

The Olive Branch

Reaching out to everyone

August 2022
Issue 7/2022

Mandela Day Sandwich Making



Above l to r: Caly Tolmay, Johann and Therisia Tate, and Jenny and Paul from Boeregemeenskap to whom the donations were given.



Above: Two busy bees.



Above: Audrey Frylinck mixes her potions! Peanut butter and jam!

See also page 2



Right: Dafni Wright with some of the blankets donated (see also bottom right).



Above: Caly marshalling some of her forces.





From the Editor's desk

Dear Friends,

Well August has arrived, which means there are only 5 months left of the year. How time has flown. I trust you are keeping yourselves warm and cozy on

the cold days and nights.

There has been a hype of excitement in and around the village as the opening day approached for the revamped Olive Corner centre. Isn't it wonderful, we now have Checkers right on our doorsteps. It will definitely help with the high fuel costs.

For this month's edition we start off with Mandela Day sandwich making. This project was enthusiastically tackled and everyone who took part thoroughly enjoyed the occasion.

We hope you enjoy the interesting articles that the Editorial Committee has put together.

Happy Reading!

God bless.



Angie Moir

Mandela Day

The 18th of July was Mandela Day, and so, in what has become a national tradition, people around the country put in their 67 minutes worth of action for a worthy cause.

The Village was no exception. Caly Tolmay, our dining room and kitchen manager, led the charge. She recruited many Village residents to make sandwiches in the dining hall, and what a lot there were. 244 loaves of bread were used. Peanut butter as well as jam fillings were the order of the day.

Thanks to our knitting group, there were

blankets made by them as well.

Also, R4600 was raised through R50 donations made through meal ordering system, and there was R920 donated in cash.

The worthy cause was the Boeregemeenskap. A very grateful Paul and Jenny took delivery of all the donations. They reported next day that the recipients of this largesse expressed much gratitude for the sandwiches and blankets.

Well done to everyone who contributed! ☐



Above: Some more of the sandwich makers with blankets made by residents. From left to right: Faye, Pat, Charmaine, Jan and Caly.



Above: This splendid hamper of goodies is being raffled by the Gardening Committee. Please support them by taking a ticket at Reception at R20 each.



Above: Seen in the Village. It was put up by a rather desperate resident.

**WHAT DO YOU CALL
A ROW OF RABBITS
HOPPING AWAY?
A RECEDING HARE LINE.**

**If you ever get locked
out of your house, talk to
your lock calmly.
Because communication
is key.**

RAD: RUN AGAINST DEMENTIA SEPTEMBER SPRING CHALLENGE 2022

1) The challenge will start on 01/09/2022 and end on 30/09/2022.

2) You can either run, walk, paddle or cycle. For cyclists the distance to be covered to qualify for the various awards will be 3X that of other participants.

3) The appropriate certificates will be sent to participants on completion of the challenge.

4) All participants requested to keep a record of the distances covered during the challenge and to submit the total to Carol via email on 1 Oct.

Check out the Run Against Dementia Facebook page to share.

5) Awards will be as follows:

Azheimer's Supporter: 50 km (1.7km per day)

Bronze: 100km (3.3 km per day)

Silver: 150km (5 km per day)

Gold: 200km (6.7 km per day)

Heila Hunt: 250km (8.3 km per day)

Platinum: 450 km (15 km per day)

The 15 km per day represents the 15 years since Heila Hunt, who is honoured by this race, was diagnosed with Alzheimer's Disease.

Should you be competing for someone close to you, who is suffering from, or has suffered from Alzheimer's, we would be happy to personalize your certificate in the name of that person.

6) Entry Fees: R200.00 per adult and R100.00 per child under 18yrs of age.

Bank details are as follows:

Alzheimers SA

First National Bank

Acc 62174204934

Branch code 253705 (Northcliff)

Ref: RAD and your cell phone number.

PLEASE include the letters RAD.

Please send proof of payment to carolus.d@hotmail.com. Once Carol has received this she will confirm your name etc. and send you your race number.



On receipt of your POP Carol will add you to the Spring Challenge WhatsApp group to create some *gees*.

We challenge you to get as many family / friends to join our Spring Challenge or to donate to our cause.

Good Luck with your training! ☐

The July edition of the Olive Branch contained an article on Dementia/Alzheimer's. The purpose of the article was to better inform residents regarding this terminal illness. Alzheimer's South Africa in Gauteng is an NPO receiving no Provincial or Government funding, being solely dependent on fundraising events and donations to carry on the excellent work that they are doing. The Village has already benefited with two workshops being held here, and the Board was addressed regarding their responsibility in terms of the Older Persons Act. You are therefore encouraged to partake in the RAD, failing which, a donation would also be welcome. All you have to do is to register and then to start walking on 1 September, writing

down how far you have walked each day.

On 1 October you email the total distance walked and they will send you your certificate. ☐

Andre Jelliman

Entries open 1 July 2022!

A virtual race so you can take part anywhere in the world!

Donations will be greatly appreciated

Songs for Aging Boomers

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging boomers...

New Releases Include:

Herman's Hermits – Mrs. Brown, You've Got a Lovely Walker.

The Bee Gees – How Can You Mend a Broken Hip?

Roberta Flack – The First Time Ever I Forgot Your Face.

Johnny Nash – I Can't See Clearly Now.

Paul Simon – Fifty Ways to Lose Your Liver.

The Commodores – Once, Twice, Three

Times to The Bathroom.

Procol Harum – A Whiter Shade of Hair
Leo Sayer – You Make Me Feel Like Napping

The Temptations – Papa's Got a Kidney Stone

Helen Reddy – I Am Woman, Hear Me Snore ☐

Coming Events

1st Aug	On Monday, 1 August at 15h00, the Health and Wellbeing Committee hosted an interactive workshop on Self-reflection and Positivity by Moira Severin (Educational Psychologist) in the ORV hall.	<p>Movie evenings are held in the hall each Friday at 17:30. Entry is free though a R10 donation would be appreciated. Residents will be informed of the title of the film of the week by SMS. (Note that</p> <p>Tai Chi classes are held in the hall every Saturday at 15:00. Remember to wear loose clothing. R50 per session.</p> <p>Afrikaanse Kerkdiens: Sondag in die saal om 17h00.</p> <p>Bybelstudie: Woensdae in die saal om 14h30.</p> <p>English church service: Sundays at 09:30 in the hall.</p> <p>English Bible study: Thursdays at 10:00 in the Long Room.</p>		
13th Aug	Karaoke with James and Jess, the Karaoke specialists, at 18:00. The entry fee is R50.			
20th Aug	The Bell Ringer plays his tuned bells at 18:00. Entry fee is R50.			
27th Aug	Curry evening at 18:00. The entry fee is R50.			
3rd Sept	General Knowledge Quiz at 18:00. The entry fee is R50.			
Bingo is held Wednesdays at 17:30 each week in the dining room. The price per board is R5. Please have the correct change ready!!		8th Aug	8th Aug	Birthday Tea at 15:00. Price R20 per person.



Word Search

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

We go camping

The solution is on page 11.

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

- ADVENTURE
- ANIMALS
- BOOTS
- CABIN
- CAMP
- CANOE
- CANTEEN
- CAP
- CLIMB
- COMPASS
- DEHYDRATED
- FOOD
- DUGOUT
- FISHING
- FOREST
- GORP
- HAT
- HIKE
- HUT

- INSECT
- LAKE
- MAP
- MOON
- MOUNTAIN
- OAR
- OUTDOORS
- OUTSIDE
- PADDLE
- PARK
- PATH
- PUPTENT
- ROPE
- SCENERY
- STARS
- SUNSCREEN
- TRAILMIX
- TREES
- TRIP
- VEST
- WOODS

FREE DOOR TO DOOR PICK-UP & DELIVERY



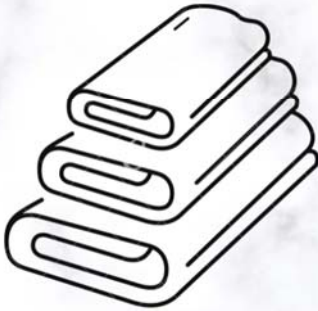
KRISPY KLEAN SERVICES



Joshua

076 489 6841

PRICES PER KG



Washing, Drying & Folding R30

Drying & Folding R12

Ironing & Folding R35

Washing, Drying & Ironing R40



Reference @ ORV: Tom: Ext 5136

No need to touch card machine: pay with eft



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.*

My History With MGs 1



As a little chap, I used to stand on the seat of my uncle's pre-war MG, feet on the seat and hands clutching the steering wheel going vum, vum, attracting the attention of the family. My mother made my uncle promise to leave the car to me in his will which he didn't do so many years later on I had to buy my own.

My first MG was a silver MGB which I bought for my wife but sold when we left Malawi because to air freight it home cost R 2400. Silly man. Ten years later I bought my blue 1960 MGA roadster which is in the photograph. This car was raced by the previous owner in the Classic Historic series. The next car to be added to my collection was the 1969 MGB

roadster which participated in local rallies. Both these cars were purchased on tick during difficult times so only took delivery once I paid them off monthly one at a time. My coupe version of the MGA is also in the photograph (above in the foreground).

Being a member of the Johannesburg MG Car Club I have seen quite a bit of South Africa, Zimbabwe, Botswana, Namibia, and Mozambique but my most interesting trip other than partaking in part of the Peking to Paris run was with a group of Australians in 2012 traveling from Cape Town to Cairo in my totally rebuilt 1957 MGA roadster with a detachable hard top in 64 days. North of

Zambia the roads were dreadful right up to Cairo as there were very few reasonable tar roads, and potholes like you could not imagine but the dirt roads were worse with the inclusion of corrugations that bounced the cars around even at twenty kilometers an hour. To add to our horror the fine sand in the Sahara desert forced us to stop every few kilometers to clean out our air filters. The temperature there was over 50 degrees. As you can imagine, when I got the Cairo I drove my car to Alexandra docks, loaded the car on a ship for Durban, and flew home. Sold the wreck soon after.

Back to the cars, unfortunately there comes a heart-breaking time when one has to part with one's treasured possessions and in my case, was at the time when I had to sell a number of my cars when moving into the village as the available parking space was insufficient to accommodate all. Classic cars are a disease but what a pleasure to go riding with the wind blowing all the rubbish out of one's head, a problem solver. That is why I disappear most Sunday mornings into the west. ☐

Michael Brett (unit 44)

My History with MGs 2

My interest in classic cars originated in my varsity days, when a kind Aunt `donated her 1938 Morris 10 to me and my brother. My brother was a Mechanical Engineer, and he restored the vehicle while I ably assisted.

For the next forty years I owned various modern cars but had no time to continue my interest in classic cars.

Jeanne and I had friends who restored various classic cars and our visits to them rekindled my desire for a classic car.

I bought my teal blue 1968 MGBGT just after my retirement as a Chemical Engineer in 2003.

The 1980 British racing green MGB Roadster was purchased at a later stage, on a whim, at the Scottburgh Car Show.

We have been on many trips and tours during the last nineteen years. We were mostly accompanied by like-minded friends from the MG and Vintage and Veteran Car Clubs. I always say that the cars are the catalyst that brings us all together.

Our travels have included many two-yearly MG Indabas; held in various towns

and cities throughout the country.

Tours of Zimbabwe, Natal and, more recently, Eswatini and Mozambique, were memorable. The many day excursions are always fun and interesting.

I intend to maintain my interest in these wonderful old cars as long as possible. ☐

Hentie Erasmus (unit 158)



Above: The cars and their proud owners.

My 1971 MGB ROADSTER KCR114GP

Ever since my school days I had a desire to own an MGB Roadster. Eventually in 2007 the opportunity arose to buy KCR114GP. I must admit I was somewhat blind to the number of defects that were obvious and hidden. However, enthusiasm overcame this.

Getting a roadworthy was not a big problem but after that a lot of effort went into repairing and replacing many items. The car had had at least 2 previous owners and there had been a lot of neglect. Luckily the engine was in good working order and experts informed me that they were sure it had never been overhauled. As a result, it is still in the same condition.

I spent a lot of time working on floor rust, upholstery, electrics, rebuilding seats, instrumentation, new headlights, other lights, locks, window winders, trim items, new hood and tonneau cover. I then had it resprayed in the original colour. There were some jobs that I couldn't do myself and I used the EMGEE Workshop in Randburg. Sadly, this no longer exists. Spares are available from an outlet in Parkview or direct from the

UK. I enjoy "tinkering" with it and everything works. I try to keep it in its original condition (apart from the wheels which came with the car).

While in ORV, I have stripped the front suspension and replaced all the worn-out bushes. Routine maintenance I do myself.

The car has been very reliable and has served me well. It has been to

Pietermaritzburg twice and on many MC club runs. I use it almost daily in local travel to shops. I thoroughly enjoy driving it both with the top up or down but must admit with the top down and the wind in my face is the best.

Long may it last. ☐

Martin Lockwood (unit 133)



New Walkway to the Olive Corner Shopping Centre

With the opening of the revamped Olive Corner Shopping Centre, it is gratifying that they have seen fit to provide a paved walkway from the Village to the centre.

This will be a boon to those of us who will wish to walk to the centre rather than take a car.

The opening of the centre has been a widely anticipated event, and will be covered in more detail in the September edition of the Olive Branch. ☐



Above: The cheery workers who constructed the walkway.

WWW.VALDITERRA.CO.ZA

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

Crossword

Solution on page 11

Across

- 1. After-bath powder
- 5. Europe's longest river
- 10. Dangerous biters
- 14. Hip bones
- 15. "Don't get any funny ___!"
- 16. ___ Pet (novelty item)
- 17. High spots
- 18. Gave out
- 19. Actors
- 20. NYC monument
- 23. O. Henry device
- 24. Calculator, at times
- 25. Gets smart
- 28. Bond
- 30. "Giovanna d'___" (Verdi opera)
- 31. Acoustic
- 33. Pickpocket, in slang
- 36. Expecting illness?

- 40. Mad cow disease letters
- 41. Bargain-basement
- 42. "Desire Under the ___"
- 43. Smooch
- 44. Double-reed player
- 46. "Come here ___?"
- 49. Astute
- 51. Bird of prey
- 57. Excursion
- 58. Bacteria discovered by Theodor Escherich
- 59. "Not to mention ..."
- 60. Coastal raptor
- 61. Pacific plants
- 62. Fodder holder
- 63. Textile worker
- 64. "A merry heart ___ good like a medicine": Proverbs
- 65. Phobos, to Mars

Down

- 1. Small songbirds
- 2. "Thanks ___!"
- 3. 100 kuras
- 4. Like some stomachs
- 5. Blockbuster rentals
- 6. Ancient Greek theater
- 7. Like a Caesar salad
- 8. Brass
- 9. ___ Spumante
- 10. Bow
- 11. Archaeological find
- 12. Ski trail
- 13. Debaucher
- 21. Ashes holder
- 22. To stop short
- 25. Follower of Mary
- 26. "Aeneid" figure
- 27. "God's Little ___"
- 28. Film crew member
- 29. Anita Brookner's "Hotel du ___"
- 31. Long, long time

- 32. ___ Today
- 33. Kosher ___
- 34. Doctrines
- 35. "Check this out!"
- 37. Cake topper
- 38. Bright students' org.
- 39. An autonomous proliferation of cells
- 43. "Am I my brother's ___?"
- 44. Big and clumsy
- 45. Car accessory
- 46. ___ out (declined)
- 47. Charon's carrier
- 48. Father, Son and Holy Ghost
- 49. Dorm annoyance
- 50. Serf
- 52. Abbr. after many a general's name
- 53. Air travel organisation
- 54. History Muse
- 55. Christiania, now
- 56. "High" time

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
			23							24				
25	26	27						28	29					
30						31	32					33	34	35
36				37	38						39			
40				41							42			
			43						44	45				
46	47	48						49	50					
51						52	53					54	55	56
57						58						59		
60						61						62		
63						64						65		

Sudoku

Solution on page 10

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



Scenes from Christmas in July Lunch (20 July)



Christmas in July was a special highlight of the month. The food, a mini hamburger starter, a feast of roast mutton, gammon and vegetables, and a fabulous dessert, was delicious and a good time was had by all. Well done to Caly and her team who did us proud yet again!

Quiz Evening (16 July)



Above: The winners, Team Spellbound, who each received a bottle of Val di Terra wine.



Above: Team The Skittles who came second, despite being only a three person team.

More Matters Historical

As a brief postscript to my article in the May issue, *More Matters Historical*, I forgot to mention the 1958 film “Carve Her Name with Pride” in which Virginia McKenna played the part of Violette Szabo.

My genealogist cousin Alan Rolfe had a number of strings to his bow! He was also an actor, of note I might add! He had his own agent in London! I am not aware of his acting career as his correspondence was only ever about family history. But among his many letters there is one dated 2 February 1992 in which he mentioned that the actress Dame Gwen Ffrang Davies had just died at the age of 101. This reminded Alan of the occasion in 1960 when he was engaged to play the Doctor in the sleepwalking scene of *Macbeth*. Besides Dame Gwen, the cast included Anthony Quayle, Stanley Holloway and many others and was directed by Howard Sackler. This was purely spoken (not acted) and was the first recording in fulfilling a hope long held, that some day there might be assembled ideal casts for recording plays by William Shakespeare. Alan received royalties from the recording until 1987 when his agent died, and Alan was never quite clear whether or not they ceased at the same time, by coincidence, or became absorbed in his estate.

My grandfather, Samuel Robert Rolfe,

was quite a remarkable man. His father died when he was 17, leaving Samuel and his mother without money or means. Samuel got a job in the London Meat Market Monday-Thursday 5am – 1pm / Friday 5am – 6pm and his mother took a job as Chapel Keeper. Samuel married Margaret Blackboss at the age of 21. Although his pay from the meat market was meagre, the staff had an invaluable addition to this in kind. At the end of each week they had the right to take a large joint of meat as they liked (sometimes with kidneys and the like as well) for which they only paid the lowest price of the day, which amounted to ‘offal’ price and quite nominal. This was support indeed and in the hands of his capable wife, managed to last the whole week. Besides their growing brood of 7 children (of whom my father was the youngest) they also supported various relatives on both sides of the family.

Samuel was a staunch supporter of the International Order of Good Templars. (This was one of the temperance societies formed to combat the evils of strong drink!!!) Samuel’s most remarkable achievement was organizing and conducting choirs of 5,000 voices at the Crystal Palace Annual Temperance Fetes in 1879, 1880 and 1882. Choirs were raised and worked up in centres all over the country. All this work was done at

night. Samuel would leave the meat market at 1pm, take the express train to Cardiff or Leeds, conducting rehearsals, and return by night express, getting what sleep he could on the journeys and resume work at 5am.

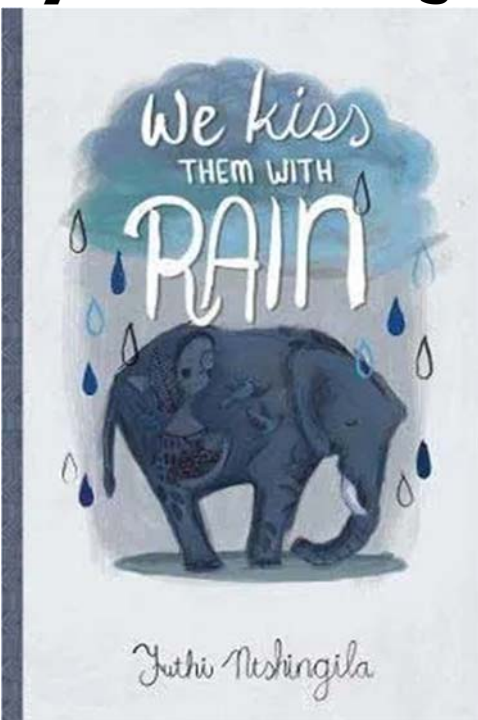
My uncle, Herbert Charles Rolfe, paid great tribute to his mother. “She was a very hard working woman and was always 100% behind her husband in everything he did. Samuel could never have achieved what he did without her”.

My father, Arthur Stanley Rolfe, married his first wife in 1922 and they went to Canada. (The name Medicine Hat rings a bell). My father found a job working on the mines. He worked chest-high in water all day and just froze solid once he hit ground level. He still had to walk home where his wife had a bath in the living room with hot water at the ready to thaw him out. Sadly his wife died later that year and he must have returned to England then as he met and married my mother in 1923. They both emigrated to South Africa in 1928.

What a hardy breed all our ancestors were! I often think of the Voortrekkers. How hard it must have been, especially for mothers of young children. Only the tough and resilient soldiered on. Hardy indeed! □

Margie Hutchison

Book Review: We Kiss Them With Rain by Futhi Ntshingila



Although Shakespeare never wrote any books about South Africa, there is a lot for fans of his to appreciate in this modern-day fairy-tale, whether you like tragedies or comedies.

Something has happened to 14-year-old Mvelo. It’s not talked about, but it’s very much the elephant in the room. Before now, Mvelo had been living happily with her mother and her mother’s lawyer boyfriend.

Now, though, things have taken a turn for the worse, and not just because Mvelo’s mother is dying of AIDS.

But, as fate would have it, through various chance meetings and happenstance, Mvelo is being offered the opportunity to change her fate, and perhaps turn this tragedy into a comedy — or at least live happily ever after?

Set in the vivid environment of a squatter camp outside of Durban in South Africa, *We Kiss Them With Rain* is one of

the most well-crafted and in-depth South African books that covers love and loss, the real and the façade, and guides the reader on a journey of which is which. □

Angie Moir

Sudoku Solution

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

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.

Disclaimer

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Images without credits are published under Creative Commons.

For Sale and Services



Craig's transport

Safe, reliable, and affordable transport to all destinations.

For all transport bookings, except in emergencies, kindly arrange in advance (at least 24hrs) via

Apartment 544

extension 5402 or on WhatsApp (082 922 6067)

Glanville Craig

Editorial Contacts

Editorial Committee

Angie Moir, *Editor*
Frank Peachey
James Halley
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Advertising

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Village Management

Chris Heyneke

Responsible Director

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	Thursday 2pm to 3pm
Wednesday	Friday 10am to 11am
<i>Sister: 11am to 12 noon</i>	★★★
<i>Doctor: 12 noon to 1pm</i>	

Crossword solution

1	T	A	L	C		5	V	O	L	G	A		10	A	S	P	S		
14	I	L	I	A		15	I	D	E	A	S		16	C	H	I	A		
17	T	O	R	S		18	D	E	A	L	T		19	C	A	S	T		
20	S	T	A	T		21	U	E	O	F	L	I	22	B	E	R	T	Y	
					23	I	R	O	N	Y			24	A	D	D	E	R	
25	L	E	A	R	N	S				28	G	L	U	E					
30	A	R	C	O			31	A	U	R	A	L		33	D	I	P		
36	M	O	R	N	I	N	G	S	I	C	K		39	N	E	S	S		
40	B	S	E			41	C	H	E	A	P			42	E	L	M	S	
					43	K	I	S	S				44	O	B	O	I	S	T
46	O	F	T	E	N				49	S	H	A	R	P					
51	P	E	R	E	G		52	R	I	N	E	F	A	L	C	O	N		
57	T	R	I	P			58	E	C	O	L	I			59	A	L	S	O
60	E	R	N	E			61	T	A	R	O	S			62	S	I	L	O
63	D	Y	E	R			64	D	O	E	T	H			65	M	O	O	N

Word Search Solution

The missing words are gear and mountain.

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

Women's
Month
—August 2022—

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Property Management
Trustworthy Property Solutions

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- 2 bedroom, 1 bathroom, single garage, simplex - **R1 595 000.**
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- 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

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(HAPPY WOMEN'S MONTH)