

# Silver 'Okes' Newsletter

Number: 22

DATE: NOVEMBER 2011

The aim of this newsletter is to keep you, the resident updated on happenings at Silver Oaks Lodge. All contributions from residents and staff are welcome.

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### What's on during December 2011?

#### 14<sup>th</sup> Residents Christmas Lunch

Monday:	11:00 Bible Study (until 11:00 Walk in park
Tuesday:	09:00 Games and Carpet Bowls 10:00 Knitting Circle (until 14:00 Art Group (until 6 <sup>th</sup> December)
Wednesday:	11:00 Music Hour Afternoon: Riaan the fruit man
Thursday:	09:00 Exercise (until 8 <sup>th</sup> December) 10:30 Walk 14:00 Library every second week
Friday:	9:00 Carpet Bowls 14:15: DVD/Video show



Family members who wish to receive photos of their loved ones via e-mail can request so from Ruth at Reception or Eureka in the Admin Office.

## From the Office...

On 21 October Vonke Park hosted a **Big Walk**, and we were invited to participate. On the morning of the walk, very few residents were motivated to take part. As we started handing out our unique bandanas, there was a sudden rise in interest. We now had so many participants that we needed an extra kombi to transport us all!

On the 5<sup>th</sup> November we hosted our yearly **Mini Fête** and it was yet again a roaring success, and we made a profit of R3500.

This could however not have been done without the help of the Volunteers and the donations from families and friends. We wish to take this opportunity to thank each and every one of you for your contribution in making this such a success.

If you missed out, the DVD for the Ross Magill concert is available at reception for R20 a copy. There is also Photo DVD's available for the Ross Magill Concert, Flower Arranging Competition, Vonke Walk, Mini Fete and Hobo Lunch. These DVD's are available for R15 each.

We wish all our **Volunteers** a well deserved rest during the December holidays. Residents, please note that on our program many of the activities will be discontinued due to the Volunteers taking a break. Where possible, the staff will substitute the activities and we look forward to this



# BIRTHDAYS

## December:

7<sup>th</sup> Mrs E Thorn

11<sup>th</sup> Mrs S Nel

13<sup>th</sup> Mr B Hawskworth

16<sup>th</sup> Mr D Iles

19<sup>th</sup> Mr J Wybrow

30<sup>th</sup> Mrs R du Plessis and M vd Walt

Enjoy your day!

## RESIDENTS CONTRIBUTION

Ever wondered where the sayings such as Red Herring and White Elephants came from? We will have a series of these explanations over the next few months:

**“Famous Last Words”:** Dying words are a very special form of quotation. Some are rehearsed and contrived; others are spontaneous and witty. Whatever the motivation or preparedness, 'famous last words' may be in the form of epitaphs, letters or even suicide notes, but are often impromptu sayings coined by and spoken by the dying person for the first (and, of course, last) time on their deathbed.

**“Panic stations”:** A state of high alert, often a simulated panic for comic effect.

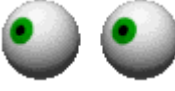
The real 'panic stations' is a rare linguistic beast, in that it is a nautical phrase that doesn't originate from the heydays of sail. One of the numerous meanings of the word station is 'a position assigned to a man on duty'. The Royal Navy had several commands to call sailors to their stations, notably 'action stations', which was ordered when a ship came under attack. Oddly, for a term that sounds like an ironic play on words, 'panic stations' was an actual command.

Alarm gongs had already sent the guns' crews to their invisible guns and immediately after the explosion 'Panic stations' was ordered, followed in due course by 'Abandon ship'.

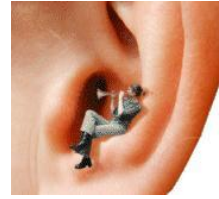
Please submit your suggestions for the next phrase you would like to have explained.

## DID YOU KNOW?

No word in the English language rhymes with month, orange, silver, or purple.

Our eyes  are the same size from birth,

but our nose  and ears



never stop growing.

## ...DARLINGS UPDATE.....

Benefits of using vermicompost:

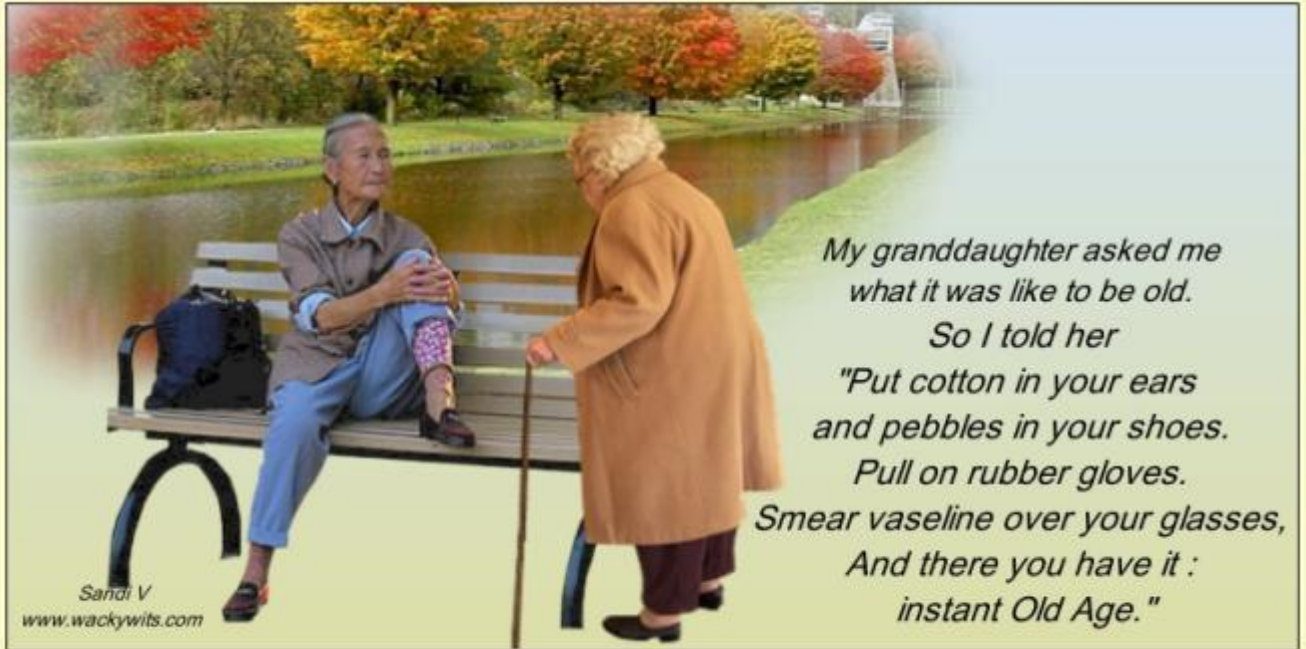
What is vermicompost? An earthy-smelling, nutrient-rich humus or worm compost, worm humus or worm manure. It is the organic manure produced by earthworms.

Benefits for the environment:

1. Does not produce bad smells and greenhouse gases
2. Kitchen and garden waste sent to landfill sites is reduced and the methane emissions of these sites are reduced accordingly
3. It is a nutritious and environmentally-friendly alternative to chemical fertilizers
4. It is an appropriate cost-effective and efficient recycling technique for the disposal of organic waste

From: Goodbugs  
by Charl Pienaar and  
Dora du Plessis

The next newsletter will be at the end of January 2012



## Time for a laugh

A little boy greets his grandmother with a hug and says, "I'm so happy to see you, Grandma! Now perhaps Daddy will do the trick he's been promising us."

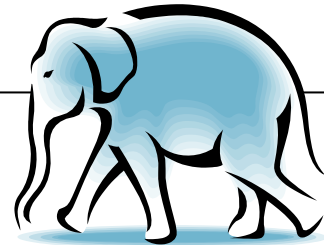
"What trick is that, my dear?"

"I heard Daddy tell Mommy he'd climb the walls if you ever came to visit us again."

## WHITE ELEPHANT

We wish to encourage all residents and their family to make use of the warmer weather to do some spring cleaning. Please donate all your unwanted items to Silver Oaks Lodge.

We need to urgently replenish our stock and we welcome all your stuff!!!



## LONG SERVICE AWARDS

Congratulations to the following staff that received their long service awards on the 9<sup>th</sup> of November.

Freddie Davids (10 years)  
 Mathilda Kleinsmith (10 years)  
 Flora Valentine (25 years)  
 Lea Stellenberg (10 years)

All these staff members are well known at Silver Oaks Lodge, and we wish to know them for many years to come.

Thank you for your loyal and dedicated service to the Helderberg Society for the Aged.

## Welcome to all our new "Okes"

Mrs M Olivier – Arum  
 Mr L Clark – Lavender  
 Mrs E Thorn - Lavender

*May you feel at home with us!*

We wish all our residents, their family and friends as well as our staff a very happy and safe Festive Season

## Photo Gallery



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5

Photo 1: The Bold and Clueless team walking at the Vonke Big Walk on 21 October

Photo 2: Yes, even our 90 year olds can blow the Vuvuzela

Photo 3: What happened to the flame? We cannot sell cold Boerewors Rolls

Photo 4: Some of the staff that received their long service awards on the 9<sup>th</sup> of November

Photo 5: The pancake ladies could not keep up with the baking. Many had to be turned away, they were sold out so fast