

A new Managing Agent for our village

The selection of Trafalgar as ORV's Managing Agent



One-stop property solutions

At the start of 2017, the ORV Board introduced a Procurement procedure with the objective of ensuring:

- A transparent and open process to procure contracts from service providers;
- That contracts negotiated with service providers are legally sound;
- That service providers are thoroughly evaluated in terms of the ability to provide the skills and service needed by ORV and the residents;
- That service providers provide quality, cost effective services for the fees they charge;
- That they are a leader in their specific field of expertise in an open and competitive market.

Now, this creates quite a heavy workload and an onerous procedure for the Procurement Committee and Bid Evaluation Panel to deal with. The approximate time allowed for this procedure from start to finish is ±120 days.

The kick off occurs when the Procurement Committee contacts the Chairperson of the relevant Committee responsible for the particular service/function. In the case of selecting a Managing Agent, the Chairperson and Committee members of the Legal & Compliance Committee worked on the project from the start to finish in conjunction with the Procurement Committee.

The process requires that a sequence of steps be implemented;

1. About 120 days before the

new service provider is to start, the Chairperson draws up a list of Requirements For Quote (RFQ) that a service provider for that function must comply with so as to cater for the specific needs of ORV and residents.

2. About 20 days later, the Chairperson identifies a selection of six potential service providers to whom invitations to bid, based on the RFQ, will be sent. In the meantime, the Chairperson elects and invites eight members of the HOA to serve on the Bid Evaluation Panel (BEP).
3. About 15 days later, the bidders who have responded to the invites are invited to attend a session with the BEP, where they may ask questions to clear up any uncertainties regarding the RFQ. Thereafter the bidders submit their formal bids in terms of the RFQ.
4. The deadline for submission of bids is about 10 to 15 days later. Of the six service provider invitees, only four submitted formal bids. When the bids were received, the cost information is separated from each response and not given to the BEP. The reason for this is to ensure that, during the evaluation process, the BEP focuses purely on the quality of service as per the provider's bid to comply with the RFQ, without being influenced by costs.
5. Where bidders submitted references to sites where they currently operate, these sites were visited and investigated by members of the BEP. These visits provided valuable insights and assessment of the

bidder's expertise and ability to manage a retirement village similar to ORV.

6. With about 70 days left before a new service provider would commence work on site, the BEP starts with evaluating the bidders and awarding scores based on a fixed matrix that equalises the opportunities of the bidders to score points on the quality of their bids.
7. The final scores are calculated and the costs then brought into the mix; the result was that Trafalgar scored the highest number of points on evaluation. In addition, their costs were the lowest costs, thus providing an excellent balance between

costs and value for money. Trafalgar were advised by Adam Mostert, Chairman of the ORV Board, that their bid was successful and that their commencement date will be 1st March 2018.

8. A valuable inclusion in the Trafalgar bid was their association with Curasure, a professional maintenance project management company, who have been working successfully with Trafalgar on maintenance matters in all the villages Trafalgar manage. This is considered to be of great benefit and value for ORV in the medium to long term maintenance planning and budgeting.

Continued on P2

Meet our very talented Lungile!

My name is Lungile Mntungwa and I was born in Kwa Mashu. I have a twin boy and a girl both graduates. I have adopted kids since 2005, I am mother of a total of 22 kids. Their ages range from 6 months to 28 years. I am highly motivated and organised professional with experience in the catering industry. There is nothing I love more than a plate of food.

I did Electrical Engineering Heavy Current, S3 at the University of Natal, but changed my career to the Hospitality Industry. I studied Hospitality management for 3 years at University of Natal.

I am busy studying production management and Geology in Mining.

I start working when I was young at Pick n pay as a packer, every weekend. I also worked at Balmoral Hotel, as a Chef. My love for hospitality is underscored by



work in Bushmansnek Resort, the Lavita Restaurant and Conference Centre and the Sibaya Casino As Banqueting Chef.

I started working for Royal Food since back in 2005 as a chef, Store keeper, Function Coordinator, Assistance Catering manager, Catering manager, and even project manager. I have been exposed to various sectors including health care, corporate and mining. I also had the opportunity to work in the DRC and Mozambique.

Hy hero is my Mom Nombuso Ka Shembe!

9. The next major activity was to start the hand over project. This entails setting up a hand over team to monitor and drive this process. Five members from the BEP were selected, each with a particular skill to ensure that the relevant components of the management structure are transferred from CSi to Trafalgar.
10. A close working arrangement was set up between CSi and Trafalgar to ensure a smooth and efficient transfer of all relevant documents and records which will enable Trafal-

- gar to effectively take over the management of ORV; these include the following:
- All accounting and financial records and statements;
 - Bank statements and reconciliations;
 - Levy rolls and schedules;
 - Lists of owners addresses and contact details;
 - Conduct rules and MOI;
 - Municipal accounts and creditors payable;
 - Legal certificates, documents and contracts;
 - Insurance files and policy details;

- Current minute books;
11. The hand over project is currently in progress and will continue until Trafalgar is properly settled and established in the management function in the Village.
 12. A warm welcome is extended to Trafalgar staff who started on the 12th February 2018, and others who started on 14th February 2018. Two of CSi's staff were recruited by Trafalgar and we are pleased to announce that the services of Nicole Mulder (reception) and Sam (maintenance) were retained at ORV.

13. The ORV management looks forward to working with Trafalgar and, together, rendering a high standard for this very important management function and service to ORV and we are looking forward to a pleasant and jointly rewarding working relationship.

This article was written by members of:

- *Legal Compliance Committee*
- *Bid Evaluation Panel*
- *Hand Over Team*

Editorial

Autumn has pounced and we are but a couple of weeks shy of the Autumnal Equinox. We are experiencing some odd weather at times with some blazing hot days and some rain related cold snaps. It feels as though we may be headed for some chilly times during Winter.

We have a good selection of articles for this month's issue including a detailed look at the selection of Trafalgar as our new managing agent.

Martin brings us up-to-date regarding the current installation of fibre into the village and addresses a couple of the rumours which have surfaced in regard to the work in progress.

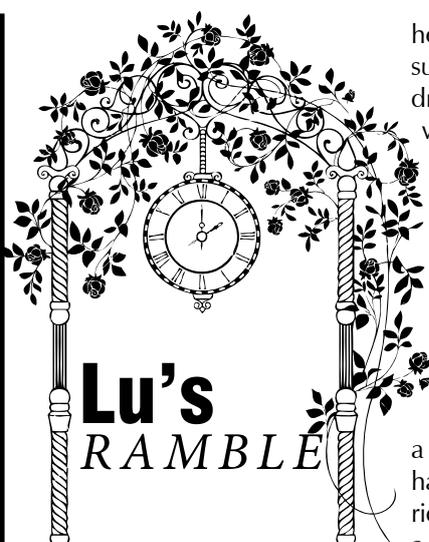
Ian entertains us with an article on the pitfalls of coming to Africa and Estelle gives us a short sketch of some of the highlights in her interesting life.

A touching letter from one of the frail care residents makes its belated appearance in our pages.

See page 1 for an introduction to Lungile Mntungwa.

'til next time,

Chris.



Have you noticed how the large Plane Trees just outside our village are changing colour? Autumn is here people! Before we know it, there will be a mess of falling leaves and an early morning bite in the air. Almost time to shake out those feather duvets and check those woolens for moths. But most important is to make sure we greet the approaching cold in the best of

health. The only thing to ensure we don't fall foul of all the dreaded lurgies waiting in the wings is our immune system. Bugs always abound but it is the ability of our immune system to fight infections that keeps us healthy. Unfortunately, with the onset of cold days, one is inclined to wrap up and hibernate in a too hot room with little ventilation. Gym and dancing looks a lot less attractive when one has to navigate freezing corridors to get there. Going for a walk in the biting wind will be out of the question. Well how wrong can we be! Physical activity in Winter is a major component to a healthy immune system. So important to develop a routine. Grab a pal and get moving. Go for a stroll, sit, i.e. in the sunlight to absorb some powerful vitamin D. Get some colour in those cheeks. Remember that the dry winters play havoc with nasal mem-

branes but the steam from showers should raise moisture levels. Besides keeping mobile, diet is vitally important to keep us healthy. Lots of quality green veg. and of course, lean protein. Up your vitamin C intake.

Did you know that red and orange peppers contain more vitamin C than citrus? You will find an abundance in tomatoes, green leafy vegetables and of course fruit. Remember that adequate sleep is essential for a healthy body. Even having a catnap during the day helps. Taking supplements is an option, but they are expensive and are usually just eliminated from the body. A good healthy diet is always the best.

Lots of exciting changes happening in the village - some more alarming than others. But let each day unfold as it may.

Please take care of yourself, we are all one big family and stand together. Looking forward to our next chat.

Peanut Butter Biscuits

- ½ cup margarine
- ½ cup peanut butter
- ½ cup white sugar
- ½ cup brown sugar
- 1 egg
- 1¼ cup flour
- ¼ tsp salt
- ½ tsp bicarbonate of soda, dissolved in ¼ cup of milk

1. Beat the margarine, peanut butter and sugar until light.
2. Add the egg and blend well.
3. Sift together the flour and

salt and add. Then add the soda dissolved in milk. Mix well.

4. Shape by hand into balls the size of walnuts, and press them down lightly on a greased baking sheet.
5. Bake in a slow oven at 150°C (300°F) for 15 minutes, until a light brown colour.
6. Cool on a wire cooler and store in tightly closed containers.

N.B. This recipe will make about 5 dozen biscuits.

Do you have a favourite recipe that you would like to share with the Village? Just drop us a line - we would love to hear from you.



AN UPDATE ON THE FIBRE INSTALLATION IN THE VILLAGE

by Martin Lockwood

I am sure that most of you are aware that the installation of the VUMA fibre network commenced on Wednesday 14 February. Work started in the top section of the Village and the reason for this is that this is where the fibre connects to the distribution point located on Lima Street. It makes sense to start at this point as VUMA can test the system as they progress and if any defect is located it can be rectified relatively easily. There have been a few queries and rumours relating to this installation and I would like to take this opportunity of trying to clarify any items of concern or doubt.

1. We have tried to keep everyone informed of progress and when they will be affected by digging etc. This has not been easy as the weather has disrupted the installation process. So, although we have stated a time period on the notifications, this is delayed when weather disrupts the process.
2. It may seem that this is a stop/go process as the digging happens one day and then stops the next. The reason for this is the weather. If it is raining or rain is forecast, digging does not take place because if water gets into the trenches and soaks the soil, compacting of the filling in of the trenches is adversely affected. If wet soil is compacted, we stand a good chance of subsidence taking place in the near future and this will annoy you when your paving starts "sinking". So rainy weather means a delay.
3. VUMA have assured us that they will ensure that everyone will have safe access to their property and garages at the end of the working day. This is happening. However, this does not mean that all the paving and grass etc. will be perfectly replaced as it was before at this point. The emphasis is on SAFE access. The final clean-up and cosmetic reinstatement will

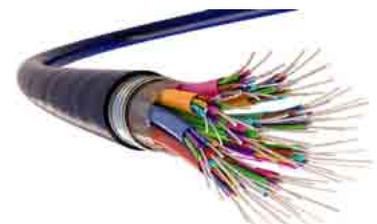
occur at a later date. There is a definitive quality process that we are aware of and we are double checking that it is taking place. Please be patient with the process.

4. Rumours are going around that only the houses will get fibre and not the apartments. I have even been asked if this is for apartments only! Please be assured that EVERY unit in the Village will receive a connecting box and EVERY unit is included. On the houses this will be located on an outside wall. In the Apartments it will be installed in the passageway outside your unit.

5. The question arises as to when and how I connect to my computer? Again here, please be patient you will get all the required information once the network has been installed, tested and commissioned.

I need to remind you that the VUMA fibre network provides the means for you to connect your computer and / or your phone to the Internet. Once the network is completed, you will then have the opportunity, and this is your decision, to sign up with one of the many independent Internet Service Providers (ISP) to connect your computer and/or phone to the VUMA's network. I stress that this is your choice. We will

have information sessions at a later date as to what will happen and what you need to do. In concluding, I would like to stress and emphasise that you need to please be patient. The process does mean that there will be inconvenience, noise, dust and some mess. This will all be carefully watched and everything will be reinstated to what it was before. The benefits to you and the Village vastly outweigh the short-lived inconvenience that you are experiencing now.



Lorna Shutler's Letter

Dated 2 September 2017

About 3 years ago Harry & I moved to ORV and were very excited to start our new lives. I was happy in the unit, loved my garden, going to gym, bingo and dancing. My life with Harry was as perfect as could be, considering we had been married for 61 years at that stage. After living in the village for about 6 months, I started changing. I couldn't remember things and at times didn't know where I was.

I started to lose the ability to talk or express my feeling. No it wasn't a stroke, nor Alzheimer's, it was senile dementia. My brain just started to switch off like a tap and each turn of the tap taking more of my dignity away. My family had to put me into Frail Care in February 2015 as they could not give me the care I needed 24 hours a day. This was a dramatic change for my entire family and very distressing for us all. All Care staff were very compassionate and understanding & helped us through this devastating change in our lives. I am trapped in a body, I can't talk,

tell anyone when I hurt, thirsty, hungry or tired. I can see & hear but nothing else works. I have lost all my dignity and need help with the most basic things like hygiene, feeding & help walking. I have become a grown up baby and need help with everything.

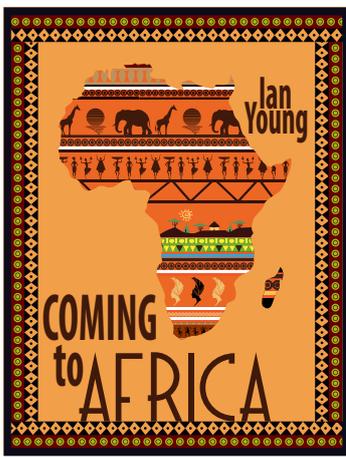
The staff at Frail Care Nursing Services were kind and compassionate and they understood and knew what I needed. Being with me 24 hours a day they became my family. They can tell when I am cold, thirsty, tired and help with all my hygiene requirements. I cannot say thank you to anyone including my family but I can still smile. My tea is fed to me and it doesn't burn my mouth as they know all my personal likes and dislikes. They were my extended family and I loved them.

Knowing I have been cared for in such a wonderful manner with such wonderful carers, helped by Harry, my husband and my 2 daughters can get on with their lives and know I am safe. I see them daily – sometimes I recognise them and sometimes I don't.

I am a frail 86 year old lady and you will be too one day. It is our destiny but beg you to please NOT consider my care the same way as that of a food vendor. There are a lot more requirements and compassionate items to consider. The new staff helped by Sister Petro is now doing well.

The main reason why this note has been done is to try and make people in general aware that life can change in an instant. No one has any idea when this can happen only the Lord can decide. Until you personally experience this life changing episode to your lifestyle or health, can you honestly say "I know how you all feel". Would you be able to say to a cancer patient "I know how you feel"? No not unless you have gone through it yourself, so until you have gone through it yourself please consider the people who are mentally challenged like me who can see and hear but haven't got a voice.

Thank the good Lord for people like Connie Commin who has such genuine compassion for people in Frail Care.



Some ORV Residents were lucky enough to have been born and bred in Africa but quite a number of us arrived as immigrants many years ago and have stayed thanks to the mysterious pull that this continent has.

My own first taste of Africa was in 1968 and it has stuck in my memory ever since. I had signed a contract to work as a consulting engineer in Salisbury Rhodesia at the height of the Civil war there. It was a first for me in many ways – my first job abroad anywhere, my first long distance journey by air, my first appointment as a fully qualified engineer and so on.

The fun started at Heathrow Airport where, at the height of Rhodesia's UDI war I asked where the check in desk for Salisbury was only to be met with an icy glare by the airport official who told me there was no such thing! Fortunately someone else told me quietly to go to the South African Airways desk and to my great relief our tickets were waiting. Those were the days when SAA could not fly over many countries in Africa and the route to Johannesburg included stop overs in the Cape Verde Islands, Luanda and Salisbury as the plane zigzagged over friendly countries.

When we touched down in Luanda dawn was breaking. The custom in those days was for everyone to disembark while the plane was re-fuelled and we were all very happy to have a chance to stretch our legs. We were ushered onto an open air viewing terrace and for the first time in my life I watched the sun come up

smelling the combined aromas of the Atlantic Ocean and the land mass of Africa while perspiring in maximum humidity. I was hooked!

The flight seemed endless and when we staggered out of the Arrival hall in Salisbury we were immediately approached by the driver from the Company asking if we were Mr and Mrs Young. When I asked him how he had recognised us so easily he told us we were the only people on the plane who had luminously white skins that stood out amongst all the other passengers!

We had been told at the London interview that accommodation was readily available in the city and we could choose what we wanted to rent on arrival. I told the driver that I had booked one night at the renowned Meikles Hotel so we could find a new flat the following day.....He laughed out loud and said that accommodation was as scarce as hens teeth and it would take months to find something suitable and that the firm had booked us into what was politely called a 'residential hotel' in the meantime. The hotel can only at best be described as a set of wooden bedroom blocks built around a swimming pool – a pattern I would later identify in the USA as a minimum standard motel.

Somewhat shaken by this chain of events I had my first lesson in taking nothing for granted in Africa.

The other guests were extremely friendly as we were all pretty much in the same boat but another 'first' was the advice given by virtually everyone we spoke to:

Do not leave any valuables lying around your room, lock the cupboards, do not leave any windows open if you go outas there is the chance of thieves fishing through your curtains for anything they can grab, if you do catch a fisherman poking his rod through your window do NOT grab the line or the rod as they will probably be festooned with razor blades.

Forty eight hours before this

we had been in our cottage in the English Countryside!

For the record we did upgrade our hotel fairly quickly to a more genteel establishment packed with retired Rhodesian Civil Servants whose only vice, to my mind, was the insistence on having their morning tea delivered at five o'clock every morning by extremely noisy waiters wearing the traditional khaki uniforms and red fez hats. When you are young you adapt quickly but more mature visitors can get out of their depth very quickly.

Fast forward twenty years to an expedition into remote parts of Tanzania where I was part of a team scoping the building of a new tobacco factory.

As the funding was coming from Head Office in South Carolina they had sent out one of their Vice Presidents as an Observer. Late middle aged Vice President 'Jim' had been chosen for the job and he had absolutely no idea what he was letting himself in for as his previous trips abroad had been either Stateside or to more sophisticated parts of the world where Holiday Inns can be found.

We flew into a grass airstrip by private plane and had to use a beaten up old bakkie for transport. The only accommodation available was at a local motel and due to a lack of space we had to double up so Jim and I shared a room. I knew what we were in for when we opened the bedroom door and were overwhelmed by the smell of 'Doom' aerosol that had been used to discourage the cockroaches and the mosquitos. Jim had never slept under a mosquito net before and made such a mess of trying to organise his bedding that I ended up tucking him in like a young child!

Sleeping under nets in a hot climate is never easy and I woke in the middle of the night as Jim was really quite a noisy sleeper. I shone my torch over to his side of the room to check that all was well. Sadly Jim had shed his pyjama top at some time and had unfortunately rolled over so that his bare

back was hard up against the mosquito netting. The mosquitos were having a field day poking their proboscis through the net into his skin and the next day he was covered in bites. He bore this philosophically but was taken down completely by a problem in the bathroom – he struggled out clutching his toothbrush saying 'But there is no hot water!' I explained that hot water came from a wood fired boiler that was only lit in the evenings but due to the fact that the temperature never dropped below 30 degrees even the cold water was perpetually lukewarm. He was bitterly disappointed and it coloured his attitude to Africa in general and that project in particular.

He insisted that his visit be cut short but it took another overnight stay under the mosquito net before we could get the plane organised. He did not want to dog leg the plane back into Dar es Salaam to clear International Customs and Immigration there but wanted to fly direct to Johannesburg and civilisation. Our local 'fixer' had to persuade the local Government officials to come out to the grass landing strip and certify the necessary paperwork to allow the plane to leave Tanzania legally. There were no buildings at the airstrip – just two security guards sleeping under the plane so the officials decided to use the wing of the plane as their 'office' spreading their papers out and then happily stamping them with their official rubber stamps. It sounded like an old fashioned Post Office with great bangs on the ink pads and then even bigger bangs on the documents – the pilots nearly had a heart attack. The officials were appropriately rewarded for their devotion to duty – it was the most exciting thing that had happened to them in years – and everything was set.

Jim flew off into the dawn never to return while the balance of the party endured a three day train journey back to the coast – but that is another story!

New signage in the apartment blocks

By Linde McLaren

Have you wandered around the apartment blocks trying to locate a particular unit? Residents, visitors, emergency and kitchen staff have all got lost in the apartment blocks, but this will soon be a thing of the past. New signage will be appearing all over the apartment blocks to help you find your way.

With seven buildings on seven different levels we have had to find an easy way to negotiate the apartment buildings. The first step was to name the buildings as no one is sure which is Block A and Block B, for example. The names were already decided on in 2015 after a competition was held to name the village streets and buildings. The three buildings in the service block are named **Lebombo, Amatola and Drakensberg**. Blocks A & B are called **Cederberg South and North**, and Blocks C & D are now called **Winterberg South and North**.

The next step was to identify the different levels in all the buildings as the ground floor in one building

is not necessarily the ground floor in the adjoining building. After much deliberation, a colour coding system was devised. In selecting the colours, we also considered easy recognition of the colours by persons who are colour blind. For this reason the well-known rainbow sequence was rejected and we had to devise another sequence that would be easy to remember.

To assist you in remembering the sequence of colours indicating the different levels, look at the little graphic on the top right of this story.

The staircases will be colour coded with the **square** showing the level you are on and the **triangle** the level that the staircase leads to – up or down. The building name boards will all show the floor colour, as will the buttons in the lifts.

At every lift door there will be a **block guide** that shows the floor levels of the buildings served by that lift. The unit numbers are clearly shown for each passage so that you can easily locate a unit. In

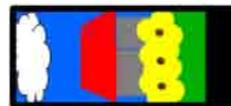
the second phase of this project, signs will be put up in the passages to show the unit numbers in each passage.

In an emergency it is very important that your unit can be located quickly. Visitors also hate wandering around trying to find you. The solution is **to give your building name and the floor level together with your unit number** to anyone who needs to find you, for example *Unit 519 Winterberg North Green Level*, or *Unit 336 Amatola Red Level*. This narrows finding your unit down to one passage in one building on one level.

There will also be directional signs to guide you to the next building or reception. These signs are smaller and don't have floor level indicators, but they all have arrows to point you in the right direction.

Do take a few minutes to look at the presentation on the Library TV that shows the new apartment signage... and the magnificent South African mountains our apartments are named after.

The top level is the **white cloud**;
The next one down is the **blue sky**;
Then the **red roof**;
The reception level is the **grey walls**;
Below that some **yellow flowers**;
Down to a **green lawn**;
And finally, the lowest level is the **black road**.



*Always
give your
building
name and
floor level
together
with
your unit
number.*

PILATES MOVEMENT IS MEDICINE!

Pilates is a suitable form of exercise for all, regardless of one's age, weight, mobility or fitness level. It can be done on a mat, a couch, a chair... it depends on you. If you are looking for a form of exercise and an enjoyable pastime that will make you feel rejuvenated, then Pilates could be for you. This well-established and acclaimed form of body conditioning is practiced regularly by millions of people all over the world. It requires next to no equipment, no special clothing (whatever is comfortable and will allow for movement!), only fair levels of mobility and a positive approach. The Pilates technique is a unique system of body conditioning that stretches and strengthens all the muscles in one's body, while improving flexibility/mobility, balance, breathing and

postural alignment. Pilates gets the body moving in concentrated and effective ways which challenge the body and rehabilitate any injuries. This technique concentrates on strengthening the central core, using the abdominal and lower back muscles to help with control during different movements.

It also encourages one to focus one's mind as one exercises one's body, gradually improving general awareness, co-ordination and function.

Everyone has the right to be active without fear of judgement or feeling insecure; exercise shouldn't be a necessary evil that one dreads, but rather something one enjoys doing because of how good it makes one feel. After a few weeks,

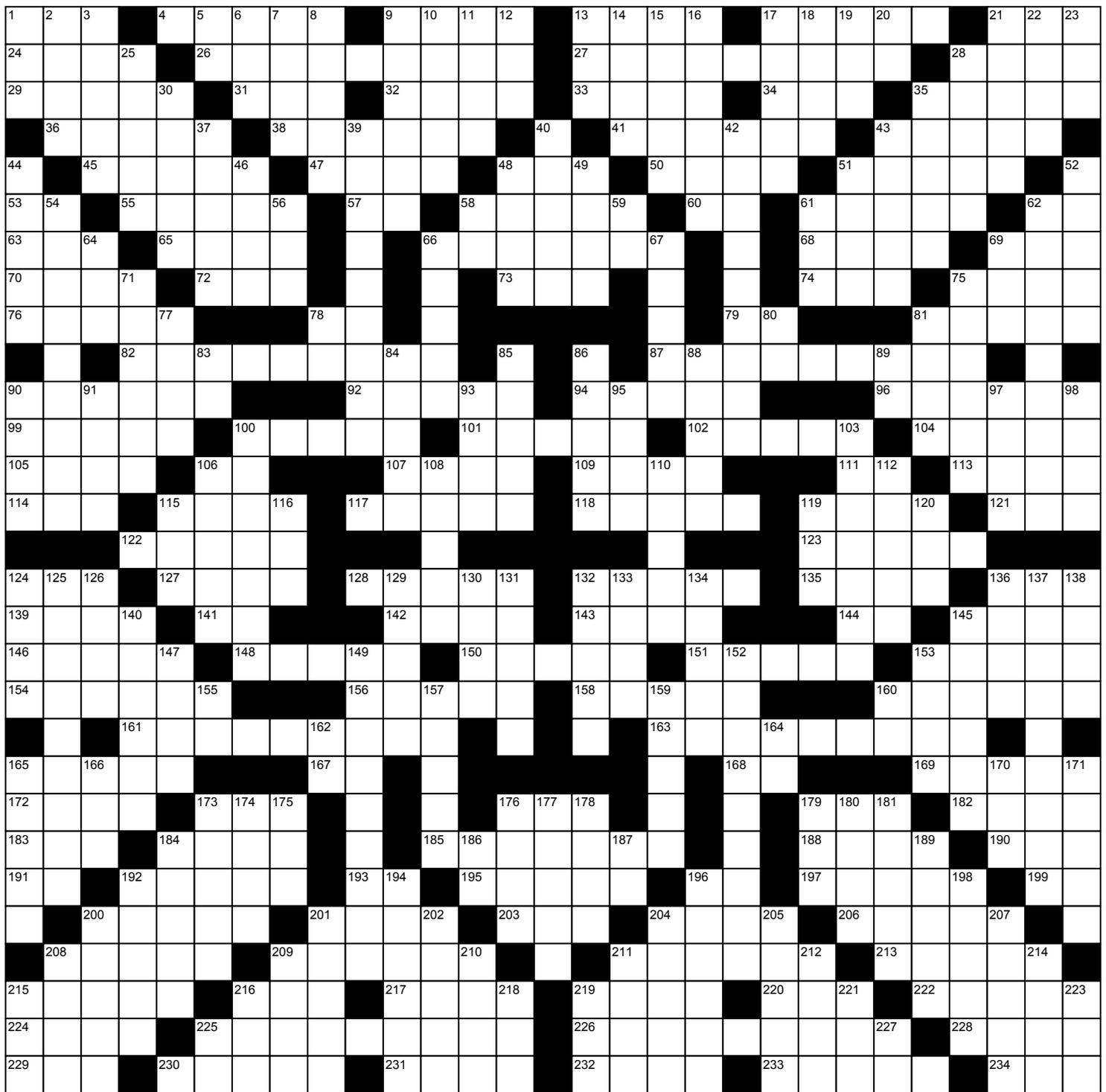


one finds one is sleeping better, thinking more clearly and more energized during the day. Although Pilates movements need not be especially strenuous – most, in fact, are gentle and low impact – if in any doubt, one should check with one's doctor, physiotherapist or biokineticist before taking part in a class. It is surprising how effective it is at toning one up and improving one's posture and flexibility.

We, the Health & Well Being Committee, together with a qualified Biokineticist who

will be instructing the classes, are introducing Pilates to the Village on 01 March 2018 at 10:00 in the OR Village Hall. She will ensure that each person will do exercises that match his or her level of ability, while noting and carefully working on one's areas of concern. One's first lesson will be free of charge to enable one to come along and try it, and decide whether to continue or not.

For more information, please contact Lesley (Ext. 5043), Vanessa (Ext. 5239) or Lejeane at 082 364 2605.



ACROSS

- 1 Alphabet
- 4 Eskimo canoe
- 9 Frenzied
- 13 Syrian bishop
- 17 Pull candy
- 21 Cereal
- 24 Dogie
- 26 Name of Apartment block at ORV
- 27 Underdone (2 wds.)
- 28 Unmake
- 29 Striped fabric
- 31 Utter
- 32 Slice
- 33 Winged
- 34 Baby eating apparel
- 35 Tip over
- 36 Suffuse with color
- 38 Put more gas in

- 41 Inventor Thomas
- 43 Birch-like tree
- 45 Punitive
- 47 Challenge
- 48 Foreign Agricultural Service
- 50 Reverberate
- 51 Partly frozen rain
- 53 Rising
- 55 Set again
- 57 Cassette tape's replacement
- 58 Birds "thumb"
- 60 Gold (abbr.)
- 61 Bake unshelled eggs
- 62 Sun god
- 63 Married woman
- 65 Was looked at
- 66 Prevent (2 wds.)
- 68 Pigs

- 69 Marsh
- 70 Pear type
- 72 Supersonic transport
- 73 Irony
- 74 Billion years
- 75 Speedy
- 76 Body of water
- 78 Trademark symbol
- 79 Ontario (abbr.)
- 81 Tip
- 82 Albuquerque location (2wds.)
- 87 Highest Continental US peak (2 wds.)
- 90 Diverge
- 92 Loot
- 94 From Asia
- 96 Vile person
- 99 Aromas
- 100 Arrives

- 101 Critical
- 102 Sacred poem
- 104 ___-Lay, chip brand
- 105 Sell
- 106 Jackson City locale
- 107 Author, Victor
- 109 Malaria
- 111 Amplitude modulation
- 113 Alter
- 114 Lyric poem
- 115 Over
- 117 Romany
- 118 Nobility
- 119 Molecule
- 121 Bard's before
- 122 Breadth
- 123 Dead language
- 124 Farm credit

- administration (abbr.)
- 127 Shallow area
- 128 Water retention
- 132 Lazy __ (turn table)
- 135 Movie star
- 136 Add
- 139 Earring need
- 141 Mexico (abbr.)
- 142 Adam's garden
- 143 Black gem
- 144 Portland locale
- 145 Lean
- 146 Male relative
- 148 Harmful
- 150 Doldrums
- 151 Become libel
- 153 Heavy
- 154 School assignments
- 156 Fry
- 158 Flint

160 Musical composition
 161 Denture liner
 163 Study of cultures with little technology
 165 Offensive
 167 State of being
 168 Caesar's six
 169 Fertile desert area
 172 Relive
 173 Hardly any
 176 Abridged (abbr.)
 179 Move away
 182 Nape
 183 Rive
 184 El ___
 185 Funeral musical
 188 Floor covering
 190 Thai
 191 Tennessee (abbr.)
 192 Peach or plum
 193 Large (abbr.)
 195 Private instructor
 196 Computer science (abbr.)
 197 Toast leftover
 199 Low freq. (abbr.)
 200 Small amount
 201 Cat's cry
 203 Enact
 204 Very slow horse
 206 Answer
 208 Kangaroo bear
 209 Deviate
 211 Voice box
 213 European ermine
 215 Speak angrily
 216 Hog
 217 Detail
 219 Agreement
 220 Truss
 222 Up or down on a graph
 224 Not as much
 225 Symphony necessity
 226 Air attack (2 wds.)
 228 High ___
 229 Still
 230 Candy, for example
 231 Anthem
 232 Helen of ___
 233 Pay
 234 Air

DOWN

1 American College of Physicians (abbr.)
 2 Indonesian island
 3 Holding device
 5 Actinium (abbr.)
 6 Okay
 7 6th month (Jewish calendar)
 8 Made lock openers

9 Farcical
 10 Disturbance
 11 Voiced
 12 Former USSR's secret police
 13 Expression of surprise
 14 Bundle
 15 Piece of grass
 16 Land mass
 17 Game
 18 Related
 19 February (abbr.)
 20 Fire dept (abbr.)
 21 Beginning
 22 A fox's hole (2 wds.)
 23 Kid
 25 ___ optics
 28 More elevated
 30 Sand hills
 35 Drug doers
 37 Comforts
 39 Reproduction
 40 Saudi Arabian citizen
 42 Closes (2wds)
 43 Reorient
 44 Extra large
 46 Dregs
 48 Imperfection
 49 Hole
 51 Scat!
 52 Author of "The Inferno"
 54 Continued
 56 Explosive
 58 Scottish "one"
 59 Air Force (abbr.)
 61 Her
 62 God is no ___ of persons
 64 South southeast
 66 Trouble
 67 Italian physicist
 69 Food and Agriculture Organization (abbr.)
 71 Fabrication
 75 Airmen
 77 Meshes
 78 Dallas locale
 80 New England state (abbr.)
 81 Vassal
 83 Us
 84 Easy
 85 Lure away
 86 Terminal
 88 Filmed
 89 Compass point
 90 De ___ (from the beginning)
 91 Away
 93 Torn up fabric
 95 Segoe lily's bulb
 97 Small fry



**OLIVEDALE RETIREMENT VILLAGE
 Beauty Salon - Ext 5192**

Massage Therapist: Wendy Butler: 083 454 5903
(Every Second Monday beg. 12th March: 10am-3.30pm)

Full Swedish Body Massage (1hr 30min)	R 420.00
Swedish Back Massage (1hr)	R 360.00
Swedish Back Massage (30min)	R 280.00
Aromatherapy Massage (1hr 30min)	R 440.00
Aromatherapy Back Massage (1hr)	R 380.00
Aromatherapy Back Massage (30min)	R 300.00
Reflexology (1hr)	R 360.00
Reflexology (30min)	R 300.00

98 Julia Ward ____,
 Battle Hymn of the Republic
 100 Background
 103 Spanish bullfighter
 106 Electronic equipment
 108 Not downed
 110 Salaam
 112 Engine
 115 Directory (abbr.)
 116 Extremely high frequency (abbr.)
 119 Boxer Muhammad
 120 Cc
 124 Chimney
 125 Restrain
 126 The alphabet
 129 Coffee shop order
 130 Gather
 131 Add on
 132 Plunge
 133 Section
 134 Chopping
 136 Pop
 137 Not moral
 138 Asian bird
 140 Pass, as time
 145 Large fig tree
 147 Sight organs
 149 Type of triangle
 152 Jumpily
 153 Company symbol
 155 Strontium (abbr.)
 157 Talk
 159 Ship's caulking
 160 Scale note
 162 System international (abbr.)
 164 Roman two
 165 Breath mints
 166 Poisonous snake
 170 Pose
 171 Small open boat
 173 Animals for specific time period
 174 Spy
 175 Sadness
 176 Peacock blue
 177 Short hair cut
 178 Rampage
 179 And so forth
 180 Vigor
 181 Music 'color'
 184 Hair care product brand
 186 Spielberg's alien
 187 Tv show
 189 Abandon
 192 Honeys
 194 Children's card game (2 wds.)
 196 Bob
 198 Swollen
 200 Make hot
 201 Strength
 202 Clever
 204 Big
 205 Account
 207 Ups or downs on a graph
 208 Leg joint
 209 Rodents
 210 Time in office
 211 Den
 212 Thirteen
 214 Mark
 215 Crafty
 216 Before (prefix)
 218 Human
 219 Touch affectionately
 221 Stretch to make do
 223 Reserved
 225 Ouch!
 227 Railway

*Solution
 on Page
 11*



Suné Gerber
PHYSIOTHERAPY

***We have moved to Olivedale Office
Park directly across the road from the
Olivedale Retirement Village!!!***

Back/Neck pain

Sciatica

Headaches

Osteoarthritis

Muscle/joint pain or dysfunction

Rehabilitation after surgery

***Ash House, Olivedale Office Park
Corner of Olive and Lima Street***

0117041225 / 0798787845

Contracted into all major Medical Aids

'n Skets

by Estelle Visser

Ek is in die ou Transvaal gebore en op tweejarige ouderdom het my ouers verhuis na die nuwe Goudvelde van daardie tyd, Odendaalsrus in die Vrystaat. Die erge stofstorms van hierdie plat landskap maak 'n definitiewe deel van my lekker-onthou kinderdae uit! My ouerhuis was 'n liefdevolle geborge omgewing waar ek God en Sy gebod met moedersmelk in gekry het. Gemeenskapsdiens, kultuur en politiek was onlos maakbare en belangrike boustene in my en my enigste Sussie se grootword jare. My universiteits jare as Kovsie was 'n fees en suksesvol! Twee grade en 'n onderwys diploma was bewys dat ek hard kan werk, ten spyte van lekker jol en leierskap posisies op verskeie lewensterreine.

My kwalifikasies het ek later in my volwasse lewe aangevul met die verwerping van nog twee grade, deur deelydse studies aan die RAU.

Uit my huwelik in 1969, met Joseph Siegfried Visser, is daar vier verantwoordelike, produktiewe landsburgers gebore, wat later as leiers en professioneel gekwalifiseerde volwassenes 'n

verskil maak, waar hulle ookal betrokke raak.

Al my kroos is gelukkig getroud en as bewys daarvan is ek vandag die trotse ouma van sewe pragtige talentvolle kleinkinders, vyf seuns en twee dogters. Die oudste langbeen meisiekind is die jaar in graad 8 en die jongste bruinoog karnallie is 'n seuntjie van drie jaar oud. Elkeen van dië diamante verskaf die lekkerste lekker opwinding in my lewe.

Met 'n liefdevolle wederhelf wat my alle moontlike geleenthede en onbepaalde vryheid van deelname aan die openbare lewe gegun het, kon ek na hartelus my passie in die lewe "politiek" saam met my loopbaan as onderwyseres en buite muurse studies, bedryf.

My career as educator with the subjects, economics and accounting, was a God given opportunity to also educate my learners regarding a value system that could prepare them for the future successes in life.

On the other hand, I can honestly say, that the 15 years I was involved in RAUCALL, a project school of RAU, which started in the early 1990's, with learners coming from Soweto, prepared me for the South Africa after 1994.

As politician on local government level I found it very fulfilling to serve my community. During my 21 years as Councillor I was always striving to add value by working towards better service delivery for all communities. My work ethics and dedication I demonstrated by my availability to the community 24 hours a day, the regular publishing of my contact details in the local papers and by trying to solve all issues, as far as possible for a member of the opposition. Tongue in the cheek and for those of you wondering, I need to add..... this is true, although coming from a politician!!!

Gedurende my lewe het ek baie sertifikate en diplomas verwerf, maar op 'n ouderdom van 71 jaar is daar twee toekennings wat vir my simbolies is van my karakter en waarvoor ek graag eendag onthou wil word. Die eerste het ek in die vroeë twee duisends ontvang van die Afrikaanse Taal- en Kultuurvereniging, as "Afrikoon" vir my bydrae tot die uitbou van Afrikanerkultuur.

The second was awarded more recently for long time dedication as a Local Government Councillor. The title "Alderman" (Raadsheer in Afrikaans), for which even in the year 2018 no female terminology exists, was awarded to me during the year 2016.



I will always treasure this award as symbolic of my long-term efforts to make the world a better place for all communities.

Now I am staying in one of the best places any pensioner can wish for, namely Olivedale Retirement Village.

I need to thank you for the opportunity I have to serve you as a Board member and I strive daily to make a difference in the lives of our small village community. If I can be of service or help to solve an issue, please contact me.

My unit number is 86 and my internal number is 5181.

Our Little Garden



Our little garden off the corridor opposite the tuck shop is really flourishing. It's a little tranquil square, a sub-miniature central park! The bench is waiting for you to sit a while. It has been purposely placed there for residents to use. Five minutes or five hours, sit as long as you like and recharge your batteries. Please don't worry about it looking a tad overgrown. The Garden Committee are keeping a close eye on it. Winter is around the corner and the cold will naturally cut back and retard growth. When Spring pushes out new shoots, the garden will be trimmed and spruced up. Until then, enjoy the peace while you watch a sparrow have a splash. Lu.

SAFETY & SECURITY

By Alan Sharp

This month we are dealing with two issues:

1. The procedure when entering the Village after dark.
2. Be aware of criminals targeting motorists leaving shopping centres.

Let's explain what the Village procedures are at the entrance after dark: The Fidelity security guards have been instructed to close and lock the two entrance gates and the two exit gates as soon as it gets dark.

The gates are reopened when it gets light in the early morning. This is done to secure the entrance to the Village as well as to ensure that our guards are not attacked by criminals operating under cover of darkness.

We have recently introduced a slight change to the procedure when residents or visitors wish to enter the Village when the gates are closed and locked. You will notice that a traffic cone has been placed outside the residents' entrance which indicates that you are directed

to the visitors' entrance. Your vehicle is bathed in light as you stop in front of the locked visitors' gate.

Residents will press the red button on their remote which will register in the guardhouse and inform the guard that it is safe to unlock and open the gate and the boom to allow you to proceed.

Visitors are required to inform the guardhouse via the intercom who they are and the unit number they are visiting. The guard on duty will phone the unit and ask the resident for consent to allow the visitor in.

The visitors' gate will then be unlocked and opened – not the boom - which allows the gate to be closed and locked

behind their vehicle while they are processed in the normal way before the boom is opened and they can proceed. Exiting is straight forward as you will be able to talk to the guards who will open the visitors' gate for you.

The second issue was brought to our notice by Frank Peachey who noticed an article in the Star newspaper of 19th January. The article informs of a gang who target motorists leaving shopping centres. The gang then pounce on the motorist who has stopped at filling stations or other shopping centres and rob them at gunpoint of their valuables. So lock your car doors as soon as you get in your car and be aware of what is going on around you to avoid becoming a victim.

THE M-STORE POST MASTECTOMY BRAS AND BREAST FORMS

The M Store is a boutique medical practice that specialise in the supply and fitment of breast prostheses & post mastectomy bras on medical aid.

We strive to restore femininity, comfort and confidence to women who has had a mastectomy by fitting them with a perfect fitting bra and breast prostheses in the comfort of their own home.

Does the medical aid pay for my bra's and prostheses?

Yes, most medical aids will pay for 2-4 bras * and your prostheses yearly. We will gladly process your medical aid claims on your behalf.

*The amount of bra's paid for is dependent on your medical aid and plan

What can you expect from The M store?

Our medical Prosthetist and specialist post mastectomy product fitter, Chené Kerswill, will evaluate and recommend the perfect breast prostheses and bra for you. This process involves a test fitting where different styles and sizes of breast forms and bras are fitted to obtain the perfect fit. During this process, Chene will also provide the bra and breast prostheses options that will best suite you and together decide on the garments and prostheses. Once we obtained the perfect fit, we will then proceed with medical aid authorisation & claim (if applicable) and arrange fitment date when you will be fitted with your products.

The M Store has one of the largest ranges of post mastectomy products in South Africa –

This includes:

Light weight breast prostheses; camisoles; swimwear; swim prostheses; bra's and sport bra's.

To book your first consultation or for more information please contact us:

Chené Kerswill –
082 908 5313

Website – themstore.co.za

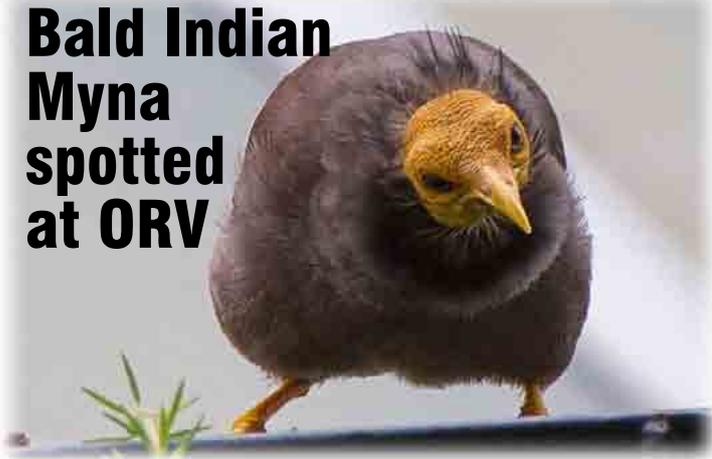
Email enquiries – chene@themstore.co.za



Difficult Roads
often lead to
beautiful
destinations

Smalls, Notices and Classifieds

Bald Indian Myna spotted at ORV



By Jim Taylor

Amongst a presentation of slides in our hall by Anthony Paton we spotted one of a bald Indian Myna. "Impossible" was the general reaction.

"Not So" replied Anthony - a subspecies of the Indian Myna has developed which displays this phenomenon.

This was just one of the many interesting facts he discussed during his lecture on "The 50 most common Garden Birds in Gauteng" on Monday 8th February.

A most delightful hour of fascinating information was shared with us. Birders and non-birders alike enjoyed Anthony's easy manner and free flowing

talk which was very knowledgeable without being technical. In free discussion some interesting facts that emerged included:

- Robins are surrogate parents to the Piet-my-Vrou and so end up feeding a giant chick.
- Swallows switch off half their brain and let it sleep and then switch to the other half during migration and so can fly in "half sleep mode" during this period.
- ORV has fork tailed drongos, arrow marked babblers and Red billed queleas in some gardens which are very unusual for urban areas.

Thank you to Anthony and the organisers for an excellent and worthwhile afternoon rounded off by welcome refreshments.

Articles for Submission
Hand written submissions for inclusion into Olive Branch can be handed in at reception for Tracy's attention.
Electronic submissions can be eMailed to:
olivebranch@olivedalerv.co.za
Deadline is 22nd of each month.

Only available to residents of the Village

One-Liners - what you have, what you do and what you want for it. This is a free service for all our ORV family. Contact the Communications Committee.

Kudos

I must compliment the residents who have take the time and effort and spared no expense to create their own private little Edens both within and outside their picket fences. Beautiful layouts with an abundance of exquisite flowers and indigenous trees.

Not only have they developed within their picket fences, but have risen to the call of "adopt a garden". Areas outside their patch have received as much attention as in.

These beautiful gardens have been planned and authorised and are now showpieces for all in the village to enjoy.

We all need to thank these wonderful people who have taken the time and expense to give us such pleasing surroundings.

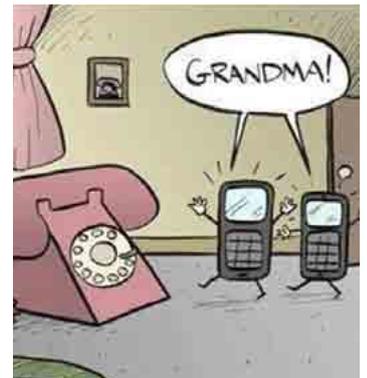
Happy Birthday!

We would like to wish all our residents celebrating their birthday in March, a wonderful day and an amazing year to follow.

We wish you good health, comfort, contentment and the unending love and support of family and friends. We salute all our February Babies.

The Communications Team

oh...
Pilates?!
i thought you said
Pie & Lattes...



Editorial Contacts

Editorial Committee

Editor

Chris Penberthy

Advertising

Volunteer Needed!

Lu Penberthy

Di Main

Jenny Hattingh

Disclaimer

The articles and ideas published in this newspaper are those of the authors and do not necessarily reflect the views of the Olive Branch Editorial Committee or the Olivedale Retirement Village Home Owner's Association

Solution:

A	B	C	K	A	Y	A	K	A	M	O	K	A	B	B	A	T	A	F	F	Y	O	A	T		
C	A	L	F	C	E	D	E	R	B	E	R	G	H	A	L	F	B	A	K	E	D	U	N	D	O
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L	E	S	O	R	C	H	E	S	T	R	A	A	I	R	S	T	R	I	K	E	T	E	C	H	
Y	E	T	S	W	E	E	T	H	Y	M	N	T	R	O	Y	Y	I	E	L	D	S	K	Y		

Olivedale Retirement Village

Units For Sale

- | | |
|---|-------------------|
| * 2 Bed, 1 Bath, house | R1 700 000 |
| * 2 Bed, 1 Bath, ground floor apartment | R1 275 000 |
| * 1 Bed, woonstel | R 850 000 |
| * 3 Bed, 2 Bad, dubbel motorhuis | R2 700 000 |
| * 3 Bed, 2 Bad, enkel motorhuis | R2 100 000 |

Ruan Erasmus | 071 481 6199
ruan@csisales.co.za

Units To Let

- * 1 Bed, 1 Bath apartments available from **R 6600 pm**
- * 3 Bed, 2 Bath simplexes available from **R 10 500 pm**

Rickie Pretorius | 061 527 7625
rickie@csirentals.co.za



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