



PlumRus

n e w s



Making a life-giving difference

Spiritual Care Program for March 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
5 th One Hour for Jesus	7 th Morning Service	7 th Evening Service
12 th One Hour for Jesus	14 th Morning Service	14 th Evening Service
19 th One Hour for Jesus	21 st Morning Service	21 st Evening Service
26 th One Hour for Jesus	28 th Morning Service	28 th Evening Service

Teach Me Lord

Teach me, Lord
What I don't know.
Show me which way
And where to go.
Alone I stumble,
Alone I fall,
But your gentle voice
Leads through it all.
Take my hand,
Light my way,
Be my beacon
Night and day.
I am weak
And sometimes so low,
But you give me strength
And make me whole.
Teach me, Lord and Father.
Your child has become like new.
Empty me of myself
So I can live for you.

(by Heather Flood)

As we journey through this Lenten period, to the cross, may we allow God to lead us as we reflect on our relationship with each other and more importantly our relationship with Him. May we start seeing life around us through our spiritual eyes. God's Grace opens blind eyes.

Psalm 143 vs 7-10 "Hurry with your answer, God! I'm nearly at the end of my rope. Don't turn away; don't ignore me! That would be certain death. If you wake me each morning with the

sound of your loving voice, I'll go to sleep each night trusting in you. Point out the road I must travel; I'm all ears, all eyes before you. Save me from my enemies, God—you're my only hope! Teach me how to live to please you, because you're my God. Lead me by your blessed Spirit into cleared and level pastureland.

(The Message)

Farmer's Prayer

A pastor attended a men's breakfast in the middle of a rural farming area of the country.

The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast .

"Lord, I hate buttermilk," the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going. The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned.

Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour."

The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable.

Then the farmer added, "But Lord, when you mix them all together and bake them, I do love warm fresh biscuits.

So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing.

It will probably be even better than them biscuits. Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today.

Stay strong my friends, because our life is being mixed with lots of things that we don't care for.....relax and wait until the mixing is done.





Our Residents

2	Hilda Robertson	F127	93
3	Henrietta Saunders	R26B	97
5	Peter Dowling	R58	88
5	Peppi Gleesen	F122	62
5	Margaret Egg	R47C	89
6	Stanley Schroeder	R66	83
8	Christiaan Hübinger	MV103	87
14	Jan De Wit	N005	82
15	Paulina Rix	F101	87
17	Sidney Hambley	R46C	77
22	Frans Nieuwoudt	N001	81
23	Lola Cuddon	F007	83
24	Jeanette Ravenscroft	R60	84
25	Cathy Leotta	R65	75
29	Lorraine Jeptha	R13	74
29	Beryl Ely	N211	80
30	Cornelia Marsburg	A6	95



Our Staff

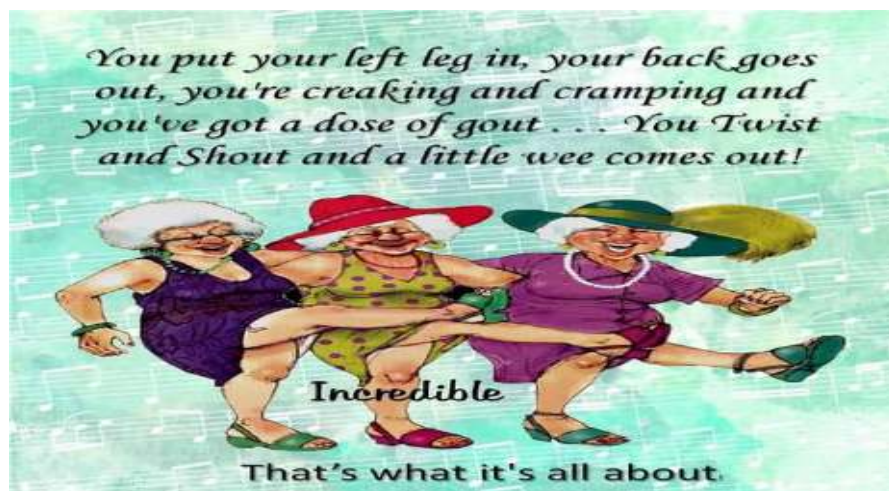
5	Sa-moen Adams	CCL
11	Juanita Stoltz	Admin
14	Felicia Baatjies	HC
14	Ashley Hendricks	CCL
17	Nikitha Fouten	CSC
	Wilhelmina	
20	Petersen	CCL
21	Anthea Lewis	CSC
23	Tamarin Berry	HC
26	Chante Aploon	HC
26	Ralph Dietrich	CCL
27	Kaylin Beaton	HC
	Bernadette	
28	Snyders	CSC
29	Judith Merkloe	HC
31	Tania Martin	CSC

HAPPY BIRTHDAY TO OUR MEMBERS

4 Mrs. S Carelse
4 Mr. J Kriel
5 Mrs. C Plaatjies
7 Mr. Croeser
14 Mr. J Petersen
16 Mrs. S Wippernaar
19 Mrs. W Jacobs
26 Mrs. FM Joubert
30 Mr. Paulsen

I want to age like sea glass.
Smoothed by tides,
but not broken.
I want my hard edges to soften.
I want to ride the waves
and go with the flow.
I want to catch a wave
and let it carry me
to where I belong.
I want to be picked up
and held gently by
those who delight in my
well earned patina and
appreciate the changes I went
through to achieve that beauty.
I want to enjoy the journey
and always remember that if
you give the ocean something
breakable it will turn it into
something beautiful.
I want to age like sea glass.

~ Bernadette Noll ~





Sister Tamarin Berry – Assistant Health Care Manager

I'm Tamarin Berry, known to my family and friends as "Tammy". I grew up in the southern suburbs of Cape Town and I spent my teenage years in the coastal region of Fish Hoek. This was really great as I got to appreciate the sea and the amazing outdoors.

I didn't always want to be a nurse but was encouraged by my mum, who has since passed away. She was a quadriplegic, having had polio as a child-she must have been right because I have a great passion for caring for others. God has led me on an interesting but challenging journey as a nurse since graduating in 2009.

My other passion in life is music, both listening to it and singing. This led me to become a singer in my church's worship team. Sometimes I like to just play my guitar and sing for friends.

I am glad to be a part of PlumRus. I look forward to meeting new people and being of service in my position here.

Welcome Sr. Berry we are excited to have you on board.





PlumRus also have house rules to enhance our Resident's lifestyle:

Quiet Time 13:30 to 15:00 also for your family and all visitors



No hooting – we are not a station, school, brothel or taxi pick up or drop off point. Hooting is bad manners to say goodbye to an elderly person and disrespectful to the other Residents not involve in your goodbye noise

PlumRus is "wired" for Internet and Wi Fi – you can join in by cellphone, laptop or tablet, as you wish – speak to Miche or Cindy

- We assist residents who cannot read anymore, their eyes are not what they use to be. We will read for them and sing with them and pray with them.
- We welcome new residents
- We visit lonely residents or residents in need of company, or those who are going through a difficult time or season
- We encourage residents to join in all the fun activities on offer, outings, stimulations events, and social groups
- We brighten up your birthday with a nice Coffee Shop voucher
- To share with you the best friend in this world – Jesus Christ.
- What a friend we have in Jesus....sing it as you read.



PS. The Friends Group will be knitting bed socks for the seniors in the community (Lavender Hill). Why not join them in this project or donate some wool for them to use?

Badisa het op 11 November 2020 ons Beheerraadslede se termyn verleng tot Maart 2022.

We bought a new window washing system called Karscher - our plan to your windows 4 x times a year and in between when needed with your assistance and help

PlumRus is off the Telkom grid – we do have our own telephone system 40% cheaper than Telkom and you can utilize the PlumRus telephone system for internal use – phone the coffee shop 1035 or Miche – 1036 or Risk Man/ Reception 1000 or 1001



Having a bad hair day? We have a hairdresser on the premises. Why not give Cheryl or Cathy a call on EXT 1033, and they will get you feeling brand new. They are always ready to welcome new clients while they continue to service all their regulars. You can also call Cathy on 082 762 0623 or Cheryl on 073 091 1939 for special Saturday appointments

No Smoking

Smoking is not allowed in the building. It's still the highest fire risk in any elderly home.

Tea Time at PlumRus

Every day from 9:00 up to 16;00 in the Coffee Shop, with benefits... newsletter, homemade cakes, tarts and much more – do not stop living enjoy your precious tea, coffee or milkshake time

Rook en hitte opspoorders / Smoke and Heat detectors

We have in total 156 smoke and heat detectors around the whole PlumRus building, this way we are able to detect any smoke signals coming from any area and can prevent the risk of a fire.

Everything currently in life is so bleak and sad that we forget the good things in life. **Did you know, Rosemary may be delicious with lamb and chicken, but it also has medicinal properties that fights inflammation.** It relaxes the stomach, stimulates circulation and digestion and even stimulates circulation to the brain.

Love in Pictures



Our beautiful ladies in red

***The heart
has no
wrinkles***



***Those
who
love
deeply,
never
grow
old***





**From
our
hearts
to
yours!**



**LOVE
=
FAMILY**



Dis al

Dis die blond,
dis die blou:
dis die veld,
dis die lug;
en 'n voël draai bowe in eensame vlug -
dis al

Dis 'n balling gekom
oor die oseaan,
dis 'n graf in die gras,
dis 'n vallende traan -
dis al

(Jan F.E. Celliers)

Dit was die Sondag kinderpreek, die predikant glimlag en sê: "Wat wil julle nou die graagste hê?

Dink eers gou 'n bietjie mooi en dan sal ek vir julle vra

Hy hou die slim gesiggies dop, hul sal seker 'n storie vra

Daar gaan alreeds 'n handjie op

Wel, kleintjie?"

Omie, ek dink die beste raad ith dit;

Sê: 'Naamthwil, AMEN,

En dan gaan Omie thit'





World Down Syndrome Day is on the 21st of March. We at PlumRus have a very special Resident, Grant Mc Knight, who has down syndrome. His dad, Malcolm, shares some of his journey as a parent to an adult who has down syndrome.

I understand that in March a day is set aside to remember down syndrome people in the world, and I have been asked to give some comments about my experience as a parent of a down syndrome child.

Many of you know Grant and have shown such love and understanding towards him-it's just amazing. It seems that God gave "Downs" people the gift of love to compensate them for their difficulties.

Naturally, Ros and I were shattered when Grant was born in 1964, there were no such things as "scans" so it was even a shock for the doctors. As a baby after the 1st month when he was quite ill, he became just the cutest smiling faced baby in the world (as all babies are). Doting parents, grandparents, family and friends are all so supportive and given him confidence.

At the age of 9 years he started at Camphill in Hermanus (a wonderful Rudolph Steiner establishment) where he did some limited schooling, but great teaching. He worked in the herb garden, the weaving department and finally the dairy where he milked the cows and helped make cheese-the farm life was just great for him.



After 20 years he moved to Camphill near Malmesberry where he continued working in the dairy and getting good exercise – lots of walking from his house to the dairy-about 8km's per day. He was slim and good looking, now he is fat and good looking!

His brother Steven and sister Sandra, are 10 and 12 years his junior, they are great friends and love him to bits.

Grant has been back at home with us for the last 12 years, full of the joys of spring. Since my wife passed away 2 years ago he has been a constant companion and helped me through lockdown.

His illness is sad but never a burden.



21 21 21

Down syndrome is an extra copy of the 21st chromosome.

Do something extra to promote the
VALUE, ACCEPTANCE and INCLUSION
of people with Down syndrome.

"Lord, Your will be done"



Stefanus Klopper was born in Diep River on 3rd January 1925, to an Afrikaans speaking family who were devout followers of the Lord. He sadly lost his dad at age 3 and not long afterwards got very sick with whooping cough, which was compounded by a bad case of croup.

The doctor told his mom that he would not survive the night. His mother knelt beside him and prayed, "Lord not my will, but may Your will be done. If You are taking him, here he is, I hand him over". The Lord heard her prayer and healed Faans and he woke up completely well the next morning.

His mother was very hospitable and hosted many Christian visitors at their home, including Mr. Smith Wigglesworth, who ministered in Cape Town in 1937. Faans, aged 12, had another bad bout of tonsillitis at the time and his mother asked Mr. Wigglesworth to pray for him after supper. He remembers being instantly healed and never suffering from tonsillitis ever again!

He was a highly regarded structural engineer and designed various structures and church buildings. He would later use his creativity to paint pictures, especially in his later years.

He married his wife Elizabeth in 1952 and together they had four children, Andrew, Margaret, Rosemary and Janet, and later 6 grandchildren.

Faans was initially part of the Apostiliese Geloof Sending and later joined the Protestant Pentecostal Church. He was involved with many church plants within the AOG, including Constantia and Meadowridge which Faans pastured for a number of years. He resigned from the AOG church in Pretoria in order to focus on his work for Israel, which was close to his heart. In 1990 Faans joined the ICEJ head office in Jerusalem as their Chaplain, a position he held for four and half years.

He continued to be involved with the South African branch of the ICEJ for many years and remained a prayer warrior and teacher of the Word of God until his death from heart failure at age 95, just 10 days short of his 96th birthday. ***His last words were "Lord, Your will be done."***

(Extract from Tribute By Vivienne Myburgh – Joy Magazine)

Morning Market

Have you been missing out on our monthly Morning Market, held every first Thursday of the month?

Meet Christine, and her team of helpers, who have been a regular and popular vendor at our market over the years.



(from left to right Christine, Anita & Barry)

How long have you been a vendor at PlumRus?

4 years ago, feels as if I'm part of the furniture.

Where did your passion for baking come from?

It was a necessity, I got divorced and had 2 small kids so I needed to make money to feed my family, but that was more than 35 years ago. Right now I enjoy baking and I don't see myself doing anything else.

Would you like to own a bakery someday?

No, it's a big responsibility and the overheads are too high. I have 5 ovens at home and I feel comfortable in my space. I like the way things are now.

Do you bake for private functions?

Yes, I bake for various shops and I supply Words with Hands at St. James Church with sweet treats whenever they have meetings.

Does baking bring in lots of money?

It depends, if the markup is too high then I rarely make sales but the lower the markup the more money I make but its hard work having to manage between making a loss or a profit.

Where do you find the time to bake and be in charge of your household?

Well my kids are all grown up, I prefer baking at night it's much cooler and no one disturbs me

Maart / March 2021

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
1	2	3
09:00 Manne Bid Groep -Staff 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	09:00 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 E12 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
8	9	10
09:00 Manne Bid Groep -Staff 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 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 E14 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Talk on Succulents
15	16	17
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 E16 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening
22	23	24
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 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 E18 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
29	30	31
09:00 Manne Bid Groep -Staff 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 11:00 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 E2 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday 4	Friday 5	Saturday 6	Sunday 7
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Meadowridge 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 E13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Good Sam 18:00 Woord & Lied
11	12	13	14
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 E15	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Riding Faith 18:00 Woord & Lied
18	19	20	21
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 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 E17	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Rip Tide 18:00 Woord & Lied
25	26	27	28
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	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 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 E1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Catch & Release 18:00 Woord & Lied

Midday Prayer in All Decentralized lounges, DAILY @ 12H00

Shopping EVERY Tuesday & Thursday

Fruit & Veg Lorry Wednesdays @ 11H30

Heartland Series in all Decentralized Lounges Wednesdays @ 11H00

Heartland Series in all Decentralized Lounges Saturdays @ 15H00

01 March 2021 Friends Meeting in the Hall @ 15H00

08 March 2021 Garden Club Meeting in the Hall @ 16H00

10 March 2021 Talk on Succulents in the Hall @ 15:00

17 March 2021 YouTube Social Evening in the Hall @ 18:00

26 March 2021 Bring & Braai @ 18H00

Are Vitamin Supplements Really Necessary?

Many years ago, the main components of food were thought to be proteins, carbohydrates and fats. It was only in the early 1900's that the importances of certain essential nutrients in the human diet became known. Before this, in attempts to avoid common illness, food was rigorously cleaned and 'purified'. Milk was sterilised, rice and other grains were polished, and the skin or peels of all fruits and vegetables were thrown away. Much of the true nutritional value of these foods was lost in these processes. The milling and polishing of brown rice removed most of the vitamin B and fibre. Deficiencies of these led to increased heart and circulatory problems, as well the nervous system degeneration. In sterilising milk, most of the vitamin C was destroyed leading to wide outbreaks of scurvy, a condition that caused anaemia, weakness, as well as gum and skin disease. Today we know the peels of fruit and vegetables contain more vitamins than the flesh does.

In 1912, Chasimir Funk, a Polish Biochemist discovered that some diseases could be cured if certain nutrients were present in food. These nutrients were later called 'vitamins'. The first multivitamin tablet containing vitamin A, B and C was developed in 1922. Today high potency capsules containing at least 26 essential nutrients and vitamins can be bought! The nutritional supplement market is BIG business and older adults – about 65% of them - purchase a large quantity of these products.

But the question is...do we really need to take these supplementary nutrients, or are they simply a waste of money?



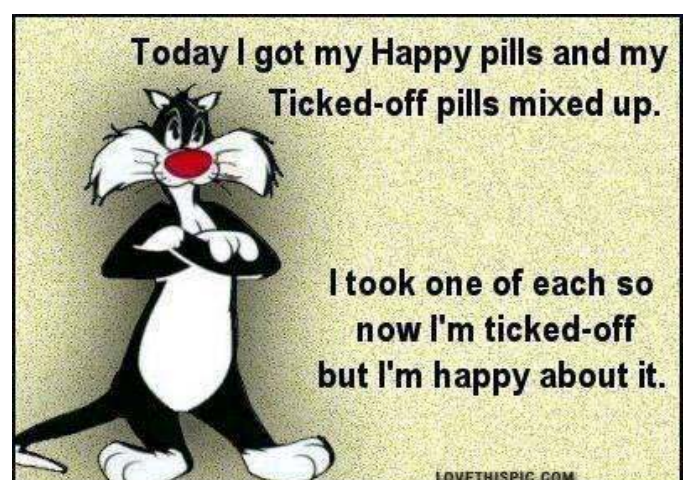
The answer depends on a number of factors. The general consensus is this...if you're a healthy person who eats a balanced diet, then the health related benefits of nutritional supplements are negligible. If on the other hand you fall into a higher-risk group such as those suffering from osteoporosis, you may require extra calcium and vitamin D. Other conditions like Cohn's and Celiac diseases, which decrease the absorption of certain nutrients from the digestive tract, may require you to take nutritional supplements containing vitamin B12. There are many other chronic conditions which may lead to some form of nutritional deficiency. If you're unsure whether or not the condition you have requires a supplement, it's best to speak to your doctor or pharmacist about it. Older adults may also require additional vitamin D, B complex and calcium.

Some vitamins ie A, E, D and K, are stored in the 'fat' cells of our bodies. Because of this, taking too much of a fat-soluble vitamin over time can cause toxic levels to build up and result in adverse side-effects. Vitamin C and the B complex vitamins are water soluble and any excess you take is usually flushed out of your system.

While nutritional supplements can have a valid place in the maintenance of your health, it's always best to obtain your nutrients from the food you eat. At PlumRus care is taken to provide a balanced diet that provides you with the correct amounts of essential nutrients needed to stay strong and healthy. If for some reason you're unable to enjoy the meals provided at PlumRus, or you have a condition that adversely affects the absorption of nutrients from the food you eat, you should think about taking the ap make up for this shortfall.



Hope you enjoy this silly joke...**What's the best vitamin for friendship?.....B1**



Bargain Shop

Monday - Thursday: 10:00 - 11:00

Friday: 10:30 - 11:30

PlumRus has its very own second hand clothing store and the items sold are still in a very good condition. The bargain shop is situated at the staff entrance next to the ramp of the East Flats. Donations are usually from deceased Residents, but they also receive lots from families.



The bargain shop has a very special regular customer that buys a few items every single day (Mrs. Margaret Egg) never exits empty

handed. There is lots of staff members that can't wait until the shop opens (it's always full of staff). Lay buys can be made but only for 2 months - after that the items are put back on the shelves. Mrs. Dianne Slabbert states that they hardly get any support from the male residents as well as the male staff and they have such a lot of clothing for men. (Right: Mrs. Egg modeling her latest purchase with Mrs. Dianne Slabbert)



The Bargain Shop also donates lots of clothes to the people in serious need. They often give lots of clothes to the underprivileged homes. This is an extension of our compassionate services.

There plans in the pipeline about an upcoming Autumn sale, where most items will be sold at a 50% discount.....don't say you didn't know.....I will keep the secret just between us.

If you want good clothing at an affordable price then the Bargain Shop is where you need to be. **See you in the queue....behind Mrs. Egg!**



The saying goes; "If I share my chocolate with you, you're special to me." The Residents and staff at PlumRus are very special to Laeekah and the team at Lindt SA, because once again they shared their chocolates with us. Thank you for adding some sweetness and love to all of us on Valentine's Day. You are appreciated!



Thank you to our Friends at Joy Magazine for supplying our Residents with back copies of their Joy and Juig magazines. The magazines are always filled with quality biblical teachings and up to date information about the Christian Community both locally and internationally. We trust that God will continue to prosper your business and ministry.

Kom Ons Bak Saam



Bestanddele vir die melktert:

- 500 g vanieljevla
- 20 wit malvalekkers
- ½ teelepel kaneel

Bestanddele vir die malvapoeding:

- 1 koppie suiker
- 2 eiers
- 3 teelepels appelkooskonfyt
- 8 eetlepels melk
- 4 teelepels gesmelte botter
- 1 teelepel wit asyn
- 1 koppie bruismeel
- 1 teelepel koeksoda

Bestanddele vir die malvapoeding se sous:

- 150 g suiker
- 8 eetlepels warm water
- 150 ml room

Metode vir melktert:

Let asseblief daarop die melktertgedeelte van die poeding moet laaste gemaak word.

- Gooi die vanieljevla in n mikrogolfbestande bak.

- Voeg die 20 wit malvalekkers by en roer dit deur om seker te maak die malvalekkers is met die vla bedek.
- Smelt die mengsel in die mikrogolf vir drie minute en 45 sekondes.
- Stop elke 45 sekondes om die mengsel te roer totdat dit glad is.
- Gooi dan die ½ teelepel kaneel by en meng dit deur.

Metode vir die malvapoeding:

- Gooi die suiker in 'n bak en voeg die twee eiers by.
- Klits dit saam tot glad.
- Voeg dan die appelkooskonfyt, melk, botter en asyn by en meng goed.
- Sif die bruismeel en koeksoda in die beslag in.
- Meng dit goed.
- Skep die beslag in 'n oondvaste bak en bak by 180°C vir 30 minute.
- Laat die poeding afkoel.

Metode vir die sous:

Gooi die suiker, water en room in 'n bak en smelt oor medium hitte tot gemeng.

Hoe alles bymekaarkom:

- Druk gaatjies met 'n stokkie of vurk in die malvapoeding.
- Gooi dan die warm sous oor die malvapoeding.
- Skep die melktertmengsel bo-op die malvapoeding.

Strooi bietjie kaneel bo-oor en plaas in die vrieskas tot gestol

Did I read that sign right?

In an office:

TOILET OUT OF ORDER... PLEASE USE FLOOR BELOW

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

Spotted in a safari park:

ELEPHANTS PLEASE STAY IN YOUR CAR

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)

Transport at PlumRus

We provide the following transport service to our residents:

1. Transport to shopping centres on Tuesdays and Thursdays
(duration of shopping trips of 1 hour 30 minutes)
2. We can accommodate 8 residents (including carer) per trip.
3. We visit the following shopping centres currently
 - Checkers Meadowridge @ 09:30
 - Blue Route @ 09:00
 - Pick n Pay Constantia Village @ 09:00

We also transport residents to various appointments such as doctors and hospitals, dentists.

Please book your trip well in advance at Riskman / Reception. Sign an indemnity form, make your payment and we will do the rest.

The costs are as follows:

- All shopping trips are R30 except for Blue Route that is R35 - this is if it's more than 2 people per trip. The individual cost is R50.
- For any personal trips, the cost will be calculated at a rate of R11 per Kilometer.

Our friendly driver is Johan van Zyl, and he will be assisted by carers where needed.



Meet the new WWF Conservation Champion farms

Five farms in the Cape winelands attain WWF Conservation Champion status

WWF South Africa welcomes five new farms into its prestigious Conservation Champion programme that recognises environmental leaders in the Cape winelands. Conservation Champion farms are committed to regenerative farming practices, including conserving natural systems and biodiversity on their land and optimal water and energy efficiency.

The five farms to have joined the programme in the past six months are:

- **Anthonij Rupert Wyne** (Franschhoek)
- **Journey's End Vineyards** (Somerset West)
- **Mooiplaas** (Stellenbosch)
- **Nederburg Wines** (Paarl)
- Tierhoek (Robertson)

In exchange for their commitment to nature and adhering to WWF's high standards, Conservation Champions may use the distinctive sugarbird logo on their wines to guide environmentally concerned consumers in their purchases. WWF also supports these farms by co-developing detailed environmental management plans, setting tangible targets and helping them to prioritise actions to address their most pressing environmental risks.

Among the five new members, Mooiplaas has a long history of engagement with WWF. It was the first farm to sign up to the original Biodiversity & Wine Initiative (BWI) in the early 2000s. This was at a time when the wine industry was expanding rapidly into highly threatened habitats – and spurred a partnership between the conservation sector and the wine industry as custodians of the land. Over time, BWI evolved into today's Conservation Champions which are recognised for the leading role they play in showing the way forward for more environmentally friendly farming practices.

Welcoming the newcomers to the fold, Shelly Fuller, manager of WWF's Fruit and Wine programme, commented: "Our 45 Conservation Champions are proof that progressive farming practices and regenerative farming go hand in hand. We are delighted to welcome these newcomers into our ranks and look forward to more exciting

innovations which promote farming in harmony with nature in our uniquely biodiverse corner of the world.”

Many of these farms have had an economic knock during the Covid pandemic due to multiple lockdowns and bans on the sale of alcohol, but there are many safe activities to be enjoyed on the farms, from mountain biking to hiking, picnics and outdoor dining.

For more information, download the **Champion Wine Guide app**.



Mooiplaas was the first wine farm to sign up as a BWI member

March is World WWF Awareness month.

Did you know?

While continuing to use its well-known acronym, WWF's name changed in 1986 from the World Wildlife Fund to the World Wide Fund for Nature.

WWF's vision is to build an equitable and sustainable future, in which both people and nature thrive.

To achieve our vision, our mission – our vital contribution as WWF – is to champion the earth's capacity, to provide a source of inspiration, sustainable food, water and clean energy for all.

The time to inspire positive change – to change our future – is now!

***Thank you to the WWF team for providing the above content and image.
Continue with the amazing work you do.***



To enjoy the beauty of the Western Cape, including our amazing wine farms, why not book your next trip with U-RIDE. U-ride offers you a safe, friendly, reliable excursion while observing the Covid-19 protocols. Their vehicle is wheelchair friendly, which makes accessibility and safety their number one priority.



All bookings can be made on their website at www.uride.co.za or contact Shane Constance on 082 895 4135

Ek hou van "Flentermense,"

Dis nou dies wat al geleef het.

Gehuil het en gebreek het

Die waan van perfektgeit op gegee het.

Die skade v.d. skeure wat die lig ingelaat het

Die genade in genooi het

Nie soos in liefdesomhelsing nie

Meer soos in desperate gryp na laaste asem

Want genade is die laaste uitweg, wanneer alle opsies reeds frustreer is

"Flentermense" is mooi mense

Met deurleefdheid, en talle tekens van grondpadloop na wysheid

En bewus v.d. liefde wat alle sondes bedek

Liefde wat toemaak, vrymaak en heelmark

Liefde wat jou menswees in-nooi in ewigheids dimensie,

Net soos jy is!

PlumRus Gardens

The gardens are looking very good at the moment. There have been a number of plants put in & the lawns are benefitting from the lawn fertilizer that was applied-many thanks to JJ & the garden staff for the hard work that it entailed.

Kirstenbosch is open & as you all know entry is free on a Tuesday for pensioners. Perhaps we could consider an outing there on a Tuesday if we could get a good enough response to justify using the Kombi. We would, perhaps, have to wait until the weather cools down as it wouldn't be pleasant on a day of scorching heat!

We are having a talk on Wednesday March 10th by Paul Green. He gave us a wonderful talk on succulents about 18 months ago which everyone enjoyed & asked when he could come again. Unfortunately Covid happened & that was the end of it. Now he is coming again. He is a very entertaining speaker & the pictures of his garden & the huge variety of succulents are amazing. We do hope that there will be a good turnout for this the first talk of the new year. Please come & enjoy this very interesting talk.

Keep on walking & enjoying the Plumrus Gardens, while getting your dose of vitamin D!



Welcome Home

— WHERE YOU BELONG —



Mr. Jannie and Mrs. Caroline De Wit - N005

Mr. De Wit was a senior lecturer and enjoys gardening and watching cricket. Mrs. De Wit was a hair dresser and she enjoys meeting new people and spending as much time as possible with her family.

Ina Wolfaardt R74 – Mev Wolfaardt is stil en geniet dit om te lees. Sy geniet enige afrikaanse Kyknet program en kan nie 7de laan mis nie.



Maria Taljaard R44 – Mev Taljaard is 95 jaar oud maar is nog op en wakker, Mev Taljaard geiet dit om geselsies aan te knoop met nuwe mense en op die "Nature Channel" op Tv te kyk.



Sarie Tolmay R67 – Ms Tolmay is a retired Nursing Sister, she is quiet and enjoys walking through the gardens, spending time with her friend Jeanette and reading her Bible.

CSC Welcomes New Day Care Clients



Ron Keytel is a retired Accountant. He worked at Peters Papers which was part of the Nampak group.

His love was sailing and excelled in it. He was a member of Royal Cape Yacht Club from 16 years old where he sailed on keel boats. In his twenties he joined Zeekoe Vlei Yacht Club to sail dinghies. He passed this love of sailing onto our 3 children who in turn have now passed it on to their children.

Brain Meyer is 76 Years old, he used to be a Production Director and he has 1 son and 2 daughters. He resides in Plumstead with his wife.

Mr Meyer's enjoys the following:

- Board Games
- Exercising
- Watching TV – especially Football
- Listening to Jazz music



Die Here maak 'n weg vir my

(Cathy Joubert)

O nee, ek is nie bang nie
Ek het nie 'n gees van vrees ontvang nie
Ek weet die Here maak 'n weg vir my, vir my
Ek weet dat ek nie aan die wêreld behoort nie
Ek glo die mens het nie die laaste woord nie
Ek weet die Here maak 'n weg vir my, vir my (X2)

Nuusflitse, koerant opskrifte en die wêreld pyn van die wraak onluste,
elkeen veg vir 'n mens se reg,
En niemand kan iemand meer verstaan nie

Almal raas en almal skree,
Dat die ander een nog meer moet gee
Daar's niemand, niemand wat die kruis wil dra nie

O nee, ek is nie bang nie
Ek het nie 'n gees van vrees ontvang nie
Ek weet die Here maak 'n weg vir my, vir my
Ek weet dat ek nie aan die wêreld behoort nie
Ek glo die mens het nie die laaste woord nie
Ek weet die Here maak 'n weg vir my, vir my

Maar ek weet die Here hoor gebede
Hy ken die pyn van hierdie lewe

Ons moet net aanhou bid en nie moed verloor nie

Ja ek weet ons God het groot genade,
vergifnis en trou in die hart van die Vader
Ek weet hy sal ons bede hoor.

O nee, ek is nie bang nie
Ek het nie 'n gees van vrees ontvang nie
Ek weet die Here maak 'n weg vir my, vir my
Ek weet dat ek nie aan die wêreld behoort nie
Ek glo die mens het nie die laaste woord nie
Ek weet die Here maak 'n weg vir my, vir my

