



# The Olive Branch

Reaching out to everyone

March 2024  
Issue 02

## FUN TIMES IN FEBRUARY

### MUSIC QUIZ THE WINNING TEAM



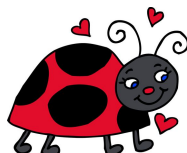
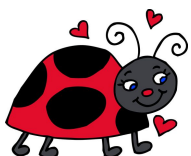
### THE TEAM WHO CAME JOINT SECOND



### BETLE DRIVE EVENING

#### OUR WINNERS

#### RUNNERS UP





## VILLAGE NEWS

Below is a general reminder to residents.

- Residents must please contact reception if they are no longer using a domestic worker or a private gardener, as we need to remove their access to the Village at the gate.
- Payments at Reception - Reception does not accept cash and residents cannot pay with a meal card. Reception only accepts credit/debit cards as a form of payment.
- Meals may be booked on line via the app, in the dining room or the tuck shop.
- Office hours, Mon – Fri 08h00 to 16h00 (No transactions/purchases can be made after 15h45)
- Sat – 08h00 to 12h00 (No transactions/purchases can be made after 11h45)
- No electricity can be purchased without a meter number. This can be done either with the Cash Power Card, or the meter number can be written on a piece of paper. The alternative is

to take a photo of the meter number and bring it to reception.

- The receptionist will have a 30-minute lunch break on Fridays at 1pm. The office will be closed during these 30 minutes, due to only one receptionist being on duty on a Friday.

The reception will also close for a 30-minute lunch break when one of the receptionists is ill or on leave.

- General and Maintenance managers do not work over weekends. However, they are available on their cell phones for emergencies only. Please always report to Security first after hours or over weekends. They will contact the managers if need be.

### SECURITY

Residents must not allow entry for any deliveries if not 100% sure it is their delivery or their visitor or supplier.

Residents are to report to Chris Heyneke ext 5498 or Juanita Le Roux 5446 for all incorrect deliveries and incorrect phone calls

- All errors are to be reported immediately or same day if possible, to ensure a thorough investigation. The date of the incident and the name of the guard is essential.

We use this information to improve service delivery.

### TUCKSHOP

The tuckshop operating hours and trading days have been changed as follows:

Mon-Sun (Including public holidays) from 08:00 – 15:00 (Closed for lunch between 12:00- 13:00)

The tuckshop has increased its variety with new items based on feedback received from residents.

Please pop in to have a look and support them.

### RECYCLING

Please drop off all your AA, AAA, or 9v batteries at reception to dispose of properly. Please do not throw them into the general waste as they are a chemical hazard to the environment.



On Saturday the 16th December the sponsored pool table was opened with a few games being played. Present were Lyall Bester, who has clearly played before, Erich Roniak, Jim Taylor and André Jelliman. We also had two lady residents looking on. The intention is to play at 14h00 every Saturday. Should you want to play at any other time, you are welcome. Initially the cues and balls will be kept by André at unit 39. We intend putting up a dartboard as well.



These trolleys were donated by Claude ,the manager of PnP Boskruin, seen here with Andre Jelliman.



Dear Residents,

Welcome to our March issue of the Olive Branch.

I would like to take this opportunity to thank everyone for the thoughtful birthday wishes I received , much appreciated.

Enjoy the wonderful articles we have put together. There are also some good quotes, and lovely pictures that were taken by our fellow residents.

Some of the Residents have opted for newsletters by email to help reduce paper costs. Others prefer paper copies in their mailboxes which is also fine. If you receive a paper copy but would be happy to receive by email (or visa versa) please let reception know.

That's all for now folks.

Take care, lots of love,

Angie Moir



**BEST EVER SENIOR CITIZEN JOKE**

A little silver-haired lady calls her neighbour and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure it out. He asks, "What is it supposed to be when it's finished?" The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh "Let's put all the Corn Flakes back in the box."



## OLYFTAK LEESKLUB

'n Leesklub is gestig in Desember 2023 en die eerste byeenkoms en boekbespreking was gehou op Maandag 29 Jan. 2024.

Kontak Elma van den Berg vir navrae, aansluiting en om boeke te leen. Eenheid 503/0829285327 Doelstellings:- Lees vir genot

Uitbreiding van leeservarings

Waardering vir prosa en skrywers

Lees Afraans en Engels

Vriendskap en meelewing

Tyd van byeenkomste:- Maandeliks. Elke laaste Maandagmiddag om 15:00.

Plek:- Longroom

Verloop:- n Lys van moontlike boeke is saamgestel en lede sal beurtelings besprekings van elke boek hanteer.

Veranderings aan datums en boeke kan gemaak word namate boeke beskikbaar is. Lededonasie:- R10 by byeenkoms. Dit kan gebruik word vir koffie/tee of vir jaareindgeselligheid. Verversings:- Persoon wie bespreking doen, bring ligte verversings. Tee en koffie sal beskikbaar wees.

### Leesprogram:-

29/01 Theresa se Droom deur Franci Phillips

26/02 Katvis deur Annelie Botes

25/03 Onder 'n Bloedrooi Hemel deur Annemarie van Niekerk

29/4 Veilige Hawe deur Irma

27/05 Blou van Onthou deur Marieta vd Vyver

24/06 Leo deur Deon Meyer

Ander boeke vir oorweging/Voorstelle is welkom:-

Ek het 'n Engel gesien deur Amoré Bekker



Boekbekendstelling 14 Febr 2024

Baie dankie vir ondersteuning en saamkuier.

Dankie aan Val en die sosiale kommitee vir die verversings.

Die boeke wat bekendgestel is, is beskikbaar

By Elma van den Berg. Eenheid 503.

Sel no. 082 928 5327. Wees welkom!

Olivedale

Markdag/Market day

16 Maart/16 March

10h -14h

Welkom tot deelname.

All welcome to participate.

Tema/Theme : Paasfees/Easter.

(Nie verpligtend/Not obligatory



## STORIES VAN 19 VOETSEK

### Oom Joël en Tant Jak - Deel 2

#### Hantie de Beer en Elma van den Berg Vinke

Die volgende stoepsittyd, toe elkeen met 'n doppie witblits sit, sê oom Joël: 'Die vinke vreet my hele koringoes op. Julle moet kom kyk hoe sak hulle neer op die koringland. Dik swerms!' 'Jak!', sê tant Jak. 'Watse plan sal jy dié keer maak, Joël? vra Annie en Koos beaam: 'Ek sal graag dié plan wil hoor! Hulle gesels oor die moontlikheid van gif of skiet, terwyl tant Jak gaan koffie maak. Annie bied aan om te gaan help en met hulle opstaan, kom Piet, die buurman om die hoek! 'Middag! Waaroor praat julle vandag?'

'Joël wil ontslae raak van die vinke wat die koring opvreet,' antwoord Koos. 'Middag Piet, kom sit.' Piet haal eers sy snuifblik uit vir 'n lekker snuif en die ander twee raak doenig met twak en pype. 'Ek sal graag help', bied Piet aan, na 'n lekker snuif. 'Ek weet hulle slaap snags in die wilgerboom langs die dam.' Die vrouens bring koffie en melktert en die manne dink. Nog witblits doen ook die rondte.

Twee dae daarna is almal weer daar. 'Ons het skote gehoor gister laatmiddag', vertel Annie. 'Wat het julle gedoen?' vra Koos. Oom Joël maak keelskoon. 'Ons kon nie besluit oor kruit of 'takkies' {klein spykertjies met plat koppe, gebruik in die ou dae) nie.

'Jak!' las tant Jak by. 'Hulle weet nie wat hulle doen nie!' Oom Joël laat hom nie afsit nie. 'Ons stop toe die haelgewere vol 'takkies' en laat waai! Toe ons weer kyk, trek die wilgerboom die lug in saam met al die vinke!'

Toe die gelag bedaar, kom dit bedees van tant Jak. 'Sonder vinke en 'n wilgerboom.'

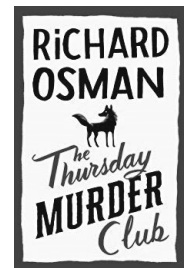


## BOOK REVIEW : The Thursday Murder Club.

In a peaceful retirement village, four unlikely friends meet up once a week to investigate unsolved murders.

But when a brutal killing takes place on their very doorstep, the Thursday Murder Club find themselves in the middle of their first live case. Elizabeth, Joyce, Ibrahim and Ron might be pushing eighty but they still have a few tricks up their sleeves.

Can our unorthodox but brilliant gang catch the killer before it's too late?



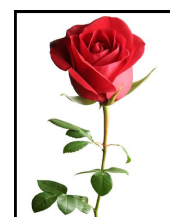
## GARDENING TIPS

### Rose Care

The last roses of summer are often the most perfect ones; and as the daytime temperatures drop, your roses will take on a new intensity of colour and unfading beauty seldom seen in hot weather. Their petals unfurl perfectly and they last much longer too. If the temperatures play along, you can have roses well into April and May.

Shorter days are a signal to roses to prepare for winter dormancy and the plants start converting sugar to starches and storing it in their stems for their spring growth, so it is important to feed them regularly. You should stop feeding by mid-March as this will harden them off against the cold. Lower daytime temperatures and

reduced evaporation also mean that you can reduce the amount you water, while still ensuring good moisture in the soil.



## OUR VILLAGE

### OLIVEDALE CRAFT GROUP

During 2014 we started the Craft Group. Eventually we had about 15 people coming together every Thursday afternoon at 14h00 in the dining room. We were doing different types of crafts. We painted on material, did decoupage, mosaic etc. The group also decorated the dining room each Christmas and Easter and for other special events. Beautiful Christmas and birthday cards were also made.

Norma Acutt then found out that the church under Rev. Trevor and Rev Gwyn Slade ran an orphanage. The Craft Group then decided to start knitting and crocheting jerseys, beanies and blankets to donate. The orphanage

then distributed the items to those in need.

We received generous donations of wool and money over the years. Up to now the Craft Group has made more than 2000 (two thousand) blankets which were given to the needy in winter.

Beautiful blankets can be purchased from Norma Acutt on a Thursday afternoon from 14h00 in the dining room, priced R350.00 each. This will enable the knitting/craft group to purchase wool etc. to make the much needed blankets and other items for

the underprivileged.



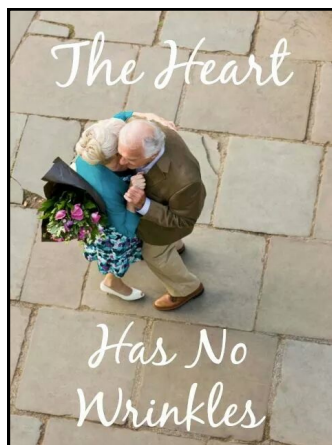
Children with blankets crocheted by ORV Craft group

### A SUNDAY LUNCH IN OUR VILLAGE

We had a great lunch and chatted with a bunch of lovely people, some of whom we knew and some of whom we had never met. Maryna Coetzee was one of the persons who drew my attention; she had an intriguing story to tell. All of them had interesting stories to tell, but I found this one to be the most interesting. From the age of 12 years old, she has been sewing her own outfits and clothes for both herself and her family. She is seen wearing a handcrafted outfit with exquisite detailing and perfection in this photo.



It was a joy to meet Khaliphani Tshuma assistant dining room manager. Zimbabwe is where Khaliphani was born. Finding that there is another Rhodie in my midst, who is from my hometown, thrilled me.





## RAMBLINGS OF AN OLD WOMAN.

I frequently go to a website featuring the town where I grew up and seeing the photo's and comments brings back so many memories of going to the bioscope to see a flick on a Saturday afternoon, for example. Now when last did you see the words bioscope and flick? These days we go to the cinema or movie house to see a film. And what lovely films we saw. No bad language, sex was something just suggested, a screen kiss was rather risqué and gratuitous violence was virtually unheard of. Sure, we saw war films and murder mysteries etc, but they did not have the degree of explicit reality that we see today. I think the world was a better place for all these things not being so in-your-face.

I remember going to formal dances, especially on old year's night. We would all dress in our best bib and tucker, hair done, makeup perfect, stockings and high heels, men in suits and ties and shoes shone. We did

look so smart. The last dance would be "I'm in the mood for love" or "Good night Sweetheart". Oh! The romance of it all. Enough to turn the head of any young girl! As teenagers we would go to sessions, as they were called. Usually they were held at sports clubs, mine halls or church halls. There would be a live band, DJ's were unheard of, and the music was great. The hits of Elvis, Cliff, Buddy Holly etc were firm favourites. The band would kick off with Bill Haley's "Rock Around the Clock", and we would be on the dance floor, rocking until the floor shook. My parents would be there by 10pm to take me home, but it was always a thoroughly enjoyable time. I was older by the time sessions changed to disco's, then raves, and I don't know if they even have similar events these days or what they are called. What do you call an event where everyone stands around gyrating without any obvious partner?

Enough reminiscing for now.

Another group I frequent on Facebook is The English Language Police. Much of what is discussed is beyond my grasp of the language. When parts of grammar and past perfect and such niceties are debated I cannot comment. I found this on their site:

A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.

I trust you all realise that these are errors that many make, without realising it. As I've said before, English is a difficult language and I am merely amused, not being critical in any way. I once said my son was being indicted into the Boy Scouts, instead of inducted. A mere slip of the tongue, but what a difference!

Maureen Lamprecht

## WORDS AND PHRASES THAT HAVE AN INTERESTING ORIGIN

Etymology is the study of the origins of words. The English language is living and growing. Although many of our words have been part of our language for many years, new words are added all the time.

Here are a few :

### **Bury the hatchet**

Meaning: To stop a conflict and make peace.

Origins: This one dates back to the early times in North America when the Puritans were in conflict with the Native Americans. When negotiating

peace, the Native Americans would bury all their hatchets, knives, clubs, and tomahawks. Weapons were literally buried and made inaccessible.

### **Go the whole nine yards**

Meaning: To try your best at something

Origin: During World War II, the fighter pilots were equipped with nine yards of ammunition. When that ran out, it meant that they had tried their best at fighting off the target with the entirety of their ammunition.

### **Break the ice**

Meaning: To break off a conflict or commence a friendship.

Origin: Back when road transportation was not developed, ships would be the only transportation and means of trade. At times, the ships would get stuck during the winter because of ice formation. The receiving country would send small ships to "break the ice" to clear a way for the trade ships. This gesture showed affiliation and understanding between two territories.

Angie Moir

**EASY**

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**MEDIUM**

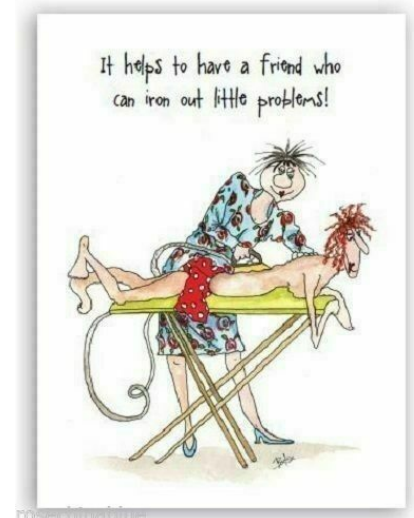
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**HARD**

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**Music Word Search**

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COMPOSER  
GUITAR  
KEY  
MUSIC  
PIANO  
RHYTHM  
SYMPHONY  
VERSE



## EASY CRUSTLESS SAVOURY TART

This is a quick and easy savoury tart that can be served at room temperature, completely cold or heated slightly in the microwave. It is so versatile. Olives, spinach, feta cheese, diced green peppers, mushrooms or almost anything you fancy, can be used instead of the ham or bacon. I suggest mushrooms are cooked before adding as they can become watery.

250gr of ham or bacon, chopped.  
(Or almost anything or any combination you fancy).

250ml grated cheddar cheese

250ml milk

2 beaten eggs (you can use more for added nutrition)

0.5 ml dry mustard

1 small chopped onion

5ml parsley

30ml flour

5ml baking powder

Sprinkling of cayenne pepper or paprika

Beat eggs, add milk and rest of ingredients. Pour into a greased pie dish and bake at 200deg C for 35 to 40 minutes. It will rise in the oven, but once removed will deflate, but that is what it does! If substituting something that is not salty, add salt to taste.

Maureen Lamprecht



## CLIMATE CHANGE SOUTH AFRICA



What makes South Africa especially vulnerable to climate change is over 80% of the land surface can be classified semi-arid to arid, with only 18% being dry sub-humid to sub-humid meaning the country experiences extreme water stress.

We are gradually entering the period of heat which will be difficult to bear day and night. According to experts, this is due to heat waves resulting from the emission of greenhouse gases. The Meteorological Agency is warning us to prepare for warmer days and nights. This preparation will require smart adaptation strategies and participation in climate-resilient practices to address the damage caused.

Common effects of heat waves on humans are dehydration which can lead to unconsciousness or death, skin rash and psychological stress.

In order to cope with current climatic conditions, experts have advised:

1. Drink more water to stay hydrated.
2. Keep a water bottle with you to remember to take water.
3. Avoid alcoholic and caffeinated beverages during this time.
4. Reduce the consumption of protein-rich foods (e.g. red meats) as they increase metabolic heat.
5. Eat fresh fruits and vegetables which provide extra water.
6. Monitor blood pressure to ensure it is within the normal range.

7. Stay indoors (in the home or office) between noon and 3 p.m. each day as much as possible.

8. Take cold water baths before going to bed at night.

9. Close all doors and windows to keep the heat out.

Yes, climate change is leading to dangerous levels of temperature increases. However, the climate change in South Africa is leading to heatwaves, bush fires, drought, resulting in flash floods, and unpredictable weather. All these are a result of our climate changing for the worse in the country/world.

Angie Moir

Published as received.



## SAVE THE DATE



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

**ON MARCH 16TH, 6PM JAMES AND JESSICA URBANI WILL BE BACK.**

**INVITE YOUR LOVED ONES AND FRIENDS**

**R50.00 PER PERSON. THIS INCLUDES SNACKS.**

**BRING YOUR OWN REFRESHMENTS.**

A vibrant graphic for an art club. The top and bottom sections feature a watercolor-style illustration of various art supplies: paintbrushes, a palette, and tubes of paint, interspersed with pink and red flowers. The background is a light blue and white wash. In the center, the words 'Art Club' are written in a large, elegant font, with 'Art' in red and 'Club' in black script.

## Art Club

**Tuesdays • 14:00-16:00pm  
in the Dining Room**

Join the art club every Tuesday in the dining room and immerse yourself in a creative community of like-minded and inspiring artists. Whether you're a seasoned painter or just starting out, all levels of experience are welcome. This is a fantastic opportunity to unleash your creativity, learn new techniques, and connect with others who share your passion for art. Best of all, it's completely free to join, so come along and let your artistic spirit flourish in a supportive and encouraging environment every week.

**SING A LONG  
WITH PIANIST JAMES SYMON  
SATURDAY 30TH, 3PM  
ENTRANCE FEE R 10 PERSON  
FOLLOWED BY A BRING AND BRAAI**





**Articles for Submission**

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention or emailed to: [angeliquemr50@gmail.com](mailto:angeliquemr50@gmail.com)

**Editorial Contacts**

Angie Moir, Editor  
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 Elma van den Berg  
 Anine Chapatte

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Liezel Nel

**Village Management**

Chris Heyneke

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**Advertising Rates for 2022**

- Published monthly - format is A4 portrait.
- Circulation: 200 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)
- **Submissions by 20th of each month or preceding business day, if over a weekend or on a public holiday.**
- Contact Liezel on 010-596 5497 to place advertising.

**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**

**EMERGENCY CONTACT NUMBERS 24/7**

Security guard room : 010 596 5400 Security cell number :  
 064 131 8274 (when landlines are not working)

LIST OF EXTENTION NUMBERS	EXTENSION
<b>Frail Care Office (Matron)</b>	<b>5010</b>
<b>Frail Care Reception</b>	<b>5011 / 5462</b>
<b>Kitchen Office</b>	<b>5493</b>
<b>Kitchen Orders</b>	<b>5494</b>
<b>Tuck Shop</b>	<b>5492</b>
<b>Hair Salon</b>	<b>5496</b>
<b>Clinic Sister</b>	<b>5495</b>
<b>Reception</b>	<b>5500 / 5499 / 9</b>
<b>Security</b>	<b>5400 / 5183</b>
<b>Beauty Salon</b>	<b>5192</b>

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

# Olivedale


Retirement Estate

**TO LET**




**1 Bed, 1 Bath Apartments**

**FROM R 6900 p/m**


 Kyle van Staden  
**066 211 2483**

**FOR SALE**




**1 Bed, 1 Bath Apartments**

**FROM R 600 000**


 Ruan Erasmus  
**071 481 6199**

**TO LET**



**2 Bed, 1 Bath Apartment**

**FROM R 8 000 p/m**

 Kyle van Staden  
**066 211 2483**

*Don't wait for your happily ever after*



\*Registered with the PPRA

 011 805 6316

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

## EYE CARE AWARENESS MONTH 2024

Eye Care Awareness Month is to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

Because our vision diminishes over time, older adults must be extra diligent with steps to protect their eyesight.

### Common problems

Older adults can experience age related macular degeneration (AMD) and cataracts.

**Cataracts** are the most common age-related issue

affecting the eyes. Symptoms can include: Cloudy, blurry or dim eyesight. Seeing double or halos of light. Struggle to see in low light. Light sensitivity.

While vision changes are an expected part of aging, some vision problems have no warning signs.

Seventy-five percent of blindness is avoidable either through prevention or through treatment – which is why it is important to have your eyes tested at least once per year.

## OFFICE HOURS

MONDAY – FRIDAY 08:00 – 16:00

SATURDAYS 08:00 – 12:00

PLEASE NOTE RECEPTION CANNOT DO ANY TRANSACTIONS / PURCHASES AFTER 15:45 (MON-FRI) AND 11:45 (SAT)

PLEASE NOTE THE GENERAL & MAINTENANCE MANAGERS DO NOT WORK ON WEEKENDS

THANK YOU

ORV MANAGEMENT