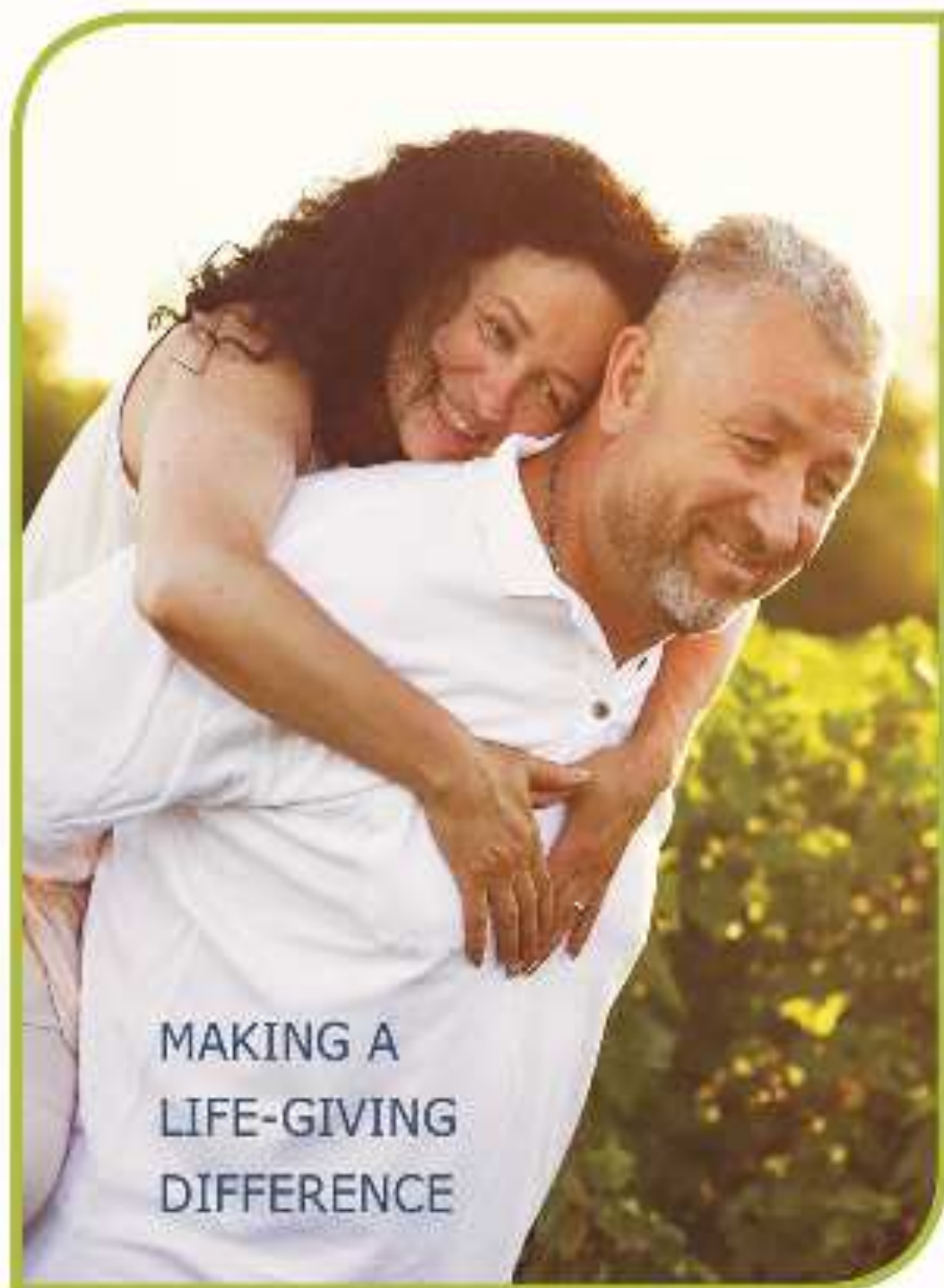


PlumRus News

NOVEMBER 2022



Spiritual Care Program for November 2022

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
4 th One Hour for Jesus	6 th Morning Service	6 th Evening Service
11 th One Hour for Jesus	13 th Morning Service	13 th Evening Service
18 th One Hour for Jesus	20 th Morning Service	20 th Evening Service
25 th One Hour for Jesus	27 th Morning Service	27 th Evening Service

A Biblical Tip

Since we are all here to pick up some tips from each other, I thought I'd lead with one of mine: whenever you come up on something about God, the gospel, or the life of faith that everyone knows is true, step back from the reverential crowd whose gaze is fixed on it and look in the opposite direction - because nine times out of ten there is something just as true back there, though largely ignored because its benefits are less obvious and its truth harder to embrace.

For example, "God is light and in [God] there is no darkness at all" (1 John 1:5). The fourth gospel is full of it. "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life" (John 8:12).

We might think: the light of the world has come to put an end to darkness. But if you turn around and look behind you, there is an equal and opposite truth that almost never comes up in church, though it is well attested in scripture: God dwells in deep darkness. God comes to people in dark clouds, dark nights, dark dreams and dark strangers in ways that sometimes scares them half to death but almost always for their good—or at least their renovation. God does some of God's best work in the dark.

If this is hard to see, then maybe it's because we've been conditioned to think of darkness as a negative.

When I listen to all the ways that people use "dark" in ordinary conversation these days, it seems clear that the word has become a grab bag for everything sinister, dismal, tragic, or wrong. That was a really dark film. This economy's not out of the dark yet. Well *she's* in a dark mood. I'm sorry; I'm just in a dark place right now. And him, his gone over to the dark side. The only positive associations I have heard with any regularity are "dark chocolate", and "dark beer".

But God comes to Abraham in the dark. After telling the old man to sacrifice a heifer, a goat, a ram, a turtledove, and a young pigeon, laying them out on the ground like a runway for a divine landing, God comes to him as a smoking fire pot and a flaming torch, passing between the creatures to seal the covenant with Abraham forever after (Genesis 15). God comes to Jacob in the dark not once but twice - the first time in a dream at the foot of a heavenly ladder and the second

time on a riverbank where a man who isn't quite a man fights him all night long. Morning light puts an end to it, but before the man goes he gives Jacob a name, a blessing, and a permanent limp—the gift that goes on giving for those who think God goes easy on chosen ones (Genesis 32).

Once you start noticing how many things happen at night in the Bible, the list grows fast. Jacob's son Joseph dreams such dreams at night that he catches a Pharaoh's attention, graduating from the dungeon to the palace in order to become the royal interpreter of dreams. The Exodus from Egypt happens at night; God parts the Red Sea at night; manna falls from the sky in the wilderness at night--and that is just the beginning.

One of the heaviest clusters of darkness in the early books of the Bible has nothing to do with nighttime, however. It comes about three moons into the wilderness story, when the people who escaped from Egypt are camped at the foot of Mount Sinai. That is where God decides to enter into covenant with the people, the Bible says - to marry them in the full light of day with Moses as the celebrant.

"I am going to come to you in a dense cloud," God says to Moses, "in order that the people may hear when I speak with you and so trust you ever after". And that is how it happens. God comes in a cloud and speaks to the people from inside a cloud. The cloud sits on Sinai for days, flashing like there's a forest fire inside. When God calls Moses inside the cloud, Moses enters it and stays for forty days. When he comes out again his skin is so shiny that people are afraid to come near him. So Moses fashions a kind of cloud to cover his face—a veil that he can pull down when he is not with God to protect the people from God's reflected glory.



The cloud and the glory go together—not just then, but always. It's the truth about God that few are eager to embrace. Ask Job, who yelled into the darkness for 37 whole chapters before God snatched him up into a whirlwind and showed him things too wonderful for him. Ask Peter, James and John, who entered another cloud on another mountain, where they too were overshadowed by the glorious, terrifying darkness of God. Ask Saul the ferocious know-it-all, who was blinded on the road so he could be led by the hand to a hard bed in a rented room, where he finally became soft enough to welcome a dark angel named Ananias.

It's not a popular truth, but there it is: God dwells in deep darkness.

The darkness that is not dark to God can be terrifying for those who like our deities well lit. When we cannot see—when we are not sure where we are going and all our old landmarks have vanished inside the cloud—then plenty of us can believe we are lost when the exact opposite may be true. Based on the witness of those who have

gone before, the dark cloud is where God takes people apart so they can be made new. It is the cloud of unknowing where nothing you thought you knew about God can prepare you to meet the God who is. It is the dark womb where life begins again, at least for those who are willing to lift the veil. Is this good news or bad news? I think that's up to you.

I do know there are real benefits to this kind of faith, though they may not appeal to those for whom God is light (and in whom there is no darkness at all). The first benefit is that you have to slow away, way down once you enter the cloud. All those things you prided yourself on outside the cloud—your speed, your agility, your ability to “suss” things out at a single glance—they won't do you any good inside. You might as well crawl like a baby; at least you can't fall down when you're already on the ground.

Endarkenment is never going to appeal to anyone the way enlightenment does—well, except maybe the people who are already sitting in the dark, thinking they have done something wrong, that God has abandoned them, that they have lost their way and may never find them again. To hear the gospel



that God dwells in darkness might save them on the spot, along with any of us who are listening in - because if we haven't already been there, we will be, by and by. No one who follows Jesus gets a rain check. No one who is *human* gets to bypass the dark cloud. But here's the thing about that cloud of unknowing, which even the saints take on trust: it's not there to *get through*, like a test or a fever. It is God's home. It is the place where God dwells.

To be invited in is a great honor, and to stay a while, better yet. Those who come out can be hard to look at, at first—where did all that brightness come from, inside that dark cloud-and they may not have a lot of words to describe where they have been, but even the limping ones will tell you this: they would never have chosen it, not in a million years. But now that it has happened? They would never give it back!

(Barbara Brown Taylor-Submitted by Ds. Allie)



Gospel Food

Ds. Human recently preached on the verse from the Lord's Prayer "Give us this day our daily bread" identifying Jesus as our daily bread.

I remember reading a Jews for Jesus newsletter many years ago, where attention was drawn to the significance of the baby Jesus being placed in a manger - a feeding trough.

The Gospel is about heavenly food, and earthly food, both of which give rise to such uplifting moments.

When Jesus called Matthew (Levy) to follow him, he found refreshments at Matthew's house among outcasts of respectable society, who questioned: "Why do you eat with tax collectors and sinners?" Yet Jesus saw a hunger and a thirst for God (Mark 2:14)

There is the wonderful account of Jesus restoring to life the only child of Jarus and his wife (a daughter) (Luke 8:49-55) Jesus took Peter, James and John with Him, praying deeply, then taking the little girl by the hand, He said, "Arise" and life flowed into her body again. By this time her mother had been through all the extremes of emotion. I imagine her standing frozen; can I believe what I am seeing? And Jesus, recognizing her overwrought state, says to her "Give your daughter something to eat", restoring her motherhood - reassuring too; dead people don't eat. I am so glad that the gospel writer included that last comment - it speaks volumes.

Then the account of the Pharisees who invited Jesus to lunch - not out of friendship, but so that he could judge him. A woman of an immoral lifestyle gate crashed the all - male event to pour her tears over Jesus' feet, and dry them with her hair. "He can't be a prophet, the Pharisee was scandalized..." or he would know what kind of woman was touching him but Jesus understood the situation completely. Men wanted her body, but he saw the hunger of her soul and received forgiveness. (Luke 7:36-39)



Who can forget the depth and the power of the Lords supper... "Jesus took bread, and after blessing it, broke it and gave it to the disciples and said: "take it this is my body..." (Matthew 26:26) Then there was the fish braai (Luke 21:9-12) where Peter found forgiveness and restoration.

Many other stories: The feeding of the 5000, Martha and Mary.....

(Submitted by: Adin Harmer)



Each day God sends His loving Grace to strengthen you and me. We need but use this day's supply and let tomorrow be.

(Submitted by Joyce Wissing)

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's 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



To Our Residents

Date	Name	Room/Flat	Age
4th	Lovelle Rightford	R66	84
6th	Maria De Klerk	R12	92
6th	Louise Edgcumbe	F102	83
6th	Roselyn Francis	R56	90
8th	Joyce Foster	N201	87
8th	Rebecca Meyer	R37C	91
8th	Margaret Raven	F120	100
10th	Christina Janse Van Rensburg	R15	88
14th	Gwyneth Collins	F118	89
14th	Eddie De Castro	R46A	81
15th	Rex Basson	R45A	93
20th	Frances Talbot	R25A	91
24th	Robin Hall	R34	88
25th	Carol De Jongh	R57B	75
30th	Gretchen Smith	R59	92



To Our Board Member

24th Banie Stafford



Happy Birthday to our Staff



2 nd	Aloise Castle	HC
3 rd	Portia Sam	HC
8 th	Jazreel Manuel	CCL
10 th	Amanda Meyer	CCL
14 th	Gail Jackson	CSC
17 th	Natalie October	CSC
18 th	Eric Barnard	BMG
22 nd	Jemone Williams	CCL
24 th	Belinda van Niekerk	Management
27 th	Clayton Felix	Risk
27 th	Denise Hendrickse	CSC
28 th	Lindsay George	HC
28 th	Natasha Vlotman	HC
29 th	Luzaan Samuels	CCL
30 th	Denzil Jehoma	CCL
30 th	Nolene Wheeler	CSC
30 th	Monique Matthews	CSC



Happy Birthday to our Members



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

100 REASONS TO CELEBRATE CENTENARIAN-MARGARET RAVEN



08 - 11 - 1922



It is difficult to encapsulate 70 plus years into one paragraph but I will try! She was a strict disciplinarian in my childhood years, with 4 strong willed children to raise.



Mom was always the organized dynamo in our family! She was the gel that kept us together, especially when our dad died in 1985. As a Grannie, she made up for that with her tireless babysitting, fetching kids from school, attending all the school concerts, hockey games, birthdays, and ballet performances, etc. She was a special blessing to me as I was doing night duty at Constantiaberg and could often not attend these occasions.

She was well known to the kids as the woodland fairy, who secretly hid chocolates around the garden, on special occasions. Also a great teacher of fudge making, rock painting, and card making! Her story telling and play writing ability was amazing. The list of her love and selflessness goes on and on! You are one of a kind Mom, and dearly loved. Happy 100th birthday! **Lots of love-Lesley, Roly, Tracey and Ben.**



It is with great joy that I and my family wish Mum Raven a huge Happy 100th Birthday.

Mum has been the most wonderful mother to us all, giving us all the love and encouragement we needed.

She has enriched our lives in so many ways, sowing seeds of positivity, integrity, perseverance, kindness and love into our hearts. We thank God for giving us the best Mum and Dad we could have wished for. **ALL OUR LOVE TO YOU MUM - John, Kathy, Shelley, Matthew and Hannah**



Just imagine being on a 100 year long adventure!

Wow Mom, what an incredible Birthday Century achievement!

Huge congratulations and special loving wishes on becoming 100 years young.

Your journey through life has been nothing short of an inspiration to us, your children, and to everyone whom your beautiful spirit has touched.

We all celebrate with great joy, deep love and immense gratitude, your 100 years of unfailing Faith, generosity and loving care.

You have always been our radiant lighthouse, our strong anchor.

Be assured, you and Dad will continue to be an inspiration and blessing to our family in the years that lie ahead. **Love from Andy, Cathy, Danny and Mike**



I feel extremely privileged to have had such an amazing mom for so many years and it is very difficult to put into words just what she means to me! Mom has



always put her family and others before herself, making sacrifices and going the extra mile to support and help us. Whether it was helping me with school and homework, making sandwiches for school lunches and delicious meals at home, supporting me while studying at university, taking a keen interest in my first job as a teacher and encouraging me in my career, Mom was always there to support. I am grateful for the incredible example of service to others, especially seen when she worked so hard alongside our dad in his work for the Lovedale Mission in the Eastern Cape for many years.

Thank you, Mom, for the love you have given all these years and for being the kind and thoughtful mom you are still today. We celebrate your birthday, praying that God continue to bless and keep you in His care. **Lots of love Tim**





My name is Desmarie Magerman. I am married with 4 daughters.

I started my nursing career in 2003 at Medi Clinic, where I worked for 15 years. In 2015 I started working at Cancercare, as a Practice Nurse for the next 5 years.

I became infected with Covid-19 in 2020 and resigned. I worked for an NPO (Tbhivcare) for a year. I have a passion for nursing.

In my spare time I help my friend to feed those less fortunate. I enjoy reading, spending time with my family in the outdoors and of cause I enjoy good music. Motto: "If you love what you do, it's not called work".

We would like to welcome Enrolled Nurse (EN) Desmarie Magerman to our Health Care Team. She will report to Sr. Simone Lawack, our Health Care Manager. Desmarie, we trust that your time here at PlumRus will assist us in maintaining the high quality of Basic Care we provide to all our Residents & Clients.

Since starting at PlumRus a year ago as cook/supervisor of the Zebra kitchen team, I've had ups and downs, but my journey has mostly been filled with positives.

Having worked at a smaller Retirement facility before joining PlumRus it has been really challenging mentally and physically adjusting to sheer volume. I believe the kitchen is the heart of any home and I know for a fact that it is not the exception here. I have grown so much over the past year as a person and a cook and Plumrus has definitely brought out the natural leader in me, which I always thought I lacked. I've built relationships with colleagues and we have become quite close.

I am not one to back down from a challenge, this is why I felt I should move forward in my career; and it is a great honour to be appointed as the new Assistant Manager CCL. I have a lot to learn but I am up for the challenge. I will continue giving my all as I believe that it is a huge privilege to serve the elderly daily.

(Submitted by: Craig Freeman)





1 April 2023 verander ons bestuurspan met George se aftrede. Om voorsiening te maak vir hierdie nuwe uitdaging verander ons bestuurspan reeds op 1 November 2022

- Chris begin waarneem as ons nuwe Bestuurder
- Cindy is ons nuwe Boekhouer
- Charlene is ons nuwe Bestuurder van Voedselvoorsiening, Skoonmaak en Wasgoeddiens (CCL)
- Hendrik is ons nuwe Bestuurder van UCNW (**U**niversal **C**ommunication **N**etwork), logistiek, algemene aankope, bateregister en rekenaarbestuur (IT)
- Miche is ons nuwe Menslikehulpbronne en Finansiëleassistent vir Cindy
- Craig is ons nuwe ZiB van Voedselvoorsiening, Skoonmaak en Wasgoeddiens, voedselaankope en kosteberekening
- Die res van die bestuurspan bly onveranderd
 - Suster Simoné bly ons Bestuurder Gesondheidsorg. Saam met haar is susters: Chaandre, Brenda, Ashlee en Mikayla en stafverpleegsters: Debbie, Aloise, Desmarie en ons moet nog een nuwe stafverpleegster aanstel
 - Divine bly ons Bestuurder van Medikasie en Blister Verpakking
 - Paul bly ons ZiB vir Gesondheidsorg en Opleiding
 - Rhodene bly Bestuurder van CSC (Community Service Center) met Juanita as ZiB (tans op kraam verlof)
 - Mervyn bly ons Bestuurder van Risikobestuur
 - Belinda bly ons Bestuurder van Kommunikasie en Bemaking
 - Caylynn bly ons Koördineerder van Inwoners se stimulasie en aktiwiteite
 - Nikita bly ons Koördineerder van Akkommodasie
- Op 2 November skuif George na sy bachelor woonstel, "uitgegooi" uit sy kantoor en woonstel maar bly aktief en verantwoordelik vir PlumRus tot einde Maart 2023.
- Ons begin op 7 November 2022 met die inrigting van ons Hoë-sorg Eenheid met 4 beddens en een nood bed vir ons PlumRus Inwoners. Ons eerste Inwoners van ons Hoe-sorg eenheid sal alreeds 1 Desember intrek.

George sal egter die sweep klap tot Woensdag 29 Maart 2023 wanneer hy aftree en vir 2 maande vertrek na Australie vir 'n lekker kuier by sy jongste dogter Yolandie, sy skoonseun Daniel, Mileah en sy naamgenoot Klein-George in Brisbane.



So wat is die implikasie van hierdie veranderinge vir ons PlumRus inwoners en CSC lede: mooi niks nie - ons strategie, doelwitte, standaarde, prosesse en prosedures bly onveranderd want dit werk....maar dit is ons verwagting dat ons jongspan dit nog lekkerder sal maak by PlumRus!



After a rather unexpectedly expensive trip to the supermarket, Gaynor wanted to share with her fellow Residents how extremely blessed she thinks you all are; with the quality of food and delicious salads and snacks you all receive on a regular basis from the PlumRus kitchen. She has promised to eat every bit of this good looking pepper to make sure she gets every rand's worth!

Fire Safety in PlumRus:-

Over the years, fires in homes have greatly decreased, but they still pose a risk to every facility today. It is important to take fire safety in the home seriously to prevent injuries and losses.

Preventable measures are as follows:

- Do not overload your extension cord or Plugs.
- Keep electrical connections (such as multiplugs with allot of cables plugged in) away from curtains and bedding.
- Keep an eye on things that are on a stove or in the microwave.
- We do not use any other type of heater other than a flat wall heater.



Things to do in case of an emergency:

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

PlumRus has a fully addressable fire detection system in place.



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

The best way to avoid a fire in the home is to act towards preventing one. Follow the prevention measures mentioned above. The next best thing to do is to be prepared if there is a fire in the home. PlumRus has an emergency plan/procedure and we practice that plan regularly to keep you safe during a fire situation.



We would like to invite everyone to come and pop in at the Protea Coffee Shop. October was special but we can reassure you that November is going to be extra special; with weekly menu specials and special events designed for great family fun.

Our party planning and catering for off-site events and functions has become popular amongst our families. The festive season is on our doorstep so come and chat to us and we will plan your function menu for you.



Homemade bread is available every Friday morning – make sure to get your orders placed by Wednesday afternoon, to avoid disappointment. Call Ext 1035

In the month of October we planted a wild plum tree in the east court yard. Here are some historic facts about this lovely tree which is now part of our PlumRus garden.

The generic name ***Harpephyllum*** is of Greek derivation, meaning sickle-like leaves, referring to the shape of the falcate leaflets. The specific name *caffrum* is derived from its place of origin, Kaffraria, now part of Eastern Cape. This word also means 'indigenous'. The wild plum is a large, evergreen tree that grows up to 15 m tall.

Harpephyllum caffrum belongs to the Anacardiaceae (mango family), which is the fourth largest tree family in Southern Africa, boasting approximately 80 tree species and many shrubs.

The wild plum tree is built to last through cold winters and hot summers. It's a medium sized tree and it is deciduous, with leaf fall during the fall and winter and full foliage in the spring and summer. The bark when it is young is dark, and as it matures it peels.



CS Lewis (1898 – 1963) - For our residents:

"Nothing that you have not given away will ever be really yours."

"I sometimes wonder whether all pleasures are not substitutes for joy."

"Courage is not simply one of the virtues, but the form of every virtue at the testing point."



Terence Parker is part of the Plumrus Family. His Dad, Dick Parker, and Aunt, Joan Subhani, are residents who enjoy the care offered by the Plumrus staff and friendly environment of the home. His Mom, Mavis Parker, enjoyed the care of Zone 2 before she joined the company of angels in July 2019.

He is an operational risk management specialist in the mining industry, dedicated to preventing fatalities and catastrophic incidents. He studied chemical engineering at UCT in the 1980's, worked at the Cape Town oil refinery for 15 years and in Marketing in Africa-Middle East for 4 years before becoming a risk management consultant.



He has facilitated risk assessments and trained people on risk management in Africa, Australia, South America and the UK.

He is a member of the Central Methodist Mission (CMM) congregation in Cape Town where he has served in many different roles over the 34 years since the church on Greenmarket Square amalgamated with the Buitenkant Street Methodist Church in 1988. He currently serves as the Treasurer of the Table Bay Circuit.

He represents the church on the Board of Trustees of the District Six Museum where he supports the work of preserving memory and applying the lessons to building a South Africa for all who call SA home.

He enjoys the outdoors, having hiked many of SA's mountain trails, cycled around the Cape Peninsula and walked many golf courses looking for his golf ball!

He is married to Malia, and they spend as much time as they can with their daughter, Lisa, and her family, especially their granddaughters Emma and Grace.



I am Patricia Goldman. I was born in Northern Rhodesia in a town named Kitwe, and did my schooling there. Before moving to the most beautiful City in the World, Cape Town, I spent many years living in the Free State. I am excited to be on the Board, adding strategic value and enjoying this season of my Retirement here at PlumRus.



WHAT IS HEAVEN LIKE?

We shall have PERFECT BODIES

- No more aches and pains
- No more moans and groans
- No more sickness, illness
- No more disease and deterioration

2 Corinthians 5 v 1-5: When we die and leave these bodies, we will have wonderful new bodies in Heaven.

How weary we grow of our present bodies. We look forward eagerly to the day when we shall have heavenly bodies, which we shall put on like new clothes. For we shall not be merely spirits without bodies. "To be absent from the body, is to be present with the Lord."



DAVID SALZWEDEL 18/4/1947 - 12/10/2022

We moved to Plumrus just over a year ago, rather unwillingly, but he soon began telling others "We are very happy here." After a few bad falls and some time in hospital, he needed increasing levels of care. In all, we had 14 different carers and they were all amazing. We'd like to commend Plumrus for their well-organized and trained carers.



Some of their spontaneous comments, which illustrate the team effort between carer and client:

A carer has to CARE.

I enjoyed his jokes. He always said thank you.

Now that he is gone, there is something missing here.

He showed me what I am capable of doing.

When you are a carer, you become part of the family...You also feel what they are feeling.

I was privileged to see him in his last hour



Mr. Ron Wucherpfenning Sunrise - 18/04/1936 Sunset - 17/10/2022



When I first met Mr. Wucherpfenning, what stood out for me was his warm nature, his honest smile and how lovingly he spoke to and about his wife, one could see she is the light of his life, by how his face lit up when he looked at her and when one asked about her when she was not present. He appeared to have a zest for life that was infectious, and always had a positive outlook when I had a conversation with him. He liked the outdoors and physical activity and was quite proud of how active he was and was looking forward to sharing his love to exercise with the rest of the residents at PlumRus. He was quick to

say please and thank you and gave his undivided attention when one engaged with him. His bright blue eyes and his smile will be missed, especially by his beautiful wife, RIP Mr. Wucherpfenning.

November 2022
Maand Program / Monthly Program

Monday	Tuesday	Wednesday
	1	2
	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 18 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
7	8	9
08:30 DVD Library 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 M Raven 100th Birthday Celebration in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
14	15	16
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall 19:00 Small Group Meeting in F022
21	22	23
08:30 DVD Library 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
28	29	30
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 8 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022

Thursday	Friday	Saturday	Sunday
3	4	5	6
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Meadowridge 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Dr. Allie van der Westhuyzen 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 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Tourist 18:00 Woord & Lied Dr. Chris Saayman
10	11	12	13
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bybelstudie in John Killian	08:30 DVD Library 09:30 One Hour for Jesus Communion Service Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Footloose 18:00 Woord & Lied Dr. Chris Saayman
17	18	19	20
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Communion Service Dr. Allie van der Westhuyzen 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 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Purple Hearts 18:00 Woord & Lied Dr. Chris Saayman
24	25	26	27
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers and Wheelchairs 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 1st Sunday of Advent 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Best of Me. 18:00 Woord & Lied Dr. Chris Saayman

Gym Trim in the Hall Tuesday's @ 09:30
Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45
Fruit & Veg Lorry Wednesday's @ 12:30
01st November 2022 Friends Meeting in the Hall @ 15:00
03rd November 2022 Morning Market in the Hall @ 09:30
08th November 2022 M Raven 100th Birthday Celebration in the Hall @ 15:00
14th November 2022 Garden Club Meeting in the Hall @ 16:00
16th November 2022 Residents Talk in the Hall @ 15:00
24th November 2022 Lotto Draw in the Hall @ 18:30
25th November 2022 Bring & Braai @ 18:00



Gloria Meyer: Sunrise – 04/08/1929 Sunset – 17/10/2022

I met Gloria over the telephone about 5 years ago, at the time I was nursing one of PlumRus residents at the step-down facility and she called about her friend every day, and this is how our friendship unknowingly started. I didn't know her personally, but I enjoyed speaking with her and she was always so kind on the phone. I finally met her in person when I started working here in January, and one day while we were having a chat, she asked me to take her cellphone number in case I needed it. To my surprise, I already had her number saved on my phone, and only then did I realize she was the person I spoke to so many years ago. She had made an impression I could never forget.

She will be remembered for her kind heart, her love of God and how she practiced her spirituality. She

truly cared for everyone she met, she would pray for all the staff at Plumrus, their families, for them to travel to work and back home safely and for her family multiple times a day. She was a devoted Christian and she spread the word of God to anyone she encountered. She was always more concerned about how you were doing when you asked her about herself. She may have been a tiny lady, but she was great in spirit and had a heart of gold. She loved her children and her grandchildren with all her heart, and I will miss hearing her speak about them and seeing the pride in her eyes. Gloria, we will miss you, I know you are with the one you loved the most, rest peacefully until we meet again.



In loving memory of Gloria Meyer (nee Romans), who passed away on Monday 17th October 2022.

Our mom was a very interesting woman, both stubborn and giving. She had a really wicked sense of humour when the mood took her. Widowed in 1979, she dedicated her life to JESUS and to her family. Gloria was born and bred in East London, from 1st generation Lebanese parents. She was number 12 child of 12. She moved to Cape Town when her daughter was widowed, in 1988.

She was the mother of 3 daughters – Lynette, Belinda (died 2021) and Shirley; Ouma to 8 and great Ouma to 4. Her little tidbits of "wise" words will be sorely missed. Safe now, in the garden of the Lord, free from the constant pain that she suffered. As the beautiful Vera Lynn said.... We'll meet again....

Noodat mense wapens met hulle saandra
en staatsmanlike televisietranses huij oor vrede,
wil ek dankie sê dat iemand my lank gelede
kind laat wees het.

Dankie dat die tandjiesmuis
krummels in ons huis kon eet;
dat die paashaas sjokolade-eiers kon versteek het;
dat ek grootgeword het met kerstoeskouse
en smurfiekoekes op my verjaandag.

Dankie dat iemand genoeg omgee het
om my in kasteelgange te laat dwaal,
om my tussen die blomfeetjies los te laat,
om my op die sekelmaan te laat ry
en met prinsesse en otters te laat speel.

Dankie dat ek kind kon wees
in 'n wêreld sonder vrees of grense.



(Ingedien deur: Anna de Villiers)

WE ARE SURVIVORS (For those born before 1940)

We were born before television, before penicillin, polio shots, frozen foods, Xerox, contact lenses, videos and the pill. We were born before radar, credit cards, split atoms, laser beams and ball-point pens, before dishwashers, tumble driers, electric blankets, air conditioners, drip-dry clothes...and before man walked on the moon.



We got married first and then lived together (how quaint can you be?). We thought "fast food" was what you ate in Lent, a "Big Mac" was an oversized raincoat and "crumpet" we had for tea. We existed before house-husbands, computer dating and "sheltered accommodation" was where you waited for a bus.

We were born before day care centres, group homes and disposable nappies. We never heard of FM radio, tape decks, artificial hearts, word processors, or young men wearing earrings. For us "time sharing" meant togetherness, a "chip" was a piece of wood or fried potato, "hardware" meant nuts and bolts and "software" wasn't a word.

Before 1940 "Made in Japan" meant junk, the term "making out" referred to how you did in your exams, "stud" was something that fastened a collar to a shirt and "going all the way" meant staying on a double-decker bus to the terminus. In our day, cigarette smoking was "fashionable", "grass" was mown, "coke" was kept in the coalhouse, a "joint" was a piece of meat you ate on Sundays and "pot" was something you cooked in.

"Rock music" was a fond mother's lullaby, "Eldorado" was an ice-cream, a "gay person" was the life and soul of the party, while "aids" just meant beauty treatment or help for someone in trouble.

We who were born before 1940 must be a hardy bunch when you think of the way in which the world has changed and the adjustments we have had to make. No wonder there is a generation gap today...BUT **By the grace of God...we have survived!**

(Submitted by: Louise Edgcumbe)



Good-bye!
See you later, alligator!
After while, crocodile!
In an hour, sunflower!
Maybe two, kangaroo!
Gotta go, buffalo!
Adios, hippos!
Chow, chow brown cow!
See you soon, baboon!
Adieu, cockatoo!
Better swish, jellyfish!
Chop, chop, lollipop!
Gotta run, skeleton!
Bye-bye, butterfly!
Better shake, rattle snake
Our school day now ends,
So, good-bye good friends!

Betekenis van Idiome:

1. Die appel val nie vêr van die boom af nie: Die wind het nie gewaai toe dit geval het nie.
2. Sy sit met die hande in die hare: Haar kop jeuk
3. Hy is 'n haantjie: Nie 'n hennetjie nie
4. Hy het die hef in die hand: Die lem het gebreek
5. Jou twak is nat: Jy rook in die reën
6. Hy het nie al sy varkies op hok nie: Daar is 'n gat in die draad
7. Daar sal geen haan na kraai nie: Daar is net hene in die hok.
8. Hy laat nie op sy tone trap nie: Hy het liddorings.

(Ingedien deur: Lida Herbst)

Die regte voet voorsit (probeer indruk maak)

Die regte voet is die regtervoet.

In die ou dae het hulle geglo dat enige reis of onderneming met die beste voet (regtervoet) begin moes word. Die linkervoet sou net ongeluk veroorsaak. As 'n Romein een oggend per ongeluk sy linkersandaal eerste aangetrek het; sou hy dalk nie die dag oorleef nie.

Die regtervoet moes ook eerste gebruik word wanneer iemand 'n huis of kerk binnegaan het. In Engeland is daar nog so 'n bygeloof onder bruide dat hulle met die regtervoet eerste die kerk moet binnestap.

Iemand voëlvry verklaar (iemand ongestraf mag doodmaak)

Iemand mag 'n veroordeelde soos 'n voël doodskiet en moes die lyk op die veld los en nie begrawe nie. Dit het die voëls van die hemel vrygelaat om op die lyk te kom aas!

Swanesang

Uit die jaar toet kom die bygeloof dat swane besonder mooi sing net voordat hulle doodgaan. So word 'n naderende dood met 'n lied aangekondig. Daar is ook die bygeloof dat die siele van dooies in swane beliggaam word en dat swane die gestorwenes na hulle laaste rusplek vergesel.

(Ingedien deur: Pat Van Wyk)

***Twee ou omies in die ouetehuis sit en kla oor hulle swak
gesondheid, skete en pyne. Skielik trip die krag. En daar gaan
altwee my oë!***



DON'T MISS THE MARK(ET)! 3 NOVEMBER '2022

Here are some tips to help you plan your trip to the Morning Market on Thursday 3 November.

Skip breakfast, so that you can get into the queue for LEKKER PANNEKOEK en koffie. Dis nou ontbyt jolyt!

You are welcome to borrow my shopping list:

HERTZOGGIES en ander lekkernye. Koop vir jou 'n klomp voordat dit uitverkoop is.

Christmas is coming! Displayed at one table, find CHRISTMAS CHOCOLATE BOXES to enhance your gifts and NOVELTY SOAPS, some too beautiful to use. Move on to the jewellery table, which has amazing EARRINGS which would make amazing Christmas gifts at amazingly reasonable prices.

Make a beeline for some JOLLY GOOD HONEY, sold by the beekeeper himself, or, if it is sold out, console yourself with a jar of Jolly Good jam, and visit another table to find a jar of the world's best APRICOT JAM, made by one of our own residents. Indulge your sweet tooth further with CUPCAKES, also baked by residents. These are very popular with the staff, so beat them to it. If you fear a sugar rush, check out on which table you can find both SUGAR-FREE BISCUITS and CHOCOLATE PEANUTS for when you are in need of comfort food.

If you are more savoury inclined, look for the PAPER BITES, SEV and CHIPS. Like me, you might not be able to resist the aroma of the BOEREWORS ROLLS with lashings of onions. You could always skip lunch too.

I needed a laundry bag and I found one...The "bag lady" also sells purses, cellphone pouches or will take orders for any kind of bag you might need.

Many of us like to knit and read (at the same time?) The wool lady's stall is most attractive. Start your next project by getting wool of an exciting new shade or texture. Then, at the next stall, find a good cheap read, R5 for a short one and R10 for a book to last until next month.

You will doubtless be able to add more "finds" to the list! Don't miss the market!



OLDIES BUT GOLDIES - ROCK N ROLL

Nostalgic music brings to mind occasions, friends, families & places from the past, of us as younger adults & this is what Monique & James so enthusiastically did for us. Their Show was really like a play featuring 50s 60s & 70s music plus a catwalk of those eras clothes from pinky 'threads' to zoot suits, metallic sequins to Gothic black style, flirty floaty frocks to surfer dude.

[Handclap], James's Elvis in tasseled, white, jeweled cat suit, his hair quiff & sidies just right- sjoe, and the excellent moves. How low can you go! No wonder he was formerly crowned South Africa's No. 1 Elvis Tribute Artist.

Monique's voice soared to unreal heights in Unchained Melody & James with gravel voice had us Under The Boardwalk in our youth with not much backing by Plumrus men. And happily we bopped our heads, twitched our feet, clapped salvos of applaud through their viby show, Great Balls Of Fire they were so good as a duo & solo. Everly Brothers, Cliff Richard, Cher, Elvis, The Beatles, Righteous Brothers & more were covered, Monique sang a gooseflesh Freddie Mercury song - The Great Pretender. She is also, we see, SA's only female Elvis Tribute Artist!



Thank you to Plumrus who got us All Shook Up with this calibre of a show, we are indeed privileged as this Duo have appeared on TV [Musiek Roulette, Noot Vir Noot etc], also performed at Festivals & various big venues - then in Bobby Liebenberg Hall!

Of course, thank you to Monique Cassells & James Marais who rendered us a marvelous Walk Of Life this week.

(Submitted by: June Stein)





Our monthly (last Friday of the month) Residents Bring & Braai is always well attended by Residents, Family and Friends. If you prefer to enjoy the company of your guests and not do the hard work; braaiing, then why not order your meat and "braaibroodjies" from our kitchen, please note orders must be placed by the Thursday at 12:00, and we will make sure that your meat is prepped for you. Our next Bring & Braai is scheduled for Friday 25th November. ***Please note that the December Braai will not be held on the 30th but rather on New Year's Eve the 31st December.***





World Diabetes Day is celebrated on the 14th of November, and we salute those who live with the disease which is often stigmatized. It is often the cause of amputated limbs, becoming blind, and is often referred to as a dread disease which makes it even scarier. Diabetes is when your pancreas does not produce adequate or inability to utilize insulin efficiently, insulin is the vehicle for glucose to travel from our blood into our cells where it is needed. This results in glucose building up in the blood causing damage to cells. It can be managed with diet, exercise, weight management, and medication, but prevention is far better than cure.

Genetics, Obesity, Age, Lifestyle (diet, alcohol intake, smoking, lack of physical activity), and other medical conditions such as hypertension and high cholesterol also increase your risk for developing diabetes. There are two common types of diabetes, type I (usually diagnosed during childhood or early adulthood) and type II diagnosed during adulthood, but the symptoms are the same, increased thirst, feeling weak, tired, blurred vision, numbness or tingling in your hands or feet, slow healing sores or cuts, frequent urination, unexplained infections, and dry mouth. (<https://my.clevelandclinic.org/health/diseases/7104-diabetes-mellitus-an-overview>)

Prevention measures include a balanced diet, making healthy dietary choices, everything in moderation, regular exercise (go for that walk, do those stretches while in bed, or sitting in the chair, perhaps attending an activity or two? (PlumRus has enough of these healthy lifestyle activities for you to choose from.) Not smoking is also a preventative measure against the possibility of developing the disease. Ask one of our Sisters or Staff Nurses if you have any questions or concerns, alternatively discuss your concerns with your doctor or someone you can trust. The thought of diabetes may be scary but we can help you manage yours and we can assist with advice and education should you need it.

MANAGE & REVERSE PREDIABETES

Risk Factors	Signs Of Diabetes	Lifestyle Tips
• Having a family history of type 2 diabetes or heart disease • Having an inactive lifestyle • Having high blood pressure • Sleeping an irregular time • Being overweight	• Blurred vision • Increased thirst • Numb or tingling hands & feet • Drinking a lot Blood Glucose Levels* 7.8 mmol/L 11.1 mmol/L Healthy Pre-diabetic Diabetic *Fasting after 12 hours food/drink	• Avoid refined carbohydrates • Cut back on sugar • Drink less alcohol • Eat less fast foods • Get sufficient sleep • Keep an active lifestyle • Reduce portion size

FACTS ABOUT CUCUMBERS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.



3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in

a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa?



Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.





IF THE ONLY PRAYER YOU
EVER SAY IN YOUR ENTIRE
LIFE IS THANK YOU, IT IS
ENOUGH



IN ORDER
FOR YOUR
LIFE TO BE
GREAT, YOU
MUST FIRST
LEARN TO
APPRECIATE
IT!





Marie Knuppel's grandson, Walt, received his Masters of Science in Strategic Management (Cum Laude) from Erasmus University Rotterdam. Walt has been appointed as a Junior Analyst at Global Consulting Firm.

Ouma is baie trots op jou, Walt!



Marjorie Bedford celebrated her 99th birthday on the 24th October. We wish you good health and much happiness in the coming year.

Gloria Snyman celebrated her 88th birthday with family and friends.

Wishing you many more blessed years ahead, Gloria. Thank you for sharing your spirit of generosity with so many who cross your path. You are blessed because you are a blessing to so many others.



Congratulations Alan, and proud mom, Lenore!

Alan Downey (N006) won fourth prize, representing his organization Disability Info South Africa, at the recently held SAB Foundation Social Innovation and Disability Empowerment Awards on 12th October. We wish you further success as you continue to raise awareness around "removing barriers of access to persons with disabilities".





The observance of 11 November is not about celebrating any victory, nor about boasting about our achievements in conflict. It is about showing respect for those who were willing to serve their country and, if need be, to make the ultimate sacrifice so that we who are here now can have the life that we know.

As the soldier's prayer states,

And when you go home tell them of us and say

For your tomorrow we gave our today

Our gift was great, but you must now give a greater gift

We died. Now you must nobly live

To complete the plan

And make man brother unto man.



The Remembrance Prayer:

They shall not grow old

As we that are left grow old

Age shall not weary them

Nor the years condemn them

At the going down of the sun

And in the morning

WE SHALL REMEMBER THEM

HEIMWEE

deur JRL van Bruggen

My hart verlang na die stilte
van die wye wuiwende veld,
vêr van die stadsgeluide
en die klinkende klank van geld.

Ek is moeg vir die rustelose lewe
van mense wat kom en gaan.
'K Wil terug na die vrye ruimtes
waar 'n siel inwoon wat verstaan.

O, ek sien weer die son op die velde
en die ewige blou daarbo.
En my hart skiet vol van heimwee
en drome swem in my oë.

O, ek sien weer die ylblou berge
daar vêr aan die westerkim.
En 'k wonder nie meer waarom weemoed
so seer uit my liedere klim;
klim na die grys lug bo my
waar die son in die weste kwyn,
want o, ek verlang na die velde,
na die ewige sonneskyn!

(Ingedien deur: Leonie Pauw)



Our Gardens



Thank you to our staff and Garden Club members for all that you do to achieve these amazing pictures of beauty.

Soon we will be having people doing day trips to see the flowers at PlumRus!





Elke naweek
sê ek vir myself:
'Johanna, jy kan
nie so baie
wyn drink nie!
Gelukkig is ek
nie Johanna nie.

N man skel met
sy vrou... na 2
weke sterf haar
pa en sy erf ha pa
se plaas en
R25miljoen... hy
bel haar en sê hy
is swanger

WORDSEARCH: 'M' MYTHICAL CREATURES

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

MAGOG	MENEHUNE	MONOPOD
MAIRU	MERLION	MORGENS
MAKARA	MERMAID	MULTO
MANDRAKE	MINOKAWA	MUSE
MARID	MIZUCHI	MUSIMON
MATAGOT	MOGWAI	MYLING
MAYURA	MOHAN	MYRMECOLEON