

BIRTHDAY LIST FOR JUNE 2023

6TH MARIETTE COETZEE
9TH HELEN REID
10TH PIET LINDE
20TH FRANCOIS MOSTERT
21ST DOREEN DE KLERK
27TH CHERYLL LOWE
27TH GWYNETH VAN ROOYEN



THE VILLAGE CHATTER

JUNE 2023



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INDEX

From the Manager’s Desk	3
Around & About the Village	4
Recycling Project	5
Golden Oldie—Elvira Joseph	6
Old Age is a Gift	7
Health Hoekie	8
Recipe of the Month	10
Word Search	11
Birthday List	12



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Comments, suggestions and contributions are welcome

Word Search: Citrus Fruits

Locate and circle each word listed in the word bank below.

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

Word bank:

Bergamot orange

Cara cara

Clementine

Etrog

Greek citron

Kinnow

Kumquat

Leech lime

Lemon

Mandarin

Moroccan citron

Orange

Pomelo

Satsuma

Sudachi

Tangelo

Tangerine

Ugli fruit

Yuzu

Hyuganatsu

Corsican citron

Grapefruit

Kabosu

Sciencenotes.org



RECIPE OF THE MONTH

TOASTED SAVOURY BREAD TRIANGLES or FINGERS

The toast keeps well if stored in an airtight container to have handy as a savoury snack.

[With winter upon us, there is nothing better than a hot cup of soup to chase away the cold. And, to go with the soup, toasted savoury bread is perfect].

1 Loaf Stale White Sliced Bread

250g Soft Butter or Margarine

1 Pkt Thick White Onion Soup Powder

1 T Bovril or Marmite

Trim the crusts off the bread.

Mix the butter or margarine well with the soup powder and Bovril/Marmite.

Spread the mixture over the bread slices, covering them well.

Cut each slice into 4 triangles or 3 fingers as preferred.

Arrange on baking tray and dry in a 100 degree C oven.



FROM THE MANAGER'S DESK

Winter is here! Now we need to keep ourselves warm and healthy. Fortunately we have heaters in the passages of the complex keeping them warm so that, when you move out of your room into the passage, there is not a big temperature change. Please keep the doors and windows in the passages closed to keep the heat in. This is for all the residents' benefit. As I prepare this message, it is cloudy and cool with the possibility of rain. Not much sun coming through, making it quite gloomy, but we are blessed in winter with mostly sunny days which makes it more bearable.

I am sure that, in the next message, I shall be able to confirm that the construction has been completed and am looking forward to that, as I am sure you are, too. Thank you again for your patience during the building process. Yes, I know I have said it before, but I need to repeat it.

Thank you to all the residents who support the recycling project. You are making a difference to the environment. We invite all residents to participate in this project and if you have any questions, please refer to me.

16 Junie is Jeugdag en 18 Junie is Vadersdag. Ons sê dankie vir die jeug want hulle is die toekoms, en ons sê dankie vir vaders want sonder hulle sal daar nie jeug wees nie. Maar ons het almal 'n vader EN ons het onse Vader wat altyd na ons omsien, en Hy is daar om ons te dra gedurende die moeilike tye. Ons is geseënd omdat Hy ons behoed en bewaar. Ons weet ons kan altyd by Hom skuil want Hy is 'n sterk toring. Onthou om te bid sonder ophou!

We welcome Glen and Ann Maskell and Mariette Coetzee to our home and we bid farewell to Joy Klopper who has moved to Cape Town to be closer to her children.

Please keep us, the staff, management and directors in your prayers, as well as your fellow residents and their families.

Thank you and God bless
George



AROUND & ABOUT THE VILLAGE



LUNCH HOUR CONCERT

Admission
FREE

ODEION STRING QUARTET

13 June 2023
Bayswater
Retirement Village
10:30

Haydn
String Quartets Op. 2, Nos. 5 & 6

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Health Hoekie (contd)

Flavonoids

These are plant-based nutrients (phytonutrients) responsible for the plant qualities such as the bright colour and aroma. Citrus fruits represent an important source of dietary flavonoids which have multiple therapeutic benefits.

- Protect cells against damage of free radicals – can reduce inflammation
- Provide anti-inflammatory pathways – benefits against, eg. cancer, neurological disorders, atherosclerosis, cardio-vascular disease, diabetes
- Protect against diabetes by improving insulin secretion, glucose tolerance and decreasing insulin resistance
- Inhibit “bad” cholesterol, improve endothelial function and arterial blood pressure
- Improve gastro-intestinal function and health, modulating gut bacteria and composition and activity

Dietary Fibre

A type of complex carbohydrate found in plant foods that cannot be entirely digested in the small intestine. Both soluble and insoluble fibres are found in citrus fruits.

Soluble fibre can help lower “bad” cholesterol thus reducing cardio-vascular disease. Can also slow the absorption of sugar, resulting in better blood sugar levels.

Insoluble fibre can help relieve constipation by helping food move more efficiently through the digestive system and increasing stool bulk.

Multiple other nutrients include potassium, folate, calcium, thiamine, niacin, vit B6, phosphorus, magnesium, copper, riboflavin and pantothenic acid, making consumption essential as part of a balanced diet.



NB: Certain citrus fruits can interact with some prescription medications.

Please consult with a healthcare professional if taking medications.

HEALTH HOEKIE

THE POWERFUL HEALTH BENEFITS OF CITRUS FRUIT



During winter, add some extra sunshine and warmth to your diet by eating more citrus fruits. Bright, colourful, fragrant, refreshing and juicy, citrus fruits are not only delicious for their balanced tart and sweet taste, they are also an essential part of everyday nutrition. Their benefits have been celebrated since ancient times. Thought to have originated in Southeast Asia, citrus fruits were wildly popular wherever they spread. The citron (the Roman name) was and, in many cases, remains a prominent fixture in religious ceremonies and festivals such as the Jewish Feast of Tabernacles (Sukkot), which finds its roots as a festival thanksgiving for the fruit harvest.

From the citron, other hybrid species began springing up such as oranges, lemons, limes, grapefruit, mandarins and others. Spanish travellers introduced the sweet orange to the American continent, while it is believed that Christopher Columbus brought citrus seeds to be planted on the island of Haiti on his second voyage in the year of 1493. Wherever they were found, precious citrus fruits were used as a fragrance and as a flavour added to sweets and tea. They were well-known for their medicinal properties and were even used as an antidote to poison and as an antiseptic during times of plague. The ancients were clearly onto something.

Vitamin C (ascorbic acid)

- Forms and maintains healthy skin, bones, blood vessels and connective tissues.
- Plays an important role in supporting the immune system
- Acts as an antioxidant that may help protect cells against the effects of free radicals and inflammation - may prevent or delay heart disease and some types of cancer.
- Helps the body absorb iron from plant foods - eating citrus fruit alongside leafy green vegetables, nuts, seeds and legumes will help the body better absorb iron.



RECYCLING PROJECT

REDUCE, RE-USE, RECYCLE

All participating residents, please give yourselves a pat on the back. As Green Waste has been able to remove a number of bulk bags since the inception of the project, BWV is helping to provide employment opportunities to a number of workers, making a dent, however small, in the unemployment crisis. Each job, no matter how humble, puts food on the table for a number of dependents. Your participation is also contributing towards improving the environment by reducing the load on Bloemfontein's northern landfill site which has reached capacity. To echo George, thank you one and all who contribute to this most worthwhile cause.

Those who are unable to walk to the collection point at the E-block and who wish to participate in the project will in time be provided with a collection plan. George suggested at the recent residents' meeting that a bin could possibly be placed in the main dining room. The plan for the centre will hopefully be finalised soon. Watch this space!

A friendly reminder that all materials for recycling must please, please be clean. Bear in mind that the sorting is done by human beings. Also, wherever possible, crush plastic bottles and boxes to save volume.

“Time is the only thing that cannot be recycled.”



GOLDEN OLDIE

ELVIRA JOSEPH

After becoming a widow, Elvira gave up her large family home and took a ground floor flat at BWV in 2006. When she felt the time was right, she moved to the assisted living section and again fairly recently to a sunny, corner room in the semi-frail care passage.



The middle child of three born in Durban, Elvira was convent educated. After leaving school, she went to work for a large, successful family business, the only female employee amongst many men who were very good to her. When she was about nineteen, a male relative of her employer's family arrived one day from Bloemfontein to visit them in his holiday. After having met her, a clearly smitten Fred Joseph would find any excuse to pop by for a chat, annoying Elvira intensely by interrupting her work. After his return to Bloemfontein, he made it his business to visit Durban often and won the heart of this attractive blue-eyed lass eight years his junior. They were married in Durban when Elvira was almost twenty-one, settling in Bloemfontein where Fred was an established men's hairdresser with a well-frequented salon near the top of Maitland Street which was also home to an amusing, noisy parrot that everyone knew. Elvira recalls telling Fred jokingly that she would have thought twice about marrying him had she known the cold Free State winters would almost be the death of her after the mild Natal climate.

The happy couple lived centrally in a double-storey house in Bree Street. Fred, of Lebanese descent, was a keen golfer with a number of hobbies. They had two daughters, Margaret and Carol, and a son, John. The girls attended Greenhill Convent, John going to Christian Brothers' College. Margaret became an air hostess, married a pilot and had a son. Carol also married but sadly died early of a brain tumour. John qualified as a pharmacist and, having a good head for business, built the Willows Pharmacy and medical centre in Ella Street. These he successfully managed until leaving South Africa many years ago to settle in Australia. He was the father of two children. John remains frequently in touch with his mother by phone as does Margaret, now widowed and living in the Eastern Cape.

As a young mother and housewife, Elvira knitted and sewed clothes for herself and her daughters, first sewing by hand then, at Fred's insistence, by machine which he ordered and had delivered. She laughingly recalls she first had to be taught how to use it. While the children were at school, she was also Mom's taxi, ferrying them to and from school and their many extra-mural activities.

At 92, though partially bed-ridden, a happier, more contented and warm-hearted person with a deep sense of gratitude to every staff member for the care she receives, and a livelier sense of humour would be hard to find.

OLD AGE IS A GIFT



Author Unknown

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body – the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonise over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less grey hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need but looks so avant-garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 am, and sleep until noon? I will dance with myself to those wonderful tunes of the 60's and, if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach in a swim suit that is stretched over a bulging body and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old!

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn grey, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say 'no' and mean it, I can say 'yes' and mean it.

As you get older, it is easier to be positive. You care less what other people think. I don't question myself anymore. I've earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day.

Today, I wish you a day of ordinary miracles.