

PlumRus News

AUGUST | 2022

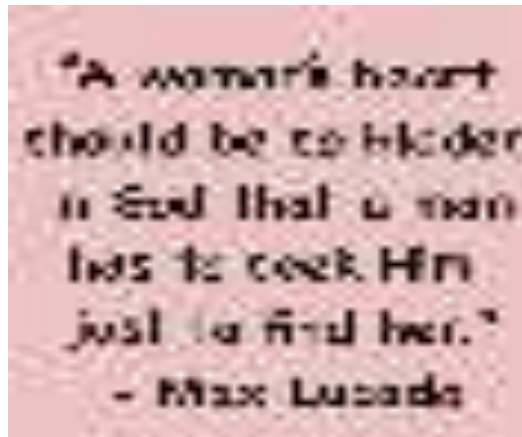


MAKING A LIFE-CHANGING DIFFERENCE

Spiritual Care Program for August 2022

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 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

THE HIDDEN STRENGTH OF A WOMAN



Shrouded in sackcloth, the huddled woman cut a lonely figure on a rocky hillside near Gibeah, the hometown of King Saul. Not far away hung the exposed dead bodies of seven men. Two of them were her sons. For months, day and night **Rizpah** braved the burning sun and biting cold, determined to keep scavenging birds and animals away from the corpses. The men were executed by Gibeonite soldiers, and their corpses desecrated in revenge for the mass murder of thousands of their people during the reign of King Saul. As one of King Saul's concubines, Rizpah had no special status in the royal family. She was simply there to satisfy his sexual needs and to bear his children and so enhance the family's workforce and wealth. Nothing about her before these gruesome events pointed to the courage, strength and resolve hidden in her heart. Like a dam wall breaking, these unseen virtues spilled out, defying the cruelty and indifference around her. Her grief-stricken response turned a heart-breaking and humiliating situation around. Months later, the bones of her sons were gathered up and given a proper burial, restoring some of the honour and dignity they deserved (2 Sam 21).

She's one of many women mentioned in scripture whose lives displayed extraordinary strength...

There's **Abigail**, who with humility and wisdom saved the lives of all the men in her family including Nabal her foolish husband! Hearing David and 400 soldiers were on their way to attack her family because of Nabal's insults, she rushed out to meet them. With remarkable courage and wisdom, she managed to convince David not to attack, avoiding much bloodshed (1 Sam 25). **Deborah** is another such woman. God raised her up as a Judge in Israel during a dark and rebellious time in the nation's history. Under her leadership the nation's adulatory stopped, their enemies were defeated and peace returned to the land (Judges 4+5). Then there's **Ruth**, an ordinary woman who, after her husband died, followed her mother-in-law Naomi back to her homeland. There, she devoted herself to the Lord and through her everyday faithfulness in difficult circumstances, eventually played a significant role in the ancestry of Jesus Christ.

Speaking of Jesus, there's a teenager named **Mary**, who was asked to shoulder the greatest responsibility any woman would ever bear. One day while busy with household chores, the angel Gabriel appeared to her with news that would change her life and the destiny of the world forever! After listening attentively, she humbly and bravely embraced God's purpose and bore for



all humanity the Saviour of the world (Luke 1). Her devotion to Jesus was without limit. She was with him when he took his first breath, and also his last on Calvary. The scorn, slander and violence against him during his public ministry pierced her heart like a sword; but her faith in him remained unshakeable...she wholeheartedly believed he was who he claimed to be and would do what said he'd do. Mary's inner strength - her love and devotion to Jesus has inspired countless hearts through the ages.

There's another Mary I'd like to mention, **Mary Magdalene**. After being set free from demonic possession, she became one of Jesus' earliest followers. Travelling around with a group of men and women who served with Jesus, she helped meet their needs and encouraged them. She was with Jesus when he was crucified and when he was buried. She was also the first person to discover Jesus' tomb was empty. Like Mary the mother of Jesus, she refused to be swayed by the scorn heaped on him, or to be intimidated by powerful religious leaders and Roman authorities who hated him. She stuck with Jesus right to the very end of his life and beyond. That she, a woman, was given the privilege above all Jesus other followers of being the first person to see him after his resurrection, shows how highly he thought of her.

These are a few of the many women in scripture whose inner strength in the face of life's great challenges righted wrongs, saved lives, defeated enemies and furthered the wonderful purposes of God. Exploits like these have been repeated over and over again through the ages, right into the present time. Half the world's population are women, each one created with unique God-given sensitivities and inner strengths, for the nurture and well-being of those around them. There are obviously exceptions to this; as some women fall far short of their godly potential. But most women, in differing measures, make invaluable contributions to the emotional, spiritual and physical welfare of their families and wider communities.

You probably know a woman like this, someone whose life has left an indelible mark on you. For me it's my mother...an ordinary woman. Apart from being my greatest fan, she poured out her life in sacrificial love and service, doing her best to pass on godly values and provide for the needs of her family. She kept hope alive in our hearts, and inspired us to do more than we ever thought we could...right up to the end. One of my lasting memories is saying good-bye for what turned out to be the last time I'd see her. She was in hospital and I had to catch a plane back home. At the door I paused to look back. She'd pushed her head back into the pillow. The white bed-covers moved as she straightened her frail body and rested her thin arms at her sides. She reminded me of a soldier standing to attention, resolutely preparing to face whatever lay ahead. I saw courage, I saw strength, I saw faith. It was heart-breaking, but strangely comforting. Her inner strength seemed to flow into me; and I knew then that when my time comes to say goodbye, I too will be able to do so with courage in certain hope of a brighter 'tomorrow'.

Here's a tribute to a 'strong' woman...



In conclusion, if you're a woman, be encouraged because of the wonderful God-given strength within you. He'll help you face whatever challenges come your way. Your inner strength will be a unique expression of the woman He's created you to be. And, if you're man; well, thank God for the 'strong' women in your life! With His help you'll be better able to respect and appreciate their hidden strengths and the unique role they play in fulfilling His purpose in your life and the world around you.

(Submitted by: Ps Dave Henderson)

The Faith That Moves The Mountains

When you know not where to turn,
stay still, just where you are.
There is something yet to learn.
Be careful lest you jar the threads that
fate is weaving in a pattern you can't see.
Be Passive.

Trust the Hand that works the looms of destiny.
Though it is your wish to set things right
and put things straight,
Choose the wiser way.
Have faith.
With patience watch and wait.
There's a purpose in it all,
as time will surely prove
And when you least expect it,
you will see the mountain move.

In Memory of my Beloved Mother who was a Lover of the Poetry of Patience Strong. I wish to share this poem with all my sisters this being Women's month. May this poem also be a Blessing to you all as it has been for me and my mum.

Submitted by: Ann Human

God moves mountains, our prayers and faith moves God's hand

Self Worth

The only one who gets to decide
your worth is you

It doesn't come from
your bank account or the
number of friends you have

It doesn't come from being
someone else's love or the world.
It's called self-worth. It comes from
it comes from you.

It comes from loving yourself
and being proud of who you are.

It comes from being someone
that you want to be and
someone you love.

The numbers will change with time,
but what won't change is
who you are deep inside -
beautiful, limitless, wonderful,
creative, strong, capable - and that is
what is genuinely priceless.



Deign's + Edgmont

For my wedding, I wanted the perfect mix of modern and traditional.
I wanted a place that was both elegant and comfortable. I wanted a place that was both
beautiful and affordable. I wanted a place that was both unique and timeless.
And the perfect place for me was Deign's + Edgmont. It was everything I needed and more.
I highly recommend Deign's + Edgmont to anyone looking for a perfect wedding venue.

Liewe Here
 Hou altes nou ambliet in die palm
 van Othana.
 Gesoort is ons alhier, onse
 helter vergaet.
 Sodat ons die ritme van ons lewenspeel
 kan ewe in aanhaal.
 En wanneer die sterre heers,
 dat ons ambliet altes Liewe, langes
 al ewe alligant.
 Gekke langes, onse witte
 harte altes dag.
 Sodat ons die lewenspeel
 ons all our hoop.
 Elke teek, ons doringe doringe
 En wanneer die harte altes
 help ons om te liewe by die U, ons
 Shopper God, sodat
 ons doringe doringe,
 ons in die doringe,
 Wende die doringe pelt.
 Wende die doringe doringe doringe by U.
 Doringe die doringe doringe doringe
 Amen.

1. *Explain why a type III sum of squares is used in the U-Test.*
 2. *Explain why the null hypothesis is rejected and the alternative hypothesis is accepted.*

Oh Lord, turn us to you again!
Empty are all the ploys of men.
Call us out of the shopping malls
Into praise in celestial halls.

Turn us from the worship of sport
To the forgiveness of your court.
Wash us of impure earthly things.
To repentance and all it brings.

Renew us, heart and soul and mind;
Remove the dross and make us kind.
Until our all in you we find.
Lord, make us see, for we are blind.

O Lord of time and space;
Lord of infinite grace -
Turn the hearts of fallen men
Back to worship you again.

(Submitted by: Adin Harmer)

Happy Birthday to our Residents



4th	Gloria Meyer	R38D	93
6th	Anna du Toit	R35	89
7th	Jan Le Roux	F126	84
8th	Noel Peper	R31	91
10th	Julina Manuel	A4	84
10th	Terence Pope	N109	84
14th	Olive Martienssen	R47B	91
15th	Margaret Macready	R18A	74
19th	Patricia Payne	R73	90
21st	Kathryn Drayton	R23A	78
21st	Rika De la Fontyn	F110	80
27th	Leonie Pauw	N204	92
27th	Sheila Carroll	R10	77
30th	Gavin Lloyd	F115	60



Happy Birthday to our Staff

3rd	Ursula Manuel	Health Care
7th	Simoné Lawack	Health Care Manager
9th	Storm Arend	CSC
16th	Joan Paulse	CCL
17th	Jazmin Petersen	CSC
18th	Shante Dennis	Health Care
23rd	Andriseen Overmeyer	CSC
24th	Yvette Hartnick	Health Care
25th	Rosilyn Brown	CCL
28th	Divine Mitchell	Health Care Admin.
29th	Natasha Salie	Health Care
30th	Rosilyn Vlotman	CSC
30th	Chantel Jones	Coffee Shop
31st	Wafiqa Damon	Health Care

To our Members

1st Magdalene Du Plessis

7th Ursula Baardman

8th Liven Hampe

13th Latiefa Barden

16th P Brierley

23rd Beryl Appels



To our Board Members

2nd Danie Rossouw

12th Lesley de Bruyns



Good Day Everyone, I'm Ashlee Torrance. I completed my Degree in Nursing in 2016 at UWC. I worked previously at two retirement homes; one in England and the other in Pietermaritzburg. Some of what I enjoyed most was getting to know the Residents and my colleagues; I am so excited to get to know each one of you!

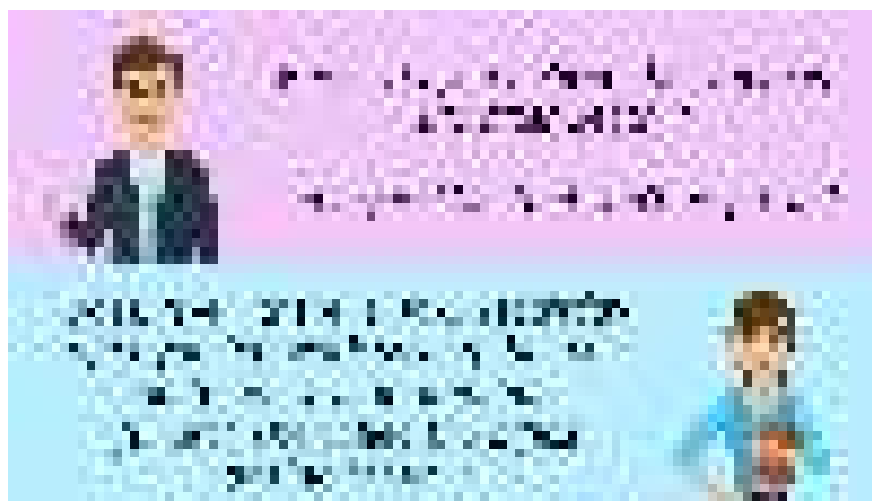


I am a born again Christian and I love Jesus very much. I'm passionate about unreached people groups and refugees. I was born in Zimbabwe, but it's the Middle East that holds my heart.

I'm hoping someday to learn Arabic, kickboxing, line dancing, photography and art.

Welcome to the team Sr. Ashlee, who knows soon you might be teaching us all the skill of kickboxing.

Sr. Ashlee will form part of our Health Care Team and will be reporting directly to Sr. Simone, our Health Care Manager.



My name is Werner Meyer, I am married with two children aged 10 and 5 years.

I am a qualified plumber and have worked in the maintenance/plumbing field for the past 14 years.

I enjoy a challenge and my field of expertise is vast ranging from renewable energy solutions, plumbing, electrical, and all areas associated with building and equipment maintenance.

I look forward to being part of the PlumRus team focusing on providing our Residents with a safe, secure and happy home they can enjoy living in.



We are excited to welcome Werner to our PlumRus team as the Faktotum. More excitedly his family will be living with him at PlumRus. Werner will report directly to George and we have no doubt that his contribution will add value to the service our Residents receive.





Lift for PlumRus East/Hyser vir PlumRus Oos

There is a great need to install a lift for our Residents in PlumRus East. The East building is our oldest Residential area and will undergo a massive upgrade with the installation of a lift. The estimated cost of this project is between R700 000 and R1Million.

What we really need is a philanthropic donation of an estate or two to better put us within reach of this goal.

If you require an 18A certificate for tax purposes, please contact Chris on chris.accountant@plumrus.co.za with all the relevant details and he will happily oblige.

Payments can either be made at our Reception or directly via EFT into the following bank account:

Account: Plumstead Rusoord Board Account
ABSA - 450640409
Code - 632005
Reference - Donation Lift



Total to date – R34 265 (R1000 E Granier, R300 J Horsley R100 K Klein-Werner) donors for deposits made since last disclosure



Lekker saam kuier - Bring & Braai

On the 17 August 2022 if everything goes as planned we will have a light lunch but a braai @ 17:00 for all residents wanting to enjoy themselves. Therefore, Midday @ 11:00 we will have some live entertainment in the Hall for all to enjoy. Then a quick light meal, quiet time and at 17:00 a boerewors roll braai with potato salad and much more. Ons kuier weer 26 Augustus @ 18:00 – ons begin braai 17:00. Bring julle

eie vlies, wors, hoender, vark, vis en broodjies. Moet nie vergeet van iets sterker om te drink, sap, koeldrank of net wat jou dors les.

Stiltetyd / Quiet time

Please lower your voices from 13:30 until 15:00 in all passages, dining rooms, foyers and in your room/flat – we respect one another. While we enjoy families and friends visiting all day, we ask that you remind them to also respect our Residents quiet time.



CCTV

Please brush your teeth because it's on its way and then we can see-in all passages, public areas if you have done a good job or not.

Rook in die gebou / Smoke in building

NOT allowed at all – YOU can burn down PlumRus.

It is a selfish and dangerous act with little regard for your neighbours and friends.

Please use the designated areas outside the building to smoke responsibly.

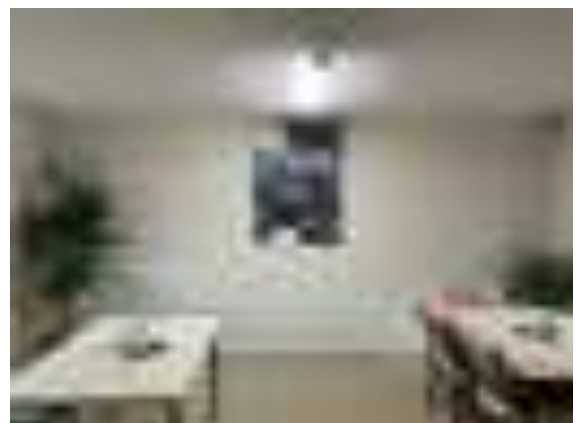


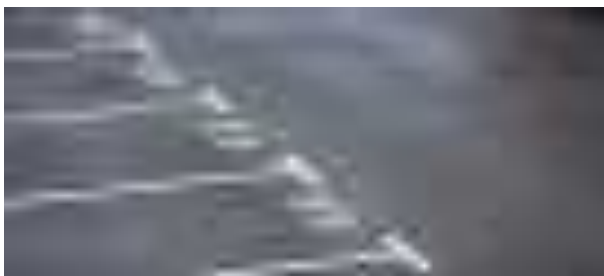
Opgradering van ons sit en eetkamers / Upgrading of our lounges/dining rooms

We only upgrade if and when we receive donations - well done to Cindy and Charlene, your achievement transforming these spaces with nothing is amazing!



John Killian trek 'n nuwe baadjie aan





Onderverhuring van kamers, woonstelle of parkeer areas / Subletting of rooms, apartments and parking areas.

Ons kan nie toelaat dat Inwoners of familie kamers, woonstelle of parkeer areas onderverhuur, afstaan of toeken nie. Alle inwoners is kontraktueel daar toe verbind om

met die Bestuurder te skakel vir koördinerings. Dus kan ek nie my parkeer plekke vir iemand anders gee of afstaan nie, dit kan alleenlik deur die bestuurder gedoen word. Ons sal dit, dien ooreenkomstig, in die volgende maand koördineer. We cannot allow Residents or their families to sublet, cede or assign rooms, apartments or parking bays to third parties. All Residents are contractually bound to liaise with the Manager for co-ordination. So, I cannot give or cede my parking bay to anyone else, this can only be done by the Manager. We will co-ordinate this process in the coming month.

Meetings in August

- Residents Board Committee Meeting 11 August @ 15:00
- Communication and Marketing Board Committee Meeting 18 August @ 18:00
- Financial Board Committee Meeting 25 August @ 18:00
- Multi-Discipline Professional Health Care Advice Committee Meeting 30 August @ 18:00



Klagtes / Complaints

Please call 1001 - 24 x 7 x 365 we will assist the best we can.

We welcome your complaints; it helps us to improve your customer experience!

Building, Facilities and Garden Maintenance

To maintain our buildings, facilities and gardens in the pristine condition we have become accustomed to; we need to manage, coordinate, organize and deliver on our processes on a daily basis. Therefore, a Faktotum in English a Factotum is; "an employee who is a manager in an overall, who does all kinds of maintenance including buildings, facilities and garden". (A Factotum is also referred to as: a handyman and/or jack of all trades.) At PlumRus water, plumbing, electricity the very important focus but not included are: IT, DSTV, TV, radio's, sound systems, and wheel chair mechanic or vehicle mechanics. Never the less we will assist the best we can.

Kombuis spog bietjie

Al gaan die krag 10 keer 'n dag af maak ons 'n plan. Al moet ons scramble eiers en bacon in die mikrogolfoond doen op nood krag 😊



Ontmoet ons Kwagga Kombuis Span

Van links na regs

Jaden – die baba van die span

Jemone – ons eie cassanova

Kurt – Regte ou charmer

Irene – Besige bytjie

Mollie – Ons bobaas beskuit bakker

Mandy – Die leier en altyd met 'n smile

A friendly reminder to residents from the financial department: Please don't draw or keep excessive amounts of cash on you; it is a risk that PlumRus cannot take responsibility for. Rather make use of our PlumRus Trust Account where we can help you to safely manage your spending money. Your money will be safe, and these accounts are externally audited every year for your and our own peace of mind. The same goes for any items of value.



For the sake of clarity, see paragraph 6.7 of the SLA (Service Level Agreement) between the resident and PlumRus referred to below:

6.7 Personal Necessities:

All personal and valuable items are kept at the residents own risk. No claim can be instituted against management or a staff member in the event of loss of possessions in the building or on PlumRus's premises.



Sekuriteit en Toegangs Beheer

Alle inwoners, families, besoekers en personeel se veiligheid op ons perseel is baie belangrik vir ons. Ons vra vir U samewerking met U kom en gaan by ons ingange asook tussen geboue. Gebruik U toegangskaart en maak seker dat deure agter U toegemaak is word. Alle vreemdelinge moet na ontvangs/riskman verwys word.

I'm getting old and I have just realized I still have so many unanswered questions!

I never found out who let the dogs out... the way to get to Sesame Street... why Dora doesn't just use Google Maps... why we don't ever see the headline "Psychic Wins Lottery"... why women can't put on mascara with their mouth closed... why "abbreviated" is such a long word... why lemon juice is made with artificial flavor yet dish-washing liquid is made with real lemons... why they sterilize the needle for lethal injections... and, why do you have to "put your two cents in" but it's only a "penny for your thoughts" where's that extra penny going to... why do The Alphabet Song and Twinkle Twinkle Little Star have the same tune... why did you just try to sing those two previous songs... Why only 1 sock comes out in the wash when u know you wore two...and just what is Victoria's secret? ...and do you really think I am this witty?? So many why's.....





We have reached the penultimate interview in our series featuring SA 7's Rugby players past and present, as we build up to the World Cup Sevens taking place in Cape Town in September. In keeping with a Woman's Month theme we are chatting with

non other than the Head Coach of our SA Woman's 7's side, Paul Delport.



So, very similar to Kyle Brown, you and I have a rugby connection that dates back to Junior school. I will avoid some of the school rugby questions, bar one; you had on occasion found yourself on the headmasters blue carpet on a Monday morning after a Saturday game, not for a pat on the back "well done Paul" chat, but a chat of a completely different kind. Don't you want to share the "crux" of that chat with our

readers, and also explain the impact that had on how you played the game and later how you lead many a Rugby team as a captain?

That's an interesting question to start with. SACS as we know is a school based on tradition. It has always been in my nature to question the status quo and to do things differently. That often ended in a difference of opinion and me in the principal's office. I have fond memories of Mr. Law. He was a wonderful principal; strict but always fair, supportive and understanding. I am very aware of how difficult I was but I never felt excluded or singled out.

Over the years coming from a traditional rugby playing school like SACS, your passage to international level was almost a natural transition. Is this still the case today or has the "playing fields" of talent scouting been levelled somewhat?

SACS is an academic school. We were very fortunate to play against the top schools week in and week out. That level pushed one to improve. I have always been competitive and wanted to be the best. The playing field has been leveled to a degree with a lot of focus on development. It is still however the top rugby schools who produce the most professional players. We have a long way to go in ensuring that the playing field is level.

Now I am not sure if I am the only person that knows this fact, because I don't think it is publically acknowledged enough; you are the only Springbok Captain that lifted 2 World Cup trophies. What does this mean to you, that you still hold a bit of Springbok Rugby history?



I have never been one for personal accolades. I always wanted to contribute to the team I was part of. I have been retired for 8 years now and couldn't be bothered with what I achieved when playing. It was a fun time of my life and what I remember most fondly are the times the team achieved something special.

I know that 15 man rugby was what you were hoping your career would be based on, when and how did the change happen to 7's and who was most instrumental in making this shift a reality?

I always wanted to play 15's for the Boks. I didn't have a good experience in a few systems and became despondent. When my brother Craig took his life I quit rugby. Paul Treu-the then National 7's coach offered me a lifeline and the rest is history. I enjoy 7's far more than 15's and I am so grateful I finished my career there.



From small town stadiums like our very own Outeniqua Park in George to Hong Kong Stadium "the home of 7's rugby", you have had the privilege of representing SA on all these hallowed turfs, which is your favourite and why?

There are a few special places I have enjoyed playing and I don't really have a favourite. Newlands will always hold a special place in my heart. Twickenham, The Honk Kong 7's and Vegas 7's are places I remember fondly. I also really loved playing at Eden Park and Murrayfield. The worst place was The Cake Tin in Wellington NZ. We just never did well there.

Injury cut short (6years) your career as a 7's player, but as one door closed, another "unexpected" door flung open. Were you even aware that SA Rugby was considering you as the Head couch of our Woman's 7's Rugby Team?

I always say rugby is about "timing" and "who you know." I was coming to the end of my career and just wasn't good enough anymore. Paul Treu had left as Springbok 7's Coach and Neil Powell (the Academy Coach) had taken over. The men's Academy needed someone and Renfred Dazel the Woman's coach needed help. It was wonderful cutting my teeth in such a supportive environment where learning was encouraged. I spent 3 years with the men's Academy and started with the ladies in 2018. I had no idea I was going to coach the ladies.

It is Woman's month so I am very excited that I secured this interview with you in celebration of woman who seeks to challenge paradigms and restrictions society placing on us. I am going to ask, broadly speaking; do woman generally think differently to men? What has been the biggest mind shift you have had to make "entering" into a space dominated by woman?

Women certainly think differently to men. In my experience Women are very detail orientated and constantly ask questions. I really enjoy this as the ladies want to learn and understand why and how we do certain things. The analogy I always use is this: If you ask a guy to run and touch a wall 20 meters away he will just do it. A woman will ask if she should sprint or jog, whether she is wearing the right shoes, if she must touch the wall with one hand or two.... Working with detail orientated people has made me a better coach as I am constantly questioning my methods of delivering a message.



The South African public is a proud and knowledgeable rugby nation, why does it appear that the SA Woman's 7's game is lagging way behind the other traditional rugby power houses such as Australia and New Zealand?

The answer is simple; as a society we are very conservative. We have never invested in Woman's rugby and given it the platform it needs to grow. Woman's rugby is burgeoning across the world and while things are changing slowly in SA we are very far behind in terms of investment and thinking. In 2020 I would've said Australia and New Zealand are 10 years ahead of us, now they are 20.

Our schools are not geared towards offering rugby as a competitive sport for girls, is this the level at which change needs to happen; a well structured breeding ground for our girls to make the transition easier to international competition?

It certainly will but it's not going to happen anytime soon. Rugby needs to compete with netball, athletics and hockey. It will take a long time to change perceptions and implement proper structures and frameworks in the schools. At the moment most of the girls playing rugby from U/13-U/18 are the girls who are not athletic enough to play the above mentioned sports at a high level. In 7's the athlete is king and while we have some good rugby players in terms of pure athleticism we struggle to compete on the world stage. The reason why the Springboks are the force they are is due to the Elite Player Development program that starts at U/16 level which has a high performance focus. Our girls U/16 level is geared to mass participation. While it is wonderful to bring people to the game it does not help to develop world class talent.

What are some of the stigmas our girls need to overcome when choosing rugby as their career?

I think things are changing slowly. There are many stigmas and I feel for these young women. People are quick to judge and for no reason. In 2022 we should be providing opportunities for young women to pursue whatever they fancy. My constant push is to get these ladies to be respected. They work just as hard, if not harder than the men, and they do not get the credit because they are not taken seriously. We are light years behind the men in terms of wage parity, funding, investment, resources and optics. The Woman's game needs proper investment. It is that simple.

Watching the men and ladies 7's teams doing a farewell lap, before they head off to the Commonwealth Games, during half time at the 3rd test between South Africa and Wales at Cape Town Stadium, they all seemed to get along really well. Is there at any level of coaching, integration/sharing of skills and tactics between the 2 squads?

We try to train with the Men's academy at least once a week. The level of the Woman's game is so low we struggle to get quality local competition. Playing against the men allows us to reach the intensity we need to operate at in order to play against the top teams. Playing against the guys allow us to train against width and people who move better than we do. The ladies are incredibly brave.

Back to your playing days, who is the one player you enjoyed playing against most; you knew that you always needed to bring your "A" game when you faced him, but as soon as the final whistle had gone you could crack open a beer with him and to this day you are still friends?

Looking back I am not sure. I always enjoyed playing against Thomasi Cama from NZ. He was just magic and had so much time on the middle. He thought two steps ahead and his reading of the game was unrivalled.

Like players, I am sure coaches also have mentors and predecessors they are in awe of and strive to be like; who would that person be for you and why?

I was fortunate enough to work with many great coaches. Loffie Eloff and Pieter De Villiers come to mind. The person who taught me the most was undoubtedly Paul Treu. He is an absolute genius. The way he sees the game is truly special. I feel he is ahead of his time here in SA. He should be the head coach of England or Australia.

What has this stint of coaching taught you about yourself, and would a career in international coaching be a long term consideration?

Coaching has taught me that I have very little patience. I have however become adaptable and smart in the way we operate. I have a wonderful management team. They always say you're in the pound seat when everyone around you is smarter than you. The world we inhabit is about constant improvement, implementation and execution and it is sometimes very draining to keep driving that. As I alluded to earlier I am very competitive and

being in the Woman's game in SA has been frustrating at times. I am on a journey to build these talented young women I work with up and to try and raise the level of Woman's 7's in SA.

How has your family life adapted to your international coaching career?

My family is extremely supportive of my career. It is becoming increasingly difficult to be away from home. My son Karter turned 3 in June and he is the light of my life. I hate being away from him. My better half Angelique is my rock and I'm so grateful to her for the sacrifices she makes in order for me to do what I do. It is tough but if this job was easy anyone could do it. We do what needs to be done; my job is to serve the players. My only focus is to make them better people and rugby players.

I have to ask you; what is your prediction for this upcoming 7's World Cup taking place in Cape Town? Which nation will lift the Men's trophy and who will lift the Woman's trophy?

The Springbok 7's will win the men's competition. New Zealand or Fiji the Women.



As usual it is always great catching up with you. Thank you for making time to share and give our readers some insight into your interesting career of 7's Rugby. We wish you and the team all the best for a successful Commonwealth Games and we will certainly be cheering you all on at the World Cup in September.



Mrs. Wendy-Ann Ollis

Health Care Zone 2 – Room 25B

Wendy was born in East London. She was married to Keith Ollis and has one son Dale who lives in the UK and a daughter Megan who lives in Cape Town.

As a family they enjoyed holidays in the UK, Drakensburg and Chintsa in the Eastern Cape.

Wendy has spent many years of her life working with orphans, teaching kids and being a foster parent to orphans.

Wendy loves to sing, pray and read her Bible.

Welcome Home Wendy



Please respect the elderly!

Learn patience day-by-day...
A little love from you and me
Can go a long, long way!
God's love towards Mankind goes on
For all eternity
And when His children must pass on,
He treats them tenderly...

Please respect the elderly!
No matter, fit or frail...
A soothing word or pleasantry,
Is hardly known to fail.
Lord Jesus died for one and all...
He died for young and old...
While young at heart we may walk tall,
In time, we're not so bold...

Please respect the elderly!
Is that too much to ask?
Our actions prove our courtesy,
Regardless of the task...
God hears the prayers of everyone,
No matter, rich or poor.
If we do things that must be done,
God couldn't ask for more...

By: Denis Martindale



We remember with fondness the following Residents who passed on recently. We trust that the memories they created with their family and friends will be of comfort to all during the weeks and months that lie ahead.



Mr V Kingswell - Sunrise 29/09/1935 – Sunset 25/06/2022

He will be remembered for his patience, his quiet calm nature and a smile that made our hearts melt. He always showed appreciation to those around him. He liked to watch movies and always enjoyed a hot cup of coffee. When I called him handsome he would always reply "don't lie" with a beautiful smile that lit up those blue eyes. He was quiet but liked a good conversation. We will miss him dearly, may his soul rest in peace and rise in Glory.

Mrs M Basson - Sunrise 05/10/1931 – Sunset 10/07/2022

Mrs Bason was known as Peggy.

In perfect short words oupa describes ouma as the perfect wife and mother. She wasn't much for speaking, but the simple smile she would give now and then was always good enough. She loved her pasta and loved grabbing your hand; I guess it was her way of greeting everyone, or getting your attention. We will treasure her memory and we are proud to have cared for her. We will miss her dearly and continue to care for her beloved husband as we know she expects us to.



AUGUSTUS / AUGUST 2022

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
1	2	3
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 11 11:45 Prayer Meeting in lounges Dr.Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
8	9	10
08:30 DVD Library 09:00 Outing: Red Cross War Memorial 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105 PUBLIC HOLIDAY WOMEN'S DAY	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 13 11:45 Prayer Meeting in lounges Ds.Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall 19:00 Small Group Meeting in F022
15	16	17
08:30 DVD Library 09:00 Outing: Red Cross War Memorial 10:00 Tea Time: lounges 11:00 Activities 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 Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 11:00 Live Entertainment in the Hall 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 17:30 Residents Boerewors Braai 19:00 Small Group Meeting in F022
22	23	24
08:30 DVD Library 09:00 Outing: Red Cross War Memorial 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 16 11:45 Prayer Meeting in lounges Ds.Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening in the Hall 19:00 Small Group Meeting in F022
29	30	31
08:30 DVD Library 09:00 Outing: Red Cross War Memorial 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 18 11:45 Prayer Meeting in lounges Dr.Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022

Thursday	Friday	Saturday	Sunday
4	5	6	7
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie In John Killian	08:30 DVD Library 09:30 One Hour for Jesus Communion Service Ds.Francois Human 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 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Blazing Sun 18:00 Woord & Lied Dr. Chris Saayman
11	12	13	14
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	08:30 DVD Library 09:30 One Hour for Jesus Dr.Allie van der Westhuyzen 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Change-UP 18:00 Woord & Lied Dr. Chris Saayman
18	19	20	21
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Ds.Francois Human 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 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 15	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Buddy Games 18:00 Woord & Lied Dr. Chris Saayman
25	26	27	28
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 Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Dr.Allie van der Westhuyzen 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers & Wheelchairs 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 17	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Here Today 18:00 Woord & Lied Dr. Chris Saayman
Gym Trim in the Hall EVERY Tuesday @ 09:30 Heartland Series Wednesday's in Decentralized lounges @ 10:30 Fruit & Veg Lorry EVERY Wednesday @ 12:30 Heartland Series Saturday's in Decentralized lounges @ 15:00 01st August 2022 Friends Meeting in the Hall @ 15:00 04th August 2022 Morning Market in the Hall @ 09:30 08th August 2022 Garden Club Meeting in the Hall @ 16:00 10th August 2022 Residents Talk in the Hall @ 15:00 17th August 2022 Live Entertainment in the Hall @ 11:00 24th August 2022 YouTube Social Evening in the Hall @ 18:00 25th August 2022 Lotto Draw in the Hall @ 18:30 26th August 2022 Bring & Braai @ 18:00			

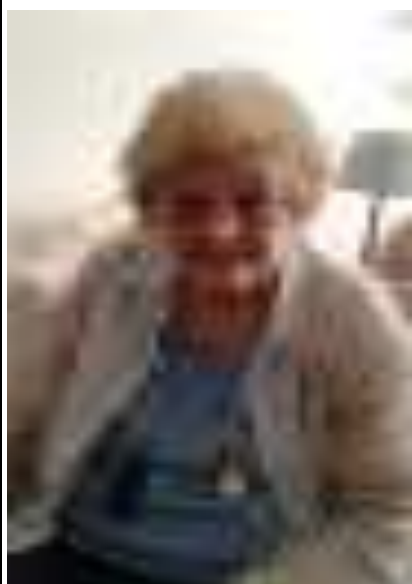


Mrs M Lovell – Sunrise 22/12/1930 – Sunset 13/07/2022

Petite as she was Mrs Lovell had a smile that could light up a room, this is what comes to mind when I think about her. She was a quiet yet friendly person, and will be remembered for her style. She always looked amazing with her makeup and clothing matching perfectly. She loved working in the garden and watering the plants in the late afternoon on a sunny day. We will miss her warm smile and the friendly way she used to greet everyone. We will miss her dearly. MHDSRIP

Mrs V Helm - Sunrise 01/11/1930 – Sunset 16/07/2022

She was a great woman of faith, who loved God above all else. She was kind hearted and treated everyone with great respect. She had a good sense of humor; we never had a dull moment with her. If you needed to have a good laugh to lift your spirits, you just needed to pop in and have a visit with her. It was a known fact that Mrs Helm will brighten your day. She was always showed gratitude for the care we provided her. She will be dearly missed, and never forgotten. Heaven is smiling because you are finally home, fly high with the angels.



Mrs J Smith – Sunrise 13/11/1935 – Sunset 22/07/2022

Firstly, thanks to the Lord for the opportunity He gave us of knowing such a wonderful woman. Thanks for the exemplary life you lived. Thank you for being a mother to everyone who has known you. What defined your heart was kindness. Your life was a blessing, your memory lives on and therefore, you will always be remembered. We are going to miss you beyond measure. Fly high Ma. Lots of love from all the staff.

Venetia Helm (my mom) was a happy resident at Plumrus since December 2011. She could always be seen peering through the sliding door of her flat. No one was allowed to close the curtain, as she wanted to watch the activities of everyone outside. She loved sitting in her chair watching TV, while being looked after by her kind and loving carer. She was



a devoted Christian who loved her Lord with all her heart and has now gone home to be with Him. She was also one of the kindest people that I have ever met and was always concerned about the welfare of the other residents. She had a lovely sense of humour and was always quick with a cheeky retort. We her family, as well as her friends, are going to miss this beautiful soul.

(Submitted by; Daughter – Wendy)



Joan Marion Smith passed away on Friday 22 July 2022, aged 86 years young. She said she was going home - may we find comfort in this thought. And she is now with her beloved husband Peter.

She was a wonderful and loving mother and grandmother who was loved dearly by our family. She leaves behind her 3 close knit daughters Cheryl, Diane and Michelle and their loving families, including 3 supportive sons-in-law, 6 beautiful grandchildren & partners and 3 delightful great grandchildren. Her nightly prayers always included each member of her family and others in need.



Mom was an attention to detail person, someone who always took care in her appearance and expected a high standard from us all! Her priorities were her close and extended family and a number of lifelong friends. She loved gardening, knitting, cake decorating and collecting thimbles.

The family wishes to thank the Carers and Staff of Rusoord who cared for our Mother and showed her loving care and kindness during the last years of her life.

(Submitted by; Daughters – Cheryl, Diane & Michelle)

5 Senior Wellness Tips You Need to Know

Many people dread getting older for a variety of reasons. Fortunately, what was once associated with normal aging has long since proven to be a myth. Instead, your golden years can be fantastic, but it takes adopting healthy lifestyle habits to sustain you and enjoy your life to the fullest. What can you do right now? Take a look at these senior wellness tips:

1. Lighten Up:

When you were young, it was important to establish key habits. A bit of stubbornness here and there helped protect you and create a solid sense of wellbeing. You're not as young as you used to be, so lighten up a bit and enjoy your life. Live each day like there is no tomorrow, and go do what makes you happy. Worried people, your age don't do that? Stop worrying and experience everything you want to.

2. Get Social:

One common complaint about old age is loneliness. It doesn't have to be this way. Open up and start making friends. There are many seniors in the same position as you and will welcome a new friend. Even 2-3 new friends can make a big difference in your life. To make friends, join a seniors group, attend religious services and participate in other social events like bingo.



3. Get Active:

One of the best ways to enhance the quality of life as a senior is to become physically active. You can walk, swim, play table tennis or even do some gardening. Physical activity not only prevents weight gain but also has mental benefits that will last for some time. You will feel refreshed and energized after exercise, and most importantly, you will remain independent. The most important thing is to choose a physical activity that you like so that you will continue with it. For example, you can start gardening, read books, build jigsaw puzzles, solve crosswords, draw or paint. These hobbies will allow you to connect with others with similar interest and enhance your mental clarity and wellbeing.

4. Ease your Stress:

If you have worries or anxiety, don't let them build up inside you. Take steps to lower the stress by performing deep breathing exercises. These exercises also help with body posture. By relieving stress, you will be better able to enjoy other activities.

5. Sleep:

After a busy day, always make sure you get adequate sleep of at least 8 hours. Sleep is essential; it is when the body repairs all the damage done during the day and refreshes the mind. Plus, you can't function well the next day if you are still tired. When you sleep well, you will feel refreshed in the morning and look forward to the world and what it will bring.



Day Care @ PlumRus

Why stay at Home during the day all by yourself, when you can spend your day at PlumRus enjoying all the stimulation activities on offer, delicious food and great companionship?

For only R 395.00 per day, you can receive the following services when visiting:

- Basic Care (Washes/showers, Oral hygiene, Toilet routine, Hair & Nail Care)
- Medication reminders & administration
- Companionship & Activities
- 3 Wholesome Meals a Day
- Tea & Coffee

Take the first step to improving your overall wellness by contacting us and we will be happy to assist with a general assessment that will get you on the road to enjoying your life again. Email: rhodene@plumrus.co.za or juanita@plumrus.co.za

We want you to be part of the PlumRus Community





Born in 1970, in Aranos, Namibia, Cape Town-based Banie Stafford spent 18 years working in the local graphic design industry. After qualifying in 1992 with a National Diploma in Graphic Design, he commenced a two-year journey through South Africa's farmland districts studying rural arts and crafts, before settling back into city life in Pretoria as a freelance artist.



In 1998, Banie launched his own design studio and, since then, has been actively involved in various successful design projects, including new packaging development for iconic South African brands such as Mageu Number One, Bio Sculpture Gel and Fine Form Fit. Furthermore, he is the designer of leading

industry magazine Packaging & Print Media, and an external moderator at the Tswane University of Technology. His newly established company, B Creative Marketing looks after high-end accounts like leading print technology supplier, ROTOCON.

With a natural passion for design and a creative, quick mind, Banie believes in being heads-down and hands-on when creating strong brand designs and messages for his large portfolio of clients. Customers, colleagues, and collaborators alike commend Banie's high work ethic and sound business principles. They're also captivated by his charming, quirky and colourful personality. "Right now, I'm continuing to build my design empire," he quips. "I certainly have better hair than Donald Trump ... He hasn't met me yet, but maybe one day."



SHARING MY STORY

It's Women's month and Stem Cell transplant month and because I fall into both categories, I've been asked to share my story with you.

We moved to Plumrus because I needed a stem cell transplant at the Haematology Isolation unit at Constantiaberg Medi Clinic, right next door.

We lived in East London and I was diagnosed with Multiple Myeloma (bone marrow cancer) in June 2019. Normally, one's bone marrow produces healthy stem cells, renewing the red and white blood cells constantly. When you have MM, rogue cells multiply and displace the red and white cells and finally begin to eat away at your bones to make more room to multiply. Your immune system is severely compromised and bones fracture easily.

"You will keep him/her in PERFECT PEACE, whose mind is fixed on You, because he trusts in You." Isaiah 26v3. At the time of my diagnosis, this Scripture became very meaningful to me. The Hebrew language does not use adjectives, but repeats words for emphasis. Perfect Peace is actually PEACE PEACE. Because my career was in Psychology and Special Needs teaching, I thought in terms of left brain and right brain. Instead of panicking, I committed the left brain interpretation of the Big C "death sentence": diagnosis, blood tests, cancer markers, facts and figures, to the Lord and asked Him to control my right brain interpretation such as panic, anxiety, nightmares and imaginations. I have had PEACE PEACE ever since.

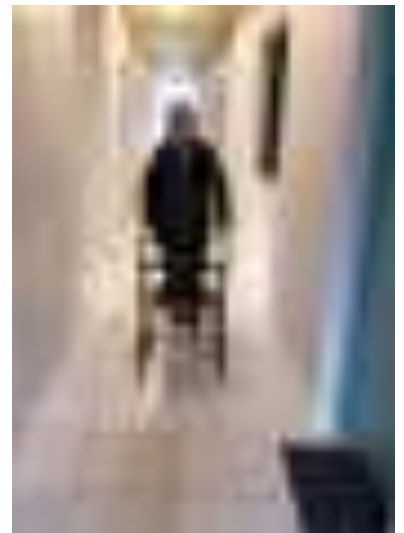
After 9 months of weekly chemotherapy injections (which cost R5000 each!) and which I had to mix and administer to myself because Covid precluded hospital visits, we travelled to Cape Town to gear up for the transplant. The stages are;

1. Extra-heavy chemotherapy
2. Loosening of the bone marrow by a series of injections (They call it "conditioning"!)
3. Harvesting the stem cells: They extract your own stem cells from your bone marrow with a special machine and you can watch your blood turn orange!
4. More INTENSE chemotherapy
5. They transplant your own stem cells back into you and you have to spend up to a month in the isolation unit whilst the baby stem cells "take."

After stage 3, I developed a severe infection in my left hip prosthesis (a previous hip replacement) and they stopped the transplant mid-process and I had to have an emergency hip replacement.

After 9 months, we re-commenced at Stage 4, more hectic chemotherapy. So I lost all my hair twice!

The time in isolation was very challenging; no fresh air, constant horrible side-effects (which continued for 7 weeks after I came out of isolation) 15 kg weight loss (which was not such a bad idea!), a very stringent low-microbial diet (which the Plumrus kitchen gallantly tried to keep to).



The worst was the physical weakness. To try to keep exercising, we measured the passage: 30 lengths = 1 km. I pushed my drip stand up and down the passage in between the nausea and managed 15km in hospital and completed the 42 km marathon back at Plumrus. Friends sponsored me per km and we raised R25000 to help feed the homeless via the church.

Only 1% of cancer patients have MM. There is no cure and a stem cell transplant may extend your life expectancy by an average of 6 years. I am grateful that my transplant has apparently "taken" I used to have a poster on my office wall which read: "God put me here on Earth to achieve a certain number of things. Right now, I am so far behind, that I shall never die!" Not likely!

My faith in my Father God has carried me through this experience in every possible way. My current favourite quote: "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

Thank you Verena for sharing your very personal story with our readers. Your sharing makes us so aware of struggles people around us are going through. The biggest lesson is to read of your unwavering Faith in our miracle working God. A God who has been faithful and has promised; "I will never leave you or forsake you". We will continue to pray for your treatment to be successful.



May 10, 2022 – Today, DKMS celebrates a significant milestone in the organization's history: 100,000 second chances at life provided to a patient with blood cancer or another blood disorder. For the international nonprofit organization, this wonderful accomplishment is far more than a number or a benchmark: every single second chance at life represents a patient and their personal story. The Sunflower Fund was inspired by the heroic struggle against leukaemia of two brave young men, Darren

Serebro (1997) and Chris Corlett (2000). DKMS was founded more than 30 years ago in Germany after Mechtild Harf's family was told the only treatment for her leukaemia was a bone marrow transplant. For more information visit: www.dkms-africa.org





EVERYTHING YOU WANTED TO KNOW ABOUT ORGAN AND TISSUE DONATION; AND HOW TO REGISTER

"I don't want to have a label; I want to have a legacy" Priyanka Chopra

If you are someone who heeds the call to donate blood often, shaved your head or painted streaks in your hair in support of cancer patients, or signed up as a stem cell donor, then chances are you may have considered registering as an organ and tissue donor.

Well, did you know?

- You can save seven lives by donating your organs.
- You can help repair the lives of up to 70 people with your tissue.

Organ and tissue donation –everything you wanted to know, and how to register!

Just the thought of talking about organ donation may seem morbid, but the reality that we all face, is that death (and taxes, unless you are living in a cave someplace) are unavoidable. So why not discuss what you would choose to happen after your death? In this case sharing your decision to be a donor with your family really is caring. It leaves them one less thing to agonise over at the time of your passing (at a time they may be struggling to deal with emotions; shock, disbelief, feeling overwhelmed and grief).

Not many people know that some 85% of people who die could help others through tissue donation and that, significantly, one tissue donation can save or improve the lives of up to 50 people. Did you know that human tissue (skin, heart valves, tendons, corneas and bone) may be donated up to 5 days after death? Or that someone can actually donate a femoral head at the time of an elective hip replacement surgery?

Bone and tissue donation improves the quality of life for thousands of South African patients who need life-enhancing bone transplants to heal bone fractures, fill in bone defects, or create bone where it has been lost through trauma, cancer or other illnesses. Did you know that when someone experiences major burns (and in SA, this is most often children) pain is reduced and they recover much quicker when donor skin is applied as a temporary covering (God's band-aid) for the burns?

A harsh reality is that at any given time in South Africa there are thousands of patients desperately waiting for a life saving organ transplant with far too many dying due to the shortage of organs available for transplant. One example to illustrate the need is that 15% of South Africans is affected by chronic kidney disease with as many as 20 000 new patients requiring treatment every year. The need for an organ donation is not a rarity which only affects a few people, as anyone suffering from diabetes or high blood pressure is also at risk of one day maybe needing a life saving organ transplant.

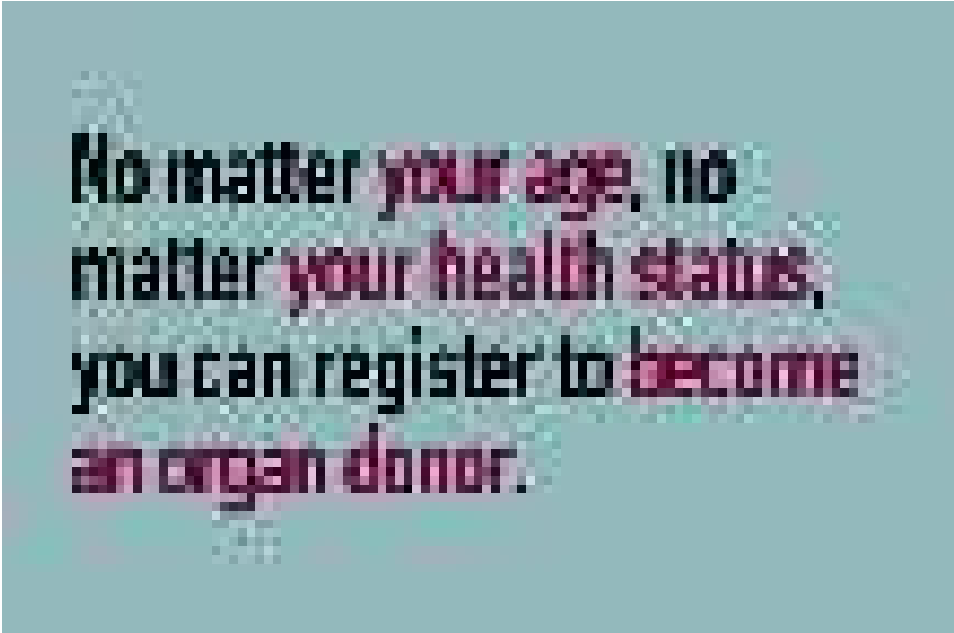
So, please recycle all of me so that my death brings new life to someone else. If I am part of the 1% that die in hospital, whilst on a ventilator and have been declared brain-stem dead, then take my organs (heart, liver, pancreas, kidneys and lungs) and maybe give a young woman a chance to be a mother, and to watch her children grow up. If not, please recycle my corneal tissue, allowing someone else to see clearly, perhaps to study. Maybe use my heart valves so that another may become well, allowing them to return to employment, providing for their family and contributing to society.

Organ donation is a legacy. It is the gift of hope that extends hope beyond your lifetime. I will not need my organs or tissue once I am gone. Maybe my organs will go to a future world changer who, without it, would not live to fulfill their life's purpose.

All you need to do to become an organ and tissue donor after your death is to sign up with the Organ Donor Foundation of SA, and then share your wishes of being a donor with your next of kin.

Registering is free, easy and involves no invasive procedures. Remember to inform your friends and family of your wishes.

Visit www.odf.org.za or call Tel: 0800 22 66 11 (toll free)
Its quick and easy to save 7 lives and help up to 50 people.



**No matter your age, no
matter your health status,
you can register to become
an organ donor.**

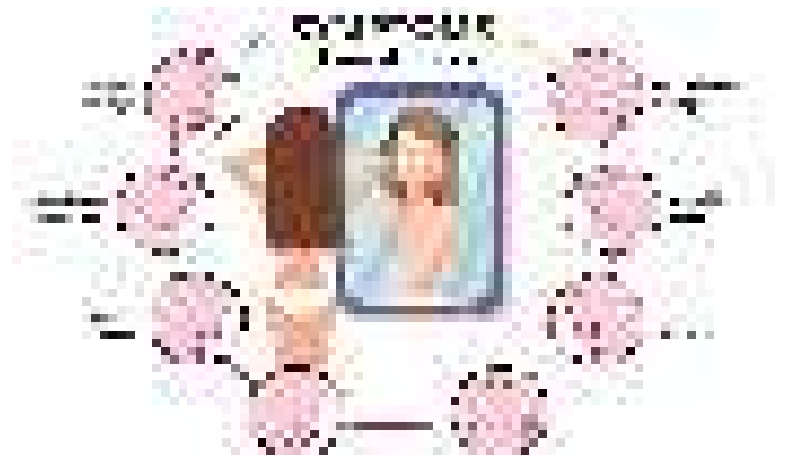
Happy women's month everyone!!

As we enter the month of celebrating women, let us take the time to reflect on our lives as women. These days with everything that is happening, the pandemic, load shedding, increased fuel and food prices, and the increase in gender-based violence we are witnessing we are so busy looking after our families and work that we often forget that if we do not look after ourselves, there will not be anyone to take care of the people we love and cherish the most. So let us have a look at the top 3 issues affecting woman's health in South Africa and explore ways to prevent these issues and how to go about doing this.

1. Breast Cancer

We all know about breast cancer, but are we taking the necessary precautions to protect ourselves from falling victim to dying from this treatable disease? Often, we hear about breast self-examination, but how often do we do this? Statistics show that 1 in 25 women have a lifetime risk of developing breast cancer, and more women are developing breast cancer before the age of 40.

Simply put, a woman should examine her breast once a month 2 days after her menstrual period. Do this regularly, to familiarize yourself with how your breast tissue normally feels, this way you will notice an abnormality immediately.



2. Cervical Cancer

Cervical cancer is only detectable by having a pap smear; this is a simple procedure, done at your local clinic or your gynecologist. It is the second most common type of cancer after breast cancer. Many women fear having a pap smear, but it's a painless procedure, which could potentially save your life. Every woman 30 years or older should have a pap smear at least once before she turns 40, and every 10 years after that for early detection. Should you have a family history of cervical cancer, you should have a pap smear more regularly; your healthcare provider will advise you accordingly.

Cervical cancer is caused by the human papilloma virus (HPV), and women can decrease their chances of abnormal tissue growth by preventing infection with sexually transmitted diseases and early recognition and prompt treatment in the case they do contract a sexually transmitted disease. STIs cause scarring of the cervix, which increases the chances of abnormal tissue growth.

3. HIV and AIDS

This one needs no mention; we all know the statistics, and the rate of infection in South Africa. HIV has become manageable with current treatments, and it is no longer the death sentence we once thought it to be, but the only way to protect you from this monster is prevention. Safe sexual practices, regular testing (every 3 months for sexually active individuals), maintaining a trusting relationship with your partner or spouse, or abstinence are preventative measures, but once again, early detection and treatment are life-saving when it comes to the management of HIV and AIDS.

Let's be realistic about it, no one knowingly contracts HIV or AIDS, yet we hear stories about women who had no clue they had contracted the disease from their partner, we need to be wise regarding our relationships and who we allow into our lives. Regular testing may not prevent the disease, but it does lead to early detection and treatment, which overall leads to better patient outcomes.



In closing beautiful woman, look after yourself, be fearless, have that pap smear, go for that HIV test, and don't let fear lead to your death, we are proud, we are strong, and we have people who depend on us. Let's support one another, let's hold each other's hands, and be a comfort to one another. Together we can

accomplish anything, you are not alone.

NB: should you need advice regarding pap smears, breast examination, or HIV testing, please feel free to contact Sr Simone.

(Submitted by: Sr. Simone Lawack)



In March 2022 I entered my organization Disability info South Africa (DiSA) www.disabilityinfosa.co.za into the SAB Foundation **Social Innovation and Disability Empowerment Awards as an innovative idea to assist persons with disabilities in South Africa.**

Disability info South Africa or DiSA as we like to call ourselves is a Free Disability Information Portal which I started in 2015 to not only provide easy access to information via our website, but also through our free contact centre, providing advice and guidance to those in need.

Over the years DiSA has become more than an Information Desk, but also provides platforms to help **Identify, Address and Remove** barriers to access in South Africa, creating a link with other like-minded companies and organizations who provide products and services to assist persons with disabilities. Through this membership these companies, clubs and organizations not only assist us financially, but are also available to assist and support those in need. By sharing their knowledge and expertise, these members prove an essential cog in the DiSA wheel.



Earlier this year in June, I heard that I had preliminary reached the finals and was in the top 7 in my division. To enter the competition, I had to fill out a 12-page document on my idea and why it was innovative and how it assists persons with disabilities. We also had to discuss a 3-year plan and what I would do if I won the first or second prize in the competition. First prize being R1.3 million and second prize R750,000. There were approximately 300 entrants in my division.

On Thursday the 21st of July I had a site visit from the director of the SAB Foundation as well as one of the judges who assessed my business and were very happy with what they saw. I was told that I am now in the top 6 and will need to fly to Johannesburg on the 29th of August to attend a two-day workshop and on the 3rd, day will need to do a presentation to the judges. Part of the presentation will be a 2-minute video which they recorded on Tuesday the 26th of July when a videographer and his team visited me at PlumRus.

The results of the competition will be announced on the 12 of October when they have the awards evening which I would also need to attend. All expenses for the trips will be covered by the SAB Foundation.

With the support gained from winning one of these prizes we will not only be able to grow the DiSA by employing various personal but will also improve the service and be able to assist more persons with disabilities.

If you or your family need any assistance with regards to service or products, please feel free to contact us on the details below and we will advise you where we can or put you onto companies or organizations that can assist you.

Office: 021 761 4831 - **Alan:** 084 504 9176 - **Email:** info@DiSA.org.za

Website: www.disabilityinfosasa.co.za

Congratulations Alan Downey (N05) for being nominated as a finalist in this prestigest competition, we will surely be holding our thumbs crossed until the results are announced on the 12th October.

'n Padda in die Keel

'n Paar eeue gelede as iemand hees was, het die mense 'n padda in sy keel gesit. Daar was 'n ou geloof dat 'n mens nie stilstaande water moet drink nie want 'n mens sou die paddaeiers daarin insluk. Na 'n ruk sou die eiers in jou maag uitbroei en die maklikste ontsnaproete was boontoe deur die keel. Dit was dan die oorsaak van jou heesheid. Om die infeksie gesond te maak is daar werklik paddas in mense se kele gesit. Daar is geglo dat die fungusse in die keel daardeur vernietig sou word. Die kop van die lewendige padda is in die mond van die sieke geplaas en as die padda asemhaal, sou hy dan die siekte uittrek.

'n Wit Olifant - 'n tafel by 'n kermis?

In die middeleeue in Thailand is 'n wit olifant as heilig beskou. As 'n man in die koning se hof hom iriteer, kon die koning 'n wit olifant as geskenk aan die howeling gee. Omdat die dier heilig was, moes die arme man natuurlik sorg dat die ding genoeg kos en water het, gereeld geskrop en gepamperlang word. Die olifant mag ook nie gewerk het nie, ook nie verkoop word nie en was dit dus nutteloos vir die ontvanger. Dink daaraan dat so 'n dier 250kg kos verorber het! Nie juis die mees ekonomiese troeteldier nie! 'n Reuse oorlas!

(Ingedien deur: Pat Van Wyk)



"The Little Boy and the Old Man"

Said the little boy, "Sometimes I drop my spoon."

Said the old man, "I do that too."

The little boy whispered, "I wet my pants."

I do that too," laughed the little old man.

Said the little boy, "I often cry."

The old man nodded, "So do I."

But worst of all," said the boy, "it seems

Grown-ups don't pay attention to me."

And he felt the warmth of a wrinkled old hand.

I know what you mean," said the little old man."

Hugo Gerhard Simberg - Towards Evening, 1913.



Gonna be a Bear

In this life I'm a woman
In my next life I'd like to come back as a bear
When you're a bear, you get to hibernate.
You do nothing but sleep for six months.
I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid.
I could deal with that, too.

When you're a girl bear, you birth your children (who are the size of walnuts)
While you're sleeping and wake up to partially grown, cute cuddly cubs.
I could definitely deal with that.

If you're a mamma bear, everyone knows you mean business.
You swat anyone who bothers your cubs. If your cubs get out of line,
you swat them too.
I could deal with that...

If you're a bear, your mate expects you to wake up growling. He expects
that you will have hairy legs and excess body fat.

Yup.....Gonna be a bear!

(Submitted by: Gaynor Dickson)





Finally , a Winter weather , windless & sunshiny Monday to enjoy a free Plumrus Taxi ride to Rondevlei Wetland [alias False Bay Nature Reserve], a City of Cape Town Nature Conservation area for flora & fauna & lovely indigenous Strandveld & Sand Plains Fynbos natural vegetation [the latter being nearly extinct through urban building].

We were grandly greeted by a smart lineup of uniformed CCT Rangers / Guides & given our own special Guide, Amber Ing, a super knowledgeable lass who had us enthralled by her nature talk as we ambled along easy walkways through the indigenous bush to some of the 6



bird hides over the water. The large vlei was full from rainwater alone & is fresh, not salty. We could walk down to undercover decks to sit on benches to view the busy coots , yellow bill ducks, whistling ducks, gulls, egrets, a spoonbill & briefly one purple Moor Hen. [sadly no Flamingoes or Pelicans this time]. The quiet, quiet Peace!

The water is crystal clear due to filtering through the reeds & vegetation & mostly clear of invasive, but pretty flowered Water Hyacinth as it is now killed by spraying with water soluble weedicide then loaded up on a boat when dead & discarded.

Great excitement when some folks saw Waterblommetjies in white flower for the first timerecipes followed.

No traffic noise, just the clicking frogs & quacks.

Amber pointed out various plants used as medicines, in homes & as food over the years, eg Wild Rosemary, Camphor Bush, Everlasting "Kooigoed", a sweet

smelling shrub used in mattresses, dried wild Dagga smoked, Kapokbos for birds nests. Outstandingly brilliant yellow Bitou daisy bushes [Osteospermum] everywhere;



smell like coffee & have human & bird edible fruit. April Fools Lily grows flat in the sand with a circle of round leaves up to 1 metre long!

Hippopotamus were introduced to the Reserve in 1982 from Limpopo with Brutus , the male Beast , still one of the originals - he having killed Cleo & Portia . Now there are 8 but rarely seen as they forage at night [sunburn during the day so they keep under water] but we saw piles of grass dung on the paths. Maybe that's why some folks climbed the high viewing towers to look through the telescopes?

There were sandcastle sized molehills made by 2 kinds of sand dune moles next to the paths but most impressive here was the dinner plate size of the previous night's hippo spoor with very clear toe prints. Porcupine diggings & other littler creature scratchings litter the sand.



We returned on the same path, which is a total of max 1,5 km for huff & puffers, including hide detours to sit in , & visited the Leonard Gill Field Museum which displays a 300 to 400 year old Hippo bone dug up there! Present day animals roaming there display taxidermy caracal, genets, polecats [Muishonde], gerbils, field mice, otters & hares as well as the huge range of birds & their migratory maps. This is a Ramsar site, preserved forever.



There being no cafe, we were given biscuits & water "Kurt -esy " of Plumrus as we sat in the shade & foraged on sweet Cape Ash fruit & Suuring stems also & thanked our Lucky Stars for such a lovely day .

Thank you to Amber and the team at Rondevlei Nature Reserve for making our Resident's visit to the facility a memorable one. Unfortunately we only managed one visit during July due to incriminate weather. Thank you to Cindy for the refreshments and to Kurt for always ensuring that our Residents arrive safely at their destination.

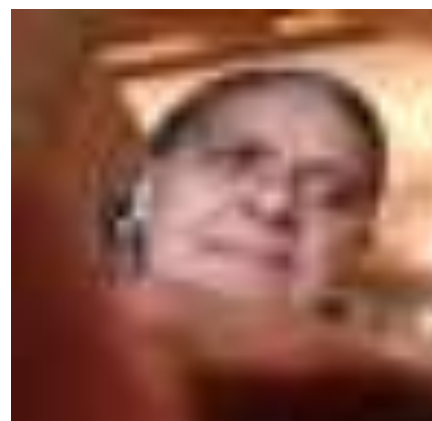


Our Blood is Green

Celebrating a series win over Wales with Family & Friends



Eben jou doring – 100 SA caps!





The Parker family from the USA entertained our Residents during two lunchtimes, with an amazing recital of classical music. Thank you Grant, Marie-Louise, Kai and Toban for always sharing your musical talents and passions with us whenever you visit Cape Town. Safe travels back home.

Our monthly YouTube evening celebrating the music of The Campbell Brothers was a great success. There was much singing along and dancing to the familiar tunes. Our new DJ LANGE (Caylynn) almost enjoyed the evening more than our Residents.





The last Mini Market was an unqualified success; such an amazing atmosphere. Tables which in the past have been wondering if they would sell most of the items they have for sale, this time had queues of people wanting to buy. A really happy time was had by all.

Our August Market takes place on the Thursday the 4th from 09:30. Please invite your family and friends to join us.



Thank you to Jackie from Guide dogs for the Blind for sharing the amazing work they do amongst the visually impaired. Jackie together with an instructor will be back during August to share more about how the guide dogs are trained...don't miss it!



Mrs. Hilda Robertson enjoying the PlumRus gardens and great Cape Town winter weather.

Our Residents age backwards...looking good Pat Goldman



Nikki Garwood looking the part and ready for his Prom Night



Veronica Ramawoothar enjoying a visit from her son Roshin and daughter-in-law Jacky



Residents enjoying their Saturday morning in the Coffee Shop

Mense ek wil
julle waarsku
teen n vieslike
oog
infeksie.....Ek
het dit nou al 4
dae. Dis so
arg.....
Ek kan niks in
my beursie sien
nie..

To show that your results
 will be in the 10 to 15 percent
 Warren and Hanes 1960
 1961 1962 1963 1964 1965 1966 1967 1968 1969 1970 1971 1972 1973 1974 1975 1976 1977 1978 1979 1980 1981 1982 1983 1984 1985 1986 1987 1988 1989 1990 1991 1992 1993 1994 1995 1996 1997 1998 1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 2197 2198 2199 2200 2201 2202 2203 2204 2205 2206 2207 2208 2209 2210 2211 2212 2213 2214 2215 2216 2217 2218 2219 2220 2221 2222 2223 2224 2225 2226 2227 2228 2229 2230 2231 2232 2233 2234 2235 2236 2237 2238 2239 2240 2241 2242 2243 2244 2245 2246 2247 2248 2249 2250 2251 2252 2253 2254 2255 2256 2257 2258 2259 2260 2261 2262 2263 2264 2265 2266 2267 2268 2269 2270 2271 2272 2273 2274 2275 2276 2277 2278 2279 2280 2281 2282 2283 2284 2285 2286 2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701 2702 2703 2704 2705 2706 2707 2708 2709 2710 2711 2712 2713 2714 2715 2716 2717 2718 2719 2720 2721 2722 2723 2724 2725 2726 2727 2728 2729 2730 2731 2732 2733 2734 2735 2736 2737 2738 2739 2740 2741 2742 2743 2744 2745 2746 2747 2748 2749 2750 2751 2752 2753 2754 2755 2756 2757 2758 2759 2760 2761 2762 2763 2764 2765 2766 2767 2768 2769 2770 277

Edna.....Will not ver-
ginal last water of the
deep... the first
warmth my little
girl, the little girl
was not up on me!

De scriptie begint met:
 "Het is niet
 een boek."

De eerste zin is:
 "Het is niet
 een boek."

As a singer I sing at many funerals & I was recently asked by a funeral director to play & sing at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery out in the country. As I was not familiar with the area, I got lost. I finally arrived an hour late and saw that the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didnt know what else to do, so I started to sing. The workers put down their lunches and began to gather around. I sang from my heart and soul for this man with no family and friends.

As I sang Amazing Grace, the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my keyboard and started my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I've never seen anything like that before and I've been putting in septic tanks for for twenty years" Apparently, I'm still lost...

WORD SEARCH: COMEDY FILMS

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

BEAN

HOT FUZZ

SHAUN THE SHEEP

BIRDMAN

HOT PURSUIT

SISTERS

BRAVE

INSIDE OUT

SUPERBAD

CHEF

LAST VEGAS

THE FULL MONTY

EAST IS EAST

MINIONS

THE HANGOVER

ENTOURAGE

PIXELS

THE INTERNSHIP

GRIMSBY

PROJECT X

THE WORLD'S END