



## FROM THE EDITORS DESK

Spring has sprung!

We are now in serious Spring vibes. Even though the 1st of September is called Spring day, it's not actually Spring yet. The 21st of September is the Equinox and the real start of Spring, but we won't let facts get in the way of blossoms, t-shirts and shorts!

My favourite part... Mother Nature showing off in all her glory...the beautiful supermoon and the glorious colors that are starting to come to life.

Springtime brings with it significant changes as it means we can literally shed off all the layers, that the cold winter months forced us to put on. The other significant thing about Spring is what many households tend to do, their annual spring cleaning, getting rid of unnecessary stuff that we have been accumulating through the year.

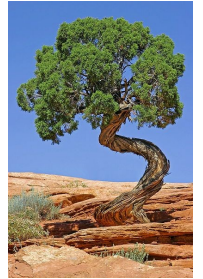
We have a couple of images from the August Birthday party and other events and interesting articles . Do you have a favourite

recipe or article that you would like to share with the Village? Just drop us a line, we would love to hear from you.

Till next time

Keep safe and keep yourselves hydrated.

Angie Moir Editor



## ANNUAL GENERAL MEETING : OLIVEDALE HOME OWNERS ASSOCIATION

The annual general meeting of ORV was held on 24th August 2023.

The business of the day consisted of 14 resolutions that had to be approved, confirmed, or adopted as well as the election of four directors.

Queries were raised on resolutions 6 and 10.

The annual financial statements had to be considered under resolution 6. The query raised referred to legal expenses for the year ending February 2021/2022 that was approved during the AGM of 2022.

Resolution 10 referred to the budget for the year end 2024. The expenses that refer to the cleaning and maintenance of stand 1250 was queried.

After the Chairperson of the Finance Committee, Mr John Retallack answered these questions, the resolutions were voted on.

The final business of the meeting was the acceptance of the nominations received for directors to fill the four vacancies on the board. A written objection was received and two more were raised from the floor against the nomination of Mrs E V Visser. After a debate that became heated, but was well handled by Mr Shaun Germishuizen the facilitator, Mrs Visser was given the opportunity to respond to the objections against her nomination. No other objections were raised against the remaining nominations of Mr Jan Mostert, Mr John Retallack, and Mrs Toni Pautz. The members elected to vote by ballot and were given the opportunity to vote for all four of the nominations.

That concluded the business of the day, and the meeting was closed to allow Mr Germishuizen and three scrutineers to count and record the votes.

Resolutions 1 to 14 were approved and confirmed.

The nominations as directors for Mr Mostert, Mrs Pautz and Mr Retallack, were approved but the nomination of Mrs Visser was not approved.

We are happy to announce the new directors to the board:

Chairman & Dining Director:

Johann Tait

Chairman & Infrastructure: Martin Lockwood

Finance Director: John Retallack

Security Director: David Marshall

Garden Director: Jan Mostert

Health & Care Group Director :

Toni Pautz



## SUCCESSFUL SGM – THE WETLAND HAS A FUTURE!

Prepared by the Wetland Working Committee

In the last issue of the Olive Branch, the Wetland Working Committee (WWC) gave readers an overview of the future developments on Erf 1250 and the portion of Erf 1248 north of the electric fence.

Following the granting of a General Water Use Authorisation by the Department of water and Sanitation (DWS), the WWC could finally call for tenders on the design approved by the DWS. The quotes for the work highlighted just how much prices have increased in the last 7 to 8 years.

At the SGM held on 14 August 2023 members approved the additional funds needed to repair the spillway and the installation of a litter trap where the stream enters the village.

The results indicated huge support for the project with voting for the spillway at 75% and the litter trap at 76.5%.

Andre Jelliman and his Wetland Working Committee (WWC) have been working for years to make their dream

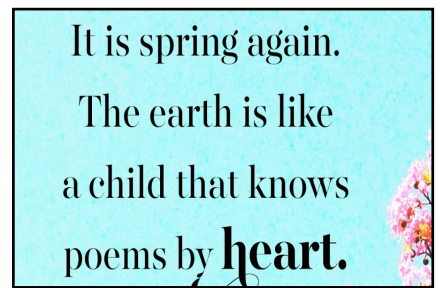
of the former dam and the surrounding area becoming a feature at ORV a reality. Much has already been achieved with the removal of invasive alien vegetation, cutting down a large number of blue gum trees and removing many, many bags of litter and rubble. Now that the spillway can be built and the litter trap installed, we will soon be ready to develop the wetland and also the grassland surrounding it so that residents can safely enjoy this natural area.

What Comes Next?

On the 28th August 2023, the contract for the construction of both the spillway and the litter trap was signed signifying the first day of construction. The successful company is CEDS Engineering & Sibumbene Siyakha. It is estimated to take 30 working days, 6 weeks, to complete the project. After the construction the balance of the security palisade fencing will be erected thus securing the area from intruders. We will receive drone pictures of progress during this time which can be published in future editions.

The WWC will be looking to find sponsors and apply for funds to begin the process of installing safety railings, paved pathways and seating areas, benches, a small bridge over a storm water stream that flows constantly into the dam, and, a braai area where residents in the apartments might enjoy the environment with their friends and families. Progress in this respect will depend on obtaining sponsorships and donations.

Anyone who wishes to contribute to this exciting development can contact Andre Jelliman.



### AFRIKAANSE BIBLIOTEEK

Neem asseblief kennis dat die Afrikaanse Biblioteek in die hoofgebou, grondvloer, skuins oorkant die hoof hysbak is. Plaas asseblief boeke wat u klaar

gelees het, plat neer langs "Z". Die Christelike en opheffende boeke, asook die Romanza boeke is onder agter die deurtjies. Wanneer u dit terugbring, plaas dit ook asseblief na "Z".

Baie mense het aan my genoem dat

hulle nie meer lees nie omdat hulle nie meer kan sien nie. Olivedale Openbare Biblioteek het 'n groot verskeidenheid

Groot Druk boeke, beide Afrikaans en Engels. Hierdie biblioteek is in President

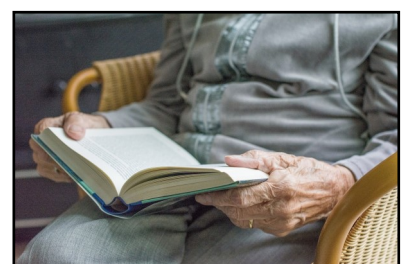
Fouche Laan, eerste ingang, net na die vulstasie ingang na Olivedale Corner.

Maak asseblief seker dat die Openbare Biblioteek boeke nie per ongeluk tussen ons boeke op eindig nie.

**German and other European books**

There are quite a variety of German books and a few other European language books in the room directly underneath the Long Room. Feel free to make use of that as well.

Enjoy your reading.





# NAMIBIA – ‘N LAND VAN BAIE DROME.

Elma van den Berg

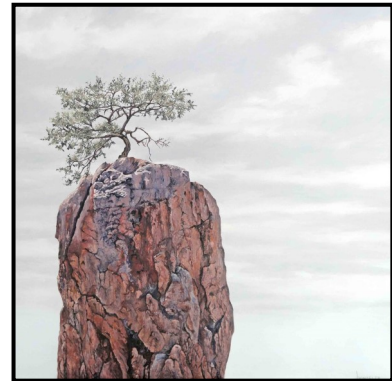
Namibia is ‘n land om te besoek of om  
moontlik as ‘n nuwe tuiste te oorweeg.

Die wye vlaktes, groot ruimtes en  
warm son nooi mens uit om deel te

word daarvan. Ten spyte van die baie  
oorloë en diversiteit van inwoners,  
heers daar ‘n vredevolle natuur en ge-  
meensamheid wat besonders is. Eie

aan Namibia is die Suidwester-lied wat  
getuig dat mens jou hart in hierdie land  
kan verloor.

Die Suidwester-lied  
Hard soos kameeldoring hout  
is onse land  
en droog is sy riviere.  
Die son het die klippe in die rotse gebrand  
in veld en in bos skuil skugter diere.  
As iemand dan aan ons sou vra –  
Wat bind jou aan Suid-Wes? Dan antwoord ons trots:  
Dit is ons liefde vir Suid-Wes



Gedurende 1979 tot 1983 het ek die  
voorreg gehad om in Windhoek te  
woon. Dit was die beste jare van my  
loopbaan en lewe, al het ek ook  
hartseer daar beleef. Die destydse  
senaat van RAU het ‘n groep  
afgevaardig om die Windhoekse  
Onderwyskollege daar te gaan begin.  
Ons het dit as ‘n uitdaging en  
verrykende ervaring beleef. Vandag is  
dit die Universiteit van Namibia,  
bekend as UNAM en studente word  
steeds daar verwelkom. Nuwe  
fakulteite is aangebou en akkomodasie-  
geriewe is uitgebrei.

Aan die begin van Julie was ek terug vir  
‘n besoek en was aangenaam verras  
oor die positiewe ontwikkeling in  
Namibia sedert hul

onafhanklikheidswording in 1988.  
Samuel Njoma was die eerste  
president en sy opvolgers tot die  
huidige president, Hage Geingob, het  
die land vooruitstrewend regeer.  
Windhoek is ‘n wereldstad met  
pragtige, moderne geboue.  
Swakomund bied verskeie wonderlike  
avonture en die argitektuur van  
geboue getuig van uitstekende  
beplanning. Die paaie is goed, daar is  
geen beurtkrag nie en ‘n vredevolle  
atmosfeer heers tussen al die  
inwoners. Heerlike eetplekke nooi jou  
uit al langs die see met besonder  
smaaklike seekos. Betaling is gerieflik  
want die Namibiese dollar is  
gelykstaande aan die rand.

Die woestyn en sonsondergange oral,

is uniek. Ek is oortuig daarvan dat die  
son in Namibia anders skyn as oor baie  
lande in die wereld – werlik  
asemberowend. Afrikaans word oral  
gepraat en ander tale is Duits en  
Engels. Alhoewel die inwoners uit ‘n  
diverse agtergrond afstam, heers daar  
‘n gevoel van meeleving, gesamentlike  
trots en blywende vrede.

Solitaire in die hartjie van die woestyn  
bied ‘n ware belewenis van  
ongereptheid en wildediere wat eeue  
lank die duine deurkruis. Daar is  
gerieflike lodges en ‘n restaurant met  
die baie bekende appeltort en roomys  
waarvoor toeriste spesiaal daarheen  
kom. Dit is naby die Nauwkluft  
Wildreservaat wat ‘n andersoortige  
paradys van lewe is.



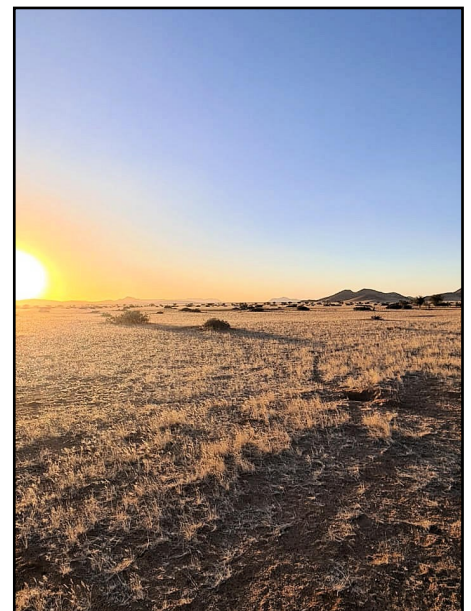
## VERRUIL

Elma van den Berg

Kosmos verruil vir khurub,  
Wilger vir koker en rooigrond vir sand..  
My hart lê in anderland.

Geilgroen vallei is nou dordroë vlaktes.  
Tog is daar lewe  
Waar die arend swewe.

Die gemsbok pronk teen die duin,  
oor die grassesee waaier die springboksterte  
en sleep die heimwee mee.



# OLFACTORY DISORDER

A decrease in taste and smell commonly occurs with aging. But if you lose these senses suddenly or if you notice a significant change in your ability to smell and taste, see your doctor, as certain medications or an underlying medical problem could be to blame. Although nothing can be done to reverse the process if it's related to aging, there are ways to make eating more enjoyable and ensure you get proper nutrition, even if your taste and smell aren't what they used to be.

Our senses of smell and taste are closely related. The tongue has taste buds and taste receptors that allow us to perceive sweet, sour, salty and bitter. In addition, when we eat, food releases odors that engage olfactory nerves within the nose. Those aromas combine with the tastes on our tongue to contribute to the overall enjoyment of food.

With aging, nerves within the nose tend to degenerate, decreasing the ability to smell and taste. To some degree, nerve degeneration also affects the taste buds. For most people, that is less of a problem because the tongue has more nerves than the nose. So, quite a bit of nerve loss would have to occur before you notice a decrease in taste due to problems with taste buds alone.

Loss of taste and smell may not be a prod-

uct of aging alone. Nasal and sinus problems — such as nasal polyps, allergies or sinusitis — can lead to a decrease in these senses. Dental issues, including an abscess, tooth decay or poor dental hygiene, may also interfere with your ability to taste and smell. Cigarette smoking is another common cause for a decrease in taste and smell.

In certain cases, a loss of these senses could be a sign of a more serious underlying medical concern. For example, some neurologic diseases, such as Alzheimer's and Parkinson's, may cause loss of taste and smell in their early stages.

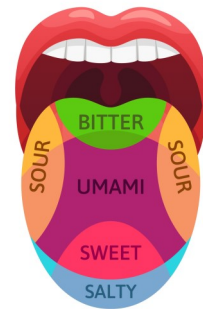
If your ability to taste or smell changes abruptly, or if you notice a big decrease in these senses, it should be evaluated by your doctor. In addition, if you are taking medications, talk to your doctor about the possibility that they could be interfering with taste and smell. Many drugs can affect those senses, particularly beta blockers and angiotensin-converting enzyme (ACE) inhibitors. Sometimes a change in medication or treatment for an underlying medical concern may help relieve the loss of taste and smell.

For many people, though, these senses simply fade with age, and the loss is permanent. If that is the case for you, take steps to make eating more pleasant by

eating with other people as much as possible. When eating is a social event, people often enjoy their meals more. Also, experiment with different flavors. You may be able to taste some types of food, seasonings and spices better than others. Just be careful not to put too much salt on food, as excess sodium in your diet could lead to additional health concerns.

As taste and smell begin to decrease, be mindful of your eating habits. Some people eat less or begin to eat in unhealthy ways when they lose these senses. Eating three nutritious meals a day, as well as healthy snacks, is important to staying healthy and preventing some common health problems associated with aging.

— Paul Takahashi, M.D., Internal Medicine, Mayo Clinic, Rochester, Minn.



## INTERESTING

### Your Pinky Is the Strongest Finger

Despite the notion that the pinky contributes half of our grip strength, it's closer to a third, which is still pretty im-

pressive for the tiny fifth finger.

Research shows that the pinky and ring finger account for about 54% of grip strength, but of the powerhouse pair, the pinky accounts for 33% of that strength. So it's still the strongest of all

five fingers overall, and arguably worthy of every ring put on it.

## CRAIG'S TRANSPORT SERVICES

### Transport with a difference

**Affordable transportation. Cheaper options include using your own vehicle.**

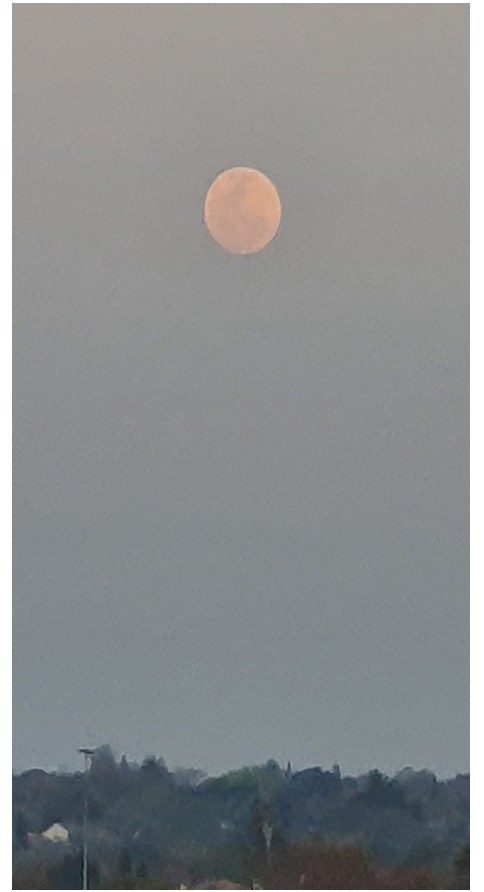
**I am offering transport to wherever you may need to go.**

**For safety reasons I prefer to stay with my client until he/she is done with their business.**

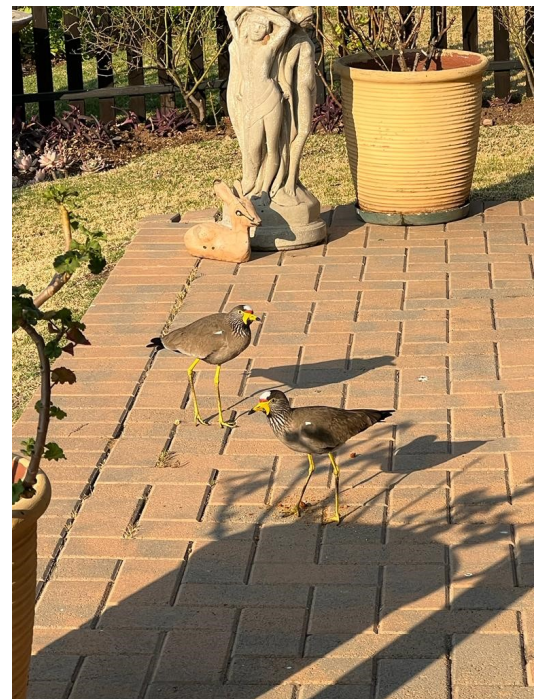


# BLUE MOON

On the 30th August many witnessed the incredible sight of a blue moon. . The blue moon is the second full moon in a single month, and it happens about once every 2.5 years. This particular blue moon was extra special because it was also a harvest moon, which is the full moon that falls closest to the autumn equinox. The rare supermoon is an occurrence which won't happen again until 2037. The term "Blue Moon" does not refer to the color of the moon, but is the term used to signify the second full moon in a month.



Pictures of the blue moon taken by a resident



Our residents are very happy to see these guys back.





# HAPPY BIRTHDAY

We had a great Birthday Bash in the dining hall for those celebrating their Birthdays in August . The entertainment committee as usual had a table beautifully decorated with a birthday cake and yummy snacks.



## SAVE THE DATE

DATE	FUNCTION	TIME	COST
Saturday 9	Tony and his Irish band	18h00	No charge
Monday 11	Birthday tea	15H00	R30 per guest
Saturday 23	Curry evening Entertainment Lino and his wife.	18h00	TBA



**Saturday Market at  
Olivedale Retirement Village.  
Date: 30 September 2023.  
Venue: Reception Area - Hall  
10h00 to 15h00**

**HANDMADE ARTICLES AND CLOTHES.  
CUPCAKES, HEALTH BREAD AND RUSKS.  
BOOKS. KAALFÒÒT SHOES. VARIOUS TEAS**

*Displays interested in participating,  
please contact Elma van den Berg,  
Unit 503 or phone 082 928 5327.*



Wednesday evenings – Bingo 5:30 TO 7pm  
Come and enjoy a fun night of Bingo. Bring your own refreshments. Prizes up for grabs. R 5 per card



## SOME MORE SNAP SHOTS FROM PREVIOUS EVENTS

The entertainment Committee hosted a Karaoke Night on Friday 27 July.

A great night of fun was had by all, many of whom brought along friends and family. A raffle also took place won by Pat Leach.

Below are some images from the event.



Soup and cherry evening with guest speaker Amore Bekker.

A super evening had by all. Amore spoke about her Greek tragedy and finding her spiritual path.



Amore Bekker is a South African radio personality, author, MC, and columnist. She hosted Tjailatyd, an Afrikaans radio show broadcast by Radio Sonder Grense (the Afrikaans Radio Service of the SABC. Author Bekker published her first cookbook (Tjailaresepte)[3] in June 2010.



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



## Movie Time

Word Search Puzzle



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



ACTORS	CONCESSIONS	POSTERS
ACTRESSES	CREDITS	PREVIEWS
AISLE	CURTAIN	PROJECTOR
ATTRACTIONS	DRINKS	SEATS
AUDIENCE	HOT DOGS	SNACKS
BALCONY	LIGHTS	THEATER
BIG SCREEN	MOVIE	TICKET BOOTH
CANDY	POPCORN	USHERS

Free printable courtesy of PrintFree.net.





## WHOOPS! MY MISTAKE.

Once upon a time, in the not so distant past, cars often had the one key that fit several cars of the same make and model. This at times caused considerable confusion with some very funny results.

I recently read a story on Facebook, purported to be true, of an elderly woman who parked her car and went into the supermarket to do her shopping. When she returned, she found four young men in her car, about to pull off. Being a woman who was prepared for anything, she reached into her bag, pulled out her pistol and aimed at the men. "Get out now or I will shoot all of you". They very promptly almost fell out of the car and ran away as fast as their legs would carry them. The woman, very satisfied, got into her car and sat a while to recover from the shock. She looked around and thought, "I didn't have a Coke bottle on the floor, or a packet of crisps on the seat". Looking around further she realised it was not her car. Shamefaced she slunk out of the car and saw her's parked a few metres away. She sheepishly drove off, straight to the police station to confess what she had done. When she had finished telling her tale, the officer said, "Was it perhaps those men there?" At the other end of the room

were four pale-faced young men who had come to report the incident.

Many years ago, at a time when it was still safe to leave your car unlocked, my mother and I parked outside the local Spar, did our shopping and climbed back into my car. The seat was too far back, so I lifted the lever, pulled the seat forwards, put the key into the ignition and was about to start the engine when my mom said, "Why is all this post lying here?" I looked and realised, simultaneously, that it was not my post and not my car. We scurried out and into my car which was two down from this one, and left in a hurry. I didn't think to move the seat back again and often wonder what the owner's reaction was on bumping knees on the dashboard when getting into that car. Mom and I had a good laugh.

Another story is of a gentleman, who had parked at the Grand Parade in Cape Town. When he was done for the day, he got into what he thought was his car. Half way to Durbanville he realised that he didn't have a toy dangling from his rear-view mirror! On examination it came to him that he had the wrong car. He did a u-turn back to Cape Town, and right enough, there was his car still parked where he

had left it. Fortunately the owner of the other car hadn't yet returned, so he just got into the correct car and drove off.

These days the locking mechanisms cars are so sophisticated that none of this is ever going to happen. Listening to a radio talk the other day I thought to myself that with all the modern technology it is no wonder that cars cost what they do, and that perhaps insurance companies are justified to charge the premiums they do. Safe driving.



## OLD FASHIONED RAISIN BARS.

From Maureen Lamprecht

Last month it was old fashioned pea soup, this month something for your sweet tooth. This is really yummy. My mother was not one for baking anything fancy, so this suited her as you mix it all in one pot, bake and serve when cold. That's it.

Grease and line the bottom of a square baking tin about 20x20cms.

Ingredients.

225ml plain flour

125ml raisins.

125ml water.

65ml sunflower oil.

70ml sugar

1 egg

Pinch salt

70ml chopped pecan nuts (have used peanuts on occasion)

2.5ml bicarb

2.5ml each of cinnamon, nutmeg, ground cloves and allspice. (allspice is not mixed spice, but is also known as pimento).

Combine raisins and water in saucepan and bring to boil. Remove from heat, stir in oil and sugar and allow to cool. Then add egg and beat well. Sift dry

ingredients, except bicarb, and stir into raisin mixture. Add nuts and lastly bicarb dissolved in a little warm milk. Bake at 200degC for about 15 minutes or until a testing skewer comes out clean. When cool cut into bars. You should get 15 to 18 bars from this quantity. Mixture can be doubled and baked in an oblong baking tray about 6cm deep. Do not overbake, but keep it nice and moist.



**LOOKING AFTER YOUR HEARING HEALTH**

As we age, it's not uncommon for our hearing abilities to gradually diminish. Age-related hearing loss, known as presbycusis, is a common condition among seniors. It occurs gradually due to changes in the inner ear and the auditory nerve. Conversations may become challenging, and we might miss out on the beautiful sounds that surround us, such as birds chirping, grandchildren talking or music playing in the background. However, modern technology has gifted us with a marvellous solution - hearing aids.

**What are Hearing Aids?**

Hearing aids are small, sophisticated devices designed to amplify sounds, making it easier for individuals with hearing loss to understand speech and enjoy various auditory experiences. They work by capturing sounds through a microphone, processing the sound waves into a clearer signal, and then delivering them to the ears through a speaker. Today, there are various types of hearing aids to suit individual needs and preferences and are a far cry from the bulky devices of the past.

**The Importance of Hearing Health and restoring connection**

Maintaining good hearing health contributes significantly to overall well-being. Untreated hearing loss can lead to social isolation, cognitive decline, and even increased risk of falls. Regular hearing check-ups can help identify issues early and prevent further complications. Well-fitted hearing aids have the power to reconnect us with the world around us. These devices can significantly improve our quality of life, promoting better communication and emotional well-being.

**Tips for Choosing and Adjusting to Hearing Aids**

**Consult a Professional:** Seek guidance from an audiologist to determine the best hearing aids for your needs.

**Be Patient:** Adjusting to hearing aids takes time. Start in quieter settings and gradually move to louder environments. At first, sounds may seem louder or unfamiliar, but with patience and practice, your brain will gradually adapt to the amplified sounds, making them more natural and comfortable.

**Maintenance Matters:** Proper care and maintenance prolong the life of your hearing aids. Keep them clean and dry. Regular follow-up visits are also essential to ensure your hearing aids continue to provide the best experience possible.

**Communication Strategies:** Practice active listening and consider using visual cues during conversations. Auditory training may also be recommended.

**CONSULTING AN AUDIOLOGIST**

If you believe you or a loved one may benefit from hearing aids, the first step is to consult with an audiologist. They will conduct a comprehensive hearing assessment to determine the type and degree of hearing loss. Based on the results, the audiologist will recommend the most suitable hearing aid for your specific needs and when fitting the hearing aids, will ensure that they are set correctly.

We believe that everyone deserves to enjoy the symphony of life's sounds. As we age, hearing may falter, but with the right support, we can continue to experience the joy of conversations, music, and nature.

Together, let's create a world of clearer sound and stronger connections.

Book at frail care to see an audiologist, or contact any of our rooms.

<b>Randburg</b> 011 792-9357	<b>Centurion</b> 012 762-6400	<b>Honeydew</b> 011 801-5761	<b>Northcliff</b> 011 214-9053	<a href="http://www.hear-sa.c.za">www.hear-sa.c.za</a> Email: admin@hear-sa.co.za





**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:  
angeliquemr50@gmail.com

**Editorial Contacts**

**Editorial Committee**

Angie Moir, *Editor*  
Maureen Lamprecht  
Elma van den Berg  
Anine Chapatte

**Advertising**

Liezel Nel

**Village Management**

Chris Heyneke

**Responsible Director**

**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

**Disclaimer**

The articles and ideas published in this newspaper are those of the authors and do not necessarily reflect the views of the Olive Branch Editorial Committee or the Olivedale Home Owners' Association NPC

Images without credits are published under Creative Commons.



**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

**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#

**Classic Sudoku Solution**

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

**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.**

# Olivedale

Retirement Village

**CSI** Sales  
Rentals  
Property Management  
Trustworthy Property Solutions



**TO LET**

1 bed, 1bath **Apartments**

FROM **R 8000 p/m**



Kyle van Staden  
**066 211 2483**



**FOR SALE**

1 bed, 1 bath **Apartments**

FROM **R 580 000**



Ruan Erasmus  
**071 481 6199**

\*Registered with the PPRA



011 805 6316



[www.csi-euf.co.za](http://www.csi-euf.co.za)

## RCGS Clean Innovation



**082 084 5588**