

PlumRus NEWS NUUS

July • Julie 2024



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Evening at 17:45
3 ^{de} Oggend Diens (Afrikaans)	5 th One Hour for Jesus	7 th Morning Service (English)	7de Aand Diens (Afrikaans)
10 ^{de} Oggend Diens (Afrikaans)	12 th One Hour for Jesus	14 th Morning Service (English)	14de Geen Diens
17 ^{de} Oggend Diens (Afrikaans)	19 th One Hour for Jesus	21 st Morning Service (English)	21ste Aand Diens (Afrikaans)
24 ^{ste} Oggend Diens (Afrikaans)	26 th One Hour for Jesus	28 th Morning Service (English)	28ste Geen Diens
31ste Oggend Diens (Afrikaans)			



Neem asseblief kennis dat daar vanaf Julie 'n verandering in die rooster van ons Afrikaanse kerkdienste sal wees. Ons het weer ons Afrikaanse diens op 'n Woensdagoggend om 09:30 bekendgestel.

Gedurende Julie en Augustus sal Dr. Chris Saayman elke alternatiewe week Sondagaanddienste hou. Ons sal planne daarna betyds kommunikeer.



Friday 28th June was definitely a One Hour for Jesus with a difference!

Heidi Salzwedel shared her calling to full-time mission ministry with Organization Mobilisation (OM), through the Arts. God has given her the opportunity to use her passion for Art and Theology, to spread His message of salvation to the least-reached people of the world. Heidi

shared some images from various artist with us linking it to scripture and how they would use these images to start conversations with people who may never have had an interest in listening to the Gospel.

The accompanying image and below scripture, my favourite, is by artist Elbie Visser.

Zechariah 4:6-9 (NKJV)

So, he answered and said to me: "This is the word of the LORD to Zerubbabel: '**Not by might nor by power, but by My Spirit,**' says the LORD of hosts.

Inspiro Arts Alliance – ***"Because the Gospel is Beautiful."***



THE MOST EXCELLENT OF MEN

The world has had its share of great men and women who've left their mark on the stage of human history. Philosophers and politicians, military leaders and philanthropists, and many others - people whose thoughts, words, and actions have affected the lives of millions. But none of these 'great' people come close to the person Psalm 45 refers to as "The most excellent of men!"

***My heart is stirred by a noble theme
as I recite my verses for the king;
my tongue is the pen of a skilful writer.***

*You are **the most excellent of men**
and your lips have been anointed with grace,
since God has blessed you forever.
Psalm 45:1-2 NIV*

This beautiful Psalm is a song about a bridegroom and his bride on their wedding day. It may have started out as a song intended for an earthly king and his bride, but the Spirit of God filled the songwriters with prophetic insights of a bridegroom infinitely greater than any earthly king. Its words point to none other than Jesus Christ, the heavenly bridegroom! Inspired by the Holy Spirit, the writers describe this heavenly bridegroom as '**the most excellent of men**'.



Some translations use the word 'handsome' or 'beautiful' in place of 'excellent', but the intention is clear - this bridegroom is unlike any other! But the beauty or excellence of Christ was not to be seen in his outer form, as Isaiah the prophet tells us '*There was nothing attractive about him, nothing to cause us to take a second look*'. What was it then that so attracted people to Jesus? The miracles and healings had a role to play, but there must

have been something more. Psalm 45:2 tells us what it was... "*your lips have been anointed with grace...*" God His Father had richly blessed Him, and His excellence and power was primarily manifest in the life-giving and gracious words He spoke. Think of Jesus' gracious words to the humiliated and heart-broken woman who the pious Pharisees dragged before him because she'd been 'caught' in the act of adultery ... "*I don't condemn you,*" Jesus said, "*Go now and leave your life of sin*".

Or his kind-hearted and faith-building words to Thomas who'd been left bewildered and doubting after Jesus' death and resurrection... "*Stop doubting and believe.*" Or his restoring words to Peter, deeply ashamed after denying he knew Jesus. After giving Peter an opportunity to reaffirm his love, Jesus simply said to him ... "*Follow me*". In each case, Jesus' gracious and life-giving words transformed these broken lives, turning their midnight into morning, and their winter into spring.



Thomas Edison arrived home one day with a note from his school principal. "Mom," he said, "Here's a note from my teacher. What does it say?" Her eyes teared up as she read the note out loud... "Your son is a genius! This school is too small for him, and its teachers aren't good enough to train him. Please teach him yourself."

His mother did just that, diligently teaching him until she sadly passed away. Years later, while tidying up his mother's things, Edison found and read the old note he'd brought home from his teacher..." Your son is mentally deficient. We cannot let him attend our school any longer. He is expelled." Deeply moved, Edison, who by this time had become one of the world's greatest inventors wrote in his diary: *'Thomas Edison was a mentally deficient child whose mother turned him into the genius of the century.'*

This touching human story illustrates the power of our words. Edison's mother not only loved him but was convinced of his inner value and potential. Ignoring the principal's hurtful and destructive comments, her gracious words of affirmation and encouragement set in motion a transformation in her son's life that not only blessed him, but the world as well! If human words have such power, how much more the gracious words of the Son of God, who in the beginning, spoke all things into being and now holds everything together by the power of His word!

Jesus, the most excellent of men, still speaks today. His steady stream of life-giving gracious words transforms us into what He wants us to be and gives us everything we could possibly need in order to join Him in the good work He is doing. That's why



it's so important we hear and understand what He's saying to us. God's Word reveals His heart. Doctors use stethoscopes to 'listen' to the condition of their patient's hearts, so our listening to the words of God enable us to 'know' God's heart. As you spend time with God in His Word, listening for his voice and responding in obedience, you get to know His heart...who He is, what He desires, and what His purposes are. It's this 'knowing' of God's heart that slowly transforms you into His likeness...turning your darkness into dawn, your fear into faith, your failure into victory.

Our heavenly Bridegroom's lips have been anointed with grace. We live by hearing and obeying every life-giving gracious word He speaks. May the Lord help us all to have a heart like young Samuel, who called out... "Speak Lord, your servant is listening".

(God Bless you all – Ps Dave Henderson)



Thank you, Dianne, for upgrading the bench in our gardens, honouring Jack's memory.

Speak to Chris, Cindy or Mervyn if you are interested in honouring the memory of a loved one, through a donation of a bench, water-feature or tree to our beautiful gardens.

A TRUSTWORTHY NAME

"I will leave in your midst a meek and humble people, and they shall trust in the name of the Lord"

(Zephaniah 3:12)

When true religion is ready to die out among the wealthy, it finds a home among the poor of this world, rich in faith. The Lord has even now His faithful remnant. Am I one of them?

Perhaps it is because men are afflicted and poor that they learn to trust in the name of the Lord. He whose own name is good for nothing in his own esteem, acts wisely to rest in another name, the name of The Lord. Little as the world thinks of poor people, they bring untold blessings for they are the conserving salt that keeps in check the corruption in the world.

Again, the question: am I one of them? Do I trust in the Lord? Jesus reveals the name, the character, the person of God. Am I trusting in Him? If so, I am left in this world for a purpose.

Lord, help me to fulfill it. **(Author: Charles H Spurgeon) (Submitted by: Adin Harmer)**

FOUNDATIONAL TRUTHS OF MY LIFE WITH GOD

- ❖ God is always present and active in my life, whether or not I see Him
- ❖ Coming to recognize and experience God's presence in *learned* behavior, I can cultivate it
- ❖ My task is to meet God in *this moment*
- ❖ I am always tempted to live "*outside*" *this* moment. When I do that, I lose my sense of God's presence
- ❖ Sometimes God seems far away for reasons I do not understand
- ❖ Those moments too, are opportunities to learn
- ❖ Whenever I fail, I can always start again right away
- ❖ No one knows the full extent to which a human being can experience God's presence
- ❖ My desire for God ebbs and flows, but His desire for me is constant
- ❖ Every thought carries a "spiritual charge" that moves me closer to or further away from God
- ❖ Every aspect of my life – work, relationships, hobbies, errands – is of immense and genuine interest to God
- ❖ My path to experience God's presence will not look quite like anyone else's
- ❖ Straining and trying too hard does not help

REVIEW THESE TRUTHS ONCE A DAY FOR THE NEXT TWO WEEKS AS YOU CULTIVATE THE PRACTICE OF THE PRESENCE OF GOD

(Submitted by: Adin Harmer)



Happy Birthday to our Residents

Birthday	Name	Location	Age
1 st	Joy Young	F015	87
4 th	Connie Bryce	R48	85
5 th	Elsa Punt	N011	76
6 th	Olga Leak	R49	77
7 th	Bebe Muller	R31	93
9 th	Dulcie Hayman	R38A	88
12 th	Joan Petersen	R59	84
12 th	Julia Archer	MU201	79
16 th	Fay Carswell	R37	91
18 th	Cecelia Mocke	R54	85
18 th	Rosemary Walters	H002	87
19 th	Joan Kendrick	R45A	95
19 th	Maragret Magowan	MU102	85
20 th	Maria Boshoff	R42A	94
20 th	Jan Karpierz	R21	91
21 st	Pat Goldman	F122	73
25 th	Constance Higgins	H003	92
25 th	Paulette Brand	N104	77
27 th	Lenore Downey	N006	81
29 th	Elizabeth Bothe	R52	80
29 th	Joyce Ten Velden	N206	82
31 st	Gillian Organ	MU101	92

Moenie
bekommerd
wees oor
oud word
nie. Jy gaan
nog steeds
simpler dinge
doen...
Net stadiger.



Happy Birthday to our Staff

1st	Lameez Lewin	Health Care
1st	Bonita Appels	Health Care
4th	Noelwene Johnston	CCL
4th	Pauline Lawens	Health Care
6th	Agnes Solomons	Riskman
11th	Megan Bowers	Health Care
12th	Crystal Petersen	CCL
14th	Kamiela Kleinbooi	PlumRus Care Services
16th	Janette Plaatjies	CCL
17th	Candice Africa	CCL
19th	Rene Abrahams	Health Care
21st	Danay Rector	CCL
25th	Gladys Gordon	CCL
28th	Heidi Phillips	Health Care
31st	Rose-Ann Presence	CCL



It is with mixed feelings that I am saying farewell to all at Plumrus.

I applied for a transfer to another Badisa home, behind the Boerewors curtain, to be nearer my family, I have been wanting to go there for a very long time, however, I could not leave while my Aunty Mary

Banfield was still alive. The Lords timing is always right, He has gone before me and made it possible for me to go there within two months, a renovated room, to which the over 80's must go.

I would like to say thank you to the management and staff for all you have done, not only for me but for all the residents over many years. Over the past 10 years I have made many friends, whom I will always remember, all of you, and I hope they will always remember me kindly, especially the Pancakes, Bingo etc.

Farewell to all, especially my close friends. We are only a phone call away and shall keep in touch. Go well all and God Bless everyone.

Love Beryl Garwood





RECYCLING UPDATE

Just a reminder that if you wish to recycle items such as plastic containers, small water bottles, cardboard, tin foil pie plates, glass or milk cartons, please do not put them in the coloured bins. That system no longer operates as no firm is willing to collect.



Please place your **UNSORTED**, but clean and dry recyclable items in a **CLEAR** plastic bag and place on the floor in the refuse rooms on the ground floor in Plumrus North, or, preferably, take them to the tip area at the back, next to the Wendy houses. They will be taken to the Rosmead recycling depot, along with the garden refuse and builder's rubble.

Heather Clarke (MV 107 Ext. 2162) would love to receive old newspapers and magazines, which she takes to an animal refuge centre.

A group of us are enjoying collecting small no-biodegradable waste such as pill backing, cling wrap, tin foil, old pens, chip packets, chocolate wrappers and filling empty 2 L bottles to make eco-bricks. You are welcome to join us. For further info: Verena Salzwedel N203 Ext. 2197



Kindly note that our physical address is Plumstead Rusoord 18 Birmingham Road Plumstead 7800. This change is very important to note especially when booking an Uber, or for on-line shopping/medication deliveries.

Using the correct address will ensure that your goods and services will be received timeously.



HAPPINESS IS





Ons is opgewonde om die nuwe voorkoms dames openbare toilet net buite ons saal te deel. Dankie aan Gloria Snyman's dogter, Amanda, vir haar finansiële bydrae wat gehelp het om hierdie opgradering moontlik te maak.



Thank you to Julie Manuel, who lovingly knitted covers for these balls and donated them to use for stimulation activities in Health Care.



A SNEAK PEEK.



There's always something exciting going on at the Coffee Shop. We had a quick look at the preparations happening for Ouma de Toit's 90th birthday on the 8th June, and spied this lovely cake.

Even more impressive are the cake creations she was famous for. We were shown some of her published works of Art.



Mrs. Solange Oliver

MW104

Solange Oliver joins the community of Plumrus from her home in Kirstenhof.

She was born in France but has lived in Cape Town for over 30 years. Her son Philip and wife Julia live in the UK Edinburgh.

Solange loves swimming and entertaining family and friends.

Mrs. Mercia Wilson Health Care – Zone 2-Room 27B

After 2 years at Huis Nuveland, Mercia and her children decided to move her to Plumrus to be closer to them. She has 4 Children (Carryn, Peter, Sandie and Wendy). Mercia is a friendly lady who used to love bridge, bowls and knitting. She now enjoys lovely walks around the garden.



This is a true story from an old age home – not Plumrus!

(Submitted by: Adin Harmer)

A new resident had recently moved in whose surname was Peake. She was a retired missionary.

Two residents were sitting in the lounge talking. One of them said that she had such a problem remembering Mrs. Peake's surname, but she had found a solution! She thought of Devil's Peak, Mrs. Peake.

The only problem, she said, was that she had called her Mrs. Devil by mistake!



IT'S WINTER!

A compilation by the Plumrus Writers' Club. Enjoy!



(Rock painted by Cheryl Delport)



Of these wonderful stories for children written by the Finnish author Tove Jansson before 1962, I was fascinated by her description of a land of Fjords, deep snow that lent a silence to the landscape of heavy-laden fir branches and little tracks in the snow. The silence is occasionally broken by the sound of a branch cracking under its burden of snow.

WikipediA: Moominland Midwinter:

While the rest of the Moomin family are in the deep slumber of their winter hibernation, Moomintroll finds himself awake and unable to get back to sleep.

He discovers a world hitherto unknown to him, where the sun does not rise, and the ground is covered with cold, white, wet powder.

Moomintroll is lonely at first but soon meets Too-ticky, who sings mysterious songs, and his old friend Little My (who takes delight in sledging down the snowy hills on Moominmamma's silver tea tray).

As the haunting winter progresses, many characters (notably the Groke, Sorry-oo the small dog, and a boisterous skiing Hemulen) come to Moominvalley in search of warmth, shelter and Moominmamma's stores of jam.



CAMEOS OF CHILDHOOD WINTERS

- Wood fires in the grate
- Days of continuous rain, driving me to pen and paper
- Commuting to school in the rain – first on foot in Claremont, then by bike in Wynberg.
- The joy of winter sunshine and cycling from Claremont to Muizenberg, to slide down the dunes. **(Submitted by: Adin Harmer)**



JUNE SOLSTICE

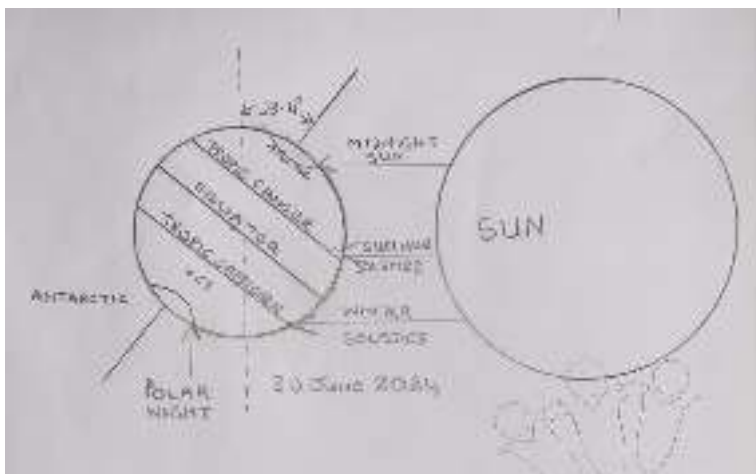
There were 2 Solstices in the World on the same day, at the exact moment in time on 20th June for 2024. This date rarely changes.

On 20 June Solstice Day planet Earth had reached its furthest point away from the sun in its orbit spinning around on its axis. The sun was then shining directly overhead the Northern Hemisphere Tropic of Cancer; thus, the longest day was experienced in summer there. The Lands of the Midnight Sun [Norway, Sweden, Finland etc.] & mainly the Arctic Circle experienced 24 hours of sun a day. The Antarctic in the south at the same time experienced Polar Nights with 24 hours darkness while we were in winter in Cape Town with the longest night & shortest day.

Imagine Earth with a sosatie stick through from Arctic north to Antarctic south, but the stick is at an angle of about 23.4 degrees tilted away from the centre point of the Poles. This tilt creates the seasons as Earth spins around its axis tipped towards the sun or away.

On June Solstice Day they say the sun seems to stand still at a Coordinated Universal Time, [sol=sun, sistere or stitium = stand still] then, with the Earth tilted the sun moves southwards from Tropic of Cancer towards Tropic of Capricorn to give us the 1st day of Summer, they say, on 21st June! The reverse of seasons occurs slowly.

20 June was International Day of the Solstice - even though the latest sunset was a few days after & the latest sunrise was a few days before 20th [sundial time not atomic clock time]. Some say the sun appears lower at Noon in SA on 20th June as the season changes? Historically Solstices were used to organize planting & harvesting calendars & also held mythical significance. Researchers believe that some 1000,000 ruins in SA show connections to celestial & Solstice events in ancient times.



In the Eastern Cape the folks celebrate Solstice Sunset on a hillock at the Bathurst Topo scope with a Bagpiper & a rather cold picnic around the stone monument. Northwards Alaska has a Sundown Festival in contrast.

At Stonehenge the sun strikes a particular spot on the stone circle & the calendar days are counted from this point, these days 100s gather to celebrate this event in England.

In Egypt June Solstice meant a change & new beginning as the Nile River rose to flood the lands for planting crops bringing hope & celebration for prosperity for the people. China celebrated the shorter shadow feminine Ying forces after the masculine Yang forces.

Asterix & Obelix, the Gauls [now France] celebrated the Mare Goddess with huge feasts & bonfires, but, moving away from Pagan Druids, Christianity celebrated St John's Day on June 24th Solstice.

Any suggestions for future June Solstice Days for us? Maybe Sosaties on the menu?

(Submitted by June Stein: Some facts taken from websites: timeanddate and SPACE.com)

The Winter of our Discontent



When writing the final English exam for matric, I chose this essay topic from the list given. I can't for the life of me remember what I wrote! However, I do notice that many folk (including me!) complain more often during Winter. Heard in the passage this week: "My nose is cold!" "It's too wet to walk." "I've put on so much weight!" "I've got flu AGAIN!"

Yes, Winter does seem to prompt negativity, but to counteract depression, I asked myself and others: What do you love about Winter?

- Sitting at a fire at a friend's house or enjoying a meal at a restaurant with a fireplace.
- I enjoy a storm, the wind howling, the windowpanes rattling. So much the better if there is thunder and lightning, which doesn't happen often in Winter.
- Watching the rain with excitement.
- Basking in the sun.
- Curl up with a book.
- I even get to watch TV in the afternoon.
- Hearty bean soup.
- Hot chocolate!
- Cuddling the cat.
- Telling each other stories.
- Playing board games as close to the heater as possible
- Hot water bottles, huggers and fluffy blankets.
- A hot shower before jumping into bed.



Can you add to the list?

"The Winter of our Discontent" was the title of John Steinbeck's last novel, published in 1961, which line he borrowed from Shakespeare's Richard the Third.

(Submitted by: Verena Salzwedel)

First memories of Winter

Winter in Bloemfontein. It was very cold that day and stormy looking. I was about 6 or 7 years old. Suddenly my mom said: "It's snowing!" O, the excitement of our first snow! After it stopped, I went outside and gathered as much snow as I could and built a little snowman. I don't think he lasted very long, and the rest of the snow soon melted. But O, I have never forgotten my first snow.

(Submitted by: Jeanette Venner)

White Christmas

I always dreamt of a White Christmas experience, and 2023 saw my dream realized, when I visited my son and his family in Malmö-Sweden. There is no better way to enjoy this experience than being surrounded by your loved ones. Family time spent indoors consisted of endless cups of hot tea (green tea, chamomile tea, rooibos tea and earl grey) my absolute vice! The children drank lots of hot chocolate with marshmallows melted on the top, sending the sugar-levels through the roof!

During the daytime we took the opportunity to be outdoors and enjoy the snow adventures such as sledging and ice skating. Evenings were spent teaching Samson & Laura new board games; Monopoly & Rummikub, which were amongst their many Christmas gifts.

While we layered the clothes to keep the cold out, the love and memories we created melted the heart. The snowy scenes transported me to a magical world of make believe, which helped to make my holiday one of the most memorable ever.



(Submitted by: Belinda van Niekerk, not a member of the Writers Club, but inspired by their topic this month, and decided to share my story; you can do the same!)

(The extremely cold weather caused disruptions in transportation in Finland, Sweden and Norway, where snow made rail traffic difficult and ferry lines were suspended. Thermometers in Finland and Sweden plunged to lower than -40 degrees Celsius in some places on Tuesday and Wednesday, as the two Scandinavian countries reported the coldest temperatures of this winter so far. As reported by: Euro News)

The next Writers' Club meeting is at 3pm on Tuesday 16 July in N203

The theme will be LIFT OFF: What's on YOUR bucket list?



An elderly couple was having dinner one evening when the husband reached across the table, took his wife's hand in his and said, "Martha, soon we will be married 50 years, and there's something I have to know. In all of these 50 years, have you ever been unfaithful to me?"

Martha replied, "Well Henry, I have to be honest with you. Yes, I've been unfaithful to you three times during these 50 years, but always for a good reason."

Henry was obviously hurt by his wife's confession, but said, "I never suspected. Can you tell me what you mean by 'good reasons'?"

Martha said, "The first time was shortly after we were married, and we were about to lose

our little house because we couldn't pay the mortgage.

Do you remember that one evening I went to see the banker and the next day he notified you that the loan would be extended?"

Henry recalled the visit to the banker and said, "I can forgive you for that. You saved our home, but what about the second time?"

Martha asked, "And do you remember when you were so sick, but we didn't have the money to pay for the heart surgery you needed? Well, I went to see your doctor one night and, if you recall, he did the surgery at no charge."

"I recall that," said Henry. "And you did it to save my life, so of course I can forgive you for that. Now tell me about the third time."

"Alright," Martha said. "So do you remember when you ran for president of your golf club, and you needed 73 more votes?"

THE ELDERLY MAN FAINTED 😂 (Author Unknown)



"The kindest people are not born that way, they are made. They are the ones that have experienced so much at the hands of life, they are the ones who have dug themselves out of the dark, who have fought to turn every loss into a lesson. The kindest people do not just exist – they choose to soften where circumstance has tried to harden them, they choose to believe in goodness, because they have seen firsthand why compassion is so necessary. They have seen firsthand why tenderness is so important in this world."♥

~ Bianca Sparacino

(Submitted by: Marie Knuppel)

JULIE / JULY 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
1	2	3
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:00 Teatime: lounges 09:30 Gym Trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 09:30 Afrikaans service 10:30 Series in lounges Sweet Magnolias 11:45 Prayer meeting in all HC lounges 12:30 Fruit & Veg Lorry 15:00 Activity in lounges
8	9	10
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Village 10:00 Teatime: lounges 09:30 Gym Trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 09:30 Afrikaans service 10:30 Series in lounges Sweet Magnolias 11:45 Prayer Meeting in all HC lounges 12:30 Fruit & Veg Lorry 15:00 Activity in lounges
15	16	17
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Meadowridge 10:00 Teatime: lounges 09:30 Gym Trim in the hall 15:00 Teatime: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Teatime: lounges 09:30 Prayer meeting in Lounges 10:30 Series in lounges Sweet Magnolias 11:45 Prayer meeting in all HC lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 18:00 Youtube Evening
22	23	24
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Teatime: lounges 09:30 Gym trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 09:30 Afrikaans service 10:30 Series in lounges Sweet Magnolias 11:45 Prayer Meeting in all HC lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges 15:00 Residents Talk in the Hall
29	30	31
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Blue route 10:00 Tea time: lounges 09:30 Gym Trim in the hall 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 09:30 Prayer meeting in Lounges 10:30 Series in lounges 11:45 Prayer meeting in all HC lounges Sweet Magnolias 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
4	5	6	7
08:30 Library / Biblioteek 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the Hall	08:30 Library / Biblioteek 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 lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
11	12	13	14
08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the Hall	08:30 Library / Biblioteek 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 lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
18	19	20	21
08:30 Library / Biblioteek 09:00 Shopping Constantia Village 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 15:00 Activity in lounges	08:30 Library / Biblioteek 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 lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
25	26	27	28
08:30 Library / Biblioteek 09:00 Shopping Meadowridge 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 15:00 Activity in lounges 18:00 Lotto Draw in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges

Gym Trim in the Hall Tuesday's @ 09:30
Afrikaans service Wednesdays in the hall @ 09:30
Prayer Meeting Wednesdays in all lounges @ 11:45
4th July 2024 Morning market in the Hall @ 09:30
15th July 2024 Garden club meeting in the Hall @ 15:45
16th July 2024 Writers group in N203 @ 15:00
17th July 2024 Residents Talk in the Hall @ 15:00
24th July 2024 You tube social evening @ 18:00
25th July 2024 Lotto Draw in the hall @ 18:00
26th July 2024 Bring & Braai in the Hall @ 18:00



ERNEST PAUL HAUPT - 21.10.1936. - 04.06.2024

Our dearly much-loved Ernest sadly passed away on the 4th of June, after sustaining a fall which sadly, he did not recover from.

Ernest was a Capetonian born and bred, who lived most of his life in Plumstead. When he was 16, he joined the SABC in Sea Point and was a loyal employee for 42 years before retiring.

Ernest moved into Plumrus on the 6th September 2018, a giant step for this shy bachelor but he soon found his feet and as a devout Catholic, he was very grateful and happy to join the Catholic group in Mass every Monday morning.

He looked forward to our little outings on a weekend but always insisted on eating lunch in the dining hall with his lady friends first and then going out and enjoying a strawberry milkshake, either at Plumrus Coffee Shop, or wherever we stopped off to enjoy a cuppa when we were out.

Ernest was really blessed to have had Lenora as his Carer before he moved over to the Health Care section, so he was very hesitant at first about the change, but he soon adapted and was grateful for the extra assistance.

We would just like to thank Plumrus and A&L their staff members for the home they have given Ernest, the Coffee Shop staff who were always so friendly, Edwina for her lovely friendly smiles and a BIG thank you to Lucille and Agnes, my 'go to' ladies, who always assisted both Ernest and me. I won't forget the friendly chats and laughs that we have had over the years. Ernest will be sorely missed but he is now safely home in Heaven 🙏

From Ernest's niece, Patricia and her husband Gerald.



Mr. Haupt was very dear to my heart. Whenever we had a chat, he told me about his sister Nora and how she took care of him after his mother passed away.

Mr. Haupt could talk for hours about how he loved working at the SABC since the age of 16 years old, and that they were a big happy family. He loved going for walks, but always dressed warmly, as he could 't stand getting cold. RIP To a Good Soul

YOU WILL BE MISSED A LOT. From Chante Aploon.



In the 3 years that the Catholic Community has been attending a Communion Service every Monday in my unit, we have come to know Ernest as a very sincere, gentle and devoted person whose input to life and his religious aspect were of great value to us.

We missed him when he was moved to another zone due to his failing health and was then administered to by another Eucharistic minister. He would however, frail as he was, attend the Holy Mass at my unit when our priest was present.

He has shed his mortal coil, and we will miss him dearly, especially his gentle voice saying... "I'm looking for a bit of sun" and insisting that his favourite hymn; "Daily, daily sing to Mary" be sung whenever he attended.

Rest gently dearest Ernest and until we meet again, may God hold you in the Palm of His Hand. Lorraine Whittle

My Dad, Roy Godfrey Binedell

18th January 1939 – 10th June 2024

Well, what can a Girl say about her dad; Dads are very special people, and my dad was just the best!

He always had time for his children. He loved deeply. My dad was supported by an incredible woman, my mom, and together they loved us kids unconditionally.

My dad worked very hard and thereby allowed my mom to be at home with us kids. He was a real handyman even building a garage (one block at a time) at our 1st home that they owned. My dad's ethics and honesty were like none I have ever seen. He never shortchanged anyone with words or actions.

My dad's Faith was very strength and he witnessed to people whenever he got the chance.

My dad could also be very quiet at times and just listen, but then he did have a chatterbox as a wife.



I had a special bond with my dad, I can still hear him saying "Hello my Darling daughter". Dad, I will miss you – but know that you are rejoicing in Heaven and would not want to be anywhere else.

I love you, my dad.

Thanks to all the staff and Carers that looked after my dad, especially in the last 6 months of his life. A special thanks to Storm who went over and beyond to care for my dad.

Karen



My dad!

It's amazing how it often takes a death for us to sit back, take stock, and truly think about someone and what they meant to us while they are alive, we often just live and accept every moment without fully appreciating what they meant to us or what kind of person they really were. So, I find myself thinking deeply about my dad.

He was:

- A man with such integrity, humility, and love.
- A man who believed with all his heart in the love of Jesus Christ.
- A man who loved my mother deeply, never allowing his eyes to stray, and believed in his vow "until the day I die". They were married for 64 years and showed their love for each other until his last breath. I believe that just before he died, he was heard saying "my beautiful wife" to my mom.
- A man who loved his family and always opened their home to them.
- A very deep thinker who did not take risks; everything was calculated.
- A highly intelligent man who, if born a few decades later, would have gone to university and spent a lot of time there studying.
- A devout member of the churches he belonged to.

Every year, we used to go to a multi-denominational Christian family camp over Easter at Pentecostal Park in Somerset West, and in the hall when they were singing, you would always hear his voice above everyone else's.

He was able to think, design, and build things. He also operated the sewing machine and did it very meticulously. Every month-end, I remember him sitting at the dining room table with all the expenses, writing them all down and working out the budget in detail.

I recall a day when I was a child, back when it was still safe to catch the train to work. One afternoon, I was playing in an adjacent street, and he did not see me as he walked past. I looked back and saw a man who was proud, wearing his safari suit, Grasshopper shoes, long socks with a comb in the sock. From where I stood, I remember thinking, "Wow, that is my dad!"



There are many other moments that I can remember.

Rest in peace, my dad. I will always be grateful for the way you brought me up, with love and happiness. I will love you forever. Gone but never forgotten.

Warren



Roy is well known for his strong voice, he loved singing. When my brother Alex Banfield and his wife Ina, lived next door to them, they used to hear Roy singing in the bathroom.

Roy loved the Lord with all his heart, and shared over 60 years with Heather, whom he loved dearly. Roy, Alex and Noel Le Clue used to have turns operating the computer for Sunday morning services, until they were unable to carry on with those tasks.

We pray that the Lord will shower Heather and family with blessings during this difficult time.

Beryl Garwood



Mr. Binedell



Sunrise: 18/001/1939



Sunset: 10/06/2024

Dearest Mr. Binedell or should I say Roy my Boy,

Looking after Mr. Binedell for the past few months has been a privilege. But nurturing him during his last few weeks, days, and hours until his last breath was a beautiful experience, for a simple reason: he was a real fighter to the very last. What I admired the most during his time of suffering was the love he had for his wife. In his last week of being with us, God gave him the opportunity to tell Mom one last time, "Oh Heather, you are so beautiful, and I love you," and that warmed my heart that she somehow got a bit of closure. The last conversation he heard before he passed was when I asked Mom what kept them together for so many years because they were still very much in love, and her response was love. Exactly 10 minutes thereafter, she was by his side, and he took his last breath. Roy my Boy, I'm jealous because we had a date and now, you're in Heaven enjoying all the wonderful things. I'm at peace because you are. May the roots of this tree spread strong and grow deep, just as his love did for every soul he touched.



Carer: Storm Arend

MONDAY MEMS

Thank you to Plumrus for the regular Monday outings you organise for us. They are becoming increasingly popular, so residents, keep your wits about you and make sure you don't miss out!

In June, we visited the heart transplant museum at Groote Schuur hospital. What a heart-warming experience! We were somewhat overwhelmed with interesting facts, figures, photographs and installations- that's the official term for a set-up scene. Madame Tussauds created all the wax figures, which apparently cost R16000 at the time. They looked so real that you could almost catch yourself chatting to Chris Barnard over a cup of tea in his office, or tapping one of the green-gowned figures in the operating theatre to ask if you could have a look.

The first human heart transplant took place on 3 December 1967 and was preceded by years of training and research. I'm not too good at understanding, remembering and recording the scientific stuff, so will pick up on some of the human stories.

Chris Barnard spent some time training in the USA and, on his departure, the head of the unit donated this heart-lung machine to him. (See pic) Apparently, some folk in the USA were upset that the machine was used for the first-ever heart transplant and RSA did it first!



These tongs (see pic) were used to lift out the old heart and put in the new. They look just like braai tongs to me!

Denise Darvall's heart was used for the first transplant. She and her mother were crossing the road, having visited a famous bakery in Observatory. They were hit by a truck which they did not see. The mother was killed instantly, but Denise was brain-dead. When Chris asked Mr Darvall's permission to use the heart, he said: "I don't understand what you're saying, she's breathing." Then, after it was explained that it was the heart-lung machine working, he said "I want you to use her heart; she would give you, her heart."

Louis Washkansky's first words after the op were: "I am feeling much better." There is a model of him lying in his hospital recovery bed. I noticed that his feet were dirty! Sadly, he only lived for 18 days.

Thousands of heart transplants have been done since, and there is a state-of-the-art modern unit elsewhere in the hospital. During the original operation, a gowned man was seen sitting in a chair holding a basin. When asked what he was doing there, he replied: "I'm waiting for the kidney." South Africa was still under apartheid and there was some controversy, as Denise's kidneys went to a 10-year-old coloured boy. It was also sad to see that even the cups in the office were colour-coded, according to which race was going to drink from them.

A lot of the exhibits in the museum are devoted to Chris Barnard, his early life and development and what became of him. He had a brilliant mind, worked extremely

hard and was ruthlessly demanding of others. He was hero-worshipped world-wide, and his marriages suffered. He wrote 13 books, did a lot of research on aging, which he resisted passionately, suffered from crippling arthritis for 35 years and eventually died alone in a hotel on Cyprus after an asthma attack.



(Review by: Verena Salzwedel)

One of his sons read this poem at his funeral:

A BAG OF TOOLS by R L Sharpe

Isn't it strange
That princes and kings
And clowns that caper
In sawdust rings
And common people
Like you and me
Are builders for eternity?

Each is given a bag of tools,
A shapeless mass,
A book of rules
And each must make-
Ere life is flown-
A stumbling block
Or a stepping stone.

A SHIP WITH A DIFFERENCE! - THE LOGOS HOPE

Having spent all my working life involved with cargo, customs, ships and shipping, it felt good to return to the harbour area with a small group of Plumrus residents on Monday 17th June, to visit the vessel "Logos Hope". Thanks for organising the trip.

On the 28th April 1993, I was on the quayside when the "Doulos", a predecessor of the "Logos Hope" docked. What a difference in the size and tonnage of the new vessel!



What is amazing about these vessels, is that they are manned /staffed by such a large group of unpaid volunteers, of such a wide spread of nationalities, keen to proclaim the gospel in all the ports of call. The whole ministry is by faith, the so-called gift economy and it is partly maintained by bookshop sales. The Logos Hope is the largest floating bookshop in the world. The ship is well-run and well-maintained.

A most enjoyable day!



FACT SHEET

The ship was built in 1917 in the Faroe Islands, now more than 100 years old!
350 volunteer crew from 65 nations
Staff have to pay R8000 a month to be allowed to volunteer
3 main outreaches: Education, Community Building, Gospel
There are 9 decks
The top Sports deck has a soccer "field" and a climbing wall
There are many recreational clubs for staff, such as Bollywood, percussion, juggling....

(Review by: Adin Harmer & Verena Salzwedel-photos supplied by Marie Knuppel)





YouTube Double Feature – Were you there or are you missing out!



Our theme for our musical YouTube evening was Music from the Movies & Musicals.



We were entertained with everything from "Shall we Dance – The Kind and I", "Instrumental of the Bond movie Dr. No", "Cheek to cheek featuring Fred Astaire & Ginger Rogers from the movie Top Hat" to Al Debbos – Hasie from the movie "Altyd in my drome". The evening would not have been complete without "A few of my favourite things from The Sound of Music", "Somewhere over the rainbow from Wizard of Oz", not forgetting the new word we all learnt "Supercalifragilisticexpialidocious" from the movie Mary Poppins", and so we can go on and on.

We included a few trivia questions about the music, movies, singers and actors and discovered that our Residents memories are pretty good. The night was concluded with a rather fitting item; "So Long, Farewell sung by the Von Trapp children from the movie The Sound of Music".

Yes, that evening was so transporting. Armchair travel! And so well done.

You Tube evening: Watched a WONDERFUL production of The Scottish Highlands and Islands on the big screen. Darling Highland cattle – one of the farmers would groom them and



bring them treats and they let him pet them. So adapted to the environment, they stay outdoors year-round. Shaggy fringed animals. Wonderly birds of prey – the Osprey, then the Puffins – such comical faces – and finely striped ducks and other fabulous birds.



Verena is going to Scotland to see family in August.

(Vivien Spires' diary entry)



Last Thursday evening we here at Plumrus were treated to a wonderful evening of music. Lauren and Sarah, granddaughters of Fay Carswell, rendered delightful items of both light classical pieces and contemporary sing along songs.

The opening item was a well-known hymn, Blessed Assurance. We all sang along heartily prompting a request to sing along as the closing item.

The two soloists, flute and violin each played skillfully and ensured a selection of music suited to the audience. Plumrus residents are so thankful that we have in our broader family such skilled musicians who are willing to share their craft with us. Again, great thanks to Sarah and Lauren. We can't wait for the next soiree! **(Submitted by: Glenda Wildschut)**

A FEAST FOR THE SENSES – LUCIA DI LAMMERMOOR



Sunday afternoon, June 23 some lucky Residents of PlumRus were treated to a feast of the senses when they attended the opera "Lucia Di Lammermoor" at Artscape theatre. Anytime as good as being at the La Scala opera house in Italy. It was a feast for the aesthetic senses. **(Submitted by: Louise Edgcumbe)**

Namens ons groepie van die NG Kerk in Wynberg wil ek graag baie dankie sê. Ons het die opera terdeë geniet. Die talente en stemme van die sangers was regtig indrukwekkend. Ons waardeer dit opreg dat julle kaartjies tot ons beskikking gestel het. Dra asseblief ons dank oor aan wie ookal 'n aandeel hierin gehad het. **(Eva Neethling)**

A huge thank-you to Madre and the team at Artscape for including us in this very special performance of Lucia Di Lammermoor.





Our Resident's braai is becoming a very popular activity on our monthly calendar. More and more families are using the opportunity to get together with their folks around a table serving great food and drink and excellent swallowship.

Don't miss out...our next braai is on Friday 26th July, meat orders to be placed by Thursday 25th at midday.



Rhodene used the opportunity to share the work of the PlumRus Care Services department with our Residents.

- Basic Care to Independent Residents at PlumRus – Ensures that all our Residents living in the flats/apartments are comfortable and able to live independently, and where no longer able to do so, to provide one-on-one care to them.
- Economic Function – To sell our basket of services, Home-Based Care, Day Care and Respite Care to clients in the broader Southern Suburbs. This creates an additional income stream to PlumRus.
- Compassionate Services – Provide a program to vulnerable seniors living in the communities of Lavender Hill & Retreat, which includes a hot meal twice a week.

Please assist PlumRus Care Services with their Toiletry Drive. Toiletries can be placed in the donation box on the table at reception.

You can choose to make a difference!

One Life...Live It!

On Sunday 9th June, I had the amazing opportunity to join June Stein and her son Brendan on a Hot Air Balloon ride at Klein Joostenberg. We had to wait a few weeks for the weather to be just right for flying and then received the go ahead on the Saturday afternoon, that the weather was just right for the ride to happen the next day.

Brendan picked us up at 6:45 and were there at 7:30. We waited awhile for the others to turn up (there were 9 of us) and driven to the takeoff point where the balloon was getting ready to be inflated. We could help ourselves to a welcome cup of coffee! The Balloon was soon up, and this is where the fun began. June & I wasn't too sure how we were going to get into the basket, especially me! Conrad, our pilot suggested that they lay the balloon on its side and then the two of us slide in, lying down on the side of the basket. Just had to hold on and

we were pulled upright...easy peasy! Lots of laughing due to nerves and excitement.



We were just in time to see the sun come up. Conrad took us up to a thousand feet and it was surprisingly warm up there. He would occasionally come down lower, so we were skimming over some trees and dams. The flight was all over farmland, so there were also cattle and sheep to see. The flight lasted an hour, and we covered about eleven kilometers. It was the perfect day and so peaceful up there. The rest of the crew were following us and taking photos. Conrad showed us which field he was heading for to land and told us how to brace ourselves for a few bumps. June managed to climb out of the basket with the help of

Brendan, but I decided to get out the way I went in and still had to be helped out. Champagne was waiting for all of us when we landed to toast the trip and all future trips. We were then driven to Joostenberg Bistro for a lovely breakfast. Conrad was telling stories of some trips that weren't all plain sailing, like being stuck in mud for 11 hours!

It was an amazing morning and something I've wanted to do for a very long time. Bucket list for June and myself.

Who knows what the next adventure will be, as long as my aging body can cope!

Margie Stringer



**I'd rather have a life full of "oh wells"
than one full of "what ifs".**



'n Spesiale briefie aan die "catering" span

Soms het ons goeie dae en ja, soos in enige normale werksomgewing, het ons ook soms bietjie slegter dae. Die etes is dalk nie elke dag perfek gemaak, volgens almal se smaak en keuses nie, maar ek weet julle maak alle maaltye en dek ons eet sale altyd tot die beste van julle vermoë.

Julle werksure vanaf 6h30 tot 18h30 voel soms langer as net 12ure per dag, veral op dae wat inwoners ongelukkig voel oor etes, of dalk skel oor eetgerei met n vuil merkie op, maar julle sal altyd probeer positief bly en jul beste gee tot die einde van die dag. Van vroeg oggend se pap kook, oggend teetyd bederfies maak, middag ete betyds gekook te kry en dan weer middag teetyd bederfies met aandete kort op julle hakke, gaan dit maar woes en woelig in ons kombuis.

Ek weet ek kan altyd op julle staat maak en wil ek vir elke personeellid in die kombuis span, of jy nou die hoof kok, hulpkok, skoonmaker of kelner is, **BAIE DANKIE** sê vir julle harde werk, getrouheid, geduld met my (ja ek kan soms maar moeilik wees oor klein goedjies) en die belangrikste een van almal.....Die respek en liefde wat julle teenoor ons inwoners het.

P.S. Ek kan julle waarborg, dit gaan geensins ongesiens verby nie!!

Baie liefde en waardering vir elkeen van julle 🥰🥰🥰 Charlene



The Risk Team took the opportunity to not only wish their team leader a happy 50th birthday, but also to indulge him with special spoils of cake and gifts. We look forward to the next "0" celebration.

they may
forget what
you said
But they will not
forget how
you made
them feel



'n lewe sonder omgee



**..is soos 'n tuin
sonder blomme**

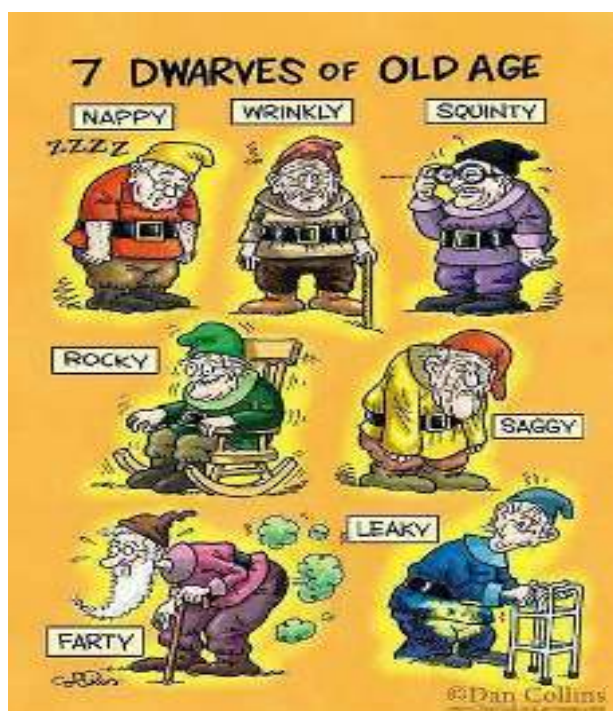


Our creative activity during June was making wind chimes from recycled materials.
The residents enjoyed not only the activity, but the chats and laughter that accompanied it.

**Die seuntjie kyk hoe sy
tannie poeier op haar
baba gooi.**

**Seuntjie: Tannie moet
nie sleg voel nie, ons
hond het ook vlooie.**

**Lag wanneer jy kan,
sê jammer as jy moet..
laat gaan
dit wat jy nie
kan verander nie..
die lewe is te kort
om ander af te breek &
foute te vind
Kies om die goed
in ander te sien,
en voor jy oordeel..
wees jy die verskil
wat jy in die
wêreld wil sien!**



SOUTH AFRICAN WRITERS

André Brink
 Chris van Wyk
 Deon Meyer
 Finuala Dowling
 Gcina Mhlophe
 Imraan Coovadia
 JM Coetzee
 John van de Ruit
 Kopano Matlwa
 Lauren Beukes
 Lewis Nkosi
 Michiel Heyns
 Mike Nicol
 Nadine Gordimer
 Njabulo Ndebele
 Rayda Jacobs
 Sarah Lotz
 Wilbur Smith
 Zakes Mda
 Zukiswa Wanner

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