

The Olive Branch

Reaching out to everyone

December 2022

January 2023

Issue 11

FRAILCARE CHRISTMAS PARTY

Residents of the frail care facility their loved ones and guests had a great evening of celebrations, music and laughter. As the evening's master of ceremonies, Pastor Trevor Slade, welcomed everyone before leading all in prayer. The singing of Christmas carols was shared by everybody.

The winner of the quilt lottery was Benita Penfold House No. 173, while the winner of the hamper raffle was John Retallick House No. 1.



EDITORIAL

Dear friends,

The end of the 23rd year of the 21st century is in sight. As South Africans, we grew stronger and wiser, adopting a "come as you are" attitude. "Whatever happens, we'll make it." Positive thoughts have led us to take things like power outages and tough economic conditions as life in South Africa.

November was fairly calm for us. Our front page features an article on the Frail Care Christmas Party. Both Glan and I attended. It was a lovely evening.

If you liked the Bill Craig story by Glanville Craig don't miss his subsequent piece, which can be found on page 14.

There are a couple of good stories written by our residents which I'm sure you will enjoy.

As you celebrate the glory of this miraculous season, may your home be filled with love, peace and joy.

May you all be truly blessed and our Heavenly Father watch over us all.

Love,

Angie



FROM THE MANAGER'S DESK.

Chris Heyneke

In 2011 Steve Jobs dies at the age of 56 from pancreatic cancer, leaving a fortune of 7 billion dollars and these are some of his last words...

"At this moment, lying in bed, sick and remembering my whole life, I realize that all the recognition and wealth I have is meaningless in the face of imminent death. I have the money to hire the best at any task, but it is not possible to hire someone to carry my disease. Money can get you all kinds of material things, but there is one thing you can't buy: "LIFE".

As I got older, I realized that a \$300 watch and a \$3,000,000 watch show the same time. That with a \$150,000 car and a \$15,000,000 car we can reach the same destination. That a wine of \$150 or one of \$1500, generate the same "hangover". That in a house of 300 square meters, or in one of 3000, the loneliness is the same ".

"True happiness does not come from material things, it comes from the affection that our loved ones give us."

So, I hope you understand that when you have friends or someone to talk to, that is true happiness!

Five undeniable facts

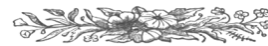
- Do not educate your children to be rich. Educate them to be happy, so when they grow up, they will know the value of things, not the price.-Eat your food as medicine, otherwise you must eat medicine as food.
- The one who loves you will never leave you, even if there are a 100 reasons to give up. They will always find a reason to hold on.
- There is a big difference between being human and a human being

- If you want to go fast, go alone! But if you want to go far, go together.

And in conclusion:

- In whatever stage of life you find yourself now, be grateful and enjoy the little things to the fullest and treasure the Love of your partner, your family and friends so that when the day comes when the curtain falls, you can carry with you the true wealth of this world.

Attributed to Steve Jobs



Congratulations Fanie Kruger on completing your 250th parkrun . What a wonderful achievement!



The Spirit of Christmas Past



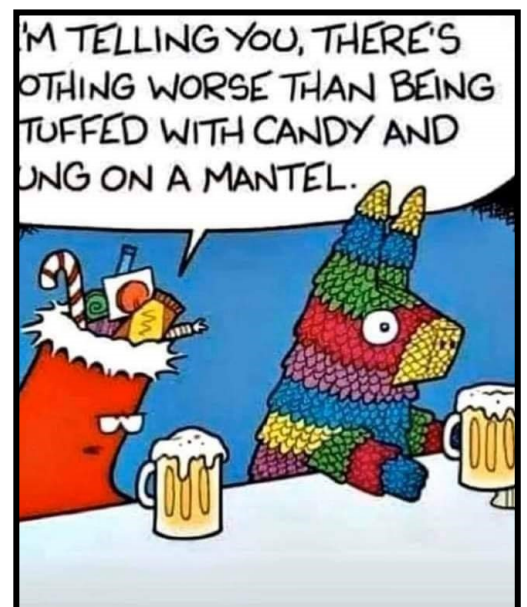
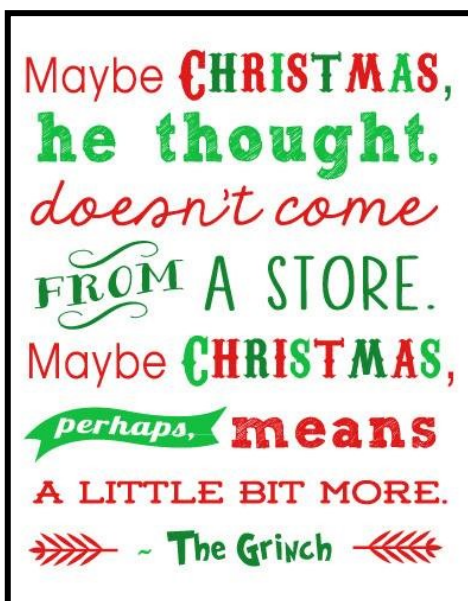
Once upon a time Christmas was THE most wonderful, magical and enjoyable time of the year. The shops would be decorated, the streets would be lit with brightly coloured lights and there was a sense of excitement in the air. The big department stores such as John Orr's, Greatermans, Stuttafords, Garlicks and O.K.Bazaars had exquisite decorations that were put up only about two weeks before Christmas. Not like today when they are up so early in the year that by the time Christmas comes they are old hat. One of the stores even had a little train running through it, driven by Father Christmas, much to the delight of the children. Then he would sit on his "throne", take the little ones onto his lap, ask if they had been good throughout the year and find out what they wanted for Christmas. Lucky packets were a must-have although the contents were not worth the money. It was just the excitement of not knowing what was inside.

Something else which has largely fallen by the wayside is the lighting of streets at Christmas time. The main streets of almost every city and town in the country were decorated beautifully with a different theme each year. The Johannesburg decorations were beautiful, but pride of place, in the old Transvaal anyway, must go to Benoni. Their lights were outstanding every year and families would come from far and wide to view them in and around City Halls.

Some private homes were also decorated, as we still see on a much smaller scale. I doubt that Eskom could supply enough electricity if the practice was continued! Folks would compete against their neighbours to have the best decorations. Certain streets would become well known for this, and traffic jams at night in suburban areas were not unusual.

Some of us who lived on the East Rand had an extra treat each year. The staff at Vogelstruisbult Mine built a funfair. This would be erected for Guy Fawkes night and then was used again for the mine Christmas tree, the MOTHS Christmas tree and again on Christmas eve. (For any who don't know what is meant by Christmas tree in this sense, large companies would hold a party each year for the children of employees. There would be cooldrinks, cake, candy floss and a gift appropriate to the age of the child.) They (the mine staff) built big wheel, a round-about with horses for the little ones, two sets of swings and a small train that had previously been used underground. How spoilt we were and how we enjoyed the season. The rides were free for anyone who came and there was seldom anyone who misbehaved. Lovely times indeed. When that mine closed the entire funfair was taken to Carletonville for the next generation of children to enjoy.

Memories will always be with us, happy, sad, nostalgic and unforgettable. Remember the good times and all have a blessed Christmas.



"I will honour Christmas in my heart, and try to keep it all the year."

— Charles Dickens

INTERESTING FACTS DECEMBER

December's traditional birthstone is turquoise. It is considered a symbol of good fortune and success.

Zircon and tanzanite are also considered to be December birthstones.

December's birth flowers are the holly and the paperwhite Narcissus— a relative of the daffodil with lovely white blooms.

Look skyward on the night of December 13th after 9:00 p.m. for a chance to catch a glimpse of the Geminids meteors. The Geminids meteor shower is the most active shower of the year.

The Anglo-Saxons called December "Winter monath" or "Yule monath" because of the custom of burning

the Yule log around this time.

After many Anglo-Saxons became Christians, they called December "Heligh monath" or holy month,

Common decorations on a Christmas tree each have their specific meanings. Candles represent the light of the world, the star at the

top is a reminder of the first Christmas night, and candy canes are to represent the shepherd's cane.

Not a carol at all, the song "Jingle Bells" was composed in 1857, and not for Christmas— it was actually meant to be a Thanksgiving song!

The stock market traditionally sees more activity in December than in any other month. This has been described as the "Santa Claus Rally."

The world became a little more magical on December 5, 1901, when Walter Elias "Walt" Disney was born in Hermosa, Illinois.



Word Search

45 words , 3 of which are not used.

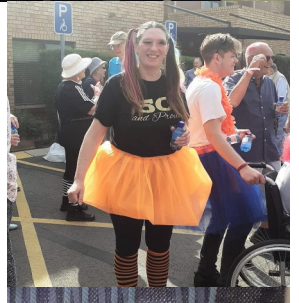
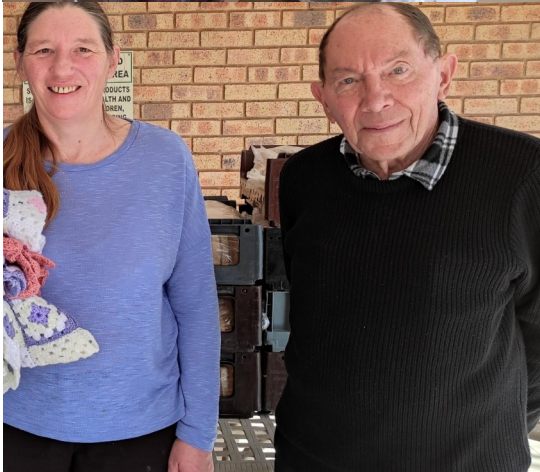
The theme is circuses and fairs

SOLUTION ON PAGE 15



Applaud	Performer
Balancing act	Poster
Band	Ride
Bear	Ring
Big top	Seal
Booth	Show
Bow	Spectator
Cage	Spinning plates
Candy	Star
Cape	State fair
Carousel	Stilts
Clown	Stuffed animals
Dog	Swag
Entertain	Swing
Feat	Ticket
Fun	Tiger
Games	Tightrope walker
Horse	Train
Leotard	Trick
Lion	Troupe
Magic	Whip
Maze	
Monkey	
Net	
Parade	

HIGHLIGHTS OF THE YEAR



PARKINSON'S: WHAT YOU NEED TO KNOW

Parkinson's disease is after diagnosis a lifelong neurological illness characterised by movement disorders that progress with time.

It is characterised by

- Tremors in the hands and legs when 'at rest', that is when not moving.
- Feeling more tired than usual.
- Speaking much more softly than previously
- Losing track of thoughts
- Moving or walking more stiffly.
- Remaining frozen in one place for a few seconds.
- Losing facial expression (the Parkinson's mask).
- Writing in small, cramped style.
- Involuntary movements (bradykinesia).

These are the more obvious signs but pay attention to the illustration: There are many symptoms that are unseen. This may come as a surprise to you if you are not familiar with the disease. Most people associate it with the more obvious symptoms listed above. It can consist mainly of the hidden symptoms shown in the Parkinson's Iceberg illustration (page opposite).

A feature of Parkinson's, not listed in the Illustration, is cognitive decline. This relates to being, or involving conscious intellectual activity (such as thinking, reasoning, or remembering). This has to be tested by a neurologist.

Likewise, there are spatial perception problems. Try closing both your eyes, extend one of your arms out in front of you, and then try to bring your index finger back to touch your nose. Easy, wasn't it? Not so if you have advancing Parkinson's where the ability to determine the position of things in the space around one is subverted.

Parkinson's manifests itself differently from person to person. One may have some or several of the symptoms. One thing they have in common: a loss of the brain cells that produce the chemical dopamine. Its progress is unfortunately irreversible. However, it can be controlled by a combination of medication, diet and exercises. These can generally improve the afflicted person's quality of life, slowing the disease's progress. Many people respond well to these interventions, but the eventual outcome cannot be disguised.

Parkinson's affects mostly people of advancing age, though there is an early onset type that affects people in their twenties or thirties. The most famous of these is Michael J. Fox who has published some uplifting memoirs of his experiences.

Usually, the progress of the illness is divided into five stages. The following is adapted from the website myparkinsonsteam.com, an excellent resource for finding information on Parkinson's (though there are many others).

- Stage 1: In this early stage, there are only mild symptoms. However, the person will still be able to go

about daily activities with little hindrance. Symptoms may include tremors on one side of the body, the Parkinson's mask makes an appearance, and may include trouble with leg and arm movements while walking.

- Stage 2: The symptoms begin to worsen, spreading to both sides of the body as well as posture and voice.
- Stage 3: Loss of balance resulting in falls commence as well as involuntary movements. People can though still look after themselves although they may have trouble with basic tasks such as getting dressed.
- Stage 4: This is where matters get grim. It marks the beginning of the advanced stage. The symptoms become limiting and severe. The person may stand unassisted but may require a walker for getting about. They may also require assistance with daily living.
- This usually marks the start of a lack of response to medication.
- Stage 5: this is the most advanced stage. Here the person can become so rigid that they require a wheelchair or become bedridden and will need constant care.

All through this there is the progression of the unseen symptoms. Hallucinations, delusions and lack of impulse control are grist for the mill in the later stages which can place a great burden on the person's caregiver. Having one's loved one getting up at the night convinced he must drive to work can be extremely taxing. In the earlier stages, bladder control, increasing tremors (men find it more difficult to shave) can manifest themselves. Then there are anxiety, panic attacks and depression. As you may now realize, Parkinson's is not for the faint of heart for either the sufferers or their caregivers!

The progress of the illness is generally slow. Some people, on reflection after a diagnosis, realise that the opening shots were fired quite a while before.

Fortunately, there is help at hand to assist everyone involved in caring for the patient. If you are in this situation, the Web is a great source of information. Specialist support sites like www.myparkinsonsteam.com can make a huge difference to you. Best of all, do try and find a support group in your area (there are currently two in the Johannesburg area). There is nothing like commiserating one-on-one.

James Halley

References

- Understanding the Progression of Parkinson's Disease (myparkinsonsteam.com)
- About Parkinson's Disease (The Parkinson's and related movement disorders Association of South Africa).

Illustration credit

Courtesy of Parkinson's New South Wales, Australia.



PARKINSON'S PERSONAL STORIES

My life with Parkinson's : James Halley

I first knew something was not right 16 years ago when I was fixing a ceiling light for my mother in her granny flat on my brother's property. I was standing on top of a small set of steps when I suddenly toppled face first onto the floor. I just managed to break my fall. I otherwise most certainly would have broken my nose and my glasses. I was only 53 years old and was about to embark on a long trip with Parkinson's.

My diagnosis came some years later.

My Parkinson's was possibly precipitated by medication, in particular lithium which I was taking for bipolar disorder. It could also have been the result of the dangerous chemicals I handled in my early working career. The jury is still out on those.

It went through several phases, tremors in my right hand on and

off and loss of sensitivity in the use of my left leg.

I currently have intermittent tremors in all my limbs, but my right hand gives me the most trouble. Typing is often next to impossible and doing the layouts for the Olive Branch were likewise often exceedingly difficult and I had to give that up. Yet I continue regardless.

I have problems with involuntary muscle movements, sleep, speaking softly, loss of facial expression and other issues. I have also experienced some cognitive decline.

One of the tougher decisions I had to make was to stop driving.

But as with all adversity, one must take the fight to the enemy, and I will continue to do that to the best of my ability.

Living with Parkinson's. Tom Addison's story.

About 10 years ago, I started feeling indescribably awful and depressed. I was living in Primrose at the time and was a senior lecturer at Wits University. As a result of my condition, I lost a lot of weight.

I consulted several doctors in the Bedfordview area, including a neurologist who prescribed medication which did not help at all. At that stage I had never heard of Parkinson's disease and I suspect that none of the medical practitioners in that area considered Parkinson's, as I did not display the typical symptoms, like tremors. To this day I have been blessed with having no such symptom.

My son took me to Dr. Landmann, a neurologist in Sandton Medi Clinic. A brain MRI scan revealed I had Parkinson's disease. My symptoms then were tiny handwriting, acute bad balance, the head-forward stoop and general stiffness and rigidity. My

medication is Teva Carbi-levo (a generic for Sinemet), and Slow Mag to offset muscle rigidity and stiffness.

I spent 2 years in Frail Care at a retirement village in Northcliff. As I became stronger, I asked to be moved to mid care, where I spent 3 years.

On the academic side, I abandoned my PhD, and took early retirement aged 64.

For the past 3 years, I have been living independently at ORV. Fortunately, I can still drive. I drive a lot better than I walk!

Parkinson's attacks the vocal cords. My way of fighting back is to sing whenever and wherever possible: in the shower, in Church, and I sing in two choirs.

The small handwriting has now gone, but I am nearly always tired. Regmakers help! The Neurologist has discontinued the MRI scans. I go to physiotherapy twice a week, and that works wonders for my muscle rigidity.

Crossword

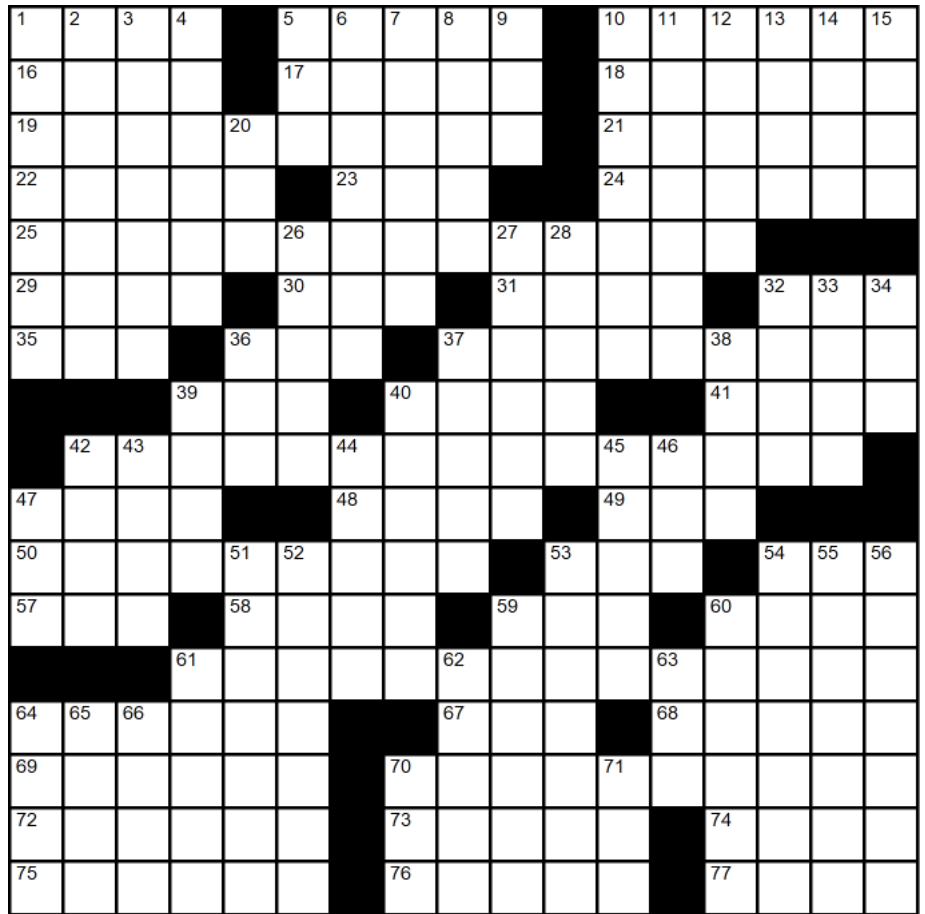
Solution on page 15

Solution on page 11

Across

1. "Cut it out!"
5. Attendance counter
10. Accident
16. Cheese nibblers
17. Auspices
18. On the move
19. The third syllable from the end in a word
21. Plunderers
22. Hot spot
23. Cal. col.
24. Dangerous job
25. Abnormally sensitive to a stimulus
29. "Beowulf," e.g.
30. In the capacity of
31. ___ of the above
32. Blah-blah-blah
35. Cabernet, e.g.
36. Nipper
37. Staircases are in these
39. Hawaiian dish
40. "One of ___" (Willa Cather novel)
41. Give off, as light
42. "And finally..."
47. Afflicts
48. Spare parts?

49. Barley bristle
50. Like a grouch
53. Grand ___ ("Evangeline" setting)
54. Fleshy mushroom
57. "Dig in!"
58. Doctor Who villainess, with "the"
59. British "bub"
60. Come down hard
61. A person who leads a wandering or unsettled life
64. It's written in "The Star"
67. Chop (off)
68. Periods marked by an absence of major wars.
69. Quip, part 2
70. Humanistic discipline
72. Perverse people
73. Odd-numbered page
74. Cardinal
75. Coin substitutes, often
76. Amount of hair
77. Bed board



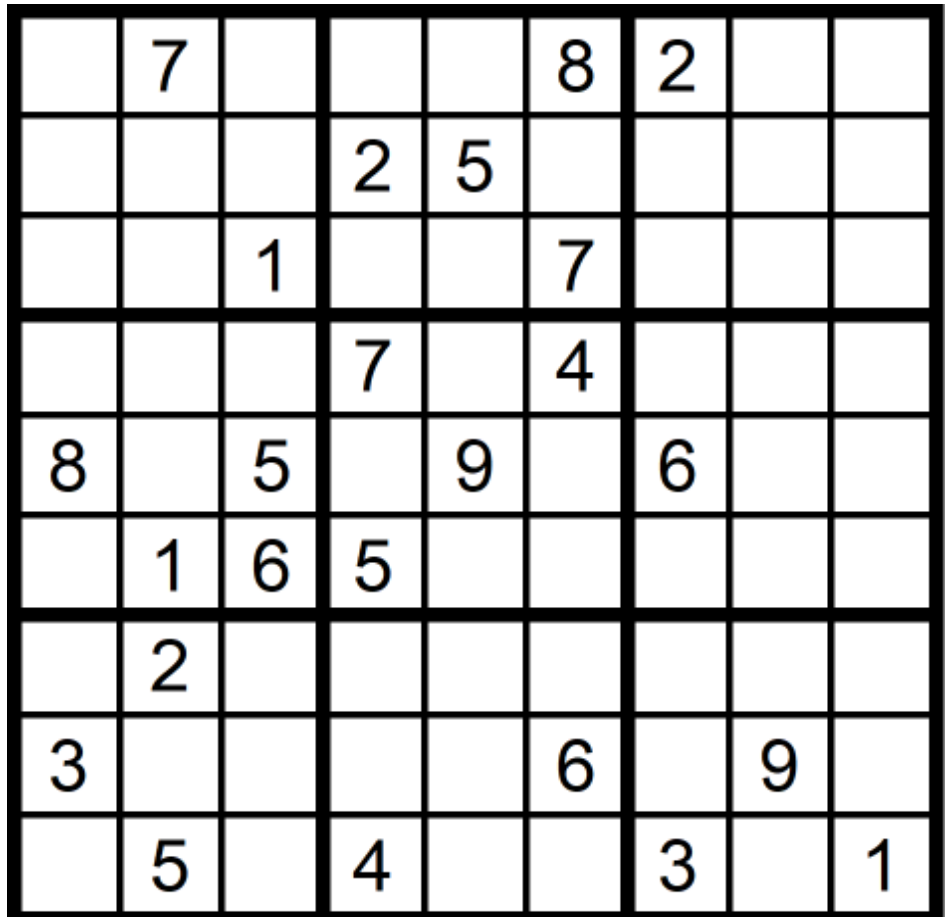
Down

1. Atom ___ (particle accelerator)
2. Antique photo
3. Eight-armed creature, generally speaking
4. Annoyances
5. Ed's request
6. Betray nervousness
7. Large lizard
8. Airs
9. C; ___ la vie!
10. Bond order
11. Form a skin, in a way
12. Gawk
13. Busy place
14. Affirm
15. 100 centavos
20. The "p" in m.p.g.
26. Lampoon.
27. Emcee's lines
28. A goner
32. Beauties
33. Came down
34. Short order, for short
36. Ale holder
37. Bright
38. Withdraw gradually
39. Check this out!
40. A bug in ones ear?
42. 100 kurus
43. thanks ___!
44. Defeat

45. Caterpillar, for one
46. "Concentration" pronoun
47. Trick taker, often
51. Deep red
52. Control
53. Marionettes
54. Kind of cable
55. Flutist Zukerman
56. Current
59. Aerospace measure
60. Whence the line thy word is a lamp unto my feet.
61. Untraceable actor Billy ___
62. On in years
63. Marienbad, for one
64. Actors
65. Its quarter says Birthplace of Aviation Pioneers
66. Wrestling hold
70. A jealous mistress Emerson
71. Discouraging words

Sudoku

Solution on page 11



A SPECIAL BIRTHDAY



Above : Bevil Dustin apartment 360 with his daughter Glenda. Bevil turned 95 on the 28th of November.

Interesting: Bevil was the first person to face a cricket ball, bowled in a provincial match at the Wanderers Bull Ring in Johannesburg. Additionally his father competed in the 10 000-meter Olympic event in 1924, which served as the inspiration for the film Chariots of Fire.

H A P P Y
B I R T H D A Y



PAST EVENTS

CHECKERS HIGH TEA

On November 15th Checkers hosted a tea party in our village. The event was a big success, many residents showed up to support them.



BIRTHDAY TEA



RCGS Clean Innovation



082 084 5588

Professional deep cleaning with antibacterial products that are environmentally, human & pet friendly with a unique method that leaves your carpets, couches, chairs, curtains and mattresses looking new and smelling fresh.

THINGS THAT GO BUZZZZZZ IN THE NIGHT.

It's 1am. All through our village not a creature is stirring, not even a mouse..... Except in Marion Cloete's apartment. She is woken by the strangest noise, a sort of buzzing, but also sounds a little like running water. "Oh no" she thinks, "not another burst geyser. Once this year is enough". She cautiously climbs out of bed, creeps down the passage but cannot find the source of the noise. So she does what any sensible person would do and contacts our security office.

It's not long before the guard arrives and she tells him what is happening. He comes in and looks and looks but sees nothing amiss. Then he goes to the bathroom and starts laughing. "Come look here, mam". There, on Marion's basin, is her vibrating toothbrush. It's one of those with a built-in battery and she had used it before retiring. It has turned itself on and is dancing around the basin. After a good laugh the security guard left and Marion went back to bed. The really funny thing is that this is the second time Marion has had a toothbrush encounter. The first time was a different toothbrush and on that occasion a neighbour found the cause and they also had a good laugh. So if you have something going buzz in the night check what could be vibrating!

1	S	T	O	P		5	S	T	I	L	E		10	M	I	S	H	A	P	
16	M	I	C	E		17	A	E	G	I	S		18	A	C	T	I	V	E	
19	A	N	T	E	20	P	E	N	U	L	T		21	R	E	A	V	E	S	
22	S	T	O	V	E		23	S	A	T			24	T	O	R	E	R	O	
25	H	Y	P	E	R	26	S	E	N	S	27	I	T	I	V	E				
29	E	P	O	S		30	Q	U	A		31	N	O	N	E		32	G	A	B
35	R	E	D		36	P	U	P		37	S	T	A	I	R	38	W	E	L	L
				39	P	O	I		40	O	U	R	S		41	E	M	I	T	
	42	L	A	S	T	B	44	U	T	N	O	T	45	L	E	A	S	T		
47	A	I	L	S		48	P	I	N	S		49	A	W	N					
50	C	R	O	T	51	C	H	E	T	Y		53	P	R	E		54	C	E	P
57	E	A	T		58	R	A	N	I		59	G	U	V		60	P	O	U	R
				61	B	I	R	D	S	62	O	F	P	A	63	S	S	A	G	E
64	C	O	L	U	M	N			67	L	O	P		68	P	A	X	E	S	
69	A	H	O	R	S	E			70	A	D	R	E	N	A	L	I	N	E	
72	S	I	C	K	O	S			73	R	E	C	T	O		74	M	A	I	N
75	T	O	K	E	N	S			76	T	R	E	S	S		77	S	L	A	T



HARDWORKING PEOPLE BEHIND THE SCENES.

Thankyou for looking after us and keeping us safe. Thank you for keeping our village looking beautiful .



OUR SECURITY TEAM



OUR GARDEN AND MAINTENANCE TEAM

Bingo Tips and Tricks

Bingo, a favourite pastime, is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early: Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot: Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards: Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Be alert: If you're slow to call out "Bingo!" and the next number is announced, you'll be known as a "sleeper"—and

you'll miss out on the prize!

Have fun: This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.



MERRY CHRISTMAS

DID YOU KNOW?

MAUREEN LAMPRECHT

Spent batteries should not be thrown into household refuse. Hand them in at the office and they will see to it that they are disposed of safely.

Wet wipes are generally not flushable and will cause problems with the sewerage. Flushable, environmentally friendly wet wipes are available. One brand is Clicks *My Earth Eco-friendly* baby wipes. Yes, they're baby wipes but your bottom won't know the difference. Other brands should be available. If the packaging toilet icon shows a cross through it means they are not flushable.

Bottle tops, the plastic ones, are collected at the tuck shop and exchanged for wheelchairs. Check at the tuck shop to see which types are suitable.

When there is load shedding the passage lights in the apartments should be on. Please do NOT turn them off. Having them on does not cost a cent extra. (Do you think it would have been possible to be connected if it cost the company more?) However, if there is not loadshedding here, it is happening somewhere in our city, so do NOT turn on the passage lights, as this power then comes from City Power and costs Olivedale more. It might be a small cost daily but multiply this by 365 and it would be a significant amount.

Also Eskom asks that we use electricity sparingly. Putting passage lights on when the sun is still shining is unnecessary, costs money and makes less power available to the rest of the city. Also, it interferes with the duties of our security staff.

Water restrictions have been lifted for now but watering time is still after 6pm.

The disabled parking at the entrances to the various apartment blocks is just that.....parking for disabled persons and for ambulances. Unload your parcels at the door but then park in your allocated bay. Inform your visitors that limited parking is available in front of the main reception area and east of the apartment blocks, i.e. between the apartment block and the houses.

If you have any other 'Did you Know' items please send them to the editor.



5 FUN FACTS ABOUT THE CLASSIC WHITE CHRISTMAS



The holiday classic film, *White Christmas*, was released in 1954, and whether or not you're a fan of musicals, you've likely seen this one a time or two around the holidays. You can probably sing along to most of the numbers in the movie, but there is likely a few things you didn't know about the film and its production. For instance...

1. The film's title track predates the movie by more than a decade! The song *White Christmas* was composed by Irving Berlin in 1940, and sung by Bing Crosby on his Christmas radio show long before the movie was produced.

2. The film was originally set to star Bing Crosby and Fred Astaire. The original idea was that it would be third instalment of a trilogy of musicals starring Bing Crosby and Fred Astaire, of which *Holiday Inn* and *Blue Skies* were the first two.

3. Danny Kaye was a last-minute casting decision. Donald O'Connor was originally set to play the character of Phil Davis, but he fell ill shortly before production began. Danny Kaye was offered the role and requested a salary of \$200,000 plus a percentage of the film's gross. They honoured his request!

4. Rosemary Clooney could not dance. Singing is her bread and butter, and you'll note that Clooney only has two short dance scenes in the movie, both of which have very simple choreography.

5. Crosby wasn't fond of the "Sisters" scene. Apparently, Bing Crosby was uncomfortable doing this scene, and in an effort to loosen him up, Danny Kaye improvised the bit where he hits him with the feathered fan. That laughter on camera is completely authentic!

RECORD RAINS FRANK PEACHEY

Not only was November 2022 the wettest November we have experienced at ORV, but it is our heaviest month recorded since the inauguration of the Village on 1 st August 2014.

Accompanying the rain on November 17 th was a severe hailstorm during the late afternoon.

Month	Amount of rain (in mm)
November 2022 (Wettest Nov and Wettest Month)	272
January 2017 (Second wettest month attributable mainly, according to reports, to the after-effects of a tropical cyclone which occurred in the Mozambique Channel.)	252
November 2014 (Second wettest Nov.)	185

FOR A GIGGLE

Some clever signs!

At an Eye Clinic: "If you don't see what you are looking for, you have come to the right place".

On a Plumbers Truck: "We repair what your husband fixed".

At a Car Dealership: "The best way to get back on your feet---miss a payment".



THE BILL AND BUNNY CRAIG STORY CONTINUED

Glanville Craig

In the previous article I spoke of the house that my father, Bill, helped Lilly to obtain in 1955. Lilly made some improvements to her home. I have included two photos, one of the house after the first upgrade, and one as it looks today after further renovations.

Bunny, my mother, was born and raised in Alicedale, a railway junction in the Eastern Cape. She was one of a large family and at the age of 12 began working as a seamstress under the supervision of her mother. She continued as a seamstress until she was 86.

She married an Alicedale man and had two children by him. Towards the end of WWII they divorced and Bunny moved to Johannesburg, with the aim of helping injured troops to recover. This is how she met Bill. They became friends and she helped nurse him back to full health. She was a wisp of a woman, no more than 5 ft tall, but an interesting person who kept fit by ice skating. In time Bill and Bunny married and Bunny worked at home while Bill commuted to Soweto. It was then that Bunny employed Ma Lilly to assist her in the sewing business. In 1947 Bunny's daughter Glenna was born. An almost immediate bond formed between Glenna and Lilly, one which grew over time. Lilly, willingly, carried Glenna on her back while going about her seamstress work. The bond between Lilly and Glenna was so strong that when Lilly contracted TB and had to stay at home for treatment, she refused to accept the Dr's assurances that she was well. Only when Bunny invited her to return to work and gave her Glenna to care for, did she accept that she was well. Their relationship was one of friends rather than employer and employee. Bunny shared all her triumphs, disappointments and problems with Lilly.

According to Lilly's granddaughter, Lynette, Bunny was referred to as "Mamukgawu" which is Dube for "woman of kindness". This was because she went above and beyond the call of duty in helping Bill organize the house, as well as giving Lilly her first washing machine, electric stove and numerous appliances. She also ensured that Bunny's son-in-law, a plumber, completed a second bathroom during the renovations of 1976, in spite of the riots at the time.

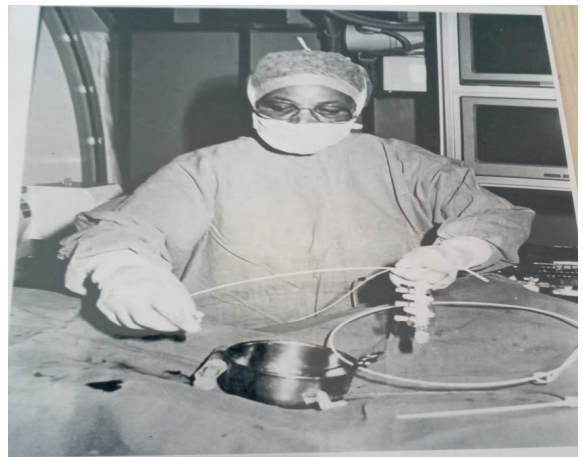
Martha, Lilly's daughter, was a nursing sister at Baragwanath Hospital. Because of her work ethic she was promoted to the head nurse of six departments. She was also appointed as a manager, but office and admin work kept her away from her passion, that of helping patients. She went back to her former position where she could care for her patients on a personal level. She would go to symposiums with doctors so that she could come back to train nurses in the latest techniques. She was even sent to New York and Washington to learn theatre techniques. She was highly respected and was the first sister to operate the heart-lung machine. Throughout she remained as humble as her mother Lilly.

To get back to Bunny and Lilly. Bunny, as strange as it may seem was the family's disciplinarian, she had the anger of a giant. We had a caravan parked next to Bunny's workroom. On one particular day, I cannot remember what I had done wrong, but I was about six or seven, and Bunny was hell-bent on disciplining me. She chased after me with her tape measure in hand, ready to hit my legs. In defense I ran around the caravan, hoping the executioner would not catch me. The peacemaker, Lilly, stepped into the breach and stood between Bunny and me, ensuring that the sentence could not be carried out. Lilly convinced my mom that I had suffered enough by being chased. I gave quiet thanks to Lilly.

Bunny and Lilly shared an interest in our educational progress. Bunny was overjoyed when she learnt that Lynette had completed her undergraduate studies at UCT and insisted that Lilly attend the graduation ceremony. Lilly refused to fly so Bunny compromised by putting her on the bus. Lilly attended her daughter's graduation in 1998.



Above: Lily and her daughter, Lynette, at the graduation



Above: Lily at work



Above two photos: The family home

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.

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- Published monthly - format is A4 portrait.
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- 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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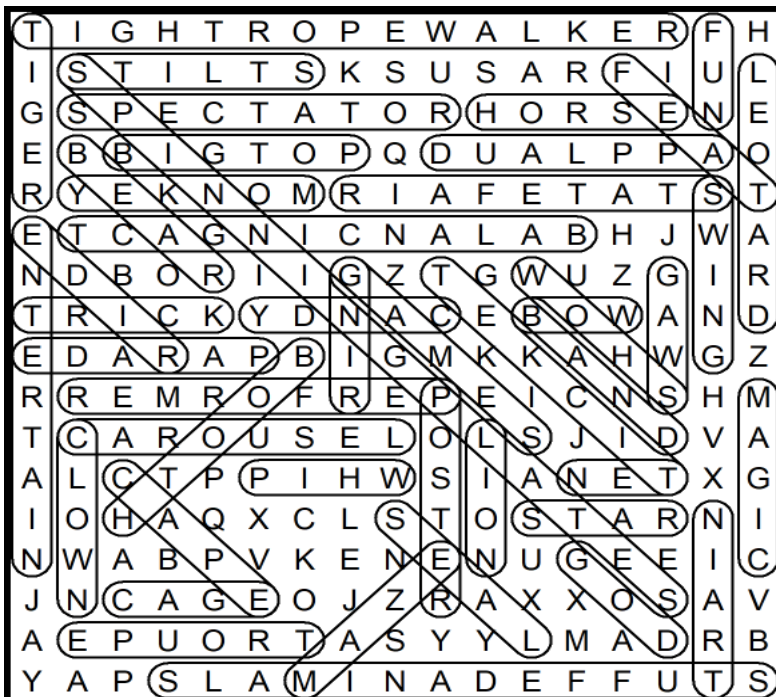
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