

# THE VILLAGE CHATTER

OCTOBER 2023

## BIRTHDAY LIST

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3<sup>rd</sup> Henry Baptiste

5<sup>th</sup> Pippa Scheffer

10<sup>th</sup> Yvonne Webster

13<sup>th</sup> Rina Calitz

16<sup>th</sup> Evelyn McLachlan

23<sup>rd</sup> Denise Scheepers



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## INDEX

FROM THE MANAGER'S DESK	3
AROUND & ABOUT THE VILLAGE	4
LENTELIEDJIE	6
GOLDEN OLDIE	8
HEALTH HOEKIE	10
BIRTHDAY LIST	12



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Comments, suggestions and contributions are welcome

## Health Hoekie (contd)

### Medical risk factors

- High blood pressure
- Cigarette smoking or second-hand smoke exposure
- High cholesterol
- Diabetes
- Obstructive sleep apnoea
- Cardiovascular disease, including heart failure, heart defects, heart infection or irregular heart rhythm, such as atrial fibrillation
- Obesity and abdominal fat

### Preventative Measures

- Monitor blood pressure
- Stop smoking
- Control cholesterol
- Keep blood sugar down
- Obtain sleep apnoea treatment
- Get active
- Eat better
- Lose weight if necessary
- Drink plenty of water





# HEALTH HOEKIE

## UNDERSTANDING STROKE

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

## TYPES OF STROKE

### 1. Ischaemic Stroke (Clots)

Occurs when a blood vessel supplying blood to the brain is obstructed. It accounts for 87% of all strokes.

### 2. Haemorrhagic Stroke (Bleeds)

Occurs when a weakened blood vessel ruptures. The two types of weakened blood vessels that usually cause haemorrhagic stroke are **aneurysms** and **arteriovenous malformations (AVMs)**. The most common cause of haemorrhagic stroke is uncontrolled **high blood pressure**.

### 3. Transient Ischaemic Attack (TIA)

A “warning stroke” caused by a temporary clot. Take this warning sign for stroke seriously and call an emergency service immediately. [Once your provider has determined the cause of the TIA, the goal of treatment is to correct the issue and prevent a stroke].

### 4. Cryptogenic Stroke

In most cases, clots that block blood flow to the brain cause a stroke. Sometimes, however, the cause of a stroke can't be determined. This is called a cryptogenic stroke.

## FROM THE MANAGER'S DESK



“The days of our years are threescore years and ten; And if by reason of strength they be fourscore years, .....” (Psalm 90:10, KJV).

"The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is." – C.S. Lewis.

So why do I start with these two quotes, you may ask? It seems like just yesterday that I sat preparing this for the Chatter for last month, and here I am again with the thought that time goes by so quickly that it is sometimes difficult to keep up, irrespective of age. Time is actually so limited and it seems to go faster as we age. I suppose nobody can tell us otherwise, because we are ALL getting older. Although many did not grow up with the technology we have today, people have adapted .... well, some have, and each day goes by with great speed, I might add. Each day we need to count our blessings, one by one, remembering that there are others that may not have the blessings that we have.

**WEATHER ALERT!!!** The weather will be changing! More than you may expect but seeing the beautiful flowers, especially the clivias here at the lapa in front of our offices one realises that the warmer weather is near and we can enjoy wearing less clothing, no jerseys and jackets. Enjoy the gift of new things during Spring, gifts from God.

*Geniet die tyd wat jy het en onthou om altyd ander mense te behandel soos jy graag behandel wil wees. Onthou die Sunshine Fair op die 7de Oktober met lekker eetgoedjies, 'n klomp winskopies beskikbaar by die wit olifant tafel en by die ander tafels wat daar gaan wees. Kom geniet dit saam met ons almal, Saterdag vanaf 09:00.*

We welcome Henrietta Koen to our home and trust that her stay here with us will be enjoyable. We bade farewell to Priscilla Niewoudt, Aubrey Presmeg, Bettie van Vuuren and Piet Fourie, all called to higher service. Please keep their families and friends in your prayers, and the staff here at Bayswater Village who work closely with the residents. Prayer is a great gift that you can give without anybody knowing that you have given it.

Don't be rude or condescending towards those who are offering a service, especially when you are the one being served. Think before you say something. Age and money does not give you the right to be nasty, rude or condescending. NOTHING gives you the right to be rude, although you may think you are better than others.

Remember to keep your words soft and sweet, you never know when you may need to eat them. Come and enjoy the activities around the Village: Bible study, church services, chairbics, croquet, carpet bowls and the jumble sales.

God bless,

George



## AROUND & ABOUT THE VILLAGE

### HERITAGE BRAAI LUNCH 22 SEPTEMBER

Carmen and her catering team once again stepped up to the plate (in a manner of speaking), providing a scrumptious lunch including braai'd wors rolls to celebrate Heritage Day.



### Golden Oldie (contd)

They became engaged late in 1952 and married in July, 1954, when Toni was almost 21. Wilfried's father helped them start their own farm. Three children soon followed in quick succession, two daughters and a son 18 and 15 months apart and another son after 4 years. After about 12 years, they sold their farm and bought one in the OFS between Bethlehem and Petrus Steyn. The following few years were hard for the couple and their family. As the farmstead was rudimentary, a new one had to be built, and the maize and wheat crops were not good. They secured a better future by buying a farm near Dundee in Natal where they spent about 20 successful and happy years before transitioning to a small-holding. After 5 years, they retired to Dundee itself for about 4 years. Their younger daughter, Ingrid, being concerned about their welfare, persuaded them to come to Bloemfontein where she and her husband lived. She found them a cottage at BWV where they took occupation in 1999. This was Providence at work, believes Toni, as Wilfried died only 5 months later.

Their elder son, Egmont (Monty) a CA, now lives in Australia. Their elder daughter, Lynette, works with her husband, an insurance broker in Pietermaritzburg. Sadly Ingrid died after undergoing a surgical procedure. Her widowed husband, Henry Baptiste, physically challenged following a stroke, also resides at BWV. Roland, the younger son, lives in Pretoria. Toni has altogether 9 grandchildren and 17 great-great grandchildren, a number of whom live in Australia.

Recently Toni moved from the B passage to a larger room in the new D section where she has settled well, slowly becoming accustomed to no longer having direct access to the garden as she had in her previous room. Having turned 90 recently, she is no longer as mobile as she was, tires easily and spends her time quietly in her well-organized and comfy room.





## **GOLDEN OLDIE**

### **TONI MUHL**

In 1881, a German immigrant couple settled on a farm in the Vryheid district in Natal amongst a largely German community. They were the grandparents of Antonia Tschirpig, known as Toni, and had eight children, four boys and four girls, her father being the youngest. Toni's grandfather unofficially named the district "Gluckstadt" and was responsible for visiting the German farmers and arranging for them to make bricks with which the local Lutheran church was built. After her grandfather died, her grandmother stayed with Toni's family on the farm until her death when Toni was very young.

Toni was the first-born of five, the youngest little sister being a proper "laatlammetjie" and close in age to Toni's own children. She grew up on the family farm and walked a distance to attend a government school in the district up to Standard 4. She was then a boarder at the German Hermansburg High School near Greytown, leaving after Standard 8. Though a co-educational school, Toni recalls with amusement, the boys and girls were strictly separated after school hours. Back on the farm, she worked at the nearby trading store for a few months until being persuaded by her mother to enroll at the Huishoudskool in Potchefstroom where she matriculated with a variety of domestic skills.

After leaving school and once again back on the farm, her mother encouraged her to socialize with the group of German youngsters in the neighbourhood. The 1952 Van Riebeeck Festival was coming up and the group prepared to take part in the German Volkspeler at the festival. One day while German dancing groups from all over the country were camped together at an arena in Cape Town, a young man from her group but hitherto unknown to Toni asked her why she was holding a hankie to her nose. Taken aback, she felt it was none of his business. After introducing himself as Wilfried Muhl, he explained that he knew her sister and younger brother from school. He paid for her ticket and bought her an ice cream when they went somewhere by bus, the start of a romance. He later admitted to deciding then already that Toni was his future wife. After the festival, Wilfried found ways of visiting her although their family farms were a fair distance apart on opposite sides of the town of Vryheid.

## **VOTER REGISTRATION – WARD 44**

On Friday 29 September, the DA team of four, including Johan Pretorius (Caucus Leader), Maryke Davies (Speaker of the MMM), and Selme Pretorius (Ward Councillor), spent some time registering residents new to the ward and checking that other residents were registered and eligible to vote in the 2024 general election.





# OKTOBERMAAND

C. Louis Leipoldt

Viooltjies in die voorhuis –

Viooltjies blou en rooi!

Viooltjies oral op die veld,

En orals, ai, so mooi!

Dit is die maand Oktober, die mooiste, mooiste maand!

Dan is die dag so helder, so groen is elke aand,

So blou en sonder wolke die hemel heerlijk bo,

So blomtuin-vol van kleure die asvaal ou Karoo.

Dit is die maand Oktober! Die varkblom is in bloei;

Oor al die seekoegate is biesies gegroei;

Die koppies, kort gelede nog soos 'n klip so kaal,

Het nou vir welkomsgroetnis hul mooiste voorgehaal.

Dit is die maand Oktober! Die akkerboom is groen;

Die bloekoms langs die paaie is almal nuutgeboen;

En orals in die tuin rond ruik jy sering en roos,

Jasmyn en katjiepiering, lemoen en appelkoos.

Al was die dag soos yster, lank in die vuur gesteeek,

Die varings in die klofies deur hitte geel verbleek,

Tog as die son daar onder agter die berge gaan,

Dan word oor heel die wereld die mooiste geur geslaan.

Dit is die maand Oktober! Die kokkewiet is uit;

Boomsingertjies en kriekies die hoor jy orals fluit;

Fiskaal is op die oorlog – daaronder by die sluis,

Daar is 'n dor ou doringboom sy spens en sy kombuis.

Dit is die maand Oktober! Ek dink die mense vier

Vir ewig in die hemel Oktobermaand soos hier!

Wat wens jy meer as blomme, as helder dag en nag?

Wat kan jy beter, mooier, of heerliker verwag?

Ek is nog in Oktober! My tuin is nog so groen,

So wit met al wat mooi is, met bloeisels van lemoen,

So pragtig in die more, so heerlijk in die aand!

Ek is nog in Oktober, die mooiste, mooiste maand!

Wat gee ek om die winter? Wat praat jy nou van Mei?

Wat skeel dit as ons later weer donker dae kry?

Ek is nou in Oktober, die mooiste, mooiste maand,

Met elke dag so helder, so pragtig elke aand!

Viooltjies in die voorhuis –

Viooltjies blou en rooi!

Viooltjies oral op die veld,

En orals, ai, so mooi!

## WEDDING DAZE

Marry the words outside the grid with their match inside the grid.

AISLE	DRESS	LIST	RING
BELLS	DRINK	LOVE	ROMANCE
BEST MAN	FAMILY	MARRIAGE	SPEECH
BRIDE	FLOWERS	MARRY	TRAIN
BUFFET	FOOD	OUTFIT	VEIL
CAKE	GOWN	PHOTO-	VICAR
CEREMONY	GROOM	GRAPHER	WEDDING
CHURCH	GUESTS	PRESENTS	WHITE
CONFETTI	HONEYMOON	PROPOSE	
COUPLE	HUSBAND	RECEPTION	

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