

STARCK TRUTH

OCTOBER/OKTOBER

2021



GAH

The George and Annie Starck Homes
Home for the Elderly

SMA
— Starckwood Management Association —

Die lewe is ongelooflik. En dan is dit
verskriklik. En dan is dit weer
ongelooflik.

En tussen die ongelooflike en die
verskriklike is dit doodgewoon en
aards en roetine.

Beleef die ongelooflike, byt vas deur
die verskriklike en ontspan en haal
asem in die doodgewone.

Dis hoe mens 'n hartverskeurende,
sielsgenesende, ongelooflike,
verskriklike, doodgewone lewe leef.
En dis asemrowend mooi!

met dank aan
LR Knost



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FROM THE OFFICE OF THE GENERAL MANAGER

INTERNATIONAL MONTH OF OLDER PERSONS

**Although the hands of the elderly may not be
Smooth, supple, or unblemished,
They have a beauty all their own.
Each line, each spot, each scar
Has its own tale to tell.
Some are tales of tragedy, others are tales of triumph,
But they all combine to tell the unique story
Of that treasured person's life.
So, the next time you're with an elder,
Gently take that person's hands within your own,
And look with wonder at a life truly lived.**

The Beauty of Elderly Hands – Kelly Roper

Kelly Roper



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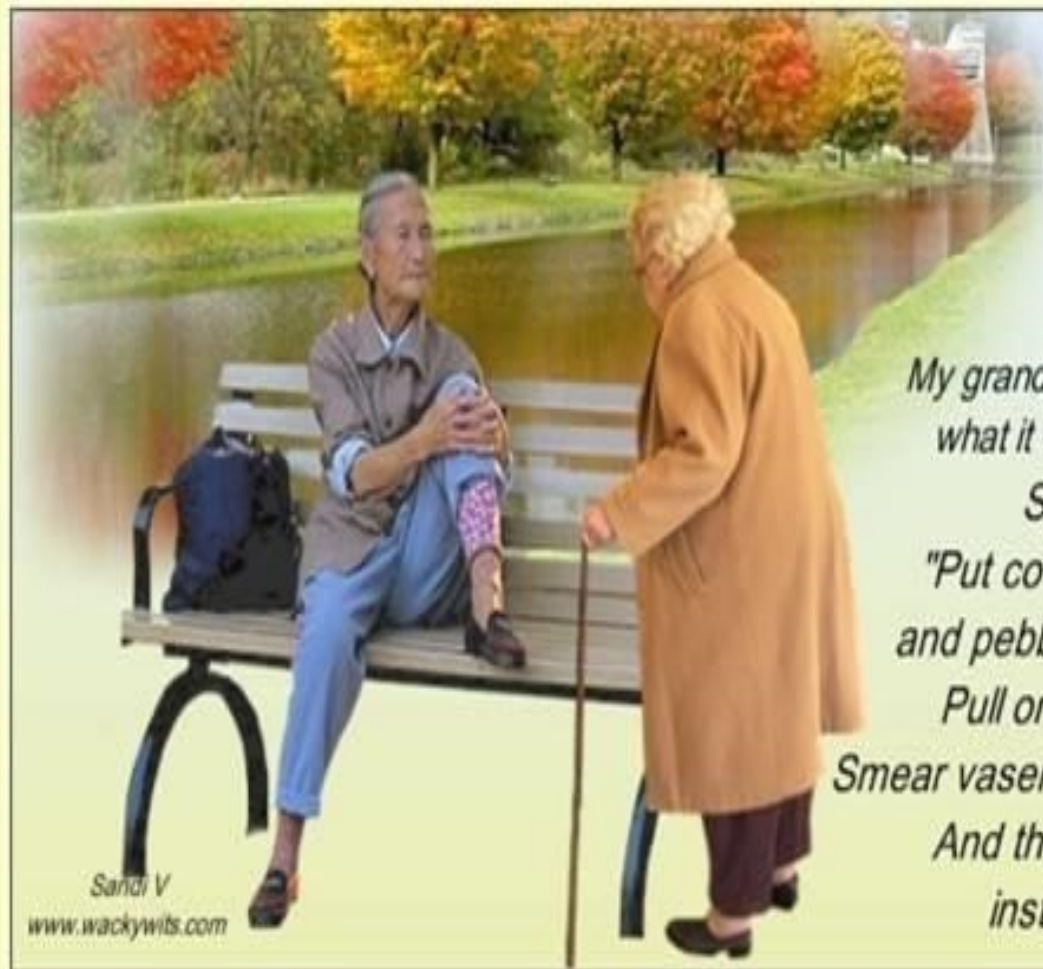
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My granddaughter asked me what it was like to be old. So I told her "Put cotton in your ears and pebbles in your shoes. Pull on rubber gloves. Smear vaseline over your glasses, And there you have it : instant Old Age."

Sandi V
www.wackywits.com

STAFF: ROBERT NDWANE

By Linda von Saman

On Tuesday 10th August I was sitting outside in the courtyard of Fernwood, knitting away, and making the most of the sunny day (we all need our dosage of free vitamin D).

Our gate security guard Robert Ndwane came walking past on his way to deliver a package that had been dropped off at the gate for one of my neighbours.

After delivering the package he cautiously approached me to see what it was I was doing. Keeping to the social distancing and the wearing of our masks we struck up a conversation.

I explained that together with the ladies in our knitting group we were supporting a project called "Bless a Baby". Knitted baby items were taken to their offices in Durbanville and then sorted and distributed to all the mothers when they left hospital with their new-born babies. They serve the most underprivileged hospitals only. (I think there are more than 16.)

I then enquired as to his family. Did he have any children? With the proudest of smiles he whipped out his cell phone and showed me the pictures of his new baby boy born the day before. He said, "Fancy a boy baby being born on Woman's Day." His name is Neo. His eyes were just shining with pride and joy. It was such a wonderful moment shared with a virtual stranger.

He told me that his wife Mpolokeng had returned to Umtata to give birth to the baby as she wanted to be close to her mom on the big day. They will be returning to Cape Town at the end of September as she feels the baby is very young to make the trip back while still so tiny. He also has another little boy of 4, whose name is Bokang.

This young man is extra-ordinary in that he lives in Fisantekraal and cycles to work every day on his bicycle (rain or shine). Can you imagine what time he must leave home in order to report for duty at 6am? He then leaves at 6pm and must arrive home when it is dark. Let's face it: it is a very long day. He is always very polite and helpful and always has a smile for those of us who greet him.

Sometimes when we are not feeling so good or miserable, give a thought to others who are less fortunate than we are. Smiles and kindness do not cost anything. Give them away freely.

GOD BLESS
Linda von Saman



RELIGION

Lord, during these
most difficult and
trying times,
please show us
the way.

Let those who are
sick be healed
and keep my
family and friends
in Your care.

Amen

Kelly's Treehouse

TODAY, I BOW MY HEAD
NOT TO ASK ANYTHING.

BUT JUST
TO SAY

THANK YOU!

GOD
IS
THE ONLY
REASON
I
MADE IT
THIS FAR.
Amen.

Jesus I need you to
stand by me because
without you I cannot
stand alone. You are the
reason why I am still
breathing. Without you,
I am nothing.

GELOOF

*Ek kan God nie vra
om my te gee wat my toekom nie,
want Hy skuld my niks.
Ek vra wel vir Sy genade,
want daarsonder kan ek nie!*

Lida vd Wel
© Juwele uit die hart



**Net wanneer jy
dink daar is geen
hoop ni dan
stuur di Here vir
jou 'n Blessing
om te se: Ek het
jou gehoor los
dit in My hande.**

**Here ek is moeg
🥺. Ek probeer
my sterk hou, maar
in my stilte
wanneer ek so
alleen is wil ek net
bars in trane 🥲.
Help my Here, ek
het U so nodig 🥺**



ONS LAND: CLANWILLIAM

Deur Ancolet Boonzaaier

As een van die tien oudste dorpe in die land, gaan Clanwilliam se begindae so ver terug as 1660 toe 'n span Nederlandse ontdekkers wat deur Jan van Riebeeck uitgestuur is, die Olifantsrivier bereik het. Toe hulle die vallei binnekom, het hulle 'n groot getal olifante op die walle van die rivier opgemerk. Jan Danckaert, die Nederlandse kadet in bevel van die geselskap, het toe die rivier sy naam gegee.

In 1732 is die eerste plaas in die Olifantsriviervallei gegee aan Pieter van Zyl. Die dorp was eers bekend as Jan Disselsvlei, so genoem na Jan Dissel, 'n plaaslike pionier en 'n botanis wat gewoon het in die Rhenosterbosch by Piquetbergen. Die gebied het aanvanklik deel gevorm van die distrik van Stellenbosch, maar is in 1808 verklaar tot 'n sub-distrik op sy eie deur die Graaf van Caledon, wat toe die Goewerneur van die Kaap was. Op 1 Januarie 1814, het Caledon se opvolger, Sir John Cradock, die streek hernoem na sy skoonvader, die Graaf van Clanwilliam.

Lord Charles Somerset (Goewerneur van die Kaapkolonie vanaf 1814) wou hê dat meer mense na die Kaap gestuur moes word en in die Oos-Kaap gevestig word. Hierdie idee van hom het 'n immigrasieskema deur die Britse regering in 1819 tot stand laat kom met 'n drievoudige doel:

1. Om die oostelike grens van die Kaap die Goeie Hoop te bevolk
2. Om die Engelssprekende gemeenskap in die Kolonie te vergroot
3. Om politieke spanning in Brittanje wat as gevolg van na-oorlogse werkloosheid, industrialisasie en swak handel, breekpunt bereik het, te verlig. Op 12 Februarie 1820 het die skepe "East Indian" en "Fanny" uit Cork gevaar met vier groepe immigrante, hoofsaaklik Iere. Hulle het Simonsbaai bereik op 30 April en 1 Mei respektiewelik. Alhoewel Lord Charles Somerset van plan was om al die Setlaars in die Zuurveld in die Oos-Kaap te vestig, het die dienende goewerneur, Sir Rufane Donkin, besluit om grond in die omgewing van Clanwilliam aan die vier groepe Ierse Setlaars toe te ken om hulle sodoende weg te hou van die ander Setlaars. Die vier groepe is gelei deur William Parker, Captain Walter Synnot, Captain Thomas Butler en Mnr. John Ingram, en het bestaan uit 126 mans, 73 vroue en 159 kinders.

Ds. Francis McClelland, wat deur die Koloniale Regering betaal is, het met hulle saamgegaan, terwyl Parker die leier was.

Elke manlike immigrant ouer as agtien sou eenhonderd akker grond ontvang om te bewerk. Na drie jaar sou eienaarskap aan hulle oorgedra word. Die grond was soos volg uitgemerk vir elke groep:

Parker: Kleine Valley (1 600 morg)

Ingram: Groote en Kleine Patryse Valley (1 350 morg)

Butler: Taaybosch Kraal (600 morg)

Synnot: Die huidige plaas De Vlei (500 morg)

Toe Parker verneem dat hy na Clanwilliam moes gaan en nie na Knysna nie, soos hy verwag het, het hy aangehou om probleme vir die outoriteite te maak en het ge-eis om in Saldanhabaai gevestig te word, maar hy het uiteindelik in 1822 teruggekeer na Ierland. Die res van die Setlaars het besluit om tog na Clanwilliam te trek.

Na 'n kort tydjie in Clanwilliam het die setlaars besef dat hulle nie daar 'n lewe sou kon maak nie. Die bewerkbare grond was nie genoeg nie en die hitte het besproeiing noodsaak. Die meeste van hulle was in elk geval geskoolde arbeiders en selfs die boere onder hulle het nie die Suid-Afrikaanse omstandighede verstaan nie. Hulle het 'n oorplasing aangevra en is toe na die Oos-Kaap geneem waar hulle gevestig is.

ONS LAND: CLANWILLIAM

Deur Ancolet Boonzaaier

Ingram het nietemin besluit om te bly en hy kon toe die grond van die ander wat weg is, teen 'n baie lae prys aankoop. Synnot het ook gebly, en op 30 November 1821 is hy aangestel as assistent-magistraat van die gebied. In 1825, toe Ds. McClelland slegs ses families in sy gemeente oorgehad het, is hy verplaas na Port Elizabeth.

Die klein groepie wat permanent hier gevestig het sluit vanne in soos Foster, Freyer, Shaw, McMahan, en ander. Al was hulle maar 'n klein groepie, het hulle tot in die eerste helfte van die vorige eeu 'n leidende rol in die omgewing gespeel.

Tot ongeveer 1826 het Clanwilliam deel gevorm van die dorp Tulbagh, alhoewel 'n gedeelte van die bevolking verkies het om te behoort aan die Zwartlandkerk (Malmesbury).

Vir meer as tagtig jaar was Roodezand en Zwartland die naaste kerke. Dit moet wel vermeld word dat iemand van Tulbagh een keer per jaar Clanwilliam besoek het om die sakramente en die doop te bedien.

Marquard is in 1789 in Pruise gebore en het hom op ouderdom 18 in Nederland gevestig waar hy 'n teologiese kursus voltooi het. Hierna is hy na die Kaap die Goeie Hoop gestuur om te gaan werk met die gekleurde bevolking van die Clanwilliam-omgewing. Hy het in 1815 van Europa gekom en hom in Clanwilliam gevestig.

Toe die Sendinggenootskap vir wie hy gewerk het, besluit om vanaf 1816 sy werk onder die beheer van die Londense Sendinggenootskap te plaas, was Marquard so ontevrede dat hy hulle diens verlaat het en by die Koloniale Gereformeerde Kerk aangesluit het. Hy het 'n lid geword van die Zwartland Kerk, maar het as 'n onafhanklike sendeling in Clanwilliam aangebly.

In 1914 is die Bulshoekdam in die Olifantsrivier gebou, ongeveer twintig kilometer noord van Clanwilliam, met die doel om besproeiing vir Vredendal te verskaf.

In 1935 is die Clanwilliamdam voltooi. Op 15 August 1935 het die dam die eerste keer oorgeloop.

In Junie 1958 is die nasionale pad, die N7, tussen Citrusdal en Clanwilliam finaal geopen en in 1963 is die pad tussen Clanwilliam en Klawer geopen.

Alhoewel aanvanklik baie stadig, het die dorp geleidelik ontwikkel tot 'n moderne plattelandse dorp met 'n bevolking van 264 blankes en 840 gekleurdes in 1907 tot 818 blankes, 1,372 gekleurdes en 24 swartes, volgens die sensus van 1960.

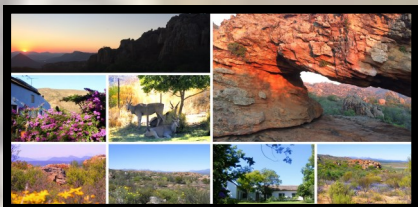
In 1901 het die dorp munisipale status ontvang met Mr. Charles Fryer, een van die afstammelingen van die 1820 Ierse Setlaars, as die eerste burgemeester.

In 1964 het die dorp sy eie dorpswapen ontvang wat die sitrusindustrie en die Olifantsrivier simboliseer. Die dorpsleuse "Toujours Pret" (Altyd gereed) is afgelei uit die familiewapen van die Clanwilliams in Skotland.

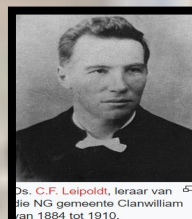
Hierdie skilderagtige dorp, die juweel van die Noordweste, het alreeds sedert 1938 sy eie hidro-elektriese generator wat vir die grootste deel van die jaar elektrisiteit voorsien.

In 1958 is dit teen 'n koste van R80 000 vergroot. Ook die dorp se watervoorsieningskema is in dieselfde jaar vir 'n bedrag van R42 000 verbeter.

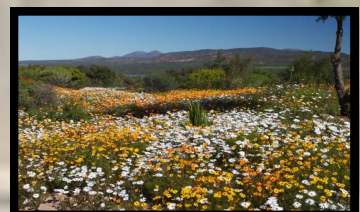
'n Moderne Gedenkbiblioteek is in 1958 gebou vir 'n bedrag van R20 000. Dit is vernoem na Dr. C. Leipoldt, wat sy kinderjare in die dorp deurgebring het, en sy vriend, Dr. P. le Fras Nortier, die vader van die pitlose lemoenboom.



10



Ds. C.F. Leipoldt, leraar van die NG gemeente Clanwilliam van 1884 tot 1910.



WE BRAAI: 23 SEPTEMBER

By Annemie Huskisson



Heritage Day in South Africa this year fell on Friday 24th September, a public holiday which meant that many of the staff would be enjoying time off. To the delight of all residents the staff planned a fabulous surprise, a “ware Suid-Afrikaanse braai”, on Thursday, 23rd. Tables covered with pretty tablecloths, fancy serviettes, and vases of flowers were set up. Canopies were erected to shield us from the elements, the weather played ball, there was no rain and the sun shone down on us.

Jean Snyman and I were the only two from Bow Bells to venture up to the site above the swimming pool. We were seated at a table with Willow Lodge residents, which was an enjoyable experience, getting to know new people. Taped music played over loudspeakers, all oldie tunes and songs that brought us back to memories of our long-ago youth. The air was full of wafting braai smoke, aromas of boerewors and lamb chops drifted towards us and made our mouths water. The attendance was good, and there was a large crowd which made the serving of lunch later than the usual 12:00 noon. Several people at our table said they had hunger pangs, but the planners had forethought of this. Glasses of sherry were handed out, and each person received a starter (a packet of chips) on which to snack.





Lunch arrived, full platters of boerewors, a large lamb chop, pasta mayo salad and a mixed salad. Robertson's natural sweet red wine was poured to accompany our feast, and for those who abstained, there was Appletiser and water. Silence descended on our table as we all chomped away heartily. Then James Marais pranced down the stairs of Oosterzee. A local boykie, having grown up in the northern suburbs. A few years ago, he flew to the USA to take part in an Elvis competition. Contestants flew in from all over the world. Our James walked away with third place. Feet started to tap at tables, people sang along and clapped, bodies swayed in time to the music. His female partner joined him, and they sang solos and duets.

The entertainers between songs ran up and down the stairs, each time appearing in another glitzy outfit. Buddy sat with Thielman quietly, enjoying the music but took exception to the stranger who emerged halfway through the show, a real live Elvis, in a white cat suit, fronds swaying from his sleeves and white diamante glasses. Buddy hurtled up to confront this weird apparition, barking his head off, keeping us all safe. The minute Elvis took off his glasses, Buddy backed down quietly, apologising for not recognising James and satisfied, he went back to lie at Thielman's feet to enjoy the music once more.

One of the young food servers in a striking skirt and headband, did some awesome hip-hop moves. Not to be outdone, Jean sprang to her feet and started to dance. She coaxed the only male at our table to join her. Our Bow Bells carer, Anthea, started dancing and inspired by her performance, I joined her. A bit later another lady at our table took to the grassy dance floor. The residents of Bow Bells who decided not to attend this happy outdoor event, were not neglected. A braai platter with red wine and cool drink was served at noon. Carer Anthea pinned table mats sporting African carved heads and beads, up on the wall in the garden patio and laid a festive tablecloth.

All too soon it was time to call it a day. Tablecloths were folded up, tables and canopies dismantled. James and his partner sang their last song. People drifted away slowly, loathe to leave this happy atmosphere. At Bow Bells it was the only topic discussed at the supper table that night.

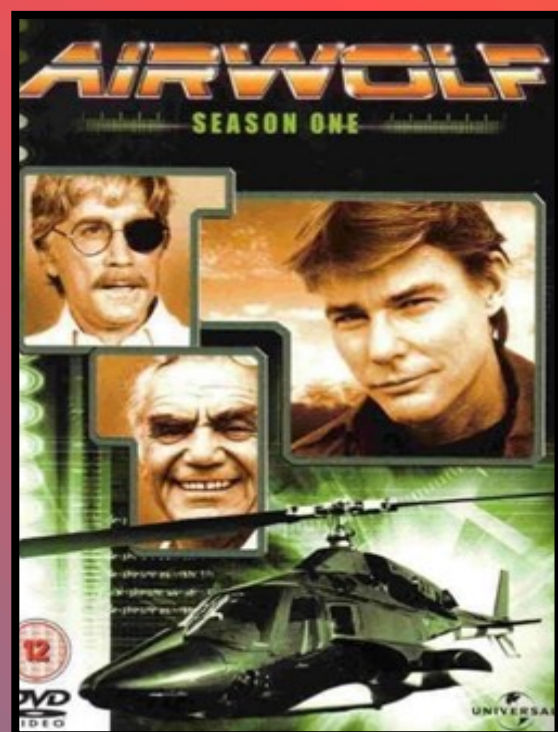
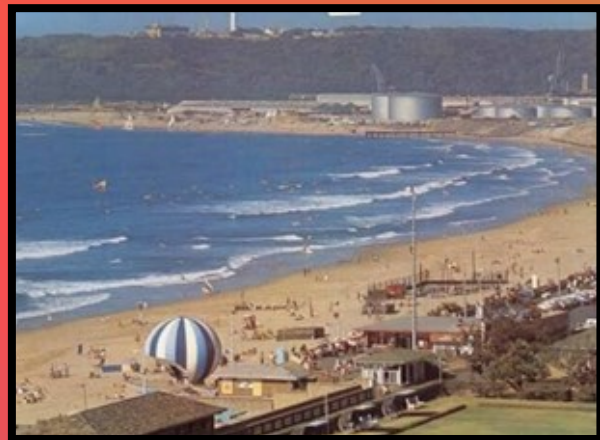
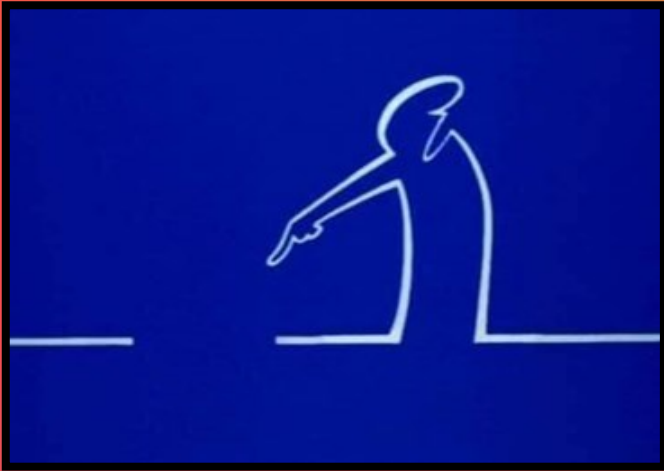
Many thanks to the organisers, after the strict months in jail lockdown, it was a wonderful let-out-of-jail free card and lifted the spirits of all those who attended. There was not a miserable face to be seen, or a complaint to be heard.



ONTHOU JY NOG?



DO YOU REMEMBER?



WHALES

By Acolet Boonzaaier

Whales undertake some of the longest migrations on earth, often swimming many thousands of miles, over many months, to breed in the tropics. The question is why. Is it to find food, or to give birth?

In a research paper in *Marine Mammal Science*, scientists propose that whales that forage in polar waters migrate to low latitudes to maintain healthy skin.

"I think people have not given skin moult due consideration when it comes to whales, but it is an important physiological need that could be met by migrating to warmer waters," said Robert Pitman, lead author of the new paper and marine ecologist with Oregon State University's Marine Mammal Institute. He was formerly with NOAA Fisheries' Southwest Fisheries Science Center in La Jolla, California.

More than a century ago, whalers recognized that most whales that forage in high latitudes migrate to the tropics for calving. Scientists have never agreed on why. Because of their size, large whales should be able to successfully give birth in frigid polar waters. Due to reduced feeding opportunities in the tropics, most whales fast during their months-long migrations.

So why go to the trouble? Warm Water Speeds Moulting

All birds and mammals regularly shed their skin, fur or feathers in a process known as moulting. Pitman and his co-authors propose that whales foraging in the freezing waters of Antarctica conserve body heat by diverting blood flow away from their skin. That would reduce regeneration of skin cells and halt the normal sloughing of skin.

Migrating to warmer water would allow whales to revive their skin metabolism and moult in an environment that does not sap their body heat. The authors suggest that this drives their migrations.

The two lead authors on the study first proposed in 2011 that skin moult could drive the migration for certain Antarctic killer whales. With new data, they now propose the same for all Antarctic killer whales and possibly all whales that migrate to the tropics. Coauthors on the paper include scientists from NOAA Fisheries; SeaLife Response, Rehabilitation, and Research; and the Italian National Institute for Environmental Protection and Research.

Over eight years, scientists deployed 62 satellite tags on killer whales. They found that all four types that feed in frigid Antarctic waters migrated as far as 11,000 kilometers (almost 7,000 miles) round trip. Most migrations were fast, non-stop, and largely straight north and back. One whale completed two such migrations in 5.5 months. Researchers also photographed newborn killer whale calves in Antarctica, indicating the whales don't need to migrate to warmer waters to give birth.

WHALES

By Ancolet Boonzaaier

They suggest that larger whales that migrate to the tropics to moult may have begun giving birth in those same warmer waters. "Instead of whales migrating to the tropics or subtropics for calving, whales could be traveling to warm waters for skin maintenance and perhaps find it adaptive to bear their calves while they are there," the scientists wrote. The warm water could speed the growth of calves in an environment with far fewer killer whales, their main predator.

Much like humans, whales and dolphins normally shed outer skin cells continuously. Scientists observed that whales in frigid Antarctic waters are often discolored by a thick yellow film of microscopic diatoms. This indicated that they were not experiencing their normal, "self-cleaning" skin moult.

Early whalers referred to blue whales with a heavy coating of diatoms on their white bellies as "sulfur-bottoms." They also assumed that whales without a diatom coating were likely recent arrivals from the tropics. When whales shed their skin, they also shed the diatoms.

Moulting Jettisons Harmful Bacteria

Recent studies have found that high concentrations of diatoms on the skin of Antarctic killer whales may also accumulate potentially harmful bacteria.

"Basically, the feeding is so good in productive Antarctic waters that the relatively small, warm-blooded killer whale has evolved a remarkable migration behavior. This enables it to exploit these resources and still maintain healthy skin function," said John Durban, coauthor of the research, formerly with the science center and now a senior scientist at SEA Inc.

In another example, Beluga whales in the Arctic are known for gathering in summer in river estuaries. The water there is warmer, fresher, and shallower than their typical habitat. At first, scientists assumed that they gathered there to give birth and that the warmer temperatures boosted calf survival.

It turned out that Belugas do not calve or feed in the estuaries but go there to moult. In an earlier study, an Inuit hunter pointed out that "Belugas go to the rivers for warmth. And like seals they moult their skins. They moult in the warm water."

The annual (versus continuous) moult cycle of the beluga was long thought to be unique among cetaceans. But, if whales are migrating to the tropics to moult, annual moult "may prove to be the rule among all high-latitude cetaceans," the authors wrote.

In terms of biomass, whales complete the largest annual migrations on earth. They transport millions of tons of animals thousands of miles, with significant impact on local ecosystems, the scientists say. They also call for further testing of their hypothesis by assessing skin growth of migratory and non-migratory whales, at high and low latitudes, throughout the year.

WATCH WALES IN HERMANUS

By Ancolet Boonzaaier

Hermanus has been recognized by the WWF (World Wildlife Fund) as one of the 12 best whale watching destinations in the world. The best time to enjoy whale watching in Hermanus is between July and November either from land, by boat or from the air via a scenic flight. The whale viewing during the months of July and August vary from year to year with regards to how many whales are present in Walker Bay and along the coast; however, you are almost guaranteed of seeing whales in September, October and November. For those with a more adventurous spirit, a guided sea kayaking trip promises to get the adrenaline going and offers a unique opportunity to watch whales and explore the magnificent coastline.

Hermanus, particularly Walker Bay, is the mating and breeding grounds of the Southern Right Whale during the winter and spring months (from June to November). Southern Right Whales migrate from the Antarctic around June to calve and mate. Calving takes place in August and September and the males arrive for mating in October when the whale population peaks.

Southern Right Whales

The star attraction! Every year, come June to December, Hermanus in South Africa is known as the capital of whale watching for Southern Right Whales, due to the sheer volumes of whales in the area.



Humpback Whales

Humpback Whales can be seen in Hermanus from June to September as they travel towards their breeding grounds in the warmer Indian Ocean of South Africa.



Bryde's Whales

Bryde's whales are seen all year long in Hermanus. They are a lot more slender than other whales and even though they reach approximately the same length as the Humpback whales, they don't often weigh more than 15 tons.



KLEUR MET DIE NATUUR

Deur Ancolet Boonzaaier

Natuurlike Kleurstowwe, Kleur Saam Met Die Natuur

Vandag is die chemiese industrie in staat om elke kleurskakering te sintetiseer, maar toe dit nie moontlik was nie, het kunstenaars en vakmanne geskilder met natuurlike verf, direk verkry uit gesteentes, plante en dies meer.

'n Voorbeeld word gegee deur rooi kleurstof, verkry hoofsaaklik uit diemal, 'n plant wat aan die familie van Rubiaceae behoort – waartoe ook die lelie van die vallei behoort. Die roem van La Robbia het sy oorsprong in baie antieke tye: Plinius die Oudere, 'n Latynse natuurkenner van die 1ste eeu nC, praat oor plantasies van sekere kleurstowwe, en in die Holm-papirus word voorgestel om die rooi kleurstof te meng met die blou om so 'n skaduwee te kry soos pers.

Minder eties is die keuse om te sintetiseer met natuurlike verf vanaf diere. Eeue lank is die skarlakenrooi kleur wat die kled van kardinale kleur, verkry uit twee verskillende soorte skaalinsekte. In die tekstielveld kon die stowwe wat van hierdie insekte verkry word, slegs wol of sy wat voorheen met aluin behandel is, kleur.

Met die perdekastanje kan jy talle natuurlike kleurstowwe kry, ondermeer beige, strooigeel, oker en oranje. Wanneer dit kom by natuurlike verf en, veral groentekleure, moet u by die kleur 'n stof voeg wat optree as 'n 'verbod'. Dit is 'n stof wat die kleur kan vassit deur as 'n brug op te tree tussen die natuurlike kleurstof en die basis wat geverf moet word.

Om u nie alleen te laat met teoretiese begrippe nie, bied ons u 'n eenvoudige resep om 'n natuurlike kleurstof met 'n intense groen te kry. Hierdie resep word hoofsaaklik gebruik vir die verf van stowwe, en met die hoeveelhede wat hier aangedui word, is dit moontlik om 'n kleurbad per 100 gram wol uit te voer.

Kap 400 gram vars besemlote en laat dit vir 'n dag lê. Kook die konkoksie drie uur lank en laat die spruite in die aftreksel afkoel. Om 100 g wol te verf, los 3 gram kaliumdichromaat en 2 g tandsteen apart op (in 'n bietjie water). Giet dit in die aftreksel en kook die wol vir 'n uur. Kook die wol na 'n voorlopige proses 'n uur in die kleurbad en verwyder alle residu, was en spoel af.



BUDDY SE KNIBBEL

Deur Tielman Jordaan

Goeiedag aan al my mensvriende en dieremaatjies!!

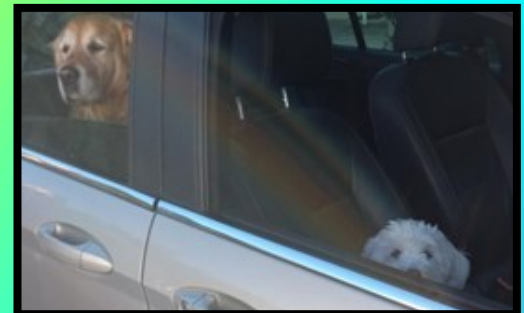
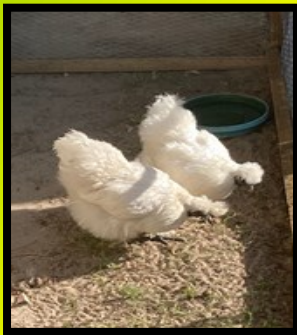
Wat 'n maand was September nie! Ons is uiteindelik op vlak 1 van die Coronavirus. Die inwoners kan weer familie en vriende ontvang en mag uitgaan om inkopies te doen.

Die Vryheid van beweging is so welkom! Ek wil net noem dat mev. Yvonne Murran en ek elke dag saam gaan stap. Ook oor naweke, dan stap ons sommer nog meer! Ek mis oom Danie, want ons het 'n spesiale band gehad. Hy was een van die staatsmakers by Willow Lodge. Ek mis hom oneindig baie!

Ek wil ook baie dankie sê vir al die inwoners en personeel by Willow Lodge vir al die aandag en liefde wat julle vir my gee.

Natuurlik wil ek 'n groot dankie sê aan al die inwoners op die gronde wat so lief is vir my en so mooi omsien na my. Mev. Bobrovskie wat sorg dat Fernwood se waterbak altyd vol koue, vars water is. Love you, Mrs. Bob!

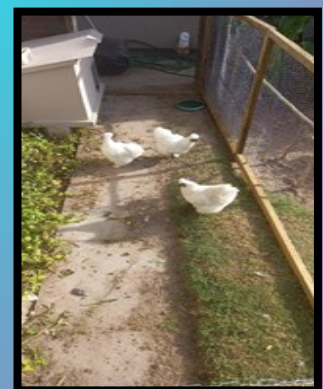
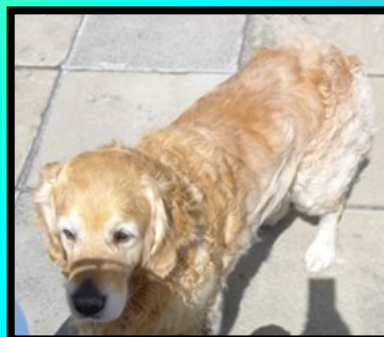
Nou vir die braaidag!! Ek skaam my so vir my pa Tielman wat so met mev. Nel gedans het! Ek het amper vir Elvis gebyt, want hy was so goed en toe hy so met daai "wit outfit" uitkom, het ek gedink dat Elvis uit die dood opgestaan het!!



Ek het julle al vertel dat ek die noodhulpkursus, vlak 1, saam met my pa Tielman voltooi het en 'n bywoningsertifikaat gekry het!!

Ek wil groet deur ons 3 nuwe dieremaatjies welkom te heet!! - Die 3 pragtige hoendertjies wat nou by my vorige huis, Kenilworth, bly. Hulle gaan beslis net so gelukkig daar wees soos ek!!!

BUDDY!!



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

ROOMS

OOSTERZEE
 1 Enkelkamer
 2 Dubbelkamers

RUVEE
 1 Enkelkamers

BON ACCORD
 2 Dubbelkamers



LIFERIGHTS

- Cherrywood 19
- Cherrywood 16
- Cherrywood 11
- Yellowwood 3
- Yellowwood 4
- Blackwood 9



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- ✓ Hair dresser on the property
- ✓ Various Activities
- ✓ Maintenance outside of the building
- ✓ Water
- ✓ Insurance of the building
- ✓ Meals available on order

**ONS VOLGENDE
 OPEDAG IS:
 3 NOVEMBER 2021**

RECIPE: BEETROOT CHUTNEY

Deur Dominico Beukes



BEETROOT CHUTNEY

Fills about 4 jars



Ingredients:

- 750ml (3 cups) sugar
- 500ml (2 cups) brown vinegar
- 6 large, raw beetroot (about 6 cups cooked beetroot), cubed
- 2 large onions, finely chopped
- 15ml (1t) mild curry powder
- 5ml (1t) salt
- 5ml (1t) corn flour, mixed with a little cold water

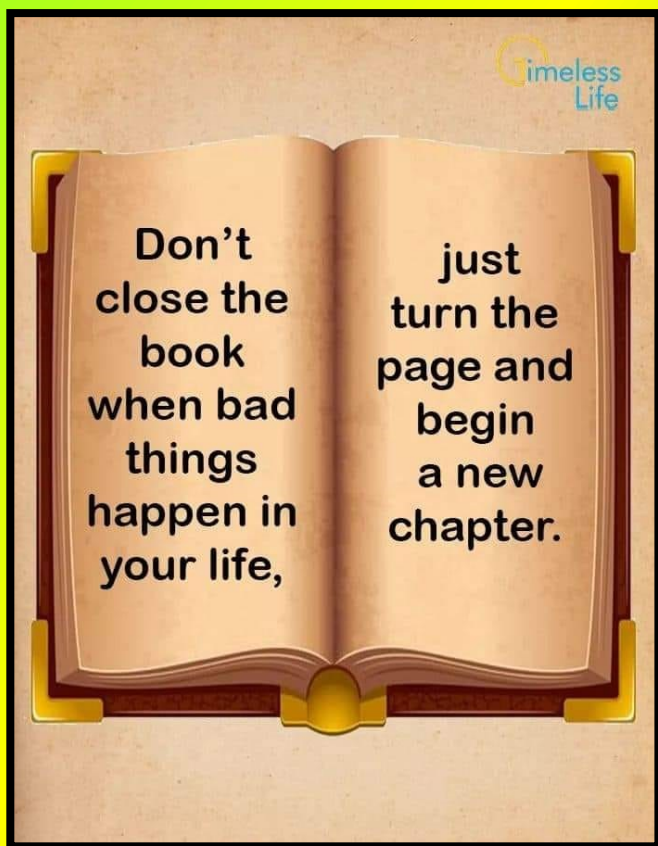
Combine the sugar and vinegar in a heavy-based saucepan. Heat slowly, stirring until the sugar has dissolved.



PROPERTY DISCOVERIES



INSPIRATION

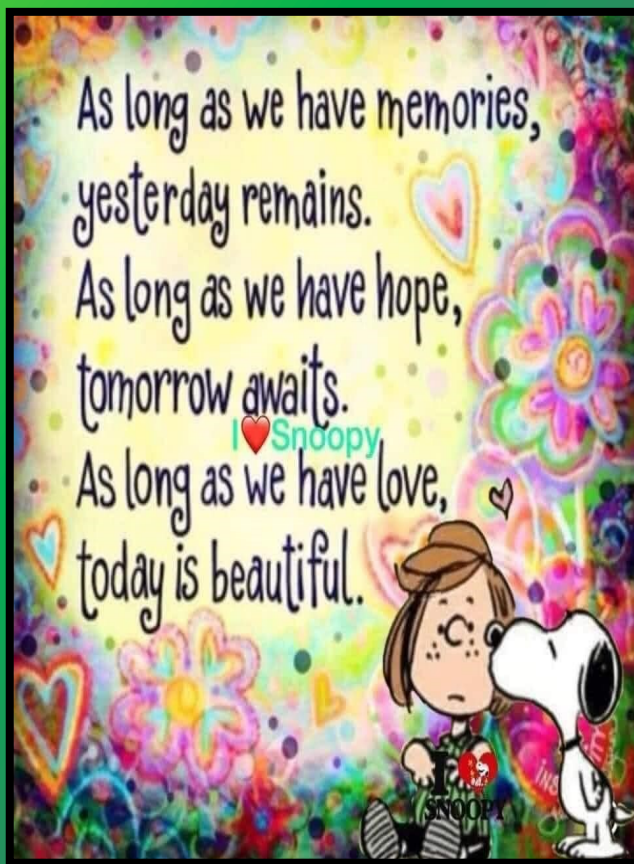
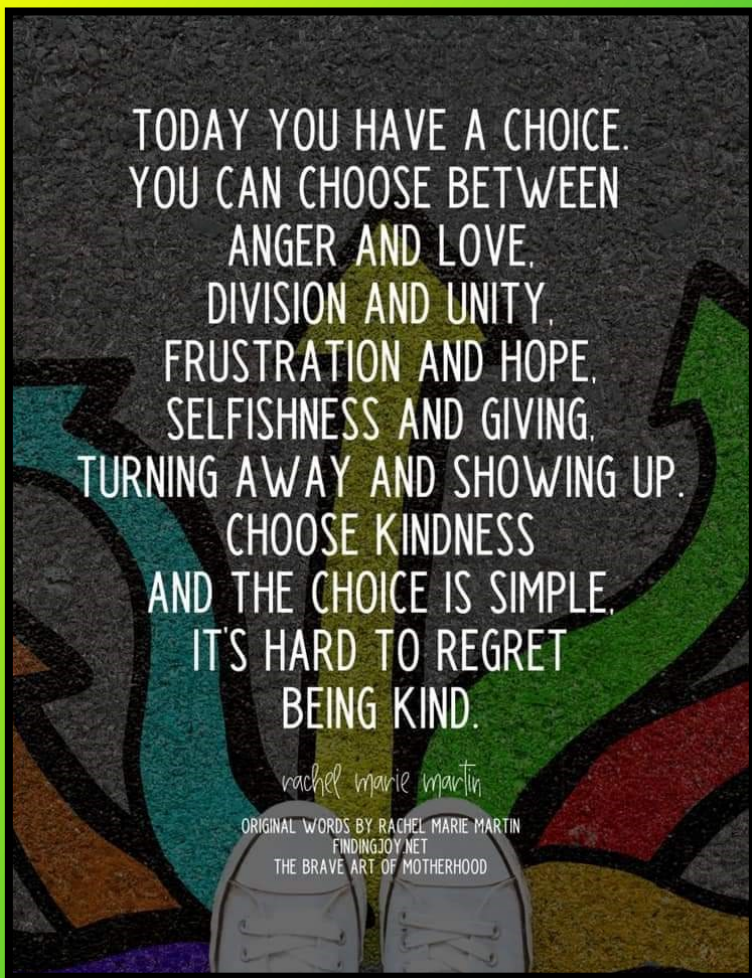


When asked, how they managed to stay together for 65 years, the woman replied



"We were born in a time, where if something was broken, you fixed it..

...rather than throw it away."

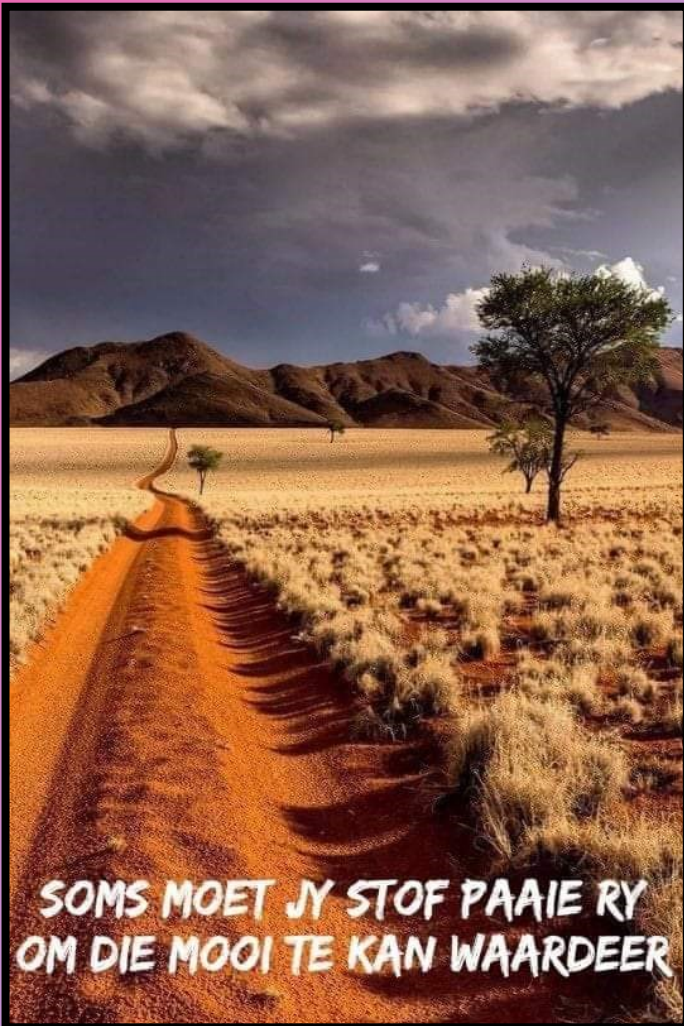


INSPIRASIE



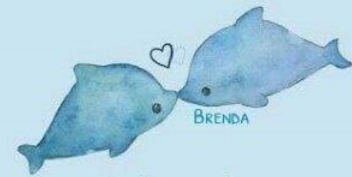
Goeie More

Mag jou lewenstuin altyd vol blomme
wees al het jy niks geplant nie.



SOMS MOET JY STOF PAAIE RY
OM DIE MOOI TE KAN WAARDEER

LIEFDE



is soos vyf broodjies en twee
vissies, solank jy aanhou
om dit uit te deel,
word dit meer

Mag die bome groen bly
en die sterre wit
En mag daar altyd mense
wees
Wat mekaar sonder skaamte
In die oë kan kyk.
Want die lewe is in
asem lank.

Breyten Breytenbach

WOORDSOEK

Diere woordsoek

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

Akkedis
kameelperd
mier
sebras
tier

eend
kolf
olifant
skaap
vark

haas
leeu
padda
soogdier
wildsbokke

jagluiperd
luiperd
pikkewyn
takbok
ystervark

SUDOKU

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

COLOURING/KLEUR IN



WORD ART

Not.

by Erin Hanson

You are not your age,
Nor the size of clothes you wear,
You are not a weight,
Or the colour of your hair.
You are not your name,
Or the dimples in your cheeks,
You are all the books you read,
And all the words you speak,
You are your croaky morning voice,
And the smiles you try to hide,
You're the sweetness in your laughter,
And every tear you've cried,
You're the songs you sing so loudly,
When you know you're all alone,
You're the places that you've been to,
And the one that you call home,
You're the things that you believe in,
And the people that you love,
You're the photos in your bedroom,
And the future you dream of,
You're made of so much beauty,
But it seems that you forgot,
When you decided that you were defined,
By all the things you're not.

WOORDKUNS

Om te kan wegraak



ek sou wou wegraak vandag . . .

iewers op 'n plek gaan wees anderkant die nêrens, sou ek
wou wegraak

en daar sou ek wou bly, dat die maan se Lig my weer kan heel
skyn, sou ek wou bly

ek sou wou sit saam met sand

en skaduwee

en boom

en aand

en lê op aarde

en onder son

en mis wou voel

en net koel, sou ek wou lê

en sien hoe die see sy liefringe met die maan op die sand kom
uitspoel, sou ek wou sien

tot al die plastiek van my afgeskil is, sou ek wou wees
saam met die aarde

om net eers min te raak

en dan eers later weer meer

sou ek wou wees tot ek die klop kon voel, sou ek wou lê
onder die son

en in die Lig van die maan

sou ek graag wou wegraak

en net weer 'n kind van die aarde wou wees vandag

KOM ONS LAG

Moenie die Polisie bel nie.
Moenie die Brandweer bel nie.
Moenie die Ambulans bel nie.....

Bel net vir OUMA!!!!



Vra hoender vir kalkoen:
"Hoekom is jy so slim?"
Kalkoen antwoord:
"Jy sal ook so slim wees
as jy gedurig moet
google, google, google!"



As ouma so se
is dit so, as
ouma praat
luister ons...

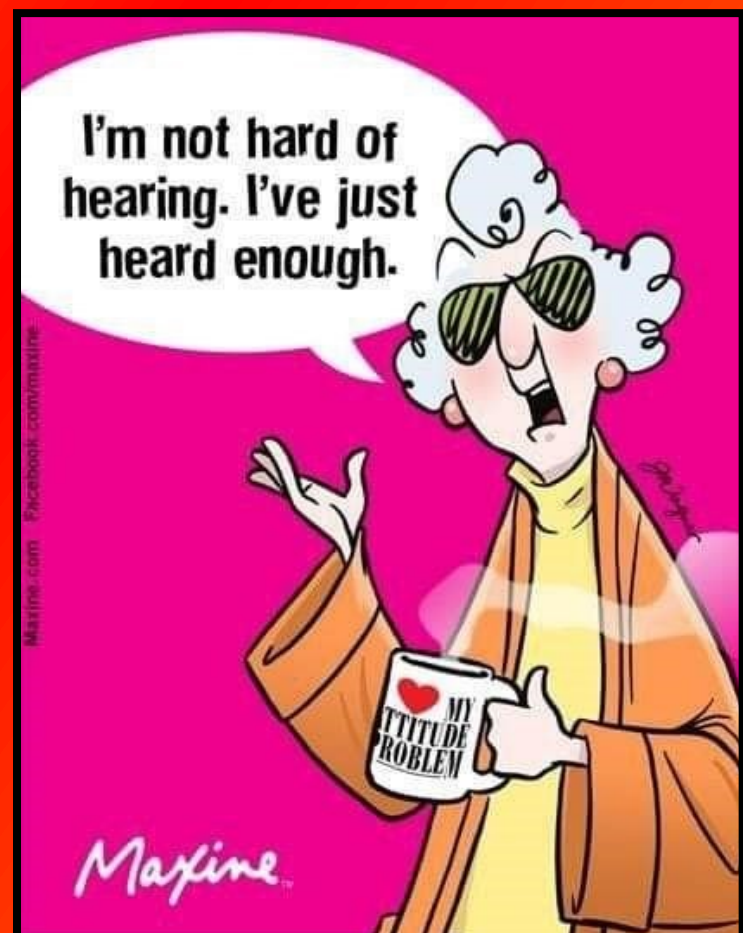
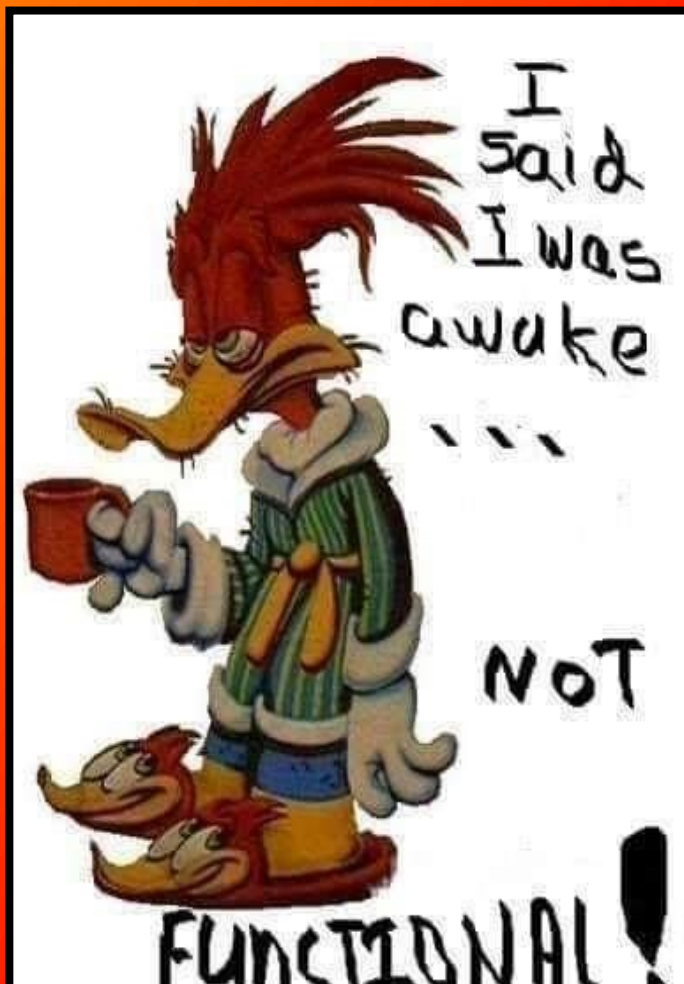
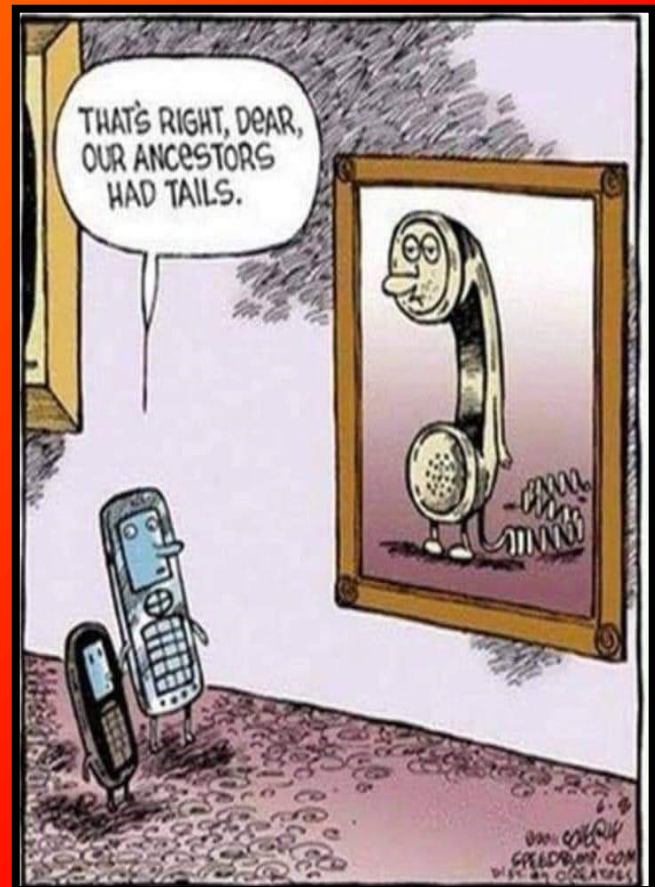


...want Ouma
weet als en is
die beste...

As jou ouma se matras gedaan is maar
die materiaal is nog bruikbaar



LET'S HAVE A LAUGH



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