



n e w s



Making a life-giving difference

Spiritual Care Program for August 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
6 th One Hour for Jesus	1 st No Service	1 st Evening Service
13 th One Hour for Jesus	8 th Morning Service	8 th Evening Service
20 th One Hour for Jesus	15 th Morning Service	15 th Evening Service
27 th One Hour for Jesus	22 nd Morning Service	22 nd Evening Service
	29 th Morning Service	29 th Evening Service



One of the Women of faith for me is the Canaanite woman in the bible. I want to share my thoughts of her with you. In this story it's not just about this woman that had faith, but also in these difficult times that we are facing I think it's very important to remember that God is still with us, as He was with this great woman of faith.

Matthew 15:21-28 says, "And Jesus went away from there and withdrew to the district of Tyra and Sidon. And behold a Canaanites woman from that region come out and was crying, have mercy on me, O Lord Son of David, my daughter is severely oppressed by a demon, but He did not answer he gave a word. And His disciples come and begged him, saying "send her away, for she is crying out after us." He answered, "I was sent only to the lost sheep of the house of Israel", but she came and knelt before him. "It is not right to take the children's bread and throw it to the dogs." She said (Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table. Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

A Good Rabbi at that time would have had nothing to do with a Canaanite woman. This woman knew that, but she also knew that her love for her daughter was much stronger than any concerns she had for herself. She had strong faith in God. She was convinced that she can only find real mercy and complete healing through Jesus.

When Jesus said "I was sent only to the lost sheep of the house of Israel", was He chastising this woman or was the Lord simply giving voice to His disciple's motives when they urged, Master send her away? I am inclined to believe the latter. Jesus knew how the situation would play out from the beginning. When this desperate mother knelt before Him and asked for His help, "It's not right to take the children's bread and throw it to dogs "Ouch" but don't forget His guidance. As I

said He knew what He was to do for this woman and her daughter, but He was also taking the opportunity to teach His disciples a lesson and those of us that would read the story later. Perseverance and faith are traits that are best expressed in this story.

She didn't shy away. She didn't storm off, instead she responded as most of us wouldn't even have thought to respond. She said "Yes, Lord even the dogs eat the crumbs that fall from their masters table". She did not argue she did not try and convince Him her daughter was deserving of healing and deliverance as anyone else probably would have done. Her faith was so strong that she knew even the crumbs from Jesus table were enough for her daughter's healing.

I believe what the Lord said next reveals His heart. "O woman, great is your faith! Be it done for you as you desire. And believe what Jesus said earlier reflected society perspective not His.

So, what is it that we can learn from the Canaanite woman?

We can and should come to Him despite what others think of us, or what we think of ourselves. Nobody knows where you are finding yourself, but God's arms are always wide open to receive us. We can always trust Him with all our situations we need to surrender to Him. He is ready to listen and take care of it.

God does not judge us by the same standards others do, if it may seem that way.

God understands and knows us better than we know ourselves as He created us. He sees us through His blood. He is our Father, and is always ready to forgive us, heal us and restore us.

We should have faith in His ability and His willingness to meet our needs and the needs of those we love. God still heals. In midst of everything we are facing, God is and will always be with us. He knows our every need. We need to trust Him completely in everything and ask Him daily to increase our faith in Him. It's important to stay positive and have faith in Him in this time.

No matter how many obstacles we face, we should continue to persevere in prayer. God responds to the expression of faith. There is power in prayer. God answers prayers. Sometimes not in our time but He surely answers prayers. Prayer keeps us connected to God.

God understands that there is times when we can't pray, but don't stay in that space, even if you just sit in His presence, He knows your heart.

Prayer gives us peace in our hearts, as we pray we give every situation to God, and God uses our prayers to bring love and justice to the world.



As difficult as it is, we need to pray more than ever in this time, knowing God will come through for us.

At just the right time, He will act and it will be wonderful.

My encouragement for everyone that is reading this today is, like the Canaanite woman to have faith and trust in God, no matter where you are finding yourself. Try in the midst of all the negativity to see positively and keep the faith.

We often can become anxious, discouraged and overwhelmed when we try to bear the weight of the world on our shoulders, but God is big enough, good enough and strong enough to handle any problem that comes our way.

He is with us in the midst of everything, you are special to Him. He has not forgotten about you. Just trust Him, believe and have faith.

Submitted by: Tanya Jeniker



"I am the LORD that healeth thee."

I'd like to tell you about my experience with COVID-19. It was really a terrible experience, but God never left me.

When I think back, I can't believe what happened to me. I was so careful, but I got COVID-19. I blamed no one, because I had an encounter with God. I had special moments, in his waiting room. You know when a patient waits in the waiting room for the doctor to attend to you; I was in God's waiting room waiting patiently for Him to heal me.



I went for the test on Friday July 9, not feeling well, no energy to walk, and I could feel this is not me, but I eventually got to the clinic.

The sister took my vitals. The Covid test came out that same day at 15:25. She called and I received a message on my phone. **YOU ARE COVID POSITIVE!**

Friday night around 20h00, my body started to ache, I did not know where the pain really was. I had a nasty headache.

Hell began with the virus on the fourth day. I was so full of pain. I breathed with difficulty. I struggled to walk. I couldn't eat and I had no appetite.

I gave up hope on the sixth day. Will I ever get better, I wondered if I will ever survive this, I had to sleep with the windows wide open, and I sat in the middle of the night at the window, because I couldn't breathe properly, I cried out to God, I am still in your waiting room, did you forget about me, what's happening to me?

Since the first day, I couldn't wait for the message on the phone before 12:00. I couldn't remember if it was Mr. Holtzhausen or Belinda, All I was waiting for and counted on was a message from God. Every day, God used them to encourage me.

On the seventh day, I could not breathe properly. I talked to God and said, "Today is the seventh day. I'm in your waiting room for 7days waiting on your divine healing." That same day, I got this message:

"The God on the mountain is still the God in the valley. When things go wrong, He'll make it right, and the God of the good times is still God in the bad times."

My sister-in-law, the manager of Retreat day hospital, was on her way to me because she decided I must go to hospital, but at that moment at 12:00, I had my

encounter with God in his waiting room. He touched me, and I could feel how my breathing became better as if someone had blown fresh air over me.

I cried many times, just to be able to breathe properly, was a blessing. Every morning when I wake up I thank God for another day.

Today I am a COVID-19 survivor. Many had COVID-19. Some had no symptoms; some had mild symptoms. To me I had COVID-19 at its worst.

I'm very grateful to the health department for their encouragement and prayers, for the residents and their families for all the messages, the staff, my family for dropping off food, and medication. A very big thank you, to you, the angels of God, for the daily messages of encouragement. Every single day I waited for that message.

I had questions and God used his children to give me answers.

That was my experience with COVID-19. Let's pray every day so that our Almighty God will heal all the infected people and put an end to this pandemic.

This was my song in my heart all the time, every day I sang;

You are the God

That healeth me, oh yes (that healeth me)

You are the Lord, oh yes (You are the Lord)

My healer

You sent Your word (You sent Your word)

And You healed my disease

You are the Lord

My healer

Psalm 121.....vir vandag

Ek kyk op na die berg wat so stil-stil in my wereld kom staan het. Die berg wat wegkruip in mense se groet en vat en menswees. Die berg wat vingermerke maak op winkeltrullies en leeg koop. Die berg en onsekerheid in gaan bere. Die berg die hospitaal en keer hart-se-mens kan wat 'n wereld se hand stop. Die berg toemaak en lag-lag voor my kerk se hek gaan sit. Die berg wat bejaardes weerloos



die rake daar binne wat angs en paniek mense se harte wat wagstaan voor dat geliefdes by 'n uitkom. Die berg ekonomie met een wat skole se deure

laat en hulle bang in hulle huise laat wegkruip. Die berg wat besighede sluit en gesinne sonder kos laat. Die berg wat paaie toemaak en 'n hele land se mense in hulle huise injaag. Ek kyk op na die berg wat so stil-stil in my wereld kom staan het. **Waar sal my hulp vandaan kom? Wie gaan my help om verby hierdie berg te kom?**

My hulp is van die Here wat hemel en aarde gemaak het. My hulp is van Hom wat die son elke oggend wakker maak en vir die maan se hoe laat hy moet gaan slaap. My hulp is van Hom wat vir die see 'n lyn in die sand trek, en vir die branders se waar hulle mag breek. My hulp is van Hom wat die berge in die palm van Sy hande balanseer, van Hom wat vir die swaeltjie genoeg krag gee om te trek wanneer dit nodig is. My naam is van Hom wat weet wat my naam is, wat my hart se bang en onsekerheid ken, wat weet waar ek bly en waar ek wegkruip. My hulp is van Hom wat die hemel en die aarde en vir my met soveel liefde en sorg gemaak het.



Dit is Hy wat die vliegtuie en die skepe stop, sodat die aarde weer kan asemskip. Dit is Hy wat horlosies se tyd laat stilstaan, sodat mense weer kan leer om te wees, en nie net om te doen nie. Dit is Hy wat mense een vir een onder een dak bymekaar maak, en hulle daaraan herinner dat hulle 'n gesin is. Dit is Hy wat die roetine en gejaag wegvat, en kinderlaggies om 'n bordspeletjie laat baljaar. Dit is Hy wat mense leer om mekaar weer in die oë te kyk en te gesels. Uit die hart uit te gesels. Dit is Hy wat Sy kerk na mense se huise toe vat, sodat almal Sy Woord kan hoor-nie net op 'n Sondag nie, maar elke dag. Dit is Hy wat die boodskap van Hoop



sag en stil van een huis na die ander oordra. Dit is Hy wat seker maak dat gesinne weer saam bid en Bybel lees. Dit is Hy wat die duisende slagoffers wat oorweldig word deur die berg, stil in Sy arms toevou en hulle verseker dat Hy hulle nooit sal los nie. Dit is Hy wat vir ons gese het dat ons dit in hierdie wereld nie altyd maklik sal he nie. Dit is Hy wat belowe het dat Hy by ons sal wees-vandag,

more, totdat ons vir altyd by Hom gaan bly.

Ek kyk op na die berg wat so stil-stil in my wereld kom staan het. Wie gaan my help om verby hierdie berg te kom?

My hulp is van die Here. Nou en vir altyd!



Ons Unieke Afrikaans

Daar is nie in enige ander taal 'n verskynsel soos in Afrikaans van koppelwoorde wat 'n langer handeling aandui nie.

'n Paar voorbeelde;

nou-nou, net-net, rek-rek, vat-vat, raak-raak, ruk-ruk, proe-proe, lag-lag, speel-speel, saam-saam, stil-stil, voel-voel, soek-soek, kort-kort, raai-raai, sukkel-sukkel, so-so

En toe loop die verloorder brom-brom weg! Moenie bekommerd wees nie ek kan die probleem lag-lag oplos!

Probeer sinne maak met daardie woorde.

Engelstaliges gebruik soms "now-now", so leer ons by mekaar.

Ja-nee, ons taal is ryk! Gebruik dit, geniet dit!



Saturday 25 July dawned with warm freshness - a welcome change from the intense cold earlier in the week. As I surfaced at 7.30 (late for me!) the sense of anticipation rose dramatically. I love Saturdays - my favourite day of the week; certainly when I was working. A tranquil sense of quietness reigned, an absence of weekly activities (for us at least).

Today promised a lazy approach, plus three trips to the garden if I felt so inclined.

I meditated on two of my favourite psalms, 56 and 57, mainly because 'when I am afraid I will trust in you; in you my soul takes refuge' from the sadness and the chaos. 'I cry out to God who fulfils his purpose for me.....he sends his love and his faithfulness'.

When George came on the P.A system for his daily 'wee word' he played the song On the wings of a dove: he sent forth his love on the wings of a dove. God often sends human instruments to demonstrate his characteristics, or to confirm he has heard our prayers. This was a clear echo of my prayer.

Later in the day Beryl G (how I differentiate between the three Beryls here) told me how she had prayed with dear Alec, read psalm 23 and released him to Jesus, this was a specific indication that the Lord had heard my anguished prayer. When I saw them trundling an oxygen cylinder to Alec's flat, I prayed; 'Father he doesn't need this sort of life-sustaining treatment, he needs someone to pray with him and release him into the light and glory of Jesus' presence. Another echo that God is near and he is real.

What a privileged people we are in these days.....**from the diary of Ivy Moody**



Sometimes we break the rules!



Sometimes we keep to the rules!

Lockdown Chat with The Venners

What impact did Covid and the lock down have on your daily life?

It really changed my life, it made me very aware of how dangerous a virus can be. I felt separated from people but at least a few good things came from it. I enjoy having lunch with my husband in our flat. We are able to watch our favorite programs on TV especially the Faith Channel. We love having midday prayer time in our flat due to the risks of being infected.

What sacrifices did you have to make?

We loved spending time in the Coffee Shop being around the friendly staff and residents but at least we are still allowed to order whatever we like. My husband and I were extremely lazy but then we followed the walking schedule and the exercise is good for us.

Do you have any friends that passed away due to Covid?

Yes, Grace Edwards that lived in N104. Her death came as a big shock to everyone, we moved in around the same time and I was very fond of her. We used to enjoy our lunch together in the dining room and we could always talk about anything. May her dear soul rest in peace.

What are you doing differently during lockdown?

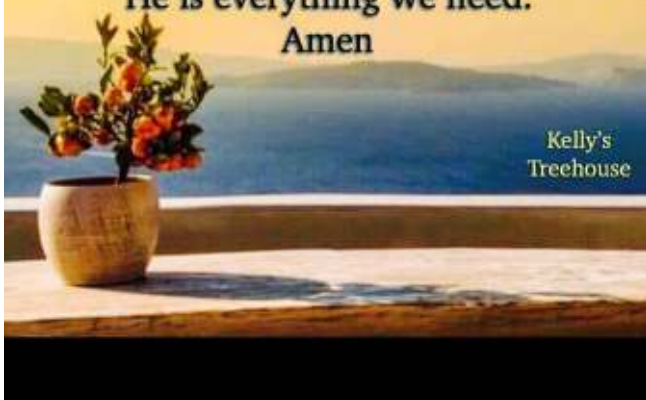
Besides the fear of going to shopping centres my husband and I also get up a little bit later than usual.

What message do you have for others?

To be careful, responsible and to follow all the protocols.

COVID SURVIVOR

When storms come your way, just remember you know the Master of the wind, when sickness finds you, remind yourself you know the Great Physician, when your heart gets broken, just say I know the Potter. It doesn't matter what we face or go through. Jesus is the way, the truth, and the life. He is everything we need.
Amen



It seems like a million years ago when we all gathered to receive our vaccinations at the beginning of July – we were all kind of jovial and taking our places, getting our pinpricks and sitting to be observed in case we'd come over funny. But we didn't and we went back to our rooms to resume the isolation, already into its second week.

It was a very rainy week, I was worryingly counting my dwindling supply of meds and I knew I had to go see the doctor; he could not prescribe over the phone what I had to be blood-tested for. Given permission, I drove off (in the rain) to doctor's rooms and my requirements filled. All very sterile, sanitized, inside and out, I returned to Plumrus without going anywhere else and didn't even have to touch the door, it was standing open.

It was an awful month, we'd loss Grace, and were soon to lose dear Ina, Alec, Naomi... two days after I'd come from

doctor's rooms I began to feel hot and dry and coughy. I took my temperature and it was 38. Not good. I decided I had a cold and treated myself from my Med-lemon and Pando, but after the following day I felt I'd better declare my symptoms as we'd been asked to do. I didn't think it was anything but a cold, but when the sister came in, she stood apart from me and asked if I wanted to be tested. **Good heavens I didn't have COVID !? Did I?** I said ja, well I suppose I had better go for it and carried on inside my room feeling not lekker and didn't say anything to anybody.

Next day a medic from Pathcare came with a sort of long cotton bud thing which she eased gently up my nasal passage, through the soft tissue of my brain and out the top of my head. (Well it felt like it!) I had a nosebleed but otherwise no ill effects and just carried on feeling bleach, meals delivered to our doors and in the night I received a message from the lab **"specimen dated 14 July SARS-CoV-2 (COVID-19) was DETECTED from the sample given..."** I could not believe what I was reading. **This happens to other people, not me...why ME!** And it occurred "why NOT me.."; was I any different from anyone else?

Although it was 2am in the morning I did what was required "inform your doctor and anyone else you have been in contact from 2 days before your symptoms" and sent an email. Plumrus already knew and up went the notice on my door, my food delivered in polystyrene containers and everyone in blue rustling PPE gowns and gloves and masks and Perspex face shields and my tummy like jelly at the seriousness of it all. My family like headless chickens and dropping off bags and bags of fruit, booster vitamins, treats and standing outside in the road blowing kisses and me inside behind window glass and electric fence feeling ashen that I could have brought this dreaded lurgey – like an ant bringing a contaminated sugar grain to the nest.... But mercifully it did not spread from my flat. When it was okay for residents to exercise outside in scheduled times, I gazed mournfully from my window and moved my chair around in the sun across my floor. I got phone calls from fellow covid-recoverers and we would bear one another up and

make lame jokes, but feeling very miserable. George and Belinda's carefully put together midday spiritual songs and messages were *like heaven-sent manna*, so much did it mean to me.

Since the week-end Sr. Essie came and took down the notice, having done my two-week isolation and the monitoring indicated I was on the mend and not contagious. My first day out in the sun I got as far as Jack's white bench and just soaked up the sun. Sober and humbled by my friends who have passed, grateful for the ones walking past me and greeting, that they were survivors like me.

From the pen of Vivien Spires



I'm a 53 year old female born in Cape Town , and started nursing in 1989 at Groote Schuur hospital .

I love what I do; working with people. It is my passion to do nursing, the care, love, empathy and compassion.

When I am off duty I enjoy reading, cooking and spending time with my family.

I have 3 children and 1 cute grandchild.

I enjoy nothing more than seeing my patients get better and to see improvement in their condition.

Travelling to other countries is my dream which I hope to enjoy when I retire.

I have a friendly and helpful personality, and stay positive. I encourage my family to do the same as well as others I come in contact with.

My vision is consistency, which I believe is the key to success.

Welcome Sr. Brenda Karelse!

Sr. Brenda is a new member of our Health Care team and reports directly to Sr. Shenice.





God's richest blessings on your Birthday!

4th	Gloria Meyer	R038D	92
6th	Anna Du Toit	R35	88
7th	Jan Le Roux	F126	83
8th	Noeland Peper	R31	90
10th	Julina Manuel	A4	83
14th	Olive Martienssen	F004	90
15th	Margaret MacReady	R018A	73
15th	Terence Pope	N109	83
19th	Patricia Payne	R73	89
21st	Rista De La Fontyn	N207	79
21st	Kathryn Drayton	R23B	77
27th	Sheila Carroll	R010B	76
27th	Leonie Pauw	N204	91
30th	Gavin Lloyd	F115	59

***We wish all our members a very
Happy Birthday!***

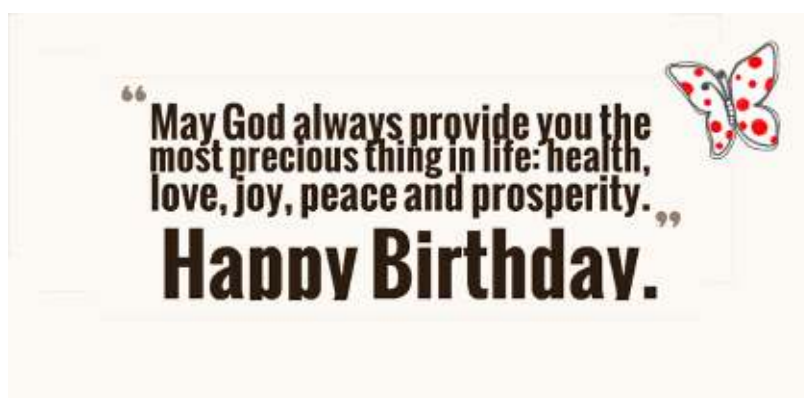


8 th	Mr. Hamper
9 th	Mrs. D Stock
20 th	Mnr Van Heerden
22 nd	Mr Prince
23 rd	Mrs B Appels



Happy Birthday to our Staff

3 rd	Ursula Manual	Health Care
4 th	Melissa Francke	CSC
10 th	Candice Salmon	Health Care
16 th	Joan Paulse	CCL
18 th	Shantey Dennis	Health Care
24 th	Yvette Hartnick	Health Care
25 th	Roslyn Brown	CCL
28 th	Divine Mitchell	Pharmacy
30 th	Roslind Vlotman	Health Care
30 th	Chantel Jones	Coffee Shop
31 st	Patricia Felix	Health Care



We would also like to celebrate all our staff who worked tirelessly to ensure that we continued to provide our Residents with excellent Basic Care while so many of their colleagues fought the Covid-19 battle. We give God all the praise for the healing and protection He has provided to our entire team during this pandemic. Our God is indeed FAITHFUL.

Did You Know?

British & Irish Lions Tour 2021



VS



A Trip Down Memory Lane.....by Renee Healy

Editor's Apology

Today, 24 June 2021, is the anniversary of South Africa's amazing 1995 Rugby World Cup victory over New Zealand on 24 June 2015.

The date South Africa won the Rugby World Cup was 24 June 1995 and not 24 June 2015, apologies to Renee Healy for this error.

Springbokke en die Tommies

Duidelik is daar ook turbulensie in die bokkamp met Rassie en Nienaber die groot oorsake. Spelers is geroes, maak basiese foute soos om 'n bal uit die lug te beskerm met jou luit en alles is stadig. Ek dink hulle sal goed inpas by 'n oue te huis (net nie PLumRus nie want hier lewe ons) waarvan die inwoners gemiddeld 100 jaar oud is. Daarteenoor doen die Britse & Ierse Leeus alles op vol spoed. Fooi tog vir die wêreld beker houers word terug aarde toe geneem. Jy is net so goed soos jou laaste wedstryd en dit was 'n verloor. Hoop Rassie gaan terug kantoor toe en gee Nienaber 'n kans om sy voete te vind – hy het mos die wêreld beker gewen en uitgetree, gaan rus nou boeta!!

7's Rugby @ Tokyo 2020

Rugby, whether 15 man or 7's, our teams did not enjoy a good week of results. After our Bokke went down to the Lions in the first of three tests, our Blitzbokke failed dismally on the biggest sporting stage, being knocked out of medal contention by a 5-man Argentinean side. With a well balanced side of experience and youth there is no convincing explanation for our poor performance, besides possible "Covid Koors".



Witbankie – waarom is die bankie wit, hoekom is die bankie skeef en hoekom moet die bankie daar in die ope staan.

Eerstens dit is 'n wit bankie en nie 'n groen of bruin bankie nie want wit is mooi en skoon en dit gee ons rede om op te staan in die oggende sodat ons die bankie kan gaan afvee en skoonmaak. Hoekom staan die bankie skeef omdat die grond skeep is en die waterpas is saam met Covid weg. Hoekom staan die bankie in die ope sodat die son die Covid virus kan dood brand. Die manne het opdrag gekry om die wit bankie te bewaar vir die nageslag, dit waterpas te installeer en te bewaar vir die PlumRus Museum want dit kan moontlik die laaste wit bankie wat skeef in die ope staan. Big thank you to the late Mr. Jack Slabbert and the Slabbert family for the donation of the "wit bankie".

Solidariteit se navorsing

PlumRus leser: die afgelope 18 maande is daar 186.6 miljoen gevestigde gevalle van Covid en 4 miljoen plus sterftes wêreldwyd. Totop hede is daar 3,1 miljard mense plus in 140 plus lande vir Covid in ge-ent. Navorsing wys dat hospitalisasie en Covid sterftes neem af met doeltreffende inenting. Verder het navorsing gewys op die langtermyn gevolge van mense wat van Covid herstel. Die langtermyn gevolge sluit in: verlamming, brein newels, kortasem, moegheid, angstigheid, depressie, slaap en balans versteuring. Hierdie risiko's is groter as wat die entstowwe het. Dink weer oor inenting / vaccination – Clicks is 12 Augustus weer by PlumRus vir die 2 tweede inenting asook vir die inwoners en personeel wat die eerste inenting misgeloop het. Clicks kom spesiaal na Plumrus vir jou.

Thank you to Sr. Nono and the team from Clicks in Plumstead who facilitated the vaccination rollout at PlumRus. We appreciate your compassionate manner, efficiency and respect shown towards our Residents and Staff throughout the process.

Thank you to Bronwyn at Clicks Head Office who did all the "behind the scenes" planning.

We look forward to welcoming an even bigger team back to PlumRus on the 12th August



AUGUSTUS / AUGUST 2021

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
30	31	
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	
2	3	4
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 15 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
9	10	11
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY WOMEN'S DAY	09:30 Shopping PnP Plumstead 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 17 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
16	17	18
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 1 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
23	24	25
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 3 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
Midday Prayer in All Decentralized Lounges DAILY @ 12h00 Shopping EVERY Tuesday & Thursday Gym Trim EVERY Tuesday in the Hall @ 09h30 Fruit & Veg Lorry Wednesday's @ 11h00 Heartland Series in All Decentralized Lounges Wednesday's @ 11h00 Heartland Series in All Decentralized Lounges Saturday's @ 15h00 Movie in Lounges Sunday's @ 15h00 09 August 2021 Public Day Women's Day 26 August 2021 Lotto Draw in the Hall @ 18h30 27 August 2021 Bring & Braai @ 18h00			1 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Flipped 18:00 Woord & Lied
5	6	7	8
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Blue Miracle 18:00 Woord & Lied
12	13	14	15
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 18	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Enola Holmes 18:00 Woord & Lied
19	20	21	22
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 2	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Blue Umbrella 18:00 Woord & Lied
26	27	28	29
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 4	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Fatherhood 18:00 Woord & Lied



Meet South Africa's new Golden Girl, Tatjana Schoenmaker. Tatjana won a Gold Medal in the 200m breaststroke and a Silver Medal in the 100m breaststroke events at the 2020 Olympics in Tokyo. She achieved her success in fine style, setting a new Olympic record in the 100m and a new World record in the 200m.

Congratulations Tatjana, we are so proud of you!

What is a Firewall?

A firewall is a security device — computer hardware or software — that can help protect your network by filtering traffic and blocking outsiders from gaining unauthorized access to the private data on your computer.

Not only does a firewall block unwanted traffic, it can also help block malicious software from infecting your computer.

Firewalls can provide different levels of protection. The key is determining how much protection you need.

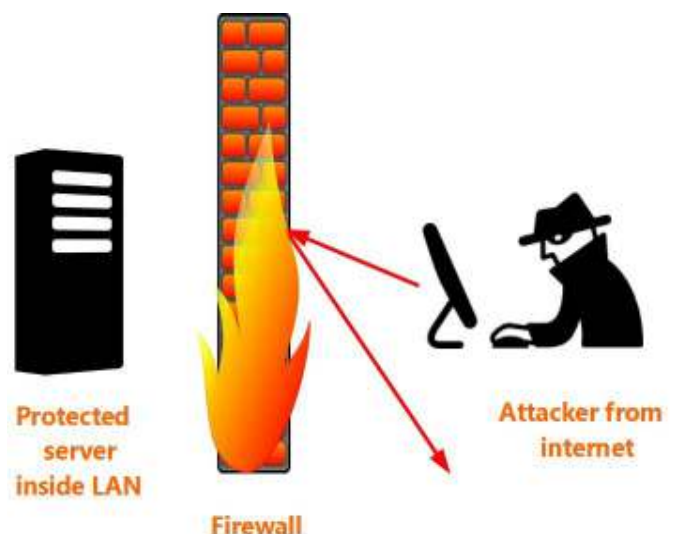
The topics below can help you learn what firewalls do and determine the level of protection that will help keep your computer and the data on it safe and secure.

What does a firewall do?

A firewall acts as a gatekeeper. It monitors attempts to gain access to your operating system and blocks unwanted traffic or unrecognized sources.

How does it do this?

A firewall acts as a barrier or filter between your computer and another network, such as the internet. You could think of a firewall as a traffic controller. It helps to protect your network and information by managing your network traffic. This includes blocking unsolicited incoming network traffic and validating access by as



sessing network traffic for anything malicious like hackers and malware.

Your operating system and your security software usually come with a pre-installed firewall. It's a good idea to make sure those features are turned on. Also, check your security settings to be sure they are configured to run updates automatically.

How does a firewall work?

To start, a firewalled system analyzes network traffic based on rules. A firewall only welcomes those incoming connections that it has been configured to accept. It does this by allowing or blocking specific data packets — units of communication you send over digital networks — based on pre-established security rules.

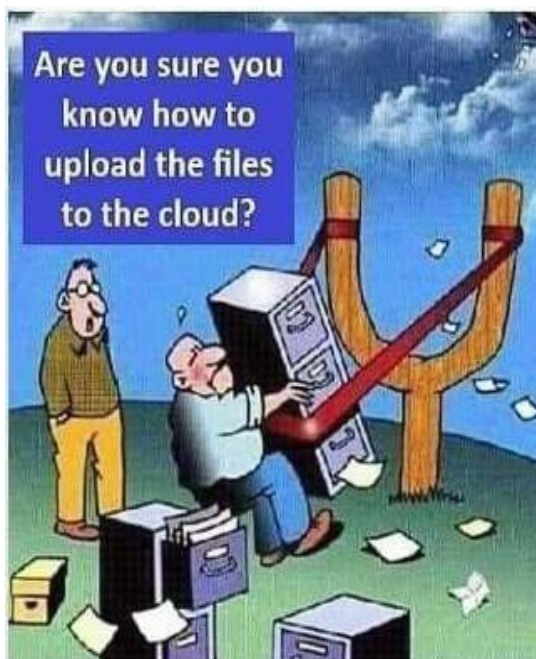
A firewall works like a traffic guard at your computer's entry point, or port. Only trusted sources, or IP addresses, are allowed in. IP addresses are important because they identify a computer or source, just like your postal address identifies where you live.



Go, dog, go.



The first senior moment.



I want to tell you about a girl who only eats plants.



You've probably never heard of herbivore.



The practicalities of investing *directly* offshore

As a South African, you are able to invest R11 million Rand offshore annually per calendar year.

The first R1 million is called your Single Discretionary Allowance (SDA) and this amount may be used for anything including foreign travel, offshore subscriptions such as Netflix, Amazon and Apple Music etc., sending gifts abroad, international education or investing offshore.

When making use of your SDA, South African residents have full discretion on how they wish to apply their allowance provided it is used within the bounds of the law.

Once your R1 million SDA has been utilized and you wish to invest further assets abroad, you would then need to apply for approval from the South African Reserve Bank as well as obtain a tax clearance certificate from South African Revenue Service. This application is limited to R10 million per calendar year. Amounts above these numbers will require an application to the SARB.

How this works in practice

Let's assume you have R2 million Rand and you would like to invest in direct offshore assets as mentioned above, what are the practical steps you could take to invest these funds abroad:

Step 1: Engage with your financial advisor to assist you with the appropriate offshore investment strategy that will be aligned to your goals and objectives.

Step 2: Decide on a method of converting your Rand's into foreign currency (i.e. Dollars, Pounds, Euro's etc.). Most of the major banks offer this facility however you should be mindful of the costs associated with performing this transaction as well as check the exchange rates the banks are offering. The banks might offer to do the FOREX transaction for "free" but in reality they have added their margin to the exchange rate they offer you to convert your Rand's to foreign currency. The alternative is to use an accredited FOREX service provider which will charge you a fee to do the transaction but will be able to show you the spot rate at which they convert your Rand's to foreign currency (i.e. they haven't added a margin to the spot rate).

Step 3: Once you've selected your FOREX provider and opened the account you will then deposit the funds into your FOREX account.

Step 4: The first R1 million can then be sent abroad using the Single Discretionary Allowance immediately. The FOREX provider will provide you with an exchange rate at the time of the trade for you to either accept or reject. If you accept the exchange rate then the FOREX provider will purchase the foreign currency and send the funds to your nominated investment strategy as discussed with your financial advisor in step 1.

Step 5: The remaining R1 million will need to be approved by the South African Reserve Bank as well as SARS before this can be sent abroad (this process usually takes 21 days but can take longer depending on how busy the relevant government department is at the time). This service will also be done by the FOREX provider, again it is important to enquire as to the costs of these services beforehand or consult with your advisor as they should have the relevant experience.

Step 6: Once SARB and SARS have approved the funds, the FOREX provider will provide you with an exchange rate at the time of the trade for you to either accept or reject. If you accept the exchange rate then the FOREX provider will purchase the foreign currency and send the funds to your nominated investment strategy as discussed with your financial advisor in step 1.

Offshore investing no doubt has its place in a portfolio, but due to the complexities involved it is advisable to seek out professional advice to ensure your investments are structured according to your financial planning needs.

(Submitted by Morne Bezuidenhout-Director Netto Invest)

Last of 4 part series on Off-shore Investment

Are there twitchers (birdwatchers) at Plumrus ? Has anybody made a bird list for Plumrus ?

We have been here for a month. I did not expect to see much in a big city, but I can lie on my bed and watch the birds in the tree just outside. Patience is needed!

Here is my list, in the order in which I saw them.



- | | |
|-------------------------|--------------------------------------|
| 1) Hadedda | 8) Egyptian geese |
| 2) Sacred Ibis | 9) Lesser Double-collared sunbird |
| 3) Helmeted guinea fowl | 10) Southern Double-collared sunbird |
| 4) Red-winged starlings | 11) Cape Sparrow |
| 5) Red-eyed dove | 12) White-necked crow |
| 6) Cape turtle dove | 13) Red-breasted sparrow hawk |
| 7) Speckled mouse bird | 14) Cape White Eyes |

Seen through the eyes of Verena Salzwedel (N203)



This is for the History Column

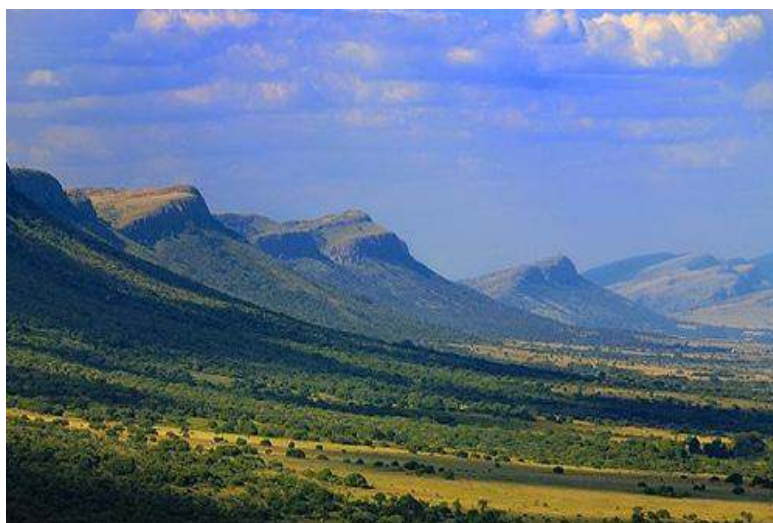
The War Reporter Weekly Edition 4 August 1900

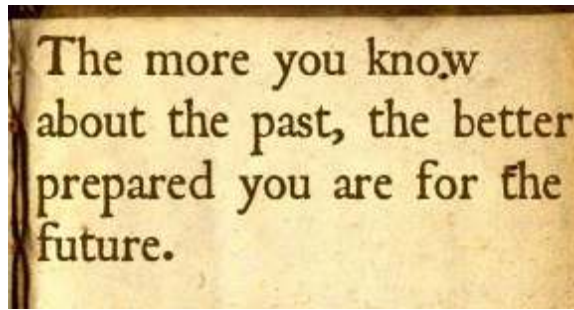
Military Activities in Transvaal

In the eastern Transvaal a Boer force numbering a few hundred men commanded by General Joachim Fourie managed to repulse a British attack on Amersfoort. The burghers had to withstand a heavy bombardment, but stuck to their task. The British casualties amounted to at least 15 men killed, while the Boers suffered no casualties.

General Daniel Erasmus reports that his commando was involved in skirmishes in the area of the Elands River north of the eastern railway line. British casualties amounted to 25 soldiers dead and eight taken prisoner of war. The burghers captured 45 horses, a number of mules and oxen and a trolley loaded with supplies. East of Middelburg, along the eastern railway line, there was a skirmish between a British patrol and a group of burghers on Monday. Four Khakis were killed and their officer mortally wounded.

In the vicinity of Pretoria, General Koos de la Rey took former General Hendrik Schoeman prisoner on Tuesday when the latter refused to carry out an order to escort a convoy of wagons. In the same area a British force of thousands of troops with guns occupied both Kommandonek and Silkaatsnek. It seems as if they intend to make the whole Magaliesberg range inaccessible to our burghers under the command of Field Cornet Coetzee, who was stationed at Silkaatsnek by General de la Rey, retreated when several hundred British soldiers charged them with bayonets. We have heard that the British paid a heavy price for this victory, namely 46 casualties.





Die Burger

1950-1959

Groot Apartheid Groot Planne

Mei 1950

Springbokradio, die SAUK se eerste kommersiële radiostasie, begin uitsaai.

31 Mei 1950

Die kapokgewig **Vic Toweel** klop Manual Ortiz en word Suid-Afrika se eerste wêreldkampioen.

September 1950

Sasol word gestig om petrol uit steenkool te vervaardig.

13 Februarie 1951

Die identiese **Lombard-vierling** (Klaas, De Waal, Jannie en De Villiers) word op Loeriesfontein gebore.

Maart 1951

Die Groepsgebiedewet word van krag.

Mei 1951

"Kleurlinge" word van die gemeenskaplike kieserslys geskrap.



6 April 1952

Jan Van Riebeeck se aankoms 300 jaar gelede in 1652 word herdenk.

1952

D.F. Malan open die eerste uraanfabriek aan die Rand. In 1953 verdien dit R800 000, en twee jaar later R60 miljoen.

1 April 1954

Piet Cillie (37) word redakteur van *Die Burger*, 'n pos wat hy die volgende 23 jaar tot 1977 bekleed.

6 Mei 1954

Roger Bannister hardloop die eerste "droommyl" (3:59:4) by Oxford.

30 November 1954

Adv. J.G. Strydom word as eerste minister aangewys, nadat D.F. Malan (80) uittree.

1954

D.F. Malan-lughawe buite Kaapstad word geopen.

1956

De Villiers Graaff (42) word leier van die Verenigde Party en bly leier van die opposisie tot 1977.

17 Maart 1956

Mimi Coertse debuteer in Wene as Koningin van die Nag in Mozart se *Die Towerfluit*.

April 1957

Rondalia toerklub word gestig.

5 Mei 1957

Die USSR plaas die wêreld se eerste satelliet, **Spoetnik**, in 'n wentelbaan om die aarde – die VSA beleef dit as 'n "tegnologiese Pearl Harbour".

14 November 1957

Die skilder **Pierneef** sterf in Pretoria.

1957

Die Burger-strandhuis word geopen om kultuurbesoeke deur skole vanoor die hele Kaapprovinsie aan die Kaap moontlik te maak. Die program gaan vandag steeds voort.

2 September 1958

H.F. Verwoerd word die eerste minister.

Oktober 1958

Penny Coelen word as Mej. Wêreld aangewys.

1959

Die PAC, onder leiding van **Robert Sobukwe**, skei as van die ANC.

7 Februarie 1959

D.F. Malan sterf in sy Stellenbosse woning, Môrewag.

3 Julie 1959

Gary Player (24) wen sy eerste major, die Open Championship in Skotland.



Today we celebrate the opening of the Changing Places toilet at MK SNAP on Disability Awareness Day!

The Mayor of Milton Keynes Mohammed Khan opened the UK's newest disabled toilet facility in the centre of a leading local charity.

Nicky Garwood a learner at MK SNAP can now attend for a whole day. Nicky said: "For me and everyone in the community having these new facilities means I can be clean and comfortable all day and stay at SNAP longer. This is very important for me so thank you."



Nicky, Beryl's grandson is becoming quite a celebritywe have international celebrities in our PlumRus Family. We are happy to share in the excitement with the Garwood Family.

Thank you to Bianca Stewart we shared her baking talents with some of Residents in Health Care. She definitely knows how to make a life-giving difference in people's lives.



Until We Meet Again

*Those special memories of you
will always bring a smile.
If only I could have you back
for just a little while.
Then we could sit and talk again,
just like we used to do.
You always meant so very much
and always will too.
The fact that you're no longer here
will always cause me pain,
But you're forever in my heart
until we meet again.*

We remember our Residents who have passed on. We trust that the memories we created with them, will stay with us for many months and years to come.

Mr. Schroeder

Mrs Edwards

Mr. Cillier

Mrs Smith

Mrs. Banfield

Mrs Warner

Mrs. Saunders

Mr Banfield

Mrs. Bredekamp

Mrs Watson



When I first came to Rusoord in 2009 the Banfield's Alex and Ina, were already here, along with many other new friends. But Ina made an immediate impression because of her distinctive Glasgow accent. My father and mother came from Dundee and Kirkcaldy, so Ina was an instant friend.

But it was not just listening to her that was such a pleasure: it was the expression of warmth on her happy face that made every conversation a delight. She always spoke with a smile, always had a joke, and a tale of something to laugh about! And always an infectious vibe of friendliness surrounding her person.

May our good Lord Bless and strengthen the Banfield family always.

Margaret Raven

Ina was a very beautiful person and suffered very quietly, very witty and always had a joke to share, I have been missing you so much lately, I almost think I can hear your voice.

Peppi Gleesen

Ina was a very good neighbour, I remember how much she helped me when we moved into Plumrus, and enjoyed her company, she was fun to be with, always smiling.

Marie Le Roux

Ina and Alex Banfield came to Rusoord in about 2007/8, both were very active and involved in different ways. Ina helped with the white elephant table and later with the cake table, she was loved by everyone, especially with that Scottish accent, she was quite a joker. Alex who was my brother, was very talented, he made the Birthday cards, 90 cards and certificates, he used to assist the office staff before, and when George came here, he also did a commentary of the bible called "Alpha & Omega", he got as far as Matthew 25. I was Blessed to be able to pray with him and read the 23rd Psalm to him a few minutes before he went to be with the Lord.



A very sad day dawned for many of our fellow residents on the 2nd July. Our very dear friend Ina Banfield was taken from us into the presence of the Lord Jesus in the early hours of the morning.

Heather and I first met Ina at our church some years ago. It was great privilege to live with her as our friendly neighbor. On quite a few occasions we took her and Alex to our family celebrations and also enjoyed outings to Fish Hoek and Muizenberg Coffee Shops, not forgetting outings to most of the shopping malls.

We were very close and use to visit one-another in our homes. Sadly our outdoor excursions came to an end as Ina developed problems with malfunctioning heart valves which limited her movements. She use to take short walks with her walker along the corridor where we live and she would stop at the door or come in for a chat.

Sadly, Alex, after a period of three weeks of illness, great grief and pining was also taken to be with the Lord Jesus whom he loved and served for many years. Our hearts are very sore and we are going to miss them very much. We extend our love and sympathy to their loved ones, friends and family.

Heather & Roy Binedell



Our sweet tooth,

We could not believe the news, your last visit was a milk, slice of Carrot Cake and a take away Coffee with hot milk.

Your voice left a soft note in our ears, we could hear your chats with Ms Coles. Making up your list for your grocery shopping, always last to arrive for your meeting up at the Coffee shop, but we knew your order before you could place it.

Leaving the shop your words would be to the Venners, the girls twist my arm in buying cake, which is very nice "I still have Thursdays Chocolate Cake in the Fridge" will

have half this afternoon with Coffee.

We will miss you dearly RIP

Coffee Shop Team



Mis my-Maar laat my gaan. Hier aand die einde van my lewenspad, het die Zon vir my finaal gesak. Mis my 'n rukkie, maar nie vir lank. My kop omhoog en geen hartseer. Dis alles deel van God se plan. Oppad na waar die ewige die tydelik vervang. Dit glo ek so Naomi se woorde vir ons wees. Dierbare kind van Jesus wat vir ons geleen was, dame van integriteit met wysheid en liefde wat iedereen gelief het. Naomi jou humor en vreugdevolle geaardheid gaan ons nog baie na verlang. **RUS IN VREDE.....Marie Knuppel**

When I arrived at PlumRus Naomi Warner was one of the first friends I made.....it was inevitable as we shared a table at mealtimes, a very important part of life at PlumRus. She was always so gentle and loving, sharing much Godly wisdom. She was a lady of integrity and always looked beautiful. I will definitely miss her.....**Terence Pope**



TO MAKE A DIFFERENCE
IN SOMEONE'S LIFE, YOU
DON'T HAVE TO BE BRILLIANT,
RICH, BEAUTIFUL, OR PERFECT.
YOU JUST HAVE TO CARE



Only a few people in life can manage this, without tranquilizers. Easier said than done, but we will all have to really try.

One of the best
lessons you can learn
in life is to master
how to remain calm.





DELAYED DUE TO LOCKDOWN

Behind every successful man-is a beautiful woman!

Our competition is going to help you to get to know your neighbours. We have identified 5 couples who will partake in the competition. Over a period of 5 weeks starting Wednesday the 14th July (hopefully more of us will be out of isolation), and every Wednesday thereafter until the 11th August we will be giving a clue on the big screen during lunch and the notice boards in Health Care.

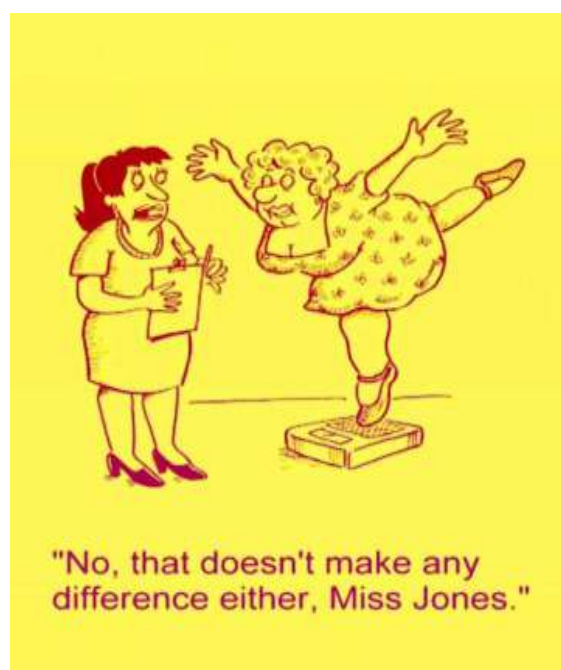
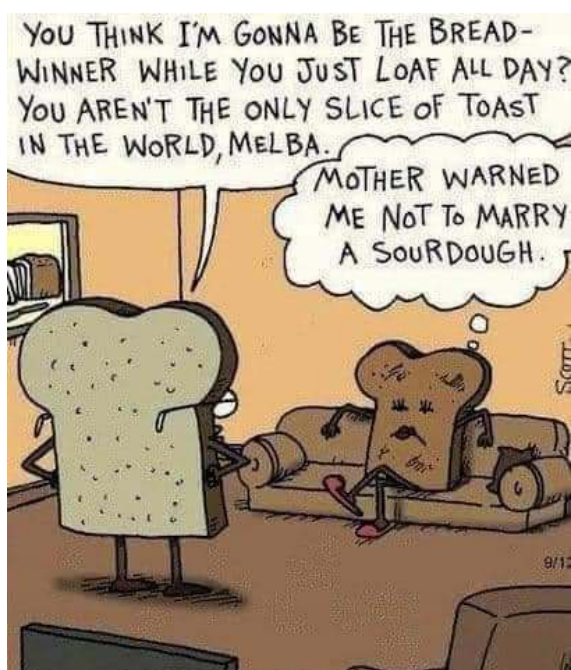
The catch is.....the question will be asked to the husband and the answer will be his e.g.

What is your favourite food.....husband's answer is pasta?

You will build up 5 answers attributed to the man over the 5 weeks. At the end of the 5 weeks we would like you to give us the name of the wife attributed to the husband who answered the questions.

Entry forms will be available after the last clue has been given, after 1st September.

PRIZE – FULL BREAKFAST FOR 2 IN THE PROTEA COFFEE SHOP



WORD SEARCH: ANTARCTIC ANIMALS

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

ALBATROSS

ANTARCTIC SKUA

BLUE WHALE

CAPE PETREL

CAPE PIGEON

ELEPHANT SEAL

EMPEROR PENGUIN

FIN WHALE

GENTOO PENUIN

GIANT PETREL

ICEFISH

KING PENGUIN

KRILL

LEAOPARD SEAL

ORCA

PRIONS

ROSS SEAL

SEI WHALE

SNOWY SHEATHBILL

SQUID

WEDDELL SEAL

WORD SEARCH: SWEDEN

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

- ABBA

BILBERRY SOUP

CINNAMON ROLL

COFFEE

DUMPLINGS

GINGERBREAD

GOTHENBURG

HELSINGBORG

KRINGLA

LUND

MALMO
- NATIONAL PARKS

PINE FORESTS

POMMAC

PRINCESS CAKE

SALTAKRITS

SKIING

STOCKHOLM

SWEDISH

UPPSALA

VISBY