





Di Main celebrating her 80th birthday with family and friends at Lifestyle Silver Birch restaurant. From the editorial committee we wish you a very happy birthday Di. Turning 80 is like unlocking a new level in the game of life. May this level be filled with adventures!



Congratulations to Doreen Hadley from unit 334 who won the Breast Cancer Sweets Jar.

Her answer was a total of 925 sweets and the correct answer was 927 sweets.

Thank you all for participating, we collected a total amount of R1648.00 which we will donate to Reach for Recovery.

Liezel Nel





Wilhermina Pitseng, James Halley's carer, recently celebrated her birthday by inviting the people who share the same floor as James to join her. It was a joyous occasion.



### **CHAIRMAN AND BOARD REPORT FOR 2024**

It's hard to believe that the year is coming to an end. There is a saying that time flies when you are having fun! Not too sure that it has been fun, but it sure has been busy. I do at times find it difficult to believe that my wife, Margie, and I have been in the Village since the 3rd phase completion in April 2015. Next year will mark our 10th anniversary. It has been a pleasure living here and we love the place. The finances of the Village are sound and here we need to thank John Retallack and his team for achieving this. Thanks to them, we do have the necessary funds to do the phased developments that we are planning for the coming years.

After a number of years of little change within the Village, we realise that we must make positive changes and improvements to be competitive in the retirement village market.

The past year has seen us complete several projects that were in places overdue. The treatment of the rising damp in the majority of houses was completed. All houses have been externally repainted. We have continued with our plans to provide more paved pathways around the Village and where necessary safety rails have been installed. The development of the wetland project in ERF 1250 has seen the dam spillway completed and the litter trap at the entrance to the area is almost complete. There has been much removal of foreign and invasive vegetation. Pathways in this area will soon be started and we are hoping that residents will utilise this space as it becomes an integral part of the Village. Work has been started on the visual improvement of the reception area and this has lightened the space and we have received tremendous approval from residents thus encouraging us to move further. The library has been redecorated and many additional bookshelves have been added to various common spaces in the apartments. The old and noisy concertina doors in the hall have been replaced.

In the coming year we will be seeking approval from members to do several projects. The biggest of these is the planned extension of the dining area to add the unused space outside the northern wall of the dining room. This is planned to be a relaxing informal lounge space with coffee shop where residents can interact with friends, and groups participate in activities instead of having to do this in the actual dining room.

The braai area will be improved with roof covering and more tiling on the ground.

The lighting in both the hall and dining rooms will be addressed. The hall is planned for improvements including skylights and repainting to lighten the environment.

More pathways are planned and the work in ERF 1250 will continue.

Maintenance of all chairs is necessary with reupholstering needed.

Frail Care is not being overlooked and a lot of well overdue maintenance work, addressing curtains and blinds and redecorating will take place to enhance the overall atmosphere.

I would like to thank all my fellow directors for their efforts in the past year. I do need to single out Toni Pautz for all her work making our 10-year celebrations the success that they were. Finally, I would like to wish all

members and residents a wonderful, safe and happy festive season and all the best for 2025. Martin Lockwood

## EDITORIAL

A very warm welcome to all our old and new residents around the Village.

Summer is here! It is lovely to have the warmer weather. The blossoms and spring flowers have been stunning.

We are on the countdown to Christmas with afternoon teas, lunch outings and other festivities planned.

Enjoy the build-up to the festive season!

As this is the last issue of the year the Editorial committee would like to wish you and those you love true happiness and peace this Christmas and into the new year. The next issue of The Olive Branch will be in February 2025

Keep smiling, Angie Moir Editor





Ah, the daffodil, nature's little burst of sunshine! These cheerful trumpeters of spring are like the garden's way of saying, "Hey there winter, pack your bags, it's time for you to go!"

It's essential to acknowledge the incredible work of those behind our newsletter that help keep the residents informed and engaged. Thanks to the editor and her team for a great newsletter! Such resources serve not only to share relevant

news but also to foster a sense of belonging among residents. They provide a platform for voices within the community, detailing events, activities and opportunities

Heather Billbrough

#### BALANCE SHEET OF LIFE

The most destructive habit ......Worry The greatest joy ..... Giving The greatest loss ..... Loss of Self-respect The most satisfying work ..... Helping Others The ugliest personality trait ...... Selfishness The greatest "shot in the arm" ...... Encouragement The greatest problem to overcome ...... Fear The most effective sleeping pill ..... Peace of Mind The most crippling failure disease ...... Excuses The most powerful force in life ..... Love The most dangerous act ..... A Gossip The world's most incredible computer ..... The Brain The worst thing to be without ...... Hope The deadliest weapon ..... The Tongue The two most power-filled words ..... "I Can" The greatest asset ..... Faith The most worthless emotion ...... Selp-pity The most beautiful attire ...... Smile! The most prized possession ...... Integrity The most powerful channel of communication .. Prayer The most contagious spirit ..... Enthusiasm

LIFE ends, when you stop DREAMING. HOPE ends, when you stop BELIEVING. LOVE ends, when you stop CARING. So, please share this BALANCE SHEET OF LIFE. FRIENDSHIP ends when you stop SHARING.

Fruit													
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## **BIRTHDAY CELEBRATIONS NOVEMBER**



Sophy Groenewoud seen here with Val Pierce cutting the birthday cake .



On Sunday 24 November the Annual Christmas Afrikaans Service was held. Preacher was Rev. Kosie Loots, Pianist Martin Lane and Tenor Chris Coetzer.



BEETLE DRIVE









Beetle Drive. Our winners 1st and 2nd. Back Audrey Henderson and Lynn Sharpe. Front Maureen Adams and Lesley Reid.



## OOR LINOLEUM VLOERE, PANELITE TAFELS, DRAADSTOELE EN - VISKOPPE! Elma vd Berg

In die jare toe linoleum vloere, panelite eetkamerstelle en draad tuinmeubels hoog mode was, is ons getroud. Dit was die wonderlike sestigerjare toe ons met R10 se kruideniersware, gekoop by OK Bazaar, kon deurkom vir 'n maand.

My man het skool gehou en studeer by RAU, besig met sy meesters in dierkunde met die onderwerp: 'Die ontwikkeling van die viskop'. Ek het kook. Dit vind ek op die draadtafel met huis gehou, deeltyds studeer by Goudstadse Onderwyskollege en twee kleuters besig gehou. Ons kon oral ry met busvervoer. Melville was 'n gerieflike woonbuurt en die skakelhuis het ons gedeel met goeie vriende. Uiteet was vanaf die vis en skyfies winkel op die hoek, waar my man ook sy viskoppe gekry het. Dit moes hy tuis afkook om die viskopbeen te bestudeer.

Natuurlik het dit baie struwelinge veroorsaak! Koskook en viskoppe afkook moet in die middae gebeur en daar is net een groot kastrol en een gasstoof. Ten vrede het ons A shart shar

#### **'N STER VIR KERSFEES**

Ek stuur vir jou 'n ster, want dit is Kersfees -'n lig wat helder skyn. Een wat alle donker en bang nagte so stil-stil laat verdwyn.

Dalk het jy het 'n hoekie in jou woning wat na hierdie lig verlang. Bind dan net 'n toutjie om die sterpunt sodat jy dit daar kan hang.

En sawens, my vriend as die skemerte daal, dit miskien vir jou voel of die nag jou kom haal onthou om te kyk, draai bloot jou gesig

ooreengekom dat hy later saans sy kookwerk doen.

Die kombuis was netjies uitgelê met groen linoleum en 'n liggroen panelite tafel met vier stoele. Stoof in die hoek en wasbak voor die venster. Met my oë op die kinders in die agterplaas by die draadstoele, begin ek groente skil. Ek soek die kastrol om 'n stew te begin viskopbeendere. Keer dit versigtig uit op koerantpapier en was die kastrol. Haal 'n bottel olie uit die spens en draai stoof se kant toe. Die bottel glip uit my hand en olie loop oor die hele vloer. Ek probeer keer, gly net heen en weer, van self probeer opstaan kom niks. Eintlik kan ek net hier sit en lag. Wat 'n gemors.

'Help!' roep ek my man. 'Kom help my, maar moenie in die kombuis inloop nie!' Hy staan verbaas in die deur. Sien die kastrol op die stoof. 'Waar is my viskoppe?' Nevermind oor my gemerk

na die sterre wat wink – na daardie ewige lig. Ek dink weer oor die melkweg hierdie Kersfees -'n oneindig' sterreskaar. Selfs al staan jou huis onder die wolke, die sterspoor loop steeds daar.

Vind vir jou 'n plekkie in die oopte om in die towerglans te staan wend jou blik tot waar die liggies vonkel in 'n silwer hemelbaan.

Weet dan, my vriend soos die lig van 'n ster is ek altyd daar

met olie. 'Bedaar net, dis veilig buite. Bring 'n handdoek en help my op asseblief'. Eindelik weer regop, staan ons by die venster en uitkyk hoe die kinders op die draadstoele staan en die viskoppe op die tafel bestudeer. My man storm uit.

Nadat als gered en die vloer vry is van olie, is die stew gekook. Later sit ons om die panelite tafel en eet. My man verduidelik omslagtig hoe die viskop werk. Ek wonder hoe ek nog vannag my studietaak hier op die panelite tafel moet klaarmaak. Elma vd Berg





al is ek ook ver. En ek hoop dat jy wis die waarheid staan só: Ek wou by jou wees - dit moet jy maar glo.

So, ek stuur vir jou 'n lig in hierdie feestyd -'n blink ster om op te hang. Ek's seker daar's 'n hoekie in jou woning wat na 'n ster se lig verlang.

© Carma Shaw 23 Desember 2017 We are nearing the end of 2024 and the older we are the more time flies. I remember being at school and learning about Hong Kong, and that in 1997 it would return to being a Chinese territory and no longer a British one. At the time it seemed so far away, and here we are all those years later and many don't even remember that it was once a British territory.

At one stage, Newspapers played a huge role in my life. I would buy the Rand Daily Mail every morning to read in the train from Springs to Park Station, and to do the cryptic crossword. I became quite good at that crossword, but today I doubt I would be able to answer more than one or two. Then came Sunday and the turn of the Sunday Times. Most of the morning would be spent poring over the articles on politics and various scandals. But the best part of that newspaper, for me anyway, was Joel Mervis' Passing Show column. I'm sure I am not the only one who remembers it. Often he would have two men chatting, and forgive my spelling perhaps, named Osip Broz and Skoppel Toppel. Nonsense, I know, and perhaps my memory is letting me down, but I think those were their names. They would be sitting on the stoep, drinking slivovitz and waiting for a war to break out. At the end of his column, Mervis would say, "Drink Eau de Pippelparrot and be the baas". I Googled this so I haven't lost it completely. He would also comment on happenings of the times, making light of some serious occurrences.

On one such occasion (which was not serious), the mayor of Naboomspruit

referred to his town as a "\*\*\* klein dorpie". The citizens of the town, or some of them at least, were not happy. They thought the mayor should be proud of his town. The Sunday Times then had a "competition "regarding Naboomspruit. The first prize was a weekend in the town, second prize a week and third prize two weeks. Also in the column at some stage was the story of a Sunday Times reporter and her relationship with the leader of the AWB. What a laugh that all was, with stories of his underwear and him falling off his horse. Joel Mervis never missed a chance to poke fun at everybody and anybody, but in the nicest possible way.

Who can forget Mervis' law court stories, with judge Mr Justice Fogbound, counsel Mr KC Tarradiddle QC, Mr Waterval Boven QC, and quite often his assistant, Mr Wateval Onder. Also Obiter Dictum and Mr Justice Topspin, who passed judgement on a case involving the SA Cricket Board and a team of Australian cricketers.

Another man who entertained me was Zapiro, real name Jonathan Shapiro. With a few lines, his cartoons could tell an entire story. You will recall a certain ex-president with a shower head on his noggin. I'm sure many remember Zapiro and how good he was. If I'm not mistaken, he still publishes his cartoons and a booklet summarising the year's political and other events.

There have been some inventive headlines over the years and one in particular springs to mind. During the presidency of Thabo Mbeki, an African Union conference was held in Durban. Muammar Gaddafi was chairman of the AU at that time. Mbeki was keen to show the rest of Africa just how good SA was, but Gaddafi had a mind of his own. He brought his own chefs and had shipped his own sheep to Durban, not intending to eat South African food. He also changed many arrangements that Mbeki had made. The headline in one of the newspapers was "Gaddafi reigns on Mbeki's parade". I thought it was brilliant.

I want to thank so many of my fellow residents for giving me bottles that I can reuse for jams etc. I believe I have enough to see me through the next market, and quite honestly I'm running out of storage space. So if you have another use for them or wish to recycle some other way, please do so. I have started preparing for the next market in mid December.

Until next time, keep safe and well.

#### Maureen Lamprecht

Zapiro at work.



By Boberger. Photo: Bengt Oberger - Own work, CC BY 3.0, https:// commons.wikimedia.org/w/ index.php?curid=11646836

#### Before I start rambling let us introduce ourselves.

My name is Jacques (88) and my wife Liliane (86) We were both born in Brussels, Belgium. We've been together for 70 years and married for 65 years. But we are not here to tell you our life story, it's much too long. Thanks to our son Alain and his wife Illona, we spent 12 glorious years in Ballito in their flat on the edge of the Indian Ocean, daily seeing the dolphins swimming up and down the coast, the whales in migrating season, etc. etc. Alain and Illona decided it was time for the oldies to move back to JHB closer to the family. Having their home in Douglasdale they looked around for a suitable place for us to stay and found ORV. They kindly set us up in a lovely ground floor flat, 405. We were full of beans! On November 28 we will have been here 3 years. Unfortunately, in early 2022 Liliane was diagnosed with advanced stage 3 breast cancer and this was the start of 3 grueling and uphill years. Liliane underwent many hard treatments, operation, etc. and is still fighting the BEAST !!!

Now the reason I am telling you all this, is that during these 3 years we have learned to appreciate all the facilities that we have at our disposal at ORV.

To start with, when one drives into, what I have nicknamed our peace and safety bubble, one can only but notice how clean the streets are, the grounds well maintained, the buildings and passages are all spotlessly clean. The public toilets are spotless. Recently the library, entrance hall and other amenities have been refurbished and are beautiful. We can safely walk in the streets !!!

Then of course we have Chris our General Manager, Reinald our maintenance manager and our charming ladies, Liezel and Natasha at reception, who are always at our disposal to assist us with a smile.

We have Sam and George the handymen who assist us when needed. They all do a fabulous job.

Then we have a hairdressing salon where Megan, Terry and Patience always welcome us with a smile. Opposite we have

smiling Tami and her beauty salon.

Just next to them is our sister Marietta who is always ready to help. And of course we have the well run Frail Care is at our disposal 24/7. I had the "opportunity" to use it when, bending down in the driveway, I tumbled and grazed the skin of my forearm on the tarmac. It was a weekend and they took good care of me, PLUS Monday morning sister Marrietta was at our door checking on me and took over to mend my skin and arm!!!

And last but not least we have what I fondly call our Canteen!! Here Jolene and her team, with limited staff, do their very best to make us feel at home and all this always with a smile. Oh, I know things don't always go 100% in the kitchen BUT then who has cooked in their lives and never had a flop ???

Then of course we have all the committees: entertainment, health, gardening, etc. who all do their very best to make our lives pleasant at ORV.

BUT most of all, all of you that we have learned to know over the 3 years THANK YOU for your smile, a little hello how are you, etc. you have unknowingly helped us through the last 3 years and in our twilight years. We also have wonderful neighbours, Pam (Indian), Hester (Afrikaans), Mel (Greek) and us Belgians in the middle ! A little league of nations and we get on like a house on fire !!!

SO TO ALL OF YOU, THANK YOU SO MUCH for MAKING OUR LIVES MORE PLEASANT !!!

SO KEEP ON SMILING as it is difficult for anybody not to SMILE BACK. Life is what you make of it !!! Enjoy it !!!

Jacques and Liliane (Lili) Schram.

#### ADMIN OFFICE IMPORTANT DATES

- The office/reception will be closed on Friday 6th December as Trafalgar staff is having their year-end function.
- The office/reception will be closed from 12:00 on the 24th of December, and re-open on the 27th of December.
- Hair on the Move will be closed from Wednesday 25 December 2024, and re-open on Thursday 2nd of January 2025
- Beauty Salon will be closed from Monday 23rd of December 2024 and re-open on Tuesday 7th January 2025
- There will be no bus trips from the 21 st of December until the 5th of Jan .

The last bus trip will be Friday 20th Dec 2024, and the first bus trip will be on the 6th of Jan 2025.

ORV De	cembe	er Bus:	Time:	Rate:	
2 Dec	Mon	Spar	09:30 - 10:30	R20.00	
4 Dec	Wed	Northgate	08:30 - 11:30	R20.00	
9 Dec	Mon	Bel Air	08:30 - 10:30	R20.00	
11 Dec	Wed	Cresta	08:30 - 11:30	R35.00	
16 Dec	Mon	NO BUS - PUBLIC HOLIDAY			
18 Dec	Wed	Northgate	08:30 - 11:30	R20.00	
20 Dec	Wed	Lifestyle	08:30 - 11:30	R35.00	
There will be no bus from 23 Dec'24 to 01 Jan'25					
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.

## OPEN SPACE WORK-DAY AND OPEN DAY



Jacqui and Lesley enjoying the work they are doing in the wetlands.



## WATERMELON AND FETA SALAD.

A lovely refreshing summer salad.

Cut about 2 cups of watermelon into 2cm cubes. Remove seeds if you wish, but not essential.

Dice about half a cup of cucumber.

Dice 2 tablespoons red onion.

Cube or crumble one round of feta cheese.

Chop 1 tablespoon of fresh mint.

Dress with : Juice and zest of half a lemon, 1 tbs olive oil, salt and freshly ground black pepper to taste.

This is enough for one or two servings. Eat freshly made. Cooling and light.

## 

## BROCCOLI SALAD.

Mix 1 cup broccoli florets cut into bite size pieces, 1 tbs diced red onion, 1 tbs sunflower seeds (optional), 2 tbs fried bacon bits and 1 tbs dried cranberries (also optional, but very nice).

For dressing mix 2 tbs mayonnaise, 1 tbs lemon juice, 2tsp sugar and salt and pepper to taste. Whisk together well.

Pour over broccoli mix, stir then leave for at least an hour before using. Lasts up to a day in fridge.

These are two tasty salads, in small quantities, to make summer meal preparation easier.

Hope you enjoy them

Maureen.



## A STORY OF CHRISTMAS

The month of December means a number of different things to people. In South Africa, it marks the end of the work year, the end of the school year and sometimes the promise of a long summer holiday. However, the most significant reason for looking forward to December around the world is the commemoration of the birth of Christ on Christmas Day. Sadly this Day has lost much of its Christian reverence and mystery, being so overshadowed by commercialisation of the event. For weeks beforehand, Christmas decorations and large Christmas trees are up in the shops and malls, Christmas carols and songs are blasted out in every public arena, and gifts, Christmas 'boxes' and rewards are expected by all, Christian believers or not.

Christmas Day is the climax of the season of Advent, the 24 days which lead up to the date of Christ's birth. This is reckoned to be 25th December or 7th January, depending on the observance of the different churches. either those following the Gregorian calendar introduced by Pope Gregory III in 1582, or those following the Julian calendar which preceded it. According to the calendars, the two dates signify the same day but vary in the defining of the date. The Western Catholic faiths observe Christmas Day as December 25th, whereas the Russian and Greek Orthodox churches prefer January 7th as do the number of Coptic Christians in Egypt or Ethiopia. Either date is recognised as the day on which to celebrate the birth of Jesus Christ.

Not surprisingly, even these dates are not 'cast in stone'. Several years ago, a

few inquisitive and doubting scientists and astronomers decided that Christ could not have been born in Bethlehem at the normally accepted time.

December would have been mid-winter in that part of the world and they felt it was doubtful that the rulers of the country would have called for a census to be taken then, forcing all the citizens to travel to their home villages for the count to take place. In addition, the astronomers could find no reliable or conclusive evidence that a new big star or comet had been seen in the Eastern sky during that month. Another sighting was recorded over the desert but several months earlier and not in the correct part of the sky. These arguments raised such dismay and outrage among every follower in every faith, that the ideas were not pursued, soon to disappear and be buried and forgotten.

In different cultures, the Christmas celebrations of feasting and exchanging gifts take place on Christmas Eve (the night before Christmas), Christmas Day or the day after, Boxing Day. This time is also recalled in the carol of Good King Wenceslas who sees a poor man out in the snow gathering wood for fire to keep himself warm, and the king goes out to offer help. King Wenceslas was a 4th century Bohemian King who went around helping people in secret. He is thought to be a similar figure to St Nicholas who is the patron saint of children, sailors and troubled men and women, and whose feast day is celebrated on 6th December, early in the Advent season of the Julian calendar. Santa Claus is a condensed

pronunciation of Saint Nicholas who epitomises the spirit of kindness, goodwill and thoughts for others less fortunate at this time of year. Across the world, a variation of Santa Claus or Father Christmas appears in folklore as the kindly old gent who gives gifts and goodies to all, accompanied by his elves and helpers, who seek out the good children at Christmas time.

Linde Maclaren (OB December 2019)

#### " Let Christmas come into our World, and bring us warmth and cheer.

# Bring us faith in place of doubt, and strength in place of fear.

Bring us hope and bring us love to guide our hearts forever.

Let Christmas come into our world and bring us all together.... "

#### Arnold Walker





# OLIVEDALE RETIREMENT VILLAGE CHRISTMAS MARKET

14 DEC. 09:00AM - 13:00 PM

Alet's Rusks,Breads,Biscuits,Jams and other homemade eats. Variety of Crafts, Jewelry, Bags, Books, Cards etc.Great gifts

Navrae - Kontak Elma vd Berg Olivedale unit 503 082 928 5327

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	Advertising Rates for 2024		
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## NIC HOURS - SISTER'S OFFICE /

**Monday to Friday :** 

9h00 till 09h30 & 12h00 till 12h30

**OF BLOOD SPECIMENS** 

ng bloods:

ay to Friday at Sister's office / Dr's Room 07h30 till 08h00

lood in Unit/House.

bintment one day ahead. Please contact ext no 5462 eave a message for the Village Sister.

#### **CONTACT NUMBERS 24/7**

rd room : 010 596 5400 / 5183

number : 064 131 8274 (when landlines are not

-	
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
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May Your Holidays Be Filled with Warmth, Zaughter, and Zasting Memories - Merry Christmas to Our Olivedale Retirement Village Family!"

> For all your real estate needs call Christina 081 390 8332



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