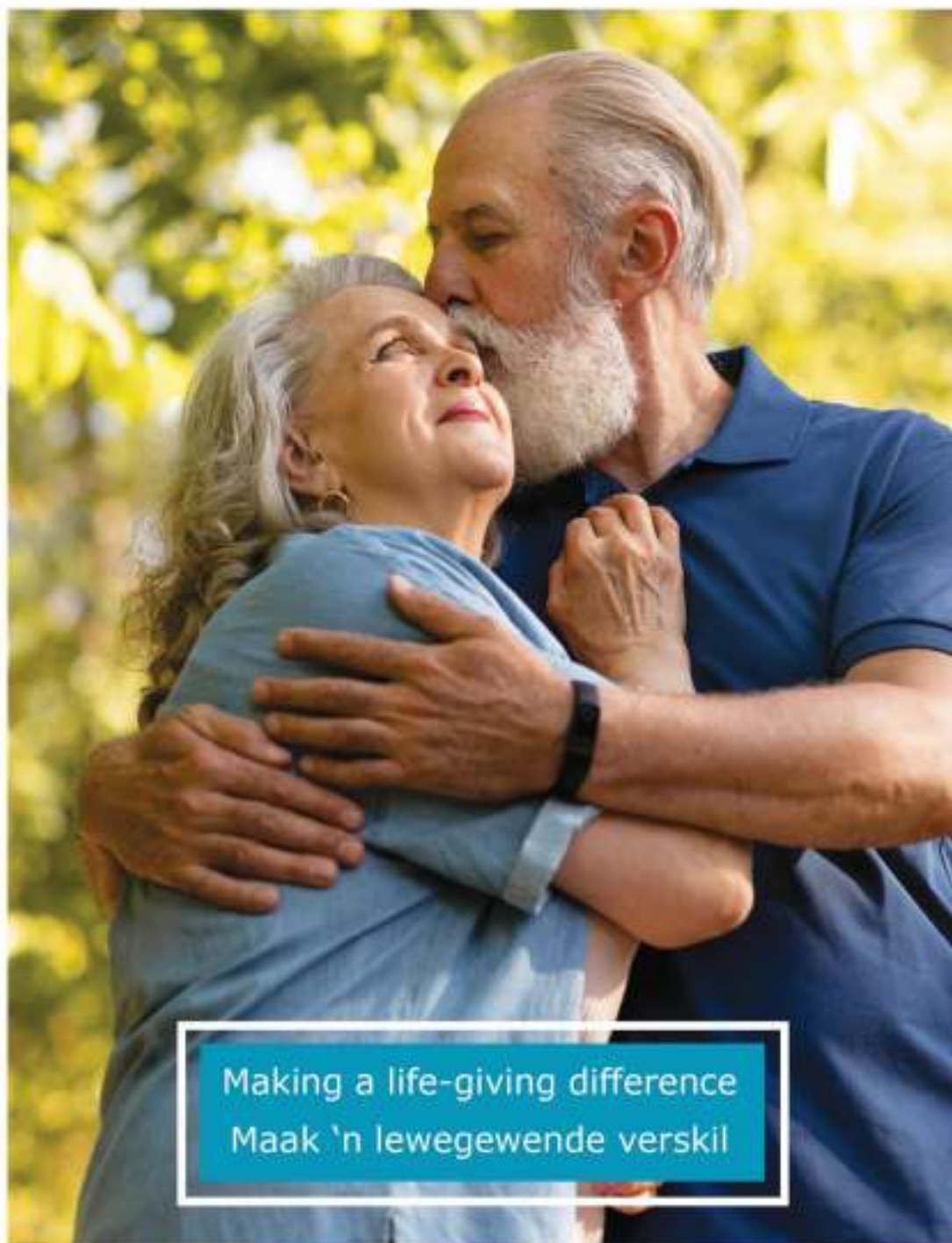


PlumRus NEWS NUUS

February • Februarie 2024



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
2 nd One Hour for Jesus	4 th Morning Service	4 th Evening Service
9 th One Hour for Jesus	11 th Morning Service	11 th Evening Service
16 th One Hour for Jesus	18 th Morning Service	18 th Evening Service
23 rd One Hour for Jesus	25 th Morning Service	25 th Evening Service



**Ons nooi almal uit na ons Week van Gebed vanaf 12 to 15 Februarie
om 19:00 in die saal.**

GEBED TOT DIE HERE IS OP WEG MET DIE HERE

I said a Prayer for you today

*I said a prayer for you today
And I know God must have heard.
I felt the answer in my heart
Although He spoke no word.*

*I didn't ask for wealth or fame
I knew you wouldn't mind,
I asked Him to send you treasures
Of a far more lasting kind.*

*I asked that He be near you
At the start of each new day,
To grant you health and blessings
And friends to share the way.*

*I asked for happiness for you
In all things great and small,
But it was for His Loving Care
I prayed for most of all.*

(Submitted by: Joyce Wissing)

Prayer of St Francis of Assisi

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is darkness, light;
where there is despair, hope;
and where there is sadness, joy.
Divine Master, grant that I may
not so much seek to be consoled
as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and in dying that we are born
to eternal life.*

(Submitted by: Louise Edgcumbe)

'ONLY ONE THING IS NEEDED...'

One of the most common New Year resolutions is...to **exercise more!** Not far behind are **save more money** and **spend more time with family and friends**. More exercise, more money, and more time with family and friends! These aren't bad longings in themselves, but like most New Year resolutions, we keep them for a few weeks then run out of steam, slipping back into our old pattern of life. New Year resolutions are notoriously difficult to keep, that's why most of us give up making them - I definitely have.



Nevertheless, the end of one year and the beginning of another, can provide an opportunity to make a fresh start. The defining moments of the past months: the choices we made, the way we treated family and friends, how we handled setbacks and our emotional ups and downs - reflecting on these things can be a sobering experience. Times like these often lead to a growing longing to be a 'better' person in the years ahead. But how can this longed for transformation come about? Plenty of 'New Year resolutions' and numerous costly self-help books, haven't brought about lasting change within us. Is there a secret to living a worthwhile and meaningful life?

There's a lot we can learn about the key to a meaningful life from the story of a woman called Mary (Luke 10:38-42). She lived in Bethany with her sister Martha and their brother Lazarus. They were close friends with Jesus, who'd often visit their home on his way to and from Jerusalem. At mealtime on one of these visits, Martha busied herself in the kitchen while Mary, not wanting to miss a word Jesus said, settled down at his feet. Pots clanged and cupboards slammed as Martha stomped around the kitchen. Why had she been left alone to knead dough, peel veggies, and stoke the fire? Mary should be helping her! Rudely she interrupted Jesus, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" Jesus' response was kind but firm, "Martha, you're fussing too much and getting worked up about nothing. There's really only one thing worth being concerned about. Mary has discovered it – and I won't take it from her!"



It's easy to assume Martha is the 'bad' one and Mary is the 'good' one on this occasion. And that Jesus loved Mary more than he did Martha. But that's a big mistake! They both meant well, and Jesus loved them equally. The problem was that Martha had her priorities wrong. She wanted to cook up a mouthwatering, lip smacking, yummy dinner for Jesus. Nothing wrong with that, but in the context of Jesus' visit and his desire to talk about matters close to his heart, Martha made a poor decision. She should have joined Mary in listening to Jesus, and later they could together prepare a simple but tasty meal for their visitors.

What was it that Mary had discovered? The one thing Jesus said was worth being concerned about. Somehow Mary had come to realise the importance of listening...**really** listening to the words of Jesus. This wasn't the first time she'd heard Jesus speak. His words had become captivating...sweeter than the taste of honey. Like a lamp to her feet and a light to her path, his words had become her source of

life, her joy and her hope. She knew she couldn't live without them! Mary's submissive and attentive attitude towards Jesus meant his life-giving words began to draw her into the bigger story of God's purposes.

Sometime later Jesus and his disciples were again invited to dinner at Martha and Mary's home. During the meal, Mary took a jar of expensive perfume and anointed Jesus' feet. This upset some disciples. But Jesus defended her saying she'd done this to honour him, in anticipation of the day of his burial. None of the other disciples seemed to understand the significance of Jesus' looming death. But Mary had. Her responsiveness towards Jesus and what he had said, had given her spiritual insight and understanding into the ways of God. This shaped her thinking, words and actions. Slowly, she was being drawn into life in all its fullness...the meaningful, fulfilling, eternal life Jesus promised to all who sincerely follow him.

In those days it was unheard of for a woman to sit at the feet of a Rabbi and listen to his words...it was considered dishonouring to God's word! But Mary, wasn't intimidated by this custom. Assured of Jesus love and acceptance, she confidently sat down at his feet. In doing this, Mary foreshadowed the way that all who love and believe in Jesus can boldly come into his presence. His sacrifice on Calvary has opened up a new and living way to draw near and listen to his word. When you and I do this in humility and obedience, the way we think and believe starts to change, leading to a change in the way we live. Like Mary we're given spiritual insight and gain understanding of the ways of God. We too are slowly drawn into the most meaningful and worthwhile life we could ever wish for...being a part of the bigger story of God's wonder filled purposes!

This adventure starts when we begin to listen to Jesus...**really** listen to him.

In the early 1800's, Rene Laennec, a French physician and accomplished flutist, invented the stethoscope. While carving wooden flutes, he came up with the idea of making an instrument to help him hear the sounds of his patient's hearts. When lecturing his students on the use of his invention, he'd often say: "Listen! Listen, to



your patient! They are giving you the diagnosis..." By carefully listening to the rhythm of their patient's heartbeats, doctors could gain insight into their condition and treat them appropriately. When you and I develop a habit of regularly listening to God's word...of 'sitting at the feet' of Jesus listening to his words, we gain insight into the will and wisdom of God...into the longings and

concerns of his heart. As the entrance of his word fills our hearts with light and godly understanding (Ps 119:130), healing transformation happens. The way we think and what we believe begins to change, affecting every aspect of our lives. Real and eternal life begins to unfold, more and better than we've ever dreamed of.

At the start of this new year, we all have choices to make. Who and what we prioritize will make all the difference. Mary made the right choice - Jesus commended her for it. By sitting at Jesus' feet and listening to his words, she demonstrated that the priority of regularly listening to the word of God. This is the proper foundation of a life of active service for God. It's also the only way to the worthwhile and eternal life

our hearts long for. The wonderful thing is that God helps us to do what pleases him!

(Phil 2:12-13). You can get the ball rolling by choosing to spend time regularly reading and listening to God's word with a sincere and submissive heart. Then, like Mary, you'll find yourself being drawn into the bigger story of God's wonderful purpose...and you'll begin to experience life in all its fullness!

Will you follow Mary's example and make this choice? I hope so.



(Submitted by: Ps. Dave Henderson)

STEPS TO "SUCCESS" FOR 2024: 5 DON'TS AND A DO

Notes taken from Ds Francois' message at One Hour for Jesus, 5 January 2024. For those who were away and missed it, this is food for thought:

1. DON'T WORRY about the past, present or future, but give your life into Jesus' care. Matthew 6 v 31-34
2. DON'T COMPARE YOURSELF TO OTHERS. Stop negative self-talk. Say only uplifting words to others. Thankfulness is important. Psalm 138
3. DON'T AIM TO GET RICH QUICK. Beware of riches. Appreciate what you have. Matthew 6 v 19-21
4. DON'T LOOK BACK TO THE GOOD OLD DAYS. Nostalgia is not always helpful. It may sour your present. Lamentations 3 v 22-23
5. DON'T BE A PROPHET OF DOOM. If you constantly forecast disaster, it may become a self-fulfilling prophecy. Matthew 12 v 39

DO Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and he will direct your paths. Proverbs 3 v 5,6

(Submitted by: Verena Salzwedel)

Wat is Lydenstyd en Aswoensdag?

Die jaarlikse kerklike kalender het 4 belangrike seisoene naamlik **Lydenstyd** (40 dae tot paasnaweek), **Paasnaweek** (kruisiging en opstanding van Jesus), **Pinkster** (50 dae na paasnaweek) en dan **Kerstyd** wat die geboorte van Jesus herdenk.

Maar wat is Lydenstyd en Aswoensdag? Die lydenstyd is n tydperk van 40 dae wat die kerk herinner aan die lyding van Jesus en verwys spesifiek na Jesus se 40 dae van versoeking in die woestyn deur die duiwel. Dit begin op Aswoensdag 40 dae voor paasnaweek.

Op Aswoensdag (40 dae voor pasc) het die vroeë kerk die as van palmtakke (wat hulle die vorige jaar verbrand het) geneem en met olyfolie gemeng en dan 'n teken van n kruis op hul voorkoppe aangebring as herinnering aan Jesus se lyding en sterwe en die mens se eie gebrokenheid en sondige natuur. Vandag nog is daar baie kerke, veral die Roomse Katolieke kerk wat hierdie gebruik handhaaf. As julle dus mense teëkom met die kruis van as op hulle voorkoppe weet waar die gebruik vandaan kom. Aswoensdag is hierdie jaar op 14 Februarie en lydenstyd eindig op Donderdag 28 Maart die dag voor Goeie Vrydag.



(Submitted by: Ds. Francois Human)

†ASH WEDNESDAY†

Word: DUST

SCRIPTURE: Genesis 3:19 - 19 By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Reflection

We are fragile, fallible, fallen human beings. From the moment we emerge from our mother's womb, we begin the process of dying. To think that one day we will be nothing, but ashes is a pretty grim reality. Not surprisingly many of us avoid facing this truth. It is not something we want to reflect on or speak about or even read. After all, when we begin to sense how near to nothing we are, we can easily find ourselves in despair. Being born to die is not good news. However, the fact that we are marked by the sign of the cross tells us we are infinitely more than dust. We are God's beloved, and nothing – not even death – can separate us from the love of God through Jesus Christ. Our dust is charged with God's own life-sustaining and death-defeating breath. We are beloved dust.



Daily Practice

Go outside and pick up a handful of soil. As you do this, focus on these symbols: dust and the cross. Even when you wash off the dust from your forehead, remember the reality of your identity – you are dust redeemed by the cross.

(Extract taken from *Pauses for Lent* – Trevor Hudson)

14 van die waardevolste lesse om jou kinders te leer...

1. Dit is okay om nie die beste in alles te wees nie. 'n Gelukkige tweede plek is soveel meer werd as 'n gedrukte eerste plek.
2. Jy hoef nie al in graad een te weet wat jy na skool wil doen nie. Jou belangstellings, en dit wat jou opgewonde maak gaan verander soos jy jouself leer ken...
3. "Vriende" is dikwels net tydelike kennisse... Ware vriende is daardie mense wat altyd daar sal wees al sien jy hulle nie elke dag nie.
4. Almal kan nie wiskunde doen nie. Net soos almal nie kan sing nie. Vind dít waarin jy goed is EN dit wat jou gelukkig maak. Geluk is meer belangrik as prestasie.
5. Die enigste ding wat vanself gebeur is jou hart wat klop. Alles anders is in jou beheer...
6. 'n Enkele woord (hetsy gesê of selfs in 'n sms) kan jou hele lewe verander: goed óf sleg. Onthou dit altyd.
7. Hoe jy nou lyk is nie hoe jy altyd gaan lyk nie.
8. Solank jy dit 'n droom noem, sal dit 'n droom bly.
9. Wie jy op hierdie oomblik is is meer belangrik as wie jy was en wie jy wil wees.
10. Jy het altyd keuses. Die maklike deel is om 'n besluit te maak. Die moeilike deel is om met die uitkoms van daardie besluit saam te leef.
11. Almal maak foute, maar nie almal wil leer daaruit nie. Wees 'n ewige "student" van die lewe.
12. Respek kan nooit gekoop word nie.
13. Rykdom is nie die definisie van geluk nie.
14. Daar gaan altyd iemand wees wat nie van jou hou nie. Gelukkig is daardie persoon nie die enigste mens op aarde nie.

(Ingedien dien deur: Marie Knuppel)



Happy Birthday to our Residents

<i>Birthday</i>	<i>Name</i>	<i>Flat/Room</i>	<i>Age</i>
<i>3rd</i>	<i>Elizabeth Ellis</i>	<i>F022</i>	<i>65</i>
<i>4th</i>	<i>Anthea Sangster</i>	<i>MU105</i>	<i>74</i>
<i>4th</i>	<i>Margaret Stringer</i>	<i>MU202</i>	<i>73</i>
<i>4th</i>	<i>Mavis Engel</i>	<i>R37B</i>	<i>90</i>
<i>5th</i>	<i>Lurdes De Castro</i>	<i>N110</i>	<i>73</i>
<i>6th</i>	<i>Dianne Slabbert</i>	<i>N107</i>	<i>88</i>
<i>9th</i>	<i>Penny Hawson</i>	<i>R7B</i>	<i>76</i>
<i>9th</i>	<i>Zelda Pover</i>	<i>N003</i>	<i>94</i>
<i>11th</i>	<i>Lynette Kelly</i>	<i>A2</i>	<i>67</i>
<i>12th</i>	<i>Leslie Bester</i>	<i>F117</i>	<i>64</i>
<i>13th</i>	<i>Carolina De Wit</i>	<i>N005</i>	<i>81</i>
<i>13th</i>	<i>Johanna Engelke</i>	<i>F016</i>	<i>84</i>
<i>15th</i>	<i>Joseph Henn</i>	<i>F013</i>	<i>80</i>
<i>16th</i>	<i>Esme Theart</i>	<i>F104</i>	<i>82</i>
<i>18th</i>	<i>Pat Finch</i>	<i>F008</i>	<i>89</i>
<i>20th</i>	<i>Shelagh Dowie</i>	<i>R76</i>	<i>87</i>
<i>20th</i>	<i>Lily Van der Linde</i>	<i>F121</i>	<i>82</i>
<i>24th</i>	<i>Tilda Kikillus</i>	<i>F111</i>	<i>79</i>
<i>28th</i>	<i>Ina Wolfaardt</i>	<i>R74</i>	<i>79</i>
<i>28th</i>	<i>George Holtzhausen</i>	<i>F019</i>	<i>67</i>



*Happy birthday to the Chairman of our Board
Wilbur van Niekerk – 10th February*

Congratulations to our Staff celebrating birthdays in February!

<i>1st</i>	<i>Rhodene Koense</i>	<i>Management</i>
<i>1st</i>	<i>Shannon Hampe</i>	<i>Health Care</i>
<i>4th</i>	<i>Praxia Petersen</i>	<i>Cleaning, Catering & Laundry</i>
<i>6th</i>	<i>Judith Kayter</i>	<i>PlumRus Care Services</i>
<i>9th</i>	<i>Pumeza Velani</i>	<i>Cleaning, Catering & Laundry</i>
<i>9th</i>	<i>Leticia April</i>	<i>PlumRus Care Services</i>
<i>12th</i>	<i>Marshelene Smith</i>	<i>PlumRus Care Services</i>
<i>12th</i>	<i>Kaylene Wyngaard</i>	<i>PlumRus Care Services</i>
<i>13th</i>	<i>LeeAnn Hendricks</i>	<i>Cleaning, Catering & Laundry</i>
<i>15th</i>	<i>Tenika Van Zyl</i>	<i>Health Care</i>
<i>22nd</i>	<i>Micaela Oliver</i>	<i>PlumRus Care Services</i>
<i>23rd</i>	<i>Alexis Carelse</i>	<i>PlumRus Care Services</i>
<i>25th</i>	<i>Sheron De Beer</i>	<i>Health Care</i>
<i>26th</i>	<i>Danielle Fisher</i>	<i>PlumRus Care Services</i>



"Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry."

Sherelle & Leroy started to blossom on the 9th December 2023, may God continue to bless your union





I'm Ashley and I have been working at PlumRus for 5 years now. I am a single parent and had to leave school because I was pregnant and couldn't finish my schooling. I started working at a young age to support my daughter. At age 27/28 I decided to complete my matric at a night school; I did so in 3 years. It was stressful and hard, but I didn't give up. This year 2024 I received my matric certificate and I'm so thankful and proud of my achievement. Through the grace of God, he carried me through. My advice to all the young adults, never give up, always be positive and believe, we serve a living God.



Rose-Ann, our Zebra Team Catering Supervisor, is super proud of her daughter, Raania-Rose's academic achievements,

Raania-Rose received 4 awards at the end of her Grade 2 year, that she needed her mom and dad to help her carry them all.

Well done, Raania-Rose, we will be watching this space carefully as you navigate your academic journey over the next few years.





Lift for PlumRus East/Hyser vir PlumRus Oos

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

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

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

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

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

Balance as December 2023 – R38 099



Amazing process has been made with the replanting of the grass area in front of our reception and Bobbie Liebenberg entrances.

Thanks to the gardening and Riskman teams for their TLC, and all our Residents for their patience during this much needed process.

Even the birds are benefitting from the restored bird bath.





Our completed Solar installation at PlumRus is finally up and running.

This project, funded by FedGroup, on a power purchase agreement, is mitigating some of the electricity price increase experienced during 2023, at over 18%, and will hopefully offset some of the expected electricity price increases expected over the next two years, expected to be a $\pm 12\%$ increase for both 2024 and 2025.

We will also be looking at the possibility of expanding the solar array through the same arrangement with FedGroup once we've accumulated a year's worth of data on solar power generation with the current array.

(Photo: Aerial view of solar panels on roof of PlumRus North)



Health Care received new equipment to mobilize and safely transfer residents from one point to the other whilst also promoting weight bearing on the legs of residents who struggle to walk. Residents in health care enjoy the new equipment as the need for physical lifting and moving has been minimized and transferring



from chair to chair or chair to bed is much more convenient and injury risk minimized. This also allows residents to not just be seated in their wheelchairs for the entire day, but they can be seated on ordinary chairs in the lounges and dining rooms.

ON THE WAY

Hopefully, at Plumrus, we are all still trying in our own small ways to make our environment a better place. As you move around the grounds, you are encouraged to pick up litter. On my morning walks, for one week, I kept a record of how many items of litter I collected, amongst other bits of plastic, paper, CIGARETTE STUBS, broken glass, CHIP PACKETS. I also noted how many birds I saw:

<u>Date</u>	<u>Litter</u>	<u>Birds</u>
Thurs 4	16	6
Fri 5	3	6
Sat 6	12	4
Wed 10	14	7
Thurs 11	4	5
Mon 15	14	4
Tues 16	10	7



The members of the Writers Club have been extremely busy over the last while. We have the pleasure of reading their memoirs on **Back to School** and **February: The Month of Love**.

Remember you are welcome to join the Writers Club at their next meeting on Tuesday 13th February at 15:00 in PN203.

BACK TO SCHOOL

After completing my junior schooling (up to Std 6) in Claremont, I progressed to Wynberg Boy's High for my high school years. It seemed to be a situation where, as a newcomer, a person avoided the prefects (giants), as much as possible!

One day, as I left the classroom on route to the bicycle shed, a prefect stopped me in the passageway. Somehow, he got my back up against the wall, while he leaned over my diminutive size. "Why", he demanded, "*are you not attending the meetings of the student Christian Union?*" My only thought was to escape, but I could not think of an excuse fast enough.

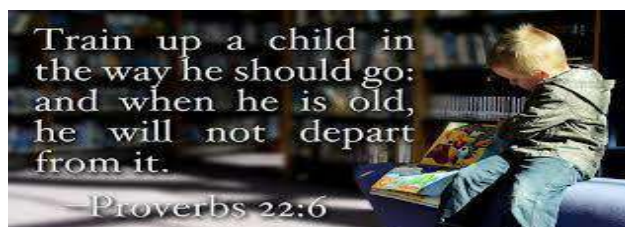


So, I attended. Strange way to start my Christian walk! The meeting turned out to be interesting, addressed by a person from outside of the school confines. I began attending the weekly meeting regularly. Then the thought developed: If I was attending such meetings, shouldn't I be attending church services? The nearest church geographically was the Claremont Congregational Church. On Sunday I walked up the aisle, glaring at everybody in case they laughed at Adin coming to church – but they were incredibly kind and friendly.

Of course, there are ramifications to this story, as years later I asked an attractive young lady in the choir to be my wife – but that is another story dating back 64 years, my pillar.

To that school prefect, name and identity long forgotten, THANK YOU! You have no idea of how you helped me shape my future.

(Submitted by: Adin Harmer)



BACK TO SCHOOL: RANDOM MEMORY SHOTS

I started school at Rosebank Junior School, in a little old building next to the Rondebosch Common. It's still there! There was no playground, so we played on the Common at break. One week, there was a fire on the common and, once the fire was over, many snake corpses were discovered, most seemingly venomous. After that, a terrified teacher had to miss her tea and do playground duty to "see to the snakes."

Another memory of the school is of the Standard 2 and 3 teacher who was also a dragon of a headmistress. She would patrol the class whilst you were working and, particularly in Maths, if she spotted a mistake, she would take the culprit by the ear and literally throw them against the blackboard. Avoiding this punishment probably accounts for the academic brilliance of many of us!



(Submitted by: Verena Salzwedel)

BACK TO SCHOOL – ANOTHER LEVEL

My heart goes out to all the former Std 5's now entering high school.

I remembered my own discovery as a std 6 boarder that the giddy heights of being top of the heap as a Std 5 day girl would disappear on the first day away from home of the first term, in a stuffy common room where the Head Girl would address us as new girls and not only that, new girls in the lowest standard, and worst of all, as starving boarders. We were starting at the bottom rung of a new ladder.

The induction was for us to 'know our place' lest we carry over our Std 5 Big Bok attitude and assumptions to our new high school career. We had to address the prefects as ma'm. We had to bow to them and shrink back against the walls. We had to carry their books across to the school. This was a two-week period to knock off any airs and show-offing, to accept that we were worms of the lowest form. It was all meant as fun (for them) but it was bewildering to some of the sensitive girls. The plus side to this 'them and us' polarization is that we formed protective huddles and comforted new girls far from home for the first time. Only a few of the prefects were pretty scary, the others were somewhat sympathetic, but the two-week induction period had to be endured.

At the end of that period, a 'Newbugs Concert' was held in which each new girl was required to do some entertainment on the spot. My turn came and I was told to do the 'Twist' and accompany myself singing. I remember I went into complete mulish NO. Just refused. Said I couldn't sing, didn't dance. Well, this put the poor prefect in a position and a very unwise decision on my part. I was dismissed as a bad sport and the other new girls felt I was a coward when they all had to make fools of themselves. They were right of course. It wasn't as if they were making me do something distasteful or immoral. I was to learn quite a bit about team building and wisdom and

not to take things so personally. Boarding school, although hideous, taught me about relationships, friendship and the glorious luxury of HOME!

These days the archaic traditions of the fifties have been replaced with inductions of a positive nature and the negative practices of 'character building' have been outlawed. I am awed by the programs Grade 8's are presented with – life skills, leadership, all these things. So, to all the 'newbugs' of 2024 – be glad it isn't 1964!

(Submitted by: Vivien Spiers)



ONCE UPON A TIME

Once upon a time there was a young man called Joe, who took a fancy to a young lady called Alice, who attended the same church, but she didn't seem to show any partiality to him.

Separately, they both arrived at the church rather early on Sunday morning. There had been a wedding the day before, and confetti lay everywhere – on the tarred pathway, up to the entrance, on the grass on either side. Alice found a broom but said despairingly "it is going to be walked into the sanctuary, but how can we contain it"?

Joe responded lightly, saying that there was no problem, all that was needed was a stick with a spike on it. Alice swung the broom at him, which he laughingly evaded. Yet somehow that incident broke the impasse, and they began dating.

We will have to wait and see what develops!

(Submitted by: Adin Harmer)

EQUESTRIENNE

When I was about 8 years old, I fell in love. This love affair lasted many years, and it began in the Bloemfontein Zoo, when I rode a pony for sixpence one Sunday. From then on, I had to get my parents to take me as often as possible to have a ride on the Shetland pony. I collected pictures of horses and pasted them in a special album. I drew horses or tried my best to draw them. The ultimate occurred when my mom and I spent a week in P.E. with cousins. My cousin, Karlene, and I were about 14 years old, and she had a horse, and a horse was hired for me. Well, we rode every day, all over the fields. Such bliss!

When I was much older, already married, with children, friends and I joined a riding school in Philippi and rode every Tuesday morning. Then we met a lovely lady who hired out horses. We started riding her horses and we used to go down to the beach. So lovely! I fell off once, onto my head and felt a bit dilly for days. The doctor said I was fine as I had been wearing a riding hat. Those were the days! I have asked Jesus for a Palamino to ride when I'm in Heaven!!



(Submitted by: June Stein)

FEBRUARIE / FEBRUARY 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Prayer Meeting Wednesdays in all lounges @ 11:45 6th February 2024 Friends Meeting in the Hall @ 15:00 7th February 2024 Talk about Childhood memories in the Hall @ 15:00 8th February 2024 Morning Market in the Hall @ 09:30 8th February 2024 Live entertainment @ 18:00 12th Garden club Meeting in the Hall @ 15:45 12th - 15th February week of prayer @ 19:00 21st February 2024 Residents Talk @ 15:00 23rd February 2024 Bring & Braai @ 18:00		
5	6	7
08:30 Library 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Blue Route 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Friends Meeting	08:30 Library 10:00 Teatime: lounges 10:30 The Good Doctor series Season4 episode 16 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Talk about Childhood memories in the Hall
12	13	14
08:30 Library 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in all lounges 15:00 Teatime: lounges 15:00 Garden club Meeting in the Hall 19:00 Week of Prayer	09:00 Shopping Meadowridge 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Writer's group in N203 19:00 Week of Prayer	08:30 Library 10:00 Teatime: lounges 10:30 The Good Doctor series season 4-episode 18 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime 19:00 Week of Prayer
19	20	21
08:30 Library 09:00 Outing 10:00 Teatime 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in the Hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library 10:00 Teatime: lounges 10:30 The Good Doctor series season 5-episode 1 11:00 Activities in lounges 11:45 Prayer Meeting in loung 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents Talk
26	27	28
08:30 Library 09:00 Outing 10:00 Teatime 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in the Hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library 10:00 Teatime: lounges 10:00 The Good Doctor series season 5-episode 3 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Talk about Childhood Memories

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall	08:30 Library 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 The good Doctor series season 4-episode 15	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges A summer to remember 18:00 Woord & Lied
8	9	10	11
08:30 Library 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Teatime: lounges 15:00 Bingo in the Hall 18:00 Live Entertainment in the Hall	08:30 Library 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in all lounges 15:00 Teatime in all lounges 15:00 The Good Doctor series season 4-episode 17	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Not Broken 18:00 Woord & Lied
15	16	17	18
08:30 Library 09:00 Shopping Constantia Emporium 09:30 Gym Trim in the Hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 19:00 Week of Prayer	08:30 Library 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in all lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 the Good Doctor Series season 4-episode 19	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Kindness Matters 18:00 Woord & Lied
22	23	24	25
08:30 Library 09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai in the Hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 The Good Doctor series season 5-episode 2	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 6 Children & 1 Grandfather 18:00 Woord & Lied
29			
08:30 Library 09:00 Shopping Constantia Emporium 09:30 Gym Trim in the Hall 10:00 Teatime 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall			

VALENTINES REVUE

Not seeking a Valentine but accepting a colleagues invite to join him & his girlfriend at a party in a rural Jo'burg suburb changed my life. Being a Reef newbie Matt was adamant that I meet his friend Brick [strange nickname] who pushed weights - all my life as if THAT was impressive & he was likewise from farming stock as they say, & he was clever?

Well that sounded safe so off to this chicken farm party dressed to impress in Blue helanca stretch trousers with fashionable stirrup straps under the insteps, matching top & lacquered beehive hairdo (hairstylist done with first paycheck)...very shyly entered a buzzing, dark, smokey den of a farmhouse where litesome lasses lounged in tight leopard print or other one piece outfits or various alarming gear & the longhaired lads were in ultra Reef mode tight trousers, tight shirts with sleeves rolled up to enfold a cigarette, winkle picker shoes - all welcoming friendly bunch.

But I was hauled off to meet THE chosen friend in the brightly lit kitchen. This Lothario was clad in farm SHORTS (in Winter), long socks wrinkled down into Chelsea boots, black jersey unravelling on the cuffs- farming gear straight from milking cows 3 times a day in Sandton. Unaware of the plot his stance was relaxed, standing with one elbow cupped in hand supporting the other beer holding hand & gazing at me as though turned to stone, wordless besides a prodded hello, a victim of a cobra, a buck caught in the headlights. This indicated total lack of interest I surmised, I also couldn't think what to say to Mr. Blue Eyes, so turned away.



Years later his pal Matt told me that Brick had finally found his tongue that night & said: "That's the girl I'm going to marry"! Oh boy he had to work at that, after being thoroughly berated by them for idiocy he had to beg, plead, beseech his mates to find this girl to apologize for his gaucheness. Having no vehicle of his own after a "smashing" car accident, they relented & dropped him off at my lodgings & hid around the corner to fend for himself & ask for another chance. Cheeky shock tactic & so spruced up!

Our first romantic date to Zoo Lake proved he had no co-ordination when he rowed to the central fountain & stuck in circles under the spray-with my still bouffant hairdo. Next was being late for a theatre play after milking cows so only went in after interval, sending me on a cattle train in Winter to Vryburg where he now farmed ... but his plan worked, which was to lead his Valentine up the Cathedral aisle which was for him- (as his lecturer said " a Ham-Handed-Kalahari-Cattle-Man) a feat. Life was not boring with my chosen precipitous Valentine,

(A Revue I see means an elaborate entertainment consisting of numerous scenes or episodes.)

(Submitted by: June Stein)



Congratulations on the new home! Have fun getting to know your neighbors!



Mrs. Deanna Fourie

PlumRus East – F123

We welcomed Deanna to PlumRus on the 1st of December 2023.

She joined us from Anchusa Court Meadowridge. She has one daughter, Gene' Bylin.

Deanna enjoys knitting, needlework & reading. She was previously on her school swimming team, netball team and played table tennis.

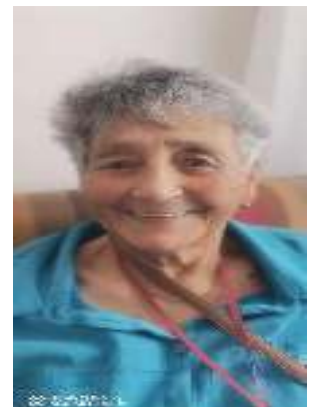
Mrs. Joan Johnstone

Zone 5 – Room 51

Joan was welcomed to PlumRus on the 14th of December 2023.

She joined us from East London where she lived with her son Lance. She also has 4 daughters, Deborah, Margo, Gail & Roma.

Joan and her late husband, Alfred, enjoyed caravanning and camping around the Western Cape for vacations.



Mrs. Mavis Engel

Zone 3 – Room 37D

We welcomed Mavis to Plumrus on the 28th of December 2023.

Mavis and her late husband, Jacob, lived in Fairways for 50+ years.

They have one son, Mark, and two grandchildren, Hayden, and Emily.

Mavis is a big sports fan and enjoyed playing table tennis and softball.



Mrs. Shirley Hewlett

PlumRus East – F118

We welcomed Shirley to PlumRus on the 15th of December 2023.

Shirley was born in Johannesburg and attended Jeppe Girl's High School. She later worked as a Clerk at First National Bank.

Shirley and her late husband, Peter, have two daughters, Jenny (living in Lakeside) and Lynn (living in Johannesburg).

Shirley enjoys sewing, knitting, reading and crossword puzzles.

Mrs. Alison Stroud

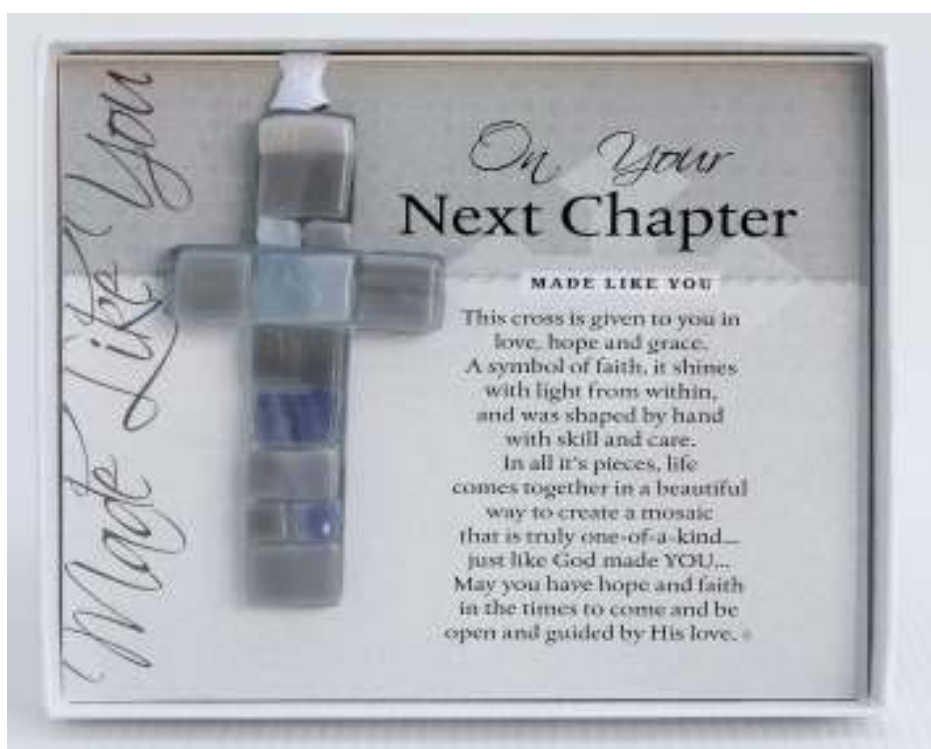
Lodge - A6

We welcomed Alison to Plumrus originally as a Daycare member and she later joined us permanently as a resident on the 1st December 2023.

Alison joined us from her independent flat in Plumstead.

She has one daughter, Audrey, and one grandson, Matthew.

Alison enjoys the community and companionships at PlumRus.



Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today, I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me.

I want people to know why I look this way.

I've traveled a long way, and a lot of the roads were not paved.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have:

Love to share,

Cash to spare,

Tires with air,

And friends who care.😂😂

Credits Goes to the respective Author.





Martha Kotze



Sunrise: 07/07/1925



Sunset: 21/01/2024

Mrs. Kotze was loved by many at PlumRus. She always put a smile on everyone's faces.

It was truly an honor caring for her. She had a beautiful personality and the best sense of humor.

Caring for her on her last was a privilege. It taught US that no matter your circumstances or situation to stay strong until the end. Carer: Zeldene Abrahams - MHDGRIP



Lionel Fillies



Sunrise: 20/09/1959



Sunset: 20/01/2024

Mr. Fillies was a very straight forward person. Besides being straight forward, he had the most beautiful heart.

He was always full of love. Mr. Fillies loved Jazz music and on the days he would not feel so good I would play jazz music and I would get the most beautiful smile ever from him, "can we talk" was our favorite song while getting ready for the day. He would enjoy me singing along.

I will always miss him. He was a resident close to my heart. I am grateful that I had the opportunity to get to know someone as sweet as him. Those WHO touch our lives, stay in our hearts forever. Carer: Storm Arend - MHDGRIP

Death must exist for
life to have meaning

Lorraine Borthwick



Sunrise: 03/10/1936



Sunset: 23/01/2024

Mrs. Borthwick was a very soft-spoken lady, kindhearted, who loved her son dearly. Her face would light up every time he came to visit. Mrs. Borthwick had a sweet tooth and would always ask for an extra serving of dessert. Regardless of her health she never forgot to say please and thank you. It was a privilege to care for Mrs. Borthwick, she will be sorely missed. Zone Co-ordinator – Natasha Vlotman



YOUR MOTHER IS ALWAYS WITH YOU - Christine Culver

She's the whisper of the leaves as you walk down the street.
She's the smell of certain foods you remember, flowers you pick, the fragrance
of life itself.

She's the cool hand on your brow when you're not feeling well.
She's your breath in the air on a cold winters' day.
She is the sound of the rain that lulls you to sleep, the colors of a rainbow.

She is Christmas morning.

Your mother lives inside your laughter.
She's the place you come from, your first home.
She's the map you follow with every step you take.

She's your first love, your first friend, even your first enemy.
But nothing on Earth can separate you.

Not time.

Not space.

Not even death.



Remembered with much love: Dave & Mark



Baie dankie aan tannie Elsa, die vroue van die NG Kerk Wynberg-gemeente en vriende vir hul Kersgeskenke (pakkies smaaklike koekies) wat onder die Inwoners en personeel in Gesondheidsorg gedeel is. Alhoewel hierdie gebaar nou al oor 'n paar jaar gebeur, weet asseblief dat elke keer as U uitreik en liefde wys, U weer 'n verskil in iemand se lewe maak. Weet dat U bedagsaamheid baie waardeer word.



Holiday Photo Gallery

The Holidays is always a good time to share with our family and friends, especially those we are not so fortunate to see often enough. Our Residents and Staff were blessed with great opportunities to enjoy the past holiday season in very meaningful and special ways. The following is a selection of some of these holiday snaps, which reflects on their memories which will last forever.



Tiny & Pat Jones enjoying their Christmas lunch.

Leon en Elsabe Ellis vat eers so 'n blaaskans voor hulle die trifle aanpak.



Joey & Ursula Pillay, Joy Young and friends seemed to enjoy the food and the friendship.



Sannie Meyer het somer lekker Kersete geniet met haar kinders en kleinkinders. Hulle het ingevlieg van Engeland, Kuwait en Saudi – dit maak 'n Ma baie spesiaal voel.



Adin & Pam Harmer had lots to smile about as they enjoyed their Christmas trifle.

Cheers Rene Healy!

Kersmiddagete met 'n glasier sjampanje bring altyd 'n glimlag op die gesig





Die braai en waatlemoen het soveel beter gesmaak gedeel met die goeie geselskap om die tafel, so se Ouma Chummy, Anna De Villiers, John & Lida Herbt en Ouma Chummy se dogter Alet wie van Bloemfontein kom kuier het.



Lurdes De Castro spent her Christmas holidays with her son, Rui, in Portugal.

Neil Bjorkman enjoyed the braai and watermelon festival with his son, Warren, visiting from the Munich, his sister Jenny Cooper and his niece Melika & Josh.





Lida en John Herbst het hul Kersfees, saam met hul kinders en kleinkinders, geniet by 'n kampterrein by Breederiver net buite Robertson. Kleinkinders Ulrich en Marcel het baie pret saam met hul grootouers gehad.

Belinda enjoyed a White Christmas with her son Ricardo, daughter-in-law Aida, and grandchildren Samson & Laura in Malmo-Sweden.

With Sweden experiencing the coldest winter in 25 odd years there was time for much family bonding around good food, board games and music.

It was Farmor's chance to push the boundaries and spoil the grandchildren.



Ons eie Kersboom.



Niks gebeur ooit sommer net nie.
 Die Lente is nie sommer net op tyd nie.
 Die son sak nie sommer net, omdat hy lus voel nie.
 Die maan raak nie sommer net 'n koelronde boepens-maan nie.
 Jy is ook nie sommer net hier vandag, deel van alles nie.
 Oral, waar ons oë nie kan sien nie, loop God se gouedraad, soos 'n fyn tapisserie.
 Onse God is 'n God met 'n plan.
 Ek en jy is vasgewerk met Gouedraad.
 #kykmooinajouself
 Sit aan die ketel

(Ingedien deur: Marie Knuppel)

'n Besonderse pa

In die hospital op Nababeep word 'n baba gebore met bloedrooi hare. Omdat die ma van die kind pikswart hare het, val hierdie rooi hare die dokter op en hy vra vir haar watter kleur hare die pa van hierdie baba het. Daarop antwoord sy: "Ek weet nie, Dokter. Die man het nie sy hoed af gehaal nie."



(Ingedien deur: Lida Herbst)

Amper lelik gepraat

Dit was eers later jare dat predikante minder formeel geraak het wat hulle kleredrag betref. Vroeer as die dominee huisbesoek gaan doen het, het hy dit gedoen in 'n behoorlike swart pak met 'n wit hemp en wit das. Net die toga het maker.

So hou Dominiee op 'n dag by 'n opstal stil, maar die oostewind waai so dat die tannie wat in die kombuis besig is om te vee, nie sy ryding hoor aankom nie. Die eerste wat sy sien, is Dominee se skaduwee wat by die kombuisdeur inval. Sy kyk op en skrik haar half dood vir die swart-en-wit gedaante wat hier voor haar opdoem. Sy spring omtrent twee, drie tree terug. Toe sy tot verhaal kom, snou sy Dominee toe. "Dominee, jy sal mos laat ek vloek, jou bliksem!"

(Ingedien deur: Lida Herbst)



Dankie, Lida, dat jy seker gemaak het dat ons beskerm word teen die brandende son.



Residents from Health Care went to Fish Hoek beach for an outing which they thoroughly enjoyed.

Walking along the path next to the sea, enjoying the sunshine. They felt spoilt with their ice cream on the way home.



Our Residents enjoyed their weekly outings to Green Point Park during January.

Please remember to reserve your seat at reception for our outings to The Castle of Good Hope during February.

Join us on Thursday the 8th February
for our Valentine's entertainment in
the Hall.

Make sure to dress in your special red
and white outfit and stand a chance
to win a spot prize or two!

PS-Valentine's Day falls on Ash Wednesday
and clashes with our Week of Prayer.



Ware liefde is nie
ROMEO EN JULIET
wat saam dood gegaan
het nie, dit is
OUPA EN OUMA
wat saam oud geword het
Boeremusie



Vriend: "Wat sê jy vir
jou vrou as jy so laat
by die huis kom?"
Ek: "Ek sê net hallo,
sy sê die res"



Did you hear about the
love affair between
sugar and cream?

IT WAS THE ICING ON THE CAKE.



God Loves

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

merciful
 strength
 compassionate
 perfect
 forever
 son
 grace
 forgiver

blessed
 refuge
 protective
 Jesus
 promises
 Christ
 savior
 creator

redeemer
 worshiped
 powerful
 loving
 faithful
 won the battle
 lord
 almighty

comforter
 victorious
 holy
 caring
 trinity
 overcomer
 father
 everlasting

peace
 healer
 righteous
 patient
 holy spirit
 worthy of praise
 king