

The Olive Branch

Reaching out to everyone

September 2018
Issue 9/2018

Olivedale Frail Care Outing

Thursday 26 July it was like a beautiful almost Spring day and we the staff of frail care decided to take our residents out to see the garden of remembrance and enjoy a bit of Vitamin D (Sun).

Mr Gary Booyens, his wife and their grandchild who are family of one of our resident's and



were visiting Bibi, decided to do the outing with us. Gary and his wife started to walk with some of our residents who can walk, when they passed the reception area, the Trafalgar staff thought it was residents that got out by accident and Tertia and Nicole rushed outside, only to see the "wheel chair brigade" going past.



Thanks to Sam and George from Maintenance who also



assisted in pushing our dear residents to the garden of remembrance. Thanks also to Doreen that came to give us a hand.



On arrival at the garden the residents were overwhelmed with the beauty and the tranquil environment. All were in awe about the beautiful setting.

Mrs Mary-Anne Crocker who was a keen gardener while she was in her house in the village



was so excited about being outside and we cannot wait



for our own frail care garden to enjoy and soak up the sun. Mr and Mrs May had an ap-

pointment to go out with their daughter, but they also could not resist and drove to the garden to spend a few minutes with us.



All the frail care staff that were on duty that day, joined in the outing. Sr Suzan who was in charge of the shift as well as the rest of the staff also enjoyed the outing a lot. We only

left two nurses behind to look after our very frail residents.

We came back for the residents to enjoy their lunch and then all of them "passed out" to have a lovely nap after all the fresh air and Vitamin D they took in in the garden!

This was the first of many outings to the garden!

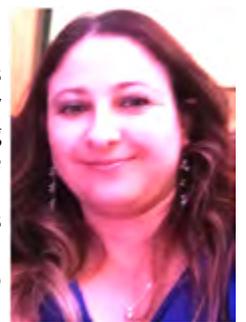


Meet Christina

As most of you will know, my name is Christina and I work at reception. I started working at the Olivedale Retirement Village in mid-April this year. It has been a great pleasure to be working at the Village and I am truly grateful to have met such amazing people. It gives me joy to be in a position to help all residents with their daily needs.

My career spanned various fields. I started working in restaurants at the age of 16 until I was 21. I then decided to leave South Africa and moved to Cyprus, my mother's native country. I started working in the property industry, at a Developer in the sales department. I enjoyed this field a lot as I met many interesting people from all walks of life. In 2007, I got married to a South African Greek who had also moved to Cyprus. We welcomed our first child that year, a beautiful girl named Eleni. The following year we welcome our baby Alex to the world. In 2008, there was a global property market crash and it affected Cyprus badly. Subsequently I changed job fields. I found a great job for a Car parts company as a Stock Control Administrator. I stayed with the company for 3 and a half years.

In 2013, we decided to move back to South Africa for various reasons. Although it was a big adjustment for our family we are very happy to be here. Before I started working at the Village, I worked for a Coffee machine company and a Greeting card Company. My husband is a Software Developer who is currently working for FNB and my children are now 10 and 11 years old and both go to school near the Village.



Editorial

We're finally into the Spring Month and hopefully longer and warmer days so that our gardens can also "spring" to life and beauty.

We have quite a mixed bag of articles this month from a follow-up piece on Life on a Tasmanian Farm to one on an Ashram in India visited by Jean as a part of her trip to India as we read about in last month's edition of the Olive Branch. We also have several articles submitted by the new Health and Wellbeing committee members, including one by Kent Matthis on his becoming one with the ORV community and his missing his previous garage which allowed his tinkering and fixing of various bits and bobs. Another one is on introduction to the ORV community for new Residents - some guidelines.

There are a couple of "Did You Know" articles on interesting facts about our surroundings in ORV, and a very good short piece of fiction from Ian that I really enjoyed.

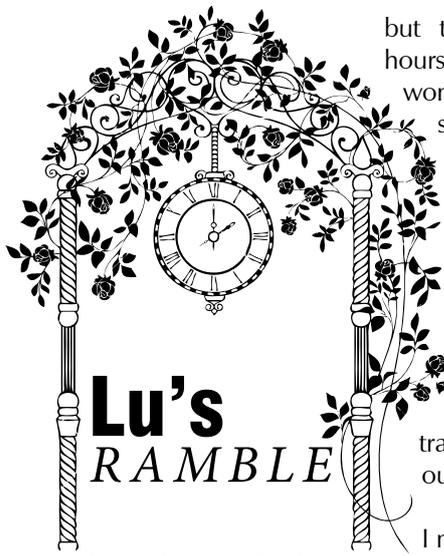
Our roving reporter has submitted an article about Women and Men and why we are so different yet so compatible - kind of reminds one of the Men from Mars and Women from Venus scenario. For those of you with a sweet tooth - dig into the 2nd page for a recipe for Rich Chocolate Cake it looks really yummy.

'til next time.

Chris.



Your Favourite Recipes 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.



Lu's RAMBLE

September - the month of renewal. It makes us aware that nature is still firmly in control.

No matter how we try to interfere, the Sun rises and sets and the seasons follow each other. Plants and trees are budding and bird life is full of the joys of spring. An interesting factoid is that it is not the rise in temperature that triggers plant growth,

but the increase in sunlight hours. That's why we often wonder why plants and trees start budding in freezing weather.

It's because the days are slowly becoming longer. Yup - nature is firmly in control.

What do you think of our new Olivedale entrance sign? The jury is still out on that one !

I must say though, Kudos to our security guys. We were having our 'adopted' outside garden landscaped and the gardeners were in and out of our courtyard. Our back door was closed. We got a call from security after 10 p.m. to remind us that our courtyard as well as our security gate was left open.

We clean forgot to check as our back door was already locked.

OXYGEN USERS ALERT

Each resident in Olivedale Retirement Village who uses supplemental oxygen is asked to please give his/her 1)name, 2) unit number and 3)cell-phone number to Sr. Petra in Frail Care (5010 or 5462).

This information is needed by Sr. Petra by 15 September 2018. In case of power outage you can then be temporarily assisted with Oxygen in the Frail Care Unit. During a power outage our land lines are not

usable. Frail Care staff can then call you on your cell-phone and come to transport you to Frail Care if that is needed.

If you do go to Frail Care during the power outage, please bring you plastic tubing, nasal cannula and cell-phone for contact with your family so they will not worry about you.

KAY McCRINDLE
On behalf of Health and Wellbeing Committee

Rich Chocolate Cake

- 1 ¼ Cups butter or margarine
- 2 ¼ Cups sugar
- 4 x eggs
- 1 tsp vanilla essence
- ½ tsp salt
- 3 Cups flour
- 4 tsp baking powder
- 4 Tbsp Cocoa
- 1 Cup Milk

1. Beat the butter, vanilla and salt until very light and creamy.
2. Add the well-beaten eggs. Mix thoroughly.

3. Sift together the dry ingredients and add this to the butter mixture, alternately with the milk. Stir until well blended and smooth.
4. Turn into greased layer cake tins (2 large or 3 medium) and bake in a moderate oven at 180-190°C (350-375°F) for 20 to 30 minutes.
5. Sandwich the layers together with date filling and ice top - see below for recipe.

The patrolling guard noticed our oversight and contacted us. We really appreciate their vigilance and concern. Makes one feel so much safer knowing that they do their job well.

The attenuation dams on the North-East side of the village are due to be redone. I'll keep you all posted on the progress but don't hold your breath as we were originally advised that work was due to start around May last year!

Just a friendly reminder. Please use water with care. We still have level 1 water restrictions to which we need to adhere. Hopefully we will have a good rainy season, but if we follow the trend of very low rainfall, we could be facing much harsher restrictions. We all have to do our bit. I simply cannot imagine bathing in a teacup!

Well dear folks, keep healthy, feel the spring in the air and be renewed as nature is. Chat soon.

WARNING

**SECURITY FENCE
WARNING**

The voltage of the electric fence has been considerably increased from 6pm at night until 6am in the morning.

Please be extra careful when walking there during these times.

Date filling

- ½ Cup sugar
 - 1 ½ Tbsp Cocoa
 - ½ Cup water
 - ½ Cup chopped dates
 - 1 Tbsp butter
 - ½ Cup chopped walnuts (optional)
1. Combine the cocoa, sugar and water, and then add the butter and dates.
 2. Cook the mixture until thick and smooth, stirring occasionally.
 3. Cool slightly and add the nuts.

For the Birds

DID YOU KNOW...
by John Goatcher

On the Eastern boundary of the Village, there is a bench available on the bank above the stream where one can sit and relax while looking out for several birds that visit or fly by.

Roseringed parakeets may be seen on most days alongside the river or in the trees. This bright green parakeet has an extremely long pointed tail. Their natural distribution in Africa is from Senegal to Somalia but they are an introduced resident with great populations now established in Durban and Johannesburg.

The Lapwings, namely the Blacksmith, Crown and Wattled species, are also often seen in this area. On the Northern boundary of the Village, several other bird species can be found. The Spotted Thick-knees can be seen close to the playground facility.

There is a seasonal change which occurs which may lead one to think that some of our more common birds have flown

away during the cooler weather. However, certain birds change colour in their breeding season and this change can be noticed in the next few months. The Southern Masked Weavers' breeding season is mainly September to February when the males become bright yellow to attract their little mates. Some are already showing the breeding plumage.

The Red Bishops' breeding season is usually December to March when the male's bright red and black plumage is very conspicuous. We have a number of different wild birds on the perimeter of the Village property, so get out your binoc's and enjoy watching and identifying these little creatures.

Please tell others what you have seen.



IZAK JONKER CLOTHING SALE

Monday 24 September 2018 at
10H00 AM

Lovely Ladies Clothes

Blouses, Camisoles, Jerseys,
Skirts, Longpants, Men Shirts, Golf
Shirts.

New summer stock

Sizes S – XXXL

All credit & debit Cards will be accepted

Izak:082 786 4932



Dear Resident,
Estate management would like to remind residents of the Handyman Service available on the estate, and the correct procedure to follow when reporting an issue.

Residents should call extension 5500/5499, (landline 010 596 5500/5499) or email us at olivedale@trafalgar.co.za and report the issue. A job card will be created and a reference number issued as proof that the matter has been captured and will be attended to.

Faults are not to be logged directly with the handymen. The handymen will not work at a unit without a proper job card.

Please note that there will be a charge for labour should the job take longer than 15 minutes and any HOA stock used:
Labour charge: R20-00 per 15-minute cycle
Stock: Retail price of the item

The service by handymen, Sam Sibanyoni and George Motebo, is limited to the minor maintenance and odd jobs listed below.

The maintenance jobs within our mandate are as follow:

- Simple plumbing: loose taps and leaking head parts; small blockages; straightening toilet seats; replacing water connections on toilets, washbasins and sinks, applying silicone around basins, baths and sinks, changing pan seals on toilets; and water connections of appliances.
- Changing light bulbs; changing plugs on lamps and appliances; and cleaning insects from light fittings.

- Removing cooker hood for cleaning or replacement of filters.
- Moving furniture and large appliances (e.g. stove, fridge, washing machine, dishwasher, tumble dryer, microwave oven); and turning of mattresses.
- Tightening or replacing cupboard hinges; realigning drawers; refitting cupboard and drawer handles; repositioning cupboard shelves; and changing lock sets on cupboards (no locksmith work).
- Light sanding of doors and windows that stick; oiling of door and window hinges; and sealing around window frames and door frames.
- Hanging pictures, mirrors or wall hangings; filling holes when wall hangings are taken down; and refitting finials to curtain rails.
- Placing of rodent poison in roof (without climbing into the ceiling).
- Replacing washing lines at houses or repairing washing lines within an apartment.
- Painting of window beading where window pane was replaced.
- Tiling or tile repairs

Excluded from the services are the following:

- Plumbing or electrical work not listed above.
- Repairs and installations of computers, telephones, DSTv or any other electronics.

Security Issues

Residents can phone Security on Ext:5400 for all panic button and security related issues.

Kind regards,
Tertia Poole
General Manager.

The Art of Living

www.artofliving.org

by Jean Barrie

Further to the previous article regarding my trip to India, here is what I have learned at the Art of Living Foundation (AOL) in Mysore.

The AOL has its international headquarters in Bangalore India, usually referred to as the Bangalore Ashram (Village). It is a humanitarian and educational non-governmental organization (NGO), founded in 1981 by Sri Sri Ravi Shankar, an Indian humanitarian, spiritual leader and an ambassador of peace.

The AOL has been registered in the US since 1989 and was accredited as a United Nations non-governmental organisation in 1996. It works in special consultative status with the UN's Economic and Social Council (ECOSOC) participating in a variety of committees, which means it actively contributes to various United Nations goals. It comprises about 4000 people who live and work together to make the world a better place in and outside the Ashrams.

The Mysore Ashram that I visited is home to yoga teachers, doctors, nurses, farmers, pharmacists, monks and tailors who live in apartments and houses where schools, a large hospital, a variety of shops and vegetarian restaurants provide for their everyday needs. The majority of the officers, along with most of its teachers and staff, are volunteers in response to their calling. They raise funds together and share the joy of interaction in achieving a common goal of exhibiting human values to ensure peace and tranquillity in human lives. Guided by Ravi's philosophy of peace, "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace", the Art of Living offers several stress-elimination and self-development programmes.

There are regional AOL centres in more than 150 countries and they have adopted more than 30,000 villages in rural India where they have undertaken innumerable Youth Leadership Training Programs on service projects. In Europe, the organisation is known as the Association for Inner Growth. The Foundation offers a variety of personal-development and trauma-

relief programs around the globe relating to health, education, sustainable development, conflict resolution, disaster relief after earthquakes, wars and tsunamis, conflict resolution, poverty alleviation, empowerment of women, prisoner rehabilitation, campaigns against female foeticide, environment sustainability as well as the eradication of child labour. These training programs are in conjunction with a partner organisation, the International Association for Human Values (IAHV). Some of the key worldwide unions are represented in countries such as the USA, Canada, Germany, Israel, India and Brazil. The South African Admin Office is in Bordeaux with 150 teachers country wide at several centres in Gauteng (East and West Rand, Randburg, Sandton), CT, PE, KZN and Grahamstown.

Sri Sri Ravi Shankar travels to over 100 cities per year, from slums to parliaments, to corporates such as Shell Oil and the World Bank. He calls his workshops APEX (Achieving Personal Excellence), where people have developed abundant energy and inspiration. An annual increment as an incentive is short lived but inspiration from within oneself is effective and long lasting.

The organisation is involved in community service where people of many traditions and religious backgrounds participate amidst life threatening challenges. In March 2014, the organization's yoga centre in Islamabad Pakistan, was burned down by the Taliban.

The AOL is also engaged in many social services globally. In 2007, a programme was initiated to support farmers in drought hit regions to roll back their lives. Over 1000 volunteers provided training in organic farming, zero-budget farming, rainwater harvesting, hygiene and construction of toilets in addition to the Art of Living course. The program received official backing as a result of its success and was initiated in other areas as well. In partnership with the 'Mission Green Earth' the 'Stand Up Take Action' campaign was launched in 2008 with a goal to plant 100 million trees across the world to help reduce global warming and protect the environment. In 2010, in Bangladesh the foundation participated in the 'Billion Tree Campaign' started by United Nations Environment Programme. A

three-year program to rejuvenate the Kumudavathi River (Bangalore) was initiated by the foundation under its 'Volunteer for Better India' campaign in collaboration with civic authorities and environmentalists in February 2013. The project addressed the water shortage problems through rainwater harvesting, increasing green cover and desalting existing step wells, among other methods. Volunteers joined the villagers and geologists every Sunday to participate in these activities. Ravi Shankar joined by NGOs, citizens, civic authorities, farmers and volunteers led a walkathon in Bangalore City to create awareness. They revived several water bodies used by birds and animals, five water-recharge wells, constructed 74 boulder checks, cleaned up 18 step wells and planted 2,350 saplings in seven villages by June 2014.

The AOL has spearheaded many relief programmes in trauma events, such as: The Xenophobic attack Cape Town, South Africa (October & May, 2008).

Erasing Memories of the Blast Suburban Railway Bomb Blasts, Mumbai, India (July 2006) – and again in 26 November 2008 after forces turned two city hotels into a 48-hour killing field.

Refugee trauma relief for Lebanon and Israel in July 2006 after the one month war.

Trauma relief after the 2004 Madrid train bombings killing 191 people and wounding 1700.

Constantly sowing seeds of peace between Israel and Palestine despite the danger.

9/11, New York (September 2001). The AOL and its sister organisation, the International Association for Human Values (IAHV), set up public trauma relief workshops benefiting over 1,000 victims, witnesses of the attacks and residents across the USA and arranged food for fire-fighters in NYC.

Rebuilding Iraq. If any country's citizens needed de-stressing it would be those of Iraq.

Shankar's version of IT is rather 'Inner Transformation'. Inner motivation and transformation inspires people to achieve excellence. When your mind is at peace, your intellect becomes sharp and focused. If the mind is clogged with stress, worries and sorrows, you are unable to focus. Kindness is essential in order to function at your

best. If you are not co-ordinated within yourself by integrated body, mind and breath awareness, neither is your intellectual and emotional growth and you cannot be at peace in- or outwardly. Henceforth there is no joy and life is a constant battlefield. Turn your life away from the outside influences and focus on the improvement of the inner self. This is called 'centeredness'. This quality needs nourishment achieved by meditating for a minimum of only two minutes a day enhancing intellect and connection with your centre and revealing a new dimension.

Medical studies on the organisation's core life-enhancing and trauma-relief techniques have been published in many international journals.

A range of mental and physical benefits are reported in these studies, including reduced levels of stress hormone (cortisol), improved immune system, relief from anxiety and depression and increased antioxidant protection, as well as enhanced brain function (mental focus, calmness).

To prevent ourselves from being stuck in a mind-set of battlefields, we can achieve trans Art of living formation through four sources of energy:

Food, in the right quality and quantity, is a source of energy. Adequate and sound sleep. If we do not sleep well, we cannot work well.

Deep and slow breathing: the link between the body and the mind, which eliminates toxins and purifies the blood. Nobody has taught us the importance of our breath.

A meditative mind, which brings a calm and serene mental state. It gives you time to think and manages emotions to release anger and stress.

By improving your life, you will improve your sense of caring and compassion; essential aspects of human growth and relationships. Communication with others will develop at a deeper level than simply "how are you". Through compassion and empathy, not only do we uplift life around us and uncover the best qualities in people, but it will also nourish us in return. Accept wisdom from every part of the world and its people. It teaches you tolerance, respect and open-mindedness towards others, their beliefs and cultures.

New Residents introduction to Life in ORV

Most of us have been through the uncertainty and trauma of packing up our previous homes, getting rid of some of our favourite pieces of furniture, the lawn mower and what have you before moving into Olivedale Retirement Village (ORV). Even a tear or two shed before the big day.

Some of the issues that plagued our thoughts and minds were that we knew nobody here, did not know the finer points of village life such as shopping malls, transport, dining facilities and times, medical and dental care, to hand spare keys to the frail care centre, electricity purchasing, cash and credit card usage, rules and regulations and so much more not to mention rules regarding pets, parking and visitors.

Well, the newly formed Health and Wellbeing committee (H & WB committee), assisted by Management and the Social committee, has put together "introduction procedures" to help all newcomers, upon arrival (as well as any other residents who are not all that au fait with village life) to find their feet

and to feel at home in ORV. In short it consists of the following elements.

Having already gone successfully through the formalities of the medical assessment by the Village Nurse and the Matron of Frail Care and been issued with an entrance permit, the new resident would have moved into the village. The first step will be to meet with a member of the H & WB committee with the aim to be briefed on the said procedure. Members of the said committee will take the initiative to visit newcomers on appointment. During this appointment they will be notified of two events.

The first of which is an information session on the first Monday of the month after arrival and will take place on invitation of ORV Management. At this event the new residents will "meet the team of main service providers" and be given a welcome package containing all the information that they may need, such as the MOI and other literature. Our main service providers – catering, admin, frail care and security will also be given the opportunity to address the new residents on the do's and don'ts regarding their fields of expertise. Where necessary and practical, a guided

tour of the facilities will be done physically, or where applicable the facilities will be pointed out by making use of the "model of the village" in the showcase just outside the entrance to the service centre. There will also be the opportunity for new residents to ask and get clarification on any questions or doubts that they might have.

The second event is to address the aspect of social adaption to our ORV surroundings. New residents will be informed by the H & WB committee member of a tea party on the third Monday of the month after arrival. This event will take place on invitation of the Social Committee and will be synchronised with the monthly birthday tea.

As H & WB committee, we really do hope that by offering this service, it will help all our fellow residents to not only feel wanted, but to be just that little more comfortable and at ease. After all, we have decided on retiring here at Olivedale, so let's all make the best of what we have, while we can and be as pleasant as possible to one another. After all, a smile and a greeting are priceless aren't they?
The ORV Health and Wellbeing Committee

Did you know?

Why "All Saints Shopping Centre" was so called?

It was not too long ago that this part of Randburg on which Olivedale was developed, was actually opened up and the farmlands in the district were sold. At the time, an investor who lived in the Free State decided to purchase a sizeable tract of land on the top of the hill and with a wide view towards the Magaliesberg.

This gentleman had six sons and as the area began to grow and spread, they decided to develop their piece of property and build a shopping centre for this new suburb. The plans were approved, their investment company formed was known as Red Tape Investment Construction, and the building project commenced. In mid-year of 2003 the first shops were opened. There are now 24 shops, services and suites in the complex, with a SPAR franchise being the major anchor retailer. The family are still the landlords of the complex.

The family were members of the Greek Orthodox Church. The father had served in the community all his life, and always set great store by the teachings and support of his faith. He is now 92 years old. When the Shopping Complex was complete and open for business in 2003, the name chosen to give thanks for the benefits for the family arising from this development was quite naturally called the "All Saints Shopping Centre".

Liz



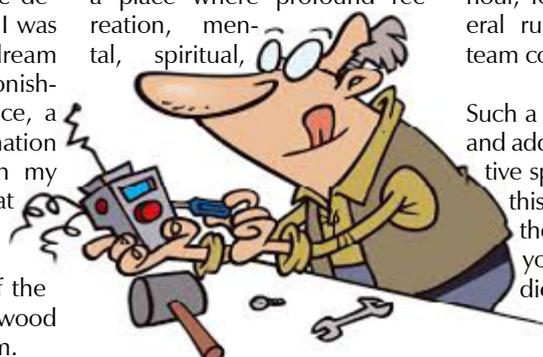
Open Letter from Kent Matthis

Dear editor and villagers,
I am a retired person who has chosen this village in which to live, to live safely, and amongst other retired people. Many of my needs at this stage of my life are adequately met in this village, and I can honestly say that I am happy and contented here.

However, I miss my garage with all its tools and all sorts of useful things and appliances that my garage contained. It was also a place of recreation, a place of refuge, free from domestic demands and a place where I was in control, where I could dream of inventing something astonishing. It was a creative space, a space in which my imagination could take flight. Here in my garage I could fix things that were broken.

I could make things out of the raw bits of wire, metal and wood lying around. I could dream.

I became a carpenter, a plumber an electrician, a motor mechanic and even an adequate IT tinkerer. It has been said, by the wise, that work should be the same to an adult that play is to a child. It is in this state of play that we lose ourselves, where the task at hand becomes everything and I, the sense of self and all its attachments, disappear. All my anxieties, worries, resentments, fears and unmet longings evaporate into a state of imagined fulfilment. This place becomes a place where profound recreation, mental, spiritual,



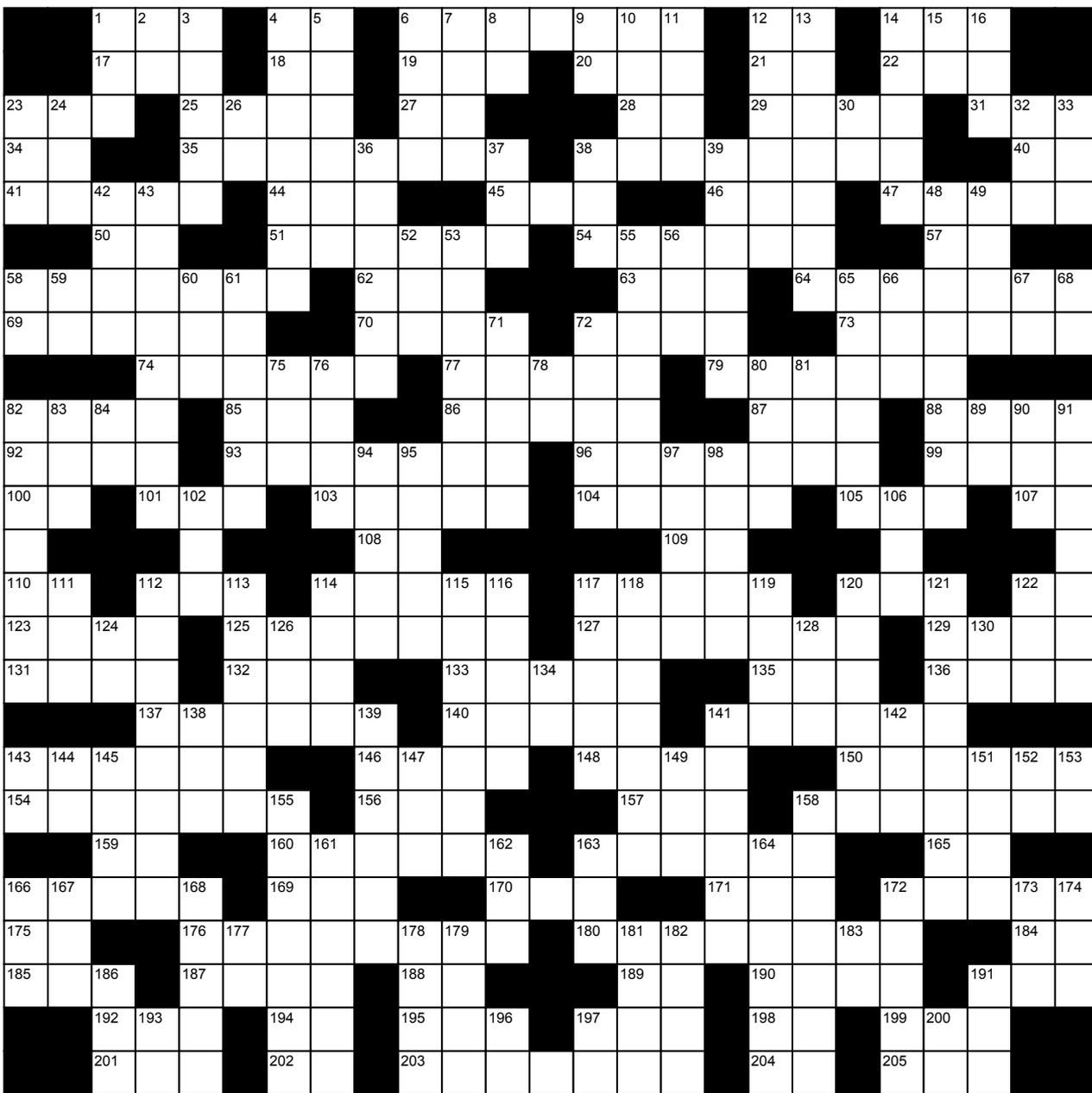
psychological and even physical states are newly energised.

I assume I am not unique. There must be many of us here in the village that miss a place where we can fix things, make things and dream.

My dream is that we create such a place. A communal garage or workshop in which we can stock with a range of usable tools and implements. Such a workshop could then be booked by the hour, for instance and the general running and management team could be elected.

Such a facility will enrich my life and add to the quality, the collective spirit of the village. Should this article find an echo in the reader, then please give your name to reception ladies.

Kent Matthis, Resident



- disease
 114 Flips
 116 Edge stitch
 118 Capital of Bangladesh
 122 Nail filing board
 123 Bad fairy
 124 Economics abbr.
 125 Bombard
 126 Painter of melting clocks
 127 Brand of sandwich cookie
 129 What dogs sit on
 132 Spoken
 133 Neuter pronoun
 134 Singer
 136 Tender loving care
 139 Rio de Janeiro
 141 Alcoholic
 143 System international (abbr.)
 144 Scottish "one"
 145 Devil
 146 Armory
 147 Pronoun
 148 Comedian
 Ball
 151 Jacqueline Kennedy ___
 152 Journals
 155 Farmer
 156 Hustle
 157 Pressure unit
 158 Journals



Our team of professional nursing staff and compassionate care givers are here to assist all ages, from children to senior citizens whilst in the comfort of their own homes.

Our services include

- Elderly and Frail care
- Dementia care
- Post op Rehabilitation home care
- New baby night care - including where there are multiple births
- Child care for special needs children
- Disability care
- Palliative and end of life care
- Wound home care
- Stoma home support
- Specialised nursing services
- Bereavement Counselling

a-motus is a distributor of specialised home care products including incontinence diapers.

email: info@a-motus.co.za | Amanda Jeffrey 083 459 6763 | Fiona Morton 082 537 2687
 website: www.a-motus.co.za

ACROSS

- 1 Sacred songs
 7 Moose relative
 10 Pig meat
 13 Foot parts
 19 Food
 20 Terse
 21 Bright (2 wds.)
 23 Little Rock locale
 24 Tiny ball
 25 German Secret Police
 26 Tv show
 27 Sodium (abbr.)
 28 Succor
 29 Brew
 30 Owns
 31 Drains sap
 33 New England state (abbr.)
 34 Ancient Indian
 36 Origination
 38 Pallid
 40 Retired persons

association (abbr.)

- 42 Book holder
 44 Present top-pers
 47 Author, Victor
 49 Organs
 50 Capital of Vietnam
 51 Divided nation
 52 Regions
 54 Birds that make a gaggle
 55 Vivacity
 57 Birds "thumb"
 59 Brook
 61 Mocker
 64 Material
 65 Ruby (2 wds.)
 69 Lotion brand
 70 Refueled, with "up"
 73 Scuffle
 76 Do it again
 77 Institution (abbr.)

78 Parking places

- 79 Woman in the Old Testament
 80 Revise
 81 Lincoln locale
 82 Oregon (abbr.)
 83 Earnings
 86 Verify
 90 Kitten's neck
 94 Off-Broadway award
 97 Not yours
 98 Milk shake
 99 Rough and ___
 100 ___ skin cap
 101 Small chapel
 103 Ward off
 105 Resonant
 107 Pear type
 109 Inappropriate
 110 Stripe
 111 Animal

DOWN

- 1 Tropical biting fish
 2 South Carolina (abbr.)
 3 Near
 4 Sled
 5 Plazas
 6 Pitch
 7 Peru neighbour
 8 Lounge
 9 Joint
 10 Peak
 11 At sea
 12 Theme
 13 Flooded
 14 Give back all of the money
 15 Clunk
 16 Hectoliter (abbr.)
 17 Railroad track
 18 Mountains
 19 Fade
 22 Treble
 28 Aura
 32 Risk-free

- 35 Critics
- 37 Black
- 39 Surge
- 41 Frightened
- 43 Can inherit this land from Lord
- 45 Ermine
- 46 Lettuce & toppings (plr.)
- 47 Common salt
- 48 Planet
- 49 Gawk
- 51 Gold weight
- 53 Sashay
- 56 Body appendages
- 58 2002 Winter Olympics locale
- 60 Look
- 61 Slide on snow
- 62 Half man half horse
- 63 ___ in
- 66 Before (prefix)
- 67 Proof
- 68 Period
- 71 Present bringer
- 72 Nap
- 74 Rage
- 75 Sumac
- 83 Court
- 84 Small anchor
- 85 Time zone
- 86 Hairstyle
- 87 Secret meeting
- 88 Jump up
- 89 Small
- 90 Dry grassy land
- 91 Esoteric
- 92 Drift
- 93 Jungle plant
- 94 Fall mo.
- 95 Bar enforcer
- 96 Discontinue
- 102 Mind
- 104 Pop
- 106 Chances of winning
- 108 Dice
- 110 ___ fide
- 111 Median
- 112 Olympic athlete
- 113 Power system
- 115 Cheer (2 wds.)
- 117 Gigantic statues
- 119 Sailors "hey"
- 120 Collides
- 121 Unites
- 127 Plant seed
- 128 Racing car
- 130 Black and white bear
- 131 Killed
- 135 Evils
- 137 Comedian Jay
- 138 Little Mermaid's Sebastian
- 139 Grating sound
- 140 Colored part of eye
- 142 Part of the "KKK"
- 149 California (abbr.)
- 150 Caesar's two
- 153 Sun god
- 154 Roman 49

ANSWERS ON P11

September in History

September 1, 1939 - At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

September 1, 1875 - Tarzan of the Apes creator Edgar Rice Burroughs (1875-1950) was born in Chicago. Before becoming a novelist, he was as a correspondent for the Los Angeles Times.



September 1, 1923 - Boxing champ Rocky Marciano (1923-1969) was born in

Brockton, Massachusetts (as Rocco Francis Marchegiano). He fought Jersey Joe Walcott for the heavyweight title on September 23, 1952, and knocked him out. In 1956, he retired as the only undefeated heavyweight champion.

September 2, 1666 - The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

September 3, 1939 - Great Britain and France declared



war on Nazi Germany after its invasion of Poland two days earlier.

September 4 1824 - Austrian composer Anton Bruckner (1824-1896) was born in Ansfelden, Austria. Best known for his monumental ten symphonies.

September 5, 1997 - Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.

September 5 1902 - Film producer Darryl F. Zanuck (1902-1979) was born in Wahoo, Nebraska. He co-founded 20th Century Studios, which later merged with Fox. His films included the first sound picture The Jazz Singer, and

also The Snake Pit and The Grapes of Wrath.

September 7, 1822 - Brazil declared its independence from Portugal after 322 years as a colony.

September 7, 1940 - The German Luftwaffe began its Blitz bombing campaign against London during World War II.



September 7, 1986 - Bishop Desmond Tutu became Archbishop of Cape

Town, South Africa, the first black head of South Africa's Anglicans.

September 8, 1974 - A month after resigning the presidency in disgrace as a result of the Watergate scandal, Richard Nixon was



granted a full pardon by President Gerald R. Ford for all offenses committed while in office.

September 9, 1976 - Long-time leader of Communist China, Chairman Mao Zedong, died. As a Chinese revolutionary soldier and statesman, he had proclaimed the People's Republic of China in 1949 in Beijing.

September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons.

September 12, 1977 - Steve Biko, the South African black civil rights leader, died while he was in police detention.

September 14, 1741 - Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days.



September 14, 1927 - In Nice, France, famed ballet dancer Isadora Duncan was killed in a freak accident as the long scarf she was wearing became caught in the moving wheel of

the car in which she was riding, strangling her.



September 14, 1982 - Princess Grace of Monaco died following an accident in which her car plunged

off a mountain road in Monte Carlo.

September 15, 1890 - British mystery author Agatha Christie (1890-1976) was born in Torquay, England. She wrote nearly a hundred books including mysteries, dramas, poetry and nonfiction.

September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st. The Pilgrims disembarked at Plymouth on December 26th.

September 18, 1810 - Chile declared its independence from Spain after 269 years as a colony.

September 20, 1973 - The much-hyped "Battle of the Sexes" took place in the



Houston Astrodome as tennis player and women's rights activist, Billie Jean King, defeated self-styled male chauvinist Bobby Riggs in three straight sets. Riggs, a retired tennis champion, had been critical of the quality of women's tennis.

September 25, 1906 - Russian composer Dmitri Shostakovich (1906-1975) was born in St. Petersburg, Russia. He witnessed the Russian Revolution and went on to become one of the greatest Soviet composers.

September 26, 1898 - Composer George Gershwin (1898-1937) was born in Brooklyn, New York. Along with his brother Ira, he created enduring songs including The Man I Love, Strike Up the Band, I Got Rhythm and the opera Porgy and Bess.

Men vs. Women

Why we are so different and so compatible?

by our Roving Reporter

The male brain is highly specialised, using specific parts of one hemisphere or the other to accomplish specific tasks. The female brain is more diffused and utilises significant portions of both hemispheres for a variety of tasks.

The male brain contains more grey matter whereas the female brain contains more white matter. White matter basically increases the speed of transmission of all nerve signals, which ultimately allows women to process thoughts more rapidly than their male counterparts. The frontal lobe, which is responsible for problem solving, and the limbic cortex of the female brain tend to be larger than in males, which appears to provide women with an advantage over men in solving house problems and in emotionality.

Because of the larger parietal cortex and amygdala, males generally tend to perform better at reading maps, spatially related tasks, and mathematics. On the other hand, females tend to excel in English and the arts. Men are able to focus on narrow issues and block out unrelated information and distractions. Women naturally see everyday things from a broader, "big-picture" vantage point. Men are able to separate information, stimulus, emotions, relationships, etc. into separate compartments in their brains, while women tend to link everything together.

Men see individual issues with parts of their brain, while women look at the holistic or multiple issues with their whole brain (both hemispheres).

Men have as much as 20 times more testosterone in their systems than do women. This makes men typically more aggressive, dominant and more narrowly focused on the physical aspects of sex. In men, the dominant perceptual sense is vision, which is typically not the case with women. All of a woman's senses are, in some

respects, more finely tuned than those of a man.

Various studies show that during a time of extreme stress or in a crisis, women tend to react with reference to their feelings, while men tend not to react with logic and deductive reasoning

Women have a better sense of smell than men. A recent study found that the female brain has almost 50% more olfactory cells than men. Surveys have shown that women tend to remember anniversary dates and birthdays more often than men, while men tend to remember dates such as when the mortgage is due.

Men and women are different in many ways. They see the world through completely different perspectives. The key to understanding their differences is in the way that men and women communicate.

1. Why Talk? – He believes communication should have a clear purpose. Behind every conversation is a problem that needs solving or a point that needs to be made. Communication is used to get to the root of the dilemma as efficiently as possible. She uses communication to discover how she is feeling and what it is she wants to say. She sees conversation as an act of sharing and an opportunity to increase intimacy with her partner. Through sharing, she releases negative feelings and solidifies her bond with the man she loves.

2. How Much Should You Say? – He prioritises productivity and efficiency in his daily life, and conversation is no exception. When he tells a story he has already sorted through the muck in his own head, and shares only those details that he deems essential to the point of the story. He might wonder, "Why do women need to talk as much as they do?" Often he will interrupt a woman once he has heard enough to offer a solution. She uses communication to explore and organise her thoughts – to discover the point of the story.

She may not know what information is necessary or excessive until the words come spilling out but a woman is not necessarily searching for a solution when she initiates a conversation.

3. What Does It Mean To Listen? – He is conditioned to listen actively. When a woman initiates conversation, he assumes she is seeking his advice or assistance. He engages with the woman, filtering everything she is saying through the lens of, "What can we actually do about this?" Learning to listen patiently – not just passively – does not come easily to him. She sees conversation as a productive end in and of itself. If she feels sufficiently heard or understood she may not need to take further action to resolve a problem or "make things better". The fact that she has been listened to assuages her anxieties and dulls the pangs of negative feelings. Sharing with someone who understands and loves her heals her from the inside and equips her with the emotional tools necessary to handle the trials and tribulations of the outside world.

4. When she is feeling down ... – He will want to tackle her problems head on. For him, the quickest way is by giving solutions. Because he wants so badly to provide for his spouse, he may take her mood personally and defend himself. He might hear things literally, not realising that when his spouse is upset she will use words as tools to explore and express difficult emotions. By using words as tools to explore and express her difficult emotions when she is upset, she is able to process her negative emotions and let them go. She values support and nurture, and is most fulfilled by sharing, cooperation and community. When he shows interest in her by asking caring questions or expressing heartfelt concerns she feels loved and cared for. He is fulfilling her first primary love need.

5. When He Is Feeling Down ... – He will often withdraw into his "cave" (becoming quiet and withdrawn) when he is upset or stressed. A man's "cave time" is like a short vacation: he reduces stress by forgetting about his problems and focusing on other things like watching television, reading the newspaper, or playing video games. He might avoid

communication with his spouse during times of duress. If she persists with nurturing questions or criticism, he withdraws even further, fearing that his partner does not trust him to take care of business on his own. However, with her support and understanding, a man will return and be more emotionally available, caring, and loving. She might interpret her spouse's silence as a sign that she is failing him or that she is losing him. She instinctively tries to nurture him through his problems by asking an abundance of caring questions. Alternatively, she may react defensively out of fear that her own need for healthy open communication is not being respected within the relationship. Ultimately, she can do more for him by appreciating his space, which shows him that she trusts him to work out the problem on his own. Trusting is one of the greatest gifts she has to offer him. In the meantime, she should do something nurturing for herself, so she will not resent him when he emerges from his "cave time".

6. Communication Breaks Down When... – He feels like he is being told what to do. The most important thing to a man is doing a good job. When his competence is questioned he will not only feel hurt, but he will throw up a wall of resistance, and communication begins to breakdown. He thrives in an environment where he is the expert. Rather than being told, "You should do X" he is likely to respond better to, "What do you think of X?" The trick to improving him is to resist telling him what to do. She hears from her spouse that her problems are not as real and pressing as they seem in that very moment. Her spouse may mistakenly think he is being helpful in providing "reality checks" like: "You're making a mountain out of a mole hill" or "You're getting overly emotional about it". To her it feels like he is attempting to minimise her feelings or talk her out of having them.

All of this being said, it is important to recognise that the qualities men and women share, or not, are fluid and ever changing, and prone to shifting with time. We are not stagnant beings. That is to say, keep picking up his socks and someday he might just pick up yours.

Life on the Tasmanian Farm

Ed Barker Unit 76, August 2018

The May edition of the Olive Branch included a report on the visit to Evandale Tasmania and told of the many fascinating villages, animals and some details of the way of life. This submission is in response to the many readers who contacted me with questions.

The previous visit was in February which is their late summer and at the time of plentiful crops. A typical week was spent as follows:

Vegetables were all ripening and so many a day was spent dealing with them. Tomatoes were prolific so every day they had to be picked. Thereafter we spent family time with peeling onions (underwater then you don't "cry"), cutting tomatoes, getting bottles ready, cooking and sealing the bottles. This is called true family quality bonding. The local charity shop was visited many times to purchase more bottles! This shop is huge and filled with about anything you could want, it even has a snack/coffee section. It is in Launceston, a city about 15 kms from the farm.

Fruit was in abundance and the codling moth had penetrated most of the apples. They have a rather unique way of combatting them by spreading a foil around the tree base and covering the foil with grease and this stops the worms from reaching the tree. Unfortunately that year this method had been neglected. The spoiled apples were fed to the fowls (called "chooks" in Aussie) with great enthusiasm from the "chooks". One fowl was very stubborn and refused to lay the eggs in the chute nest (where the egg slides to the outside opening) and insisted on the most inaccessible spot which required crawling into the small overhang over all the fowl droppings.

Many a basket of other fruit was picked and lots given to friends from town who did not have fruit trees. They start eating the fruit even before saying hallo!

Tasmania, as mentioned in the previous article, has no land between it and South America so has rather severe winters. Dear Reader, I spent many hours with a chainsaw cutting up dead trees. A small tractor and trailer was then used to collect the wood and placed in huge wooden containers near the house. I personally filled two such containers and was told "Oh that's about only two month's supply."

On Saturdays we went to the Evandale open air market. There I

saw an odd Aussie favourite snack. It was a large sausage and seemed to have been dipped in batter. A long queue was buying this snack so I tried one. It was plainly awful and ended up in the bin. One Aussie saw me doing this and was upset that I thought their snack deserved such treatment. One stall was even selling bent nails!

My naturalised Aussie citizen sister has drymacular degeneration in her eyes and was chosen for a medical trial by the Tasmanian government. I took her for the injections right into the corner of the eye and was allowed to watch the procedure.

Even though it is into the eyeball, it does not leak from the hole of the needle and the eye immediately seals. They treat some "patients" with the trial drug and others with a placebo but do not tell you which one you get. All this is at no cost to the "guinea pig patients".

Back at the farm, we had a visit from an echidna who just ignored us as it waddled into the factory. My nephew makes diamond tipped grinding wheels. This small animal just wanted to look for worms or other food and I suppose we were too big!

At night the possums in the trees are active and the dog sits under the tree, probably hoping they will slip and fall. This does not happen so we get a "dog whining chorus" for about two hours. Tasmania has a bush called a bramble bush and it grows wild.

It does not like humans, so to stop them from passing too close it has thorns just waiting for you. I cut some down with a "panga" but it still managed to get at me.

What was most upsetting was that they are very prolific around the rivers and I wanted to try trout fishing. A South African Springbok Women's team had taken part in a competition some months before our visit. After finding a way through the Bramble Bushes, I reached the river bank. I am positive that Aussie Trout do not have mouths as I caught nothing except the thorns!

A very amusing incident took place a few days later. My sister had to go and vote in a government election and I took her to town to do so.

In Tasmania you have to vote, it is not an option and you can be fined if you do not vote. I parked

in the street and my sister and Shirley, my wife, went into the building.

As you now know my sister has a vision problem so had difficulty with the voting slip. The official then suggested that Shirley help my sister and, without supervision or even observing, Shirley filled in the voting slip. So a South African actually voted in an Aussie election.

We took a trip to Hobart and went up the mountain adjacent to the city. A very winding and narrow road and the temperature drops drastically and the wind blows.

What a magnificent view. There was a notice placed informing visitors that Captain Cook actually climbed that mountain. He must have just "bundu-bashed" which shows his stamina. Back at the farm, there was lots of weeding to be done and this I did filling the wheelbarrow many times. These are then taken to the fowls and I am sure they grew to know me



because I got a very vocal welcome whenever I approached. Who said fowls are stupid.

Another incident took place. While standing at the open air braai, we noticed what seemed to be smoke coming from the separate accommodation flat. Rushing to put out the fire we discovered it was actually steam from the geyser.

The thermostat had stuck and the water was boiling in the tank and gushing out of an escape valve. We had left the meat on the braai during this episode so then had burnt offering for dinner.

Hope you enjoyed the second report.

CHRIST CHAPEL MINISTRIES Christian Interdenominational Worship OLIVEDALE RETIREMENT VILLAGE

BELONG – BELIEVE – BEHAVE

Founder: Revd. Gwyn Slade

Cell No.: 072.027.7788

Email: tslade@mweb.co.za

Assisting: Revd. Andrew Payne

Assisting: Pastor Errol Van Der Merwe

www.stjohndivineovc.co.za

www.sladeweddings.co.za

Revd. Trevor Slade

083.391.1215

082.854.4489

072.191.3502

Our Lord Jesus invites us to put our total faith in Him:

"If you believe, you will receive whatever you ask for in prayer"
(Matthew:21:22)

WEEKLY SERVICES

- **SUNDAY** Interdenominational Communion Service *every Sunday at 9.30am* in the Community Centre. Fellowship tea and coffee after the Service
- **MONDAY** Christian DVD, drinks and snacks 5pm – 7pm in the Community Centre and Restaurant
- **THURSDAY** Bible Study 10am – 11am in the small library (down the passage)

ALL WELCOME – and do feel free to bring a friend with you – many Blessings

The Mirage Mystery

by Ian Young

Paternoster Beach stretched in a smooth glistening white arc into the distance and appeared the picture of tranquillity disturbed only by two children and a large dog far enough away to be seen and not heard.

The early morning sea mist had been burnt off by the heat and the water showed hardly a ripple. Rick Potgieter, 65, retired Trust Fund Manager had found himself a sheltered spot in the rocks that would shield him from the cool breeze that springs up as the tide changes. Around him he had set up all his watercolour painting kit and was waiting for inspiration to strike.

At the urging of both his ex-wife and a team of medical consultants he had retired early to alleviate the strain on both his heart and his ulcer brought on by work stress, and had taken a small cottage in the village for a

few months to 'try and relax'.

As he gloomily thought of the endless days ahead of him before he could get back to the hustle and bustle of Cape Town he noticed in the middle distance a young girl paddling towards him along the water's edge. She was wearing a straw hat with a blue scarf wrapped around it, a blue camisole top and a magenta coloured gypsy skirt.

Almost without thinking he started to paint her even though the wide brim of the hat shielded her face. As she drew nearer, like a hammer blow, he transported back to his halcyon days at Art school in Paris where he had played and painted for four delightful years. His soul mate throughout this time had been a girl called Sheila and everyone had assumed that they would grow old together. His father had put his foot down and insisted that he return to Cape Town and start learning the busi-

ness rather than frittering away time and money on a career that would bring in no money. Sheila had refused to accompany him to Africa fearing the cultural backwater would stifle her and after some acrimonious arguments they had parted on bad terms.

This enigmatic young girl had brought back all the good memories. He suddenly noticed that the young girl had stopped paddling and was wading out to sea, her skirt already drenched and getting into deeper water by the second.

Shouting to her to be careful he leaped from his chair and rushed down to the freezing cold water and plunged into the sea after her.

One week later the local newspaper carried a report on an inquest under the banner headline 'Suicide or Heart Failure?' The fully clothed body of a man in his sixties had been



recovered from the sea on Paternoster beach. Medical examination had confirmed that he had drowned following a massive heart attack. His possessions on the beach had also been recovered and there was no suicide note – only an exquisite watercolour painting of a girl in a straw hat paddling along the shore line.

There was no sign or record of any such young girl in the area. The coroner returned a verdict of accidental death in the absence of any other plausible explanation.



We at EZ Cleaners would like to offer a Special to the residents at Olivedale Retirement Village.

Cleaning of 1 or 2 Rooms	R300.00
Cleaning of 1 Wingback Chair	R125.00
Cleaning of 1 Two Seater Couch	R145.00
Cleaning of Double Mattress	R180.00
Cleaning of Single Mattress	R150.00



Loose carpets, there is an additional cost of R80.00 each. We use an Industrial machine, if there are any fleas or dust mites in the carpets these will be extracted.

E-Mail felicity@ezcleaners.co.za
Contact: 078 717 2796

Smalls, Notices and Classifieds

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.

Submissions

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

Happy Birthday!

We would like to wish all our residents celebrating their birthdays in September, 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.

A Birthday Tea is organised on the 3rd Monday of every month for those who are celebrating their birthdays during that month.

We salute all our September Babies.
The Communications Team.

Compliments and Complaints

A reminder to All residents that any complaints what-so-ever can be noted in a book that is held at reception. ALL complaints will be escalated to the parties concerned. If the problem cannot be sorted out by the various committees and the board, eventually the Managing Agent's lawyers will be called upon to resolve the issue. Problems cannot be attended to if they are not brought to the attention of those concerned.

Please remember that it is just as important to register your compliments as well - they will most certainly be appreciated.

Music Quiz

Saturday evening September 8th at 6 p.m. in the Dining Room. Come and join the fun with Les Walker and her old time music guessing game.

**R40 per person.
Refreshments provided.**

H&WB Sponsored Talks

Two talks sponsored by the Health & Well Being Committee Monday 10 September, 3 p.m.

At 15:00 Sune Gerber (Be-zuidenhout), physiotherapist, will speak on making life more safe for the elderly.

At 15:30 a wound care specialist will speak on caring for our wounds in a manner which prevents infection and facilitates healing.

The admission of R10 covers coffee/tea and snacks.

The talks will be in the hall of the Service Centre at 3 PM. All are welcome.

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.

Editorial Contacts

Editorial Committee

Editor

Chris Penberthy

Lu Penberthy

Di Main

Elizabeth Sole

Advertising

Nicole Mulder

Board Rep

Estelle Visser

Village Management Rep

Tertia Poole

Goods & Services

Professional Embroidering

For personalised professional machine embroidered Monograms, Initials etc... please contact Heather Billbrough on extension number 5414 or externally on 010-596-5415.

Delicious Home Bakes

From mouth-watering éclairs and cupcakes, to exquisite cakes and anything in between. Tell me what you want, and I can bake it. Hettie Jordaan, Unit: 535 Tel: 5333

For Sale

"Huggy-Bunny" seedbags R70 each.

Heat in the microwave and use to soothe any aches, pains, cramps and strains, or just to keep your toes warm in bed in winter. Several colours available.

Contact x5428

Photo Service

ID, Passport & Driver's License. Contact number: 5363 or 071 090 8432

Price : R40 for 8 pictures
Monica At unit 555

The Men in Red were here again

I cannot believe that a whole year has passed since The Men in Red visited the Village. We were, once more, treated to a wonderful rendition of music which the Villagers could relate to and also spend an hour or so reliving the past.

We also had some laughs, especially when Eliza Doolittle's father, Alfred P. made a per-

sonal appearance to sing 'With a Little Bit of Luck' for us.

Our Catering Committee did not let us down and there was a wonderful spread of food on the tables to eat with our cups of tea. Thank you.

I hope that next year more Villagers will attend this concert as it is a really worthwhile couple of hours.

Solution:

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

Olivedale Retirement Village

Units For Sale

Ruan Erasmus | 071 481 6199

ruan@csisales.co.za

- * 1 Bed, 1 Bath, from R769,000 to R850,000
- * 3 Bed, 2 Bath, single garage house R2,100,000
- * 3 Bed, 2 Bath, Double garage house R3,050,000
- * 2 Bed, 2 Bath, Double garage house R2,500,000
- * 2 Bed, 1 Bath, single garage house R2,200,000



Units To Let

- * 1 Bed apartments from R6000.00 pm

Rickie Pretorius | 061 527 7625

rickie@csirentals.co.za

CSi Sales
Rentals
Property Management
Trustworthy Property Solutions

CSI Head Office (011)8056316
www.csi-euf.co.za