



OCTOBER

Making a Life-Giving Difference

Spiritual Care Program for October 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
1 st One Hour for Jesus	3 rd Morning Service	3 rd Evening Service
8 th One Hour for Jesus	10 th Morning Service	10 th Evening Service
15 th One Hour for Jesus	17 th Morning Service	17 th Evening Service
22 nd One Hour for Jesus	24 th Morning Service	24 th Evening Service
29 th One Hour for Jesus	31 st Morning Service	31 st Evening Service

The Scandal of the Cross

In 1998, Patricia Gearing's young daughter died of a rare neurological disease. Her grave in the cemetery of Maplethorpe, a seaside town in the UK, was marked by a simple cross. Not long after the burial, local authorities instructed Mrs Gearing to remove the cross. Their rules said: *"Crosses are discouraged, as excessive use of the supreme Christian symbol is undesirable."* It's hard to believe this happened in a nation that for many centuries has been an integral part of the world-wide Christian community. But in the last few decades across the western world growing multiculturalism and advances in science and technology, as well as a rapid move away from religious values, has seen Christianity lose its place of importance in society. It's now largely regarded as simply one of many equally valid "faith" options for interested people.

The Maplethorpe local authority's response revealed where the true values of society now lie.

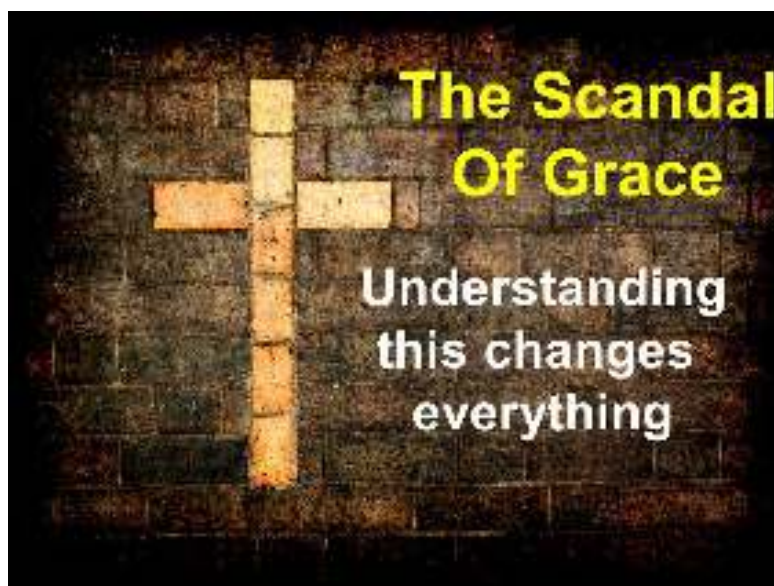
In many ways, this has always been the story of Jesus' cross. ***Its scandal continues.*** It has never stopped being a cause of offence. People respond to its offensiveness in different ways. Some ridicule it, some refute it, and some try to remove all traces of it. Many Christians try to cover its offensiveness by turning the cross into an item of artistic beauty. Polished brass crucifixes hang in many church buildings and shiny silver crosses adorn earrings and necklaces. None of these responses change the historical and spiritual significance of the cross. To most people in Jesus' day, his death on a cross was a symbol of utter weakness or glaring foolishness. The cross ran counter to all expectations of how God would make himself known. The idea that God would take on human form, and then claim to save the world by dying on a cross, was and still is ridiculous! How can anyone believe in a God like this?

This is still how many regard the cross. Sadly its 'offence' in their eyes masks the greatness, love and faithfulness of God...the reality of the cross is entirely different from how they've understood it. Paul the apostle tells us the cross of Christ is both *"the power....and the wisdom of God"* (1 Cor 1:24). ***That's why the scandal of the cross is in fact the greatest news the world has ever heard!*** Jesus' death on the cross and his resurrection three days later is God's brilliant strategy to deal with sin and to restore people to a right relationship with himself in this life and the next.

By raising Jesus from the dead, God the Father declared him to be the one Isaiah the prophet spoke of, who would be *"...led like a lamb to the slaughter."*

The one John the Baptist on the banks of the Jordan singled out, crying "*Look! There he is—God's Lamb! He takes away the sin of the entire world!*" Jesus' death on the cross was a perfect sacrifice by a perfect person to perfect some very imperfect people. By that single offering he did everything needing to be done for those who turn to God by believing Jesus is who he claimed to be and will do what he said he'd do. When we respond to the message of the cross in this way, we're united with Jesus, and are given a fresh start. Our old life is gone and a new life in him begins.

In this new life, God begins to shape our lives along the same lines as Jesus his Son. And he promises to continue this great work throughout our lifetime and bring it to a flourishing finish when we meet him face to face! ***Although his work for us started when Jesus died on the cross, his work in us begins when we first believe in Jesus.*** The indwelling Spirit of Christ enables us to become more and more like Jesus. This means our love for God and those around us will deepen. Our desire to spend time with the Lord in his Word and in prayer will grow. Like Jesus, knowing and doing the will of God the Father will become a priority. We'll begin to love those around us the way Jesus loves them. We'll find new strength to overcome trials and temptations. He'll never let us down or allow us to be pushed past our limits; he'll always help us come through times like these. You'll find yourself becoming a light-bearer, bringing out the God-colours in the world. You'll become more generous with your life. By opening up to others, you'll prompt them to open up to God. You'll find yourself living with great expectation of life in heaven with God. A priceless future being kept for you, one that's pure and undefiled, beyond the reach of change and decay!



This is all part of the abundant life Jesus offers us...real and eternal life, more and better life than we've ever dreamed of!

Whether or not you enter this one-of-a-kind life, depends on how you understand and respond to the message of the Cross of Christ. When you see through the smokescreen of scandal concerning the cross, and see the crucified Christ as God's ultimate miracle of wisdom and power all wrapped up in one, and in response humbly open your heart to him, confess your sin, and ask him to forgive you. Then, your sin-miserable life will end and you'll be given a fresh start. You'll be included in Christ's life-saving resurrection and real, eternal life in him will begin!

You Are Jesus to Someone

YOUR LIFE is Jesus to someone,
though tattered and torn it may be.
Though often times weak and unstable,
you're all of God someone will see.

YOUR TONGUE is Jesus to someone.
That idle, insensitive word
reflects to at least one searching heart
an idle, insensitive Lord.

YOUR GOALS are Jesus to someone.
What you put first, they believe,
are the goals of God for the Christian.
Your life is all they receive.

YOUR FAITHFULNESS, that is Jesus to someone.
Their judgment of how God is true
rests unquestionably in the faithfulness
they see day by day in you.

YOUR LOVE is Jesus to someone--
that someone who is seeking to know
that Jesus will follow and guide and
befriend wherever in life they might go.

SO BEWARE lest others blaspheme
God by what you say or do,
for the only Jesus that someone knows
is the Jesus they see in you.

Amen





Hello! I am Sergio Zack Truter. I am 25 years old. I previously worked as a salesman at an Auto Dealership in Ottery, which I enjoyed very much, sadly the contract ended.

It is with great enthusiasm that I am working here at PlumRus now. I like to think of myself as a positive, ambitious and creative person. In my spare time I love to spend time with family and friends, which brings me much joy.

I've been enjoying my time here at PlumRus so far, and the exciting challenges that comes with it. And I am eager to find out what comes next!

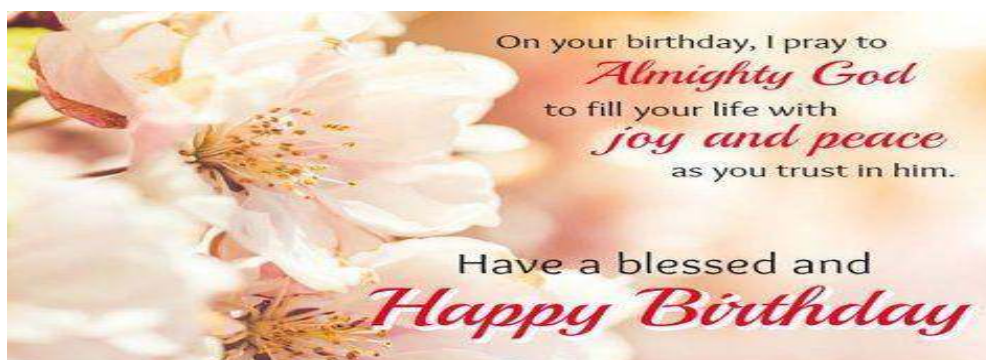
Sergio has been appointed as our new Risk Man Officer and reports to Mervyn & Hendrik.

Welcome to PlumRus Sergio we trust that you will keep us all safe and that you will enjoy working here.



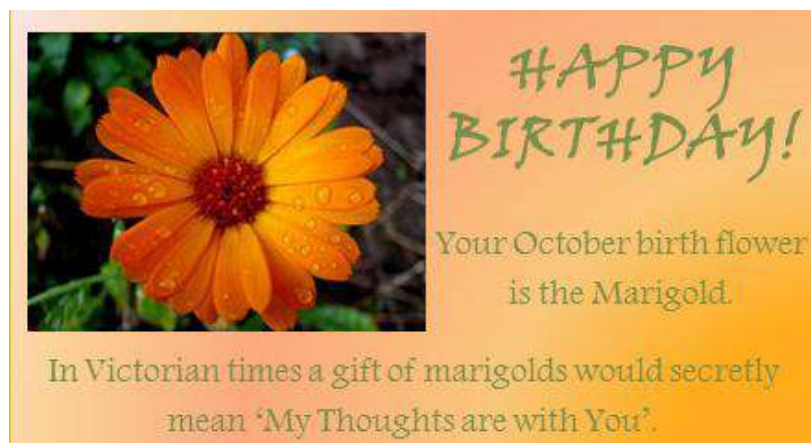
HAPPY Birthday TO YOU

1st	Giuseppe Morelli	N004	89
1st	Everdina Morelli	N004	86
1st	Cora Welz	MV203	85
2nd	Marcella Steinbauer	MV207	83
3rd	Lorraine Borthwick	R33	85
5th*	Margaret Basson	R045B	90
6th	Joan Byrne	R046A	83
8th	Maurine Gleeson	R020A	92
8th*	Hilda Wier	R72	90
9th	Merle Swart	R50	72
12th	Margaret Guy	MV206	82
15th	Christina Esterhuyse	F017	86
15th	Eris Fraser	R34	97
16th	Charlotte Offerson	F123	80
18th	Patricia Van Wyk	MV108	93
19th	Jennifer Cooper	A5	83
20th	Veronica Hopwood	N205	82
21st	AnnieJansen Van Vuuren	F111	82
21st	Ernest Haupt	F015	85
22nd	Gloria Snyman	R43	87
23rd	Ignacia Holland	R019B	86
24th	Marjorie Bedford	N111	98
25th	Beryl Garwood	F105	86
28th	Gillian Human	N110	77
28th	Leon Ellis	F022	70
30th	Grant McKnight	MV106	57





Old enough to know better, Young enough to do it anyway!





Dit is die maand Oktober,
die mooiste, mooiste maand!
Dan is die dag so helder,
so groen is elke aand,
So blou en sonder wolke
die hemel heerlik bo...

Dit is die maand Oktober!
Ek dink die mense vier
Vir ewig in die hemel
Oktobermaand soos hier!
Wat wens jy meer as blomme,
as helder dag en nag?
Wat kan jy beter, mooier
of heerliker verwag?

- C Louis Leipoldt

Die Ware Storie Agter die Liedjie: "Vat jou goed en trek Ferreira"

Op 'n grou dag in Engeland in 1926 emigreer 'n pianis, Annie Molony, na Suid Afrika en gaan tuis by Van Aardt, 'n welgestelde boer naby Somerset-Oos. Langsaan het 'n Ferreira gewoon met die bynaam Hoepelbeen omdat sy een been korter was. Van Aardt het Ferreira se plaas knotant gekoop, maar dit was verniet of laasgenoemde die plaas wou verlaat. Annie en die boer se dogter, Ada, maak toe 'n plan. Ada skryf die woorde en Annie die liedjie:

"Vat jou goed en trek Ferreira, Jannie met die hoepelbeen."

Toe nooi hulle die hele buurt na 'n dans en Ferreira was ook daar. Annie het die liedjie gesing en naderhand het almal lustig saamgesing. Ferreira het die dans woedend verlaat. Die volgende dag sien jy net stofwolke soos Ferreira sy goed vat en trek.

(ingestuur deur Pat van Wyk)



FACTS ABOUT AFRIKAANS



- Afrikaans is one of the youngest languages in the world.
- Afrikaans was only recognized in 1925 as an official language of South Africa.
- Afrikaans is a daughter—language of Dutch.
- Until the 19th century Afrikaans was only a spoken language.
- From the 7000 languages in the world, Afrikaans is the 140th largest language in the world with about 6.8 million speakers.
- Afrikaans is also the third biggest language in South Africa.
- Afrikaans is one of only five languages in the world that was able to develop to a high level academic language in the 20th century.
- There are about 24 million people in the world that can understand Afrikaans, especially in countries such as the Netherlands, Belgium, Surinam, Argentina, Botswana, Canada, Australia and New-Zeland

bbb

Moeilik om te glo....

- * 'n Kat het 32 spiere in elke oor.
- * 'n Krokodil kan nie sy tong uitsteek nie.
- * 'n Goudvis se geheue is net 3 sekondes lank. (Ek ken sulke mense)
- * 'n Haai is die enigste vis wat albei sy oë kan knip. (Om toe te knyp voor hy jou opvreet?)
- * 'n Slak kan vir 3 jaar slaap. (Wens ek kon)
- * 'n Volstruis se oë is groter as sy brein. (Ek ken sulke mense ook)
- * 'n Kat beskik oor meer as 100 vokale klanke, 'n Hond het net 10.
- * 'n Skoenlapper proe met sy voete. (Ek loop kaalvoet in die kraal... dankie tog ek's 'n mens)
- * Februarie 1865 is die enigste maand in die opgetekende geskiedenis wat nie 'n volmaan gehad het nie.
- * Babas word gebore sonder knieskywe. Dit ontwikkel eers van ouderdom 2 tot 6 jaar. (Ek ken mense sonder ruggrate)

* In die afgelope 4000 jaar is geen nuwe dier as 'n huisdier getem nie. (Ja daar is - mans!)

* As die Chinese bevolking in 'n enkel gelid verby jou loop, sal die ry nooit ophou nie agv hul aanwaskoers.

* Leonardo Da Vinci het die skêr ontdek.

* Dit is onmoontlik om met oop oë te nies.

* Mens se oë is van geboorte dieselfde grootte maar jou neus en ore hou nooit op met groei nie. (Piet Koornhof ???)

* Geen woord in die Engelse taal rym met month, orange, silver, of purple nie.

* "Stewardesses" is die langste Engelse woord wat met die linkerhand getik word - "lollipop" met die regterhand. (Word mense actually betaal om hierdie navorsing te doen?)

* 'n Gemiddelde persoon se linkerhand tik 56% van alle woorde.

* Die sinsnede "The quick brown fox jumps over the lazy dog" gebruik elke letter van die alfabet.

* TYPEWRITER is die langste Engelse woord getik met slegs een ry klawers op die sleutelbord.

* Die QE2 vaar 6 duim vir elke gallon diesel wat dit verbrand. (Dit verklaar die uiters duur kaartjies)

* Die Winter van 1932 was so koud dat die Niagara Watervalle gevries het.

* Daar is meer Hoenders as Mense op die aarde. (Nie in SA nie... hier word hulle vinniger gesteel en geëet as wat jy kan tel)

* Winston Churchill is in 'n dames kleedkamer gebore tydens 'n dansparty.

* Vroue knip hul oë twee keer soveel as mans.



NOU weet jy alles!!!





We owe our elderly their right to dignity

On 1 October 2021 we will celebrate International Day of the Older Person which has been designated by the United Nations General Assembly to change the way we think about ageing. As for the rest of the world, this has serious implications for the planning of future social and health care services for the elderly in South Africa.

Older persons enjoy all the rights enshrined in our Constitution, particularly the right to have their dignity respected. This is supplemented by identifying the Rights of Older Persons in the Older Persons Act as a way in which their lives can be improved.

The socio-economic needs of many older persons in South Africa are however far from being met. They face income poverty, food insecurity, social exclusion, discrimination and lack of access to basic services such as water and health care. The situation is very worrying considering that South Africa's ageing population will more than double over the next 30 years.

Both community based and residential care facilities for older persons require urgent attention and re-alignment because of an increase in the demand for services and the changing needs of the elderly. Services will have to be adjusted to meet the emerging needs of the elderly, for example to remain active members of their communities for as long as possible, as well as customised residential care services for the frail and those with special needs.

Badisa, a not-for-profit social services organization, developed its 2030 Strategy for Older Persons, aligning our service offering to international trends and the changing realities of older persons. This includes:

- Restructuring our residential care facilities to increase services to frail persons with multiple disabilities and those suffering from conditions such as Alzheimer's.
- Creating a decentralized care model with increased community based services in order to service or support the needs of other older persons that are still living with family or in the community. This will be achieved by utilizing their residential programmes to also offer similar services than their service centres.
- Improving the quality of our care services through the recruitment and retainment of professional nursing and care staff.

- Expanding partnerships with other role players so that they can optimize the use of scarce skills and limited resources.

Badisa currently has 23 service centres and 47 residential care facilities throughout the Western and Northern Cape. Their programmes make a valuable contribution to the quality of life of about 4200 older persons in terms of the following services:

- Information and awareness campaigns.
- Support to family members.
- Service centres that provide meals, transport, medical support and socialisation to enable older persons to live independently.
- Home-based care.
- Residential care for especially the frail aged and those with special needs.
- Safe, appropriate and affordable accommodation in the form of independent- and assisted-living.

Older persons are incredible assets to the nation. We must take care and listen to our elderly people as they have knowledge and wisdom that can strengthen our foundation of building a better life for all.

Government will never be able provide effectively for the protection and promotion of the rights of older persons without the active participation, cooperation and support of the community and especially organisations such as those of civil society and the faith based sector.

We call on all South Africans to respect, protect and promote the rights of older persons as contained in our laws. By working together we can ensure that we treat our elderly with dignity and respect and prevent their exploitation and abuse. To realise this we require the involvement and investment of the broader public and especially the faith based sector to make a significant difference to elderly care in South Africa.

According to late and former president Nelson Mandela, a society that does not value its older people are denying its roots and endangering its future. So we must strive to enhance the elderly's capacity to support themselves for as long as possible and when they cannot do so anymore, care for them. They gave their life to raise a future generation. Isn't it time we allow them to live their last years with dignity?

The above press release was issued by Badisa in celebration of International Day of the Older Person

PlumRus, as a programme of Badisa, is proud to share this vision. We are working strategically to ensure that sustainable implementation of this vision happens long before 2030. We currently have Community Centres in Lavender Hill, Retreat and Plumstead. We trust that during this financial year we will be opening our 4th centre in Parkwood.





GEBED VIR BEJAARDES

As ek oud word O Heer, maak my minsaam en lief
As alles te swaar word en so vol ongerief
As dit skyn of mense nie meer omgee vir my
As ek treurig en alleen voel, wil U tog by my bly.

As ek my kwel en bekommer oor elke klein saak
As alles my steur en alles my raak
As ek dan vir ander tot las voel, o Heer
As ek dan tot U kom, troos my tog teer.

As die jare verbygaan so een vir een
As ek stil in my kamer soms sit en ween
As ek my hart voor U blootlê, o Heer
As ek so tot U kom, help my tog weer.

As ek miskien binnekort die doodsdaal deurgaen
As ek eersdaags miskien voor U troon sal moet staan
As ek dan voor U kniel met bewing en vrees
Laat die bloed van Jesus my beskerming wees.

SKRYWER ONBEKEND



*"All people must be appreciative
of our elders today as we might
only recall their true value to
society when they are gone from
this world."*



Happy International Elderly Day



Did You Know?



The 100th test match between the Springboks and the All Black took place on



Saturday 23rd September. We are not discussing the result of this specific game....lol, but rather acknowledging the great rivalry between two great rugby playing nations. We look forward to the many more battles in the future.

Mr. Joey Pillay, after 9 years as Chairman of the Board of PlumRus tabled his final Chairman's Report at our AGM held on 30th September. Mr. Pillay we acknowledge and appreciate your dedicated support to PlumRus over the many years. During your tenure as Chairman you held this office with much passion and integrity. Now that you too have become a Resident at PlumRus we look forward to still "tapping into" your experience and wisdom gained over the years. We would like to also acknowledge your wife, Ursula, who happily shared you with PlumRus over the years.





You can become a special voter. We are recommending that all our Residents register as special voters with the IEC for the upcoming Municipal Elections. This will go a long way to minimizing the risk of our Resident's exposure to the virus, if they need to visit polling stations in the community. The special vote application forms must be completed and handed in at reception by no later than Monday 4th October in order for the forms to be collected for processing. The special votes will be cast at PlumRus on a date still to be confirmed. Remember your VOTE still matters.

Join Waiting List

We have re-opened our waiting list for accommodation on our new web portal. Visit our website at www.plumrus.co.za and click on the waiting list icon on the top right hand corner of the home page. With our new electronic waiting list you will be able to manage your own application (edit details such as personal information and accommodation changes) as well as monitor your place on the waiting list, at a click of a button. Follow the below prompts to successfully register and join the waiting list;

1. Register on this website

- Click on Create Account, and fill in the relevant fields.
- Agree to the Plumrus Privacy Policy (the full document can be viewed by clicking on "Privacy Policy")
- Once done, you will receive an email to confirm registration. (check your junk or spam folders if you don't receive it timeously)
- Follow the link in the email to confirm and activate your account.

2. Join the Waiting List

- Log into this website using your newly created account.
- Click on Join Waiting List, and fill in your details and requirements.
- Click on Submit.
- Your information will be automatically sent into our Waiting List system.

You will be contacted via email where/when necessary

Please share this information with family and friends



The War Reporter

Monthly Edition: Military Activities on Various Fronts - 1 October 1900

Our Military Officers: General Gert Gravett

Gerhardus Hendrik Gravett was born at Alexandria in the Cape Colony in 1858. His grandfather was one of the British settlers who came to South Africa in 1820. His father, Richard Gravett, was born in Grahamstown and married an Afrikaans woman.

As a young man Gravett participated in numerous campaigns against Black communities. From 1888 he has lived at Elandsfontein (Germiston). He became a transport rider and married Petronella Oosthuizen. They have two sons and three daughters. His business flourished and he became a wealthy man. After the outbreak of



General Gert Gravett

the war last year Gravett joined the Transvaal forces as an ordinary burgher. He served with distinction on the Colesberg front, where he was elected field cornet.

Later, as commandant, Gravett made a name for himself with his masterful leadership during the Boer retreat from the Orange River through the eastern Free State. He and his Germiston burghers took part in the battle of Donkerhoek in June 1900. His men were known as "Gravett's Guinea Fowls", a title in which they took great pride. Subsequently Gravett was prominent in the Boer attempts to prevent the British capture of the Eastern railway line. As commander of the Boer rearguard he served with distinction.

At the end of August Gravett participated in the Battle of Bergendal. Subsequently Commandant-General Louis Botha appointed him as fighting general.

The fact that the Republican forces managed to haul two of the heavy Long Tom siege guns safely out of the reach of the enemy across the mountains northeast of Lydenberg was largely due to Gravett's competence.

1970-1979

Sensuur, Soweto, Isolاسie

1 Januarie 1970

Die metrieke stelsel tree in werking.

Maart - Mei 1970

Suid- Afrika word deur die **Internasionale Olimpiese Komitee** geskors.

Mei 1970

Fred Mouton begin werk in *Die Burger* se advertensie-afdeling. Hy teken sy eerste spotprente in 1972 en is tans steeds by *Die Burger*.

26 Mei 1971

Drie **Mercurius-straalvliegtuie** van die Lugmag vlieg teen Duiwelspiek vas tydens 'n oefening vir die tiende Republiekfees se lugskou. Al elf mense aan boord sterf.

21 Junie 1971

Die Wêreldhof in Den Haag beslis Suid-Afrika moet sy administrasie van Suidwes-Afrika opskort.

4 Maart 1972

Bouwerk aan die Verwoerddam (die grootste in Suid-Afrika; tans die Gariepdam) in die Oranjerivier begin.

19 April 1972

Die Nasionale Party wen die **Oudtshoorn-tussenverkiesing** 'n belangrike keerpunt nadat die party elders steun verloor het.

1 April 1974

Die S.A. Weermag neem beheer by die S.A. Polisie oor die "operasionale gebied" in Namibië.

8 Junie 1974

Willie John McBride se Leeus klop die Springbokke 12-3 op Nuweland in die eerste toets. Hulle wen 21 van hul 22 wedstryde op toer, met die laaste toets gelykop.



9 Augustus 1974

Richard Nixon bedank as President van die VSA na die Watergate-skandaal.

16 September 1974

Die eerste uitgawe van die dagblad *Beeld* in Johannesburg verskyn, met Schalk Pienaar as redakteur.

OKTOBER / OCTOBER 2021 MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Midday Prayer in Decentralized lounges DAILY @ 12h00 Gym Trim EVERY Tuesday in the Hall @ 09h30 Fish Hoek Beach EVERY Tuesday @ 10h00 Heartland Series in All Decentralized lounges Wednesday's @ 11h00 Heartland Series in All Decentralized lounges Saturday's @ 11h00 04 October 2021 Friends Meeting in the Hall @ 15h00 06 October 2021 Residents Talk in the Hall @ 15h00 07 October 2021 Morning Market @ 09h00 11 October 2021 Garden Club Meeting in the Hall @ 16h00 28 October 2021 Lotto Draw in the Hall @ 18h30 29 October 2021 Bring & Braai @ 18h00		
4	5	6
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Action Entertainment in the Hall 10:00 Fish Hoek Beach 10:30 Action Entertainment in Sugarbush 14:00 Shopping Constantia Village 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 15 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Residents Talk in the Hall
11	12	13
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 Action Entertainment in the Hall 10:00 Fish Hoek Beach 10:30 Action Entertainment in Sugarbush 14:00 Shopping PnP Plumstead 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 17 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
18	19	20
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Action Entertainment in the Hall 10:00 Fish Hoek Beach 10:30 Action Entertainment in Sugarbush 14:00 Shopping Checkers Main Road 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 1 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
25	26	27
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Action Entertainment in the Hall 10:00 Fish Hoek Beach 10:30 Action Entertainment in Sugarbush 14:00 Shopping Meadowridge 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 3 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
	1	2	3
	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges The Lucky One 18:00 Woord & Lied
7	8	9	10
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	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 N106	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges Irreplaceable You 18:00 Woord & Lied
14	15	16	17
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 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 18	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Five Feet Apart 18:00 Woord & Lied
21	22	23	24
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	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 N106	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 2	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges All Together Now 18:00 Woord & Lied
28	29	30	31
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 4	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Fool's Gold 18:00 Woord & Lied

26 November 1974

Anneline Kriel (19) word aangewys as Mej. Wêreld.



26 Maart 1975

Die verdedigingdbegroting word met 36% verhoog tot bykans R1 miljard.

Oktober 1975

Suid-Afrikaanse magte val Angola binne ter ondersteuning van **Frelimo** en Unita.

1975

Die digter **Breyten Breytenbach** word tot 9 jaar tronkstraf gevonnissen ingevolge terreurwetgewing.

5 Januarie 1976

Landwyse **tv-uitsendings** begin. Lisensie-geld: R36 per jaar.

16 Junie 1976

Soweto-opstande begin oor gedwonge onderrig in Afrikaans. Die amptelike dodetal word as 174 gegee, onder wie **Hector Pieterse (13)**.



12 September 1977

Die swartbewussyns leier Steve Biko (30) sterf weens kop beserings nadat hy in polisieaanhouding aangerand is.

19 Oktober 1977

Die regering sluit die koerant *The World* en *Sunday World*. Die redakteur, Percy Qoboza, word aangehou.

1977

Wiets Beukes word redakteur van *Die Burger*.

Mei 1978

Die Inligtingskandaal. Dr. Connie Mulder bedank uit die kabinet oor 'n geheime fonds wat nie aan die parlement verklaar is nie.

24 Julie 1978

Margaret Gardiner (18), van Kaapstad, word as Mej. Heelal in Mexiko gekroon.

14 September 1978

P.W. Botha vervang John Vorster as eerste minister. Vorster raak staatspresident.

1979

Belville word as stad geproklameer.

4 Junie 1979

John Vorster bedank as staatspresident weens die Inligtingskandaal.

3 September 1979

Van Zyl Slabbert word leier van die Progressiewe Federale Party.

Plumstead & Surrounds

On 19 December 1864, the Southern Suburbs railway service was officially opened. For the next twenty years, the terminus was Wynberg station, situated just to the north of Plumstead farm. The railroad played a significant role in transforming Wynberg from a rural settlement to an urbanized village, but it also had the unfortunate effect of separating the more affluent 'upper' Wynberg from the less prosperous area 'below the line'.

To identify the true founder of modern Plumstead, one must go back to the subdivision of Rust en Werk in 1824. The larger portion was purchased by Henry Batt, but the smaller portion, to the south, was bought by John Higgs and became known as Sussex Place. This farm was itself sub-divided in 1863, with the larger portion being purchased by Richard Southey, who called his farm Southfield. This, too, is misleading because his homestead was situated at the upper end of South Road (formerly known as Southey Road), which is quite some distance from the present suburb called Southfield.

Southey was a keen sportsman and established Southfield as a centre of sporting activity. He restored the cricket pitch on what had once been Mrs. Higgs's field and revived the flagging cricketing tradition. Crowds flocked to matches between the locals and soldiers from the Wynberg Camp. Originally from Devonshire, Southey (perhaps inevitably) established a dairy farm at Southfield. As his herds needed plenty of grazing, Southey extended his farm by buying property to the south and east, incorporating much of present-day Plumstead. He became



renowned for greening the area by planting pine trees along main routes and in open spaces. The shady pines which today grace the streets of Plumstead are his legacy, while his West Country roots are recalled in the local street names – Tiverton, Exmouth, Chudleigh and Totnes. Within a year of having purchased Southfield, Richard Southey was appointed Colonial Secretary, a post which he held until 1872. He was knighted for his services to the Crown in 1891.

Once work began on extending the suburban railway line past Wynberg to the False Bay coast in 1884, demand for property in Plumstead increased, with homes at first being built close to the station and the Main Road (then known as the Bay Road). A dramatic increase in population after the turn of the century meant that even more people wanted to buy property in the southern suburbs, so the Southey family began selling plots along Southfield Road.

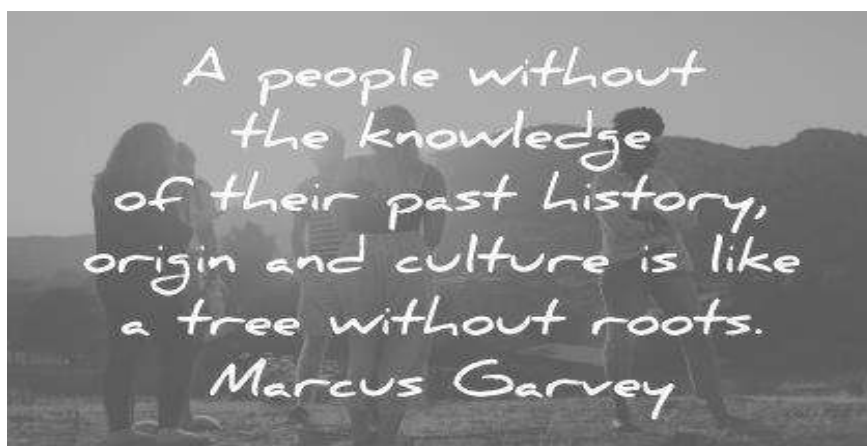


When the Cape Flats railway line was laid in 1904, more plots were sold along the route of this line. So it was that the suburb began to take shape. Plumstead residents can, therefore, justifiably claim Sir Richard Southey, former Colonial Secretary, as the founder of their suburb, though it was Henry Batt who introduced the name.

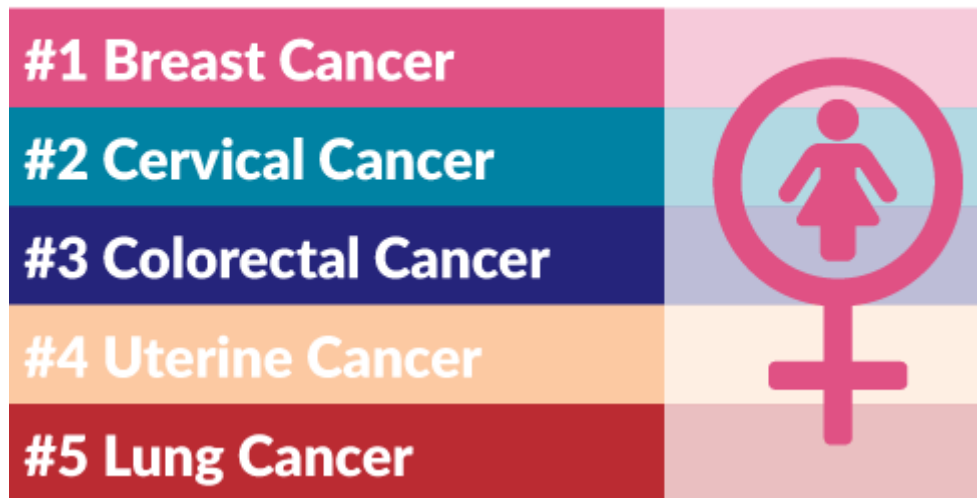
The area to the south-west of Victoria Road belonged to Dr Meyer, who had named his estate Meyerhof. This farm had previously been known as Waterloo and, before that, as Orange. In 1901, Dr Meyer began selling plots in what was soon to become an extensive development stretching all along the railway line to Diep River. Today this is the area of Plumstead off Princess Vlei Road.

The final surge of development occurred after the end of the Second World War when the suburb expanded rapidly eastward towards Prince George Drive and the Royal Cape Golf Club as large numbers of ex-servicemen sought affordable homes in Plumstead for their young families.

Regrettably, the original Plumstead and Southfield farmhouses have been demolished, but some of their contemporary homesteads have thankfully survived: Meyerhof, Waterford, Timour Hall and even part of Rust en Werk. These stately Cape Dutch homes provide a link between our fast-paced modern world and a more genteel and tranquil era when Capetonians regarded Plumstead as being 'out in the countryside'.



THE BIG 5 CANCERS AFFECTING WOMEN IN SA



CANSA places the focus on women reducing their cancer risk during August and October. However, *we encourage women to make their health a priority all year round*, by knowing what is normal for their bodies, and to be aware of the symptoms of cancer.

It's important for women to be empowered with knowledge regarding lowering their cancer and health risk and recognizing warning signs. We encourage annual medical check-ups and cancer screening for early detection, as symptoms don't always present until cancer has spread. Women need to lead a balanced lifestyle, cutting out lifestyle factors that increase their cancer risk.

Approximately 19.4 million women aged 15 years and older live at-risk of being diagnosed with breast cancer – the cancer affecting women in South Africa the most. In 2013, deaths from breast cancer and cancers of the female genital tract, accounted for 0.7% and 1% of all deaths in South African respectively.¹

Awareness of the symptoms, and early detection through screening, can help lead to earlier diagnosis, resulting in improved treatment outcomes. Awareness of risk factors, can help women reduce their personal cancer risk. The risk for breast cancer increases as women grow older, but *many women under the age of 40 are diagnosed with breast cancer*. All women are at risk, and in particular women with a family history of breast cancer. Being overweight, inactive, consuming alcohol, poor dietary habits, smoking and exposure to chemicals also increases risk.

Self Breast Examinations

While not all breast lumps indicate cancer, they should be investigated, especially if accompanied by other changes in breasts or the under arm area, such as lumps, texture changes, thickening, dimpling, changes in shape or size of nipples or breasts, tenderness, discharge, rash or swelling, or one breast suddenly being slightly larger than the other.



Research has shown that a regular *Breast Self-Examination (BSE)*, plays an important role in discovering breast cancer, compared to finding a breast lump by chance.

A BSE should be done once a month, preferably at the same time of day, following a woman's menstrual cycle.

Clinical Breast Examinations

A Clinical Breast Examination (CBE) is a visual and manual examination of the entire breast, from the collarbone to the bra line, and from the armpit to the breast bone. It is advisable to have a CBE as part of your annual medical check up.

Women are entitled to an annual clinical breast examination when visiting primary health care centres (according to the National Department of Health's Breast Cancer Control Policy).

Contact your local CANSA Care Centre, primary health care centre or health practitioner to arrange for a Clinical Breast Examination.

Ask Care Centre staff about Mobile Health Clinic visits scheduled in your community, especially if you live in a remote area.

Mammograms

Mammograms (a special x-ray to detect lumps in the breast), *do not prevent* breast cancer, but they can *save lives by finding breast cancer as early as possible*. Finding breast cancers early with mammography has also meant that many *more women being treated for breast cancer are able to keep their breasts*. When caught early, localized cancers can be removed without resorting to breast removal (mastectomy).

Women from the age of 40 should go for an *annual* mammogram, for purposes of *non-symptomatic* breast screening. Women 55 years and older, should have a mammogram *every two years* – or if they choose, continue with an annual mammogram. Women, who have other risk factors such as mutated BRCA1 /2 gene, should be referred for an annual mammogram.



Thank you to the team at CANSA for allowing us to use the information from their website: <https://cansa.org.za/womens-health>

For support contact CANSA on toll free number 0800 22 66 22



THE IMPORTANCE OF A VALID WILL

Having a valid will and revising and updating an existing Will when significant events, such as marriage or the birth of children, take place in your life is something you should prioritise for you and your loved ones' sake. Death is inevitable, and its consequences don't just affect you, so it's best to plan for those around you. After all, you want to be in control of who benefits from your life's work.

Passing away without a valid Will in place

Drawing up a Will is about taking control of your estate and taking care of those you leave behind. Should you die without a Will, your estate will be distributed in terms of the law of intestate succession. This means that beneficiaries you may never have wished to inherit might benefit, while those that you genuinely care for and would want to benefit might be left with no legal entitlement to your estate or assets.

Having a valid Will is a safe and certain way to avoid unintended consequences. There are also many other benefits of having a Will, such as the ability to appoint guardians for any minor children, keeping a helpful record of assets that surviving relatives might not be aware of, limiting taxes payable on deceased estates, important decisions regarding medical care should a person be unable to communicate his or her wishes.

Getting a legal expert to help you draw up a Will

It is advisable to have a person with the necessary legal knowledge and expertise, such as an attorney or accountant with the relevant knowledge to draw up your Will. Attorneys have expert knowledge that will ensure that your Will is clear, concise and reflects your true intentions. Besides, you don't want an unnecessary error rendering your Will invalid. Attorneys and accountants also understand tax and other financial implications that go hand in hand with dividing your estate.

You do have the option of drawing up a Will yourself but be warned; South African law has strict rules and procedures when it comes to Wills and places a lot of emphasis on authenticity and validity.

Here are the basics to keep in mind:

- A Will must be in writing. That means no plain handwritten or typed documents, oral Wills or video recordings.
- The Will must be signed in full by the testator on each page, as well as at the end of the document (last page).
- The testator should sign and date the Will in the presence of 2 or more witnesses. These witnesses should be at least 14 years old and competent to give evidence in court. It is not required that the witnesses know the content of the Will, just that they are witnessing that it is the testator's signature on

the Will. It's essential to keep in mind is that no witness may inherit in terms of a Will.

- The witnesses must also, in the presence of the testator and each other, sign the Will at the end of the document and on each page.

Do I need a Will if I'm single?

One of the biggest misconceptions amongst single persons is that it is not worth having a Will unless they get married and own property worth millions. The truth is, if you earn a salary, have savings in the bank, own a few personal belongings, furniture, possibly a car, you should consider having a Will drawn up, whether the total value of your property is R10 000 or R1 000 000. More and more people are involved in serious relationships and live with their partner without getting married for some time, or at all. After years of planning for the future and making financial decisions together, these couples often only realise the importance of a Will when it is too late. With no Will, one often sees the surviving partner left in a disadvantaged position.

You would probably want to include your loved ones in your Will and ensure that they are adequately protected and cared for after you are gone. An outdated Will could have unintended consequences and result in a spouse or child not benefiting at all. If your Will was, for example, never updated after marriage, or Divorce, and you left all your belongings to a sibling or ex-spouse, your sibling or ex would benefit while your wife and children would be disadvantaged.

Having a Will in place for the sake of your children

Again, talking about death, especially with children, is no easy task. Children need to understand the purpose of a Will and what the process will be when it comes into effect. What's more, your children will benefit from you having a Will in the following ways:

- It relieves stress and anxiety: a Will provides immense peace of mind for your loved ones because they will have a clear guide on how to handle the allocate of finances and assets.
- Their best interests are protected: whether it is to ensure that they can finance their education or property investment, a Will can assist with these critical aspects of life.
- Reducing estate duty (tax): large amounts of tax on inheritance can be avoided with a proper Will in place. It allows you to create a structure in which your assets do not become part of the general estate when you pass on.

The importance of an updated expertly drafted Will cannot be stressed enough. It's all about protecting your loved ones and helping them move on a little more easily once you pass away.

Article edited by attorney Danie Rossouw of attorneys' firm West & Rossouw of the Cape Town Southern Suburbs.

As part of National Wills week, Mr Rossouw and his colleague Sharon West will attend Plumrus on Friday 15 October to assist residents and staff free of charge, with drafting of a basic Will or updating an existing Will. – Appointments can be booked with Caylynn at Ext 1039 or email her on caylynnne@plumrus.co.za



"The last thing I remember, I was sitting in a staff meeting. Apparently, I died of boredom."



Welcome Home

— WHERE YOU BELONG —

We extend a warm PlumRus welcome to the following Residents who moved in over the last two months. We trust that you will enjoy your new home and neighbours. Welcome to your new safe, happy and homely lifestyle!



Mrs. Lorraine Whittle F023 (East)



Mrs. Charlotte Smit R037A



Mr Joseph Persent R029



Mrs. Beatrice Lombard R037D



Mrs. Dulcie Hayman R038

Mr. Ron Keytel R046C



Mr. Jan & Mrs. Mary-Ann De Wet F125

Mr. Leon & Mrs. Elsabe Ellis F022



Mrs. Pauline Brand N104

Mr. Niel & Mrs. Di Bjorkman N007





Anna Arnold
Gabriel Africa

We will cherish the memories created together with Mrs. Arnold and Mr. Africa. We pray that God in His time will bring acceptance, healing and comfort to the bereaved families.

Our dear mother, Anna Arnold, passed away peacefully on 1 September 2021 at the age of 98. We so hoped to have a grand 100th birthday party next year. We want to, once again, thank Rusoord and staff for all the loving caring of my mother whilst she was residing in Zone 2. We will all miss her so much as she was always happy with a smile. When the music played, ma was swaying in her chair and tapping her feet! Our mother is survived by 4 daughters, 1 stepdaughter, 10 grandchildren, 10 great grandchildren and 2 great great grandchildren.

We were grateful to have been able to spend quality time with ma at Rusoord for about 6 years after her husband passed away in 2015. Thank you to all at Rusoord who made her smile.



We Have An Olympian in our Midst

With all the recent interest in the Olympic Games, it has taken me back to 1960 & the Olympic Games in Rome.

At the time I was on long leave in London from my job in the hospital in Bulawayo. My father was President of the Rhodesian Olympic Committee & as such was responsible for organizing the arrangements for the Rhodesian team competing in the Games. On being told that the team had to have a secretary for the team I was told by him to come over to Rome & do the job unpaid!! It was such an exciting time.



We all arrived a week before the Games started on the 25th August. That week, I remember was pretty much chaos! We were allocated a very nice apartment in the Olympic Village. The apartments were in blocks like large blocks of flats (which is what they became, I think) & because we were a small team we shared our block with the South African team. That first few days were spent getting competition times & finding out where everything was & getting accreditation cards etc.

At first I thought my job was going to be a great holiday in Rome, but was soon to discover that it was anything but! I had to insure that everyone knew where everything was & at what time they had to be at the various training sessions. Also I had to make sure they had the food that they wanted. One of our athletes wanted vast amounts of mashed potato instead of pasta. Try explaining that to an Italian Chef!! The swimmers, athletes & boxers had their own coaches who were supposed to check things out for their competitors but often didn't. For the individuals, it was up to me. We also had to keep in touch with the yachtsmen who were in Naples.

It was, however, a huge lot of fun. All the different countries gave amazing parties & there were lunches & cocktail parties every day. The Opening Ceremony was wonderful, but nerve racking. Getting sure that everyone had their uniform on correctly & getting into their place in the marching order was a nightmare but it all came together in the end.

Unfortunately we did not do that well our boxers, in fact, were all knocked out in the preliminary rounds. But for everyone it was a fantastic experience. One of the special things I remember was going to a party & meeting Jim Reeves & at another one Max Bygraves. There were film stars & celebrities everywhere. But all good things come to an end & on Sunday the 11th September there was the closing ceremony & time to go home. But, as they say, "memories are made of this"





There has been a lot of work done on the gardens this last month. As you walk around you will see that a lot of weeding has been done but as this is an ongoing effort unless you see it when it has just been done it is a question of here today, gone tomorrow!

The main project has been the outside pavement beds. These are looking wonderful. Many, many thanks go to the ladies who have put in so much time & hard work to achieve the beautiful result that we have. We now have the irrigation system working there which is going to make a huge difference. The poppies are also making a wonderful show almost everywhere.



We had a very unfortunate problem with our talk by Ann Bradford in September. In spite of having all the expertise available we were unable to get the talk going. However, she is returning on the 6th of October & this time she has made sure that everything is under control. We had a very good turnout for the talk & very patient audience, so please everyone come on the 6th to hear Ann tell us about "Walking in Italy".

Making the Family Circle Bigger



Jan & Linda De Wit became great grandparent recently. 2 beautiful girls Milanka and Charlotte were born 10 weeks apart. They are happy that they could share the great news with Anna Arnold the great, great grandmother of these two beauties.





Our Residents enjoyed their Spring Day on the 1st September with a Social YouTube evening listening to Music from the Music. Much fun was had by all.



Our creative Coffee Shop team pulled out all the stops with some amazingly tasty treats, presented with a Spring Day theme.....well done ladies!



Our fully vaccinated vendors were happy to be back, after lockdown restrictions, at our September morning market.

All Things Bright and Beautiful



Our Residents enjoyed the visits to Kirstenbosch during the month of September. We will be making weekly trips (every Tuesday) to Fish Hoek Beach during the month of October. Make sure your name is on the list at reception to avoid disappointment.



AGM in Pictures



Thank you to everyone
who helped to make this
event memorable

