

PlumRus NEWS NUUS

November 2024



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
	1 st One Hour for Jesus	3 rd Morning Service	3de Aanddiens
6de Oggenddiens	8 th One Hour for Jesus	10 th Morning Service	
13de Oggenddiens	15 th One Hour for Jesus	17 th Morning Service	17de Aanddiens
20ste Oggenddiens	22 nd One Hour for Jesus	24 th Morning Service	
27ste Oggenddiens	29 th One Hour for Jesus		

THE TREE OF LIFE

Apart from Moses, no Old Testament character is mentioned more in the New Testament than Abraham. He was 75 years old when God called him to leave his country, his home and wider community and go to a place God would later reveal to him. There, God would give him a land of his own, and his descendants would become a great nation through whom the peoples of the earth would be blessed. Abraham believed God's promises and set out on the journey to this unknown destination! On



his wanderings towards this unknown land, he arrived at a place he later named Beersheba...the 'well of oath'. There he made a covenant with Abimelech the Philistine King, who allowed him and his people to stay in the area and use the well they'd dug. Beersheba turned out to be the southern edge of the land God had spoken of 25 years earlier. A land, stretching all the way north to the base of snow-capped Mount Hermon and the headwaters of the Jordan River. Wonder and gratitude welled up - he was actually standing on the land God had promised him! Bending down he dug into the soft soil and planted a Tamarisk tree as spiritual marker of the faithfulness of God, then and in the future. Apart from the comfort and shade the tree would provide, Abraham believed God would honour his

promises. Promises to give him and his descendants this land and make them into a great nation which one day would be the source of blessing for all peoples of the earth.

Abraham's Tamarisk tree was foreshadowed by another tree - the Tree of Life. God placed this tree, the most significant tree in all of Scripture, in the centre of the beautiful garden of Eden. Close by was another important tree - the Tree of the Knowledge of Good and Evil. It was the fruit of this tree Adam and Eve were forbidden to eat. But, overcome by temptation, they disobeyed God and ate of its fruit! Expelling them from the garden, God instructed angels with flaming swords to block their way back to the Tree of Life. Separated from God's presence, the destructive power of sin and death began to dominate Adam and Eve's lives. Sadly, their rebellion and guilt were passed on to all their descendants, including us. That's why we all start life with 'inherited' sin. Like Adam and Eve, we're disconnected from God and the Tree of Life, and there's nothing we can do to put things right with God.



But God who is rich in mercy, wasn't prepared to leave things like this. So, He made a way back into His presence and did this through the Tree of Life itself! This Tree actually symbolises the person of Jesus Christ! In Genesis, the first book of the

Bible, it was a real tree with branches, leaves and fruit. The Tree reappears in Revelation, the last book of the Bible. Here the Tree is a symbol - a picture of the exalted Christ. After his death, resurrection and ascension, Jesus - the Tree of Life - was welcomed back into the heavenly glory of God His Father. The author of Revelation, John the Apostle, gives us a glimpse of this glory around the throne of God in heaven:

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb...on either side of the river was the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.

Rev 22:1-3

What an amazing scene - the throne of Almighty God, the river of living water, and the beautiful Tree of Life! Is there a connection between the Tamarisk tree Abraham planted and the Tree of Life before the throne of God in heaven? I believe there is. Jesus once said of Abraham:

*"He looked forward to my day. He saw it and was glad."
(John 8:56)*

Jesus revealed that Abraham had been given prophetic insight into His coming into the world and His purpose to set mankind free from the curse of sin. With the eye of faith Abraham saw Jesus as the 'seed' God had promised him - the one through whom all peoples of the earth would be blessed. While Abraham's Tamarisk tree pointed to the future blessings his descendants would receive in this world, it also pointed beyond this, to the fulfilment of God's greater purpose to gather to Himself a people from all over the earth, making them into a kingdom of priests who would display His glory for all eternity. How would He accomplish this? He'd do so through the Tree of life - Jesus Christ! Through His suffering, death and resurrection Jesus would defeat sin and death. The forgiveness of sin and the destruction of sin's power through the shed blood of Christ would open up a new and living way for mankind to be restored to God's presence. Those who believe in Jesus as Saviour and Lord can now freely 'eat' of the Tree of Life and share in God's eternal life.

Those who plant trees seldom get to enjoy their benefits. They plant them for future generations. That's what Abraham did. That's what God did in a sense as well. When He 'planted' the Tree of Life in Eden, he was looking ahead to the time when people from every tribe and language and nation would gather before His throne. Each ransomed by the precious blood of Jesus Christ, each bowing down in worship, acknowledging that He is Lord to the glory of God the Father!

Over the years many sat under the refreshing shade of Abraham's Tamarisk tree.

I wonder...are you sitting under the 'saving' shade of the Tree of Life?

(Submitted by: Ps Dave Henderson)



Mary Magdalene: Jesus is Lord of those that mourn

The Locked-up Disciplines: Jesus is Lord of the fearful

The Two on the Emmaus Road: Jesus is Lord of the intellectual

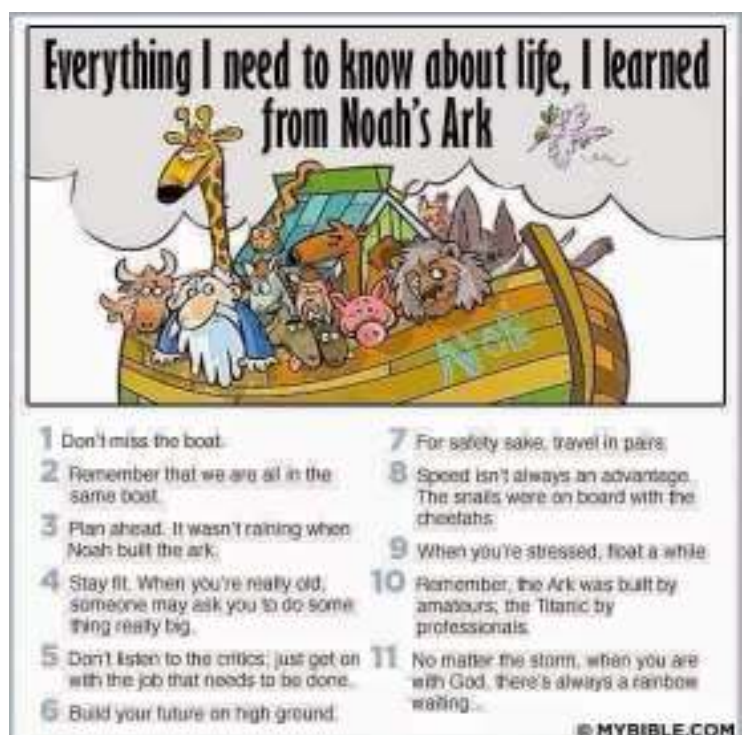
Thomas: Jesus is Lord of the doubtful

Jesus is Lord of ALL!

ALLELUIA!

(Author Unknown-Submitted by: Adin Harmer)

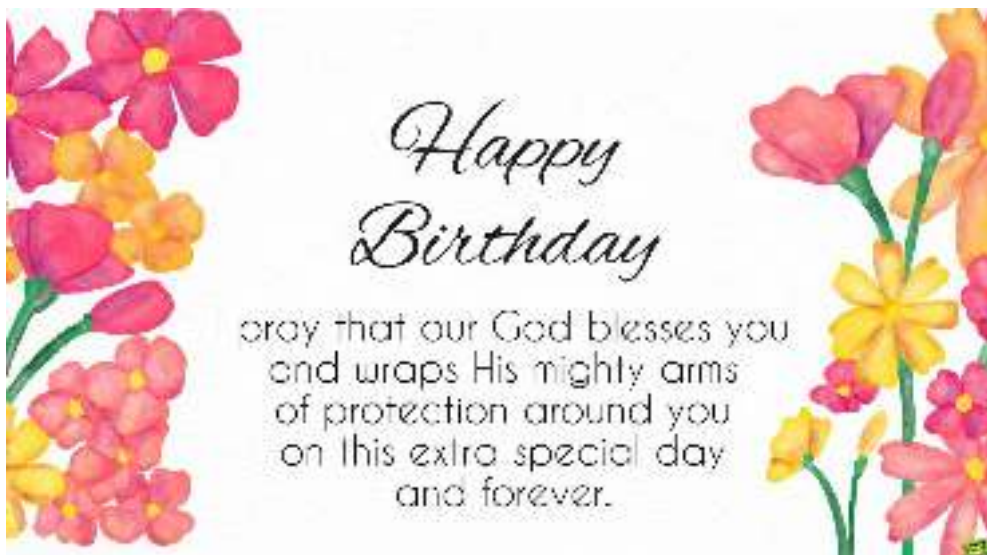
On a Sunday morning you
can find out how popular
a church is.
On a Sunday evening, you
can find out how popular
the preacher is.
On a prayer night, you can
find out how popular God is.
- James Aladiran





Happy Birthday to all our Residents

<i>Date</i>	<i>Name</i>	<i>Location</i>	<i>Age</i>
<i>4th</i>	<i>Lovelle Rightford</i>	<i>R66</i>	<i>86</i>
<i>6th</i>	<i>Maria De Klerk</i>	<i>R12</i>	<i>94</i>
<i>6th</i>	<i>Louise Edgcumbe</i>	<i>F102</i>	<i>85</i>
<i>6th</i>	<i>Roselyn Francis</i>	<i>R56</i>	<i>92</i>
<i>7th</i>	<i>Dorothy Aggenbach</i>	<i>R67</i>	<i>89</i>
<i>8th</i>	<i>Joyce Foster</i>	<i>N201</i>	<i>89</i>
<i>8th</i>	<i>Rebecca Meyer</i>	<i>R37C</i>	<i>93</i>
<i>8th</i>	<i>Margaret Raven</i>	<i>F120</i>	<i>102</i>
<i>10th</i>	<i>Charles Porter</i>	<i>F119</i>	<i>82</i>
<i>15th</i>	<i>Rex Basson</i>	<i>R9</i>	<i>95</i>
<i>15th</i>	<i>Magdalena Douglas</i>	<i>R14</i>	<i>92</i>
<i>16th</i>	<i>Gloria Hare</i>	<i>F116</i>	<i>78</i>
<i>20th</i>	<i>Frances Talbot</i>	<i>R25A</i>	<i>93</i>
<i>23rd</i>	<i>Solange Oliver</i>	<i>MU104</i>	<i>91</i>
<i>25th</i>	<i>Carol De Jongh</i>	<i>R57B</i>	<i>77</i>





Happy Birthday to our Staff

<i>Date</i>	<i>Name</i>	<i>Department</i>
3 rd	Portia Sam	Admin
8 th	Jazreel Manual	CCℓ
17 th	Natalie October	Health Care
18 th	Eric Barnard	Building Maintenance & Gardens
18 th	Leeshay Philander	PlumRus Care Services
24 th	Belinda van Niekerk	Communications & Marketing
24 th	Veronica Fortune	PlumRus Care Services
26 th	Edwina Carelse	Health Care
26 th	Nondipe Wagu	Health Care
27 th	Catherin Rector	CCℓ
27 th	Tarryn Arendse	Health Care
27 th	Clayton Felix	Riskman
27 th	Denise Hendrickse	Health Care
28 th	Lindsay George	Admin
29 th	Luzaan Samuels	CCℓ
30 th	Denzil Jehoma	CCℓ
30 th	Noleen Wheeler	PlumRus Care Services



Happy Birthday to our Board member.

We appreciate your strategic contribution to PlumRus.

24th	Banie Stafford
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Happy birthday to our Members & Clients

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



The Broken Vase

Once, there was a young boy named Samuel who lived in a small village. Samuel had a beautiful vase, a precious gift from his grandmother, which he treasured greatly. He placed it on a shelf in his room and made sure no one touched it.

One day, while playing with his friends, Samuel accidentally knocked the vase off the shelf. It shattered into pieces. Heartbroken, he wept, knowing the vase could never be repaired. Samuel feared how his grandmother would react when she found out.

That evening, Samuel's grandmother came to visit. With trembling hands, Samuel showed her the broken vase, expecting her to be angry or disappointed. Instead, his grandmother smiled softly and said, "Samuel, it's just a vase. What matters is your heart. Broken things can be mended, but a hardened heart is much harder to fix."

His grandmother then sat with him and helped Samuel gather the pieces. Together, they turned the broken fragments into a new mosaic, making something beautiful out of what was shattered.



Moral of the story: God's love is greater than our mistakes. Even when we feel broken, He can create beauty out of our brokenness if we trust Him and remain humble. The lesson reminds us of forgiveness and redemption, themes central to the Christian faith.

(Submitted by: Yacoub)



With another year already approaching its end (hard to believe, isn't it?), I am already working on the first draft of next year's budget.

We seem to often face new emerging challenges, not previously accounted for because they didn't exist, most notable which include the following:

- The instability in the Middle East and East Europe with continuing wars
- This creates uncertainty with supply chains and energy costs, impacting prices of goods and services across the globe
- We see this when we receive our annual price increase notifications from ordinary suppliers and service providers which are mostly in the 7%-10% range
- The uncertainty of minimum wage legislation, the last of which increased by about 10% last year
- Eskom's threat of another outrageous electricity tariff increase next year by over 40%
- The list goes on

No wonder that most other Badisa programs that I've spoken to had to increase their levies with around 10%-12% for the last two years.

Despite this, we are going to **try** to not exceed our annual increase next year, from 1st of April 2025, with more than the increase that we had this year from the 1st of April 2024.



We will keep you posted as this plan develops.

(Submitted by: Chris Schutte)

**COMING TOGETHER
IS A BEGINNING.**

**KEEPING TOGETHER
IS PROGRESS.**

**WORKING TOGETHER IS
SUCCESS.**

HP_V31472.0006

Over the past year, PlumRus has had the privilege of working closely with 2 Military Hospital through the R169 Course for nursing assistants. This partnership was designed to offer nursing assistant students from 2 Military Hospital a well-rounded, practical learning experience within a real-world care environment.

During their time at PlumRus, these students were able to put their theoretical knowledge into practice, gaining firsthand experience in elderly care and various aspects of patient support. Guided by experienced PlumRus staff, the students received valuable insights and hands-on training, which allowed them to develop critical skills essential to their future careers.

Feedback from both the students and their supervisors has been highly positive. The

students expressed appreciation for the welcoming and professional environment at PlumRus, noting the significant learning opportunities they encountered throughout the program. PlumRus staff also remarked on the students' dedication and enthusiasm, highlighting the mutual benefits of this collaborative effort.



Considering this success, PlumRus and 2 Military Hospital are committed to continuing and enhancing this partnership in the coming years. Both institutions recognize the importance of such collaborations in nurturing capable, compassionate nursing assistants who will contribute meaningfully to the healthcare field.

The Health Benefits of Exercise in Older Adult

Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever changing. A growing body of research illustrates how regular exercise is especially important for seniors, and how more seniors are opting for an active lifestyle instead of a sedentary one.

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. Physicians and researchers say seniors should remain as active as possible, without overexerting themselves. In older adults, exercise helps you live a longer, healthier, and more joyous life.

Seniors that exercise regularly are less likely to depend on others, regular exercise promotes an older adult's ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

Though it seems counterintuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which counteract pain and give a sense of well-being. Endorphins also combat stress hormones, promote healthy sleep, and make you feel more lively and energetic overall.

(Submitted by: Rhodene Koense)



Rhodene en Belinda het 'n werkwinkel van Senior Mind Moves in Oktober bygewoon. Senior Mind Moves pas Mind Moves-oefeninge toe om beweging, balans en helderheid van denke te verbeter.

Soos ons ouer word, raak ons dikwels vasgevang in oorlewingsgedrag wat veroorsaak dat ons emosies en gedagtes wasig word. Dit laat ons 'verlore', kwesbaar en hulpeloos voel; en as gevolg daarvan wankel die selfvertroue. Senior Mind Moves fokus daarop om die verouderingsproses te vertraag (en selfs om te keer), deur die sintuie, brein en spiere te stimuleer met eenvoudige dog effektiewe fisiese oefeninge.

"Beweging en balans verbeter lewensgehalte. Daarsonder krimp jou wêreld."

Dr Melodie de Jager (B.Prim.Ed / B.Ed Psych / M.Ed Psych / D.Phil)

Om meer uit te vind, besoek hul webwerf by www.seniormindmoves.co.za

PlumRus together with partners 3Arts Village, Constantiaberg Stroke Support, Trianon, Riverside Place, The Rathfelder, Flexercise hosted an extremely successful World Stroke Day activation on 29th October. We are definitely putting our right foot forward, with over 90 seniors taking up the challenge to GET ACTIVE. More importantly, we are collaborating around Senior Care!





Mr. Bradley Martin

Zone 1 - Room 10B

Bradley was born & raised in Pine Town, South Africa. He attended Alexandra Park Junior School & Mount Pleasant High School.

He was a computer analyst. Martin enjoys sport & board games.

Mrs. Loretta Hanekom

Zone 3 – Room 38

Loretta is a member of the NG Kerk. She enjoys all sports but most of all she is a rugby fanatic. She attended Southfield Primary School & Zwaanswyk High School.

She has a son, Andre Hanekom, and a daughter-in-law, Robyn.

Loretta is looking forward to enjoying her time with her new PlumRus Family.



Mr. Neil Davies

PlumRus North N103

Neil was born in Bulawayo, Zimbabwe. He later attended Sweet Valley Primary School and Wynberg Boys High School.

Neil enjoys history, hiking, cycling and swimming in the sea. He is very sociable and is happy to be living in a Christian based community.

Neil has joined his parents Ione & Brian Davies in N103.

YOU CAN'T RETIRE FROM BEING AWESOME

NOVEMBER / NOVEMBER 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym trim in the hall Tuesday's @ 09:30 7th November Morning Market in the hall @ 09:30 11th ,15th & 25th November Outing's to Intaka Island @ 13:15 Afrikaans kerk diens Wednesday's in the hall @ 09:30 27th November Residents presentation in the hall @ 15:00 28th November Lotto draw in the hall @ 18:00 29th November Bring & Braai in the hall @ 18:00 No You tube evening!!!		
4	5	6
08:30 Library / Biblioteek Outing 09:00 Stellenberg feesmark 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Finding Ola season 1 Episode 6 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges
11	12	13
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 13:15 Outing Intaka Island 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Finding Ola season 2 Episode 2 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges
18	19	20
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 13:15 Outing Intaka Island 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Finding Ola Season 2 Episode 4 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
25	26	27
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 13:15 Outing Intaka Island 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Finding Ola Season 2 Episode 6 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Presentation in the hall Tankwa Karoo flora & fauna

Thursday	Friday	Saturday	Sunday
	1	2	3
	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Finding Ola season 1 Episode 5	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
7	8	9	10
09:00 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall 18:00 Did you know? with Ps Raymond Lombard on big screen	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Finding Ola season 2 Episode 1	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
14	15	16	17
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 18:00 Did you know? with Ps Raymond Lombard in the hall on big screen	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Finding Ola season 2 Episode 3	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
21	22	23	24
09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 15:00 Activity in lounges 18:00 Did you know? with Ps Raymond Lombard in the hall on big screen	08:30 Library / Biblioteek 09:30 Praise & Worship 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Finding Ola Season 2 Episode 5	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
28	29	30	
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 15:00 Activity in lounges 18:00 Lotto Draw in the hall 18:00 Did you know? with Ps Raymond Lombard in the hall on big screen	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges The babysitters club season1 episode 1	



RANDOM WRITINGS FROM THE WRITERS' CLUB

This month, the writers were given free reign. Here are some of their rather random thoughts. Thoughts give rise to feelings, so hopefully these will trigger happy memories in you, new ideas and purpose and a deeper understanding and connection with those around you. ***(WCC-Writers' Club Co-ordinator)***

MY RUSOORD STORY

(by Jeanette Venner)

Wally and I were getting desperate. We had the house we had lived in for 49 years on the market and our names down at various retirement villages, but nothing positive had transpired so far.

It was a Friday morning and Wally was at work, and I was feeling so worried and despondent about where to make a move to, so I got right down before God and asked Him to tell us what to do.

About an hour later, the phone rang, and it was our friend, Shirley Coles. She told me that they would be building at Rusoord and that she had the plans of the building, which she had borrowed from a friend. "Would we be interested?" "For sure," I said and so she came straight away. I rang the secretary at Rusoord to book a time on Monday. On Monday, Wally and I kept our appointment with Marlise at Rusoord and had a good chat and had another appointment for Tuesday. We were delighted to know that we would be owners of a flat at Rusoord!



God is so good, and we are so grateful to Him for helping us when we were so desperate to know where to make our home.

WCC: What's your Rusoord story? Share it with someone

**GOD ANSWERS PRAYER ACCORDING TO HIS PERFECT WILL,
IN HIS PERFECT TIMING.**

I CHOOSE TO BE A UNICORN

If you could choose to be whatever you wanted to be... Who or what would you choose to be?

I choose to be a unicorn My choice is influenced by a recent trip to Scotland. The unicorn is Scotland's national animal, probably originating in Celtic mythology.

The unicorn also featured in early Mesopotamian artworks and in the ancient myths of India and China. In about 400BC, a Greek doctor, Ctesias, heard stories about the unicorn, whilst he was living in Persia (Iran). In his book "On Indika", he described it as having a white body, purple head, blue eyes and a white and black striped horn with a red tip. I wouldn't want a body like that! So, why would I choose to be a unicorn?

The spirit of the unicorn is described in Scripture: mysterious, FREE, untameable, strong, splendid. The Hebrew word "Re'em" is translated as "unicorn". Job 39 v 9-12 describes how difficult it is to tame a unicorn, to get it to stay at home, to serve.

Numbers 23 v 22 relates how the Israelites were rescued out of slavery in Egypt and are now strong and free, like a unicorn: "See what God has done."

I would like to be characterised by a free spirit of innocence, purity and power. I dare to be different, but, as an anomaly, I do choose to be dependent on the Holy Spirit, because "If the Son shall make you free, you will be free indeed!" (John 8 v 36)

The word "re'em" is probably more accurately translated as "wild ox" or "rhinoceros". Apparently, in early Scotland, "pharmacies" sold powdered horn of unicorn for protection against disease. Perhaps this idea contributed to the current fertility myth attributed to ground rhino horn?

Factual, fanciful or an exercise in Faith.... I choose the Spirit of the unicorn. It would be even better to be a baby unicorn. They are known as "sparkles" or "shimmers" and they never grow up!

WCC: How are YOU unique, different or daring?

Resources consulted:

The Bible (KJV), wonderopolis.org, wikipedia.org, funkidslive.com, britannia.com

Originally published as a blog: Verena's Musings Mining my mind



**HAPPINESS IS LETTING GO OF WHAT YOU THINK YOUR LIFE SHOULD
LOOK LIKE**



Grandpa

Grandpa was sick. Although he lived with grandma, he was often relegated to a secluded area toward the back of the house. Diabetes had him almost bedridden. It was an existence that I, as his favourite grandchild (I thought) couldn't bear. I adored him too much.

So, most weekends, I would walk the two kilometers from our house in Greenhaven to a bus stop, then board a bus for a 15-minute drive. When the ride got bumpy — the smooth asphalt receding into unpaved road — I knew I was getting close. Truth be told, I was afraid of going to Bonteheuwel, an Afrikaans word meaning "Beautiful Hills." There was nothing beautiful about this township, where the world went from vivid, undeniable reds, blues and greens to various gradients of grey. My grandparents settled here after bulldozers flattened the land in Cape Town's District 6 to claim it as "white" land. Between 1960 and 1983, the apartheid government executed the largest mass removals in modern-day history, displacing 3.5 million blacks. My grandparents were part of the displaced.

No one wanted to live in Bonteheuwel. Forcibly removed from their homes, the people there were angry and bitter. Gangs and drugs were common antidotes for the poverty and hopelessness people felt. Grandpa lived through the last years of his life here. Losing his home was something he mourned every day, and I became attuned to this sadness. Even though I was only 12, I sensed that Grandpa was always grieving, always on the precipice of a slow and persistent heartache. Perhaps his illness contributed to this melancholy.

But that changed when he saw me. His grandchildren gave him life, especially Linnemore, his eldest grandchild.

I would like to believe that my presence gave him respite from his grey day. I loved hearing about his violin. These days, he was too tired to play, but when I was younger, my grandfather thrilled me by playing waltzes and concertos, compositions he learned to play himself by sneaking into the weekly Thursday performances of the Cape Town Municipal Orchestra. Of course, the performances were reserved for white audiences only, but my grandfather befriended ushers who allowed him in after the doors were closed. He watched violin bows slide across strings. The sound that emerged was crisp and precise. He wanted to do that, too. He played for me, doing his best impression of what he saw during those performances and from his considerable collection of long-playing records which he played on the Blaupunkt record player.

"Grandpa, what's new" I would ask. My eyes lit up whenever grandpa took the violin out of its case. Decades before, a Jewish/ Latvian emigre walked into the music shop where grandpa worked. The customer brought in a violin that had a hairline crack along the rib. After grandpa fixed it, the man became a regular customer over the years, coming into the shop whenever he needed new strings or resin. One day, the customer announced he was leaving the country, but not before he gifted his violin to my grandfather! This became grandpa's most cherished possession. When he played, it was as if he was not in Bonteheuwel anymore. The music transported him. He played Bach and Strauss, preludes, waltzes and nocturnes. He loved showing me the new techniques he had learned by watching the Cape Town orchestra.

"This is pizzicato," he said, as he plucked instead of bowed.

"This is vibrato," he said, as his left hand pulsed on the fingerboard.

"This is spiccato," he said, as his bow bounced off the strings.

I liked to imagine that the violin was a Stradivarius, a string instrument built by one of the members of the Stradivari family in the 17th and 18th centuries. The quality of a Stradivarius is unrivalled, the resonant sound as illuminating as the lustre of an angel's halo. It might as well have been. To me my grandfather's playing was heavenly.

When he became sick, it was hard for him to play. I tried to lift his spirits in small ways. My grandmother usually had a bag of fruit hanging from her bedpost, and the fruit inside often went bad. I would raid the bag and bring grandpa his favourite fruit.

Another time, I offered to give him a haircut. "Grandpa, your hair is getting so long. We must cut it."

I assessed my grandfather's electric white hair, a contrast against his dark skin. It was dishevelled, looking more like unruly tufts of gossamer on top of his head and above his upper lip. A pair of scissors in my hand didn't do much to temper his mane. In fact, I wasn't sure if it looked better than it did before. I didn't know what I was doing; I just knew that I wanted to take care of him. **(Submitted by: Glenda Wildschut)**

WCC: Have you explored your roots...and how has it shaped you?

Gedig om te lewe

Die waarde van die lewe is nie net in tyd of goed

Maar in liefde wat ons deel

In oomblikke van moed

`n Dankbaar hart

`n Magneet vir wonderwerke

In elke lag `n traan

In hande wat ons vasgryp is daar `n skoonheid

In betekenis wat ons herbesryf

Die lewe is `n geskenk, herinneringe wat bly

`n Reis vol ontdekkeings waar ons saam die wêreld draai!

Ingedien deur: Marie Knuppel

THOUGHT LINKS

A long-serving Port Alfred Librarian declared that a book would come to your hand to be chosen, just think it off the shelf with your thoughts of that day. Author Tony Park's "Ghosts of the Past" had a nice watery picture spine, but I missed the reflection of the past hero with a rifle in the mirage and went on to read about the legend of the Namibian wild horses, Paul Kruger's vanished gold and too many South-West Africa wars woven between. Sometime before, a local Author's book "The Trivato Link" came to hand as this is a road in Plumstead and I wanted to read about the legendary Manor House. Here weaving a mystery of maps, the lost Kruger gold ingots and horses galloping to secret caves.

Unprompted up pops the history of The Boerperd in South Africa on Facebook and next day my horse loving sister relates her equestrian linked reminiscences and also ponders about the legend of the Namibian horses and the South African Boerperd. Was there telepathic prompt? I have no love for foot stomping equines.



Last week I ran along the Plumrus Oak Tree path to capture cell phone pictures of the aerial mating dance of a pair of huge Solitary Bees and forwarded a pic to family WhatsApp. The same day there was already a cuddly photo on Facebook shared by family of a pair of tired bees sleeping curled up inside a flowerhead, surprised thoughts!



Yes, it is Bee Season, so a group would follow such thoughts after seeing a giant black Solitary Bee at Kirstenbosch revving like a motorbike in the drooping Wisteria blooms.

One Retiree remembered years prior being dragged off to Emergency with her beesting - bloated body rather than using her EpiPen to save her life. Fifty years ago, my father-in-law sat on the cement reservoir wall where the bees always came to drink water and held a bee to his elbow to sting him to aid his arthritis - do not try this at home! Many brains crammed with such bee links waiting to be aired.

How often do we say: "I was just thinking" and, Snap, simultaneously pop up with the same brilliant idea. Same wavelengths they say? Is it our thoughts that are transferred?

A colleague says her cell phone is listening to her as she shushes me and points to her upside-down device in case IT hears me say something scurrilous. Sometimes we think IT hears our thoughts.

A Fortune Teller told me that I had wanted to buy red shoes that day 50 years ago, very true, but did she read my thoughts when she said I wanted to go across the sea?

The belief was held from biblical times that many emotions and the Intuitive Feeling originates from the stomach, but, since 1970 many Scientists say that this is due to the gut Microbes! See someone's unusual smile and the microbes or one's jig-saw puzzle brain will try to analyze saying: baby, marriage, phone call, trip to Alaska....

Is it creepy Algorithms, telepathy, topical news prompts, media, microbes or thought links at work here? Have you had a mind-blowing coincidence? **(Submitted by: June Stein)**

WCC: Trace your thoughts and think about them!

Bee season indeed – Photos taken during last week of October of bee nest and the removal thereof by Morne from In 2 Bees, in our garden in front of Bobbie Liebenberg entrance.



In Loving Memory of SHEILA CARROLL born 27.08.1945 passed into glory 24.09.2024

My mom was a very kind and considerate person. To the point of being a martyr. The best thing you could ever do for her was to be in need. "Mom, I need your help" Those were the times when she shone, if someone needed her, she was her strongest. What was my mom good at... Baking; gardening; knitting; sewing.

She had X3 children of her own; she adopted a son born to her late husband and had compassion for a single mom in need and fostered her daughter for 7 years until the mother was able to get back onto her feet and take her daughter to live with her permanently again. She also brought home for many years, persuading my dad, a man whom she met in one of her hospital visits who was in rehab due to alcoholism and needed a home where he could be looked after and just be part of a family.

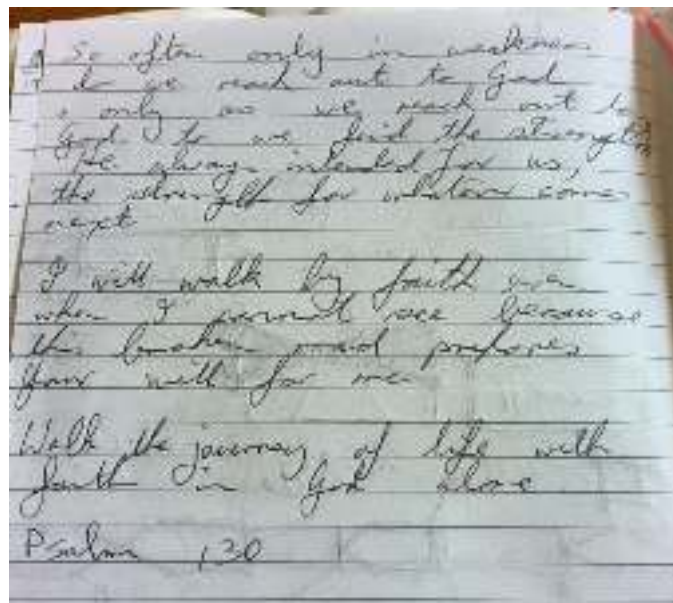


My mom in all this and all her achievements suffered permanently from a mental illness called bi-polar. Due to this illness with absolutely no fault of her own she was quite a loner and never had many friends. Not because she did not want friends, but this illness can make you so scared that you will get hurt again and hurt others. If she made a friend, it really took one maybe 2 triggers to bring her illness to the fore and friendships came and went. So generally, she tried not to be in social

situations or with people as she was aware that she could ruin not only the friendship but be labeled in an instant.

The best thing that ever happened to my mom was that she gave her life to the Lord Jesus around 1970. Let me tell you even though she knew it was grace and grace alone, and that coming to the foot of the cross was where you found forgiveness. She had to truly live by faith every single day. Her Bi-polar illness often made her not feel good enough and people around her reacted to her episodes, making her feel even worse. (It really was not an easy thing for others who do not suffer from it to understand)

When going through my mom's belongings and clearing out her room. I found a journal entry she had written based on Psalm 130. Please read this amazing psalm and feel the full impact of my mom's testimony. Which is such a testimony to my mom's struggles and her beauty to be found in all its fullness in her Savior the Lord Jesus. I know my mom above all would want to say to everyone reading this tribute "This fallen broken world is so hard, but God through his son Jesus has conquered sin, life is hopeless except if you put your hand into the hand of Jesus and walk with him in faith. With her mental illness hopelessness was emphasized as she seriously could not pretend. Jesus does not want us to pretend to be what we are not. What good will that do. Be yourself the broken sinful people we are in order that we can acknowledge how we need Jesus and only then can he be our savior. See journal below written by my mom. Based on Psalm 130.



Thank you, mom. I don't even have to say rest in peace, I know you are resting in your savior's arms and now you are truly at peace. AMEN Love Michele Droskie (Daughter)

Mrs Hinds was the sweetest little angel, but the oldest lady and one of our first High Care Residents. Her faith was always so strong. Whenever the carers would ask her how she was doing her response was; I'm fine – better than yesterday. She was always very polite and loved wearing warm clothes in beautiful colours. She enjoyed having her hair washed and blow-dried every week.



After enjoying her jungle oats with yogurt, she would start reading her Bible and enjoyed listening to Christian music.

Gone but not forgotten

All High Care Staff



An evening of Violin and Piano

We, the Plumrus residence, were so fortunate to experience a wonderful evening of violin and piano music by Helecia and Paul.



These wonderful musicians took us through a musical journey from the Baroque era -Handel- to the classical-Shubert and contemporary period Fritz Kreisler and Rubinstein.

Paul, a medical doctor, while an amateur musician played the violin with the sensitivity and skill of a professional. Helecia's accompaniment on the piano matched Paul's sensitive playing.

It was a lovely experience, the encore, Amazing Grace, evoked an urge by almost all of us in the audience to hum along. What a wonderful soiree and we hope to have an experience like this again soon!

(Review: Glenda Wildschut)

A Night at the Opera

Orpheus McAdoo, a musical, accounts the story of Orpheus the Impresario and his Jubilee Singers' tour of South Africa and their 2 year stay in the country singing the length and breadth of the country.



The opera is a reworking of the previous rendition by David Kramer, this time in collaboration with Cape Town Opera. Conroy Scott and Jody Abrahams were excellent in the title roles. We were treated to really great ensemble singing. There was never a dull moment in the entire production as their individual lives, aspirations, hopes and dreams were played out. Familiar African American Spirituals and local songs entertained to great applause.

Our Plumrus group really enjoyed a delightful, entertaining evening at the Opera. Thanks to Madre and her team for always including PlumRus in these magical performances.

(Review: Glenda Wildschut)

IT'S SUMMERTIME AND THE LIVING'S EASY!

We got home after dark last night. Why? We were celebrating Summer at the You Tube evening.

Copious videos of bronzed bodies, cool blue water, sunshine and sand, impossibly slim girls, iced drinks, blue skies and broad smiles set the tone. Popular, upbeat music from many eras cheered us, all songs with the same theme: "It's Holiday Season - enjoy the Summer whilst it lasts!" From the Beach Boys, Abba, the Beatles to Mungo Jerry... and "Let's Twist Again", all brought back many pleasant memories.

As usual, Charlene and the kitchen staff excelled themselves by providing a Summer Feast for us to snack on: fruit punch with a zip, fruit juices, tropical pizza, fruit salad and pretty puddings. Many thanks to Belinda for the huge amount of comprehensive effort she put into organising such a successful evening. As Beryl Ely remarked: "You even organised the weather to be hot and sunny."

We have the beaches, the mountain, the food, the people and the rhythm...so ready!

Welcome to Cape Town



Gloria Snyman celebrated her 90th birthday at PlumRus with her family and friends.



John Herbst het sy 80ste verjaardag oor 'n paar weke gevier. Die beste was beslis tyd saam met sy kinders en kleinkinders. Die spesiale viering op die dag was 'n verrassing bootreis na Seal Island.



Grant celebrated his special 60th birthday with his dad, brother and all the fabulous ladies at PlumRus.



Residents and staff took time to raise awareness around Breast Cancer, proactive testing, treatment and support to those around us suffering from the illness. Sr. Yolanda reminded us to do regular checks of our breasts and armpits. Remember self-examination is; EASY, CHEAP, NOT PAINFUL, FREE & IT COULD SAVE YOUR LIFE! Thank you, Lee-Ann, for sharing your story with us.

KIRSTENBOSCH

Viewing Season's Tourists was as interesting as examining the flora and fauna. Rather alarmed when a tourist teenager ran back downhill in tears, arms waving, to hurry her parents along past the lower ticket kiosk in order to show them the powerfully beautiful Kirstenbosch mountains she had just seen, pure tearful joy.

Another tourist bus crowd gathered around the exquisite Protea sugarbushes with their bazooka zoom cameras, totally entranced by the show-offy sugarbirds or sunbirds right next to them in a nectar feeding frenzy unaware of the paparazzi.

A bus of German folks gathered to crane their necks to see the huge resident Spotted Eagle Owl slumbering in its usual tree above. More tourists were creeping after plenty of butterflies in the fynbos and others were extolling the beauty of the white clouds of Everlasting flower bushes amongst the swathes of sky-blue daisy shrubs. Even the Monks/Buddhists? gliding along in their saffron robes had such happy ear to ear wide smiles and the Ozzie gentleman jumped off the pathway for the ladies he said!



Unknown language girl was ecstatic when shown 6 brand new Egyptian Geese goslings being guarded by Dad at the Dell spring water and herded by Mum for their portraits and watching folks were amazed when we humans also drank the water. It was a delight for all to be in Nature-even for those in the snaking Restaurant queue.

Thank you, Plumrus hierarchy, for all the Kirstenbosch trips and patient driver/protector Kurt & the calm Carers, from all the residents.

(Review: June Stein)

IT'S POPULAR

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ANTHROPOPHAGY
APOPLEXY
DEPOPULATING
HIPPOPOTAMUS
LOLLIPOP
POP ART
POPCORN
POPE

POPINJAY
POPISH
POPLAR
POPLIN
POPPIA
POPPET
POPPING
POPPY

POPSY
POPULACE
POPULAR FRONT
POPULARIZATION
POPULARIZER
POP-UP
REPOPULATE
UNPOPULARITY