



# HAPPY 10TH ANNIVERSARY

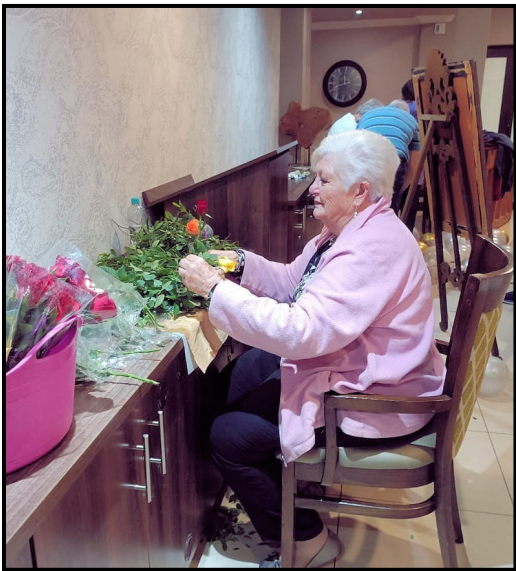
## OLIVEDALE RETIREMENT VILLAGE MARKS A SPECIAL MILESTONE

On September 21, we concluded our village's ten-year anniversary with a grand gala dinner. Kudos to everyone involved in planning this fantastic occasion. The residents, their family, and friends enjoyed the food, music, and beautifully decorated tables with white tablecloths made especially by our resident Joey.





**RESIDENTS ASSISTING WITH THE GALA EVENING PREP.**



**THE GALA EVENING**



Photographs taken by Estelle Visser, Juanita Le Roux, Barbara Haddon, Alan Eadie, James Hailey



# CURRY EVENING



A great evening had by all. It started with visuals of our Indian ladies in their beautiful saris. This set the tone for the evening. The music as supplied by Lionel put the cherry on the top. All the dishes were uniquely spiced and rich with flavour. Some with a gentle pallet, quoted by saying they loved it. Absolutely delicious.

A big thankyou to the committee and all involved who helped to make this evening a great success.

PHOTO CREDITS : Lesley Caddy,  
Pam Naidoo , Monika de Kock ,  
Margaret Cochrane.



# THE GARDENS AND GARDENERS OF OLIVEDALE.

The gardens of Olivedale are starting to look beautiful. Take a walk or a slow drive to appreciate them. By October the gardens should be in their full glory and a joy to behold. The azaleas are already in full bloom and there are some magnificent specimens to be seen.

Norman Durston, the landscaper, has been asked by the garden director to revamp the

gardens around the village.

A new garden has been started near the children's playground and the pots outside the dining room have been revamped. Also those at reception are coming into their own. The small garden near reception is a little gem.

The garden of remembrance is a excellent example of the ideal spot to sit and pray,

contemplate or remember good times. There are some who, thankfully, have taken an interest in our gardens over the years and have put in much effort to create all this beauty. Thanks are due to Doreen Denehy, Sandy Stofberg and Val Meier. Thanks to all of you for all you have done to beautify our village.



PHOTO CREDIT : Barbara Hadden



It's September, quickly approaching the end of 2024. I'm preparing for the Morning Market on 28th September, making jams, relish etc. It is something I enjoy doing, and first saw my grandmother doing many years ago. She lived on a smallholding diagonally opposite Edenvale Hospital, and that is where I spent the first five years of my life, or most of it anyway. There was a big orchard with every fruit except tropical fruits. Even almonds and walnuts, pomegranates and quinces were planted. Two types of apricot trees produced different jams, one smooth, the other whole fruit jam. Other jams and preserves from this orchard were peach, fig, grape and quince jelly. There was also a Bramley apple, which is the most delicious apple for pies or baked apple. Why are they not grown and available in stores in South Africa? They cook down completely into a thick sauce that is incomparable for all types of baking. The plums were nothing like we find today. The one I recall was a Satsuma plum, excellent to eat or for jam and preserving for later use. It was never necessary to spray the trees with insecticides in those days. The occasional apple had to be thrown away due to coddling moth, but on the whole the fruit was perfect.

On the subject of food, my elder son would eat no vegetable except potatoes. It struck me that I could perhaps encourage him to eat others by helping him to plant his own. I duly bought seeds and seedlings, he helped me to prepare the ground, and then he sowed the seeds. He couldn't wait for his veggies to mature and we never looked back as far as eating them was concerned. He still never ate raw vegetables but at least it was more than potatoes.

Hau! Hau! (A common expression in South Africa of shock or confusion).

While taking this same son to school one day, I noticed that the grassed island, that separated the two traffic lanes, had masses of fresh mushrooms on it. My father had taught me which mushrooms were good, and these were. After dropping him at school, I stopped, took a plastic bag and picked as many mushrooms as I had time to pick. A black man passed on his bicycle, stopped, asked me what I was doing, and when I told him he shook his head and told me I would not be there the next day.

I cooked these delicious mushrooms that night and the next day there was a fresh crop that I again harvested. The same man passed and could not believe that I was picking again. "You ate those?" he asked. When I answered in the affirmative, he shook his head and said, "Hau, hau".

I employed a maid who, in those days of the late '70s, was not accustomed to living in a town. She had come straight from a rural area, brought to us by our gardener. We adopted a Basset Hound from the SPCA and the poor thing stank to high heaven. As soon as we reached home we took out a bath, filled it with water, and washed the dog. Well, this woman was astounded. She had never seen a dog bathed before. She walked off shaking her head and saying "Hau, hau". Thought we were absolutely mad.

After this we employed a gardener who had also come from a rural area. He ran to the house one day, eyes as big as saucers, and signed to me that I must follow him. He took me to the fence and pointed to the neighbour's yard, where there was a tiny ginger

kitten, wandering around and mewing sweetly. I wondered what the problem was, then realised that this poor man was terrified. He had clearly never seen a kitten before and probably not a cat either. I called the kitten to me and stroked it through the fence to show him that it was not dangerous. He still eyed it very warily, but went back to work, keeping a beady eye out for the kitten.

As I am writing this, the predicted temperature for today is 32 degrees! I have mentioned before that I much prefer winter, when I can dress warmly and be comfortable. In summer I really suffer in the heat and have no way of cooling down other than using fans. Shopping becomes a nightmare and I do that as early in the day as possible. So for those of you who like summer, enjoy it! But think of those who feel the heat and please don't ask that the air conditioner in the dining room be turned off. Wear a cardigan if you feel the cold, big, big, please.

Till next month, take care, and, as one of the old Springbok radio programmes ended, "If I don't see you through the week, I'll see you through the window".

Maureen Lamprecht





# Oh darling! Let's do high tea





## OCTOBER IS BREAST CANCER AWARENESS MONTH

Let's all wear Pink to support the fighters.



Your donation supports our mission of providing help to those affected by Breast Cancer.

All donations will go to Reach for Recovery which is an international but non-medical program designed to help women with breast Cancer to return to daily life.

All we ask is a donation.

Motivational key Chains – R15 each.

We also have a cookie jar filled with sweets. For R10 you can guess how many sweets are in the jar and the person with the correct answer, or closest to the correct answer, will be the winner of the jar and sweets. The winner will be announced at the end of October.

Available from Liezel at reception.

## HEALTH AWARENESS DAYS FOR OCTOBER

Eye Care Awareness Month (21 September to 18 October)

Breast Cancer Awareness Month

1 International Day of Older Persons

9-15 National Nutrition Week

10 World Mental Health Day

12 World Arthritis Day

12 World Sight Day

12-20 World Bone and Joint Week

12 World Hospice and Palliative Care Day

16 World Spine Day

20 World Osteoporosis Day

28-3 Nov National Stroke Week

Don't spend 60 years of life  
accumulating stuff you don't need  
only to spend your last 10 years  
getting rid of it. Love life, not stuff.



ENCORE  
LIFE REDESIGN





Photo credit : Monika De Kock





Artificial intelligence refers to the capability of computers to appear to think, reason, learn things and make decisions. Advanced AI protocols have created systems that can:

In 2023, ChatGPT was a common name mentioned with regard to AI. ChatGPT is what's called a chatbot. It's designed to draw on massive amounts of data so it can mimic text conversations humans might have and perform tasks or provide information to people who query it.

For example, you might ask ChatGPT what the biggest cities in the country are, and it can provide a list. You could also ask it to explain the themes of the novel Moby-Dick, and it can do so. This is only one example of increasing chatbot technology in action.

### **Potential Artificial Intelligence Benefits for Seniors**

The algorithms that power technology such as ChatGPT have many uses for businesses and individuals, including

older adults. That's especially true in health care.

### **Health Care for Older Adults and AI**

A huge benefit providers are starting to take advantage of, when it comes to machine learning and AI, is in monitoring data related to chronic conditions. Wearable devices, which range from fitness watches to glucose monitors, can capture massive amounts of data today. Diabetics, for example, can benefit from a constant influx of blood sugar data, or someone with cardiac concerns can have blood pressure and pulse readings recorded regularly throughout the day.

Often, this puts the power of disease monitoring in the individual's hands. They can use apps and other friendly interfaces to understand their numbers and even add notifications to loop in others.

### **Can AI Help in Your Daily Life?**

Chances are you rely on AI in little ways already without realising it. For

example, if you use email a lot, you probably have a spam folder. Your email program filters emails into that folder when it deems the email to be a potential scam or just unwanted in your inbox.

What many people don't realise is that the spam filter programs that do that work are designed to learn from your habits. If you always delete emails from certain senders without reading them, for instance, the spam filter learns that you don't want to see emails from that sender. It may start putting those emails in the spam folder automatically.

While there are certainly ethical concerns and legal matters regarding AI that need to be addressed in the future, this technology shouldn't automatically send older adults running for cover. There are many helpful uses of AI for older adults, and delving into some of the apps and programs offered by reputable organisations can help you understand whether that technology might be helpful to add to your life.

1/3 cup paprika  
1 tablespoon black pepper  
1/2 teaspoon cayenne pepper  
2 tablespoons dried lemon zest  
2 tablespoons sugar  
1 tablespoon onion powder  
1 tablespoon garlic powder  
1 tablespoon salt

## **Pork chop seasoning**



"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

quotedb.org



## EDITORIAL

HELLO EVERYONE

How can it be the 10 month of the year already? I can't get over how quickly time flies!

October is here and it is a beautiful month. We have had some lovely warm days and all the spring flowers and blossoms are looking stunning.

In the past few months, we have delighted in commemorating our village's ten years of existence. We

celebrated with a few fantastic events. The magnificent Gala Dinner marked the conclusion of the events. A special thank you to the residents who sent me photos.

We apologise for the absence of our usual features, such as the puzzles. Everything will return in the upcoming issue.

### **HAVE AN IDEA FOR AN ARTICLE?**

Send us an e-mail, and please contact us with any feedback you may have.

We would love to hear from you. Everything you say will be taken into account so that we may tailor the Olive Branch newsletter to your needs and make it worthwhile for you to read.

Till next time, regards Angie – Editor



## **A GENEROUS DONATION AND MORE TREES FOR THE GRASSLAND**



*By: Wetland Working Committee*

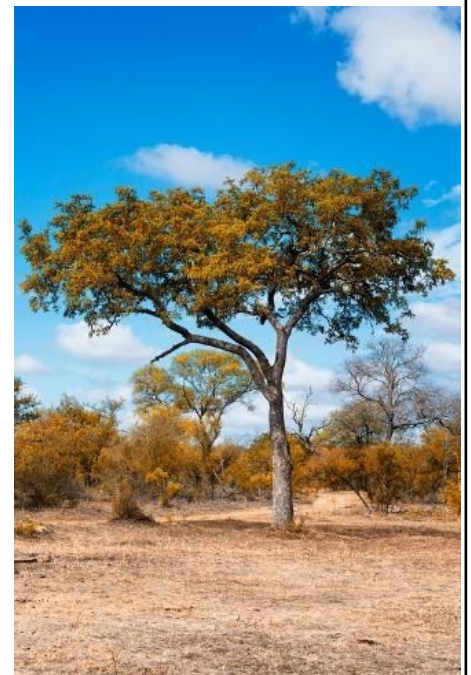
The Wetland Working Committee celebrated arbor month by planting 54 indigenous trees on the grassland in the private open space. 30 of the

trees were donated by Culterra and another 24 trees were bought at a generous 30% discount from The Olievenhout Farm (previously Witkoppen Wildflower Nursery). We were fortunate to have received an anonymous donation of R10,000 a while ago, for which we are very grateful. Part of the donation was used to finance the additional trees, the compost and the bonemeal. On Demand Hire brought their team and planted all the trees on the same day at no extra charge.

We still need another 50 trees to fill more gaps in the grassland and to replace exotic trees in the wetland. Anyone interested in donating a tree, please contact Andre Jelliman on Ext 5230.

The remainder of the donation was used to have the brochure for the

wetland professionally designed, and it looks really good. The brochure will be used as part of a donor pack that we can present to potential sponsors of the rehabilitation and development of the private open space.





**OKTOBERMAAND DEUR C LOUIS LEIPOLDT**

Viooltjies in die voorhuis,  
Viooltjies blou en rooi!  
Viooltjies orals op die veld,  
En orals, ai, so mooi!

Dit is die maand Oktober,  
die mooiste, mooiste maand:  
Dan is die dag so helder  
so groen is elke aand,  
So blou en sonder wolke  
die hemel heerlijk bo,  
So blomtuin-vol van kleure  
die asvaal ou Karoo.

Dit is die maand Oktober:  
die varkblom is in bloei;  
Oor al die seekoegate  
is kafferskuil gegroei;  
Die koppies, kort gelede  
nog as 'n klip so kaal,  
Het nou vir welkomsgroetnis  
hul mooiste voorgehaal.

Dit is die maand Oktober:  
die akkerboom is groen;  
Die bloekoms langs die paaie

is almal nuutgeboen;  
En orals in die tuin rond  
ruik jy sering en roos,  
Jasmyn en katjiepiering,  
lemoen en appelkoos.

Al was die dag soos yster,  
lank in die vuur gesteeke,  
Die varings in die klofies  
deur hitte geel verbleek,  
Tog as die son daaronder  
agter die berge gaan,  
Dan word oor heel die wêreld  
die mooiste geur geslaan.

Dit is die maand Oktober:  
die kokewiet is uit;  
Boomsingertjies en krikies  
die hoor jy orals fluit;  
Fiskaal is op die oorlog:  
daaronder by die sluis,  
Daar is 'n dor ou doringboom  
sy spens en sy kombuis,

Dit is die maand Oktober:  
ek dink, die mense vier  
Vir ewig in die hemel  
Oktobermaand soos hier!

Wat wens jy meer as blomme,  
as helder dag en nag?  
Wat kan jy beter, mooier,  
of heerliker verwag?  
Ek is nog in Oktober:  
my tuin is nog so groen,  
So wit met al wat mooi is,  
met bloeisels van lemoen,  
So pragtig in die môre.  
so heerlik in die aand!  
Ek is nog in Oktober,  
die mooiste, mooiste maand!

Wat gee ek om die winter?  
Wat praat jy nou van Mei?  
Wat skeel dit, as ons later  
weer donker dae kry?  
Ek is nou in Oktober,  
die mooiste, mooiste maand,  
Met elke dag so helder,  
so pragtig elke aand!

Viooltjies in die voorhuis,  
Viooltjies blou en rooi!  
Viooltjies orals op die veld,  
En orals, ai, so mooi!

<b>ORV October Bus:</b>			<b>Time:</b>	<b>Rate</b>
2 Oct	Wed	Northgate	08:30 - 11:30	R20.00
7 Oct	Mon	Spar	09:30 - 10:30	R20.00
9 Oct	Wed	Cresta	08:30 - 11:30	R35.00
14 Oct	Mon	Bel Air	08:30 - 10:30	R20.00
16 Oct	Wed	Northgate	08:30 - 11:30	R20.00
21 Oct	Mon	Spar	09:30 - 10:30	R20.00
23 Oct	Wed	Northgate	08:30 - 11:30	R20.00
25 Oct	Fri	Lifestyle	08:30 - 11:30	R35.00
28 Oct	Mon	Bel Air	08:30 - 10:30	R20.00
30 Oct	Wed	Northgate	08:30 - 11:30	R20.00

**BUS TICKETS SOLD AT RECEPTION:**

\* R255,00 - Ticket includes all trips: Spar, Bel Air, Northgate, Cresta & Lifestyle

\* R180,00 - Ticket includes: Spar, Bel Air & Nothgate only

\* You also have the option pay per trip at reception

Card payments only, reception does not accept cash.



### Articles for Submission

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

### Editorial Contacts

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### 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

Hi Residents,

Wanting to buy a vehicle OR sell your vehicle?

Allow me to assist you. As a local expert, I'll guide you through the process seamlessly, handling everything for you.

Feel free to reach out to Craig at 0735056816 or mail me on [craig.kamp07@gmail.com](mailto:craig.kamp07@gmail.com), and I'll be more than happy to lend a hand.

Best regards,

Craig.

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

### EMERGENCY CONTACT NUMBERS 24/7

**Security guard room : 010 596 5400 / 5183**

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

### RAND WATER LEVEL

#### 1 RESTRICTIONS

Level 1 water restrictions will remain in place until March 2025.

Under level 1, the watering of gardens is prohibited between 6 am and 6 pm.

Residents are also no longer permitted to wash paved areas and driveways using hosepipes.

**Rand Water also shared water-saving habits that residents should implement daily:**

Do not leave taps dripping.

Wash your car on the grass with grey water, as this will water your lawn at the same time.

Shorten your showering time.

Use a glass of water to rinse when brushing your

teeth.

Take shallow baths and avoid filling your bath to a depth greater than 100mm.

Reuse grey water to water your garden or pot plants.

Fix all leaking plumbing features in your house.





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 kyle@csiproperties.co.za

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