



HAPPY 10TH ANNIVERSARY

OLIVEDALE RETIREMENT VILLAGE MARKS A SPECIAL MILESTONE

Jan Mostert of the Garden Committee has obtained a magnanimous donation from Daneel of DSMG for the celebration of our 10th anniversary, in the form of a 100-litre tree. His suggestion for this living tribute to the village is the *Kiggelaria africana* tree, which he hopes will be planted on the left side of the service centre entrance on 24th August.

Of interest the tree hosts the life cycle of the *Acraea horta* butterfly, which in its various life forms provides a home for caterpillars, attracting a number of bird species, which while voraciously feeding on the foliage, also prompt a growth stimulus, with the tree rapidly recovering from this onslaught with a shiny new set of leaves.

Despite its common name, *Kiggelaria africana* is not related to the more familiar fruit-producing peach tree (*Prunus persica*) although the leaves do look similar, if only very superficially. Unlike peach leaves, they are fairly thick and stiff, with a thin coating of fur on the undersides.

Appearance

A well-shaped, robust, evergreen tree with grey-green leaves, it grows up to 20 m (66 ft) in the wild. The smooth bark is pale grey in colour and the tree

tends to be low-branching. The wild peach is dioecious (having separate male and female trees) and its tiny flowers are bell-shaped and a yellowish colour. The flowers are followed later in the summer by round, green capsules. These split open once ripe and the seeds, which are each covered in a layer of bright orange-red flesh, are eaten and spread by birds.

Distribution

This tree grows across southern and eastern Africa - from Cape Town in the south, northwards as far as Kenya. It occurs naturally in Afromontane forests as well as at the coast, in bushveld and along rivers.

Growing *Kiggelaria africana*

The wild peach is a very tough, hardy and fast-growing tree. It prefers a sunny position (but tolerates shade) and a moderate amount of water. It also survives frost. It naturally forms a large shade tree with a gentle, non-invasive root system, and also makes a good windbreak or hedge. If a conventional "tree shape" is required, then the shoots that grow from the tree's lower trunk should be removed. A multitude of birds enjoy the tiny red fruits and will consequently be attracted to this tree, as are *Acraea*

horta butterflies. Their caterpillars sometimes eat the tree bare, but this is part of a natural process and the *Kiggelaria* trees always rapidly regrow their foliage.

This tree can easily be propagated from seed. Young plants grow fast and begin flowering after only a year or two

Reference

Kiggelaria africana | *PlantZAfrica*". www.pza.sanbi.org. Retrieved 2022-06-30.



10 YEAR CELEBRATION EVENTS

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

September 14th Saturday: Beetle drive - 18:00

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)

September 28th Saturday : Morning spring market - 9am

LU'S RAMBLE ON THE OLIVE

As our Village nears a decade, it is time to look back on the beginnings of The Olive Branch. Tracy Darling, our Village Manager at the time, put out a call for any interested parties to form a committee to start a Village publication.

There had been a 'newsletter' before called 'The Olive', as in Popeye's girlfriend. It appeared sporadically every three or four months.

Chris Penberthy, who had editorial experience, was unanimously elected as chairman of the committee. As a result, a small band of volunteers took on the task. Liz Sole was our proof reader and Di Main joined a few months later.

The first task was to choose a name for the publication and the Olive Branch and logo were born. Discussions about the most cost-effective number of pages and layout followed.

Fortunately, Chris had experience in these fields. Advertising and costs were very important as the publication had to be self-supporting. Guidelines to content proved a mammoth task. We were extremely fortunate to have the expertise of Andre Esterhuizen, Thersia and Johan Tait's son. He helped with the layout, typesetting and printing and he always delivered the printed matter to us on time.

It was decided that the publication would be produced monthly. Andre would deliver the printed issue and Chris and I would fold each one and make sure that every post box held a copy, to be opened every Monday of a new month. Never once did we fail to do this.

As we completed the post, the next issue was commenced, the committee scrambling for content, decisions for

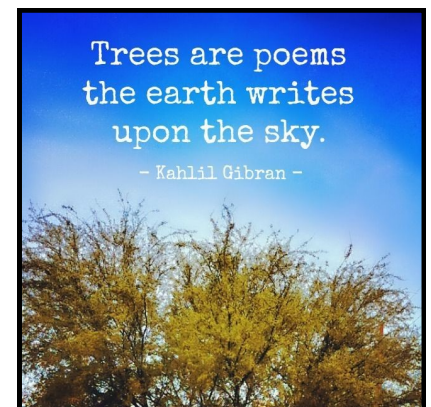
a front page etc.

We were very fortunate to receive wonderful articles from residents, interviews with people of interest like Philip Salzwedel who completed his 100 th Park Run and I believe he has now just completed his 200 th Park Run at the age of 88, and of course, pictures of Village life. Margaret Cochrane was our ace photographer. She supplied us with amazing images of functions and of what was happening in our Village.

Unfortunately, due to radically failing health and the scourge of Covid, Chris stepped down as editor but the legacy of the Olive Branch continues in the hands of a new committee and will hopefully continue well into the future. To all our residents, old and new, be well, keep safe and take pride in our remarkable village community.

Lu Penberthy

TREE PLANTING CEREMONY— Saturday 24th August



Photos taken by Margaret Cochrane

FIRST TREE DONATION FOR THE GRASSLAND

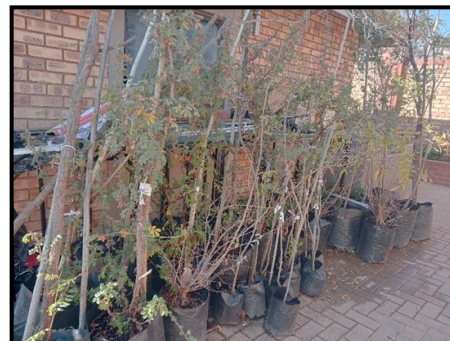
By: Wetland Working Committee

September is arbor month, and we are going to start planting trees in the grassland. We have been fortunate to get a very generous donation of 30 trees from Culterra (Pty) Ltd. to start off our tree planting project in the private open space. Many of you may know Culterra from their garden products such as compost, lawn dressing and more, but they also have

a very good selection of indigenous plants and trees. We also thank DSMG for fetching the trees for us and an anonymous donor who picked up the fuel tab.

The 30 trees will be planted in the private open space area. We hope to get further tree donations as many more trees are needed to create a diverse habitat to attract a bigger variety of birds and other small

animals. If anyone in the village would like to donate a tree, please contact Andre Jelliman on Ext 5230.



MY HAPPY MEMORIES LIVING AT OLIVEDALE - DI MAIN

My husband, John, and I moved into Olivedale on the 1st November 2014 and the past 10 years have been filled with happy (and a few sad) times for me.

We were very excited to be moving, even though our previous home which we moved into in 1970, was our first and only abode together. We had very good memories but we knew that it was time to move on and were glad to be doing so.

I had retired from my job at the end of 2014 and for four years John and I lived at No. 57 together, building a happy space to enjoy our retirement.

We had a vaguely chaotic move and unfortunately, the Mains can never do things according to the book and John managed, on the first day that we were here, with the sun in his eyes, drive out of the Village, but not before he annihilated Unit 21's fence and gate and I heard recently also Val Pearse's gate. John omitted to tell me, but Jack inadvertently let the cat out of the bag by asking me for John's car registration number. We made history by having an insurance claim

against us in less than 24 hours after moving in!!

I remember trawling the show houses on many weekends with great excitement and planning where and what. When we finally did move in (without actually seeing our property beforehand), we were delighted with what we found. Just two glitches. One being we did not have a patio roof and there were no steps down to the alley from our back gate. This did not daunt us as it was soon rectified.

You would be amazed if you knew what has been transported through our house from the driveway through to the garden because of the lack of a side gate. Lawn mowers, garden tools, compost, garden pots and much, much more. These days if I need compost, I drag the bags through the house on a big bath towel. Easy Peezy!! Where there is a will, there is a way.

Obviously, the gardens were not established that November but as time went on, slowly but surely things green and colourful began to appear all over the place. I have always been grateful to our gardeners and the then Garden Committee for their hard work to make

our Village so lovely to behold. Our friends often comment on the gardens when they first drive in.

I sadly lost my beloved husband after four years of living together at Olivedale but I like to think that he left his mark. He was extremely happy in the Village and loved being involved, often disappearing for longer than necessary, chatting I suppose, on his trips up to reception. He was a member of the Infrastructure Committee and loved it.

I have formed the most amazing friendships at Olivedale and wish that I had met the people in my heart many years before this. I think there is always apprehension when moving to a Retirement Village in that your children have left your side to make a life for themselves and now we had to make another life for ourselves. This John and I did, and I continue to do so. I LOVE LIVING AT OLIVEDALE RETIREMENT VILLAGE.



SPOTLIGHT ON VAL PEARSE.

If there is a function being held at ORV one is likely to find Val Pearse at the helm. She has been the chairman of the social committee since its inception.

The first braai was held on New Year's eve 2014 and the social committee was established in early 2015. The first members were Val, John Retallack, Margi Hutchinson (secretary), Lionel Smith, Margaret Cochran and Veronica Christianse.

Since then there have been changes to the committee but Val has remained a faithful leader.

Of the first events organised were the birthday tea and a music quiz. Val and Margi went to DSTV to organise a special package for the seniors at ORV.

Val was born in England, where she met and married. With her adventurous spirit she immediately agreed when her husband asked if she was prepared to move to South Africa. With their four boys

they immigrated in 1972. Her husband was a civil engineer and was part of a government sponsored scheme to bring necessary skills to the country.

Val moved to house number 22 in August 2014, so was one of the first inhabitants. She is known and loved for her friendliness and social skills. She attracts people and has been a source of inspiration to many. She has been blessed with four sons, four grandchildren and two great grandchildren.



Val's closest family were all together for her 80th birthday and hopefully will do

the same on her 90th.

Thank you, Val, for being such an important part of our Olivedale community.



10 YEAR CELEBRATION THANKSGIVING SERVICE



Photos taken by Glanville Craig

WAAROM IS BOME BELANGRIK? / WHY ARE TREES IMPORTANT?

Deur/by Adam Mostert

National Arbor Week

In South Africa, Arbor Day was first celebrated in 1983. The event captured the imagination of people who recognized the need for raising awareness of the value of trees in our society. As sources of building material, food, medicine, and simple scenic beauty, trees play a vital role in the health and well-being of our communities.

Collective enthusiasm for the importance of this issue in South Africa inspired the national government, in 1999, to extend the celebration of Arbor Day to National Arbor Week. From 1 to 7 September every year, schools, businesses and organizations are encouraged to participate in community "greening" events to improve the health and beauty of the local environment and propose a green future for South Africa. (Arbor Day, 2024).

Bome en die mens

Bome is sedert die vroegste tye 'n noodsaaklike deel van die mens se bestaan en oorlewing. Hulle voorsien ons van skuiling, voedsel en klere, en verskaf houtvesel, brandhout, medisyne, gif, looistowwe en kleurstowwe (Braam van Wyk, 2008).

Afgesien van hul praktiese waarde, inspireer hulle ons ook en die indrukwekkende argitektuur, enorme grootte en hoë ouderdom wat sommige bereik, vervul ons met verwondering en ontsag (Braam van Wyk, 2008). Dink maar aan kremetartbome wat eeue oud word en massiewe stamme ontwikkel.

Bome in die natuur

Bome is nie net vir die mens van

enorme waarde nie, hulle beklee ook 'n spesiale plek in die natuur. Bome oorheers verskeie plantegroeitipes, elke boom 'n habitat vir 'n menigte organismes. Hulle bied onder andere skuiling en voedsel aan ontelbare mikrobiële en diereverbruikers van die geassosieerde ekosisteme (Braam van Wyk, 2008).

Voëls en ander kleiner diere soos akkedisse en eekhorings leef en maak nes in bome - hulle gebruik die takke om op te sit en die blare om hulle teen die hitte van die son en impak van reëndruppels te beskerm.

In die VSA het Prof Elin Jacobs onlangs 'n studie onderneem oor die rol van bome om water deur middel van hulle wortels van diep uit die grond nader na die oppervlak te beweeg. "Plants through roots can passively transport water from wet areas of the soil to drier areas. They use their roots as straws and suck water from the wet areas and release it out into dry areas. Usually, they do this to access deep water," said Jacobs (Koppes, 2022).

Die verdere voordeel hiervan is dat die plantvoedingstowwe in die droeër grond naby die oppervlak deur die boomwortels benut word. Sodoende word die voedingstowwe toeganklik gemaak vir die boom en vir ander plante wat in dieselfde grond groei.

Bome speel ook 'n belangrike rol in die hidrologiese siklus deurdat water uit die grond opgeneem en deur die huidmondjies in die blare aan die atmosfeer vrygestel word. Daardeur word die water gesuiver en beskikbaar gestel om reën te vorm.

Bome word dikwels in gebiede met hoë watertafels aangeplant om die watertafel te verlaag sodat ander plante daar kan groei. Bloekombome en populierbome is in die verlede op besproeiingskemas aangeplant om nie net as windbreke te dien nie, maar ook

om water uit die grond te verwyder en terselfdertyd opbou van soute (verbraking) in die grond te vermy.

Ongelukkig is uitheemse bome dikwels onoordeelkundig aangeplant en het tot die vermindering van oppervlakte en ondergrondse water in sekere gebiede gelei wat watertekorte veroorsaak het. Daarom word sommige boomspees nou as ongewens en selfs as verklaarde onkruid geklassifiseer.

The various tree species have preferential habitats in nature. On the highveld with its dry cold winters (where we live), indigenous trees are mostly found in valleys, along waterways and on hillsides where the climate is more favorable for their survival. Each tree species in turn provides the habitat for other living creatures, such as birds, attracting them with their flowers, seeds, fruit and leaves. As a result, a variety of indigenous trees in a specific area increases the number of bird species in that area, hence an improvement in biodiversity.

Die belangrike rol wat bome in die vaslegging van koolstof speel, is alombekend. Plante gebruik koolstofdiksied, ook bekend as koolstuuurgas, om deur middel van fotosintese koolhidrate te vervaardig wat as energiebron vir lewe op die planeet dien. In die proses word koolstofdiksied uit die atmosfeer verwyder en in die bome se wortels, stamme, takke en blare gestoor. Bome speel dus 'n belangrike rol in die vermindering van skadelike kweekhuysgasse wat tot klimaatsverandering aanleiding gee.

Laastens, die wortels van bome hou grond vas en verminder die spoed waarteen water vloei. Sodoende dra bome by om gronderosie te voorkom.

Continued on page 6

Conclusion

The value of trees in our lives and in nature cannot be ignored. We therefore need to protect trees in our society and to plant trees wherever and whenever we can.

Verwysings / References

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Braam van Wyk, P. v.-E. (2008). Foto-gids to bome van Suider-Afrika. Pretoria: Briza Publikasies.

Koppes, S. (2022, November 7). New study to examine how plants transport water from soil to atmosphere. Retrieved from Purdue University, Agricultural News: <https://www.purdue.edu/newsroom/releases/2022/Q4/>



LENTE IS LEWE IS LENTE IS LIEFDE

Elma van den Berg

Opgewonde verwagting is in die lug, in die grond en die plante. Ook in ons harte.

Soos 'n leë skilderdoek op die kwas van die skilder wag, so wag ons vir die nuwe seisoen.

Dit bring nuwe planne, nuwe gedagtes en 'n rykdom van kleure. Laat ons, ons harte voorberei om te ontvang en te gee.

'n Saadjie wag in die gewende grond, geduldig op die proses van groei. 'n Vooruitsig na die nuwe seisoen. Vrolikheid bruis in ons are. Die son kom vroeër op, die dae is langer, die reën gaan kom om alles te ontwaak. Nuwe botsels, blomme en groen gras. Die winter mag dalk nog probeer om dit terug te hou, maar vir seker sal hoop van lente die aarde en ons liefde laat ontdooi.

Tafereel

Op 'n houthek
langs doringdrade
sit hy en wag –
in monochroom.

Oor die bergnek
die sagte skynsels
van skadulig
op die horison.

Aan die einder
in silhoeët
'n klipmurasie
by die gryswit boom.

Hy wag en tuur
oor die silwer gras
hand oopgevou –
'n skimfiguur.

Sit hy en wag
vir die lae verf
in kleur en lag –

Liefdeskruik

Rangskik die liefde
in 'n blinkend kruik,
'n sieraad.

Laat dit wedersyds
weerkaats –
die sielsgenot.

Laat dit ewig bot,
wit ontluik –
jy my kameraad
'n silwer prys.



BIRTHDAY BASH AUGUST



Birthday celebrations. Belinda Young turns 70.



Photos taken by Monika de Kock

Friday 26 July we had a talk by the Team from Life Fourways Hospital and Life Riverfield Lodge Rehabilitation Centre – What an amazing and committed group they are! I know from personal experience that those two places are both wonderful for recovery and rehabilitation - and it was lovely to meet them all personally.


Each of them gave a presentation on their field of specialty, such as strokes, electrical and other types of burns (graphic!), spider bites, and more. It was one of the most engaging and enjoyable presentations I've attended .

James Halley



HEALTH AWARENESS DAYS SEPTEMBER

- 2-6 National Kidney Awareness Week
- 17 World Patient Safety Day
- 18-24 World Retina Week
- 20 World Sunflower Day
- 21 World Alzheimer's Day
- 25 World Pharmacist Day
- 26 World Environmental Health Day
- 29 World Heart Day



Infection Control

PROTECT YOURSELF AGAINST
FLU-LIKE VIRUSES

For the safety of all residents, we implore you to memorize the information in this article, and to carry it out diligently.

While there are many different types of flu, from COVID and H1N1, to Swine Flu and RSV, they all have two things in common; they are highly transmittable, and very dangerous to the elderly.

If anyone is presenting with any flu-like symptoms, such as coughing, sneezing, running nose, heightened temperature, body aches etc., the following guidelines must be adhered to:

1. Wash your hands continually, especially before and after coming into contact with other people.
2. Avoid public areas or groups of people.
3. If you cannot avoid public areas or groups of people, you must wear a mask that covers your mouth and nose.
4. If you suspect you have COVID, or if you've come into contact with someone who does, immediately inform the staff remotely and isolate for five days.

We are pleading with everyone to follow these very easy and simple rules. **Your actions can save a life!**

Please consult your Village Nurse more information.

KARAOKE NIGHT



Photos taken by Angie Moir

BINGO EVENING CELEBRATING 10 YEARS



Photos take by Audrey Frylinck

At the time of writing, August and its accompanying winds is upon us and in about four months we will be celebrating Christmas. They say that the older you are, the more time flies and I am finding that to be true. Sometimes one is asked, "How does it feel to be xxx number of years old". I don't know the answer to this, as how do we know how we are supposed to feel at any age? Most of us are living with one or the other ailment but it is so important to have interests outside one's home or a hobby that gives us pleasure and satisfaction. We need to keep mentally fit and as physically active as possible, to go out and participate in what our village has to offer.

I was remembering a holiday we as a family had during the 1970's. My parents retired to Margate in KZN, so we went there for many holidays. Thinking back it must have been quite hard on them to have a family of four staying with them. We did help as much as possible but only now do I realise that, as they grew older, it was more physically and financially demanding on them. Anyway, one day we paid a visit to Oribi Gorge. It is not far from the coast and is a very beautiful, unspoilt area. Our boys at that stage were about 10 and 11. We drove around a bit, saw some wild animals and then stopped at a view point to stretch our legs. It was a lovely sunny day and we had brought along a picnic lunch which I proceeded to lay out. Suddenly we heard a roar, we looked at one another and bolted for the car. You have never seen four people move so fast, picnic forgotten. We sat a while but saw nothing that could have made that sound. Eventually, I retrieved our lunch and we ate in the car. I later found out that leopards have been seen in the park so that must have been what we heard. It must have been really close to us. What a pity

we didn't see it.

When we lived in Cape Town, my mom and her sister came to visit. We took them for a drive along the beautiful Chapman's Peak. It was a particularly lovely day and we stopped at a view point overlooking Hout Bay harbour and the sea. Now we all know there are baboons in the area and they can be dangerous, but we hadn't seen one. We had all got out of the car and were standing in front of it, taking in the view. Suddenly we heard a grunt behind us and, of course, there was this huge baboon. My husband was the first to reach the car and was in it like a shot, not thinking of the two almost 80 year olds left to the mercy of the baboon. My aunt was next able to reach safety, then I, but my mom was in front of the car, the baboon directly behind it, and whichever way she went, the baboon could reach her. Fortunately, he was not at all threatening and she was able to get back safely. We all had such a good laugh and my mom disinherited my husband forthwith!


Another time, on KZN's south coast, we went to a restaurant on a river (I cannot remember the name). We saw peacocks walking around, even between the tables. We were happily eating our hamburgers when one of the peacocks took my elder son's burger right off his plate. He was not amused. We ordered another for him and he ate it shielding it with his hand and keeping a beady eye out for the offending bird. Later we hired a small motor boat to go up-river a short way. It was nearing the end of the day but we left happily to explore a little further. We had just decided to turn back when the motor cut out. My husband pulled the cord and it spluttered to life and we carried on a bit further, only to have it die again. My elder son was saying, "Pull it hard Dad, real hard." Dad

pulled hard, repeatedly, and we would move a few more metres. Eventually we made it back to the resort. We had run out of petrol and I guess someone would have come looking for their motor boat, but it was negligent of the owner not to have checked the level of petrol.

I was thinking recently about English expressions that we seldom, if ever, hear these days. Like 'He's only two bricks and a ticky high', or 'Knee high to a grasshopper'. 'I'll buy you a farm in Eloff Street', or 'If that happens I'll eat my hat on the Town Hall steps at the end of the month', or just 'I'll eat my hat'. Everything but the kitchen sink, tickety-bo, eat humble pie, whoops-a-daisy, know your onions, and many more that I'm sure you will remember. Our grandchildren would possibly be totally confused if we use them.

Some of you may be aware that I make jams, pickles etc to sell at our morning market. I really don't make much profit, but it is an interest of mine and I enjoy making them. I also collect empty jars from anyone who has, which I wash and sterilise before reuse. My contribution to recycling! If I was to buy new jars I would have to charge R20 more as new are so expensive. So think of me before you throw out that jar. As long as it is glass and has a metal cap, I can probably use it. Any size from approximately a honey jar size and smaller is ideal. See you on the 28th September at the next Saturday morning market. Until the next issue, keep well, spring is coming and warmer weather for those who like it. Also for those of us who don't!

Maureen Lamprecht. Ext 5410



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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

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

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.

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

EMERGENCY CONTACT NUMBERS 24/7

Security guard room : 010 596 5400 / 5183

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

I think sometimes we are hugged by people in our sleep that aren't there. But their souls stop by and leave us some strength



OLIVEDALE RETIREMENT VILLAGE SPRING MARKET

28 SEPT. 09.00 - 14.00

**Alet's Rusks, Breads,
Biscuits, Jams and
Various eats. Great
variety of Crafts, Jewelry,
Books and Gifts to start
your Christmas shopping!**

**Navrae - Kontak Elma vd Berg
Olivedale unit 503
0829285327**

OLIVEDALE

RETIREMENT VILLAGE • AFTREE-OORD



Properties for SALE



2
2
1
1

TOWNHOUSE
R1 850 000



3
2
2
1

TOWNHOUSE
R1 850 000



1
1

APARTMENT
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