



The Olive Branch

Reaching out to everyone

October 2023

Issue 18

FROM THE EDITORS DESK

Hi everyone

Ahh, October...the most beautiful month! We are getting to enjoy the warm and sunny days.

Take a stroll around our village and see the beautiful gardens which surround us. Lovely spring blooms and flowers are popping up all over.

We have enjoyed our usual pastimes over the last month, including fitness, bingo, movie evenings, church and other games.

Additionally, we've had several lovely events, like the birthday tea and music evening with Tony and his Irish

band. The images speak for themselves.

This edition also includes articles written by some of our residents. Where to renew your driver's licence by June Broadfoot. Water and lights by Maureen Lamprecht. How I found my life partner, by Maryna Coetzee

All of which, I'm sure you will find very interesting.

We certainly do have some interesting and talented people living in our village and we would love to hear from you or about you.

Please send your submissions, either via email angeliquemr50@gmail.com or typed or handwritten articles which may be handed in at reception for the editor's attention.

Take care,
Lots of love Angie



October is Breast Cancer Awareness Month. Share a pink balloon in honor of all the fighters!

OUR SEPTEMBER WINNERS OF THE LUCKY DRAW

First prize Lionel Smith winner

Second prize Rio Schmidt

Third prize Audrey Freylink



The front reception garden is looking good. It will be beautiful when the roses are in full bloom. Thank you to our professional landscape gardener, Norman Duston.



YOUR HEALTH

Eye care

Eye care for the elderly is a topic that concerns many people who want to maintain their vision and quality of life as they age. There are some common eye problems that affect seniors, such as cataracts, age-related macular degeneration (AMD), glaucoma and dry eye. These conditions can cause vision loss or impairment if not detected and treated early. Therefore, it is important to have regular eye exams by an eye care professional, such as an ophthalmologist or optometrist, who can diagnose and treat any eye diseases or conditions.

There are also some tips that seniors can follow to protect their eyes and prevent eye problems from getting worse. Some of these tips are:

-Protect your eyes from sunlight by wearing sunglasses that block 99% to 100% of both UVA and UVB rays and

a hat with a wide brim when you are outside.

- Stop smoking or avoid secondhand smoke. Smoking increases your risk of developing cataracts, AMD and other eye problems.

- Eat a healthy diet that includes fruits, vegetables, whole grains, lean protein and healthy fats. Some nutrients that are good for your eyes include vitamin A, vitamin C, vitamin E, zinc, lutein and zeaxanthin.

- Be physically active and maintain a healthy weight. Physical activity can improve your blood circulation and lower your risk of eye problems.

- Manage your blood pressure, blood sugar and cholesterol levels. High blood pressure, diabetes and high cholesterol can increase your risk of eye diseases and vision loss.

- Use proper lighting and adjust your computer screen settings to reduce eyestrain and fatigue. You may also need to use magnifying glasses or other devices to help you see better when reading or doing close-up work.

- Relax your eyes regularly by blinking, looking away from the screen or book, or closing them for a few seconds.

- Keep your home well-ventilated and use a humidifier or artificial tears to prevent dry eye.

I hope this information helps you understand how to take care of your eyes as you age. Remember to see your eye care professional regularly and follow their advice on how to keep your eyes healthy and prevent vision loss. ☑

Source: Conversation with Bing.

OCTOBER is Breast Cancer Awareness Month



With a fundraiser for Pink Warriors.

Your donation supports our mission of providing help to those affected by breast cancer.

All donations will go to Reach for Recover which is an international breast cancer support group. It is affiliated to the International Union Against Cancer (UICC). It is a non-medical program designed to help women with breast cancer in their return to daily life.

All we ask is a R5-R10 donation and you receive a **pink bow** that you can wear all through the month of October. Bows will be available at reception.

Also, remember to wear a pink shirt every Friday.

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

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



WHERE TO HAVE YOUR DRIVER'S LICENCE RENEWED

June Broadfoot. House 171

The thought of having to go to the Randburg Licence department was so abhorrent, I even toyed with the idea of selling my car rather than having to go there!

One has to make an online booking at <http://online.natis.gov.za>. A page stating "Important information to note when requesting a slot" is pretty self-explanatory until you have to indicate which Testing Centre would be your 1st, 2nd, and 3rd choice of Driving Licence Testing Centres.

I (reluctantly) chose Randburg as my 1st choice and then Bedfordview and Germiston as 2nd and 3rd choices as I wouldn't know how to find the other East and West Rand centers! Once completed I tried to submit my application. Nothing happened. Its redundant tried a number of times to no avail.

In utter frustration, I went back into the website and found a "comment section". Someone who had actually managed to make an online booking at Randburg related to her horrific experience. She was sent a message from Natis confirming the time and date of the booking. She apparently arrived at Randburg at 7 a.m. only to find a queue that went out of the offices and around the block. She tried to ascertain which queue she

needed to go to and was rudely told to leave the building and go to the back of the queue. When she eventually got near the front, the office closed for the day and she had to rebook.

I eventually found another website, onlinesupport@rtmc.co.za telephone number is (0861) 400 800. It took a while before I was connected with a call centre agent.

After venting my spleen about my unsuccessful attempts to submit my application, she told me that one has to first register with a User Name and Password. She then suggested the Waterfall Center.

Whilst we spoke, she asked for my details and then told me that she had registered my application, and asked when and what time would suit me. I couldn't believe how pleasant, helpful, and efficient she was, more especially when she emailed the booking confirmation to me a couple of minutes later. PS if you want a temporary license they do not take the photos for that.

The waterfall address is 256 Howick Close, Waterfall Office Park, Bekker Road, Midrand.

if you wish to renew your driver's licence You must take your original

ID plus a photocopy.

They will take your photograph. The cost is R228.00.

If you apply for a temporary licence You need 2 x passport photos as well as your original and copy of ID.

June Broadfoot.

Editors comment

Dear June

I am sorry to hear of your first initial bad experience.

I went to the Waterfall Office Park without making an appointment, due to the fact I am a pensioner.

The whole process took me 20 minutes, and they took the photos.

Good to know

You can check if your licence is ready by sending an SMS with your ID number to 33214. Shortly afterwards, you should receive a response .



No matter the type of day you have had, nothing lifts your spirits quite like the welcoming smiles that greet every one of us as we arrive home.

MAINTENANCE MANAGER

We welcome Reinald Nel to the Village as the new Maintenance/Operations Manager .

Please contact Reinald for any maintenance related queries to reinaldn@trafalgar.co.za or on extension 5498.

WATER AND LIGHTS

Maureen Lamprecht.

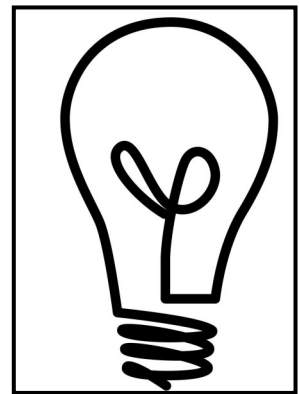
The City of Johannesburg issued a press release with regard to water restrictions which apply from September 1. No gardens may be watered from 6 a.m. to 6 pm. Furthermore, paving and driveways may not be cleaned using water. There does not seem to be a shortage of water as such, as the Vaal dam is almost full. The problem is that the demand for water in our city is so high that Rand Water cannot keep pace. They have appealed to all of us to use water sparingly, be it watering of gardens, showering, washing our hands or brushing our teeth. I still see residents watering their gardens outside of the specified time. You may be fined, but even worse, ORV could be given a hefty fine because you feel you have the right to water when you wish. Perhaps if we learn to be aware that South Africa is a water-scarce country we will use less. Teach your grandchildren, too, to use less water.

Lights and electricity is another

matter altogether. We are all suffering as a result of the fraud and corruption at Eskom. These four-hour-long outages are the pits! Those who live in the apartments, and have had their lights connected to the generator, are fortunate to not be plunged into total darkness, (although it does happen when the generator runs out of diesel). They have paid for this connection so have every right to take advantage of it, but that does not give them the right to abuse the system. Turn on the lights during an outage by all means, BUT when the power comes back on, PLEASE turn the passage lights OFF again. I know I have a thing about turning off lights and not wasting electricity, but if you can prove that leaving lights burning when Eskom supplies electricity is not wasteful, I will let them burn all day. I went out one day at 2 pm while there was an outage and the passage lights were burning. When I returned at 4.40 they were still burning, and the power had come on at 2.10. So they burned unneeded for 2 ½ hours!

Don't tell anyone that that doesn't cost our complex extra. This will result in further levy increases and rentals going up too.

The plug points in the passages are not for anyone to plug in a multiplug and extension to run their fridge, TV, microwave, or any appliance during an outage. A kettle may be boiled, but that is it. Don't abuse the system, please. The wiring of the plugs is such that it was never intended for heavy-duty usage, so if too much load is placed on it, the wiring may burn out.



RECIPE

Delicious Easy Chicken.

4 chicken portions

Paprika, chicken spice, garlic salt, black pepper.

25ml olive or sunflower oil

5 to 10 baby onions, peeled

Quarter each green and red pepper, diced.

125g diced mushrooms

1 cup chutney of choice

90ml orange juice

30ml mayonnaise

Sprinkle chicken portions with a mixture of the spices.

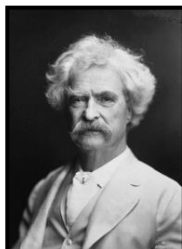
In a frying pan, heat the oil and brown the chicken portions, then place them in a casserole dish with a lid.

Fry onions and peppers in same pan until just soft then sprinkle over chicken portions. Sprinkle the mushrooms over the chicken. Mix chutney, orange juice and mayonnaise in a small dish. Pour this over the chicken pieces and place in oven preheated to 180deg C. Bake for one hour or until chicken is cooked through and well glazed. Return uncovered to oven for 10 min. Serve with rice and vegetables of choice.

QUOTE OF THE MONTH

"Good friends, good books, and a sleepy conscience: this is the ideal life."

— Mark Twain



Samuel Langhorne Clemens, known by the pen name Mark Twain, was an American writer, humorist, entrepreneur, publisher, and lecturer. He was praised as the "greatest humorist the United States has produced", and William Faulkner called him "the father of American literature"

BIRTHDAY CELEBRATIONS SEPTEMBER

We had a great birthday bash in the dining hall for those celebrating their birthdays in September .

A very warm applause of appreciation was given to the members of the social committee for the delicious spread of eats that accompanied the birthday cake.



CURRY EVENING

A great evening was had by all. All the dishes were uniquely spiced and rich with flavour.

A big thank you to the committee and all involved who helped to make this evening a great success.

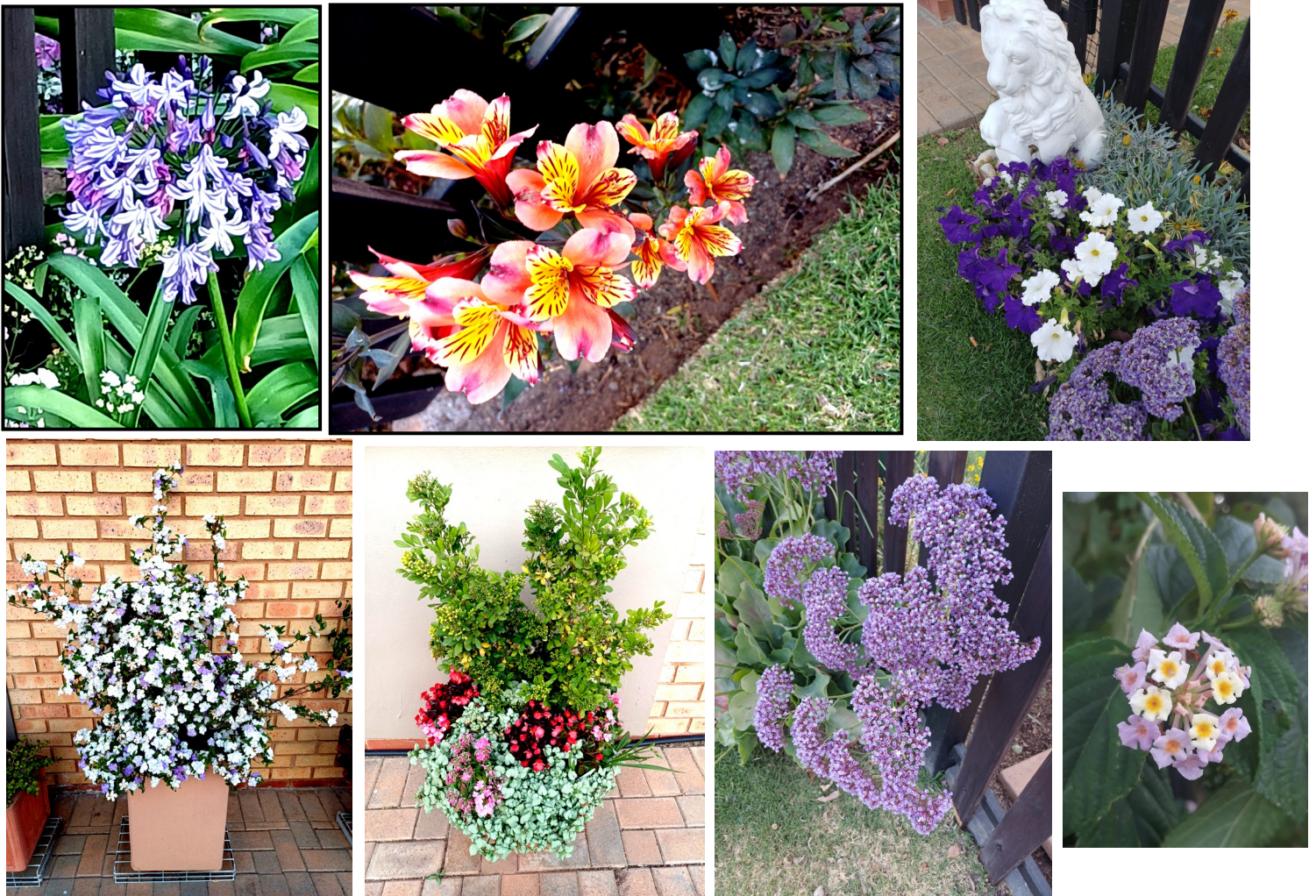


SOME MORE SNAPSHOTS FROM PREVIOUS EVENTS

TONY AND HIS IRISH BAND



The gardens of our residents are looking colourful and beautiful.



HOE EK MY LEWENSMAT GEVIND HET – ‘N GETUIENIS

MARYNA COETZEE

Op sestienjarige leeftyd het ek my lewe onvoorwaardelik aan die Here gegee.

Na ek matrikuleer het, het ek aan die kweekskool van die Evangelies Gereformeerde Kerk die evangeliste-kursus vir dames gevolg. Daar was ook enkele ander dames, verskeie jong manne, ook getroudes wat reeds in opleiding as voornemende predikante was.

Studente het by verskillende geleenthede saam verkeer. Dit was egter onaanvaarbaar vir jong mense om as paartjies in kamers te kuier of die terrein te verlaat. By voltooiing van die kursus was ons twee dames wat diplomas sou ontvang. By dieselfde geleentheid het ook ‘n groep getroudes en een jong man suksesvol afstudeer.

Enkele dae voor die toekenningsplegtigheid het ‘n dame per opdrag ‘n kort skrywe by my kamer afgelewer. Die sender was ‘n jong man en die inhoud was eenvoudig. Hy was oortuig van die leiding van die Here dat ek sy lewensmaat moet word en wou my graag ontmoet. Hierop het ek kort en beleefd geantwoord dat ek nie in ‘n verhouding betrokke wil wees nie.

Dit sou nie die einde van sy voornemens wees nie. Ons het ontmoet toe ons saam

die nodige aankope vir die plegtigheid moes doen. In ‘n stil straatjie in die skadu van ‘n boom, wyl ons vir die ander wag, is ek weer gekonfronteer. Hy het slegs gesê dat hy nie my verweer aanvaar nie en dat hy ten volle oortuig is van die Here se leiding. Hy het gevra dat ek tog net eers daarvoor moet bid.

Na die seremonie en die jaarafsluiting het ek huiswaarts gekeer en die alleenlopende proponent het na Pretoria vertrek om onder die mentorskap van ‘n predikant te werk. Ek het die tipiese werk van evangelis gedoen en van tyd tot tyd na my ouerhuis teruggekeer. By een so ‘n kuier het my moeder by my aankoms vir my ‘n koevert gegee.

Net een blik na die handskrif het my onmiskenbaar verseker van die oorsprong daarvan. Ek het dit in my oorrok se sak gedruk. Toe ons later tee drink, vra my moeder, “Van wie is die brief?” Ek het kortweg geantwoord, “Van Floris Coetzee”. Haar volgende vraag was natuurlik, “En wat wil hy hê?”

My ouers was wel met hom bekend omrede hy as student soms die gemeente besoek het. Ek het kortliks geantwoord en hom genooi om ons te besoek sodat beide my

ouers en ek beter kennis kon maak. Hy het kort hierna die uitnodiging aanvaar. Op die betrokke dag het hy my ouers se toestemming gevra om my vir ‘n rit in sy nuwe motortjie te neem.

Op ‘n geskikte plek het hy stilgehou, na my gedraai en die direkte vraag aan my gerig. “Wat was die antwoord wat die Here aan jou gegee het?” Ek het die skrif aangehaal oor Abigail, Dawid en Nabal.

(1 Samuel 25:2-44) Abigail het aan Dawid en sy manskappe hulp en voorraad gebied. Nabal het gesterf. Dawid het haar laat roep om sy vrou te word. Sy het haar esel geneem en gegaan om daar te wees vir die man wat die oorloë van die Here voer.

Ek het onwrikbaar geweet ek moet my esel pak en gaan, want ek deel dieselfde roeping. Nogtans was my verweer, “Maar ek voel steeds niks vir jou nie.”

Met oortuiging het hy gesê, “As dit die antwoord van die Here was, is alles reg. Hy sal jou leer om vir my lief te wees.” Hy het my in sy arms geneem en my innig gesoen. Asof ‘n damwal in my gebreek het, het ek geweet dat alles reg is.

OKTOBERMAAND

Viooltjies in die voorhuis,
Viooltjies blou en rooi!
Viooltjies oral op die veld,
En orals, ai, so mooi!

Dit is die maand Otober,
die mooiste, mooiste maand!
Dan is die dag so helder,
so groen is elke aand,
So blou en sonder wolke
die hemel heerlijk bo,
So blomtuin-vol van kleure
die asvaal ou Karoo.

Dit is die maand Oktober!
Die varkblom is in bloei;
Oor al die seekoeigate
in kafferskuil gegroei;
Die koppies, kort gelede
nog soos ‘n klip so kaal,
Het nou vir welkomsgroetnis
hul mooiste voorgehaal.

C. Louis Leipoldt (1880-1947)



Olive's Activities

Day	Activities	Venue	Time	Details
Monday	Bus	All Saints Spar	09:30 – 11:00	Book at Reception EXT: 5499 or 5500
	Pilates	Hall	09:00 – 10:00	Lejeane 082 364 2605
Tuesday	SASFA Exercises	Hall	10:30 – 11:00	Helga 083 277 3649 Vivienne EXT 5208
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Ca- nasta
	Line-dancing	Hall	17:30	Val Pearse EXT: 5144
	Bus	Northgate	08:30 – 12:00	Book at Reception
Wednes- day		Cresta – 2 nd Wed in month	08:30 – 12:00	EXT: 5499 or 5500
	Afrikaanse Bybel Studie	Olivedale Saal	15:30 – 16:30	Estelle Visser EXT: 5181
	Bingo	Dining Room	17:30	Derek Saunderson EXT: 5315
	English Bible Study	Longroom	10:00 – 11:00	Trevor Slade 083 391 1215
Thursday	Pilates	Hall	09:00 – 10:00	Lejeane 082 364 2605
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Ca- nasta
	Craft Club	Dining Room	14:00	Norma Acutt EXT: 5107
	Bus	Lifestyle – Last Friday of the month	08:30 – 11:30	Book at Reception EXT: 5499 or 5500
Friday	SASFA Exercises	Hall	09:00 – 10:00	Helga 083 277 3649 Vivienne EXT: 5208
Saturday	Tai Chi	Hall	15h00– 16h00	Angelike 0824860188
	Interdenominational Eng- lish Church Service	Hall	09:00 – 10:00	Trevor 083 391 1215 Gwyn 072 027 7788
Sunday	Catholic Communion Ser- vices	Longroom	09:30	St John's Catholic Church 010 222 0631
	Interkerklike Afrikaanse Diens	Olivedale Saal	17:00	Estelle Visser EXT: 5181

The Surrogate Daughter
Non-medical home care support and assistance

- Transport to Doctor's visits
- Grocery shopping / personal shopping
- Cell phone / technical help / connections to whatsapp
- Transport to social events
- Help with accounts, paying bills or assist with emails and any general correspondence

Please call for more information
Jacqui Boshoff
084 243 6127
Let me give you safe, caring, reliable assistance

Movie Word Search

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

AIRPLANE
 AMADEUS
 BATMAN
 BODY HEAT
 COCOON

DAS BOOT
 DIE HARD
 FRANCES
 GLORY
 GOONIES

SILKWOOD
 SPLASH
 STRIPES
 TAPS
 TOOTSIE



**Saturday Market at
 Olivedale Retirement Village.
 Date: 21 October 2023.
 Venue: Reception Area - Hall
 10h00 to 14h00**

HANDMADE ARTICLES AND CLOTHES.
 CUPCAKES, HEALTH BREAD AND RUSKS, BOTTLED
 VEGETABLES & JAMS
 BOOKS. KAALFÛÖT SHOES. VARIOUS TEAS. JEWELRY

*Displayers interested in participating,
 please contact Elma van den Berg,*

Made with Unit 503 or phone 082 928 5327.

**October is Breast Cancer Awareness Month.
 Get those puppies checked!**



SUDOKU SOLUTION ON PAGE 11

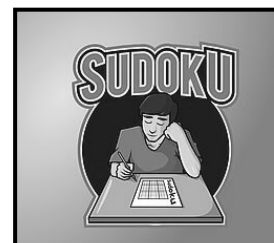
1			5			7		
8								
2	9		8	3			5	
4				5	9			2
		1		2		8		
	8	7				1		
			3	9	4			7
5					1			9

Some Interesting Facts about Sudoku

What is Sudoku? 'Su' in Japanese means numbers while 'Doku' means single. Sudoku means single numbers. Therefore, in the sudoku game, we have to fill in numbers without repetition.

The Times in London helped spread Sudoku to Western culture by publishing its first daily sudoku in 2004.

Can you imagine that there are 5,472,730,538 possible sudoku puzzles?



RESIDENTS SHARING SOME OF THEIR SPECIAL MOMENTS WITH US.

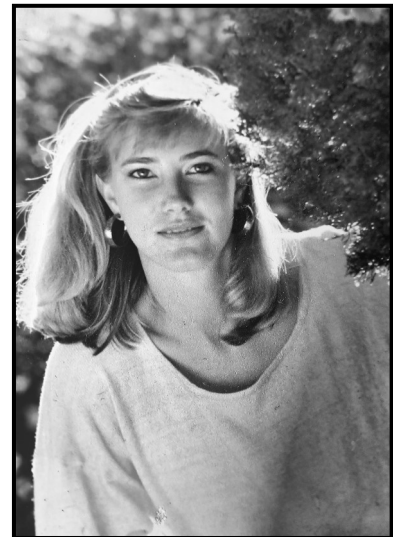
Namaqualand Spring Flowers.



Well done Caron Freylink and her friend for completing the Spar women's challenge



Bokkie girls.



CONGRATULATIONS to Maralize Mulder, daughter of Larita Raath (Mulder).

Nominated as Toastmaster of the year 2023.

1. Winner of Weltevreden-Park.
2. Nominated for area.
3. Nominated for region.
4. Nominated for National South Africa.

Maralize winner of all the above.

Internationally she came second.



Mother love



Angie Moir Waterfall challenge

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

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CRAIG'S TRANSPORT SERVICES

Transport with a difference

Affordable transportation. 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.

Glanville Craig: 082 922 6067 Apartment 544 ext. 5402

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#

SUDOKU SOLUTION FROM PAGE 8

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

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

2 Bed, 1 Bath **Apartments**

FROM **R 8500 p/m**

Kyle van Staden
066 211 2483



TO LET

1 Bed, 1 Bath **Apartments**

FROM **R 6200 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

DATES FOR EVENTS AND TALKS

Day/Date		Venue	Time	cost
2nd	Talk on Osteoporosis	ORV hall	14h00	R 10 pp Tickets available at the door
5th	Talk on " the role of the social worker"	Hall	14h00	No charge
9th	Birthday tea	Dining room	15h00	R 30 per guest
10th	Wellness Day including Breast Cancer awareness day	Hall	9h00 - 15h00	TBA
12th	ORV new residents welcome meeting	Hall	17:30	No charge
21st	Music quiz	Dining room	18h00	R 50 per person
21st	Saturday market handmade articles, health products and much more	Reception area	10h00 -15h00	Displayers interested in participating contact Elma van den Berg Unit 503 or phone 082 928 5327
28th TBC	Frail Care's annual "Flower Power Spring Walk" followed by a braai	Frail care	10h00	R 20 entrance fee . Booked tickets only: No late entrances allowed.