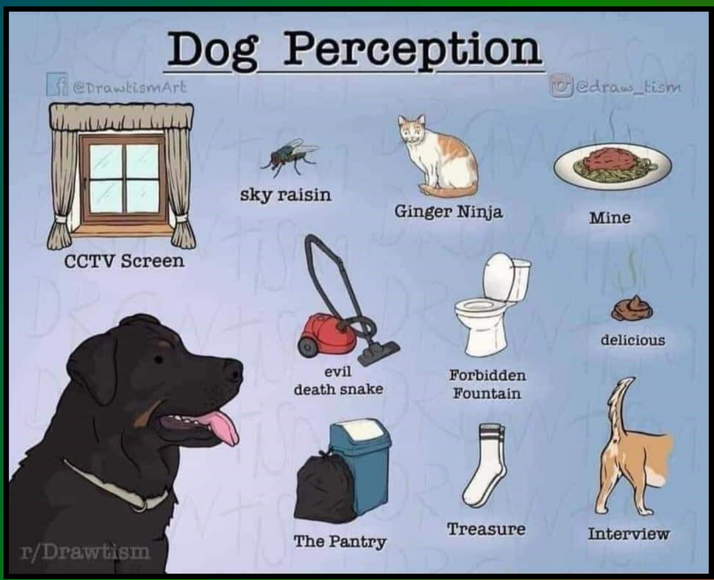
https://www.facebook.com/groups/afrikaansegrapgat/
Vra hoender vir kalkoen hoekom is jy so slim?
Kalkoen antwoord jy sal ook so slim wees as gedurig moet google, google, google

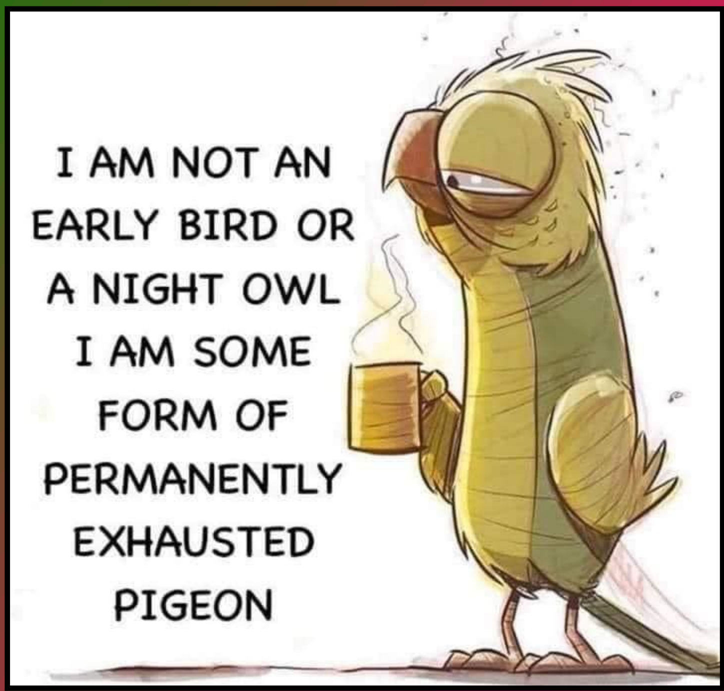
Ek word vanoggend wakker, ek tel my arms op, ek beweeg my bene, ek draai my nek, en alles KRAAK!
Toe kom ek tot die wonderlike gevolgtrekking...
Ek's nie OUD nie, ek's KRAAKVARS!

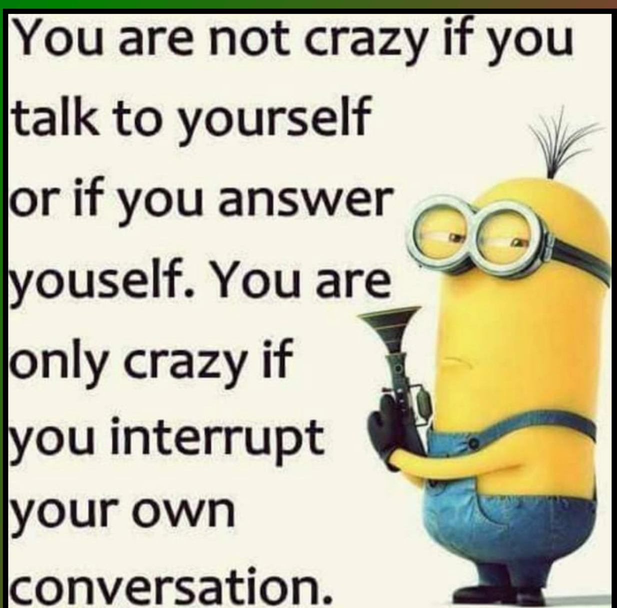
LET'S HAVE A LAUGH











You are something
and someone
very special
No one else in this entire world
is EXACTLY like you,
and there so many BEAUTIFUL things
about you.
You can and you do
make a wonderful contribution to this world.
Never forget
what a treasure you are.
That special person in the mirror
may not always get to hear
all the compliments
that you so sweetly deserve,
but you are worthy of such
an ABUNDANCE....
of
FRIENDSHIP, JOY, and LOVE.

OPLOSSINGS/SOLUTIONS

WOORD SOEK

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

SODUKO

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

BLOKRAAI

■	1 A	■	2 W	■	3 G	■	4 P	■	5 A	■	6 F	■
7 V	I	R	A	A	L	■	8 L	Y	F	W	A	G
■	D	■	N	■	A	■	A	■	T	■	N	■
9 K	A	M	P	■	10 S	A	T	E	R	D	A	G
■	■	■	E	■	K	■	E	■	E	■	G	■
11 B	12 U	U	R	M	A	N	■	13 D	E	B	A	T
■	K	■	S	■	S	■	14 K	■	P	■	L	■
15 B	E	D	E	K	■	16 K	I	L	O	T	O	N
■	L	■	P	■	17 E	■	E	■	L	■	■	■
18 L	E	E	S	G	I	E	R	■	19 I	N	20 L	E
■	L	■	I	■	K	■	A	■	S	■	I	■
21 G	E	B	E	D	E	■	22 N	A	S	I	E	S
■	S	■	S	■	L	■	G	■	E	■	D	■

WORD SEARCH

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

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