

Crinkle Cuts

Issue
5



It's spring time
at Juana Maria Frail Aged Home



Ladysmith & District Aged Homes Trust
Juana Maria Frail Aged Home
P.O. Box 1353 Ladysmith 3370
Tel/fax 036 631 0698
E-mail Juanamaria@futurenet.co.za
Non-profit Organization Ref No 002-126



From the manager's desk...

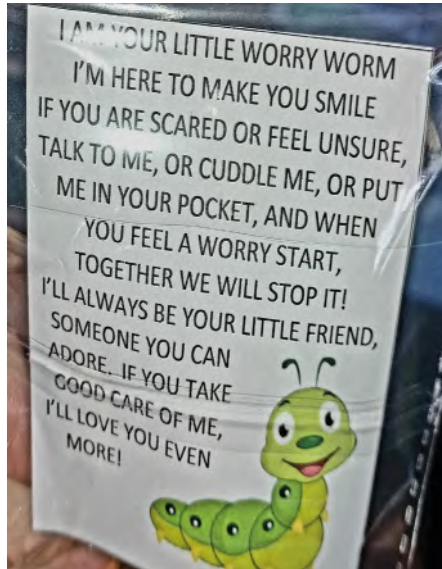
Spring is finally here! Our gardens are in bloom and everyone seems to want to spend more time outside. Spring is a special time of the year at the home.

A special thank you to **MM Maintenance** for their hard work. While we are on the subject of maintenance. Thank you to **Flip and Marietjie Fourie**, as well as **Martiens Wentzel**.

Thank you to our resident, **Chris Boshoff** for the breathtaking painting, which now has a special place in the lounge.

It is with deep sadness that we say farewell to our late resident, **Elizabeth (Liz) Robinson**. Her absence will be felt in our community. We also had to bid **Pam Davenport** farewell. May these wonderful ladies rest in peace.

We started a project called **The Worry Worm**. We were fortunate to have so many people in the community taking part in this project and knitting us worry worms. These little worms were donated to Little Hands Daycare.



Thank you to everyone who donated worry worms, know that your donation is serving a worthy cause.

Thank you to **Emily Klopper** from Shirly Lane for the beautiful spring blooms from your garden, to brighten up our office.

A big thank you to **Mr Richmond** for fixing the telephones. You are a star!

A big thank you to **Joane McMaster** for donating kitchenware. We really appreciate it!

To end off on a positive note; a huge congratulations to **Dorris Jacobsz** who lives at **Thys Jacobsz**, who became a great-grandmother on 6 September. We wish **Thea, Reinhardt and baby Caleb** a long life filled with health and happiness.

Elsje Watkins



Editorial note

I was fortunate enough to meet Mr Johan van Zyl this month. What a talented photographer he is! It took hours to sift through the thousands of photos that he's taken over the years.

The cover photo was also taken by Mr van Zyl, absolutely stun-

ning! It was an absolute pleasure to meet Mr Merlin Houzet, and to discover his rich family history. Mrs Jenny Paola couldn't say enough about how happy she is that she finally decided to move to the home.

She is and will always be a much-

loved member of the Ladysmith community, known by all students and parent who passed through Egerton Primary School.

It was an absolute pleasure getting to know the residents of this exceptional home.

Mariska Louw

Disclaimer:

Please be advised that this publication is purely intended for entertainment purposes. The views reflected in the publication is not necessarily those of the Ladysmith & District Aged Home Trust or Juana Maria Frail Aged Home, its management, staff or partners. Before making any changes to your daily routines, you are advised to speak to your healthcare provider. All editorial, photos and layout by Mariska Louw, unless otherwise stated. Please contact Elsje Watkins if you have any complains or queries at juanamaria@futurenet.co.za.

This month's content

1. Happy birthday to one and all. As always, there is something happening at the home every day!
2. Johan van Zyl takes us through what it means to take a good photograph. Plus, he gives us a glimpse into his incredible photography.
4. Jenny Paola reminisce about her days as a teacher at Egerton Primary School. Moving to the home and what she does with her time now.
6. Merlin Hauzet discusses his remarkable family history, his love of nature, art and settling at the home.
8. Registered Dietician, Jandri Barnard, gives us some advice on what foods to banish from our diet in order to keep our salt intake low and blood pressure healthy.
10. Some snack ideas to keep the grandchildren happy.
12. A spring tea garden. Residents and visitors enjoy the warmer weather.
14. It's bingo time at Juana Maria Frail Aged Home.
15. Dr Anthony Jacobs delivers a moving sermon about letting go of the past and making peace with others.
16. There's a builder in the garden! The Southern Masked Weaver is at it again, too bad the females are always taring his hard work down.
17. Landscape Architecture student, Jadee Mac Donald, discusses the *Melinis Nerviglumis* (the perfect building material for the hard-working Southern Masked Weaver)

Cover photo by Johan van Zyl



What's on this month...

Juana Maria Frail Aged Home Daily mealtimes

Breakfast – 7.30am to 7.45am
Midmorning tea – in the lounge
Lunch time – 12.15pm
Afternoon tea – in the lounge
Evening tea – 3.45pm
Night time snack – 6.30pm – Downstairs people to collect at Frail Care.

Weekly activities

Monday – 10am – Bingo, main lounge
Tuesday – 9am – transport to town
10am – Bible study – main lounge
2pm – exercise
Wednesday – 8am – Hair dresser
10am – Church service – main lounge
2pm – Rummy club – main lounge
Thursday – 8am – hair dresser
9am – Bingo – main lounge
Friday – 1.30pm DVD movies/music – main lounge

15 SEPTEMBER

After his inspirational visit in August, *Dr Anthony Jacobs* will be visiting Juana Maria Frail Aged Home again. Be sure to attend this spiritually uplifting event.

Juana Maria Book Shop - Brows thousands of book titles **every Saturday** between 8am and 12 noon. Visit us at 60 Francis Road.

17

Hamilton Preparatory School is having a morning market from 10am at the school grounds. Please support the Juana Maria Frail Aged Home stall.



Happy birthday to you!

04 September - Kate Trollip
06 September - Dee Henderson
18 September – Rina Kotze
20 September - Chris Venter
22 September - Nellie Wessels
26 September – Magriet van Schalkwyk
27 September – Petro Hood
27 September - Frieda Meyer
30 September – Robert Drew



A click is a forever thing

Koekie Jacobsz resident, Johan van Zyl, shares with us some of his stunning photographs and he talks about what it takes to snap the perfect photo



Johan and his beloved late wife, Neeltje





What is it that prickles our interest? Why do we stop, pull out our camera and take the snap? In order to answer these questions, we need to look at photography as a form of communication. It is a marvelous language, universal, powerful, one that crosses linguistic borders. We see something that we find interesting and we simply want to share it. My

photographic background taught me to go a step further. Emphasizing an image requires a subject that both affects and enlightens the viewer. The problem is; not everything that we wish to photograph is always visually stunning. In order to communicate effectively, we must learn to compose and craft our images, good composition is always essential.

Why do some images cause us to linger for a more contemplative study? Often it is not apparent, but in the case of a successful image, the photographer has organized the visual elements in the image to direct our focus and our emotional reaction. Through the careful use of composition, photographers share their personal visions and create pathways for a shared vision.





The gifts of nature

Jenny Paola celebrates nearly four years at the home, enjoying every moment of this very special season in her life

Teachers are the backbone of society; many people will argue that they are the most important people in society. Preparing future generations to be citizens of the world. One such person is Juana Maria Frail Aged Home resident, Jenny Paola. She taught at Egerton Primary School for nearly two decades. “Before I started teaching, I was a stay-at-home mom. We lived on a farm until all three of my children were finished studying. One of my boys studied veterinary sciences and the other one chose medicine and my daughter did financial studies. All those courses are quite involved and took many years. I’m

incredibly proud of all of them. When they were all done, it was time for me to head back to the classroom and get some more children educated!”

Mrs Paola played a significant role in the lives of all the children that went through her class, in fact, she is even well known by those she didn’t teach. “I loved sport, as a young woman I played tennis, hockey and athletics, and when I resumed my teaching career, I coached those sports. Now, I watch it on television. The thing I miss most about teaching is getting involved with the children. Taking a child who struggles and investing time in them, reinforc-

ing the material until I finally see them progress and succeed. With the introduction of the technologically advanced classroom, I am glad that my time as a teacher is over.

I believe in fresh air and getting the children outside. Often, I would take my class outside under the trees, just to break up their day. Nature is so good for all of us, it opens the mind and allows for learning.”

During her time as a teacher, she loved getting involved wherever she could. “I went on five Cape tours. While it’s fun to get away, taking all those kids on a road trip is hard work! I even liked attend-



ing the school dances, I would dance with the children.” When asked if she had any advice for parents, she did not hesitate to answer. “Yes, I do, read to your children. Education is not something you can simply leave for teachers at school. Education starts long before your child enters school. Read, read, read.” Jenny moved to the home almost four years ago, and she has no regrets. “I know that some people are hesitant to move to an old aged home, but the longer you wait, the harder it gets. I live in a comfortable

house here, it’s still my home, I get to make the most of every day, I still live my life. I have friends and go for lunch, have people over for a braai, and I’m lucky enough to still have my husband here with me. I tend my garden and it’s so rewarding to enjoy their colour and life. I take great pride in my garden and I’m always expanding and introducing new plants. I have a fig tree that was here before I arrived. I take care to feed it molasses and prune it carefully. So far, it’s given us beautiful fruit every year. I share the fruit with

my neighbours so that everyone can benefit. The benefit of living in the home is that you are never alone, there’s always help when you need it. There’s also always something happening in the lounge, which is a short walk up, so you never have to be isolated and lonely. If you don’t feel well or up to cooking, you can always get a healthy, cooked meal from the kitchen. It’s a lock up and go situation. You can go visit relatives without worrying about your possessions, or even your plants, there is always someone who will keep an eye out for you.”



THE STORY OF MERLIN

Merlin Houzet shares the story of how his unique family ended up in South Africa.

War has changed our world in so many ways. It forced people from their home countries to far away lands, and often these people never returned home. Juana Maria Frail Aged Home resident, Merlin Houzet, is a great grandchild of someone who never got the chance to return home. Merlin's great grandfather, Jean-Baptiste Houzet, a French-speaking British Foreign Legionnaire from Wallonia, who was born in Tournai, Belgium, fought in the Crimean War. This war was fought between 1853 and 1856. "It was a senseless war sparked by religious tension. The war was named after the Crimean Peninsula on the Black Sea, and it was a brutal conflict, which claimed around 650 000 lives. It was Britain, France, Sardinia and Turkey against Russia. While the Russian Czar Nicholas I had his goals set at expanding his influence over the Middle East and the eastern Mediterranean, Britain and France saw his goals to expand as a threat to their trade routes. It was not until violence broke out in Bethlehem, in which Orthodox monks were killed, that Czar Nicholas I demanded that the Turkish sultan see him as the protector of the Orthodox Christians through-

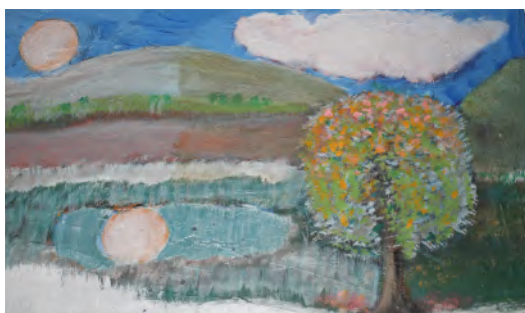
out the Ottoman Empire and allow the Orthodox Christians equal access to religious sites. Of course, the sultan was not having any of that! That is, in a nutshell, how the war broke out."

When the war ended, Jean-Baptiste was sent to South Africa as part of the British Foreign Legion. When the legion was disbanded, the troops were given land to farm or build houses. Jean-Baptiste met and married a German immigrant, Maria Louisa Grunow, and together they build a hotel in the Eastern Cape, where Merlin's father grew up as one of the couple's five children.

Merlin comes from a long line of lawyers, and when he finished school there was a certain expectation to follow in his family's footsteps. However, this young man had a dream, he wanted to be a missionary, but his father didn't approve. "I had no interest in law. Since I come from a family of lawyers and had to attend 10 different schools by the time I finished matric, I wanted to do something different."

He took clerical positions and worked in advertising and publishing for over two decades before he decided that it was time for a drastic change. "I was lucky enough to get an opportunity to further





my studies. I chose the field of water purification. It was an intensely scientific course, but to my surprise, I finished top of my class. There is a serenity in working close to nature that you just don't get when you are surrounded by concrete walls in tiny offices. I loved my job and it inspired me. I started dabbling in art, sketches and painting with oils. Nature was all around me, and I worked with nature, not against it."

Although he was very happy at the water purification plant, his initial dream kept calling to him. "I had a hunger for knowledge and I wanted to get to know the Word of God. This is when I made a study of the Bible."

Although he retired over two decades ago, he is still learning and discover-

ing new things in the Bible. "I have an interest in the lunar calendar and the impact of the moon's phases on the biblical world, and how we can relate to that now."

Merlin's children are scattered far and wide, some in the Cape, where the Houzet family first planted their roots, others left the country and one settled in Ladysmith.

"It's good to have family close by, to see my grandchildren and to rest in the fact that they know who I am."

He has lived in several houses on the Juana Maria Frail Aged Home property for the past 17 years.

"I'm completely at home here. I couldn't have asked for a better community to be part of."





Reduce your salt intake

Jandri Barnard, Registered Dietician, talks about reducing your salt intake to improve hypertension



=



Hypertension is the medical term for “High Blood Pressure” (BP), as the symptoms and danger signs were discussed last month. Blood pressure is the force

that develops in artery walls due to the blood flowing through them. It is best to avoid high salt or sodium containing foods in your daily diet to keep your blood pressure normal.

Ways to limit high salt or sodium containing food products:

1. **Processed meats:** Chicken loaf, ham, meatloaf, polony, salami, frankfurters, Russians, Viennas, “boerewors” and other sausages.
2. **Smoked, cured, salted or canned meat, fish or**

poultry: Bacon, corned beef, cold cuts, ham, pickled meats, anchovies, herring, haddock, kippers, pilchards, salmon, sardines, snoek, tuna, biltong, dried sausage.



3. **Cheeses:** Cheddar, cream cheese, Camembert, Feta, Gouda, Brie, Parmesan, cheese spreads. (Limit the use of cheese to 2 times per week)
4. **Milk products:** Buttermilk and malted milk.
5. **Vegetables:** Canned vegetables and frozen instant vegetables in sauce. Pickled vegetables e.g. olives.
6. **Sauces:** Chutney, chilli sauce, mayonnaise, soya sauce, salad dressings, tomato sauce, Worcestershire sauce.
7. **Flavourants:** Aromat, Fondor, salt, flavoured salt – garlic salt or onion salt etc. Bisto, instant sauce and gravy mixes e.g. savoury brown onion gravy powder or mushroom gravy powder. Meat- and vegetable extract powder or cubes (Oxo, Knorrox etc.) Make your own stock without adding salt and freeze in ice trays for later use. Meat tenderiser.
8. **Sandwich spreads:** Bovril, Marmite, sandwich spread, fish paste, liver spread or other meat spreads, as well as cheese spreads.
9. **Fast food and convenience foods:** All frozen instant meals or TV meals that only require reheating. Take aways – hamburgers, hot dogs, chips, pizzas, meat pies, toasted sandwiches, fried fish in batter.
10. **Antacids:** like Rennie's tablets etc.

Use these alternatives to add more flavour to your food:

Meat: Bay leaves, curry powder, cinnamon, garlic, ginger, lemon juice, nutmeg, mustard powder, mint, onions, paprika, pepper, rosemary, thyme, wine, dry sherry.

Vegetables: Lemon juice, garlic, sesame seed, nutmeg and pepper can be used to flavour vegetables. Braise vegetables with fresh tomato and onion.

Starch: Onion, curry powder, nutmeg, mustard powder, thyme. Use fried onion and green pepper to flavour rice. Curry or mustard powder can be added to mashed potato. Onions braised in wine and a bit of sugar can also be added to mashed potato.





Yummy treats for the grandkids

Futurelife Smart® Oats Cranberry Cookies

Registered Dietitian, Jandri Barnard shares this tasty oat creation with us. “I’ve designed this recipe to be a tasty and healthy treat. A perfect snack when the grandchildren come to visit!”

Makes 14 cookies (depending on size)

Ingredients

- * 200g Futurelife Smart® Oats, prepared with hot water
- * 50g soft brown sugar
- * 100g castor sugar
- * 2 eggs
- * 150g unsalted butter, softened
- * 300g flour
- * 1 tsp baking powder
- * 100g cranberries
- * 50g dark chocolate chips

(optional)

Method

1. Preheat the oven to 180°C. Line a baking sheet with baking paper.
2. Beat the softened butter and sugars until pale and fluffy. Then whisk the eggs in.
3. Fold in the flour and baking powder. Add the cranberries and Futurelife Smart® Oats in to

make a stiff dough.

4. Drop dessert spoonfuls of the dough onto the baking sheet and press down slightly with the back of a spoon to flatten it.
5. Bake for 15 – 18 minutes (the longer they bake, the chewier they will be) and then cool for 5 minutes on the baking sheet. Cool and store in airtight container, if any cookies are left over to store!





Rice Krispies cone treats

Ingredients

- * 12 Ice cream sugar cones
- * 4 cups of miniature marshmallows
- * 45 ml butter
- * 6 cups of Rice Krispies
- * Coloured sprinkles

Method

1. Place the mini marshmallows and butter in a saucepan and heat until melted and smooth.
2. Fold the Rice Krispies into the melted marshmallows.
3. Butter your hands and roll the Rice Krispies into balls.
4. Stick the balls onto the ice cream cones and dip into the sprinkles.

Tip: You can heat chocolate and coat the edges of the ice cream cones into the melted chocolate. Leave cones upright in a glass until the chocolate sets.

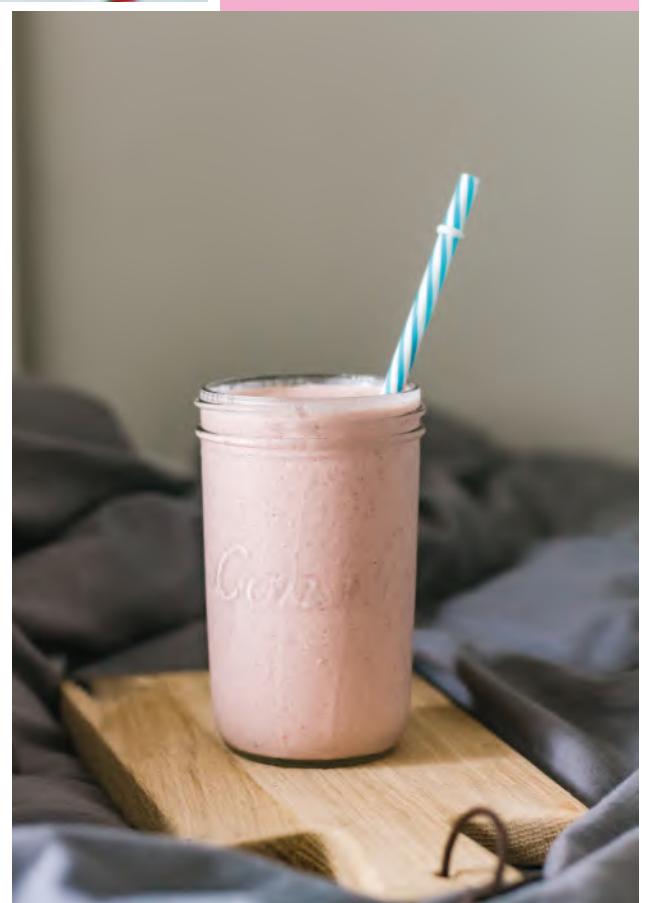
Strawberry milkshake

Ingredients

- * 250g strawberries
- * 15 ml vanilla extract
- * 250 ml milk
- * 15 ml powdered milk
- * 500 ml strawberry ice cream

Method

1. Thinly slice the strawberries and place into a bowl.
2. Add the vanilla extract and sugar to the strawberries and mix.
3. Place the strawberry mix in the freezer for one hour.
4. Remove strawberries from freezer and put into a blender. Add the milk, ice cream and powdered milk and blend.





Jeanette Voster



Kotie Snyman and Ryno Erasmus

Springtime morning tea

It was a delightful spring morning at Koekie Jacobs. Residents and community members flocked to the monthly tea garden for delicious treats, books and good company. A big thank you to the pannekoek team who

once again made sure all shoppers had plenty to eat. Thank you to all the sponsors of sweet and savory treats. Those who sacrificed their time to help, thank you, and those who came to support the morning tea garden.



Stunning cupcakes, almost too pretty to eat



Pierre Massyn and Tracy Nel





Ena Janneke, Arina Dorfling and Rob Drew



Marietjie Fourie, Marieta van Schalkwyk and Christa Strydom



Eddie Machin and Ray Ramessur



June Engelbrecht, Debbie Jonson and Cloë van Niekerk



Louis Janneke and Okkert van Schalkwyk



Minenhle Hlatshwayo



Charlotte Strydom and Doreen Brits



Hennie and Philip Nell



Francis Thompson and Bokkie Beneke



Crinkle Cuts



Time for a serious game



Frank Naudee and Denise Brownridge

On Thursday mornings, the advanced Bingo players get together for a serious game. The stakes are high. Winners walk away with a decent helping of chips, biscuits, chocolate and

sweets. On this particular occasion, lady luck seemed to be smiling on Denise Brownridge. Her winning streak meant that she had enough snacks to last her the week.



Anna van Schalkwyk, Ivy Twiggs and Kotie Snyman



Roy Ramessur and Dee Henderson



Bokkie Beneke, Jeanette Voster and Mrs Janse van Rensburg



Philip Nell and Pixie Pitout



Patience Lugongolo and Hennie Nell

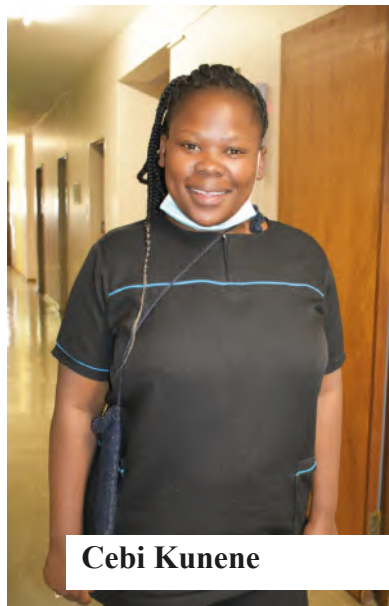




Dr Anthony Jacobs and Gabby Kubheka



Anna van Schalkwyk



Cebi Kunene

Raise a Hallelujah

Dr Anthony Jacobs from Kingsway Ministries stopped at Juana Maria Frail Aged home on 18 August for a special Raise a Hallelujah service. The service focused on letting go of the past, leaving negative feeling behind and moving on. Dr Jacobs prayed for the community of Ladysmith and the residents of the home. Residents

and visitors found the sermon uplifting and inspiring. Juana Maria Frail Aged Home management would like to thank Dr Jacobs, Kingsway Ministries, Adam Watkins, Melanie Janse van Rensburg and Rose du Toit for this special visit. Dr Jacobs will be visiting the home once again on the 15th of September. Everyone is welcome to attend.



Elizabeth Khumalo



Charlotte Strydom, Annetjie (Meisie) Jordaan and Trish Fuller



Gill Richmond



The busy little builder



The Southern Masked Weaver feasting on a Mountain Aloe as captured by Johan van Zyl

The African Masked Weaver, known for its exceptional building talent and munching on garden pests.



The Southern Masked Weaver, or African Masked Weaver is a common site in South African gardens. If you have trees and a pool, you might know them well. Occasionally, you don't even need a body of water to have these nifty little builders driving you mad. They are crafty when it comes to building their nests and a male can build up to 25 nests in a breeding

season. It's not that their building skill is not truly admirable. It's not even the fact that the thin branch that he chooses to attach his nest to has to be plucked clean. The problem is the females. They have high standards, and if the nest doesn't meet her standards she will destroy it, sending strips of reeds, grass, Bristle-leaved red-top grass, leaves and palm blades flying everywhere.

If the nest is up to her standards, she will line it and lay her 2 to 5 eggs. She will incubate the eggs for 12 days. The chicks will leave the nest after 17 to 21 days. These birds are useful in the garden as they primarily eat insects such as locust, ants, Coleoptera (beetles) and termite alates. As a treat, they will eat nectar, as seen in Mr van Zyl's fotos.



Decorate your garden with shiny grass

*Jadee Mac Donald,
Landscape Architecture
student at Tuks, talks
about ferweelgras*

The *Melinis Nerviglumis* or Bristle-leaved red-top grass, or, ferweelgras, if you like. Is the perfect nesting material for the Southern Masked Weaver and many other bird species. This ornamental grass brings a unique aesthetic to your garden, in addition, it's also a pioneer species, which is useful in soil rehabilitation. If you have dry, desolate patches in your garden, ferweelgras will add nutrients back into the soil. This happens when they lose their flowers during the autumn months. It's important not to clean the flowers up, leave them until spring before cleaning, the decaying flowers are responsible for feeding the soil with organic matter. If your soil is damaged to the point where not even ferweelgras can grow, it might be time to think of adding a water feature or some other type of ornamental feature, since there is no hope of restoring life to the soil. Spring is the best time to plant ferweelgras. Bear in mind that they need full sun. This resilient grass type is not prone to diseases or pests and falls perfectly into the new, 'wild gardening trend', that has become increasingly popular. It's low maintenance and adapts well

to stony soil, this type of soil is an indication of disturbed soil. This grass grows 25cm and treats you with a stunning, shining pink inflorescences (flowers) during the summer months. The flowers fade from purple to rose pink to white as they mature. Ferweelgras cannot handle foot traffic, which is true for all types of grass and lawn, so it's advisable to pave regular walkways.



Melinis nerviglumis

Bristle-leaved red-top grass (Eng.);
ferweelgras (Afr.)

Plant identification artwork by Jadee Mac Donald

