

PlumRus NEWS Fees Uitgawe Festive Issue

NUUS



Spiritual Care Program

December '23

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
1 st One Hour for Jesus	3 rd Morning Service	3 rd Evening Service
8 th One Hour for Jesus	10 th Morning Service	10 th Evening Service
15 th One Hour for Jesus	17 th Morning Service	17 th Evening Service
22 nd One Hour for Jesus	24th No Service	24th No Service
29 th One Hour for Jesus	31 st Morning Service	31 st Evening Service



Carols Evening

Thursday 21st December at 18:00



January '24

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



THE INCOMPARABLE KING

It was an ordinary day for Mary as she busied herself with household chores. But not for long. An angelic visitation from Gabriel - 'who stands in the presence of God' - caught her completely off guard. Startled, confused, and scared, she began to tremble. "You have nothing to fear. God is happy with you!" he said reassuringly. "He has a surprise for you. You will become pregnant and give birth to a son and call him Jesus. He will be great and be called the Son of the Most-High. God will give him the throne of his Father David and his kingdom will never end." As these words, filled with the fragrance of God's presence, spilled over Mary, she awakened to the greater purposes of God for her life and the son she would bear. She of all women, would give birth to God's promised ruler...the King of Kings! What astonishing news for a young unmarried teenager, what momentous news for all mankind!



Through the centuries, psalmists and prophets spoke of a future king coming from among God's people. Through him all the nations of the earth would be blessed. This promised king would be a gift from God, growing up before him like a tender shoot, like a root out of dry ground. He would deliver the needy and afflicted who cry out to him, and take pity on the weak, saving them from death. He would take up their infirmities and carry their sorrows and be pierced for their transgressions and bruised for their iniquities. Through his sufferings, they would be made whole. The kind and generous reign of this unique king would extend to the ends of the earth and endure forever.

Generations of God's people came and went, but this promised king didn't arrive. The end of the Old Testament story was followed by hundreds of years of silence and darkness. This spiritually dry season ended abruptly the day Gabriel spoke with Mary about the child she would bear...God's promised ruler. God was doing a new thing! Months later momentum gathered as God's glory blazed around some shepherds tending their sheep in a field near Bethlehem. An angel appeared among them bringing news of a great and joyful event...a Saviour had just been born! God's promised King had finally arrived! About thirty years later the curtain finally went up as John the Baptist, a 'man sent from God', boldly announced the start of public ministry of God's long-awaited King! The one Isaiah prophesied would rule from king David's historic throne for all eternity...Jesus, the Lamb of God who would take away the sin of the world.

The path of this long-awaited King, from his arrival in this world to his heavenly throne, was truly extraordinary! It began in heaven, when he chose not to cling to his rights as God, but to lay aside his mighty power and glory. In Mary's womb, while remaining fully God, he became fully human. He took on the role of a servant pouring out his life in loving service to those around him...preaching the good news of God's Kingdom, healing the sick, feeding the hungry, and comforting the grieving. As the Suffering Servant Isaiah spoke of, he obeyed his Father's will, humbling himself even further by dying a criminal's death on a cross. By offering himself as sacrifice for the sin of mankind and receiving its deserved punishment, God's just demands against us all were satisfied. Our sin was forgiven, and we could be reconciled to God.

Because of Jesus' obedience in laying down his life, God lifted him high and honoured him far beyond anyone or anything. Jesus' resurrection, his ascension in the clouds of heaven and his coronation as the King of Kings were glorious events! As the ancient gates of heaven swung open in joyful welcome, angel choirs worshipped, crying out... "Who is this King of Glory?" Others joyfully responded... "The Lord Almighty – he is the King of Glory!"

Who exactly is this King of Glory? What a profound question! And the answer? Well, it's something the redeemed of the Lord - those who've put their trust in Jesus and his saving work on the cross, will ponder for all eternity. "Eternal life," Jesus said, "is to know the only true God and Jesus Christ whom he has sent". The manifest beauty of God's holiness is beyond measure - the whole earth is full of it, the heavens declare it, and the skies proclaim the work of His hands. All this and more is wrapped up in the majesty of the Lord Jesus Christ, for in him alone is the full outshining of God's glory. All of heaven honours Jesus Christ as the incomparable King!



A day is coming in the not-too-distant future, when he will enter the world once again, and the kingdom of this world will become his kingdom, and he will reign forever and ever! At his appearing, all created beings in heaven and on earth—even those long ago dead and buried—will bow before him, declaring He is Lord, to the honour of God the Father. Those who've responded to the gospel with faith and repentance will do so willingly and gladly. Those who have hardened their hearts to the good news will do so with fear and trembling.

How should we respond to the King of Heaven - the Lord Jesus Christ today? The events around his incarnation which we celebrate at this time of the year, point the way for us. He chose to be born in Bethlehem, a tiny village only a few hundred people called home. Over the years some of Israel's kings were born there including king David. In spite of this, the splendour of nearby Jerusalem with its beautiful temple completely overshadowed Bethlehem. It was considered 'little among the thousands of Judah'. Yet, this is where Jesus was born - a 'little' place. Heaven overlooked the grandeur of Jerusalem and chose instead the humbleness of Bethlehem.

This is the way Jesus still comes...he's always born into "little" or humble hearts. He looks for those who are humble and contrite of heart and tremble at his word. Those who recognise their sinfulness and turn to him in faith and repentance. His amazing promise is this...if we humble ourselves under his mighty hand, taking responsibility for our sin, he forgives us and creates a pure heart in us. Then, on that glorious day when He returns to consummate his eternal kingdom in the new heavens and the new earth, we'll be among those who willingly and gladly bow before our incomparable King, just as the wise men did when they saw Jesus!



Please make sure you'll be among those joyful worshippers around his throne. I hope to see you there!

Wishing you a blessed Christmas...may Jesus come into your heart in a fresh and life-giving way.

(Submitted by: Ps Dave Henderson)

Walking by Faith

Seen & Known by God

"I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul." (Psalm 31:7)

People who have chronic illness know what it feels like to go through life unseen. Many chronic illnesses are invisible. You experience difficult symptoms, but no one can see when you are struggling. Even if you experience outward signs of illness or use mobility devices, you may struggle to explain to doctors, family members, and friends the extent to which symptoms impact your life.

You likely hold a desire for people to understand what you are going through. If the suffering won't go away, you at least want people to see your pain and acknowledge how much life hurts. Often people show up in the first weeks and months of poor health, but when illness persists for years or decades, support begins to fade. It's hard for people to comprehend suffering that doesn't go away.

People move on. They stop asking, which means they stop knowing. They stop showing up, which means they stop seeing. You may feel forgotten and abandoned, isolated and alone. Even if you are surrounded by supportive people who do everything they can to help and understand, at the end of the day no one can know what it is like to live inside your body but you.

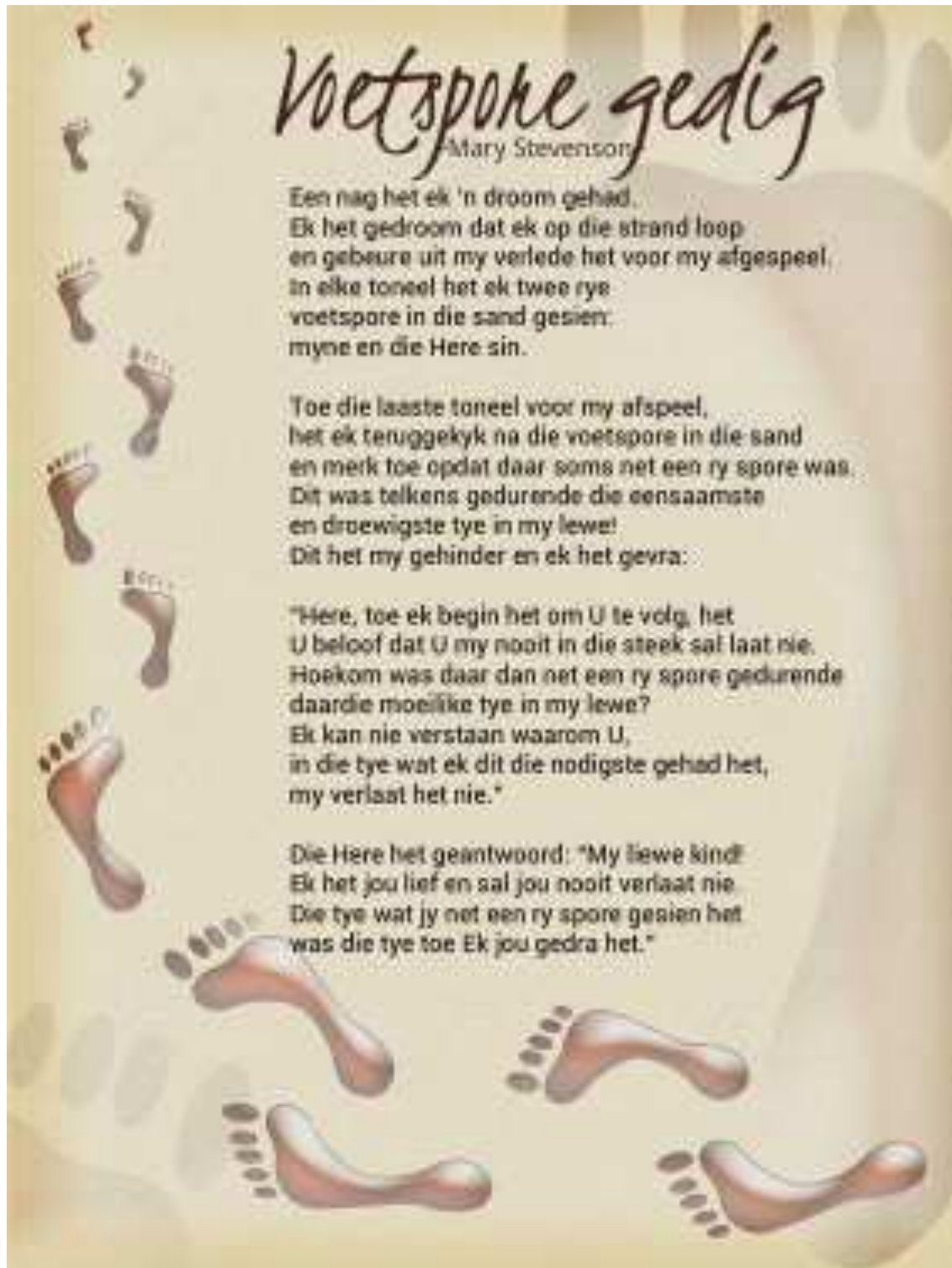
It can be depressing to grapple with the reality that no one fully gets your situation-but in the end this realization leads to an important, freeing truth. The only one who can fulfill our desire to be truly seen and fully known is God. In times of suffering, Psalm 31 reminds you of an important truth: God sees your affliction. He knows the distress of your soul. God sees beyond what is visible on the outside. He sees all the ways illness impacts you that no one else can fully understand. He sees beyond your circumstances and into your soul. He sees your hurt and pain, your questions and grief, your sin and doubt. He sees the times when you don't know how you will keep going but somehow manage to continue on.



I often have to remind myself that no one can see my pain. I can't expect people to know when my symptoms are increasing or when I am having a hard time. I can't keep people updated on my pain levels every single time they rise and fall-nor would I want to. I don't know how to put into words why I can push through certain symptoms but not others. I can't explain these things-but God doesn't need my explanations. God knows everything; nothing is hidden from his sight (see Hebrews 4:13). Maybe you can't feel God's presence or see what he is doing, but that doesn't mean he isn't there. He sees you-even when you can't see him. He knows when no one else knows. His love is steadfast and faithful, and he will never tire of sticking with you, no matter how long your illness lasts.

REFLECT:

What does God know about you the no one else knows? What does God see that no one else sees? What emotion do you experience when you think about the fact that God sees your affliction and knows your soul?





'O Holy Night' has become one of the best loved Christmas carols, it touches believer's hearts.

In 1847, a parish priest in a small French village commissioned a local poet, Placide Cappeau de Roquemaure, to write a poem for the village Christmas Eve Mass. Cappeau read through the birth of Jesus as recorded in Luke's Gospel while he travelled by stagecoach to Paris. By the time he arrived, the poem was complete. He, in turn, approached a friend, Adolphe Charles Adam, to set it to music. Three weeks later 'Cantique de Noel' as it was called, was sung on Christmas eve.

Truly God uses whom He will – Cappeau was a socialist and Adolphe was a Jew! When this was discovered, the carol fell into disfavour with the church hierarchy, but it was loved by ordinary folk, who continued to sing it. Christmas eve in 1871, in the midst of battle in the Franco-Prussian war, a French soldier climbed out of the trench and sang 'Cantique de Noel'. A German soldier did likewise and replied with "Von Himmel Hoch" by Martin Luther.

In 1855, an American Unitarian minister, John Sullivan Dwight Reginald Fessenden, translated the carol into English. On Christmas Eve 1906, a Canadian broadcast the first AM radio programme in which he played a violin piece – 'O Holy Night'.

(Submitted by: Adin Harmer)

It's How You Look at It!

Two shoe salesmen were sent to a certain African country to open up a new market. Three days after their arrival the first salesman sent a cablegram, "Can't sell shoes here. Everybody goes barefoot. Returning next plane."

Nothing was heard from the second salesman for about two weeks. Then came a fat envelope with this message to the home office, "Fifty orders enclosed. Prospects unlimited. Nobody here has shoes!"

Well, how do we look at life? Do we see opportunities in the different situations in which we find ourselves, and approach them with a positive attitude looking for the potential and seeing what can be done. Or do we assess the situation with a negative attitude, seeing only the hinderances and limitations. How often new suggestions are made, and the reply comes back, "YES, BUT..." which immediately puts a damper on things.

The word 'enthusiasm' comes from the Greek 'En Theos' which means 'In God'. When we are indwelt by God's Holy Spirit, we can approach each situation with a positive and enthusiastic attitude, and even if there are disappointments, and things don't work as well as we had hoped, at least we have made the attempt, and gained something through the experience. The old adage "Nothing ventured, nothing gained" is still very true.

May we encourage each other to be more positive in our outlook, even though we may be going through deep waters with the recession and unrest in our country.

"If God be for us, who can be against us."



"Give thanks to the Lord, call on His name."

1Chronicles 16:8

When was the last time you were so overwhelmed with God's work in your life that your praise began flowing spontaneously? If you have a hard time answering that question, ask yourself why. Is it because God has not blessed you enough? Or is it because you have failed to thank Him for His blessings?



Those who praise God for His many blessings will have those blessings abounding more and more. Some of that effect is psychological; we begin to see what was there all along. But there's more to it than what goes on in our own minds. The God who has told us that it will be to us according to our faith (Matthew 9:29) will find us increasingly more "bless-able" when we gratefully acknowledge His goodness.

That's one of reasons that gratitude is essential – it paves the way for God to bless again. There are many other reasons too: It ascribes glory to God by acknowledging His goodness; it testifies to His character in the eyes of the world; it keeps our hearts focused on the glass that's mostly full rather than the glass that's slightly empty. Mostly, gratitude is a statement of truth. It is an accurate reflection of what God has actually done. He treated us well. It is only right for us to acknowledge that with joy.

Does joyful gratitude characterize your life? Does your heart dwell in a culture of thankfulness? **It should.** Gratitude is an attitude that, if it isn't flowing naturally now, should be cultivated zealously. Practice it often, and it will soon become as natural as breathing.

Try an experiment: Compare the number of times today that you ask the Lord for something with the number of times that you thank him for something. If you've like most people, the first category will far outweigh the second. That has to change. Cultivate in your life a culture of gratitude. **(Chris Tiegreen – "Worship the King")**



Jesus die Vrede van Kersfees

In ons wêreld is daar soos in baie ander tye oorlog en stryd. Mense kan maar net nie in vrede met mekaar lewe nie. Dikwels ook nie met vrede in hulself nie. Jesaja voorspel dat n Vredevoers gebore gaan word... die een wat vrede bring.

Vrede het 3 perspektiewe 1. Vrede tussen strydende partye/oorlog – vredesverdrag of skietstilstand. 2. Vrede in 'n mens se hart – rustigheid, harmonie, kalmte 3. Vrede met mense om jou... vrede met jou buurman – geen twis en strydery nie.

Jesus sê vir sy dissipels in Joh 14:27 dat Hy sy vrede vir hulle gee... dit begin by elke individu... by ons eerste... om die vrede van Kersfees te ontdek.

Daar is twee aspekte wat ons van hierdie vrede moet verstaan naamlik

1. Vrede met God – Paulus skryf in Rom 5: 1 “God het ons vrygespreek deurdat ons glo. Daarom is daar nou vrede tussen God en ons deur ons Here Jesus Christus”. Ons wat glo lewe in harmonie met die Here en daarom met mekaar en ander om ons.
2. Vrede van God – In Fil 4:5-8 skryf Paulus aan die gemeente in Filippi dat ons vrede vind wat alle verstand te bowe gaan wanneer ons oor niks besorg is nie, maar al ons kommer en sorg ... ons worries en twyfel... voortdurend in gebed met danksegging na Hom toe bring.

Mag jy vrede met God elke dag ondervind en in Sy vrede, die vrede wat ons in Jesus Christus onse Here vind hierdie Kersfees beleef. Mag die voorspelling van Jesaja vir jou waar wees. Die vredevoers wat in Bethlehem gekom het die vrede wees wat in jou hart regeer – die vrede wat ons alleenlik in Jesus vind.



Jesus the Peace of Christmas

War and strife are so prevalent these days, but it has always been a part of humanity. People it seems just cannot live in peace with each other... whether in themselves, with neighbours or nations adjacent or distant. Isaiah prophesied that the Prince of Peace would come in Isaiah 9:6.

Peace has 3 perspectives 1. Peace between warring nations or parties 2. Peace in the heart of the individual and 3. Living in harmony with your neighbour.

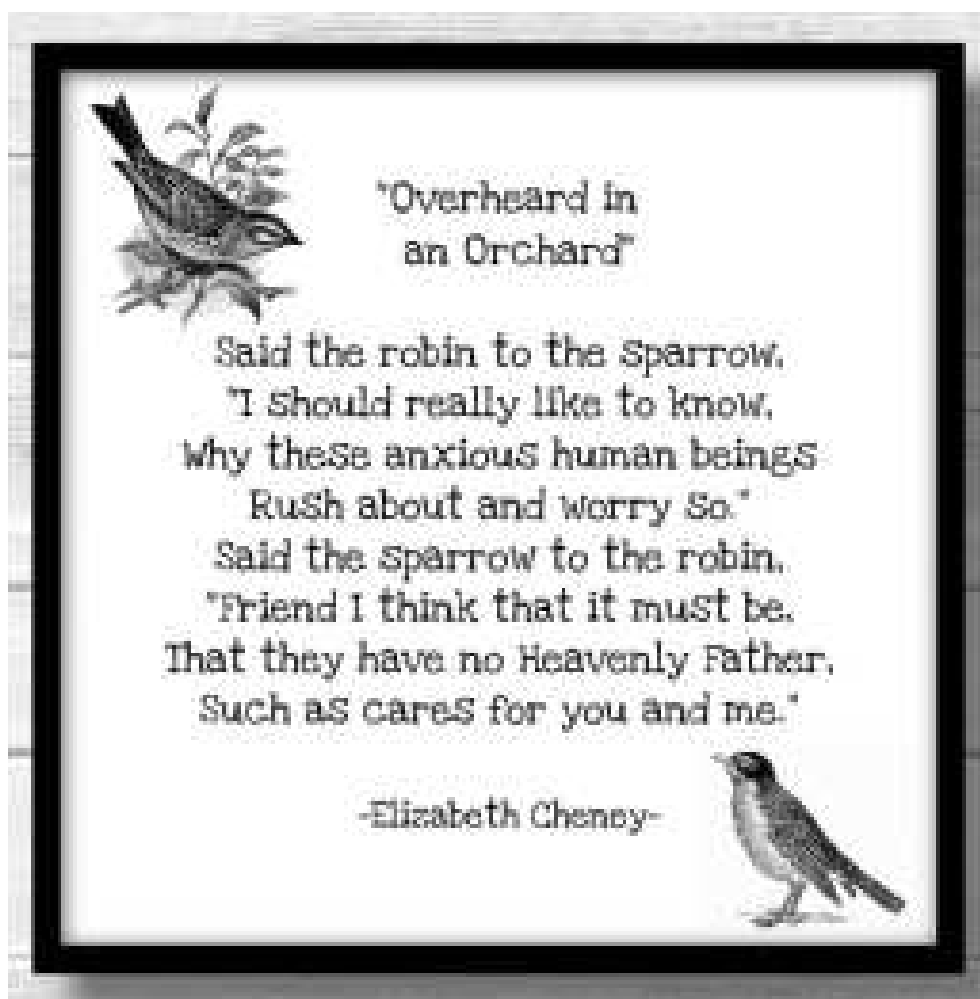
In his last moments before Jesus stepped into his final hours, He assured his disciples of his love and care and that He would give them His peace. (Joh 14:27) It starts with us... everyone to discover His peace. The peace of the Christ of Christmas.

There are 2 aspects of this peace we must understand... The Peace with God and the Peace of God. 1. Paul writes in his letter to the Romans (5:1) "Therefore being justified by faith, we have peace with God through our Lord Jesus Christ. That is living in a peaceful connected relationship with Him. 2. In the letter to the Philippians (4:5-8) Paul writes that the peace of God which passes all understanding shall guard our hearts and minds through our Lord Jesus Christ when we are anxious for nothing but make all our worries, our requests and cares known to Him in prayer and supplication, with thanksgiving.

May you experience the Peace with God this Christmas through Jesus our Lord as you live your faith in Him, and may you find the peace that passes all understanding in your heart as you discover the Peace of God making all your requests known to Him.

May the Prince of Peace as prophesied by Isaiah be the Prince of Love in your heart this Christmas.

(Submitted by: Ds Francois Human)





Happy Birthday to our Residents - December

<i>Date</i>	<i>Resident</i>	<i>Room/Flat</i>	<i>Age</i>
<i>3rd</i>	<i>Glenda Wildschut</i>	<i>R15</i>	<i>70</i>
<i>4th</i>	<i>Adrienne Clegg</i>	<i>R7A</i>	<i>77</i>
<i>6th</i>	<i>Ken Coetzee</i>	<i>F103</i>	<i>87</i>
<i>6th</i>	<i>Beaulah Korpel</i>	<i>MU204</i>	<i>87</i>
<i>7th</i>	<i>Gaynor Dickson</i>	<i>N202</i>	<i>80</i>
<i>7th</i>	<i>Margaret Murray</i>	<i>MU104</i>	<i>90</i>
<i>7th</i>	<i>Diana Owens</i>	<i>R20A</i>	<i>82</i>
<i>8th</i>	<i>Shirley Blom</i>	<i>R3</i>	<i>81</i>
<i>9th</i>	<i>Dick Parker</i>	<i>R63</i>	<i>97</i>
<i>10th</i>	<i>Joan Swinger</i>	<i>R55</i>	<i>70</i>
<i>13th</i>	<i>Heather Clarke</i>	<i>MU107</i>	<i>77</i>
<i>16th</i>	<i>Jurgen Bosse</i>	<i>F009</i>	<i>67</i>
<i>16th</i>	<i>Johannes Lourens</i>	<i>F127</i>	<i>88</i>
<i>16th</i>	<i>Michelle Wienand</i>	<i>N111</i>	<i>66</i>
<i>21st</i>	<i>Joan Dowling</i>	<i>R59</i>	<i>90</i>
<i>22nd</i>	<i>Malcolm McKnight</i>	<i>MU106</i>	<i>88</i>
<i>22nd</i>	<i>Anthony Ridout</i>	<i>R72</i>	<i>88</i>
<i>23rd</i>	<i>Angeline Arendse</i>	<i>R26A</i>	<i>88</i>
<i>27th</i>	<i>Marie Le Roux</i>	<i>F126</i>	<i>81</i>
<i>27th</i>	<i>Pauline Wucherpfenning</i>	<i>N101</i>	<i>87</i>
<i>31st</i>	<i>Lesley Davison</i>	<i>N207</i>	<i>69</i>



Gelukkige Verjaarsdag aan ons Inwoners - Januarie

<i>Datum</i>	<i>Inwoner</i>	<i>Kamer/Woonstel</i>	<i>Ouderdom</i>
<i>1ste</i>	<i>Hazel Meihuizen</i>	<i>F003</i>	<i>82</i>
<i>2de</i>	<i>Rita Benn</i>	<i>A1</i>	<i>89</i>
<i>3de</i>	<i>Val Mathew</i>	<i>R02</i>	<i>91</i>
<i>3de</i>	<i>Magdalena Niewoudt</i>	<i>N001</i>	<i>80</i>
<i>9de</i>	<i>Karin Klein-Werner</i>	<i>N106</i>	<i>83</i>
<i>14de</i>	<i>Mary Banfield</i>	<i>R37A</i>	<i>93</i>
<i>15de</i>	<i>Susanna Filmalter</i>	<i>N002</i>	<i>94</i>
<i>15de</i>	<i>Clive Swan</i>	<i>R10A</i>	<i>74</i>
<i>18de</i>	<i>Roy Binedell</i>	<i>F124</i>	<i>86</i>
<i>18de</i>	<i>Johan De la Fontyn</i>	<i>F110</i>	<i>83</i>
<i>21ste</i>	<i>Cecelia Potgieter</i>	<i>F114</i>	<i>83</i>
<i>22ste</i>	<i>Johan de Wet</i>	<i>F125</i>	<i>82</i>
<i>24ste</i>	<i>Elizabeth Murphy</i>	<i>R19A</i>	<i>78</i>
<i>26ste</i>	<i>Julia Archer</i>	<i>MU201</i>	<i>88</i>
<i>29ste</i>	<i>Charles Miller</i>	<i>R30</i>	<i>82</i>
<i>29ste</i>	<i>Jeanette Venner</i>	<i>N208</i>	<i>83</i>
<i>31ste</i>	<i>Rosalita Aupiais</i>	<i>R27</i>	<i>77</i>
<i>31ste</i>	<i>David Witter</i>	<i>N210A</i>	<i>67</i>



Congratulations to our Staff celebrating birthdays in December!

<i>2nd</i>	<i>Carla Pretorius</i>	<i>Health Care</i>
<i>2nd</i>	<i>Nolan Dietrich</i>	<i>Building Maintenance</i>
<i>6th</i>	<i>Kaylene Thomas</i>	<i>PlumRus Care Services</i>
<i>24th</i>	<i>Donica Jacobs</i>	<i>Health Care</i>
<i>24th</i>	<i>Edwina Engel</i>	<i>Health Care</i>
<i>25th</i>	<i>Marilyn Fabrik</i>	<i>PlumRus Care Services</i>
<i>31st</i>	<i>Muka Vermeulen</i>	<i>Riskman</i>



Ons Personeel wat in Januarie verjaar!

3de	<i>Nono Stuurman</i>	<i>Catering, Cleaning Laundry</i>
3de	<i>Yolanda Herman</i>	<i>PlumRus Care Services</i>
6de	<i>Simone Paarl</i>	<i>PlumRus Care Services</i>
8ste	<i>Gerald Snyders</i>	<i>Catering, Cleaning Laundry</i>
11de	<i>Max Wollenhovan</i>	<i>Catering, Cleaning Laundry</i>
15de	<i>Melissa Paulse</i>	<i>Health Care</i>
16de	<i>Brenda Julies</i>	<i>Health Care</i>
16de	<i>Lenore Jacobs</i>	<i>PlumRus Care Services</i>
17de	<i>Chane Felix</i>	<i>Catering, Cleaning Laundry</i>
17de	<i>Paulette Hayes</i>	<i>Health Care</i>
19de	<i>Pauline Temmers</i>	<i>PlumRus Care Services</i>
19de	<i>Zeldene Abrahams</i>	<i>Health Care</i>
20ste	<i>Sylvia Rezandt</i>	<i>Health Care</i>
23ste	<i>Louisa Barnard</i>	<i>PlumRus Care Services</i>
25ste	<i>Charmelle October</i>	<i>Health Care</i>
25ste	<i>Yvonne Samuels</i>	<i>PlumRus Care Services</i>
27ste	<i>Kim Frantz</i>	<i>Health Care</i>
27ste	<i>Charlene Heiberg</i>	<i>Catering, Cleaning Laundry</i>



Celebrating our Members & Clients having Birthdays in December!

1 st Mrs H Keever
10 th Mrs R Kenny
25 th M George
25 th Mrs R Jansen
26 th Mrs V Calvert
28 th Mrs E Rudolph
28 th Mrs Y Solomons
31 st Mrs M Simons



***The more you celebrate Life,
The more Life there is to celebrate!***

5de Magdalene Kay
5de Sharon Wolmarans
9de S Carelse
10de George Adams
10de Valerie Frans
12de W Boonzaier
15de Victor Van Der Ross
19de Vera Hossain
22ste V Calvert
28ste Gerard Durell
30ste Cornelia Petersen



A Little Poem For The Old Is Gold

Another year has passed and we're all a little older, last summer felt hotter now winter seems much colder.

There was a time not long ago
When life was quite a blast. Now I fully
understand about 'Living in the Past'

We used to go to parties, picnics and lunches. Now we stay at home preferring snacks to brunches

We used to go out dinning,
and could'nt get our fill. Now we ask for
take away, come home and take a pill.

We used to often travel to places near and far. Now we get restless syndrome from riding in the car.

That, my friend how life is, and now
my tale is told. So, enjoy each day and
live it up before you get too old.



Family
is my treasure.

*There was a couple from Observatory came,
Roy and Heather were their names.*

*Living across from each other,
A twinkle in the eye, he did discover.
Arriving late and missing his train,
He was determined to capture this dame.*

*She at first was not impressed,
Ducking and diving she did her best.
Her Granny said, give him a chance, he is a nice boy,
She took the advice and gain lots of joy.*

*So, courting and romancing they did go,
With wobbly kisses to and fro.*

*Then on a day so bright and fair,
There was a wedding in the air,
He looking so young and oh so bold,
She looking gorgeous, we are told.*

*Their journey together had begun
Having Gary, Karen and Warren just added to their fun.*

*And so, the years have come and gone,
Many wonderful opportunities and memories they have done.
With 9 Grandchildren & 3 Great Grandchildren along the way,
We are happy that they are spared to see each day.*

*God has been good in choosing our parents,
Better ones you cannot find.*

*And so, as they continue to celebrate nearly 64 years of marriage,
With aches and pains of getting older,
Their love for each other, just gets bolder.*

To Dad & Mom,

Thank you for being an outstanding example to all of us.

Thank you for your everlasting Love and Support. It's wonderful to have parents that are so much in Love with each other after all these years.

May you continue to build more wonderful, memories together.

We love you.

***Congratulations Roy & Heather as you celebrate
your wedding anniversary on the 16th January.***



Lag 'n slag:

Oupa en ouma se antwoordmasjien

Anette Lesur van Durban stuur die volgende grappie. 50 sy:
"Rortykeer is dit alre waar!"

Goeie môre... Opa is lankalke bus nie, maar laat asseblief 'n broodskap na die baan. As jy van van ons kinders is, druk die nettermer kind wat jy is en druk dan een van die volgende reage opsies, sodat ons by opa terugkom kan weet wat ons moet doen.

1. As ons die kleinkinders moet kom oppas, druk 2.
2. As julle ons kor wil leer, druk 3.
3. As julle wil fêrens moet, julle Mier was en styk, druk 4.
4. As julle wil he dat die kleinkinders by ons moet kom slaap, druk 5.
5. As julle wil he dat ons die kinders by die skool moet gaan haal, druk 6.
6. As julle wil he dat ons vir julle 'n maaltyd moet voorberei of al by julle huis aflewer, druk 7.
7. As julle hier wil kom eet, druk 8.
8. As julle geld nodig het, druk 9.
9. As julle ons wete gaan moet of ons heer toe wil ver, begin praat, ons luitet. ■

100% LIEG OM EK DANKY NATURALIT



**Wat is die verskil tussen
Brandewyn en Kasterolie.
Met brandewyn ruk en rol jy.
Met kasterolie knyp en hol jy.**



Hand: Giggel
Kasterolie: Mier

**Ek het vanoggend n
foto van myself ge
post waar ek gaan
draf het. Facebook
het dit dadelik
verwyder..blykbaar
Fake News!**

Twree ou tannies sit en
gesels te lekker terwyl
hul tee drink by
Ouetehuis. Ta Bettie
vra toe vir ta Sarie...
"Ou Sarie, oefen
jy nog gereeld?"
Ta Sarie antwoord:
"Maar natuurlik ou
Bettie, ek hardloop
elke maand uit
geld uit!"



**As jy dalk weet
van 'n gesin of iemand
wat dalk Kersdag
alleen gaan deurbring
en nie vriende of
familie het nie.
Laat weet my asb?
Ek wil by hulle
stoele leen.**



Thank you for your interest in doing our bit for the planet. The paper igloo is filling up nicely, but remember it is for PAPER only, not cardboard or plastic. Newspaper can be fed into the igloo, but you can also pass them on to Heather Clarke (Ext 2162), as newspaper is urgently needed at an animal rescue centre she supports.

All other CLEAN recyclables such as plastic, cardboard, cans can be placed in a big clear bag next to your usual garbage bin.

Many of you are having fun filling eco-bricks (2L "Coke" bottles) with small plastic or tin foil, e.g. pill backing, clingwrap, labels, old pens and toothbrushes. NO paper or cardboard, please. If you can tear it it's not plastic. There should be no air in the bottle when it's full and you should be able to stand on it. Finally, whilst on your walks, pick up any litter that has blown against the fence or into the garden.



Evening of Carols

Thursday 21st December at 6pm

Featuring: Ezra Lingevelddt

All Welcome



We will be closed for normal trading on Christmas Day. The team would like to thank ALL our loyal patrons for their support during 2023. May the Peace, Joy and Love of this Christmas Season be your portion today and throughout 2024.



*Kom kuier saam op die
30ste Desember vanaf
18:00 wanneer ons
lekker gaan braai en
waterlemoenfees hou.
Maak U bespekerings
by ontvangs voor
Donderdag 28ste
Desember.*



Sweetness delivered with a smile. The Zebra Catering team on their way to spoiling our Residents with some tasty treats for teatime.

Our Catering team, both Kwagga and Zebras, deliver meals, teatime treats as well as function catering with much love and thoughtfulness.

Thanks everyone for your dedicated care towards our Residents.



Members of the Writers Club have been very busy writing YOUR STORIES. Below are a few cherished stories we decided to share with you all. Remember it is never too late to share your story...let us know when you would like to share, and we will be more than happy to pen down your story.

Alternatively, join us at our next meetings on **Tuesday 12th December** and again **Tuesday 9th January**, and become part of this exciting group.

THE TREE OF MEMORY HAS MANY ROOTS

Headingley in Yorkshire, North England was home to Moody families for many centuries so, it was from here that Paternal Grandfather Thomas Henry's son, Norman left UK as a qualified Engineer to be Manager of a huge farm in Naibasha about 100 miles from Nairobi in Kenya owned by an influential engineer, Sir John Ramsden.

Maternal Grandfather, Percy Henry Poolman, a Vet in the Govt Dept in Nairobi married Sarah who sadly died from measles with their small son leaving a young daughter, Stella. Percy remarried a "Granny Pullman" who was [according to family lore] a tyrant who removed Stella from school at age 12 to care for the 6 stepchildren.

A true love story began when Stella at 16 met 22year old Norman Moody in 1929 & the couple eloped in 1934 when Stella was 21, only reconciled with her stepmother many years later after they had 3 daughters [Noreen Ivy in the middle] & a son happily growing up on the farm until Norman was called up as an Officer in Kings African Rifles.

The family transferred to an army camp in Moshi, Tanzania in 1941 for several most enjoyable years until Norman was billeted to North Africa & the family returned to Nairobi during the war to live on "Granny" Walter's farm in a series of rondavels while soldiers on leave lodged in her large house & spoilt the children so nicely that Norman's young son offered his dad his hat so he could leave again! Norman was an excessively strict & distant father all told [his children whispered "Major Moody"]! While still young the children had an Ayah to help the family yet often making the beds with the cat still inside!



Demobbed soldiers were offered virgin farming land by the British Government, so Norman took on about 600 acres of land at Eldoret, a beautiful piece with waterfalls. Being an engineer elaborate building plans of 6 to bivouac in 3. Sadly, many non-horses died from by the adjoining African died struck by lightning also slashed down the had alien black wattle produce tannin at good curing of hides & skins & from the many Indian against future payment. 1972 visit to Britain these Indian refugees citizens!]



Norman drew up which forced the family rooms until done. indigenous cattle & disease or were stolen Reserve people & some in a violent storm that wheat crop. Most farms trees cut down to prices used mainly for used as credit for loans shopkeepers there [Irony was that Ivy in a bought samoosas from who were now UK

After Primary School in Eldoret the children were sent as boarders to Kenya High School where Ivy wrote Matric at age 14 but lack of finances precluded tertiary education & she went to work where her father was also employed at O'Sheas Hardware-even selling goods such as guns & ammunition.

Ivy returned to her old school to obtain the bookkeeping Diploma Certificate & subsequently became Secretary there with a small flat included. Various such employment followed at Barclays bank, Cooper Motors, Cola's bitumen firm in Nairobi plus a sponsored year at Bible College in Glasgow. Her sisters were married by then in Kenya.

The threat of Idi Amin in neighbouring Uganda, the Mau Mau & looming Independence in Kenya saw many inhabitants leaving so, in 1964 Norman & Stella also left supposedly on a World Tour but bought a small successful farm selling dressed chickens & eggs in Gillettes, Natal.

Ivy sailed to Durban in 1969 as she needed a work permit to remain in Kenya with a British passport but also required a Residence Permit to disembark in SA - this had not arrived from London. Luckily this rather tidily lady was summoned to Customs while seated at the captain's table sipping an unknown liquor as her father had rushed in to sign release forms before she was deported.

Ivy then spent 4 years on her parents' Hillcrest farm with her brother & his family to help sort out the farm for sale & clear the debts to buy their house in Pinetown where she then worked as a cashier at Barlows [tractors]. A transfer to Barlows, Green Point followed then an opening at Holmes Motors in Cape Town. After a visit to Hong Kong following an employment invitation to this UK Colony, Ivy decided to turn down this offer, as here also Independence was in the offering.

Finally, temping at University of Cape Town for Accounting Admin led to the Summer School for Adult Education until 1997 followed by 3 stints training the then BEE secretaries after moving to Plumrus in 2013 until retiring in 2016.

December 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Prayer Meeting Wednesday's in all lounges @ 11:45 5th, 12th and 14th December Gym Trim in the Hall @ 09:30 5th December Friends Meeting in the Hall @ 15:00 6th December Residents talk in the Hall @ 15:00 7nd December Morning Market in the Hall @ 09:30 11th December Garden Club Meeting @ 15:45 12th December Writers Group in N203 @ 15:00 21st December Carols Evening in the Hall @ 18:00 25th December Christmas day 28th December Lotto Draw in the Hall @ 18:30 30th December Bring & Braai Watermelon Festival @ 18:00		
4	5	6
08:30 Library / Biblioteek 09:00 Outing 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 15:00 Friends Meeting	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 19 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
11	12	13
08:30 Library / Biblioteek 09:00 Outing 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 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 4 Episode 1 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
18	19	20
08:30 Library / Biblioteek 09:00 Outing 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 4 Episode 3 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
25	26	27
Christmas Day 09:30 Church 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	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 4 Episode 5 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
	1	2	3
	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 3 Episode 18	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The best Christmas ever 18:00 Woord & Lied Dr. Chris Saayman
7	8	9	10
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 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 3 Episode 20	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Christmas Wedding planner 18:00 Woord & Lied Dr. Chris Saayman
14	15	16	17
08:30 Library / Biblioteek 09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	Public Holiday 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	Public Holiday 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 4 Episode 2	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Dolly Parton Christmas on the square 18:00 Woord & Lied Dr. Chris Saayman
21	22	23	24
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 18:00 Carols Evening	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 4 Episode 4	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Christmas Chronicles No Church Services
28	29	30	31
08:30 Library / Biblioteek 09:30 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	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 4 Episode 6 18:00 Bring & Braai Watermelon Festival	New Years Eve 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Christmas on mistletoe farm 18:00 Woord & Lied

January 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
1	2	3
New Year's Day 08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 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 4 Episode 7 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
8	9	10
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 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 4 Episode 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
15	16	17
08:30 Library / Biblioteek 09:00 Outing 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 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 4 Episode 10 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
22	23	24
08:30 Library / Biblioteek 09:00 Outing 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 4 Episode 12 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
29	30	31
08:30 Library / Biblioteek 09:00 Outing 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 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 4 Episode 14 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
4	5	6	7
08:30 Library / Biblioteek 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 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 4 Episode 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Spy Kids: Armagedon 18:00 Woord & Lied
11	12	13	14
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 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 4 Episode 9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Alvin and the Chipmunks Chipwrecked 18:00 Woord & Lied
18	19	20	21
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 4 Episode 11	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Lyle Lyle Crocodile 18:00 Woord & Lied Dr. Chris Saayman
25	26	27	28
08:30 Library / Biblioteek 09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	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 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 4 Episode 13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Walk Ride Rodeo 18:00 Woord & Lied Dr. Chris Saayman
	1st January New Year's Day Prayer Meeting Wednesday's in all lounges @ 11:45 16th, 23rd, 25th and 30th January Gym Trim in the Hall @ 09:30 9th January Writers Writers Group in N203 @ 15:00 25th January Lotto Draw in the Hall @ 18:30 26th January Bring & Braai @ 18:00		

Well, from winning prizes as the Cow & Gate Baby- due to her eagerness to eat their food with 2 spoons-to being Secretary to His Grace the Archbishop Bill Burnett in Cape Town, Ivy spun an interesting life story!

(Life story of Ivy Moody as told by June Stein)

LIFE'S A PICNIC!

SELMA STUART (97) lives in Mountain View. 45 years ago, she was diagnosed with cancer. She can't remember whether it was lymphoma or leukemia, only that her bones were crumbling, and still are.



It was an hour's walk from Bergvliet, where she lived at the time, to Constantiaberg hospital, where the doctor, at the beginning of his career, hired a single room. She has been seeing the same doctor for all these years, but now he heads up a world-renowned hematology unit and she and her carer can take a short walk through the interleading gate to visit him.

Key lessons to be gleaned from her story are that a cancer diagnosis should not be viewed as a death sentence and that a long-term relationship with a caring doctor is "positive" in the right sense of the word. Selma comments that her long walks to the hospital and monthly visits were enjoyable, "like a picnic!"

(Selma's story as told by Verena Salzwedel)

Where were you born?

I was born in Springs in the Transvaal and then emigrated to Lusaka, Northern Rhodesia. I came back to South Africa in 1960.

Tell us about your career:

I was a dental nurse for 16 years. Then I worked at the clinic for babies in need of care, at Lady Buxton. I contracted pericarditis there and had to leave and then worked at a private old age home as a housekeeper. After that I joined Absa bank, where I worked for 12 years. I then started work at a playschool, where I worked for 9 years. I then worked as a secretary for a church in Hout Bay.



Your spiritual journey?

I have been a born-again Christian for 49 years.

Any closing remarks?

I have been at Plumrus for eleven and a half years, RETIREMENT AT ITS BEST!

(Shirley Coles Story – Interview style by Jeanette Venner)

DIE VERHAAL VAN 'N DEFTIGE DAME

Pat van Wyk en haar suster het in Pretoria grootgeword en woon nou in Plumrus. Kuns, musiek drama en tale was deel van hulle lewe. Pat het toe op universiteit 'n graad in al hierdie rigtings behaal en later 'n MA oor die ontstaan van Afrikaans.

Die lewe is 'n lied en hulle geniet funksies soos danse, konserte en waatlemoenfeeste. In die kort vakansies is daar ook kampe gereel deur die vereeniging van Afrikaanse studente.

Die koshuise kyk af op die rugbyvelde en Pat sit op die vensterbank en "check" die manne wat oefen en 'n verhouding ontstaan. Sy kar met takkies oor die nommerplaat het verhoed dat hulle opgemerk word as daar "na sterre" gekyk word!



Sy en die dokter trou en hulle vestig hulle op Middelburg, Tvl. Sy ry saam as pasiente op plase ondersoek moet word. Hekke word oop en toegemaak. Hy sterf op 54 en later trou sy weer met 'n man van Pretoria - met 6 kinders. Sy het al 4 gehad. Hulle moes 'n nuwe huis koop en as almal "tuis in die huis" was, was daar 10 kinders. Toe dog sy: "Wat maak ek hier in 'n vreemde huis met 'n vreemde man en soveel vreemde kinders?"

Na aftrede boer hulle op 'n plasie op Hazyview, hy met mangoes en litjies. Sy, wat lief was vir pottebakkerie, het wasbakke gemaak vir hul nuwe huis. Na tien jaar verkoop hulle en trek Hermanus toe, maar later is hy ook oorlede. Dit is hoe sy vanaf Hermanus in Plumrus kom woon het, om weer by haar suster te wees wat van Durban gekom het.

(Pat Van Wyk se storie soos oorvertel deur Verena Salzwedel)

CLIVE SWAN THE AVID RACING PIGEON ENTHUSIAST

We are table mates, Clive and me. We chat daily about mundane things; the weather, our health, and plans for the day. Clive's brothers frequently visit or take him out for the day. Sometimes he joins his siblings for a drive to the beach to find some fishing bait and a short walk and fish and chips.

Clive intrigued me more and more as we shared little chats at table. He is well traveled particularly in Europe, Israel and Southern Africa. Namibia being a favorite fishing destination. He enjoyed traveling and seemed to return to places he either found fascinating or a good fishing spot. While traveling and fishing gave him much pleasure, pigeon racing gave Clive the most joy.

He was an avid member of the Royal Dove Club, Plumstead and owned about 50 birds. Clive became most animated when he told me about his pigeon racing days.

His face lit up as he answered my genuine curiosity about how they are trained. By all accounts, he must have been very good at this sport. Several certificates and prizes attest to his skill in racing pigeons.

A short while after obtaining his first few doves, at age 16, he started racing them and won in record time! Before the race he predicted, with the confidence of a teenager, that he would win. An older fellow competitor scoffed at him saying "you will see young man; this race will separate the boys from the men"! Clive did win, the victory being so much sweeter seeing the look on the older man's face.

Meanwhile, on the other side of town, another pigeon story told in the D6 homecoming centre museum highlighted the forced removal story. An avid pigeon racer living in D6 was relocated to the Cape Flats. Soon after the relocation he raced his pigeons. They did not return. He eventually went to his now bulldozed previous home only to find the pigeons there huddled under the rubble.

(Clive Swan's story as told by Glenda Wildschut)

Graad 5 Afrikaans Eksamen

1. *Waarvoor word beesvelle gebruik?*

Om die bees binne te hou

2. *Wat is outobiografie?*

Dis die ontstaan en geskiedenis van die motorkar

3. *Noem 5 dinge wat melk bevat?*

Kaas, botter en 3 koeie

4. *Wat is die verlede tyd van eet?*

Honger

5. *Wat is die verkleinwoord van Oupa?*

Kleinseun

6. *Wat is die doel van die kies en oogtande?*

Die kiestande kou die kos en die oogtande kyk dat hulle die kouverk goed doen.

7. *Voltooi die volgende idioom: Hoe meer Haas...*

Hoe groter haaspastei

8. *Wat is die meervoud van kabeljou?*

Kabeljulle

9. *'n Sin met "ter aarde bestel..."*

"Wie op ter aarde bestel so 'n groot koek?"

10. *Formule vir 'n sirkel se omtrek:*

"paai straal kordaat"

11. *Wat is teenoorstaande hoeke?*

Hoeke wat vir mekaar kyk



12. *Waarom is die seun in die verhaal gestraf?*

Omdat hy sy eie virgin van die volkslied gesing het.

13. *Wat is 'n terminale siekte?*

As jy op die lughawe siek word!

15. *Vertaal in Afrikaans: "I beg your pardon?" (My favourite)*

HuH?

(Ingedien deur: Esme Theart)



There is nothing worse than a Doctor's Receptionist who insists you tell her what is wrong with you in a room full of other patients.

I know most of us have experienced this, and I love the way this guy handled it. A 65-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said, 'Yes sir, what are you seeing the Doctor for today?'

'There's something wrong with my dick', he replied.

The receptionist became irritated and said, 'You shouldn't come into a crowded waiting room and say things like that.'

'Why not, you asked me what was wrong, and I told you,' he said.

The Receptionist replied, 'Now you've caused some embarrassment in this room full of people. You should have said there is something wrong with your ear or something and discussed the problem further with the Doctor in private.'

The man replied, 'You shouldn't ask people questions in a roomful of strangers, if the answer could embarrass anyone.'

The man walked out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes??'

'There's something wrong with my ear,' he stated.

The Receptionist nodded approvingly and smiled, knowing he had taken her advice.

'And what is wrong with your ear, Sir?'

'I can't piss out of it,' he replied.

The waiting room erupted in laughter...

Mess with seniors, and you're going to lose.





Mr. Anthony Ridout

Zone 5 Room 72

Anthony joins us from Harfield. He has two children, John & Lisa.

He likes to keep to himself but enjoys the occasional chat with his neighbors.

Anthony is a former commercial pilot and loves reading and keeping up to date with sports and news.

Mrs. Olga Leak

Zone 5 Room 49

Olga joins us from her family home in Wynberg. She was married for 54 years. She has three sons (Gerald, Grant & Marvin) and six grandchildren.

Olga had a career as a saleswoman at Woolworths and still keeps in contact with ex-colleagues.

She is very friendly, sociable, and outgoing. Olga enjoys watching soccer. Her previous hobbies included baking and sewing.



Mrs. Patricia Grimmacher

Zone 2 Room 24

Patricia was born and raised in Retreat & Wynberg. She has two children, Ronel in Mauritius and Ian in Somerset West.

She has joined PlumRus from her farm, Fredaburg, in Strandfontein. Patricia enjoys her own company and absolutely loves reading.



Terence Pope 10 August 1938 – 22 November 2023

Last week we said goodbye to our beloved Father, Grandpa and Great Grandpa. After a short illness with lung cancer, he passed away peacefully. He got to spend time with all four of his children and his Grandchildren. We were blessed to have him in our lives, and he will be sorely missed by us all, but we are grateful that he is no longer suffering. He had a strong faith and so was not afraid to die.

We as a family wish to extend our heartfelt thanks to ALL the staff and residents at Plumrus for the love and care shown to our Dad. The kindness shown blew us away and the love and care he received was nothing short of amazing. He loved his time at Plumrus - enjoying his exercise classes, musical evenings (where he showed everyone his moves) and many hours (and chocolate cake) in the coffee shop.

To Yolanda, Lenore and Tiffany - thanks for going above and beyond to care for Dad - you were so special to him, as were all the staff. The friends he made at Plumrus were very dear to him too, and to us. We shall miss you all but will pop in to say hi and have our favourite toasted sandwiches at the coffee shop. From the bottom of our hearts ❤️ we thank you ALL. Love always Gary, Jenny, Alison and Andrew xxx



Irma Bester



☀️ **Sunrise: 11/09/1942**

🌙 **Sunset: 06/10/2023**

Mrs. Bester was a very interesting lady. She was not with us for long, but the time she spent at PlumRus was pleasant. She was a lovely lady; she was always ready to bless us as carers for what we did for her. Mrs. Bester enjoyed reading her Bible. She always gave us scriptures out of the Bible to motivate us.
MHGRIP

Anna Jones



☀️ **Sunrise:** 10/05/1929

🌅 **Sunset:** 11/11/2023

Mrs. Jones, known as (moeder muis) lived at PlumRus for 13 years.

She was a very Loveable person, liked her early morning coffee with her Rusk and reading her bible.

She liked to call the carers (Hi Hi) when she needed help.

Ever since the passing of moeder muis its strange for the carers and residents to see the door closed because we were used to seeing the door open. We really miss her a lot. May her soul rest in peace.

Ivy Todd

☀️ **Sunrise:** 14/01/1932

🌅 **Sunset:** 23/10/2023

Mrs. Todd, you may have passed on, but your precious memories will always live with us. Mrs. Todd will be remembered for kind heart and big smile, she never complained her eyes always lighting up when she spoke of her home place, Zimbabwe, where she was born and bred. In the evening when I put Mrs. Todd to bed, she will always kiss my arm and thank me for my patience and kind heart. May her soul rest in peace.
Minnie Frazenburg.



LIFE LESSON

1. Don't lend money to your family. Give it.
2. Never shake a hand while sitting down.
3. Stop telling people more than they need to know.
4. Never eat the last piece of something you didn't buy.
5. Don't throw your friend under the bus to impress someone.
6. Never insult the cooking when you are the guest.
7. Don't use the urinal next to an occupied one.
8. Don't take out your phone during a conversation.
9. Never take credit for work you didn't do.
10. Listen, nod, and most of all make eye contact.
11. Don't make fun of your friend in front of his kids.
12. Never let emotions overpower you.
13. Never beg for a relationship.
14. Dress well no matter what the occasion.
15. Never kick a man when he is already down

Uitstappie na Kirstenbosch



Kirstenbosch tuine is 560ha groot en die grond is in 1902 deur Cecil John Rhodes aan die nasie geskenk. Dit lê aan die voet van majestueuse berge. Slegs inheemse plante word hier geplant.

Behalwe die pragtige, goed versorgde tuine is dit ook een van die gewildste plekke vir piekniek in die Wes-Kaap. Onder koelgebome en langs waterstrome is dit hemel op aarde.

Mens kan vir daar rondloop verlustig aan Een dag is te mooi te wil weer en net op n stroompie sit plante en Dankie



Groete John en Lida Herbst

dae en dae en jou alles om jou. min om die geniet. Mens weer gaan en bankie by 'n en rustig die voëls ervaar. Plumrus.



Dankie aan Liesel en Theresa vir die genotvolle program van Afrikaanse liedjies wat hulle saamgestel het as 'n sing-a-long vir ons Inwoners om te geniet. Liedjies soos My Sarie Marie, Dis Heerlike Lente, Die Ou Kraal Liedjie, Suikerbossie, Daisy-Daisy, en vele meer het ons Inwoners op 'n onvergeetlike reis teruggeneem na hul kinderjare.



With a Summer Holiday theme of music and treats our Residents are ready for an active Holiday Season!

Groot Moeilikheid

'n Kind van vier jaar oud gaan saam met sy ma kerk toe. Hy sit aanvanklik mooi stil, maar namate die diens vorder, word hy lastiger en stouter. In 'n stadium kan sy ma dit nie meer hou nie. Sy gryp hom hardhandig aan die arm en stap driftig met hom by die kerk uit. Hy weet dat 'n pak slaag sy voorland is. Voordat hy by die kerkdeur uit is, draai hy na die gemeente en onderbreek die preek met: "Bid asseblief vir my."

(Ingedien deur: Lida Herbst)

THE RETURN OF ELVIS



In November, the "live entertainment" was a welcome re-visit from Gordon Epstein, our favourite Elvis look-a-like, complete with sunglasses and all the moves. He got off the stage often to walk among us and even went down on his knees to sing to some rather startled residents. By the end, many were keen for a fan photo session.

Die openingsnommer was "Daar kom die Alabama" en die Plumrus mense het spontaan saamgesing. Ek het almal se voete dopgehou en die het besig beweeg, veral vir die Afrikaanse liedjies soos 'Bokkie ek wil huis-toe gaan'.

He got us a-clapping with "I got a woman" and dancing and wiggling to "Rock around the clock." It was encouraging to see the good attendance from Health Care and the total involvement as far as wheelchairs would allow when 'Hokey Pokey' and '40 days' were on the go. The fingers were flying! Even the staff passing by outside took to dancing instead of walking. 'Adios', 'Impossible', 'I can't help falling in Love with you' and more did justice to his magnificent voice. Some tears were shed over the poignant 'The Last Farewell' and 'For You are beautiful'.

Thank you, Gordon, for a very professional, yet authentic performance!

(Submitted by: Verena Salzwedel)

Ons Kuier by die Feesmark

So many of us were eager to go on this outing to the Christmas market in Durbanville that we had to take two vehicles. Some of the remarks made were:



"It was a lovely, convivial trip there and back, complete with a snack pack en route."

"We even had gin-and-tonics and they were so well-priced!"

"I was very impressed by the variety of cheeses - Truffle cheese, chilli Halloumi. The Macadamia nut butter was to die for."

"Ek het 'n yslike groot treffer vrugtekoek gekoop. Ek hou dit vir Kersfees en het al drie keer brandewyn oorgegooi."

"Such high-quality goods." "So 'n groot verskeidenheid. Ons het kilometers geloop so op en af die gange. Everything was SO well organized. Payment was so smooth and easy at the tills."

Plumrus bought us lunch. Snoek en patats was 'n wenner!

Kom ons maak weer so volgende jaar! Dankie, Plumrus, vir 'n uitstekende uitstappie!



Our Resident's Talk was once again a huge success. We learnt so much about the Penguins from a representative of the Two Oceans Aquarium.

Don't miss our interesting talk in December when we are going to hear more about boat cruises...who knows next year this time we might be planning a real Summer Holiday on board a MSC Cruise...watch this space!



Cheers to Gwyneth Collins who celebrated her 90th birthday with family and friends, including her son Paddy and granddaughter Tarryn.



Beryl Garwood is an excited and very proud great grandmother, sharing the news that her great granddaughter, Rebecca, has been appointed as a prefect at Wolraad Woltemade Primary School for 2024.



Now this is definitely the real McCoy...the Webb Ellis Trophy!

Gloria Snyman was very happy to share this photo of her granddaughter, Andrea, posing with the most sort-after trophy in rugby circles. The Springbok BOSS, none other than Rassie Erasmus, shared the achievements of the Springboks winning the Rugby World Cup for the 4th time, with his mom and all the other Residents and staff at Oude Westhof Retirement Village. Rassie for President!

Die groep vriende is almal 40 jaar oud en bespreek waar hulle die 10 jaar saam vriendskaps herdenking gaan eet...

Hulle besluit toe om na die ocean view restaurant te gaan want daar is sexy waiters.

Op 50 besluit hulle weer waar hulle gaan eet en besluit toe om na die ocean view restaurant te gaan want die seekos is vars en daar is goeie wyn.

Op 60 besluit hulle weer waar hulle gaan eet en besluit toe om na die ocean view restaurant te gaan want dit is stil en die see uitsig is mooi

Op 70 besluit hulle weer waar om te gaan eet en besluit toe op die ocean view restaurant want daar is baie min trappe en dis rolstoel vriendlik...

Op 80 besluit hulle weer waar hulle gaan eet en besluit toe op die ocean view restaurant want hulle was nog nooit daar nie 😂 **(Ingedien deur: Mary De Wet)**



CHRISTMAS MUSIC QUIZ

1. **According to a popular Christmas song, what is 'roasting on an open fire'?**

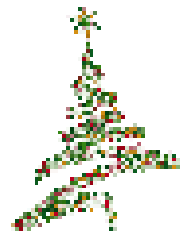
Turkey
Chestnuts
Peanuts
Walnuts

2. **In the famous song 'Jingle Bells' how many horses are leading the sleigh?**

1
2
3
4

3. **King of rock & roll Elvis Presley sang which smooth Christmas tune?**

It's Beginning to Look a Lot Like Christmas
White Christmas
We Wish You a Merry Christmas
Blue Christmas



4. **Which is the most-covered Christmas song of all time?**

Silent Night
Winter Wonderland
Last Christmas
Santa Claus is Coming to Town

5. **Which of the Beatles wrote the winning song 'Wonderful Christmastime'?**

John Lennon
Paul McCartney
George Harrison
Ringo Star



6. **Which surprisingly popular song begins 'It was Christmas Eve, babe, in the drunk tank...'?**

Run Rudolph Run
Driving Home for Christmas
Santa Tell Me
Fairytale Of New York

7. **Who is not a reindeer accompanying Rudolph the Red Nosed Reindeer?**

Dasher
Cupid
Leaper
Comet

8. **"Getting Whammed" refers to walking into a store and hearing which catchy song?**

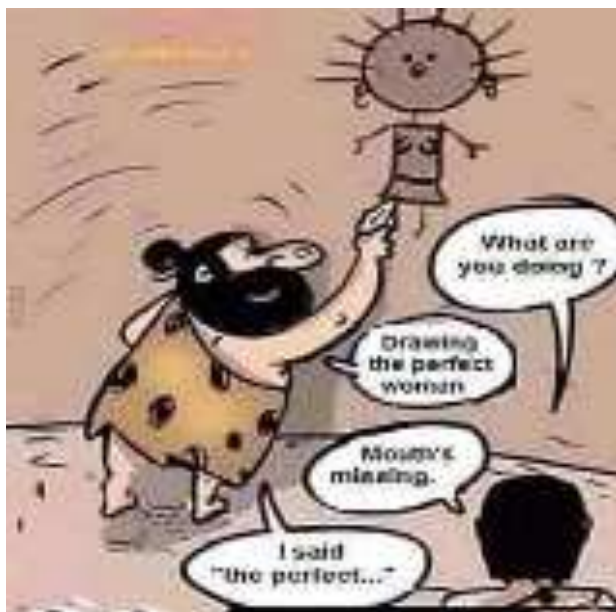
All I Want for Christmas Is You
Freedom
Do They Know It's Christmas?
Last Christmas



10 FUN FACTS

1. You can't see your ears without mirror.
2. You can't count your hair.
3. You can't breathe through nose, with your tongue out.
4. You just tried No.3.
5. When you did No.3 you realised that it is possible, only you look like dog.
6. You are smiling right now, because you were fooled.
7. You whipped No.5.
8. You just checked to see if there is No.8.
10. Share this with your friends as they can have some fun too!!

Have a Nice Day! :D



Dominee moet trek

Tannie Driekie se sy wil so graag glo dat predikante werklik geroepe voel as hulle 'n beroep na 'n ander gemeente aanvaar. Wat egter vir haar eienaardig is, is dat alle predikante ouer as 50 jaar nie meer binneland toe nie, maar see se kant toe geroepe voel.

(Ingedien deur: Lida Herbst)

Merry Christmas

2023 is just about to end and we are sending a New Year and Christmas greeting to all of you. This is a celebrating season, and the Lord has been so good to us, throughout the year. We want you and your family to join us in thanking God for His wonderful blessings upon us, as individuals and as



families. So, Christmas is not only a time of celebrating but also the time of reflection in our lives.

Merry Christmas and a prosperous New year for 2024, that is just ahead May you be blessed this season in Jesus Name.

Best wishes to you and your family during this holiday season. As you celebrate the miracle of this special season may your heart be filled with joy and peace. May blessings of the holiday linger in your home and stay with you throughout the new year.

(From Rhodene & the PlumRus Care Services Team)

Merry Christmas and a Happy new year.

To all residents I hope 2024 will be a great year for your retirement. Remember to take it easy and enjoy it, life.

To all staff I hope that in 2024 all will go well for you. May all your goals be reached.

This is my so-long for now as I leave PlumRus to pursue my dream and further my career. Everyone, Residents & Colleagues alike, have found a special place in my heart and I will truly miss everyone.

Be safe, with kind regards - Hendrik van der Linde



KERSFEES

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

hooi diere krip stal kerslied baba mire wierock
 goud koning ster engel kersballe slee kersfees kos
 oukersaand kersoggend familie geskenke mana versierings
 helpers wysemanne bethlehem gebore christus jesus
 gelukkig liggies fessviering fees presente geseende
 nuwejaar kersboom takbokke kersvader

Answers to Christmas Music Quiz -randomly displayed.

Chestnuts, One-Horse, Fairytale of New York
 Silent Night, All I want for Christmas is you, Leaper,
 Paul McCartney, Blue Christmas



Kersfees Woordskommel

Ontsyfer die volgende woorde van die verhaal van Jesus se geboorte:

1. Eenlg
2. Raaim
3. Sterana
4. Fesoj
5. Meethleb
6. Siesmas
7. Bergreh
8. Pirk
9. Susje
10. Sretwagpakas
11. Gninok
12. Rest
13. Rookwie
14. Duog

Words beginning with Double Letters

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

AARDWOLF
 OOZE
 LLAMA
 OOGONY
 OOLITE
 FENTE
 OOZY
 OOMPH
 OOGENESIS
 OOCONIUM
 OOMIAK
 OORALI
 OOMPAH
 OODLES
 LLANO
 OOFISH
 EEL
 OOPS
 BERTIE



Kersfees Woordskommel

Antwoorde:

Engel	Krip
Maria	Jesus
Nasaret	Skaapwagters
Josef	Koning
Betlehem	Ster
Messias	Wierook
Herberg	Goud



As we enter the festive season during the month of December, I would like to wish all residents, families and staff all the very best.

Have a wonderful festive season, participate in our upcoming events that we've got planned for you, and to those of you going away to visit family and friends, travel safely and enjoy spending time with your loved ones.

Stay safe and God bless.

