

PlumRus **News**

FEBRUARY 2023



MAKING A LIFE-GIVING DIFFERENCE

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
3 rd Communion Service	5 th Morning Service	5 th Evening Service
10 th One Hour for Jesus	12 th Morning Service	12 th Evening Service
17 th One Hour for Jesus	19 th Morning Service	19 th Evening Service
24 th One Hour for Jesus	26 th Morning Service	26 th Evening Service

Love of God



For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.’ Romans 8 vs 38-39

Why was Paul so convinced?

At the time of writing Paul had already encountered the risen Lord Jesus on the road to Damascus and suffered many horrendous things from the sake of the gospel.

Paul had been put in jail many times, beaten with whips five times, beaten with sticks three times, stoned and left for dead, shipwrecked three times, his life in constant danger, he'd gone hungry and thirsty and was cold from not having enough clothes.

Yet Paul was convinced that nothing could separate him from the love of God. Paul knew the circumstances of this world had any power over him. But most important was that Paul knew and experienced personally God's love. Paul knew that regardless of circumstances and his own performance, that nothing could separate him from the love of God. Paul had a revelation that since the beginning God had loved him. Even when he was persecuting the church, even when rejecting Jesus, as the Messiah, the Saviour of the world, the love of God remains.

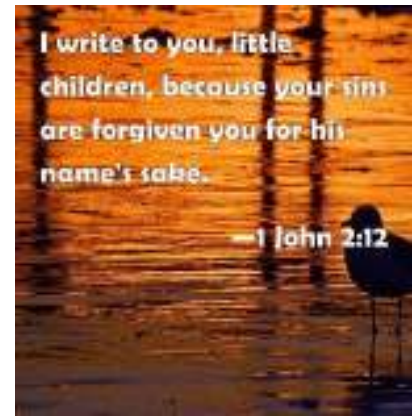
The love of God – His reputation

God's unconditional love and faithfulness is who He is. God is love. For God's own reputation, He must fulfill His promises, so that the world will know Him. That is God's heart.



In both these scriptures we have affirmation that we have been set free for the glory of God.

Once again for God's own reputation. He is reminding them, reminding us we are forgiven, we are set free.



The love of God is unconditional and unending love. God delivers and rescues. God continually forgives because God so loves. For God so loves, for His name's sake.

The love of God – Who He is

Who are we to think we can change God! In the good times and the bad times, God's love never changes. He never left me, even when I was doing the wrong thing. I know God's love. I know God.

For God so loves, that is who He is. For His own reputation, for His namesake, He wants to set people free.

His Kingdom came on earth in Jesus Christ His Son. God who became flesh and blood, walked the earth as a man. He dwelt among people, died, rose and ascended on high. He is now seen in the transforming power of His Spirit, in the hearts and minds of His people.

The love of God – Who can condemn?

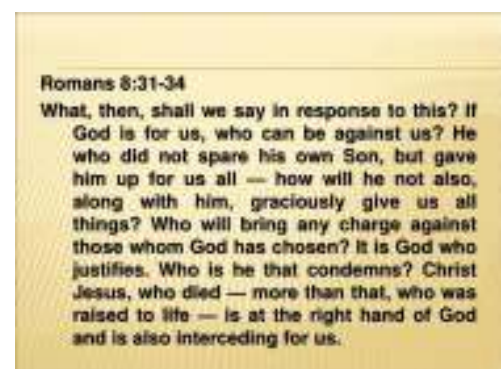
Paul asks who is he who condemns?

It doesn't matter what accusations are hurled at us, because it is Jesus, the Son of God, God who became flesh and blood who died, rose from the dead who intercedes for us.

When we think a bad thing and as a result believe we are not worthy, simply surrender that bad thought to God. In this mind of surrender, each day in His presence we are receiving more of Jesus, receiving a greater revelation of His love, we can testify He is changing our hearts and minds.

Each day is an opportunity to know Him more, living in the victory of continual surrender to His will, confident in His love and faithfulness.

Jesus has made us worthy to receive all of Him, receive all of the living God. It is Jesus who has made us clean. Jesus is our salvation, our righteousness and our inheritance in time now.



God Himself, through the prophet Isaiah testifies.

Isaiah 54:17 *'No weapon formed against you shall prosper, And every tongue which rises against you in judgment, You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me," Says the Lord.'*

Who condemns the lies of our flesh and the evil one?

We do. God says to His people you shall condemn! We condemn the lies with the truth of who God is, what He has done and will do.

The love of God – Our testimony

In conclusion when we receive Jesus we have been rescued from the kingdom of darkness, bought into the kingdom of light. Rescued from the kingdom of evil, bought into the kingdom of God. Set free from the kingdom of death, bought into the kingdom of life. In Jesus we have been given the power and authority by the King of the kingdom to tear down strongholds over our minds and the lies of the evil one with God's Truth. Jesus is the power and authority to be free from the bondage of selfish desires as we simply surrender all to Him.



Why are we so convinced that nothing can separate us from the love of God?

1: For God so loves. 2: For His own reputation, for His namesake and 3: Nothing or no one can change who Jesus is, what He has done and will do, in and through all who receive Him.

Jesus is our testimony and there is nothing or no one who can take that away from us.



Father please help me to trust you even when I don't understand why things happen as they do. Comfort my heart and remind me of your goodness and love.

Here I am, humbled by your majesty
Covered by your grace so free
Here I am, knowing I'm a sinful man,
Covered by the blood of the lamb
Now I've found
The greatest love of all is mine,
Since you laid down your life, the
Greatest sacrifice

Majesty, majesty, Your grace has
Found me just as I am
Empty handed but alive in Your hands.

Here I am,
Humbled by the love that You give,
Forgiven so that I can forgive
Here I am, knowing I'm a sinful man,
Covered by the blood of the lamb
Now I've found
The greatest love of all is mine,
Since you laid down your life, the
Greatest sacrifice.

Heavenly Father help me to live like a child of God this year. To be a bearer of light spreading Your word. I want to do this with obedience and respect without complaining. In Jesus name.

Joyce Wissing

I am a Christian

When I say that "I am a Christian," I am not shouting that "I am clean living." I'm whispering "I was lost, but now I'm found and forgiven."

When I say "I am a Christian," I don't speak of this with pride. I'm confessing that I stumble and need Christ to be my guide.

When I say "I am a Christian," I'm not trying to be strong. I'm professing that I'm weak and need His strength to carry

on.

When I say "I am a Christian," I'm not bragging of success. I'm admitting I have failed and need God to clean my mess.

When I say "I am a Christian," I'm not claiming to be perfect. My flaws are far too visible, but God believes I am worth it.

When I say "I am a Christian," I still feel the sting of pain. I have my share of heartaches, so I call upon His name.

When I say "I am a Christian," I'm not holier than thou. I'm just a simple sinner who received God's good grace, somehow!

Belangrike dinge in jou lewe...

Ek raak altyd gefrustreerd met spam e-posse - hulle vul jou inbox en neem mens se kosbare tyd op. Hierdie week het die onderstaande e-pos deurgekom, en gelukkig het ek die tyd geneem om dit te lees.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

"The golf balls are the important things -- your God, family, your children, your health, your friends, and your favorite passions - - things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, and your car.

"The sand is everything else -- the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and 'fix the disposal'.



"Take care of the golf balls first -- the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."



Mag God die fondasie wees van jou lewe; Mag Hy jou verhoudinge Seën; en Mag jy altyd tyd hê en maak vir die mense en dinge wat betekenis gee aan jou lewe.

(Ingedien deur: Cindy Schoeman)

'n Jong man het vir sy pa gevra:

"Hoe het julle mense voorheen geleef met-
Geen lugversorgde voertuig nie
Geen Wifi nie
Geen internet nie
Geen rekenaars nie
Geen aanlyn inkopies nie
Geen TV's nie
Geen lugversorging nie
Geen selfone nie?
Geen winkelsentrum nie
Geen multiplekse"

Sy Pa het geantwoord:

"Net soos hoe jou generasie vandag leef met -
Geen gebede nie
Geen deernis nie
Geen eer nie
Geen respek nie
Geen karakter nie
Geen skaamte
Geen beskeidenheid nie
Geen tydsbeplanning nie
Geen sport nie
Geen lees nie"



(Ingedien deur Esme Theart)

SIX LITTLE STORIES WITH LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.

2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.

3. Every night we go to bed without any assurance of being alive the next morning, but still we set alarms to wake up. That is hope.

4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.

5. We see the world suffering, but still, we get married and have children. That is love.

6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

Flinkdink

Die wonder van 'n taal is dat dit gedurig in die volksmond groei. Omdat Afrikaans 'n jong taal is, is dit verblydend en opwindend dat daar soveel oorspronklike, skerpsinnige en humoristiese woorde die taal verryk en op 'n hoër vlak bring. Hier volg 'n paar:

Lippeklap (chatter), Wrakwa (breakdown), Brombui (bad mood), Spoedkoekie (female traffic cop), Liplangs (by word of mouth), Kalahari - Ferrari (4x4 vehicle), Kopdop (helmet), Vlugvoos (jetlag), Kooptroos (retail therapy), Sloertoer (roadtrip), Antieksjiek (vintage), Weggenoot (your ex), Gelukpluk (lucky draw), Nuljardêr (penniless person), Dopdof (hangover), koggelklofie/melkweg (cleavage)

(Ingedien deur: Pat Van Wyk)

I always say "baie" to my Afrikaans-speaking friends because it means a lot to them

Dankie liewe Eskom
Ek het so baie by jou geleer:

*Ek het geleer, dat ek niks moet uitstel nie. Ek moet VANDAG my wasgoed was. Ek moet VANDAG my hare was, want more mag ek dalk nie...

*Ek het geleer dat n "varkie aand" nie so sleg is nie, want more as ek wakker word (in die donker) vir oefen ruik niemand my in elk geval nie, want ons oefen mos....

*Jy het my geleer dat dit okay is om 6 uur al bed toe te gaan en dat dit moontlik is om so 10 tot 11 ure te slaap...ek moet sê dit doen my goed...

*Jy help my ook om breaks te neem as ek huis skoonmaak. En rustig te gaan sit met n glas water...nie koffie nie...

* Jy het my geleer om te prioritiseer van wat NOU gedoen moet word en wat kan wag tot later...

* Jy het my geleer om te multi task. Om kos te maak, wasgoed in te kry, die ketel te kook terwyl ek die stoofplaat met my groot toon afsit om nie n sekonde te mors nie.



O ja, baie dankie dat jy nou die aand my tv afgesit het. En dankie dat jy my 7 minute ekstra tyd gegee het, dat die bondel wasgoed kon klaar was....Ek sal dit altyd onthou!

Dankie dat jy altyd jou belofte hou en by jou woord hou en mens selfs waarsku 55 minute voor jy iets gaan doen. En dankie dat jy ons so nou en dan surprise...Ek love surprises.

I love you, Eskom!

Die Kinderpreek

Dit was die Sondag kinderpreek,
Die dominee glimlag en sê:
"Waaroor sal ek met julle praat?
Wat wil julle nou die graagste hoor?"
Dink nou eers 'n rukkie na en dan sal ek vir julle vra.
Hy hou die gesiggies dop, Hul sal seker 'n storie vra...
Daar gaan reeds 'n handjie op, "Ja, kleintjie?"
"Omie, ek dink die beste raad is dit:
Sê: 'Amen' en dan gaan Omie sit."



To our Residents

4 th	Anthea Sangster	MV105	73
4 th	Margaret Stringer	MV202	72
5 th	Lurdes De Castro	N110	72
6 th	Dianne Slabbert	N107	87
9 th	Ruth Davies	A6	75
9 th	Penny Hawson	R7B	75
9 th	Zelda Pover	N003	93
11 th	Lynette Kelly	A2	66
12 th	Leslie Bester	F117	63
13 th	Linda De Wit	N005	80
13 th	Johanna Engelke	F016	83
15 th	Ds. Joseph Henn	F013	79
16 th	Esme Theart	F104	81
18 th	Pat Finch	F008	88
20 th	Shelagh Dowie	R76	86
20 th	Lily Van der Linde	F121	81
28 th	Ina Wolfaardt	R74	78



Delight yourself in the Lord, and He will give you the desires of your heart.

Psalm 37 vs 4

To our Staff

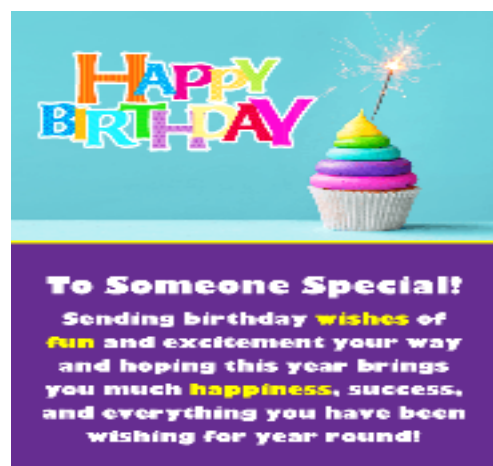
1st	Rhodene Koense	Management
3 rd	Edwina Solomons	CCL
7 th	Denver Daniels	Riskman
9 th	Pumi Velani	CCL
12 th	Marshalene Smith	CSC
12 th	Kaylene Wyngaard	CSC
13 th	Leeann Hendricks	CCL
25 th	Sheron De Beer	Health Care
26 th	Danielle Fisher	CSC
28 th	George Holtzhausen	Management



To our CSC Members & Clients

1 st	Mr. Couves	Plumstead
5 th	Mrs. Malingo	Lavender Hill
7 th	Mrs. Marthinus	Lavender Hill
9 th	Vivian Muller	Lavender Hill
20 th	M's. Hector	Lavender Hill
20 th	Philip Peter	Lavender Hill

May God's goodness and love follow you all the days of your life. Psalm 23 vs 6



In celebration of Rhodene's milestone birthday, I thought it fitting to share some extracts with our readers of the interview I conducted with her way back in November 2019. I think this will explain why we as her colleagues all share in her happiness as she celebrates her 60th birthday.

By way of introducing yourself to our readers, please explain the origin of your very unusual name.

R...is for *rewards*, for my hard work

H...is for *handy*, the helpful me

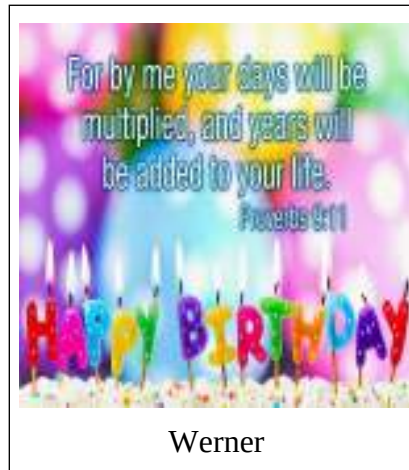
O...is for *observant*, nothing gets pass me.

D...is for *dazzle*, the inner and outer sparkle I bring

E...is for *exotic*, no lack of spirit here

N...is for *nurturing*, the loving care I provide to all

E...is for *empathy*, and my consideration for others



Werner

Thanks for this very detailed description of your name, but my question is, where does it come from? Were you named after someone, something, or just an original Adams creation?

Oh, now I understand. My father named me after a girl's school in Johannesburg.

Google tells me that there is a very prestigious girls school named, Roedean School, in Johannesburg. Guess the change in spelling was due to the celebrations around your birth.

With 22 years of unbroken service at PlumRus, you are not only the CSC Manager but also the President of our prestigious 10-year club. What has been your inspiration over the years to get up in the mornings and come to the same job?



Love & best wishes to a special person. Happy special 60th birthday Rhodene, hoping there will be many decades more. Chris

The mielie meal breakfast served by our amazing Catering Team is my inspiration. On a more serious note, it is not a job I come to, it is where I live out my passion. I love what I do.....it's about love.... it's about family.

How do you motivate the younger staff to stay the long road.... about loyalty.....are these traits that can be learnt?

Never see it as a job, make sure it is your passion. Always think about the day you are older, how would you like others to treat you? Perseverance is a Fruit of the Spirit, and if you serve lovingly your service of the elderly will come naturally to you. You will be committed, reliable and duty bound regardless of the



personal costs. Your blessings come from every "Thank You & God Bless You" uttered by the people you care for.

These traits of commitment and perseverance must come from a much deeper place, perhaps you would like to very briefly share your testimony with our readers.

My love for caring started under very unusual circumstances some 31 years ago. When I was still a child (10 years old), my mother disappeared from my life. She re-entered my life when I was 23 years old. She had just been diagnosed with Stage 4 cancer and suddenly, I, together with my siblings became her primary care givers. She lived for 2 more years, and it was after this that I realized that out of this situation my love for caring had been sowed.

Life was never always easy, but I learnt during those 2 years that forgiveness would allow me to move into my purpose and God's plan. Things I use to trip over – I now walk over. The devil always has a plot, but my God has A PLAN. I claim Jeremiah 29 vs 11 over my life.

It is very clear from the photos accompanying this interview, that you enjoy having your photo taken.... did you at any stage consider a career as a model?



Yes, I considered modelling as a career, but unfortunately in Uppington I could not get my portfolio published. I feel I could have been Miss Universe, in fact I had an agent, but he skipped the country because he couldn't stand the heat.

Amongst your closest colleagues you have been given the nickname of 'peacock', any idea where this comes from?

I love my colleagues, and my favourite word is "dovetail". They feel that peacock more aptly describes me as I love modelling and delegating tasks to them to be done. Ek pronk en hulle is die stertjies.

All the carers know that you enjoy Indian soapies....where does this passion come from?

It is true, I do enjoy the Bollywood soapies. The reason is a simple one, their English is so bad, I clap my hands shout hooray, and say....Rhodene you are GREAT!



Mervyn



Jy is spesiaal, geniet jou 60ste verjaarsdag!

Here's to another year of laughing together, messing up together and making it together.

60 incredible years of life! 60 years of incredible style! And 60 more amazing ones to come!

Wishing you the very best on this Milestone Birthday Nikita



Kollega, ek wens jou net alles wat mooi en gesond is vir die jare wat voorlê. Ek waardeer altyd jou insette nie net oor versorging hier by PlumRus, maar ook oor die lewe-jy is mos nou al 'n mooi paar jaar ouer met meer ervaring van die lewe as ek.

Your pronunciation of the English language takes on new meaning every time you speak, which makes working with you unpredictable and exciting. Enjoy the celebrations. Belinda



Mr. Lionel Fillies – Zone 3 Room 28

Born and bred in Cape Town Mr. Fillies attended Heathfield High School. He is married to Edwina and they have 4 children together.

He is a retired traffic officer having worked for the City of Cape Town for many years.



Mrs. Rosemary Walters – Zone 4 Room 44

Rosemary Walters was born in Wynberg, Cape Town and grew up in Prince Alfred Hamlet. She attended Prince Alfred Hamlet Junior and Wolseley High School.

Her late Husband was Lucas Walters and they have 3 children together, Laetitia, Nic and Andre. The family has grown with the addition of 4 grandchildren.

Rosemary's hobbies are baking, knitting and crocheting. She has a love for gospel music and reading the Bible.



Mrs. Esme Hinds – High Care – Room 5

Mrs. Esme Hinds was born and raised in Paarl, Boland. She attended La Dushel Paarl, Robertson Girls High, Paarl Girls High and Worcester Girls High.

She and her husband married in 1987 at Rosebank Methodist Church. They have a son, Roy.

Mrs. Hinds enjoyed vacations in Bakoven, on the West Coast and Port Owen. She is a trained Nurse, and her hobbies were photography and sewing. Mrs. Hinds also enjoys classical music and listening to Andre Rieu, but now spends most of her time reading.



Mrs. June Bester – Zone 5 Room 62

Mrs. Bester was born and raised in Johannesburg and attended St. Angela's Ursulien Convent school.

She has one daughter, Lee, living in Noordhoek.

Mrs. Bester enjoys Reading and sewing.



Mr. Clive Swan – High Care – Room 3

Mr. Clive Michael Swan is our first Resident living in High Care.

He was born and raised in Plumstead and Southfield and attended Southfield Primary. Mr. Swan is one of 8 brothers.

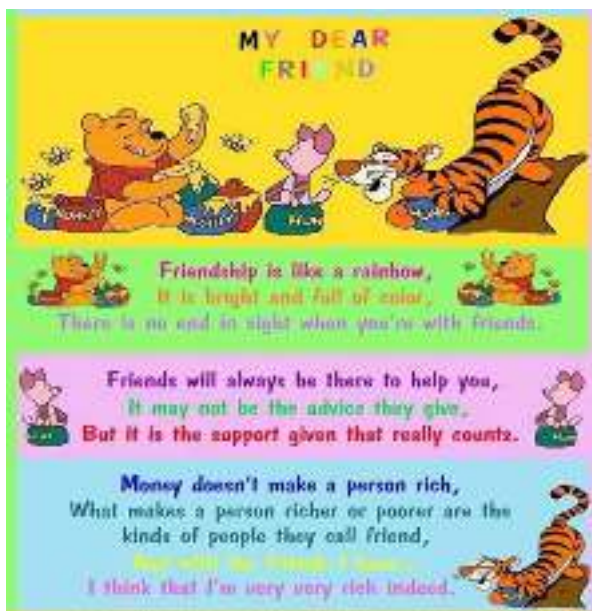
He has two daughters, Natalie and Tammy.

Mr. Swan loved camping and fishing. He enjoys all sports, especially rugby, soccer and cricket. He also enjoys classical and mainstream pop music.





Our range of activities caters for the social, spiritual, cultural and stimulation needs of most of our Residents at PlumRus. We invite you to leave the sanctuary of your room and flat and become involved in activities that you enjoy. More importantly, if we do not yet offer the activities you enjoy, then chat with your Resident Committee Representative and ask them how you can help them to introduce your favourite activity to everyone at PlumRus.



Would you like to become a Friend to our Residents who are in need of good company? Are you happy to share the Love of Jesus with others?

YES

We would love you to come and join our Friends Group when we next meet on the 7th of February, and every 1st Tuesday of the month thereafter, at 15:00.

IT HAPPENED!

What happened?

The Writers' Group met for the first time on the 19th January.

We had fun sharing our experiences and aspirations of writing:
the why, the when, the what and the how.



What happens at the group?

We encounter "bouncers," "triggers" and "prompts", chat around them with pen in hand and decide on a homework project to take away. This time it was "The Door/Gateway." Next time we shall share the writing results.

What's next?

We are inviting you to join our next Group meeting on Tuesday 28th February @3pm in N203 (2nd Floor PlumRus North). Contact Ruth Davies on Ext 2104 for more information.



Monthly Outings

Our Residents will be visiting Kirstenbosch Botanical Gardens every **Tuesday** during the month of February.

Shopping trips will take place on a Monday and Thursday during February to accommodate the change in the calendar.

More importantly, if you would like to become involved with the planning of future Resident's outings, please speak with your Resident Committee Representative and they will only be so happy to include you in the group responsible for this activity planning.



Make sure you do not miss out on any activities and important messages...join the whatsapp group, and you will be the first to know everything happening at PlumRus! Groups will be created by living area (eg. East 1st Floor, East 2nd Floor, Health Care Zone 1, etc.) Caylynn will be visiting you in the next few days to connect you.

FEBRUARIE / FEBRUARY 2023
MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
		1
		08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
6	7	8
08:30 DVD Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Outing: Kirstenbosch National Botanical Garden 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
13	14	15
08:30 DVD Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting 19:00 Week of Prayer / Gebed	09:00 Outing: Kirstenbosch National Botanical Garden 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105 19:00 Week of Prayer / Gebed	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Week of Prayer / Gebed
20	21	22
08:30 DVD Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Outing: Kirstenbosch National Botanical Garden 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 10 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening in the Hall
27	28	
08:30 DVD Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Outing: Kirstenbosch National Botanical Garden 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105 15:00 Writer's Group in N203	

Thursday 2	Friday 3	Saturday 4	Sunday 5
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 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 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Perfect Pairing 18:00 Woord & Lied Dr. Chris Saayman
9	10	11	12
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	08:30 DVD Library 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 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Wedding Season 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 19:00 Week of Prayer / Gebed	08:30 DVD Library 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 Activities in lounges Heartland Series E 9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Persuasion 18:00 Woord & Lied Dr. Chris Saayman
23	24	25	26
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in John Killian	08:30 DVD Library 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 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Love & Gelato 18:00 Woord & Lied Dr. Chris Saayman
Outing to Kirstenbosch Gardens Tuesday's @ 09:00 Gym Trim in the Hall Tuesday's @ 09:00 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 2nd February 2023 Morning Market in the Hall @ 09:30 8th February 2023 Residents Talk in the Hall @ 15:00 13th - 16th February 2023 Week of Prayer/Gebed in the Hall @ 19:00 22nd February 2023 YouTube Social Evening in the Hall @ 18:00 23rd February 2023 Lotto Draw in John Killian @ 18:30 24th February 2023 Bring & Braai @ 18:00			



Access Control

All residents must ensure that their visitors sign in and out at reception on arrival and when departing. Regular visitors who make use of an access card are still requested to announce their presence on the facility by dialing Ext 1000 or 1001 when arriving and leaving the Resident's room/flat.

It is very important that each resident must be security conscious and make sure that outside doors and gates of our building/s is closed and locked 24 x 7 x 365 days, when you, your guests or our staff enters or leave the premises.

Did you know that 'walk-in' burglaries occur when burglars enter through already open doors or gates without needing to 'break in' that's why it is so important to ensure that doors and gates are always closed behind you when entering or exiting the premises.



Did you know that most TV queries we receive at PlumRus is due to the TV being on the wrong source, or maybe your DSTV or OpenView decoder is not switched on?

The next time you have a problem with your TV make sure to check if your decoder is switched on and that your TV is on the right source.

We love helping our residents but if you can, do the basic checks on your own; this way you won't have to wait too long for us to come help you.

High Care Facility



During December we began the renovating of Flat 1 into our new Plumrus High Care facility. Infrastructure and equipment had to be purchased and installed for the project to be completed before 3rd Jan 2023. We would like to express our appreciation to all parties (staff, suppliers, builders) who helped to make this possible, but

most of all we would like to thank all our residents who "had to put up with all the noise" during this busy time. Watch this space for the official opening of another amazing facility, completing the Holistic Care of the Elderly, here at PlumRus.

Feeling exhausted just thinking about shopping and preparing breakfast and dinners, let alone trying to come to terms with the constant increase in your monthly grocery bill? Loadshedding impacting on the quality of perishables you once enjoyed?

We have just the answer for you.....let PlumRus take care of your breakfast and dinner planning. Enjoy the most important meal of the day, breakfast, including a Wimpy breakfast on Wednesdays and Saturdays, over great company which will allow you more time to plan other activities and appointments. Dinnertime will be all you need to allow you to wind down the day's activities, without feeling fatigued, guaranteeing you a good night's rest.

For more information on how to be part of this extended mealtime program, please contact Charlene our CCL Manager on Ext. 1037.

★ NEWS FLASH ★



**R 1500 per month
for breakfast
& supper...**

That seems like a lot



**BUT the fact is,
when you do your math, it is R 24
per meal 😊
You can't even buy a cup of tea
for R 24**



Hierdie is een van die mooiste en saggeaardste artikels wat ek in 'n rukkie gelees het: - net stof tot nadenke.

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

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

Hier is dit egter... die laaste kwart van my lewe en dit verras my. Hoe het ek soe vinnig hier gekom? Waar het die jare heen gegaan en waarheen het my jeug gegaan?

Ek onthou goed hoe ek ouer mense deur die jare gesien het en gedink het dat daardie ouer mense jare van my af was en dat ek net op die eerste kwartaal was en dat die vierde kwartaal so vêr was dat ek dit nie kon visualiseer of ten volle kon indink wat dit sou wees soos.

Tog, hier is dit...my vriende is afgetree en word grys - hulle beweeg stadiger en ek sien nou 'n ouer persoon. Sommige is in 'n beter en sommige slegter vorm as ek, maar ek sien die groot verandering. Hulle is nie soos die wat ek onthou wat jonk en lewendig was nie...maar soos ek, begin hul ouderdom wys en ons is nou daardie ouer mense wat ons vroeër gesien het en nooit gedink het ons sou word nie.

Elke dag nou vind ek dat net 'n stort 'n ware teiken vir die dag is! en 'n slapie is nie meer 'n bederf nie, dis verpligtend! want as ek dit nie uit vrye wil doen nie, raak ek aan die slaap waar ek sit!

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



Ja, ek is spyt. Daar is dinge wat ek wens ek het nie gedoen nie...dinge wat ek moes gedoen het, maar daar is waarlik baie dinge wat ek gelukkig is om te gedoen het.

Dit is alles in 'n leeftyd. So, as jy nog nie op die laaste kwartaal is nie, laat ek jou herinner dat dit vinniger hier sal wees as wat jy dink. So, wat jy ook al in jou lewe wil bereik, doen dit vinnig! Moenie dinge te lank uitstel nie! Die lewe gaan so vinnig verby. So, doen wat jy kan vandag, want jy kan nooit seker wees of jy op die laaste kwartaal is of nie!



Ons is almal besig,
daar is altyd lewens
waar jy moet wees
of iets wat jy moet doen.
Ons leef nie altyd
hoe kosbaar tyd is nie.
Ons kry nie altyd
tweede kans nie...
moenie more spyt wees
dat jy nie meer gesê het.
Ek is lief vir jou,
ek het jou nodig,
jy is spesiaal.
Sê dit nou!
Sê dit elke dag!

"Ons, die mense wat tussen 1940-1980 gebore is, is die geseëndes. Ons lewe is 'n lewende bewys:

- ☞ Terwyl ons speel en fietsry, het ons nooit helms gedra nie.
 - ☞ Na skool het ons tot skemer gespeel. Ons het nooit TV gekyk nie.
 - ☞ Ons het met regte vriende gespeel, nie internetvriende nie.
 - ☞ As ons ooit dors gevoel het, het ons kraanwater gedrink en nie gebottelde water nie.
 - ☞ Ons het nooit siek geword nie alhoewel ons dieselfde glas sap met vier vriende gedeel het.
 - ☞ Ons het nooit gewig opgetel nie alhoewel ons elke dag baie rys geëet het.
 - ☞ Niks het met ons voete gebeur nie ten spyte van kaalvoet rondswerf.
 - ☞ ons ma en pa het nooit enige aanvullings gebruik om ons gesond te hou nie.
 - ☞ Ons het vroeër ons eie speelgoed geskep en daarmee gespeel.
 - ☞ Ons ouers was nie ryk nie. Hulle het ons liefde gegee, nie wêreldse materiaal nie.
 - ☞ Ons het nooit selfone, DVD's, speelstasie, XBox, videospeletjies, persoonlike rekenaars, internetklets gehad nie - maar ons het regte vriende gehad.
 - ☞ Ons het ons vriende se huise ongenooi besoek en saam met hulle kos geniet.
 - ☞ Anders as jou wêreld, het ons familie gehad wat naby gebly het, so familietyd en bande is saam geniet.
 - ☞ Ons was dalk in swart en wit foto's maar jy sal kleurvolle herinneringe in daardie foto's kry.
 - ☞ Ons is 'n unieke en, die mees begripvolle generasie, want ons is die laaste generasie wat na hul ouers geluister het.
- Ook die eerstes wat na hul kinders moes luister.
en ons is die wat nog slimmer is en jou nou help om die tegnologie te gebruik wat nooit bestaan het toe ons jou ouderdom was nie!!!

Ons is 'n BEPERKTE uitgawe!

So:

Geniet ons.

Leer by ons.

Koester ons.

Voordat ons van die aarde en jou lewens verdwyn.

~ Skrywer onbekend

P.s. ek mis my kinderlewe....

(Ingedien deur: Esme Theart)



Mrs. Janet Montague Sunrise-12.02.42 Sunset-16.12.22

Mrs. Montague was a very loving person to work with, very peace loving and humble. She loved her daughters very much, even during her most restless of days she spoke about them. She always encouraged us to assist others, putting their needs above her own. She loved chocolates and cheddars and always wanted to share. It was a pleasure to care for her. Fly high you will be missed dearly. Zone 5 staff.

Mrs. Joyce Davidow Sunrise-10.12.26 Sunset-14. 01. 23

Mrs. Davidow was a very grateful person, her favourite words were "Baie Dankie" "Thank You Sis". She kept us on our toes by constantly asking for the toilet even if she didn't need it. Her beautiful smile brightened up the room. She spoke often about her daughter, Melanie, and expressed so much love for her when she came to visit. We miss her dearly, our days are quiet without her.



What a women!! What a mother 💖 mommy I couldn't have asked to be blessed with a better mommy. It's now daddy's turn to hold you. Rest In Peace mommy I will miss you tremendously may God bless you real good 💖 your loving daughter Melanie 💖



**Mr. Eddie De Castro Sunrise-14.11.41 Sunset
22.01.23**

Known as Uncle Eddie, Mr. De Castro will be remembered for many reasons one of which was his faith. He was an honest man. You always knew where you stood with him like it or not. He was appreciative of our assistance and was always happy to come back home to PlumRus after being away and said as much which made the staff proud. We will miss him and will continue to take care of his wife in his honor, he was always concerned for her. RIP Uncle Eddie. - Plumrus staff

Dearest PlumRus Staff

Thank you all so much for your kind compassionate care of Uncle Eddie. Mom and I were always extremely happy with the care he received. Thank you too to the kitchen staff, management and the lovely ladies in the Coffee Shop. God Bless you all. Lurdes & Rui

CHRISTMAS WITHOUT MY MAN

"So, what was it like to have Christmas without Dave?" Having been faced with this question many times, I was then asked to write this article. At first I was unwilling, but then I thought that there are many others at Plumrus who are in the same situation and can relate.

It was hard not to plot and plan what to give him for Christmas. Finding the right gift for a man is always a problem and I missed not having to solve it!

Christmas was busy, as usual. My children and I exhausted ourselves preparing and baking, but I felt hollow...there was always something or someone missing. On Christmas Eve, we had a cheese fondue... he would have enjoyed that, chosen the wine, said Grace, told the Christmas story, made speeches over the gifts...

On Christmas morning we went to church, and I shed a few tears whilst singing the carols and hoped no-one noticed. Thereafter, we drove around handing out care packages to the needy, a tradition he started and my children are keen to continue.

And then, the extended family arrived for the traditional braai and he wasn't there to greet them, but the rest of us were.

That's about it...Life carries on as usual, but we are honouring the memories rather than trying to evade them. That's how he would have done it.

(Submitted by: Verena Salzwedel)

Residents on Tour

In need of a break, and intent on cherry picking, two of our Plumrus residents, Margie Stringer and Verena Salzwedel, went on a U3A tour in November 2022. (What's U3A? Review the article in December 22 Plumrus News!)

45 "oldies" climbed onto a luxury bus and headed for the Ceres area for 4 nights and 5 days. It was refreshing to "go local" and still enjoy the same standard usually experienced on an international tour.

Sounds that will stay with me are the chime of the church bell at night and the cooing of the doves all day.



We started with a visit to a boutique wine farm. On a visit to an upmarket olive farm, we were well-educated about terms such as "cold-pressed", "virgin" and "organic" and taught how to do consumer research. For example, an olive oil is only truly organic if the orchards are planted so that they are sheltered from the wind from nearby fruit farms, which use pesticides.

A highlight of the trip was a wonderful steam train ride over Michell's pass, from Ceres to Wolseley. We had to wait for two hours for a pilot to arrive before we could set off through grand mountains, steep ravines and precipitous slopes.



We spent a day in Tulbagh, visiting fascinating museums. A main feature is the 1969 earthquake. The old church clock stopped at 10.04 that night and has never been repaired. We had lunch with the cat lady. If you are mystified, visit Tulbagh and find out for yourself!

The tour should have been labelled "Gourmet" as we staggered from huge creative salads to crusty breads with homemade soups and desserts.

The final highlight was cherry picking at Klondyke, which was the initial motivation for booking the tour. Depending on the angle of the sunlight, the cherries vary in colour from golden yellow to rosy red to dark red or even purple - all on the same tree! Plucked from the branch and popped into the mouth...mmmm!



(Article written by: Verena Salzwedel)

The story of a poem

In 1997, my wife, Pam, acquired an American ladies magazine, in which there was an invitation for items of poetry for publication in the annual anthology of poetry. I hurriedly prepared a short poem, which I immediately sent by post.

South Africa: A Prayer

Land of contrasts, land of grief;
Land of beauty, land of belief.
O heal our past; point the way
Out of the dark, into the day

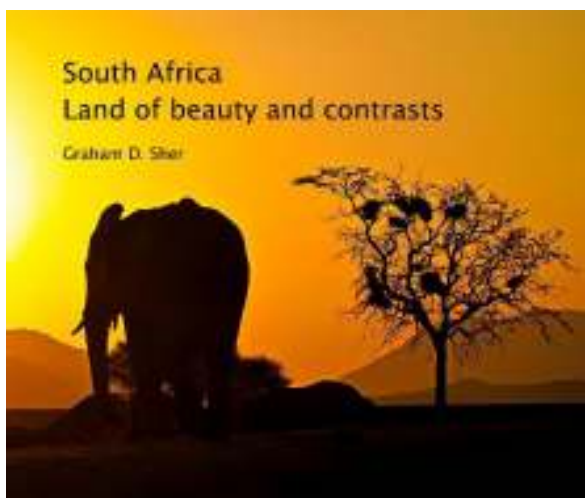
Land so verdant, land so dry,
Land of hot sun, and mountains high.
May all have water to drink,
and crops to grow, and not to shrink.

Land of the poor, and land of much;
Land of distance, and land of touch.
May all have space, none to shun,
For first and third world, all in one.

To my delight, it was accepted for publication, and I received an editors letter of commendation.

Under cover of a letter, I sent a copy of the poem to president Nelson Mandela, and ten days later found an envelope from the presidency in my letter box. His secretary wrote that the president appreciated my "gesture of reconciliation" and sent his best wishes; a treasured letter indeed.

(Submitted by: Adin Harmer)



the best
THINGS IN LIFE
 ARE
 THE PEOPLE
 we love
 THE PLACES
 WE'VE BEEN
 & the
MEMORIES
 WE'VE MADE ALONG
 the way



Val Mathew enjoyed the blessings of having her family around as they celebrated the nuptials of her grandchild and her milestone 90th birthday she also shared the festivities with her many friends at PlumRus



When you turn 90 you can enjoy as many parties as you wish. That is exactly what Mr. Fortuin did. His family celebrated his special day with a tea at his son's house and he was treated to a special party with all his friends in Zone 2.





Christmas lunch at PlumRus is always a special celebration. Many of our Residents family chose to join them for lunch. Thank you to our Catering Team who ensured that all preparations were executed to perfection and topped with a special dollop of love. We appreciate you!

Christmas is family, friends, hope, joy, memories, peace and love.



Die waterlemoenfees, oujaarsnag was 'n ongelooflike sukses. Familie en vriende het kom kuier en daar is somer lekker gebraaai en feesgevier.



Hanging out day by day, we make our memories in our own little way.



Our Residents enjoyed the weekly outings to Fish Hoek beach, including their soft serve. Remember our weekly outings in February will be every Tuesday to Kirstenbosch.



Ivy Todd celebrated her birthday with family and friends in the Coffee Shop. Speak with the team and they will ensure that everything from decor, birthday cake and treats are perfect for your special celebration.



Rosalita Aupiais and family

Our Coffee Shop is a special place where good friends meet, and memories are made.



Jurgen Bosse catching up with his brother.



Ouma Chummy enjoying lunch with her daughter and family.



Another successful Residents braai enjoyed by all. A special thank you to Charlene, our CCL Manager, who always goes the extra mile to ensure that everyone enjoys great food and hospitality, even on her birthday!

I can see clearly now....



A huge thank you to Clicks-Plumstead for the very generous donation of reading glasses which we were able to issue to our Residents, members at our Senior Centre in Lavender Hill and our staff. Anyone still needing a pair you can speak to Rhodene on Ext 1020.

CSC in Action



Paul, our Training Officer, is seen putting our Senior Centre in Lavender Hill's fieldworkers through their First Aid training.

Our fieldworkers enjoyed every minute of their training, and they feel a lot more confident that they will be able to assist the members, if needed.

Respite Care

Meet Mr. Anthony Fish, our first respite client, utilizing our new High Care facility which makes allowances for short stay (up to 2 weeks) clients in need of dedicated care.

Mr. Fish spent the weekend with us and had the following to say about his stay.



"Initially I was resistant to the idea of spending the weekend at your facility. Once I became use to the daily routine, I enjoyed every minute of my stay. The food was really good, everyone is so friendly, and the carers are pretty. I also made friends with my neighbour, which saw the weekend fly-by.

Please share details of this service offering with your family and friends. For further information and reservations contact Rhodene on 021-761 2323 (press 5)



We would like to acknowledge and celebrate the achievements of the following children of our staff who were successful in passing their Matric final exams. We wish you every success as you continue to pursue your dreams.

“For I know the plans I have for you”, declares the Lord, “plans to prosper and not to harm you, plans to give you hope and a future”. Jeremiah 29 vs 11



Jason is the youngest son (laatlammetjie) of Joan Paulse one of our much-loved Domestic Carers. Jason has started his tertiary studies at Westlake College pursuing his dream of Engineering.

Edwina Engel, one of our dedicated carers working in Zone 4, was very proud of her daughter Jenica's Bachelor's pass. Jenica is hoping to fulfill her dream of becoming a teacher.





Faiden is the very good-looking son of our carer Bonita Appels working in Health Care. There is a saying, especially amongst us woman, a man in a uniform is a sexy man. Faiden is hoping to become either a law enforcement officer or a policeman. With his good looks and a uniform; it will definitely be a winning combination.



Teneil is the youngest daughter of our Domestic Carer Natasha Rademeyer and sister of Evano Rademeyer. She too is hoping to pursue a career in the teaching profession.



Lorraine Whittle is a super proud granny. Dr. Leah Whittle graduated as a Scientist from UCT on 15 Dec 2022.

She is just as proud of Kathryn, her other granddaughter, who is a counsellor and Grade 3 teacher at Reddam in Hout Bay. Lorraine it is quite clear

where the brains and the good looks come from in this family!



My Neef Hannes het geboek en reeds betaal vir n hengelvakansie op Hentiesbaai. Hy het nie besef dit bots met sy troudatum nie. Indien enige iemand belangstel om sy plek in te neem kontak hom net. Dis Saterdag by NG gemeente Cullinan 14:00. Sy is baie vriendelik en n bobaas kok. Brunet en 62kg 1.52m lank. Sy sal die een wees in die wit rok. Haar naam is Marie.

10:05

Aap & bobbejaan sit langs mekaar in di kerkdiens toe di pastor se: Draai na jou neighbour kyk in sy oe & se: Jy is baie mooi, jy is uniek, jy is my ewebeeld ek het jou lief soos ek myself lief het. Aap kyk na di bobbejaan & se vir di pastor: Kom se jy dit self vir hom want di Here weet ek gan ni in di kerk lieg nie !

🙄 Boemelaar val flou voor Nando's 🍔🍷 en a tannie skree 🤪, gee hom 'n lemoen 🍊 dit sal hom help. Hy reply. Voetsek!!!!...dan sal ek mos by Fruit&Veg 🥥🍌🍌🍌 flou geval het. 🌸

Ex: Hi ek mis jou 🥺
Ek: Jammer eks by a begrafnis 🙄
Ex: Hai shame wies dood?
Ek: My gevoelens vir jou 😂😂😂

POLISIE : "Mev Koekemoer, jou man is in motor-ongeluk dood, kan jy asseblief lykshuis toe kom om sy liggaam uit te ken?"
MEV: "Ek kyk 7de Laan nou, vat n pic dan tag julle my op Facebook.
As dit hy is sal ek die pic Like"

21:01

Frikkie besoek sy naaste kroeg...
Hy bestel 3 doppe 🍺🍺🍺
Hy vat 'n sluk van elke dop.
So gaan hy aan.
Hul vra hom hoekom 3 doppe?
Frikkie: ek drink saam my 2 broers, hulle is beide in ver lande....ek mis hulle 🥺
So gaan dit vir maande aan...3 doppe op 'n slag 🍺🍺🍺 slukkie van elk.....

Op 'n dag bestel Frikkie net 2 doppe 🥺🥺

Almal is geskok en vra vir hom wats fout?

Frikkie : ek het opgehou drink 🤪🤪

love

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

unconditional	powerful	spectacular	captivated	swept	dote	fanclub
enjoy	taken	zeal	pleasure	crush	wild	nuts
crazy	smitten	unselfishness	lover	honey	sweetheart	darling
dearest	beloved	romance	regard	armour	caring	compassion
delight	taste	appreciation	like	infatuation	yearning	lust
desire	passion	idolization	doting	adoration	devotion	endearment
attachment	intimacy	warmth	tenderness	fondness	friendship	affection
love						