

PlumRus NEWS NUUS

April 2024



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
5 th One Hour for Jesus	7 th Morning Service	7 th Evening Service
12 th One Hour for Jesus	14 th Morning Service	14 th Evening Service
19 th One Hour for Jesus	21 st Morning Service	21 st Evening Service
26 th One Hour for Jesus	28 th Morning Service	28 th Evening Service

UNSEEN FOOTPRINTS

Footprints have fascinated humans for a long time. They're impressions or images left behind by a person or animal. At crime scenes detectives use them to figure out the approximate height, body weight and even the gender of suspects who made the footprints. Across the world, archaeologists have discovered fossilised footprints of dinosaurs and other animals. In 1995, on the shores of the Langebaan Lagoon not far from Cape Town, a set of fossilised female footprints was found. In the excitement that followed, they were dubbed 'Eve's' footprints. While they're not really Eve's footprints, they're thought to be the oldest human footprints in the world.



When it comes to spiritual matters footprints of long-lost deities abound. In the sandstone floor of a broken-down temple in northern Syria, metre long footprints can be seen. These, it's claimed, were made by the giant god once worshipped there. Closer to home in Botswana, a one-legged creator god called Matsieng is said to have left his footprint in the wet earth near a waterhole. In Mpumalanga, 300 kilometres from Johannesburg, there's another giant footprint attributed to a long-forgotten deity. Legends and myths like this abound. They're attempts by people to make the invisible 'gods' they believe in, present with them in some material form. Because no one had ever seen these imaginary gods, carved images or footprints were used to make them seem present among the people.

Intriguingly the idea of divine footprints extends into the pages of scripture. While the creator God of the Bible doesn't literally have 'feet', scripture does mention the 'feet' of God and occasionally his 'footsteps'. By attributing human characteristics to God, scriptures help us better understand God's nature and actions. There's a wonderful example of this in Psalm 77. Here, inspired by the Holy Spirit, the troubled heart of the Psalm's composer, Asaph, begins to remember the great works of God and is deeply comforted. In the last portion of



the Psalm, his thoughts turn to the crossing of the Red Sea. This he claims is the prime example of the great work of salvation accomplished by God in Old Testament times. This is how it's described...

*When the waters saw you, O God, they were afraid,
and the depths of the sea trembled.
The clouds poured down rain;
thunder crashed from the sky,
and lightning flashed in all directions.
The crash of your thunder rolled out,
and flashes of lightning lit up the world;
the earth trembled and shook.
You walked through the waves;
you crossed the deep sea,
but your footprints could not be seen.
You led your people like a shepherd,
with Moses and Aaron in charge.
Psalm 77:16-20*

What a striking picture of the event that became the defining moment in which God's people were finally set free from slavery in Egypt. Asaph pictures God majestically marching through the troubled waters, making a path and leading his people to freedom. Although God was clearly involved in this supernatural activity, the Psalmist notes that 'his footprints could not be seen'. The crossing of the Red Sea followed Passover-night when Israel was sheltered from the judgement of God by the blood of a slain lamb. The blood of this sacrifice covered their sins...they were forgiven, and the wrath of God was turned done away. The dark foreboding waters of the Red Sea symbolised death, but because of the mercies of God they passed safely through to the other side. These remarkable events point to the greater saving purposes God accomplished through the coming of Jesus, and his death and resurrection. Throughout the scriptures, the unseen footprints of God mark the path of salvation he made for all of us. The final steps of this path took Jesus Christ, the Eternal Word of God, all the way to the cross, to an empty tomb, and to a mountain top in Galilee.

For most of the way, Jesus carried the heavy wooden cross on his own. Occasionally he staggered but continued walking slowly and purposefully along the path leading out of Jerusalem and up to a rocky outcrop called Golgotha or "Skull Hill". There soldiers crucified him. There he laid down his life as a once-and-for-all sacrifice for the sin of all mankind. Hours later, friends buried his body in a nearby garden tomb. At dawn three days after this, the earth shook violently as his tomb burst open and brilliant light flooded the garden. Raised from the dead, Jesus would never die again – 'death' had been defeated. Weeks later the risen Jesus met his disciples on a mountain in Galilee. After instructing them to tell others about himself and what he'd accomplished, he was taken up into heaven. Adoringly welcomed as the King of Glory, he took his seat at the right hand of God his Father. As the pioneer of our faith, Jesus made a new and life-giving way for us to enter into the very presence of God almighty. The closing verse of Psalm 77 presents us with a beautiful picture of God's kindness and power in the crossing of the Red Sea...

*Hidden in the hands of Moses and Aaron,
You led your people like a flock of sheep.
Psalm 77:20*

Hidden in the 'hands' of Moses and Aaron, Israel was carried to freedom as they followed the unseen footprints of God through the churning waters of the Red Sea.



In the same way, if you've turned from your sin and now believe in Jesus, you can picture yourself being carried not only in his strong hands but also in his tender heart, right through the horrors of judgement and terrors of death, into the glorious presence of Almighty God. Through the blood of his sacrifice and the triumph of his resurrection, Jesus rescued you. Because of the mercy and generosity of God, people like you and me are given the priceless opportunity to follow his unseen footprints right into the unclouded brightness of God's beauty and holiness.

What remarkable loving kindness! What an astonishing Saviour! What an awesome God!

(Submitted by: Ps Dave Henderson)

Trust God & Keep Going

"...Gideon...crossed over, exhausted but still in pursuit." Judges 8:4 (NKJV)

Are you thinking of quitting? You believed you could make a difference – until they poured criticism and cold water on you. At that point you decided it was easier to adjust your expectations to their opinions and just keep smiling. Don't do it; God has too much invested in you!

The comfort zone is for those who are exempt from pain but denied progress; protected from failure but held in the grip of mediocrity. Get up and get out there while you still can; *"...strengthen the things which remain, that are ready to die."* (Rev.3:2).

Open your Bible and begin to fill your mind with God's promises; they're powerful motivators. Pray, believing God for great things. Plug in at church. Rekindle your desire, for ultimately that's what determines your destiny! Jesus suffered the loss of His disciples, His friends, and even His clothes (John 19:23-24) but they couldn't rob Him of *"... the joy that was set before Him..."* (Hebrews 12:2). Even while He was dying, He continued to minister. Then He went into hell, came out with the lock and keys and announced, *"I am He who lives, and was dead, and behold, I am alive forevermore..."* (Rev. 1:18) He is your example!

When Gideon fought the Midianites, we read that he *"...came to the Jordan, he and the three hundred men who were with him crossed over, exhausted but still in pursuit."* Because Gideon refused to let the Jordan River intimidate him, or fatigue stop him, God gave him a great victory!

And He will do the same for you!

(The Word for Today-Bob Gass)

Tuine van oorvloed



In 'n goed versorgde plantwêreld vind ek koestering soos op geen ander plek nie. Neem nou maar die Universiteit Stellenbosch se botaniese tuin. Hier sterf elke dag iets organies, maar terselfdetyd vou nuwe blomme en blare oop en omhels die lewe.

Net vanoggend, met my plathaksandale, plof ek die jacaranda-blommetjies plat wat die voetpaadjies pers lê, en ek word van vooraf kind.

Ek droom by 'n wilderabarber, met sy torings balletskoentjies. Dit is die feetjies s'n, soos Ma my kleintyd wysgemaak het. Snags, wanneer dit stil en donker is, kom dans hulle hiermee in die maanlig, op die breë, blink blare...

Koivis kurf orange in dammetjies, onder houtbruggies deur. Paddas brom huislik, studente lag kaalvoet en verlief op stukkies grasperk. Eekhorings jaag mekaar op die eiketakke, 'n streepakkedis ritsel onder geel sewejaartjies in. By fynriet en tontelbos pik-pik 'n hadida. Hy lyk vaal, maar sodra sy vlerke die son vang, glim dit lilapers dennegroen, tot 'n titsel koper.

'n Briesie swiep deur 'n bos strelitzias, aat knik sy kraanvoëlkoppe, hulle ruil geselsies uit. Wanneer ek opkyk, punt sipresse prentjies ver teen die lug. 'n Man met 'n kerie leun teen 'n koningsboom, verwonder homa an heuningklokkies, 'n skoenlapperlelie, 'n poublom.

Ek skuur en streel aan die grof en gleufies en glyerigheid van bas. Tik aan varings se spoortjies, vat-vat aan die stekels van vetplante. Met 'n glasogie se veertjie kielie ek my in die nek. My arse n elmboë vryf teen 'n roosmalvabos. Vanaand, as ek fyn ruik, sal 'n sweempie van die veldkrul nog om my talm.



"Bly asseblief uit die bedding", vra 'n bordjie tussen die tropiese plante. Geen wonder nie, want jy wil wegkruipertjie speel by die druifklimop en pershartjie en sambreelboom. Langs 'n visstertpalm sprei waterdruppels uit 'n spuitjie. 'n Reënboog doem daarin op en 'n jong man jil "aaa, hierdie is my beste!"

Ek loop 'n papierbasdoringboom raak wat groei ter gedagtenis aan wyle Braam Esterhuysen. Kom tot die besef hy was dieselfde lang man wat ek jare terug dopgehou het toe hy sy skoonseun langs die atletiekveld en swembad aangemoedig het. Skouer teen skouer het pa en seun voor ons gesin in die kerk gesit, met Braam se vrou neffens hom. Sy boom staan sterk en hoog, sy skadu reik ver.

Hier is 'n broodboom wat 'n MIV-lyer in 'n pot gekweek en versorg het, tot digby sy sterfdag. Sy omgeemense het dit jare gelede aan die tuin geskenk, dit was sy begeerte om op sy geboortedorp te kom rus. "Mag die liefdevolle herinneringe aan hom in hierdie statige boom voortleef," lui 'n gedenkplaatjie.

Meer as tweeduisend jaar gelede het 'n Man in Jerusalem ook vertroosting in 'n tuin kom haal.

(Uittreksel uit – Ons kyk na die donkiemaan-stories oor die lewe – Deur Jeanne Henning Els)

Benefits of a Good Prayer Life



"I KEEP THE WINDOW OPEN TILL AFTER MY PRAYERS. I GET BETTER RECEPTION WITH IT OPEN."

- **Prayer helps you develop a relationship with God.**

Just like your parents here on earth, your Heavenly Father wants to hear from you and talk to you. When you pray, He listens.

- **Prayer helps you gain an understanding of God's loving nature.**

The scriptures teach, "God is love" (1 John 4:8). You can feel that love as you speak daily with Him through prayer, seeking His guidance in your life.

- **Prayer provides answers.**

Praying and listening to the answers God gives you can help you better understand your purpose in life.

- **Prayer helps you find direction in your life.**

When you privately pray to God, you can work through serious decisions in your life. God always listens and often provides the specific answers and guidance we seek.

- **Prayer gives you strength to avoid temptation.**

Jesus counseled His disciples, "Watch and pray, that ye enter not into temptation" (Matthew 26:41).

- **Prayer aligns your will with God's will.**

The purpose of prayer is not necessarily to tell God how you want Him to do things. Rather, it's to better understand Him and His ways, bringing yourself into alignment with His will.

(by: Larry Richman)



Wanneer die amandelboom in bloei staan... (Hoe bly my lewe sinvol na aftrede? – Deel 1)

Daar kom 'n tyd wanneer dit weer bewolk word na die reën en die lied van die voëls dof word; 'n tyd wanneer die malers ophou maal; wanneer jy bang word vir 'n hoogte en skrik vir alles op die pad. Dis dié tyd wanneer die oë en ore do fen die bene swak word, die dae lank en swaar – só beskryf die Prediker die ouderdom wat naderkom (Prediker 12). Hy noem dit die tyd wanneer die amandelboom in bloei staan, wanneer die jare van grysheid aanbreek, maar ook die jare van wysheid...



Die kuns van oud word

Natuurlik is die ouderdom nie 'n maklike tyd in 'n mens se lewe nie. Dikwels bring dit eensaamheid en 'n sort weerloosheid, maar dit kan ook die mooiste en rykste tyd van ons hele lewe wees – 'n tyd vol sonskyn en groei, 'n tyd vol nuwe botsels en bloeisel. Ons kan nie altyd ons omstandighede kies nie; ons het Meestal geen beheer oor ons gesondheid of oor hartseer dinge wat oor ons lewe kom nie, maar ons het die keuse hoe ons daarvoor voel en wat ons daarmee maak. Ons kan toelaat da tons deur alles ondergekry word, dat dit van ons lelik, onvergenoegde mense maak, of ons kan kies om daardeur mooier en ryper gemaak te word. "Die pyn kneus on salles 'n inniger kleur," het die digter gesê; net so kan die ouderdom ons lewensboom, al het di toek hoeveel jaarringe, vol vreugdebloeisels laat uitslaan.

Hoe bemeester ons die kuns van die ouderdom? Dit vra harde werk om met vergenoegdheid en waardigheid oud te word. Dit vra 'n sort geestelike discipline om die lewenstake wat bejaardheid bring, baas te raak. Om maar enkele voorbeelde te noem:

1. Verlies moet verwerk word

Soos wat mens ouer word, is daar al hoe meer dierbare mense en kosbare dinge wat on slangs die pad moet agterlaat. Ons moet dikwels wegtrek uit 'n bekende omgewing, ons moet vrede maak da tons nie meer alles kan doen wat ons voorheen kon nie, ons verloor ons lewensmaat, ons vriende, soms selfs 'n kind. Ons verloor ons gesondheid, ons beweeglikheid, ons lewensruimte. Natuurlik bring dit hartseer en verlies. Dié verlies moet egter verwerk word. Dit vra dat ons die verlies sal herken en in woorde sal uitsê, dat ons onself sal toelaat om daarvoor te treur. Dis normal. Maar so tussen die hartseer deur leer ons aanvaar, leer ons verby die verlies kyk, sien ons die onsienlike raak, ontdek ons God se ganadige teenwoordigheid en wee tons da tons op weg is na 'n veel groter heerlijkheid wat alles sal oortref (2 Korintiërs 4:7-5:10).



2. Aanvaarding

Om te leer aanvaar en om vrede te maak, dit bly een van die groot lewenstake van die ouderdom. Om jou omstandighede te aanvaar, om te aanvaar dat jy ouer en swakker word, om jouself te aanvaar ten spite van al die gebrokenheid, om ander rondom jou in liefde te aanvaar, dit vra harde werk. Dit vra dat ek myself en ander altyd weer sal leer vergewe. Elke dag weer. Maar die beloning daarop is 'n lewe vol vreugde en 'n diepe vergenoegdheid. En wie kan mooier wees as iemand wat, soos die bejaarde Paulus wat in die tronk sit, geleer het om te sê *"Ek het geleer om my in alle omstandighede te behelp... want ek is tot alles in staat deur Hom wat my krag gee"* (Filippense 4).



3. Aanpassings



Die ouderdom vra dat ons altyd weer groot aanpassings moet maak. Mens se lewe verander, soms dramaties, soms sommer so oornag. Die uitdaging is dan om aan te pas, om praktiese verskuiwings te maak, om in 'n bed of rolstoel te lewe of weer van voor af te leer loop. Jy moet leer om die beste te maak van jou omstandighede. Tog ontdek ons dat die Here ons eintlik baie aanpasbaar gemaak het en dat elke nuwe aanpassing 'n avontuur kan wees, nuwe uitdagings en oorwinnings kan meebring. Maar ons kan ook vashou aan die beloftes dat die Vader, die Seun en die Gees by ons is, dat God weet wat ons nodig het end at ons uiteindelik meer as oorwinnaars sal wees deur Hom wat ons liefhet en krag gee (Romeine 8:31-39).



4. Alleen wees

Een van die groot uitdagings van die ouderdom is om te leer om alleenwees te hanteer. Bejaardes is dikwels alleen, net maar in hulle eie geselskap, met hulle eie gedagtes. Die radio en televisie of 'n boek om te lees kan help. Maar die uitdaging is om ook sinvol met jouself besig te wees, met jou eie herinneringe en oorpeinsing. Dit vra selfaanvaarding, dit vra die vermoë om jou tyd sinvol en nuttig (veral ook nuttig vir ander) deur te bring. Alleen wees kan veral ook 'n tyd van gebed beteken, stil word met die Skrif, 'n tyd van innige gemeenskap met die Here, 'n wandel in sy teenwoordigheid – soos sy vriend Heno gen al die ander geloofshelde wat saam met God op weg was na sy nuwe toekoms (Hebreërs 11). **(Lees Deel 2 volgende maand)**





Happy Birthday to our Residents

3 rd	Alan Downey	N006	51
5 th	Mary Looock	R45C	81
5 th	Vernica Neveling	R61	85
5 th	Jeanette Thomas	F014	76
7 th	Elizabeth Wellington	R33	78
8 th	Noreen Moody	F107	87
12 th	Berdine Stafford	F116	87
14 th	Jill Adams	F119	86
15 th	Verena Salzwedel	N203	71
18 th	Pam Harmer	F004	85
20 th	Sannie Meyer	F006	89
23 rd	Chummy Holtzhausen	F005	90
23 rd	Pat Van der Merwe	F106	77
26 th	Panayotis Anetos	R53	73
28 th	Edith Bushell	R71	86
29 th	Daniel Pheiffer	R46	83
29 th	Stella Willard	F012	88



20th Frans Boonzaaier

Happy Birthday to our Board Member

Happy Birthday to all our Members and Clients

5 th Mrs. Kathleen Dowman
5 th Mr. John Carvourves
10 th Mrs. Elizabeth Abrahams
11 th Mrs. Marie Sanders
13 th Mrs. Dawn Arrow
19 th Mrs. Veronica Kocks
19 th Mrs. Chareen Mouton
19 th Mrs. Shirley Solomons
22 nd Mrs. Merle Jeane
25 th Mrs. Avril Couves
30 th Mr. Nicholas Manuel





Congratulations to our Staff celebrating birthdays in April...Happy Birthday!

1 st	Beulah Beukes	PlumRus Care Services
2 nd	Devan Jacobs	Building Maintenance
2 nd	Mandy Williams	CC&L
4 th	Tamelyn Juries	Health Care
12 th	Ghandre Koense	CC&L
13 th	Cindy Schoeman	Management
14 th	Nikita Barry	Resident Selection
15 th	Jacky Adams	Health Care
16 th	Minnie Fransenberg	Health Care
18 th	Elise Hobanie	CC&L
20 th	Cheryl Valentine	PlumRus Care Services
21 st	Donna Leë Kayter	Health Care
21 st	Lucia Fredericks	PlumRus Care Services
29 th	Irene Jantjies	CC&L
30 th	Paul Stoltz	Health Care
30 th	Candice Oliver	PlumRus Care Services



April
DIAMOND



**Strength, purity
and innocence.**

The word diamond comes from the Greek 'Adamas' meaning invincible, or unbreakable.

All diamonds are at least one billion years old, and if it wasn't for volcanoes we would never have discovered them!

One of the best sources of coloured 'fancy' diamonds, is Western Australia!

Wearing diamonds can protect against the evil eye, reflecting bad wishes back on the sender.

two hearts BECOME ONE



My partner and I attended the same school, but we never spoke or interacted. Fast forward to August 2022 while scrolling through social media her profile popped up and I decided to reach out and ask her to coffee.

Our coffee date, enjoyed while watching my favourite football team Arsenal beat Manchester United, was just the magical confirmation needed to know that I had found my future wife.

With the blessing of both sets of parents I proposed to her on 14th October 2023. While the plan was to say the "I DO's in the winter

of 2024, we agreed that we would bring the big day forward before the month of Ramadaan. On 2nd March Zuhairaa and I tied the knot, and we look forward to many happy years together.



Rose Francis' youngest granddaughter, Kirsti, got married to Michael on Sunday 25th February 2024 in Sydney

Australia. Mother-of-the bride, Maryann – Rose's daughter with her husband, Alan, pictured with the happy couple...Blessings on your union.



Honouring the family's South African roots, Zelda's grandson Nicholas who lives in the UK, and his fiancée, Cassie originally from Perth in Australia, decided that Elandskloof Farm just outside Cape Town would be the



place where they would say their "I DO's" in the presence of family and friends who traveled from across the world to share in their special day.

After 9 years Zelda was blessed to have all her children; Janice (mother of the groom), Beverley, Ron, their partners, all the grandchildren with their partners together celebrating and creating memories.

There is only one happiness in this life....

To love and be loved 😊



When I collected dad from Melomed Tokai, after having yet another angiogram and stopped over at step down clinic in Tokai to visit mom.... who was recovering from a back operation.

This was the reunited pair embracing on first sight – what true love is!

(Submitted by: Gary Binedell)



Price Increase



We have been informed by Nappy Warehouse that they will be applying an annual increase to all Clemens Adult Care incontinent products effective 1 April 2024, due to the following reasons.



1. increase pulp prices driven by the energy crisis in Europe over the past year – Up 100% over the last 2 years with prices continuing to hold at these high levels
2. increase in SAP of 40% over the last 16 months
3. diesel increases over 47% in the last 12 months following increases of 56% in the prior 12 months
4. instability of the exchange rate

RECYCLING REVIEW

Many residents would like to recycle responsibly but are unsure of how to go about it. Here's how you can get involved:

Paper: Unfortunately, the paper igloo has been removed as the Paper Company are no longer able to collect.

Newspaper and magazines can be passed on to Heather Clarke (MV107) Ext 2162, she will take them to an animal rehabilitation centre.



General Large Recyclables: Residents can place clean, dry items such as **plastic yoghurt containers, bottles, cans, cardboard, even glass**, in a large CLEAR plastic bag, which residents supply themselves and store in their room/flat. When the bag is full, please place it on the floor inside one of the two bin areas in Plumrus North. Do not sort it into the coloured bins as that system has been discontinued. Our clear bags will be taken to the Rosmead Recycle Unit weekly.



Small, Non-Bio-Degradable Waste: such as plastic wrappers, labels, tin foil, clingwrap, pill

backing, old pens and toothbrushes can be used to fill empty 2L "Coke" bottles, known as Eco-bricks. Push the waste in tightly to dispel air. When full, one should be able to stand on the bottle.

Enthusiastic residents have already filled 65 Eco-bricks. Empty bottles can be collected from the cupboard at the east end of the Plumrus North 2nd floor passage. Filled Eco-bricks can be deposited in the cupboard at the west end of the Plumrus North 2nd floor passage.

We look forward to building a bench when we have enough Eco-bricks.

Any queries re recycling can be directed to Verena Salzwedel (N203) Tel 2197. We can also supply you with a bottle or clear bag to get you going.



There have been a few recorded sightings of owls in the surrounding area over the past few months. We have installed some owl boxes in the trees along the boundary wall in front of Plumrus North, hoping to attract some of these rare Birds of Prey.

We also hope that they will help with the control of rodents, as they are phenomenal when it comes to pest control.



We are excited to share our PlumRus Golf Day –with you all. After hosting an extremely successful inaugural Golf Day in 2023 we would like our PlumRus family to be the first to know about our 2024 event and how they can become involved.

- Reserve a 4ball.
- Donate 4ball prizes.
- Donate memorabilia for auctioning.
- Donate items for players goodie bags.
- Sponsor a “wet hole”.
- Share our event with your networks.

A special thanks to Nashua who has committed their sponsorship of our PlumRus Golf Day for 2024!

Please contact belinda@plumrus.co.za for more information and to discuss your involvement in the event.



The Writers' Club had fun crafting stories and articles around the theme **APRIL FOOL TALES**. If the below has your creative juices flowing, why not join the group at their next meeting on Tuesday 16 April at 3pm in N203.

WHO IS THE APRIL FOOL?



The first of April has been "celebrated" internationally for centuries as a day to play pranks or practical jokes on unsuspecting "fools."

Doing a little "rookie research" via Google produced the following ideas about the origin of April Fool's Day.

The date seems to be vaguely related to the vernal equinox when Nature plays the fool with the weather.

A more complex, yet plausible explanation is as follows: Pope Gregory XIII made the new Gregorian calendar official. The previous Julian calendar, of Roman origin, started a new year on April 1. This Julian calendar had somehow lost 10 days, so the Gregorian calendar "jumped" from October 4, 1582, to October 15, 1582. King Charles IX implemented the Gregorian calendar and made the 1 January the New Year instead of April 1. Those ignoramuses who continued starting their year on April the 1st were dubbed "April Fools." To demonstrate their superior knowledge, folk would add O.S or N.S to the date (Old system or new system.)

The Scottish know it as "gawks" day and the English call it "gobby" day, after a cuckoo, which tricks a bird of another species by laying a cuckoo egg in its nest and expecting it to raise the foreign chick, which it often does.

The French dub the 1st April "Fish Day." Kids get to pin a paper fish on the back of an unsuspecting victim, done in the name of harmless fun. Chocolate fish are also a French favourite, available in early April.

The youth of today quite often mock someone or taunt them and then quickly add: "Jokes!"

April Fool pranks can vary from newspaper reports of snow in mid-summer to a false death notice, which could cause great grief and shock. Think carefully before pulling a prank on someone as to whether or not they can "take it", or whether it will embarrass or humiliate them.

(Submitted by: Verena Salzwedel)

ENTRENCHED

Friday nights the farmers congregated in the Pig & Whistle, The Ploughman or the Bathurst Arms to discuss pineapple problems, cattle prices, drought, floods, hunting or fishing & the ladies also enjoyed plenty of the local gossip and culture until late closing time when all merrily wended their way home.

The Divisional Council of old had just re-graveled, rolled, graded and cambered the main gravel farm road resulting in a rounded middle and steep sloping shoulders for water drainage to the fence lines. Across the wide verges all the vegetation had been bulldozed including full grown Acacia thorn trees upended across Scotch Thistle & Dubbeltie bushes. Long way home, so I requested a stop to view the stars while my man remained in the bakkie with Bridge Over Troubled Water 8 track tape playing loudly. I hopped out & immediately started skating footloose down the rolling stones with feet accelerating down the shoulder slope until I plunged through the horizontally flattened thorn trees that camouflaged a long, man high deep drainage trench. Missed after a while and unseen, my man called, "Darling?" then "Sweetpea?" just in case. Finally, he located me lying face down, stunned, winded, tattered and torn at trench bottom so had to climb down to haul me out declaring that he thought I had been hiding to play April Fool on him. Really? But he did offer me a beer for the road. That was when the blue lights of the Police van from way out on the Kap River Station flashed as they cruised by to ask if all was in order, they too must have had an April Fool tale to tell about their Friday night Farm Patrol. (Submitted by: June Stein)

Not an April Fool

My long-suffering sister has a birthday on the 31 March. Every year she is mercilessly teased by my brothers claiming that she was actually born on the 1 April. My parents, to prevent her from being called an April fool, registered her birth on the 31 March, they claim.

The end of the month is upon us. Enjoy your birthday dear sis...you are not an April Fool.

(Submitted by: Glenda Wildschut)



STRANGE CUSTOMS

The duty of a ship's agent is to look after the needs of the ship he represents, whether it be fuel, drinking water, groceries, whatever.

The ship had arrived early morning and the duty agent had duly reported on board. It was reported to him that a crew member was ill, and required the attention of a doctor, not an unusual request.

The agent contacted the doctor who usually acted on such occasions. He said that he was fully booked for the morning and could only respond in the afternoon, but requested a urine sample in the meantime.

The ship was a cargo vessel without the facilities of a passenger vessel, so an empty whiskey bottle (rinsed out) was used for the urine sample.

At the harbour gate, the customs officer looked through the car window and spied the whiskey bottle. "I'm not letting you through until you have paid duty on the whiskey". He did not accept any explanation.

It required a flurry of phone calls before clearance was given!

(Submitted by: Adin Harmer-A true story)

PRANKS DAY

1898 LONDON: Tickets were for sale for " Washing The Lions" at the Tower of London.

1957 BBC: Current Affairs controversial 3-minute Spaghetti Tree hoax [spaghetti was not an everyday food in Britain], where reportedly a family in Switzerland harvested bumper crops off their Spaghetti Tree, the Spaghetti Weevil [common] had also disappeared and they were breeding the perfect length spaghetti. Many folks phoned wanting slips from the filmed tree but were told to take a piece out of the tin of spaghetti in tomato sauce and plant it.

1980 BBC: London News reported that Big Ben was going digital so the first person to get in touch would receive the clock hands.



A RAMBLING APRIL FOOL POEM – Carmen Clegg

On April morn, a jest unfolds,
As pranks are played and tales are told.

A day where laughter fills the air,
And mischief dances everywhere.

Beware the jester's cunning grin,
For tricks and jokes are sure to spin.
With rubber bugs and fake dismay,
They'll make you smile in every way.

But do not fret, it's all in fun,
A day to laugh 'til day is done.
So, join the fray, embrace the glee,
On April Fools, let mischief be!

But heed this warning, don't be fooled,
For laughter's magic can't be ruled.
In every jest, a bond is formed,
And hearts with joy are truly warmed.

So let us revel, one and all,
In laughter's bliss, both big and small.
For April Fools, with all its charm,
Brings joy and mirth to keep us warm.

APRIL / APRIL 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
1	2	3
08:30 Library/ Biblioteek 09:00 Outing 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym trim in lounges 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library/ Biblioteek 10:00 Teatime: lounges 10:30 The Good Doctor series Season 5 eps 12
8	9	10
08:30 Library / Biblioteek 08:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Village 10:15 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 The Good Doctor Series Season 5 Episode 14 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
15	16	17
08:30 Library / Biblioteek 08:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Meadowridge 10:15 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 The Good Doctor Series Season 5 Eps 16 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 18:00 You Tube evening
22	23	24
08:30 Library / Biblioteek 08:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 The Good Doctor Series Season 5 Eps 18 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents Talk in the Hall
29	30	
08:30 Library / Biblioteek 08:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Teatime: lounges 15:00 Teatime: lounges	

Thursday	Friday	Saturday	Sunday
4	5	6	7
08:30 library/ Biblioteek 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Teatime: lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 The Good Doctor Series Season 5 Eps 13	08:30 library/ Biblioteek 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Teatime: lounges 15:00 Bingo in the hall
11	12	13	14
08:30 LibrarY / Biblioteek 09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 The Good Doctor Series Season 5 Eps 15	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Matilda the musical 18:00 Woord & Lied Dr. Chris Saayman
18	19	20	21
08:30 Library/ Biblioteek 09:00 Shopping Constantia Village 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 The Good Doctor Series Season 5 Eps 17	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Like Mike 18:00 Woord & Lied Dr. Chris Saayman
25	26	27	28
08:30 Library / Biblioteek 09:00 Shopping Blue Route 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Man Vs Bee Chapter 1 Freedom Day	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Annie 18:00 Woord & Lied Dr. Chris Saayman

Gym Trim in the Hall Tuesday's @ 09:30
Prayer Meeting Wednesday's in all lounges @ 11:45
4th April 2024 Morning market in the Hall @ 09:30
15th April 2024 Garden club meeting in the Hall @ 15:45
16th April 2024 Writers group in N203 @ 15:00
17th April 2024 You tube social evening in the Hall @ 18:00
24th April 2024 Residents Talk in the Hall @ 15:00



Miss. Mary Loock Health Care-Zone 4/Room 45

Mary joined PlumRus on the 6th March 2024. She was born and raised in Ladysmith KZN.

She was trained and worked as a nurse and midwife at Greys Hospital in Pietermaritzburg.

Mary enjoys conversation, music, environmental talks and travel shows.

Mrs. Fay Carswell Health Care-Zone 3/Room37

Fay joined PlumRus as a permanent resident on the 7th March 2024, but originally started off as a member of PlumRus Care Services as a Day visitor.

She was born and raised in Claremont and has three children, Richard, Lorraine, and David.

Fay spent most of her career as a claims assessor for Old Mutual and enjoys reading, knitting, and gardening.



Mrs. Cecily Lynn Nielsen-PlumRus North-N105

Lynn was born in Oudtshoorn and grew up in Rosebank.

She has three daughters and one son, Ingrid, Jeanette, Catherine and Morten.

Lynn, previously a professional nurse, now she enjoys crafting, knitting and is very involved with charity work at Woodside Village.





If any of you have ever been to a military funeral in which **The Last Post** was played; this brings out a new meaning to it.

It's the song that gives us the lump in our throats and usually tears in our eyes.

But do you know the story behind the song?

If not, I think you will be interested to find out about its humble beginnings.

Reportedly, it all began in 1862 during the American Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia, the Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the captain reached the stricken soldier and began pulling him toward his encampment.

When the captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead.

The captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier...it was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted. The captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral. The request was turned down since the soldier was a Confederate. But, out of respect for the father, they did say they could give him only one musician. The captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform.

This wish was granted.

The haunting melody, we now know as 'The Last Post' used at military funerals was born.



Day is done.
Gone the sun.
From the lakes
From the hills.
From the sky.

All is well.
Safely rest.
God is nigh.

Fading light.
Dims the sight.
And a star.
Gems the sky.
Gleaming bright.
From afar.
Drawing nigh.
Falls the night.

Thanks, and praise.
For our days.
Neath the sun
Neath the stars.
Neath the sky
As we go.
This we know.
God is nigh.

I too have felt the chills while listening to 'The Last Post.' But I have never seen all the words to the song until now. I didn't even know there was more than one verse. I also never knew the story behind the song. I now have an even deeper respect for the song than I did before.

Remember those lost and harmed while serving their country. Also remember those who have served and returned; and for those presently serving in the Armed Forces.

(Submitted by: Jan Lourens)



Thank you to Elizabeth Owen and her friend Cheryl for the creative Easter packets presented to our Residents and Staff in Zone 2.

Kindness is compassion and love in perfect harmony.



grief
is
just love
with
no place
to go

Bevin Murdoch Winston Elliott

1 July 1940 – 28 February 2024

Bevin was raised on a farm in Addo in the Eastern Cape. He went to school at Grey Boys in Port Elizabeth and then did an apprenticeship with General Motors as a diesel mechanic. Once qualified, his work took him all over South Africa.

When he settled in Cape Town, he joined the Nomads Motorcycle Club, where he became the chairman. The Nomads Club used to organise the Buffalo Rallies in the late 70's and early 80's. Needless to say, BMW (like his initials) was his bike of choice.

His last job in South Africa was with John Deere in Nigel. He emigrated to Raleigh, North Carolina, in 1989 where he worked for an earthmoving company namely John Deere, for 20 years.

He retired and moved back to South Africa in 2009 and when his brand new flat in Russord North Suite was built, he moved in. He was very popular and joined a lot of clubs that kept him busy, including The Garden Club and the Recycling Project. Dad loved washing cars and had an arrangement on a Saturday morning that if a car was lined up outside his garage, he would wash it. He was the proverbial Energizer Bunny, fixing, helping, gluing, greasing anything and everything for his friends. A kind, gracious and full of fun, true gentleman.

At the age of 75 he undertook a solo trip in his camper van to the Etosha Pan. He loved nature and the great outdoors and also did a camping trip with his son and daughter-in-law to Victoria Falls.

After his stroke, he was moved into a spacious room in Zone 3, and his proverbial 'wings were clipped'. He touched so many lives and everyone who knew him, will never forget him.





We will miss his charisma, zest for life and charming ways.

Thanks to all the carers and Sisters who looked after dad for the last 4 years. You guys are superstars!!
Lynne

Bevan Elliott 1 July 1940 – 28 February 2024

My special friendship with Bevan began in 2009, when his daughter, Lynne, introduced us to each other. As we conversed and shared childhood memories we discovered, with both of us having grown-up in Uitenhage, that we “shared” an aunt-Auntie Gladys. (His mom’s sister who was married to an uncle of mine!)

In 2016 we went on a road trip visiting our old schools, family, friends and relived some of our most precious childhood memories from Uitenhage, Graaf Reinet, Cradock all along the Garden Route. This remains precious memories I will treasure forever.

I was fortunate to be able to assist with the caring of Bevan after his stroke.

His passing has left a huge void in my life, but I am comforted remembering his sense of humour, his smile and his general positive approach to life and the challenges that it sometimes brought along our journey.
Rest in Peace Bevan all my love Zelda!



Mr. Elliott

☀ Sunrise: 01/07/1940 🌇 Sunset: 28/02/2024

Mr. Elliott was a very loving person. On the days he would not be able to get the words out properly he would just nod his head with a smile and rub your hands and that way you would know he was okay. Mr. Elliott was a very handsome guy and got the best care from the ladies whether it be the carers or female residents. May his beautiful soul rest in eternal peace.

Carers Zone 3 & 4



Ter nagedagte aan ons Ma, Baby Esterhuyse. 15.10.1935 – 16.03.2024



Ma was die mees onselfsugtigste, eerlik en hardwerkende persoon wat ons geken het. Sy het altyd haar Kinders en medemensse eerste gestel en haar lewe as 'n ware Christen gelei.

Rusoord was "haar huis" waar sy baie gelukkig was. Dit het nooit soos 'n "ouetehuis" gevoel as ons gaan kuier het nie, net Ma se huis.

Sy was so lief vir haar tuintjie en het nog tot 'n paar weke gelede wanneer sy kon, daar gewerkskaf, dit was haar spesiale plekkie waar sy die gelukkigste was.

Die Here het geweet wat die regte tyd was om Ma te kom haal.

Ons kan nie die lewe sonder Ma indink nie, maar is dankbaar dat Ma nou uiteindelik kan rus, sonder enige pyn. Ons dra Ma se gunsteling Ps 23 op aan Ma.

Rus sag liewe Ma

Al ons liefde Ronel & Rob, Debbie & John, Leon & Hanna, Braam & Marieta, al die kleinkinders en agter kleinkinders



Mrs. Christina Esterhuyse (A.K.A Tannie Baby)

Tannie Baby was really one special lady, always friendly and she was always concerned about everyone close to her. I remember the time I assisted her with her Open View decoder, and she cried when I managed to fix it because qualified technicians would have cost her an arm and a leg (her exact words to me). She would always tell me that I'm wasting my talents and that I should become a model.

Tannie Baby always had a smile on her face, I could never see if something was bothering her. Just like all the other Residents, Tannie Baby had a special place in my heart – she had the most wonderful personality ever. The news of her passing had me in tears. Tannie Baby will certainly be missed by many. MHDSRIP – Caylynn Jacobs

GROWING GREEN CITIES – (June Stein)

If you didn't come to Marianne Alexander's talk about her visit to the Floride Expo in Almere, Holland, you missed out big time!

Here are some fleeting impressions:



The Expo takes 10 years to set up on a vast area of reclaimed land and includes innovative gardens, trees, mini houses, a new university and a hotel specially built out of recycled materials. The show is on for the 3 seasons of Spring, Summer and Autumn, with all the gradations of colour.

Urban exhibits from different countries introduce innovative, sustainable ideas such as "wild wealth" where buildings have multi-tiered food-growing coverings utilizing the different climates on different sides of the building.

The Arab countries participate eagerly, showing "salt cities" that maximize salt, sun and sand. Mangrove swamps are planted to prevent ocean erosion so that edible plants such as salt-tolerant quinoa can be grown. Fish are farmed here to fertilize the salt water with their waste. Another idea is to use pigeons for communication. They live in towers and their droppings fertilize the sand.

Madiba is the backdrop for RSA's exhibition of indigenous plants supporting his mantra: "I am because we are."

"Growing pavilions" are living shelters that absorb CO₂. "The Green Collective" ensures that nothing goes to waste. Hanging walls angle and direct water so that it is re-used many times. This idea was borrowed from nature where every petal of certain plants is at a different angle to create a long pathway for a single drop of water.

Artworks abound, to create awareness, using natural materials such as incredible wickerwork, leather made from mango skins and seaweed dye for colouring. Spiral concepts, underground showcases to view root systems, bird homes, even an insect hotel...the list is endless.

Of course, if you didn't see the pictures, it's difficult to catch the vibe, so do get into the habit of attending talks in person.



EXOTIC ANIMAL WORLD-KLAPMUTS

After a welcome "mini" breakfast the co- owner, Esther vd Westhuizen, gave us an interesting talk while residents were allowed to handle some of the exotic creatures such as the friendly champagne Ball Python found in Cameroon & Nigeria [he felt like a leather handbag], also the cute, prickly, poor-sighted Madagascan Tenrec [hedgehog like] who smells out its food under leaves. The huge, placid, short



leg Australian blue tongued lizard just sat there licking his lips, maybe thinking of yummy snails to eat. It can

gauge light through the skull to tell the season to lay eggs or to hibernate [felt quite warmish to touch]! Conservation had confiscated all these poor creatures as illegally sold.



Left to walk the path past the high netting wire enclosures, we saw gorgeous white Cockatoos, Loeries, all birds and animals captive bred and not caught in the wild, many illegal.



Huge and smaller tropical parrots of incredible colours were squawking, some flying around with the bouncy Ring-tailed Lemurs from Mauritius. Giant green, flower-eating Iguanas basked behind glass: then we were all a twitter when Kurt found a small local snake, herded with a crutch then caught in a container to hand over! The minutest, kissable local mouse was a winner in the Skink's pen, stealing the fresh fruit from

Cape Town Market prepared by Animal Chefs nogal!

Most avoided the Tarantula room but the aquariums held interesting goldilocks fish, but gross Sucker fish stuck with their fat lips onto the glass, lonesome South American Cayman also. Dozens of fat Guineapigs ran everywhere and African Grey parrots swooped over our heads. In the garden it was difficult to "spot" the 9 Spotted Eagle Owls in their tree enclosure and the Meerkats



were mostly lounging belly-up in the shade, unworried by the hordes of schoolchildren around them being educated by resident teachers.

The Restaurant area is interesting also with a cage of small parakeets, canaries, rosella etc. beautiful beetle paintings and to mention the 3 storey high fancy cakes!

Thank you Plumrus and Staff [Engel herding heads] for a trip on the Wild side which was most enjoyable and for the Goodie bag. **(June Stein)**

Yesterday I was fortunate enough to go on the outing to Klapmuts. It was nothing less than spectacular, and I am reminded yet again how very grateful I am to be part of the Plumrus Family.

Thank you for all you do in the planning, organizing staff, transport and even padkos!

Kurt is to be commended for not only his safe driving but his kind thoughtfulness guiding us round the center and getting us old totties in and out the Komi.

It was a treat to have Belinda along with us and I felt grateful to her for her prayer for our safe return. Please also thank the kitchen staff. The padkos was amazing.

With my very grateful thanks and kind regards Gaynor



DIE LAASTE BEEN VAN DIE LEWE!!!

Meeste van ons is nou in die laaste kwart van ons lewe en behoort hierdie interessante stukkie raad te lees. Hierdie is een van die mooiste en sagmoedigste artikels wat ek in 'n rukkie gelees het: Geen politiek, Geen godsdiens en Geen rassekwessies nie - net stof tot nadenke.

Jy weet, tyd het 'n manier om vinnig te beweeg en jou onbewus te vang van die jare wat verbygaan. Dit voel net of dit gister was dat ek jonk was en my nuwe lewe aangepak het. Tog, op 'n manier, voel dit soos jare gelede, en ek wonder waarheen al die jare gegaan het?



Ek weet dat ek hulle almal geleef het. Ek het 'n blik op hoe dit destyds was en van al my hoop en drome.

Hier is dit egter, die laaste kwart van my lewe en dit vang my onverwags!!!

Hoe het ek so vinnig hier uitgegekom?

Waar het die jare heen gegaan en waarheen het my jeug gegaan? Ek onthou goed dat ek ouer mense deur die jare gesien het en gedink het dat daardie ouer mense jare van my af was en dat ek net in die eerste kwartaal was en dat die vierde kwartaal so ver was dat ek dit nie kon visualiseer of ten volle kon indink wat dit sal en sou wees nie.

Tog, hier is dit! My vriende is afgetree en word grys, hulle beweeg stadiger en ek sien nou 'n ouer persoon. Sommige is in 'n beter en sommige slegter vorm as ek, maar ek sien die groot verandering. Hulle is nie soos dié wat ek onthou wat jonk en lewenslustig was nie. Maar, soos ek, begin hul ouderdom wys en ons is nou daardie ouer mense wat ons vroeër gesien het en nooit gedink het ons sou word nie. Nou vind ek amper elke dag dat net om te stort 'n ware teiken vir die dag is en om 'n middagslapie te neem is nie meer 'n bederf nie!! Dit is verpligtend, want as ek dit nie uit vrye wil doen nie, raak ek aan die 32lap waar ek sit.

En so, het ek hierdie nuwe seisoen van my lewe binne gegaan, onvoorbereid vir al die pyne en die verlies aan krag en vermoë om dinge te gaan doen wat ek wens ek gedoen het, maar nooit gedoen het nie. Ten minste weet ek dat, al is ek in die laaste kwartaal en ek is nie seker hoe lank dit sal duur nie, dat wanneer dit verby is op hierdie aarde, dit alles verby is. 'n Nuwe avontuur sal begin, voel ek!!

Ja, ek is spyt. Daar is dinge wat ek wens ek nie gedoen nie; dinge wat ek moes gedoen het, maar daar is werklik baie dinge wat ek bly is dat ek dit gedoen het. Dit is alles in 'n leeftyd.

So, as jy nog nie in die laaste kwartaal is nie, laat ek jou herinner dat dit vinniger sal wees as wat jy dink. So, wat jy ook al in jou lewe wil bereik, doen dit sommer nou. Moenie dinge te lank uitstel nie. Die lewe gaan vinnig verby. So, doen vandag wat jy kan, want jy kan nooit seker wees of jy alreeds in die laaste kwartaal is of nie.

Jy het geen belofte dat jy al die seisoene van die lewe sal sien nie. So, leef vir vandag en sê al die dinge wat jy wil hê jou



geliefdes moet onthou - en hoop dat hulle jou waardeer en liefhet vir al die dinge wat jy vir hulle gedoen het in al die afgelope jare.

'Lewe' is 'n geskenk aan jou. Wees gelukkig!!

Onthou, dit is gesondheid wat ware rykdom is en nie stukke goud, silwer of gedrukte note of selfs eiendom nie. Jy mag dalk dink:

Om uit te gaan is goed - maar om terug te keer huis' toe is baie beter!!!

Jy vergeet name - maar dis okay want sommige mense het alreeds vergeet dat hulle jou ooit geken het!!!

Jy besef, jy gaan nooit regtig goed wees in iets soos gholf nie - maar jy hou van die buitelewe. So doen dit.

Die dinge wat jy vroeër omgee het om te doen, stel jy nie meer belang in nie - maar jy gee regtig nie meer om dat jy nie soveel daarin belangstel nie.

Jy slaap beter op 'n sitkamerstoel met die TV aan as in die bed - jy noem dit 'voorslaap'!!! As jy dit geniet, doen dit.

Jy mis die dae toe alles gewerk het met net 'n 'Aan' en 'Af' skakelaar!!!

Jy het baie klere in jou klerekas, waarvan jy meer as die helfte nooit weer sal dra nie - maar jy hou dit net vir ingeval!!

- Oud is goed
- Oud is gemaklik.
- Oud is veilig.
- Ou liedjies.
- Ou flieks.
- en - die beste van alles,
- Vriende van ouds!!!

So, bly gesond, 'Ou vriend.' Geniet 'n fantastiese dag.

Geniet 'n wonderlike kwartaal, in watter een jy ook al is!!! Kyk mooi na jouself.

(Ingdien deur: Jan Lourens)

NET GOEIE VRIENDE

Koos en Sannie het baie lank vas uitgegaan, so omtrent 18 jaar lank. Sannie het al die jare lank gehoop Koos gaan haar vra om te trou, maar dit het nooit gebeur nie.

Eendag sit die tweetjies op 'n Sondagmiddag buite Bloemfontein en kyk hoe die Gauteng karre die stad binnekom, toe Sannie al haar moed bymekaar skraap en sê, 'Koos, moet ek en jy nie maar daaraan dink om te trou nie.'

Daar was 'n lang stilte, toe sê Koos, 'Sannie, wie sal nou in ons twee belangstel?'

(Lida Herbst)

Queen Mary 2: A Voyage to an Age of Opulence.



If the captivating atmosphere that encumbers the formidable Queen Mary 2 could be bottled, the gilded inscription would alluringly read "imagination come to life".

To step onto the benevolent Queen Mary 2 is to lean backwards through the arc of the ages whilst being entranced to a bye-gone era; it is here where the preservation of old-world grandeur captivates the atmosphere that enthralls the voyager back through the oracle of time.

Check-in at the Purser's Office at the grand lobby is centered around the sweeping staircase, reminiscent of a resplendent ballroom resting above the grand piano, where Chopin gently harkens you back through the decades. It is here where plush crimson carpets pave the way through the vast, grand corridors that lead to the multitude of carefully crafted restaurants, bars and entertainment areas - whilst the burgeoning grand ballroom generously



emerges through Britannia, the silver-service three-story high main dining hall enticing the tuxedo-clad sojourners in.

The Queen Mary 2 has much to offer in the line of entertainment but none as affable as the traditional, time-honored Afternoon Tea. This leisurely pastime is a stately affair which renders an ode to the certitude

that every facet of the Queen Mary 2 is designed to uphold long-standing English traditions.



This is a wondrous interlude to behold: the grand ballroom rustles to life with the bustle of starched uniforms each marching to the rhythmic drum of the string quartet, whilst white gloves expertly balance delectable Twinings tea trays serving clotted cream, strawberry jam and home-made scones - all expertly designed to harmonize the perfect balance between an alfresco lunch and a sophisticated dinner.

Whether traveling on a short journey or embarking on a world cruise, the Queen Mary 2 will take you back to a maritime origin of sentience with an exclusive preview to peer through the looking glass into the echoes of a near-forgotten past.

Thank you, Carmen Clegg, for sharing your experience of opulence at our Resident's Talk in February.

YouTube Musical Evening CHOIRS AND SINGING ACAPULLA GROUPS

Wednesday 13th March YouTube evening featuring choirs and singing groups was very lekker which Belinda compiled from video clips of groups of singers from all over the world, (the first half was the BEST!) like New Zealand, (the choir doing that fluttering of the fingers and stances that reminded us of the All Blacks). I was especially moved by the children's choirs - Johnny Clegg's Spirit of the Great Heart done by



Drakensberg Boys' Choir on a football field, Toto's Rain down in Africa by

Tygerberg Children's Choir which was my personal favourite, as the children wore traditional dress and face stipples, pure voices singing in the sunset; Rodean Girl's High doing a very free spirited singing and movement in ethereal costume, Stellenbosch student choir, a lot of fabulous men's

choirs – the Mormon Tabernacle Choir doing a flawless rendition of Battle Hymn of the Republic performed at West Point and with military precision - serried ranks of men and women in strict dress code of suits and red dresses. Acapella groups like the five girls perched on stools singing in an abandoned building wearing very strange outfits but rendering 'Killing me Softly' very ably! 'Stand by Me' – the song chosen for Harry and Meghan's wedding barely contained by the choir used to giving it stick, but it was in a cathedral after all, and BB King's version is very 'soul-man' music!



Then second half was very lively including sort of taxi music and beatty groups doing jive and throwing back their heads to get that strong pitch. Recognized a very young Michael Jackson among the famous crowd who gave of their time and voice to do 'We are the World' which was a fitting end to the musical evening. Thank you PlumRus!

(Submitted by: Vivien Spiers)

MAKING THE MOST OF MARCH

Plumrus creates opportunities for you to grasp. In the "mad" Month of March, did you/ het jy?

1. Pannekoek geniet by die Morning Market?
2. Get fit at Gymtrim on Tuesdays & Thursdays?
3. Go on a Monday outing to Klapmuts to see the Exotic Animals?
4. Die inwonersvergadering bygewoon? (Dis jou plig!)
5. Enjoy the magnificent YouTube Social evening featuring international choirs?
6. Vrugte by die Woensdagbakkie gekoop?
7. Attend the talk on Green Cities?
8. Bring & Braai?
9. Een van die Coffee Shop specials geniet?
10. Attend one of the Easter church services?

Those were just some of the happenings in March. What was your YES score /10? See if you can improve your score in April.



Life is short,,, Enjoy the little things!





Guess when you turn 90 there are no restrictions on the number of parties you enjoy...as per Pauline Rix.

Pauline celebrated her milestone birthday with family who



traveled from the UK, her daughter Karen and husband David, her son-in-law Jandre and granddaughter Caitin from New Zealand, and friends.

Maureen Sims enjoyed her 81st birthday celebrating with family and friends.

Guests were treated to some delicious, sweet treats and delicious food, as they have been accustomed to whenever Maureen entertained.





Deanna Fourie enjoyed her 80th birthday with some special ladies over tea!

Editorial Apology/Correction

In our September and October 2021 editions of the PlumRus News we carried an article entitled Plumstead & Surrounds, without acknowledging the author, Simon Winter. We apologize for the oversight and any inconvenience it may have caused the aggrieved party.



Handing over my ID at Home Affairs, the clerk says, "You've aged quite a bit since this photo was taken." "Yes," I replied, "I had it taken just before I joined this queue"..

Music Word Search

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

BAND
CHORUS
CONDUCTOR
HARMONY
MELODY
NOTE
PITCH
SONG
TEMPO

BASS
CLEF
CRESCENDO
HIGH
MINOR
ORCHESTRA
PLAY
STAFF
TREBLE

BEAT
COMPOSER
GUITAR
KEY
MUSIC
PIANO
RHYTHM
SYMPHONY
VERSE