

PlumRus NEWS NUUS

NOVEMBER 2023

WORLD DIABETES DAY

14 NOVEMBER



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
3 rd One Hour for Jesus	5 th Morning Service	5 th Evening Service
10 th One Hour for Jesus	12 th Morning Service	12 th Evening Service
17 th One Hour for Jesus	19 th Morning Service	19 th Evening Service
24 th One Hour for Jesus	26 th Morning Service	26 th Evening Service

THE BLESSING OF A CLEAR CONSCIENCE

Most of us have a few 'skeletons in our cupboard'- memories of things we've said or done that we know are clearly wrong. These words and actions have their roots in destructive emotions like jealousy, pride, greed, selfishness, lust and many others. Sometimes we try and explain these skeletons away to ourselves...and others, hoping the pain and heartache we've caused will slowly fade. But this doesn't work, and the guilty feelings linger. Relationships become strained, our mental and physical health suffer, and we struggle with persistent feelings of failure. Some of us may withdraw from close relationships, hiding behind protective barriers, hoping no one will see who we truly are. This is a miserable way to live. Deeply troubled by his guilt, David, the Old Testament Psalmist described what it was like...



***When I kept silent, my bones wasted away
through my groaning all day long.
For day and night your hand was heavy on me;
my strength was sapped as in the heat of summer.
Psalm 32:3-4 NIV***

Are our guilty feelings the problem? Wouldn't life be better if we didn't feel so bad about some of the things we do and speak? Why not simply lower the expectations we have of our own goodness? Or we could, as many do, say old fashioned moral principles are outdated and no longer relevant. What works for me is important now, and I needn't feel guilty about it. None of these responses relieves the burden of our guilt. Why? Because it's an inescapable fact that we live in a moral universe where right and wrong do matter, and we 'naturally' know this. This sense of right and wrong is based on a standard of truth that's outside our own feelings and opinions. This higher authority of truth and wisdom come from God himself. He puts an ability in the heart of every human being to know whether their thoughts, words or actions are right or wrong.

This aspect of our personality is called our conscience, and it's the part of us that is most like God himself. The conscience of mankind was awakened in the Garden of Eden when Adam and Eve disobeyed God's command and ate from the Tree-of-the-Knowledge-of-Good-and-Evil. All they'd known before this was the goodness of God, but after eating the forbidden fruit, they became 'like' God. They too now had the

knowledge of good and evil. But unlike God, their knowledge of evil was an intimate experience of it because they deliberately chose to disobey God's command. In doing so, sin wounded their conscience, and they were overcome with guilt. So, they covered themselves and tried to hide from God's presence. Sadly, their wounded conscience and guilt were passed on to all their descendants, including you and me.

There was nothing Adam and Eve could do about their guilt, because only God can heal a wounded conscience. Thankfully He provided a covering of skins for them through the sacrifice of an innocent animal. Like Adam and Eve, there's nothing we can do about our wounded conscience. We can't explain it away, we can't lower God's standard of goodness, and no amount of good works or religious activity can cover it. And it's definitely futile to try to and hide from God. Fortunately, just as He did in the Garden of Eden, God provides a covering for us. Not through the sacrifice of an innocent animal, but through the sacrifice of his only begotten Son who died on the Cross as an unblemished sacrificial lamb. On the Cross Jesus took upon himself every sin we would ever commit. Every aspect of our wounded conscience - every sinful thought, word and action, was placed on Him. He used His own body to carry our sins to the Cross. He did this so we could be free of sin, free to live the way God wants us to live. The sufferings of Jesus on the Cross became the healing of our wounded conscience.



Today, your conscience can be cleansed as you abandon attempts to 'cover' your disobedience, and instead bring your sins and shortcomings to God. Because of Jesus, He's promised to be merciful to you and wipe the slate of your sins clean forever. In doing so, He breaks the stranglehold of sin, setting you free to live the way He wants you to. Even though you love and follow Jesus, you may occasionally still sin, but even then, God has provided a

way for your wounded conscience to be healed. If you confess your sins to Him, He's promised to forgive you and cleanse you from every wrong. Your conscience can remain clear as you continually take responsibility for your sins before God, knowing that the precious blood of Jesus has rescued you from sin's penalty and reconciled you to God.

David's wounded conscience made his body waste away and his words became day long groans as his strength drained away. Finally, in desperation he stopped trying to cover it up and acknowledged his sin, confessing it to God...

***Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the LORD."
And you forgave the guilt of my sin.***

Psalm 32:5 NIV

Forgiveness flooded David's heart as his wounded conscience was healed. His guilt melted away, and God's unfailing love surrounded him with songs of deliverance. Reassured that God was his hiding place, and He would instruct him in the way he should go, rejoicing filled David's heart. He revelled in the blessing of a clear conscience!



A conscience
void of offense
toward
God, and
toward men.
Acts 24:16

Like David, you can experience the blessing of a clean conscience. As you acknowledge your sin before God, the precious blood of Jesus will cleanse your guilty conscience. And you too will be surrounded by songs of deliverance as joy fills your heart!

God bless you
Ps Dave Henderson

ONSKULDIG!

As ek eendag voor U Regstroon staan
Is my saak deur U al klaar verklaar.
Beslis onskuldig
Deur Sy bloed bedek
Met Sy regverdigheid omhels Hy my

Hy stroop my skuld
Het als weggesmyt
En sal my nooit, nooit, nooit verwyf.
My skandekleed so bitter vuil
Is met sy Onskuldkleed geruil

Hy dra my skuld
Dis alles weg
En voor U oë
Is ek heelreg.

Kom ondersoek my deur en deur
Ek weet ek's deur u uitgekeur
Op grond van Sy geregtigheid
Van nou af tot in Ewigheid

**Ingedien deur: Verena Salzwedel
na aanleiding van Psalm 26
Soos deur Dr. Chris Saayman uiteengesit**



The Carpenter's Tools

The Bible says every Christian possesses one or more spiritual gifts. Although they may differ, each contributes to the work of the Lord. If believers would exercise their abilities instead of criticizing each other, much more would be accomplished for eternity.

R.T. Moore gave the following parable that illustrates this truth:

A carpenter's tools were having a conference. Brother Hammer was president, but the others informed him that he'd have to leave because he was too noisy. "All right," he said, "I'll go, but Brother Plane must withdraw too. There's no depth in his work. It's always on the surface." Brother Plane responded. "Well Brother Rule will also have to go. He's constantly measuring people as if he were the only one who's right."



Brother Rule complained about Brother Sandpaper, saying, "He's rougher than he ought to be. He's always rubbing people the wrong way."

In the midst of the discussion the Carpenter of Nazareth walked in. He went to His workbench to make a pulpit from which to preach the gospel. He used the hammer, the plane, the ruler and sandpaper. After the pulpit was finished, Brother Rule arose and said, "I see now that all of us are labourers together with God." (1 Cor. 3vs9).

What a picture of all of us! We criticize one another, thinking things should be done our way. We forget that the Carpenter needs many different tools to do His work. Let's learn to appreciate the various gifts God has given to His own. We'll then be able to work together on the great task to which He has called us to.

(From: Our Daily Bread)

The primary teaching of every religion?

Christianity: In everything, do to others as you would have them do to you; for this is the law and the prophets. (Jesus, Matthew 7:12)



Zoroastrianism: Do not do unto others whatever is injurious to yourself. (Shayast-na-Shayast 1.3.29)



Judaism: What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. (Hillel, Talmud, Shabbat 31a)



Sikhism: I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. (Guru Granth Sahib, p. 1299)



Hinduism: This is the sum of duty; do not do to others what would cause pain if done to you. (Mahabharata 5:1517)



Jainism: One should treat all creatures in the world as one would like to be treated. (Mahavira, Suttrakritanga)



Islam: Not one of you truly believes until you wish for others what you wish for yourself. (The Prophet Muhammad, Hadith)



Buddhism: Treat not others in ways that you yourself would find hurtful. (Udana-Varga 5:18)



Taoism: Regard your neighbour's gain as your own gain, and your neighbour's loss as your own loss. (Tai Shang Kan Ying Pien, 213-218)





Happy Birthday to our Residents

<i>Birthday</i>	<i>Name</i>	<i>Accommodation</i>	<i>Age</i>
4th	<i>Lovelle Rightford</i>	<i>R66</i>	<i>85</i>
6th	<i>Maria De Klerk</i>	<i>R12</i>	<i>93</i>
6th	<i>Louise Edgcumbe</i>	<i>F102</i>	<i>84</i>
6th	<i>Roselyn Francis</i>	<i>R56</i>	<i>92</i>
7th	<i>Dorothy Aggenbach</i>	<i>R67</i>	<i>88</i>
8th	<i>Joyce Foster</i>	<i>N201</i>	<i>88</i>
8th	<i>Rebecca Meyer</i>	<i>R37C</i>	<i>92</i>
8th	<i>Margaret Raven</i>	<i>F120</i>	<i>101</i>
14th	<i>Gwyneth Collins</i>	<i>F118</i>	<i>90</i>
15th	<i>Rex Basson</i>	<i>R45A</i>	<i>94</i>
15th	<i>Magdalena Douglas</i>	<i>R14</i>	<i>91</i>
25th	<i>Carol De Jongh</i>	<i>R57B</i>	<i>76</i>



Happy Birthday to our Staff

<i>2nd</i>	<i>Aloise Castle</i>	<i>Health Care</i>
<i>3rd</i>	<i>Portia Sam</i>	<i>Riskman</i>
<i>8th</i>	<i>Jazreel Manuel</i>	<i>CC℄</i>
<i>10th</i>	<i>Amanda Meyer</i>	<i>CC℄</i>
<i>13th</i>	<i>Monique Matthews</i>	<i>Care Services</i>
<i>14th</i>	<i>Gail Jackson</i>	<i>Care Services</i>
<i>17th</i>	<i>Natalie October</i>	<i>Health Care</i>
<i>18th</i>	<i>Eric Barnard</i>	<i>Building & Maintenance</i>
<i>18th</i>	<i>Leeshay Philander</i>	<i>CC℄</i>
<i>24th</i>	<i>Belinda Van Niekerk</i>	<i>Management</i>
<i>26th</i>	<i>Edwina Carelse</i>	<i>Health Care</i>
<i>27th</i>	<i>Clayton Felix</i>	<i>Riskman</i>
<i>27th</i>	<i>Denise Hendrickse</i>	<i>Health Care</i>
<i>27th</i>	<i>Catherin Rector</i>	<i>CC℄</i>
<i>28th</i>	<i>Lindsay George</i>	<i>Health Care</i>
<i>28th</i>	<i>Natasha Vlotman</i>	<i>Health Care</i>
<i>29th</i>	<i>Luzaan Samuels</i>	<i>CC℄</i>

2nd	Mrs M Thomas
2nd	Mr. H Kaplan
6th	Mrs S James
7th	Mrs M Markus
13th	Mrs E Titus
20th	Mrs L Robertson
27th	Ms B Soldaat
28th	Ms T Jacobs

Happy Birthday to our Clients & Members



Happy Birthday to our Board Member

24th	Banie Stafford
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Not Growing Old

They say that I am growing old;
I've heard them tell it times untold,
In language plain and bold—
But I'm not growing old.

This frail shell in which I dwell
Is growing old, I know full well—
But I am not the shell.

What if my hair is turning gray?
Gray hairs are honorable, they say.
What if my eyesight's growing dim?
I still can see to follow Him
Who sacrificed His life for me
Upon the cross of Calvary.

What should I care if time's old plow
Has left its furrows on my brow?
Another house, not made with hand,
Awaits me in the Glory Land.

—OVER—





Congratulations to the Springboks - 4 times World Rugby Champions.



1995

2007

2019

2023

We Believe – Stronger Together



PlumRus Compassion Services is actively involved in providing a stimulating activity program to 120 seniors in the community of Lavender Hill & Retreat. We would like to appeal to our



Residents who are able to assist us with toiletries which we will distribute to our community members as Christmas gifts. A donation box will be placed on the coffee table at reception during the month of November into which you can place

your contribution. Please do not wrap the items as we will sort and wrap when collection is completed. Please do not place used containers of toiletries in the collection box. For any further information please feel free to speak with either Rhodene or Belinda.

**Sometimes having
fun with your best
friend is all the
therapy you need.**



Looking to enjoy some fun activities with your neighbours or friends? Why not challenge them to a game of table tennis, darts, cards or pool? Please enquire at reception for bats, balls, cues, etc. While the equipment like table tennis table etc is based in PlumRus North it is there for the enjoyment of all the Residents at PlumRus. If you would like to learn how to play Bridge, visit the 1st Floor in PlumRus North on Mondays and the group will be more than happy to teach you the game.



Do your bit for the planet! Please feed the paper igloo positioned at the back of the East building close to the "staff/delivery entrance".



Our gardens are our pride and joy. Come along to the next Garden Club meeting on Monday 20th November and learn how you too can become involved in creating such beauty.





It's one thing to have the equipment, but a completely different story to know how to use it safely and optimally. Our Building & Maintenance team were given the necessary training to use the scaffolding PlumRus acquired; safely and effectively. Watch this team reach new heights.



I THINK IT'S BRAVE

i think it's brave that you get up
in the morning even if your soul is weary
and your bones ache for a rest

i think it's brave that you keep on
living even if you don't know how to
anymore.

i think it's brave that you push
away the waves rolling in every day
and you decide to fight

i know there are days when you
feel like giving up but i think it's brave
that you never do

—*Lana Rafaela*



This month, the Writers' Club were asked to each write "My Story". Here they are!

Next month we plan to publish more PlumRus peoples' stories, what's your story?

If you would like someone to come and write your story, please let us know. The Writers' Club will meet again on Tuesday 14th November at 15:00 in N203.

What's your story?

Melsetter Farm, Hoy, Orkney Islands, Scotland, would be the start of the paternal Moodie side of my family as we know it - prior to that, DNA denotes Viking origins way back.

Captain Benjamin Moodie organised a party of about 200 Settlers who were eager to emigrate being impoverished by Napoleonic Wars, British taxes & jobs threatened by the looming Industrial Revolution. Three ships sailed from Edinburgh to South Africa in 1817 with most families settling in the Albany District (Grahamstown, present Port Alfred, Bathurst in Eastern Cape & further south).

My father, Ian Moodie's family of 7 boys & 1 daughter were descended from Donald Moodie who was established on Grootvadersbosch, in Swellendam farming mainly Merino sheep & wheat for Cape Town market & export. In 2017 about 90 descendants from 2 Moodie family lines celebrated 200 years in South Africa in this original thatched farmhouse.



The maternal side of the story originated in France with the Terreblanche & Nortier descendants who likewise emigrated under pressure from War & religious zealots My mother, Adeline's family, were settled in Oudtshoorn where she trained as a Montessori teacher which stood her in good stead when she had to subsequently homeschool 2 daughters after marriage to my Dad, a sheep farmer in the sticks 200 km from Carnarvon in the Karoo. A move to civilization & schooling in Grahamstown followed (plus 2 more siblings) & more Merino sheep! Then a final move to a beautiful valley farm in Howiesons Poort with more sheep but also happily strong water for florist flowers.

Grahamstown was my stomping ground as a singleton with a brief foray to Jo'burg as an Agricultural Research Officer at AE&CI counting Bollworm on mealies at Bapsfontein Farm then at Fisons Quality Control for Sanatogen vitamins (or friends chicken feed or dog food)!

A drifting farmer milking dairy cows in Sandton found me there, Martin married me & took me off to rough, tough Vryburg in Northern Cape to farm Dairy, South Devon Stud cattle, Groundnuts, Sorghum, Mealies & Sunflowers on his parents' farms. I "lent" him my savings to buy our own Boer goats, pigs & cows so this gave us the start to move, with then 2 sons Brendan & Cameron, for schooling back to Bathurst District to our own beautiful farm on little Lanquedoc River to run a dairy, but many droughts later we moved to Trappes Valley to a Nguni & Bonsmara cattle farm. Felling alien Black Wattle trees on our own & neighbouring farms for transport via truck & train to Richards Bay pulp factory was a remunerative by-product for export to Japan, but extremely harsh work. Bright idea was Estate Agent sales as well as farming, not easy to travel every day to the "dorp" & handle difficult folks but interesting Boomtime for Port Alfred.

After 34 years we left to buy a huge, old-fashioned Trading Store in the sticks outside Willowmore in the Karoo farming area in the Grootrivier Valley.

12 moves later, for me, "A River Runs Through It" & here at Plumrus the Diep River is not far away in the little park. My sons & their families respectively in Noordhoek & Saudi Arabia are What's My Story is about now after less years as a maiden Nee Moodie than a Mrs. Stein!

Submitted by: June Stein

How I got my surname

I was born Vivien du Preez in May 1950.

At school I had nicknames like 'Doepie' and "Deep Freeze". I didn't mind, because the du Preez family is one of the most prolific in South Africa – having originated from the French Huguenot Refugee Hercule des Pres who came to South Africa in 1688 with his wife and six children from Kortrijk in Belgium. In keeping with company policy, Des Pres became Du Preez – the Dutch translation. My father originally came from the Northern Transvaal area of Swartruggens. Oupa had fought in the Boer War and was an Afrikaner patriot and was imprisoned on St Helena for joining the rebels against the then government. When General Beyers was killed, Oupa obtained permission from his widow to name his son after him. And so arrived my father Christiaan Frederick Beyers du Preez.

Meanwhile, my mother was born of English speaking, but not British parents – Kitty Hauptfleisch and Servaas van Niekerk Brown. My grandmother Kitty was musically and artistically gifted, a free thinker and a feminist. She cast away her corsets – my mother said it made little difference to her figure, as she was not curvaceous. She

got into trouble as a teacher by teaching her class an Afrikaans patriotic song from the Boer War.

My parents met and married during the war, and we lived on Robben Island which had become an army camp where my father served as a Major. I don't remember this part really, as I was only 2 at the time but I do remember the red painted cement stoep where I learned to walk. My father transferred to the South African Navy, and we lived in Bergvliet Cape Town. I remember when Oupa du Preez decided to come and visit my father. He filled our house with smoke from his pipe and presided over family prayers at table in high Dutch. He exhausted my father with energetic sightseeing and eventually returned home to the North.

If you had to ask me what I appreciated best from my family back then, it was the holidays in Gordon's Bay where my Ouma had retired with the white painted stones on the mountainside "GB" which was not as popularly thought, for Gordons Bay, but for the General Botha navy academy. The view from the old cement stoep out across the bay and the Cape Minstrels at New Year, the sound of the waves and the walks along the shelly undeveloped coast all the way to Strand, a fond memory.



Submitted by: Vivien Spiers

The smell of the sea

From youth, I have felt the call of the sea. On weekends I would frequently cycle to the docks and check out the ships in port. From this arose a desire to join a Thomas Cook off season tour of England, Scotland and the continent on completion of writing matric. My folk were not wealthy, but dad had just finished paying off the bond on the family home in Claremont, so he took out a loan to cover my travel, on the agreement that I would pay it back when I found employment on my return. This I duly did.

In my absence, dad saw a newspaper advert for a shipping clerk, which he applied for on my behalf. So, I returned on the mailboat on a Thursday and commenced work on the Monday.

The middle of 3 sons, I was educated at Claremont Public School and Wynberg Boys' High. My entire working life was spent in the shipping industry, specifically in the field of customs clearing and forwarding of imported cargo.

My National Service was done in the navy, which included being appointed a crew member of the frigate 'S.A.S Transvaal' when she took the new weather team to Marion Island, through a roaring forties gale to exchange the weather team.



November 2023 MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
		1
		08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 9 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
6	7	8
08:30 Library / Biblioteek 09:00 Outing 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 11 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
13	14	15
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Live Entertainment in the Hall	09:30 Shopping Blue Route 09:00 Outing 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 13 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
20	21	22
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:30 Shopping Meadowridge 09:00 Outing 09:30 Gym Trim in lounges 10:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 15 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening
27	28	29
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Constantia Village 09:00 Outing 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 17 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday 2	Friday 3	Saturday 4	Sunday 5
08:30 Library / Biblioteek 09:30 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	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 10	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Slumberland 18:00 Woord & Lied Dr. Chris Saayman
9	10	11	12
08:30 Library / Biblioteek 09:00 Outing 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Alvin and The Chipmunks The road trip 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
08:30 Library / Biblioteek 09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Dora And The Lost City of Gold 18:00 Woord & Lied Dr. Chris Saayman
23	24	25	26
08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Marmaduke 18:00 Woord & Lied Dr. Chris Saayman
30			
08:30 Library / Biblioteek 09:30 Shopping Blue Route 09:30 Gym Trim in lounges 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	Gym Trim in the Hall Tuesday's @ 09:30 16th and 30th November Gym Trim in the Hall @ 09:30 Prayer Meeting Wednesday's in all lounges @ 11:45 2nd November 2023 Morning Market in the Hall @ 09:30 7th November 2023 Friends Meeting in the Hall @ 15:00 13th November 2023 Live Entertainment in the Hall @ 15:45 14th November 2023 Writers Group in N203 @ 15:00 15th November 2023 Residents Talk in the Hall @ 15:00 20th November Garden Club Meeting in the Hall @ 15:45 22nd November 2023 YouTube Social Evening in the Hall @ 18:00 24th November 2023 Bring & Braai @ 18:00 30th November Lotto Draw in the Hall		

My early Christian life was spent at the Claremont Congregational Church. When I joined the choir, I was able to eye an attractive young lady among the sopranos – Pam, who later became my wife. We had only been married a year and, with our hearts in our mouths, we signed up to buy a new house in the newly developing suburb of Meadowridge, which became our home for 40 years. Having no children, we could give a lot of time to church work.

On retirement, we downsized to 'The Parks' behind the Blue Route Mall. Then we heard that the Princess Christian Home was relocating from Mowbray to the corner of Lente Street and Tokai Road, and we applied for a retirement flat and were accepted. In May 2022 we moved into Plumrus and are enjoying the Christian atmosphere and all the special facilities and are grateful to the NG Kerk and Badisa.

At 86 and 84 respectively, we are grateful to still be mobile and accept each day as a bonus from the Lord. In February, Pam and I celebrated our 63rd wedding anniversary!

Submitted by: Adin Harmer

The Club

In 1950 something, a gentleman in Ophir Road, Plumsted, cleaned out his huge garage, made it spick and span and opened the 16-30 club in it. So, on Wednesday evenings, the youth in the area and beyond gathered in The Club to dance and play table tennis. My friend, Dawn, who a few years later was my bridesmaid, and I, joined the Club. It was really great to get to know other teens.

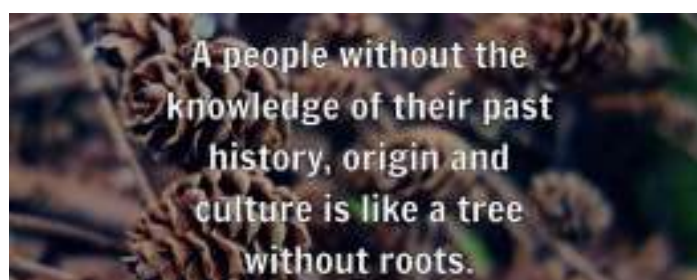
One evening, a new young man joined in the friendly atmosphere of the Club. He invited me to a game of table tennis; and we played quite a few, followed by cooldrinks and a good chat. His name was Walter Venner! As time went by, we started going out together to parties, the Villagers' Rugby Club social evenings and bioscope. We really got on well together, culminating in us getting engaged in December 1960 at a lovely party at my family's home.



On 13th May 1961, we were married in the Plumstead Methodist Church, with the reception at Coghill's Hotel in Wynberg. Exactly 62 years later, Wally fulfilled his vow "Till death do us part."

So glad I met him at the Club!

(Submitted by: Jeanette Venner)



How I came to be

Ek is 'n mengelmoes! This is how it happened:

My grandfather, William Willies, was a missionary in Spain from about 1900. He had 6 children, my father, Harry, being the 4th (born 1911). William's wife, Anne, died after the birth of the 6th child. In desperation, William married his Spanish housekeeper and returned to Britain. She died of TB after 6 months. After he had brought up the kids, solo, he returned to Spain and was caught in the middle of Franco's Civil War (about 1936).

Those attending a service at the church he pastored were lined up and shot in front of him. He was thrown into prison and some brave surviving church members brought him flasks of tea. They believed the British could not go without tea! Because he was British, he was taken out of prison, and dumped across the Portuguese border. He walked to a port, and by dint of his broad Glaswegian accent, persuaded the captain of a British ship to take him back to Britain.

Meanwhile, my father, Harry, left school as the Great Depression started. His father found him a job as a trainee tailor, which he hated. As a trained tailor, he was still unemployed and so, applied for a job in South Africa, at Uys outfitters in Paarl in 1932.

Even earlier, in about 1895, in Switzerland, in the little village of Rohr, Frederick Hachler, son of a small-time farmer, married Verena Richner, the girl next door. They had 6 children and Frederick took on the extra job of being the railway crossing guard in the middle of the forest. To the amazement of the villagers, he bought a life insurance policy - a very new concept. Within a few months, he and the eldest 3 children succumbed to the Spanish flu epidemic, so the policy money helped Verena and the remaining children to survive. My mother, Irma, was the eldest. She wanted to go to South America as a missionary nurse but couldn't because of heart trouble. Irma thought she would never marry, until she met ...Harry.

His missionary zeal regained after escaping from Spain, Grandfather William embarked for Chile, South America, where his Spanish proved useful. At a conference, he met a Swiss missionary working in Argentina, Edith Nanz. She was to become his third wife. The wedding date was set, and the guests gathered in Argentina, but the bridegroom did not arrive. After 4 days, all the food had been consumed, but still no bridegroom. William had fallen very ill in Chile and sent a messenger by donkey over the Andes to postpone the wedding. He got drunk and never delivered the message. At last, all was forgiven, the wedding took place.

Fast forward to 1950. Harry returned to Britain for a brief holiday. His father and Swiss stepmother were in Scotland on deputation. Edith was visiting her family and supporters in Switzerland and happened to be at the Hachler home for the weekend. Harry decided to go on a jaunt to the continent and accompany his stepmother back to Scotland. Harry arrived at Irma's house and the rest is history. He did not speak German and she did not speak English, but they somehow managed to get engaged within 10 days. Irma packed up her life in Switzerland and sailed to Cape Town on the mail ship to marry Harry on 30 June 1951, and that is how I, the little Verena, came to be.

By Verena Salzwedel via the Writers' Club

My Komvandan

Dainne Ferrus coined the term "komvandan". This term has taken root in many circles as new emerging writers explore their heritage and assert their pride in their beginnings.

My mom, Gladys, only surviving of 12 siblings born to Ridley Crisp and Masadi wa thlala. Ridley left Northumberland in his final year of medical school to "fight" in the Anglo Boer war (now called the South African war). No sooner had he arrived in SA, he bought himself out and "purchased" a stock farm in the Vryburg/Mafikeng region in the Northern Cape. He also established a general dealer store on the farm.

My grandfather meeting my grandmother is a lovely love story beautifully told in my mom's book, "Children of the Harts and Tyne". They both were crossing a bridge over the brook between the two farms Ridley owned, each trying to avoid each other, until they bumped into each other. Soon after that encounter they were married and Masadi bore 13 children. Captein Wildschut, my paternal ancestor, was a Nama/Khoi leader. He led a delegation to the Netherlands to lobby the Dutch government to intervene in a land dispute in the Gariep region (Orange River). A painting, depicting the delegation is on display in the Rijks Museum in Amsterdam.



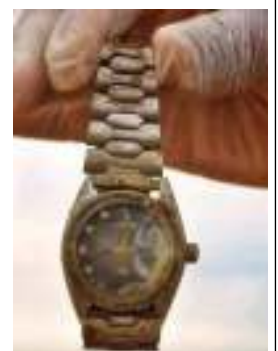
Wildschuts mainly settled at German mission stations in the Western Cape. My grandfather, Rudolf Wildschut, was born in Genadendal where he satyed until he married my grandmother, Mary Jaeger, a decendant of the free slaves. They lived in District Six until the forced removals. This is my "komvandan".

Submitted by: Glenda Wildschut

Know your worth

A father before he died said to his son: "this is a watch your grandfather gave me and is more than 200 years old. But before I give it to you, go to the watch shop on the first street, and tell him I want to sell it, and see how much he offers you".

He went, and then came back to his father, and said, "the watchmaker offered 5 dollars because it's old". He said to him: "go to the coffee shop". He went and then came back and said: "He offered \$5 father". "Go to the museum and show that watch". He went then came back and said to his father "They offered me a million dollars for this piece".



The father said: "I wanted to let you know that the right place values you in the right way.

Don't find yourself in the wrong place and get angry if you are not valued.



Brian & Ione Davies

PlumRus North - N103

Both originally from Gauteng, Brian (Germiston) & Iona (Boksburg). They married in 1964 and have two sons (Graeme & Neil) and one daughter (Glenda).

Brian's previous hobbies were road running; he has completed 10 Two Oceans Marathons and 4 Comrades. He now enjoys reading and crosswords.

Iona's previous hobbies were hiking and swimming. She now enjoys knitting, reading and crocheting.

Ken & Pat Coetzee

East - F103

Ken was born and raised in Mowbray and Pat in Wynberg.

They married in Corpus Christi Church in Wynberg in 1972 and have been married for 51 years.

The Coetzee's do not have any children, but they have a very close friend (Janine Webb) who plays that important role for them.

The Coetzees have joined us straight from Silvermine Village and cannot wait to make abundant friends in the PlumRus community.



Rooftop Tours

Michael, from Handpicked City Farms at Kenilworth Centre, led us through potholes, over steep metal plates, up in a service lift, down corridors, past 100s of solar panels to 5 Rooftop tunnels with an open view of all the mountains in the clouds – stunning! This is one of Mr. Price Foundation's social initiatives whereby such guided tours generate funds to teach 2 unemployed Langa residents the art of growing produce with the help of Graduate Intern Agricultural students. The successful entrepreneurs are sent home with a small tunnel & pot system, constant advice, being able to sell their produce back to Mr. Price.



Afrigrower from the Haifa Group supplies the whole growing system of vertical strings of hanging pots with timed drip irrigation system in the 60m² tunnels where veggies, edible flowers & now fruit are grown in soilless coconut coir & fed with Multicote Hydro beads of fertilizer that lasts for about 6 months. This is a total water saving system.

The fun part was harvesting our own choice of salads (14 varieties per tunnel), with secateurs, if we were able, but the helpers handled us like fine china & some relaxed on chairs in the sun & were served their prepared crispy frilly lettuce, tomato, parsley, spring onion, thyme, tart Begonia flowers & wee pansies on a brown seed bun. Fresh!

Akona, the Graduate Farm Manager of this Rooftop Urban Farm, answered all our questions & she demonstrated how a seedling coir + compost + Microcote & some bacteria Activator are mixed for the trays which we then planted with lettuce seeds- we'll have to return to see if our seeds sprout to replace stock in the tunnels. Clever ploy! Our efforts will be sold to restaurants in Mr. Price Centre or to folks in the shops here or a restaurant in V & A Waterfront, famous lettuce.



Poor results were shown by most of us for the leaf recognition sheet & the tunnel contents memory quizz - what a hoot of cribbing with bad outcome.

Thank you Urban Farms & Plumrus for subsidizing this super trip for us retirees, a day to write home about indeed & hopefully we can inspire others to look & learn a new way of even growing a string of pots in the kitchen as each pot will hold 5 herbs or veggies in separate holes.

Nearly forgot that the Plumrus bus again leant off to the right for McDonald's ice cream, lekka lick for a lovely day!

Submitted by: June Stein

LA TRAVIATA

Ons uitstappie na Arts Cape.

Ons was baie bevoorreg om gratis kaartjies by Elaine Samson te kry vir die kleedrepetisie van La Traviata. Baie dankie, ons waardeer dit baie.



Op gedress is ons hier weg. Ons het gebruik gemaak van die parkering onder die gebou. Die ligte in die gange was nog nie aangeskakel nie. Ons het soos molle in ondergrondse gange ons weg in die donker probeer vind. Trappe op en trappe af met 'n selfoonliggie en 'n suggie en 'n gegiggel het ons, ons pad gevind tot by ons sitplekke.

Met La Traviata het ons die wêreld van Verdi se tydlose meesterstuk ervaar. Passie, liefde, tragedie saamgevat in die mooiste musiek en drame van alle tye. Brittany Smith het ons hartsnare geroer met haar uitstekende vertolking van Violetta.

Ons het dit baie geniet.

Ingedien deur: Lida Herbst

Nie verleë nie

Die baas van Towerkop het nie ver van die see gewoon nie. Op 'n dag gaan hy om vir hom 'n paar krewes te vang. Hy gebruik nog die ou metode van kreefvang waar 'n lyn vasgemaak word aan 'n draadring waarin mossels geryg is. Die lyn word laat sak en as die kreef aan die mossels begin vreet, word die lyn gelig en die kreef word met 'n skepnet gevang.

Die man is so verdiep in sy poging om kreef uit te haal, dat hy nie opmerk dat die see besig is om te groei nie. Skielik, vordat hy nog 'n kreef kan vang, breek 'n geweldige brander oor die klip waar agter hy besig is en spat die ysige waters van die Atlantiese Oseaan hom sopnat. Die man is erg ontevrede. Ewe onvergenoegd gryp hy sy gereedskap en loop.

Toe hy so 'n entjie weg is, draai hy om en sê: 'See, gaan jy in jou moer. Jy moenie dink dis hongerte wat my hier het nie. Op Towerkop loop net sulke groot (en hy beduie met sy regter hand so 'n meter bo die grond) kapaters wat ek nou kan loop slag as ek wil eet!'

Ingedien deur: Lida Herbst





Growing old is not the end but rather the next chapter in the story that is your life.



Growing older can result in you not being able to either do as much as you once were able to, or complete certain daily tasks. These challenges and other similar cases should not stop you from continuing to live a joyful and full life, especially in this day and age. With **PlumRus Care Services** at your side, you can rest assured knowing that you can now receive compassionate care you deserve in the comfort and familiarity of your own home.



Our **PlumRus Care Services**, whether short-term or long-term, we will ensure that you receive world-class care from highly trained and committed skilled carers, supported by professional nurses. Our nurses and caregivers are professional and extremely passionate – ensuring you receive all the love, care and compassion you require to uplift your spirits on a daily basis. From daily activities, to regular massages, our team will improve your quality of life in no time at all.

For more information about Home-Based Care, Day Care and Respite Care email: rhodene@plumrus.co.za \ belinda@plumrus.co.za.





Resha Davidson is a level 4 Acrobatics gymnast at Cedar Gymnastics Club. Her love and passion for the sport started back in 2020 with the hard lockdown imposed on the world due to the Covid pandemic. She occupied herself watching various YouTube videos of gymnastics every day. The following year she started her gymnastics at the club when she was only 4 years old. Resha has since competed in various competitions where she attained Gold in every competition as an individual acrobatics' gymnast.

The past year she paired up with Gabriel Manus as a mixed pair in ACRO. They competed in the Cape Town District competition where they attained Gold and moved on to the Champs of Champs that afforded them the opportunity to trial for Western Province in September. Resha and her partner were selected to represent Western Province at the SA Games hosted in the Gauteng Region early in October.



189 gymnast from Western Province and 500 gymnast in total had the

opportunity to showcase their talent at this event that took place at the Mattsport center in Pretoria and was also broadcast live on the Dstv sport channel. This was indeed a goal that Resha had had in mind for a very long time. Resha and her partner competed on the 6th of October and attained 3rd place in level 4 U13 age group. This was such a proud moment for her and also for her parents and those who supported her and helped to make this possible. Resha hopes to only go from strength to strength and to compete internationally in the near future.

Resha is the daughter of Wesley our Building & Maintenance Manager. The PlumRus News was the 1st media exposure Resha received wayback in 2020. We are excited to learn of her progress and achievements to date, and we will be there when she brings home the Gold medal from a future Olympic Games!

We Believe – Stronger Together!

Ons vergeet mos

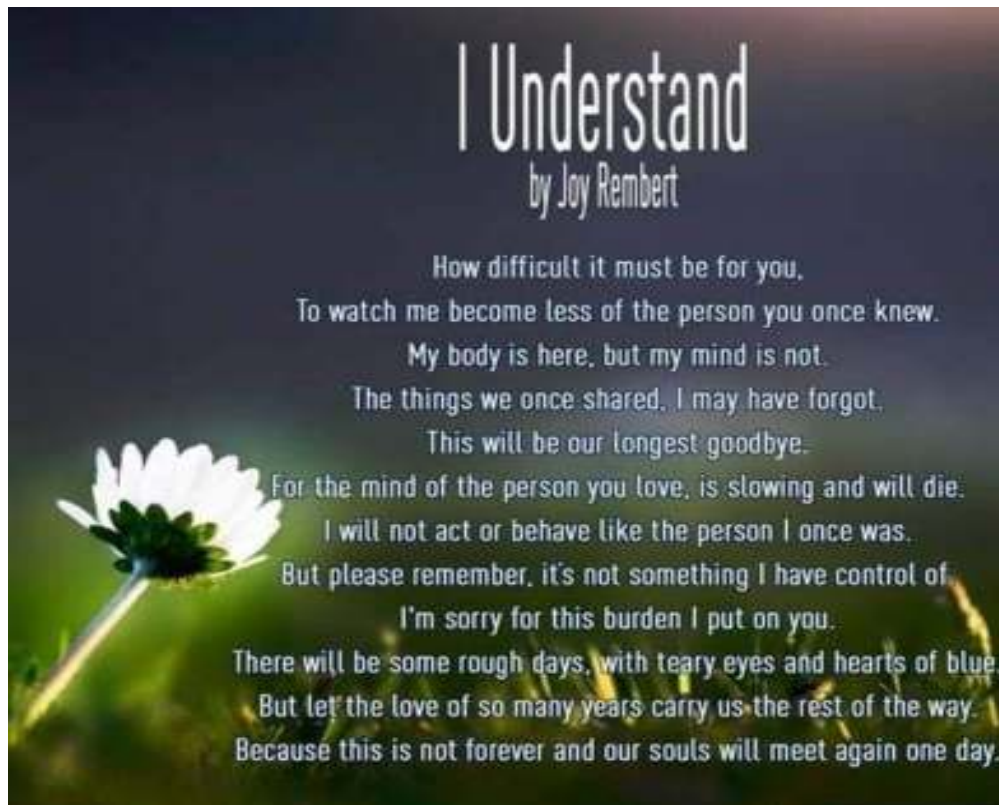


In 'n ouetehuis êrens in die Kaap was daar 'n oom en 'n tannie wat verlief geraak en getrou het. Na die troue is hulle in 'n kamer met twee enkelbeddens geplaas.

Nie lank na die troue nie, kom die oom by die matrone en vra mooi of die enkelbeddens dan nie vervang kan word met 'n dubbelebed nie.

'Want,' sê hy, 'ek raak sommige nagte wakker met daardie besonderse gevoelenthed, dan staan ek op en loop oor na die oumens toe, maar teen die tyd wat ek daar kom, het ek klaar weer vergeet wat ek daar loop maak het.'

Ingedien deur: Lida Herbst



Mrs. Gill Human

We were very saddened to hear the news that Mrs. Human had passed away. We all enjoyed our little chats with her, She always had a story to tell and how proud she was of her children and grandchildren.

She was loved by all who worked with her at PlumRus.

Mrs. Human will be dearly missed, but the memories will last forever.

May your soul rest in peace.



 **Sunrise:** 28/10/19 

Sunset: 06/10/2023



Getting registered to vote in the 2024 General Elections is a serious business. Leading by example is our GM, Chris Schutte, going through the process with our Deputy Mayor, Eddie Andrews.

The team from the DA availed themselves to assist the Residents and staff at PlumRus, making sure they will be ready to make the **x** when the time comes.



*Keep Your
Body Strong,
Mind Sharp,
Soul Nourished &
Spirit Positive....
for herein lies the secret to wellness*





PlumRus Care Services partnered with Constantiaberg Stroke Support Group and 3Arts Mall to create awareness around prevention, rehabilitation programmes, care services and support in honour of World Stroke Awareness Day on 29th October.

World Smile Day



What is a smile?

A wonderful thing!

It costs nothing

but is of no use

until it is given away.

It cannot be bought,
borrowed or stolen.

So

If you meet someone

who is too weary

to give you a smile,

Leave one of yours.

For no-one needs a smile
as much

as the one who has no
smile to give.

The Ancient Egyptians

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

NEFERTITI
SPHINX
BANDAGE
ANUBIS
PHARAOH
PAPYRUS
PYRAMIDS
TUTANKHAMUN
EGYPT
DESERT
ISIS
MUMMIFICATION
SCARAB
PHARAOH
RIVER NILE
SLAVES
TOMB



1. Wie was Samuel se Pa?
2. Wie was Sem, Gam en Jafet se Pa?
3. Hierdie briewe het Paulus aan sy "probleem-gemeente" geskryf.
4. Hierdie Bybelboek is sekerlik die mees romantiese boek in die Bybel en die Joodse seuns het heel laaste die inhoud van hierdie Bybelboek geleer.
5. Hierdie Bybelboek se naam beteken letterlik "Die tweede wet".
6. Hierdie rydier is nie baie fluks nie
7. Watter plek het 12 fonteine en 70 palmbome gehad?
8. Waarmee het die Here vir Resin en Peka vergelyk in Jesaja 7vs4?

The Parable Of The Good Samaritan

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

JERUSALEM
INNKEEPER
HALF-DEAD
JERICHO
SILVER
PARABLE
LEVITE
WOUND
WINE
OIL
NEIGHBOR
SAMARITAN
PRIEST
ROBBERY
CLOTHES

Bybel Vasvrae-Antwoorde

1. Elkana
2. Noag
3. Korintiërs
4. Hooglied
5. Deuteronomium
6. Luiperd
7. Elim
8. Twee stukke brandhout

1 Samuel 1 vs 19-20
Genesis 6 vs 10

Eksodus 15 vs 27

