

PlumRus NEWS NUUS

April Issue • April Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
2de Oggenddiens	4 th One Hour for Jesus	6 th Morning Service	6de Aanddiens
9de Oggenddiens	11 th One Hour for Jesus	13 th Morning Service	
16de Oggenddiens	18th Good Friday @10:00 -Communion	20th Resurrection Service	20ste Aanddiens
23ste Oggenddiens	25 th One Hour for Jesus	27 th Morning Service	
30ste Oggenddiens			

Good Friday Communion Service

18th April

10:00



**“For God so loved the world that He
gave His only Begotten Son, that
whoever believes in Him shall not
perish but have eternal life.”
(John 3 verse 16)**

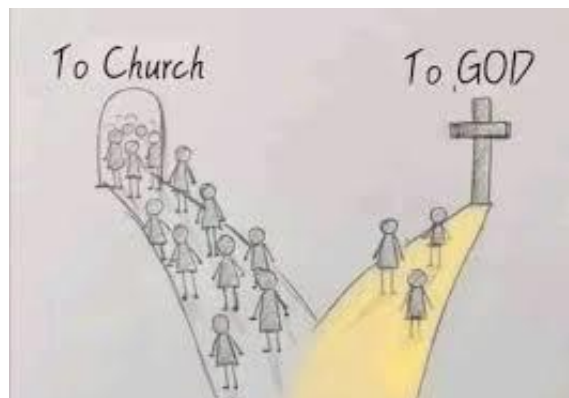
**“He is not here, for he has risen, just as
he said. Come, see the place where he
lay.”
(Matthew 28 verse 6)**



Resurrection Day Service / Opstanding Sondagdiens

20 April

09:30 / 17:45



OUR LIVING HOPE

Being hopeful about something is a wonderful feeling...



One Christmas - I was about 10 years old at the time, family small-talk had it that I may be in line for a new bicycle. It would be my first 'big' bike! I couldn't think or dream of anything else. Mom and Dad weren't letting on, but something in their tone of voice and awkward smiles made me hopeful. Christmas day dawned and there under a sheet in their bedroom was a green and gold second hand BSA bike with shiny chrome mud guards. It was a beauty! The hope-filled longings of my young heart had been fulfilled...all was well with my soul!

In an everyday sense, this kind of hope helps us imagine a better or brighter future when it comes to family life, friendships, health, finances and many other matters. It motivates us to eat better and get more exercise. To work harder and save more money, to be kind and considerate and always to look for the silver lining in situations. Such hope-filled attitudes and actions leave us feeling better about ourselves and the world around us. Without it, life can seem bleak and empty. But this kind of hope, important as it is, can also be fragile. It can blind us to the harsh realities of life and set us up for disappointment because it's often based on wishful thinking and our mistaken expectations of others and the circumstances, we find ourselves in. Proverbs 13:12 tells us... *"When hope is crushed, the heart is crushed."* When things we hope for don't materialise or are unreasonably delayed, we can sink into despair, anxiety or even physical illness. But there is another kind of hope. A hope that isn't based on the fanciful longings of our hearts or the flimsy promises of others. It's a hope that's deeply rooted in the character and promises of Almighty God. A hope that finds its fulfilment in the '*redemption*' He accomplished through the death and resurrection of Jesus Christ.



The theme of redemption runs through the Bible. The word 'redeem' means 'to buy out' and was often used to refer to the purchase of a slave's freedom. In scripture, the history of redemption is the story of God's plan to save mankind from slavery and sin. At various times according to the Old Testament, property, animals, people and the whole nation of Israel were all redeemed by the payment of a price. God redeemed Israel from slavery in Egypt at great cost – the significant expenditure of divine power through His outstretched arm and mighty hand (Ex 6:6), and the shed blood of a Passover lamb (Ex 12).

When it comes to the New Testament, the plight of mankind is not so much a physical matter - the backbreaking labour in Egypt - but rather a moral one. We're all dominated and enslaved by a power much greater than that of Egypt - the power of sin. Therefore, the cost of our redemption was infinitely higher...nothing less than the precious blood of Christ, an unblemished sacrificial Lamb of God (1 Pet 1:18-9). This price was paid at Calvary where blood flowed down His broken body, splattering on the dusty ground below His cross. Inky darkness hid Christ's agony as He was made sin for us and forsaken by His Father. A deep, almost unimaginable sorrow filled the Father's heart as He turned His face away from His beloved Son.

Will we ever understand the staggering cost of our redemption?

The events of Calvary took place on what the Christian Church celebrates as Good Friday. It's called 'good' because of what was accomplished through Christ's sacrifice as he laid down His life to redeem us. For His disciples though, there was nothing good about that Friday – all hope seemed lost: evil and death had triumphed.



But that was Friday, and Sunday was coming! At first light that Sunday, the earth reeled and rocked as God's angel rolled away the heavy stone used to seal Jesus' tomb. It was empty! Shafts of lightening blazed from the angel as he declared "Jesus is risen from the dead!"

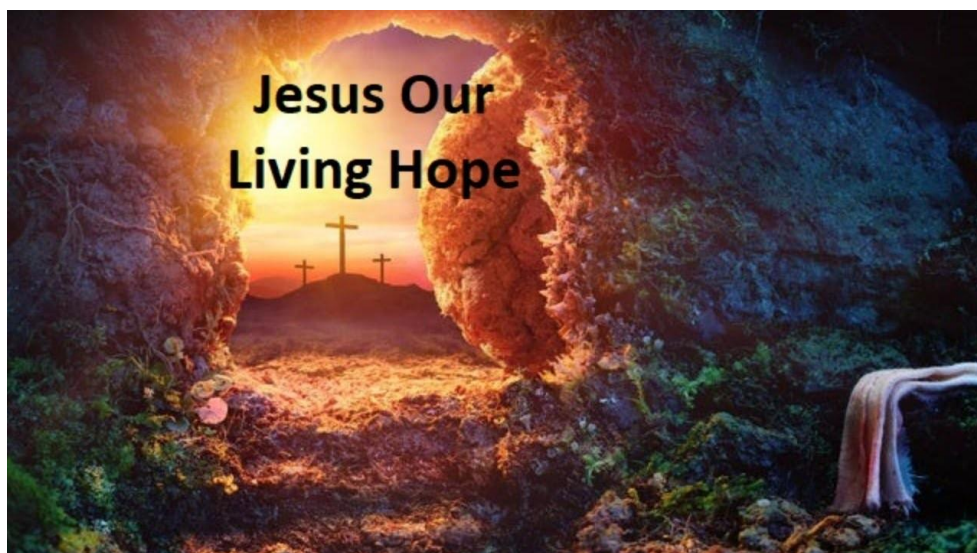
What a momentous event! Jesus' resurrection from the dead was decisive proof that He'd not died in vain. Mankind's debt of sin had finally been cancelled, and its sting – death – had been conquered. In raising Jesus from the dead, God brought 'living hope' to us all. Hope not only for this life but hope of life beyond the grave for all who believe in Him – we can be certain of the future because of what happened in the past.

This is how Peter the Apostle explains the significance of what happened...

What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and a living hope that includes a future in heaven—and the future starts now! God is keeping careful watch over us and the future. The Day is coming when you'll have it all—life healed and whole. So be truly glad! There is wonderful joy ahead, even though the going is rough for a while down here.

1 Peter 1:3-6

Easter is a loving remembrance of the death of Jesus Christ and a celebration of His resurrection. You too can be given a 'brand-new life and a Living Hope'. If you haven't yet come to faith in Jesus, Easter time is a wonderful opportunity to consider doing so.
(Yours in His love-Ps Dave Henderson)



Easter Poem

Easter morning, oh so bright,
The sun shines down, with warm delight.
The world awakens, from its sleep,
As Easter joy, begins to creep.

The Easter Bunny, with eggs so bold,
Hides them away, for young hearts to unfold.
The hunt begins, with laughter and glee,
As children search, wild and free.

The cross stands tall, a symbol of love,
Reminding us, of sent-from-above.
The sacrifice, the resurrection too,
A story of hope, for me and you.

So let us celebrate, this Easter day,
With love, with joy, in every single way.
For Easter represents, new life and birth,
A time for joy, on this earthly earth

Submitted by: Yacoub



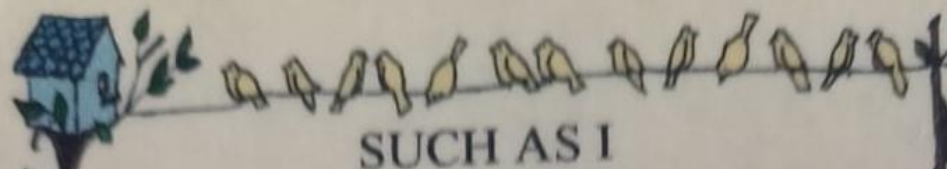
Today, during a casual conversation an elderly lady told me her husband recently passed, and they agreed there would not be a service. The reason she gave was the family always had an excuse not to visit or even call. So, it was their wishes not to cause undue stress upon their busy lives by having them show up for a funeral. She then surprised me by saying she hadn't even notified them of his passing. I asked how the family would respond when they discovered what happened. She paused for a moment and said they didn't care enough to see or speak to him while he was here, I refuse to allow them to see or speak about him after he was gone. He was always asking them to come to dinner (he was an excellent cook). But they were busy. Holidays, birthdays anniversaries, everything. "I forgot, I was busy" or the worst was silence. So, after a lot of prayer, I decided to sell our home and belongings, move to a small apartment in the city.

Then she said "Darling, remember when you realize you are no longer important to someone even family. You have to make yourself the most important thing.

She broke my heart but then I realized she was the most courageous person I've ever had the privilege of meeting.

Author unknown





SUCH AS I

Maker of the rolling hills,
Earth and sea and sky;
Architect of misty peaks,
Could you love such as I?

Space with light years stretching
Into infinity;
Maker of the stars and suns,
Did you really die for me?

Planets, all suspended,
Traverse the void above;
Forger of stars' magnitudes,
Did you look on me in love?

You gave Orion his Tri-star belt,
Bejewelled his shining sword
With misty, bright-hued nebula
By the power of Your Word.

Technician of chasms, peaks,
Galaxies, black holes;
Creator of the Universe,
Saviour of men's souls.

All these wondrous things You've made,
And yet had thought for me;
As salvation's plan was finished,
On that hill called Calvary.

Jeanette Venner



Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
<i>3rd</i>	<i>Alan Downey</i>	<i>N006</i>	<i>52</i>
<i>4th</i>	<i>Neil Davies</i>	<i>N103C</i>	<i>51</i>
<i>5th</i>	<i>Mary Looock</i>	<i>R45C</i>	<i>82</i>
<i>5th</i>	<i>Vernica Neveling</i>	<i>R61</i>	<i>86</i>
<i>5th</i>	<i>Jeanette Thomas</i>	<i>F014</i>	<i>77</i>
<i>8th</i>	<i>Noreen Moody</i>	<i>F107</i>	<i>88</i>
<i>12th</i>	<i>Berdine Stafford</i>	<i>R29</i>	<i>88</i>
<i>15th</i>	<i>Verena Salzwedel</i>	<i>N203</i>	<i>72</i>
<i>18th</i>	<i>Pam Harmer</i>	<i>F004</i>	<i>86</i>
<i>23rd</i>	<i>Chummy Holtzhausen</i>	<i>F005</i>	<i>91</i>
<i>23rd</i>	<i>Pat Van der Merwe</i>	<i>F106</i>	<i>78</i>
<i>26th</i>	<i>Panayotis Anetos</i>	<i>R53</i>	<i>74</i>
<i>28th</i>	<i>Edith Bushell</i>	<i>R71</i>	<i>87</i>
<i>29th</i>	<i>Stella Willard</i>	<i>F012</i>	<i>89</i>



Innocence
Purity
Transformation
Fertility



At the age of 65
my grandma started
walking 5 miles a day.
She's 92 now. We have
no idea where she is.

Strong
Determined
Loyal
Courage



Happy Birthday to our Staff

1 st	Beulah Beukes	PCS
2 nd	Devan Jacobs	Building & Maintenance
2 nd	Mandy Williams	CCF
4 th	Tamelyn Juries	Health Care
10 th	Tylor Heuvel	PCS
12 th	Shandre Koense	CCF
13 th	Cindy Schoeman	Management
14 th	Nikita Barry	Finance
15 th	Jacky Adams	Health Care
16 th	Shanna Lee Bobbert	PCS
18 th	Elise Hobanie	CCF
19 th	Yolanda Morris	Health Care
20 th	Cheryl Valentine	PCS
21 st	Donna Lee Kayter	Health Care
26 th	Shauniqa Adams	CCF
29 th	Irene Jantjies	CCF
30 th	Candice Oliver	PCS
30 th	Paul Stoltz	Health Care

Enjoy the celebrations!



Happy Birthday to our Members/Clients

01 st	Vera Lyn Alexander
10 th	Elizabeth Abrahams
13 th	Dawn Arrow
19 th	Shareen Mouten
19 th	Veronica Kocks
22 nd	Merle Kingson
25 th	Avril Couves
25 th	Magrette Mohabe
26 th	Diana April



Give Lavishly Live Abundantly
by Helen Steiner Rice



The more you give, The more you get.
The more you laugh, The less you fret.
The more you do unselfishly
The more you live abundantly.

The more of everything you share
The more you'll always have to spare.
The more you love, the more you'll find
That life is good and friends are kind.

For only what you give away
Enriches us from day to day.

Did You Know?

"New internal structures to enhance PlumRus Service Delivery was launched Monday the 17th of March and Monday the 24th of March.

On Monday the 17th of March a new position of Flats Supervisor was launched, under the management of Rhodene Koense, PlumRus Care Services Manager. This position is filled by Lenore Jacobs and her primary responsibilities will be quality control of paid-for services delivered in the flats and as an extra hand, under the direction of Rhodene, to assist where deemed necessary.



On Monday the 24th of March the Cleaning & Laundry Department was enhanced with the addition of two supervisors. These roles are filled by Praxia Petersen and Gladys Gordon. Their primary responsibilities will be the execution of cross-contamination protocols in the bathrooms, showers, toilets, and sluices of PlumRus, as well as quality control of the work of our domestic,



facility and laundry staff.

These staff members will report to me weekly, in addition to the weekly reporting by Mervyn and Clayton of RiskMan, as to the quality of work rendered within these Departments as well as adherence to our service delivery standards for purposes of correction and ongoing training.

The implementation of these two steps represents Steps 7 & 8 of my two year 9-Step plan for internal restructuring, as shared with residents during our small group meetings during the month of January 2025."



Our Facility Carers have each received their own cleaning trolley, which will assist them with the improvement of our cleaning standards throughout the facility.



#EarlyBirdie



SAVE THE DATE

Friday 26 September 2025

Rondebosch Golf Club

4Ball reservation and payment
before 30 June 2025 – R3500

4Ball reservation from July
onwards R3900

Golf carts available on a first
come first serve basis

Reserve your 4ball – belinda@plumrus.co.za

Our PlumRus Charity Golf Day has become a sort after event on the golfing calendar in Cape Town. Make sure not to miss out on the opportunity of making a life-giving difference in the lives of our Residents, while having fun, enjoying great comradie, networking and winning awesome prizes.

If golf is not your “thing”, please assist in making this the greatest Golf Day yet, by donating prizes, or goodie bag fillers for our players, every little bit helps in making the day a memorable one for all. Chat with Belinda to find out how you can become involved.



BLOOD PRESSURE CLINIC



**Please note that our BP clinic will start
Thursday 27th March and will be held
on the last Thursday of every Month
in the John Killian lounge
@ 9am – 11am**

Please feel free to utilize this important service being provided to all our Residents, clients and members of PlumRus. The clinic is being facilitated by Sr. Yolanda Morris, our Clinical Head Nurse. Managing your blood pressure is a proactive step in managing your general health. Our next clinic will be on Thursday the 24th April at 09:00 in John Killian lounge.



Pat Grimmbacher, enjoyed her visit from her daughter Ronel who is visiting from Mauritius, and her daughter-in-law Corli.

MAANDLIKSE PROGRAM / MONTHLY PROGRAM

APRIL / APRIL 2025

Monday	Tuesday	Wednesday
	1	2
	09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in die saal 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
7	8	9
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	08:30 Outing Kirstenbosch 09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in die saal 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
14	15	16
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting	08:30 Outing Kirstenbosch 09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	09:30 Afrikaans diens in die saal 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents Presentation in the hall
21	22	23
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges Family Day	08:30 Outing Kirstenbosch 09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in die saal 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
28	29	30
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime lounges Public Holiday	08:30 Outing Kirstenbosch 09:00 Shopping Blue Route 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in die saal 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
3	4	5	6
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
10	11	12	13
09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
17	18	19	20
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 10:00 Good Friday service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Easter Saturday	09:30 Resurrection service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
24	25	26	27
09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Freedom Day

Gym trim in the hall Tuesdays's @ 09:30

Afrikaans kerk diens Wednesdays in the hall @ 09:30

Wednesday prayer meeting in HC lounges @ 11:45

3rd April Morning Market in the hall @ 09:30

14th April Garden club in the hall @ 15:45

16th April Residents Talk in the hall @ 15:00

24th April Lotto draw in the hall @ 18:00

25th April Bring & Braai in the hall @ 18:00

18,21,27 April Public Holidays



We have much pleasure in celebrating the successes of our staff, both present and past. While we still get to enjoy tasty treats from Noelwene's kitchen, which is on sale in the Coffee Shop, there is always the question of what is she doing now?

In her farewell message towards the end of 2024, she shared her dream of becoming a qualified pastry chef, all while establishing her own business. Well, "Sweet Bakes Boutique" was registered and Noelwene continues to create some of the most delicious cakes, biscuits and desserts.

She has taken the first step in realizing her dream of becoming a qualified pastry chef, at the International Hotel School where she is registered as a student studying towards an International Certificate in Patisserie & Ecole Ducasse French Pastry.

Noelwene is enjoying the opportunity the course offers of learning from her mentors Chef Tshego and Chef Cody. The course is a combination of theory and practical learning components, including safety and hygiene practices in your workplace.

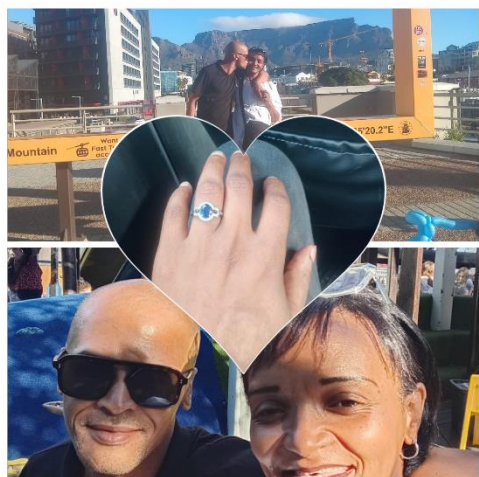
The growth isn't just all Roses, the heat comes with perseverance, consistency and perfection to make each day memorable. We will continue to follow your journey, Noelwene.



Lucien Jacobs took the bold step towards gaining a further level of independence when he passed his Learner Driver's License a few days ago. Well done, Lucien we celebrate your achievement and look forward to catching a ride with you when you successfully complete your Driving exam.



Rossilyn Brown, our Cleaning, Catering & Laundry HOD, completed the Spar Ladies 10km run/walk on Sunday 30th March. Rossilyn has participated in this event for a few years now and enjoys the fun and camaraderie...not forgetting the goodie bag. She has decided to challenge all her female colleagues to join her at the starting line in 2026...oops that is all her colleagues under 60...wink, wink!



Janine celebrated her 40th birthday on Sunday 30th March. While celebrating this milestone birthday with her family, Eddie (an ex-employee of PlumRus) and her partner for the last 4 years, popped the question with Table Mountain as a backdrop.

In true Janine style she said – “Ja, ek wag al lankal vir dié vraag!”

Baie geluk julle twee, alle seëninge vir die toekoms.



The PlumRus stork was very busy on the 12th March. Carer Jermaine Solomons gave birth to a son, Azrael Jaron (left), at 08:08 the



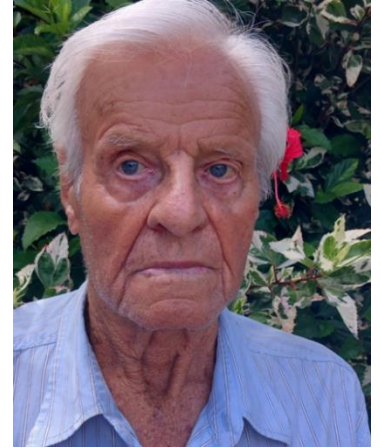
morning and at 09:49 Ashlynn Smith, gave birth to her daughter Aurora (right). Congratulations also to Aurora's grandmother, carer Marshalene Smith.

May Azrael and Aurora bring their respective families much joy.



Mrs. Isla De Villiers Health Care
Zone 2 – Room 18

Mr. Aubrey De Villiers Health Care
Zone 5 – Room 75



Isla and Aubrey, husband and wife, joined PlumRus on the 5th March from their home in Wynberg. Isla enjoyed our Home-Based Care services before becoming a Resident. While Isla enjoys a cup of tea with her children and listening to music, Aubrey gets much joy from reading The Bible and attending church services. Aubrey was a Western Province Bowls Champion back in the day.



Mrs. Sarah Lange Health Care - Zone 2 - Room 25A

Sarah was born and raised in Stellenbosch and Windemere. She joins PlumRus from her home in Crawford, where she lived with her husband, William, for 36 years.

She has two sons, Spurgeon and Luther.

Sarah is a retired educator, and herself attended Cape Town City Mission and Battswood Training College. She enjoyed sewing, reading, crosswords and sudoku.

Happiness doesn't have just one address

LIVING IN COMMUNITY

Written at 3 a.m. because I am awake and thankful...

Thanks to you all for your concern for me and interest shown in my recent hip replacement. Because I have bone marrow cancer (Multiple Myeloma), albeit in remission, it was a more daunting prospect, and my surgeon confirmed my recovery was "below average."

- Thank you to the Plumrus staff who did their job admirably and to those who went the second mile.
- To the many visitors, thank-you for popping in. It was exciting to see whose face followed the knock, especially those who had to use the stairs or the far-lift to get here.
- Thanks to the many messengers who "ran down the road" to the mall on my behalf.
- What a food chain we set up: bananas in lieu of flowers, chocolate for later (it's now later!), cake for other visitors, who usually had to make their own tea, late harvest hanepoot grapes, thoughtful meals delivered on walker wheels.
- Thanks for the fragrant lavender "bossies", fridge magnets, lemongrass sachets, encouraging handwritten notes and shared Scriptures
- Thanks for the experimental, chaperoned trips to the coffee shop to see if I could walk that far.

If you are still reading this, you will have gathered that what started as a simple "thank you" has ended up as an essay on **Living in Community**.

We probably all subscribe to the adage "Love your neighbour as yourself," but in its Scriptural context, it reads: "Love the Lord your God with all your heart and soul and mind and your neighbour as yourself. Your neighbour is sandwiched between God and yourself. Love for one's neighbour begins with love for God, which is only really possible if the sin barrier between us has been overcome by His Love (John 3 v 16)

Intriguing is that we are told to go ahead and love ourselves! That will be the identity trigger that makes love for our neighbour possible.

How to really love your neighbour? LISTEN > LOVE > REPEAT

LISTEN: I had an aunt (by marriage) to whom I would never pose the question "How are you?", for fear she would tell me! I know better now to listen attentively to others, but to mostly shut up about myself. If we all did that, the equation would balance itself. Of course, to listen to someone, you need to know and use their name and take the time to stop and chat.

LOVE: All the above thank-you's was for deliberate gestures inspired by folk who reached out.

REPEAT: You are encouraged to come out of isolation, build bridges of Grace, strengthen the ties that remain, Pay it forward, Pray it forward, Bloom where you are or whatever your mantra of the moment is.

(Submitted by: Verena Salzwedel)

Putting Love into Practice

Love consists in sharing...
What one has...
What one is...
With those one loves

Love ought to show itself in deeds more than words.

St. Ignatius of Loyola

"I have loved you with an everlasting love; I have drawn you with loving-kindness." (Jeremiah 31:3)

(Submitted by: Louise Edgcumbe)



I would like to thank everybody, the carers, neighbours, family and friends for caring and for expressing their compassion in various ways over the last few weeks, while in hospital and as I continue to recover at home.

Bringing me food, and all other "lekkergoed", watering my plants and just popping in to say hello and hear how I am doing. To Verena and others who are always ready with a word of encouragement during those brief moments when I am feeling despondent and frustrated with my restricted mobility.

We always question what God's purpose is when we face adversity. I am convinced that through this sick bed God's plan is for me to help others when I am "back on my feet", excuse the pun.

(Submitted by: Linda De Wit)

The King will say, "I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me."

Matthew 25:40 (The Message)

Building a Family Tree (Part 1): Introduction

To the questions, *"Do you know your grandparents?" "Do your children know their grandparents?"* many may say *"of course they do, we are a closely connected family"* others, (like myself) will say, *"I haven't a clue... they died before I was born... or when I was young... or they lived in another country"*. If you did not know your grandparents, then there is a very high likelihood that your children will not know them either.

This is the value of building a Family Tree – connecting long deceased family members with our present generation and the next. A Family Tree can be as detailed as one wants it – as wide as one would like it and as far back as one would like to go – depending on the availability of records.

Essential to building an accurate Family Tree is the locating of those records that verify the data of individuals in the Tree – dates of birth, christening, date and place of marriage, details of spouse, children, date and place of decease etc. Fortunately, there are many such records that are now available online.

What format should one use to record one's Family Tree? Firstly, a large sheet of paper, or a standard available form initially, is the simplest to record the basic information and relationships of family members. But it is rather limited and not easy to change without redoing it. But it all depends on how much detail one wants to include.

Secondly, a free/or paid for program on the internet provides flexibility and ease with which to share the Tree with others. Such a Tree has no limits and can also be discovered by others. But obviously this method has drawbacks – one drawback is that one needs access to the Internet.

One aim of a Family Tree is to record the details of one's ancestors for one's own sake as well as being a record accessible to one's descendants who may wish to know *"where they came from."*

All this sounds deadly (no pun intended) dull and boring, tedious and terribly complicated. But it need not be so – although there could be severe challenges. Rather, it can be fascinating, interesting, and enlightening. For example, my wife is a trained High School Mathematics teacher. Unlike me, our son is also good at Mathematics, as well as one of our granddaughters. We discovered that my wife's grandfather was awarded a University Scholarship in Mathematics to an English University! It appears that his obvious gifting in Mathematics was passed down to his granddaughter and great grandchildren!



Each of us may have vital information about our particular family that some future family member may wish we had recorded it in some way and passed it on. So, pass on what you know while there is opportunity!

If anyone wants assistance with recording *only what you may know* about your family, I am happy to assist. In any future 'instalments' I will share what got me started and what you can do to get started in building a Family Tree.

(Submitted by: Graham Naudé)



 **Sunrise:** 15/10/1934

 **Sunset:** 21/01/2025

We are deeply saddened by the passing of Mrs. Elvira Hatch, a kind and caring lady who always put others first. Her smile brightened every room she entered, and her concern for those around her made everyone feel valued and loved. Mrs. Hatch's warmth, positivity, and genuine kindness touched many, and she will be dearly missed by all who knew her. Her legacy of compassion and selflessness will live on in the hearts of those she cared for. Rest in peace, Mrs. Hatch. You will never be forgotten.

 **Sunrise:** 04/11/1938

 **Sunset:** 03/02/2025

It is with deep sadness that we say goodbye to Mrs. Lovell Rightford, a truly special and kind-hearted soul who touched the lives of so many at PlumRus. From her early days as an independent resident in the flats to her time in healthcare, she remained a beacon of warmth and joy.

She always had a smile on her face, radiating happiness and gratitude to those around her. Her gentle spirit and appreciation for others made her a cherished part of our community.

Rest in peace, Mrs. Rightford. Your light will never fade from our lives.



 **Sunrise:** 03/03/1937

 **Sunset:** 22/01/2025

Mrs. Veronica Ramawoother, a kind and loving lady who touched the hearts of all who knew her. She loved sharing stories about her family, always bringing warmth and joy to every conversation. Mrs. Ramawoother will be greatly missed by her fellow residents and the staff who had the privilege of chatting with her daily.

Her memory will forever be cherished by all who cared for her. Rest in peace, Mrs. Ramawoother.



Sunrise: 03/06/1942



Sunset: 22/03/2025

Mr. Robert Mc Alpine was a very neat, outspoken and conservative gentleman. He loved sharing about his late son. He was respectful and always very appreciative of everything that staff did for him. He was particularly fond of carer Veronica, who shared a name with his ex-wife. Mr. Mc Alpine will be missed by many.



Sunrise: 25/11/1947



Sunset: 24/03/2025

Mrs. Carol de Jongh was a woman that kept mostly to herself. She enjoyed a lovely cup of tea, which she often asked for. She enjoyed taking a slow stroll down the passage to pay a quick visit to one of her friends. She enjoyed knitting and building puzzles.

Rest in peace Mrs. de Jongh, you will be sorely missed by all.



Sunrise: 10/09/1943

Sunset: 28/03/2025

Mrs Jocelyn Findlay was a very loving and caring person.



She was always checking if the staff had something to eat and went on a break. She enjoyed watching Christian movies and church services on her television. When her health allowed her, she would love going on outings and shopping. She always enjoyed a good samosa and avo on whole wheat bread. She thoroughly enjoyed the visits she received from her two daughters, who lived in Australia and New Zealand and would be regularly spoilt with some sweet treats in the Coffee Shop when her son came to visit. You will be missed dearly Mrs. Findlay.





Hierdie is een van die mooiste en saggeaardste artikels wat ek in 'n rukkie gelees het: geen politiek, geen godsdienste en geen rassekwessies nie - net stof tot nadenke.

Jy weet ... tyd het 'n manier om vinnig te beweeg en jou onbewus te vang van die jare wat verbygaan. Dit lyk net gister of ek jonk was en my nuwe lewe aanpak. Tog lyk dit op 'n manier soos eeue gelede, en ek wonder waarheen al die jare heen gegaan het.

Ek weet dat ek hulle almal geleef het. Ek het 'n blik op hoe dit destyds was en van al my hoop en drome.

Hier is dit egter ... die laaste kwart van my lewe en dit verras my. Hoe het ek so vinnig hier gekom? Waar het die jare heen gegaan en waarheen het my jeug gegaan?

Ek onthou goed hoe ek ouer mense deur die jare gesien het en gedink het dat daardie ouer mense jare van my af was en dat ek net op die eerste kwartaal was en dat die vierde kwartaal so ver was dat ek dit nie kon visualiseer of ten volle kon indink wat dit sou wees nie.

Tog, hier is dit ... my vriende is afgetree en word grys – hulle beweeg stadiger en ek sien nou 'n ouer persoon. Sommige is in 'n beter en sommige slegter vorm as ek, maar ek sien die groot verandering. Hulle is nie soos dié wat ek onthou wat jonk en lewendig was nie ... maar soos ek, begin hul ouderdom wys en ons is nou daardie ouer mense wat ons vroeër gesien het en nooit gedink het ons sou word nie.

Elke dag nou vind ek dat net 'n stort 'n ware teken vir die dag is, en 'n slapie is nie meer 'n bederf nie, dis verpligtend, want as ek dit nie uit vrye wil doen nie, raak ek aan die slaap waar ek sit!

En so ... nou gaan ek hierdie nuwe seisoen van my lewe binne, onvoorbereid vir al die pyne en die verlies aan krag en vermoë om dinge te gaan doen wat ek wens ek gedoen het, maar nooit gedoen het nie! Maar ten minste weet ek dit, al is ek op die laaste kwartaal en ek is nie seker hoe lank dit sal duur nie, dat wanneer dit verby is op hierdie aarde ... dit verby is.

'n Nuwe avontuur sal begin!

Ja, ek is spyt. Daar is dinge wat ek wens ek het nie gedoen nie ... dinge wat ek moes gedoen het, maar daar is waarlik baie dinge wat ek gelukkig is om te gedoen het.

Dit is alles in 'n leeftyd.

So, as jy nog nie op die laaste kwartaal is nie, laat ek jou herinner dat dit vinniger hier sal wees as wat jy dink. So, wat jy ook al in jou lewe wil bereik, doen dit vinnig! Moenie dinge te lank uitstel nie! Die lewe gaan so vinnig verby. So, doen wat jy kan vandag, want jy kan nooit seker wees of jy op die laaste kwartaal is of nie! Jy het geen belofte dat jy al die seisoene van die lewe sal sien nie... so, leef vir vandag en sê al die dinge wat jy wil hê jou geliefdes moet onthou - en hoop dat hulle jou waardeur en liefhet vir al die dinge wat jy vir hulle gedoen het in al die jare wat verby is! 'Lewe' is 'n geskenk aan jou. Wees gelukkig!

(Ingedien deur: Jan Lourens)

Wanneer jy 'n RedBull en
'n SlaapPil gelyk drink



Laughter
is the best
healing for the
Soul



Blond het nooit kerk toe gegaan nie. Op 'n dag sien die dominee sy woon die oggend diens by. Daarna is sy soggens & saans, met bidure en bybelstudie in die kerk. Na 3maande, vra die dominee eindelijk vir haar: "Wat gaan aan? Na al die jare wat jy nooit kerk toe gekom het nie, kan jy nou nie genoeg kry nie?" Sy antwoord: "Dis die nuwe motor van my, Dominee. Die verkoopsman het gesê as ek een diens mis, verval my waarborg!"

08:26 ✓

"What are your dogs' names?"
Me: "Calvin and Klein."
'Isn't that a brand of underwear?"
Me: "Exactly, they're boxers."

Manager: The company doesn't pay you to make sarcastic comments all day...😏
Me: That's alright, that's a service I provide for free 💯😏





RESURRECTION EASTER

APOSTLES
CALVARY
CELEBRATION
CHRIST
CROSS
CROWN OF THORNS
CRUCIFIXION
FAITH
GETHSEMANE
GOOD FRIDAY
HOLY WEEK
HOPE
JESUS
LAMB
LOVE
MESSIAH
MIRACLE
PASSOVER
PONTIUS PILATE
PRAYER
REDEMPTION
RESURRECTION
RISEN

Easter is a celebration of the resurrection of Jesus Christ after his death on the cross, providing salvation to any who will trust in Him. (Read John 19 and 20.)

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

SACRIFICE
SAVIOR
SOLDIERS
THIEVES



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May the Light of our Risen Lord touch you and shine on you in every aspect of your Life.

May the Spirit of Joy and Renewal bring Goodness to your Life.

A Blessed Easter to you and your family!