

PlumRus News

SEPTEMBER 2022



MAKING A LIFE-GIVING DIFFERENCE

Spiritual Care Program for September 2022

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
2 nd One Hour for Jesus	4 th Morning Service	4 th Evening Service
9 th One Hour for Jesus	11 th Morning Service	11 th Evening Service
16 th One Hour for Jesus	18 th Morning Service	18 th Evening Service
23 rd One Hour for Jesus	25 th Morning Service	25 th Evening Service
30 th One Hour for Jesus		

The Tapestry of Life

Years ago I officiated at the wedding of a young couple who were doing post-graduate work at Rhodes University. It was a moving and unforgettable ceremony. The night before the service, we met to finalise arrangements. Discussions were heartfelt and honest, the significance of what they were about to do touched their hearts. Once chatting was over, we sat quietly for a few moments. Then Ken reached out and took hold Elise's hand, saying softly..."this is the happiest moment of my life". I was stunned! Given their circumstances, I never expected to hear anything like this.

Just a few months earlier, Ken's world imploded when doctors discovered wide-spread and aggressive cancer in his body. Too extensive for any treatment, he was given a short time to live. Through mutual friends, my wife Lin and I began to meet with them regularly. We listened to their story and tried to help them cope with the pain and turmoil threatening to overwhelm them. Their dream of a long and happy life together had been ripped away and a deep sense of loss and sadness filled their hearts. But slowly something remarkable began to happen. Anger and resentment towards God melted away as a deepening experience of Jesus' love and peace filled their hearts. Their personal relationship with Him was restored, and assurance of His abiding presence and promise never to forsake them, became bedrock under their feet. In the light of this new God-filled reality they decided to marry despite Ken's condition. They had about three joy-filled months together before Ken died.

The roller coaster of joy and sorrow this couple experienced reminds me of a poem by William Blake:

***Joy and woe are woven fine,
A clothing for the soul divine:
Under every grief and pine
Runs a joy with silken twine.
It is right it should be so:
Man was made for joy and woe;
And when this we rightly know
Safely through the world we go.***



Our lives are in fact a finely woven tapestry of joy and sorrow...*"Man was made for joy and woe"*. This seems to be our 'lot' in life. We've not been promised unending happiness. Sooner or later trouble, suffering or loss bursts into our lives shaking our foundations. At other times, waves of joy wash over us...a close friend calls, a birthday is celebrated or a grand child is born. Times of joy are welcomed gladly, times of sorrow are not. Loss and grief are easier to deal with when they happen to others. Then they're only in our imagination, but when they happen to us, it's another story. They become our reality, and that's hard especially if we're unprepared or feel forsaken by God.

But the Lord doesn't leave us to struggle through this on our own. He promised never to let us down when tests and challenges come. The Old Testament prophet Isaiah, described Jesus as *"...a man of sorrows and acquainted with grief"*. While Jesus' sorrow is mainly caused by people's unbelief and loss, He also knows the grief of personal loss. We see this in the story of



Martha, Mary and their brother Lazarus, who were friends of Jesus. When Lazarus died unexpectedly, Jesus visited the grieving sisters. Their deep pain of loss and separation broke His heart. Tears of sympathy filled His eyes as He wept. He knows exactly what it's like to be human. His heart breaks with the sorrows that break our hearts.

What a comfort this is, but there's more. Isaiah also tells us Jesus actually *"...bore our grief and carried our sorrows"*. He could only do this - carrying His own grief and ours as well, because He'd been strengthened by the joy of heaven that filled His life. As King David's eminent descendent, He was *"...anointed with the oil of joy, more than all His companions"*. His deep joy is rooted in His relationship with His Father... it's the source of His strength! This was clearly seen on the cross where Jesus *"...for the joy that was set before Him, endured the cross, and despised its shame..."* In this moment of His greatest sorrow, the joy of the Lord invaded the darkness and carried Him through! Jesus life was unmistakably a finely woven tapestry of joy and sorrow.

On the night before He died, Jesus made it clear to His disciples that He wanted His joy – the joy of the Lord - to remain in them! This is amazing! By the miracle of God's grace it's possible. Those who love and follow Jesus can know the joy of the Lord within them! The loss of a loved one is always painful and grief is natural and normal. The separation is painful, the inner turmoil is distressing, and the loneliness is dreadful. But as followers of Jesus, our grief and sorrow is tempered by joy. The same joy that invaded the darkness of Jesus' greatest sorrow can invade our sorrow as well and carry us through it. Because of who Jesus is and what He's done, sorrows don't have to overwhelm us. Like a master weaver, He intertwines His abiding joy among the strands of sorrow woven into our lives. Based on this wonderful reality, your story can become a finely woven tapestry of joy and sorrow...a life that brings honour to the Lord.

"...I have spoken to you, that my joy may be in you, and that your joy may be full."

Jesus in John's Gospel 15:12

(Submitted by: Ps Dave Henderson)

Hands

Hands that shaped and moulded wood
Hands that healed
Hands that blessed
Hands that forgave

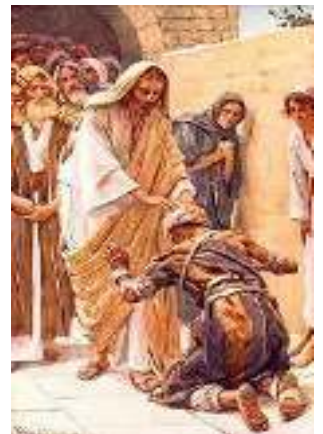
Hands that knew a holy anger
And overturned the tables
Of the temple traders

Hands that anointed and appointed
Hands that washed His disciples' feet

Hands that could have summoned
Legions of angels to his aid, but
In surrender of self-will, were
Nailed to a cross

Victorious hands
Redeeming hands
Resurrection hands

(Submitted by: Adin Harmer)



After an absence of more than 2 and half years it was so good to welcome Bishop Joe Bell back as he shared God's Word at our One Hour for Jesus. Thanks for reminding us about the many different purposes of Jesus' hands; helping, holding and healing.

Broken!

I was at a mall last night, and there was a lady and two kids behind me in the LONG line. One was a big kid, and the other one was a toddler. The bigger one had a pack of glow sticks, and the toddler was screaming for them. The Mom opened the pack and gave him one which stopped his tears. He walked around with it smiling; but then the bigger boy took it, and the toddler started screaming again. Just as the Mom was about to fuss, the older child bent the glow stick and handed it back to the toddler. As we walked outside at the same time, the toddler noticed that the stick was now glowing; and his brother said, "I had to break it so that you could get the full effect from it."

I almost ran, because I could hear God saying to me, "I had to break you to show you why I created you. You had to go through it so you could fulfill your purpose."

That precious child was happy just swinging that "unbroken" glow stick around in the air, because he didn't understand what it was created to do - which was "glow".

There are some people who will be content just "being," but some of us are chosen...

we have to be "broken."

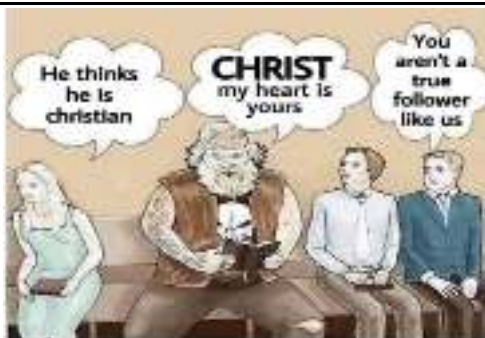
We have to get sick.

We have to lose a job.

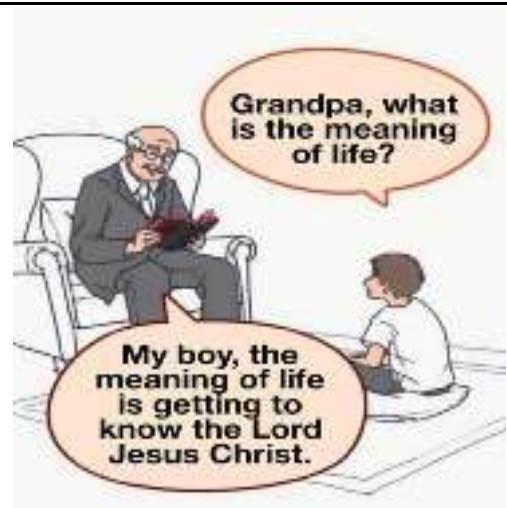
We go through a divorce.

We have to bury our spouse, parents, best friend, or our child...

In those moments of desperation, we were broken. But... when the breaking is done, then we will be able to see the reason for which we were created. So when you see us glowing, just know that we have been broken.



1 Samuel 16:7 -- The Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.



SO SEND I YOU

So send I you to labour unrewarded,
To serve unpaid, unloved, unsought, unknown,
To bear rebuke, to suffer scorn and scoffing
So send I you to toil for Me alone

So send I you to bind the bruised and broken,
O'er wand'ring souls to work, to weep, to wake,
To bear the burdens of a world weary
So send I you to suffer for My sake.

So send I you to loneliness and longing,
With heart ahung'ring for the loved and known,
Forsaking home and kindred, friend and dear one,
So send I you to know My love alone.

So send I you to leave your life's ambition,
To die to dear desire, self-will resign,
To labour long and love where men revile you
So send I you to lose your life in Mine.

So send I you to hearts made hard by hatred,
To eyes made blind because they will not see,
To spend-tho it be blood-to spend and spare not
So send I you to taste of Calvary.

"As the Father hath sent Me, So send I you"

(Submitted by: Roy Binedell)

One of my favorite philosophers is the well-known CS Lewis (1898 – 1963), who held academic positions in English literature at both Oxford University and Cambridge University. Here is one of his many insights:

"Supposing there was no intelligence behind the universe, no creative mind. In that case, nobody designed my brain for the purpose of thinking. (It would be a non-directed, undesigned accident). It is merely that when the atoms inside my skull happen, for physical or chemical reasons, to arrange themselves in a certain way, this gives me, as a by-product, the sensation I call thought. But, if so, how can I trust my own thinking to be true? It's like upsetting a milk jug and hoping that the way it splashes itself will give you a map of London. But if I can't trust my own thinking, of course I can't trust the arguments leading to Atheism (or anything), and therefore have no reason to be an Atheist, or anything else. Unless I believe in God, I cannot believe in thought: so, I can never use thought to disbelieve in God."

The idea is that thought would be a random accident and an illusion if the brain wasn't designed to interact and respond to thought, therefore you would not be able to trust any thought you have on anything, including the thought "I don't believe this, that or the other".

(Submitted by: Chris Schutte)



Happy Birthday to our Residents

1st	Maria Taljaard	R44	97
1st	Lida Herbst	F20	71
3rd	Belinda Pare	R68	85
5th	Henelia Knuppel	F112	78
6th	Joyce Wissing	A3	84
9th	Renee Healy	N108	75
10th	Ursula Pillay	F24	74
10th	Joselyn Findlay	R64	79
13th	Lorraine Whittle	F23	73
14th	Niel Bjorkman	N007	82
14th	Bea Lombard	R37D	93
16th	Joey Pillay	F24	82
17th	Selma Stuart	MV208	96
20th	Gerard Kock	N112	78
	Hester		
23rd	Esterhuizen	F002	89
24th	Adin Harmer	F004	85
27th	Binedell Heather	F124	83



Happy Birthday to our Staff

6th	Angela May	Health Care
7th	Petronella Diedericks	CSC
7th	Lucien Jacobs	CCL
9th	Donica Jacobs	Health Care
9th	Shaunell Benn	CCL
15th	Jackie de Goede	CSC
16th	Doriska Small	CSC
18th	Chris Schutte	Management
20th	Paulina Jacobus	CCL
21st	Lucille Majiedt	CSC
23rd	Shauneen Johnston	Coffee Shop
23rd	Natasha Sigare	Health Care
23rd	Tiffany Daries	Health Care
24th	Kayla Pillay	CSC
26th	Merle Barghus	Health Care
26th	Melisha Anderson	CSC
26th	Kurt Arend	Transport



To our Members

2nd ` Mr Calyn Africa (Retreat)
7th ` Mrs Edna Elliot (Lavender Hill)
8th ` Mrs R Lee (Lavender Hill)
10th Mrs Piedt (Lavender Hill)
12th Mrs L Regan (Retreat)
12th Mrs Beverly Steyn
16th Mrs MM Koopman (Lavender Hill)
19th Mrs K L Boonzaaier (Lavender Hill)
19th Mrs E Isaacs (Lavender Hill)
23rd Mrs D Paul
27th Mrs M Van Zyl (Lavender Hill)
27th Mrs S Morta (Retreat)



YOU'VE BEEN GROWING OLDER

You've been getting older since the day you were born.

You wished it faster for many a year,
now you wish it would slow down and stop.

But asking your body to stop getting older, is begging for your growth to stop too.

Your growth as a human, as a soul.

For its only when you accept how time affects your body, that you can actually reap
the benefits of the wisdom it brings with it.

Each line is a lesson learned or a hardship endured.

Those frown lines were once worries which you fought through.

Or perhaps it's a line of laughter, a wonderful mark to bear.

Each grey hair is a shimmering stripe of life you have earned.

A story you can share with those who need to hear how you survived.

Your tale could be their saving.

Your purpose as a woman is to age my friend,
to grow more wise, more powerful, more beautiful.
Let the world see the beauty time has in store for you.

Trust that you are who you are meant to be now.

It's time.

You've been 'growing' older since the day you were born,
what a wonderful thing. **(Donna Ashworth)**



Life is a gift we're given each and every day. Dream about tomorrow, but live for today.

The greatest gift that you can give to others is the gift of unconditional love and acceptance.

Life's most urgent question is; what are you doing for others?

Live your life so at the end, you're the one who is smiling.

Laugh and your life will be lengthened for this is the great secret of long life.

Time and words can't be recalled, even if it was only yesterday.

When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy and to love.

You maybe delay, but time will not.

You can't turn back the clock. But you can wind it up again.

It's kind of fun to do the impossible.

Accept challenges, so that you may feel the exhilaration of victory.

Happy month of September - Residents and Staff from Riskman Team

There has been a lot of work done in the garden in July/August. The flower bed around the tree in the central courtyard has been improved with stone chips & is looking very neat. Two Fever trees in the front Protea bed have been removed & two new ones will be coming in to replace them. The trees in front of PlumRus North have been trimmed & the hedge in front of Mountain View has been trimmed; all in all a very busy month.



Thank you to the members of the Garden Club who work throughout the year to get our gardens looking so pretty. If you are interested in joining the Garden Club please contact
Dianne
Slabbert
on
Ext.2189



Did You Know?



Ons Zebra Span met 'n spesiale besoekende Chef-Francois. Mense dit is 'n besige kombuis. Ons eet so goed en hulle lyk so goed! Die Engelse se "don't trust a thin chef", ons kan maar ons span trust!

Wat maak ons alles tuisgebak?

- Ons bak 4 verskillende beskuite, Allbran, Muesli. Buttermilk en Ouma Chummy se beskuit
- Tuisgebakte koekies vir teetyd
- Piesangbrood
- Savoury Scones
- Koek



Hoeveel maak ons op 'n dag?

- Beskuit bak ons twee keer per week, 3 mengsels per slag, hierdie word ook verskaf aan die Koffie Winkel
- Ons stuur elke dag die volgende uit:
 - Vroeë oggend beskuit 40
 - Oggend tee Koekie/koek 110
 - Middag Tee 40
 - Aand toebroodjies 3 brode – 120 driehoekies
 - Ontbyt 120
 - Middag ete 230
 - Aandete 120



Ons kombuis maak nog steeds twee keer 'n week wegneemetes vir ons CSC lede in Lavender Hill insluitend 24 inwoners by Die Village Ouer te Huis.

Dankie aan Kurt wat die etes elke Dinsdag en Donderdag aflewer.

Community Service Centre (CSC) – Compassionate Services

Our program at the Senior Centres in Retreat and Lavender Hill are designed in such a way that we provide stimulation holistically (spiritually, physically, culturally, socially) to all our members. Clinic day for the members in Retreat was held on the 14th July 2022.



It was really a great morning where the members listened to a talk on Diabetic Foot Care by Sr. Simone. It was a very relevant topic which could be gauged by the number of questions that came from the floor. Members could have their vitals such as blood pressure and sugar levels tested. The morning was concluded with a lovely cup of tea and snacks provided by the seniors, themselves. We definitely look forward to our next Clinic Day.



Dear Nappy Warehouse Supporters,

We have been advised by our supplier Validus Medical, that due to the economic situation, their import costs together with transport costs have increased substantially over the last six months. We



have been forced into a situation to increase our prices with all of our products as from the beginning of September 2022. Validus are at the moment finalizing their pricing which we will forward to you as soon as possible. Thank you for your support and for trusting in the Clemens brand of products.



Multi Functional Health Care Committee 6th September 2022 @ 18:00.

Board Meeting 8th September 2022 @ 18:00

AGM PlumRus 15th September 2022 @ 18:00



The excitement is reaching fever pitch as we look forward to welcoming the world to Cape Town over the weekend of the 9th to 11th September. The World Cup 7's Rugby Tournament will be contested at Cape Town Stadium over these 3 days. Since we last chatted; when we interviewed Paul Delpoit in our August PlumRus news, our Blitzboks have gone on to win the gold medal at the Commonwealth Games and they ended runners up in the 2022 World Series which went down to the wire in LA-USA. Our last interview in this series is with one of the possible players we are hoping to run out for South Africa during the tournament – Impi Visser.

1. For the sake of our readers who are not necessarily 7's rugby followers; please explain the origin of your unusual first name. I am sure you get so many questions about it, some thinking it is a nickname or an abbreviation of a much longer name.

I do get this question frequently and it's a pretty lengthy story, but I'll try keep it short. It originates from the Anglo Boer war. During the end of the war the Boer and Brits agreed to peace and no more war, but the Brits then used Zulu Impi warriors to ambush and attack the Boer and my grandfather's father or grandfather and his wife were amongst the Boer who were ambushed. They survived and his wife was pregnant at the time and soon after gave birth to a son and they decided to name the child Impi, so that whenever the Brits would hear this name it would remind them of how they betrayed the Boer.

2. I am not too familiar with your school rugby days, but I do know that you were part of the Tuks team to win the prestigious Varsity Cup in 2017? What does this add to your CV and how highly rated is our Varsity Cup compared to other International Competitions?

Varsity Cup is one of the most exciting and enjoyable competitions one can play in and I was privileged enough to win it with Tuks back in 2017. I did miss out on the final because of a fractured cheekbone in the last 10mins of the semi-final against Shimlas. I rate it as the most important competition for young rugby players in the country post high school. I would say that it's one of the best semi-professional competitions in the world.

3. Most rugby players do not set out to play 7's rugby for South Africa, their dream is being part of the 15 man Springboks Team. Was this also the case for you and how did 7's become your space to represent your country?

I think every young boy playing rugby in the country dreams of playing for the Springboks one day. I started playing a bit of 7's rugby when I was 16 years of age but it wasn't a big thing at school. I started playing 7's more seriously when I was 19 for the Blue Bulls amateur team and also for the Tuks 7's team at Varsity Sports and the USSA 7's tournaments. I then got noticed at the National 7's tournament in Nelspruit in 2016 while playing for the Bulls amateur team and we were reigning champions of that tournament since 2014. I got the opportunity to represent the SA Sevens Academy team in 2016 in Dubai and I was in and out of the system since then until I got offered a contract in 2018 to sign with the SA Sevens.



4. Do you remember the feeling the first time you put on the 7's Blitzbok jersey, which team did you make your debut against?

It's a pretty great memory for me, as I wrote my final Mechanical Engineering exam paper the night before I made my debut. It was against Zimbabwe and I played all 14 minutes. It was longest 14 mins I've ever played.

5. You had a short stint playing for the Blue Bulls, is this where you would like to continue your rugby career? Is jy 'n bul of kan jy oorreed word om vir 'n ander span uit te draf?

I wouldn't mind going back to Pretoria. Some of my best friends from university still work there and Pretoria is much closer to the bushveld than Stellenbosch is. I actually was a big Sharks supporter growing up as I'm from the north of KZN.

6. You were named in the squad to represent SA at the Commonwealth Games in 2022, but you didn't travel and make the final team, why was that? How did you deal with watching the matches knowing that you could have been part of the gold medal action?

I picked up a back injury two weeks before the team travelled to the Commonwealth Games and therefore got ruled out for selection. I must admit that it was hard watching from home knowing that I could

possibly have travelled with, but injuries are a part of the game and it was really great to see the team winning gold.

7. Injury in a sport like rugby is always uppermost in people's thoughts. How do you deal with injury, being sidelined from opportunities like the Olympics, Commonwealth Games, World Cup, etc that doesn't come around often in the lifespan of a professional rugby player?

I don't think injury is something that's on your mind really, until it happens. To be fit and healthy is something to be grateful for and if you do get to play in those big tournaments then you shouldn't take anything for granted because it can be taken away in the blink of an eye through injury. When I'm injured I usually try and accept what has happened to me as soon as possible. I usually take a day to feel sorry for myself and then I accept it and try change my mind set to "what can I do to get better while being injured" and "what can I do to get the next guy in my position ready or something to get the team ready". To distance yourself from the team is one of the worst things to do because you already feel left out because of the injury and then you withdraw from the team environment and conversations and that also gets you down. You'll only truly know what I'm talking about if you've been injured for a longer period and not involved with team activities as much. Turning towards close friends and family is also something I use to get my mind off the injury and just gain a different perspective on life itself. And then I also trust God that He has a plan with my life and that I need to go through challenges and grow in my faith as well.

8. You are missing out on the last tournament in the current World Series being played this weekend (26-28 August) in LA. This tournament will determine the winner of the 2021/2022 season with SA going into the tournament in the



number 1 spot. Any thoughts you wish to share about the importance of this weekend. How do the players prepare themselves for such an important tournament? I am sure the commonwealth gold medal adds extra pressure.

I have full belief in the team that is in LA that they can secure the World Series title for us. It is a huge weekend not only for the team but also for our system.

Being under pressure is the nature of this game we play and everyone has faced it, so the gold medal of the Commonwealth Games only adds confidence and confirmation that our system is capable of great things and winning the title.

9. What would you regard as your most valuable 7's memory to date?

I would say playing in my first Cape Town 7's event in 2018 was quite special. The crowd and atmosphere is incredible and second to none. Another special memory is winning the Vancouver 7's in 2019 which was

my first ever tournament victory and it came after a few poor team performances.

10. Which tournament rates as your favourite and why?
Cape Town; the support is incredible and as I've mentioned before the atmosphere is amazing.
11. The 7's World Cup is being played in our backyard here in Cape Town. Are you hoping to be considered for the team, and what would it mean to you if you make the cut? What does home ground advantage mean to you?
It's definitely a once in a lifetime event. It would be incredible to be selected and play in the tournament. To win this event would bring so much joy for this country and all our supporters and it would just truly be an unforgettable weekend.
12. You are a qualified Mechanical Engineer, is this still a profession you would love to explore or has rugby opened other career opportunities for you.
I do still have an interest in the engineering field. I guess time will tell whether I go into it or not. Rugby has definitely opened up new avenues for me and some of them has definitely piqued my interest.
13. I need to ask.....who do you think the 7's Rugby World Cup Champions 2022 will be?
The Blitzboks

We wish Impi well and trust he will make a full recovery in time for the final selection of the team representing South Africa at the Rugby World Cup 7's Tournament.

To all players, past and present, who willingly partook in our 7's feature over the last 4 months, thank you so much for your time and we wish you well as you explore the future.

Charlie Chaplin lived 88 years. He left us 4 statements:

1. Nothing is forever in this world, not even our problems.
2. I love walking in the rain because no one can see my tears.
3. The most lost day in life is the day we don't laugh.
4. Six best doctors in the world - the sun, rest, exercise, diet, self-respect and friends.



Stick to them at all stages of your life and enjoy a healthy life...If you see the moon, you will see the beauty of God...If you see a mirror, you will see God's best creation. So believe it. We are all tourists, God is our travel agent who has already identified our routes, bookings and destinations...trust him and enjoy life. Life is just a journey! Therefore, live today! Tomorrow may not be.



Ursula was born in Cape Town, in March 1974, and is happily married to Gerard van Wyk, with whom she parents a 20 year old daughter and a 17 year old son. Ursula studied Occupational Therapy at UWC and graduated in 1997.



In 1998 she started a private occupational therapy practice based at Crescent Clinic, a private psychiatric clinic, in Kenilworth, Cape Town, and later obtained an honours degree in psychology from the Cornerstone Institute. She is currently the director of an incorporated O.T practice at Crescent, which runs the in-hospital rehabilitation programme. This programme is done in the form of group therapy and individual therapy with clients who suffer from mental illnesses, including depression, bipolar mood disorder, anxiety disorders, schizophrenia, personality disorders, trauma, stress and more. Ursula is passionate about mental health and is a fervent advocate for breaking the stigma of mental illness.

For ten years, she was a volunteer consultant occupational therapist for Life Changes Foundation, a community based programme on the Cape Flats, which works to rehabilitate ex criminals, drug addicts, gangsters and prostitutes. Ursula has mentored many young and older women in the community and is a spiritual counselor at her local church.

Her family is the centre of her world and she cherishes her close friends. She loves reading, writing spiritually uplifting material and taking long nature walks. I happen to have inside information, that to overcome her fear for heights, Ursula recently paraglided off Signal Hill. She is hoping to author a book in the future and explore some international destinations, as part of her 'bucket-list' wishes.

Ursula is very excited to be part of PlumRus, hoping to make a difference and looking forward to learning from all the amazing people on the board, the staff and the residents.



Ek is Anna de Villiers en woon 8 jaar reeds in die Oos Blok hier in PlumRus. Dit is vir my 'n groot voorreg om op die Raad te dien. Wees seker van my samewerking. Ek sien uit om met die ander lede van die Raad saam te werk.

Welcome Home

— WHERE YOU BELONG —



Mrs. Joan Beattie

Health Care Zone 2 – Room 22

Joan was born in Bantry Bay and grew up in Durban and Zimbabwe. She attended Durban Girls High and Wits University.

She loves watching “Down Town Abby”, reading crime novels, and enjoys sixties and seventies music.

Mr. Ron and Mrs. Pauline Wucherpfenning

PlumRus North – N101

Mr. & Mrs. Wucherpfenning both grew up in Cape Town. They have been married for 62 years. They have two children Robin and Jenny both residing in Cape Town.

Ron spent his career as an Estate Agent and Pauline was a bookkeeper.

Pauline enjoys knitting, sewing and baking, whilst Ron enjoys arts and sports. Together they enjoy musicals and reading.



Mrs. Ruth Davies

Lodge – A6

Ruth was born and raised in the United Kingdom.

She spent most of her career as a customer relations manager.

Ruth and her very recent late husband John has two sons, Anton living in Britannia Bay and Jan living in Ireland. Together as family they would vacation in Yugoslavia, France and Spain.

Ruth loves reading, writing poetry, card games and puzzles.

SEPTEMBER 2022

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 01st September 2022 Morning Market in the Hall @ 09:30 04th September Live Entertainment in the Hall @ 10:45 05th September 2022 Friends Meeting in the Hall @ 15:00 12th September 2022 Garden Club Meeting in the Hall @ 16:00 15th September 2022 AGM in the Hall @ 15:00 21st September 2022 YouTube Social Evening in the Hall @ 18:00 29th September 2022 Lotto Draw in the Hall @ 18:30 30th September 2022 Bring & Braai @ 18:00		
5	6	7
08:30 DVD Library 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
12	13	14
08:30 DVD Library 09:00 Outing: West Coast National Park 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
19	20	21
08:30 DVD Library 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:00 YouTube Social Evening in the Hall 19:00 Small Group Meeting in F022
26	27	28
08:30 DVD Library 09:00 Outing: West Coast National Park 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 8 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:30 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 Bybelstudie in John Killian	08:30 DVD Library 09:30 One Hour for Jesus Communion Service Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 10:45 Live Entertainment in the Hall 15:00 Tea Time: lounges 15:00 Movie in Lounges The Starling 18:00 Woord & Lied Dr. Chris Saayman
8	9	10	11
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Dr. Allie van der Westhuyzen 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Me Time 18:00 Woord & Lied Dr. Chris Saayman
15	16	17	18
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 AGM in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Daddy Day Care 18:00 Woord & Lied Ps. Adri
22	23	24	25
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Dr. Allie van der Westhuyzen 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Perfect Pairing 18:00 Woord & Lied Dr. Chris Saayman
29	30		
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Dr. Chris Saayman 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers & Wheelchairs 15:00 Tea Time: lounges 18:00 Bring & Braai		

Mom's Journey Through Hearing Loss

My mother lost her hearing during the pandemic; she had subconsciously started lip reading as her hearing loss progressed, and when we started wearing masks her nightmare of a new reality started. It has been difficult for us as a family to adjust. At first, I would come home with a burning throat every time we visited my mother, and it was something I joked about to my husband. The worse part of her not being able to hear is to have witnessed the journey from her asking us to speak louder to her bursting into tears out of pure frustration while sitting in our company. Mom was diagnosed with Meniere's disease and needs cochlea implants for her to regain her any sense of sound.



My mother is my best friend; I say that in all honesty. She is the person I share my thoughts with, sometimes even before I share them with my spouse. She is the one I turn to for advice and someone I can tell my secrets to. She would listen to me complain about work, the kids, the boss, and whomever I wanted to bad mouth, and she would always tell me when I was wrong and guide me, sometimes harshly. So many days I pick up my phone to tell her something quickly and realize that I must send it in a chat, some days I just miss hearing her voice, but I know that calling her upsets her.



She loved listening to the radio, and you could hear her singing worship songs from down the passage. It breaks my heart when I think that she can no longer listen to the songs that inspired her. I miss speaking with her; currently she hardly leaves home except for work, when she does visit, she spends only a hour or two with us. She cannot handle too much noise (as it is simply irritation to the ear), and she cannot hold a conversation within a group; because if she cannot see your lips, she has no clue where the conversation thread is coming from or going to.

I wait patiently for the day I can share myself with her again. My heart is heavy, and my throat burning with conversations I have had to hold onto, things I can't write in a text. Every now and again we get to really talk, but we are not often alone, we must make time to have the simple conversations we would quietly have in the kitchen while our husbands were standing at the braai.

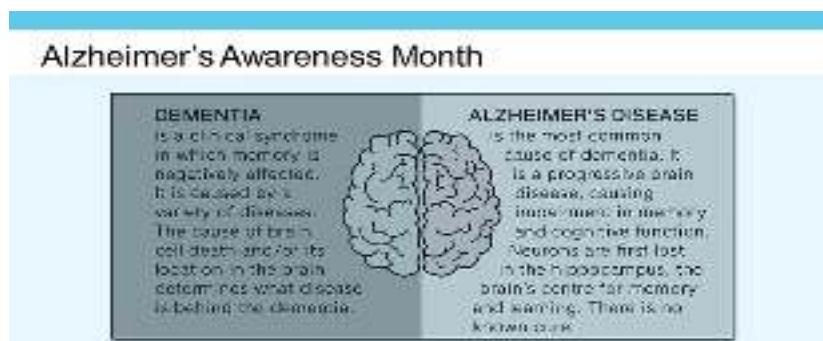
We continue to support mom as much as we can, we speak loudly and make sure that she can see our lips and we know for now we cannot share any secrets, unless we are happy to shout them to the world. I cannot imagine what her world must be like now. To all those who have lost their sense of hearing, we see you, we see the difficulty you experience. We may not be able to make it better, but it does not change the way we feel about you, and even if it does-it should not make you feel any less the person that you have always been, especially to those who love you dearly. (Submitted by: Sr. Simone)

SEPTEMBER 21 is
**World
Alzheimer's Day**



Living and caring for a loved one suffering with Dementia is a heart wrenching task. As family we have to be very careful how we go about diagnosing our love one with this chronic degenerative disease.

The disease destroys large areas of the brain leaving its victims mentally incapacitated and thus vulnerable to abuse and neglect. It results in ius cognitive disorder. Dementia may be static: the result of a unique global brain injury or progressive: resulting in long-term decline in cognitive function due to damage or disease in the body beyond what might be expected from normal ageing. Although dementia is far more common in the geriatric population, it may occur in any stage of adulthood.



Frequently asked questions:

Is there a cure for Dementia?

Dementia, though often treatable to some degree, is usually due to causes that are progressive and incurable. Dementia is progressive – which means the symptoms will gradually get worse.

Is memory loss a normal part of growing old?

Your brain ages along with the rest of your body. As a natural part of the aging process, you will lose some of your mental ability. This normal decline in mental functioning should not interfere with your ability to function in your daily life.

Is Alzheimer's disease hereditary?

Just because a family member has Alzheimer's disease does not mean that you will get it, too. Most cases of Alzheimer's are late-onset. This form of the

disease occurs in a person's mid-60s and is not linked to a specific genetic mutation. However, genetic factors appear to increase a person's risk of developing late-onset Alzheimer's. Early-onset Alzheimer's disease, which is rare, can be caused by mutations, or changes, in certain genes. If one of the gene mutations is passed down, the child will usually — but not always — have the disease.

Is there a way to prevent Alzheimer's disease?

Currently, there is no definitive evidence about what can prevent Alzheimer's disease or age-related cognitive decline. What we do know is that a healthy lifestyle — one that includes a healthy diet, physical activity, appropriate weight, and control of high blood pressure — can lower the risk of certain chronic diseases and boost overall health and well-being. Scientists are very interested in the possibility that a healthy lifestyle might delay, slow down, or even prevent Alzheimer's.

For more information on Alzheimer's disease contact Dementia SA on 021-421 0077, email them on info@dementiasa.org or visit their website www.dementiasa.org

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

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you.
To be with me at all cost.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me. 'till my life is done.

-Unknown
Dementia SA



Mr. N Ely (Sunrise – 01/09/1942 Sunset – 30/07/2022)

I got to know Mr. Ely during the time he became ill and when he had to deal with becoming dependent on the assistance of his wife and others. What struck me most about him was the way he bravely stared his problem dead in the eye and dealt with it. When we recommended some form of care or assistance he did not fight, he would negotiate here and there but most of the time he played along, I think mostly to make us feel useful and so as not to offend us, even though I know that sometimes it was hard for him to accept the measures we wanted to put in place. He never complained and was always more concerned about how I was doing on the occasions I visited him. I remember his eyes lighting up at the mention of boats, I am sorry I could not spend some more time with him to listen to his stories about them. The love he had for his wife was apparent, one could see it in his eyes, and hear it in the way he spoke to her; he was a great example of how a man should treat his wife. May his soul rest in peace, fly high Mr. Ely, until we meet again.

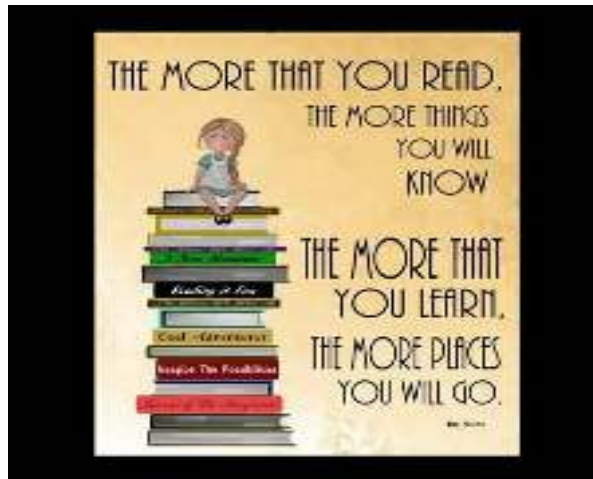


Mr. G Morelli (Sunrise – 01/10/1932 Sunset – 02/08/2022)



As carers, we always knew Mr. Morelli as a friendly Italian man, very charming, and he enjoyed cracking a joke or two. When he needed our assistance in the mornings, that's when we got to know him more. He was a hairdresser for years and was always very particular about how his hair looked and his beard too. He would be very stubborn at times but very loving towards his wife and they were the couple I looked up to just by the way they loved each other. After assisting him and just about to leave the flat then he would always give the carers a kiss on the hand and verbalize "Thank you". It made one feel appreciated for the work we do. He also had a love for gardening and loved sitting outside in the sun looking at his little garden and making sure it had enough water. His happiest times were being surrounded by his family that's when you saw his biggest smile. He will be missed by many.





Since the tables were removed at the beginning of August, we were given permission to operate the Library four days a week: Monday, Wednesday, Thursday and Friday. 08h30 to 09h30. This has seemed to create more interaction between the residents sitting in Aristata Lounge, the open cupboards make the space welcoming and interesting. This is so nice!

Donations steadily come in, books at the present time from room clearing, resident's children donating from their Book Clubs. This is most appreciated and volumes such as Lawrence Green's 'Karoo' and latest thrillers from the James Patterson production line are snapped up eagerly.

DVD Library

Donations in July came from room clearing and includes; "Beaches" – Barbara Hershey, Bette Midler. Drama re: friendship over the years; "The Help" – Octavia Spencer, Emma Stone. Drama takes a critical view of attitudes in America during the 1950's; "Moonlight Mile" – Jake Gyllenhall, Susan Sarandon. Drama re: murder trial, ethics and romance.

Book Review by Daphne Smith as told to Vivien Spires

Books by Lee Child. The character is Jack Reacher – raised on army bases, as he grows up he himself is selected as a Green Beret. With this background, he re-enters civvy street with no luggage, just a toothbrush and a credit card. He moves from town to town living in motels and invariably sniffs out trouble and brings the perpetrators to justice, often becoming involved with attractive lady police.

Lee Child's books are fast moving and you can't wait to find out what happens in each story. His books are so popular that Tom Cruise, the well known actor, wanted to take the part of Jack Reacher who is characterized in the novels as a big, thick set powerfully built man (Tom Cruise is not).

Books by Lee Child in the Plumrus Library:

'Nothing to Lose'

'One Shot'

'Echo Burning'

'Make Me'

'The Affair'

A writer only begins a book

A reader finishes it!



.Facts about staying healthy:

1. If walking/cycling is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water and is fat.
3. A rabbit runs and hops and only lives 15 years.
4. A tortoise doesn't run, does nothing ..yet lives for 450 years.

AND YOU TELL ME TO EXERCISE!

I don't think so ...

Incredible.



You are invited to join our weekly Gym Trim sessions on Tuesdays at 09:30.

It is time to firm up all the winter flab caused by the pancakes and delicious hot puddings, in time for summer.

For more information about the classes and any of our other stimulation activities please call Caylynn on Ext 1039

WAT DIE OUDERDOM ONS LEER:

- ❖ Om oud te word, is verpligtend, om groot te word, is opsioneel.
- ❖ Vergeet die gesondheidskosse, ek het al die preserveer middels nodig wat ek kan inkry!
- ❖ Wanneer jy val, wonder jy wat jy nog alles kan doen terwyl jy daar onder lê, sodat dit minstens die moeite werd was.
- ❖ Jy weet jy word ouer wanneer 'n skommelstoel jou dieselfde sensasie verskaf as wat 'n "roller coaster" gedoen het jare gelede.
- ❖ Dit is frustrerend wanneer jy al die antwoorde ken maar niemand doen die moeite om jou te vra nie.



Our Residents enjoyed another jam packed month of great activities. We believe that it is of paramount importance for all our Residents to be able to access stimulation activities that enhance their physical, mental/intellectual, social, cultural and spiritual wellbeing.



At our monthly Resident's Talk we learnt more about the training of the Guide dogs for the Blind.



Our Residents thoroughly enjoyed their visits to the Red Cross Children's Hospital.



They were impressed with the cleanliness and state of the art technology used to treat children from all over Africa.



The 17th August was a day filled with all kinds of spoils. Our Residents were entertained early in the day by non other than the legendary Terry Fortune and artists from his Golden Oldies Tour. Our appreciation to the Suidoosterfees project and all their sponsors who made this event possible.

Our Residents then enjoyed a tasty mince curry take-away meal for lunchtime.

This was followed the evening with a special supper of boerewors rolls, salads and the most delicious éclairs for dessert.

The meal, together with lots to drink and good background music shared with special friends, brought the curtain down on yet another day where good memories were made.



Thank you to all our staff who assisted with the arrangements and ensured that a good time was enjoyed by all.....Client Experience in action!

Pets As Therapy (P.A.T) was formed 20 years ago. P.A.T organizes therapeutic visits by pet owners who volunteer to take their pets to visit people in hospitals, hospices, retirement homes, frail care facilities, and special needs schools,



There is much scientific evidence, showing the interaction between people and pets is therapeutic – physically, emotionally, and socially.



A potential volunteer and their four-footed companion are assessed and if successful, they must accompany an experience volunteer on a couple of visits, before they are placed.

I used to visit Rusoord, with my 2nd Therapy dog Shanti in 2013 for a few years, and Fudge, my present dog, was rescued from the streets by my friend, who immigrated. She was found wandering after New Year, about 8 years ago, but was very scared of any noise and would flinch if you just raised your arm for any reason. She has blossomed into a very confident happy dog who absolutely loves attention from anybody, and is very eager to spread her joy at being patted, and finding a dropped biscuit will make her wag her tail, even more!

Thank you Irene and Fudge for visiting our Residents twice a month our Residents look forward to your visits.



Our new Resident's welcome tea was attended by Ron & Pauline together with members of Friends.



Our month end Resident's Bring and Braai has really become a popular family affair. It is so good to see the families from both near and far joining the festivities. Thank you to Charlene, and Chris for lending a helping hand on the night.





The rain fell, the jackets and jerseys were packed; but nobody suggested we go another day.....no we were off to view the flowers in the West Coast National Park, come rain or shine! On route in our vehicle Karin continuously reminded us that she believes God is able to change the weather within seconds, well did we see God's hand in the change of the weather. We entered the park and it was still drizzling, we made a quick toilet pit stop, and literally as we moved to the Postberg area the skies opened.

Throughout our viewing we reminded ourselves of the verse in the Bible that says;

"Consider the lilies, how they grow; they neither toil nor spin; but I tell you, even Solomon in all his glory did not clothe himself like one of these." Luke 12:27





*Spring is nature's way of saying;
"Let's Party!"*

*"Just living is not enough.
One must have sunshine,
freedom and a little flower."*



Belinda Pare's son, Patrick, visited South Africa for three weeks in July after not being home for 5 years. Here is a photo of Belinda and Patrick enjoying one of the many outings and lunches they were able to enjoy together during his visit.

THANK YOU



Terry Pope donated a wheelchair with extra tubes and tyres to PlumRus. Thank you Terry!

Thank you to Mrs. Smith for her donation of lovely knitted caps she donated to CSC for the seniors in Lavender Hill.



Thank you to the Constantia Handcraft Club for the donation of knee blankets being enjoyed by our Zone 3 & 4 Residents



Dementia SA donated activity mats for our Residents in Zone 2 to use. These mats are designed to stimulate the sense of touch as it is made from different types of cloth. It also has zips, buttons and ribbon attached to it, helping the Residents to maintain delicate handwork.



The PlumRus Kitchen

Thank you PlumRus Kitchen; helping me on my chef's way! What an experience! A kitchen that serves so many meals per day; organized, disciplined, structured and focused!

It was my privilege to work...a 12hr shift in our kitchen with Cindy, Charlene and all the Zebra staff and, including my mentor Chef Craig.
(Francois at the start of 12hr shift)



To prepare and serve so many meals every day is a mammoth task. It requires careful planning and co-ordination and I was struck by the efficiency by which the team operates in the kitchen. Every member of the team has a specific role and responsibility and the success of the kitchen depends on the teamwork and dedication of each staff member in the execution of their tasks, as well as the strong leadership of Cindy and Charlene.



Chefs always say that you can only count yourself in when you have peeled a kg bag of potatoes...well my first task was to peel and dice 20kg (2 x 10kg) bags of potatoes from early morning. $3\frac{1}{2}$ hours later I completed my task and then had to move onto the potato salad, onions, strawberries and plating for the evening!

Thank you PlumRus Kitchen! Thank you team for allowing me into your hallowed space. Thank you Cindy, Charlene, Craig, Elise, Rose-Ann, Monique, Eddie and Brandon!

I have been privileged to work with you for 12 hours in the kitchen and I have been richly blessed. An experience I will never forget!

(Submitted by: Francois Human)

Prayer for South Africa

Lord make this New South Africa a Land of Blessed Peace, still all the pent up anger and let the hatred cease. We love this Land of ours Lord with its bounteous space. So grant to each and everyone a peaceful dwelling place. Grant that all leaders may be filled with wisdom, strength and love...so that each decision made is from above. We thank you God that we can come in earnest prayer to you. Guide those who's task it is now Lord to give each race its due.

In Jesus name we pray, Amen.

(Submitted by: Joyce Wissing)



Time To Party!



Gillian Organ celebrated her 90th birthday with family and friends at a special tea party.

90 has never looked so good!

Patricia Payne shared the blessing of 90 years with her friends in Zone 5. Her family celebrated her milestone birthday with a special gathering which included her granddaughter who surprised her with a visit from London. No doubt it was a memorable occasion.



Mrs. Mary Bousfield celebrated her 98th birthday with her daughter. Mrs. Bousfield has been enjoying the Home Based Care services of CSC for many years. May God continue to pur His favour upon you on this wonderful day. We wish you good health and much joy in the coming year.



Gavin celebrated his 60th birthday with his mom and sister Colleen who is visiting all the way from the States. We trust that you enjoyed your day and we pray continued blessings over your life.

You know you are special when your colleagues plan you a surprise birthday party!

Joan is an absolute gem not only with our Residents, but clearly her friends think so too.

Happy Birthday Joan and we trust that you enjoyed being spoilt.



Dynamite comes in small packages, or so they say. Happy 30th Birthday Chantal we trust that you enjoyed your day.



WORDSEARCH: JOHN

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

BELL

DENVER

LEGEND

CABOT

GLEEN

LENNON

CAGE

GOODMAN

MAYER

CANDY

HOWARD

MCCAIN

CENA

IRVING

MCENROE

CLEESE

KEATS

RITTER

DALTON

KENNEDY

WAYNE