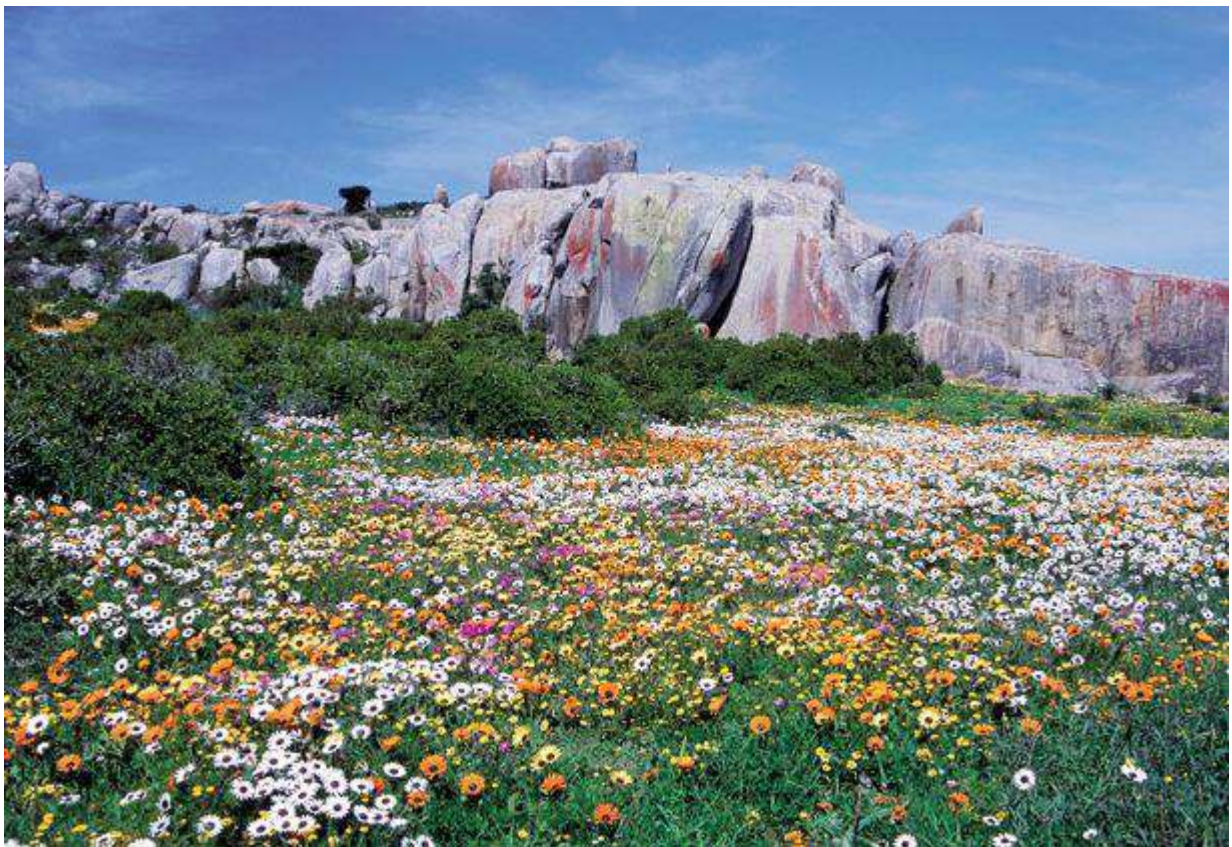




September

Making a life-giving difference

Spiritual Care Program for September 2021

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

It's Later than You Think

"What I mean..., is that the time is short... For this world in its present form is passing away."

1 Corinthians 7:29, 31

Many of us cannot grasp the truth that the time allotted to us on this earth is sufficient for all the Lord has planned for us to do. We don't need one minute more or one minute less to get the job done: Our greatest fear is running out of time. So we hurry through life trying desperately to get everything done: working overtime, eating fast food in the car, and racing down the freeway.



In our quest to save time, we're losing something. I thought the other day about how my grandparents valued time. They always had time for my parents and my brothers and me; they had time for music in their home; they emphasized beautifully served meals, family reunions, and long conversations. It seemed they had time for everything in life that was important because they took time to live. They treasured the biblical injunction that proclaims, "This is the day that the Lord has made; let us rejoice and be glad in it". Psalm 118:24



Today, this very day, why don't you think of something that takes a bit of extra time to do and do it....Maybe it will be an act of generosity or a moment of kindness directed toward a loved one or a stranger? Perhaps it will be simply singing a hymn of praise and thanksgiving because your heart is so full of gratitude.

Don't wait for another time. Rejoice in this day and be glad.

Before you were formed in the womb
I knew you, before you were born I selected you.

Jeremiah 1:5

God knows each individual by name,
and cares for each as if there were
not another upon the Earth for whom He
gave his Beloved Son.

Always everywhere God is present,
and always He seeks to discover Himself
to each one.

Iewers....

Iewers, erens Here, het die lewe elkeen van ons hierdie afgelope tyd onderstebo gestamp. Ons masker kom nie net meer tot by ons mond nie, Here. Dit maak party dae sommer ons hele gesig toe, en ons harte. Want ons harte het seergekry hierdie jaar. Elkeen van ons se seerkry het 'n ander naam...maar ons trane, en ons bang en ons onsekerwees is dieselfde.



Iewers, erens was elkeen van ons deur die laaste tyd die slagoffer van iets wat so baie "unfair" was. 'n Werk wat weg is, siekte, goed agterlos en trek, plaasaanvalle, die dood van 'n geliefde....en in ons harte skreeu dit uit dat alles so verskriklik "unfair" is, Here. In ons harte wonder ons of ons ooit oor hierdie berg gaan kom, die berg wat so swaar diep hier binne ons gaan le het.

En soos wat die tyd aanstap, begin ons die stukkies weer optel. En iewers langs die alleenpad verander ons in oorlewendes. Ek hou niks van die woord "oorlewende" nie, Here. Dit klink so effentjies. So al asof mens in 'n stormpyp beland het en die lewe jou iewers op 'n sypaadjie uitgespoeg het...en daar oorleef jy maar.

In U oe verander hartseer en pyn U kinders in Warriors. 'n Warrior is 'n soldaat, iemand wat langs die pad geleer het hoe om op te staan en weer te leef. Iemand wat die vaardigheid aangeleer het om terug te baklei in die lewe se "unfair" oomblikke.

Wanneer ons so weerloos en magteloos op die lewe se sypaadjie le, is dit U wat stil by ons kneel en ons ophelp. Dit is U wat ons vashou en troos, wanneer ons soos drenkelinge aan U vasklou. Dit is U wat dag na dag, oombik vir oomblik, vir ons

leer om weer die klein eenvoudige dingetjies te waardeer, om elke stukkie brood wat U vir ons neersit, raak te sien, en dankie te se.

Here, dankie



Dankie vir U genade, want dit is vir my genoeg....

A Recipe for Living a happy life at PlumRus (Part 2)

A few months ago, I watched a program on the Internet titled "How to live a happy life". Thus I don't take the credit for the principles which follow. However, I have put them into practice and they have made a huge difference in my sense of wellbeing especially during "Lock Down" (I trust you will also find them beneficial).

This month's subject is your relationship with the people around you. Jesus said "Love God with all your being and your neighbor as yourself" (not only the person who lives next door). Last month was vertical towards God this month is horizontal, towards the people around you.

Love is not just an emotion, but an action – something you do – a kind deed. To love one is to seek others' happiness and wellbeing.

- Sympathetic ear
- A helping hand
- Encouraging one who is down
- A genuine compliment
- A smile and a friendly greeting
- Empathize with one who is sad
- Do you appreciate the people who run PlumRus and the wonderful workers and carers? A compliment, a thank you and a smile can mean a lot.

The cross of Jesus is vertical; God-wards and horizontal Man-wards.

I once read that psychologists and counselors believe that if people will live the principles of Jesus' "sermon of the mount" there will be by far less people who will need counseling. Why...because God is our Creator who loves and understands us.



(Submitted by: A Happy PlumRus Resident)



My Name is Nikita Barry I am employed as the Resident Selection Administrator here at PlumRus.

My last 10 years of employment was in Healthcare Frontline at Tokai Medicross.

What most people don't know about me is that I am a big animal lover. I am married with two kids, a dog, parrot and a fish. My home life consists mostly of family time by a cozy fireplace, watching movies and playing with my kids.

I feel I suit PlumRus in the manner of having a soft spot for the elderly and always listening and learning from them.



Welcome to PlumRus Nikita, we trust that your contribution to the PlumRus Community will make a life giving difference in the lives of our Residents and all your colleagues.

Nikita with husband Clint, daughter Mia & son Noah

Anthea Africa has joined our Health Care Team as a Staff Nurse. She reports directly to Sr. Shenice our Health Care Manager.

"I am fun loving and like to be surrounded by people who make me happy. In my social time I enjoy the outdoors, reading and spending time with my family".

Welcome, Anthea we trust that you will enjoy your PlumRus challenge.





God's richest blessings on your Birthday!

1st	Norman Ely	N211	79
1st	Maria Taljaardt	R44	96
3rd	Belinda Pare	F005	84
4th	Maria Farelo	R3	92
5th	Marie Knuppel	F114	77
8th	David Merrington	R021B	65
9th	Renee Healy	N108	74
10th	Ursula Pillay	F024	73
10th	Joselyn Findlay	R64	78
13th	Lorraine Whittle	F023	72
15th	Maria Du Plessis	F020	94
16th	Joseph Pillay	F024	81
17th	Selma Stuart	MV208	95
20th	Loes Van Kerpel	R56	85
20th	Gerard Kock	N112	77
23rd	Hester Esterhuizen	F002	88
27th	Heather Binedell	F124	82



Age is a quality of mind-

If you have left your dreams behind,

If hope is lost,

If you no longer look ahead,

If your ambitions' fires are dead-

Then you are old

But if from life you take the best

And if in life you keep the jest,

If love you hold-

No matter how the years go by,

No matter how the birthdays fly,

You are not old!



We wish all our members a very Happy Birthday!

8 th	Mrs R Lee	16 th	Mrs MM Koopman	19 th	Mrs E Isaacs
10 th	Mrs Piedt	19 th	Mrs K Boonzaaier	22 nd	Mrs H De Silva
		27 th	Mrs M Van Zyl		

HAPPY BIRTHDAY TO OUR STAFF



1st	Romano Orso	Finance
7th	Petronella Diedericks	CSC
9th	Shaunelle Benn	CCL
15th	Jackie De Goede	CSC
16th	Doriska Small	CSC
17th	Nerissa Donough	CCL
18th	Chris Schutte	Management
20th	Paulina Jacobus	CCL
21st	Essie Van Zyl	CSC
23rd	Shauneen Johnson	CCL
23rd	Natasha Sigare	Health Care
24th	Kayla Pillay	CSC
26th	Merle Barghus	CSC
26th	Melisha Anderson	CSC
26th	Kurt Arend	Maintenance
29th	Shenice Weitz	Health Care



Did You Know?

British & Irish Lions Tour 2021



VS



The final whistle blew on the green turf of Cape Town Stadium signaling the end of the Lions Tour, with the Springboks being victorious 2-1 in the series. The off the field conversations have and will continue possibly until the next Lions Tour. I guess the most popular discussions around many a braai will be the antics of undoubtedly the most expensive "Water boy" on the globe. Wie is nou werklik "in charge"? Who calls the shots? Who made the call to bring Morne Steyn on with just a few minutes left to play resulting in him scoring the winning points?

My response.....look at the scoreboard.....until next time.....**GO BOKKE!!!**

A black poster for a braai menu. At the top is a Springbok logo with the text "ILLUSTRATION BY SPRINGBOK". Below it, in large white letters, is "KOM ONS BRAAI". To the right, an orange banner says "24 SEPTEMBER 2021". The menu lists two options: "FOR FREE KRUMMEL PAP EN SOUS" and "BRAAI MASTER DELUXE R80" (LAMB CHOPPIE, STEAK, CHICKEN, WORS, BRAAI BROODJIE). The second option is "NOT SOOOO HUNGRY R40" (PORK CHOP OR LAMB CHOP, WORS, BRAAI BROODJIE). At the bottom, it says "NET 'N BIETJIE LUS R10" (WORS WITH FREE KRUMMEL PAP EN SOUS) and "FOR THE VEGETARIANS PAP EN SOUS ON THE HOUSE". The footer says "BOOK NOW AT RECEPTION". The background features a stylized flame graphic.

**KOM ONS
BRAAI**

24
SEPTEMBER
2021

FOR FREE
KRUMMEL PAP EN SOUS

BRAAI MASTER DELUXE R80
LAMB CHOPPIE
STEAK
CHICKEN
WORS
BRAAI BROODJIE

NOT SOOOO HUNGRY R40
PORK CHOP OR LAMB CHOP
WORS
BRAAI BROODJIE

NET 'N BIETJIE LUS R10
WORS WITH FREE KRUMMEL PAP EN SOUS

FOR THE VEGETARIANS PAP EN SOUS ON THE HOUSE

BOOK NOW AT RECEPTION

Dit is heerlike lente/Springtime and summer is on its way

Wikipedia: Spring also known as springtime is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring but local usage of the term varies according to local climate, culture and customs. In PlumRus our culture is the have a Spring-Break the 24th September but this year, we will have Social You Tube Springtime evening on the 1st September and Bring & Braai on the 24th September. It' also the day to decide who is the best Braaier, the British soldier or the Boere kryger. Bring jou chop, braaibroodjie en dop en kom geniet die aand saam met die Broer en die Brit.

You Tube Social Evening Wednesday 1 September 2021

Theme: "Music in the Movies", and you think immediately: Popcorn, Chips, Chocolates – but it is 1 September / Spring day / Lentedag and it's time to enjoy memories, drop a few tears, celebrate spring with your PlumRus friends, listen to music: Dirty dancing, Hungry eyes, Pretty Women, Officer and Gentlemen, Take my breath away, Over the rainbow, Sound of Music and many more while we enjoy fruit cocktail with ice-cream.



It's the Springtime Social Evening: It's a Date don't miss it!

PlumRus is going live with our online waiting list.

This means our waiting list is open again and from anywhere in the world you can list an elderly on our waiting list. The person doing the listing will define his/her own password; can track where on the list they are as well as change personal details according to their needs. The list is only accessible via the internet. There are no costs involved.

Accommodation choices are:

- Frail care,
- Assisted living
- Independent living

The detailed choices are:

- Frail Care: Single room or Room for a couple,
- Assisted Living: The Lodge or Bachelor Flats
- Independent Living: One or two bedroom flats

The other option is the urgency need/timeframe for accommodation:

- 30 days,
- 6 months, 12 months or 2 to 5 years, or maybe longer

The need for elderly care accommodation is increasing and PlumRus is always willing to assist where we can. Follow up with your family and friends and guide them to our website www.plumrus.co.za. to get them listed on our waiting list portal.

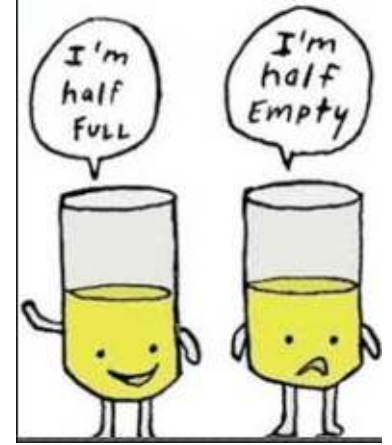


Your first step to a safe, happy and homely lifestyle starts here...

September – Half Year Check-in

Ons begin einde September met die ontleding van die begroting resultate van die eerste 6 maande van ons finansiële boekjaar, as 'n eerste stap vir projeksie tot einde Maart 2022. Covid was en is vernietigend en ons sal deur hierdie storm waters en ontwrigting nugter moet bly. Ons Inkomste het 'n knou gekry en ons Uitgawes is baie meer as verwag. Tog is ons net rentmeesters in Sy hand.

Ons Sal Oorleef!



PlumRus branding continues to gain momentum as we rolled out the new look uniform for our Professional Nurses.

We have added the scrub pants as well as fleece tops to the existing grey coloured scrubs.

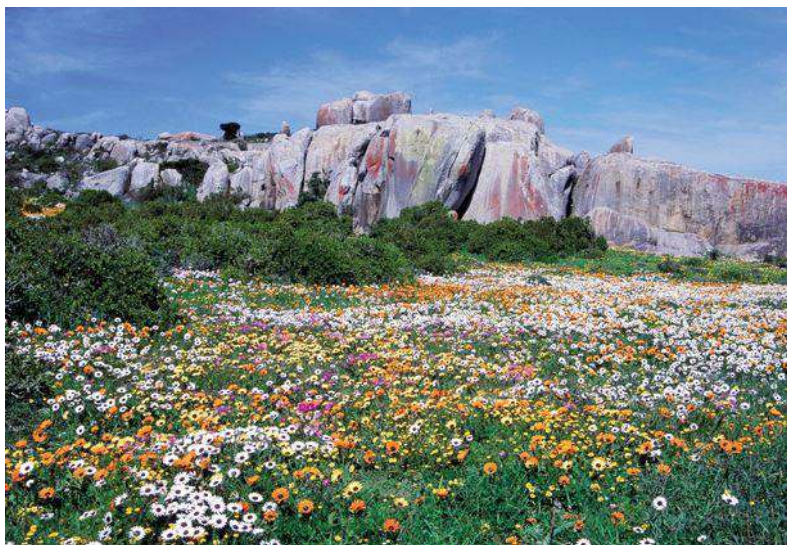
The uniforms are being well taken care of by our very efficient Laundry team.



Spoggerig!



The Postberg Nature Reserve is situated within the West Coast National Park in Langebaan in the Western Cape. It is closed for most of the year, but is opened to the public during spring (August – September) where one can view the exceptional carpet of spring flowers in the reserve.



As the reserve is only open at a certain time of year, there are often queues to get into the reserve. Going during the week is definitely recommending and even if you don't, the carpet of flowers will more than reward

you for your patience. Whenever you do decide to go, make sure you go early as the Postberg section is limited to a certain amount of visitors per day.

Another positive aspect of the limited opening times is that there is game here that hasn't quite learned to shy away from humans. Keep an eye out for zebra, wildebeest, antelope, ostrich, mongoose, rock hyrax, snakes, birds, and tortoises. The picnic and braai spots along the coast are fantastic for whale watching.

In Flower Season

- August & September
- South African Citizens and Residents (with ID)
- R56 per adult
- R28 per child

Opening/Closing Times

- August to September, from 09h00 - 17h00
- Last entry at 16h30



WHY IS YOUR FLUID INTAKE SO IMPORTANT?

Water is a vital part of every cell in your body! As an adult, water makes up about 60% of your body weight. It helps regulate your temperature through breathing and sweating. As a major component of your blood, water plays an essential role transporting oxygen, nutrients and hormones around your body. It also helps in your body's fight against infection and carries carbon dioxide and other waste materials to the lungs, kidneys and digestive system, where they're eliminated. Water also helps to keep your joints lubricated, your skin supple, and it cushions your brain and spinal cord.



We can go without food for about three weeks, but without water we'll die within 3-5 days!

To ensure the correct amount of water in our bodies, we need to consume 1.5L – 2L of water or water containing foods or fluids throughout the day. If we don't, we may become dehydrated. Dehydration occurs when we lose more fluids than we take in. Diarrhoea, vomiting or excessive bleeding may cause dehydration. Certain diuretics and laxatives, and some drugs used in the treatment of type 2 diabetes may lead to dehydration. If you're taking warfarin, it's especially important not to become dehydrated. However it happens, dehydration is serious.

In normal healthy adults, thirst is the first indication that they need more fluids. Unfortunately, in some older people, the mechanisms that trigger thirst, no longer work so well, often leading to dehydration. As we age, our kidneys slowly lose their ability to concentrate urine, and we may lose more water than we should. Problems with urinary incontinence may cause us to deliberately cut down on our fluid intake in order to avoid embarrassing 'accidents'. Some common signs and symptoms of dehydration include dry mouth, tongue and lips, constipation, muscle cramps, fatigue, darker than normal urine with a strong odour, and dizziness. Frequent urinary tract infections and kidney stones may be triggered by dehydration.

Mild dehydration can be reversed through the replacement of lost fluids, by drinking water or other liquids such as juices or soups. Caffeine is a mild diuretic, so it's best to avoid caffeinated drinks. More serious cases of dehydration will require hospitalisation where fluids are given intravenously.

If you're an older adult, the following suggestions may help you stay properly hydrated:

- Keep water where it's accessible to you throughout the day. You could use a few refillable bottles and keep them handy - next to your bed or where you often sit or work. Take small sips regularly, rather than trying to drink too much liquid at once.



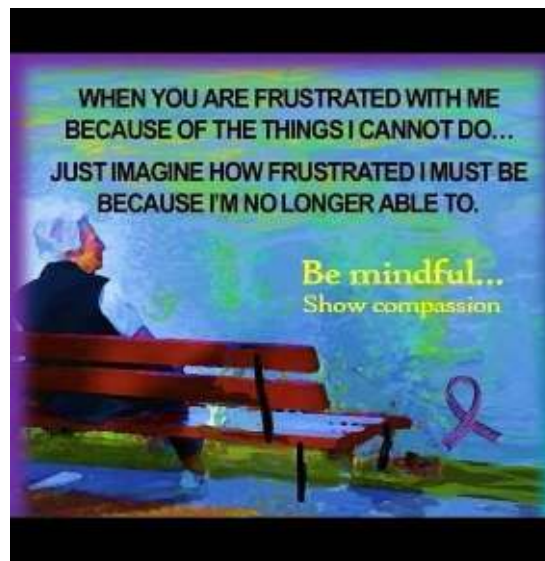
- Drink tea or coffee sparingly as they contain caffeine. If you enjoy milk, sparkling water or low sugar fruit juices, drink these instead.
- Try including high-water content foods in your diet such as watermelon, cucumber, celery, strawberries and other fruit.
- If you perspire a lot, increase your fluid intake.
- If you're ill with diarrhoea or vomiting, be sure to drink extra fluids.



Water is absolutely essential for our bodies to function properly. Making sure we stay well hydrated will give our bodies the best possible chance of working well - no matter what our age or general state of health.

Talking about water...have you heard about the man who went around knocking on doors asking for a small donation towards the local swimming pool? Someone gave him a glass of water!

(Submitted by: Dave Henderson)



Dementia is the description given to a medical condition where there is deterioration of any part of the brain. Typical symptoms may include memory loss, disorientation, an inability to function as before, or an inability to take care of oneself.

For anybody who takes care of a loved one who suffers from a form of Dementia, they will feel as if their world is collapsing as the once-dependable sufferer slowly changes and disappears before their eyes. The feelings of helplessness, grief, anger, guilt and anxiety which go along with that are often denied by the family and friends of Dementia sufferers.

Therefore, I thought that it would be useful to write about my own family's experiences and the Dementia Support group for friends and family of Dementia sufferers which my wife and I started in May 2018 at Plumrus under the auspices of Dementia South Africa.

Did you know that there are over 100 types of Dementia? While Alzheimer's is the best known of these, it is only one type of Dementia. It is estimated that every few seconds somebody somewhere in the world is contracting Dementia. Many are worried by this. And we thought Covid was a problem. Phew!

My mother-in-law had Alzheimer's disease, which specifically involves a coating of nerve endings in the brain which prevent the neurons from being able to send messages to each other. This slow process results in extreme short term memory loss, disorientation and the inability to learn new things as the brain slowly ceases to function.

Mom lived at Plumrus from 2013 to August 2016, when she passed away. During the time she lived at Plumrus, we were comforted by the care she received from our wonderful staff. We felt assured that Mom was able to have her dignity kept intact when she was well past her own ability to do so, unable to recognize any of us, but with her indomitable spirit still intact in spite of her physical and mental condition.

Mom had come to live with us in 1995. Our three daughters adored her, the eldest was aged three years and the twins were one-month-old. She was a vibrant, free thinking, forthright school teacher and softball legend who was eventually (posthumously) inducted into the WP Softball Hall of Fame.

We were shocked when she was diagnosed with Alzheimer's disease in 2002, even though there were odd signs for about a year before that. We became hermits as we looked after her as a team for five years until she no longer could recognize us. By that time we were exhausted from the sheer effort it took to raise children in the pressure cooker of strange, always-changing behaviour while assisting our daughters to deal with the trauma of watching their beloved grandmother slowly disappearing before their eyes as they grew up. Mom eventually moved to a home for the elderly in 2007 where she had been a day care attendee for a number of years. Eventually, due to untoward treatment received there, we were fortunately able to move her to Plumrus.

As if that was not enough, my father-in-law was diagnosed with Alzheimer's in 2008, and he deteriorated much quicker. Fortunately, he was a day resident at Plumrus almost from the beginning of his Alzheimer's journey and he did not have to live with us because his loving wife took care of him in the most amazing way. They moved into Plumrus in 2011 and unfortunately he passed away within two months after that and his widow is still a resident at Plumrus.

So, there is medical support for Dementia sufferers, but who takes care of the caregivers? During our ordeal, our



lifesaver was the Dementia South Africa support group we joined. We owe Dementia South Africa a debt of gratitude for what we learned in order to stay relatively sane throughout the traumatic process of caring for Mom. That is a daunting task nobody wants to have to face. Certainly, this is not part of your life goals when you are a young person planning your way through life.

Nothing can prepare one for what is to come, simply because the deterioration of any Dementia is unpredictable in intensity, in illness and in length. The road is long and lonely.

The biggest lesson we learned was that the main caregiver is in danger more than the Dementia sufferer. Therefore supporting the main caregiver is of paramount importance.

What nobody really speaks about is what happens to you as the caregivers after the Dementia sufferer is gone. All of your senses remain your home and lifestyle or daily routines have been shaped around caring; now the lack of pressure causes us to feel unbalanced. The emptiness and the disorientation can be debilitating. It took a long time for us to recover.

Therefore, when the Dementia unit was inaugurated at Plumrus, my wife and I saw the need for family and friends of residents to access the same benefits we had received from a Dementia SA support group. In May 2018 we started a Dementia Support group based at Plumrus, where we have met on the second Saturday of each month in the Coffee Shop since then. During 2020 the group had to move to online meetings due to Covid restrictions preventing face to face meetings, and we continued to meet via Zoom.

(Submitted by: Wilbur Van Niekerk)

To learn more about how and when the Dementia Support Group at PlumRus meets please contact; Wilbur van Niekerk on 082 658 2088 or email wilbur.vanniekerk@gmail.com or Lincey van Niekerk on 082 658 9876 or email linceyvanniekerk@gmail.com

Board Members Leading by Example!



PlumRus board members Frans Boonzaaier and Marie Knuppel seen getting their 2nd Pfizer Vaccination by Sr. Brenda. Thank you once again to the Sr. Nono and the Team from Clicks Plumstead who facilitated the vaccination process.





Afrikaans

Afrikaans is mooi, dit word gegooi, dit word gebraai en getiekiedraai. Dit het 'n woord, "lekker" met uiteenlopende betekenisse en "nou-nou" wat niemand oorsee verstaan nie.

Ons praat van konfrater en hoe later hoe kwater. Ons taal is diep gewortel, tog buigbaar en byderwets. Ons is opgewonde oor nuutskappings, pittigheid en kwinkslae. Afrikaans is ryk aan geskiedenis en ryk aan moontlikhede. En haar sprekers se harte klop op die maat van Afrikaans.

Dis nostalgie met 'n boerepompie, Die Uile, Saartjie en Trompie. Afrikaners is nou vir jou 'n plesierige klompie.

Haar humorsin is skerper as 'n minora en sy kan selfs in die donkerste nag skaterlag met 'n grendelgrap wat WhatsApp binne sekondes raakraps.

Dis boeretroos, dis boerekoors, warmer as Covid-koors. Dis Afrikaans, die Genootskap vir Regte Afrikaners, 145 jaar, kom ons vier haar.

- Esmarie Yssel -

Ons lekker Afrikaans Buurvrou se Jamtertjies



Daardie dag kuier Koos weer by Buurvrou en vergryp hom aan koeksisters en sjokoladeroomkoek en daarna het hy weggeleë aan heerlike jamtertjies. Knuppeldik kon hy die aand by die huis net langtand peusel aan die bobotie met geelrys, blatjang, piesang en fyn

klapper. Vroulief was behoorlik die hoenders in want sy het haar omtrent disnis gewerk om sy gunsteling gereg voor te berei.

Dinge was toe maar baie krapperig tussen hulle en Koos moes ewe vershouend mooi broodjies bak om weer in vroulief se goeie bookies te kom. Heelwat later was dit toe darem weer klopdisseboom by Parkstraat 33! MAAR... Koos moes hom baie streng betewel om hom te weerhou van besoeke aan Buurvrou. Maar D! die gemis aan daardie wonderlike jamtertjies en ander lekkerte!

Bobotie, blatjang, piesang en baie is by Maleise slawe gesteel met resepte en al!

(Submitted by: Pat Van Wyk)



The War Reporter – 1 September 1900

Another British Proclamation

Burghers must now spy on their own people

Nelspruit, 30 August- Earlier this month Lord Roberts issued another proclamation in which the burghers are placed in a virtually impossible situation. Their personal freedom and protection against molestation will no longer be guaranteed, except if they have already surrendered. In terms of the proclamation all burghers who did not take the oath of neutrality will be regarded as prisoners of war and will be taken away or treated as the British please. All structures in which the enemy is accommodated may be totally destroyed. Families on farms have to inform the British authorities about the presence of the enemy on their farms. If they fail to do this, it will be assumed that they are supporting the enemy. Burghers who break their oath of neutrality and rejoin the commandos of their own free will will be punished with a fine, prison sentence or even death.

Furthermore all persons who surrendered their arms and took the oath of obedience will in future be treated as prisoners of war and may be deported. By forcing the Burghers who had returned to their farms to take the oath and to act as spies and informers on their own people, Roberts is actually forcing them to contravene their oath of neutrality. Only idiots and cowards would cooperate under these circumstances.

This week we are honoring three officers who acted with great distinction and valour in the battle at Bergendal. All three are virtually unknown to us. We know that Phillippus Rudolph Oosthuizen was born in 1867 and became a Commandant of the South African Republic Police in Johannesburg last year. S. Van Lier was Commandant of the volunteer corps and recently achieved his rank in the Johannesburg Police. Lieutenant WF Pohlmann is a member of the Johannesburg Police. The latter two gave their lives for the Republican cause at Bergendal, while Oosthuizen was made a prisoner of war.

SEPTEMBER 2021

MAAND PROGRAM /MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Midday Prayer in All Decentralized lounges DAILY @ 12h00 Shopping EVERY Tuesday & Thursday Gym Trim EVERY Tuesday in the Hall @ 09h30 Kirstenbosch National Botanical Garden EVERY Tuesday @ 09h00 Fruit & Veg Lorry Wednesday's @ 12h30 Heartland Series in All Decentralized lounges Wednesday's @11h00 Heartland Series in All Decentralized lounges Saturday's@ 15h00 01 September 2021 YouTube Social Evening @ 18h00 02 September 2021 Morning Market @ 09h00 06 September 2021 Friends Meeting @ 15h00 13 September 2021 Garden Club Meeting @ 16h00 15 September 2021 Residents Talk in the Hall @ 15h00 24 September 2021 Bring & Braai - Heritage Day 30 September 2021 AGM in the Hall @ 15h00 30 September 2021 Lotto Draw in the Hall @ 18h30		1 08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 5 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening
6	7	8
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:00 Kirstenbosch National Botanical Garden 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:00 Shopping Meadowridge 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Residents Information Meeting North in the Hall	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 7 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
13	14	15
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Kirstenbosch National Botanical Garden 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:00 Checkers Main Road 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Residents Information Meeting East in the Hall	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 9 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Residents Talk in the Hall
20	21	22
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Kirstenbosch National Botanical Garden 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:00 Shopping Constantia Village 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 11 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
27	28	29
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Kirstenbosch National Botanical Garden 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 13 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
2	3	4	5
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 6	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Just Like Heaven 18:00 Woord & Lied
9	10	11	12
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Residents Information Meeting MV in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 8	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Falling Inn Love 18:00 Woord & Lied
16	17	18	19
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Residents Information Meeting West in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 10	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Me Before You 18:00 Woord & Lied
23	24	25	26
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian HERITAGE DAY	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Before I Fall 18:00 Woord & Lied
30			
08:30 Library 09:30 Shopping Checkers Main Road 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 AGM in the Hall 18:30 Lotto Draw in the Hall			

Plumstead & Surrounds

The name Plumstead derives from Anglo-Saxon England and refers either to a place where plums grew in abundance or, more probably, to a place where feathers (or plumes) abounded. In Anglo-Saxon times, thousands of birds inhabited the marshes on the south bank of the River Thames, and it was just south of these wetlands that the little hamlet of Plumstead sprang up. Today it is a thriving suburb in the borough of Woolwich.

Then name was brought to South Africa by Henry Batt, who emigrated from Plumstead, England, in 1807. A former ship's steward, Batt became a wine merchant at the Cape and amassed a substantial fortune. IN 1828, he purchased a portion of the farm Rust en Werk in what is today lower Wynberg. This farm had



been granted to the free burghers Hendrik Jergens and Johan Barrens as far back as 1692. The vleis in the vicinity no doubt reminded Batt of the marshes back home, for he named his farm Plumstead. The densely wooded area near his homestead became known as Batt's Wood. The name survives to this day in such institutions as Battswood Training College (now a museum), Battswood Arts Centre, Battswood Primary School and the Battswood Football & Netball Club.

(photo: part of the original Rust en Werk farmhouse still exists, in Castletown Road)

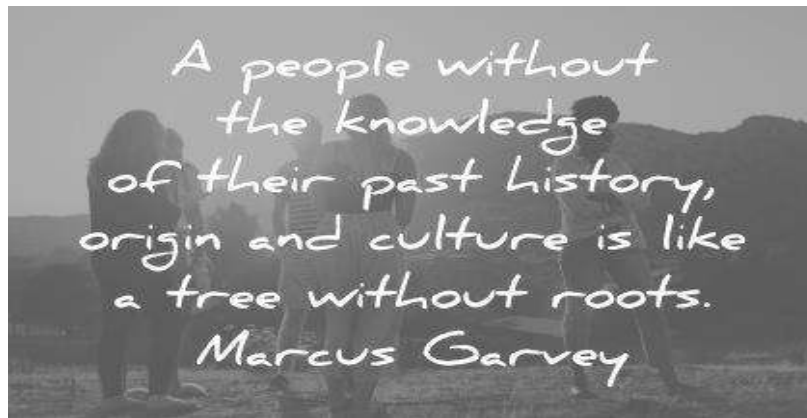
When Henry Batt died in 1833, he was laid to rest in an impressive tomb on his farm. Regrettably it was demolished during the 1960's. Today there is a small memorial to him in a park off Batts Road, Wynberg. The granite plaque identifies Henry Batt as "The Founder of Plumstead Village". This is misleading, however, because it does not refer to the suburb known as Plumstead today, but to the area now known as lower Wynberg or Wittebome.



(photo: granite plaque in Batts Road Park)

During the 1830's the Batt family sold numerous plots to small investors and it was this development that became known as Plumstead Village. The majority of buyers were emancipated slaves or "free blacks", most of whom were members of the Muslim faith. Many of their descendants still live in the area today.

Read more about the history of our surrounding areas in the next edition of the PlumRus News.



Die Burger

1960 – 1969

Die Onstuimige Sestigs

21 Januarie 1960

435 mynwerkers sterf by Coalbrook in Suid-Afrika se ergste mynramp nog.

21 Maart 1960

Die polisie skiet 69 mense dood wat by Sharpeville teen paswette betoog.

9 April 1960

David Pratt skiet **Hendrik Verwoerd** by die Randse Paasskou. Verwoerd oorleef die aanslag.

Februarie 1961

Suid-Afrika skakel sy geldeenheid oor van die pond na die rand.

13 April 1961

"Pad na Planete Oop!" skryf *Die Burger*, nadat Joeri Gagarin die eerste mens in die ruimte word.

31 Mei 1961

Suid-Afrika word 'n **republiek**.

Oktober 1961

Die Nobelprys vir die Vrede word aan Albert Luthuli president van die ANC, toegeken.

11 Julie 1963

ANC-leiers, onder wie Walter Sisulu, word in Rivonia in hegtenis geneem.

22 November 1963

Pres. John. F. Kennedy van die VSA word in Dallas, Texas, deur Lee Harvey Oswald doodgeskiet.

12 Junie 1964

Nelson Mandela word lewenslange tronkstraf opgelê in die Rivonia verhoor.

13 November 1964

Op Coetzenburg word De Villiers Lamprecht (kaalvoet) die eerste Suid-Afrikaner wat 'n "droommyl" (3:59.7) hardloop.



Julie 1965

Die digter Ingrid Jonker neem haar lewe deur die see in te stap by Drieankerbaai in Kaapstad.

31 Oktober 1965

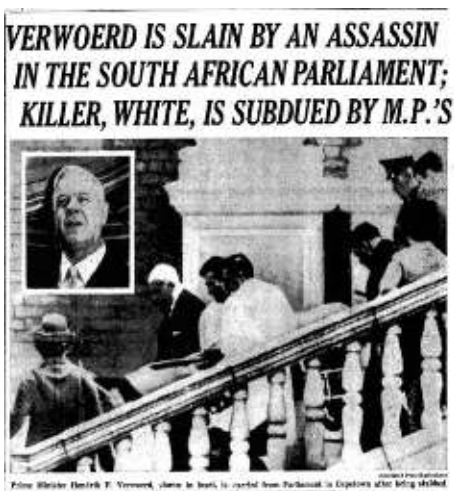
Die Nasionale Pers stig die Sondagblad Die Beeld in Johannesburg. 'n Intense persstryd in die Afrikaanse drukmedia word ontketen.

Februarie 1966

Distrik Ses word tot 'n "blanke groepsgebied" verklaar.

18 Julie 1966

Suid-Afrika wen 'n hofsak in die Wêreldhof in Den Haag oor sy reg om Suidwes-Afrika te bestuur.



September 1966

Hendrik Verwoerd word in die Volksraad deur 'n bode, Demetrio Tsafendas, vermoor. **John Vorster** word eerste minister.

Desember 1967

"Hoor my Lied" met **Gé Korsten** en Min Shaw, word die eerste Afrikaanse rolprent wat R1 miljoen by die loket verdien.

Desember 1967

Dr. Chris Barnard se span doen die eerste suksesvolle hartoorplanting by Groote Schuur hospital.

4 April 1968

Die burgerregteaktivis **Martin Luther King jnr (39)** word deur 'n sluipmoordenaar, James Earl Ray, in Memphis, Tennessee, doodgeskiet.

6 Junie 1968

Robert. F. Kennedy (42) word tydens 'n verkiesingsveldtog deur Sirhan Sirhan doodgeskiet.

Julie 1969

Neil Armstrong en "Buzz" Aldrin word die eerste mense om op die **maan** te loop.



29 September 1969

Die Tulbagh-aardbewing (6,3 op die Richterskaal) saai verwoesting en paniek in die Boland.

When it's your first time at the gym and you're not quite sure how the equipment works:





During September South Africans celebrate both our Heritage as well as Domestic Tourism. It is the perfect time of the year to be a tourist in your own City. Take advantage of the great weather and explore the local sights before the summer rush of foreigners to our shores. With some planning and surfing of the web you are bound to find great specials available to seniors.



TOUR DESCRIPTION (Saturdays/Sundays only)

Hop on the Red Boat from the dock behind the One and Only hotel and take a leisurely trip along the canal that links the Waterfront and the CBD.

Enjoy breakfast at your choice of venue:

- Canal Cafe / Harbour Bridge Hotel
- Shift Espresso Bar / Waterway House
- or
- Cape Malay House / V&A Food Market

Your ticket includes breakfast and is valid all day for the canal cruise, so be sure to hop off and explore the Battery Park or just enjoy the unique views from the water not often seen from the road.

Breakfast served at venues along the canal or V&A Food Market
(Check voucher for options and serving times)

First canal cruise at 9am from V&A
Canal Cruise ticket (valid for 1 day hop on hop off)
Hop on Hop off tour between the CBD and V&A
Price – R84

For more information visit: <https://www.citysightseeing.co.za/en/cape-town/pensioners-canal-and-breakfast>



At PlumRus we celebrated South African Talent at our Social Youtube Evening in August. Residents had an opportunity, after being in lockdown for a while, to celebrate great music under responsible Covid protocols with friends. They were treated to "vetkoek" with curry mince, snacks and some sweet treats.



When You Say Goodbye To A Parent

You are suddenly living in a whole new world.

You are no longer 'the child' and regardless of how long you have officially been 'grown up' for, you realise you actually never were until this moment. The shock of this adjustment will shake your very core.

When you have finally said goodbye to both your parents, assuming you were lucky enough to have had two. You are an orphan on this earth and that never, ever gets easier to take no matter how old and grey you are yourself and no matter how many children of your own you have.

You see, a part of your body is physically connected to the people that made it and also a part of your soul. When they no longer live, it is as if you are missing something practical that you need – like a finger or an arm: because really, you are. You are missing your parent and that is something far more necessary than any limb.

And yet the connection is so strong it carries on somehow, no-one knows how exactly. But they are there. In some way, shape or form they are still guiding you if you listen closely enough. You can hear the words they would choose to say to you. You can feel the warmth of their approval, their smile when a goal is achieved, their all-consuming love filling the air around you when a baby is born they haven't met.

If you watch your children very closely you will see that they too have a connection with your parents long after they are gone. They will say things that resonate with you because it brings so many memories of the parent you are missing. They will carry on traits, thoughts and sometimes they will even see them in their dreams.



This is not something we can explain.

Love is a very mystical and wondrous entity. It is far better to have loved and lost than never to have loved at all and grief, grief is the price of that love: the deeper the love the stronger the grief.

When you say goodbye to a parent, do not forget to connect with that little girl who still lives inside you somewhere.

Take very good care of her, for she, she will be alone and scared.

When you say goodbye to your parents, you lose an identity, a place in the world. When the people who put you on this earth are no longer here, it changes everything.

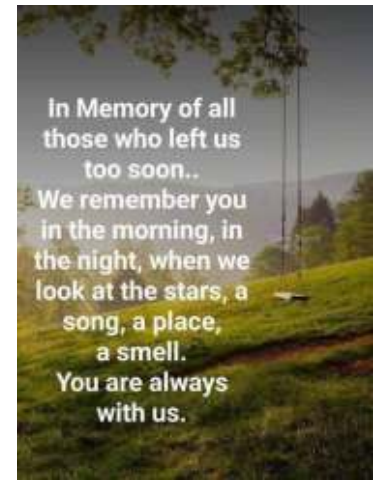
Look after yourself the way they looked after you and listen out for them when you need it the most.

They never really leave!

(by Donna Ashworth)



Anne Lotz
Teresa Doubell
Marina Cilliers
John Pieterse
Peppi Gleesen



Peppi Gleesen was very special to me, she came to Plumrus after she broke her ankle, and had to go nearby for dialysis. In 2018 she was able to have a kidney transplant, what a blessing. Peppi was later given a flat, which she appreciated.

I grew very fond of her, we were very close friends.

We did so much together, she was a beautiful Christian and I heard that she introduced Christianity into her family. I have such lovely memories of Peppi. (I called her my adopted daughter) - Beryl Garwood



Cynthia (Teresa) Doubell was always a quiet person only after I showed her a standard 4 class photo did I realize that we were at school together.

Egnal and Cynthia did a lot for Plumrus and got many awards.

Charlett Grobler was a very close friend which also extended to Cynthia's family. Word cannot express how she is missed. - Beryl Garwood

Anne Patricia Lotz, who passed away at the age of 97, it was really a blessing to care for such a phenomenal and beautiful lady for 2 years. You played an important role in my life, you and your husband Wally Lotz, who passed away at the age of 98 in February 2021, we developed a great friendship. The memories we shared is so beautiful. Your place in my life was like a diamond which never loses its grace. Youu will always remain in my heart. Thank you to the Lotz family for everything. Rest in peace, gone but not forgotten. From your carer Bonita Appels



Friends are the Family you choose

Grace Edwards and I moved into PlumRus together in 2012. I have known Grace for about 15 years. Grace didn't have a car, so I was her Uber. We enjoyed great times together, many times shopping up a storm. She was the kindest, most generous person, always going the extra mile.

I had a knee replacement in June, and spent 2 weeks in step down. I had just been discharged and back home when I learnt of Grace's passing. I do miss her very much. I know that the memories we created together will comfort me in the weeks and months ahead. Rest in Peace my friend. - Shirley Coles

The gardens are full of the Joys of Spring. Unfortunately that means that the weeds are also full of vim & vigor! We are really battling to keep up with cleaning the beds & the lawns. We have Hadley on a part time basis which makes a big difference.

We have 4 new Fever Trees to replace the 4 that died & they have been planted along the fence which runs from the old guard house to the new sliding gate. We have also put in place concrete rings which will protect the bark of the trees from damage caused by the weed eater. The big tree in the courtyard has had the roots trimmed & leveled & the tree thinned out so that the grass can thicken up now that the sun can reach there.



We will be having a talk on the 15th September by Ann Bradford. She has given us talks previously on different subjects. She is a very interesting speaker & this time she is speaking on "Walking in Italy". For everyone who has been to Italy or ever wanted to visit Italy, this will be something to enjoy from, perhaps, a different perspective. Please do come along & enjoy it, Wednesday 15th September at 3pm.



Our Residents enjoyed an informative talk on Proteas presented by Cherise Viljoen from Kirstenbosch on 25th August. Watch our notice boards for details of future talks.

Lights, Camera,No Action Yet

The PlumRus News "detective" donned a construction helmet and went behind the scenes to give us all an insider's view of what's happening across the road with our new neighbours. The people in the know say that they are still on schedule to open at the end of August. You be the judge.....these photos were taken on Wednesday 25th August.....with rain forecasted for the next 3 days.....I don't think so!



Regular visitors to PlumRus, includes the Postman. He couldn't escape the ever ready camera of Marie Knuppel and was very happy to oblige on the promise of a possible new career as a model.



Allie our Fruit & Veg go to man, visits PlumRus every Wednesday with good quality fresh produce at very reasonable prices.



Driving Test

A teenage boy had just passed his driving test and asked his Dad if he could start using the family car.

The Dad said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little and get your hair cut. Then we'll talk about the car"

The boy thought about that for a moment, decided he'd settle for the offer and they agreed on it.

After about six weeks, the Dad said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

His Dad replied, "Did you also notice that they all walked everywhere they went.



The Man with the Ostrich

A man walks into a restaurant with a full-grown ostrich behind him.

The waitress asks for their orders. The guy says, "A hamburger, fries, and a coke," and turns to the ostrich, "What's yours?"

"I'll have the same," says the ostrich.

A short time later the waitress returns with the order. "That will be \$18.40 please."

The man reaches into his pocket and, without looking, pulls out the exact change for payment.

The next day, the guy and the ostrich return to the same restaurant and the guy says, "A hamburger, fries, and a coke."

The ostrich says, "I'll have the same."

Again the guy reaches into his pocket and pays with exact change. This becomes routine until one night they enter the restaurant and the waitress asks, "The usual?"

"No, this is Friday night, so I will have a steak, baked potato, and salad", says the guy.

"Me too," says the ostrich.

The waitress brings the order and says, "That will be \$42.62."

Once again the guy pulls the exact change out of his pocket and places it on the table.

The waitress can't hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?"

"Well," says the guy, "several years ago I was cleaning my attic and found an old lamp. When I rubbed it a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."



"That's brilliant!" says the waitress. "Most people would wish for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the guy.

The waitress asks, "But, sir, what's with the ostrich?"

The guy sighs and answers, "My second wish was for a tall chick with long legs who agrees with everything I say."

The "Friends Group" had a project to knit bed socks for our members, in Lavender Hill. We not only received bed socks, we also received scarves and beanies as well.

I would like to thank those who contributed towards this project. – Beryl Garwood



**When u have a
friend that's
going thru a
personal storm,
instead of being a
weatherman and
spreading the
news, try being a
umbrella and
cover them with
love!!**



'Thanks so much George for always trying to assist us in every way possible. You have been most kind and patient with us, Rhodene has also been a star, and I want to pay special tribute and heartfelt thanks to Mom's carers, Bonita and Anthea. Particularly Bonita - what a star she has been. She honestly should be a nurse. She just has it.

Thanks again to everyone at Rusoord. Everyone has been so kind to me when I have been there recently.' Cecily daughter of Anne Lotz

'Ek wil julle graag bedank en komplimenteer vir die uitstekende sorg wat julle vir ons ouers bied. Ons kon regtig nie wens vir 'n beter span en tuiste vir hulle nie.

.....Met elke stap (medikasie, versorgers, reëlins en soveel meer) verskaf julle uitmuntende diens onder uiters moeilike omstandighede en op kort kennisgewing – dit wil gedoen wees! Ek wil ook net graag noem hoe beïndruk ons is met die versorgers wat na ons ouers omsien - groot dankbaarheid vir die uitstekende reëlins daaromtrent. Hulle lewer puik diens, en is nie net uiters stiptelik, sorgsaam, verantwoordelik en hulpvaardig nie, maar bly deurgaans geduldig, kalm, vriendelik en koelkop.

Baie dankie weereens. Ons het groot waardering en respek vir Plumrus!'

Ilse & Heidi-Lee dogters van Dr & Mev Pauw

Al die Lof en Eer gaan na ons Hemelse Vader wat Hemel en Aarde geskape het.

Thys & Lily Van Der Linde

Ons, Thys en Lily, het onlangs getrek vanaf w/s 22 na 121. Ons almal weet verseker dat dit altyd 'n geweldige taak is om te besluit wat jy saam neem en wat jy nie nodig het nie.

Daar was baie goed wat ons deur die jare maar saam gesleep het. Alhoewel Thys baie erg was oor sy boeke, moes ons maar besef dat van die boeke ook moet gaan.

Baie dankie vir die Bestuur wat ons gehelp het met die verhuising. Personeel julle was ongelooflik, baie baie dankie met die wyse waarop julle ons gehelp het. Nog iets wat ons harte verbly en ons sal altyd dankbaar wees, vir ons pragtige woonstel! Ons besef meer en meer dat ons Jesus se oogappel is



90



Olive Martienssen celebrated her 90th birthday on the 14th August. Thank you to PnP Gabriel Road for the beautiful birthday cake which they donated. Olive celebrated her milestone birthday with friends over a cup of tea and cake.

'A message from England from your daughter Ingrid, son-in-law Shaun and grandsons Luke and Guy. We so wish that we could be with you today to give you hugs and celebrate your very special 90th birthday, but unfortunately Covid prevents our easy travel to South Africa at the moment. A huge congratulations to you on this special day! You've completed 9 decades of living and loving.....Have a wonderful, wonderful joyful day with the Plumrus community & SA family and friends. Our heartfelt thanks to them for looking after you so brilliantly.' (extract from birthday wish)



Our CSC client Mrs Bousfield celebrated her 97th birthday on the 15th August with her daughter.



Our new Laundry Supervisor, Roslind Brown, was surprised with a party her team arranged for her. Roslind, you are clearly appreciated by your colleagues. Blessings for the year ahead.



On Saturday 7th August our very own Cynthia (Tina) said "I DO". She pledged her love to John Graham Gordon. The following is Mrs. Gordon's version of her "Love Story".

'The story goes like this....We were dating for a long time, then it's on then it's off, but during that time we always knew we loved each other. Push come to shove we just decided that this could not go on any longer, we needed to make it permanent. We need to make it official so that the whole world can see that we are really serious about each other. During this Covid it was really difficult you know, the officials are not eager to marry you, but as you can see through God's mercy and God's grace, it really happened. You know at first sight we found love but some people just tried to break us up, but in the end we were victorious. This is my story of my baby John Graham Gordon and me Cynthia Gordon.'

Congratulations Tina & John we trust that God will bless your union.

THANK YOU



Thank you to Lindt (Laekah), for bringing some sweetness into our staff's lives at a time when we were heavily hit by working pressures as a result of the impact of the third wave. Staff who were well worked extra shifts to cover for their sick colleagues, ensuring that our Basic Care to our Residents never suffered.

**Masks for
Medics**

Once again a huge thank you to the team at Masks for Medics for the donation of PPE. Since the start of the pandemic to date they have partnered with us to ensure that our staff and Residents are appropriately protected from the virus with the necessary PPE. The positive financial impact of this donation on our bottom line can never be sufficiently emphasized. We can truly say that your donation has made a life giving difference in our lives.

NASHUA

Thank you to the team at Nashua for the financial donation received. Our Residents and staff enjoyed a special Saturday night dinner of KFC. It always makes a difference knowing that during challenging times that there are still people who care enough to make a difference in someone else's life. We wish you much success with all your future business ventures.



Social distancing in die Kruger Wildtuin-want selfs 'n bobbejaan is nie onder 'n kalkoen uitgebroeie nie.