



## **FRAIL CARE SPRING WALK**



Many thanks to everyone who participated in the fantastic Frail Care spring walk! Walking the route around the village and taking in the sunshine and conversation was so much fun for all of us.

## **RESIDENTS WHO HAVE BEEN LIVING HERE SINCE 2014**





**FRAIL CARE SPRING WALK - CONGRATULATIONS TO OUR WINNERS**



Elma van den Berg won first prize for the best dressed.



Natasha van Blerk and family won the prize for the second best dressed.



Angelique Moir finished first.



**BIRTHDAY TEA OCTOBER**



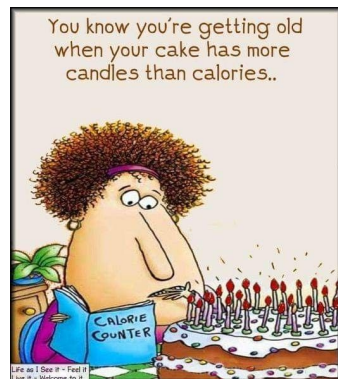
Connie Commin cutting the birthday cake .



A beautiful photo of Maureen Lamprecht celebrating her 80th birthday on the 13 October.



Lovely photo of Yvonne Ralf, Jerina Bam and Coral



You know you're getting old when your cake has more candles than calories..



## SOME SURPRISING USES FOR DENTAL FLOSS

Dental floss is most likely to be used to remove food debris stuck between our teeth, but you'll want to keep a spool in your pocket once you see all the creative and handy ways dental floss can be used.

*Here are ways that it's become the new duct tape*

### REMOVE A RING FROM YOUR FINGER

If you have a swollen finger, it may be difficult to remove a ring, but dental floss may help it slip off. Begin by lubricating the finger with liquid soap or cooking oil, then wrap it in ice and raise your hand overhead for five or so minutes. Grab about 10cm piece of dental

floss and thread it under the ring so that it extends toward your wrist. Then wind the longer length of floss around your finger. To compress the swelling, starting at the top of the ring and moving up and over the knuckle. After that, pull the shorter length of floss over the stuck ring and, using that end, begin unwinding the floss to hopefully pull the ring up and over the knuckle.

### CUT FOOD

Slicing hard-boiled eggs, a wheel of Brie or even cheesecake can be accomplished with ease using a piece of tautly held, unwaxed floss. It's also a perfect way to divide a cake into layers. Position the floss around the outside edge of the cake, hold the ends tightly

with both hands, then pull through. A couple of toothpicks placed along the edges halfway up the cake can act as a guide.

### SEAL CONNECTIONS

If you don't have Teflon tape on hand, wrap dental floss around the threads on a leaky tap connection and then screw it back into place.

Similar to separating a picture stuck to a photo album, shimmying floss under each biscuit will release it from the baking sheet or wire rack without losing the bottom crust.

*By Peter Urban, Published September 30, 2022 Updated July 29, 2024 AARP*



# SUDOKU

Level: easy

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(4)

4	5		2	3	
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Beautiful embroidery work done by Mary Koperer apartment 511

**Fuel prices are so high that I went to the car dealership and test drove 3 cars to run my errands. Follow me for more money saving tips 🤓**

## ECONOMICAL BUT DELICIOUS CHICKEN LIVERS

I found this recipe many years ago and even my teenage sons loved it. Quick, easy, adaptable, delicious and enough for three meals. (Depending on one's appetite!)

Thaw a 250g pack of chicken livers. Cut off any bits you don't like, and chop the livers, but not too finely.

Dice 1 medium onion and fry in butter or oil until just done.

Add 1 teaspoon curry powder, stir, then add livers.

Cook for 3 or 4 minutes. Do not overcook or livers will be dry.

Remove from heat, add half a teaspoon salt and some freshly ground black pepper. Now add about half a cup of sliced table celery and 2 tablespoons of mayonnaise and stir well.

Pile this onto crisp, fresh, buttered

bread rolls and enjoy.

You can vary the amount of curry powder to suit your taste, add more or less mayonnaise and even add sliced chilli if, like me, you love that extra bite. The crispy celery adds additional texture to the dish. Add lettuce or tomato to the roll if you wish.

Maureen Lamprecht.

## MARKET DAY SEPTEMBER



## OLIVEDALE MARKET/MARK

*Die volgende markdag word gereël vir 14 Desember.*

*14 December 09:00 to 13:00*

*Please book or confirm a table before 7 December.*

*Exhibitions are free for residents. R100 per table for outsiders.*

*Please invite your friends and family in advance.*

## EDITORIAL

Dear Friends

Welcome to the November issue of the Olive Branch newsletter.

How are you all coping with the terrible heat wave we have been having? To purify the air, just a little rain would be wonderful. Hopefully we will have some by the time you read this.

Remember that it is a really good idea to always carry a bottle of water with you,

whether you are walking, using public transportation, or even driving.

In October the village was rather busy. I hope some of the celebrations were enjoyable for you. Our front page highlights the October frail care spring walk, which was a huge hit with everyone.

Our residents have also authored a few excellent pieces. Maureen Lamprecht's The Ramblings of an Old Woman is my favorite.

Her writing is amazing, and each month she tells a new narrative that resonates with you.

Our residents have asked us to identify the individuals in the photos that appear in our newsletter. I am aware of this, and we will try our best despite the fact that it may be challenging.

Till next time

Regards Angie – Editor



## PIERRE VAN DER WESTEUIZEN: A TENOR WITH A PASSION.

Who needs Placido Domingo or Andrea Bocelli when we can listen to our own home grown tenor, Pierre van der Westhuizen. It was a privilege to be able to host an artist of his calibre. Our residents were blown away by his amazing singing voice. Everyone thoroughly enjoyed the delicious meal which followed. Some even went back for seconds and thirds. Many thanks to the Social Committee for organising such a great event.





**LIFE AT ORV**

You can live at ORV when you are old, but then you must do as you are told. Security guards are there to let us in and they always greet us with a friendly grin.

We live in houses where our grass gets cut so you can relax and sit on your butt.

A handyman fixes everything that is broke, and we also have some other folk. There is a hairdresser and a manicurist, a podiatrist and a beauty therapist.

The food here is not only delicious it is also very balanced and nutritious.

Saturday mornings we have a lovely brunch, so that is why on a Saturday there is no lunch.

Sunday lunches are a real treat, there is a long table where friends meet. They sit at the table for a long time have some fun and drink a few bottles of wine.

The kitchen is managed by a lady full of grace, and she always has a smile on her pretty face. The food in the dining room is very nice but some folk still complain "there is no rice". There is a menu with scrumptious fare from which you can order anything you dare.

Our frail care is one of the best but we all hope not to put it to the test. In charge of it is matron Petro with her well qualified nursing crew. They will even help you after midnight to ensure that your life is better and bright.

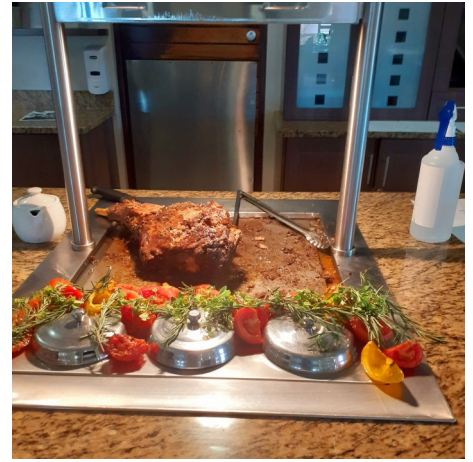
There is entertainment galore movies, bingo and a lot more. We have line dancing and a beetle drive, all fun things to keep us alive.

We can visit one another and have a chat, drink some tea, have some cake and get fat.

Some people still always complain, if it is not too much smoke it is too little rain. We are all on the same platform waiting for the last train, but I am sure even in heaven some people will complain.

Be positive and enjoy your life forget about the trouble and the strife and you will be loved by one and all and find that life is truly a ball.

Elsa Benecke



Liesel and the Reach For Recovery Team at the Wellness day (breast cancer team we are collecting for)



**HEALTH AWARENESS DAYS NOVEMBER  
WORLD DIABETES DAY, 14 NOVEMBER**



At the time of writing, it is mid October, the most beautiful month, it is said. Recently, coming back from a few days away, we drove through parts of Pretoria, and the jacarandas were in full bloom. They really are beautiful there, but Jo'burg need not take a back seat in this respect. There are suburbs of our city where these trees are as beautiful as those in Pretoria. They are a joy to behold. I know they are exotic and hence disliked by many, but when something is so lovely, I don't care where it comes from.

While we were away, we went into the Kruger National Park for a day, and what a fruitful day it was. I haven't been to the park that often, perhaps seven times in all, but had never seen cheetahs. This time I had the best view of them imaginable. They were on the road, three of them, and clearly siblings. They were so graceful, with their long legs and the stately way in which they hold their heads. All were looking towards their right, obviously looking for prey, and then like a flash they took off into the bush to catch their lunch. What a beautiful sight. We saw many animals, the tiniest zebra foals, little baby giraffes and huge herds of buffalo. Buffalo is also something I had seldom seen on other trips and then just a few animals, so these herds were a treat. A herd of at least a hundred crossed the road in front of us, as well as big herds of elephant. We must have seen 12 or more tortoises drinking water at the side of the road (I must mention that there

had been rain during the night, the first in months), so it was as if all the animals were on the move. On our way out of the park, when we were not expecting to see anything more, there was a family of warthogs trotting along, all of them with their little tails in the air. Then, wonder of wonders, we saw two rhino, also a lovely clear sighting. All in all, it was an excellent day.

**Tea and me.**



For many years I drank tea in preference to coffee, and I was very particular about how it was made: freshly boiled water, heated tea pot, tea steeped for just the right amount of time, heated cups, the whole toot. There were times that I had a rude awakening as far as being so particular about my tea was concerned. I went to visit someone for the first time and was offered tea. When it came I took a sip and thought "Oh dear, the milk is off". I left my tea until the host had tasted hers, but she drank it as if nothing was wrong. Then I realised it was rooibos, for which I have never acquired the taste. I drank about half the cup and left the rest. On another occasion I went to visit someone, again for the first time, and as usual was offered tea. I saw her take two mugs, fill them with cold water, pop a tea bag into each, and boil them in the microwave. Sacrilege!

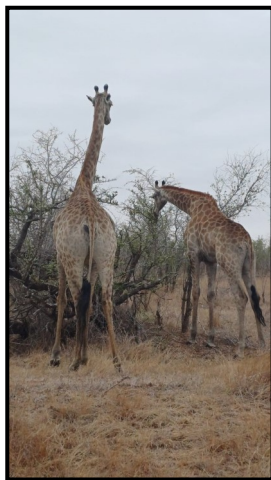
At one stage we lived in a small town in the Western Cape, and our neighbours were a delightful couple. They drank only coffee, and kindly bought tea just for my

husband and me. However, five years later, we were still getting tea from the same box. Tea does go off and is really not good to drink. I would just swallow as I could not be so rude as to tell them that their tea had passed its best before date.

**The way were**

As we elderly folk look back on our lives, I am sure that like me, you long for the good old days, days that our grandchildren could not possibly imagine. They do not have the freedom to ride their bicycles wherever they wish as we did. Catching a bus and going to the movies on a Saturday afternoon, going for a milk shake or banana split afterwards, then getting the bus home again is unknown to them. Our lives were so carefree and safe. If the young of today get restless and bored, I don't blame them, I doubt that the internet will ever make up for the freedom they have lost. But then again, they do not know what they have lost! I am writing about my grandparents and parents, as much as I remember anyway, so that the present generations will know something of their lives and ours. I wish I had asked my grandparents many more questions. I suggest that we all write, not memoirs as such, but little snippets of the past that is now forgotten. When our grandchildren get older they may well appreciate it. Till next month take care and look after yourselves.

Maureen Lamprecht



In my semi privaat kamer lê ek met 'n antibiotika drip. Eintlik heel lekker, nie erge pyn nie. Pynpille help. Dis Sondagnamiddag. Beroering by die deur bring 'n nuwe pasiënt in en die ander bed ontvang haar met gemak. 'Nikkie', ontmoet sy my toe die grys gordyne oopgetrek word.

'Ek is so moeg! Wag al van elf uur vanoggend by ongevallen met 'n verskriklike pyn oor my maag! Niemand kan sê wat ek makeer nie en nou-nou kom my dogter om met my te raas oor ek nie ingelig is oor my pyne nie!'

'Hallo, Nikkie', hier is Elma' Ons glimlagte erken mekaar. 'Vertel my wat hulle vermoed.' 'Volgens die opname verwysing het ek kolonprobleme. 'Your colon has collapsed!' Dis die antwoord. Ek mag niks eet vir drie dae nie, en ek is so honger!' Die versorger bring 'n pak Energade in. Sy sit dit op die bedkassie.

'Mrs. Coetzee, you can drink as much as you like. Nothing to eat, please. The specialist is coming to see you tomorrow and the sister is bringing pain medication.' Nikkie kyk met verdwaasde oë na my, en hou haar maag vas. Na 'n rukkie.

'Wat gebeur met jou, Elma? Jy lyk so rustig.' 'Ek is eintlik, dankie, net my knie.' Ek wys haar my bloedrooi opgeswelde knie onder die beddegoed. Haar oë rek groter. 'Infeksie na 'n knieervanging. Daarvoor is die drip. Mens leer hier om te wag op diagnoses en verdere besluite.'

'Wat gaan hulle doen?' Aandete word vir my neergesit. Nikkie klik 'n Energade oop.

'Die ortopeed wat die knieg-operasie gedoen het, is oorsee. Hy het twee ander aangestel om na my te kyk. Hulle wou opereer, maar ek het gesê hul moet 'n ander plan maak. Vrydag gegaan vir 'n sonar. Die internis het so oulik verduidelik. Met handgebare en dramatisering.'

Ek dra vir haar voor. "Mevrou, daar is goggas in jou knie. Hulle kruip weg in die masjienerie wat nou jou knie is. Hulle sit en loer wie hulle gaan kom aanval. Ons gaan antibiotika stuur met die bloedselle om hulle te beveg, maar die bloedvate kom nie naby genoeg nie. Die medikasie werk oor 'n

afstandjie. Dan is daar 'n groot bakleiery. Boem, boem, boem! Skiet hulle heen en weer totdat die goggas weer gaan wegkruip! Dit is hoe ons infeksie en die bakterië beveg!"

'Ek het hom geluggewens met sy verduideliking en gesê hy moet kinderboeke begin skryf sodat kleingoes kan weet wat bakterië is. Hy speel sekerlik video 'games!' Lag bring vir haar bietjie ontspanning. Die suster kom gee haar pynmedikasie.

'Mrs. Coetzee, we are going to fix you, don't worry.' Ek gee vir Nikkie my jellie en vla, toe die suster uit is, want ons redeneer dat dit basies net vloeistof is. 'n Versorger bring 'n liter bottel met 'n blou etiket. "Be careful. Pool Chemicals". Saam met dit 'n plastiese bekertjie.

'Mrs. Coetzee, please wee in the jug and fill this bottle. When it is filled, you will receive another one. Tomorrow they will do a lot of tests.' Uit is sy weer.

'Nikkie! Jy kan 'n besigheid begin met dié gevulde bottels! Verkoop dit as swembad chemikalië! Ons lag en gesels lekker, tot haar dogter kom besoek. Hulle stemme is gedemp, maar ek kan aflei dat dit vir Nikkie ontstellend is.

Na 'n uur leuen sy moeg en verslae teen die kussings terug. Trane loop. Badkamer toe met die bottel en die beker. 'Help my!, sê sy toe sy uitkom. Ek lui die klokke. Die nagsuster kom met 'n versorger. Hulle maak haar gemaklik, help my met die drip toilet toe.

'Hoe help ek?', toe ons rustig begin raak vir die nag. Haar stem is kalmer.

'Sy verwyt my omdat ek haar nie gebel het vanoggend nie, omdat ek myself ongevallen toe gebring het, omdat ek selfmedikasie gebruik, omdat ek nie weet wat my makeer nie! Ek het haar nie gebel nie, want sy het my voorheen al gevra om haar nie op 'n Sondag te pla nie!'

'Dit was 'n erge dag vir jou Nikkie', troos ek. 'Daar is hoop vir môre! Spesialiste gaan jou kom ondersoek. Drink jou slaappilletjie en rus.'

Maandagoggend is bedrywig. Al die soorte -loë kom ondervra vir Nikkie. Uro-, Dermato-, Rumato-, Radio- en nog chirurgie. Reël bloedtoetse, sonars en stel baie dinge voor. Nikkie kan vermoedelik nier, derm-, of maaginfeksie hê. Die ortopeed kom ondersoek my knie. Dis nog rooi, swelsel is darem minder. Hy besluit as die been nie verbeter nie sal ek moet teater toe. Versorgers kom kort-kort om bloed te trek, bloeddruk, koors, suiker en suurstof te meet.

Ons ontmoet vir Musi. Hy is 'n manlike verpleër en vol humor. Hy help met internet, vertel grappe en Nikkie maak 'deals' met hom oor hoe sy kos kan kry. Musi se raad is dat ons net moet wag en sê alles sal beter word. Ons sal oorleef!

Donderdag kom daar uitslae. Dit is nie inflammasie van Nikkie se blaas, niere, derms of maag nie en 'n kolon kan nie 'collapse' nie. Die diëetkundige sal haar besoek en sy mag sagte kosse eet. Toe die tydelike dokter kom om my knie te inspekteur, vertel ek hom mooi hoe ek voel.

'Dokter, ek is nou gatvol van die lê, wag, bloedtrek en drips.' Sy antwoord is 'rustig en met lag. 'Mevrou, jy kan maar gatvol wees, maar ons moet jou gesond kry. Die infeksietelling is laer en Maandag sal jou ortopeed terug wees.' Hy klink verlig. Toe almal uit is en hul opinies gesê het, bestel ons kos van die kafeteria.

Nikkie moet teater toe vir -skopies...gastro-, endo-, en kolon-. Dit sal gereël word. Dan nog skildklier toetse en dalk botoksinspuitings vir haar kakebeen wat hoofpyne veroorsaak. As ek teater toe moet gaan vir nog 'n operasie, gaan ons 'n 'stripshow' reël met die groen teaterjurkies en broekies!

'Sussie', sê Nikkie dié aand, 'Ons gaan 'hoes' na dese. Die rekeninge gaan instroom en die mediese fondse gaan nie alles betaal nie. Die dag as jy weer kan loop en ek sonder pyn is, vier ons fees!'

'Ons kort 'hoes' spesialiste!' sug ek.



## WE HAVE A BRAND-NEW LITTER TRAP!

A large amount of urban litter finds its way into water courses and becomes an eyesore and potential health hazard. The ORV wetland is located downstream of an unnamed stream that drains an extensive urban catchment area and the litter emanating from it finds its way into our wetland which results in unacceptable pollution. Removal requires extensive manual labour. This ineffective method resulted in an initiative to establish a more permanent, efficient litter removal facility.

The water from the catchment area passes through a large diameter pipe below Lima Street before entering the wetland. Two existing sidewalls were intended to direct the water flow, but serious erosion occurred on both outer sides due to blockage of the pipe during major rainstorms and water runoff from both sides of the road.

The original design was adapted, at no additional cost, by two Wetland Working Committee members to utilize the existing walls and extend them to form an enclosure with a large screen at the outlet to collect debris and silt. Water run-off from the roadway is now also channeled into the enclosure. Manual cleaning out of the collected debris and disposal thereof will have to be done on occasion.

The initial attempt to retain debris upstream of the pipe inlet with a flat metal screen was unsuccessful. An improved angled screen design will soon be installed at the inlet of the large diameter pipe serving as a primary trap. An added advantage of the new design was to incorporate a bridge across the new walls to allow access to the northern side of the

wetland and thus eliminating the need for another bridge when the walkway to the northern grassland is constructed in the future.

Through the initiative of members of the Wetland Working Committee the implementation of the adapted design was managed in-house by the WWC and completed within budget during September and October this year before the main rainy season. The litter trap will aid in ensuring a pristine wetland, devoid of urban litter, for enjoyment by all.

### ***Wetland Working Committee***



**Work in progress**



**Litter trap construction completed**

## **FUNNY QUOTES ABOUT AGEING**

- \* At my age, I've become a professional at finding things I didn't know I'd lost.
- \* You know you're getting older when your idea of a wild night is staying up past 9 PM.
- \* Aging is realizing that 'all-nighter' now refers to a sleepless night, not a party.
- \* I used to bend and snap, now I groan and creak.
- \* Age is just a number, but it's also a reminder that your warranty has expired.
- \* I'm not old, I'm just becoming a classic, like fine wine or a good joke.
- \* Growing old is inevitable, but growing up is optional. I choose to stay forever young, just with a few more wrinkles.
- \* Life is like a roll of toilet paper, the closer you get to the end, the faster it goes.
- \* Aging is like a roller coaster ride, some days you're up, some days you're down, and most days you're just hanging on for dear life!

<b>ORV November Bus:</b>			<b>Time:</b>	<b>Rate:</b>
4 Nov	Mon	Spar	09:30 - 10:30	R20.00
6 Nov	Wed	Northgate	08:30 - 11:30	R20.00
11 Nov	Mon	Bel Air	08:30 - 10:30	R20.00
13 Nov	Wed	Cresta	08:30 - 11:30	R35.00
18 Nov	Mon	Spar	09:30 - 10:30	R20.00
20 Nov	Wed	Northgate	08:30 - 11:30	R20.00
25 Nov	Mon	Bel Air	08:30 - 10:30	R20.00
27 Nov	Wed	Northgate	08:30 - 11:30	R20.00
29 Nov	Wed	Lifestyle	08:30 - 11:30	R35.00

**BUS TICKETS SOLD AT RECEPTION:**

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

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

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

Card payments only, reception does not accept cash.

## Friendship

**Across**

- When a person trusts you, you can keep a \_\_\_\_\_
- The quality that people have when they tell the truth \_\_\_\_\_
- When you don't agree sometimes, you have an \_\_\_\_\_
- When you feel good about yourself, you have good self \_\_\_\_\_
- If you do harm to someone, you should \_\_\_\_\_

**Down**

- When you do what's right, even when no one is looking, you have \_\_\_\_\_
- When someone always is there for you, you have \_\_\_\_\_
- When you stand up for yourself, you are \_\_\_\_\_
- A person who tries to make people unhappy in many ways \_\_\_\_\_
- When you understand someone's feelings, you have \_\_\_\_\_
- If you are not mean, you are \_\_\_\_\_

## Boggle

How many words can you make using the letters below?

E	B	S	L
T	H	A	W
G	Y	N	I
P	K	R	F

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 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: angel-iquemr50@gmail.com

### EDITORIAL CONTACTS

**Angelique Moir Editor**

**Anine Chapatte**

**Maureen Lamprecht**

**Elma Van den Berg**

### ADVERTISING

Liezel Nel

### VILLAGE MANAGEMENT

Chris Heyneke

#### Disclaimer

The articles and ideas published in this newsletter are those of the authors and do not necessary reflect the news of the Olive Branch editorial committee or the Olivedale Home associations. 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.

## 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.**

### EMERGENCY CONTACT NUMBERS 24/7

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

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

<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>

# OLIVEDALE

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