

# THE VILLAGE CHATTER

**MAY 2023**



**Bayswater Village**

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**Comments, suggestions and contributions welcome**

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# FROM THE MANAGER'S DESK

Another month has passed and Easter has come and gone, Freedom day has passed and we enter May with a public holiday, Workers' Day, also making a long weekend with many taking a break, albeit shortly after the school holidays. As someone said to me this morning, being retired, long weekends don't make too much of a difference because you don't need to go to work and even the supermarkets are open on public holidays. It is basically only the banks and government departments that are closed on public holidays.

The construction is progressing very well and is now approaching completion rapidly. With some finishing still to be done, we are looking forward to the finished product that we can enjoy. There are going to be some changes to the gardens as some areas did not survive the construction traffic, but I am confident that our garden team will soon have them looking good again.

During the past month we took our leave of Helen Nichol who will be spending time with family in the UK before returning to SA to settle in the Robertson area. Sholto Rothbart has been relocated to Highlands House in Cape Town to be near family. Sue Pretorius sadly passed away following hip surgery. All will be sorely missed.

When one considers all the things happening around us, we really have plenty to be thankful for, considering that we have a place to live and food to eat. *As ons daaraan dink, wie moet ons bedank? Nee, nie Bolland Bank, soos die ou advertensie van die 80-jare, maar ons moet ons Here God bedank, want hy het sy seun gestuur om op die kruis vir ons sondes te sterf. HY het gesterf sodat ons die ewige lewe mag geniet. Lees gerus 1 Tessalonisense 5:16-18.*

May May be a blessing for us all and remember to keep smiling. A smile is contagious, but in a nice way.

God bless

George





# AROUND & ABOUT THE VILLAGE

## LADIES HOUSE COMMITTEE TEA

5 April 2023

Residents enjoyed the lovely Easter tea served with buttered hot cross buns and cheese by Colleen Zurnamer and the committee, and Carmen and her staff.

Hot cross buns served by Colleen



## RESIDENTS' TOUR OF NEW WING



6 April 2023

Director, Neil Armstrong, explaining the renovations to residents before the tour. He was hopeful that they would be completed by the end of May.

## CROQUET

On his recent visit from Taiwan, Danie, son of Christelda & Theo Neumann, was initiated to the game of croquet (a la BWV oldies) & was so captivated that he was going to buy a croquet set for his family to play in a distant Taiwanese park.





## **SAD FAREWELL : SHOLTO ROTHBART 25 APRIL**



**An emotional leave of Sholto was taken. Carers, kitchen staff and others blessed him in song. A resident for about 4 years with an increasing degree of dementia, he had crept into the hearts of residents and staff alike.**

**His older brother and sister-in-law in Cape Town had made the difficult decision to place him in Highlands House in Vredehoek to be near to them as he had no other family to care for him.**

## **JUMBLE & MUFFIN SALE 28 APRIL**

**A successful fund-raising sale of used clothing and delicious muffins was held. Grateful thanks go to all who helped in various ways.**



## **MEMORIAL SERVICE : SUE PRETORIUS 28 APRIL**



**Ds Jansen led a well-attended memorial service for family, friends and fellow residents.**

**A solemn choral tribute was paid by staff members.**

## **GOLDEN OLDIE**

### **RAY KIBUR**

**Sam Herling, a musician in the Polish army in the 1920's, witnessed the growing anti-Semitic prejudice in Europe and emigrated with his family to South Africa to start a new life in Port Elizabeth. At the time, his family consisted of his wife, a son and a**



**daughter, as well as his wife's sister (whose medical studies at the Moscow University had been terminated because of her being Jewish). Ray was born in PE in 1931, followed by a younger sister. Her father became a successful general dealer specialising in clothing and eventually had five stores, creating employment for family and the community at large. Ray attended the Collegiate School for Girls and went on to complete a secretarial course at Technical College.**

**After working for two years, the bright lights of Johannesburg lured Ray away from PE. There a tennis friend persuaded her to correspond with Stanley Kibur, a Bloemfonteiner studying at the National College of Chiropractic, Chicago, USA, after having graduated B.Sc. at Wits. He and Ray remained penfriends until his return to SA as a qualified chiropractor. They became engaged soon afterwards in 1952 and married in '53, settling in Bloem. Ray's short career at Masonite was ended by the arrival of Cheryl in '54, followed by Karyn in '57, and Tracy in '59.**

**Ray joined the Argus media group, based at The Friend offices, first in tele-sales, selling clothes on special offer for Farmers' Weekly. She was later asked to edit The Homestead, a supplement to the Farmers' Weekly and Femina, also to write articles of Jewish interest for The Friend. After about ten years with them, the Argus group moved to Natal.**

## **GOLDEN OLDIE (CONTD)**

**An invitation was then extended to Ray to join the Chamber of Commerce as the executive secretary, a position she held for about ten years, earning her the nickname “The Chambermaid of Bloemfontein”, to her delighted amusement.**

**Unilever thereafter procured Ray’s services where she was part of the group’s sales team for another ten years until her retirement in the late ‘70’s. After an entire day-and-a-half in retirement, she was asked to re-join the group, being offered a fax machine and a company car, making it possible for her to work from home. This Ray did for about another ten years after which she served as secretary, first at the Orthodox Synagogue before it was sold and then at the Reform Synagogue in Dickie-Clark Street for a few years.**

**Sadly Stan died of diabetes complications in 1999. Widowed Ray later spent some time in King Williamstown, joining the Rotary Club and serving as President in 2009.**

**While still with the Argus group, Ray was asked to run the Bloemfontein theatres. Her full-time employment did not allow this but she agreed to take on front-of-house duties part-time. For promoting local and international productions, she received accolades from famous artists such as Andy Stewart, and an honorary award for exceptional service and dedication in 2010.**

**Ray is a true example of “oud maar nog nie koud”, an energetically active, engaged and passionately charitable Golden Oldie. She has been living independently at Bayswater Village for 14 years, travelling regularly to visit her daughter, Karyn, and her family in Australia, to Jo’burg to visit her other daughters, Cheryl and Tracy and family in Jo’burg and to her younger sister, the owner of Die Kunsamer Art Gallery in Cape Town where she recently celebrated her 92nd birthday with many friends. Ray never spends an idle moment. She is an avid reader, her lounge being filled with books, mainly biographies and she has numerous crossword puzzle books. While not bustling around her kitchen preparing healthy Kosher meals, she reads and spends time on crosswords and her laptop computer, either writing or surfing the internet. While watching TV, she works on her latest handcraft project.**

**Her maxim, passed on by her father, is: Always keep your hands and your mind busy. It certainly works for Ray.**

**PARAPROSDOKIANS** are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, frequently humorous. (Winston Churchill loved them).

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right--only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault; I said I was blaming you.
10. In filling out an application, where it says, 'In case of emergency, Notify:' I put 'DOCTOR.'
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive. Now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.



# HEALTH HOEKIE



## THE BENEFITS OF DRINKING WATER

As we age, it's especially important to remain hydrated to promote good health. Adults of 60+ are at greater risk for dehydration for many reasons including natural drops in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body.

If it's a struggle to drink 8 glasses of water a day, the amount generally recommended, here are 10 good reasons to try harder.

### 1. Improved brain performance

Even very mild dehydration can affect memory, mood, concentration, and reaction time. An adequate daily intake can have a positive effect on cognition, stabilize emotions, and even combat feelings of anxiety.

### 2. Digestive harmony

The body needs water to digest food properly. Dehydration may cause irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life. Sufficient fluid intake may help get things moving in the right direction again.

### 3. More energy

Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids can also cause your heart to work harder to pump oxygen throughout your body. All of that expended energy can make one feel tired, sluggish, and less focussed.

### 4. Weight loss/management

Since it provides a sense of fullness, water can help one feel satisfied in between meals and cut out snacking. It can also help boost metabolism.

### 5. Decreased joint pain

As the cartilage in our joints contains approximately 80% water, staying hydrated helps joints stay well-lubricated, helping reduce joint friction.

## **HEALTH HOEKIE (CONTD)**

### **6. Better temperature regulation**

**When dehydrated, the body stores more heat. This in turn lowers its ability to tolerate hot temperatures. Drinking plenty of water helps sweat production when overheated during activity, which in turn cools the body.**

### **7. Kidney stone & infection prevention**

**Kidney stones, clumps of mineral crystals that form in the urinary tract, can be extremely painful. Consuming adequate daily amounts of water helps to dilute the concentration of minerals in the urinary tract, making stones less likely, also helping to flush harmful bacteria from the bladder, reducing the risk of urinary tract infections.**

### **8. Healthier heart & circulation**

**As blood is made up largely of water, it becomes concentrated when inadequate water is consumed which may cause an imbalance of vital minerals (electrolytes) such as potassium and sodium, key to proper heart function. Thicker blood can also increase stroke and thrombosis risk.**

### **9. Improved detoxification**

**Sufficient water intake supports the body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements.**

### **10. Fewer headaches**

**Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and even migraines in some individuals.**

### **How Much Water?**

**Preventing dehydration is as easy as incorporating more water and water-rich foods into one's diet. Physical activity/exercise, hot and/or humid weather, and vomiting and/or diarrhoea will require a higher intake.**

**Every person's hydration requirements are different, depending on factors like medical history, health conditions, and any medications being taken. Talk to a health care practitioner about a hydration plan that meets your unique needs.**

**(Ed's Note: Herbal tea such as Rooibos counts).**

# Logic Puzzle

There are four children, Amanda, Bill, Cathy, and Dorothy that are in first, second, third, or fourth grade. Each child has a different favorite color: blue, red, pink or green. Use the clues below to figure out what grade each child is in and what their favorite color is.

	1st	2nd	3rd	4th	Blue	Red	Pink	Green
Amanda								
Bill								
Cathy								
Dorothy								
Blue								
Red								
Pink								
Green								

## CLUES:

1. The 4th grader is a boy who does not like pink.
2. Dorothy is the youngest and likes blue.
3. Cathy is one grade ahead of Amanda.
4. The 2nd grader likes red.





**BIRTHDAY LIST FOR**  
**MAY 2023**

9<sup>TH</sup> MERCIA VAN HEERDEN

13<sup>TH</sup> DAPHNE WIENAND

15<sup>TH</sup> IRENE WANSBURY

16<sup>TH</sup> GEORGE HOLMES

19<sup>TH</sup> KEITH LANE

20<sup>TH</sup> NOLEEN UYS

31<sup>ST</sup> MABELIA PEENS



I DON'T  
KNOW HOW TO  
ACT MY AGE  
I'VE NEVER  
BEEN THIS OLD  
BEFORE