



n e w s



Making a life-giving difference

Spiritual Care Program for June 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
4 th One Hour for Jesus	6 th Morning Service	6 th Evening Service
11 th One Hour for Jesus	13 th Morning Service	13 th Evening Service
18 th One Hour for Jesus	20 th Morning Service	20 th Evening Service
25 th One Hour for Jesus	27 th Morning Service	27 th Evening Service

Now Here's Something To Think About:

We cannot find God without God.

We cannot reach God without God.

We cannot satisfy God without God—which is another way of saying that our seeking will always fall short unless

God's grace initiates the search and unless

God's call draws us to him and completes the search.

If the chasm is to be bridged,

God must bridge it.

If we are to desire the highest good,

the Highest good must come down and draw us so that it may become a reality that we desire.

From this prospective there is no merit in either seeking or finding.

All is grace.

The secret of seeking is not in our ascent to God,

We realize we are found by Someone. As in Francis Thompson's famous picture

"The Hound of Heaven" has tracked us down.

Yes seeking is real, but who seeks whom?

The Creator of the universe is seeking you!

That to be sure is a very imposing thought.

There is not one square inch of the entire creation about which Jesus Christ does not cry out,

"This is Mine! This belongs to Me"

Why? Because He the Creator,

and He is merely claiming that

which He Himself has made.

Submitted: Roy Binedell



Hemelvaart en dan die ongelooflike en lewegewende uitstorting van die Heilige Gees

In April skryf ons in PlumRus News: *"Hierdie jaar 2021 gaan ons minder dienste hou, minder sing en meer stil raak, meer wag op die werking van die Heilige Gees in elkeen van ons. Ons gaan dus bly op ons knieë nederig en totaal en al afhanklik van God se genade".*

Nou na die 434 dae van Covid, inperking en "politieke reels" wat ons nie net boos gemaak het nie, maar ook baie stof tot nadenke gegee het naamlik: wat maak regtig saak, wat is regtig vir my en jou as inwoner, familie lid, vriend en/of personeellid belangrik. Kom ons haal die Bybel van die boekrak af, kom ons raak stil in eie Bybelstudie en oordenking kom ons vat boeke...?



As a PlumRus Community we continue to meet every day at midday in our decentralized lounges for prayer.

Thank you to the messengers of God who have once again been visiting us at PlumRus to share God's Word. We pray that God will continue to use you where you are planted. Messengers below who shared at PlumRus for the first time during May.

Ps. Desray & Jose Van Rensburg from the New Hope Church SA. Ps. Desray shared a powerful Pentecost message at our One Hour for Jesus; "Refreshing & Renewal of the Power of Pentecost".





Ps. Gerard Jampies from The Message Church shared "How Deep the Father's Love is for Us". We pray that God will continue to bless his ministry amongst the students at UCT.

Sr. Tamarin Berry
shared her musical
talents singing,
Where there is faith.



Good, Good Father

Oh, I've heard a thousand stories of what they think You're like
But I've heard the tender whisper of love in the dead of night
And You tell me that You're pleased and that I'm never alone

You're a good, good Father
It's who You are, it's who You are, it's who You are
And I'm loved by You
It's who I am, it's who I am, it's who I am

Oh, and I've seen many searching for answers far and wide
But I know we're all searching for answers only You provide
'Cause You know just what we need before we say a word

(Chris Tomlin)

As we honour our earthly fathers this Father's Day, let us remember our Heavenly Father who loves us unconditionally. It is because He loved us first that we too can love.

Dit is belangrik om ook ons Vaders te bederf soos Moeders op Moedersdag, maar ons kan nie anders om ook te dink aan ons Hemelse Vader, wat dit moontlik gemaak het deur Jesus Christus dat ons nie verlore hoef te gaan nie maar wel die ewige lewe kan be-erwe, deur te glo en Hom as ons Saligmaker aan te neem. Aan die manne wat Vaders is geniet die 20 Junie 2021.

In Genesis Jesus is the Ram at Abrahams Altar

In the Exodus He's the Passover lamb



In Leviticus He's the High Priest

In Numbers He's the Cloud by day and Pillar of Fire by night

In Deuteronomy He's the City of our Refuge

In Joshua He's the Scarlet Thread out Rahab's window

In Judges He is our Judge

In Ruth He is our Kinsman Redeemer

In 1st and 2nd Samuel He's our Trusted Prophet

And in Kings and Chronicles He's our Reigning King

In Ezra He's our Faithful Scribe

In Nehemiah He's the Rebuilder of everything that is broken

And in Esther He's is the Mordecai sitting faithful at the gate

In Job He's our Redeemer that ever liveth



In Psalms He is my Shepherd and I shall not want

In Proverbs and Ecclesiastes He's our Wisdom

And in the Song of Solomon He's the Beautiful Bridegroom

In Isaiah He's the Suffering Servant

In Jeremiah and Lamentations it is Jesus that is the Weeping Prophet

In Ezekiel He's the Wonderful Four- faced Man

And in Daniel He is the Fourth Man in the midst of a fiery furnace

In Hosea He is my Love that is forever faithful

In Joel He baptizes us with the Holy Spirit

In Amos He's our Burden Bearer

In Obadiah our Savior

And in Jonah He is the Great Foreign Missionary that takes the Word of God into all the world

In Micah He is the Messenger with beautiful feet

In Nahum He is the Avenger

In Habakkuk He is the Watchman that is ever praying for revival

In Zephaniah He is the Lord Almighty to save

In Haggai He is the Restorer of our lost heritage

In Zechariah He is our Fountain

And in Malachi He is the Sun of Righteousness with healing in His wings

(Submitted: Shirley Coles)

Anelle Schoeman se laaste verjaarsdag wens aan haar oorlede oupa - Sidney Hambley

Oupa jy is so kosbaar
'n Man van oorspronklikheid
iemand van integriteit en
besondere krag en moed
iemand wat altyd bly glimlag
'n Hoop het in more
'n ware heer in elke wee
iemand van durf en daad
iemand wat luister
iemand wat raad gee
wanneer die tyd dit die
nodigste verlang
Oupa jy is die sonneskyn in
my lewe
as ek moeg word vir alles om
my heen, is jy die enigste een
wat my met soveel positiewe
krag ophemel dat ek voel ek
werklik die berge kan versit
Vir jou het ek baie lief
want jy verdien respek en
liefde in voluit - soos die
maan se helderskyn op
volmaan en die son
se strale in die middagson

Vir my is jou advies soos

die sterre se skitter
want elke woord is miljoene
werd - meer as al die geld
in die wêreld heen
Dankie vir al jou liefde
my liewe Oupa" - Anelle



Die Lewe in Drie!!

3 Dinge in die lewe wat nooit terug kom wanneer dit verby gegaan het nie:

<i>Tyd</i>	<i>Woorde</i>	<i>Geleenthede</i>
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3 Dinge in die lewe wat jy nooit moet verloor nie:

<i>Moed</i>	<i>Hoop</i>	<i>Humeur</i>
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3 Dinge in die lewe wat die waardevolste is:

<i>Geloof</i>	<i>Gebed</i>	<i>Liefde</i>
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3 Dinge wat 'n person maak:

<i>Hardewerk</i>	<i>Vindingrykheid</i>	<i>Verantwoordelikheid</i>
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3 Dinge wat 'n mens kan vernietig:

<i>Lusteloosheid</i>	<i>Trots</i>	<i>Woede</i>
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3 Dinge in die lewe wat konstant is:

<i>God</i>	<i>Veranderinge</i>	<i>Dood</i>
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3 Weses wat jou lief het en nooit sal verlaat nie:

<i>Die Vader</i>	<i>Die Seun</i>	<i>Die Heilige Gees</i>
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Ek het God gevra vir 3 dinge:

<i>Om jou te sien</i>	<i>Om jou te lei</i>	<i>Om jou altyd te beskerm</i>
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Blessings to our Residents on their special day

1st	Beryl Blewett	N008	75
1st	Willex Greeff	R022A	76
2nd	June Stein	F113	77
5th	Rosalind Peploe	R037D	82
6th	Elizabeth Kock	N112	78
6th	Joan Isaacson	R39	85
8th	Gertruida Du Toit	R5	87
8th*	Joan Subhani	R4	93
9th	Violet Matheson	R71	87
23rd	Bennie Stafford	F116	85
23rd	Jacquiline Horsley	MV205	89
27th	Shirley Coles	F108	75
29th	Elisabeth Granier	N102	86
31st	John De Wit	N005	82



Happy Birthday to our Staff



3 rd	Mervyn Vermeulen	Risk Man
4 th	Sharne Martheze	Health Care
18 th	Elana Jass	Health Care
19 th	Chantel Carolus	CCL
26 th	Kurt Brenton	CCL

Every good thing given and every perfect gift is from above, coming down from the Father of light,s, with whom there is no variation or shifting shadow. (James 1 vs 17-18)

We wish all our members a very Happy Birthday!

20 th	Mrs S Gamaldien
21 st	Mrs M Fielies
25 th	Mrs M Durrell
30 th	Mrs SA Masters

You know
you're getting
old when the
candles cost
more than
the cake.
~ Bob Hope

***In any year, no month
begins on the same day
of the week as june***

The **ROSE** is June's
Birth Month Flower!



June

SYMBOLIZES

Love
Gratitude
Appreciation

FUN FACTS

While roses are available in a large variety of colors, each having their own special meaning, the underlying message that the rose conveys is that of love.

Pearl Facts

- Only gemstone made by living animals
- No two pearls are the same, unique or has imperfections
- Pearl farming is also known as "Per culture"
- Harvesting pearls from mollusks does not kill the animals
- Pearls take their color from the inside of the shell (in which they are growing)
- Virtually all pearls today are cultured or cultivated





My name is Romano Orso. I am currently the Junior Bookkeeper at Plumrus.

My place of study was at Cape Peninsula University of Technology. I graduated in Financial Information Systems (FIS).

The first job was at H Daniels & Co in Lansdowne – Registered Auditors & Accountants.



What most people do not know about me is that I am an identical twin.



I am from Italian decent (father), and I am the biggest Manchester United supporter.

Darts is currently a sport I play and have grown to love.

Weekends one can find me around a fire, whether it is a braai or a potjie.

The reason why I am excited about working at Plumrus is for the fact that I want to help with the growth of the organization and to see Plumrus becoming the number 1 Retirement Village, not just in Cape Town, but in South Africa.

Romano reports directly to our Accountant/Financial Manager, Chris Schutte. If you share the secret and tell me how I will know if the right twin arrived for work, I promise I won't tell Chris.

Benvenuti a PlumRus Romano!

Cataracts....some interesting information

Johnny Nash – well known reggae singer, died in October last year at the age of 80. His hit song from the early seventies..."I can see clearly now", was a favourite for many of us. In it he sings about 'dark rain clouds' that once blinded him. Thankfully they moved away and his life became 'a bright sunny day', and he could see clearly again! It's a song about hope and courage overcoming the adversities of life.

In a literal sense, being able to see clearly is really important. Moving around, shopping, driving, watching TV or reading, all depend on us being able to see reasonably well. Blurred or cloudy vision can often be improved with good spectacles or contact lenses, but sometimes not even these interventions help. For many of us in this sort of situation, the problem could be due to certain physical changes in the structures of our eyes. When normal protein in the lens of our eyes breaks down, the lenses become cloudy. Our eyes work a lot like a camera. The lens focuses light on the retina at the back of our eye. This in turn sends signals to the brain which then adjusts the focus of the lens, making it possible to see things



clearly. Cloudiness in the lens disperses the light coming through it. Instead of a sharp focus, the retina sends a broken-up signal to the brain and the image we see is blurred. These changes in the eye are commonly called **CATARACTS**.

For most people, cataracts are an unavoidable part of getting older. By our late seventies roughly half of us will have some degree of cataract development or have had surgery to correct cataracts.

While aging is the most common cause of cataracts, other factors such as certain medications, chronic illnesses, poor health habits and too much time in the sun, may all play a part. There may also be a family history involved in the development of cataracts. Cataracts are not the result of overuse of our eyes, nor are they made worse by using our eyes.

They usually take a long time to develop, and can occur in one or both eyes. Because age-related cataracts develop slowly, they're not always noticeable. We simply get used to the way we 'see' things around us. But as the condition progresses, reading difficulties, blurred vision and fading colours, make us realise something is not right. An eye examination by an optician or ophthalmologist may identify cataracts as the cause of our blurry and dull vision. When cataracts are in their early stages, we may get some relief from a new spectacle prescription, or brighter lighting. Polarised sunglasses or a magnifying glass, may also improve things a little.



When interventions like these no longer help, surgical removal of the cataract is the only alternative. During this surgery, the cloudy lens is removed and replaced by a clear one. Contrary to popular belief, there is no medication or eye drop that will

dissolve the cataract. Whether or not you have surgery is a decision you'll need to make together with your regular doctor and an ophthalmic surgeon.

Smoking is a known contributor to the development of cataracts...it doubles your chances of developing them. And the more you smoke, the greater your chances are of developing cataracts. The same applies to the use of alcohol. A study has shown that even moderate use of alcohol i.e. one drink per day, slightly increases the chances of developing cataracts. There also seems to be a link between obesity and the incidence of cataracts.

Uncontrolled diabetes dramatically increases the chance of cataract formation. High blood sugar slowly damages blood vessels throughout the body including the tiny vessels in the eye. Damage to these vessels speeds up the breakdown of protein in the lens of our eyes, leading to cataracts. Long term use of corticosteroids is a well known cause of cataract development. This is also thought to apply to inhaled corticosteroids such as Budesonide, Beclomethasone and Fluticasone. Preservatives in some of the eye drops we use, may also contribute to the problem. That's why it is best not to use eye drops for longer than is absolutely necessary. There are other medications that may promote cataract development, and if you have concerns about any of the medicines you're taking, speak to your doctor or pharmacist about them.

Some good news with respect to medication...the regular use of statins such as Simvastatin etc, was found to significantly reduce the risk of developing certain types of cataracts.

Have you heard the story about the man who phoned in to excuse himself from work;

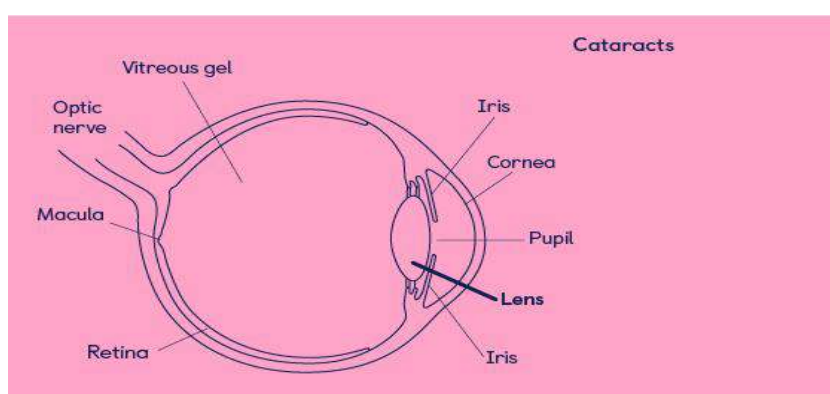
"I have an eye problem", he said. "I can't see myself coming into work today!"

(Submitted: Dave Henderson)



What are cataracts?

Cataracts affect the lens of the eye making it more difficult for light to pass through and focus on the retina, causing 'cloudy' central vision. This can make it difficult to see details, colours, recognise people, read and undertake detailed tasks.



Cataracts most commonly occur in people aged over 40, when the cells in the lens begin to degrade and create clusters of protein. Cataracts can also be caused by injury, and as a secondary condition for people with other eye or health conditions, such as retinitis pigmentosa or diabetes. More rarely, cataracts can be congenital, appearing from birth or soon after (even if cataracts are removed at an early age visual development can be affected), or as a side effect of long-term use of certain drugs.

Symptoms

Different types of cataract cloud the lens in different ways but parts of your visual field are likely to be affected.

Treatment

Across the world, cataracts are a common cause of sight loss but they are less common in developed countries where treatment by surgery is more accessible. Left without treatment, it's possible for cataracts to affect your entire visual field, completely 'clouding' your vision.

Practical implications

Your day to day life is likely to be affected if you have cataracts but the impact will vary, depending on which area of your visual field is affected and on the type and severity of the cataract. If you have clouded central vision, you'll find it more difficult to see details, colours, recognise people, read and undertake fine detailed tasks.

Cataracts can cause sensitivity to light and glare, which can be both uncomfortable and affect your vision. If you experience glare from light bulbs in the home, for example, you might want to choose covered lightshades that disperse light evenly in the room.

Ref: <https://www.guidedogs.org.uk/getting-support/information-and-advice/eye-conditions/cataracts/>

Join us on Thursday the 24th June at 3pm in Bobbie Liebenberg where we will be hosting the

Cape Town Blind Society & SA Guide Dogs Association for the Blind.

This will be an interactive presentation, with demonstrations of guide dog assistance, long white cane training and Braille Training



WINTERNAG

O koud is die windjie en skraal
En blink in die dof-lig en kaal
so wyd as die Heer se genade
lê die velde in sterlig en skade (skaduwee)
En hoog in die rande
versprei in die brande
is die grassaad aan roere
soos winkende hande.

O treurig die wysie op die ooswind se maat
soos die lied van 'n meisie in haar liefde verlaat
In elk' grashalm se vou blink 'n druppel van dou
en vinnig verbleek dit
tot ryp in die kou.

(Eugène Marais)



Winter en koud in die Kaap maar 'n warm hart van liefde

Ons leer vanaf moederskoot dat ons winters koud is en veral ook in die Kaap nog nat is, maar daar waar 'n huis vol liefde is, omgee liefde, medemens-liefde en ook verdraagsame liefde is daar mense; inwoners, familie en vriende met warm hart. Hierdie mense is soos 'n verwarmter by hulle kry jy warmte, n hartlike welkom en gerustheid dat jy ook belangrik is en ons ook vir jou omgee, ook vir jou moeite sal doen sodat jy ook lekker "warm" kan kry . Kom ons laat al ons inwoners hierdie warmte beleef.





How to Invest Offshore?

Once you have decided to invest part of your portfolio in offshore assets, what form could these assets take?

Offshore assets can be accessed using different methods as shown below.

Offshore feeder funds (also known as asset swap funds)

These funds allow the investor to gain 100% exposure to offshore assets without having to convert Rands into foreign currency. These investments are Rand-based but are invested in offshore assets. These assets give the investor exposure to offshore assets as well as protecting against Rand depreciation, but would always need to remain within the borders of South Africa should the assets ever be sold.

Direct offshore funds

This option allows investors to convert Rands into foreign currency to be invested into offshore assets. These funds are no longer in Rands and once the assets are sold they can pay into any bank account anywhere in the world provided the account is held in the investor's name.

Direct offshore assets

This would be physically purchasing assets (i.e. shares, property, bonds or cash) in a specific offshore jurisdiction. Two possible examples of this could be buying an investment apartment in London or trading equities via a stockbroking account in New York.

How to Decide?

When assessing how to access offshore assets, it is important to consider a number of factors including:

- your investment objectives,
- your knowledge of global markets,
- your expertise on tax treatment of assets abroad and
- your tolerance for risk.

These factors should form the basis of your discussion with your Certified Financial Planner as you formulate your long-term offshore investment plans.

(Submitted by Morne Bezuidenhout-Director Netto Invest)

Follow the 4 part series on Off-shore Investment in forth coming editions of the PlumRus News.

JUNIE / JUNE 2021

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
	1	2
	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 18 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
7	8	9
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 2 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
14	15	16
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 4 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet YOUTH DAY
21	22	23
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 6 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening
28	29	30
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping PnP Plumstead 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 8 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

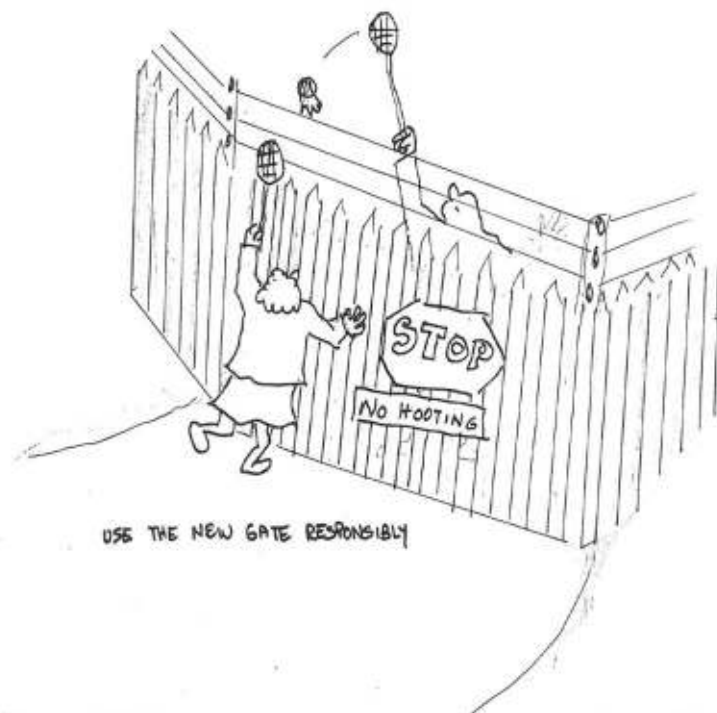
Thursday	Friday	Saturday	Sunday
3	4	5	6
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Week Away 18:00 Woord & Lied
10	11	12	13
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	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 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The World We Make 18:00 Woord & Lied
17	18	19	20
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Black Or White 18:00 Woord & Lied FATHERS DAY
24	25	26	27
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Blind Awareness Talk in the Hall 15:00 Afrikaanse Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Instant Family 18:00 Woord & Lied

Midday Prayer in All Decentralized Lounges DAILY @ 12h00
Shopping EVERY Tuesday & Thursday
Gym Trim EVERY Tuesday in the Hall @ 09h30
Fruit & Veg Lorry Wednesday's @ 11h30
Heartland Series in All Decentralized Lounges Wednesday's @ 11h00
Heartland Series in All Decentralized Lounges Saturday's @ 15h00
07 June 2021 Friends Meeting in the Hall @ 15h00
14 June 2021 Garden Club Meeting in the Hall @ 16h00
16 June 2021 Public Holiday Youth Day
23 June 2021 YouTube Social Evening in the Hall @ 18h00
24 June 2021 Blind Awareness Talk in the Hall @ 15h00
24 June 2021 Lotto Draw in the Hall @ 18h30
25 June 2021 Bring & Braai @ 18h00

Did You Know?

Nuwe Toegangsbeheer en Sekuriteit stelsel

Ons installasie is voltooi en na verskeie groei pyne en afleer van ou gewoonste gaan dit beter by die dag. Dankie aan al ons inwoners, families, besoekers, vriende vir julle geduld maar veral vir julle samewerking om PlumRus 'n veilige, gelukkige en huislike woning te maak.



Risk Level 1

We have all been focusing on the Vaccine Rollout, registering and making the final decision around whether or not to have the vaccine that we have somewhat forgotten the reality of still living everyday with the virus. Please adhere to the following protocols;

- **Wear a face mask in all public spaces. Sanitize. Practice social distancing.**
- **Avoid shopping malls, banks and large social gatherings.**
- **Keep your room/flat well ventilated, open windows where possible**
- **Report any flu-like symptoms to Sr. Shenice for proactive intervention**
- **Don't become complacent**



VS



Britse Leeus Rugby Toer 2021

Regtig, 'n Britse leeu, is dit 'n geblikte leeu, want Kalahari leeus vreet springbokke vir breakfast, lunch en supper? Gelukkig is dit die Britse en Ierse leeus, maar in Ireland is daar ook nie leeus nie. Toevallig speel hulle, hulle eerste wedstryd 3 Julie 2021 teen die Emirates Lions van Suid Afrika, sies tog... daar is glad nie leeus in die emirate of Ellispark nie, maar daar was en is baie Transvaalse leeus. In 2009 het die Britse leeus hul toetsreeks teen die Springbokke verloor. Ons gaan die te sien kry op ons groot skerm, met combos van die coffee shop. Een combo is n boere wors rol met Castle Light, biltong en chips. Hou die kennisgewings dop. Die Britse leeus se eerste wedstryd was reeds in 1888 onder naam Shaw & Shrewsbury Team teen Otago NZ en die eind telling was 3 – 8 . Die laaste wedstryd teen die Springbokke is gewen deur die Britse Leeus 28-9 maar dit is die tweede toets wat vir altyd onthou sal word waar Morne Steyn (neem kennis 'n blou bul) 'n 52 meter strafskop tussen die mikke deur geskop het sodat die Springbokke 28 -25 kon wen.

Strategiese oorwegings

Wat wil ons bereik voor einde Maart 2022. Kortom ons wil 'n veilige, gelukkige en huislike omgewing skep vir al ons inwoners, lede en personeel. Dit gaan niemand alleen kan reg kry nie – nee, dit vereis 'n span poging en daarom beskou ons, ons inwoners en personeel deel van ons besluitneming, koördinering en bestuur van PlumRus. Ons bou, ons verbeter ons breek nie af nie, ons groei en ons stagneer nie, ons maak vir ons skatte in die hemel bymekaar en nie op aarde nie. Dankie vir elke inset, advies, hulp en deelname – dit word waardeer.





The War Reporter Weekly Edition 1 June 1901

Possible Peace Negotiations

Disagreement between Transvaal and Orange Free State.

It seemed as if the Free State and the Transvaal authorities do not always speak from the same mouth, since there are Transvaalers who seem to be in favor of the negotiations to bring an end to the war. On 10 May the most prominent Transvaal leaders actually held a council of the war over the issue on the historic farm, De Emigratie, between Ermelo and Wakker-stroom. Commandant-General Louis Botha, Generals Ben Viljoen, Chris Botha and Jan Smuts, and members of the Transvaal government were present. In a spirit of pessimism they decided to open negotiations with the British authorities.

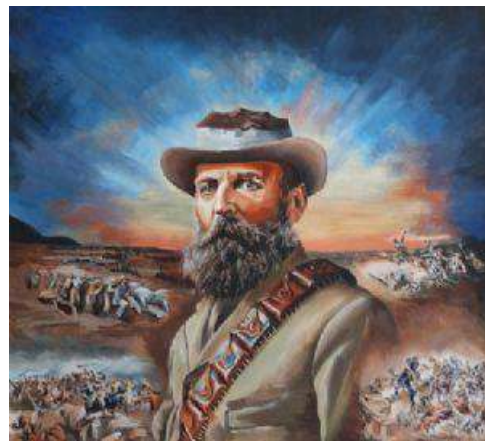
The main reason for this decision, Smuts subsequently explained to our correspondent, is the fear that the government may in future not be in any position of power to negotiate favorable conditions with the British. But no steps will be taken to execute any decision before reaching an agreement with the Free State government. If the Free State government was satisfied with the decisions, Smuts would act as intermediary in an attempt to send a telegram on the issue to President Kruger through the good offices of General Kitchener.

The Transvaal state secretary, F.W Reitz, wrote a letter to the President Steyn on 15 May in which he informed him of the war council's decision. In the letter Reitz explained that the war council identified four extremely negative conditions, namely the decrease in the number of fighting burghers, the shortage of ammunition and supplies, the increasing inability of the government to provide strong leadership to the burghers under present war conditions and the loss of confidence since it had become clear that the Republican deputation had failed thus far to convince any foreign power to intervene on the side of the Boers. It was essential to approach Kitchener in this regard and a speedy answer from the Free State government was requested.

When he read Reitz's letter, President Steyn was filled with fury about his sister Republic's lack of confidence. He answered in a scolding tone that the Transvaalers were again threatening to leave the Free Staters and Cape Rebels in the lurch. The

problems facing the Transvaalers who applied to the Free Staters . However, they remained unshakable. What the Transvaalers should remember is that the Free Staters had placed their own future in the balance by entering the war on the side of their sister Republic. If the Transvaalers abandoned them now, it would mean the end of Afrikanerdom, since nobody would trust anybody again. Steyn believed that it would be suicide for the Afrikaner people to surrender at this stage. All the Republicans must remain steadfast and trust in God, since that was the basis of their power.

When General De La Rey heard of the war council decision he decided to go to the Free State for negotiations with Steyn and De Wet. On 27th may he met them near Reitz.



Die Burger

1930 – 1939

Die Woestyn, Nie Kanaan

Mei 1930

Wit vroue kry stemreg in Suid-Afrika.

September 1931

Die jeugbewiging **Die Voortrekkers** word gestig.



Oktober 1931

Die eerste Woolworths-winkel maak in Kaapstad oop (met 'n streng beleid van "kontant alleen").

15 Julie 1932

Langenhoven (59) sterf by sy huis, Arbeidsgenot, op Oudtshoorn.

30 Desember 1932

Die gifmoordenaar (en verpleegster) Daisy de Melker word gehang.

30 Januarie 1933

Adolf Hitler kom in Duitsland aan bewind. Hy moet nou toon of hy "n staatsman of in werklikheid maar 'n grootpraater" is, skryf *Die Burger*.

Februarie 1933

Hertzog(N.P.) en Smuts(S.A.P.) kondig 'n koalisie aan. 'n Minderheid N.P.-ondersteuners, onder leiding van die Kaaplandse leier, D.F. Malan, sien nie kans om by die "smelters" aan te sluit nie. 'n Openlike konfrontasie tussen *Die Burger* en Hertzog ontstaan.

Desember 1933

Die N.P. en S.A.P. word die Verenigde Party. Malan se faksie van die N.P. word die Gesuiwerde Nasionale Party.

Februarie 1934

Die **S.A. Lugdiens** kom tot stand, met sewe vliegtuie wat by Union Airways oorgeneem word.

Junie 1934

Wrywing tussen *Die Burger* en Hertzog neem toe. Hertzogiete, ondersteun deur mynmagnate, begin Nasionale Pers-aandele koop om die maatskappy- en *Die Burger* – oor te neem. Die poging misluk.

1935

N.P. van Wyk Louw debuteer met *Alleenspraak*.

7 September 1936

Elisabeth Eybers se eerste digbundel, *Belydenis in die Skemering*, verskyn.

1936

Die Suid-Afrikaanse Uitsaaikorporasie (SAUK) word gestig, geskoei op die BBC, wat 12 jaar tevore gestig is.



10 Desember 1936

Eduard VIII van Brittanje abdikeer ter wille van sy huwelik met 'n geskeide vrou, Wallis Simpson.

Augustus 1937

Die Oosterlig, susterskoerant van *Die Burger*, word in Port Elizabeth gestig.

Mei 1938

Malan se Nasionale Party ly 'n verpletterende nedelaag in die algemene verkiesing: 27 setels teenoor Smuts se VP se 111.

Augustus 1938

Die simboliese Ossewatrek begin in Kaapstad met nege ossewaens. Dit eindig in Desember met die hoeksteenlegging van die Voortrekker-monument in Pretoria, bygewoon deur 'n geskatte 100 000 mense.

1 September 1939

Duitsland val Pole binne en die Tweede Wêreldoorlog breek uit.

4 September 1939

Hertzog se neutraliteitsmosie word met 80 stemme (talle vanuit sy eie party) teen 67 in die Volksraad verslaan. Hy bedank, Smuts word eerste minister en Suid-Afrika tree toe tot die oorlog.



What is missing.....?

We would love to place benches and umbrellas in the area. Your kindness in sponsoring a bench, whether in memory of a loved one, or to ensure that your loved one is able to enjoy a beautiful living environment, will be hugely appreciated. We have sourced the following eco bench, which is available from Makro at R1999 each. For more information contact Cindy at 021-761 2323 EXT 1005 or email her on cindy@plumrus.co.za



What a Difference a Bench Makes

Thank you to our Resident Mrs. Margaret Egg and her daughter Denise for their kind donation of an eco bench to our newly renovated Pin Cushion area. We are sure that our residents will enjoy many hours in the outdoors thanks to your kind gesture.

We still require 2 more benches.....contact Cindy for more details.

Morning Market

Our winter nights are most enjoyable in front of the fireplace, wrapped in fleecy pajamas, enjoying a mug of hot chocolate and a few rusks.

Meet Hildegard Jackson, our Rusk Lady, when you next visit our monthly morning market.



How long have you been selling rusks?

3-4 years

Is it what you do for a living or just something you enjoy doing?

Well seeing that I'm unemployed I had to do something for an income and I always loved rusks so I thought I might as well make and sell it.

Do you sell elsewhere other than PlumRus?

Yes, The Jolly Carp Organic Market. I used to go to other markets too, but then Covid came along and put an end to the other markets.

What kind of rusks do you sell?

Plain buttermilk or with raisins, condense milk, caramel & cinnamon, lemon poppy seed, coconut and nutty wheat sunflower.

How long is the process of making rusks?

I would say about 4-5 hours; the drying out of the rusks alone takes 3 hours.

If anyone is interested in buying rusks and cannot wait for the next morning market, then please contact Hildegard on 072 444 3736 to place your order.



The Zebra Team prepping for lunch time!

Preparing meals for 240 residents is no easy task. We received constructive feedback since the introduction of the new menu and we will take them into consideration when we next review the menu.

Thank you to our Catering Team for the passion with which they prepare every meal.

Dear Ladies & Gentlemen

I just want to say a VERY BIG thank you to you all. The new menu is BRILLIANT. For example today (24th May) that spinach feta treat was "top of the tops" (it's healthy-no sugar or salt). On Friday that fish could have been served at the Mount Nelson-it was beautifully done and the salad to go with it, PERFECT!

So I just want to say the food you produce is top class!!!! Thank you very much.



Mother's Day Celebrations at PlumRus

Some families chose an early breakfast with their moms, while other's indulged in the specially prepared lunch. Our Mothers were definitely made to feel special and loved.



Sad to Say Goodbye

To Whom It May Concern

Thank you so much for being a wonderful workplace that I've come to love and that grew so close to my heart. Your guidance and advice helped brighten my career and professional life. Working under your leadership was a great a chance for me to grow professionally. Thank you for your support and for pushing me to do my best.

I have had a wonderful experience working with you over the past 7 years and have experienced tremendous personal and professional growth. That is why it is with great sadness that I have to say farewell to all you beautiful souls.

I wish you and the entire team at Rusoord, continued success. May God bless you always.

Much love

Marilyn Fabrik



Due to ill health, and after almost 7 years of service at PlumRus, Marilyn has decided to resign. We continue to hold her in prayers and trust God for complete healing of her physical body.

Family News Time



Beryl Garwood is extremely proud of her eldest great grandchild, Calvin Fairman 13, who was elected as a prefect at his school, Wolraad Woltemade Primary.

Celvin with his Mom & Dad.

Well Done Calvin!

Grandmother, Marie Knuppel, is proud to share her youngest grandson's recent achievement. Walt, a BSc student in International Business Administration at the Rotterdam School of Management (Erasmus University) in the Netherlands, will graduate at the end of June. During his final year he was invited by an independent global consulting organization, 180 Degree Consulting, to apply for a coveted spot on the teams.

The rigorous process included review of 140 applicants sharing their CV, completing a 48-hour case study for a non-profit organization, video recording of the presentation to the client and then being invited to a final interview round with the board members and a team leader. The latter was to determine what the applicant could bring to the team and organization in terms of experience, character, strategic thinking, teamwork, approach, communication skills etc.

Only 25% of applicants receive a final offer. Walt, who only turned 21 this month, was selected as the only undergraduate to represent his university with the other international students on the organizations' largest project to date.

He is currently working with the "Make A Wish Foundation", the world's largest non-profit organization project. They focus on granting terminally ill children's wishes around the globe. The project requires the team to research and determine their growth plans into new territories to boost their more than 39 chapters around the world. One of the suggested chapters included South Africa, and was proposed by the team during their investigations. Walt feels that this experience has been extremely valuable, not only for his future career as a consultant, but also an eye opener to see how the organization is driven to do good in the world. In this way he could make a small difference himself.

Walt will start his Masters degree in Strategic Management in September at the same university. He plans to start his working career in Dubai, UAE, where his family is currently based.

Ouma wil ook he ons moet weet, Walt is 'n uitstekende golfspeler.

Walt and his proud grandmother, Marie Knuppel in Dubai





Congratulations Wally & Janette Venner on the celebration of your Diamond wedding anniversary.

Mrs. Subhani had her cell group from St. James come and share in a prayer meeting with her. They met in the foyer of North Building with refreshments provided from the Coffee Shop.



Dit is so lekker wanneer die families kom kuier. Mnr & Mev Nieuwoudt was verras met 'n besoek van hul dogter en skoonseun vir Sondag middagete.

Graham, Mrs. Graney's son, enjoyed his mother's company in our beautiful gardens.





Dr. John Pauw celebrated his 97th birthday, surrounded by his beautiful wife Leonie and his sister-in-law Mrs. Van Wyk we trust he will be celebrating many more happy years with us.

Brief tussen Ma Chummy Holtzhausen se dokumente gekry tydens haar trek van 3 slaap na 1 slaap: Striata Aftree Oord Bloemfontein

Brief van Sy Edele Oom Ben – hy ontvang maandeliks ons PlumRus News via Chummy.

Omstandighede lyk goed by Plumstead Rusoord, beter as by ons. Ou Piet se hier "rob" hulle ons. Baie Engelse daar te oordeel aan Inwoners se vanne. Daar het darem 'n Oom Meyer verjaar – kan nie verkeerd gaan met Meyers nie. Daar word baie gedoen om verblyf vir die Ou Mense te veraangenaam. Lyk my wyn en biltong is volop. Lekker partytjies. Ag ons bly maar hier in Striata en nek voort, dis ook lekker.

George was 'n mooi baba, 'n mooie opgroei kind en is vandag sy Ma se baardman seun. Van die vroumense op die foto's is "dem" mooi. Ek sou self daar in my jongdae wou rondloop. Op Ficksburg by my skool was 'n seuntjie wat die ewebeeld was van George. George se 60 ste verjaardag – heng wat 'n lekker spyskaart en weer wyn. Toe sien ek vir Tannie Chummy George se Ma, sy was nog bloedjonk op George se 60 ste verjaarsdag en toe wonder ek : Hoe oud was Tannie Chummy toe George die lewenslig aanskou het? Pa George het vir hom 'n jonk-jonk bruidjie gepluk.



Interessant wat mense raaklees – die vraag is wie en waar lees hulle nog ons PlumRus News.

Remember if you request an electronic version of the PlumRus news, family and friends from Birmingham Road to Birmingham in the UK will be able to share in your lifestyle at PlumRus.

Ons se baie dankie aan Oom Ben vir sy kommentaar en meer belangrik dankie aan Ma Chummy dat sy die naam van PlumRus so hoog laat vlieg in Bloemfontein.



Our residents enjoyed the musical talents of singer and entertainer, Nadine Blom, on the 24th May. Nadine sang a selection of old familiar songs in both English and Afrikaans making it a memorable occasion for all our residents. A big thank you goes out to AVBOB who sponsored Nadine's performance.



What better way to spend a wintery evening, than with good friend, great wine, hot soup and snacks listening to Doris Day, Gene Kelly & Frank Sinatra?
YouTube Social Evening 26th May.



