

Issue 3

HAPPY EASTER

he Olive Branch Reaching out to everyone





Pastor Trevor Slade was recently appointed as National President for the South African Air Force Association.





Bottle tops donation

The ORV 'Bottle Tops for Wheel Chairs' initiative, was given an enormous boost with the donation of 45 000 bottle tops by Ian Willis of The Water Shop in Olivedale Centre. Thank you so much. Seen here taking delivery of the bottle tops is Harvey Hemmingway.

BIRTHDAY CELEBRATIONS IN MARCH







Connie Commin unit 321 recently celebrated her 91st birthday at The Cake Boss coffee shop with her close friends.

RECENT EVENTS

KARAOKE EVENING

The karaoke nights are clearly quite popular with our residents. Below are some lovely photos taken at our most recent karaoke night on March 16. Once more, our Calendar girls performed and did us proud. Sidney, Tess and his family travelled from the South to delight us with their lovely talents. Vocal teacher Fazila was a special visitor of the group.



Our Calendar girls.



James Urbani with daughter Jess sharing their amazing voices.



Leonie and John de Barros our twinkle toes.



Erica, Koos and Denise enjoying the evening.



Maureen and Yashika singing "Money Money".



Sidney van der Merwe singing a duet with Fazila Moonsamy.

A BRIEF HISTORY OF KARAOKE

This musical form of entertainment originated in Japan around the 1960s and 1970s.

The meaning of the word karaoke comes from Japanese, kara is empty and ōke is short for ōkesutora which means orchestra. From this, we can understand that karaoke is literally called an "empty orchestra" which implies the goal of the karaoke machine. There is a device that will provide the instrumental part of a song (or a selection of songs) and any person sings the lyrics as the music plays.



FROM THE MANAGER'S DESK Chris Heyneke

GARDEN REFUSE

Recently we saw that someone in the lower village had dumped 3 boxes of garden rubbish at the bin outside the lower store. Please note that if you have garden rubbish you must keep this on your own property and put it out on Tuesday with the other refuse. Do not relocate your garden rubbish to the lower store bin.

GARDEN SERVICES & PEST CONTROL

Please note that for residents requesting spraying of ants, all spraying operations will be undertaken on Fridays only. It is simply too much of an operational inconvenience to oblige each spraying request on the day the request is made. Clement has to break off what task he is busy with, mix the spray or prepare whatever toxin is required and then interrupt one of his staff in whatever task they are busy to attend to the spraying. It would be more efficient if residents delay ant or any other kind of spraying to a Friday.

RUBBISH BINS.

Please rinse any food containers before
placing them in the rubbish bins or
bags. This will help prevent pests like
maggots, ants and roaches from
becoming a problem. This will also
make it easier for the service team to
sort out the refuse before collection.as the best offers that we have. The
Board has met with these 2 preferre
suppliers and numerous queries hav
been addressed. These are now beir
submitted to an independent solar
expert for evaluation. Once we have
this evaluation, an information sessi

SOLAR UPDATE

We have now received 5 proposals and quotations for providing a comprehensive solar system within the Village. The intention is to provide a total solution for the Village so that we will be, to all intents and purposes, off-grid. The generator will remain but will only be used as a last-resort backup. It has taken a long time for the prospective suppliers to gather the necessary information for making their proposals. Getting access to the sub-station on our verge from Joburg City has been somewhat of a headache. The 5 proposals have been evaluated and 2 have been selected by the Board as the best offers that we have. The Board has met with these 2 preferred suppliers and numerous queries have been addressed. These are now being submitted to an independent solar expert for evaluation. Once we have this evaluation, an information session with all residents and owners will be held. At this meeting the preferred supplier will be present to answer all questions. Depending on the outcome of this information session, a Special General Meeting will be called, and an appropriate resolution will be tabled allowing all members to vote.

WETLAND WORKING COMMITTEE The repair on the wetland spillway has been completed. We are planning to reinstall the perimeter fence next week to close the area. The cap has been placed on the outlet pipe to allow the water to fill the wetland area.

SOME AMAZING FACTS ABOUT OLIVE TREES

1. LONGEVITY – Olive trees can live for thousands of years. There are many trees in the Mediterranean region that are scientifically verified to be as old as 2,000 years.

2. PROLIFIC – The olive tree starts bearing fruit at around 5 years of age. A tree in Croatia that is radiocarbon-dated to be 1,600 years old still produces abundant fruit today.

3. INDESTRUCTIBLE – The root system of the olive tree is so robust that it's capable of regenerating itself even when the above-ground structure of the tree is destroyed by frost, fire or disease. In Tuscany in 1985 a severe frost destroyed many productive and aged olive trees, ruining the livelihoods of many farmers. However, when new shoots appeared in the spring and the dead wood was removed, they soon became new fruitproducing trees.

4. UNPARCHABLE – Olive trees are drought friendly and, just like eucalyptus trees, do not need much water.



EDITORIAL

Hello to all my Olive family.

The first quarter of 2023 has galloped past already. However, there is still some time to enjoy the beautiful sunny days before we have to fluff out those winter woollies .

If you have a service or product, you are welcome to submit this for advertising. This cost will be to the resident. Plus, as always, we welcome contributions of suitable articles for insertion.

A special thank you to the residents who took photos at our recent events, it is much appreciated.

This Easter, I encourage you to make space for the good and the light in your life, practice gratitude, and celebrate your small successes or those of your friends and family.

Here's wishing you a blessed Easter, and to other ORV residents who celebrate different religious festivities during this time, we wish you and your family many blessings.

Angie Moir Editor

BOOK REVIEW

The Five Wishes of Mr. **Murray McBride** by Joe Siple

With all his family and friends gone, onehundred-year-old Murray McBride is looking for a reason to live. He finds it in Jason Cashman, a

ten year old boy with a terminal heart defect and a list of five things he wants to do before he dies. Together, they race against the limited time each has left, ticking off wishes one by one. Along the way, Murray remembers what it's like to be young, and Jason

fights for the opportunity to grow old. But when tragedy strikes, their worlds are turned upside down, and an unexpected gift is the only thing that can make Jason's final wish come true.



UP COMING EVENTS

DATE / TIME	EVENT	COST
Easter Weekend Saturday 30th March. 15h00 to 16h00.	A professional pianist will entertain the resi- dents with beautiful music	R10.00 per person. Thereafter there will be a bring and braai. This event is free. Residents to bring their own meat, eats, drinks and utensils.
Monday 8 th April	Birthday/New Residents Welcome Tea	Guests to pay R30.00 per person. No payments for birthday residents and new residents.



FOOD FOR THOUGHT

Welsh Rabbit. This curious name for what is basically cheese on toast has created some folk etymological confusion. Almost as soon as it first appeared in the language, in the eighteenth century, it was misconstrued as Welsh rarebit, making the concoction sound much more exotic and refined than it actually is. The Welsh rarebit version is so common that it's a jocular and mildly racist today that some dictionaries give it as the main one, taking the reasonable

view that the error is of such antiquity and is so widespread that it has become meat for the poor English farm standard. Other dictionaries firmly correct the reader, suggesting either that the confusion is rife, or that pedagogy and pedantry remain the special preserve of only certain groups of lexicographers. Though there's some doubt over the origin, it seems likely English term pointing up the perceived poverty of the Welsh people. The wild

rabbit was once a common source of labourers. So the idea may have been that for the Welsh to be forced to substitute humble toasted cheese they must have been even more deeply impoverished.

'Fascinating stories we tell about the words we use' By Michael Quinion

RAMBLINGS OF AN OLD WOMAN

As I am writing this, we are still in the throes of what I think is the worst heatwave of our long lives. The temperature hasn't been below 30 deg for the last two weeks and we still have another week of this heat to survive. Fortunately, the weather report is sometimes wrong and we have an unexpected thunder storm which brings much relief. I hope by the time this issue of the Olive Branch is distributed that the heat will be a thing of the past. I have never considered summer my favourite season, and I like it less and less as the years go by. I'm one of those women who will never outgrow "hot flushes" and I really suffer in the heat. However, life goes on.

Sitting in my apartment alone I have plenty of time to reminisce, as regular readers know. On the news of late have been reports of the strike by municipal workers in Durban, with piles of rubbish on the streets and pavements. I imagine the stench of that rotting garbage in the heat and humidity that Durban has been experiencing. It sends my mind back to the Durban many of us knew. My first holiday after I started working was in Durban. A friend and I travelled by train on which we slept overnight. Remember the top bunk that forded down and the crisp white sheets and blue blankets of the old SAR? When we arrived in Durban we walked to our hotel, and by the time we had checked in, SAR had delivered our luggage. What service. It was February and very hot and humid, but we were young and the sunny days were a bonus. I remember getting very sunburned and having to stay off the beach for a few days.

We would spend evenings walking along the beach front, past the paddling pools and all the brightly lit hotels, some with elegant diners on the verandas. There was a hotel on the beach front that had a live band, playing popular music of the day, such as Cliff Richard's "Batchelor Boy" or "Lucky Lips". We would have a few drinks, perhaps meet up with friends, and after an enjoyable evening return to our hotel and a good night's sleep. We were so fortunate to live in those days. We never felt in danger, no matter how late we stayed out.

On to my favourite subject: English, and my perusing of Facebook. I found the following on the group The English language police and it made me smile.

How to avoid mixing Metaphors.

It's not rocket surgery. First you get your ducks on the same page. After all, you can't make an omelette without breaking stride. Be sur**e** to watch what you write with a fine-tuned comb. Check and re-check until the cows turn blue. It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans: you can burn that bridge when you come to it, if you follow where I'm coming from. Concentrate! Keep your doors closed and your enemies closer. Finally, don't take the moral high horse: if the metaphor fits, walk a mile in it.

Lastly, something I read in the Reader's Digest many years ago.

An elderly woman is sitting next to a younger one on the bus. She turns to the younger one and says, "My, but your legs are tanned! I thought you were wearing stockings". The younger replies, "But I am wearing stockings". "Oh, I thought you were just tanned"!

Until next time, stay hydrated, keep well and don't take any wooden sixpences. And if I don't see you through the week I'll see you through the window. If you don't know what I'm saying you are either not old enough or didn't listen to Springbok Radio.

Maureen Lamprecht.

A BEAUTIFUL MESSAGE ABOUT GROWING OLD

Ageing is a process, just like any other infant to toddler, toddler to child, child to teen and teen to adult. Each comes with its own frustrations, aches and pains, knowledge, joys and graces. We age in the understanding and wisdom that we have left our own special grace, love and joy in our children, and in those whose lives from our family, churches and communities we have touched. As our outward appearance shows wear, our wrinkles show the world of how we have laughed, angered at injustices, shed tears of sorrow and knelt with gratitude and joy. Aches and pains we feel are a testimony to our determination and strength in following our dreams and goals no matter the physical cost. Greying hair shows the years of knowledge, experience and wisdom we have gained, and through the love and grace of God we are here, to share that wisdom and knowledge with the next generation. Our heart may miss a beat or suffer pain, proving that through the years, we have not only loved and protected our own families, but have fought for the rights of all humanity, leaving scars and memories we wish to forget.

This time granted to us, the elderly, is a gift

from God. Time to heal, grow in faith and contemplate on what was, what is now and what is to come, safe in the understanding that each new day of joy and grace is a blessing. Sr. Kim Gallocher

A facebook blogger



OUR RESIDENTS HAVE BEEN BUSY



George Ralph from Unit 132 completed his 200th Parkrun at the age of 85. We wish him the best and look forward to further achievements in the years to come.



Angie Moir

Perseverance always pays, I did it, I reached my goal of 7000 kms within 4 years.

My next goal is to reach 8000 kms within 15 months. Walking is the world's oldest exercise and today's modern medicine.

meetville.com

Johnny Wowk



The secret of living well and longer is: eat half, walk double, laugh triple and love without measure.

Tibetan proverb





FANCY JOINING OUR FRIENDSHIP CHAT GROUP?

Not the on-line kind your grandchildren talk about! The good 'old-fashioned' type where you actually sit together and talk. The 1st and 3rd Thursday of every month from 10.30 – 11.30. In the hall. Pop it in your diary and, if possible, try to tell a friend or a neighbour. We look forward to seeing you - Mandy O'Carroll, Village Social Worker.

VOLUNTEER READERS NEEDED, PLEASE.

Did you once enjoy reading books from our library? Or enjoyed the Olive Branch and magazines? Loved crosswords? Appreciated the valuable information in the Circulars? Miss reading your Bible?

Do you know someone who fits the bill? Can you please read this notice to them?

Then - imagine that you miss reading the above too

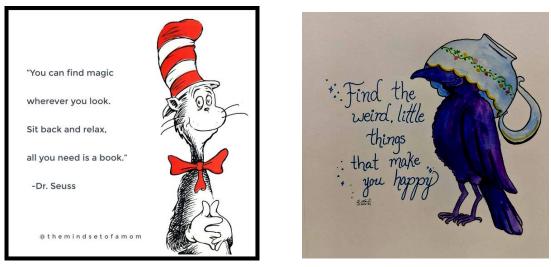
Will you be able to help someone else to do so? Only one or two hours a week is required, as your mood and time allows.

Someone will be so very grateful if you will reach out to be the light in their tunnel.

Kindly contact Liezel on 9 or 5500 and she will add your name to the list of volunteer readers and someone will call you with a name of another in need of hearing your voice on a dark and lonely day.

Thank you and much appreciated. Juanita le Roux

"There is no better way to celebrate the blessing of sight than by giving a helping hand to someone in the dark and share your light" Anonymous.



One day work is hard, and another day it is easy; but if I had waited for inspiration I am afraid I should have done nothing. The miner does not sit at the top of the shaft waiting for the coal to come bubbling up to the surface. One must go deep down, and work out every vein carefully.—Arthur Sullivan, composer (1842-1900)



PUBLIC HOLIDAYS APRIL

- 29 March: Good Friday
- 1 April: Family Day
- 27 April: Freedom Day

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EGGS

EGG HUNT

	An Egg has ~no beginning and no end representing life eternal. ~a protective shell representing God's love for us ~ A heart of Gold representing the true meaning of Life!
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Ally Donaldson

Boggle

How many words can you make using the letters below?

BUNNY

CANDY

Е	В	S	L
Т	н	Α	W
G	Y	Ν	Ι
Ρ	κ	R	F

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

HOP

SPRING

POËSIE

Waar kom 'n gedig vandaan? Wat vertel dit vir die leser? Is dit 'n sienswyse, stelling of net 'n gedagte? Kan die gedig vir verskeie mense verskillende interpretasies inhou?

Eddy van Vliet verduidelik hierdie vrae in sy skrywe – 'n Pleidooi vir die Poësie' en laat ons kennis maak met die belewenis van die digter agter die gedig. In die boek Job lees 'n mens: 'In 'n droom, in 'n visioen van die nag het hy mense se ore geopen en hulle onderrig.' Volgens hom staan dit vas dat die droom en poësie identies is.

Hiervolgens verstaan ons dat 'n gedig ontstaan uit 'n gedagte, 'n belewenis, 'n droom of 'n idee. Basies uit al ons belewenisse. Ja, en dit hou vir die lesers verskillende sieninge en openbaringe in.

Die volgende gedig het ontstaan op 'n keer toe my man en ek stry gekry het. As onderwyseres het ek dikwels na skool dorp toe gegaan vir inkopies of bankaktiwiteite. Maar wanneer ek by die skool besig raak vergeet ek van die opdragte van manlief en kom tuis sonder dat die verpligtinge nagekom is. Daarvoor het ek raas gekry en het die gestry 'n rukkie geduur. Ek het aangehou jammer sê, maar die knorrerigheid wou nie bedaar. Toe hy weer begin beskuldig, antwoord ek: 'Trala-lie! Trala-la!' Hoe ongelukkiger hy word, hoe meer 'Trala-lie' ek. Totdat hy begin lag en die vrede kon herstel.

Trala-lie

Heling

- Trala-lie, Trala-la Uit die oog 'n traan van die hart se snaar die lewe bly onklaar Trala-lie, Trala-la
- Sê tog ja, tog ja dan volg jy my na op wye ver paaie tot waar die ruimtes draai Trala-lie, Trala-la Tot die begin weer oop voor ons staan

troebel wit en helder blou son verhit ook binne jou jou skanse veroop mild die wete toe's vergete ruimtes is wyd ver die wolke afstand en tyd skild teen die dolke

Elma van den Berg

Bedaarde passie

gekrinkte snare in 'n gapende klankkas, hamer en klawer wat gevilt ineenpas: sleurende voorspel, uit wasem verdig, druppel nagvlugte deur vingers weerlig.

Boeke Die boeke wat op 16 Febr. bekendgestel is, is steeds beskikbaar by Elma van den Berg Eenheid 503 0829285327

Hefboom

boomwees is meer as : krapperig vertak met oplope op pilare skurwe stam bokant snuiwende wortels

maar blaar in blaar volstrek gekoepel, deur bleek lugleegtes vibreer boomlangs verbitterde tannien

om die vlesige

hart van die palm

Rika Cilliers

'n Mond vol tande

Dit is makliker om kos te hap en te kou as jy nog genoeg tande in jou mond het daarvoor. 'n Slim oom in 'n aftree-oord maak 'n boereplan toe 'n voortand afbreek. Hy gaan na die versorgings-afdeling en vra die suster of hy asseblief ou stelle valstande kan kry om te gebruik.

Sy was effe verbaas, maar dankbaar om van 'n klompie opgehoopte tande ontslae te raak. Hy soek vir hom 'n tand uit wat soos sy gebreekte tand lyk. Toe saag hy dit netjies uit en plak dit met kitsgom mooi op die plek van die gebreekte tand. Daarna het hy weer lekker gekou en 'n goeie besigheid begin met die geskenkde tande!

Elma van den Berg

		Olive's Activ	ities	
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	(Please consult	the notice boards for any	/ special events	taking place on Saturday)
	Interdenominational English Church Service	Hall	09:30 - 10:30	Trevor 083 391 1215 Gwyn 072 027 7788
Sunday	Catholic Communion Services	Longroom	09:30	St John's Catholic Church 010 222 0631
	Interkerklike Afrikaanse Diens	Olivedale Saal	17:00	Estelle Visser EXT: 5181

Please note: Some activities may be cancelled on public holidays

Savoury Spinach and Feta Muffins

This is such a favourite of mine. They freeze well, refrigerate well and reheat deliciously in a microwave or air fryer. I have replaced the spinach and feta with ham and finely diced onion, but really anything you fancy can be used. Caution with mushrooms as they can become watery. The only time consuming part is the spinach. Once baked I freeze them individually in cling film and take one out as needed.

Wash spinach well and cook without adding water, for about three minutes. Strain and leave to cool, then squeeze the spinach in your hands to remove all the water, or as much as possible. Now chop the spinach and you are ready to go.

Ingredients:

- 500ml cake flour
- 15ml baking powder

5ml salt

5ml dried mustard

250ml cheddar cheese, grated

100g feta cheese, cut into small blocks

200g spinach (a packet of cut spinach from a supermarket is sufficient. Just wash well)

5ml dried herbs or 10ml fresh, such as rosemary, thyme or oregano

250ml buttermilk

80ml sunflower oil



1 extra large egg

Sift dry ingredients into a bowl. Add cheese, spinach and herbs and mix lightly.

In a separate bowl combine buttermilk, oil and egg and mix well. Add liquid to dry ingredients without over mixing. Mix until just combined. Spoon into muffin pan sprayed with non-stick spray and bake in preheated oven of 200degC for about 20 minutes . Remove and place on cooling rack.

Best eaten warm with lashings of butter. My mouth waters at the very thought!

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

Editorial Contacts

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Liezel Nel

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Chris Heyneke

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.

ANSWER

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

Advertising Rates for 2022

- Published monthly - format
- is A4 portrait. • Circulation: 120 black-and-white
- printed copies.Full page: R800
- 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.

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 Sis- ter.

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

EMERGENCY CONTACT NUMBERS 24/7

Security guard room : 010 596 400 Security cell number :

064 131 8274 (when landlines are not working)

LIST OF EXTENTION NUMBERS	EXTENSION
Frail Care Office	5010
(Matron)	
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#





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