

PlumRus News

JUNE 2023



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

Spiritual Care Program

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

AN UNEXPECTED FELLOW TRAVELLER ON LIFE'S JOURNEY...

My wife and I enjoy hiking in the countryside. Over the years we've met interesting people along the way. On one occasion we spent the night with other hikers in a hut on the Outeniqua Trail. Among them was a lady we later called the 'Sergeant Major'. At the crack of dawn, she got us up for a military style exercise routine! With the sun peeping over the mountains, there we were doing stretches, star jumps and push-ups! It was a crazy way to start the day on a gruelling hike through the mountains, but we laugh about it now!

The 'Sergeant Major' we met on our walk was an unusual and intriguing person. But not nearly as fascinating as the man two hikers met while on their way to a village called Emmaus, not far from Jerusalem (Luke 24:13-35). They were friends of Jesus. The events of the previous few days had left them confused and despairing. The high priests and leaders in Jerusalem had betrayed Jesus, sentencing him to death. Then they persuaded the Romans to crucify him. Now it was three days since all this happened. And what's more, that very morning women they knew had gone to Jesus' tomb but couldn't find his body! Angels they met there told them Jesus was alive!



The hikers were deep in conversation about these matters when Jesus came up and walked along with them, but they didn't recognise who he was. They were downcast and not too interested in making small talk with a stranger, so Jesus initiated conversation by asking what they were discussing so intently. The flood gates opened, and they poured out their hearts...they'd lost their best friend; a prophet they believed God would use to deliver Israel from Roman oppression.

After listening to their sad story for a few minutes, Jesus chided them for being foolish and slow to believe all the prophets had said about the coming Messiah. Then, quoting passage after passage from the writings of the prophets, beginning with the book of Genesis and going on through the Scriptures, he explained what the passages meant and what they said about himself. What a 'Bible study' that must have been! No wonder their hearts burned within them as he talked with them on the road!

The afternoon was almost over as they approached Emmaus. Jesus would have gone on, but they begged him to stay over for the night. He agreed and went home with them. After sitting down, he picked up the bread blessed and broke it, then

gave it to them. Suddenly, as if their eyes were opened - they recognized him! Transfixed with wonder, they gazed as he slowly disappeared from their sight! Within the hour they were on their way back to Jerusalem to share their exciting news. There, the eleven disciples and the other followers of Jesus greeted them with these words, "The Lord has really risen! He appeared to Peter!"

There are wonderful truths we learn about Jesus in this heart-warming encounter. On the very day he rose from the dead, Jesus chose to spend a few hours with two relatively unknown confused and despondent people. He drew up alongside them, initiated a conversation, then patiently listened to their story. This says a lot about what's most important to Jesus. Lovingly, he deals with us in the same way. When we find ourselves overwhelmed by the circumstances of life, he draws near to us, listens to our prayers and responds in an appropriate way. In the case of these two hikers and their concerns about his suffering and death, Jesus responded by treating them to a Bible study like no other! He began by reminding them the Prophets had said Messiah would suffer and only then enter into his glory. Then he quoted them passage after passage from the writing of the Prophets, beginning with the book of Genesis and going on through the Scriptures, explaining what they meant and what they said about himself. "It's all about me!" Jesus seemed to be saying..."Every aspect of salvation and all the story lines in Scripture converge in me!"

As Jesus spoke, fire began burning in their hearts. The unconnected fragments of their sacred knowledge began to come together in a life-giving tapestry of understanding and truth. It was later at supper that the full sunshine of revelation burst into their hearts. As Jesus broke the bread and handed it to them, their 'spiritual' eyes were opened. "It's Jesus...and he IS alive! He IS the Messiah!" their hearts sang. These two humble, obscure friends were never the same again. Their hearts filled with light as they saw and understood God in the face of Jesus - all bright and beautiful. They'd come to understand and believe, among other Scriptural truths that Jesus is 'Isaac', the beloved Son of the Father who was offered as a sacrifice, that he is the substitute ram caught in the bushes. That Jesus is the 'Passover Lamb', whose shed blood protects us from the judgement of God. That Jesus is 'Emmanuel' - God with us, the virgin-born 'given Son' Isaiah spoke of, who, as the 'suffering Servant' of the Lord was pierced and crushed for our sins...making us whole. And that Jesus is the 'Prince of Peace', who after his resurrection from the dead would be welcomed back in heaven as the King of Glory. There, seated at the right hand of the Majesty on high, he would establish a kingdom of justice and righteousness, and rule over it forever.

The two hikers on their way to Emmaus, were changed forever by this encounter with the risen Jesus! Not only was their confusion and despair transformed into clarity and renewed hope, their 'burning hearts' drew them into a closer walk with Jesus. They'd begun a life-long journey of discovery in which they'd be knit together in love with other followers of Jesus. Together they would come to know and experience Jesus more fully, finding in him all God's hidden treasures of wisdom and knowledge!

This is God's great desire for each of us as well...to know Jesus his beloved Son, to believe in him, to worship him, to serve him. To this end, Jesus draws alongside us on our journey through life, longing to reveal himself to us in his word.

How are you responding to his engaging presence in your life?

Thoughts on the Ascension

Lift up your heads, O Gates!
And be lifted UP, O Ancient doors,
That the King of glory may come in.
Who is this King of Glory?
The Lord strong and mighty,
The Lord might in battle!
Lift up your heads, O Gates!
And lift them up, O Ancient doors,
That the King of glory may come in.
Who is this King of glory?
The Lord of hosts,
He is the King of glory

Psalm 24:7-10 ESV

- Thank you PlumRus, for the worship service to us of the event.
- Jesus' crucifixion must have been a shocking and traumatic event to His followers. He had been such a staunch and strong figure, despite the hatred and trickery of His opponents. He had warned His followers of the coming evil, but nothing could really prepare His followers for the actuality.
- Surely, the time spent between the resurrection and His ascension, was to encourage all His shattered followers, just as the events following still encourage us today.

...Who can forget the account of Jesus' appearance to the women at the tomb. John 20:11-18

...or the wonderful account of Jesus' appearance to the two men on the road to Emmaus. Luke 24:13-35

...or the fish braai on the shore when Peter was restored - John 21:9-14

Thank you, Jesus.

(Submitted by: Adin Harmer)





Bishop Joe Bell was a part of the PlumRus Family. It was with great sadness that we learnt of his passing but rejoice in the knowledge that he would be welcomed home by his Heavenly Father, whom he served so faithfully until the very end.

We extend our sincerest condolences to his wife, Lynette, and the extended family on Joe's passing.

He will be remembered with much fondness by the Residents, Management and Staff at PlumRus.

Lord I believe...

Whenever I come to a place in my life where I am anxious or afraid or in despair or wonder what I am here for, I find it helpful to stop and state what I really believe.

Lord God, I believe that You love me
And that You made me for a purpose.

Lord, I believe that I shall die
Not a moment sooner nor a moment later than You decree.

Lord, I believe that I shall suffer
Neither more nor less than You decide.

Lord I believe that I shall complete the work
That You have planned for me to do on Earth.

Lord Jesus, as You died and rose from death
So I believe that I too shall rise from death.

Lord, I believe that because of this resurrection
New life springs out of every kind of death.

Lord, I believe that all my dear ones in the same way
Are safe in Your capable and moulding hands.

Therefore, Lord, I believe that all anxiety is sin
And I renounce it as unnecessary, wasteful and hurtful,

And Lord, I commit myself to You with all my heart
To be set free to live and love and serve Your children.

Submitted by: Adin Harmer

WHEN WE'RE OLDER

When we're older,
let's meet every Sunday at 4,
in that cute little cafe we love.

Let's laugh at our foibles,
our mishaps and then,
release our mistakes to above.
We can share our new wrinkles,
each hair that's turned grey,
and marvel at how we have grown.

We can both reminisce
on the lives that we've led,
and be grateful for each day we've known.

When we're older,
let's meet by the tree in the park,
the one where the blossom grows yearly,
we can share some nice food
and toast with a drink,
remembering those we loved dearly.

We will not give a thought
to the youth we have lost,
for we see so much worth in the change,
we won't feel the rush of a fast-ticking clock,
for we know time is ours to arrange.

When we're older,
let's meet every Sunday at 4,
in that cute little cafe we love.

Let's be wowed by how
we have weathered this life,
no regrets, we were just here to love.

Donna Ashworth





To our Residents

<i>Birthday</i>	<i>Name</i>	<i>Location</i>	<i>Age</i>
<i>1st</i>	<i>Beryl Blewett</i>	<i>N008</i>	<i>77</i>
<i>2nd</i>	<i>Elizabeth Stein</i>	<i>F113</i>	<i>79</i>
<i>5th</i>	<i>June Bester</i>	<i>R62</i>	<i>83</i>
<i>6th</i>	<i>Elizabeth Kock</i>	<i>N112</i>	<i>80</i>
<i>8th</i>	<i>Gertruida du Toit</i>	<i>R005</i>	<i>89</i>
<i>8th</i>	<i>Joan Subhani</i>	<i>R004</i>	<i>95</i>
<i>10th</i>	<i>Ron Keytel</i>	<i>R46C</i>	<i>84</i>
<i>17th</i>	<i>Arthur Prodehl</i>	<i>R34</i>	<i>87</i>
<i>18th</i>	<i>June Busse</i>	<i>R18B</i>	<i>83</i>
<i>23rd</i>	<i>Jacqueline Horsley</i>	<i>MV205</i>	<i>91</i>
<i>27th</i>	<i>Shirley Coles</i>	<i>F108</i>	<i>77</i>
<i>29th</i>	<i>Elisabeth Granier</i>	<i>N102</i>	<i>88</i>



2nd Mrs Patricia Hemment

19th Mrs KL Boonzaaier

7th Mrs Edna Elliot

19th Mrs E Isaacs

8th Mrs R Lee

23rd Mrs D Paul

12th Mrs L Regan

27th Mrs M Van Zyl

12th Mrs Beverly Steyn

27th Mrs S Morta

16th Mrs MM Koopman

27th Mr H Janse van Nieuwhuizen

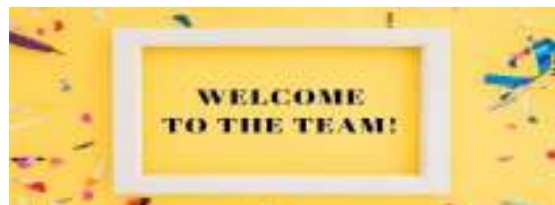
***Happy
Birthday to
all our
members
and clients***

Happy Birthday to our Staff

<i>1st</i>	<i>Colleen Arendse</i>	<i>CCL</i>
<i>3rd</i>	<i>Mervyn Vermeulen</i>	<i>Management</i>
<i>4th</i>	<i>Sharne Martheze</i>	<i>Health Care</i>
<i>9th</i>	<i>Jaden- Lee Williams</i>	<i>CCL</i>
<i>9th</i>	<i>Sasha Lee Braaf</i>	<i>Care Services</i>
<i>19th</i>	<i>Leigh Anne Jacobs</i>	<i>CCL</i>
<i>24th</i>	<i>Lemicia Jacobs</i>	<i>Coffee Shop</i>
<i>25th</i>	<i>Wesley Davidson</i>	<i>BMG</i>
<i>26th</i>	<i>Kurt Brenton</i>	<i>CCL</i>
<i>27th</i>	<i>Esther Grever</i>	<i>CCL</i>
<i>28th</i>	<i>Shaundre Kalie</i>	<i>Health Care</i>



June month meaning brings LAUGHTER, JOY & EXCITEMENT. A time where the energy integrates toward unity and compassion.



My name is Chantal Philander. I am delighted to be a part of the team. I work in the medication department here at PlumRus. I have 22 years of pharmacy experience. I am married and have 2 kids. I love working with people and being outdoors.

Welcome to the Team Chantal, we trust that you will enjoy your stay at PlumRus and that your time here will be beneficial to the Residents, your colleagues and that you will experience much personal growth.

Chantal reports directly to Divine our Medication Administration Manager



A heart- warming story of a kind man and a fruit seller

As we grow up and navigate life, we often tend to forget lessons that we were taught as a child, especially the importance of sharing. We are often so focused on the difficulties of life that we forget to look around.

The story is of a young professional who lives alone in a big city. He returns home at a fixed time every day and buys fruits and vegetables. The shop he visits is run by an old lady who is at least 85 years old. The young man tells her, "Grandma, I think the fruits and vegetables that you sold me the other day were rotten. Will you check them?"



The old woman takes a bite from one of the fruits and finds them to be perfectly all right. She tells the man, "Son, I think these are fine to eat. You can safely take them home." The man reluctantly agrees. This incident repeats itself for several days. The man buys fruits and vegetables from the old lady's shop and demands that she checks them for rot or bitterness.

Finally, fed-up of the ordeal, the woman asks him, "Why do you do this every day?" The young man does not answer, but the narrator explains.

The man kept insisting the old woman to take a bite or two of fruits because she looked frail. He noticed her working without breaks and decided that the best way to help her get nutrition was for him to pretend that her fruits were rotten just so that she could check them.

Once, a greens seller who sat in the store next to the old woman asked her, "Why do you keep entertaining this fellow?"

The old woman replied, "Because I know he cares about me and only comes here to ensure I eat. He thinks I am not aware of his act of kindness, but I am. Whenever

he is not looking, I slip a portion of extra fruits or vegetables into his bag."

This heart-warming story is the perfect reminder to know that small acts of kindness never go unnoticed.





Lift for PlumRus East/Hyser vir PlumRus Oos

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

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

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

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

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

Balance as at 30 April 2023 – R29 950



We would like to thank all our Residents, families, staff, stakeholders and friends who have been supporting the Coffee Shop over the last few months. The income received from the Coffee Shop allows us to continue providing all our Residents with a great client experience.



Please consider using our services when planning

your next private function. Catering can be provided for both on-site and off-site events.

Thank you to AVBOB for choosing to host their stakeholder breakfast at our Coffee Shop.

Contact Craig on craig@plumrus.co.za to discuss catering/menu options.



Bookings for Father's Day lunch are made on a first come first served basis, as we have limited space/seats available. Kindly follow due process by enquiring from Craig if there are still openings for lunch, after he has confirmed your enquiry, please make payment and on receipt of your payment your reservation will be confirmed.

All payments to be made into the following bank account.

Bank: Absa

Branch: 632005

Account Number: 450 640 409

Name of Account: Plumstead Rusoord

Board Account

Ref.: Name F/Day lunch



Pensioners Forum & Deals (FB Group)

About 4 years ago, David and his partner Bev founded the Facebook group Pensioners Forum & Deals. Initially the aim was to keep a record of all those institutions, eateries, B&Bs etc offering senior citizens a discount. An example being the free entry to Kirstenbosch Botanical gardens for seniors every Tuesday.



During lockdown the group began to grow new branches and became a "meeting" place where the Old n Bolds could discuss their fears and anxieties about a disease which they were at high risk of contracting.

New friendships were formed online and the members started establishing Meet and Greet groups (mainly by area), that meet up for coffee, lunch or outings. Over 30 such groups have started up mostly in the Western Cape but with groups in East London, KzN and Gauteng in the process of starting up.

Today we discuss and share anything from money savers, supermarket specials, medical schemes, pensioner discounts, in fact anything that affects the lives of senior citizens.

No income is derived by the group Admins. There is no cost or paperwork to join. Fridays are set aside for you to advertise your product, skill or services (at no charge). It's the day to share your side-hustle or sell that no longer needed item.

Today the group is approaching 50 000 members. And it's free. No catches.

Too good to be true? See for yourselves - join Pensioners Forum & Deals as you've got absolutely nothing to lose and everything to gain. Just ask the members.

David & Bev

PlumRus has partnered with Pensioners Forum & Discount in that we regularly use their face book page with close on 50 000 followers to advertise our weekly Coffee Shop specials as well as our PlumRus Care Services (Respite, Home Based Care Services). We have definitely seen an increase in public feet at our Coffee Shop. Thank you, David & Bev, for this amazing initiative.



NAME TAG WEEK

A project of the FRIENDS group, NAME TAG WEEK will take place during the week 12 to 18 June. It is a way for people to get to know each other. Some of us have lived here for years and are still strangers to each other.

Blank labels will be supplied at lunchtime in the foyer outside Bobbie Liebenberg, and you are encouraged to write your name, wear the label, greet others by name and stop for a chat when passing by. If you choose to be more creative please make your own name tag, we will be looking out for the most eye catching tag during the course of the week.

We hope you will participate and enjoy the activity.

The month of June, in South Africa, is marked as **NATIONAL ENVIRONMENTAL MONTH.**

The following fruit and veg are available in South Africa in June:

Apricots, Artichokes, Asparagus, Avocados, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chives, Coloured peppers, Corn, Cucumbers, Eggplant, Fennel, Garlic, Ginger, Green beans





Wall Mounted Panel Heaters

Never put anything in front of your heater and never use it to dry your clothes. Always turn heaters off when leaving the room or before going to bed.

Preventative measures as follow:

- We recommend you make use of surge protected multi plugs.
- Only wall heaters are allowed in your room/flat.
- Keep electrical connections away from curtains and bedding.
- Keep an eye on things that are on a stove or in the microwave.



What to do in case of an emergency:

- Press your BellMe Button
- Phone Riskman 1000 or 1001
- Scream and shout for help

PlumRus has a fully addressable fire detection system in place.

All four of our teams are trained to assist residents to the nearest exit and assembly points.

The best way to avoid a fire in your home is to be proactive in preventing one. Follow the prevention measures mentioned above.

Important Notice:

Take fire safety seriously in order to prevent injuries or loss of life.

JUNIE/ JUNE 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 6th June 2023 Friends Meeting in the Hall @ 15:00 12th June 2023 Garden Club Meeting in the Hall @ 15:45 13th June 2023 Writer's Group in N203 @ 15:00 16th June 2023 Public Holiday Youth Day 21st June 2023 Residents Talk in the Hall @ 15:00 28th June 2023 YouTube Social Evening in the Hall @ 18:00 29th June 2023 Lotto Draw in the Hall @ 18:30 30th June 2023 Bring & Braai @ 18:00		
5	6	7
08:30 DVD Library 09:00 Outing: Groot Constantia 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 3 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
12	13	14
08:30 DVD Library 09:00 Outing: Groot Constantia 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 5 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
19	20	21
08:30 DVD Library 09:00 Outing: Groot Constantia 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 7 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
26	27	28
08:30 DVD Library 09:00 Outing: Groot Constantia 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 9 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Emporium 15:00 Tea Time: lounges	08:30 DVD Library 09:30 One Hour for Jesus Communion/Nagmaal 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 2	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Little Rascals 18:00 Woord & Lied Dr. Chris Saayman
8	9	10	11
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 4	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Beethoven's Big Break 18:00 Woord & Lied Dr. Chris Saayman
15	16	17	18
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	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY YOUTH DAY	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 6	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Father of the Year 18:00 Woord & Lied Dr. Chris Saayman
22	23	24	25
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 8	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Daddy's Home 18:00 Woord & Lied Dr. Chris Saayman
29	30		
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Praise & Testimonies 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai		



At our last meeting we had fun reading the children's stories we had written for the occasion. We hope that Plumrus News readers will feel inclined to read them to their grandchildren or great-grandchildren.

Our next Writers' Club meeting is scheduled for Tuesday 13th June at 3pm in N203. Roger Graham, a member of a local community writers' group, will be our guest, and he will share some of his poetry and tips on how to blog.

The Writer's Club is a Residents initiative, and it is great to get all the positive feedback. Why not diarize and join them on the 13th June?

TELL ME A STORY...PLEASE!

This story was written when I was 8 years old, having become a keen reader and a would-be writer. I was inspired by Enid Blyton and submitted my stories to her...in Britain, via the post on the mailboat. Of course, I never received a reply, but I enjoyed writing the stories anyway, even if my childhood theology was a little confused!

THE FLOWER FAIRIES

Once upon a time, there were 3 Spring flowers growing in the garden, Bluebell, Snowdrop and Buttercup. They were very beautiful, and a few people walked past and told them how pretty they were. But they were sad because they knew they wouldn't live for long. "I wish I could live for longer," sighed Bluebell. "Yes," agreed Snowdrop, "by next week I'll have died." Buttercup added: "I wish I could be of more use to the world than just looking pretty."

Suddenly, there was a clap of thunder and they heard a voice speaking to them from the cloud. "Your wish has been granted! As soon as you begin to wilt, I shall change you into flower fairies and you shall live for ever. Your purpose in Life will be to follow my instructions."

"That must have been God speaking!" cried Bluebell when she had recovered from the shock. "Yes," agreed Snowdrop. "I wonder how He will change us into fairies." "I wonder what He wants us to do," mused Buttercup.

Exactly a week later, when the flowers were feeling and looking a little sad, Buttercup, who was usually the last to say anything, suddenly noticed two sprouts on her stem. "Look at these," she said. "O, my word," noticed Snowdrop. "You are growing wings and they are yellow." "Hey", shouted Bluebell, "I have two sore spots." All the flowers grew wings. Bluebell's were a beautiful aquamarine blue, Snowdrop's were pure white and Buttercup's were a deep, rich yellow.

Suddenly, they found themselves flying through the air, flipping in the sunshine. They practised dancing, humming and flapping. "Are we birds or butterflies?" they wondered. Then the voice came again, this time gently carried on the breeze. "I keep my Promises. I have transformed you into fairies. Your first instruction is to fly and find an animal that is being a bully. When you land on him, I will give you the words to say."

Submitted by Verena Salzwedel via the Plumrus Writers' Group.

THE TRY

Springboks are beautiful animals, beautiful in their markings, graceful in their movements. Bokkie, as he was affectionately known, even though he was now fully grown, was a springbok.

Bokkie set his heart on becoming a rugby Springbok. After all, he had the right name and he was good at running and jumping.

It was hard work getting to know all that rugby was about and no other animal had ever played the game, but he kept at it. His hard work and abilities began to catch the selector's eye and he was called up for the national team!

The first test was against the All-Blacks, the New Zealand team. Bokkie found himself sitting on the bench, as one of the reserves, who might be called onto the field to replace one of the players.

The Springbok rugby team was battling, pinned within their own 25 space, they were trailing the All Blacks by 6 points: 29 to 35.

The captain had the ball, but he was surrounded by All Black players. The only Springbok player he could offload the ball to, was Bokkie, who was now on the field. Bokkie was thrilled, swerving to the left, swerving to the right, he evaded tackle after tackle-then he saw the gap, and like lightning, he went through it and crossed the halfway line.

But before him stood the All-Blacks fullback, arms stretched wide. Bokkie ran straight at him and, with a mighty leap, sailed right over him. He stood, wondering where Bokkie had gone, but Bokkie was dotting the ball down right below the posts. All-Blacks 35 Springboks 34.

The Springbok kicker was called, and he easily slotted the ball over the posts, right in the middle. Springboks 36 All-Blacks 35!

Then the final whistle went.

Bokkie was made Man of the Match, or should that be Springbok of the Match?

Silently, Bokkie gave thanks to the Lord, for giving him the ability.

Submitted by Adin Harmer via the Plumrus Writers' Group.

He commented: "I found it difficult to come down from adult language to a child's level, and I am not satisfied that I was successful, but I did give it a try! Forgive the pun!"

GINGE THE SHIP'S CAT

Once upon a time, there was a ship's cat called Ginge

Ginge was a mischievous cat who liked to chase his ping pong ball up and down the ship's passages and pounce on fierce socks and shoelaces.

One day Ginge was out on deck and found a piece of bait hooked on a carelessly discarded fishing rod one of the crew had left propped up against the taffrail. As he bit into the soft bait, a piercing pain shot through his cheek as the hook embedded itself. Instinctively Ginge ran down the deck with the rod dragging behind him. He was very frightened. One of the crew stopped Ginge, clipped off the fishline but could not dislodge the hook. The vet ashore tried to examine Ginge when the captain's wife brought him in, but quick as a flash, Ginge shot out of the door and disappeared, the hook still in his cheek.

Where did Ginge go? The captain's wife dreaded going back to the ship without their cat. Sailors are very superstitious and to sail without their mascot was inviting bad luck to the ship. The vet's wife put out notes to all the neighbours near the surgery to take the cat to the vet if anyone found him. Two days went by, and the ship had to sail without Ginge. Meanwhile Ginge had done what most cats do when faced with danger, he climbed a tree. It was horrible being all alone up a tree with a sore cheek and no food. Ginge was very miserable.

On the third day, Johnny was playing in his yard when he heard Ginge muwwing. He ran inside to tell his mother there was a ginger cat up their tree. "*Oh! This must be the ginger cat the vet is looking for!*" exclaimed his mother. They called the vet, and he came in his white coat and shinned up the tree to coax Ginge down. After an hour, with ladders, a cat box and some food, Ginge was captured, the hook removed and he was ready to go back to the ship when next it docked.

How happy the crew were to have their mascot back! How happy was Ginge to be back among his friends! Never again did anyone leave their fishing rod lying about.

Submitted by Vivien Spires via the PlumRus Writers Group

DOWN THE RABBIT HOLE

A long time ago a family of Curry Bunnies lived happily in the sugarcane fields in the Umdloti area [say Oem-shlow-tea] in Kwa Zulu Natal until the Summer rain poured and thundered down until their burrow home was flooded. Dad, Currant and Mom, Kerrie Curry Bunny, were in despair as their kids - Masala & Macey- were sodden & sulky indoors.

Mom & Dad rapidly planned to join forces with their relatives-by-marriage next door, Clive & Cynthia Bunny Chow & their darling kids, Chunky & Charlie. Altogether $2+2+2+2=8$ bunnies soon exited KZN for the journey to the Western Province.

Here next to the Atlantic Ocean there was a Mediterranean climate so the rain would vamoose until Winter & they were safe, warm & dry in their soft sand suburb of Sandy Bay for Summer in the sun.

This was also a laid back, friendly, cosmopolitan place to be with baboons, moles, dune rats squirrels, guinea fowls, crows, Cape Robins, Ha-Di-Dahs, dassies & buck. Lots of Fynbos & succulents to eat as well & good outdoor exercise hopping away from Caracal, hawks & eagles in the krantzes. They were happily home.

Submitted by June Stein via the PlumRus Writers Group

SANCCOB TOUR

Our tour of the centre for the Southern African Foundation for the Conservation of coastal Birds in Table View was a real eye opener with neat, sterilised areas like a hospital. Even the Resident Vet, Dr Davis scurried past in scrubs to perform an operation!

The seawater pool area for permanent adult penguins who had been injured was a bit whiffy, but we soon forgot as we were led to the shrieky penguin chick rearing block, isolated from visitors entry but so busy with volunteers washing, cleaning & feeding sardine mush + vitamins syringed down gullets-6 times a day.

All birds have blood samples taken every week to check general health, also for Avian Flu & Bird Malaria - the latter is carried by mozzies so Tabard is rubbed onto birds heads & netting covering the whole area. Sunblock is even put onto bald, bare feather body patches. This all also for the flying birds. [Humans don't get malaria here-or at least not the same kind]



IMPRESSIONS OF AWE FROM RESIDENTS [HUMANS]



Margie Stringer had praise for the very informative staff, Erin & Tamarin, & the fact that 45,000 volunteers helped save 19,000 penguins in 2000 when MV Treasure caused a disastrous ocean oil spill.

Joyce Wissing especially loved the way the penguins ate & that there was SO MUCH to see.



Tony Fish was also amazed at the "gobble-gobble-swallow" of the big sardines. [Like going down a foefie slide said the adept volunteer feeder, Tanya.]

John Herbst - hy hou van die groot Rockhopper pikkewyne van die ysige lande en sien 'n groot waaier by hulle swempeel om hulle koel te hou.

Lida Herbst hou van die baie netjies " facilities "- Admissions en Kombuis [vir voels dws], Radiology, Surgery, Laundry, Hosing station ...

Marie Knuppel meen dat die Chick Incubator was ougat met die piepklein babatjie wat so nou en dan wip. Die sardine stopper was ook WOW!

Verena Salzwedel was shocked that penguins poo every 15 minutes thus 96 times per day. [reason for 40 washing loads a day for towels on which chicks stand + chicks cuddle Teddy bears]!

Kurt also liked the larger Rockhoppers from Madagascar movie more than the much smaller African Penguin. [They don't bray like a donkey & also have fancy head feathers].

June was sad to hear that most penguin eggs in colonies are discarded if the parents abandon them when in feather moult or due to starvation from human over-fishing.

The line of Egg Incubators was a surprise to all & the fact that some of the penguin couples in their fibreglass igloo nests are foster parents to chicks until they are released to sea at 3 months. The foster parents are given their special nesting material.

Tanya impressed us by recognizing every penguin by either their chest spots, face, pink round eye or feathers, while hand feeding each one sardines.

The flying birds were so picky that sardines without heads or tails had to be prettily placed in a pattern on a platter & the bully Hartlaub Gulls washed their fish first in the pool then their faces while having a squabble.

Thank you en Dankie SANCCOB, your dedication is amazing. Thank you Plumrus for this enjoyable & educational trip. No Sardine Smoothies but an ice cream was enjoyed by all.



A huge thank you to horticulturist, Mashudu Nndanduleni, from Kirstenbosch who presented an informative talk to our Residents about the cultivation of Restios in South Africa





Thank you to Rob Gunning, chairman of Ward 73, and his team of Committee members for spoiling our ladies in Health Care with cake and a gift for Mother's Day. Our staff who worked on the day were included in the spoils.



Lindie, committee member, shared the following: It was a blessing to see how welcoming the staff were in getting our gifts to the ladies. The residents were so grateful for the little gift that they made us feel blessed.

Leë-Ann another committee member says, It was an honour to be able to be part of this experience, serving our "mothers" on Mother's Day. Thank you also to the matron for allowing us to do this and the work that she and the staff are doing for the elderly. May God bless each one of them.

The adage; "Charity begins at home", is so true as we experience the generosity of spirit from our Residents.



Thank you to Dianne Slabbert (chocolate cake) and Beryl Ely (short bread biscuits) for their delicious sweet treats shared with our residents in Health Care.



Thank you, Liz Granier for the beautiful Orchid plant gifted to us. Flowers have a way of brightening the day and bringing a smile to the face.



On Friday 19 May, our Catering Team decided to surprise all our residents who attended the One Hour for Jesus service, with delicious freshly baked assorted treats. This was a huge surprise to all who joined. These treats are not the norm, but we would like to invite all our residents to join our service on Fridays.

Thank you for the music... On Saturday evening 13 May, 32 folk from Plumrus were given complimentary tickets for the Abba music concert, hosted at Wynberg Boys' Prep School. What a treat!

The show was put on by the famous McCully Workshop, according to Google "one of South Africa's finest pop rock bands. They started way back in the '60s, dominated South African airwaves in the 70's, continued through the 80's and 90's and in the 21st century they are still going strong."

The lighting and acoustics were excellent and the rendition of the music superb. Abba would have approved! The volume was too much for some of us oldies, but we adapted! They sang every Abba song you can think of, with much swaying, foot tapping and dancing from the audience.

A big THANK YOU to Wynberg Boys' Schools Old Boys' Association for their generosity!



Baie dankie aan Tannie Elsa (middel), Vriendinne & Vroue van NG Kerk Wynberg wat ons Inwoners in Gesondheidsorg gereeld bederf met geskenke van toiletware, komberse en aktiwiteitshandskoene. U maak rerig 'n lewegewende verskil in die lewens van ons Inwoners.



My Dad John Odendal passed away on 1 May 2023 in Constantiaberg Medic Clinic.

Liefdevolle Pa vir Sumara, Maretha en Darren (skoonseun) en Oupa vir Anthony en Emily. Pappa was n rustige man met baie liefde vir sy medemens. Pappa was maar 'n kort rukkie in PlumRus maar hy het baie gou tuis gevoel. Met sy koerant of 'n tydskrif op n lekker sonkolletjie, selfs as dit net in sy kamer was, was hy heel gelukkig. Hy was ook lief om net na buite te kyk en die natuur dop te hou, al was dit net vanaf sy kamervenster.



***Ons wil net vir PlumRus bedank vir die sorg en vriendelikheid wat Pappa gekry het in sy tyd by Plumrus, en spesiaal vir sy versorgers wat hom verstaan het en hom gehelp het. (You know who you are)
Dankie Vir Alles, Maretha en Sumara***

Jannie De Wit

14/03/1939 – 19/05/2023



My dad was the most wonderful man I have ever known. Loving, kind, selfless, giving and above all he led by example, a child of God.

Karen

My Dad, my Hero.

Louise

My dad was and will always be my hero. The unconditional love he had for his family was extraordinary. He will forever live on in my heart and will

never be forgotten, Love you Dad

Estelle (Stellie)

Pappa, dankie vir die groot eer om Pa se dogter te wees. Pa sal vir ewig 'n spesiale plek in my hart hê.

Rene

A poem for Jannie

We went through thick and thin
But somehow we always win
Thanks to God above
For His Eternal Love
We love you one and all
That's why we walk so tall
How lucky we have been until today
For our grandchildren and great grandchildren can be safe and play
Oupa was always willing and able
To fix everyone's doors and tables
From East to West
Oupa you were the best

We were married for 59 years on the 9th of May, Jan made it but left us peacefully 10 days later to be with God.

All the family members spent the last few days at the hospital reminiscing about the good memories we created together. He was a great man and friend.

His appearance was always impeccable. He always combed his hair before meeting anyone!

Smell the roses, blow out the candles (this last part he could never remember)... so continue to smell the roses, Jannie.

Linda

I knew instantly that I had met a very special Oom when we chatted freely about our passion for rugby and cricket. He reminisced about his playing days and spoke with much pride about his bowling, even when being hit all over the park by the famous Basil D'Loveira. I think he enjoyed hearing a woman's opinion about the game, since Tannie Linda didn't seem to have a clue about anything cricket related. He made sure that she kept me updated on the scores when international matches were being played and I had not yet made a turn to get an update. He expressed so much gratitude to everyone who crossed his path. He had the most infectious laugh which seemed to melt away his pain, even if it was just for a little while. Rus sag Oom, baie liefde - Belinda



Marie Boshoff enjoyed Mother's Day lunch with her sons.



Joan Kendrick had the extended family around her for Mother's Day lunch.



Gloria Snyman enjoyed her Mother's Day lunch with her daughters Amanda & Rene and her sons-in-law.

Jeanette had the support of Paddy and the family to draw from as she grieves the passing of Wally.



Paulette Brand enjoying family time with her sisters.





The Stormers might not have won on the night but a few of our Residents were winners.

Dit was 'n gesellige aand saam met vriende met genoeg om te eet en te drink.



Thank you to all our partners who contributed to a great goodie bag hamper for the winners of our Mother's Day competition.

Special shout out to 3 Arts Mall, Radio Tygerberg and Joy Magazine as well as to our winners; Chante Aploon, Agnes Solomon & Lenore Jacobs.



'n Mens moet versigtig wees, want hierdie loadshedding kan 'n mens mal maak. Ek het daarvoor gepraat met die mikrogolf en die toaster, terwyl ons koffie gedrink het en ons stem saam dat dinge erg raak. Ek het niks vir die wasmasjien gesê nie, want sy spin altyd 'n ander storie. Ook nie vir die yskas nie, want hy was koud en afsydig. Die ketel sê alles sal regkom en dan gaan ons weer volstoom voort! Die klitser maak my net deurmekaar en die lepel "stir" altyd.

Nie geweet ek't sulke oulike vriendinne nie.

Dis net my skaal wat sê: "Ek will nie daaroor praat nie...dis n sensitiewe saak."

ITS COMPLICATED!

Ingedien deur: Lida Herbst



The Man Who Refused to Forgive

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

TRESPASSES
KINGDOM
LIKENED
BROTHER
SEVENTY
SORRY
ACCOUNT
HEARTS
AGAINST
PATIENCE
TORMENTORS
THOUSAND
FORGIVE
PRISON
HUNDRED
HEAVEN
THROAT
JESUS
PAYMENT
PETER

Personality Adjectives

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

BAD-TEMPERED
INTELLIGENT
JOYFUL
CLEVER
RELIABLE
MEAN
LOVING
CHEERFUL
SHY
AFFECTIONATE
DEPENDABLE
BASHFUL