

FROM THE EDITOR'S DESK...

Hello again, my fellow villagers!
August is here, which is great because we have moved into the last month of the coldest year in decades.

While parts of South Africa regularly receive snow over the southern hemisphere during the winter months of June to August, Johannesburg last had snow in August 2012.

We extend a warm welcome to all our new residents who moved into the village recently. It is hoped that you have all comfortably settled into your new surroundings

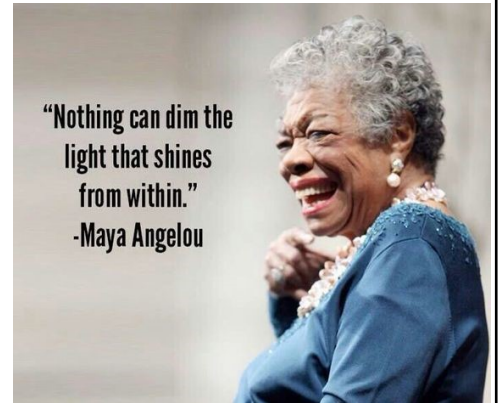
In July, the community was highly active. You will love viewing the photographs we have provided, I'm sure of it. You will also find very good articles written by our residents.

I would like to take this opportunity to thank you all for your condolences and prayers for our family. We truly appreciated the warm words of comfort. We also want to express our gratitude for your encouragement and support following the attempted hijacking that occurred the day of our brother's funeral.

Till next time, I wish you good

health, lots of love, and warm wishes for warmer days.

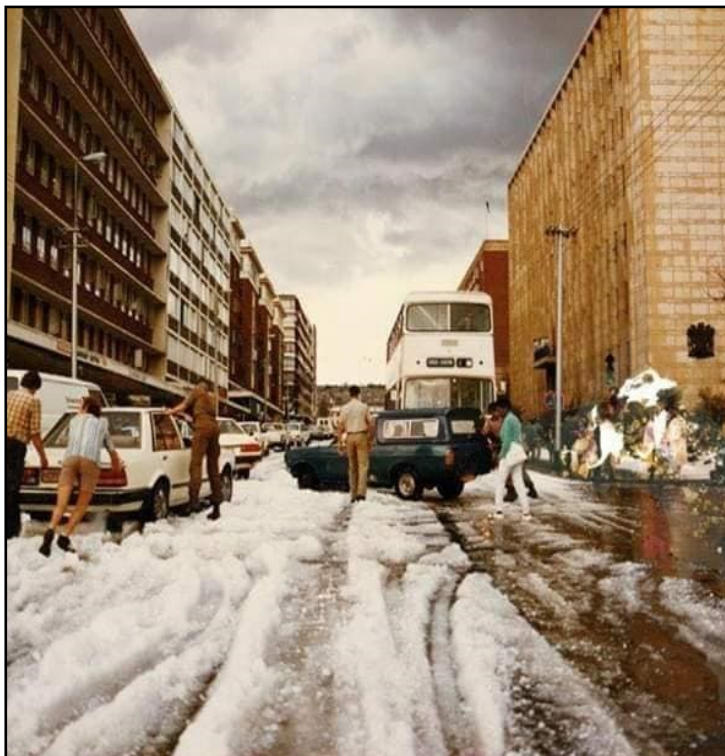
Angie Moir, Editor



Joburg Turns Into Winter Wonderland

On the 10th of July 2023, the City of Johannesburg experienced snowfall after more than ten years without seeing snow. The last time Johannesburg saw snow was in 2012 and before that, in 2007.

Snow in Pretoria on 10 September 1981.



Snow in Joburg July 10 2023



ONE SMALL STEP FOR ORV

When Neil Armstrong left his landing craft on 20 July 1969 and put his left foot on the moon's surface, he said: "One small step for man, one giant leap for mankind". The members of the Olivedale Home Owners Association will land on our "moon" at the SGM to be held at 15:00 on 14 August 2023 when they will hopefully take their important "one small step" to vote "yes" on the allocation of additional funds from the General Reserve Fund, with no impact on levies, to make possible the "one giant leap" for our village namely to repair the breached spillway on Erf 1250 and to install a litter trap where the stream enters our wetland..

The Wetland Working Committee will hold an information session on 3 August 2023 at 15:00 which is open to all HOA members and all residents living in our village. Details of ORV's legal obligations to implement these developments will be communicated and questions answered about the projects.

Once the spillway is constructed, the missing part of the galvanized fence can be installed to increase the safety of

the wetland and the whole area north of the electrified palisade fence that marks the current safe boundary for the village. The Wetland Working Committee has cleared the blocked culvert west of the Lima Street bridge to redirect the storm water that flowed over the bridge bringing lots of litter and debris which piled up against the galvanized fence, pushing against it and damaging it. The 900 mm pipe under the bridge is large enough for someone to crawl through to Erf 1250 and into the village when the pedestrian gate near the jungle gym is open. Installing the litter trap will not only secure this access point, but also prevent litter piling up against the fence and entering the wetland which will make cleaning up much more efficient and cost effective.

After the spillway is repaired, the water will fill part of the wetland which we can then rehabilitate over time when we know where the wet and drier areas will be. Having open water as well as marshy wetland areas inside the former dam area will attract a greater variety of birds and other wildlife.

There is another "giant leap" for ORV in the planning stage and that is to develop the dry land areas of Erf 1250 and Erf 1248 north of the electric fence into a recreational area accessible to all residents, as is required by the Open Space Environmental Development Plan (EMP). The developer did not implement the EMP, and it is now our legal responsibility to create such a facility where all residents and their visitors can enjoy the wetland area. Watch the notice boards for the information session in September.

Wetland Working Committee



MEDICALLY RELATED TALKS TO BE PRESENTED BY THE HEALTH CARE COMMITTEE

After a very interesting and well-attended talk on "The Older Persons Act (Act 13 of 2006)" by Mr TJ van der Merwe, an expert in this field, focussing on "Abuse of the Older Person", the Health Care Committee have many more interesting talks lined up for our residents.

These include talks on "The Role of the Social Worker in a Retirement Village", "Osteoarthritis" by a Diagnostic Radiographer, "Diabetes", "The Importance of Hydration",

"Cancer", and a talk on "Body Pressure Release" among other subjects. A "Wellness Day" is also being planned, which will be combined with a "Breast Cancer Awareness Day".

These talks will be well-advertised; we hope to see you there.

Vanessa Lohmann

Health Care Committee Chairperson

PROGRESS ON THE REPAIR OF THE RISING DAMP IN THE IDENTIFIED HOUSES IN THE VILLAGE

The repair to the first 54 houses that were identified with the worst rising damp on the exterior plastered walls, has been progressing well and is in fact ahead of the planned schedule. At the time of writing this report, 46 houses had been completed.

Therefore, if progress continues at the present rate, the entire first phase project should be completed by the end of July. Once this has been completed, the painting of all the exterior plastered surrounds of these 54 houses will commence.

In terms of the ORV purchasing processes, three quotes are required and this process is underway. An independent painting contractor will be selected and the paint scheme as recommended by the damp repair contractor, DampOut, will be strictly adhered to. There must be a pause of at least 6 weeks between completion of repair and plastering, to when painting can commence. The reason for this is to allow the plaster to cure properly and the extraction of the remaining damp in the walls to run its course. Once we have appointed a painting contractor, we will establish a programme for the work, based on the same sequence in which the

houses were replastered.

The program this year has been somewhat of a learning curve for us all. At one stage the working crew went out of planned schedule and threw our program out of sequence. Also, the team chipping the plaster was way ahead of the plastering crew.

Please note that the painting regime is based on two primer coats and two final coats to match the existing colour in the Village. The final coats will be a good quality PVA paint. The first three coats will cover the repaired area only and the final (fourth) coat will cover the entire window and/or door surrounds to ensure that everything matches. This process, for each house, will take a few days, as obviously the different coats need to dry before the next is applied.

We will do our utmost to provide as much advance notice to residents affected. Please keep an eye on the progress made on adjacent houses to provide an indicator of when yours will be due. Once again, all work will be external and those residents affected are requested to provide clear access to the painting contractor's staff.

We thank you all for your patience and understanding during this disruptive, but essential repair process. The end result will certainly be worth all the inconvenience.

THE PLAN FOR NEXT YEAR

In 2024, at the start of the dry months, we will commence repairing the rising damp on a further 50 houses. It needs to be noted that these remaining 50 houses were scheduled for 2024 due to budget restraints as well as the nature of the damp identified. This was not as severe as what has been repaired in 2023 as not all walls are affected with the rising damp.

The houses on the schedule are as follows:

8, 9, 13, 21, 24, 40, 41, 47, 49, 53, 62, 70, 83, 85, 100, 101, 102, 103, 106, 107, 108, 118, 119, 131, 135, 137, 139, 141, 142, 143, 144, 145, 151, 153, 155, 156, 157, 158, 159, 160, 161, 162, 163, 166, 168, 173, 174, 176, 179, 193

Once we appoint the contractor to do this work, we will inform you of the program as accurately as we can.

Martin Lockwood

THE DANGER OF FIRE STICKS IN OUR GARDENS

(*Euphorbia tirucalli* - "Sticks on Fire", "Firestick" or "Red Pencil Tree")



A message from Hart Nursery in Cape Town has recently been published about the danger of exposing the above succulent to animals and uninformed humans.

'While walking our dogs in the Village, I have noticed many of the plants

"blooming" (the tips being a red or orange colour) at the moment, in many residents' gardens as well as in the common areas.

The plant is available as a unique house or garden plant. When a piece is broken off, in both the red or green form, the milky substance (latex) is extremely acidic and toxic to humans, dogs and cats. If ingested it causes serious

vomiting and lethargy. Dogs have received serious skin burns when coming into contact with this.

All Euphorbias have sap that can cause serious harm, so use caution when dealing with them. All Euphorbia plants are poisonous!

Always wash your hands well after handling these plants.

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

Residents share some of their special moments.



The Bokka girls supporting the Springboks.

WORD SEARCH - SOLUTION ON PAGE 11

WINTER

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

- | | | |
|-----------|-------------|-----------|
| Blizzard | Hypothermia | Snow |
| Blustery | Icicle | Snowbound |
| Boots | Parka | Snowplow |
| Earmuffs | Shovel | Snowstorm |
| Fireplace | Skates | Sweater |
| Frozen | Skis | White |
| Hibernate | Sled | Whiteout |



Look who came to visit Audrey and Caron Frylinck, Cottage 170 ! A slender mongoose.



Before and after pictures of the garden opposite the ORV shop. Wonderfully



done by Barbara Haddon and Norman Durston.

THE BEST HAIRSTYLES AND HAIRCUTS FOR MATURE WOMEN

Age is not a hindrance to good taste and the desire to look attractive. A flattering haircut and a beautiful hairstyle are affordable at any age.

This selection of images with hairstyles for more mature women will help you draw inspiration from looks of women who are aging gracefully, remaining beautiful and feminine through the years.

TEXTURED BOWL CUT

The best hairstyles for older women are those that make you still feel young at heart, and this textured bowl cut is a great way to be fun and flirty at an older age. In this picture, you can really see how enhancing your texture can bring life into your basic hairstyle.



SHORT SALT-AND-PEPPER CUT WITH HIGHLIGHTED BANGS

Want your greys to look purposeful? Embrace and enhance them. Let a stylist strategically place colour to achieve a more polished look. Focus lighter strands towards the front to draw attention to the face.



HOW SENIORS CAN KEEP NAILS HEALTHY

Keeping your nails in top condition can increase your level of comfort. Seniors are often prone to getting fungus infections under their nail bed. These infections can lead to discomfort and an unpleasing appearance. It also just feels better to be properly groomed. Senior nails require extra consideration and care.

Eat a proper diet

Nails need nutrients to stay strong and grow. Plus, eating a balanced diet looks after our health. Consider consuming

foods like eggs for biotin and zinc. Nuts, such as almonds, give your body the much needed vitamin E to produce healthy nails. Consuming a lot of collagen helps as well. The easiest way to do this is to take supplements.

Keep your nails clean and dry.

Our nails are an excellent place of storage for bacteria. This can be especially true if you keep your nails long. Make sure to keep dirt from getting under your fingernails by washing your hands thoroughly. For the most part, our finger nails are cleaned whilst we shampoo. We are more prone to fungal infections as we get

older. To make sure these infections do not happen, you should keep your hands dry after you wash them. Fungus loves moisture.

Do not use your nails as tools. Many of us use our nails as tools. It's common for us to try and open packages with our nails. It's best to get a knife or a pair of scissors for this task. Opening things with nails can mean breaking them.

Reference Greying With Grace

Please contact me if you are interesting in purchasing any Avroy Shlain beauty products:

**Irene Otto: Olivedale Retirement Village (Unit 570)
Cell No: 08289454921 / Email: iotto1957@gmail.com**

**Avroy
Shlain®**

FUN FACTS ABOUT AUGUST

How many days in August?

Come on, August! Make a choice! The number of days in August has changed many times.

First it was 30 days. Then, 31. When January and February came onto the scene, August got reduced to 29 days. Then, Julius Caesar changed it back to 31. Thankfully it has remained that way ever since.

No other month with the same starting day

Here is one of the more interesting August facts – in a regular year, no other month starts on the same day of the week as August.

The birth flowers of August

August is represented by two unique and spectacular flowers. The first is the gladiolus. A bright and vivacious flower that is also known as the sword lily as it grows in long stalks. The second is the poppy, which we know to represent remembrance, but also creativity and imagination.



AUGUST IS WOMEN'S MONTH.

In South Africa August has been nominated as Women's Month in honour of the around 20 000 women who marched on the Union Buildings on March 9, 1956. They were protesting the pass laws which were so hard on women. Women were separated from their spouses because they had to have a pass to live in certain areas, very often where their spouses worked. August 9 is a public holiday in South Africa, and the whole month is to emphasise the contribution women have made to our society.



THERE'S WISDOM IN WOMEN

Rupert Brooke

"Oh love is fair, and love is rare;" my dear one she said,

"But love goes lightly over." I bowed her foolish head,

And kissed her hair and laughed at her. Such a child was she;

So new to love, so true to love, and she spoke so bitterly.

But there's wisdom in women, of more than they have known,

And thoughts go blowing through them, are wiser than their own,

Or how should my dear one, being ignorant and young,

Have cried on love so bitterly, with so true a tongue?

VIR JOU – VIR VROUEDAG

Vir jou
wens ek die warmte van die son
en die goedheid wat deermee kom.

Vir jou
wens ek die rykdom van die sand –
in veelheid ontelbaar,
in saligheid onmeetbaar,
tot aan die waterkant.

Vir jou
wens ek die diepte van die see
om saam te neem op jou lewenswee,
want vir jou –
vir Jou
is die liefde wat binne die hart hou.

Uit die Bybel Ps. 65:5,12

**Dit gaan goed met die mens
vir wie U uitkies en laat nad-
erkom om in U tempel te bly.
Laat ons die goeie dinge in U
huis in oorfloed geniet. U
kroon die jaar met U goeie
gawes, waar U ook gaan is
daar oorfloed!**

SNAPSHOTS OF JULY ENTERTAINMENT AT ORV



A get-together for residents born in July



UPCOMING EVENTS

DATE	FUNCTION	TIME	COST
7 August	Birthday Tea	15H00	R 30.00 per head
14 August	SGM	15H00	NO COST
24 August	AGM	14H00	NO COST



CHRISTMAS IN JULY BINGO EVENING



Residents had tons of fun at the Bingo evening, The bingo team worked hard to organise and it was a roaring success!

beetle drive game evening

It was fun and laughter as residents tried to be the first to build their beetle!

See some of our prize winners below.

“

When we were small children, we all played dress-up & everybody had a good time. So why stop?

IRIS APFEL



SNAP SHOTS OF JULY ENTERTAINMENT AT ORV

An Evening of Enjoyment

During June our village was blessed with an evening of beautiful music and singing. Pierre van der Westhuizen came to entertain us for the second time. An older version of the man who had previously visited, we enjoyed being entertained by a self-assured man with a strong, golden voice. The type of songs he sang were known to us, and that after all is what we want, tunes that are familiar to, and loved by, us.

The entertainment committee really excelled themselves. The guests were seated at tables which were laid with place mats, serviettes and cutlery. A vase of flowers, albeit artificial, completed the picture. It was so much better than sitting in rows listening to an entertainer. It was really sociable and friendly. After an hour of entertainment, the meal was served, and here

again the social committee outdid themselves. It is not easy to make food for 100 people and still have it hot and tasty. We were served chicken a la king, rice and salad, followed by apple tart and hot custard. A truly wonderful effort. Our thanks to the committee for this delicious spread.

During the meal the singer again entertained us and, between courses, even had us singing along. He has really developed as a singer and entertainer since he was last here. He shared with us about a trip to Russia which was an occasion to share his faith with the Russian people he met. Thanks to all for a most enjoyable evening.

Maureen



KNOW YOUR HEALTH

The Vagus Nerve.

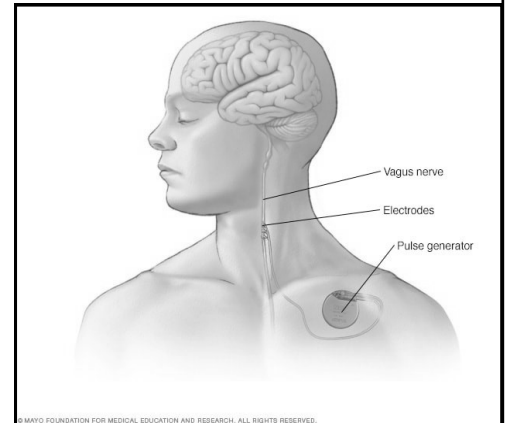
The Vagus nerve is one of twelve cranial nerves. It is the sensory highway that tells your brain what is going on in your organs, especially the digestive tract, liver, lungs, heart, spleen and kidneys. The vagus nerve plays a huge role in general wellbeing. It is the only nerve leading all the way from the brain to the lower abdomen. It also controls certain reflex actions such as coughing, sneezing, swallowing and vomiting.

It provides both sensory and motor functions. Sensory functions of the vagus nerve include sensation information for the skin behind the ear, the external part of the ear canal and certain parts of the throat. It also controls information for the larynx,

esophagus, lungs, trachea, heart and most of the digestive system. Lastly in its sensory role, it controls the taste sensation near the root of the tongue. Motor functions include stimulating muscles in the pharynx, larynx, soft palate, heart and digestive tract, which allow food to move through the tract.

To sum up, the vagus nerve controls the involuntary functions of the body, i.e. those that happen automatically, that we cannot control. We cannot control our heart rate or digestion, and we breathe without thinking about it. That is all done by the vagus nerve. It regulates all that for us.

Maureen



BOOK REVIEW—Walking With Gorillas: The Journey of an African Wildlife Vet

Gladys Kalema-Zikusoka

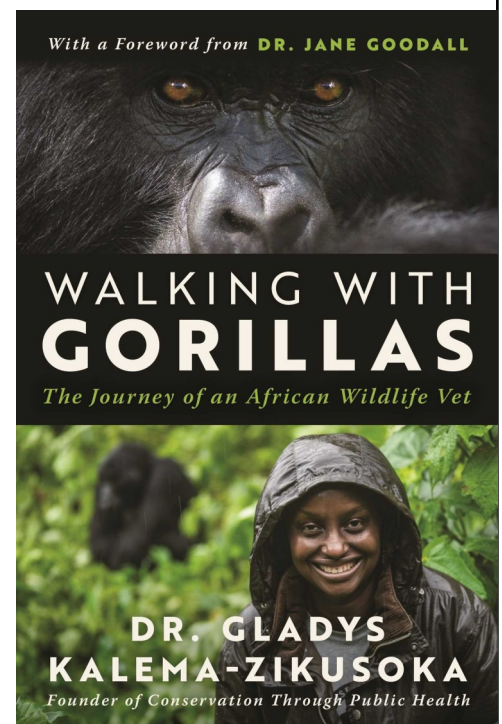
In her enchanting memoir, Dr. Gladys Kalema-Zikusoka, Uganda's first wildlife veterinarian, tells the remarkable story from her animal-loving childhood to her career protecting endangered mountain gorillas and other wild animals. She is also the defender of people as a groundbreaking promoter of human public health and an advocate for revolutionary integrated approaches to saving our planet. In an increasingly interconnected world, animal and human health alike depend on sustainable solutions and Dr. Gladys has developed an innovative approach to conservation among the endangered Mountain Gorillas of Bwindi Impenetrable Forest and their human neighbours.

Walking with Gorillas takes the reader on an incredible personal journey with Dr. Gladys, from her early days as a student in Uganda, enduring the

assassination of her father during a military coup, to her veterinarian education in England, to establishing the first veterinary department for the Ugandan government, to founding one of the first organisations in the world that enables people to coexist with wildlife through improving the health and wellbeing of both. Her award-winning approach reduced the impact of the COVID-19 pandemic on critically endangered mountain gorillas.

In the face of discrimination and a male dominated world, one woman's passion and determination to build a brighter future for the local wildlife and human community offers inspiration and insights into what is truly possible for our planet when we come together.

Reference : Goodreads.com



ROAD SAFETY AND THE OLDER ROAD USERS

Background

Road Safety Authorities and non-government organisations place much focus on road safety and the younger generation - but often neglect the older road users. The group of elderly road users is getting increasingly larger and our road safety strategies should pay more attention to the possibilities and limitations of this group of road users.

In the coming decades, the number of elderly road users will increase considerably and so too their fatality rate in traffic. When involved in traffic accidents the risk of severe injury is considerably higher because of their physical vulnerability.

We need to discuss road safety and the risks to older people and recommend measures to enhance the safety of these road users!

Facts and Numbers

As the elderly are less agile and resilient, the likelihood of being killed as a pedestrian is more than twice that for younger adults

Older drivers find it more difficult to judge the speed and intentions of other drivers. From the age of around 45, most of us need glasses to see well either at a distance, close up or for both. For example, by around the age of 60, our eyes will normally require three times more light to see as well as when we did aged 20.

Who do we regard as elderly/old road users?

This is not something to be judged with reference to an exact number of years and days! We often refer to elderly road users as people of 65 years and older. Rigid age boundaries do not take into consideration the fact that ageing is a process that does not start at the same age for each and every individual, nor does it progress at the same pace. We need to acknowledge that there are large differences in driving skills between people of the same age, as well as in their physical and mental

abilities. Some 85-year-olds are in better shape than certain 40-year-olds.

The Elderly and Road Safety

Why does the older age group pose a significant road safety risk? Are there specific factors that impact on their safety? The road safety of elderly road users is determined by two factors: functional limitations and physical vulnerability.

Functional limitations

Functional limitations are those factors that determine why they are more likely to be involved in an accident. These can be summarised as follows:

Ageing is most likely accompanied by the slowing down of observation, decision making and movement processes, and a decreased capacity to carry out more than one task simultaneously.

Ageing also manifests in a decline or slowing down of movements, a decline in muscle strength, a decline in the finely tuned coordination, and a particularly strong decline in the ability to adapt to sudden changes in bodily position.

In traffic where there is the pressure of time and the necessity of dividing one's attention, this can have negative road safety consequences. There is a high demand for motor functions and sensory, perceptual and cognitive actions in activities such as walking and cycling. Sudden movements more cause loss of balance and falling among the elderly.

Functional limitations do not automatically cause unsafe traffic behaviour as older road users compensate through other characteristics, such as insight in their limitations, experience and changes in behaviour.

Increased Physical Vulnerability

The increased physical vulnerability brought about by ageing contributes to accidents having a worse outcome for the elderly. Increased physical vulnerability, like for instance osteoporosis, is the result of biological processes which makes people more sensitive to external forces,

such as an accident.

The physical vulnerability has the most severe consequences for unprotected modes of transport such as walking and cycling. Physical vulnerability also influences the injury to drivers.

Characteristics of driving behaviour from the elderly / older road user

Letting go of their vehicles is often a traumatic experience for the elderly seen as a farewell to their independence. Not all the elderly pose a disproportional danger to other road users. They are more often severely injured themselves in a collision with other motorists than that they, as a motorist, cause severe injury to another road user (drivers or other types of road user).

Family involvement

Family members and physicians should be proactive in ensuring the safety of their loved ones on the road, especially if they are afflicted or impaired with a condition that may hinder driving abilities. Friends should flag a friend who might be driving unsafely and pose a risk to other road users. Family members might be in the best position to convince the elderly to go for a medical assessment to check on the important physical abilities required for driving.

Check with your doctor or chemist about the effects of any prescribed or purchased medicines as they can affect driving.

Conclusion

May we not neglect our elderly road users and strive to address their road safety needs!

Reference: Arrive alive <https://www.arrivealive.mobi/news.aspx>



WHAT DOES IT MEAN TO BE INDEPENDENT?

Does it simply mean you are still living alone or living in your own home by yourself? Unfortunately, there is a great misperception about what independence is, and it sets many seniors and adult children up for challenges and even failures. Throughout life, we ask for help from friends and family...Can you watch the kids today?...May I borrow a cup of sugar?...Does anyone know a good plumber?...and the list goes on. We ask these things to find a quick solution for a short period of time, or for our convenience, and we are capable of taking care of these things alone. But there comes a time when we need to evaluate the favours we are seeking, why are we asking for help, and how frequently? Are we beginning to rely on friends, family, and neighbours in order to continue living alone safely and successfully? As we age, it's important to recognise these things... because often, as our ability to handle various things declines, we naturally ask others for help, but there is a point where it means we are only able to live alone because others are enabling us to do so. Independence, as it relates to how we live, means either that we can take care of everything ourselves, or that we can seek out, pay for and manage hired help on our own to resolve our problems or meet our needs. Dictionary.com defines it as: "not influenced or controlled by others;

thinking or acting for oneself: not depending on or contingent upon something or someone else for existence, operation, etc."* Renowned speaker and author Stephen Covey states "Interdependency follows independence". Are you independent or interdependent? For most people, staying in their homes and/or living alone gives them a sense of feeling independent. But are they? It may be time to evaluate if we really are, and if not, what to do. Here are some things to consider when reflecting on your level of independence. In the past year have you asked for help with:

- Home repairs, mowing the grass,
- Taking out the garbage or getting to the mailbox?
- Driving to appointments, social outings, or other errands?
- Grocery shopping, cooking, or cleaning?

Managing medications, getting up from a fall, or struggling with daily tasks? Or are you simply tired of dining by yourself and being alone each day? Do you long for the days when you could easily do something for fun? If you answered yes to any of these questions, then it's time to evaluate your situation and consider a different solution. After all, no matter how nice and willing your neighbours seem, or how loving your

friends and family may be, do you really want to have to rely on them?

It is possible to regain your independence. You can receive the help you need without relying on those around you. Consider these options:

- If your main challenge is needing help in your home and you wish to stay there as long as you can, services can be added. Our Village can provide meal delivery, and helpers for light chores.
- Is managing your home or health making you anxious? Are you lonely and need more socialisation? Are you tired of cooking for one and eating by yourself? Our Village offers shopping trips and onsite church services. You don't have to cook and clean or worry about doing laundry.

Edition. Retrieved February 23, 2023, from <https://www.dictionary.com/browse/independent>



Forget the health food. I need all the preservatives I can get.

Sudoku solution from page 4

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

Word search solution from page 4

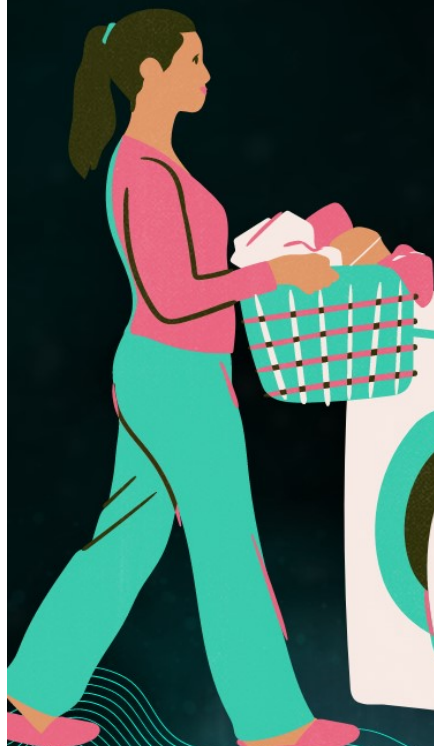
WINTER

HIDDEN QUOTATION
BY
Albert Camus





KRISPY KLEAN SERVICES



FREE PICK UP &
DELIVERY

PER KG

Washing, Drying & Folding

R30

Drying & Folding R12

Ironing & Folding R35

Washing, Drying & Ironing

R40

Reference @ ORV: Tom: Ext 5136



074 808 0003

OLD-FASHIONED PEA SOUP.

250ml dried split peas.

1 smoked pork shank (eisbein)

2-4 smoked sausages (optional)

4 medium leeks, sliced

125ml chopped soup celery, leaves and stems (table celery can be used but not quite as good)

2 litre water (if using pressure cooker start with 1 ½ litres)

10ml salt

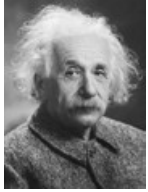
Freshly ground black pepper

In large saucepan, place peas and pork shank and bring to boil. Simmer 3 hours or 1 hour in pressure cooker. Add leeks, celery and salt and simmer, covered, for 30 mins. Remove shank and cut off the bone. Cut meat into bite size pieces, return meat to soup, with sausages if using. Bring back to boil. Adjust seasoning. Serve garnished with croutons, grated cheddar, fresh cream or plain yoghurt. Serves at least 4.

AUGUST IN HISTORY



August 1, 1819 - Moby Dick author Herman Melville (1819-1891) was born in New York.



August 2, 1939 - Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic

weapons. "A single bomb of this type carried by boat and exploded in a port, might very well destroy the whole port together with some of the surrounding territory. "Six years later, on August 6, 1945, the first Atomic Bomb, developed by the U.S., was dropped on the Japanese port of Hiroshima.



August 3, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, Nina, Pinta and Santa Maria. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.



August 4, 1901 - Jazz trumpet player Louis Armstrong (1901-1971) was born in New Orleans, Louisiana.

Known as "Satchmo," he appeared in many films and is best known for his renditions of It's a Wonderful World and Hello, Dolly.

August 29, 1792 - In one of the worst maritime disasters, 900 men drowned on the British battleship Royal George. As the ship was being repaired, a gust of wind allowed water to flood into open gun ports. The ship sank within minutes.



August 31, 1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly

after being pursued by photographers.

The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.



Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills. She made 29 films during her

career and came to symbolise Hollywood glamour.



August 12, 1889 (1981) – Zerna Sharp, author, called the “Mother of Dick and Jane,” helped

create the popular reading series with bright action picture stories and one new word on each page.



August 16, 1977 - Elvis Presley was pronounced dead at the

Memphis Baptist Hospital at 3:30 p.m., at age 42.



August 25, 1985 - Samantha Smith died in an airplane crash in Maine. In 1982, the 11-year-old American schoolgirl had written a letter to Soviet Russia's leader Yuri Andropov asking, "Why do you want to conquer the whole world, or at least our country?" To her surprise, Andropov replied personally to her and offered an all-expense paid trip to the U.S.S.R. She toured Russia for two weeks amid worldwide publicity and came to symbolise American and Russian hopes for peaceful co-existence.



Birthday - Women's rights pioneer Lucy Stone (1818-1893) was born near West Brookfield,

Massachusetts. She dedicated her life to the abolition of slavery and the emancipation of women and aided in the founding of the American Suffrage Association.

Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention.

Electronic submissions can be eMailed to: angel-

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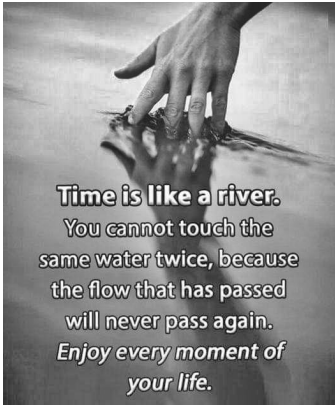
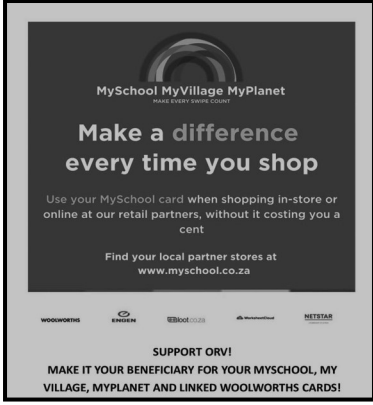
Responsible Director

Anine Chapatte

Advertising Rates for 2023

- Published monthly - format is A4 portrait.
- Circulation: 90 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)

Disclaimer
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EMERGENCY CONTACT NUMBERS 24/7

Security: guard room: 010 596 5400
Security Cell Phone: 064 131 8274 (When landlines are not working)
Frail Care: 010 596 5010
Village Sister 010 596 5495
Maintenance Manager 079 256 6354

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#

LANGUAGE
ENGLISH PECULIARITIES

- English is the only language where you drive in parkways and park in driveways.
- It's also the only language where you recite in a play and play in a recital.
- Your fingers have fingertips but your toes don't have toetips. Yet, you can tiptoe but not tipfinger.
- The word queue is just a Q followed by four silent letters.
- Jail and prison are synonyms. However, jailer and prisoner are antonyms.
- When you transport something by truck, it's called a shipment. However, when you transport something by ship it's called cargo.

HEALTH

VILLAGE CLINIC HOURS - SISTER'S OFFICE / DR'S ROOM
Monday to Friday :
09h00 till 09h30 & 12h00 till 12h30

DRAWING OF BLOOD SPECIMENS

Repeat Fasting bloods:
Monday to Friday at Sister's Office / Dr's Room
07h30 till 08h00

Drawing of blood in Unit/House.
Book an appointment one day ahead. Please contact ext no 5462 or 5011 and leave a message for the Village Sister.

FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE IMMEDIATELY DISPATCHED TO YOUR UNIT.

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