



## From the manager's Desk

*January 2024*

God is good! I kick off with this statement as it is so true. As I sit in my office and peer out the window, I see a beautiful pride of India shrub in full bloom with lovely pink flowers, bougainvillea with its purple flowers, some small yellow flowers and some beautiful roses. Not to mention the beautifully manicured lawns. Seeing the perfection in the design of the rose bud and flower just amazes me, and I realise that this can only come from our great God. Although it is hot and we sweat it out at times, we are also blessed with rain and a breeze to cool the air a bit.

The Christmas celebrations followed by New Year's celebrations have come and gone and I wonder how everybody's new year's resolutions are progressing. Schools have re-opened and the traffic is hectic on the way to work, with loadshedding not helping at all. After the 'back-to-school' promotions at the stores, we have the Valentine's Day promotion to follow, to celebrate love! I did some research to give some background on Valentine's Day, but there is so much information, varying in source and facts that I decided, Valentine's Day is a day to celebrate love, and for those who may send an anonymous love letter as a secret admirer. Sounds romantic!

Onthou om te glimlag! Dit is wonderlik om te voel hoe jou gemoed opbeur wanneer jy glimlag. Stel dit gerus op die proef. Al sit jy rustig alleen en glimlag net, nie noodwendig vir enigiets nie, maar net 'sommer' of kyk in die spieël en glimlag vir jouself. Wat 'n wonderlike ervaring. En nog beter, glimlag vir iemand en kyk na die reaksie. Gewoonlik sal hulle ook glimlag, want dis aansteeklik en dit kos niks. 'n Glimlag is baie waardevol, kos niks en is maklik om weg te gee.

We welcome Hester Vorster (A40), Neville and Alice Furnidge (E5), Bets Naude (A41) and Lorraine Buschow (B55) to our family and trust that they will enjoy their stay here at Bayswater Village. We bade farewell to Clercq Smal, who was called to higher service, shortly after celebrating his 101st birthday. We welcome Elmarie Robberts to our staff at reception, as I am sure many of you have already met her. We bade farewell to Nico van Zyl, called to higher service after his battle with cancer, as well as Charles Knight who also passed on.

Elmarie has taken over the editorship of the Chatter from Sheila Addison, whom we thank for her contribution for almost 2 years. Sheila will still be assisting with some of the articles for the Chatter. Thank you, Sheila, and thank you Elmarie.

Most of the activities for the residents will have resumed by the time you read this and you are invited to join in, have some fun, participating or spectating. Come and enjoy the fun.

May February be a blessed month for you all.



# CHRISTMAS IN THE VILLAGE



Christmas dinner with friends & family

**8 DECEMBER 2023**

Enjoying good food, great company and lovely weather.



## SPCA Christmas lights

**13 December 2023**

The village residents visited the SPCA on and enjoyed the lovely Christmas lights and decorations. Interaction with the animals brings joy, especially when you can feed the donkeys by hand



## GELOOF, HOOP EN LIEFDE

Ek wonder so baie keer wat dit is wat die lewe die moeite werd maak. Hoe kyk mens vorentoe? Hoe moet ek ten spyte van moeilike tye nóg 'n dag opstaan, wéér 'n dag aanpak waarvoor ek dalk nie lus is nie. Om positief te bly in negatiewe omstandighede. Drie woorde wat alles bevat om sinvol te leef, vrolik op te staan, positief te bly, uit te sien na môre. Oordink HIERDIE woord voordat jy opstaan.

1 Kor 13:13 "En nou: geloof, hoop en liefde bly, hierdie drie. En die grootste hiervan is die liefde."

Geloof, hoop en liefde... na my mening is die antwoord op 'n sinvolle, vreugdevolle lewe.

### GELOOF

Heb 11:1 sê wat geloof is: "Om te glo is om seker te wees van die dinge wat ons hoop, om oortuig te wees van die dinge wat ons nie sien nie". Hoor jy: die dinge wat jy nie sien nie. Hoe sien jy die toekoms? Sien jy altyd 'n halfvol of 'n half leë glas? Weet jy, ek glo vas ek gaan Vrydagoggend weer hier sit. Daar is absoluut geen rede om die teendeel te glo nie. Die kans is een uit miljoene dat ek voor dit iets vreesliks gaan oorkom. Daarom glo ek 100% dat die Here my tot dan gaan beskerm.

### HOOP

Voel jy dalk hoop loos, of hopeloos? Geen mens kan hoop hê sonder geloof nie. Niemand! Hoop se fondament is geloof. Hoop kan nie op sy eie gestalte kry nie. Hoop is 'n gawe, 'n lewenskwaliteit, dit is 'n uitsien na iets wat voor jou lê, wat jy nie noodwendig altyd kan teweegbring nie. Hoop is niks anders as 'n lewensuitkyk waarop jy self besluit nie. Ek kan nie hoop vir jou kies nie; ek kan probeer om vir jou

hoop te gee - dit hang net af of jy my sal glo. Kom ons probeer ... vriend, wil jy hoop hê vir die toekoms? Kom ek gee jou hoop met net vier woorde: "God is in beheer". Nou hang dit net af of jy dit glo. 1 Pet 3:15: Wees altyd gereed om 'n antwoord te gee aan elkeen wat van julle 'n verduideliking eis oor die HOOP wat in julle lewe. Lewe daar hoop in jou?

### LIEFDE

Liefde is reguit van God af. 1 Joh 4:8 "God is liefde". Jy kan nie liefde hê sonder God nie. Jy kan ook nie liefde hê sonder hoop nie. God het ons baie baie spesiaal geseën deur iets van sy wese in ons in te bou. Daarom, as ons mekaar bemoedig, kan dit net gebeur as dit met liefde gepaardgaan. As ek jou lief het sal ek jou aanspoor tot groter hoogtes. As ek jou lief het, sal ek Jesus se hande en voete vir jou wees. As ek liefde het, kan ek vorentoe gaan. Liefde vir God, liefde vir God se kinders en ja, selfs liefde vir God se vyande ... moeilike een, of hoe? As ek lief het stel ek myself laaste, die ander eerste.

Liefde bring positiwiteit.

**Geloof, hoop en liefde. Hoe lyk dit, sien jy kans vir die toekoms?**

You  
ARE  
LOVED



"Gracious God, we ask you to bless your children who have grown old. When they can no longer care for themselves, send them loving caretakers who appreciate their wisdom and the richness of their experience.

Send your angels to keep them safe as long as they live and to lead them home to you when their work is done. Bless the families of the elderly with insight and good judgment.

Send your Holy Spirit to help them make wise decisions, and grant them the patience to care for those who once cared for them. We pray in the name of Jesus. Amen."



# CHRISTMAS PRESENTS RECEIVED

We give thanks to the owners of Pepermossie Wedding Venue in Bloemfontein for spoiling our residents & staff with hand-made gifts for Christmas

Bayswater Village Retirement Home

Thank you, Pepermossie Wedding Venue, Bloemfontein



## Craft day in the village

**28 December 2023.**

Making wind chimes with beads. Lots of laughter and enjoying each other's company. Thank you to Sandra Kotze and Rita Willers for assisting the residents and guiding them with your knowledge and creative skills.

# MEET & GREET CORNER



## Who is Elmarie Robberts?

Receptionist / PRO

Born on 14 April 1977 in Bloemfontein, Elmarie grew up on a small holding in Bloemspruit 15km out of town where she matriculated from Bloemspruit High School in 1995. Tertiary studies at the Central University of Technology earned her a National Diploma in Business Administration at the end of 1998. Further certificates were obtained for Project Management, Professional Development and Community Service Projects, as well as Bachelor of Ministry. She has a sister, 13 Years younger called, Nickie.

Elmarie's career started with her appointment as a Senior Administrative Officer at the Central University of Technology where she was employed from 2000 – 2009, followed by 11 years at the UFS Faculty of Health Sciences as an Assistant Officer. She then did a stint at St Andrew's School between 2021 and 2023. Besides devoting herself to her studies and her career, Elmarie worked in various family butchery businesses between 1994 and 2017, from Grade 11 during weekends and holidays and even after work some days – never a dull moment - and also with her dad whilst he was the owner of an Engen filling station up to 2020. The business ethics involved aided her to build strong relationships with everyone that crossed paths with her and had a huge impact on her knowledge and furthering her career. Despite some days being tough and having had to work many double shifts, when she looks back on her life, Elmarie has no regrets and can tell many stories of her experiences.

As the mother of two beautiful children, Anika, almost 21 and Lohan, almost 19, also step-mom to four other children between the ages of 7 and 14, Elmarie decided from day one to focus on being a good mom and to let the rest of the world go by. Till today she strives to be with her children and guide them on a road that is best for their future. Running a household with two young adults, two teenagers and 2 youngsters sometimes has its daring moments, but Elmarie would not do it any other way had she to live her life over.

Being creative and working with older people, students and children have been life-long passions and she has always been willing to walk the extra mile for those around her. Her piano, radio, singing and computers have all been given priority in her life and her enthusiasm, knowledge and expertise make her stand out from the rest.

Despite life having thrown many challenging punches her way, Elmarie bears no grudges, holding onto her faith and her firm belief that she is serving a living God who does not sleep.

Elmarie joined the staff of Bayswater Village in November 2023 in the position of receptionist/PRO where she has not let the grass grow under her feet and has already made her mark by arranging a few items like having horses brought along for residents to feed and stroke, an excursion to Naval Hill and some creative workshops, all much enjoyed by the participants.

Getting older is an inevitable part of life.

At some point, every person who lives long enough will have to come to terms with the fact that they aren't a young person anymore. Being older has some real advantages, but there are also some aspects of aging that can be hard to accept. As we age our bodies, and for many of us our minds, don't work as well as they used to. These changes don't have to mean that life as you know it is over. There are many things you can do to make your later years more enjoyable, and in doing so, make it easier to accept that you are getting older.

- Accept your age by embracing your past but not living in it.
- Know that aging is a sign that you've survived even your hardest battles—you're a warrior!
- Have realistic expectations. As you enter your later years, try to develop realistic expectations of what getting older will actually be like. Don't expect the worst--having a negative view of the future can be a self-fulfilling prophecy. Likewise though, don't expect to be able to do everything you did in your 20s. If you have realistic expectations about what you will and will not be able to do, the transition to this period of life will be easier.
- Even the most youthful 90 year old, for example, usually won't be found skateboarding or deep sea diving. In fact, most people who live to this age will need help with tasks like getting groceries from the store. This doesn't mean, however, that you won't be able to take a stroll in the park with friends or play your favorite instrument.
- Be proud and grateful. The fact that you are getting older means you survived. Not everyone does. Further, the life experiences you have had have taught you lessons and, hopefully, granted you a wisdom younger people don't have.
- Your perspective can be an advantage. You may know things about life that many people do not. Reflect on your life and see what lessons you can find there. Think about how you can make this wisdom valuable to others
- Keep learning. Even if you've reached a point where you are physically unable to do a lot of things you might like to do, you can keep learning new things.
- Stay social. Many older people allow themselves to become isolated and solitary.
- Talk often with friends and family.
- Stay in touch with old friends, and look for opportunities to make new ones.
- Remember, life is an amazing gift, and it's never too late to try something new or take a different path in life.

## Visiting Naval Hill

20 December 2023

The villagers took a lovely drive up Naval Hill enjoying the green plants and bushes, as well as the animals that are just natural in their habitat. A breath of fresh air took away the hot weather.



# DIARIZE THIS NOW

reception@bayswatervillage.co.za  
0721720199  
2 Burgundy Crescent,  
Bayswater, Bloemfontein



*Bayswater Village*  
Retirement Home, Bloemfontein



**Sunshine Fair**

**4 MAY 2024**  
08:30 - 13:00

We have stalls available - register yours now  
Book before 15 April  
**R200 PER STALL**

We need:  
Art & Craft, Jewellery, Clothing, Biscuits, Cakes (Baking), Needlework, Knitwear, Teddy bears, etc.

Contact us if you can put up a stall

The following stalls are not allowed as the Retirement Home will put this up: Wars broodjes; Braai meat; Kanna & Rys; Vetkoek & Mince; Fizzy cold drinks; Pancakes; Pudding



Have a lookout for the Raffle competition that will be lodged soon....lots of prizes to be won



**We need your support**

**HAPPY BIRTHDAY**

## February

- 
- 1 Joan Venter
  - 1 Selby Vorster
  - 1 Marion Lane
  - 1 Corlette Claase
  - 3 Petru Steenkamp
  - 4 Avona Lomborg
  - 16 Lizet van Straten
  - 18 Denise Lewis
  - 19 Sheila Logan
  - 21 Marguerite Vorster
  - 28 Elize van der Berg



## February Important dates



- 4 February: 09:45 Purls of Wisdom
- 9 February: 10:00 Making of a Valentine's Day Card
- 14 February: Valentines' Day
- 16 February: 12:00 Valentine's Picnic (Lapa)



This organization believes in striking at the root. They don't merely rescue animals or hand out food parcels, instead we identify the root, to address it. This results in long term change. They work with people and animals and the main drive and passion is their love for Yeshua's people as well as His creation and fulfilling their calling on earth. They strive to touch and change as many lives possible by the work they do as an organization.



New Beginnings visited the Villagers on Tuesday 23 January. We met with Roo and Shadow (therapy dogs) and they spoil us with lovely cupcakes and we got the chance to interact with them. Residents also contributed and gave the organization a donation. Laughter and love are all we can offer to those in need. Thank you to Natalie Kotze & partners for the effort, time and care.





# The Health Corner

## THE POWER OF LOVE AND KINDNESS

February is known almost universally as the month of love and friendship with Valentine's Day slap in the middle. Wildly over-exploited for commercial gain, it nonetheless serves as a timely reminder of how important love is. One way of showing love for all our fellow human beings whether family, friends, neighbours, colleagues, helpers or even total strangers is by being kind.



Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from research that kindness and our mental health are deeply connected. Kindness creates a sense of belonging and boosts self-esteem. It helps reduce stress, brings a fresh perspective and deepens relationships by improving one's capacity for compassion and empathy. Besides having mental benefits, it seems from other research projects that kindness can even have positive physical effects such as boosting the immune system, lowering blood pressure and raising energy levels.

People who are kind and compassionate are more content with their lives. They have better physical and mental health and feel less isolated, fostering stronger relationships. Being kind is a vital and powerful way of bringing meaning to our own lives while bringing joy to the lives of others around us. Being kind allows us to communicate better, be more compassionate, and also to be a positive force in people's lives. Kindness has its true source deep within you and, while some people are innately kind, it's something that everyone can cultivate by choice. With practice and repetition, it becomes easier to put into effect every single day of the year. Remember to ask yourself at night what act of love and kindness you have shown that day.

*KINDNESS IS CONTAGIOUS AND CREATES A RIPPLE EFFECT.* Even the smallest acts of kindness, such as a smile, or 'hello' can have enormous power.

*Sheila Addison with acknowledgement to Sr Riana*

### **YOU MAY BE A BROKEN BRICK BUT YOU ARE STILL IMPORTANT**

There is a time when builders start searching for BROKEN BRICKS to fill the GAPS to complete their work. Yes some of us are like BROKEN BRICKS, we are IGNORED and thrown out and considered as people of NO VALUE to the world not fit even to serve God. NO ONE SEES YOUR VALUE but a day is coming when some people will go around LOOKING FOR HALF BRICKS to make their work COMPLETE. If you look in scripture, God preferred to use people with WEAKNESSES, people like Moses, David etc to the glory of HIS NAME.

Weak as you are, God wants to use you as a child of God. You are BETTER than what people think you are TODAY. You may be a subject of discussion. Somebody could have said something that made you INFERIOR. Don't worry.

You are a product of GRACE. When other people are throwing you away as HALF BRICK, there are other people looking for HALF BRICKS to use. Someone is praying to MEET YOU one day. Someone is desperately looking for you.

You are NEEDED SOMEWHERE TO FILL THE GAP



# BWV RECYCLING: UP AND RUNNING

It was a lengthy process to finally have a BWV recycling project in place. From the time it was proposed by me and accepted at a residents' meeting in July 2022, a collection point for recyclable material was eventually in place at the E-block during March 2023.

Mr Duart Hugo, highly experienced officer in charge of recycling and environmental affairs at the Fichardt Park Neighbourhood Association (FPNA), and Mr Zirk Pretorius of Green Waste, were enthusiastically helpful and supportive in many ways, one of which was an insightful presentation to the residents and staff, creating an awareness of the environmental importance of recycling. Information brochures were provided by FPNA and, at a later stage, handed to all with lists of recyclable and non-recyclable material. Bulk collection bags were very kindly provided by Mr. Hugo. Through our combined efforts, Noorderbloem and Sewe Damme came on board, both large complexes. Bewarea was ahead of us all in this respect. Sadly for me personally, Sante's board of trustees has not again bought into the concept since OFS Waste's warehouse fire and Covid 19 disrupted their previously successful project instigated by me when I was a resident and board member at the complex.

Despite various teething problems, it is tremendously gratifying that most villagers have embraced this worthwhile project and to see it running smoothly. Green Waste collects every two weeks on a Tuesday and it is extremely satisfying to know that we are contributing, albeit it very modestly, towards the alleviation of unemployment and poverty, reducing the amount of material being sent to our over-worked landfill and helping save Planet Earth from self-destruction. Every bit counts.

My heartfelt gratitude to all residents contributing to the success of the project.

**KEEP IT UP AND KEEP IT CLEAN!**



**Sheila Addison**

## **Good friends are like quilts – they age with you, yet never lose their warmth**



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., or sleep until noon. I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will. I will walk the beach, in a swimsuit that is stretched over a bulging body, and will dive into the waves with abandon, if I choose to, despite the pitying faces from the jet set. They, too, will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I 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 somebody's 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 turning grey and to have my youthful laughs forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think.

I don't question myself anymore. I've even 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 (if I feel like it).



# the looking corner



## BWV: loadshedding

MONDAY	14:00—16:30
TUESDAY	12:00—14:30
WEDNESDAY	10:00—12:30
THURSDAY	08:00—10:30
FRIDAY	06:00—08:30
SATURDAY	04:00—06:30
SUNDAY	02:00—04:30



The Village Library is open daily for your convenience... get a book to remember



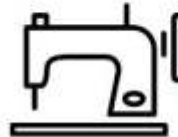
The village Hairdresser **Corlette** is available for your hair assistance, cutting nails and treatments  
084 668 9123

### Church services

Wednesday afternoons at 15:00 (3pm) in the hall. Services presented by different denominations. Communion served on first Wednesday of each month.

### Activities

Various activities are presented including bingo, quiz, croquet, carpet bowls, chairbics, 'purls of wisdom', art & craft sessions, etc. Days and times available on the monthly calendar.



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Open Daily  
10:00  
in the back of the library

### BWV Office Hours:

Monday to Friday,  
08:00 to 16:00.  
The office is closed over weekends and on public holidays.



Did you know that there is a bridge club in Bloemfontein that gets together twice a week to play?

Mondays and Thursday afternoons from 13h30 at the Dutch Reformed Church Heuwelkuin in Lucas Steyn / Stratford Rd, Heuwelsig. The Bloemfontein Bridge Club would like to attract new members and we want to know if there is anyone that would be interested to join our club. It would be advantageous if you already have a basic knowledge of the game and, if necessary, we will then give further training in the type of bridge we play (Acol / 5 Card Majors).

Please contact me at 084 2055 411 should you be interested so that we can arrange for a further information session.

The front door is unlocked at ±05:30 in the morning and locked at ±19:00 (winter) and ±20:00 (summer) in the evening. Access is available at the sister's station after hours.

# Word Search



ACCELERATE  
AVERAGE  
CONDITIONER  
DEMONSTRATE  
GRANDFATHER  
LISTENING  
NAIL  
SATISFIED  
TECHNOLOGY  
UNDERNEATH

AGO  
BINOCULARS  
CONVERSATION  
DISAPPOINTED  
GRANDMOTHER  
MATHEMATICS  
PLEASURABLE  
SHY  
TOE  
UNDERSTOOD

AIR  
COMPLIMENTS  
COUCH  
EXPLANATION  
INVITATIONS  
MICROSCOPIC  
PRINCIPAL  
STRAIGHTEST  
TREMENDOUS  
WAGON