



HAPPY 10TH ANNIVERSARY

OLIVEDALE RETIREMENT VILLAGE WILL MARK A SPECIAL MILESTONE

Olivedale Retirement Village was launched in June 2013 with the initial show houses, and the first occupation took place in August 2014.

Nine million bricks, 12,400 cubes of sand and 62,000 tiles were used to complete the development.

The civil work included building 4,5km of retaining walls, the highest of which is over 7 meters tall.

To clear the site required 16,000 cubes of rock blasting and 110,000 cubes of ground were removed from the site. It makes one realise the enormity of the task of constructing our village.



OUR BEAUTIFUL VILLAGE TODAY



10 YEAR CELEBRATION EVENTS

August 7th Wednesday: Bingo – 10 year celebration. Opening by the Chairman of the ORV Board.

August 10th Saturday: Karaoke Evening – 18:00 - R50.00 p.p.
Refreshments will be served.

August 18th Sunday: Celebration Thanksgiving Service -15:30-No Charge
Refreshments will be served.

August 24th Saturday: Tree Planting and Bring & Braai - 14:00 no Charge.
Residents and family welcome. (Weather permitting)

September 7th Saturday: Curry Evening – 18:00 - R70 p.p.

September 14th Saturday: Frail Care Spring Walk and Braai - 10:00 - R20 p.p.
Residents and family – welcome (Weather permitting)

September 13th Friday: Spar High Tea - 16:00 - Invitation only

September 21st Saturday: Gala Dinner – Closing ceremony –
Chairman ORV Board Tickets only - Cost (to be confirmed)

Important future dates:

Date: **SGM 15th August**

Date: **AGM 29th August**



Our village is almost 10 years old and in recognition of this milestone the board would like to support various activities in the month of August as a celebration.

It is recognized that too many activities would make it expensive for many residents to attend them all, but it also accepts that not everyone can attend one event at one time as there is no space in our facility. This is why four social events are being planned for the month of August in the hope that every resident could attend at least one event.

However, it needs the involvement and commitment of residents to make each event a great success and thus we request that as many residents as possible put up their hands and get involved in the arrangements. We are grateful to our

entertainment committee for their planning and execution of events during the year, but on this occasion the board is asking for volunteers to get involved to make each of these events a great success by joining their selected planning team. The following events are among those planned for August:

An Indian curry evening with possible Indian dancers and entertainment.

An English High Tea with typical pomp and ceremony where it's possible that Spar will be a sponsor.

An evening braai possibly sponsored by Trafalgar (our administrators)

Finally, in September, a big bash event with music and dance and recognition of long-term residents.

Setting up the planning teams will be a

consultative process where the board is asking residents to get involved in their own way, to be part of a planning group, a separate group for each event.

To coordinate those who are willing to help, there will be a planning meeting where those interested will be placed in their chosen planning group/team. There will be a meeting of volunteers in the hall, date to be confirmed. Please consider getting involved for the success of this celebration.

Kind regards
Chris Heyneke General Manager
Olivedale Retirement Village

E D I T O R I A L



Dear Villagers,

July is at an end - one of the chilliest I can recall for ages, and August is here, which also means there are only 5 months of the year left. How time has flown.

In the months ahead, we are excited to be rolling out a number of events for the 10th anniversary celebration of our village. On page 2 you can see the full events schedule.

I express my gratitude to Jacqui Kruger for her monthly newsletter distribution. She folds them in addition to distributing them. She truly is a star. Additionally, I want to thank other locals and Monica de Kock for sending photos of the events.

We appreciate everyone who shared photos of their amazing four-legged buddies.

In my capacity as Editor, I want to make sure that our readers look forward to each new Olive Branch issue. My team and I work very hard to find the best content that we believe our readers will enjoy.

Till next time,

Happy Reading! God bless.

Angie Moir
Editor



The craft club has again been able to bless the less fortunate with warm woollen blankets and beanies. Seen here are crafters handing 23 blankets and 13 beanies to members of the "Soldiers for Christ" motorcycle club. With them are Darina Obertik, Chris Shelly and Norma Acutt. The warm goodies will be donated to the charity Fred and Martie's Children, in Newlands .



Connie Commin of unit 321 was delighted to be a part of the retinue at her granddaughter's wedding. Doesn't she look beautiful?



Hearty congratulations to Philip Salzwedel who completed his 200th Parkrun, at Golden Harvest, in his 88th year. A great achievement. Well done Philip. You are an inspiration.



Our residents playing Rummikub are deep in thought.

In October 2014 the Manager of ORV, Ms Tracey Darling invited the Ministers of CCM, the Revs Gwyn and Trevor Slade, to begin and conduct an Interdenominational Christian Church Service every Sunday morning in the hall. We welcome every resident of ORV who seeks a closer walk with God through worship, the sacraments, Prayer, bible study, fellowship, music and ministry to those around us. Our first Service was held on Sunday, 5th October 2014 attended by 5 -7 shy enquirers... growing to a Congregation of 60 to 70 worshippers every Sunday. CCM's focus is naturally on the spiritual wellbeing of residents in this most beautiful of retirement villages and we strive to support those going through tough but also happy times.

A wedding at ORV would be wonderful!! We have had the JOY

of a number of adult Baptisms.

On a personal note, we celebrate 51 years of happy marriage this year. We love our home and garden "RUN" by 2 furry cats and a very loud parrot! We continue to care for our orphans in Mohlakeng.

Trevor was recently elected president of the SA Air Force Association and continues to serve on the ORV Frail Care Committee.

We thank the ORV Management Team and Directors for incorporating us into a WIN-WIN TEAM – we love being an intricate part of each and every one of you, as well as enjoying the library for rest and recreation.

Gwyn will be hosting short, creative, therapeutic and fun JOURNAL WORKSHOPS - starting in Spring 2024.

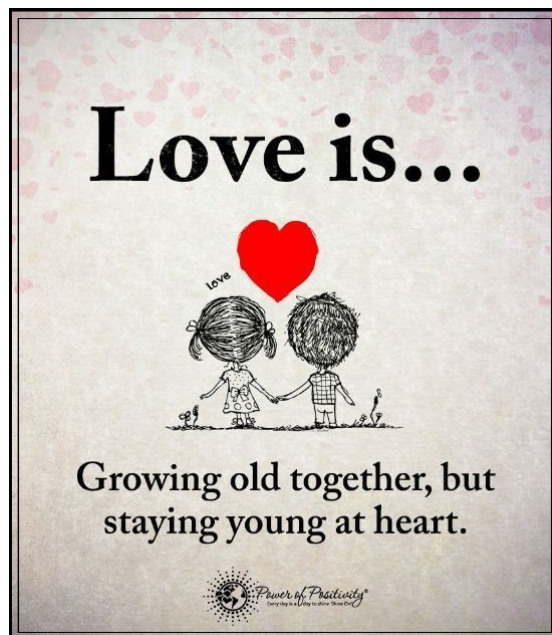
Blessings for the next chapter of ORV,

which is beautiful, vibrant, positive and exciting.

Trevor & Gwyn.



Our very own angels. Gwyn and Trevor Slade. These incredible souls look after orphans, golden oldies and many other people in need of spiritual something. An amazing couple who give so much of themselves. We love them dearly. They are a blessing to so many.



Talk on Recycling – Monday 15th July 2024

Olivedale Retirement Village is attempting to improve on its contribution to a cleaner, less contaminated environment, by improving on the recycling efforts already in place in the village.

When our world was turned upside-down by the onset of the COVID pandemic, a number of decisions thrust upon us by government decree had unintended consequences – an example being the curtailment of the sale of alcoholic beverages. The consequence of this restriction was that the demand for recycling glass bottles disappeared overnight, and the village’s recycling agent stopped collecting glass bottles and all other waste materials at short notice. The result was that the village had no way of handling glass waste and residents were forced to find receptacles for their glass waste elsewhere. Fortunately, a glass bank located at Olive Square was close enough for the disposal of this now unwanted waste.

This and other related unexpected events prompted us to investigate an alternative waste collecting agent for the village. While this search, headed by Liz Sole, was in progress, it was

realised that apartment residents had no uncomplicated way of participating in the recycling process.

It was decided to start addressing this situation by launching an information program to increase awareness of the need for recycling. As a first step, Liz arranged for Diana Msara of the Earth Touch Foundation to give us a talk on their activities in recycling plastic waste. The talk was scheduled for Monday 15th July. Diana duly arrived and proceeded to give us a very entertaining and informative talk on the main activity of her foundation, which is, to fill 2 litre plastic bottles with plastic waste, until the bottle weight is between 500 and 600 grams, thus producing a sturdy “brick”, which they produce by the thousands and use for building sound structures like classrooms, computer rooms and all manner of ancillary buildings in the needy townships in Gauteng. Diana graphically illustrated her talk by showing us examples of these bottles, filled with alternating soft and hard plastic fragments, are made into bricks, some even using different colours of plastic that become layers of different colours when laid into walls. Diana stressed a number of

specifications to which the bricks must

conform – the most important being that bottles and fill material must be washed and dried before assembly, to prevent degradation of the bricks after being incorporated into structures.

With respect to the contribution that ORV residents can make to their activities, Diana urged the listeners to collect 2 litre bottles, as well as all forms of soft and hard plastics, to clean and dry these items and call on her foundation to collect batches when a sufficient quantity has been amassed. She also urged residents to participate in filling 2 litre bottles to the required specifications, offering to hold demonstration classes in the village to assist in this process.

Jan Mostert Garden director



BIRTHDAY CELEBRATIONS IN JULY



Mirjana celebrating her 91st birthday.



A nice photo of the two Audreys.

Diana Musara

Earthly Touch Foundation

Saving Tomorrow Today

THE PLASTIC WASTE MOVEMENT

WHAT IS AN ECO-BRICK?

An Eco-brick is a PET (polyethylene terephthalate) bottle packed solid with clean and dry used plastic.

Here are some of the items you can put in your brick:

Plastic bags

Photo paper

Crisp packets

Food containers

Straws

Plastic cutlery

Cling film

Plastic fruit and vegetable packaging

Polystyrene (or Styrofoam)

NO glass, metal or biodegradables.

HOW MUCH SHOULD IT WEIGH?

Your Eco-brick should be about

Bottle Volume	Target Weight
330 ml	110 g
420 ml	140 g
500 ml	167 g
900 ml	300 g
1000 ml (1 litre)	333 g
1500 ml (1.5 litres)	500 g
200 ml (2 litres)	666 g

0,3 g/ml. Divide the volume (in ml) of your bottle by 3 to find your target weight.

HOW TO MAKE ECO-BRICKS

Step 1: Collect plastic

Eco-bricks are made up of plastic material, so the first thing to do is collect as much plastic material as one can, such as plastic cans, plastic bottles etc.

One might ask how much plastic one should collect. This depends on the type of project one is doing.

For this step we have gone to clean-up companies to collect plastic materials.

We have also relied on the donations which are being made by St Davis and St Anny, as well as other companies such as Vodacom and KPMG, to mention a couple.

Step 2: Clean your plastic

To make one's plastic last for a long time, one must clean one's plastic and make sure it is completely dry before use.

Clean all the plastic collected by washing and drying before using.

The plastic bottles must also be cleaned and dry.

Step 3: Get your stick ready

This is the packing stick, used to press down the pieces of plastic - and start packing.

Pack the bottle tightly, mixing plastics as you go.

Cut up or rip plastics into smaller pieces, and avoid packing too full.

Weigh your bottle to ensure quality.

Place the cap on the bottle.

When you have a few eco-bricks, take them to the drop off site.

how to make an eco brick

1.

Save non-recyclables like:
- foil from teabags & chips
- sweet wrappers
- clingwrap
- plastic tags
- packaging stickers



2.

Find a clean, dry 2 litre coldrink bottle with a lid



3.

Use a stick to press the waste into the bottle.



4.

Keep compressing with a stick until the 2 litre bottle weighs about 500g.



5.

Put the lid back on & pat yourself on the back.



6.

When you have a lot of EcoBricks, take them to a dropoff site.



THE JOY OF PETS

As people age, they often experience loneliness, isolation and depression. However, the presence of pets in retirement villages can bring numerous benefits for the physical and emotional well-being of residents.



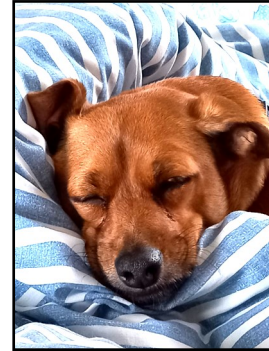
Molly Cocking with mom Maureen unit 7.



Sushi Bromfield with mom Mary unit 116



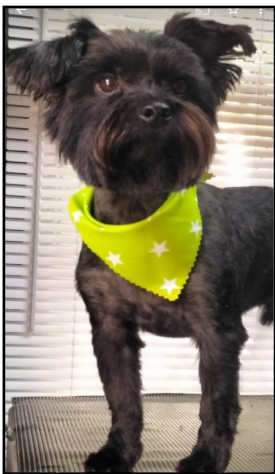
Sox Lourens with mom Denise unit 504



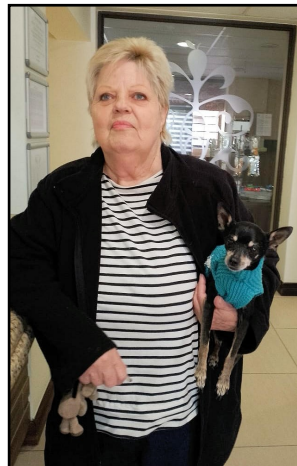
Chloe Lohmann lives with mom Vanessa unit 46..



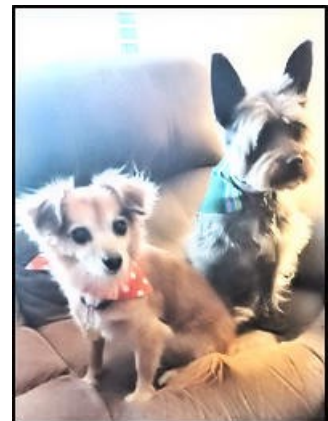
Button Eadie lives with parents Alan and Pam



Archie and Codie live with mom Angela unit 58



Savana with mom Engela Purvis unit 310



Bonnie (left) and Charlie (right) Leroux. We live with our mom Juanita unit 193



Unit 156. Brown one is Achilles. White one Zozzie. I found them at a shelter nearly 2 years ago. They are bonded "brothers" and the shelter insisted that they went together.



Meet Mitzy and Chewy Esterhuizen, we stay with granny Pam unit 404.



1 Bed, 1 Bath **Apartment**
R 590 000



3 Bed, 2 Bath **Simplex**
R 2 995 000



2 Bed, 1 Bath **Simplex**
R 1 490 000



3 Bed, 2 Bath **Simplex**
R2 050 000



2 Bed, 1 Bath **Apartment**
R 1 025 000



2 Bed, 1 Bath **Simplex**
R 1 595 000

*Registered with the PPRA

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

RAMBLINGS OF AN OLD WOMAN 8

As I am writing this, the worst of the cold weather has passed and it is a beautiful winter's day. We may well have another cold spell, but it is not long before we will be suffering the sweltering heat of summer. I will choose cold weather any day but that's just me. I know many can't handle the cold and you have my sympathy. Think of me in summer. I live on the top floor of the apartments, in the south block, so the north block often prevents any cooling breeze from reaching us in summer. In addition, there is no insulation in the ceilings, and I'm sure our apartments are 4 to 5 degrees warmer than those on lower floors. In winter the lack of insulation does not seem to be an issue.

I was recently remembering our family holidays when I was a child. My father worked underground and hated every minute of it, but after the war he really had to take what he could get. Anyway, he always provided well for his family and we went on holiday every year. Because my dad came from the Eastern Cape, most of our holidays were spent there. We would leave around 4am and stop at around 8am for breakfast along the road. Coffee and rusks or sandwiches and hard boiled eggs. Then back on the road, with my dad singing with joy at going to his home territory

and not being underground. Then we would stop for lunch, a lovely cold roast chicken (and the chickens tasted so good in those days), more sandwiches and coffee. The option of going to a roadside restaurant or cafe was never even considered. In fact, eating out was a rare occasion in my childhood.

By mid afternoon we would be on the farm where my dad grew up, near Stutterheim, in the now Eastern Cape. The homestead was really old, having been built in the late 1800's. The rooms were huge and the house seemed to go on forever. On two sides were wide, shady verandas. My dad's half sister, who had inherited the farm, was a woman of substance who took no nonsense from anyone. Like all my dad's family, she spoke Xhosa fluently, and had her kitchen staff perfectly trained. They of course had their own sheep and cattle, and I remember the meat being so tender and delicious. The next day we would be taken around the farm in the "jigger", what we would call a bakkie today. I have never heard it called a jigger anywhere else except the Eastern Cape. I may be wrong but the name seems to be peculiar to that region. It was a huge farm and their Border collie, Sniffy, would run after the jigger, all the way around the perimeter. How he kept up I don't

know as it must have been at least 5km. Then it would be back to the homestead, another delicious meal, and the next day make our way down to the coast for two to three weeks. My dad would fish almost every day, and would usually have a really good catch on the last day. He wouldn't stop fishing, in spite of my mom saying she couldn't cope with all the fish. She would be packing to go home and also trying to pickle as much fish as possible and looking for bottles all over. Ahhh, the memories.

On the way home my dad was silent, no more singing, just quietly pondering the next 11 months I suppose. I didn't appreciate what my parents did for me until I myself was a parent, but that is probably the case with all of us.

On the subject of parents, have you heard the story of the Australian girl who became engaged to a boy from England? His parents were not happy because they said, "That's where all the convicts were sent". Her parents were horrified, because, "That's where all the convicts came from".

On that note, I'll close until next month. Keep well, stay warm, and remember, summer is just around the corner.

Maureen Lamprecht



Verdwaalde Voëltjies

Verdwaalde voëltjies vlieg van ver
op lugstrome
veilig tevrede
en kom in my siel tot rus
Sterre hang hulself aan takke
van bome op
en hul lig groei
saam met die blare
die donker hemel binne.
Woorde kom soos vuurvliegies
aan in die wind
om warm te maak
diep in die hart se duister .
Druppeltjies van verlange
kom saggies gespat
en die gewende aarde vat
terug op hul spoortjies
agter die maan.
Elma van den Berg.



Waar sterf die voëltjies

Het jy ook al gewonder waar die
voëls sterf? Mens sien die hele dag
voëls vlieg, in bome sit en jy hoor die
vrolike klanke. Hulle sterf tog iewers,
maar waar? Hoekom sien ons nie net
soveel dooie voëls rondlê as wat om ons
rond vlieg nie? Of is daar 'n ingebore
waardigheid wat maak dat hulle eenkant
gaan as hulle die lewe verlaat? Dalk is dit
deel van die Here se versorging van hierdie
wonderlike gevleuelde vriende van ons.
'n Besondere liefde bestaan vir hierdie
vreedsame spesie van die skepping. Hulle
is geklee in soveel prag en hulle gee vir die
mens oneindige plesier.
Ingestuur deur Natasha van Blerk.



PINEAPPLE FRIDGE TART

1 packet crushed tennis biscuits 100g melted butter

Press into pie dish until the filling is ready

Filling

1 tin condensed milk ½ cup lemon juice 1 x 400g tin
crushed pineapple, drained.

Mix condensed milk, pineapple and lemon juice
together.

Beat 300 ml cream until thick. Fold into the mixture.

Pour into prepared crust and let it stand overnight in the
fridge.

Decorate as you wish, with cream, cherries, crushed
biscuits etc.

If you would like to submit a tried and tested recipe for
the next newsletter please feel free to do so, via
WhatsApp 0798887521 or e-mail angeliquemr50@gmail.com.

Com Thank you



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

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

Advertising

Liezel Nel

Village Management

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.

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

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.

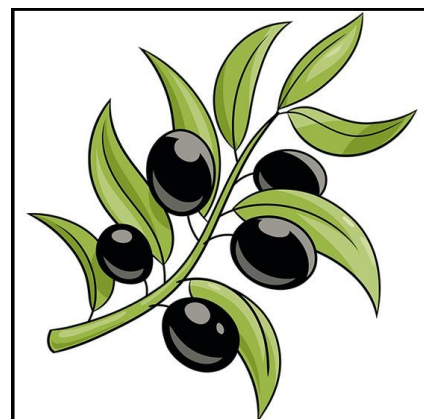
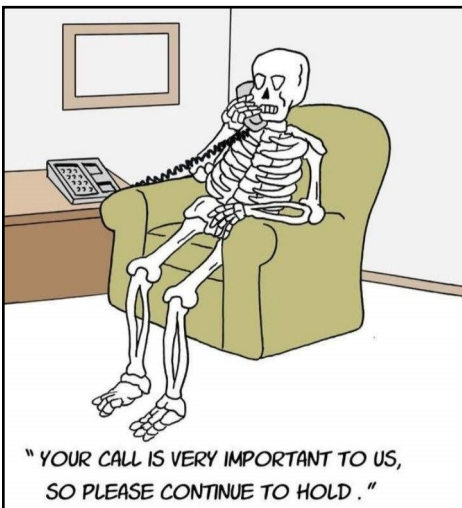
FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE

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





Water Back-Up Solutions Property Maintenance

Need a JOJO Tank Back-Up?..WE CAN HELP YOU!



A Full Installation of a standard Municipal Water backup, connected to main water feed Includes:

- 💧 1000L JOJO Water Tank - Subject to space you may have available - ***10-Year manufacturer warranty**
- 💧 Tank water level gauge
- 💧 Water Circulation ability via manual lever valve to prevent stagnant water (**OR** if you prefer, an automated option is also available via a timer switch @ R1350.00)
- 💧 0.6kw Jet Pump with Pump Controller & Cover - ***24-Month manufacturer warranty on pump**
- 💧 All piping, joints, valves, fittings, connectors, valves, clamps & electrical components
- 💧 Owner Managed installations ***12 Month Guarantee on Workmanship**
- 💧 ***25 Year Manufacturer Guarantee** on Pipes & Connectors

CALL US TODAY TO DISCUSS YOUR INSTALLATION OPTIONS & BUDGET OFFERS AVAILABLE

We've taken care of ALL the paperwork for you!

We will provide you with the HOA JOJO Application Form, a unit specific placement sketch & photo's - you need only sign the application & submit to the HOA for approval.

Marius @ 083 652 5423 or Leon @ 071 549 0060

E-mail: info@spmaintenance.co.za

www.spmaintenance.co.za



ALL Our Installations Are
100% HOA Compliant

**Exclusive
Olivedale RV
Offer Less 20%
ONLY R20500
All Inclusive**

Placement of tank within 6-8 meters of main water inlet. Subject to a site visit. T's&C's Apply E&OE

T's & C's Apply E&OE