



EDITORIAL

Hello to all my Olive family and welcome to our March issue of the Olive Branch.

Is it my imagination or is 2023 flying by at the speed of light? It feels as if I have only just taken down my Christmas tree!

Regrettably, we have had to bid goodbye to a few of our members recently. We

warmly welcome Elma van den Berg and Maureen Lamprecht as our newest members.

I appreciate all the thoughtful birthday wishes I have received. In addition, Glan and I would like to express our gratitude to our neighbours Betty, Dennis and Elaine for letting us use

their car while our tiny car, Sunshine, was getting mended. She tragically broke down a few weeks ago on the N1 freeway. Since then, she has been in and out of the ICU, demanding a new heart.

I am confident you will enjoy this month's articles, laugh out loud at the jokes,

and appreciate the beautiful photographs.

Till next time. Take care.

Angie Moir, Editor.



Prayers for
Türkiye and Syria

LET'S WELCOME OUR NEW RESIDENTS



From left:

Beverlee Lewthwaite, Shirley Moodley, Cynthia Booth, Liz Busschav, Viv Hart, Margie Hart, Sylvia Henning, Louise Taljaard.

IT'S ALMOST HERE!

Save the date! It will be St Patrick's Day on 17 March, and there will be a celebration lunch in the dining room.



A FOUR-LEAF CLOVER

By Linde McLaren

During a visit to my children in the UK we camped on a farm in Cornwall. On one of our walks along a rustic track I looked down at the clover growing along the path and there it was: a four-leaf clover! Although I shared it with some insect that took a few bites for luck, it still is the real thing and look though I did, no more were to be found. A four-leaf clover is a rare variation of the three-leaf variety and the chance of a sprig having four leaves is one in 5 000. The Shamrock, with three leaves, is the symbol for Ireland. There is still an argument whether this four-leaf variation is due to genetic mutation or

environmental factors and there is no consensus on which of the three varieties of clover is the real one.

The first references to a four-leaf clover being lucky only date from the 19th century. Today, a number of companies and sporting teams use the four-leaf variety as their symbol - for example, Alfa Romeo racing cars, Space-X which sews an embroidered patch onto space suits, as does the Celtic Football Club on their sleeves. Several northern and eastern European political parties use the four-leaf clover as a symbol. I suppose all of them need more than just a bit of luck to succeed!

Source: https://en.wikipedia.org/wiki/Four-leaf_clover#As_a_good_luck_charm
[Accessed: 2023-02-07]



HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN FEBRUARY.

The following was written by Chrissie's daughter. Chrissie, 13 February is a special day, as we celebrate the incredible person you are and the many years of life you've been blessed with. Your unwavering spirit, kind heart, positive mental attitude, and strong will have made a positive impact on so many people, and we are grateful for your presence in our lives. You are a true inspiration, and we wish you all the best on this special day and in the years to come. May this year ahead be filled with love, joy and happiness, and may you feel surrounded by the warmth of those who love you.

On behalf of the community at Olivedale Retirement Village, we also want to wish you a happy birthday Chrissie!



Chrissie Janse van Rensburg celebrating her 96th birthday with her friends and family.



GOOD FRIENDS

"Good friends are like quilts - they age with you, yet never lose their warmth." I have seen too many dear friends leave this world too soon before they understood the great freedom that comes with ageing. Whose business is it if I choose to read, or play on the computer until 4 am, or sleep until noon? I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will. I will walk on the beach in a swim-suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old. I know I am sometimes forgetful. But

then again, some of life is just as well forgotten. And, eventually, I remember the important things. Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding, and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect. I am so blessed to have lived long enough to have my hair turning grey and to have my youthful laughs forever etched into deep grooves on my face. So many have never laughed and so many have died before their

hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become.

I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).



A DAY IN THE LIFE OF THE VILLAGE



"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth."
— Henry David Thoreau, Walden



"An early-morning walk is a blessing for the whole day."

WORD SEARCH

This is the word list for the March Word Search.

There are 60 words in the puzzle.

Solution on page 11

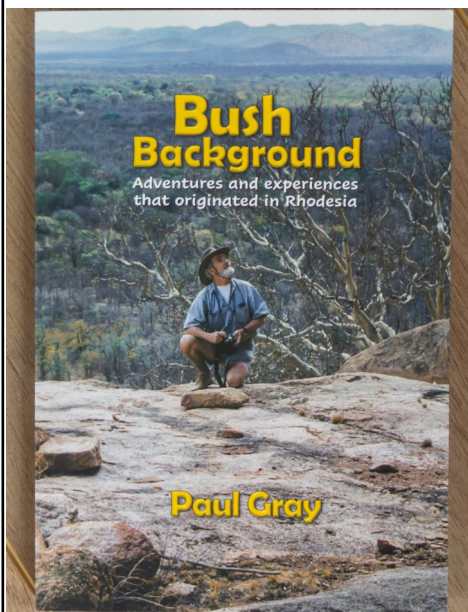


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- Agony
- Alarm
- Anger
- Angry
- Assured
- Awe
- Blue
- Calm
- Caring
- Cross
- Desire
- Distress
- Dread
- Envy
- Excited
- Fearful
- Fury
- Glad
- Gloomy
- Glum
- Greedy
- Grim
- Guilt
- Hurt
- Hysteria
- Jaded
- Jolly
- Joy
- Keen
- Kind
- Lazy
- Like
- Love
- Lulled
- Lust
- Mad
- Merry
- Open
- Pity
- Pushy
- Quiet
- Rage
- Sad
- Self-satisfied
- Smug

Ebony and Ivory live together in perfect harmony... A cuddle a day...



BOOK REVIEW



If you are wanting a book with technical excellence and perfect English then this is not the book for you. If however, you have an interest in the environment and nature or have lived in Zimbabwe, you will enjoy this book. The author takes you from his formative years in Zimbabwe to South Africa and back again many times. He makes forays into other African countries as well as

to South America and Singapore. He and his family travelled to places that took them out of the ordinary city life, into the wilderness and beyond.

His broad fields of interest include geology, archaeology, anthropology, botany, mountaineering, outer space, preservation of the natural and built environment and many more. His innate intelligence and humour make the book an interesting read and his integrity is obvious. The poems too are written by him.

He writes, on the whole, as he speaks so that at times it is necessary to re-read a section to understand what is being said. Because it is not in chronological order, it is a book one can pick up at any time and read the odd chapter, and each time see something not noticed before.

The author has met many interesting people, such as a woman who has devoted her life to donkeys! He has lived his life as he wished and

has given his children a wonderfully broad education that few are privileged to have.

This book is available on Amazon or contact the author directly on 084 400 0088 or email grays@yebo.co.za.

Soos blare wat val

In seisoenstonde losgeskeur
dartelend bevry
van boom en tak
ontkom in die wind –
om stil benede vrede te vind.

Swewend, juigend
die rypingskleur
wapperend teen die blou
blinkend meegesleur
toegegee aan die verganklinkheid.

Net so ontsnap die lewensasem
sugtend ontgly
in ruimtewasem
van ewigheid –
die kilwit in goudheid geklee.

Elma van den Berg

DID YOU KNOW

By Maureen Lamprecht

Dental floss is one of the strongest threads made by mankind. It's excellent for stitching on buttons and even mending bags or shoes when the stitching comes loose. However, one should not toss it into the toilet when flossing is done as the threads play havoc with the sewerage system. Dispose of used dental floss in your household refuse. If you really want to be environmentally friendly, cut it into small pieces, but that is a bit of a schlep.

From time to time we all have medication that either is not taken

any more or has expired. If this is thrown into the toilet it dissolves in the water and all those antibiotics or whatever is in the tablets, end up in our water. The level of medication in our drinking water is already a cause of concern. Take your old medication to your chemist who will ensure that it is disposed of safely.

IN YOUR KITCHEN

It is a common belief that the heat in chillies is in the seeds, that is why we are told to remove them. Latest research shows that most of the heat is actually in the flesh, though the seeds also are hot. Another tale is that lettuce should be torn and not sliced or it will discolour. Not so. The stainless steel knives we use

prevent any discolouration of the leaves, and sliced lettuce is much easier to pick up with a fork.

The only way to prevent avocado from discolouring is to prevent oxygen reaching the sliced parts. Lemon juice helps to an extent, but try to slice your avo as close to serving time as possible. Putting the stone into the same container as the avo to prevent discolouration is a myth. It doesn't work.

Gatrilé's Lemon Flan

1 tin sweetened condensed milk

250 ml whipping cream

Juice of four large lemons

For the crust:

½ packet Marie biscuits

80 ml melted butter

Crush biscuits finely and mix with melted butter. Press mixture into bottom and sides of a deep 20 x 20 cm dish.

Whip cream to soft peaks, stir in condensed milk, mixing well. Stir in lemon juice, mix well and pour into prepared crust. Crushed Marie biscuits or finely grated lemon peel may be sprinkled on top. Chill for at least two hours.

This flan keeps well, just cover and refrigerate. Better yet, it freezes and is delicious served frozen!

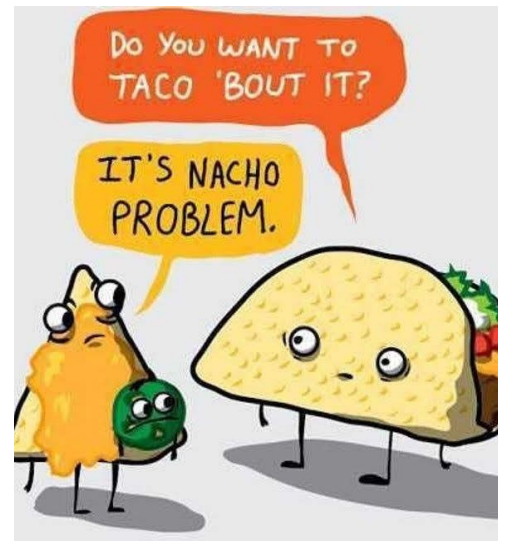
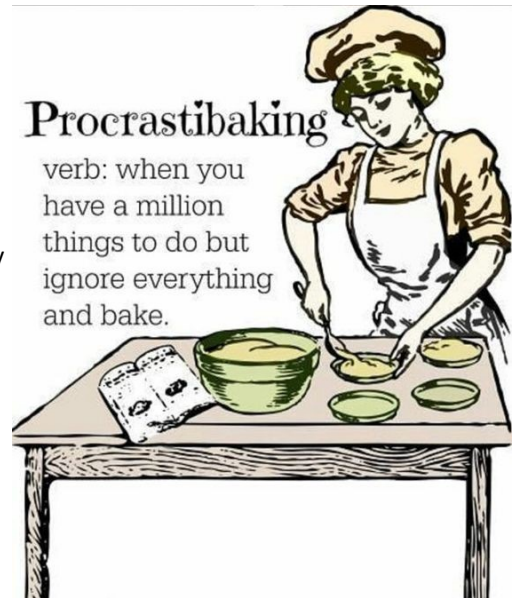
Of interest:

Gatrilé, Son and Co was a popular restaurant in Johannesburg in the mid 70s. Fair Lady magazine approached well-known restaurants round about that time, and asked for the recipe of their most popular item on the menu. Thus, the Lemon Flan recipe was published and has been a family favourite ever since.



Procrastibaking

verb: when you have a million things to do but ignore everything and bake.



GET YOUR VOICE BOX READY FOR SOME GOOD OLD FUN AND LAUGHTER!

ON MARCH 25, JAMES AND JESSICA URBANI WILL BE BACK. INVITE YOUR LOVED ONES AND FRIENDS.



THINGS OF YESTERYEAR

By Maureen Lamprecht

A suggestion has been made that we include a column in the Olive Branch featuring old, interesting or unusual objects that residents have. I'm sure many of us have such objects so please contact the editor and we will possibly do a feature on your item or items.

I'm kicking things off with this item which belonged to my father and his twin brother. It is a wooden bloodhound on wheels which was made by a German prisoner of war in this country during WW1.

The twins were born on 9 December 1914 of German parents. My father never learnt to speak German so clearly English was the home language. Many of his relatives still had a trace of a German accent. As is the case with almost all of us, my father never asked his mother much about family history. His father died during the Spanish 'flu of 1918.

I have done some research on German prisoners of war but there is surprisingly little information, particularly in regard to WW1. At the time that South Africa entered the war, there were many German

residents in this country. They had also become closely aligned with the Dutch/Afrikaans community and the then government, under Louis Botha and subsequently Jan Smuts, was cautious about dealing too harshly with the Germans. The government of the time ordered all Germans to report to a camp in Koffiefontein in the then Orange Free State. After that the majority were moved to a camp near Pietermaritzburg.

Those who were from the platteland were, in the main, allowed to return to their farms. Also, women and children were sent to a separate area but were free to do as they liked and were also not guarded. Those who had essential businesses were allowed to return and continue with their business, which is what I assume happened to my grandfather. He had a bakery in King William's Town and obviously bread is an essential. There are no reports of ill-treatment of the prisoners and they received the same food as soldiers billeted in the area.

How this toy (which was the only toy my father had) came to be given to him and his brother, I don't know. It has a short piece of string in the

front, the remainder of the original string by which the dog was pulled. As it moved the head and tail moved up and down. It is beautifully made and still in its original condition. I also have a photograph of the twins which must have been taken in the early months of 1919, still in its original oval frame with curved glass. I have never seen anything similar to this dog, not even in a toy museum. If anyone has any further information about the Germans in this country during those years I would like to hear from you.



PERSONAL SAFETY TIPS

Be crime-conscious - be aware of crime opportunities at all times!

Never walk around alone and don't talk to strangers. Be on the lookout for strange cars or people.

Always let someone know where you are going and how long you will be gone.

Think twice before advertising your impending absence on social media. Criminals also have access to Facebook and Twitter.

Know all emergency numbers.

Trust your instinct.

CAUSES OF MENTAL CONFUSION IN THE THIRD AGE

By Dr Arnaldo Liechtenstein

This article was written by Dr Arnaldo Liechtenstein, physician, general practitioner at Hospital das Clinicas, and collaborating professor in the Department of Clinical Medicine at the Faculty of medicine of the University of Sao Paulo:

"Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

"What are the causes of mental confusion in the elderly?"

Some answer: "Tumours in the head".

I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed, when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't.

People over 60 generally stop feeling thirsty and consequently, stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids, begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits such as watermelon, melon, peaches and pineapple. Oranges and tangerines also work.

The important thing is that, every two hours, you must drink some liquid.

Remember this!

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realise that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Reference :

<https://newsroom247.com.ng/>

COMING EVENTS MARCH 2023

11th	GENERAL KNOWLEDGE QUIZ ALAN EADIE 6.30PM R50.00
25th	KARAOKE NIGHT WITH JAMES AND JESSY 6.30PM . MORE DETAILS TO FOLLOW

BEWARE THE IDES OF MARCH!

By Marie Severin

Cambridge Dictionary Definition:

Ides – noun (plural) In the Ancient Roman calendar, a day approximately in the middle of each month.

In ancient Rome, the Ides of March were equivalent to our March 15. The Romans considered the Ides of March a deadline for citizens to settle all their debts.

So, while it became a day of celebration for those who received payment, it was a day of woe for those who paid! This day later became recognised as the day when Julius Caesar, dictator of Rome, was stabbed to death in 44 BC. This occurred in the Roman Senate House by sixty conspirators, led by Caesar's friend, Marcus Brutus. Brutus convinced himself

that Caesar's death was for the greater good of Rome.

In the play, "Julius Caesar", Shakespeare took poetic licence and declared Julius Caesar's last words to be, "Et tu, Brute?", which could translate as "You too, Brutus?", giving rise to another oft-used phrase.

Fortunately, today, we don't need to fear the Ides of March but instead can enjoy the summer sun before autumn makes its appearance.

References

<https://earthsky.org>human-world>

<https://www.nationalgeographic.com>

BEWARE THE IDES OF MARCH



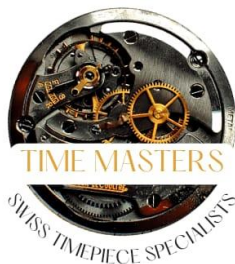
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Points to ponder

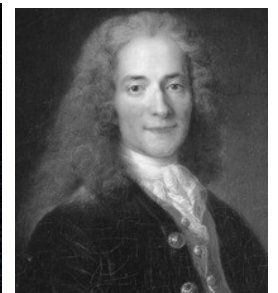
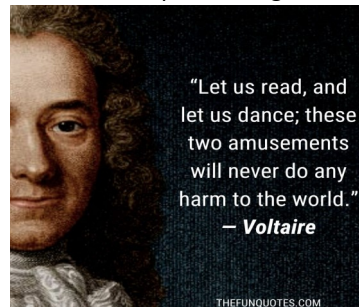
Quote by Voltaire

"Every man is guilty of all the great he did not do."

François-Marie Arouet (1694–1778) was a French Enlightenment writer, historian and philosopher. Known by his nom de plume, M. de Voltaire, he was famous for his wit.

Voltaire was also one of the first authors to become renowned and commercially successful internationally.

Reference: <https://www.goodreads.com/7quotes>



BEAUTIFUL WORDS

#10 Petrichor (n.)

Pronunciation: PET-ri-kuhr

Origin: Greek

Definition: The mild and pleasant smell or scent of earth associated with the first rain after a dry spell.

Articles for Submission
 Submissions for inclusion in the Olive Branch can be sent directly to the Editor: angeliquemr50@gmail.com
 Submissions should be in Word format with separate photographs. Hand-written submissions will also be accepted.
The deadline is the 25th of each month or the preceding business day if over a weekend or public

Editorial Contacts
Editorial Committee

- Angie Moir Editor
- Elaine Little
- Maureen Lamprecht
- Elma van den Berg

Advertising

Nicole Mulder

Village Management

Chris Heyneke

Responsible Director

To be advised

Advertising Rates for 2023

- Published monthly - format is A4 portrait.
- Circulation: 400 black-and-white printed copies.
- Full page: R800
- Half page, *landscape only*: R400
- Quarter page, portrait: R200
- Strip Ads across bottom of page: R100 (3 cm high)
- Small advertisements and notices R15 (size subject to space availability. Size generally is about 6,5 X 4.5 cm)
- 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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List of extension numbers

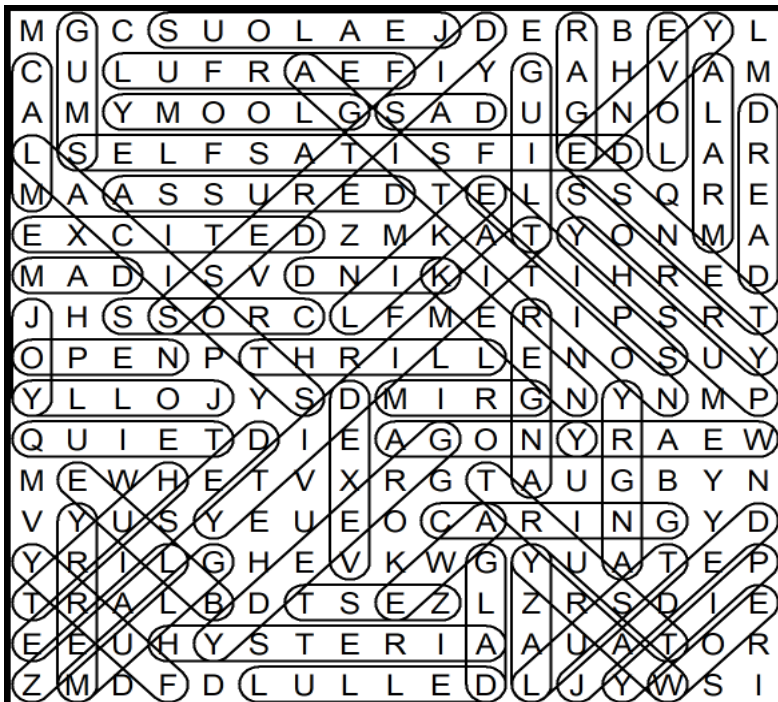
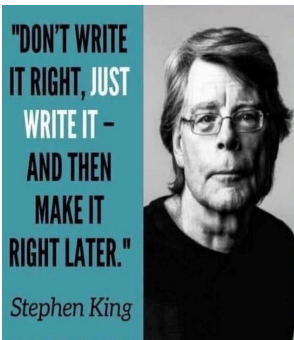
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Fail Care Office (Matron)	5010
Frail Care Reception	5011 / 5462
Kitchen Office	5493
Kitchen Orders	5494
Tuck Shop	5492
Hair Salon	5496
Clinic Sister	5495
Reception	5500 / 9
Security	5400 / 5183
Beauty Salon	5192
Phone Balance	0999#

Clinic Hours

Monday 10am - 11am
 Tuesday 2pm - 3pm
 Wednesday
 Sister: 11am to 12 noon
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Hello, I'm organizing a book club in the community. Contact me if you're interested in joining.
 Elma Van Den Berg
 Apartment 503 extension 5353



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