

The Olive Branch

Reaching out to everyone

July 2022
Issue 6/2022

ALZHEIMER'S SOUTH AFRICA: FACING THE CHALLENGE OF DEMENTIA

"I recently had a worrying experience when I couldn't find my way home, or my car in the car park."

This is a common concern raised daily with Alzheimer's SA Gauteng Region. Perhaps it IS "normal" forgetfulness, but it can also be critical realization that you can no longer function with confidence in your daily life.

Dementia can effect 1 out of 10 people in SA from the age of 65.

FACT—Dementia can affect anyone, even you. The person living with dementia and the families are affected on personal, financial and social levels. It also effects society and has already been established as one of the major challenges of this century.

NOTE—Dementia is NOT a normal part of ageing.

WHAT IS DEMENTIA?

- Dementia is a disease of the brain which affects short term memory, language skills, visual perception, as well as the capability to focus, pay attention, reason and make decisions.
- Dementia is the umbrella term to describe the different TYPES of dementia.
- Different types of dementia include Alzheimer's dementia, Vascular dementia, Lewy Body dementia, Aids related dementia, Korsakoff syndrome and Fronto-temporal lobe dementia.
- Alzheimer's is the most common form of dementia, and the biggest cause of dementia in people over the age of 65.
- Causes of dementia: Protein build-up in the brain (Alzheimer's), insufficient blood flow to the brain (Vascular dementia), head injuries and alcohol (Korsakoff syndrome).

WARNING SIGNS.

- Short term memory loss
- Extreme mood swings, change in



Photo by Debby Hudson on Unsplash.com

mood for no reason such as being calm one moment and within minutes suddenly being scared or angry

- Impaired judgement/no logical thinking
- Strange behaviour, for example wearing underwear over top clothes
- Getting lost in familiar places
- Recognition of friends and family becomes difficult
- Recall memories of childhood, but unable to remember what happened now
- Paranoia – accusing other people of stealing things

DIAGNOSING DEMENTIA

Because it is a BRAIN DISEASE and must be seen as very serious, only specialists qualified in the field of dementia are able to do a proper diagnosis.

It can be:

- A Neurologist – specialised in diseases of the brain and nervous system.
- A Psychiatrist – specialised in disorders that affect mood or the way the mind works.
- A Geriatrician – specialised in the care of older adults and Alzheimer's disease.

Dementia is progressive and

degenerative, and it persists over time. There is no cure and it is irreversible. Eventually the patient will need full time care.

Carers cannot always keep up with the caring of a person living with dementia, especially if it is an elderly person who is the "main" carer.

Should you know someone showing the above symptoms, and it is a cause of concern, please contact Alzheimer's SA Gauteng. We support families, patients and deliver services so that everyone can understand the disease. We can join you on this journey and enable you to still enjoy quality of life – both as carer or patient.

IT IS NOT ALL NEGATIVE! ☐

Welma Geldenhuys

Contact Welma Geldenhuys

Cell No: 082 8214 862

Email: geldenw@gmail.com

Alzheimer's South Africa is an organization dedicated to providing support for families and individuals with Alzheimer's dementia and their carers. They can be found on the web at alzheimers.org.za.

It is a very useful resource on matters relating to Alzheimer's in South Africa.



From the Editor's desk

Dear Friends,

Welcome to our July winter newsletter. Hello from an extremely chilly me. As I sit in front of my heater typing this, I can't help but reflect on how cold this winter has been so far. This is mimicked by us soldiering through the broader social winter that is load shedding and its related hardships.

We have a quite a varied selection of articles for you this month. I am sure you will find them very interesting and enjoyable.

These last couple of months have been a hype of entertainment in our village thanks to our wonderful entertainment committee. There is a great line up for the coming months. See our up-and-coming events column.

I would really like to challenge us all to be kind and gentle to each other. We are all going through a lot. I would also like to challenge us to listen to each other more.

While we are all in the same storm, we are not all in the same boat and reaching out to those around us we can all be better, safer and more connected.

Remember to keep warm this winter.

Until next time,



Angie Moir

Please contribute to the Boeregemeenskap

This is an urgent request to all residents in the village.

There are many children with no food or warmth for the winter months.

PLEASE help in whatever way you can with non-perishable foodstuff, blankets, jerseys, and donations.

Contact Dafni Wright on 0824299027 Unit 460 and I will make sure your kindness is given to the Boeregemeenskap. However, please note I do not accept financial donations but will give the account of the Boeregemeenskap so that you can make a direct deposit.

PLEASE help these sweet innocent children.

Thank you for your help.

Boeregemeenskap is a registered charity. Their banking details are FNB account number 62577687381, branch code 250141 ,Florida. ☐

Dafni Wright



This article has been updated to include the banking details which were omitted from the print version. We regret the omission.

Another Appeal—Wool for the Knitting Group

They are sorely in need of wool for the making of blankets and beanies to the needy. Please help. This is another worthy cause in need of support. Please contact Norma Acutt at unit 358 x5107.

A Happy Wedding Anniversary



Above: Then



Above: Now

George and Yvonne Ralph (above) recently celebrated their 61st wedding anniversary.

Note: This colour version has corrections and amendments to the print edition.



SIM swapping

In view of the very good response we had to our front article on internet banking scams published in the May edition, I thought I would touch on briefly to the one scam that was mentioned but not elaborated: SIM swapping.

SIM swapping fraud increased three-fold in 2020 with the rise of COVID.

SIM swapping scams have been around for many years. This is how they work.

We all know that the SIM card is the key to your telephone account. What has happened when you have arisen in the morning and find your smartphone no longer connects to the cell network? One way this can happen is through SIM swapping.

A cybercriminal can persuade your cell phone service provider to create a new "replacement" SIM for your number. This is done principally through social engineering using details about you generally through phishing, where you give unwittingly the information to a person who says they are from the bank and want your details. (See the May scam article.) Further details about you can be culled from data breaches.

This means that the malicious person can access all your accounts on your phone, even one-time passwords (OTPs) sent by text message or email. Before you know it, your bank accounts have been cleared out.

There are ways to combat this.

Memorize your logon details and passwords. Do not write them down on pieces of paper. Make use of finger biometrics on your phone if you have a hard time remembering these. Do not use passwords that are guessable.

If you lose network connectivity on your phone, find out immediately from your cell phone company what has happened. If a SIM swap has been done, inform the fraud section of your bank immediately.

Never give your logon details and PINs to anyone. Banks take the position that if you have given someone else these details, then any illicit transaction done on that account was authorized by you and is to your account. □

James Halley

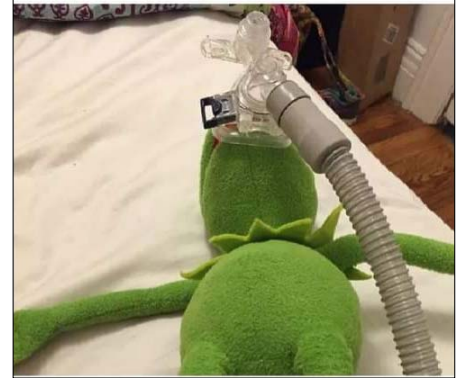
References

www.iol.co.za: How crooks use SIM swaps to rob you (30 April 2019)

www.mcafee.com: What Is SIM Swapping? 3 Ways to Protect Your Smartphone (1 Dec 2021)

mybroadband.co.za: SIM-swap fraud skyrockets during South Africa's Covid-19 lockdown (3 Oct 2021)

me after I put the fitted sheet back on the bed



Finally old enough to do anything I want. Too tired to actually do it.



BIOKINETICS FOR FALL PREVENTION

How to overcome fear of falling?

1. Fear of falling can have a serious impact on an older adult person's health and life as it often reduces their physical and social activities.
2. People lose their confidence to walk again after a big fall.
3. A fall can impact the ability to perform activities of daily living.



What can I do to prevent falls?

1. Keep muscles strong and flexible to provide better protection for joints.
2. Do regular balance training, strength, and flexibility exercises.
3. Visit a **Biokineticist** for a fall risk assessment and follow an exercise program tailored to your specific needs.

Contact me to book an assessment:

- Practice address:
124 Smit Street, Fairland.
(I do home visits in Olivedale and online sessions)

Seugnette: 071 611 3693

Email: seugnette@spbiokinetics.co.za

Webpage: www.spbiokinetics.co.za

Registered Biokineticists and pilates instructor.

***Session fees claimable from medical aid.*

Coming Events

Birthday tea 11th July 3pm. Cost to be advised.

16th July — **General knowledge quiz** presented by Alan Eady. 6pm. Cost to be confirmed.

Oral Hygiene Care is the topic of the July Health and Well Being presentation. On Monday, 18 July, Christine de Sousa will make her presentation in the hall at 15h00. Tickets will be on sale from 11h00 to 13h00 in the library on 11, 12, and 13 of July.

18th July — Assisting **making sandwiches for Mandela Day** 9.30am in dining room. No cost.

30th July — **Music quiz** 6pm. Cost to be advised.

August: Karaoke — 13th August 6pm. Cost to be confirmed.

September: General knowledge quiz (Rodger and wife) 3rd September. Time and cost to be advised.

Bingo is held Wednesdays at 17:30 each week in the dining room. The price per board is R5. Have the correct change ready!!

Movie evenings are held in the hall each Friday at 17:30.

- This month's fare is
- 4th Notting Hill (1999)
 - 11th Scent of a Woman (1992)
 - 18th Four Weddings and a Funeral (1994)
 - 25th Back to the Future (1985)

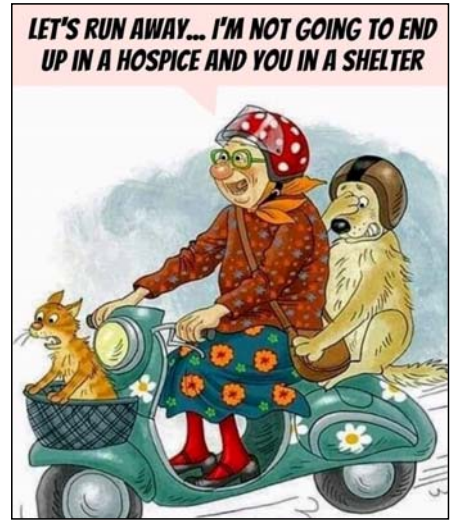
Tai Chi classes are held in the hall every Saturday at 15:00. Remember to wear loose clothing, R50 per session.

Afrikaanse Kerkdien: Sondae in die saal om 17h00.

Bybelstudie: Woensdae in die saal om 14h30.

English church service: Sundays at 09:30 in the hall.

English Bible study: Thursdays at 10:00 in the Long Room. ☐



Word Search

There are 40 mammal related words hidden in this puzzle. Two are not listed. Words can be horizontal, vertical, or diagonal. They may even be backwards.

A mammal menagerie

The solution is on page 11.



- | | |
|----------------|-----------------|
| Alpaca | Hyena |
| Ape | Jaguar |
| Aye-aye | Kudu |
| Badger | Lion |
| Bat | Llama |
| Beaver | Mole |
| Beluga | Oryx |
| Whale | Panda |
| Bighorn | Pig |
| Sheep | Primates |
| Bull | Puma |
| Cat | Quoll |
| Cheetah | Seal |
| Cow | Serval |
| Dog | Shrew |
| Elk | Skunk |
| Fossa | Sloth |
| Fox | Tapir |
| Gnu | Zebra |
| Hare | |

Why medical aids in South Africa ask for pre-authorization for non-emergency hospitalisation

Medical aids in South Africa require pre-authorization for non-emergency hospital procedures to help keep costs down, the Council for Medical Schemes and Medihelp have told MyBroadband.

It also gives medical schemes a chance to warn members if their plan doesn't cover a procedure.

"Pre-authorization is a critical component of managed care health services and is permissible in Regulation 15 of the Medical Schemes Act," a spokesperson for the council said.

"Pre-authorization prepares the scheme for the planned event or procedure and ensures that it complies with the necessary protocols where these are in place."

This could also help the medical aid negotiate favourable rates and ensure cost-effectiveness, which, in turn, helps keep monthly premiums down.

Medihelp said that pre-authorization is the safeguard through which members' benefits are optimised.

It also creates an opportunity for Medihelp, as custodian of all member contributions, to act as a member advocate.

"Pre-authorization is the gateway to accessing benefits," Medihelp stated.

It explained that pre-authorization is often the trigger that alerts the scheme to a member's clinical situation.

"Such as members facing severe acute illness or even the fact that a chronic condition is not fully controlled," said Medihelp.

"Pre-authorization activates the next step in guardianship, namely case management that allows for hands-on care coordination and, where necessary, also discharge planning."

The council said pre-authorization also serves several purposes with elective procedures such as refractive eye surgery, including LASIK, PRK, LASEK, SMILE, RLE, and phakic IOL.

"Before the procedure can be authorised, physicians adhere to the relevant clinical practise guidelines and

standard treatment guidelines relating to refractive surgery," the Council for Medical Schemes spokesperson said.

"In terms of financial risk management for both the scheme and the member, members are advised to use the scheme's preferred providers," the council said.

"Preferred providers will charge a negotiated scheme rate, ensuring that members are protected from excessive co-payment levied by non-DSP."

What happens if you forgot

Although failing to apply for pre-authorization will likely get your claim rejected, some schemes will allow you to appeal for late authorisation. However, this usually involves paying a penalty.

"Scheme rules provide members with a late authorisation, subject to a penalty generally stated in the scheme rules," said the council.

"In case of a medical emergency, the scheme rules allow a period of 24-48 hours to obtain authorisation with no penalty imposed."

It also explained that medical schemes are required by law to reject claims

where members failed to get pre-authorization initially.

"Where the rules of the medical schemes require a pre-authorization, and this is not done, then such a claim must be rejected," it stated.

"[This is] because the rules of the medical scheme are binding on the medical scheme in terms of section 23 of the Medical Schemes Act."

Medihelp said it automatically rejects claims where members failed to get pre-authorization to prevent erroneous claims payments and because many different scenarios could be at play.

"If pre-authorization was inadvertently omitted, Medihelp can reconsider benefits for the admission after the fact, albeit with the application of a late authorisation penalty," the medical scheme said. □

Jan Vermeulen

This article was first published on the website MyBroadband.co.za on 18 April 2022, and is reprinted here by kind permission.



Photo by Sandro Porfirio on Unsplash.com

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Seen at the Soup and Sherry Evening



There's nothing quite like a bowl of hot soup on a cold winter's night.
On Saturday 25th June residents spent a happy and cosy evening tasting and enjoying the variety of delicious soups that had been served.

Residents were also entertained by Lionel H with his beautiful voice

The evening was a great success and a great time was had by all.

A big thank you to the entertainment committee for organising, in spite of load shedding challenges. They still managed to serve the soup hot. □

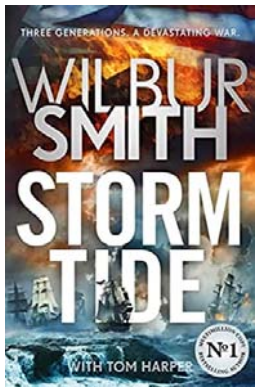


The Burst Pipe Mop-up

On the 21st June a water pipe burst in the roof of the 1st floor. It caused a big flood and sadly some flats got totally flooded.

A big thank you to Noreen, a fellow resident, as well as Jack, his security team, our cleaning staff and frail care staff, and also the admin office staff for their hard work! □





This is a rip-roaring' Courtney adventure, at least partly, from the pen of the late Wilbur Smith. As anyone familiar with his writing style will tell you, a lot of this book did not read like Wilbur Smith wrote it. He almost certainly had a hand in writing it, but not all of it. This brings up an interesting question - will we continue to see books supposedly written by him in part - or will they be written by someone else, yet have his name on the cover? With luck, he had laid out plans for a number of books and we will at least have some in the future that will have been co-written by him. Time will tell. □

Angie Moir



Kerriehoender Duisend

- 1 hoender
- 4 groot uie, geskil en gekap
- 2 knoffelhuisies, geskil en gekneus
- 15 ml botter of margarien
- 12.5 ml kerriepoeier of na smaak
- 5 lourierblare
- 4 groot tamaties
- 4 appels
- 4 piesangs
- 150 ml skerp gegeurde blatjang
- 125 g (200 ml) pitlose rosytjies
- 125 g (200 ml) gebleikte sultanas
- 15 ml fyn appelkoos konfyt
- suiker en sout na smaak

Ontbeen die hoender en pluig die vleis. Braai die uie en knoffel in 'n groot swaarboomkastrol in die botter of margarien tot sag. Voeg die kerriepoeier en lourierblare by en braai liggies. Voeg die vleis by en braai die mengsel 5-6 minute oor matige hitte.

Bedek intussen die tamaties met kookwater. Trek die velle af en sny die tamaties in groterige stukke. Sny die appel stronkies uit en sny die appels in stukke. (Dit hoef nie geskil te word nie.) Skil en sny die piesangs in skywe.

Voeg die tamaties, appels en piesangs saam met die res van die bestanddele by die vleismengsel. Sit die deksel op en laat dit 45 minute lank oor matige hitte prut. Roer dit af en toe liggies om en voeg 'n bietjie kookwater by indien nodig.

Lewer 6-8 porsies. □

Substitute the whole chicken with the equivalent weight of chicken pieces. Thighs whole or deboned would work well

This recipe was given to me by a Boere tannie from Bloemfontein many, many years ago. I have made it and it is very mild and delicious. It was definitely created for any Free State Boer's palate.

James Halley

Treats

R 25.00 per packet (Cash Only)

- Nougat Cranberry
- Nougat French
- Peanut Snax
- Fudge
- Traditional Fudge
- Chocolate Turkish Delight
- Turkish Delight
- Coconut Ice
- Rocky Road
- Assorted Gums
- Apricot Balls

For sale at Reception

WWW.VALDITERRA.CO.ZA

*Remember to reorder your Val di Terra wines
from Alan Eadie, unit 61, x5126.*

Crossword

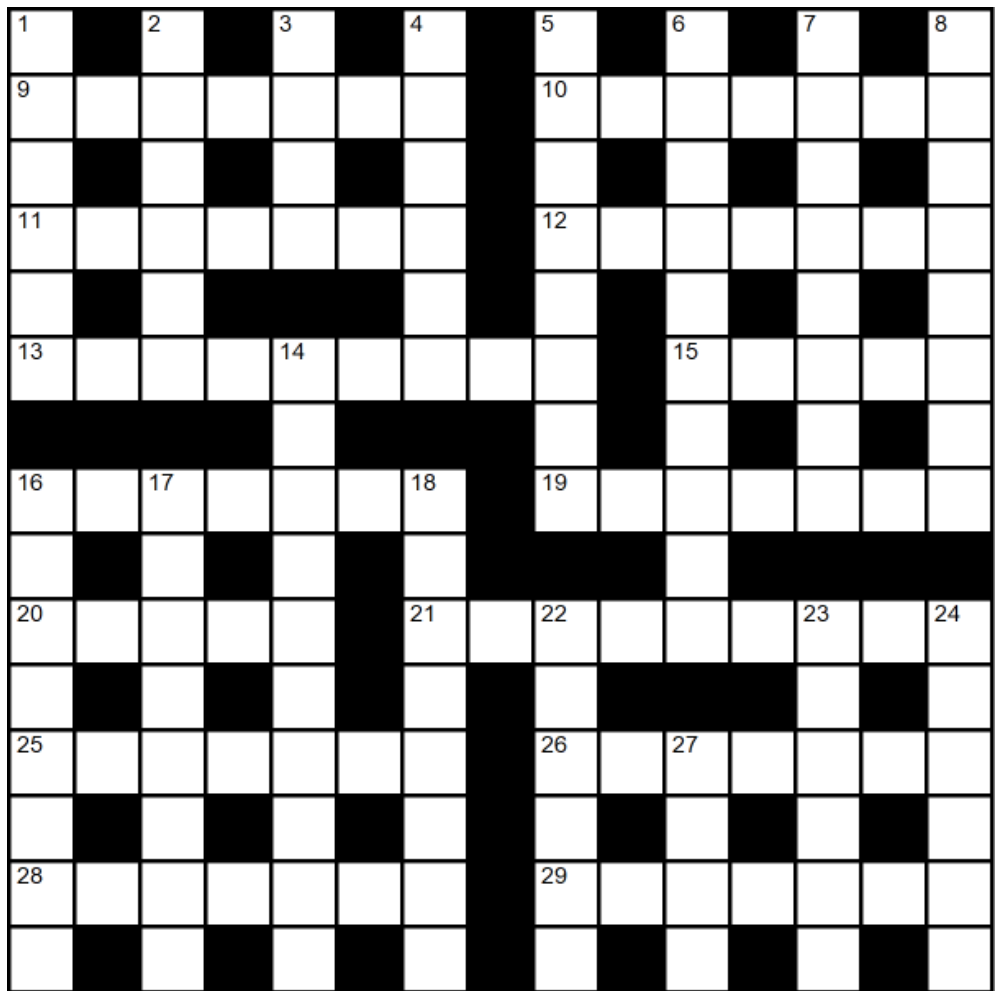
Solution on page 11

Across

- 9 Cupidity (7)
- 10 Film material (7)
- 11 Neptune's fork (7)
- 12 An ice cream delight (4-3)
- 13 Sweet vegetable (5,4)
- 15 Expressing scorn (5)
- 16 Afflicted with muscle tremors (7)
- 19 This is educational (7)
- 20 Blabbermouths spill them (5)
- 21 Use lip-ice for these (4,5)
- 25 Circus acrobat's swing (7)
- 26 Supermarket worker (7)
- 28 Breathe in and out (7)
- 29 Beach (7)

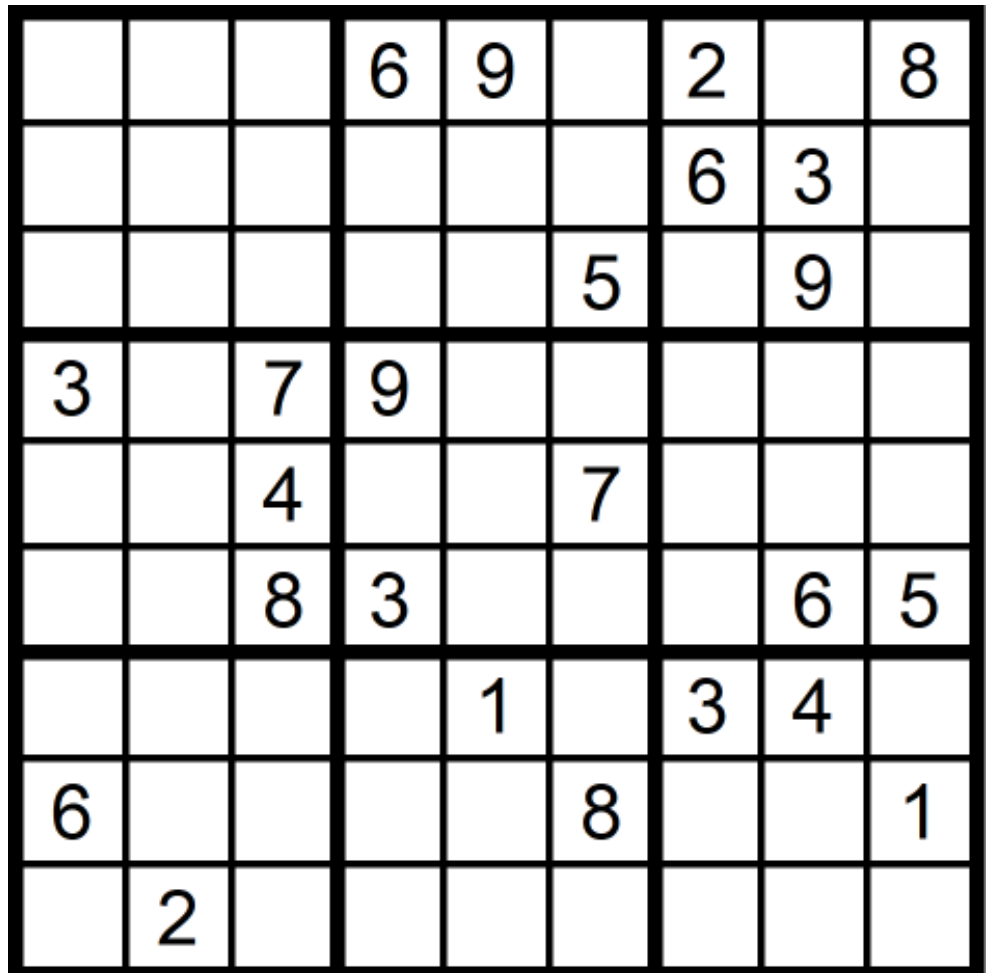
Down

- 1 It has points in Arizona (6)
- 2 ___ knife (peeler) (6)
- 3 Cheeky (4)
- 4 Chew on a baby toy, say (6)
- 5 Opium, e.g. (8)
- 6 Type of flat fish (5,5)
- 7 Taking back one's word (poetic) (8)
- 8 Drink of forgetfulness (8)
- 14 A meat spit (10)
- 16 It may elicit sympathy (3,5)
- 17 A metrical foot (8)
- 18 Askew (8)
- 22 Destructive insect (6)
- 23 Cereal fruit (6)
- 24 Reddish brown (6)
- 27 Powerful blow (4)



Sudoku

Solution on page 10



The Sleep Apnoea Presentation



On the Monday, 20th June the Health and Wellness Committee hosted Paula Maclaurin of Sleep Four Life.

After an introduction by Matron Petru, Paula gave a presentation entitled *An Introduction to Obstructive Sleep Apnoea (OSA)*.

After defining OSA, she covered the consequences of it, making a diagnosis and treatment. The last mentioned

included devices available and cost.

Her talk was very well received and resulted in several searching questions from the audience.

At the end Estelle Visser, chairperson of the committee, presented Paula with a magnificent bouquet of flowers.

All-in-all this was a very interesting and worthwhile talk. □



Nillionaire

"Someone having little or no money"

Humorous Aphorisms

People who wonder if the glass is half empty or half full miss the point. The glass is refillable.

I don't trip, I do random gravity checks.

One minute you're young and fun. Next, you're turning down the car stereo to see better.

I'd grow my own food if only I could find bacon seeds.

Some people are like clouds, once they disappear it's a beautiful day. Some people you're glad to see coming; other people you're glad to see going.

Common sense is not a gift. It's a punishment!! Because now you have to deal with those who don't have it.

I came. I saw. I forgot what I was doing. Retraced my steps. Got lost on the way back. Now I have no idea what's going on!

If you can't think of a word, say, "I forgot the English word for it. That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do, it's because I missed my highway exit. □

Author uncertain



Specializing in Nissan, Toyota, & Fiat.
One-on-one personalised customer service.
Been in the motor trade for at least 30 years.

Service guaranteed.

No hidden costs.

No additional work undertaken without customer's prior consent.

Vehicle diagnostics.

He will drop his car off at the village, and take your car to his work shop.

Do the necessary maintenance or repairs and return the car, which means that the resident would not have to take the car to him or fetch it afterwards.

Terry has done work for residents in our village previously without any problems or comebacks. He doesn't charge inflated prices.

References are available.

Cell 083 304 2896

Dear South Africa with love ...

Dear South Africa with love ...

I cried for you today, as I have done many times. As the tears spilled down my cheeks, I thought of your skies and wild plains

I felt your drum beat and heard your lion's roar. I heard the summer crickets krittly clicking the click click song.

I thought of your warm smiles and open hearts and mothers with children they carried on their backs and our childhood companions, brothers and sisters from different mothers who we knew before they taught you to hate, before we knew what different colours we were.

I thought of the African sunshine waking us up every morning.

And how we thought we'd be in our home forever never imagining for one moment that we would leave of choice, of our own free will.

I thought about how we braved ourselves thinking we would be fine elsewhere, and we moved away and boarded planes.

We set up basecamp in the far-flung corners of the planet, away from home.

We smiled at the Canadian Newfie jokes.

We braaied our boerewors on Australian beaches.

We celebrated American Independence Day.

We froze our ass in the UK winters.

We were frowned upon with our raw meat-eating habits by our pasty pie friends or vegan neighbours.

We learnt new slang and borrowed accents and other people's cultures to fit in, to belong.

But there's a heart in an African that runs deeper. It is unspoken and cannot be verbally explained.

But it is uncovered, when one African finds another and it breathes life into the soul.

No matter whether they be in China, Germany, Russia or Ireland, as we find each other we lose each other in the mix of our different journeys.

But still we can't let go—that silent familiar echo calls below the surface.

So, we make batches of sticky koeksisters, and we dance to our Johnny Clegg *Scatterlings of Africa* and Mango Groove's *Special Star* to remember our humbled happiness and call each other Bru.

Yet in the circle of life, the lion sleeps tonight, as we pour out the rooibos tea, we realise we too have lost our colour...

Our rainbow has slipped from us.

We have become the world neutral in identity.

No more do we slip into Xhosa, Zulu, Ndebele and Shona greetings and yebo gogos whenever we meet.

We remember we were not English, not Canadian, not Australian, nor French, nor American.

No, we are Africans, and we are too far away from home.

Far from the lazy Limpopo, the thirsty Swellendam, the hearty Harties.

Far away from the mozzies in our ears at night, and the hadadas and the fish eagle's cries.

Far away from the Kariba Sunset and Table Mountain views.

No more black jacks in our socks or blue bottle stings on our thighs.

No, we're miles away from the roar of the mighty Bridal Falls and the Vaal that runs through us, as blue as Blue Bulls in our veins, as surely as we migrated with the wildebeest, as we ran with the cheetah and chanted for the Springboks, through the rain and African lightening thunderstorms where we were drenched with life.

Happy with our ageing young, spirited parents, and sipping G&Ts and whiskey on the rocks at the Lost City on the stoep of the Cabanas overlooking the thatched lapas with the African Sunset and tribal Zulu dancers

Our hearts wept and broke when we realised that that was the last of our true freedom.

We know now we are not okay after all – but *voorentoe gaan ons voort*.

We were trapped in the mundane and we had left our souls in the land of our birth. We have no Independence Day to celebrate, we have no Labour Day to relate to or an anthem to save our gracious Queen.

How I wish we had some heritage to celebrate but that too was taken away and erased from history.

Our forefathers and visionaries are all gone. Our expectations have vanished in the dust of the years.

Now all we can do is pray for deliverance, embrace other's cultures as our own and HOPE our memories last long enough for us to share them with our children and grandchildren those who will never know the inheritance and absolute beauty of Africa that we wanted to pass on to them.

This will only live on in our stories and

faded memories

As we wipe away those tears and wonderful years, we give thanks for being fortunate and blessed to have experienced Africa.

The summers with burnt tanned skins at the beaches and safaris through the bushveld. For the elephant's matriarchal society nurtured us and taught us the values of life.

I will never stop longing for peace in Africa.

I pray for the starving children.

I pray for the brothers and sisters with AIDS.

I pray the fathers who cannot save their families.

I pray the mothers with babies dying in their arms.

And in my dreams, I return every night and walk where our footprints have blown away although we are no longer there.

You reside in our hearts, in our minds, in our identity, in our generation, for how can a heart forget.

I haven't lost my way. I just follow the rhythm of an old mislaid life map.

Perhaps someday too I will return, yet this is one of the greatest burdens the human heart carries, as every South African knows. □

The original shared with permission from Robyn Cox Liebenberg. This is an edited version.



Sudoku Solution

4	7	1	6	9	3	2	5	8
5	9	2	8	7	1	6	3	4
8	3	6	4	2	5	1	9	7
3	5	7	9	8	6	4	1	2
2	6	4	1	5	7	9	8	3
9	1	8	3	4	2	7	6	5
7	8	5	2	1	9	3	4	6
6	4	9	7	3	8	5	2	1
1	2	3	5	6	4	8	7	9

Articles for Submission

Submissions for inclusion in the Olive Branch can be sent directly to the Editor or emailed to:

olivebranch@olivedalerv.co.za

Submissions should be in Word format with separate photographs. Hand-written submissions will also be accepted.

The deadline is the 20th of each month or the preceding business day if over a weekend or public holiday. Acceptance of articles will be subject to date of submission, space constraints and suitability for publication.

Advertising Rates for 2022

- Published monthly - format is A4 portrait.
- Circulation: 400 black-and-white printed copies.
- Full page: R800-00
- Half page, *landscape only*: R400-00
- Quarter page, portrait: R200-00
- Strip Ads across bottom of page: R100-00 (3cm high)
- Small advertisements and notices R15-00 (size subject to space availability. Size generally is about 6,5 X 4.5cm)
- **Submissions by 20th of each month or preceding business day, if over a weekend or on a public holiday.**
- Contact Nicole on 010-596 5497 to place advertising.

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Phil Hall

Useful ORV numbers

	EXTENSION
Fail Care Office (Matron)	5010
Frail Care Reception	5011 / 5462
Kitchen Office	5493
Kitchen Orders	5494
Tuck Shop	5492
Hair Salon	5496
Clinic Sister	5495
Reception	5500 / 9
Security	5400 / 5183
Beauty Salon	5192
Phone Balance	0999#

Clinic Hours

Monday 10am to 11am	<i>Please book for Doctor at FRAIL CARE 5011</i>
Tuesday 2pm to 3pm	
Wednesday	Thursday 2pm to 3pm
Sister: 11am to 12 noon	Friday 10am to 11am
Doctor: 12 noon to 1pm	★★★

Crossword solution

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

Word Search Solution

The missing words are deer and wolf

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

HAPPY
Grandparents Day
—24 July 2022—



Olivedale Retirement Village

2 bedroom, 1 bathroom, single garage, simplex - **R1 490 000.**

1 bedroom, 1 bathroom, apartment - **R700 000.**

2 bedroom, 1 bathroom, apartment - **R1 200 000.**

1 bedroom, 1 bathroom, apartment - **R820 000.**

1 bedroom, ground floor, apartment - **R830 000.**

Ruan Erasmus

071 481 6199 | ruan@csisales.co.za



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Rickie Pretorius

061 527 7625

rickie@csirentals.co.za