



FRAIL CARE SPRING WALK

The Frail Care spring walk on 17th September was arranged by frail care to raise funds for frail care and was a great success with family and friends all stepping out in their colourful outfits. Upon arrival we were greeted with warm smiles, a bottle of water, and a small note pad, chocolates and a pen from the Sonja Smith Elite Funeral Group.

The walk through the village was a little challenging for some but we all made it in the end. Pauline in apartment 410 was pushed in a wheelchair by Cally, the catering manager's daughter Cara and her friend Richard. It was lovely to see.

Prize giving followed the walk. Pauline Baddock of apartment 410 won first prize for coming 1st in the race, the second prize for the race went to Kana Pillay. The actual first and second places were Anine Chapatte 1st and Angie Moir 2nd but they are regular walkers and runners and very fit and asked for their prizes to be awarded to the 3rd and 4th places. A BIG THANK YOU for your sportsmanship. The winner of the Raffle was Angie Moir. The second was won by the Leppan team mom and children from frail care.

The spring walk was followed by a "bring and braai," a traditional 'pap-n-sous'. The 'pap' was made and served by Petro De Beer and the 'Sous' by Gwyn Slade.

A great thanks to our donors: The water for the walk was donated by Tom Knight funeral directors. The first and second prizes were donated by Collinge and company and Sonja Smith Elite Funeral Group's Michael Blaine donated chocolates, note pad and a lucky draw, which was also won by the Leppan team, Mom and children from frail care. Michael also provided the sound system and the music for the morning, giving the walk an even happier atmosphere. The two shopping vouchers as well as the raffle worth a R1000, that frail care is still selling raffle tickets for till the end of October, were donated by Trudy Penfold 's children.

Frail care would like to thank each and everyone for the support that made this day a big success.

Remember to buy your raffle tickets from Frail Care. The draw will take place end of October.

MATRON PETRO



Estelle Visser with part of the crowd seen at the Spring Walk.



Part of the walkers at the spring walk

EDITORIAL

Hello, Everyone.

October has arrived, it is a beautiful month where we are enjoying warmer days as winter slowly waves goodbye. The gardens in our village are looking stunning. Take a walk around and see the beautiful spring flowers and blossoms sprouting up everywhere. I would like to thank all of you that helped make Glan's 70th birthday such a special and memorial occasion.

Your thoughtfulness, with all your well wishes, meant the world to us. Over the last month we have enjoyed our regular activities such as exercise, bingo, movie nights, church, and various games. We have also had some great events such as quiz night, the birthday tea, karaoke and the frail care spring walk. The pictures speak for themselves. We have included in this edition a well-written article, The First Carlton

Hotel by Frank Peachey. We'd love to hear from you. If you have questions or feedback about anything included in this issue of The Olive Branch. If you'd like to make a suggestion for an upcoming issue, please contact us. Until next time
Love

Angi3

SPECIAL THANK YOU MESSAGE FROM TREVOR SLADE

On behalf of the ORV Frail Care Residents Committee, and with great pleasure, I thank every wonderful person and team who participated in our fundraising spring walk and braai on Saturday, September 17. The colourful and creative costumes, smiling and laughing faces, and braai

made the event a lot of fun; all in the service of our much-appreciated frail care residents and staff. Some 90 people entered the walk, and valuable prizes were presented to Kara Tolmay for her "Most Creative Costume" and Lloyd Leppan and his team for their "Most Colourful"

presentation. Congratulations! My thanks and appreciation go to Matron Petro for her administration and tasty pap; Benita Penfold for donating great prizes; Funeral Directors, Sonia Smith (Mike Blain, public address); Thom Knight and Mike Collinge for water

and other goodies; Gwyn Slade (amazing sous for the pap); Estelle Visser for advice; and the members of our Committee, Victor and Penny Barrow, Trudy Penfold, Lloyd Leppan, and Chris Heyneke. You are all deeply esteemed. Thank you.
Trevor Slade, Chairman



Audrey Frylinck with Belinda and Belinda's son.



Pauline receiving her prize for coming 1st in the walk.



Residents Connie and Ivana

WELCOME TO OUR NEW RECEPTIONIST STEPHANIE DAVID



My name is Stephanie David, I am 27 years old and grew up in Lenasia South. My home language is English. I matriculated in 2013. I have two absolutely gorgeous children, Chloe (6) and Beckham (1) David. I have been married for 7 years to the most amazing husband, Bradley, who has a heart of gold and always so thoughtful. I worked for a Neuropsychology practice, where I loved working and helping the patients. I am thrilled to have started this new job with Trafalgar at Olivedale Retirement Village and hope to be here for a long time. I am so grateful to all the residence for their patience and friendliness.

WORD SEARCH

There are 53 human characteristics hidden in this puzzle. Two are not listed. Words can be horizontal, vertical, or diagonal. They may even be backwards. The solution is on page 4.

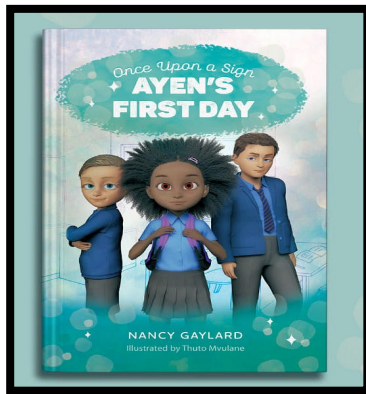


- BOLD**
- BRAVE**
- BRUTAL**
- CALLOUS**
- CALM**
- CRUEL**
- DARING**
- DEVOUT**
- EAGER**
- FREE**
- FUNNY**
- GENTLE**
- GRIM**
- GROUCHY**
- HAPPY**
- HUMANE**
- HUMBLE**
- INVENTIVE**
- KIND**
- LAZY**
- LENIENT**
- MEEK**
- MERCILESS**
- MERRY**
- MESSY**
- MILD**
- NE**
- NERVOUS**
- OBLIGING**
- PLEASANT**
- POLITE**
- PROUD**
- QUICK**
- QUIET**
- RUDE**
- SERIOUS**
- SHREWD**
- SILLY**
- SIMPLE**
- SMART**
- SOFT**
- SOPHISTI-CATED**
- STERN**
- STRONG**
- TENDER**
- TOUGH**
- VAIN**
- VIOLENT**
- WARM**
- WISE**
- WITTY**



Left: Part of the crowd seen at the Spring Walk.

BOOK REVIEW



The book, titled **AYEN'S FIRST DAY** is written by Nancy Gayland, daughter of Pat Jones apartment 348. The book is aimed at the deaf community .

In this book Ayen goes to a new school. It is the fifth one she is trying and it is hard to be

different than everybody else. In the book we learn what it is like to be different .

Ayen's first day starts out well - her new teacher knows Sign Language and some of the children are very friendly. But then things start to go very wrong.

Some other kids start teasing and bullying Ayen and the school really isn't equipped to be Deaf friendly or accessible. Will Ayen be able to face all the challenges that come with being different?



MEET THE ORV TWINS

Cynthia Sole and Yvonne Mouton have loving and caring neighbours. We look forward to many years together enjoying life at this beautiful place, Olive-dale Retirement Village. Cynthia Sole and Yvonne join me. She moved here in February this year. We have made lovely friends along the way, and blessed to



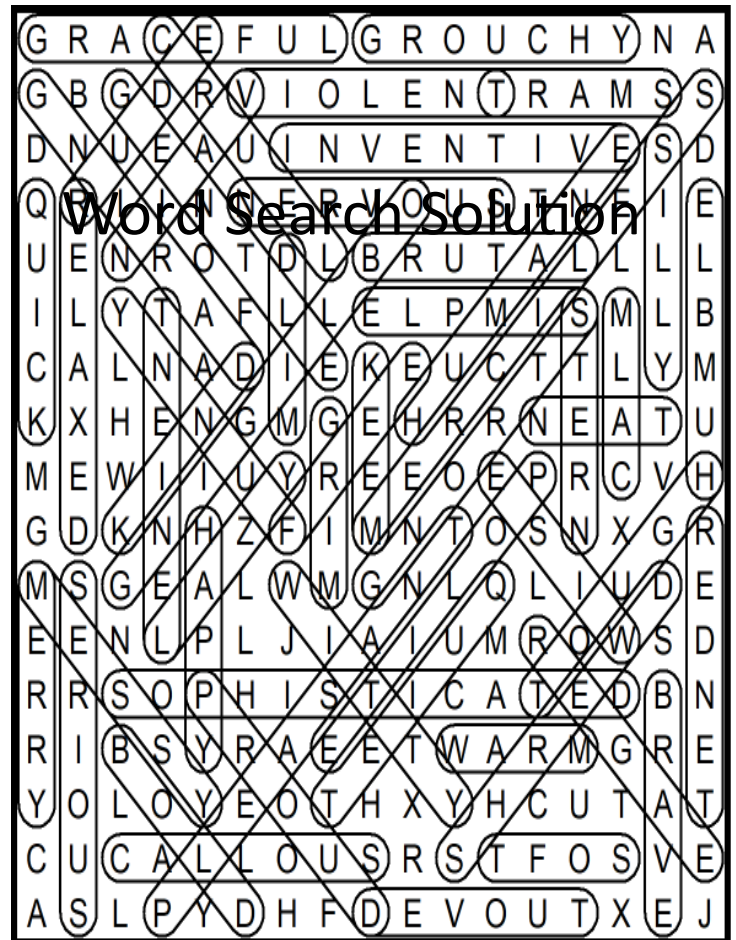
From left :Cynthia Sole
Yvonne Mouton

GLAN'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)**



Word Search: The missing words are relaxed and graceful.

RAD SPRING CHALLENGE

RUN AGAINST DEMENTIA—VIRTUAL RACE FOR THE MONTH OF SEPTEMBER



Photograph

Estelle Visser, Andre Jelliman, Angie Moir, Linde Mc Laren, Bob Bromfield, lien Mostert.

Following the publicity given to this disease in the Olive Branch on consecutive editions, I am personally disappointed in the response of our residents. I am however grateful for those of you who have become involved or who have made a donation to help fund Alzheimer's SA.

Andre Jelliman

When a candle flame dims... By Linde McLaren (This article was previously published but I felt it was worth publishing again.)

You probably know that feeling when you forgot to charge the torch; you are watching the flame of your last candle growing smaller and smaller, it starts to sputter, and then you are sitting in the dark with half an hour to go to the end of load shedding.

It is much like living with a loved one whose mind, like the candle's flame, slowly grows dimmer. Dementia, and Alzheimer's disease in particular, slowly but relentlessly blots out small pieces of memory till the person you have known and still love, is but a shadow of their former self, so much light has gone.

The course of late onset Alzheimer's disease is approximately ten to twelve years and most patients are only positively diagnosed a number of years into the progression of this devastating disease, which has no prevention or cure in sight yet.

It is one thing to deal with this up close as a spouse or family member, one deals with it as one has no choice. But what if you do have a choice in dealing with a person with dementia? We are all faced with aging neighbours and fellow residents, not all of whom are so fortunate to remain lucid and alert to the end. As the poem, "An Alzheimer's Request" by Owen Darnell so aptly describes, when the memories of those suffering from this debilitating condition may dim, some are conscious of their failings and they do experience feelings of frustration when they forget words, faces, places, what objects are for and even how to do things.

Two words come to mind in this regard. The first one is empathy. Wikipedia tells us empathy is 'the capacity to place oneself in another's position, to understand or feel what another person is experiencing'. The second word is compassion, which means 'a willingness to show kindness, caring and helping others' or, to put it more bluntly, 'to be thoughtful and decent'. Alzheimer's and dementia sufferers may not remember many things, but they are aware of how they are treated or even rejected by others. They are well aware of how others make them feel. It can be a hard and lonely road to travel.

Let you and I hone our empathy skills and show real compassion for those less fortunate residents in our village whose candles may be dimming. You and I may have to walk down that shadowy road too one day.

Sources: Alzheimer's & Dementia Weekly <http://www.alzheimersweekly.com/2017/03/do-not-ask-me-to-remember.html> [Accessed 2019-09-01]

Wikipedia. Empathy

<https://en.wikipedia.org/wiki/Empathy>

Wikipedia. Compassion. <https://en.wikipedia.org/wiki/Compassion>

Crossword

Solution on page 10

Across

1. Advil target
5. Beauty
8. Eye affliction
12. Bleat
15. Anchor
16. flat worm
18. Parenthesis, essentially
19. No situation is a problem for this person
21. On, as a lamp
22. Arab leader
23. Aerial maneuver
24. Kind of battery
26. Ottoman governor
27. Heavy reading
30. Churchill's "so few": Abbr.
32. Bank deposit
33. "___ bitten, twice shy"
35. Diatribe
38. Clickable image
39. Hightails it
40. They're not pretty
41. Disband
43. Blackguard
44. "Rocky ___"
45. "Used in steel

manufacture"

50. Bright students' org.
51. Affranchise
52. Some short-lived subatomic particles
55. Victorian, in a way
59. Cool
61. Coin opening
62. Flavoring ingredient
64. "Bye!"
65. Corker
66. Nanki-___ of "The Mikado"
67. Abstruse
69. Backstabber
70. Book of maps
72. Art subject
74. Accused's need
76. "___ the season ..."
77. The chief person of a newspaper does.
81. Charlotte-to-Raleigh dir.
82. Honeysuckle
83. Mar, in a way
84. Undertake, with "out"
85. Endurance
86. Code word
87. Horace volume

Down

1. Like some basic organisms
2. Get going
3. Mass of cells
4. Ashtabula's lake
5. Mail place: Abbr.
6. "A Nightmare on ___ Street"
7. Canadian flag symbol
8. Sudden enlightenments
9. Boring tool
10. Feminine side
11. Beanery sign
12. Kind of bike tire
13. Daughter of King Minos
14. Cast member
17. "The Matrix" hero
20. Computer monitor, for short
25. Assortment
28. Amiss
29. Extortions
31. Brit's dashboard
34. Carbon compound
36. ___ oblongata (brain part)
37. 10/31 option

42. African language
44. Chant
46. Blind followers
47. He ___ the goods again
48. "___ of Eden"
49. Photographis term
53. "Read this!"
54. Supporters of a government concentrating power
55. Monastery residents
56. Bit
57. Group with no members
58. Band with the hit "Barbie Girl"
59. Guinea pigs' kin
60. "A pox on you!"
63. Firming up
68. Amigo
71. Unload, as stock
73. Elmer, to Bugs
75. Adriatic resort
78. ___-eyed
79. Bank offering, for short
80. "I see!"

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84							85										86		87

Sudoku

Solution on page 10

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

THE FIRST CARLTON HOTEL

THE FIRST CARLTON HOTEL (1906 – 1964)



The first Carlton Hotel was located at the corners of Commissioner, Eloff and Market Streets. Joubert Street running north to south between Commissioner and Market Streets formed the Western Border of the Carlton bloc as it was then known. (Market Street has been renamed Albertina Sisulu Road).

Planned as a world-class luxury hotel in 1895, construction was delayed by many years due to a number of events, including the outbreak of the South African War (The Anglo-Boer War) 1899 – 1902. Construction only started in earnest in 1903. The building took three years to complete. The opening of the Hotel was one of the social highpoints of the year for early Johannesburg, and from numerous reports a very glittering occasion.

A wide variety of shops occupied most of the ground floor. Floors 1 to 5 provided accommodation for guests with each room having a private telephone and an early form of air-conditioning.

Easily identifiable in the image accompanying this article is an electric tram, the type of which was in general operation in the city centre of Johannesburg at the time.

Although very popular, the Hotel nevertheless had difficulty in remaining viable. Ownership changed hands in 1936. As part of the revamp of the Carlton by its new owner, American Businessman, Isidore W. Schlesinger, three more storeys were added to the building and a grand new ballroom incorporated into the premises.

The first Carlton Hotel hosted many celebrities, including King George VI, Queen Elizabeth, and the young Princesses Elizabeth and Margaret in 1947. I was part of a huge crowd of over 2 000 fans who stood in Eloff Street (traffic had been diverted) to welcome Cliff Richard when he came out onto one of the balconies of the Hotel at about 17:00 on the afternoon of the day of his arrival in Johannesburg for the start of his SA Tour with the Shadows Band in 1962.

The Hotel was demolished in 1964 to make way for a multi-storey commercial building completed in 1970.
FRANK PEACHEY

ACKNOWLEDGEMENTS: Wikipedia – Carlton Hotel (Johannesburg); Book: "Johannesburg then and Now" by Marc Latilla published 2018;
Photograph of the first Carlton Hotel in sketch form taken by James Halley, with permission of the owner of this particular sketch, namely Mr. B.A. Stott.

RCGS Clean Innovation



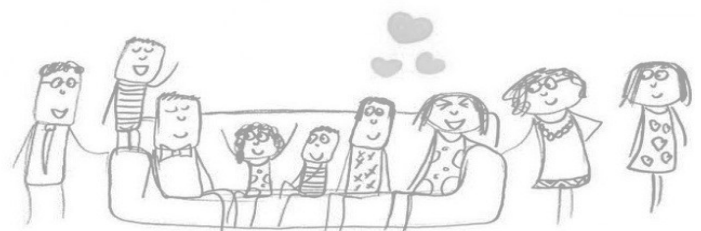
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- French Nougat
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- Toffee Fudge
- Chocolate Turkish Delight
- Turkish Delight
- Coconut Ice
- Rocy Road
- Apricot Balls

Available in Reception
Cash Only



Above: Hello from Chico and Paulo Ventura cottage 183

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.

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Elaine Little

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Nicole Mulder

Village Management

Chris Heyneke

Responsible Director

To be advised



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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DO YOU NEED A CARER?

I am dedicated to caring for the frail and administering care in home and external environments. I can easily perform basic life support and first aid procedures.

Qualifications

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Available full-time or part-time
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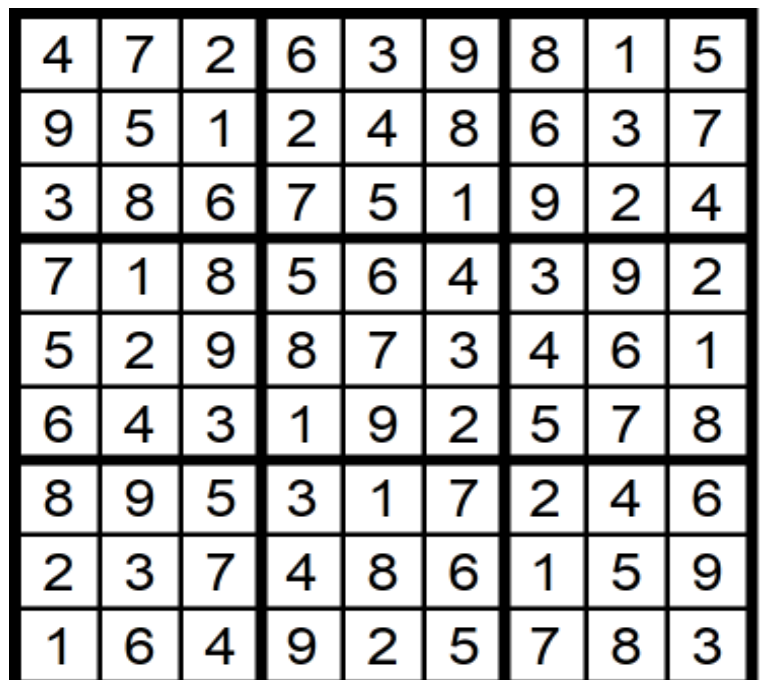
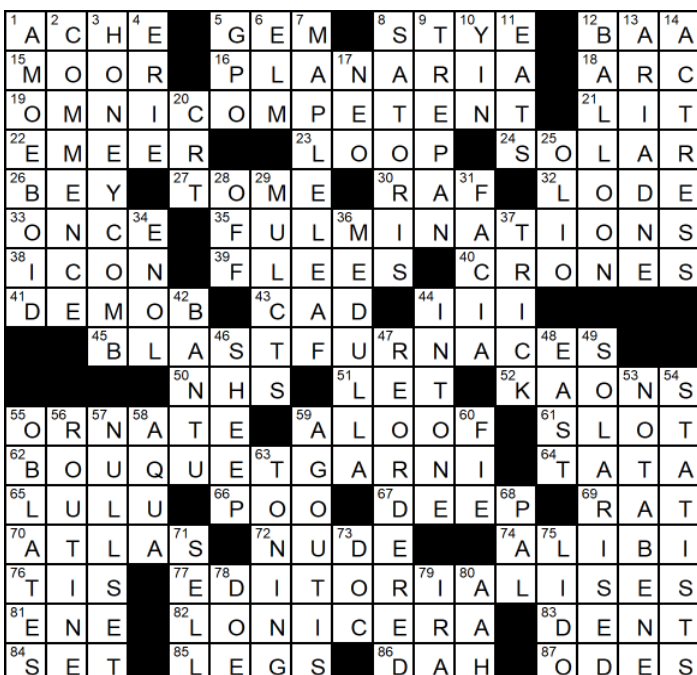
List of extension numbers

	EXTENSION
Frail 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
Tuesday 2pm to 3pm
Wednesday
Sister: 11am to 12 noon
Doctor: 12 noon to 1pm
Please book for Doctor at FRAIL CARE 5011

Thursday 2pm to 3pm
Friday 10am to 11am
★★★



RECENT EVENTS

CHECKERS HIGH TEA



SEPTEMBER BIRTHDAYS

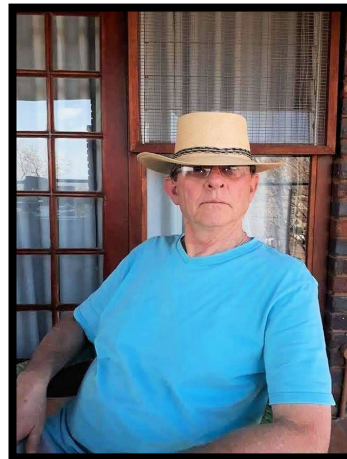
MILESTONE BIRTHDAYS



Mike, Elizabeth, Linde and, I do believe, Cecile



Hantie with grand-children, Marco and Christie



Glanville Craig
apartment 544 turned 70
on the 10 September



Kate Mc Donald
apartment 556 turned 90
on the 5th September

I was having trouble with my internet at the farm, so I moved the modem to the barn.

Now I have stable wifi.

KARAOKE



Lucillia Paulo cottage 4 is on holiday with family in Portugal. She sends her love to all.



Breast Cancer

— AWARENESS MONTH —

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3 Bedroom Houses from R16 500 p/m

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061 527 7625

rickie@csirentals.co.za

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