

PlumRus NEWS NUUS

OCTOBER • OKTOBER 2023



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
	1 st Morning Service	1 st Evening Service
6 th One Hour for Jesus	8 th Morning Service	8 th Evening Service
13 th One Hour for Jesus	15 th Morning Service	15 th Evening Service
20 th One Hour for Jesus	22 nd Morning Service	22 nd Evening Service
27 th One Hour for Jesus	29 th Morning Service	29 th Evening Service

MY EYES HAVE SEEN YOUR SALVATION...

Do you know anyone called Simeon? Probably not – it's an uncommon name these days. But in Bible times it was well known, and it meant 'to hear' or 'to be heard'. In the gospel of Luke, we meet a man called Simeon who lived in Jerusalem. Simeon was a good and devout man and filled with the Holy Spirit. He was convinced Israel's Messiah would soon be revealed. The Holy Spirit promised Simeon he would not die before he'd seen him...the Lord's anointed King! Not wanting to miss Messiah's arrival, he spent most of his time in the Temple. Led by the Spirit, he was there the day Mary and Joseph arrived with Jesus. Mary's first-born son was eight days old, and they'd come to dedicate him to the Lord.

The young couple had left Bethlehem early that morning. The uphill journey took them about two hours. Their arrival at the Temple didn't go unnoticed. From his vantage point, Simeon could see all the entrances to the outer court. After cautiously entering, the young couple stood around for a few moments, uncertain about what to do next. That's when they caught Simeon's eye. Noticing the tightly wrapped baby in the woman's arms, his heart leapt. Could this be the day he'd get to see Messiah? Pushing his way through the crowd, he approached the couple. "May I hold your baby?" he softly asked. Mary hesitated, then slowly offered her new-born son to Simeon. Lovingly he took the baby in his arms. Gazing intently at the child, his heart filled with wonder. Bursting with joy, he praised God saying...



*"God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel."
Luke 2:29-32 (Msg)*

At last God's promise had come to pass - Simeon had seen the salvation of God! He was now ready to die! His life-long yearning to 'see' the Messiah of God had been fulfilled. But what exactly did Simeon 'see'? We know he saw Mary's eight-day

old baby but were there further things he 'saw'....in the Spirit? We don't know for sure, but Simeon was a devout Jew who loved God and was familiar with His Word, quoting it in his prayer and words to Mary. For years he'd listened to Rabbis discussing God's word and speaking of a coming Redeemer: a king from the line of David who would liberate the Jewish people, restoring the splendour and prosperity of Israel. From the prophecies of Isaiah, Simeon seemed to understand something more...this future anointed king would not only bring glory to Israel, but he would also be a God-revealing light to the non-Jewish nations of the world. Through this coming Messiah, the glory of the Lord would be revealed to all mankind. Perhaps Simeon also 'saw' in Mary's baby, the promised 'child' Isaiah spoke of who would be called Wonderful Counsellor, Mighty God, and Everlasting Father; the Prince of Peace who would reign on King David's throne, establishing His eternal kingdom with justice and righteousness.

Simeon also seemed to understand God's salvation would come at great cost. Perhaps he 'saw' in Mary's baby, the Suffering Servant Isaiah prophesied about - One who would be pierced for the transgressions of mankind and crushed for their iniquities. And after this He would live again and because He bore their sins, many would be brought into right standing with God. In light of this, Simeon cautioned Mary, saying 'a sword would pierce her soul' as she witnessed her son being opposed and rejected and eventually killed by the nation's leaders. By their response to Him people would reveal the inner condition of their hearts. Ultimately, no one would be neutral about Jesus.

No one is really sure what Simeon 'saw'. But whatever it was, he described it as the salvation of God! What a privilege this was for him. He wasn't a religious leader or an important citizen.... just an ordinary person who'd been given an extraordinary promise. Before he died, he'd 'see' the salvation of God!

Now, the amazing thing is this: since the arrival of Jesus in this world, what was extraordinary in Simeon's time has become 'ordinary' today. Today, we may all 'see' God's promised salvation, Jesus Christ, before we die! Through Him, the revelation of God's saving grace and kindness has come to everyone. Because of Christ's death and resurrection, there's an open invitation to all of us to put our trust in Him as our Saviour. In doing so, we get invited to enter into life with God - a life that goes on and on forever.



But how can we 'see' Jesus today? We obviously can't 'see' him physically, as He's now seated at the right hand of the Father in heaven. Today we 'see' Jesus, spiritually....by faith. Faith is the eye of the soul. If we sincerely long to know Jesus, we will be shown His true glory - the brightness of His unique spiritual beauty. As the radiance of God's glory, Jesus perfectly mirrors God. It's the Holy Spirit who opens our spiritual eyes to see the glory of God in

the face of Jesus. The face Simeon saw was not just a kingly face, but a marred face; one disfigured by evil, spat upon and beaten. Evidence of His willingness to humble Himself to the point of death, even death on a cross, for undeserving sinners like us. Jesus willingly laid down His life as a sacrifice on our behalf.

There was no other good enough to pay the price for our sin. Simeon seemed to understand this. It's no wonder he praised God!

God has promised to shine the light of knowledge of His glory in the face of Jesus on all of us. Allow the Holy Spirit to open your spiritual ears and eyes to 'hear and see' the salvation He's prepared for us in Jesus.

This is what happened to Simeon, and it can happen to you as well!

(Submitted by: Ps. Dave Henderson)

CROSSING YOUR BRIDGE

Na aanleiding van Ds. Allie se woorde van wysheid by 1H4J (22 /9/23): Die "Roepingsverhaal", wat ek nagedink het en so effens verwerk het.

God calls everyone to repentance - that's the essence of the Good News - "The Kingdom of Heaven is at hand."

God calls everyone to follow Him, the King of the Kingdom.

God calls everyone to be witnesses and cross your bridge to reach others.

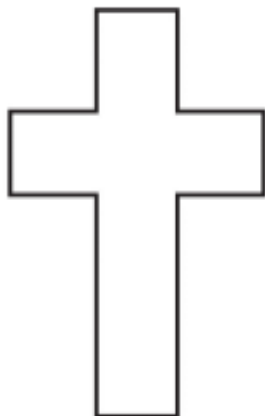
If we superimpose the Cross over our lives:

The vertical axis

God reaches down to mankind.

Then the horizontal axis
like a bridge, to reach
Is your bridge usable, or
famous Cape Town

Even here at Plumrus,
men, fishing from the
Seeing the troubled
bridge, you are safe on



of the cross will be activated,
out to others.
does it end in mid-air, like the
foreshore bridge?

you can become a fisher of
bridge.
waters of the world from the
the bridge of the Cross.

You need to sit at the foot of the cross and reach up in repentance to receive his forgiveness and New Life. **Here's a challenge for you; Gaan sit by die voet van die kruis in die eetsaal, wees stil en se vir Hom: "Vat alles!"**



Do you know there is an important difference between a cross and a crucifix?



A cross is a symbol of Christianity but there are over 35,000 Christian denominations.

Protestants do not have the Body of Christ on the cross. They typically say, "We serve the Risen Lord."



A crucifix is a Catholic symbol which reminds us of the suffering of Christ and his willingness to give up His life for us out of love.



gardening

It grounds us ... gets us out of our busy heads and back into our bodies. Alone there on our knees, we can breathe. With our nurturing hands duly occupied, while gardening we allow ourselves the time & space to truly feel - peace, pride, satisfaction, joy.

Dit is die maand Oktober!
Die akkerboom is groen;
Die bloekoms langs die paaie
Is almal nuutgeboen;
En orals in die tuin rond
ruik jy serings en roos,
Jasmyn en katjieplering,
Iemoen en appelkops.
C. Louis Leipoldt

KUNSTENBLOEM

PlumRus Garden Club meets every 2nd Monday of the month at 15:45, please come and join in the conversation and learn more about our beautiful gardens; what's being planned and share any ideas you may have. (PS. Photo of flowers in our garden courtesy of Michael Arendse)





Geseende Verjaarsdag aan ons Inwoners

1st	Everdina Morelli	N004	88
1st	Cora Welz	MV203	87
2nd	Marcella Steinbauer	MV207	85
3rd	Lorraine Borthwick	R33	87
8th	Maurine Gleeson	R20B	94
9th	Merle Swart	R50	74
12th	Margaret Guy	MV206	84
15th	Christina Esterhuyse	F17	88
15th	Elvira Hatch	R18A	81
16th	Charlotte Offerson	F123	82
18th	Pat van Wyk	MV108	95
19th	Jenny Cooper	A5	85
20th	Veronica Hopwood	N205	84
21st	Annie Jansen van Vuuren	R13	84
21st	Ernest Haupt	F15	87
22nd	Gloria Snyman	R43	89
23rd	Ignacia Holland	R19B	88
24th	John Herbst	F20	79
25th	Beryl Garwood	F105	88
28th	Gillian Human	R7A	79
29th	Ellen George	R28	82
30th	Grant McKnight	MV106	59



Aan ons Personeel – Lekker Verjaar

1st	Lucille Stoltenkamp	Riskman
1st	Hajiera Jacobs	Health Care
10th	Tracy-Lee Temmers	Health Care
11th	Evano Rademeyer	CCL
11th	Nastasja Fisher	Care Services
13th	Petula Kellerman	Care Services
16th	Miche Philander	HR & Finance



Geluk aan ons Lede/Kliente

3rd	Mev K Spendell
4th	Mev M Thompson
5th	Mev S Kaplan
7th	Mev M de Waal
11th	Mev E Mc Master
12th	Mev L Daniels
15th	Mev S Maseko
15th	Mev M Williams
17th	MevD Jansen
21st	Mnr M Couves
21st	Mev S Rossiter
25th	Mev F Adonis



Did You Know?



'n Wonderwerk in werking! Na maande, miskien selfs jare van bespreking - the deed was done, the pine trees were heavily pruned and the view and sun for many flats in Plumrus North was restored. Baie, baie dankie!



We continue to support our team until the end! Our blood remains green.



Meet the latest and youngest Springbok(kie) supporter in the PlumRus family, Rhea born on the 12th September. Rhea is the great granddaughter of Veronica Hopwood. Her great grandfather the Springbok, Doug Hopwood, would definitely have approved of her supporter's outfit.

#BokFriday

Show your support and wear green every Friday during the World Cup!

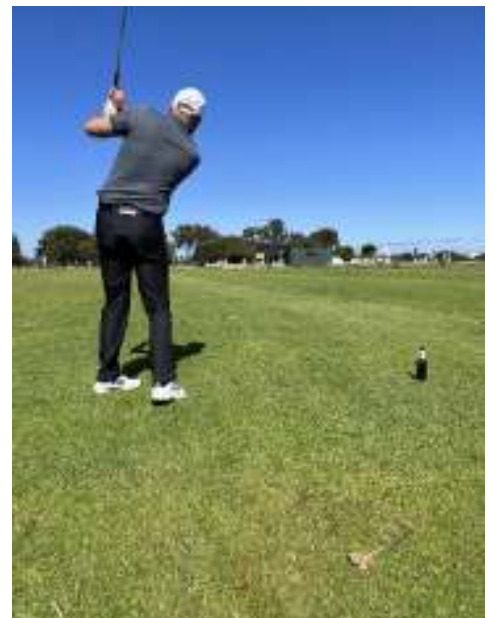
Several scientific studies have proven that when toast is dropped from a table it does fall butter-side down at least 62% of the time.



Project Sluice is well under way, and we are looking at a completion date in the not-too-distant future...watch this space. The new sluice will greatly assist the current productivity/turnaround time of our Laundry.

Nashua-PlumRus Charity Golf Day

What an amazing and successful event. Thank you once again to Nashua and all our other sponsors for helping to make this inaugural event a huge success. Photos don't lie but tell the story of camaraderie, great and not so great golf, well stocked "natgatte", and memories that were created. We are also happy to announce that we raised just over R100 000.





Three generations of the Van Rensburg family made up a memorable 4ball.

Turning point

I was in the early matric years at Wynberg Boys High School, when a prefect persuaded me. To attend a weekly meeting of the student Christian union. I found the meeting interesting and continued to attend subsequent meetings.



Then I reasoned that if I attended such meetings, the right thing to do, was to attend church on Sundays and I was received and welcomed by the Claremont Congregational Church. This progressed later to be asked to become a Sunday school teacher and I discovered that I related to 6- to 9-year-old. This led to a crisis in my personal faith when I began to doubt the miracles in the Gospels, until my faith shrunk to a skeleton, and I was driven to my knees in prayer. "Lord, there are so many things in scripture that I do not understand, but I accept your word as the truth." That, was the turning point leading me in so many ways, not least being, finding a believing, praying wife.

(Submitted by: Adin Harmer)



THE WRITERS' GROUP: TRIGGER HAPPY

This month, members of the Writers' Group were asked to write "something" in response to a trigger.

What an unexpected surprise!

(Triggered by a figure seen through the glass)

As I was doing housework
One Thursday morn at ten,
I heard a ring at our front door
So I went to see, and then

Not wanting to be foolish
And just open up the door
And have a stranger barge right in
And knock me to the floor,

I just walked on into the lounge
Right pass our glass front door
And glimpsed a shadow outline there
And my heart began to soar.

My gosh, I thought as I passed by,
I must be going barmy,
This person's just the height and width
Of our Paddy in the army.

So I ran to the lounge window
And pulled aside the curtain
And peered out thro' the burglar bars;
I had to know for certain.

Can you just guess who stood out there
In his military clobber?
This was no hawker with some veg.
This was no bob-a-jobber.

This was not some person
Whose thoughts were bent on crime,
Nor was it just a passer-by
Come in to ask the time

You're right! It was our Paddy
His outline had not lied,
But when I saw that it was him
I very nearly cried.

I just stood there and gazed at him;
I seemed quite paralyzed.
I was really feeling so amazed
And terribly surprised.

And as I gazed and gasped and gawked
At Paddy thro' the glass,
He said "come Ma, please open up,
I've got a week-end pass."

(Submitted by: Jeanette Venner)

So much more....

Triggered by the phrase "So much more..." in Luke 5 v 15

Yes, Lord, I do want more
BUT
Do You not want me to explore
That which I already have?

To hear, and to be healed
Of what to me has been revealed.
Not just escape, but to withdraw
Into the wilderness awhile
To contemplate
And meditate

(Submitted by: Verena Salzwedel)

We are having a very loooonnnngggg winter it seems to me!
Someone at lunch said it was forecast there would be snow on
Table Mountain!

This comment triggered a memory of nearly sixty years ago
when I was a boarder at a local school here in Cape Town. It
was a particularly cold week in September and the building
was mid Victorian with high ceilings and sash windows, no
heating.

Journal Monday 14th September 1964 : 3mins to 8am
There was snow on Table Mountain this morning!
We break up on the 25th! I love watching the
Oranjemund students go – they leave at 4am and look
so excited.



Monday 11th September 2023

Fuel was fiercely saved, and we were cold as cold could be. It seemed to come up through the worn floorboards, the cement stairs had moisture frosted on the steps. A bitter North wind brought rain that battered the ill-fitting windows and icy

draughts stirred the dejected, limp curtains. My knees were blue, my fingertips white. I couldn't even grasp items as my hands were so stiff. A loosened oak tree branch crashed against the roof and shivered the slate tiles. I felt I could never be warm again – it was like Dickens had created the school corridors and filled the passages with pinched-faced children. The school cocoa was lukewarm, and we weren't allowed to finish it when the bell went... **(Submitted by Vivien Spiers)**

Trigger...Noise Pollution

The trigger was Super Blue Moon, & other nights, when a mysterious BOEF noise occurred on Plumrus roof at 3a.m., then silence. Culprit is an Egyptian Goose ending its raucous couples nightly flight, must have undercarriage down & air brakes on to thwack folks awake & levitate from our beds.



Cacophony of 6a.m. onwards, mayhem brumble in Birmingham Rd. of vehicle arrivals & departures & guillotine clang of the pedestrian gate, jovial workers enthusiastically roaring into the new day, residents alarmed by shouted queries for Jungle Oats or Weet-Bix but, the worst, banging doors!

No, the 24 wheelie bins race to get the refuse away for collection is worse, the gallop, grating down the tar road.....imagine French Revolution carts trundling off to said guillotine.

Rudely woken, a blast of early morning news follows & radios & TVs continue the loud, never ending mumble of daily dose of noise.

Preventing escape, the Pollsmoor prisoners are Police Van sirened off to Wynberg Magistrates Court pretty early & whining ambulances ferry patients endlessly.

Real aaargh noise is speakerphones shouting out to distant families or friends as if voices need to carry over water [or close by] or let out over airwaves.

Then the lament of the flat-hopping vacuum cleaner that could be pipe throttled at birth or shot with a silencer; & the cast iron bath in the vacant flat, bludgeoned out with nerve scraping angle grinding & brick bombing noises before the merry 3 Musketeers "Dewy White" paint brigade swoop in.

Citadel flats 6 storey scaffolding creeps up & down with chain gang CLANGITY-CLANG midst jabbering in 12 languages to bash, plaster & paint & plaster khaki walls.

Quiet nights? Rainy seasons irk-ark irk-ark of hidden frogs beats the Beatles "Altogether" frog chorus - are they in Diep River at 3 Arts Mall? And the Ha-Di-Dah shrieking "Eskom's on" in fright plus lost, panic-stricken Guineafowls running in circles screaming "Where am I" repeatedly.

Friday nights street noise as the blue Telkom box gets a resounding car reversal beating BOEM from jollers doing 6 point turns in the Cul-de-sac.

But happy winners' cacophony also in Protea Coffee Shop with shrieks of horror, joy & advice for our Bokke in turquoise for Rugby World Cup against Scotland in France; and soon the trigger to herald Summer noise - the Ice Cream Van's tootle-deee-dooo music &, hopefully the end of noisy gales shuddering windows with ghostly noises.

(Submitted by: June Stein)

Tigger - Steam Rising

Pam sitting in the morning sun, with a cup of black tea, from which steam rose .

It is said, O Lord, that our prayers rise to you like sweet perfume. This is so encouraging. Firstly, because we see You enthroned in majesty. Secondly, because it gives us access directly to You. Praise your Holy Name.



(Submitted by: Adin Harmer)

YOU

"Above all else to yourself be true" - William Shakespear

In the beginning God spoke and said, "Let us make Man (human beings) in our image". What an awesome thought you and I are created in God's image! Except that God is infinite, eternal, omniscient, omnipotent and omnipresent... and we are finite human beings.



God's character of wisdom, love, goodness, creativity he imparted to you and me even though after the fall when man disobeyed God, he did not cancel the gifts he imparted to us.

As the leaves on the same tree differ from each other, so you and I are unique, no other person is like you. Even twins are different.

Jealousy of another person is a green eye monster, whereas self-acceptance and self-respect are part of an integrated character. In a close community like PlumRus, it is so easy to judge others, i.e. to feel superior or inferior to others. To be judgemental, impatient or maybe even rude or jealous. If you are secure in yourself by accepting who you are, because you know who you are, your strengths and weaknesses (like we all have) then you will get on with everyone except with those who dislike you because of their own insecurities.

Like the heading of this article, you can only be true to yourself if you know yourself, and accept yourself, weaknesses and strengths, no one is perfect, only God.

The Meyers Briggs personality test was wildly used in businesses to see if an applicant will be suitable for a job, basically if you are left brain orientated you are practical and use your brain in decision making ideal as a manager whereas a right brainer you think with your heart, i.e. emotions. Better to be an author, artist, musician etc. The left brainer is sober, practical and logical. The right brainer is a dreamer and emotional – thinks with the heart.



Can you identify who you are and to yourself be true?

Don't be envious nor arrogant, in GODs sight we all are valuable, His children.

(Submitted by: Louise Edgcumbe)

When You're A Survivor Of Emotional Abuse...

You're fighting **daily battles in your head** with a person you no longer have contact with.

You're not being "**dramatic**" when you're triggered by something "**small**" - abuse has **residual effects** that can take a long time to heal from. You don't just "**get over it**".

Please be patient and understanding of any survivor you may know - they're doing the best they can.



**Sometimes it seems
that the louder someone
claims sainthood,
the bigger the horns
they are hiding**

- Steve Maraboli

OKTOBER / OCTOBER 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
30	31	
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	
2	3	4
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 1 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
9	10	11
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 3 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
16	17	18
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Live Entertainment in the Hall	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 5 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall 18:00 YouTube Social Evening
23	24	25
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 3 Episode 7 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in all lounges @ 11:45 3rd October 2023 Friends Meeting in the Hall @ 15:00 5th October 2023 Morning Market in the Hall @ 09:30 9th October 2023 Garden Club Meeting in the Hall @ 15:45 10th October 2023 Writers Group in N203 @ 15:00 16th October 2023 Live Entertainment in the Hall @ 15:00 18th October 2023 YouTube Social Evening in the Hall @ 18:00 27th October 2023 Bring & Braai @ 18:00			1 09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Finding Ohana 18:00 Woord & Lied Dr. Chris Saayman
5 08:30 Library / Biblioteek 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Tea Time: lounges 15:00 Bingo in the Hall	6 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	7 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 2	8 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Nanny McPhee & The Big Bang 18:00 Woord & Lied Dr. Chris Saayman
12 08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	13 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	14 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 4	15 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Stuart Little 18:00 Woord & Lied Dr. Chris Saayman
19 08:30 Library / Biblioteek 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	20 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	21 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 6	22 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Are we done yet? 18:00 Woord & Lied Dr. Chris Saayman
26 08:30 Library / Biblioteek 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	27 08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimonies 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	28 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 3 Episode 8	29 09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Matilda 18:00 Woord & Lied Dr. Chris Saayman

Dis heerlike lente
Ons hoop die winter is verby!
Die dae nooi ons na buite, vir jou en vir my.
Die voëltjies sing,
dis asof hulle 'n loflied bring.
Alle kleure en geure blomme begroet ons
en oral hoor mens bye gons.
Die natuur lewe
Alles deur God gegewe



(Ingedien deur: Lida Herbst)

Never Stop Being You

Never stop caring about the little things in life.
Never stop dreaming, and don't give into strife.
Never stop wondering are we on our own.
Never stop thinking has your spirituality grown.

Never stop building bridges that lead to better tomorrows.
Never stop trying, and don't give into sorrow.
Never stop feeling amazed at the beauty that surrounds you.
Never stop hearing the music, and don't give into the blues.

Never stop pushing away negative thoughts that make you feel sad.
Never stop looking at all the miracles we have had.
Never stop loving the ones you hold dear.
Never stop giving, and don't give into the fear.

Never stop smiling, but look forward to each new day.
Never stop shining in your own special way.
Never forget that all storms will clear.
Remember brighter tomorrows are always near.





Mom was born on the 8th of October 1931. She was blessed with a long and mostly healthy life rich with friends and family. She met my dad when she was just 19 and they had 17 wonderful years together before I was born. As a family we treasured our six short years together before losing my dad after his long cancer battle.

Mom and I had 51 incredible years together, we were inseparable. She was the first person I spoke to on any topic, always available and there to support me. For the last 14 years, her grandson James brought her such joy and inspiration. We were so blessed as a family to always have her unconditional love.



Mom moved into Plumrus in February 2020 just before COVID and lockdown came to challenge us all. Plumrus has been our extended family since then. The team has created a home where we always felt love and support and I would like to thank the whole team for the environment that they have so successfully created. Mom so

enjoyed the conversations she shared with so many of the staff who took the time to make her feel special. She also made a few very close friends who she loved sharing a meal or having a coffee with.



I would particularly like to thank the staff from the coffee shop who over the years created such a warm and friendly space for Mom and I to spend quality time together.

These memories will be in my heart forever.

***To live in hearts we leave behind,
Is not to die.***

THE JOURNEY TO SANBI

Mashudu Nndandulani gave a vivid Monthly Residents Talk which outlined "The Journey of My Horticultural Career", a winding "My Story" starting on a Limpopo village plot with his mother, carting water to grow a sugarcane boma to fence off a veggie garden & propagating trees to sell the wood!

After village High School Mashudu took a job at De Wet Louw, Design & Landscaping in Gauteng for 18 months where fortuitously Gillian Turner noticed his diligence & hired him to manage their private family garden in Hyde Park, Johannesburg, for 8 years, plus for house sitting with his own family by then, until the family moved to UK. The Turners paid for his UNISA National Horticulture Diploma studies while the new owners of their property, the Rouch family, also employed him for the next 18 months mainly growing veggies for all & sundry.

In service training at North-West University Botanical Gardens followed where he gained invaluable experience with professionals, propagating & experimenting with plants.

Their Curator motivated a move to Longwood Gardens in USA for 1year's research & propagation, especially with water lilies.

Mashudu attained his UNISA Horticulture Degree with finals written in the SA Embassy in America - with all his expertise, this fact impressed him most as being magic!

A year at Lifestyle Garden Centre, Randburg, was spent polishing the customer advice side for plants & gardens, we say he could sell Restios to retirees with charm.

A steppingstone led to SANBI [South African National Biodiversity Institute], Kirstenbosch National Gardens for garden & people management [his word], garden planning, propagation & curation of living plants & seeds, training of volunteers & interns. South Africa is renowned for the conservation of threatened plant species, here Mashudu said that research is being done on our WP iconic Protea, the Silver trees [*Leucadendron argenteum*] that are dying out on our mountains partly due to the root rot fungus *Phytophthora*. Various injectable solutions & sprays are being experimented with against this enemy & could also be used for avocado trees.

Field work in WP involves joining with other Fundies e.g. in Outeniqua Mts near George in grafting extinct rare Proteas & hand pollinating threatened proteas in Haasendal Nature Reserve [Stellenbosch], then cross pollinating flowers for genetic strength. Also, conservation work in Tokai for species under pine trees, Kenilworth Racecourse area; restoration after roadworks nationwide to replant indigenously; plant & seed collection even to Magwa Falls [Lusikisiki, EC], though the new crab species here brought him joy!

Collaboration across countries took Mashudu to UK Kew Gardens Seed Bank, Chelsea Flower Show & Hidcote National Trust gardens; in USA Longwood Gardens & gardens in Japan gathering knowledge. Nursery visits to see what's new in Plants & protocol is also in his framework- AND another special trip to Plumrus so charmingly done, happy thanks from all.

A journey enthusiastically lived and, to quote: "All the people that helped me saw the potential in me & I worked hard & smart". Frankly, he can sell Restios to retirees, so Mashudu must be a gem for students learning plant language.



After a very informative talk rendered to our Residents in May, Mashudu was invited to return to PlumRus during September when we celebrate Heritage Day, to share his journey to becoming a renowned and successful horticulturist.

Our Residents enjoyed a special potjie lunch on Heritage Day, prepared by the manne, with great supervision by Malcolm Mc Knight. Lunch was an oxtail pot served with mash and roasted veggies, complimented by chocolate covered ice-cream.



Together we are #GreaterThan Stroke



On the 27th October PlumRus together with Stroke Support Group-Constantiaberg, will activate an awareness desk at the 3Arts Mall to raise awareness around stroke prevention, rehabilitation and support. Visit us on the day and wear a red ribbon to show your support to our Residents, family and friends who are stroke survivors and remembering those who have lost their lives as a result of strokes suffered.

I was perfectly fine when the plane landed in Cape Town on the 21st of September 2013. It was a night flight and touchdown was at 10:30 am.

After a 2 week long seminar at the Foreign Office in Berlin I was looking forward to get home again to be with my daughters. My granddaughter was born while I was in Berlin and I could not wait to hold her for the first time.

It was Sunday and I took a taxi from the airport to town. My car was parked in the garage of our office building. The battery was reconnected, and I drove home. The girls were expecting me eagerly, of course, I had gotten them little presents. Before I unpacked the suitcase, I told them I was going to lie down for a while.

The stroke hit me while I was sleeping.

It was some time the next day that I woke up in Groote Schuur Hospital. I was later told that when I had failed to wake up at home, the girls summoned my son-in-law and an ambulance which only arrived much later though.

The first 2 weeks after the stroke I can hardly remember. My ability to speak was almost non-existent and I could barely lift my head in bed. They transferred me to the Western Cape Rehab Centre in the second week of October. My speech did improve tremendously while I was there. I did not regain mobility in the right half of my body though. I shared a room with 5 other men, and we were exposed to a strict regimen of daily activities. Breakfast was at 7 am which was followed by sessions of physio- speech and occupational therapy. After lunch we had free time until an early supper. At 17:30 we had to be in bed. I stayed at WCRC for 10 weeks during which time my girls drove from Kirstenbosch to Mitchells Plain every evening to see me. It was also there that I first met my granddaughter.

I was not allowed to move around without the wheelchair during the day. 3 months after my stroke I could finally go home. We had hired a caregiver who looked after me and the house very nicely. We could stay at the house for 3 more years until our ambassador had to tell me that we have to vacate the premises because the Foreign Office can no longer accommodate us at this government property, especially since I could no longer perform my work duties due to my illness.

This is how I landed at Plumrus, where I have been living happily for more than 7 years.

(Submitted by: Jurgen Bosse)

Love a leftie!

No, we're not taking political sides, but showing support for left-handers, who make up between 10-12% of the world's population. To celebrate the uniqueness of left-handed people and to raise awareness of the advantages and disadvantages that come with it- International Left Handers Day is marked annually on 13th August. The day was first observed in 1976 by Dean R Campbell, founder of Lefthanders International Inc.

Brain Basics

The way the brain works is incredibly complex. But to give a simple explanation of where our left-hand dominance comes from, the brain is cross wired, meaning the right side controls the left side of the body and vice versa. Hence the well-known saying, "only left-handed people are in their right minds", The right-hand side of the brain is thought to coordinate the left side of the body and control tasks to do with arts and creativity.



Suspicious Minds

The unfair association for left-handers goes back in history. The word "left" is derived from the Anglo- Saxon word "lyft", meaning "weak", and the word "sinister" actually derives from the Latin word meaning "left". Many left-handers learn to be ambidextrous simply because they have to, yet despite the challenges they face, many thrive in their personal and professional lives.

Five challenges that many left-handers face

- Scissors: most scissors are designed to be used with the right hand, which can make it particularly challenging for children in school where scissors are a commonly used tool in crafts and projects.
- Computer mice: most common computer mice are designed for right- handed people, which can make it difficult for left-handed people to use them comfortably.
- Sports Equipment: the majority of sports equipment, from golf clubs and tennis rackets to fishing rods and cricket bats, is designed for right handers and this can make it frustrating to find suitable equipment that's comfortable to use- and to participate in certain activities.
- Kitchen utensils: it's challenging for lefties to use utensils such as peelers and openers safely and efficiently, as most are designed for right-handers.
- Writing: left-handed people may have trouble smudging as they write, as their hand tends to drag across the page.



Famous Left Handers

There may only be 10-12% of them on the planet, but there are some pretty impressive left-handers crammed into that number, from artists, politicians and sports stars to scientists, astronauts, actors and even royalty.

- Leonardo Da Vinci, Michelangelo and Mozart, Aristotle, Julius Caesar. Albert Einstein, Niel Armstrong, Bill Gates, tennis stars Rod Laver and Rafael Nadal
 - Then there's former US presidents Barack Obama. Ronald Reagan, Bill Clinton and Harry S Truman to name a few.
 - Musicians Jimi Hendrix, Kurt Cobain, Paul McCartney and David Bowie join the leftie line-up, while stars taking a bow include Charlie Chaplin, Robert de Niro, Angelina Jolie, Keanu Reeves, Bruce Willis and Tom Cruise.
-



During my holiday in the UK my two sons and two grandsons celebrated their birthdays. For my grandson, Nikki, he was celebrated with a surprise visit to Warwick Castle. There was however only one building that he could go into because of his wheelchair, for which he used a designated lift for.

While walking in and around Milton Keynes, you would see these little "Star Bucks" robots, somehow transporting one to another realm, but it was simply an efficient a delivery service to customers. It was quite amusing to see people stop and get out of the way as these robots navigated the streets and sidewalks. I took a photo of one waiting to cross the road, it stops, then goes to the middle of the road, stops then continues to cross the road, then goes to its station and "parks" with all the others, outside the one shop.



In Nottingham, my son David took me to a lake, I called it Swan Lake, where there were swans with four cygnets. I saw them at different stages of their growth, they are almost the same size as their parents and their feathers are still grey.

David would take some seed for them, they were in the reeds, he would shake the bag and they would come to him. I still enquire how the swans are?

David also took me Robin Hood's tree.

I was also fascinated by the electric scooters that could be found along the roads. With a special app you could hire, pay and be on your way. As soon as your hiring time expired you would "abandon" the scooter to be used by someone else.



All in all, I had an enjoyable and memorable holiday! **(Submitted by: Beryl Garwood)**



Margaret Raven was very excited to enjoy a visit from family living in the UK, together with her sons.



The sisters, Tammy and Leigh, have landed, one from Australia and the other from New Zealand. They made it their mission to party-up a storm while creating lasting memories with their mom, Jocelyn Findlay in Zone 5. You are both a ray of sunshine!





Dit was bederf uit die boonste rakke, wanneer jou seun in vlieg van Dubai om sy Ma te bederf met 'n High Tea by die One & Only. Marie het lekker verjaer en haar seun se kuier baie geniet.

Veronica Hopwood is very proud of her grandson, Dylan Sage, who is playing 7's rugby for Monaco Club. Since leaving the Blitzbokke Dylan has been playing 15-man rugby in France, before making the move across the border into the Monaco Principality. He has teamed up with his old mate, Branco du Preez, in Monaco. Guys best you get back home as the Blitzbokke need you to qualify for the Olympics in Paris next year.



Great memories were created when the Forget-Me-Nots came to entertain our Residents.

Their choice of music and songs resonated with the audience which turned the afternoon into a great sing-along!

Ons het sulke kosbare herinneringe van jou tyd saam met ons, daarom gaan ons jou so baie mis – Nellie Marsberg





ANNUAL REPORT
2022 - 2023



Chairman's Report
Willie van Heerden

Our AGM was once again a time of reflection and celebration. The reporting period was reviewed for its challenges and successes.

All stakeholders were acknowledged for their significant role in allowing PlumRus to once again celebrate their mission of creating a life-giving difference in the lives of our Residents.

11 staff members were inducted into the PlumRus 10 Year Club and received their long service certificates from the President of the 10 Year Club, Rhodene Koense.



***Strive not to be a success,
But rather to be of value.***



The afternoon was celebrated with musical entertainment by Monique & James. Thanks to our catering team for providing amazing snacks to see us through the event.

Oktober Maand: Afrikaanse Historiese Dagboek

Belangrike gebeure in die geskiedenis van ons Afrikaanse Taal, Kultuur en Menswees:

1 OKTOBER 1655 – Jan van Riebeeck ontvang 'n brief van die Here XVII dat amptenare vrygestel mag word om vrye ondernemerskap te beoefen. 1686 – Kermis Simon van der Stel, goewerneur aan die Kaap, stel op hierdie dag die gebruik in dat van die 1ste Oktober tot die 14de Oktober jaarliks kermis gehou sal word

2 OKTOBER 1901 – Anglo-Boereoorlog: Piet Schuil gefusilleer Pieter (Piet) Schuil (23) is op hierdie dag gefusilleer in die Rustenburg-distrik. Piet was 'n gekwalifiseerde onderwyser wat op Rustenburg skoolgehou het.

3 OKTOBER 1685 – Die Nederlandse Oos-Indiese Kompanjie besluit om Franse Hugenote-vluchtelingen na die Kaap te stuur 1831 – Die "Driemanskap" telegrafeer hulle beswaar oor die vredesvoorwaardes na Engeland 1939 – Aanvang van die FAK se Eerste Ekonomiese Kongres Een van die eerste en dringendste vraagstukke waarmee die FAK sedert sy stigting gekonfronteer is, was die betreurenswaardige ekonomiese toestand – IN 2023 IS ONS WEER DAAR.

4 OKTOBER 1886 – Die plaas Randjieslaagte word geproklameer as 'n openbare delwery en die volgende dag vaardig die adjunk landmeter-generaal, Johann Rissik 'n plan uit vir die opmeet van 'n dorp. Hierdie dorp was Johannesburg. Die indrukwekkende Rissik-Poskantoor is vernoem na Johann Rissik en is onlangs opgeknip tot sy voormalige glorie.

5 OKTOBER 1837 – Piet Retief vertrek na Natal om met Dingaan te onderhandel oor grondgebied 1853 – Darling ontstaan Die dorp, Darling, ontstaan op hierdie dag. Darling het sy ontstaan aan die behoefte tot 'n kerk te danke. Bewoners van Groenkloof was van mening dat die kerk op Malmesbury te ver was vir gereelde bywoning

6 OKTOBER 1654 – Die direkteure van die Hollandse Oos-Indiese Kompanjie (Here XVII) stel Houtbaai aan Jan van Riebeeck voor as moontlike gebied om sommige Nederlandse gesinne te vestig. 1900 – Tweede Vryheidsoorlog: Oranje-Vrystaat geannekseer Die Oranje-Vrystaat word amptelik deur die Verenigde Koninkryk geannekseer as die Oranjerivierkolonie. 1902

7 OKTOBER 1901 – Op aandrang van die Dameskommissie moet GF Esselen (superintendent van die Irene-konsentrasiekamp) mevv. Armstrong, Enslin, Vlok, mej. Finaly, Cilliers, Dürr en Van Warmelo (almal Hollands-/Afrikaanssprekende vrywillige verpleegsters verbonde aan die Rooikruis) in kennis stel dat hul dienste nie meer benodig word nie

8 OKTOBER 1811 – Die dorp George kom tot stand Die dorp George kom tot stand. Dertig erwe word op hierdie dag per publieke veiling verkoop. George was aanvanklik 'n distrik van Swellendam.

9 OKTOBER 1803 – Jacob Abraham Uitenhage de Mist en sy dogter Augusta vertrek na 'n verkenning van die binneland, 'n reis van 167 dae

10 OKTOBER 1896 – Gereformeerde Kerk in Kerkstraat se hoeksteen word gelê Die kerk se hoeksteen is deur Paul Kruger gelê op sy verjaarsdag, 10 Oktober 1896, en 'n houer met

dokumente is ook in die muur vasgemessel. Hy het die kerk amptelik geopen op Kersdag in 1897. In 1951 is restourasiewerk gedoen, en die houer is toe oopgemaak

11 OKTOBER 1663 –Op hierdie dag het sersant Jonas de la Guerre die Kaap verlaat om noordwaarts te gaan op soek na die “groot rivier wat van oos na wes gevloei het” en om “handelsgeleenthede te ondersoek

12 OKTOBER 1679 – Simon van der Stel kom in die Kaap aan 1898 – Normaalskool gestig Die Bloemfontein Onderwysersopleidingskollege word as die Normaalskool gestig, met PJ du Pré le Roux as eerste skoolhoof. 1899 – Anglo-Boereoorlog: Die eerste skote gevuur Die heel eerste skoot van die Anglo-Boereoorlog is op hierdie dag om ongeveer 22:45 uit die Mauser

13 OKTOBER 1867 – Die eerste diamant in Suid-Afrika gevind Die eerste diamant wat in Suid-Afrika gevind is, die Eureka-diamant van 21,25 karaat, is op 13 Oktober 1867 deur die 15-jarige Erasmus Jacobs naby Hopetown langs die Oranjerivier opgetel.

14 OKTOBER 1828 – Suid-Afrikaanse Kollege kom tot stand Tydens ’n vergadering in Kaapstad word besluit om die Suid-Afrikaanse Kollege (voorloper van die UK en SACS) te stig. 1875 – Oorhandig kopie van Transvaalse Volkslied Catharina F Rees, komponis van die “Transvaalse Volkslied”, oorhandig ’n kopie van die Lied aan president TF Burgers. “Kent gij dat volk vol heldemoed

15 OKTOBER 1668 – Eerste erwe Simon van der Stel, Kaapse goewerneur, hou persoonlik toesig oor die uitmeet van die eerste erwe op Stellenbosch. 1910 – De Natal Onderwysers Unie gestig Die Natalse Onderwysersunie (NOU) 1960 – Republikeinse Dankfees Suid-Afrika het op 5 Oktober 1960 met ’n meerderheid van 74 580 stemme ten gunste van ’n republiek gestem.

17 OKTOBER 1911 – Pres. Steyn deur Louis Botha genooi na byeenkoms om uniale politieke party te stig Dit is verbasend hoe gereeld pres. MT Steyn deur verskillende politieke partye en kultuurgroepe genader is om sedert 1902 en ook ná 1910 leiding te gee.

18 OKTOBER 1686 –Na ’n reeks godsdiensoorloë in Frankryk in die 16de eeu het koning Hendrik IV in 1598 die Edik van Nantes uitgevaardig. Hiervolgens het die Franse Protestante, bekend as Hugenote, ’n groot mate van geloofsvryheid verkry. Toe Lodewyk XIV in 1685 die edik herroep was daar vir diegene wat hulle protestantse geloofsoortuiging geen ander keuse- trek

19 OKTOBER 1899 –Die Transvaalse vlag word by Vryburg gehys 1900 – Anglo-Boereoorlog: Aanval by Fauresmith 1904 – Die Suid-Afrikaanse Vrouefederasie is gestig Die oorlogsjare het Transvaal en die Vrystaat verander in ’n woesteny

20 OKTOBER 1859 – Hoeksteen van kerkgebou Die hoeksteen van die oudste kerkgebou in Transvaal, die NG Kerk in Potchefstroom, gelê. 1885 – Die Boererepubliek Upingtonia kom tot stand 1899 – Anglo-Boereoorlog: Geveg by Talana Baie vroeg op hierdie dag was die toneel gereed vir die eerste veldslag van die Tweede Vryheidsoorlog in Natal.

21 OKTOBER 1899 – Anglo-Boereoorlog: Geveg by Elandsplaagte Genl. JHM Kock, met die Johannesburg-kommando en die Duitse en die Hollandse korps onder hom, het op 19

Oktober daarin geslaag om die Britse spoorverbinding tussen Ladysmith en Glencoe gedeeltelik te ontwrig.

22 OKTOBER 1900 – Aanval by Luckhoff 1914 – Die Rebelle breek uit Die uitbreek van die gewapende Afrikanerprotes van 1914 tot 1915 het twee grondoorsake gehad. Aan die een kant het 'n oorweldigende meerderheid Afrikaners in verset gekom teen die besluit van die Unie-Parlement dat Duits-Suidwes-Afrika vir die Britse Ryk verower moes word en....

23 OKTOBER 1838 – Pietermaritzburg gestig Die aanwesigheid van verhongerde Boesmans het die Voortrekkers van Natal se beoogde eerste dorp Bosjesmansrand laat heet. Dit was ook as Stinkhoutrand bekend. Die vermoede bestaan dat Piet Retief self-die standplaas in die Umzinduzivallei uitgesoek het.

24 OKTOBER 1683 – Kaptein Oloff Bergh keer terug Kaptein Olof Bergh keer op hierdie dag terug van 'n lang en uitgebreide reis na Namakwaland. Die reis is onderneem in opdrag van die Kaapse goewerneur, Simon van der Stel.

25 OKTOBER 1746 – Die Goewerneur-in-Rade aan die Kaap gee amptelik toestemming dat geboue op 'n vooraf uitgesoekte stuk grond opgerig mag word. Die Politieke Raad gee op 26 Oktober 1747 amptelik toestemming dat die stuk grond/dorp bekend mag staan as Swellendam. Swellendam is die derde oudste dorp in Suid-Afrika.

26 OKTOBER 1657 – Die eerste pynappels Die eerste pynappels word in Suid-Afrika aangeplant. 1706 – Die Here XVII besluit om geen verdere immigrasie na die Kaap te steun nie Teen 1700 het daar na vyftig jaar sedert die volksplanting slegs ongeveer 1 600 blankes aan die Kaap gewoon.

27 OKTOBER 1899 – Skermutseling by Lombardskop, Ladysmith 1900 – Anglo-Boereoorlog: Skermutseling by Rensburgdrif, Parys 1901 – Anglo-Boereoorlog: Emily Hobhouse word onder militêre arrest geplaas Emily Hobhouse is op hierdie dag in militêre arrest geplaas by haar aankoms met die Avondale Castle in Tafelbaai.

28 OKTOBER 1900 – Die Gelderland, met President Paul Kruger en sy geselskap aan boord, verlaat Dar-es-Salaam 1912 – Brief van J van Graan aan Louis Botha oor die konsiliasiepolitiek van die regering.

29 OKTOBER 1914 – Die protesskrif van genls. CF Beyers en CR de Wet, opgestel by Steenbokfontein Nadat genl. Christiaan Beyers op 19 Oktober 1914 Pretoria verlaat en na Damhoek verskuif het, is hy op 22 Oktober op 'n volksvergadering as leier van die protesterende burgers in Transvaal aangewys.

30 OKTOBER 1854 – Goud is ontdek in die Soutpansberge 1866 – Brandfort gestig Die dorp is aangelê op die plaas Keerom wat aan Jacobus van Zijl behoort het.

31 OKTOBER 1517 – Hervormingsdag Hierdie dag word in die Protestantse Kerke as die begin van die Kerkhervorming beskou, en jaarliks word dit op die Sondag die naaste daaraan herdenk. Die datum is dié waarop Martin Luther 95 stellinge aan die deur van die slotkerk in Wittenberg aangebring het.

(Ingedien deur: George Holtzhausen)

As jy dalk weet
van 'n gesin of iemand
wat dalk Kersdag
alleen gaan deurbring
en nie vriende of
familie het nie.
Laat weet my asb?
Ek wil by hulle
stoele leen.



Elke keer as
Ramaphosa se speech
begin met
.My fellow citizens.
Dan val die petrol prys
met R2 en klim die
brandewyn prys met
R200



**Answers to riddles on last
page**

Name
Yesterday, Today,
Tomorrow
Bobby
Second
Match





Riddle: What belongs to you but is used more by others?

Riddle: Name three consecutive days without saying Wednesday, Friday, and Sunday.

Riddle: Bobby's mother had three kids. The first was named April, the second was May, and what was the third?

Riddle: If you are in a race and you run past the person in second place, what place are you in?

Riddle: A woman walks into a room with a match, a kerosene lamp, a candle, and a fireplace. What does she light first?

Human Bones

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

MANDIBLE
 RADIUS
 METATARSAL
 FEMUR
 SCAPHOID
 TALUS
 STAPES
 HAMATE
 TRAPEZIUM
 TIBIA
 PATELLA
 TEMPORAL
 ULNA
 CLAVICLE
 COCCYX
 STERNUM
 MALLEUS
 HUMERUS
 FIBULA