



A PATH TO MEANDER ALONG

Five years ago Frail Care residents who were still able to move around had nowhere to walk other than up and down the passage. Unfortunately lawns are not really wheelchair or walker friendly as it is difficult to push them over the grass, and so the long stretch of lawn at Frail Care was never used. Linde McLaren and Fatima Pereira, whose mom lived in Frail Care at the time came up with the idea to build a paved path for the residents to walk along in safety.

After over coming many obstacles and even more delays, Frail Care residents, their families, and other guests gathered in the Frail Care garden for the official opening on 10 May 2018, with the chairman of the Frail Care Residents Committee, Rev. Trevor Slade, acting as MC for the occasion. Matron Petro de Beer unveiled the name: Olea Meander/Kronkelpad. Olea is the botanical name for olive.



RECENT EVENTS

MOTHER'S DAY LUNCH . Photos by Khaliphani

On Sunday 12/05/2024 residents were treated to a special Mother's Day lunch. Many thanks to all concerned who went the extra mile to create such a beautiful setting for all the moms.



Let us extend our heartfelt appreciation to the extraordinary mothers and mother figures who enrich our community. We honour the enduring legacies of those no longer with us, and cherish every precious moment spent with those who continue to grace our lives with their love and guidance.

BIRTHDAY TEA. Photos by Monica de Kock



Twins Cynthia and Yvonne celebrating their 80th birthday. Seeing above with Val cutting the birthday cake.

VILLAGE NEWS

EDITORIAL

Dear friends

Welcome to the latest edition of the Olive Branch.

In our daily lives within the Village, light serves as a metaphor for the warmth of communal gatherings, the bond forged through shared moments, and the radiance of newfound friendships.

Light infuses vitality and significance into our Village life. It embodies hope, resilience, and the promise of each new day.

Angie Moir

Editor

FROM THE MANAGERS DESK CHRIS HEYNEKE

PERSONAL EMAILS

Reception will send emails on behalf of residents who do not have email and will print the correspondence and notify the resident. Reception cannot send emails on behalf of residents who make use of private emails as the respondents reply to reception and not the intended person. Reception must then relay the emails to the correct recipient which is private. Please do not use Liezel or Natasha's email addresses for personal communication.

MAINTENANCE

Just a reminder to the residents that Sam & George only work for the residents on Mondays, Fridays, and Saturdays, unless it is an emergency such as a light replacement or a water leak.

WINDOW CALENDARS

There have been a few residents who are using window calendars to show that they are still alive and well but are not changing the days, and so making this a futile exercise. Please can those of you who have these window calendars please change them daily, to ensure the monitors and other residents can see that you are OK when they walk past your apartment. This avoids false call-outs to Frail Care or Security by concerned monitors or other residents.

The houses don't use this system as most windows are inaccessible to monitors.



Reading is an act of civilization; it's one of the greatest acts of civilization because it takes the free raw material of the mind and builds castles of possibilities."

- Ben Okri

[Image: Book Stack by Kendall Stump • www.artstation.com]

GOOD THINGS SOUTH AFRICA



Romeo was once a circus lion forced to perform and kept in a tiny cage in France. But thanks to animal heroes, recently he got to explore his new home in South Africa where the white lion can live in peace:



South Africa wins Gold at Chelsea Flower Show!

South African display has not only won a Gold medal but "Best exhibit in the Great Pavilion" as well as "The Best New Design" award at this year's RHS Chelsea flower show.



NATURE IS VERY WISE AND BALANCED



A swarm of bees landed on a rhino to rest. Bees are very vulnerable and generally very calm.

Sometimes they stop to rest and regroup.

This time, they found a large rhinoceros and decided it was the ideal resting place. Luckily it didn't bother him, and for a few minutes, they lived together peacefully.

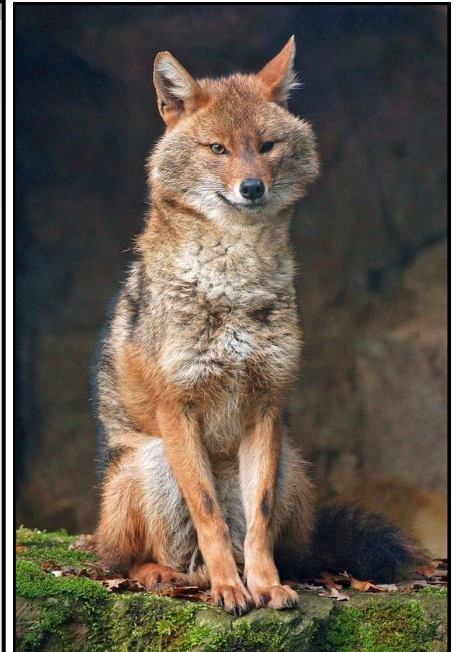


THE CALL OF AFRICA

When you have acquired a taste for the dust,
and the scent of our first rain,
You're hooked for life on Africa,
and you'll not be right again.
Until you can watch the setting moon
and hear the jackals bark,
And know they're all around you,
waiting in the dark.

When you long to see the elephants,
or hear the coucal's song,
When the moonrise sets your blood on fire,
then you've been away too long.
It is time to cut the traces loose,
and let your heart go free,
Beyond that far horizon
where your spirit longs to be.

Africa is waiting - come!
Since you've touched the open sky
and learned to love the rustling grass
and the wild fish eagle's cry.
You'll always hunger for the bush;
for the lion's rasping roar,
To camp at last beneath the stars
and be at peace once more.



Last month I told you about the stop-over in Matjiesfontein, and that the next day my husband agreed to give a lift to Cape Town to two young men. They were friends, both named David. The elder was a school teacher, but I don't remember the occupation of the other. They asked us to stop at a filling station that had towed their car the previous day when it had broken down. In fact the engine had fallen out of the car, and the owner was offered a ridiculously small amount for the car, as it really was not worth much.

We continued on our way to Cape Town, which was still some hours' drive away. The conversation was most pleasant, exchanging information as to where we all lived and our various occupations. As we neared Cape Town it was drawing close to lunch time, and we were invited to have lunch at the elder David's home.

Asking him where he lived, he said in Hout Bay, on a farm that his grandfather had given him for his 21st birthday. When I asked what type of farming he did, he said, "Mixed farming". He guided us to his farm which was on the lower reaches of a mountain behind Table Mountain. His farm was called Dawid's Kraal. When we arrived I saw what he meant about mixed farming. He had one cow, one sheep (to keep the grass down), two rows of grape vines, a few rows of mealies, a few rows of vegetables etc., and an old type of push lawn mower which I doubt was ever used.

He had built his little house himself, having scrounged around sites of homes being demolished. All the light fittings, sash windows, floors, ceiling beams, old wood burning stove, taps and everything imaginable had been garnered from old homes being demolished. The bath was outside the back door, filled by a hose attached to the kitchen tap, out the kitchen window and into the bath, all out in the open. (Remember this was late

1970's, and not built up like it is now). The toilet was affixed to a rock, but had a flushing mechanism, the old chain type, and serviced by a septic tank. There was not a wall around it, so one sat on the loo with a beautiful uninterrupted view of the back of Table Mountain.

Lunch was toasted bread which he had made himself, with cheese, and apricot and pine nut jam that he had also made. The conversation was so interesting as this was a lifestyle totally foreign to my husband and me. Eventually we left, amid much thanks all round, and went on our way.

Some years later we went back to visit. David had then found an old telephone booth, remember the red ones with glass panes? That had been erected around the loo so one's lower half was no longer in sight, but one still had a view of the back of Table Mountain. About ten years later we went past again and his farm had been completely overrun by squatters and we could not even see his little house or any sign that he was still there. What a shame. It was an experience I have never forgotten.

More memorable stories.

My son teaches English in Taiwan. When he first went everything was very strange, including the food. He wanted the food he was used to, but couldn't find a potato masher. He also didn't know how to describe to the Taiwanese what a potato masher is. He asked me to include one in the next package I sent him. (In those we could still post parcels overseas!) When he received the parcel he phoned me, most amused. Stamped on the side of the masher was 'Made in Taiwan'.

He was teaching a class of 5 to 6 year olds and making animal noises so that they could tell him what animal makes that sound. All went well with 'moo' and

'meouw'. When he went 'woof' they all looked at him blankly. He said 'A dog', whereupon the Chinese co-teacher said, 'In Taiwan the dogs go wang wang'.

I used to work at the Information Centre at Koeberg Power Station, so we would have people popping in at any time to view the display and learn something about our only nuclear station. One afternoon a family of four came in. After showing them around the displays I put on a film for them to watch. It had hardly started when the wife, much to my surprise, came out. She said 'You are Maureen, aren't you?' I answered in the affirmative and asked who she was. When she told me I was quite taken aback. She and I had been at school together for our entire school career. 'I didn't recognise you,' I said. 'And I didn't recognise you either, but I recognised your voice.' We had not seen one another for 30 years. Is that not amazing? I'm still not quite sure what that says about my voice.

Until next month, take care in these times of 'flu and 100 day coughs and who knows what else.

The famous public phone booth or "tickey box" as we used to call it. This one situated near Maynardville in Wynberg.



So is dit...

Ontleen uit 'Optelwoorde' van Koos van der Merwe.

soos die stilte van 'n stukkende tv
en die hopeloosheid van 'n leë yskas
soos die nutteloosheid van 'n geblaasde gloeilamp
en die doofheid van 'n verpasde bus
soos die armoede van net twee rand te min
so is dit as iemand nie nog iemand het nie

en die hartseer van 'n afsêbrief
soos die koue van net een kombors
die bang vir 'n donker wind
soos die sukkel van 'n gedaan kar
en die wag vir 'n ongeskryfde brief

so is dit as iemand nie nog iemand het nie
soos die logika van 'n verwaande idioot
en die raas van 'n kraan wat drup
soos die oneerlikheid van 'n plastieklomp in 'n vuil kantoor
en die alles tevergeefs van die prediker

so is dit as iemand nie nog iemand het nie



Slaapgenoot

'n Genootskap is 'n belangrike affêre. Dit ontstaan nie net somer nie, dit word gesluit in wedersydse vertroue. So is dit met my en my slaapgenoot. Ons ken die slaapvou waarin ons knussig ons nagte deurbring. Presies elke warm en sagte vou waarin ons styf teen mekaar kan lê. Weet net hoe om te roer, om te draai en snoesig verder te droom. Daar is duike en holtes in my slaapgenoot se lyf wat ek graag opsoek en my behaaglik oorgee aan die bekende vertroosting. En as dit te broeiend en smeulend word rondom my, dan kan ek my slaapgenoot saggies laat uitglip op die vloer – gewillige slaapgenoot van egte linne wat die katoen-stopsel van my kussing binne hou.

Elma van den berg.

Vriendskap gaan nie oor hoe lank
julle mekaar ken nie, maar wie in jou
lewe gekom, en nie weer weggegaan
het nie.



Die begrafnis-droom

Ek het so wonderlik gedroom
sê die liewe, gawe oom.
Sien hoe hul my begrafnis reël,
almal hardloop rond en deel
die baie werk uit aan mekaar.

Dit moet mooi wees, kant en klaar.
Die blomme en die swarthout kis,
almal sê hoe hul my gaan mis.
Hansie moet gaan seker maak
van die testament se saak.

Hul dink hul sal seker 'n porsie erf,
Ek was lief om hul te bederf!
Henk is verantwoordelik
en daarby hoogs in sy skik
dat hy met dominee kan praat
en kan vra oor enige raad.

Sussie moet met heelwat hartseer,
familie en vriende aankeer.
Sy hoor, voor die treurige dag
daar is konsternasie wat wag!
Niemand het nog gereageer!

Druk en deel pamflette uit
oral waar hul kan, wyd en suid,
by robots en in die straat,
nooi almal, want ek's tog vernaam
en hul moet sekerlik beaam.

Hul teenwoordigheid word waardeer.

Satyn word in die kis drapeer.
Die affêre maak my benoud!
Ek meen, ek is nog glad nie koud.

Die doodsmen berispe my!
Oom moet nou rêrig jou lê kry,
dis die tyd om te arriveer!

Op die kerkdeur is gegraveer –
Begrafnis is gekanselleer!

When do we start ageing? From the second we are born! However, as the years move steadily on, there are significant changes in our physical and mental capacities, aren't there? The big question is always WHAT TO DO about it? Some changes are inevitable but not all. There are things we can do to stay as healthy, mobile and cognitively alert as is possible. Firstly, when your body or brain tells you something is wrong, seek medical help. Don't be stubborn. Take your medications responsibly but if all still doesn't seem right, have a specialist check to make sure they are all working well together. Healthy eating (with a few important treats in between) and exercise are vital for a sharper brain, stronger muscles, improving our immune systems, sleep and overall health. When it's time, use a walking stick or walker to prevent getting hurt. 'Giving in' is often not nearly as bad as one thinks it'll be. As hard as it is, accept help, ask for help. Remember this profound quote **"When you prevent someone from helping you, you rob them of the joy of giving."**

Older age brings a roller coaster of emotions. Some are joyous but others really take it out of us. Again, what to do? Find a trustworthy, compassionate friend or a counsellor to talk to.

If your GP prescribes medication for a period, trust their expertise and take it. For many, their faith gives them hope for their future.

Be kind to yourself, not judging your feelings harshly. Take the time to grieve fully. Put your thoughts and feelings down on paper. Paint or draw. By whatever means, express yourself, not bottling it up inside.

Routines bring stability and order. Set small realistic goals. Make meditation or deep breathing exercises a daily habit.

Consciously note what you can control and what you cannot. Reach out and make friends (join the Friendship chat group on a Thursday morning), attend gatherings and activities (the list at ORV is endless!);

Pursue that hobby you've always wanted to do. Write your life story for your children and grandchildren to enjoy. Volunteer. Keep learning. Explore your passions and go where they lead. I *know* you have it in you. 😊

Ageing is universal but what about ageing gracefully? ie with dignity, elegance, tranquillity. That doesn't come without effort on our part. We do have far more control over our sense of well-being than we think. We *have* to develop a positive attitude, an attitude of gratitude. 😊 How? Try these on for size..... Start a

gratitude journal or blessings jar, writing down each day about all that we are grateful for. Train yourself to look for the positives in every situation. Lessons learnt or personal growth perhaps. Gratitude meditation is a powerful way to internalise what's good about life. The key is to make these a daily custom.

The ultimate aim in practicing gratitude is to change our perspective and the way we experience life. Small moments become special because we've learned to recognise the splendour of a tiny flower, a bird call outside our window, the genuine smile we received from a stranger in the passage. We develop a sense of appreciation for good things, both big and small. We realise how abundant they are, when we make the effort to look properly.

Yes, there is much to find to complain about but are we going to allow ourselves to become constant complainers? Think about what qualities we are drawn to, in another. Negativity is surely not one of them. Rather, kindness, warmth, cheerfulness, a positive mindset.

I have a challenge for you. 😊 *Be that person!* I can assure you, that if you make *that* your goal, no matter how long you live, you would not only have aged but aged gracefully. And *well done* to you. What a rich blessing



BUTTERNUT SOUP.

I have had various versions of butternut soup. Some have been good, others very forgettable. This recipe was published in the Femina magazine of June, 1988, and I still have it in my collection. It was only in 1992 that I tried it for the first time. It is the best I have ever had and good for one living alone, as it improves with age. It can be stored for at least three days in the refrigerator and can be enjoyed hot or cold. When we had a restaurant I served it cold on Christmas day. One man had five servings of it.



3Tbs butter
 2 onions, diced
 500g butternut (or a little more if you like)
 1 Granny Smith apple, peeled, cored and diced (optional)
 3Tbs flour
 5 -10 ml curry powder
 Pinch ground nutmeg
 750 ml chicken stock
 375 ml milk
 Grated rind and juice of an orange (essential)
 Salt, pepper and pinch sugar, to taste.

Lightly fry onions in the butter until flavourful. Add butternut and stir fry until flavours have developed, about 3 minutes. Add flour, curry powder and nutmeg, stirring until well mixed. Add chicken stock, milk and rind and juice of orange. Simmer gently for about 20 minutes or until butternut is soft. Liquidise in any way you choose. Taste, then add salt, pepper and pinch of sugar to taste. Serve with a dollop of cream and chopped parsley, or just as it is. This soup improves with time, so you can make it the day before and enjoy for the next few days. Keep refrigerated.



OLIVEDALE MARKET DAY

Saturday 22 June 10h – 14h
All welcome to participate
Theme – Winter
Anything you want to sell is welcome
Book a table before 18 June
Cost – Residents – Free
Outsiders – R100 per table
Contact Elma Unit 503
to book 0829285327



Olive's Activities

Day	Activities	Venue	Time	Details
Monday	Bus	All Saints /Belairs	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	10:15– 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	10:00 – 10:45	Helga 083 277 3649 Vivienne EXT: 5208
	Chess	Dining Room	09:30	Tom Addison EXT: 5091
Saturday	No Scheduled activities (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	Long room	09:30	St John's Catholic Church 010 222 0631
	Interkerklike Afrikaanse Diens	Olivedale Saal	17:00	Estelle Visser EXT: 5181

UP COMING EVENTS JUNE

DATE / TIME	EVENT	COST
10 /06 3PM	BIRTHDAY TEA	R30 pp
15/06 6pm	MUSIC QUIZ	R 50 pp

Boggle

B	I	S	H
Y	G	W	L
Z	L	O	S
T	E	N	N

Created By : Veronica-TLM

www.thelanguagemenu.com/Boggle

page 1 of 2.

SUDOKU

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



Olivedale

Retirement Estate



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Ruan Erasmus
071 481 6199



TO LET

3 Bed, 2 Bath **Simplex**

FROM **R 15 000 p/m**

Kyle van Staden
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FOR SALE

2 Bed, 1 Bath **Simplex**

R 1 490 000

Ruan Erasmus
071 481 6199

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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

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Disclaimer

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Advertising Rates for 2024

- Published monthly - format is A4 portrait.
- Circulation: 120 black-and-white printed copies. 300 emailed
- 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

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.

EMERGENCY CONTACT NUMBERS 24/7

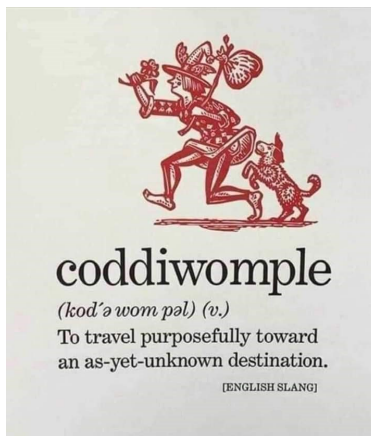
Security guard room : 010 596 5400 / 5183

Security cell number : 064 131 8274 (when landlines are not working)

LIST OF EXTENTION 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	5499 / 5500 / 9
Security	5400 / 5183
Beauty Salon	5192

Sudoku solution from page 9

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



Selling or Renting your Retirement Property?



I can help.



Christina Anastasellis

Real Estate Agent

081 390 8332

christina.anastasellis@expsouthafrica.co.za

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