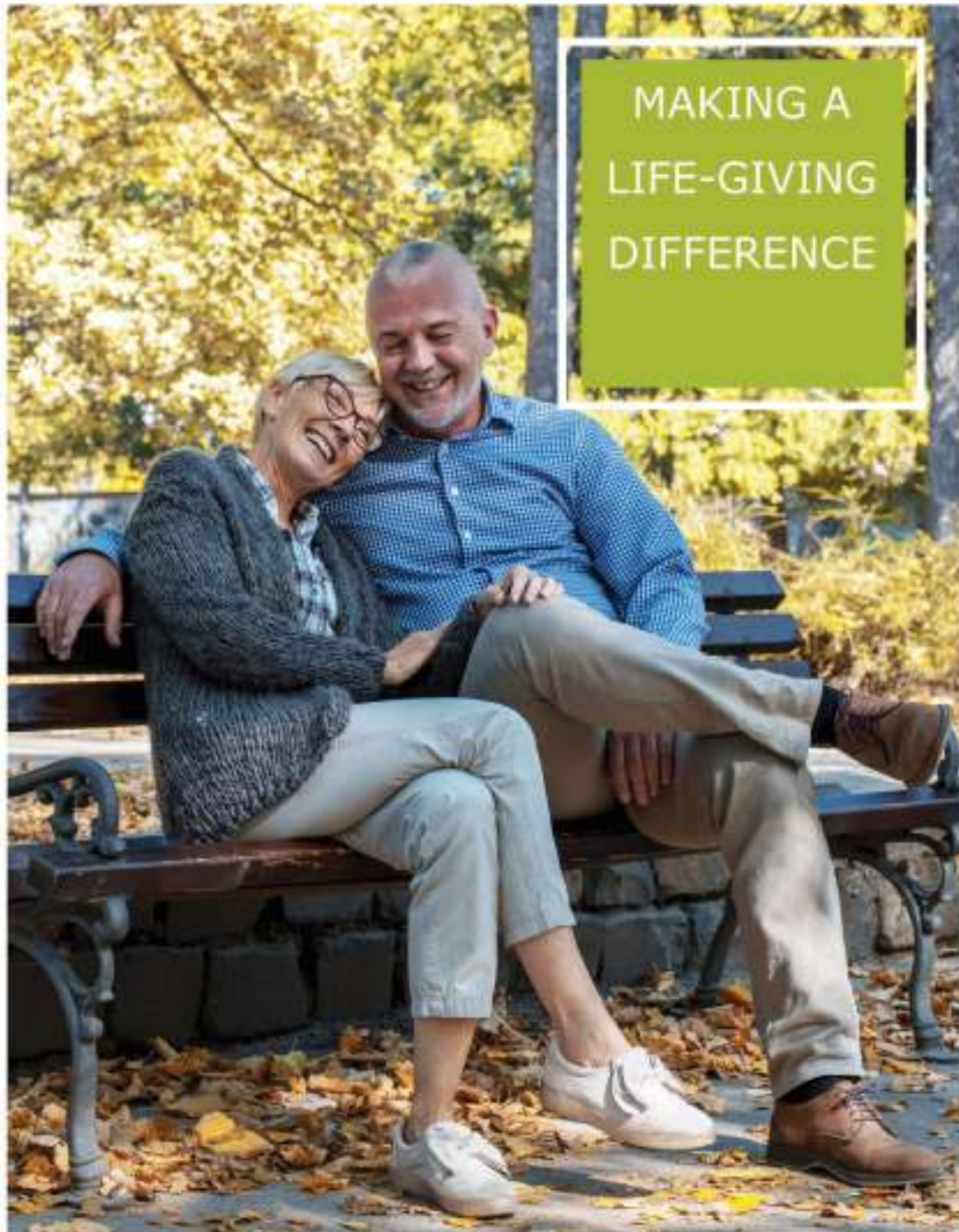


PlumRus News

JULY 2023



Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
	2 nd Morning Service	2 nd Evening Service
7 th One Hour for Jesus	9 th Morning Service	11 th Evening Service
14 th One Hour for Jesus	16 th Morning Service	16 th Evening Service
21 st One Hour for Jesus	23 rd Morning Service	23 rd Evening Service
28 th One Hour for Jesus	30 th Morning Service	30 th Evening Service

Ek glo in 'n geheimsinnige iemand wat naby my is,
wat binne-in my is,
wat my armsalige gespartel en gespook sien
en wat my dan stilletjies vashou
en my ongemerk van binne uit weer innerlike
krag gee

Ek het dit vele male in my lewe ervaar
as ek wegsink en meegevoer word deur die
strome van die lewe
wat my na onder wil trek.

Maar ek het ook in beslissende momente in my
lewe ondervind
dat ek opgetel en hoog bo die water gedra word

Daar was oomblikke dat ek my Bybel sou oopslaan
en elke woord daarin vir my dof en vervelend
geklink het.

Maar ek het ook oomblikke beleef waarin die woorde
as't ware op my afspring, waarin dit glinster en
my lewe vul

En altyd weer as ek oortuig dat daar iemand in my moet wees,

Iemand wat my vashou,
Iemand wat my saggies maar ferm in die arms
toevou.

Ek glo in die Heilige Gees

Ingedien deur: George Holtzhausen

FROM 1H4J TO PARADISE: VRYDAY 23 JUNIE 2023



Soos Ds Francois vanoggend aanbeveel het, is "One hour 4 Jesus" 'n goeie plek om binne jou kop, jou hart en jou siel vir 'n uur of so te vertoef. Dit is moeilik om daarvan verslag te gee. Veels beter as jy dit persoonlik bywoon.

Vanoggend se insigte is op Lukas 23 v 39- 43 gegrond.

Like the thief on the cross, we should call out "Jesus, remember me," whenever we are in need. As our relationship with Him grows, our plea will change to

"LORD, remember me."

Jesus' response to him was personal and immediate: " TODAY, YOU will be with ME in Paradise." Die woordjie "Paradys" het my herinner aan my toer van Paradys.

Once upon a time, I did a tour of India. We were in the magical, rather mystical area of Kashmir. The moghuls from Persia once conquered the area. The ruling mogul needed some respite from the heat, so, in Persian tradition, he ordered the construction of a garden filled with cooling waterways and fountains. He sat under shade at the back of the garden and held court, passing judgement, and also praising those who deserved it. The highest form of reward was to be allowed to take a walk with the king/moghul in his "paradiso" - the Persian word for "the King's Garden."



"Paradise" is the only Persian word in the Bible. The thief on the cross deserved all the punishment he got, but Jesus not only paid the price for his sin and forgave him, but He, the King of kings promised him Paradise, to walk with Him in His special heavenly garden for all eternity.

(Submitted by: Verena Salzwedel)

Israel, God's country

John Lombard came and gave us a lovely talk and showed us beautiful slides on Israel. We saw all the places where Jesus walked and ministered. Beautiful Jerusalem, where He will come back, Jordan River where many people from all over the world come to be baptized. Masada, the Tomb, Golgotha where ancient olive trees grow. Dead sea, where you will never drown, but just float.

Next year in Jerusalem



(Submitted by: Shirley Coles)



To our Residents

1st	Bevan Elliott	R36	83
2nd	Charlotte Grobler	F103	92
4th	Connie Bryce	R48	84
5th	Elsa Punt	N011	75
7th	Martha Kotze	R16	98
7th	Bebe Muller	R31	92
9th	Dulcie Hayman	R38A	86
12th	Julia Archer	MV201	78
18th	Cecelia Mocke	R54	83
18th	Rosemary Walters	R44	86
19th	Joan Kendrick	N103	94
19th	Margaret Magowan	MV102	84
20th	Maria Boshoff	F18	93
20th	Jan Karpierz	R21A	90
21st	Pat Goldman	F122	72
25th	Paulette Brand	N104	76
27th	Lenore Downey	N006	80
29th	Elizabeth Bothe	R52	79
29th	Joyce Ten Velden	N206	81
31st	Gillian Organ	MV101	91



Happy Birthday to our Staff

1 st Bonita Appels	High Care
1 st Lamees Lewin	High Care
4 th Noelwene Johnston	Catering
4 th Pauline Lawens	CSC
6 th Agnes Solomons	Risk
12 th Nadia Christians	High Care
14 th Mollie Collins	Catering
15 th Melisha Langeveldt	HC
16 th Janette Plaatjies	Catering
19 th Rene Abrahams	HC
22 nd Jennifer Pretorius	HC
28 th Heidi Phillips	CSC
31 st Rose Ann Presence	Catering



Happy Birthday to our Members

3rd Lorraine Swarts

9th Mary Ann Titus

3rd Dorothy Mei

9th Clara Ferus

5th Sophia Jenkins

10th Charles Jacobs

6th Elizabeth Williams

18th Cheryl Khan

7th Josephine Fredericks

23rd Angeline Joseph

8th Susan Abrahams

26th M Europa

29- Maar Anne Titus



Lift for PlumRus East/Hyser vir PlumRus Oos

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

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

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

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

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

Balance as at 30 June 2023 – R34 799

DON'T BECOME A PRISONER OF YOUR GUILT

Are you, or someone you know, being overwhelmed by the need to become a caregiver to your loved one, allow **PlumRus Care Services** to become a part of your care-giving team. In the comfort of their own home and familiar surroundings we are able to make this phase of their life a lot more comfortable, giving you time to replenish and refresh, maintaining balance between caring and living!



Our services can be tailor-made to suit your, and your loved ones, needs and lifestyle, be it during the day or at night.

With over 30 years of experience in delivering excellent Basic Care to the frail & elderly partnering with us will guarantee you your peace of mind.

Make that all important call and ask for our help. Contact us on 021- 761 2323 (press 5), or email us on info@plumrus.co.za



Thursday

7 September 2023

Parow Golf Club

Cost per 4 ball: R 3000

Golf Carts: Available on first
come first served basis

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

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

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

PlumRus is a registered NPO caring for the Elderly

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

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



RANDOM 5 -WORD STORIES

We each drew 5 random words from a jar and had to write a story using these words. Here are the results:

I had an uncle, a real ass of a man. He believed that the way to cure all ailments, even *FROTHING* at the mouth, was the application of *LEECHES*. He had no time for the inventions of later *GENERATIONS*. He even scorned the *CAMERA*. The *ALL-IMPORTANT* thing to him, was the leech.

Strictly fiction. By A-nony-mous

A FARMER was tired of looking for love via Boer-soek-'n Vrou, so he drove down to the sea for a break. He treated himself to lunch at the *HARBOUR* at a lovely fish restaurant he had *DISCOVERED*. He saw a stunning blonde sitting in a corner, working busily on her laptop. He was too shy to approach her, even though her left hand was free of rings. She got up and left the lunch table and drove away in a pink *BEETLE*, which she had parked outside. He decided to stay over at the local hotel. Parked in the street outside the hotel, he saw the Beetle again. When he checked it out, he saw a For Sale notice on it, giving her *WHATSAPP* number. Excitedly, he sent a message and discovered that she was the hotel receptionist. He rushed inside and blurted out: "I'd like to buy your car and I'd like to acquire you too! Will you marry me?"



If it's too good to be true, it probably isn't. By Anon-nee-moose



Jack Jones lived very close to the *MEDITERRANEAN* sea. None of his neighbours knew that his personal *PROFILE* was an inspiration to a few local criminals. They just saw him as the man who loved *SNORKELING*. What they never saw was his *FREELOADING* of an ex-army rifle and gun. "WAY?" you may ask. Wait and see.

A stranger to the truth?

This character sketch by A. Non. E. Mouse

The Management had received no *COMPLAINTS* about the running of the elder-care Residence, which is why many folk were prepared to spend hard-earned *MONEY* to book into a place that had a reputation for regular, live *ENTERTAINMENT*, excellent food and residents so diverse, from such interesting backgrounds, it would be hard to feel completely excluded. To the young, it may seem a place to ensure that their grandparents are safely locked away. *SAFE* -yes- *LOCKED-AWAY*- not at all!

Trips to the shops, beaches, forest walks and so much more ensured that the waiting list was always longer than the number of residents.



Now you may think that I have written this to ensure that I am especially well looked after- No way! I was well looked after long before I took pen to paper and wrote this.

Also, by Anon-e-mouse. It has the ring of truth about it!

Freelander, the remotest landlocked country in Africa, boundary ringed by a crust of vicious mountains that hold as in a *HUG* like an enfolding pie the vast expanses of verdant grassland and Acacia forests below.

To further enhance this *PICTURE* of peaceful natural beauty, there ripples the azure Lake Kowie fed by crystal clear streams which pound down the mountain ravines in the rainy season.

The animal life held in the *HUG* of this sanctuary is extraordinary in its diversity resulting from isolation - a harmonious gathering of buck, primates, smaller creatures, thousands of unidentified insects, fish and fowl, but all kept in numbers check by natural predators. A *WINNING* balanced equilibrium.



This all sounds halcyonid, but, as often happens on our Mother Earth, the *PICTURE* could *CHANGE UNEXPECTEDLY* with the advent of man on the scene, or, maybe an alien ET?

Speaking of extra-terrestrials & such things - I wonder whose drone first spied these placid plains? Even if somebody from Netflix should arrive *UNEXPECTEDLY* to obtain the GPS for a proposed *PICTURE* of an Avatar's journey to Freelander, I shall not bend.

Anon-E-mouse



**Why not join us at our next meeting on Tuesday
11th July – PlumRus North N203 – at 15:00**



Reader's Digest Universal Dictionary describes *cornerstone* "the indispensable and fundamental basis of something". Often used in Scripture for Jesus. Uniting Old and New Testaments.

For this exercise, may I suggest the gift of good *cooking* is often the uniting factor in a marriage. The partner who produces *enjoyable* meals, blesses those at the family table, can be the man or the woman.



The meals need not be *superior* or *expensive* – it is the two-edged sword of sparing the other partner the labour of 'getting meals', and getting really tasty meals at that, which hurries the family home and cheers the spirits at the end of a work or school day.

A gift indeed!

The PlumRus Staff - Ruth Davies

The staff at PlumRus
Are the Best

Because of them
I can rest

Safe and secure with
plenty to eat

Ranging from fruit, fish
veg and meat

Whatever our needs they are
close by

Even for those who are SAD
or shy

I hope one day they'll be
looked after too

Safe in the hands of another crew

Ek soek werk! Plaaswerk asb!

Ek het ervaring in:

Die verkeerde perd opsaal,

Te veel hooi op die vurk laai,

'n Eiertjie lê,

Jong osse inspan en Katte skiet.

Dan kan ek ook ou koeie uit die sloot grawe en met die hele mandjie patats uitkom.

Ek sal deur die wingerd loop met wingerdgriep en die wrange vrugte daarvan pluk.

Vroeg smôrens sal ek die room afskep, en op eiers loop.

Ek kan natuurlik ook balke saag, twak verkoop, appels swaai, en jou wys waar
Dawid die wortels gegrawe het.

My spesialiteit is om pêrels voor die swyne te werp en met 'n ander man se kalwers
te ploeg.

Ek sal saam met die hoenders gaan slaap!

Ek sal vir jou die bul by die horings pak.

My weiveld ondervinding is om vir Wolf skaapwagter te maak en ook om agteros in
die kraal te kry na dit by Daantjie in die kallerhok was.

Ek kan skape tel.

Ek kan die dam onder die eend uitruk, en ek kan hond haar afmaak.

Ek is 'n perd van 'n ander kleur, ouens soos ek is so skaars soos hoendertande. Ek
werk vir 'n appel en 'n ui!

Laat weet my asseblief spoedig.

Ek kan enige tyd begin, net nie hierdie Saterdag nie, Jakkals het my genooi vir sy
troue.

Hy trou met Wolf se vrou.

AFRIKAANS bly maar ongelooflik!!!



Ingedien deur:
Lida Herbst

JULIE / JULY 2023 MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
31	Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in all lounges @ 11:45 4th July 2023 Friends Meeting in the Hall @ 15:00 5th July 2023 Residents Talk in the Hall @ 15:00 6th July 2023 Morning Market in the Hall @ 09:30 10th July 2023 Garden Club Meeting in the Hall @ 15:45 11th July 2023 Writer's Group in N203 @ 15:00 19th July 2023 YouTube Social Evening in the Hall @ 18:00 27th July 2023 Lotto Draw in the Hall @ 18:30 28th July 2023 Bring & Braai @ 18:00	
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges		
3	4	5
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 10:00 Tea Time: lounges 10:15 Gym Trim in lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 11 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
10	11	12
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 13 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
17	18	19
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 15 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening
24	25	26
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 17 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 1 Episode 10	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges H is for Happiness 18:00 Woord & Lied
6	7	8	9
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Tea Time: lounges	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 The Good Doctor Series Season 1 Episode 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Secret Garden 18:00 Woord & Lied Dr. Chris Saayman
13	14	15	16
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 1 Episode 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Dog's Journey 18:00 Woord & Lied Dr. Chris Saayman
20	21	22	23
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	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 The Good Doctor Series Season 1 Episode 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Pee-wee's Big Holiday 18:00 Woord & Lied Dr. Chris Saayman
27	28	29	30
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	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 The Good Doctor Series Season 1 Episode 18	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Bringing up Baby 18:00 Woord & Lied Dr. Chris Saayman

Acid reflux, heartburn and indigestion.

A persistent sore throat or dry cough, especially during the night or in the morning, does not necessarily mean you're about to catch a cold or a bout of flu. It may not be caused by a virus, but by a valve. There's a muscle that controls the passage of food and drink from your oesophagus (food pipe) into your stomach. When this muscle doesn't close properly, stomach acid and food move back into the oesophagus. This causes a burning pain in your chest. The acid may irritate your throat and leave a bitter taste in your mouth. This condition is called acid reflux.

If you're having repeated episodes of acid reflux, the following steps may provide some relief:

- Eat small meals more frequently rather than three large meals daily.
- Avoid 'trigger' foods. Some foods are more likely than others to bring on a bout of heartburn. These include fatty and spicy foods, tomatoes, onions, garlic coffee, tea, chocolate, and alcohol.
- Avoid fizzy drinks. When we burp, acid may move up into the oesophagus.
- Stay upright after eating. When we stand or sit upright after eating, gravity helps keep acid in the stomach where it belongs. This means no naps after meals and no midnight snacks!
- Immediately after eating, avoid bending over or lifting heavy objects. Rather take a short walk.
- If you're overweight, try and lose some of the excess weight. Excess fatty tissue in your abdominal area weakens the muscular valve between your stomach and oesophagus, which can aggravate acid reflux.
- If you smoke, it's best to quit. Nicotine not only increases acid secretion in your stomach, but also relaxes the muscular valve allowing acid to move into your oesophagus.
- Review the medication you're taking. Some anti-depressants and anti-inflammatory pain killers may relax the muscular valve, allowing acid to move into the oesophagus. Medicines that are used to increase bone density may also irritate the oesophagus. Certain antibiotics and iron supplements, as well as medicines used to treat irritable bowel syndrome and overactive bladder conditions may also aggravate acid reflux. If you're on any of these medications, discuss this with your doctor or pharmacist.



If these steps don't provide sufficient help in reducing the incidence and severity of your acid reflux, it's best to see your doctor for a thorough consultation and diagnosis of your condition and any underlying problems. If you're diagnosed with acid reflux or a gastric ulcer, your doctor may put you on a course of medications designed to reduce the production of acid in your stomach. Hopefully, this will relieve some of the discomfort and allow any inflamed areas to recover.

Lansoprazole and Omeprazole are the most widely used brands of this medication in South Africa. A course of treatment usually runs for 4-8 weeks.

These medicines are generally well tolerated when used short-term. When taken long-term, there may be an increased risk of adverse side effects especially in older adults, such as vitamin B12, magnesium and iron deficiencies, pneumonia, dementia, kidney disease, dry eyes and bone fractures. If you are on long-term treatment with one of these medicines and are concerned about possible side effects, speak to your doctor or pharmacist about it.

Submitted by: Dave Henderson (Pharmacist)



GETTING THROUGH THE LONGEST NIGHT



Wednesday 21 June was the longest night (Winter Solstice) and loadshedding happened again after a welcome break.

Thank you Plumrus for helping us make it through the night by screening an Andre Rieu concert for us. Although not well attended, we were charmingly entertained with wonderful performances from well-known musicals "Cats" and "Phantom of the Opera", such as "Music of the Night", "Memory", "Bring in the Clowns", "Supercalifragilisticexpialidocious" As usual, the concert was in a fairytale setting with elaborate costumes and superb performances.

Twee maande Doer Onder

Wragtig met die wegtrek eet ons 'n wafel by Wimpy Kaapstad Internasionaal en hulle het nie stroop nie en bied vir ons heuning aan. Ek ontdek 'n verdwaalde naelknipper in my handbagasie betyds en skenk dit toe aan een van die dames by Wimpie. Uiteindelik is ons op pad na Australia via Oliver Tambo, Sydney met eind bestemming Brisbane.

Behalwe ons vlug vanaf Johannesburg wat laat was, het die res van die dienste glad verloop tot en by Sydney Internasionaal. Hier was dit 'n gesukkel van Internasionaal na "Domestic" met 'n dame by Doeane wat my laat dink het aan een van die onbeskofste Sersant Majoor in die Weermag en derhalwe verpas ons die aansluitingsvlug na Brisbane en vertrek twee ure later eers.

Wonderlike geleentheid om na 8 jaar by ons dogter Yolandie te kon kuier en nog 'n groter voorreg om klein-George, 3 jaar oud, vir die eerste keer te ontmoet en te sien hoe groot Mileah geword het. Daniel en Yolandie het gewig opgetel en ek het hulle onmiddellik op 'n dieet gesit. Dit was 'n woelige kuier en ons was bevoorreg om die volgende hoofpunte te kon beleef:

- Klein George se verjaarsdag – nie net is hy woelig nie maar saam met sy 2 nefies ook 3 jaar oud, is hulle erger as die 3 musketiers op steroids.
- Naweek by een van Spicers se Retreats, Clovelly – dit was luuks en bederf op sy beste. Dit was deel van 'n geskenk aan Yolandie vir haar 10 jaar diens by Spicers. Gelukkig was Oupa en Ouma in Australië om dit te kon beleef.
- Kings Cliff Beach vir 5 dae – die Hartenbos van NSW, 'n regte familie vakansie by die see, dit was baie lekker.
- Australian Outback Spectacular: Heartland – behalwe vir 'n uitstekende onvergeetlike vertoning met perde en natuurlik liefde bedien hulle 1000 etes in 7 minute. Die glans brosjure is in die biblioteek beskikbaar vir die wat meer wil lees.
- Car Museum Gold Coast – uitstaande was die lykswa van Dracula, vra my ek sal vir julle die foto wys.
- Anzac dag – vakansiedag ter nagedagtenis aan al die soldate van Australië en New Zealand wat in die Eerste Wêreldoorlog gesterf het asook almal wat geveg het in ander oorloë of wat tans in uniform is. Mileah het 'n mondeling gedoen by haar skool, baie trots want haar pa is in die Queensland Police asook haar twee ooms en albei haar Oupas wat in die 1966 tot 1989 grensoorlog in Suid-Afrika betrokke was in Australië. – Anzac 2023.
- Spesiale ete by RSL Redland Bay – uitstaande klub en restaurant vir oorlog veterane saam met die ander Oupa en Ouma.
- Mileah se verjaarsdag – net 8 jaar oud maar watter stryd vir ons om daardie Australiese Engels te verstaan – veral vir my wat so uitstekend is in Engels.
- Bywoning van Mileah se netbal wedstryde – weens die klub stelsel is die standaard baie hoog.
- "Cruise" op die Brisbane rivier – hierdie was ons tweede keer maar baie spesiaal omdat ons net met Yolandie dit kon ervaar.
- Familie braai – Daniel, Yolandie se man se hele familie woon in Brisbane – en ons het tot die besef gekom ons dogter is nou 'n Aussie – hulle praat soos die Aussies, dink soos die Aussies, trek aan soos die Aussies en kuier soos die Aussies, maar sy bly 'n Holtzhausen.

Tussen in tye het ons baie gelees, huis skoongemaak, wasgoed gedoen, kos gemaak, gras gesny, lekker gesels en werklik begin met aftrede. Was lekker maar met die terugkoms in Johannesburg was die wafel op die lughawe, weer by Wimpie, die keer met stroop bedien, soos koningskos. Nog mooier was die Afrikaans en die hulpvaardigheid van ons Afrikaans sprekende reënboog nasie; "Mister no problem ek transport die suitcases tot by jou wiele".

Moet nie verkeerde idees kry nie ek verkies Prieska bo Australië – boerseun in murg en been en Carina, Yzerfontein en die see.

(Ingdien deur: George Holtzhausen)

*"Perhaps they are not stars,
but rather openings in
heaven where the love of our
lost ones pours through and
shines down upon us to let us
know they are happy."*



Mr. Odendal **Sunrise:** 10/06/1938 **Sunset:** 01/05/2023

It broke our hearts to hear that he has gone to be with the angels.

We knew that you were suffering, we knew you were in pain but there was never a dull moment with you. Always a joke to be told sitting in the sun reading the news papper. Heaven needed an angel.



Mrs. Mc Cready **Sunrise:** 15/08/1948 **Sunset:** 14/05/2023

Mrs. Mc Cready was 'n lieflike en pragtige vrou. Sy het altyd 'n glimlag gehad. Toe sy nog geloop het, het sy altyd op en af in die gang gestap en die gordyne om haar gedraai. Die lewe stel soms geweldige hoë eise aan ons, soms kry ons seer en wonder hoekom dit met ons gebeur. Ons verloor mense vir wie ons lief is.

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Margie Macready passed away peacefully on 14th May – surrounded by her daughter, grandson, granddaughter, and son-in-law.

She endured very bravely since being admitted to Constantiaberg– and we are relieved that her suffering is over after so long. Her leaving us on Mother's Day in particular had a lot of meaning as her being free now is a great relief to all.

On behalf of my family, I would like to thank the Plumrus team for seeing her through to the end with dignity. So many people played a role in achieving that since 2016, for which we will always be most grateful.

God's richest blessings on you all. And our eternal gratitude.



Clare & Family



Walter (Wally) John Venner

22 December 1937 – 14 May 2023

Wally was born to Ivy and George Venner who lived in Lansdowne. His father, George, left when Wally was young to join the war and was posted to North Africa as a medic, which caused him to return a changed man.

Wally had a good family life and excelled at school, never really getting anything less than an A for most subjects, earning himself a university pass in matric. He had, as a child, sung in the Anglican church choir as a boy soprano, and taught at Lansdown Methodist when an adult, in the Sunday School.

His family could not afford to send him to university, so off to Standard Bank he went and got a job in the mailroom. He worked his way up through the years and retired as branch manager of Standard Trust in the city.

In 1961 he married a young lady named Jeanette whom he had met a few years earlier playing table tennis at a youth club. Shortly after marrying they moved into their home in Basil Rd where they lived and raised their children until they moved into Rusoord as one of the first couples in PlumRus North.

During his life he played soccer, rugby for Villager at scrumhalf, hockey for United, Pinelands and YMCA, each time captaining his team.

He was an avid golfer, and it wasn't long after he joined Westlake Gold Club that he joined their Hole in One club, a feat that got him into a local newspaper.

He loved his children and took them wherever he could, when he could and was the complete family man, planning family-oriented holidays and putting family first in all his decision-making. He even turned down two promotion transfers with the bank as the disruption to his family would be too great.

He committed his life to Christ around 1973 and we became one of the founder families of Constantia Assembly of God, now called People's Church. He served there as a deacon, treasurer, small group leader and later as an elder for many years.

His passing has left a large space in his family's lives, a space once filled with his laughter, wise-cracks, humour, wisdom, and a great love for his two grandsons, his son, daughter, and daughter-in law.

He leaves a legacy in so many hearts. Rest peacefully, lie in green pastures and walk by still waters
Walter John Venner, my dad.

From: Paddy



My friendship with Wally & Jeanette spans over 40 years. I got to know the family as we worshipped together at the Assembly of God Constantia, where Wally was the Treasurer and Elder for many years.

I always marveled at what a loving and doting father he was to Paddy and Bridget. He loved nothing more than to take Bridget along shopping and always cared for her with so much love and compassion-much like our Heavenly Father does us.

We became neighbours when we moved to PlumRus North and I will remember him for his kindness, integrity and for the worshipper he was.

Missed and remembered fondly by Shirley Coles



Walter John Venner 22/12/1937 - 14/05/2023

I met Wally in 1958 while playing table tennis at a Youth Club in Plumstead.

Wally was always friendly & full of smiles. He played rugby then hockey and enjoyed running. He was an Elder at our church and Chairman of the House Committee at PlumRus.

He had a wonderful sense of humour and made me. laugh a lot. He was a great husband, father, and grandfather, and he loved the Lord. Till we meet again, he is always in my heart.

Love - Jeanette

LOVE ME STILL

If you wish to love me still
when I leave
you can
by loving others
by giving new love
by not losing hope
by still seeing joy
by living your life
like it cries to be lived
by letting go
when the natural order demands it
by being at peace
with the circle of time.

If you wish to love me still
when I leave
you can
by loving life
by loving all that is life
by loving yourself most of all
the way that I loved you.

For now that I cannot
you must.

Love yourself
and you will love me still.
*Love your life
and you will love me still.*

Donna Ashworth
from 'LOSS'



As ek demensie kry...

As ek demensie kry, wil ek hê my familie moet die lysie teen die muur opsit waar ek woon. Ek wil hê hulle moet hierdie dinge onthou. Te ere van almal vir wie ek lief is en 'n stryd voer teen Demensie/Alzheimers:

AS EK DEMENSIE KRY, wil ek hê my vriende en familie moet my werklikheid aanvaar. As ek dink my eggenoot lewe nog, of as ek dink ons kuier by my ouers vir aandete, laat my dit glo. Ek sal baie gelukkiger voel.

AS EK DEMENSIE KRY, moenie met my stry oor wat vir my waar is teenoor wat vir jou waar is nie.

AS EK DEMENSIE KRY en ek is nie seker wie jy is nie, moenie dit persoonlik opneem nie. My tydlyn is verwarrend vir my.

AS EK DEMENSIE KRY en nie meer eetgereedskap kan gebruik nie, moenie my begin voer nie. Gee eerder vir my vingerkos en kyk of ek myself nog kan voer.

AS EK DEMENSIE KRY en ek is hartseer of beangs, hou my hand vas en luister. Moenie vir my sê dat my gevoelens ongegrond is nie.

AS EK DEMENSIE KRY, wil ek nie soos 'n kind behandel word nie. Praat met my soos die volwassene wat ek is.

AS EK DEMENSIE KRY, wil ek steeds die dinge geniet wat ek nog altyd gedoen het. Help my om 'n manier te kry om te oefen, te lees en saam met vriende te kuier.

AS EK DEMENSIE KRY, vra my om vir jou 'n storie uit my verlede te vertel.

AS EK DEMENSIE KRY en ek opgewerk raak, probeer uitvind wat dit is wat my pla.

AS EK DEMENSIE KRY, maak seker dat daar genoeg snoepgoed vir my in die huis is. Dit is dalk moeilik vir my om te verduidelik wat ek wil hê.

AS EK DEMENSIE KRY, moenie van my praat asof ek nie in die kamer is nie.

AS EK DEMENSIE KRY, moenie skuldig voel as jy nie 24 uur per dag, sewe dae per week vir my kan sorg nie. Dit is nie jou skuld nie en jy het jou bes gedoen. Kry iemand wat jou kan help, of kies 'n wonderlike nuwe plek waar ek versorg kan word en woon.

AS EK DEMENSIE KRY en ek woon in 'n demensiesorggemeenskap, besoek my asseblief gereeld.

AS EK DEMENSIE KRY, maak seker dat my gunsteling musiek altyd binne hoorafstand speel.

AS EK DEMENSIE KRY en ek hou daarvan om items op te tel en rond te dra, help my om daardie items terug te plaas op hulle oorspronklike plekke.

AS EK DEMENSIE KRY, moet my nie van partytjies en familiebyeenkomste uitsluit nie.

AS EK DEMENSIE KRY, onthou dat ek steeds van drukkie of handdrukke hou.

AS EK DEMENSIE KRY, onthou dat ek steeds die persoon is wat jy ken en lief het

(Ingedien deur: Mary de Wet)

A man named John loves to play practical jokes on his friends.

One day, he decided to play a joke on his best friend, Tom.

John went to Tom's house and replaced all his furniture with exact replicas but made out of cardboard. He even replaced the TV, the stereo, and the lamps with cardboard versions. Then, he waited for Tom to come home.

When Tom arrived, he was shocked to see that all his furniture had been replaced with cardboard. He couldn't believe it and thought he was going crazy. He called John and asked him what was going on.



John couldn't stop laughing as he explained the joke to Tom. But then, Tom got his revenge. He waited a few weeks and then replaced all of John's clothes with exact replicas but made from paper.

The next day, John went to work wearing his paper clothes, and everyone laughed at him. He was so embarrassed that he never played another practical joke on anyone again.

The moral of the story is that what goes around comes around, and it's always best to treat others as you would like to be treated.



Our Residents, Lorraine, Elsabe and Daphne, have been very busy knitting caps/beanies. In fact, a total of 178 caps were completed and distributed to the communities of Lavender Hill, Grassy Park and Hout Bay – just in time for the freezing weather we are experiencing.

Making a life-giving difference one beanie at a time!



Our Residents visited Groot Constantia during June.



Thank you to Michael, son of Angie Arendse, for entertaining the residents in Zone 2 with his Musical Interludes, for the past 4 weeks.



YouTube Evenings are back with a bang! The music, dance and snacks were good – but the camaraderie was 1st class. Make sure not to miss the next trip Down memory lane.





ELECTRICITY



Wordsearch



ELECTROMAGNET

AMBER

ELECTRICITY

DIODE

FARADAY

CHARGE

COMPASS

CIRCUIT

CONDENSER

SWITCH

BULB

NEUTRON

CURRENT

STATIC

GENERATOR

TURBINE

LIGHTNING

CONDUCTOR

PARALLEL

SERIES

BATTERY

TUNGSTEN

ELECTROLYTE

MOTOR

INSULATOR

VOLT

OERSTED