

# The Olive Branch

Reaching out to everyone

March 2019  
Issue 3/2019

## Love is in the Air | Valentines Dinner

by Margaret Cochrane

The guests were welcomed in with a refreshing strawberry drink. The tables were beautifully decorated in red and white.



After the speeches, the staff initiated the dancing, starting with 'line dancing'.

Music was arranged by the staff which consisted of a 2-man band. The last revellers left at about 10 p.m. All in all the most enjoyable evening and a special 'shout out' to Anell and team.



So heartening to see such a large turnout with some of our directors present.

The starter and main course were plated, and the dessert was buffet style.



Anell with the chocolate fountain that was present for the evening



## Profile on Sister Felicity Wilson

I am an energetic and positive woman of God, who enjoys meaningful work, exercising, walking, reading and spending time with family and God.

ny gave me knowledge in the cardio-vascular, central nervous system, antibiotic and pain arena. I returned to geriatric working in management for a company caring for the elderly in their homes.

My family moved from place to place, so I grew up in KZN, Eastern Cape and Gauteng and I matriculated at the Convent in Potchefstroom. My dream was to live in Cape Town so I did my general, midwifery and psychiatric nursing training there.

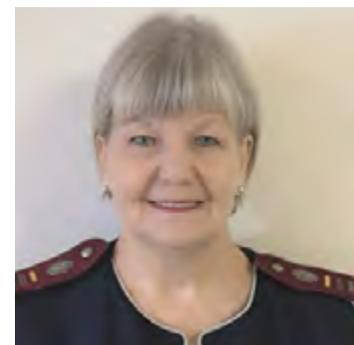
Thankfully, I was introduced to Unique Health at Evergreen Retirement Estate that led to this opportunity at Olivedale Retirement Village. It is a privilege to be the Village Sister here and I will do my best with God's help, to be an asset and a valued team member.

I then followed my husband to Johannesburg where I completed Community Health training. Psychogeriatrics was always my passion. In Johannesburg, I was blessed with a beautiful daughter, Haley. I diverged into the business world and completed a business management diploma and a B.Ed. with honours in Adult Education.

A 15 year stint with a multinational pharmaceutical compa-



The servers were all decked out in red and were very friendly and efficient. After the repast, Jeremy Dennehy thanked Anell and her staff for the tremendous effort they made to make the evening so enjoyable. He then initiated a collection as a gratuity for the staff.



# Editorial

March - beginning of the new Tax Year !

Wouldn't it be nice if the Tax-Man would just let us retire from paying tax as well as retiring from work. Mind you - I think some of us are busier as pensioners than we were when working as full time employees in pre-retirement days.

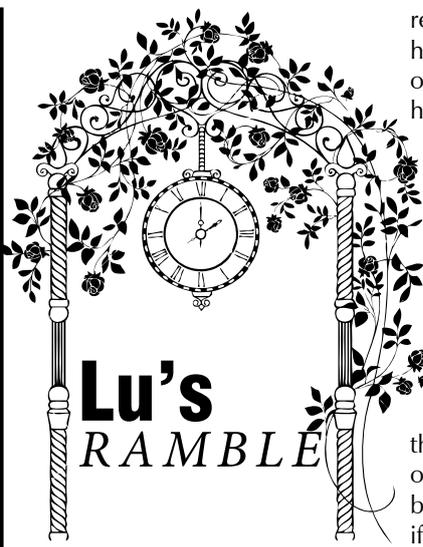
We have a full and varied newspaper for you this month with some good and interesting articles in the mix and ending up with a letter from our newest director.

We start with the Valentine's Day front page where fun was had by all and sundry while some exuberant exercise resulted in one of our own clocking up his 100th Park run - well done Philip. Jim keeps us abreast of the latest happenings as regards the changes being carried out in and around the attenuation dams. This has been dragging on but the end result will, I think, be worth the long wait.

We have a couple of hearing related articles in line with the Audiologist talk which was skipped in October at the last microsecond and has been rescheduled again this month. We are also reminded of the many reasons why we as senior Citizens need to exercise.

Do you like Turkish Delight? I must admit to being a huge fan thereof and am pleased that a simple recipe is included for you to be able to make your own.

Denise Reynolds gives us an updated tongue-in-the-cheek version of an old favourite fairy tale and we take a peek back into history to find out many of the happenings of the past in March. 'til next time, Chris.



It's March and Winter is hiding around the corner ready to pounce. We have been very fortunate to have had some good rains the last couple of months. Please remember though that Level 1 water restrictions are still firmly in place. We may have had good rain, but the catchment area of the Vaal has been hit by one of the worst droughts in years, so severe that the government has set aside special funds to aid farmers whose very livelihood has been threatened. The Vaal Dam is shrinking at an alarming rate, and we all need to do our bit as the dry Winter months approach.

Have you noticed the swallows swooping around the village? We are fortunate to have a few who look intent on building a nest above our back door. When I go out into the courtyard, they sit on the gutter and chirp at me. I chirp back - who knows what we are saying to each other.

I remember a former boss of mine who grew up in Italy. He

regaled us with stories of how his whole village used to gather on the beaches to rescue the exhausted swallows who just flew short of the dry sand. They rolled up their trouser legs and sleeves and waded into the surf to save as many as they could. When I hear stories like this, I know there is still hope for humanity. Our little fork-tailed friends are gathering to make the perilous journey up Africa and across the Mediterranean sea. We can only hope they make it and will be back next Spring, and that if exhaustion overtakes them, there is someone kind enough to come to their rescue.

Hope you enjoy their joyous, swooping flight as much as I do. Until we chat again, take care and smile, Lu.

## Letter from our new director

Hi All,  
My sincere thanks to the Board for co-opting me in the place of an elected Director who had resigned. Also, my gracious thanks to Linde McLaren for giving me her portfolio of Infrastructure, where I will be using my background to represent the best interests of all residents and owners on the Board. While I reside in the houses, I will make every effort to fully represent any issues which arise in the Apartments. Please let me know about any problems of an infrastructure nature that you may have.  
Best wishes, Neal Westgate

## My Village Project

Those of you who shop at Woolies are no doubt aware that there is an option to support your Schools and Villages whenever you use your Rewards Card. We have registered the Village at Woolworths for the My Village Project.

Please would you sign up for the My Villages option as Woolworths will donate funds to ORV every time you swipe your card. These funds will be used for the benefit of all the village residents and best of all, it costs you NOTHING.



*The requisite forms can be obtained from reception and returned there after completion. They can also be obtained from any Woolworths store.*

## Turkish Delight

### Ingredients

- 2 cups sugar
- 2 Tbsp cornflour
- 1 1/4 cup water
- 1 Tbsp gelatine
- 2 Tbsp lemon juice OR
- 1/2 tsp rose water
- icing sugar for rolling blocks

1. Soak the gelatine in 1/4 cup cold water.
2. Combine the sugar and cornflour and add 1 cup water. Stir over slow heat until the sugar has dissolved.

3. Boil for 5 minutes and add the lemon juice.
4. Remove from heat and add the soaked gelatine. Stir until dissolved.
5. Pour the mixture into a buttered pan.
6. When firm, cut into squares and roll each block in icing sugar.

*N.B. If rose water is used instead of lemon juice, colour the mixture a delicate pink with red cochineal before pouring it into the pan.*



# Our Parkrun Hero

By Di Main

Philip Salzwedel is one of our ORV Residents.

Philip completed his 100th Parkrun at Golden Harvest Park on Saturday the 2nd February. Although Philip didn't mind having 688 runners ahead of him, he was happy that there were still 442 behind him.

He told me how pleased he was that out of 1131 participants, he came first in the Octogenarian Category, his time for the 5 km course being 49 minutes and 23 seconds.

Philip's family are very proud of his achievement as the terrain was hilly and considered to be one of the most difficult in South Africa.

Philip, who is almost 83 years of age, also expressed his delight at his achievement.

He has extended an invitation to anyone interested in joining the Parkrun group to contact him at Unit 56. All are very welcome. Parkrun takes place every Saturday morning @ 8 am.

Well done Philip, you are a Star!!



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## All welcome – Audiology – at last

by Kay McCrindle

Many ORV residents will remember sitting and waiting on 8 October 2018 for an audiologist to arrive to give her talk. Belatedly we learned that she was in hospital due to an emergency. (No, we never learned if mother and baby are OK).

That day we all enjoyed Hettie's goodies and put our names on a paper for a future speaker on audiology.

Another speaker is booked for 11 March 2019 at 15:00 in the Service Centre Hall. The speaker's name is Sashni Mun-

nisunker, an audiologist from the Four Ways area. U3A members may have heard Sashni's presentation last year. Those of us who heard her were very impressed with her clear and interesting presentation: Hearing – How it works and Hearing Problems – treatment options.

The sponsoring Committee, Health and Well Being, has kept the list of those present on the 8th of October. These residents will have free admission and coffee/tea for the 11 March talk. All others will be asked for the usual R10.00 for admission as well as coffee/tea.

## Let's Party

by Margaret Cochrane

Friday night, 8 February saw the dining room filled with music and laughter. The "Let's Party" functions are totally free of charge with the party goers supplying their own eats and drinks. Music is supplied by Lionel Smith. These get-togethers are fairly frequent and always advertised up at the centre. Keep an eye open for the next one. Join in and dance the night away.



# March in History

**March 4, 1681**

- King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.



**March 5, 1946**

- The "Iron Curtain" speech was delivered by Winston Churchill at Westminster College in Fulton, Missouri. Churchill used the term to describe the boundary in Europe between free countries of the West and nations of Eastern Europe under Soviet Russia's control.



**March 6, 1496**

- Renaissance genius Michelangelo (1475-1564) was born in Caprese, Italy. He was a painter, sculptor, architect, poet and visionary best known for his fresco on the ceiling of the Sistine Chapel and his sculptures David and The Pieta.



**March 9, 1492** - Italian explorer Amerigo Vespucci (1451-1512) was born in Florence, Italy. He explored South America and the Amazon River, believing he had discovered a new continent. In 1492, a German map maker first referred to the lands discovered in the New World as America.

**March 10, 1880** - The Salvation Army was founded in the United States. The social service organization was first founded in England by William Booth and operates today in 90 countries.



**March 11, 1946**

- British prime minister and statesman Harold Wilson (1916-1995) was born in Huddersfield, Yorkshire. As a young boy he once posed for a photo in front of 10 Downing Street, the residence he occupied 40 years later as head of the Labour government.

**March 14, 1879**

- Albert Einstein (1879-1955) was born in Ulm, Germany. His theory of relativity led to new ways of thinking about time, space, matter and energy. He received a Nobel Prize in 1921 and emigrated to the U.S. in 1933 where he was an outspoken critic of Nazi Germany. Believing the Nazis might develop an atomic bomb, he warned President Roosevelt and urged the development of the U.S. Atomic bomb.



**March 15, 44**

**B.C.** (the Ides of March) - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and asked "Et tu, Brute?" (You too, Brutus?) Caesar then gave up the struggle and was stabbed to death.

**March 24, 1989** - One of the largest oil spills in U.S. history occurred as the oil tanker Exxon Valdez ran aground in Prince William Sound off Alaska, resulting in 11 million gallons of oil leaking into the natural habitat over a stretch of 45 miles.

**March 24, 1874**

- Harry Houdini (1874-1926) was born (as Erik Weisz) in Budapest, Hungary. He came to the U.S. with his family as an infant and lived in New York City. He began as a Coney Island magician, then became a world famous escape artist, known for escaping from chains, handcuffs, straightjackets, locked boxes and milk cans filled with water. He died on Halloween 1926 from a burst appendix and was buried in Queens, NY.



**March 26, 1968** - Soviet Cosmonaut Serge Krikalev returned to a new country (Russia) after spending 313 days on

board the Mir Space Station. During his stay in space, the Soviet Union (USSR) collapsed and became the Commonwealth of Independent States.

**March 27, 1977** - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

**March 30, 1981** - Newly elected President Ronald Reagan was shot in the chest while walking toward his limousine in Washington, D.C., following a speech inside a hotel. The president was then rushed into surgery to remove a 22-caliber bullet from his left lung. "I should have ducked," Reagan joked. Three others were also hit including Reagan's Press Secretary, James Brady, who was shot in the forehead but survived. The president soon recovered from the surgery and returned to his duties.

**March 30, 1853**

- Vincent Van Gogh (1853-1890) was born in Groot Zundert, Holland. He was a Postimpressionist painter, generally considered the greatest Dutch painter after Rembrandt. During his short (10-year) painting career he produced over 800 oil paintings and 700 drawings, but sold only one during his lifetime. In 1987, the sale of his painting *Irises* brought \$53.9 million, the highest price ever paid for a work of art up to that time. During his life, Van Gogh suffered from despair and bouts of mental illness, at one point cutting off part of his own left ear. He committed suicide in 1890 by gunshot.



**March 31, 1685** - Organist and composer Johann Sebastian Bach (1685-1750) was born in Eisenach, Germany. His output included thousands of compositions, many used in churches. Among his best known works; The Brandenburg Concertos for orchestra, The Well-Tempered Clavier for keyboard, the St. John and St. Matthew passions, and the Mass in B Minor.



## When Silence is gone



### The IMPACT of Tinnitus

Almost everyone can remember hearing a ringing or buzzing sound in their ears when they have a head cold or flu symptoms. For 10% to 15% of the population, this ringing sensation, or tinnitus, is a permanent part of their everyday life and can cause anxiety, stress and depression if not treated. The severity of the tinnitus varies from person to person and it can get so severe that many people who experience it feel the need to seek medical advice.

### Exactly what is tinnitus ?

The word tinnitus is Latin for "ring like a bell." It is a condition where a person hears sounds in the head, in one or in both ears. The sounds generated from tinnitus vary in intensity from person to person and are often described as a roaring, whooshing, ringing, whistling, clicking and/or chirping sound.

### What causes tinnitus ?

Tinnitus is not a mental or emotional problem, but rather a neurological condition caused by an underlying medical disorder. Lack of sleep, stress, anxiety and depression can worsen the effects of tinnitus. The most common cause of tinnitus is hearing loss brought on by normal aging, ear infections, middle ear conditions, ear wax blockage, noise exposure or ototoxic\* medications. Other medical conditions such as head or neck injuries, high blood pressure and cholesterol can also contribute to tinnitus.

### Who can help ?

The first step in determining the underlying cause of your tinnitus, is to consult with your Audiologist. Your Audiologist will take an in-depth case history and perform a diagnostic

*Continued on next page*

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hearing evaluation to investigate the root cause of your tinnitus and recommend the best plan of action to address it.

### Is there a cure for tinnitus ?

Although there is no magic pill that will take tinnitus away, it can be effectively managed. The most effective way of managing tinnitus is by wearing

hearing aid devices to help you focus more on external sounds, than on the internal noise in your ears. Even tinnitus sufferers with normal hearing benefit from the use of hearing aid instruments. Research has shown that sound therapy and relaxation techniques also help to control tinnitus. Many hearing aids available on the market make use of this by of-

fering sound therapy features, such as GN Resound's Tinnitus Sound Generator™ and Sonic's Tinnitus Sound Support™. Sound therapy cellphone applications such as the Resound Relief™ App are available to download at no charge from your Google Play Store™ and Apple iStore™. Sounds from this App can be streamed directly via Bluetooth™ to your

hearing instruments or you can easily listen to the sounds with your earphones or over your phone's speaker.

To find out more about tinnitus and how to manage it, you are welcome to contact your audiologists. They are always happy to help!

\* Ototoxic literally means "toxic to the ear".

## The Story of Rindasella

*Time for a giggle by Denise Reynolds.... Number 377*

Rindasella was a poor badly treated young maiden who lived with her three ugly blisters. They were mean and greedy and treated Rindasella as a servant.

One day the King's messenger came to proclaim that there would be a ball at Brewery Castle. The King wanted his son the Prince, who had once been a little green frog sitting on a leaf in a lily pond, to find a wife, a Royal Princess. The three ugly blisters, Esmeralda, Gertrude and Jemima, decided that they needed beautiful ball gowns.

Rindasella knew she could not afford a gown like her ugly blisters and would not be able to attend the ball. The three ugly blisters did their shopping, but somehow still resembled three dirty laundry baskets in urgent need of attention.

Rindasella stood weeping and sweeping the kitchen floor with a broom, Brucilla, the Wicked Witch of the West had forgotten. "Oh woe is me" she cried. Suddenly, her Hairy Blob Mother appeared with her magic stick. "Oh Hairy Blob Mother, just look at me! "Rindasella, you are going to the ball". With a flurry she transformed her into a beautiful girl in a ball gown and glass slippers fit for a Queen. "Oh Hairy Blob Mother how do I get to the Ball"?

"My dear leave it to me". All the limo's had been rented out for the evening. However, the three little pigs Porky, Snorky and Dorky offered their services to drive. So with a Jiggley

Sniggley Dum Dee dee, there appeared the most beautiful golden carriage, which had once been a dried out old cauliflower, now hitched to three white Stallions.

"Who will drive the coach enquired Rindasella. With that a passing Hedge hog was turned into a red coated, whip carrying Coachman and off they all raced to Brewery Castle. How beautiful everything looked. The lights, the enormous ball room, an Orchestra playing a famous Waltz. All eyes turned to look at Rindasella. The three ugly blisters nearly fainted with jealousy as they knew they did not stand a hope in Hades.

The Prince went straight to Rindasella's side and they danced the night away. The three ugly blisters, were so sad as the more they tried to attract the Prince's attention, the more entranced he became with Rindasella. She remembered that her Hairy Blob Mother had warned her to be home by midnight or all would return to its previous state. She would then have to hitch a ride in a Huber, somewhere along Maledongwe road.

Time passed too quickly and it was soon time to leave. Rindasella thanked the Prince for a most memorable evening and dashed off into the night just as the clock started to chime. As she ran, one of her glass slippers fell off. I must get home. The Coachman cracked his whip and they were almost home when the transformation started taking place. The beautiful carriage withered into the dried out old cauliflower...

The Hairy Blob Mother had wanted to use the three blind

mice, Crack, Snappel and Snip to pull the carriage, but they were on their own trip, as Dagga had been legalized in South Africa and would be a danger to others on the highways. The three little pigs, Porky, Dorky and Snorky raced as they remembered they had to get to their house made of khaki bos as Alfredo the wolf would have already left little Red Hooding Ride's grandmother's house and would be waiting to huff and puff. Rindasella's ball gown started to disintegrate. She knew her three ugly blisters, would soon be home, but it was a night she would never forget.

The three ugly blisters were so upset after their disastrous evening, that their lips dragged along the pathway like disgruntled snails who just had lost their doppies. Now the Prince knew he had to scour the land before it was distributed without compensation and find the mysterious stranger who had stolen his heart. All he had was her glass slipper. It was a size 3 and few would be able to wear it. He did not even know her name. He would have his Courtiers scour the land, seeking her high and low, hither and thither.

Now the search began, with every ingrown toe nail, bunion or calloused foot trying to fit into the glass slipper. Days passed without success. The Prince decided they should try other Counties like Ventersdorp, Delareyville and finally in Tweebufelsmeteenskootmorsdoodgeskietfontein. Finally they arrived at the hovel. The three ugly blisters were waving frantically to attract the coachmen's attention. They rushed out fighting each other to get to the Prince. They pushed and groaned but their size 9 feet would not fit into the glass slipper. The Prince asked if there were any other maid-

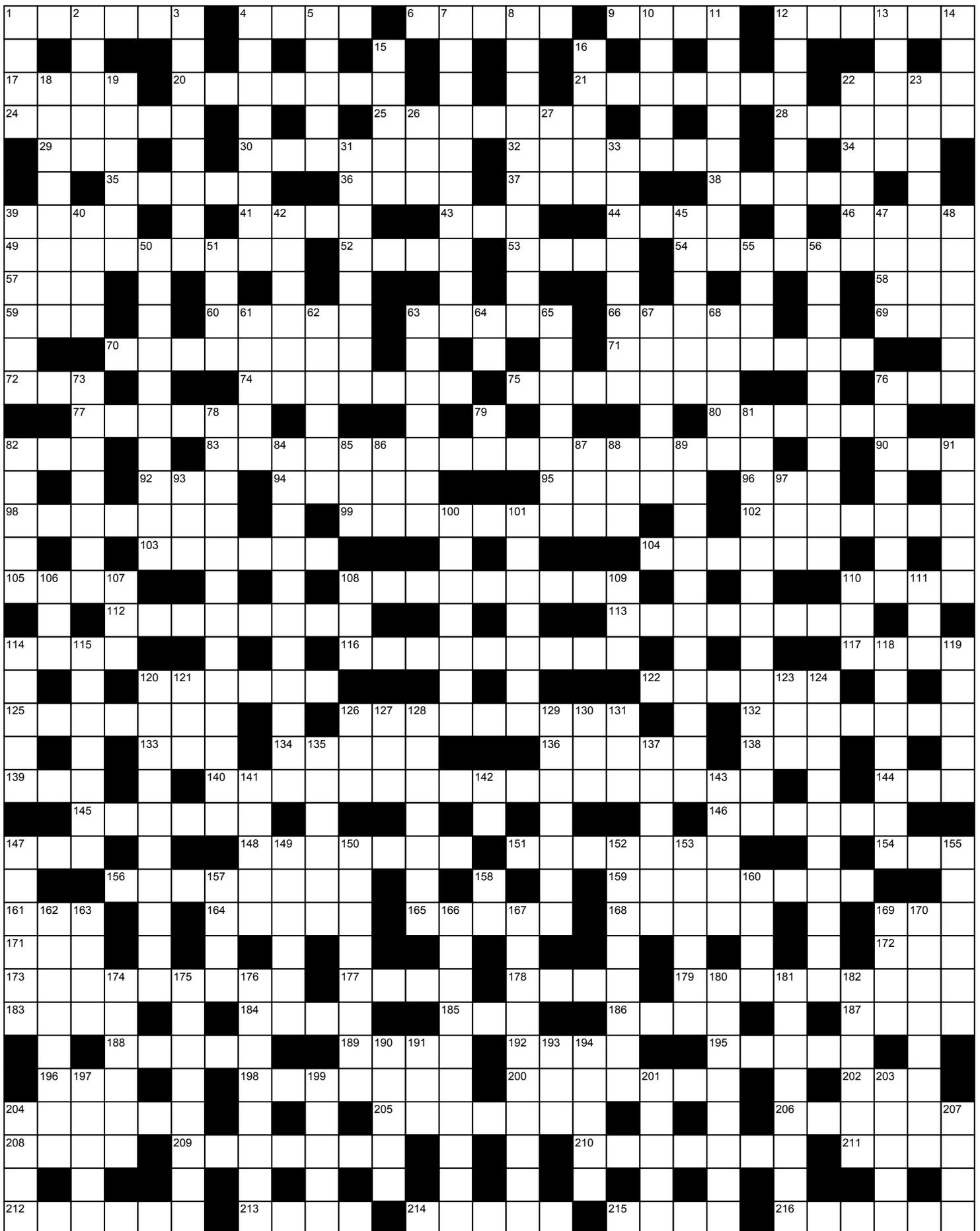
ens in the hovel. Just then he heard Rindasella singing. Who is that he asked? "That is no one" screeched the three ugly sisters in unison. "Call her" demanded the Prince, so their mother summoned Rindasella. "She is but a poor servant girl" screeched mother Augusta and not worthy of Your Highness. "I will decide that" said the Prince.

The Prince saw how ragged was Rindasella's dress, but he knew that this was his Princess. The Prince slipped the glass slipper onto her foot. How delighted he was and he drove her away in his beautiful carriage. A fantastic wedding ceremony was planned. The three ugly blisters and their Mother were all sent to work in a galley on one of the Columbus fleet. The Pinta Maria or the Santa Rama. The three blind mice went into rehab, where they met some of the Moppets.

The three little pigs, established a bacon factory on the promenade. On opening day, the big pink ribbon was cut by Miss Piggles, the famous Gollywood movie star, who was accompanied by Hermit the frog who prayed that someday, a beautiful Princess would also come and kiss him.

The Airy Blob Mother retired to the Caribbean, accompanied by a very handsome tattooed young man. They were last seen driving along Sunset Boulevard in a Karmon Gea sports, on their way to Copacabana for Pinacoladas.

As fairy tales go, the good lived happily ever after. The bad got their just desserts and I don't know what happened to the ugly... But then that's another story. THE END



**ACROSS**

- 1 Got closer
- 4 Make small talk
- 6 Operatic bass
- 9 Bunsen burner
- 12 Boomingly
- 17 Soap Opera
- 20 Ancient time piece

- 21 Cursed
- 22 Winged
- 24 Volume
- 25 Heeds
- 28 Chess piece
- 29 Bacon-lettuce-tomato sandwich
- 30 Obvious

- 32 Gyrated
- 34 Movie 2001's talking computer
- 35 Expression
- 36 Edge
- 37 Switch
- 38 Hick
- 39 Hirer

- 41 President (abbr.)
- 43 Time period
- 44 Design
- 46 Branch of learning
- 49 Straight line always approaching but never meeting a curve (math)
- 52 Baby bears

- 53 Russia
- 54 Removed water
- 57 Zero
- 58 Males
- 59 Thai
- 60 Netherlands' capital
- 63 Trousers
- 66 Propel with oars

69 Touch an animal  
 70 Cruel  
 71 Rustic  
 72 Untalkative  
 74 Substitute  
 75 Baby sows  
 76 Earnings  
 77 Dustbin  
 80 Egg holiday  
 82 Type of coat  
 83 Guard dogs (2 wds.)  
 90 Goddess  
 92 Ewe's mate  
 94 Unfitting  
 95 Jump about  
 96 Clock time  
 98 Dry red wine from Tuscany  
 99 Rare occurrences  
 102 Hard rubber  
 103 Anile  
 104 Worshiper  
 105 Thin  
 108 German philosopher  
 110 Young Women's Christian Association  
 112 Coast  
 113 Trade  
 114 Obstacle  
 116 Tech  
 117 Asian country  
 120 Article of furniture  
 122 Cultural  
 125 Public image  
 126 Root bark tea  
 132 Expected  
 133 Extort  
 134 Put a rope through a hole  
 136 Philippine dish with marinated chicken or pork  
 138 \_\_\_ fire  
 139 Talk  
 140 Major's superior (2 wds.)  
 144 Big Apple (abbr.)  
 145 Followed  
 146 Opposite of credits  
 147 Communication Workers of America (abr.)  
 148 Manage  
 151 Troche  
 154 Extension (abbr.)  
 156 Basic  
 159 Truck driver  
 161 Move away  
 164 Forte  
 165 Produce eggs  
 168 Wigwam  
 169 Roberto's yes  
 171 Every  
 172 Censor  
 173 Sidled (3 wds.)  
 177 Look  
 178 Towards  
 179 Tedious  
 183 Carbonated drink  
 184 Opposed  
 185 Whelp  
 186 Supplication  
 187 Refuse

188 Blot (2 wds.)  
 189 North Atlantic Treaty Organization  
 192 Partial  
 195 River  
 196 Roman three  
 198 \_\_\_ Macarthur  
 200 Gave a present  
 202 Fire remains  
 204 Troller  
 205 Foes  
 206 Chilli brand  
 208 Opp. of pretty  
 209 Cone-bearing tree  
 210 Barred (2 wds.)  
 211 Not front or back  
 212 Give a benediction to  
 213 Food  
 214 Greek 'A'  
 215 Tone \_\_\_ -  
 216 Barter

**DOWN**

1 Space ship builders  
 2 Binary star  
 3 Zone  
 4 Scorn  
 5 Defense  
 7 Loss of sensation  
 8 Gymnastics move  
 10 Implicit  
 11 Heavy aircraft that requires aerodynamics  
 12 Unsupervised child  
 13 Airline  
 14 Past  
 15 Ethan that led the Green Mountain Boys  
 16 Italian food

18 Nectar  
 19 Daydream  
 22 Precision cut stone  
 23 Person to whom things are given  
 26 Incorporated (abbr.)  
 27 This time  
 31 Prudent  
 33 Notification  
 39 Small domestic bird  
 40 Monetary unit  
 42 80's U.S. president  
 45 Pull apart  
 47 Incline  
 48 Watchman  
 50 American antelope (plr.)  
 51 Tropical island  
 55 Retain  
 56 Ravager  
 61 Protein part, with 'acid'  
 62 Invisible  
 63 Calm  
 64 Albuquerque locale  
 65 Math & \_\_\_  
 67 Nativity scene  
 68 Cutting beam  
 73 Alcoholic drink  
 76 Foretaste  
 78 Governable  
 79 Horsepower (abbr.)  
 81 Solvable  
 82 What a scientist searches for  
 84 Richer then a millionaire  
 85 Type of music  
 86 Car speed  
 87 \_\_\_ Francisco

88 Certified public accountant  
 89 Destruction  
 91 Cat food brand  
 93 Dined  
 97 Compass point  
 100 Marks a tally  
 101 Large guard dog  
 106 Licensed practical nurse  
 107 Chinese flavoring  
 108 Pay  
 109 Elver  
 110 Affirmation  
 111 Central Intelligence Agency  
 114 Dripping  
 115 Sayings by Christ not found in the Gospels  
 118 Vivid  
 119 Doctor  
 120 Vague condition  
 121 Spanish "one"  
 123 The other half of Jima  
 124 Support bracket  
 126 Pose  
 127 Street abbr.  
 128 Dispatchers  
 129 Masked woods mammal  
 130 Flurry  
 131 Sun's name  
 135 City in W. Oregon  
 137 Island in Malay Archipelago  
 141 Heathen gods  
 142 Not applicable  
 143 Water retention  
 147 Whipped dairy foods

149 Foresight  
 150 Keying in again  
 152 West African nation  
 153 Flock of geese  
 155 Teeny  
 157 American Association of Retired Persons (abbr.)  
 158 Sun god  
 160 Prig  
 162 Blossoming  
 163 Boulevard (abbr.)  
 166 Purposive  
 167 Sewing stitch  
 169 Double-reed instrument  
 170 Sent off  
 174 Without difficulty  
 175 Boxing punch  
 176 Dance type (2 wds.)  
 180 Nocturnal S African dog  
 181 Adjusted to a situation  
 182 Utopian ideas  
 190 Warn  
 191 Summer skin color  
 193 Before, poetically  
 194 Littered  
 197 Eskimo home  
 199 Out of shape  
 201 Peace  
 203 Move stealthily  
 204 Nimbus  
 207 365 days

**Solution on  
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# Attenuation Dams Reconstruction

by Jim Taylor

The earthworks on the dam walls have now been completed. The outer walls to dams 1-5 adjacent to the North Eastern security fence have been lowered and widened substantially.

Stairways joining the different dam levels are now being constructed with concrete foundations and brickwork. The recent rains have hampered the concrete work and delayed the process but with

drier days forecasted the work will hopefully now proceed more rapidly.

The Garden Committee has completed the gardens along the walls of dams 1, 2 and 3. Dam 4 is too shallow and has been re-grassed.

The final garden planned is in the North Eastern corner section between dams 4 and 5 and can only be undertaken once the stairs between the dam levels have been

constructed. The first stairway from dam 2 to dam 3 is complete and work is in progress on the stairs between dam 3 and dam 4 levels. Foundations are currently being thrown between levels 4 and 5.

The final set of stairs from the walls of dam 5 to the riverside of Unit 168 has been earth bedded. This will lead up to the magnificent riverside walk adjacent to units 168 onwards.



## Heartfelt Thanks



The Garden Committee wish to thank Andrei Esterhuizen, our Printer, for the large donation of exquisite plants that will all be used to stabilize the banks of the re-established attenuation dams. Every one of them will be used and nurtured. Thank you Andrei

Jim Taylor overseeing the planting



## Keeping Dry

Photo by Doreen Dennehy

These Hoopoes are smarter than they look.

With the steady downpour we have been experiencing over the last day or so, these little fellows discovered a way to keep out of the weather by hanging onto the wall just under the eaves at the end of one of the ORV houses. Who says it's only humans that are smart enough to get out of the rain.




Your Garden Committee have been hard at work potting and growing a range of plants and trees to be sold to the village residents at a very nominal fee.

All proceeds will be used to beautify our common area gardens throughout the village. The Sale will be held on the morning of the 15th of March at the braai area of the service centre.

We hope to see all you avid gardeners there in support of your garden committee. Watch out for follow-up notices.



# TAXI USERS PLEASE NOTE THESE PROCEDURES

Submitted by Bob Bromfield

**Precautions:** For your own safety, when using a taxi service, please have the boot of the vehicle opened and checked to ensure that no one is being concealed there. Fidelity guards have instructions to check the boots of all taxis entering the Village.

Remember – No taxi will be allowed through the gate if the driver cannot supply your name and unit number.

**Collection and Drop Off points:** Residents have the option, should they choose,

to meet the taxi outside the main gate. Security must be informed accordingly. In this instance you should check the boot yourself.

For residents in the apartments, the entrance at Reception will be the standard collection and drop off point. However for convenience sake you may prefer to use the entrance to Cederberg or Winterberg. Security must be given clear instructions when this is required. Please note that neither the taxi driver nor Security is obliged to assist with luggage to your apartment.

For residents in houses, the collection and drop off will be at the resident's house.

**Requesting a taxi:** If a relative of yours is requesting a taxi on your behalf, please ensure that they are aware of and follow these procedures.

During office hours it is preferable to book all taxis through reception (010 596 5500) as they are familiar with the procedure. Make sure they have the correct details of your requirements and pickup point. When you call for a taxi yourself please do not simply give 34 Lima Street as the

pickup address – the driver expects this to be a normal house. You must specify your unit number and name. Call Security and advise them of your details and the expected arrival time of the taxi. Advise them of your collection point. Ensure you are at your pickup point at the arranged time for collection.

Remember to take your remote access should you be returning at night after the gates have closed. When you return at night, you must press your access remote (Red button) which will register in the Guard House to identify yourself with the guards.

## A Special Garden Bench

Images: Di Main

Your Garden Committee have sponsored a bench in dedication to four wonderful men who tirelessly gave of themselves to our ORV community. They are Jannie Faber, John Main, Sidney Roodt and Ian Young.

The bench is situated on the Northern boundary with vistas of rolling lawns and looking out onto a forest of beautiful trees. It is found on the route where many take a stroll, and walk their furry companions. Please feel free to sit yourself down and absorb the peace and tranquillity of the area.



Christine Roodt relaxes on the new bench.



# ABANTU MAINTENANCE

Tel: 011 044 4345

Cell: 082 554 5678



### PLUMBING

- BURST PIPES
- NO HOT WATER
- VALVES
- WATER MAINS
- BLOCK DRAINS
- ALL BATHROOMS & KITCHENS

### ALTERATIONS & RENOVATIONS

- CEILINGS
- PAINTING
- GUTTERS
- TILING
- BUILDING
- ROLLER SUTTER DOORS



### STEELWORK & SECURITY

- BURGLAR PROOFING
- SECURITY GATES
- PALLISADES
- CARPORTS
- CAR WHEEL CLAMPS
- LOCKING SYSTEMS
- ELECTRIC FENCE &
- CAMERAS
- GARAGE DOORS & MOTORS

### ELECTRICAL

- LIGHTNING REPAIRS
- EARTH LEAKAGES
- NO POWER
- GATE MOTORS
- POOL MOTORS
- COMPLIANT CERTIFICATES
- GARDEN & WALL LIGHTS
- ALL ELECTRICAL
- INDUSTRIAL & COMMERCIAL



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

<b>Cleaning of 1 or 2 Rooms</b>	<b>R300.00</b>
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 Cell: 072.027.7788  
 Assisting: Revd. Andrew Payne  
 Assistant: Revd. Errol van der Merwe  
 Email: [tslade@mweb.co.za](mailto:tslade@mweb.co.za)  
[www.sladeweddings.co.za](http://www.sladeweddings.co.za)  
[www.stjohndivineovc.co.za](http://www.stjohndivineovc.co.za)

Revd. Trevor Slade  
 Cell: 083.391.1215  
 Cell: 082.854.4489  
 Cell: 072.191.3502  
 Office in North Riding

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 meeting room.**

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



*First Avenue, Northgate.*

Golden Harvest Park is situated just behind the Northgate Coca Cola Dome. The park is beautiful, a space in which people enjoy walking their dogs and a great place to spot birds, such as the Ovambo sparrow hawk, one of several types of sparrow hawk believed to be breeding in the park. The park is large – some 55 hectares – and includes some great walks, as well as the opportunity to fish and stroll around the main dam where, at the very least, you will come across a series of geese who regard you as an unwanted visitor to their space. The park has been here since the 70's, a

wise move by the local municipality at the time, who realised that this part of Johannesburg would mushroom the way that it has, and so acted to provide a green space for locals. It is filled with largely untouched indigenous bushveld. As with all parks and green spaces in the city, you should always walk in large groups, even if the park is fenced along the perimeter and there is a guard at the gate. Remember to take along a local field identification guidebook so that you can explore the grasses, trees and bird life. There is also a little koppie at which there are the remains of an ancient iron smelting works.

# 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 Reception for the Editor's attention.

## Articles for Submission

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.

## Compliments/Complaints/Suggestions

A reminder to all residents that cards are available to complete and place in the box at reception. ALL complaints will be escalated to the parties concerned. 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.

## Anyone for Chess?

We would like to start a chess group. Interested chess players please contact Tom Addison on Ext 5091 or on 082 735 2265.

## Advertising Costs

Here is a schedule of advertising costs for the Olive Branch - cost is per issue.

Full Page	R800
Half Page	R400
Quarter Page	R200
Strips	R100

## Happy Birthday!

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



Remember - 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 March Babies. *The Communications Team.* Cutting the February Birthday Cake

## Village Diary

### Monday 11 March.

The Health and Well-being Committee is sponsoring a speaker on Audiology at 15:00 in the Service Centre Hall. Sashni Munnisumker. All welcome. R10 admission and coffee and tea will be served.

### Social Club Activities.

#### Monday 18 March.

Birthday Tea Party for all March birthday hares and bunnies at 3 p.m. in the Dining Room.

## Goods & Services

### Professional Embroidering

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

### Delicious Home Bakes

From mouth-watering eclairs 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

### Leather Craft

Beautiful genuine hand-crafted leather belts and other personal goods made to order. Repairs and resizing also available. Contact Eric Brown Unit 421 Tel 5233.

### Photo Service

ID, Passport & Driver's Licence Contact number: 5363 or 0710908432. Price : R40 for 8 pictures at unit 555 Monica

### For Sale

Brand new filled 9Kg gas cylinder. Contact Elizabeth on 5428.

## Editorial Contacts

### Editorial Committee

Editor

Chris Penberthy

Lu Penberthy

Di Main

Elizabeth Sole

Advertising

Nicole Mulder

Board Rep

Linde McLaren

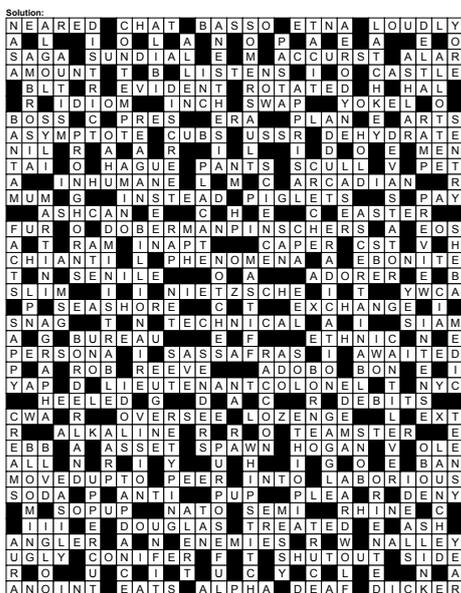
Village Management Rep

Tertia Poole

### 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 Home Owners Association.

## SOLUTION:



## Special Appeal.

Once again we are reaching out to our fellow villagers and appealing to your generosity. March already and our warm summer months have drawn to an end.



The craft ladies are frantically knitting jerseys, blankets, scarves and beanies to keep little bodies warm in Winter.

We feel if we can just make the biting cold months easier for one child at a time, we are making a difference. We are appealing for any wool or donations to purchase wool and we'll do the rest.

If you can help in any way, kindly contact Norma on 5107 or drop your donation off on any Thursday in the dining room after 02:00 p.m.

# OLIVEDALE RETIREMENT VILLAGE RANDBURG, JOHANNESBURG



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