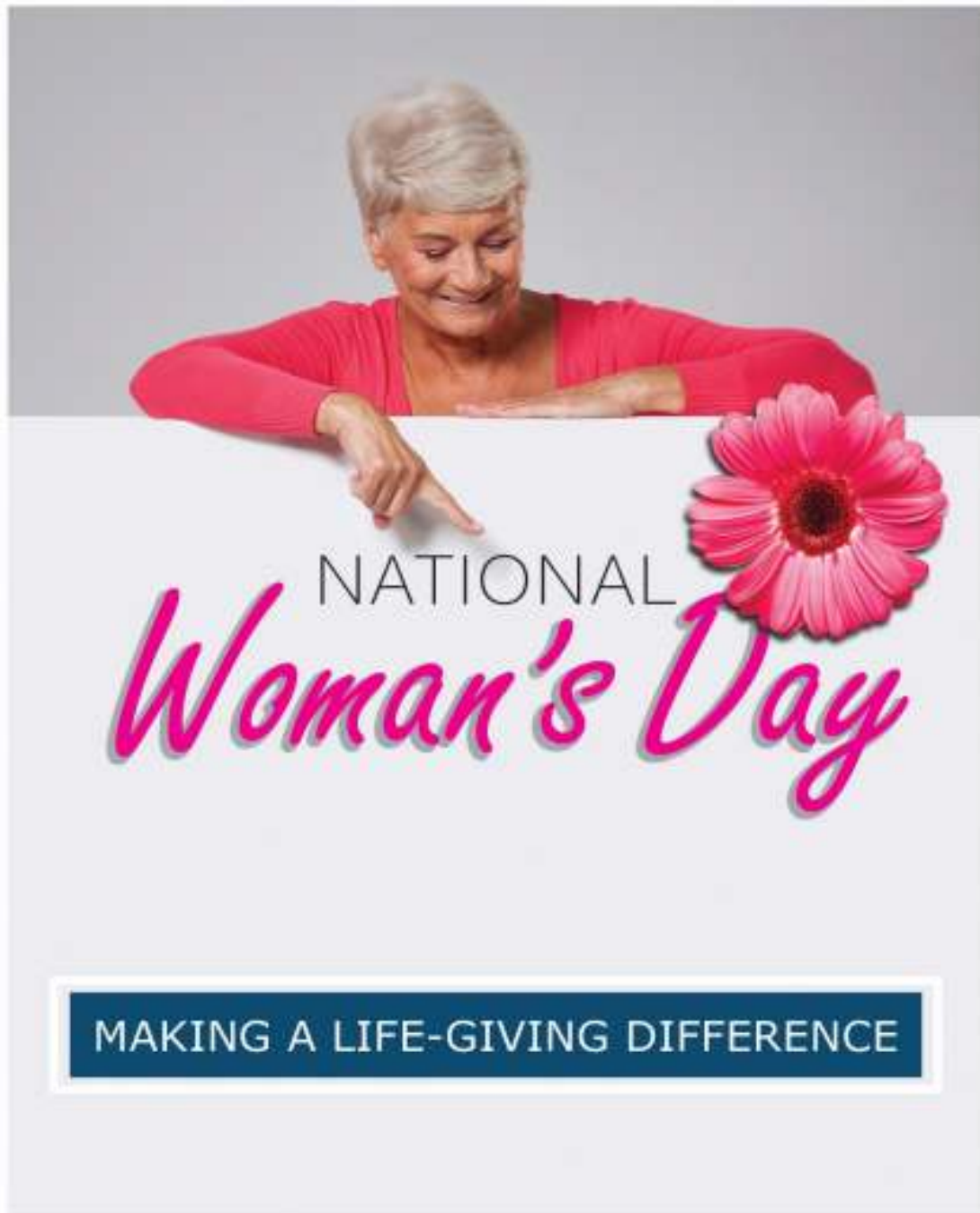


PlumRus News

AUGUST 2023



Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
4 th One Hour for Jesus	6 th Morning Service	6 th Evening Service
11 th One Hour for Jesus	13 th Morning Service	13 th Evening Service
18 th One Hour for Jesus	20 th Morning Service	20 th Evening Service
25 th One Hour for Jesus	27 th Morning Service	27 th Evening Service

LEAD ME TO THE ROCK THAT IS HIGHER THAN I...

It was one of the darkest moments of king David's life. His son Absalom had rebelled against him! By the time king David got news of this mutiny, Absalom was on his way to Jerusalem to seize his father's throne and declare himself king of Israel. David knew his life and the lives of those with him were in mortal danger. Instead of staying to fight and risk so many innocent lives, David fled Jerusalem. Barefoot and weeping, his head covered in mourning, King David hurried out of his beloved city. Absalom's betrayal and evil intentions broke his father's heart.

Deeply wounded and humiliated, David cried out to God for help. Later, he recalled his prayers in a psalm he wrote...

***Hear my cry, O God;
listen to my prayer.
From the ends of the earth, I call to you,
I call as my heart grows faint;
Lead me to the rock that is higher than I.
For you have been my refuge,
a strong tower against the foe.
Psalm 61:1-3***

While none of us is in the same league as king David when it comes to this sort of situation, we do experience times when people and circumstances seem to turn against us. For various reason at times like this, 'fighting back' may not be the best option. And like David we back off, trying to salvage as much as we can while desperately struggling to find a safe refuge. It takes plenty of courage to stay and fight, but it also takes courage to back down and look for other solutions. This is what king David did, and there's a lot we can learn from his response.

Through his tears, David prayed desperately..." *Hear my cry, O God; listen to my prayer.*" Being plunged into dark and difficult times, often strips away our superficiality and we get honest with God. We're struck by the realisation there's nothing we can do to stop what's going on...only the Lord can help us. Like David, when first confronted by calamity we feel overwhelmed by the darkness. Alone and scared, God seems a million kilometres away..." *From the ends of the earth I call to you, as my heart grows faint.*"



But God's never really far away. Flickers of light invade the darkness, and from somewhere deep within, strength wells up and words come pouring out...often similar to those king David cried - "*Lead me to the rock that is higher than I.*" The Spirit within assures us God is our refuge, a strong tower in which we'll find safety. A place of shelter, a fortress where our enemies can't reach us. There, hidden in his presence and enfolded by his love, we're safe in his towering strength. David called this place the 'rock' that was higher than he was. For David the 'rock' was God himself! In his Word, God often uses the metaphor of a 'Rock' to describe himself. He wants us to know he is solid, secure, protective and immovable - someone in whom we can find safety and comfort, even in our darkest times. This was the longing of David's heart - to hide himself in his mountain top refuge. The granite hideout of God's presence - the 'rock' that was higher than he was. For us today this 'rock' is Christ! He is our Rock and our salvation, our fortress....in him we'll never be shaken! He is the Rock that is 'higher' than we are, because of who he is and what he's done.



During a fierce storm on the sea of Galilee, the disciples caught a glimpse of the majesty of Jesus. Watching in amazement as he calmed the storm, they cried "Who is this? Even the wind and the waves obey him!" It slowly dawned on them...with power over the wind and waves, Jesus was infinitely greater than they'd thought he was! Later, these same disciples came to know Jesus as the Word of God who came to dwell among them. They saw his glory, the glory of the one-and-only Son of the Father, full of grace and truth. In an act of unfathomable love this one-and-only Son of God laid down his life as a sacrifice for our sins, solving the sin problem for good - not only ours but the whole world's. His resurrection from the dead defeated our final and greatest enemy and set us

free from the fear of death.

Can this all-powerful Creator of all things in heaven and on earth, this one-and-only Son of God who defeated our greatest enemies, can he intervene in the dark and stormy circumstances of our lives? Can he be our 'rock' that is higher than we are? Yes, he can!

Perhaps like king David, you feel far from God. Your heart has grown faint, and you're desperately need a strong tower to take refuge in. We know God heard and answered David's cry. In Psalm 3, written during David's flight from Jerusalem, he later described the Lord as a shield around him...his glory and the one who lifted his head high!

In answer to your prayers may you too find in Jesus one who is a shield around you, the lifter of your head, ***the rock that is higher than you are***. He will be your refuge, a strong tower where your enemies can never reach you.

**God Bless
Ps Dave Henderson**



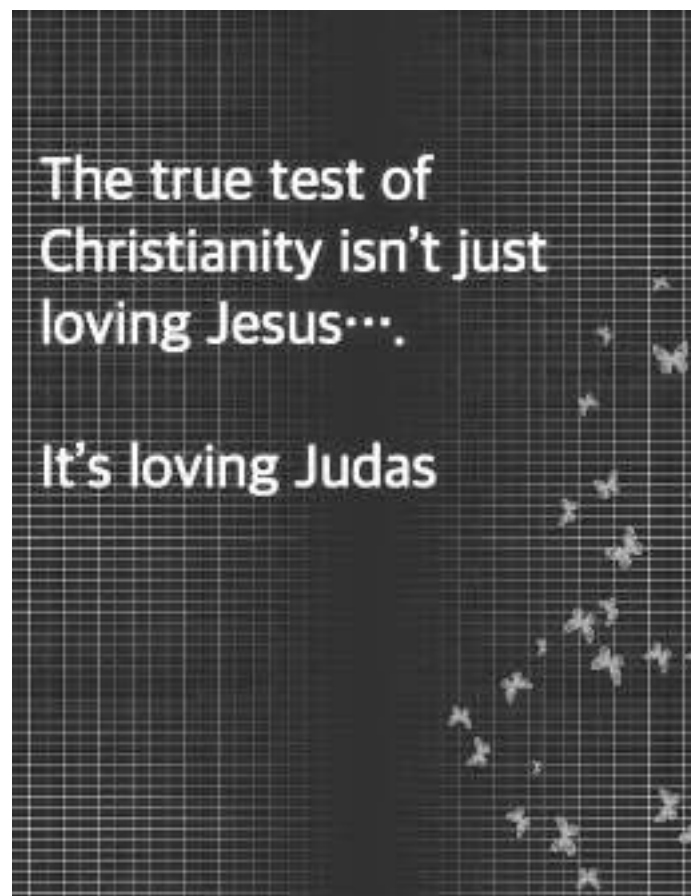
O Lord, refresh my soul in spring after the days of cold and gloom.

Yet, it was the days of cold and gloom that brought the rain to fill the dams, and we are grateful.

Thank you for the way that you have ordered the universe - everything in its time.
You are the Way, the Truth and the Light.

Forgive mankind, forgive us, for mishandling your creation and give us wisdom to handle it alright.

Submitted by: Adin Harmer



The Loyal Love of Ruth

"Do not plead with me to abandon you, to turn back from accompanying you; for where you go I shall go, and where you spend the night I shall spend the night. Your people will be my people, and your God my God. Where you die I shall die, and there is where I shall be buried. May Jehovah do so to me and add to it if anything but death should make a separation between me and you."

(Ruth 1:16, 17)

RUTH'S WORDS ARE REMARKABLE—SO MUCH SO THAT THEY HAVE LONG OUTLIVED HER, ECHOING DOWN THROUGH SOME 30 CENTURIES. THEY PERFECTLY REVEAL A PRECIOUS QUALITY: LOYAL LOVE.

THE LOVE THAT RUTH FELT WAS SO STRONG & SO LOYAL THAT SHE WOULD STICK WITH NAOMI WHEREVER SHE WENT. ONLY DEATH COULD SEPARATE THEM. NAOMI'S PEOPLE WOULD BECOME HER OWN PEOPLE. FOR RUTH WAS READY TO LEAVE BEHIND EVERYTHING SHE KNEW IN MOAB—EVEN THE MOABITE GODS.

UNLIKE CORAH, RUTH COULD WHOLEHEARTEDLY SAY THAT SHE WANTED NAOMI'S GOD, JEHOVAH, TO BE HER OWN GOD AS WELL.

Footnote:

It is noteworthy that Ruth did not use only the impersonal title "God," as many foreigners might, but also used God's personal name, Jehovah. The Interpreter's Bible comments, "This writer thus emphasizes that this foreigner is a follower of the true God."



ESTHER

1. God uses ordinary people to do extraordinary things
2. Beauty should not make us boastful
3. With God's help, we can step out in faith and fight our fears
4. Our past doesn't dictate our future
5. God places mentors in our life to teach us wisdom
6. Our strength does not come from us
7. Patience is a virtue
8. Loving others is the most beautiful thing we can do
9. We can make an impact for generations

ESTHER 4:14

For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?



Characteristics of a Godly Woman

1. She raises children
2. She shows hospitality
3. She is a servant
4. She is modest
5. She is respectful
6. She teaches good things
7. She loves her husband and children
8. She shows self-control
9. She is a keeper at home
10. She is kind
11. She is thankful
12. She loves God first, above all

5 RELEVANT LESSONS from SARAH IN THE BIBLE

WE CAN BELIEVE GOD WHEN HE SPEAKS.

UNITY IN MARRIAGE IS IMPORTANT AND ATTAINABLE.

OUR DECISIONS HAVE CONSEQUENCES.

GOD WORKS THROUGH OUR SINFULNESS.

WE ARE FOREIGNERS IN THIS WORLD.



TRAVELING ON YOUR KNEES

Last night I took a journey
To a land across the seas.
I didn't go by ship or plane
I traveled on my knees.

I saw so many people there
In bondage to their sin,
And Jesus told me I should go,
That there were souls to win.

But I said "Jesus, I can't go
To lands across the seas."
He answered quickly, "Yes, you can
By traveling on your knees."

He said, "You pray, I'll meet the need.
You call, and I will hear.
It's up to you to be concerned
For lost souls far and near."

And so I did; knelt in prayer,
Gave up some hours of ease,
And with the Savior by my side,
I traveled on my knees.

As I prayed on, I saw souls saved
And twisted persons healed,
I saw God's workers strength renewed
While laboring in the field.

I said, "Yes Lord, I'll take the job.
Your heart I want to please.
I'll heed Your call and swiftly go
By traveling on my knees."

By Sandra Goodwin



'n Potloodmaker het eendag vir al sy
potlode 5 reëls geleer:

1. Enige foute wat jy maak in jou lewe
kan reg gemaak word.
2. Alles wat jy doen sal altyd 'n merk
los.
3. Wat belangrik is, is wat binne jou is.
4. In jou lewe gaan jy deur pynlike
skerpmaakings gaan om jou 'n beter
potlood te maak.
5. Om die beste potlood te wees moet
jy die hand wat jou vashou toelaat
om jou te beheer. Lewe volgens God
se hand en geniet elke oomblik
daarvan!

GELUKKIGE VERJAARSDAG

Mag die volgende lewensjaar gevul wees met
vreugde en genade uit God se Hand!



Geniet jou
dagge en
Lekker
Verjaart

Aan ons Inwoners

6th	Anna du Toit	R35	90
7th	Jan Le Roux	F126	85
10th	Julina Manuel	A4	85
10th	Terence Pope	N109	85
19th	Patricia Payne	R73	91
21st	Kathryn Drayton	R23A	79
21st	Rista De la Fontyn	F110	81
27th	Leonie Pauw	N204	93
27th	Sheila Carroll	R10	78
27th	Gavin Cochrane	R69	62
30th	Gavin Lloyd	F115	61

Wees veral
versigtig met
wat in jou hart omgaan,
want dit
bepaal jou hele lewe.
Spreek 4:23



Happy Birthday to our Members

1st Magdalene Du Plessis

14th Elizabeth Lawrence

7th Ursula Baardman

15th Joan Bousfield

8th Liven Hampe

20th Elsie Petersen

13th Latiefa Barden

23rd Beryl Appels

31st Hilda Ryklief



Happy Birthday to our Staff

3rd	<i>Ursula Manual</i>	<i>Health Care</i>
4th	<i>Mandy Zas</i>	<i>Health Care</i>
6th	<i>Lorinda Qila</i>	<i>Care Services</i>
9th	<i>Storm Arend</i>	<i>Health Care</i>
16th	<i>Joan Paulse</i>	<i>CCL</i>
18th	<i>Shante Dennis</i>	<i>Health Care</i>
21st	<i>Violet White</i>	<i>Health Care</i>
24th	<i>Yvette Hartnick</i>	<i>Health Care</i>
25th	<i>Rossilyn Brown</i>	<i>CCL</i>
25th	<i>Liezel Abrahams</i>	<i>Care Services</i>
28th	<i>Divine Mitchell</i>	<i>Health Care</i>
29th	<i>Natasha Salie</i>	<i>Health Care</i>
30th	<i>Roslind Vlotman</i>	<i>Care Services</i>
30th	<i>Chantel Jones</i>	<i>Coffee Shop</i>
31st	<i>Wafiqa Damon</i>	<i>Health Care</i>





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 Cindy on cindy@plumrus.co.za with all the relevant details and she 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

Balance as at 30 June 2023 – R35 799

New Library Books - Shirley Coles

"The Other Woman" by Daniel Silva

In an isolated village in the mountains of Andalusia, lives the other woman, who once loved a man in Beirut, she holds a dark secret.

"Murder House" by James Patterson

An ocean view, a private beach and a deadly secret.

"Apple Tree Yard" by Louise Doughty

All about relationships. A psychological thriller. An examination of the values we all live by and the choices we make. A novel.



Visit our Library in the Aristata Lounge every Monday, Wednesday, Thursday, and Friday at 8.30am. Come and find both interesting books and friends.

PlumRus Golf Day

We are inviting our PlumRus Community to assist us in hosting a successful Golf Day on 7th September 2023. This event is being organized as a fundraiser and will benefit PlumRus as a whole. You can assist by registering a 4 ball at R3000, or by way of sponsoring a hole at R2000, better still, if you are able to, or know of someone/company, who would be able to donate prizes such as restaurant vouchers, wine, grocery vouchers, spa treatments, etc. please contact us on info@plumrus.co.za.



Thursday
7 September 2023
Parow Golf Club

PlumRus
Charity Golf Day

Cost per 4 ball: R 3000
Golf Carts: Available on first come first served basis

More info and to register your 4 ball:
Contact Belinda
email info@plumrus.co.za or
call 021- 761 2323

We need assistance with sponsorship of holes, prizes and items/memorabilia to auction.

Additional info and detailed event information will be sent to teams after receiving their registration.

PlumRus is a registered NPO caring for the Elderly

Charity Golf Day is being organized to assist with the sustainability of the organization which is being challenged daily by the global economic climate.

PlumRus Residential accommodates 214 Residents in varying lifestyle accommodation, approx 50% of which is in Frail Care. PlumRus Care Services provides Home Based Care, Day Care and Respite Care services to the Elderly in the Southern Suburbs Community. PlumRus Compassion Services is where we establish Senior Centres in the Communities where our members gather in a safe environment to engage in meaningful and stimulating programs with their peers over a nutritious meal.





We really enjoy getting together and experimenting with different genres of writing and figuring out our preferences and doing homework and reading our stuff to each other and distinguishing between polite responses and enthusiastic compliments and having visiting writers share with us and...what's next? Do come along and join us. ***Our next meeting will be on Tuesday 15 August at 3pm***, when our focus will be on poetry; and Ruth Davies will lead our discussion on "Poetry in Motion."

A while back, we had a visit from Roger Graham, a retired English teacher, who read some of his essays to us. Some of his "tips" were: "You improve writing by writing", "Write for the occasion." The difference between an article and an essay is that an article is usually factual, backed by research and an essay is loosely based on experience or observation.

One of the essays he read us was entitled "THE FIRES OF MY YOUTH". This inspired us to choose "Playing with Fire" as our next theme and our homework was to write something along those lines. Here follow our writing results.

Roger also educated us into some of the mysteries of creating web pages and writing blogs. You can read more of his essays, personal reflections and poems on www.mrgraham.co.za

PLAYING WITH FIRE ON SUNDAY!

This story was written in the hope that someone else might learn from my stupid mistakes!

All three seemingly insignificant, but dangerous events, happened on a Sunday.

It was winter and we were basking in the sun in the lounge, enjoying our coffee before leaving for church. Through my lazy eyelids, I noticed a spiral of smoke rising from the coffee table. What is this? After dousing the fire, we figured out what had happened:

At the school where I was teaching, a rather delinquent lad insisted on bringing a HUGE GOEN (glass marble) to school. It was twice the size of a cricket ball and almost caused a civil war on the playground. After repeated requests not to bring it to school, I confiscated it until the end of term. He never collected it, so I took it home and temporarily added it to my basket of wooden decorative balls displayed on the coffee table. The sun on the GOEN struck a spark which caused a wooden ball to catch alight. If we hadn't sat there that day, we would have come home to no home. The moral of the story: Do not display glass ornaments in the sun (or throw your bottles on the ground outside)

One Saturday we had a lovely braai. Afterwards we doused the coals with water. Next morning, my husband swept up the ashes and threw them onto the compost heap behind our thatched lapa. Towards midday, as we were leaving to go to



friends for lunch, we noticed FLAMES leaping from the compost heap towards the thatched lapa. We spent the rest of the afternoon containing the fire and never got out for lunch. Lessons learnt: Never throw ash on a compost heap-it has internal combustion from rotting plant matter and catches alight easily. Never have a compost heap near thatch. Don't be too quick to sweep up ash after a braai. Make sure it is really dead.

One Sunday I washed my hair and dried it with the hairdryer, which I then stored in the drawer of my bedside pedestal. However, I had not switched it off at the wall or pulled the plug out. Being in a hurry and tossing it into the drawer knocked the switch on. About half an hour later I eventually heard the strange sound coming from the bedroom and traced it to my whirring hairdryer in the drawer. By this time the drawer was turning black, and all my plastic pill containers had melted. I was very thankful not to have set the whole complex alight. Another lesson learned: Don't leave heating appliances plugged in or switched on and don't store them in confined spaces.

Submitted by: Verena Salzwedel



As any man will tell you
His lady loves to brag,
Cos then she can sit down and look,
While he takes over as the cook
So that's the kind of fire,
Not the one from a gun
That will get you brownie points:
So that you all can then enjoy
The lovely taste of chicken joints!

Submitted by: Terry & Ruth

During the early sixties I remember the outings we would have with my parents. It was always an adventure.

One such outing early on an October day, we headed for Tulbagh and on the road we stopped beside a lovely waterfall to wash some strawberries we had brought.

Dad discovered there was no gas in the Primus stove to make tea, so we made a little wood fire from gathered jumped-on dried branches and plonked the kettle on top.

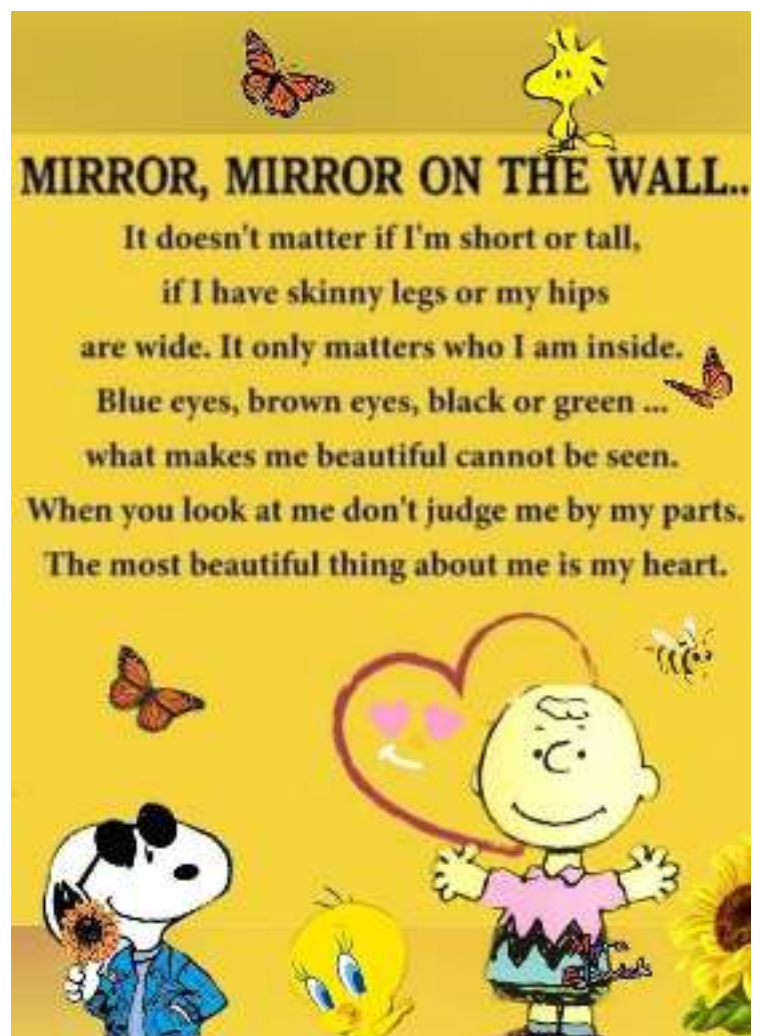


It took a long time, but we had the Tulbagh valley spread before us below the pass and the birdsong to charm us.

The smell of the crackling wood and the hiss from the fire was wonderful. Tea made from fresh mountain water never tasted so good.

Dousing the fire with water and sand, we were on our way again.

Submitted by: Vivien Spires



AUGUSTUS / AUGUST 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
	1	2
	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting in the Hall	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 1 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Musical Recital in the Hall 18:00 Afrikaanse Taal, Kultuur en Leefwyse Byeenkoms in die Saal
7	8	9
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 3 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges PUBLIC HOLIDAY NATIONAL WOMANS DAY
14	15	16
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 5 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
21	22	23
08:30 Library / Biblioteek 09:00 Outing: West Coast National Park 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 7 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening
28	29	30
08:30 Library / Biblioteek 09:00 Outing: West Coast National Park 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 9 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday 3	Friday 4	Saturday 5	Sunday 6
08:30 Library / Biblioteek 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Emporium 15:00 Tea Time: lounges 15:00 Live Entertainment by Fred Roelofse in the Hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion/Nagmaal 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 The Good Doctor Series Season 2 Episode 2	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Adam Project 18:00 Woord & Lied Dr. Chris Saayman
10	11	12	13
08:30 Library / Biblioteek 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 4	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Around the World in 80 days 18:00 Woord & Lied Dr. Chris Saayman
17	18	19	20
08:30 Library / Biblioteek 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	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 6	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Marley & Me 18:00 Woord & Lied Dr. Chris Saayman
24	25	26	27
08:30 Library / Biblioteek 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimonies 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 8	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Always Amore 18:00 Woord & Lied Dr. Chris Saayman
31	Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in all lounges @ 11:45 1st August 2023 Friends Meeting in the Hall @ 15:00 2nd August 2023 Musical Recital in the Hall @ 15:00 2nd August 2023 Afrikaanse Taal, Kultuur en Leefwyse Byeenkoms in die Saal @ 18:00 3rd August 2023 Morning Market in the Hall @ 09:30 14th August 2023 Garden Club Meeting in the Hall @ 15:45 15th August 2023 Writer's Group in N203 @ 15:00 16th August 2023 Residents Talk in the Hall @ 15:00 23rd August 2023 YouTube Social Evening in the Hall @ 18:00 25th August 2023 Bring & Braai @ 18:00		
08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Live Entertainment Dancing Dogs in the Hall 18:30 Lotto Draw in the Hall			

WAKE TO THE BIRDS



These days I awake groggily at around about 4a.m to the sound of some rather reluctant birds chirping sleepily. They know that dawn is coming sometime "soon". Then, I turn over and go back to sleep. So do they, because, just after 7a.m, there is a more enthusiastic dawn chorus.

Most of us need some encouragement to become more aware of the richness and beauty of the birdlife around us. On Wednesday 5 July, the Residents' talk was entitled "My favourite Birds of the Western Cape."

Zoe Lunau-Johns, prodigy of the Cape Bird Club, gave us a wonderful talk, illustrated by her own superb pictures. Zoe is 16 years old and started birding seriously during Covid, whilst holed up at home like the rest of us, viewing birds from her window and in her garden. She did a photography course so that she could capture them more adequately. The most recent Bird club magazine has one of her pictures on the cover.

It was her first public talk and we loved it! Here is a list of some of the birds she enthused about, so that you can look them up in a bird book:

Red-billed Quelea, sentinel rock thrush, Cape starling (Glossy), Cape Grass Bird, White-throated swallow, Speckled mousebird, African Olive pigeon (Rameron), African Paradise Flycatcher, Karoo Prina, Olive



Woodpecker, Orange-breasted sunbird, Longtailed sugarbird, Cape Cista, Victrin's warbler, Karoo Lark, Claassens Cuckoo, Greater Honeyguide, Grey-headed Kingfisher, Neddicky, Lavender Dove, Piet-my-vrou, Familiar chat



She was accompanied and introduced to us by Penny Dichmont, vice chairlady of the Bird Club. Penny lives down the road from Plumrus, so shares the same birding environment as we do. Here is a list of the birds which have been seen **at Plumrus** over the last two years. Get out there and look for them! Maybe you can add to the list.

Submitted by: Verena Salzwedel

PLUMRUS BIRD LIST - In alphabetical order (started July 2021):

BULBUL	Cape Bulbul
CROW	Pied crow
DOVE	Cape Turtle dove
	Red-eyed dove
	Laughing dove
GEESE	Egyptian
GUINEA FOWL	Helmeted + 13 chicks
GULL	Hartlaubs gull
HAWK	Red-breasted sparrow hawk
	Black sparrow hawk
HERON	Grey
IBIS	Hadedda
	Sacred
MOUSEBIRD	Speckled
	Red-faced
RAVEN	White-necked
ROBIN	Cape
SPARROW	Cape
	Cape white eyes
STARLING	Red-winged
SUNBIRD	Lesser Double-collared
	Southern double-collared
	Black (male)
THRUSH	Olive
WAXBILL	Common (rooibekkie)
Swee	



Words of wisdom - Louise Edgcumbe

When I was fourteen, I knew everything and my father knew nothing. When I turned twenty-one, I was amazed how much my father learned in seven years - Mark Twain

Love is Heaven's medicine – Suki

Thou has made us for Thyself Oh God and our hearts will remain restless, until they find their rest in Thee - St. Augustine

Beauty is the language of God - Meister Eckhardt

Lord make me an instrument of Thy peace and a channel of Thy love - St. Francis of Assisi

Woman thy name is vanity - William Shakespear

Make love, not war - Sir Winston Churchill

Don't gossip...the walls have ears – Anonymous

Everything you can imagine is real - Pablo Picasso

"I asked a friend who has crossed 70 & is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already told that story many times. The story makes them walk down memory lane & relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age?"

Submitted by: George Holtzhausen

Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All of that unspent love gathers in the corners of your eyes, the lump in your throat, and in the hollow part of your chest.

Grief is just love with no place to go.



Ms. Ruzanna De Wet



Sunrise: 10/04/1946



Sunset: 09/06/2023

We were very saddened when Ruzanna passed away. She was loved by many at PlumRus. She always put a smile on everyone's face and made the staff and residents laugh with her sayings. Ruzanna will be dearly missed at PlumRus but the memories will last forever.

May your soul rest in peace.



Mrs. Nola Van Tellingen



Sunrise: 11/12/1929



Sunset: 29/06/2023

Mrs van Tellingen was a one in a million mom, grandmother and friend with the biggest heart. She was a very pleasant person who was thankful for what we did for her. She always had a smile on her face even on her sick bed. The things she loves most was going to church, taking her for walks, she enjoyed looking at the flowers, lying in the bath and refusing to get out, and having her coffee made her day. May you RIP my special lady.

Lenore



Mr. George Ubsdell



Sunrise: 09/05/1934



Sunset: 28/06/2023

Mr. Ubsdell was a very happy and loving man. He always had a joke to tell even when he was not feeling well.

He made everybody's day a bit brighter after talking to him. He will be missed very much by everyone at PlumRus. MHDS RIP



Mev. Christina Janse Van Rensburg



Sunrise: 10/11/1934



Sunset: 30/06/2023

Ouma van Rensburg het nie baie gepraat nie maar die laaste paar weke toe sy siek was het ouma lekker gesels en kommunikeer saam met ons. Ouma van Rensburg was ook 'n baie netjies vrou, sy het daar van gehou om netjies aan te trek en pragtig te lyk. Sy was ook baie lief vir haar dogter Lizette. Rus sag ons gaan vir Ouma baie mis.

Donica & Kim



Mrs. Diane Bjorkman



Sunrise: 10/11/1934



Sunset: 30/06/2023

She was a very loving person. She loved to smile and communicate in her way. She had so much joy in her laughter and brought so much happiness into our lives. We will dearly miss her presence.

Portia

We Only Wanted You

*They say memories are golden, well maybe that is true.
We never wanted memories, we only wanted you.*

*A million times we needed you, a million times we cried.
If love alone could have saved you, you never would have died.*

*In life we loved you dearly, in death we love you still.
In our hearts you hold a place no one could ever fill.*

*If tears could build a stairway and heartache make a lane,
We'd walk the path to heaven and bring you back again.*

*Our family chain is broken, and nothing seems the same.
But as Spirit calls us one by one, the chain will link again.*



Being told you're appreciated,
is one of the simplest
and most uplifting things
you can hear.



Wednesday the 31st of May 2023 was a very, very special day in the life of Annie Jones and all of her surviving children – Gys & Thea van Zyl, Francis van Zyl and of course myself.

My siblings came from Port Edward and Pretoria respectively for a 36-hour visit, the first in many years. There are many PlumRus angels who went the extra mile to make the visit extra-special, some unseen and behind the scenes.

On behalf of my siblings and I, a colossal thank you to every cog in the wheel that made our time together as magical and blessed as it was. We do not know what the future holds but will forever treasure this visit. Thank you, Chris, for taking time out of your busy schedule to meet and exchange a few words with my siblings, especially my brother who opted to rather discuss generator KVA's.

Most of all, thank you PlumRus for being the home that serves with Jesus our Lord at the centre of its existence. The two evenings we so spontaneously knelt with our mom before God and sang her favourite songs with her, were reminisce of the times she nowadays remembers and longs for – gathering around at the table after supper for our shared time with God when we were children.

*The list goes on but in summary, thank you PlumRus, you made a real difference in the life and times of our mom. **Memories are made of this!*** (Extract from letter received from Santa)



Op ons beurt wil ons graag vir Tannie Elsa en die vroue van die NG Kerk Wynberg bedank vir die skenking van kleurvolle komberse.

Ons waardeer die tyd en liefde wat in elke steek gegaan het en warmte aan die liggaam en hart geskep het.



John en Lida Herbst het lekker gaan kuier by die kinders en kleinkinders op Fort Beaufort



Marie Knuppel kuier by haar broer en familie in Gauteng.

Marie Boshoff se oudste seun, Francois en sy vrou, van Limpopo het kom kuier net betyds vir haar 93ste verjaarsdag.





Matt Rightford, grandson of Lovell Rightford, entertained our residents with nostalgic tunes on his saxophone.

His mom, aunt and cousin came along to show their support.

Marie Knuppel se kleinseun, Ruan, het verloof geraak met Lizelle in Dubai. Al twee die verliefdes is in Suid-Afrika gebore en moes Dubai toe trek om mekaar in 'n gym te vind. Ons wens hulle alle voorspoed vir die toekoms.



Lida Lelie - liefde van my hart
wie is jy om na soveel jare my hart te neem
Kleine fyne, bloeisel na my aard
So rein, mooi die nooi van my hart



Lida Lelie - liefde van my hart
fraaie lelie van die veld
Wie is die meise wat my hart verower
Jy bly die prinses wat my betower

Lida Lelie - liefde van my hart
kom na my toe hier waar jy hoort
mooie bloue oë soos die hemel bo
Die meise van my, Lida my nôi

Lida Lelie - liefde van my hart
nog 'n kans, die laaste kans
nog 'n keer, die laaste keer
ek en jy tesame, Lida lief van my hart

(Ingedien deur John Herbst)



Jan Karpierz celebrated his 90th birthday with his friends in Zone 2. The birthday cake came with special polish wishes. (All the best)



Our Residents enjoyed a funfilled YouTube evening



Lenie Douglas enjoys regular visits from her daughters including the rest of the family at our monthly Bring & Braai.



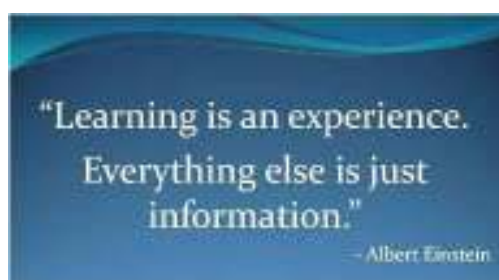


Van preekstoel tot binne-in die kombuis ons Ds. Francois Human is 'n man van vele talente.



Residents living in the East Block completed a beautiful Farm House theme puzzle.

Visit the puzzle corner in your area to add your piece or two to a stimulating team effort.



Safely Turning and mobilizing residents

During the last month we have been focusing on safely turning and then mobilizing residents from their beds to their chairs and back. Staff were keen to learn the techniques and enjoyed the practical elements of the training.





The Seniors of Retreat/Lavender Hill (Just Older Youth) held a fundraising breakfast to have tracksuits made for them.

The Zebras in the photo are the field workers who co-ordinate the senior's program. All the seniors are members of the PlumRus Community.

1. Wees lief vir jou bed soos vir jouself.
2. Voorkom moegheid - moenie werk nie.
3. Wanneer die lus om te werk jou dalk mag oorval, gaan sit eers en wag totdat die bui gesak het.
4. Nog nooit is iemand dood van te veel rus nie.
5. Rus deur die dag sodat jy snags kan slaap.
6. Om moeg te wees, is om te lewe om te rus.
7. Doen altyd die minste wat jy kan, want dit wat nog gedoen moet word, kan iemand anders doen.
8. Die belangrikse reël is natuurlik: Wanneer jy iemand sien wat besig is om te rus - help hom deur self te gaan rus sodat hy nie sleg moet voel nie!

Geniet jou lewe as 'n pensionaris, jy verdien dit!

Emosies

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

huilerig

jaloers

geirreteerd

bekommerd

trots

skaam

depressief

skrikkerig

bly

jammer

ontsteld

vrolik

bang

woedend

gemeem

hartseer

siek

kwaad

Women in the Bible

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

SARAH
ELIZABETH
REBEKAH
BATHSHEBA
MARTHA
Jael
MARY
DEBORAH
ANNA
BILHAH
RUTH
VASHTI
TAMAR
HAGAR
LEAH
MIRIAM
RACHEL
ABIGAIL
ZIPPORAH
RAHAB
DORCUS
EVE
KEZIAH
NAOMI

Greatest Women Of All Time

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

Princess Diana

Marilyn Monroe

Eleanor Roosevelt

Elizabeth Stanton

Malala Yousafzai

Betty White

Susan B Anthony

Michelle Obama

Hillary Clinton

Rosa Parks

Cleopatra

Oprah Winfrey