

# PlumRus **News**

FEBRUARY 2022



MAKING A LIFE-GIVING DIFFERENCE

## Spiritual Care Program for February 2022

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

### FRIEND OR FOE?

Out of the misty darkness, shadowy forms slowly approach.  
The sentry's heart races. Who are they? How many?  
"HALT! Who goes there? Friend or foe?" he shouts.  
He needs to know - enemies are dangerous.

Interactions like this were common in days when warfare was conducted with a smidgen of courtesy and thermal imaging cameras with face-recognition software were just a dream. Today things are different. Regardless of circumstances, it's easier to detect and respond to those who want to harm us...from the outside. But when it comes to enemies 'within', we're still in great danger. The Apostle Paul, spoke about the power of sin within that keeps sabotaging our best intentions, always landing us in trouble. Instead of being kind, we're mean; instead of forgiving,



we're resentful; instead of loving, we're hateful. These foes are a lifelong challenge for us. But thank God, Jesus Christ can and does help us overcome these enemies, even the most menacing and fearsome one of all...death! The Bible calls death our 'last' enemy. Last, perhaps because it's our most formidable foe, or 'last' as we face it at the end of life's journey. It's probably a combination of these explanations.

The menace of physical death hangs over everyone's life. It comes by different means...for some it's unexpected and quick, for others it's after protracted illness. Then for many, there's the slow approach of death called 'old age'. The season in life when our aging bodies begin to put on the brakes, and we huff and puff when we used to rip and zip. And we prefer to sit rather than stand, and to watch rather than do. The writer of Ecclesiastes put it this way...

*In old age, your body no longer serves you so well.  
Muscles slacken, grip weakens, and joints stiffen.  
The shades are pulled down on the world.  
You can't come and go at will. Things grind to a halt.  
The hum of the household fades away.  
You are wakened now by bird-song.  
Hikes to the mountains are a thing of the past.  
Even a stroll down the road has its terrors.  
Your hair turns apple-blossom white,  
Adorning a fragile and impotent matchstick body.*

*Yes, you're well on your way to eternal rest,  
While your friends make plans for your funeral.  
Life, lovely while it lasts, is soon over.  
Life as we know it, precious and beautiful, ends.*

*The body is put back in the same ground it came from.  
The spirit returns to God, who first breathed it.  
Ecclesiastes 12:3-7 (The Message)*

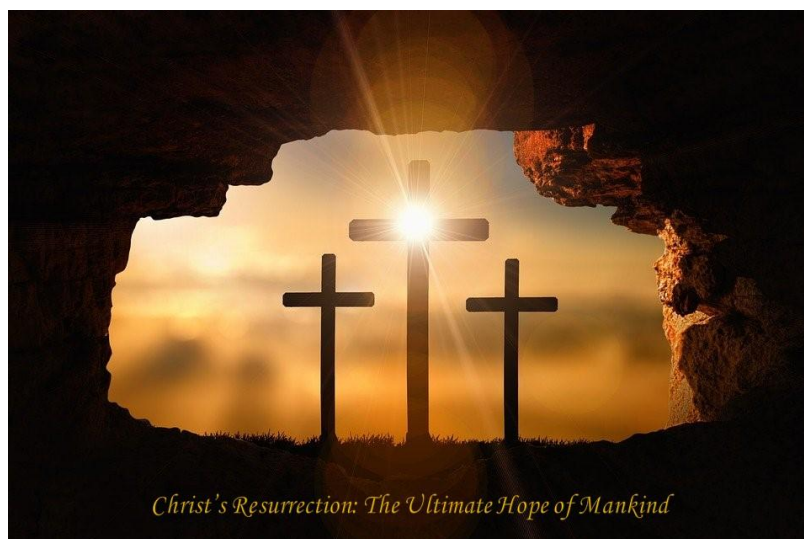
This is a striking picture of the last few laps of the race we're all running. BUT, it's not God's final word on the matter. While death is our last enemy, it can also be a friend...a transition toward a new life. Life in which death is gone for good - tears gone, crying gone, pain gone! No more weakness or disease, no more failure or wrongdoing...everything made new! Because Christ is alive, having been raised from the dead, Death no longer has the last word. It's swallowed up in the resurrection life of Christ! This is a dazzling truth! Those of us, who die hoping in Christ and resurrection, will find our earthly bodies transformed into heavenly bodies; imperishable bodies in which we transition into new and eternal life with him...all this the gift of our Lord Jesus Christ. Thanks be to God!

How do you feel about the last enemy you'll face? If your hope is in Christ and resurrection, the death of your earthly body, as unpleasant as it may be, can be a 'friend'...a necessary transition towards a new life. Wise use of the remaining time you have in this world while still in possession of your faculties, can turn the progressive weakening, loss and isolation of old age into an opportunity to re-order the loves of your heart; learning to love the Lord your God with all your heart, soul, strength and mind, and those around you as much as you love yourself.

Freed from the struggles so common in younger years to avoid failure and make a 'success' of your life, you can turn your attention to what really matters, your eternal destiny. That unseen city with real and eternal foundations - the City built by God...the New Jerusalem! Where there's no need for sun or moon - God's glory is its light, and Jesus, the Lamb its lamp...the Life-Light who gives us hope beyond the grave!

Thank God, Death our last enemy is banished forever by Jesus' resurrection triumph!

**(Submitted by: Ps Dave Henderson)**



*Christ's Resurrection: The Ultimate Hope of Mankind*

# EK IS

EK is vir jou 'n put, bodemloos met geduld  
EK is vir jou 'n spruit, bruisend met hoop  
EK is vir jou 'n rivier, vloeiend met genade  
EK is vir jou 'n oseaan, groot met liefde

EK is vir jou die wind, strelend oor jou siel  
EK is vir jou die son, warm in jou hart  
EK is vir jou die reën, sag op jou gees  
EK is vir jou die maan, hangend oor jou lewe

Wees jy vir My 'n kind van geloof  
Wees jy vir My 'n arm van vrede  
Wees jy vir My 'n woord van vergifnis  
Wees jy vir My 'n hand van gebed

Wees jy vir My 'n aanbieder, EK is vir jou 'n GOD  
Wees jy vir My 'n navolger, EK is vir jou Herder  
Wees jy vir My 'n leerder, EK is vir jou 'n Meester  
Wees jy vir My 'n dienskneg, EK is vir jou Heer

## Wiskunde in die Woestyn!!

Een van die grootse wiskundige wonderwerke sentreer rondom Moses en die Israeliete.

In die woestyn moes die Israeliete kos kry, en hoe voed jy \*3.5 miljoen\* mense?

Volgens die Kwartiermeester-Generaal van die Amerikaanse weermag het Moses omtrent \*1500 ton\* kos daaglik nodig gehad.

’n \*6km\* lange goederetrein sou nodig wees om die kos te vervoer.

Die kos moes gaargemaak word met houtvure en jy moet onthou, hulle was in die woestyn.

\*4000 Ton\* hout sou nodig wees per dag en weer ’n paar goedere treine, elk amper 2km lank, om die hout te vervoer.

Om te dink, hulle het 40 jaar in die woestyn getrek

\*wat van water?\*

Net genoeg vir drink en ’n bietjie opwas, sou hulle \*50 miljoen liter\* elke dag nodig gehad het, en ’n goederetrein met tenkwaens, omtrent \*19km\* lank, sou nodig wees om water te bring.

Daar was net ’n paar putte in die woestyn.

\*Hoe het hulle genoeg water gekry?\*

\*Nog ’n ding! Hulle moes oor die rooi see in een nag!\*

As hulle met ’n nou paadjie, twee-twee, sou loop, sou die lyn \*1280km\* lank wees en sou dit \*35 dae\* en nagte neem om deur te gaan.

So daar moes ’n pad deur die rooi see gewees het van amper \*5km\* breed sodat \*5000 mense\* langs mekaar kon stap om in een nag deur te loop.

\*Nog ’n probleem, elke nag moes gekamp word.\*

’n Kampterrein van \*1200km\* was nodig, dit is \*40km\* breed en \*48km\* lank.

\*Dink jy Moses het dit alles haarfyn uitgewerk voor die trek?\*

Nee, hy was net ’n gewone man met ’n onwrikbare geloof in God.

\*God sou sorg vir alles\*



Kom, skep moed, jy met al jou probleme.

Raai wat?... ons dien dieselfde God!

Hy het nog *\*NOOIT\** verander nie, en as Hy al Moses se probleme kon oplos, sal Hy joune ook oplos.

*\*Al* wat ons nodig het, is 'n onwrikbare geloof in God.

*Wanneer*  
GOD  
intree,  
*begin*  
die  
**wonderwerke**  
gebeur

---

#### 4 Soorte Liefde in die Bybel



Liefde as 'n woord beskryf 'n emosie met baie verskillende grade van intensiteit. Ons kan sê ons is lief vir roomys en sjokolade, en ons kan ons liefde aan 'n man of vrou belowe tot ons sterwende asem.

Liefde is een van die mees kragtige emosies wat ons kan ervaar. Mense soek liefde uit die oomblik van bestaan. En die Bybel vertel ons dat God liefde is. Vir Christen gelowiges is liefde die ware toets van ware geloof.

Vier unieke vorms van liefde word in die Bybel gevind. Hulle word gekommunikeer deur vier Griekse woord: ***Eros, Storge, Philia en Agape***. Ons sal hierdie verskillende soort liefde ondersoek wat gekenmerk word deur romantiese liefde, familieliefde, broederlike liefde en God se goddelike liefde. Soos ons lewe, sal ons ontdek wat liefde regtig beteken, en hoe om Jesus Christus se opdrag te volg om mekaar lief te hê.

## **Wat is Eros lief in die Bybel?**

Eros (Uitgesproken: AIR-ohs) is die Griekse woord vir sensuele of romantiese liefde. Die term is afkomstig van die mitologiese Griekse godin van liefde, seksuele begeerte, fisiese aantrekkingskrag en fisiese liefde. Alhoewel die term nie in die Ou Testament gevind word nie.

## **Wat is Storge Liefde in die Bybel?**

Storge (Uitgespreek: STOR-jay) is 'n term vir liefde in die Bybel waarmee jy nie vertrou is nie. Hierdie Griekse woord beskryf familieliefde, die liefdevolle band wat natuurlik tussen ouers en kinders, en broers en susters ontwikkel. Baie voorbeelde van familieliefde word in die Skrif gevind, soos die wedersydse beskerming tussen Noag en sy vrou, die liefde van Jakob vir sy seuns en die sterk liefde wat die susters Martha en Maria vir hul broer Lasarus gehad het.



## **Wat is Philia Liefde in die Bybel?**

Philia (uitgespreek: FILL-ee-uh) is die soort intieme liefde in die Bybel wat meeste Christene teenoor mekaar beoefen. Hierdie Griekse term beskryf die kragtige emosionele band wat in diep vriendskappe gesien word. Philia is die mees algemene soort liefde in die Skrif, wat liefde vir medemens insluit, sorg, respek en deernis vir mense in nood. Die konsep van broederliefde wat gelowiges verenig, is uniek aan die Christendom.



## **Wat is Agape Liefde in Bybel?**

Agape (Uitgespreek: Uh-GAH-loon) is die hoogste van die vier tipes liefde in die Bybel. Hierdie term definieer God se onmeetbare, onvergelykbare liefde vir die mensdom. Dit is die goddelike liefde wat van God kom. Agape liefde is volmaak, onvoorwaardelik, opofferend en suiwer. Jesus Christus het hierdie soort goddelike liefde aan sy Vader en aan die hele mensdom gedemonstreer in die manier waarop hy geleef en gesterf het.



**(Ingediën deur Cindy Schoeman)**



My name is Simone Joy Cronje-Lawack, and I am very excited to have joined the Plumrus team.

I am 37 years old, married, and a mother to three beautiful children. I was raised in Port Elizabeth, but relocated to Cape Town six years ago and have been happily living in the Southern Suburbs since then. I am a practicing Christian, and I strive to live my life in service to God and others. My hobbies include reading, cooking, and taking long walks in nature. I enjoy reading about astrology, my star sign is Leo and I love animals especially dogs. I would describe myself as an optimistic, people's person. I am a firm believer that the cup is always half full and there is never a problem to which no solution exists.



***Sr. Simone is our Health Care Manager and she reports directly to Mr. Holtzhausen. Her main focus is to lead the teams caring 24X7 for our Residents living in Health Care, as well as oversee the Basic Care of our Residents living on the flats.***

***Welcome to the PlumRus Team Sr. Simone we trust that your time here at PlumRus will be a happy and productive one.***



I used to ask God to help me.  
Then I asked if I might help Him  
to do His work through me.

~ Hudson Taylor





***God's richest blessings on your Birthday!***

4th	Margaret Stringer	MV202	71
4th	Anthea Sangster	MV105	72
6th	Dianne Slabbert	N107	86
9th	Zelda Pover	N003	87
9th	Penelope Hawson	R7B	74
11th	Lynette Kelly	A2	65
12th	Janet Montegue	R62	80
12th	Leslie Bester	F117	62
13th	Linda de Wit	N005	79
13th	Johanna Engelke	F16	82
15th	Joseph Henn	F13	78
16th	Esme Theart	F104	80
20th	Sheilagh Dowie	R76	85
20th	Lily van der Linde	F121	80
28th	Ina Wolfaardt	R74	77



**We wish all our members a very Happy Birthday!**

5 <sup>th</sup>	Mr Malingo
7 <sup>th</sup>	Mrs Marthinus
15 <sup>th</sup>	Mr Couves
20 <sup>th</sup>	Ms Hector

**HAPPY BIRTHDAY TO OUR STAFF**



1st	Rhodene Koense	CSC
3rd	Edwina Solomons	CCL
4th	TersiaVan Der Bergh	CSC
7th	Denver Daniels	Riskman
9th	Pumi Velani	CCL
12th	Marshelene Smith	CSC
12th	Kayleen Wyngaard	CSC
23rd	Nicolene Lewin	Health Care
25th	Sheron De Beer	Health Care
28th	George Holtzhausen	Management

**Amethyst**  
February Birthstone

*"The February born shall find  
Sincerity and peace of mind,  
Freedom from passion and from care,  
If they, the amethyst will wear."*

# Did You Know?

## WHO IS BADISA?

Badisa is a faith-based social welfare organisation that provides professional social welfare services to people in need. The organisation started as the welfare services of the Dutch Reformed Church (Western Cape) and the Uniting Reformed Church in Southern Africa (Cape), and has grown to provide these services in partnership with stakeholders such as the local and provincial government, the corporate sector and other non-profit organisations.

### Our vision

Christian compassion – we are a neighbour of everyone in need.

### Our mission

Badisa is a ministry of compassion for the Dutch Reformed Church (Western Cape) and the Uniting Reformed Church (Cape), and is values-driven with Jesus Christ as role model. In collaboration with congregations and other role players Badisa, as a non-profit organisation:

- Provides excellent, professional, expert and support services to people and communities in need -
- Establishes development programmes, striving to enable consumers/clients to function optimally -

Badisa is a values-driven organisation built on the four pillars of its values, namely commitment to serve, justice, excellence and stewardship. The organisation provides social services to ALL in need, irrespective of their age, gender, race or religion.

Badisa is a registered non-profit organisation (NPO 011-891) and a public benefit organisation (PBO 930 006 348), and is committed to social development through 145 community-based programmes in the Western, Northern and Eastern Cape.



## Bemarkings en Kommunikasie Plan vir PlumRus

'n Bosberaad vind plaas op 29 Januarie 2022 by PKF se kantore in Dieprivier. Met ons 2030 strategie moet ons weer definieer wie is ons teikenmark ons potensieële kliënte en hoe ons, ons besigheid in 2022 tot 2030 wil kommunikeer. Dit is algemeen bekend dat PlumRus net een doel voor oë het en dit is die VERSORGING van Ouer persone in ons gemeenskap van Plumstead en omgewing. Ons sal op 17 Februarie tydens ons eerste groot Inwoners byeenkoms ons Inwoners inlig en op hoogte bring.



## Biltong en Wyn Fees – ons is wit warm

Wat gaan dit wees, wat gaan die kaartjies kos, wat is op die menu, gaan ons dans ook, wie is die celebs wat gaan kom bywoon, ons gaan ons bemerkings en kommunikasie plan die aand afskop – wit warm vol energie ten voordeel van al ons Inwoners en Families – ons teiken is R100 000 netto wins. Begin asb. gesels, praat, skinder, SMS en WhatsApp's, hierdie een is PlumRus samehorigheid en PlumRus spanwerk.



## Die Health Care Courtyard

Wat is daar aan die gebeur? – ons is besig om dit maklike en gerieflike te maak vir ons health care inwoners – sitplek, kuierplek, afkoelplek, braaiplek, teedrinkplek en eetplek en ons eie loopplek en frail care gym – alles in een: son, oefening en afkoel vir die gerief van ons Inwoners.



## En die stuk oop grond tussen MV en Zone 3 Health Care

Wat word beplan? – dit is volgende, uitbreek van buite deure vanaf Zone 4 en Zone 2 en die MV Courtyard, 'n lekker loop area wanneer dit baie baie warm is en die vier mure jou vas druk. Dit is ons droom om vir ons Inwoners en Families 'n veilige, gelukkige en huislike omgewing te skep waar Vitamien D, oefeninge en lekker vars water beskikbaar en volop is.

## Hoekom beland Ouer Persone in n hospitaal of wat die vernaamste redes waarom ouer persone gehospitaliseer word:

Hier is dit, 'n onlangse studie van MediClinic het getoon dat hoofsaaklik 3 redes in vir hospitalisasie van ouer persone naamlik:

- Urine infeksie
- Dehidrasie
- Gebrek aan gereelde toilet besoek

Al drie kan voorkom word as ons Inwoners gereeld en genoeg water drink, gereeld stap en ons gym trim bywoon op Dinsdae. Ook die Inwoners in rolstoele of wat met walking aid loop. Water en Oefening is meer werd as die beste, beste medisyne. So die beste antibiotika is: drink gereeld elke dag water en stap elke dag en jy het aftrede op sy beste.



---

**Bring & Braai** – familie is welkom – as jy inge-ent is kom kuier by ons maandeliks: Ons gee die kole, die crockery and cutlery, musiek en 'n lekker atmosfeer van geniet jy bring net jou eie vleis, eetgoed en "koeldrank". Always @ 18:00

25 February  
25 March  
29 April  
27 May  
24 June  
29 July  
26 Aug  
24 September – Braai dag @ 11:00 for 12:30  
29 October  
25 November  
31 December, also watermelon festival

---

## Coffee Shop

Vars produkte, goeie pryse, in ons midde, vriendelike personeel en geduldige Inwoners en families – dit is die sukses resep van Protea Coffee Shop. Dankie aan al ons Families e n Inwoners wat ons Coffee Shop ondersteun – julle help ons om ons heffings so laag as moontlik te hou. Dankie aan die personeel wat hulle bes probeer en nog harder wil probeer, ons waardeer julle ook. Hou die kennisgewings dop en luister na de afkondiging – dit is daar vir julle gerief !!

*Happy Valentine's Day*  
*Protea Coffee Shop*

**Menu**  
English Breakfast  
Strawberry Milkshake  
Moist Vanilla Rose Cupcakes

RSVP @ Ext 1035

*Its as much about the Journey as it is about the Destination.  
14th Feb make each flavor count!*

## Small Groups

What is the story behind the small groups? Why small groups, don't we have enough spiritual care activities? Firstly, please screen and study our Spiritual program for 2022 – this is a balanced program namely: one English service per week on Sundays, Een Afrikaanse diens op Sondag aande en een bilingual residents and staff get together on Fridays: One Hour for Jesus and ONLY one official prayer meeting in the middle of the week. Bible studies will continue as is.

Therefore, why Small Group Meetings? Many of our residents do not attend any service or believe salvation is coming via my religion or denomination. PlumRus is not focused on religion or denomination but Only on God, The Trinity and Jesus the truth and the way to salvation. Our focus this year will be: Who is Jesus for you.... na aanleiding van die vraag van Jesus: Wie se jy is ek?

Our steering committee decided that the Book of John will be our focus for the next 12 months. Ons gaan dus begin met die boek van Johannes, veral omdat dit saam val met die reeks van Trevor Hudson se Vrydae oggende; "Another kind of life".

We are doing the Book of John in English and Afrikaans. Ons gaan dit doen in Engels en Afrikaans, therefore English groups will follow John McArthur en Afrikaans groepe volg Raymond Lombard.

Daar is geen indelings, elke Inwoners kan inskakel by die groep waar hy of sy dit gemaklik vind. Groepe moet nie meer as 7 mense wees nie ingesluit die leier. You can join any group but not more than 7 people in the group including the leader.

No denomination or religious traditions will be allowed. Geen denominasie of goddiens gebruike sal toegelaat word nie. Ons fokus is op die Bybel en Jesus, ons Here, Verlosser en Saligmaker. Our focus will only be on the Bible and Jesus. Die patroon sal wees – ons luister na die bybelse verklaring van die teks in Johannes waarna ons daarvoor sal gesels en prakties van toepassing maak in PlumRus en ons eie lewe.

Persone wat aangedui het hulle sal optree as groep leiers is;

- Leon Ellis
- Beryl Ely
- Beryl Garwood
- Paulette Brand
- Chris Schutte

....and many more watch the notice board. Ons wil graag met 10 groepe van 7 begin as ons kan. Small groups are the best way of feeling a sense of belonging. In PlumRus glo ons jou VERSORGING is die rede vir ons bestaan.



## **Week van Gebed**

Ons week van gebed vind plaas vanaf die 14de tot die 17de Februarie in die Bobbie Liebenberg saal om 19:00. Ons nooi al ons inwoners en families uit om saam te kom bid en sodeur te hoor wat die Here vir ons wil se. Ds. Andre Lammertyn sal die bidsessies lei. Die tema sal later bekend gemaak word.



---

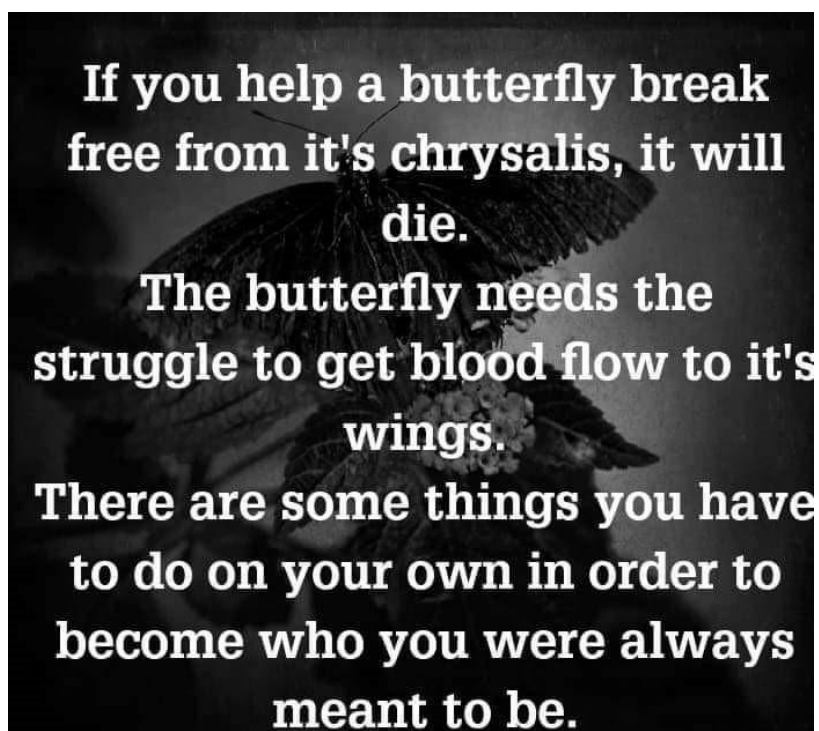
## **Booster Shots**

All Residents and staff who received their 2<sup>nd</sup> dose of Pfizer in July & August 2021 are eligible for the booster shot.

Clicks will be with us on the 23<sup>rd</sup> & 24<sup>th</sup> February 2022 to administer the booster dose.

It is not "compulsory" to have the booster dose, but it is very highly recommended to increase your protection against the virus.

There is currently no booster dose available for those who initially had the J&J vaccine.



# Welcome Home

— WHERE YOU BELONG —



Mrs. Joan Swingler (Room 55- Zone 5)

Joan was born in Cape Town and grew up in Plumstead.

She has 2 daughters in Cape Town and the U.K and a son who lives in South Korea.

Joan spent her career as a special needs teacher and enjoyed holidays camping in the Cedarburg and other vacations in Plettenberg Bay and Gordon's Bay.

Joan enjoyed gardening, embroidery, knitting and appliqué. These days she enjoys a good book and TV shows.

## **New home, new adventures**

### **New memories**



Mrs. Roselyn Francis (Room 56 – Zone 5)

Roselyn Francis was born and raised in Claremont. She has also resided in Heathfield and Plumstead.

Mrs. Francis and her late husband Desmond Francis have 3 daughters, Jacqui, Colleen, Marianne and one son Frederick.

For vacations she enjoys visiting her daughters in Australia and for some local relaxing she visits Club Mykonos.

Growing up Mrs. Francis was a Netball player and a ballroom dancer. These days she enjoys reading Danielle Steel and going for walks.





Mr. Janek Karpierz (Room 21A – Zone 2)

Jan was born in Poland and grew up in Oudtshoorn.

Vacations were spent caravanning in George and parks around the Western Cape.

He has one son and one daughter.

Mr. Karpierz used to be a hardworking, outgoing gentleman. He spent most of his career as a fitter and turner at Simon's Town Dockyard.

Jan's hobbies consisted of gardening, handy work, and collecting mushrooms in the forest.

### LESS HOUSE, MORE HOME



Mev Jacoba Hendrika Holtzhausen (Chummy)

Flat 005 East

Chummy was gebore in Douglas Northern Cape en daar opgegroeï.

Chummy en haar man George (Snr) Holtzhausen het 3 kinders, Alet (Bloemfontein), George (PlumRus) en Jaco (Wellington).

Meeste van haar vakansies was in Strand en Somerset Wes. Chummy was baie aktief en hou daarvan om te brei en hekel. Verlede jare het sy tennis gespeel vir sport.

Sy het 'n loopbaan as boekhouer gehad.



**FEBRUARIE / FEBRUARY 2022  
MAAND PROGRAM / MONTHLY PROGRAM**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	<b>1</b>	<b>2</b>
	<b>09:30 Shopping</b> <b>Checkers Main Road</b> 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges <b>10:30 Activities in lounges</b> <b>Heartland Series E 13</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Tea Time: lounges <b>15:00 Croquet</b>
<b>7</b>	<b>8</b>	<b>9</b>
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges <b>15:00 Friends Meeting</b>	<b>09:30 Shopping</b> <b>Checkers Main Road</b> 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges <b>10:30 Activities in lounges</b> <b>Heartland Series E 15</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Tea Time: lounges <b>15:00 Croquet</b>
<b>14</b>	<b>15</b>	<b>16</b>
10:00 Tea Time: lounges 11:00 Activities in lounges <b>11:00 Special Valentine's Show in the Hall</b> 14:30 Music / DVD in lounges 15:00 Tea Time: lounges <b>19:00 Week of Prayer Service in the Hall</b>	<b>09:30 Shopping</b> <b>Meadowridge</b> 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges <b>19:00 Week of Prayer Service in the Hall</b>	08:30 Library 10:00 Tea Time: lounges <b>10:30 Activities in lounges</b> <b>Heartland Series E 17</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Tea Time: lounges <b>15:00 Croquet</b> <b>19:00 Week of Prayer Service in the Hall</b>
<b>21</b>	<b>22</b>	<b>23</b>
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	<b>09:30 Shopping PnP</b> <b>PnP Plumstead</b> 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Health Care Lounge 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges <b>10:30 Activities in lounges</b> <b>Heartland Series E 1</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Tea Time: lounges <b>15:00 Croquet</b> <b>18:00 YouTube Social Evening in the Hall</b>
<b>28</b>		
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges		

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
08:30 Library <b>09:00 Shopping</b> <b>Constantia Village</b> <b>09:30 Morning Market</b> 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	<b>09:30 One Hour for Jesus</b> 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 <b>15:00 Activities in lounges</b> <b>Heartland Series E 14</b>	<b>09:30 Church</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges <b>15:00 Movie in Lounges</b> <b>Back of the Net</b> <b>18:00 Woord &amp; Lied</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
08:30 Library <b>09:00 Shopping</b> <b>Constantia Village</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	<b>09:30 One Hour for Jesus</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges <b>15:00 Activities in lounges</b> <b>Heartland Series E 16</b>	<b>09:30 Church</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges <b>15:00 Movie in Lounges</b> <b>Malibu Rescue</b> <b>18:00 Woord &amp; Lied</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
08:30 Library <b>09:00 Shopping</b> <b>Blue Route</b> 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 <b>19:00 Week of Prayer</b> <b>in the Hall</b>	<b>09:30 One Hour for Jesus</b> 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 <b>15:00 Activities in lounges</b> <b>Heartland Series E 18</b>	<b>09:30 Church</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges <b>15:00 Movie in Lounges</b> <b>First Daughter</b> <b>18:00 Woord &amp; Lied</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
08:30 Library <b>09:30 Shopping</b> <b>Checkers Main Road</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall <b>18:30 Lotto Draw</b> <b>in the Hall</b>	<b>09:30 One Hour for Jesus</b> 10:00 Tea Time: lounges 11:00 Activities in lounges <b>14:00 Shopping: 3 Arts</b> <b>for Walkers &amp; Wheelchairs</b> 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 <b>18:00 Bring &amp; Braai</b>	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges <b>15:00 Activities in lounges</b> <b>Heartland Series E 2</b>	<b>09:30 Church</b> 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges <b>15:00 Movie in Lounges</b> <b>The Water Man</b> <b>18:00 Woord &amp; Lied</b>

**Gym Trim in the Hall Tuesday's @ 09h30**  
**Heartland Series Wednesday's in Decentralized lounges**  
**@ 10h30**  
**Fruit & Veg Lorry Wednesday's @ 12h30**  
**Heartland Series Saturday's in Decentralized lounges**  
**@ 15h00**  
**07<sup>th</sup> February 2022 Friends Meeting @ 15h00**  
**14<sup>th</sup> February 2022 Valentine's Show in the Hall @ 11h00**  
**14<sup>th</sup> - 17<sup>th</sup> February 2022 Week of Prayer Service in the Hall @ 19h00**  
**23<sup>rd</sup> February 2022 YouTube Social Evening @ 18h00**  
**25<sup>th</sup> February 2022 Shopping 3Artsfor Walkers & Wheelchairs @ 14h00**



## **The War Reporter**

**Monthly Edition: 3 February 1900**

### **Hofmeyr writes on the Ladysmith Siege**

*(Photo: Ladysmith Siege Museum)*

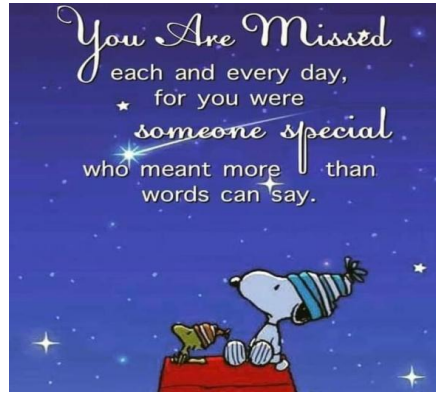


"Things are becoming extremely boring here at Ladysmith. Our most prominent enemy is a Small natal fly that is more headstrong than anything else in the world. The heat is becoming unbearable as well. We have visited a number of laagers and found that the most general complaint is tedium. The Burghers with intellect and energy are driven to insanity by the fact that they have nothing to do and feel depressed and downhearted when they contemplate the future.

The vast majority of the burghers are farmers and fathers of families. They dream up all sorts of excuses to obtain a leave letter. Only the "poor whites" find this a paradise. For them the vicinity of Ladysmith is a "land of milk and honey". There is an abundance of fresh meat, bread, Coffee and tea, infinite stocks of tobacco, as much as one wants and everything is free. This is an absolute fool's paradise- at least that is what it seemed to be.

All the poor whites are dressed in brand new outfits from head to toe. There is a war to be waged! What an agreeable situation! The longer it lasts, the better. For the first time in their lives they are at a place where there is enough of everything.

At each laager some burghers operate a general clothes and shoe shop in a tent or a room. The needy burghers proceed there to state their wishes. Nobody gets anything without signing a receipt on which he acknowledges receiving a suit of clothing or a pair of boots with the name of his commando and ward written on it. It is easy to supply any name whatsoever since nobody checks its correctness. Constant streams of clothes and shoes flow by train from Pretoria to the laagers. But at the destinations there is never enough since the demand for clothing is impossible to satisfy. All the rivers flow into the sea of burghers but that sea is never filled. Now some observant people have established where the leakage is. Many burghers possess a rather flexible conscience. When they go home on leave they take suitcases filled to capacity with new clothes. It is a mere coincidence that those suitcases are empty when their owners return to the front. It is no wonder that the dam cannot fill up: there are too many holes in the wall!



Mr. Haselau had one thing in common with all of us, and that was that he loved the ocean. He was a Man of the ocean, he was a marine biologist and underwater cameraman who, with the help of his wife made their own underwater documentaries of the marine life, that at the time was undiscovered. He was really a famous man who played in lots of movies and travelled the world. Even though he was famous, he remained a very humble person who loved reading books.



He leaves behind children in this world who I am sure will be a success and end up being as prosperous as he was. Mr. Haselau was a great guy and he will not easily be forgotten.  
(From Waseem Majiet & Nadia Christians)

---

The day David Merrington arrived at PlumRus I welcomed him to Zone 2, and the day he passed on I was the nurse on duty and could greet him goodbye.

It was such a privilege to care for David. In his own way he touched our hearts. I cracked jokes with him, and he would respond by saying that I was being childish. Funny enough he knew us all.

David's chair is empty and his passing leaves a void in Zone 2. We will miss you dearly, Mr. Merrington Rest in Peace.



(From Felicia Baatjies)

---

Tannie Duppie het by ons kom woon op die 1<sup>ste</sup> Februarie 2012, in woonstel 20 PlumRus Oos. Ons sal haar onthou vir haar liefde vir God en haar medemens. Sy was altyd standvastig, betroubaar, pligsgetrou met baie wysheid.



Sy het nooit stil gesit nie, was altyd besig al was dit net om George te help met die maand program veral die inkopie

schedule. Ons sal haar ook onthou vir haar nederigheid, haar omgee vir al die inwoners en vriende, haar spesiale liefde vir die Bybel en haar God.

Ons weet dat Tannie Duppie geroep is na Sy ewige woning om vir almal van ons te wag.  
(Bestuurspan)

---

Mrs. Fraser passed away on the 14<sup>th</sup> January at the wonderful age of 97. For the few months I've known Mrs. Fraser she was such a loving and caring person. She was main responsibility in Zone 3, as she wasn't too well. In the mornings when I arrived at work I would go straight to her room. We enjoyed singing and laughing together. What a phenomenal lady, may her dear soul rest in peace.  
(From Bonita Appels)



Dr Guy worked as a military doctor for many years. He was quiet most of the time but had a way of making us laugh. He was really a man of many jokes. We loved and cared for him dearly and his death saddened us. He might be gone but we will never forget him. MHDSRIP

(From Craig Isaacs)



*Firstly, my thanks to you George for so kindly allowing me and my family to visit my husband throughout the lockdown. I never missed one day in the almost 2 years he was in health care. Your staff was amazing looking after him with such kindness and care. Craig who was with him from the beginning was a real friend keeping him always looking clean and tidy, and so good at his job. Waseem who was fairly new also is a wonderful, kind and caring person. Jennifer used to encourage my husband making him laugh and she really shows that she loves her work.*

*I know I was in and out of health care a lot, your staff knew me well but the love and sympathy they have shown me whenever I see them is so special and loving.*

*I know Neil is now in the Lord's house as he loved Him dearly.*

*(Margie Guy)*

## My Journey with the "C" Disease

On the 21<sup>st</sup> January 2019 at about 03:30, I can't recall if it was a Sunday or Monday morning, my brother-in-law, Wesley, came into my room and told me that my mommy called to say that they were rushing Enrico to hospital with severe stomach pains.

He was taken to Victoria Hospital where they performed an emergency appendectomy as his appendix had ruptured. Rico could have died that day, but God still gave him back to us, because He still had a plan and a purpose for his life. While in hospital Rico mentioned to the doctor that he had a lump under his left ear that was worrying him. Three weeks after the operation he had a follow up appointment at the hospital.

I cannot recall the exact date, but I clearly remember that it was a Tuesday morning, that my life would change forever. The results of the biopsy they did on the lump under his ear confirmed that it was cancerous. I had just been so happy and relieved that after his emergency operation he was "going to fine"; now THIS! We both just broke down crying like babies, and I remember that all he could say to me was; how are we going to tell our babies that I am sick. When my other brother-in-law, who is a pastor, fetched us at the hospital he just prayed for us and told us to give it all over to God.

We were referred to Groote Schuur Cancer Clinic and there is where our treatment journey started. In March 2019 Rico was diagnosed with Stage 4 nasopharyngeal cancer. For the next 20 months, everyday was just another day of God's Grace. At work very few people knew what my family and I were going through. I often had a smile on my face but inside I was broken and thinking; why should this happen to us, our kids are still so young, Jody was only 13 and Jesse 2 at the time?

2021 was a very tough year for us as a family. Rico went for chemo and radiation treatment, and suffered the many side effects of the treatment which left him very weak. His suffering was very hard for me to watch, as often I was left not knowing how and what to do to support him. He never complained and somehow through it all still managed to look after Jesse.

In August the doctors decided that they were going to stop the chemo treatment as his body was too frail to cope with the chemo; he only weighed about 39kg at the time. I am so proud to say that Rico was a true blessing as a husband to me and a father to our two children. He lost his battle with this horrible disease on the 15<sup>th</sup> November 2021, and is now pain-free with His Lord and Saviour.



Sharing my story with you is not easy as I am still in the very early stages of dealing with my grief. Every day I am faced with new challenges living my life as a single mom. Often it feels like my heart has been ripped out of my body; I have an empty feeling.

My encouragement to everyone reading my story is to remember to look after your health, go for regular check-ups to your doctor. If cancer is detected early it can be successfully treated. Reflecting on our visits to the Cancer Clinic at Groote Schuur, they have a tradition where patients can ring an orange bell which signifies that their cancer is in remission; Rico never had the opportunity to ring the orange bell.

I know that the only way I am going to get through this season of my life is to hold onto God's plan and purpose for me and my children. We continue to serve a Faithful God.

In Memory of a Cancer Fighter: Enrico Clifford Solomons

---

### **INTRODUCING ST LUKE'S COMBINED HOSPICES**

St Luke's Combined Hospices (SLCH) is a Non- Governmental organisation which meets the special needs of patients and their families, who are facing life threatening illnesses. The hospice was established in 1980 and the Head office is in Kenilworth, Cape Town. We have a 10 bed In-patient unit at Kenilworth which offers palliative care for patients who need to stabilize their symptoms and manage pain control. St. Luke's Combined hospices is central to the delivery of quality palliative care services to over 1100 home based patients in the diverse communities across Cape Town. The care we provide is free of charge for non-medical aid patients and available to all irrespective of culture, religion or belief.



### **PALLIATIVE CARE**

Palliative care is person specific and is all about the individual and what he or she needs on all levels whereas traditional healthcare is disease or organ focused. It is about helping people experience a sense of wellbeing: a positive, proactive approach to life despite of illness. St Luke's Combined Hospices is a caring community made up of an inter-disciplinary team, providing appropriate and professional palliative care. Our objective is to keep the patient from all distressing symptoms, particularly pain, if it is present, so that they have quality of life. Our care provides for body, mind, and spirit and we support the patient's loved ones in every way necessary. At St Luke's Combined Hospices, there is passion and compassion in all we do and we believe that while there is a limit to cure, there is no limit to care.

***For more information on the services and volunteering opportunities visit their website on [www.stlukes.co.za](http://www.stlukes.co.za). Thank you to Irene and Michelle for the above information and we salute the work that they do providing care to people suffering from life-threatening diseases.***



## Dit reën katte en honde

In die Noodse kultuur het mense geglo dat die gedrag van katte en honde die weer voorspel het deurdat hulle aanwysers van reën en wind was. As 'n kat met sy rug na die vuur sit, kom 'n storm aan. As hy sy gesig was; kom die reën. Dieselfde aanvoeling vir winde kon deur die hond se gedrag aangekondig word. Die diere kon dus die ergste storms voorspel en daar van die uitdrukking "**dit reën katte en honde**".

(Ingedien deur: Pat Van Wyk)



Our team at the Protea Coffee Shop wishes all the residents and staff a happy Valentine's day.

We are so blessed to have such, thoughtful, experienced and motivating generation with us, who is always there to guide us with their love and wisdom.

Mr. & Mrs. Venner is one of many that shares there glowing strong bond, faith and so much love, freely.



## Kinders se definisie van Liefde

'n Groep slim geleerde mense het die volgende vraag aan 'n klompie kinders tussen die ouderdom 4 en 8 gestel, "Wat beteken liefde? Die antwoorde wat hulle gekry het was baie wyer en dieper as wat hulle kon besef. Wat dink jy daarvan:



"Toe my ouma artritis gekry het, kon sy nie meer af buk om haar toonnaels te verf nie. My oupa het dit die heelyd vir haar gedoen, selfs toe hy artritis in sy hande gehad het. Dis liefde." Rebecca – 8

"Wanneer iemand vir jou lief is, is die manier waarop hulle jou naam uitspreek anders. Jy weet dat jou naam veilig is in hulle mond." Billy – 4

"Liefde is wanneer 'n meisie parfuum aansit en die seun naskeermiddel en hulle gaan uit en ruik mekaar." Karl – 5



"Liefde is wanneer jy saam met iemand gaan uiteet en jy die meeste van jou chips vir hom sonder dat hy van syne vir jou gee." Chrissy – 6

"Liefde is dit wat jou laat glimlag terwyl jy moeg is." Terri – 4

"Liefde is wanneer my mammie koffie maak vir my pappie en sy vat eers 'n slukkie daarvan voordat sy dit vir hom gee om seker te maak dit proe lekker." Danny – 7

"Liefde is wanneer jy die hele tyd soen. Dan wanneer jy moeg gesoen is wil julle nog steeds bymekaar wees en julle praat nog. My mammie en pappie is so. Hulle lyk gross as hulle soen." Emily – 8

"As jy wil leer om beter lief te hê, behoort jy met 'n vriend te begin wat jy haat."

Nikka – 6

"Daar is twee tipes liefdes. Ons liefde en God se liefde. Maar God maak altwee van hulle." Jenny – 8

"Liefde is wanneer jy vir 'n outjie sê jy hou van sy hemp en hy dan die hemp elke dag dra." Noelle – 7

"Liefde is soos 'n ou vroutjie en ou omie wat steeds vriende is nadat hulle al mekaar so lank ken." Tommy – 6

"My mammie het my die meeste lief van almal. Jy sien nie enige iemand anders wat my 'n goeie nag soentjie gee nie." Clare – 6

"Liefde is wanneer mamma vir pappa die beste deel van die hoender gee.: Elaine – 5

"Liefde is wanneer mamma vir pappa sien wanner hy vol sweet is en sleg ruik en steeds sê hy is meer aantreklik as Robert Redford." Chris – 7



### **Kayla Pillay & Jemone Williams**

On the 18<sup>th</sup> December 2020 I began my training at PlumRus and unknowingly befriended the love of my life. Jemone crossed my path when all I wanted to do was focus on my career and he stole my heart. Our journey together has been fun and eventful. I can't wait to marry my best friend on the 19<sup>th</sup> February 2022.

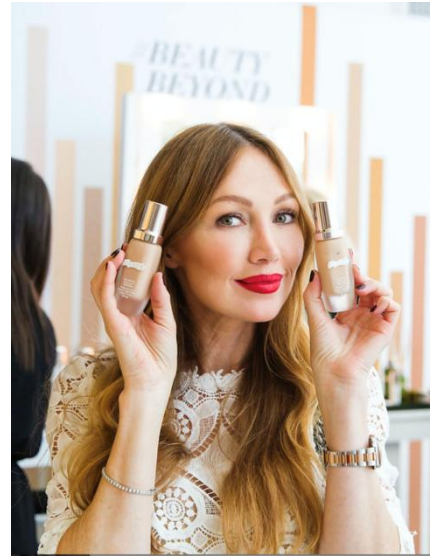
#### **1 Corinthians 13:4-7**

Love is patient, love is kind, it does not envy, it does not boast, it is not proud. It always protects, always trusts, always hopes, and always perseveres.

*We look forward to seeing the wedding day photos next our next PlumRus News.*

## Mirror, Mirror on the wall.....

Have you been invited on a Valentine's date, or looking to impress a special somebody, or just simply looking to enjoy the evening of love with some friends? You have planned the outfit and now the PlumRus news will help you look the complete picture of love with tips from a renowned international hair and beauty artist, Renee De Wit.



What in your opinion is the most important make-up tip you would share when planning an all night party?

***Less is more. Always focus on either eyes or lips, preferably not both at the same time. Always fix makeup with makeup setting spray or translucent powder.***

What colours should one avoid using on the face?

***As long as you feel confident and beautiful you can wear any colour you like.***

What is the one make-up/cosmetic item that should be in every ladies bag/purse?

***Pressed powder.***

What can one apply to the face to give it a more natural/not shiny look when taking photographs/selfies?

***Apply a Vitamin C serum under your moisturizer to lock in moisture, this will instantly plump and hydrate your skin.***

Ladies we look forward to seeing all the photos of a successful Valentine's Date Night in our next edition of PlumRus News.



*After 8 years based in London, Renee decided to base herself in her home town, Cape town and share her wealth of knowledge with her magazine, advertising and private clients alike. She recently launched her own Youtube channel and content production company.*

*She is passionate about supporting various charity organisations including Reach for a Dream, CANSA, Dress for Success, The Princess Project and The Sunflower Fund.*

*Renee is the daughter of Jannie & Linda De Wit (N05)*

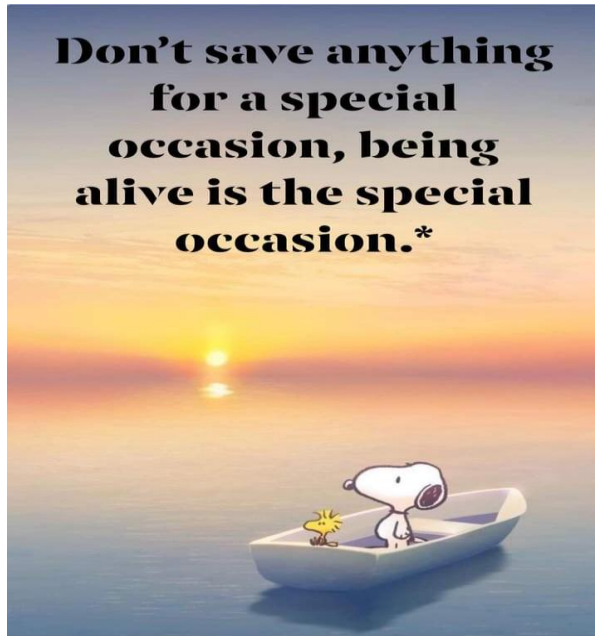


Our January YouTube evening was another success.

Please assist the team with themes for 2022 on a monthly basis. Who do you want to see and experience on You Tube. In February our focus will be Classics by BZN Nabucco and Que Sera and much more!!!



**Don't save anything  
for a special  
occasion, being  
alive is the special  
occasion.\***



Our Residents and staff at PlumRus have been so blessed to celebrate special days with their families. We celebrate the bringing together of families after long periods of separation. Our God is indeed faithful.



Mr. Parker had his son Grant visit from the States for a few weeks, just in time to celebrate his 95 birthday as well as Christmas. Grant has promised to send us some special music items from his family for our Residents to enjoy.

Colin is on a three month visit from Germany, and his mom, Joan Kendrick, couldn't be happier. His presence brings an extra special smile to his mom's face. Colin it is always good seeing you around PlumRus.





Belinda was blessed to have her son Ricardo and his family from Sweden home for Christmas. In fact, it was the first Christmas in 10 years that she had both her sons, Ricardo and Peter-John, with her. It was also the first time she met her granddaughter, Laura.



It was double blessings for Belinda and her family when her youngest son Peter-John married Alex on the 6<sup>th</sup> January at Wildekrans Wine Estate in Botrivier. It was an intimate but magical occasion, creating lifelong memories.

Mrs Annie Jones enjoying her special visits from her daughter, Santa, and her carer Sharmelle.



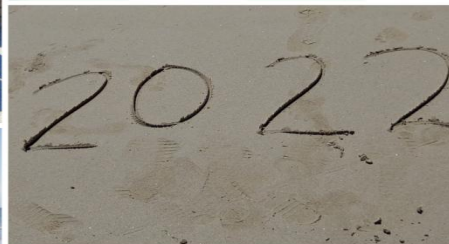
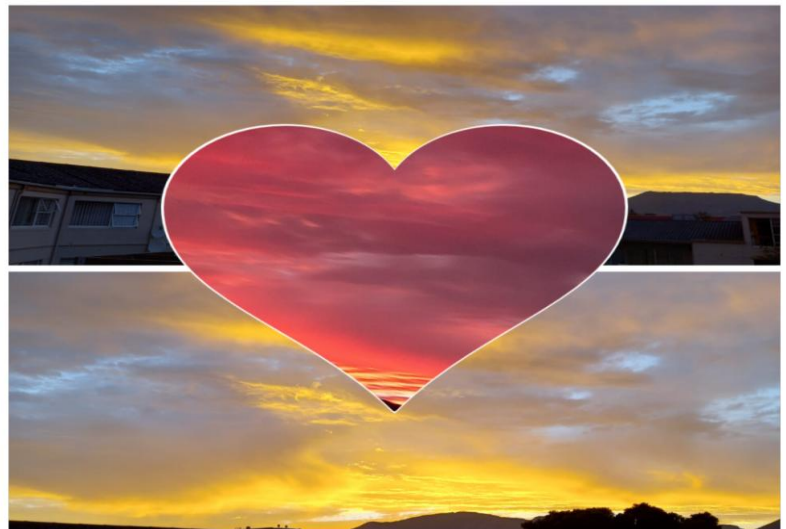
Pat Goldman, Ouma Chummy and Marie Knuppel enjoying the gardens of PlumRus





Ivy Todd celebrated her 90<sup>th</sup> birthday with her neighbours and friends in Sugarbush. We wish you many more years of God's blessings.

The magical formation of clouds and colour of the night sky as seen from the balcony of the East block, on yet another glorious summer evening. How Great is our God?



Our Residents have been enjoying their weekly outings to Fish Hoek Beach during the month of January. Watch our notice boards to see where we will be going during February.



## STRICTLY COME DANCING

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

ANASTACIA

JIVE

RUMBA

ANTON DU BEKE

JUDGE RINDER

SALSA

BRENDAN COLE

LAURA WHITMORE

SAMBA

DAISY LOWE

LESLEY JOSEPH

TAMEKA EMPSON

DANNY MAC

MELVIN ODOOM

TANGO

FOXTROT

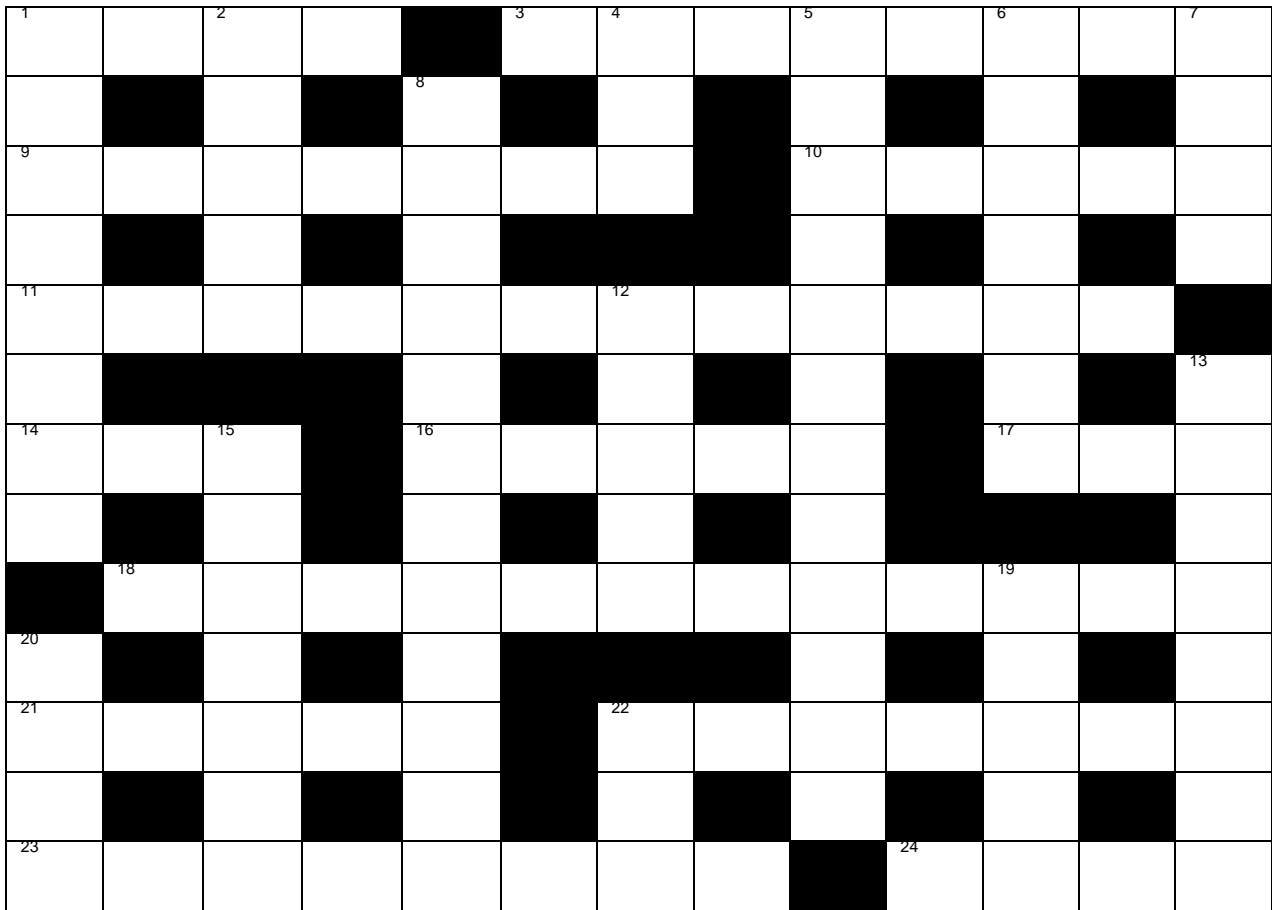
NAGA MUNCHETTY

TESS DALY

GREG RUTHERFORD

ORE ODUBA

WALTZ

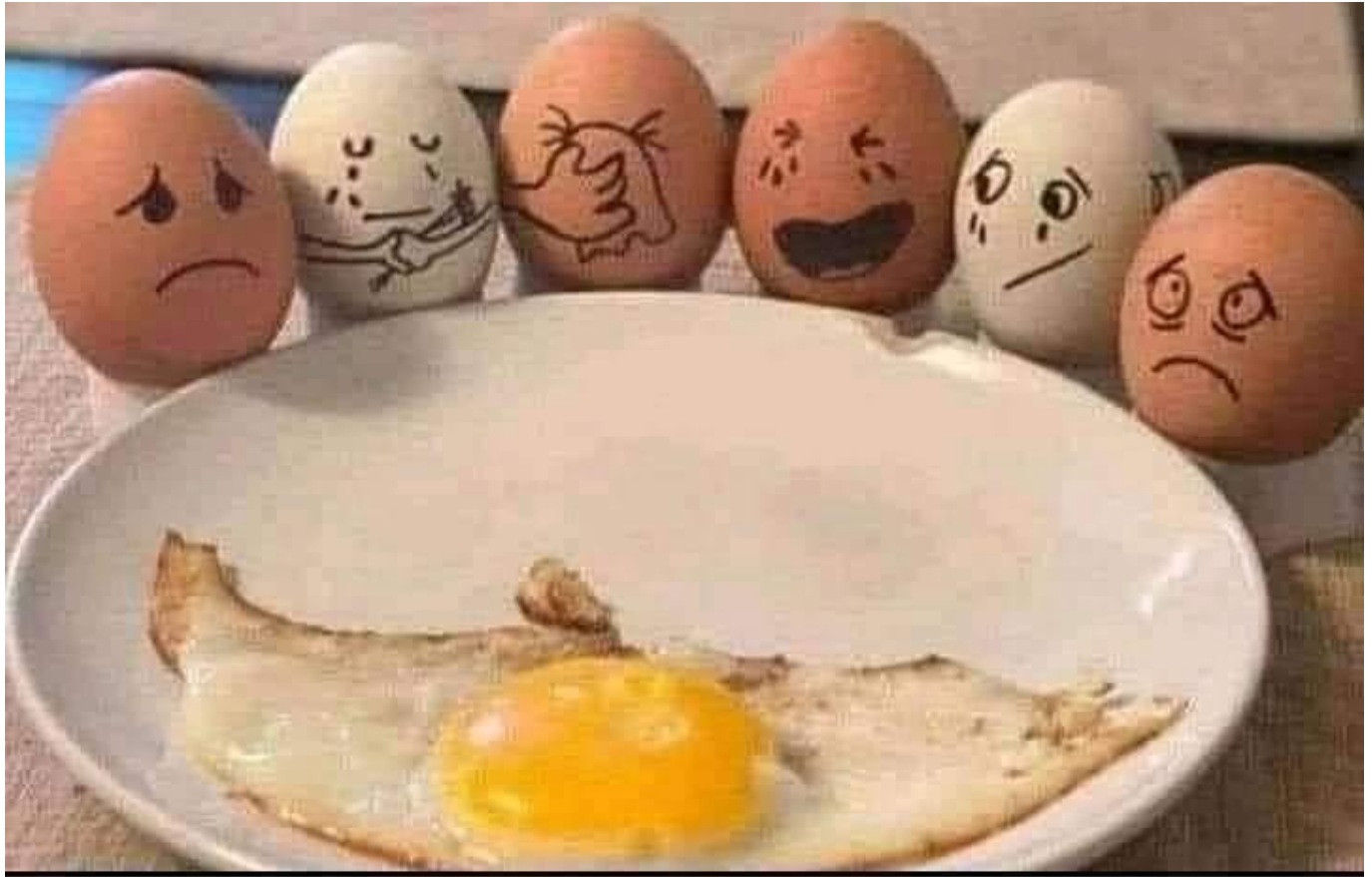


### Across

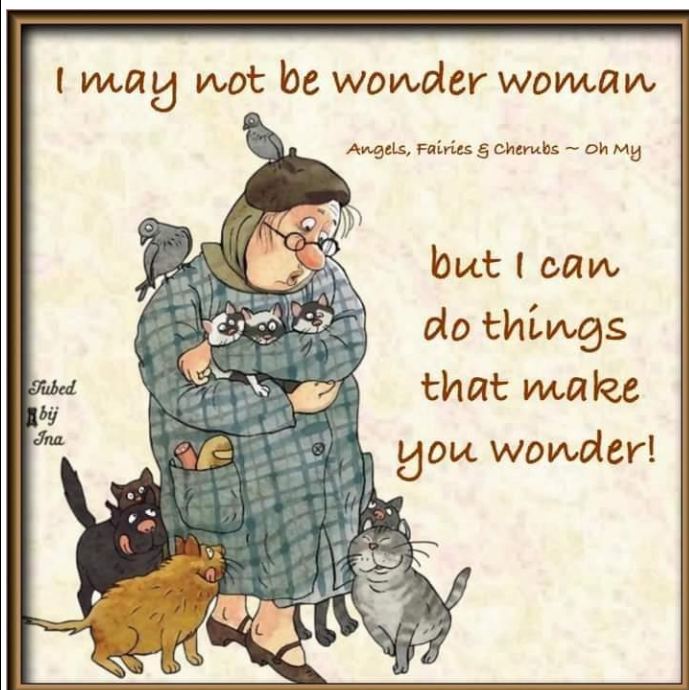
- 1 Raise (4)  
 3 Lack of warmth (8)  
 9 Random criticism (7)  
 10 Oneness (5)  
 11 Electronic security device (7,5)  
 14 Unwell (3)  
 16 Targeted (5)  
 17 Sound that a cow makes (3)  
 18 Insistently (12)  
 21 Bring into a line (5)  
 22 Type of diving (4,3)  
 23 Wisdom (8)  
 24 Christmas (4)

### Down

- 1 Type of state (8)  
 2 Later (5)  
 4 Cereal plant (3)  
 5 Type of bus (6-6)  
 6 Witty saying (7)  
 7 Leguminous plant (4)  
 8 Devoted to music (12)  
 12 Send money (5)  
 13 Hairstyle (8)  
 15 Plundering (7)  
 19 Rope used to catch cattle (5)  
 20 Roman god of war (4)  
 22 Small spot



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.





# Valentine's Day Menu

## STARTERS


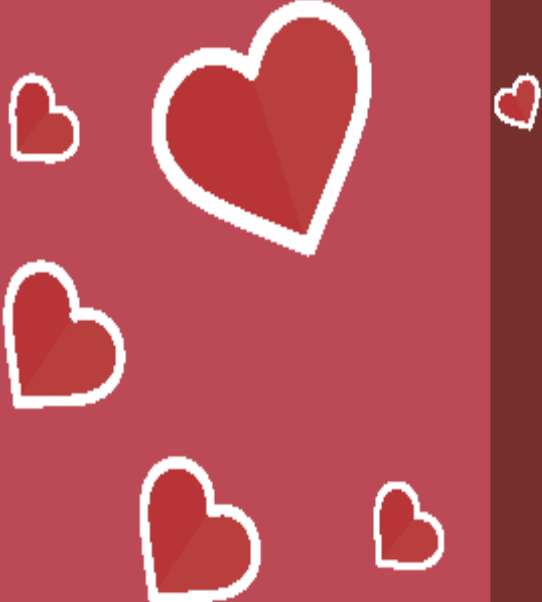
Something Sweet and Cold

## MAIN

Oxtail Delight

## SWEET DESSERT

Waffle with Cream and  
Ice Cream



Special Valentine's Day Show will  
start @ 11h45 - 12h00