

STARCK TRUTH

SEPTEMBER 2021



The George and Annie Starck Homes
Home for the Elderly



— Starckwood Management Association —

Africa's Tree of Life

At the heart of the African plain
Stands a tree both old and sage:
A survivor of sunshine and rain
Silent witness to many an age

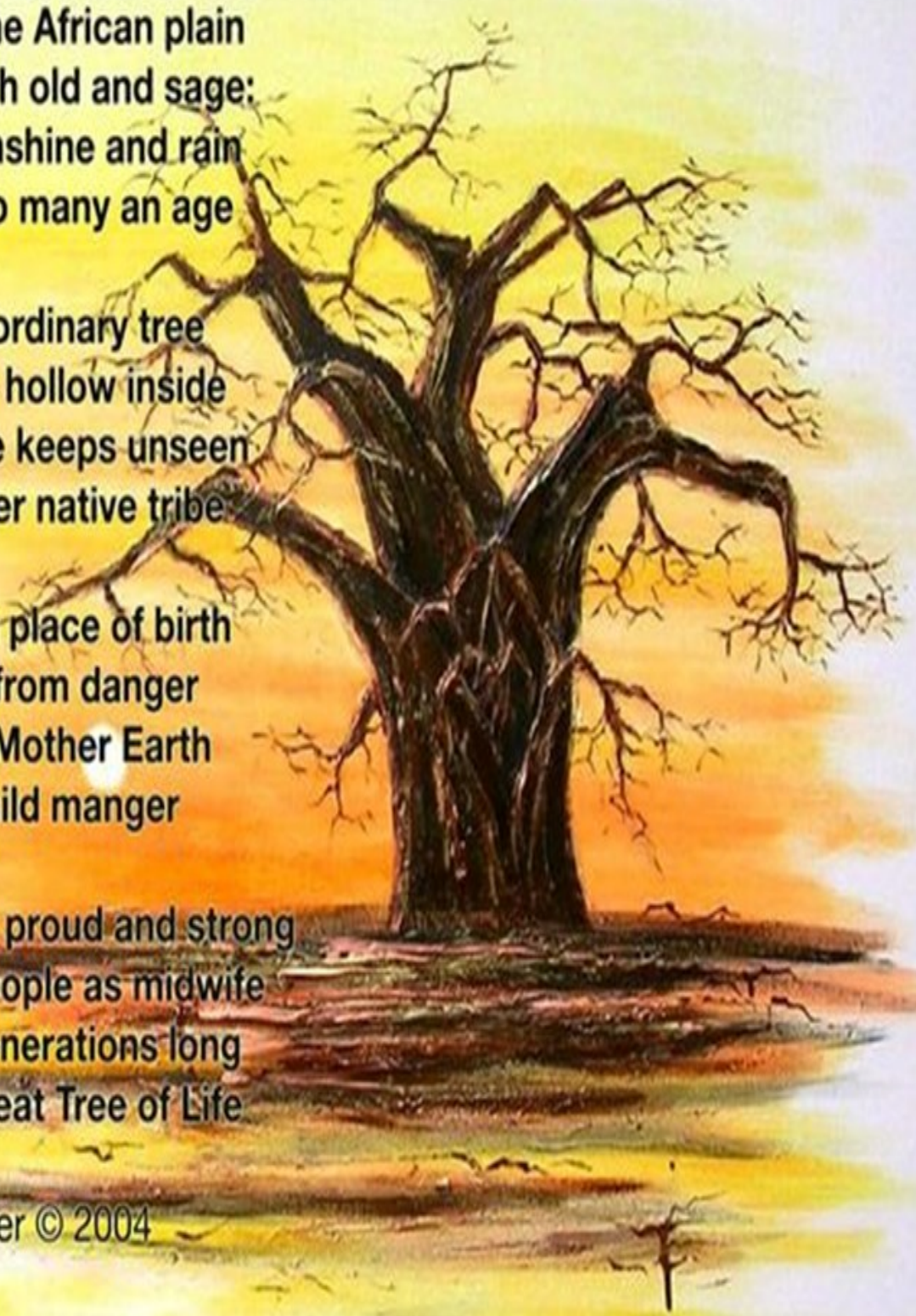
But this is no ordinary tree
For her trunk is hollow inside
And faithfully she keeps unseen
The secret of her native tribe

For her cave's a place of birth
A haven safe from danger
This womb of Mother Earth
Is Africa's child manger

The Baobab stands proud and strong
She serves her people as midwife
It's been thus generations long
She's Africa's great Tree of Life

Wayne Visser © 2004

Wayne Visser



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TAALVERSORGING - MEV. M STRYDOM

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

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FROM THE OFFICE OF THE GENERAL MANAGER

'n Mens voel sommer ligter wanneer September aanbreek. 'n Nuwe seisoen. Nuwe lewe in die natuur rondom ons. Die wete dat somer en sonskyn net om die draai wag. Al is dit nog ysig, en al lê die sneeu dik op die berge rondom ons, sien ons al reeds die eerste bloeisel.

That brings me so much joy. Ecclesiastes 3 in the Bible tells us that there is a time for everything, and a season for every activity under the heavens. My wish for you is that this new season on earth will bring you joy, peace and health!

Ons is almal moeg van toegesluit leef. Moeg van lewe sonder drukkies. Vreeslik moeg van wegkruip agter maskers. Mag daar vir ons almal Vryheid wag in die nuwe seisoen.

90% of our staff and residents are now fully vaccinated. We are living with big expectation that we will soon move to a season of sunshine, braais, laughter and chatter again.

Ons is op soek na raad vir vandag se jeug. Wat is die een ding wat jy graag sou wou sê aan die jonger geslag? Stuur dit asb na die kantoor, of direk aan Annamarie@starckhomes.co.za. Ons deel dit graag in ons volgende uitgawe!

Annamarie





HEALTH SOLUTIONS.



INVESTMENT SOLUTIONS.



RISK SOLUTIONS

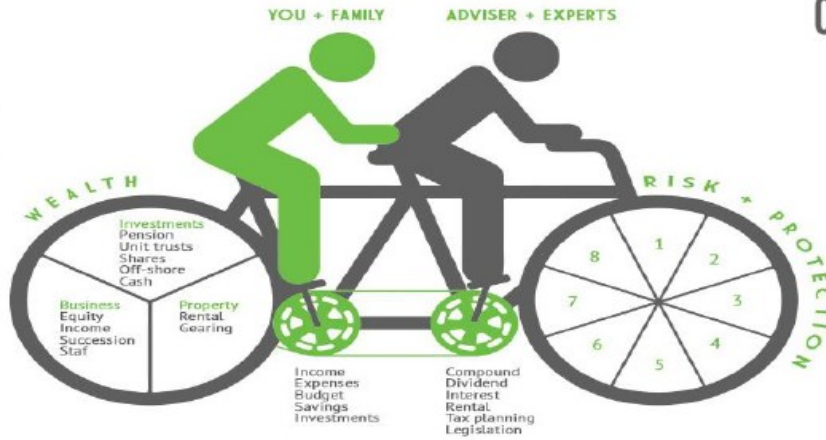


WILLS AND ESTATES.

WEALTH SOLUTIONS



"A BIG PART OF FINANCIAL FREEDOM IS HAVING YOUR HEART AND MIND FREE FROM WORRY ABOUT THE WHAT-IFS OF LIFE"



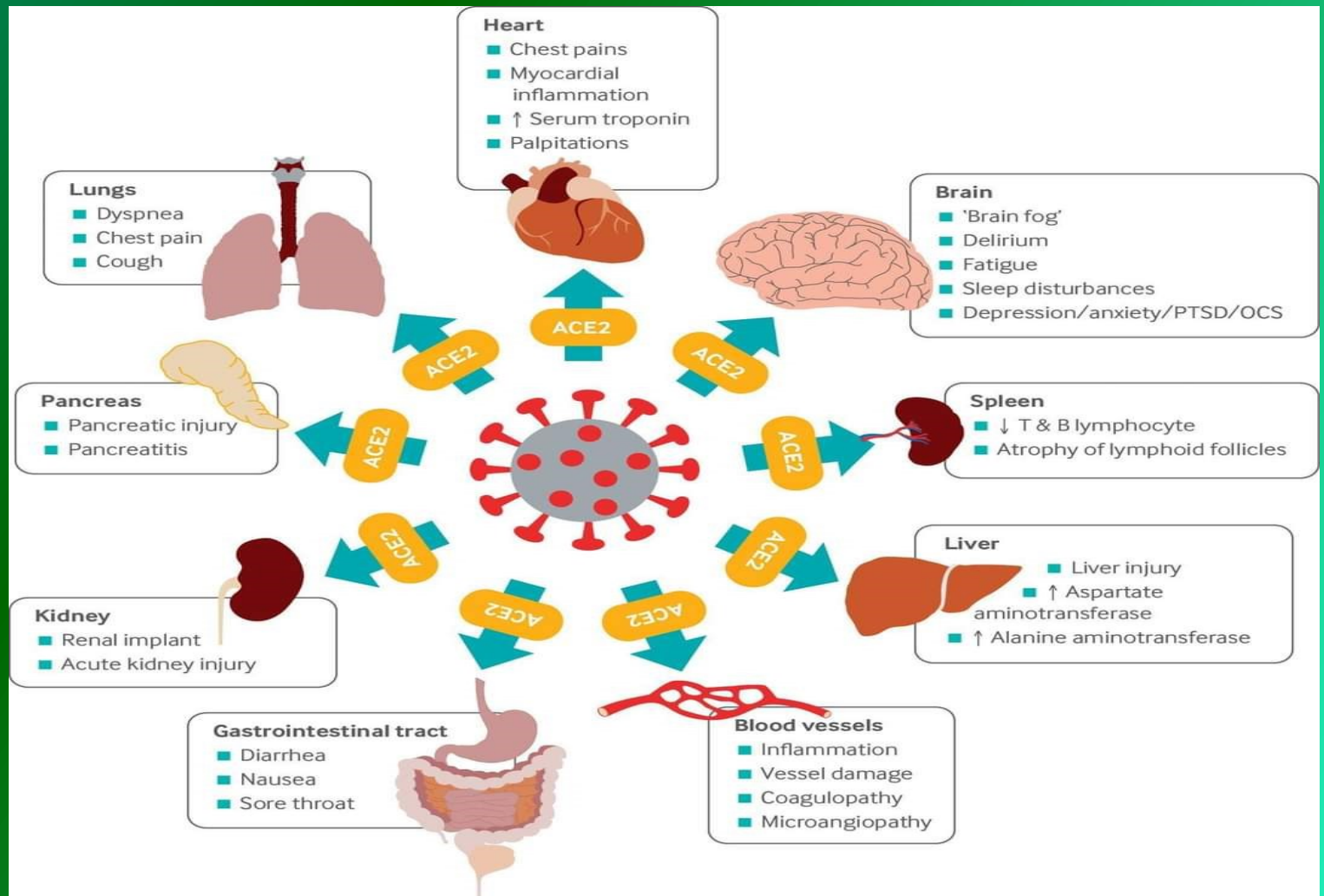
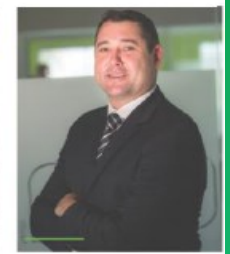
FINANCIAL INDEPENDENCE

- 1 • Will & trusts
- 2 • Medical aid & gap cover
- 3 • Business assurance
- 4 • Short term insurance
- 5 • Severe illness & trauma
- 6 • Disability & income protection
- 7 • Estate debts
- 8 • Life cover



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Beyers Kirsten & Radie Kotze



THE HISTORY OF KWV

Deur Ancolet Boonzaaier



(1940 Advertensie)

Ko-operatiewe Wijnbouwers Vereeniging van Zuid-Afrika Beperkt is in 1917 gestig en ingevolge wetgewing onder volkome beheer van die Unie se wynbouers geplaas. Die naam is in Nederlands omdat Afrikaans in 1917 nog in sy begin stadium was. Dit het sy bestaan grotendeels te danke aan die ondernemingsgees van dr. C.W.H. Kohler wat die Regering oortuig het van die noodsaaklikheid van koöperasies en toesig omdat hy die ontoereikendheid van vroeëre maatreëls om die florerende bedryf aan die Kaap te rehabiliteer, besef het. Lidmaatskap van die K.W.V. (soos dit genoem word) was verpligtend vir wynbouers. Hulle is verplig om dié deel van die druive-oes wat nie as vrugte vir die maak van rosyne ens. nodig is nie, aan die K.W.V. te verkoop. Die K.W.V. besit groot kelders, wynmakerye en distilleerderye in die Paarl, waar die hoofkantoor is, en ook op Stellenbosch, Worcester, Montagu en Robertson.

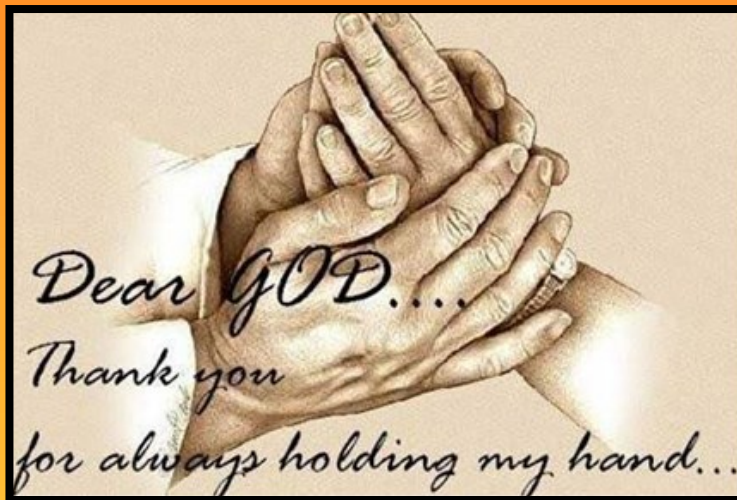
Dit het navorsings- en toetslaboratoriums, onderhandel vir uitvoerverenootskappe en bepaal die pryse van wyndistillering. Die doelstelling om die bedryf te rehabiliteer is verweselik, en danksy 'n konserwatiewe finansiële beleid, beloop die bates miljoene. Dit produseer wyn, brandewyn, likeurs, eau de Cologne, druiwesap en moskonfyt, vermoet, mengedrankies en spiritus, ens. Vir uitvoer word die wyne wat deur plaaslike boere gemaak is, deur die K.W.V. behandel, gemeng en verouder. Feitlik al die wyne en spiritualieë wat in die Republiek bemark en deur individuele firmas verkoop word, is deur die K.W.V. goedgekeur, en dit is een van sy vernaamste doelstellings om gehalte te handhaaf.

Sy wetgewende beheer is beëindig aan die einde van apartheid in 1990 en met die daaropvolgende nuwe regering, en het in 1997 van 'n koöperasie in 'n maatskappy verander.

In 2004 het KWV die Suid-Afrikaanse wynbedryf se grootste ooreenkoms rakende breed gebaseerde swart ekonomiese bemagtiging (BGSEB) met Phetogo (Pty) Ltd aangegaan en 25,1% van sy aandele bekom. Vir die eerste keer is KWV se wyne en brandewyne onder sy naam plaaslik verkoop nadat dit voorheen net aan internasionale verbruikers beskikbaar was. In 2010 het KWV 'n filiaalmaatskappy van Niveus Investments, deel van die HCI-swartbemagtigingsbeleggingsgroep, gestig en was dit die enigste Suid-Afrikaanse vervaardiger wat gelys is op Drinks International se "Most Admired Wine Brands Global register".

In Oktober 2016 is 'n deel van KWV verkoop aan die Vasarigroep onder leiding van Vivian Imerman. Vasari is in Londen gebaseer en is 'n verbruikersgefokusde beleggingsgroep wat die bedryfsbates van KWV vir R1,15 miljard bekom het. KWV se brandewyne wen gereeld internasionale pryse.

RELIGION



GELOOF

7 BELOFTES VAN GOD



Wees nie bevrees
nie, want Ek het
jou verlos; Ek het
jou by jou naam
geroep; jy is
Myne!
JESAJA 43:1



HERITAGE DAY

Deur Ancolet Boonzaaier

First celebration of National Heritage Day

24 September 1995

Heritage Day is one of the newly-created South African public holidays. It is a day on which all are encouraged to celebrate their cultural traditions in the wider context of the great diversity of cultures, beliefs and traditions that make up the nation of South Africa. In KwaZulu-Natal, the 24th of September was formerly known as Shaka Day, in commemoration of the legendary Zulu king.

When the proposed Public Holidays Bill before the New South African Parliament omitted Shaka Day, Inkatha Freedom Party (IFP), a South African political party with a large Zulu membership, objected to the bill. A compromise was reached when it was decided to create a day where all South Africans could observe and celebrate their diverse cultural heritage.

In an address marking Heritage Day in 1996, former President Nelson Mandela stated, "When our first democratically-elected government decided to make Heritage Day one of our national days, we did so because we knew that our rich and varied cultural heritage has a profound power to help build our new nation. In the vein of celebrating shared culture rather than focusing on cultural divisions, a recent initiative by the Braai4Heritage calls upon all South Africans to celebrate their common roots by having a braai (barbecue) on Heritage day.



HERITAGE DAY



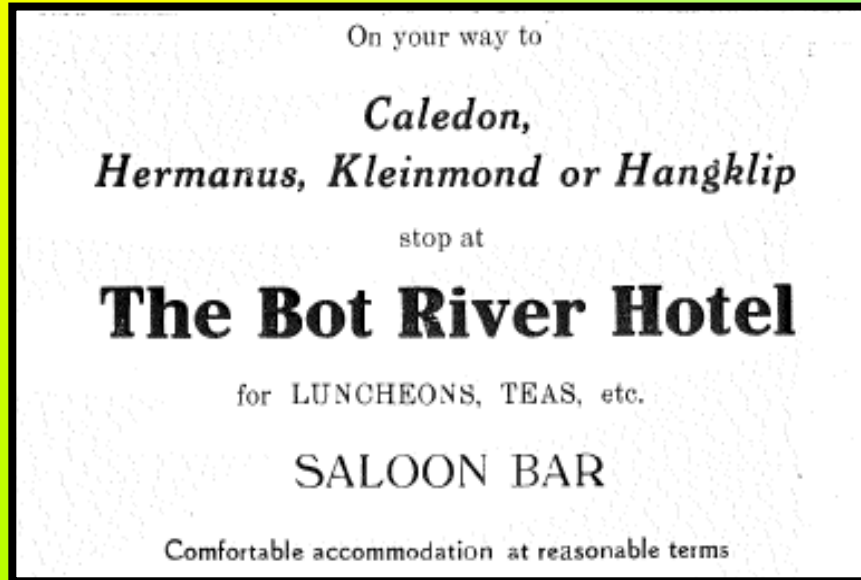
The idea has had some high-profile converts, the most notable being that of Arch Bishop emeritus Desmond Tutu, who in 2007 was made the National Spokesperson for "Braai Day." "There are so many things that are pulling us apart," Archbishop Tutu said in 2007. "This has a wonderful potential to bring us all together... We have 11 different official languages but only one word for the wonderful institution of braai: in Xhosa, English, Afrikaans, whatever." After snubbing the idea in 2007 as trivialising, the National Heritage Council has endorsed it in 2008.

"Perhaps it really are the little things that build a shared culture ... a memorable football game, a popular TV show, a favourite food, said Tutu during a recent interview. "We're going to have this wonderful thing on the 24th of this month ... when we all gather around one fire. It's a fantastic thing, a very simple idea. Irrespective of your politics, of your culture, of your race, of your whatever, hierdie ding doen ons saam [this thing we do together] ... just South Africans doing one thing together, and recognising that we are a fantastic nation.



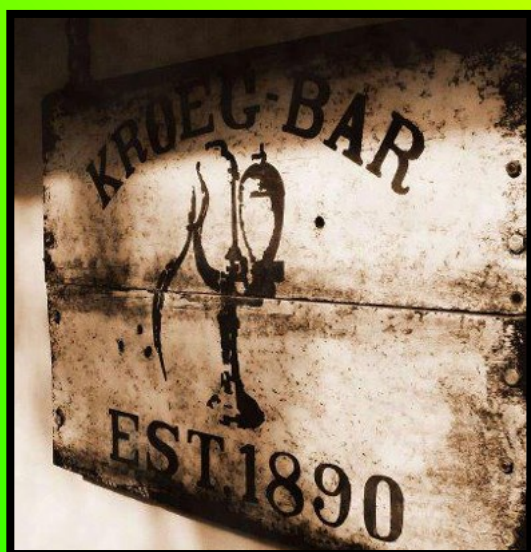
BOTRIVIER HOTEL

Deur Ancolet Boonzaaier



(1940 Advertensie)

The Botrivier Hotel is one of the oldest buildings in the town – and even in the Overberg area in general – having been built in the 1890s. The village is also host to one of the oldest wine cellars in the region. This history goes as far back as the 1700s with the establishment of Compagnes Drift.



ONS LAND - BOTRIVIER

Deur Ancolet Boonzaaier



Botrivier is strategically located at the foot of the Houw Hoek Mountain Range and is perfectly situated between the area's major hubs like Hermanus. It was originally inhabited by the Khoi-Khoi tribes of the area, who were prosperous herdsman pasturing their livestock in the agriculturally rich areas surrounding what was then known as the "Couga River". This particular location offered up a source of fresh water, which was savoured by the tribes in the often water-scarce Cape. Once the Dutch East India Company settlers arrived, it became a spot for bartering butter – a popular produce for farmers in the area. This is why both the river and the area were eventually termed Botrivier, after the Afrikaans word for butter: "botter".

The village is also host to one of the oldest wine cellars in the region. This history goes as far back as the 1700s with the establishment of Compagnes Drift. This farm was later bought in 1974 by Jayne and Raoul Beaumont and was revitalised as the Beaumont Wine Estate with the release of their very first vintage of Beaumont Pinotage. This was incredibly well received and one of the Cape's most well-respected wine estates emerged. Today you can visit this establishment and even see one of the oldest working watermills in the area. To build on this prestigious heritage, Botrivier is still one of the only areas in the whole world that has a Wine Route established within a protected biodiversity zone.

One of the most notable events in the town's history is certainly the arrival of the railway line from Cape Town to Caledon in 1902. This was a great engineering feat as the Cape tracks were forged through the Hottentots Holland Mountain Range and really sparked an increase in commerce for the residents of Botrivier, who could trade with the City of Cape Town far faster than ever before.

An entire generation of South Africans were introduced to the town of Botrivier through the television series that premiered in 1979 called *Nommer Asseblief* (Number Please). The village was the setting for this favourite show, and for many years tourists and locals alike would visit while insisting on seeing the actual telephone exchange from the show, as well as meeting the actors who portrayed the well-loved characters from this local soap opera.



ORAL HEALTH MONTH

Deur Ancolet Boonzaaier

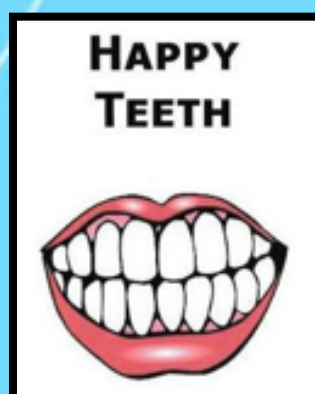
TAKE CARE OF YOUR TEETH

Achieving healthy teeth takes a lifetime of care. Even if you've been told that you have nice teeth, it's crucial to take the right steps every day to take care of them and prevent problems. This involves getting the right oral care products, as well as being mindful of your daily habits.

1. Don't go to bed without brushing your teeth.
2. Brush properly.
3. Don't neglect your tongue.
4. Use a fluoride toothpaste.
5. Treat flossing as important as brushing.
6. Don't let flossing difficulties stop you;

Flossing can be difficult, especially for young children and older adults with arthritis. Rather than give up, look for tools that can help you floss your teeth. Ready-to-use dental flossers from the drugstore can make a difference.

7. Consider mouthwash.
8. Drink more water.
9. Eat crunchy fruits and vegetables.
10. Limit sugary and acidic foods.
11. See your dentist at least twice a year.



LITERACY DAY: 8 SEPTEMBER

Deur Ancolet Boonzaaier

INTERNATIONAL LITERACY DAY

International Literacy Day takes place on September 8 every year to raise awareness of and concern for literacy problems that exist within our own local communities as well as globally. International Literacy Day was founded by proclamation of The United Nations Educational, Scientific and Cultural Organization, or UNESCO, in 1966 “to remind the public of the importance of literacy as a matter of dignity and human rights.” International Literacy Day brings ownership of the challenges of illiteracy back home to local communities where literacy begins, one person at a time.

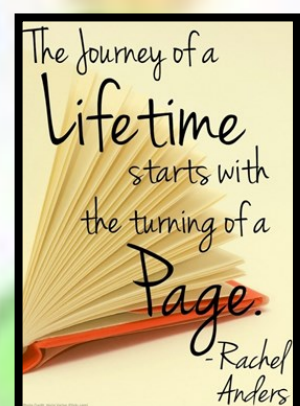
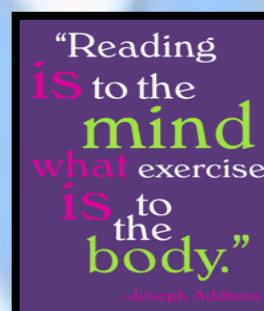
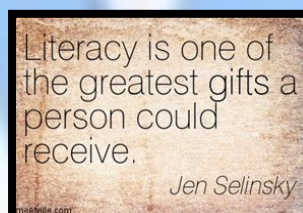
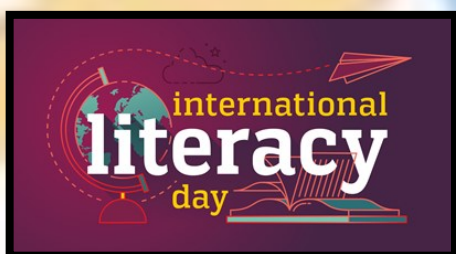
Although much progress has been made in improving literacy rates in the more than fifty years since the first International Literacy Day, illiteracy remains a global problem. There are thought to be more than 750 million adults around the world who cannot read.

Can you imagine navigating modern-day life without the basic ability to read and write? Wiping out illiteracy in every local community around the world is what International Literacy Day is all about.

International Literacy Day was first conceived at the “World Conference of Ministers of Education on the Eradication of Illiteracy” held in Tehran, Iran in 1965. The following year UNESCO took the lead and declared September 8 as International Literacy Day, with the primary purpose being “...to remind the international community of the importance of literacy for individuals, communities and societies, and the need for intensified efforts towards more literate societies.” One year later, the global community accepted the challenge of ending illiteracy by participating in the first International Literacy Day.

Literacy is a blessing often taken for granted. Reading is essential in our daily lives. Navigating through the world without being able to read or write is challenging and is a blockade for experiencing so many things.

On International Literacy Day, organizations and individuals take charge and use their literacy to encourage and assist those who are facing difficulties on how to read and write. Students and employed people volunteer to tutor children in the community, books are generously donated to libraries, and a student’s tuition and learning are sponsored to launch their life-long success.



GELUKKIGE VERJAARDAG

Deur Ancolet Boonzaaier



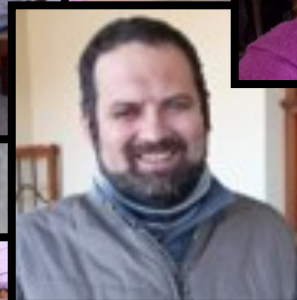
'n Baie gelukkige verjaardag aan twee kollegas!

Schoeman Roos, Operationele Bestuurder - 22 Augustus

Annemie Huskisson, Maatskaplike Werkster - 26 Augustus

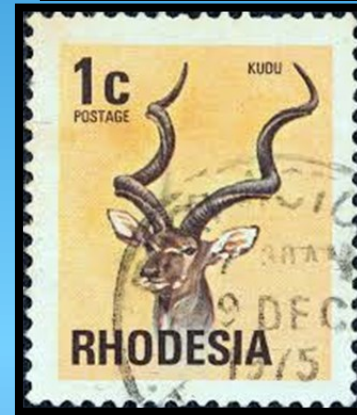
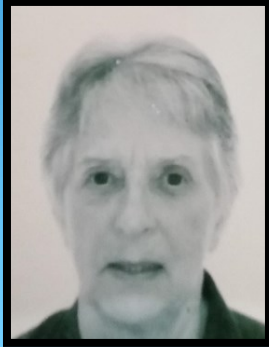
Op 20 Augustus – een van die mooiste wintersdae wat ons in 'n lang tyd ervaar het, het ons weer heerlijk feesgevier en bederf met ontbyt!

Ons het van die geleentheid gebruik gemaak om vir Schoeman en Annemie alle seën, gesondheid, vreugde toe te wens. Mag daar nog vele mooi jare voorlê!!



MRS. SHEILA BOWER

Deur Petrozelle Sias



I am a resident and widow living in Bon Accord.

I was born in Cape Town and got married in Rhodesia in 1958. This was the best moment of my life.

Chicken will be my choice of food. I love sweets and like coffee and tea.

My favourite time of the year is summer and I enjoy both mornings and evenings. I love reading and am an avid walker. Summer is the best time to practice these hobbies.

If I could choose a “dream vacation”, it will be a trip to Iceland!

I am scared of heights and will avoid them.

Blue is my favourite colour and I love Gospel Music and enjoy watching television as well as listening to the radio.

Because I love animals, I will not be able to choose between a dog or a cat, I love them both.



LENTEDAG - 1 SEPTEMBER

Deur Ancolet Boonzaaier

Lente is een van die vier seisoene waarin die jaar opgedeel word. Lente volg na die winter en kom voor die somer. Gedurende die lente word die dae langer en die nagte korter (dit word later donker).

Meteorologies gesproke val die maande September, Oktober en November in die lente (Suidelike Halfrond). Terwyl dit lente in die Suidelike Halfrond is, is dit herfs in die Noordelike Halfrond.

Astronomies gesproke begin die lente egter met die lentenagewening. In die Suidelike Halfrond vind die lentenagewening gewoonlik op 22 of 23 September plaas. In die Noordelike Halfrond vind dit gewoonlik op 20 Maart plaas.

Lentedag word op 1 September gevier. Omdat dit warmer word, kom mense meer gereeld uit hulle huise en hoef hulle nie so warm aan te trek nie. Party mense ly (veral in die lente) aan hooikoors, as gevolg van die allergene in die lug.

In die lente begin die plante weer te groei. Die wêreld word groener, die bome bot en blomme kan orals gesien word.

Vir baie diere is dit ook die begin van hulle broeiseisoen. Voëls wat na warmer gebiede emigreer het, begin weer na hul broeigebiede terugkeer. Diere wat deur die winter geïberneer het, word weer aktief.

Herman Lensing

Met lentedag wat vir ons loer (al voel dit nie so nie!) deel ek een van my ma se koelkuier weners!

My ma het hierdie frikkadelle vir byna elke geleentheid op die dorp gemaak. Sy het selfs 'n spesiale bak gehad waarin hulle in die yskas gestaan het; dit was geel gevlek van die kerriesous. Een van my herinneringe aan dié frikkadelle is bitter-soet. My ma het vir 'n funksie gekook. Die dienborde was gepak met die kos, gereed om weg te neem. Eers het ek net een frikkadel van die bord af gesteel; toe's ek terug vir nog een en toe weer vir nog 'n paar. Ek het my oortreding probeer verdoesel deur die happies rond te skuif op die bord, maar my ma se perfeksionis-oog het dit nie misgekyk nie ... As ek my oë toeknyb brand my boude nou nog, maar ek proe steeds die frikkadelle ook!

KERRIEFRIKKADELLE

DEUR HERMAN LENSING

FOOD EDITOR: SARIE & SARIE KOS

Frikkadelle

1 sny witbrood
100 ml melk
500 g maer maalvleis (ek verkies lam)
1 groot tamatie, geskil en grofgerasper
2 takkies tiemie, fyngekap
sout en varsgemaalde swartpeper

Sous

2 uie, grofgerasper
250 ml warm water
15 ml sterk kerriepoeier
30 ml suiker
15 ml mielieblom
'n knippie sout
5 ml borrie
60 ml witwynasyn
15 ml appelkooskonfyt



Frikkadelle

Verhit die oond tot 180 °C. Week die brood in die melk. Sit die maalvleis, tamatie en tiemie in 'n groot mengbak en voeg die geweekte brood by. Geur met sout en peper en meng goed. Vorm die maalvleis in klein happiegroot balletjies van ongeveer 20 g elk en pak dit in 'n oondpan. Voeg 'n klein bietjie kookwater by en bak in 'n warm oond (nie te droog nie, ongeveer 10 minute). Haal uit en hou eenkant.

Sous

Meng al die bestanddele vir die sous goed in 'n groot pot totdat die mielieblom opgelos het. Bring tot kookpunt en kook vir 5 minute of tot 'n lang sous vorm. Giet oor die gaar frikkadelle en maak seker alles is mooi bedek. Maak die bak toe en laat staan in die yskas vir 2-3 dae sodat die geure kan ontwikkel. Sit voor.

BUDDY'S NIBBLE!

Deur Tielman Jordaan

Hi, all residents, staff, management and my dad (Tielman). Thank you for being part of my wonderful life. A very special thank you to all the residents of Willow Lodge who welcomed me with more than open arms in their home.

I have not forgotten the carers and assistants who love me unconditionally and for sharing the extra responsibility!

I want to thank Mrs Y Murrin, Mrs L Koch, Aunty Poppie and of course Uncle Danie, who is currently in Maryport.

My heart goes out to the family of Mrs Morgan who passed away. It is always sad when one of our residents leave us!

I also miss my very special friend, Mr Dennis Hatton, with whom I had a very special bond.

Enough of the sad news!

Let's talk a little bit of "dog".

The top five dogs for owners are a Schnauzer, Chihuahua, French Bulldog, King Charles Spaniel and of course a Golden Retriever.

Why?

Because they are easy to maintain, train and good with children.

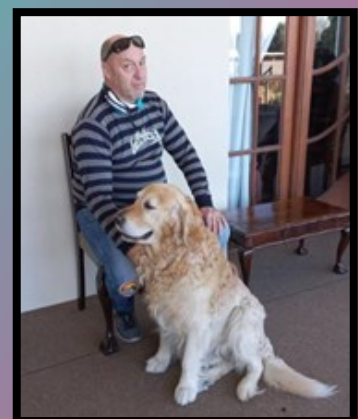
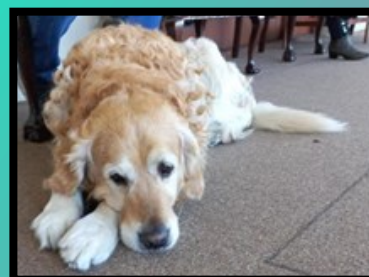
That's it then! O' my bark, I haven't told you yet!

I attended level 1 of a first aid course with my dad (Tielman), as well as 14 other carers at the Woodpecker on the 18th and 19th of Augustus 2021.

The instructor, Cindy, was phenomenal, and just the way she presented the course was significant and interesting. I even got my own certificate and will share this with you in the next issue. Thank you, Cindy!!

A WARM WOOF, UNTIL NEXT TIME.

BUDDY!!



WORD SEARCH

RAHRRYMLWRWINDLIHGDEREUQNOCTE
RENEEOAEXECUTIVEOEYEJHDSNOMIST
HIKREMCEDIBTOHVLPVGAUIONMGSOSN
EAGNIDXKHIRNPLDLEREEDRIOBAHREO
BNCNIEEPOBAENILGASYEGORUKTRVEO
HYAAESRWTIHNOSELNLAYESTERDAYNP
ADBKIOMBELMONTSTAKESRCAOKCOTSS
NGERMIOUSNYSNAEMAPALRHAPTNOUIE
DIEAEONSANFBYNTLNEWEROTOIFLMWS
SHTDSDOEIOLCIHALGTRATATNFIAACR
OEHTMHYNRESNECNINKNARFWBHEREHMO
MSOATNYKLOANEEESOLFMMWOTHAMAICS
EPVAHEMACIHCBLOOKEAOARNSURIPPS
THEODORELUCLAICIDUJDARAYIRRDTI
HTNEPELRACTTCKKIFORENOITUCEXEC
FITHNAEPOTINHJURYIHERMYANSTPWS
WASII LULIVWAE MMFWARDROBEAIEUAL
KFMCANDLESTICKMAKERENTHNGPERP

ANIMAL

ATHOS

BAKER

BRAHMS

DARK

EXECUTIVE

FIRE

GOLD

HOOK

HOPE

IGNEOUS

ISAW

JURY

KNIFE

LARGE

LION

LOCK

LOUIE

MODE

PAUL

PINTA

PLACE

PREAKNESS

ROCK

SIMON

STOP

TODAY

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



**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

OPE DAE

Ons opedae is 'n groot sukses. Die datums vir 2021 is as volg:

6 Oktober
 3 November

RECIPE: KOEKSISTERS

Deur Dominico Beukes



Ingredients

4 ½ cups cake flour
2 cups self-raising flour
1 ½ cup sugar
1 t salt
2 t ground ginger
1 t ground cinnamon
2 t ground aniseed
¾ cup vegetable oil
1 extra large egg
1 ½ cup warm milk
1 ½ warm water
1 tb active dry yeast
Oil for deep frying

Syrup

2 ¼ cups sugar
1 ½ cups water
1 cinnamon stick

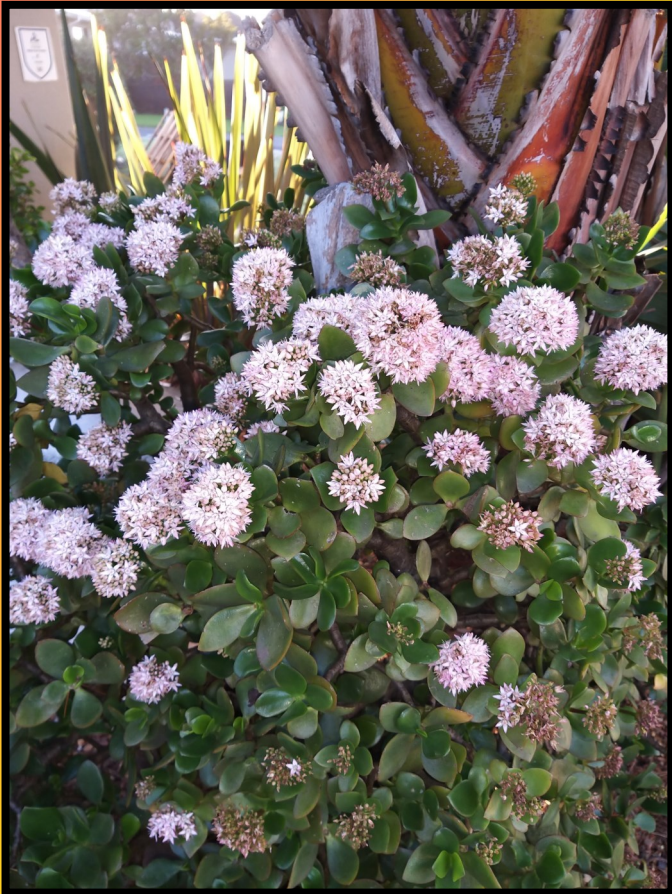


To roll

2 cups desiccated coconut

1. place all your dry ingredients except the yeast mix in a mixing bowl to combine; add the oil, rub into the dry ingredients until crumbly.
2. mix the milk and water; divide into two smaller bowls; add the yeast and sugar to the one bowl and stir until dissolved.
add the egg to the other bowl, with the remaining milk/water mixture; beat well.
3. first add the milk/water/yeast to the flour mixture-stir-add the milk/water/egg also to the flour mixture –mix well until you have a soft dough. Cover and leave for two hours to rise (double the size)
4. roll out the dough (on a floured base) to an approximate 5-centimetres (2-inch) thickness; cut into small squares of 2 ½ centimetres (1 inch); cover and leave to rise another 30 minutes.
5. syrup: boil the sugar, water, and cinnamon stick together until the sugar has dissolved. This syrup must be kept warm all the time (not boiling, low heat, only to keep warm).
6. heat the oil for deep-fry to a medium heat; place a few pieces of dough in the oil and fry for 3-4 minutes until golden and cooked through.
Drain on a paper towel and then dunk into the hot syrup for 30 seconds, turning and making sure the whole koeksister is covered, and some of the syrup has been absorbed.
7. finally, roll into the coconut and place on a cooling rack to cool completely.

PROPERTY DISCOVERIES



INSPIRATION



Be an encourager.
The world has plenty
of critics already.




WHEN THINKING ABOUT LIFE, REMEMBER THIS;

No amount of guilt can solve the past and no amount of anxiety or worry can change the future.

5 Daily Reminders

1. I am amazing.
2. I can do anything.
3. Positivity is a choice.
4. I celebrate my individuality.
5. I am prepared to succeed.



i woke up rich
this morning.

not because
my bank account
was *full*
but because
my lungs were.

BROMS THE POET

INSPIRASIE

Kom nou!
Glimlag, Ek weet dit is nie altyd
maklik nie,
maar ñ glimlag is soos
sonskyn dit verdryf die
Presje gien woordboornes
miswolke...



Gee vir die kelner wat jou bedien, 'n
fooitjie. Neem die winkelrolle terug. Tel
rommel op, al is dit nie joune nie. Hou die
deur oop vir die persoon agter jou. Gee
vir iemand plek in jou baan. Klein dae
kan 'n rimpeleffek veroorsaak. Dit is hoe
ons die wêreld verander.

te fraai diena

BE
KIND

**Al het jy niks om
iemand te bied nie,
maar jy het Liefde
wat geld nie kan koop
nie, is jy die Rykste
mens op aarde!!!** 

'N WOORDJIE AAN DIE WYSE...



MOET NOOIT MOEILIKHEID UITNOOI
NIE, DIT AANVAAR ALTYD DIE
UITNODIGING!

WOORDSOEK

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

bewolk

donderweer

hael

hittegolf

kouefront

mis

reën

ryp

sneeu

sonskyn

storm

weerlig

wind

wolke

SUDOKU

2	4			3	5		7
	7			2		4	8
7							
5	8		2	7			
			5	4		3	6
							2
3	6		4			8	
8		2	3			7	4

COLOURING/KLEUR IN



WORD ART

I Heard Your Voice In The Wind Today

I Heard Your Voice In The Wind Today - Unknown

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.



I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.

I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.

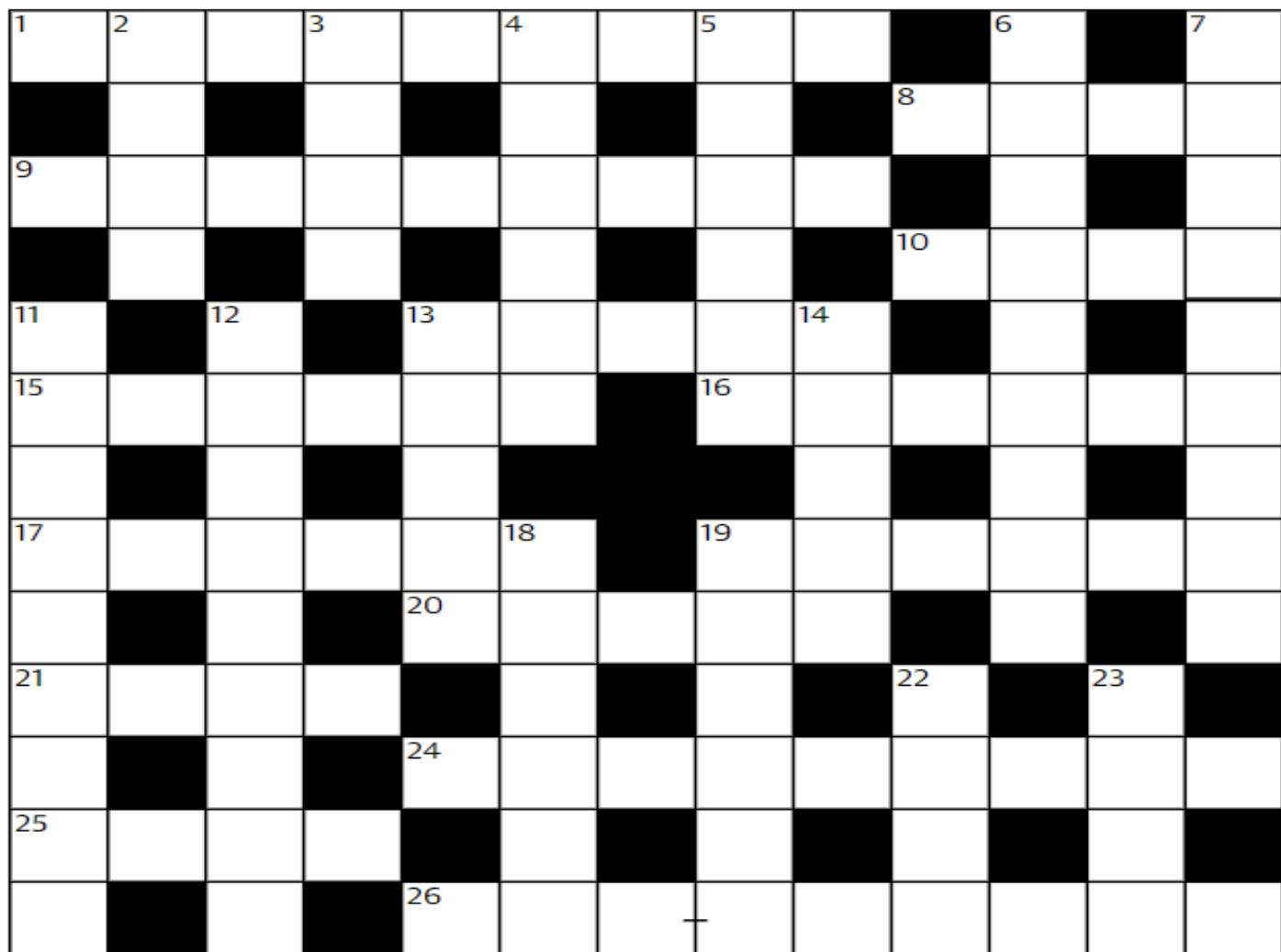


I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.

As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows.



CROSSWORD



ACROSS

- 1** Triangular Russian instrument (9)
- 8** Hindu teacher who has achieved a high level of spiritual insight (4)
- 9** Deliberately make more confusing (9)
- 10** Computing unit (4)
- 13** Extremely cold – at the extremes (5)
- 15** American hotdog – ie wren (anag) (6)
- 16** Rodent – per hog (anag) (6)
- 17** Coniferous tree (6)
- 19** Scrooge (informal) (6)
- 20** Foot traveller who, for pleasure, goes on extended walks (5)
- 21** Weakest in the litter (4)
- 24** Causing excitement (9)
- 25** State of deep and prolonged unconsciousness (4)
- 26** Revelation (3-6)

DOWN

- 2** Swedish pop group, formed 1972 (4)
- 3** Chills and fever (4)
- 4** Tower of strength (6)
- 5** What holds a soldier's clothes and personal possessions (6)
- 6** Lightweight thermoplastic, used in packaging (9)
- 7** Extra food on a smaller plate (4,5)
- 11** Showing wonder and dread (9)
- 12** Musician's timekeeper (9)
- 13** Beauty – furry fruit (5)
- 14** Lunar exploration vehicle? (5)
- 18** Five sixteens (6)
- 19** Country where Guadalajara is to be found (6)
- 22** Stick(er) (4)
- 23** Initial contribution players make to the pot (4)

WOORDKUNS

EK TEL AL MY SEËNINGE,

Vir die gemors wat ek na 'n partytjie moet skoonmaak, want dit beteken ek was omring deur my vriende.

Vir klere wat effens knap sit, want dit beteken ek het genoeg om te eet.

Vir my skaduwee wat my dophou as ek werk, want dit beteken ek is buite in die sonskyn.

Vir 'n grasperk wat gesny moet word, vensters wat 'n skoonmaak nodig het en geute wat 'n heelmaak kort, want dit beteken ek het 'n huis.

Vir al die klaery oor die regering, want dit beteken ons het Vryheid van Spraak.

Vir die parkeerplek wat ek aan die ver end van die parkeerterrein kry, want dit beteken ek is in staat om te stap en dat ek met my eie vervoer geseën is.

Vir die yslike kragrekening, want dit beteken ek is warm.

Vir die dame agter in die kerk wat vals sing, want dit beteken ek kan hoor.

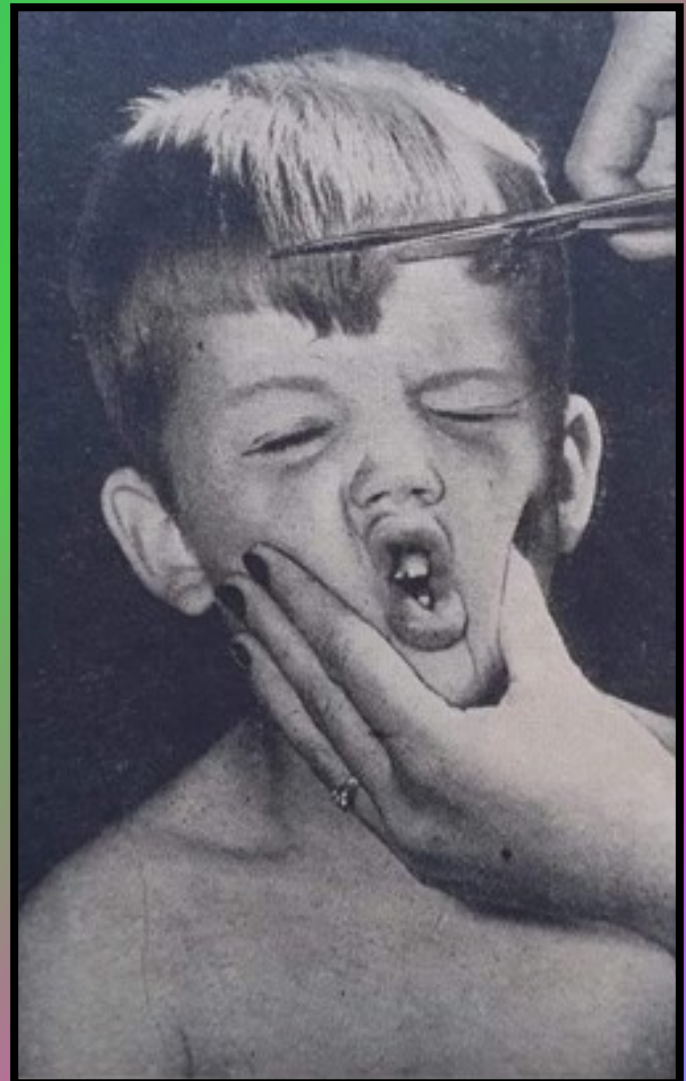
Vir die hoop was- en strykgoed, want dit beteken ek is in staat om hard te werk.

Vir die wekker wat douvoordag afgaan, want dit beteken EK LEEF.

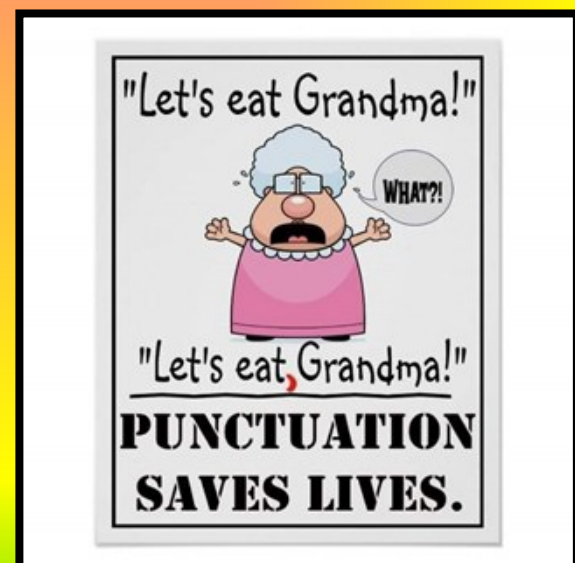
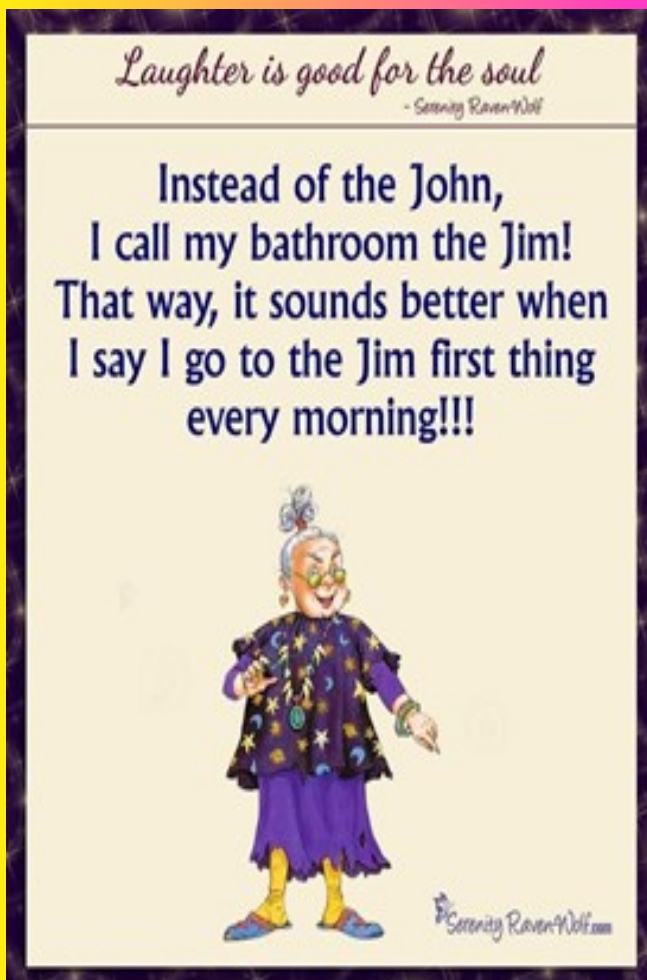
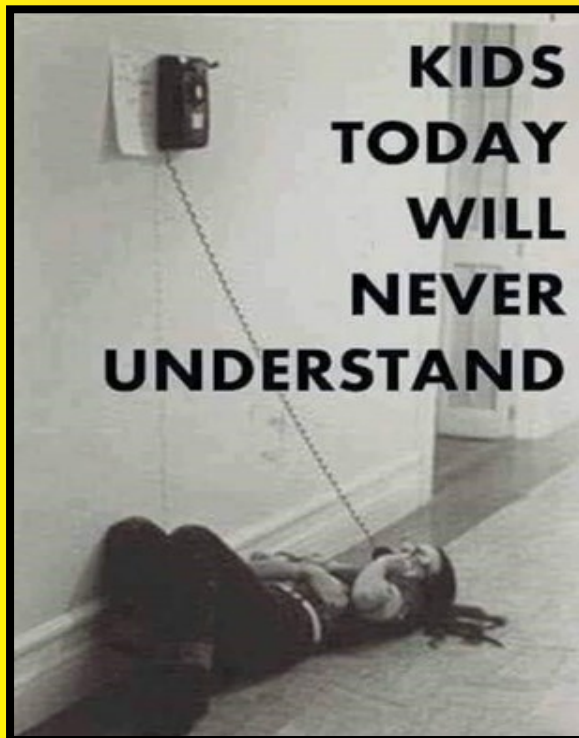
KOM ONS LAG

Ek hou nie van
skottelgoed nie, hulle
kyk my altyd so vuil
aan!

Dis asof die winter
kwaad is, uit die
kamer storm en dan
terug kom en sê: 'Oo
en nog 'n ding'



LET'S HAVE A LAUGH



OPLOSSINGS/SOLUTIONS

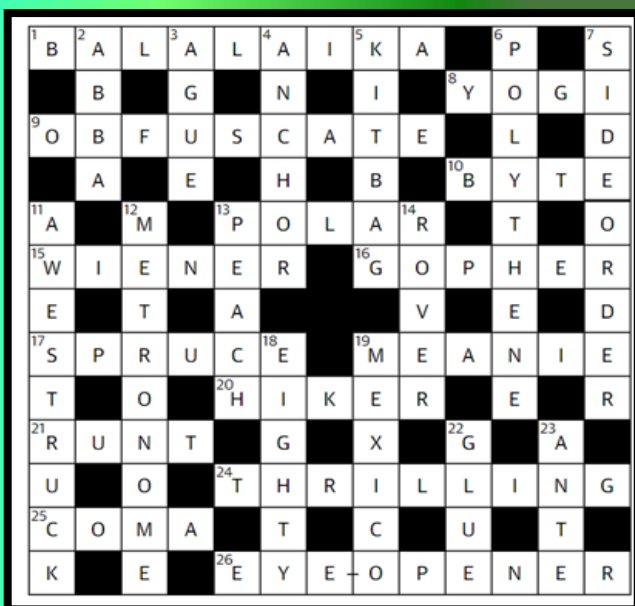
WOORD SOEK



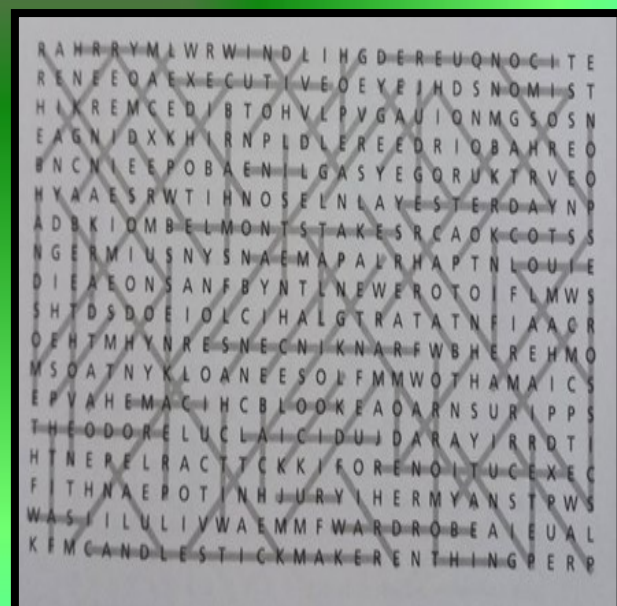
SODUKO

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

CROSSWORD



WORD SEARCH



RESIDENTS/INWONERS

WE ARE WAITING FOR YOUR CONTRIBUTIONS!!

ONS WAG VIR U BYDRAES!!

PLEASE SEND YOUR CONTRIBUTIONS TO THE OFFICE. INCLUDE A PICTURE IF YOU CAN! WE ARE NOT ALLOWED TO PUBLISH MAGAZINE ARTICLES. WE WILL KEEP YOUR CONTRIBUTION AND IT WILL BE USED IN FUTURE PUBLICATIONS!

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