

COMMUNICATION UPGRADE

Martin Lockwood

For some time now the Infrastructure and Aesthetics committee (I and A) has been looking into ways of improving and upgrading the telecommunications systems within the Village.

I am sure that you have noticed all the digging and installing of a Fibre Optic infrastructure in the neighbouring suburbs and beyond. Fibre is definitely the preferred system to use for significantly improving Internet and telecommunications.

Fibre is the way forward and all new developments are following this trend and existing communities are upgrading to fibre. Once fibre is installed it improves marketability of the property and increases value.

We were approached in October 2016 by the Fibre Optic installer in this neighbourhood and they offered to install a comprehensive network within the Village at no cost to the Owners (HOA). This initially seemed an excellent offer but there were disadvantages with regard to needing to dig trenches within the Village to install the new Fibre system plus there was a requirement for a minimum uptake on the system from the Residents.

We need to explain that the installation of the fibre network would be at no cost to the Village. Once the installation is complete, each Owner or Resident has the option to be connected to the network.

This will involve a once-off cost of about R1700 and thereafter it is the Owner or Residents own decision as to who his/her Internet Service Provider (ISP)

will be. The I and A started negotiating with this Fibre installer to see if better options were available e.g., using existing conduit piping in the Village where possible. In these negotiations, we needed to consider the individual needs of the Village residents. Some residents want high speed and uncapped Internet coverage while many are using "dongles" that have a lower performance and capped services.

ISPs need to be able to provide a wide range of services.

You will all be aware that the lightning storms of last summer have played havoc on our existing telephone system within the Village. The end result has been repairs that have cost close to half a million rand. Luckily, we are comprehensively insured and we have recovered all costs.

The telephone link between the ORV and the outside world is via a Microwave link. There is an antenna on the roof of the Service Centre and this antenna has been the point where lightning has struck in most cases. Therefore, there was an immediate need to protect the antenna and at the same time to consider an alternative to this microwave link.

We have improved the lightning protection systems attached to the telephone system but this is no guarantee that we will be immune to future lightning strikes. Linked to these strikes has been a huge burden on the present Service Provider for the telephones, Office Talk, to repair the faults. Office Talk have now approached us wanting to enter

into a formal Service Agreement. We established at this stage that there was no agreement in place with Office Talk, neither was there an agreement between Office Talk and the Developer of the ORV, namely CDP. Office Talk was prepared to provide a service that included better call and Internet rates, better service call-out provisions, holding of critical spares on site in the Village and more. However, this would come at a cost to all Residents within the Village.

To date, we have not had to pay a service fee for the telephone service that we have. Yes, those who subscribe to the Internet service offered by Office Talk do pay for this service, but the phone has been charged on a usage basis only. We need to realise that were we all to have a standard Telkom service rental of approximately R180 per month is charged, before any calls are made. Therefore, what Office Talk are wanting is not altogether unreasonable plus their proposed monthly

rental is substantially less than what Telkom charge.

So, with the Fibre Optic offer as well as the proposed changes from Office Talk on the telephone system, the Village Board of Directors decided that we needed to go out to the market to see what other potential offers were available. The I and A committee have been active in researching this and at the same time visiting other retirement villages and gated housing communities where fibre optic systems have been installed to assess what has taken place. Interviews have been had with other Home Owner's Associations to assess the levels of service, inconvenience, levels of satisfaction with installers and reinstatement of all diggings. A lot of information has been gathered.

On Thursday the 6th of July, an information session was held in the Village Hall with all interested residents. This was well attended. At this meeting, The I and A chairman provided

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New Staff Member



Heidi van der Heever

Heidi grew up with two brothers and a sister in Johannesburg. She has been married for 25 years to Dion, a man she describes as being wonderful. They have two beautiful kids – Their son, also a Dion, is 23 years old and their daughter, Nicole, is 18.

"I am still 21 years of age (one of the lucky ones that is not getting older). I love people, love working with people and I am looking forward to meet each and every one at Olivedale Retirement Village!"

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information on the status of improving the Telecommunications within the Village. Numerous questions were raised and hopefully these were answered satisfactorily.

At this point we are preparing the detailed Request for Quotation (RFQ) that will be submitted to a number of potential bidders who, we believe, can offer the services we require. The bid will include the lightning safe link to the Village, the Installation of a comprehensive Fibre Optic infrastructure and the maintenance of the Telephone System. This process is following the Procurement processes as approved by the Board of Directors. We are hoping that the RFQ will be sent out before the end of July and we will keep you informed of further developments.

Editorial

Three months in and we still have tonnes of news to share with You. There are some articles from a selection of our ORV committees which will cover interesting information, and then there is our front page article about the proposals to install a fibre-optic network throughout the village. For those whose wish to take advantage of the fibre, it will certainly improve your network access as well as your up and download speeds.

We have a recipe for some yummy looking cookies, as well as an article detailing the dangers associated with holiday planning.

Ever wondered what happens to all that plastic we discard? Read Linde's article about the different sorts of plastic we use on a daily basis. Juanita has submitted some clever tips on looking after your keys and Maureen has also sent through the ingredients for making your own Jewellery Cleaner.

Enjoy your Village Newspaper. 'til next time, Chris.



Sweet & Cheesy

- 250 g Butter
- 500 ml Cake Flour
- 2,5 ml Salt
- 2,5 ml Baking Powder
- 650 ml Cheddar Cheese-grated.
- Apricot Jam.

1. Cream butter well and add Flour, Salt and Baking Powder. Mix well.
2. Add cheese and mix until it forms a dough.
3. Roll into walnut sized balls and place on greased Baking Tray.
4. Using back of wooden spoon press hollows into dough.
5. Do not press through to bottom.
6. Place a small amount of jam into hollows – not too much or it will boil over during baking.
7. Bake at 180 degrees for 10-15 minutes.



Our third issue and into August already. Before we know it we'll be seeing the first shoots of Spring. Life in our village has settled down somewhat after all the frenetic activity by the various committees and the board in procuring the best possible service providers for the benefit of the whole village. I am sure we are all most grateful for their time and energy given freely for the betterment of us all. As for our new caterers, we are eagerly anticipating great meals.

A topic many of us ignore, until it affects us, is hair loss. Although it is normal to shed hair, especially when brushing vigorously and during washing, if the loss is more than about 100 hairs daily, there may be an underlying health condition that needs investigation.

It's interesting to note that the hair shaft is actually a

dead structure consisting of keratinic cells. It has three layers, an outer cuticle, a cortex containing pigment that confers colour and an inner core. The root of the hair lies within the skin and is expanded to form a bulb which contains dividing cells which are continually pushed upwards. This structure is known as the hair follicle. If the blood circulation to this follicle is disrupted, the follicle dies and results in hair loss.

There are many factors besides hereditary that cause alopecia. Hormone imbalances being the most common. An over or under-active thyroid can have a marked effect on hair growth as this gland controls metabolism.

Testosterone, oestrogen and progesterone depletion also adversely affects the growth and shedding cycle of the hair. Certain medications and chemotherapy drugs are known to cause hair loss. Any sudden emotional or physical shock may also trigger hair loss, but in this case it is not usually permanent.

Here are a few recognised ways to try and minimise hair loss. Of course number one on the list is a good healthy diet. Beware of sunburn, your scalp needs to be protected from harsh sun rays. Wash hair gently with a mild shampoo

and rinse out all the soap and conditioner residue. Avoid excessive use of styling products that clog the scalp like dyes, hair sprays and mousse. Do not brush hair too aggressively as it may scratch the scalp and damage hair follicles. Gently massage the scalp every night to improve blood circulation. The best bet when noticing excessive hair loss, is to contact a medical practitioner to ascertain if there is an underlying health condition that can be rectified. It is never a good idea to rush out and purchase expensive hair growth salves and unguents which may compound the issue.

"Get to the root" of the problem.

Hair loss is a very personal thing and therefore treatment needs to be tailored to suit the individual. Remember, a full head of hair or a lack thereof does not define what an amazing person you are.

Well, that's about all from me for this month. Before I leave you, please take a stroll down the passage past reception and visit our new "meditation" garden. Tucked away is an oasis of tranquillity for you to enjoy. Take a seat on the bench and recharge your batteries. Our thanks and admiration once again to the Garden Committee.

Until our next chat, keep smiling.

SAFETY & SECURITY

Safety & Security Committee

The brief version of the mission statement of the Security and Safety Committee is "The security and safety of the lives and property of members of ORV HOA and residents shall never be compromised."

We are reminded that the Village is pedestrian friendly which means that their needs take priority over vehicular traffic.

As you can imagine, this brief statement involves a myriad of issues that committee members have to be aware of and to attend to on a daily basis. We would like to share a few of the issues that we are currently focussing on.

High-jacking: Although this scourge occurs outside the confines of the Village, we have some recommendations how to prevent you from becoming a victim.

- Be alert to any possible threat when driving especially as

you approach the Village. Look around you, to the front, rear and sides. Should you suspect that you are being followed when approaching the village, once you turn into Lima Street activate your hazard lights and press your hooter continuously. The security guards have been instructed how to react in such a situation and they will immediately lift the boom at the VISITORS entrance which will allow you to enter the Village without delay.

- Don't draw attention to yourself when visiting shopping centres by leaving conspicuous jewellery at home.

Access Control: We are considering possible improvements to the building and the access control of residents, visitors, staff and contractors. The existing system is lacking in some respects. Until such time as funds become available, we have introduced some changes that improve security.

- Cameras have been installed that identify vehicles in Lima Street as they approach the entrance, as well as a camera that reads the number plate of vehicles that use the resident's entrance. These images are monitored from within the guardhouse.
- Reacting to the concerns brought to our notice by residents – the Randburg Sun that is delivered on Thursdays are no longer available at the entrance. These papers are available from the Service Centre. The attention of the security staff was distracted from their primary task of being alert to any potential threat to residents by handing newspapers to motorists. It has also eliminated the secondary threat of waiting for a newspaper and being vulnerable to attack. Please don't engage the guards in conversation – it distracts them. A friendly wave is appreciated.

Security Guards: We are constantly evaluating their operating procedures and changes are implemented when deemed necessary.

- The previous fixed time of patrols has been changed to random timed patrols that are regularly changed and monitored.

- The delivery of daily newspapers to the door of residents by the security staff was found to be unsatisfactory because they were diverted from their primary role of securing the safety and security of residents.

Internal Safety: Traffic has always been a problem because pedestrians have to use the roads to get about. Most drivers do not abide by the rules that apply in the Village and so compromise the safety of other vehicles and pedestrians.

- Traffic calming speed bumps and pedestrian road markings have been placed between the apartments and carports to make drivers aware that excessive speed needed to be reduced in the interests of safety.
- Fire extinguishers have been strategically placed at the rear of the apartment blocks near the carports in the event of a vehicle catching fire.

We are presently a small committee who takes its responsibilities very seriously. We would welcome additional members who could add so much to enhancing the lives and property of residents. Give Alan Sharp at 5228 a call if you would like to make a contribution.

Gal Pals

In an evening class at Stanford University one lecture was about the relationship between stress and disease. The speaker said, among other things, that one of the best things a man could do for his health is to be married to a woman. However, for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious. Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences.

Women share feelings, whereas men often form relationships around activities. We share from our

souls with our sisters or mothers, and evidently that is very GOOD for our health. He said the spending time with a friend is just as important to our general health as jogging or working out at the gym.

There's a tendency to think when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friend we are wasting time and should be more productively engaged! NOT TRUE....he said that failure to create and maintain quality personal relationships with other humans is very bad. So every time you hang out with a "gal pal" just pat yourself on the back and congratulate yourself for doing something good for your health. We are indeed very, very lucky.



Soooo, lets cherish our friendships with our girlfriends. They are good for us!



Meetings, Voting, Directors, & Other Important Things To Know About

As we all know the 3rd Annual General Meeting (AGM) for ORV is to be held shortly. It may be a good idea to refresh our memories about the importance, meaning and implications of the AGM and the important activities that take place at that meeting.

Why do we need an AGM?

We as members of the Olivedale Retirement Village Home Owners Association (ORV HOA) meet on that day to discuss and vote on major issues, such as the coming year's budget, important matters reported on by the directors and the election of new or replacement directors. Our HOA is a not for profit company incorporated in terms of the Companies Act (the Act) and is regulated by the Act and by the HOA's Memorandum of Incorporation (MOI) which is the agreement regulating the affairs of the HOA as agreed to and accepted by its members. We as owners of sectional title units in ORV are automatically members by virtue of such ownership.

What is the function of the directors?

The typical HOA will have a board of directors that meets regularly. Directors are ordinarily homeowners who were elected by the majority of community members. They might also be individuals appointed by the developer of the property, as is especially common in new developments.

The MOI of most HOAs requires that directors must gather for periodic meetings. The regularity of these meetings varies by HOA. Larger HOAs with many members and many issues to deal with might meet frequently. Smaller HOAs, with few issues to address, will likely meet much less often.

What is a Special General Meeting?

In some cases, the board of an HOA, or even just a group of homeowners, may decide it is necessary to call a "special meeting", known as a Special General Meeting (SGM). The HOA's MOI will provide the manner in which notice of any

special meeting must be provided. Such meetings might address emergency matters that require participation of the entire membership, such as recalling a board member, or other issues the board believes need the attention of the entire membership such as luxury changes to the common property or approving major expenditure not budgeted for.

We all know that we are waiting for a new MOI as the existing MOI was considered by the past and present directors to be ill equipped for its purpose. The new MOI will eventually be presented to the members at a SGM convened specifically for the adoption of the new MOI.

Why is it in homeowners' interest to attend HOA Meetings?

Annual HOA meetings usually address topics that may sound dry as dust to you, as a homeowner. These might include the association's budget, election of directors, and voting on amendments to the HOA's governing documents, for instance the MOI.

Attending the annual meeting is nevertheless important (and may be more interesting than you expect). The decisions being made may, after all, directly impact your quality of life and the value of your property. For instance, the new budget may require higher levies in order to effect a major repair or upgrade. Homeowners who don't want their levies to go up or don't believe the changes are necessary will want to attend the AGM and make their voices heard before a decision is made. Or, if you're in favour of the special levy and its use, you'll want to make sure the homeowners in opposition don't drown out your position.

Likewise, a homeowner may want to make sure directors are

elected to the board that will make good decisions for the community as a whole, as opposed to decisions that benefit his or her friends. Although major issues are often reserved for the AGM, important topics and issues may still be discussed at regular board meetings. These topics and issues often include reports from the HOA treasurer and property manager, and discussion of any remodel or new construction proposed by other community members. The board may also discuss homeowner complaints and suggestions that lead to conduct rule amendments related to what you can and can't do with your home. Remember, whether a decision is made at a SGM or AGM, these rules must be followed, even if you weren't present. When a community is heavily involved in meetings and in the decisions that are made, those decisions tend to better reflect what the community as a whole desires, not what a few board members want.

When should I receive the notice of the meeting?

Home Owners' Associations that are non-profit companies like ours, must deliver the notice for a members' meeting such as the AGM, 15 business days before the meeting to each member, in our case each home owner. It may be faxed, emailed, sent by registered post or hand delivered. The Act also says that the notice is "deemed delivered", when the delivery legally happens; that is, when the homeowner gets it. So, extra time needs to be allowed for the Post Office to deliver the notice to members.

Who can vote at a meeting?

Any member who's levies are paid up as at a specific date determined when notice of the meeting is given, can vote. A member is the registered own-

er in whose name a sectional title unit is registered and come in various forms, most simply a natural person. If two natural persons jointly own a unit they only have one vote.

If a member is a company or trust, in other words a legal person, the legal person must pass a resolution authorising anyone to vote either by way of a proxy or by way of a power of attorney.

Dependant on the wording of the power of attorney or proxy, such authorised person can in turn give someone else the authority to vote on his behalf at the meeting. The simple principle is that every registered owner has one vote. There is seldom a need to vote on the basis of the size of each unit, but this may also be required sometimes.

What about proxies and Powers of Attorneys from my children who own my unit?

If your children or another family member owns your unit and they do not want to attend an AGM or SGM, they can give you a Proxy that instructs you to vote on their behalf at the meeting.

It can either be an open proxy which allows you to decide how to vote or it can instruct you how to vote.

Whereas a proxy usually is valid for a specific meeting, a Power of Attorney can be written in such a way that you can act on behalf of the owner(s) in whichever way you deem fit, including voting at meetings, joining committees, and participating in village activities as any home owner can.

What can be voted on?

Members vote on the adoption of any resolution like the acceptance of the minutes of a prior AGM, the approval of the financial statements, and the election of directors, amendments to the MOI, and resolutions proposed at the meeting.

How do we elect directors?

Members should be aware that at the last Special General Meeting it was resolved that the board should consist of a minimum of five and a maximum of seven directors.

This resolution has now been registered. The majority of the Board must be members of the HOA (owners). A nomination form for new directors to be elected at the AGM will be

included in the notice of the meeting.

Nominations for directors must be received at least 48 hours prior to commencement of the meeting. In the event of insufficient nominations, directors may be nominated and elected at the meeting itself.

Nominees for the office of director must submit a short CV (maximum 1 page) to the office, so that the CVs may be displayed on the Notice Board in the Reception area 48 hours prior to the commencement of the AGM.

All members of the ORV HOA are urged to study the CVs of the candidate directors so that they can make an informed choice when voting for the new Board.

MENU UPDATE

What's on the Menu now?

The culinary experience is getting more exciting in our Village. RoyalMnandi has amended their offering to provide more affordable meals to the Villagers from 1 August. They also have great plans for the tuck-shop which they will operate from 1 September 2017 when the current contract expires.

The lunch menu now includes a budget meal package known as "B12" that will provide twelve meals per unit for the kitchen levy of R600 per month. This option will come with no beverages.

The other lunch options are the Chef's Special at R45 and the Royal Meal with a single protein at R40 per meal. The vegetarian option remains unchanged at R30 per meal. All these options include a choice of beverage (juice/tea/coffee). The B12 option will count-down the number of meals at the time of booking as is the case with the old system.

Once the B12 option has been selected, all 12 meals must be booked before other selections may be made. Any person may combine the B12 option with any of the other options. A combination of B12 and Royal Meals will provide a single person with 30 meals for R1320 and a couple with 60 meals for R2520 per month. It will be difficult to beat this price at home or anywhere else.

The Plankomat system will be programmed to provide for all the meal options and may be used to purchase whatever food RoyalMnandi has on offer, including the "grab and go" items which will also be made available in the tuck-shop.

Once the tuck-shop is operated by RoyalMnandi a second Plankomat terminal will be installed in the tuck-shop.

Meal bookings, cash deposits on the system, and payment for "grab and go" can then be done in the tuck-shop as well as in the dining room. The variety of products in stock will

be increased and the shopping hours extended to coincide with the kitchen times. **Villagers are encouraged to make use of the onsite res-**

taurant facilities, not only for regular lunches, but also for breakfast, coffee and cake, take-home meals and private functions.

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Lieb van Jaarsveld

ORV will soon be electing seven directors for our next Board. Why one would be prepared to be a director of a Retirement Village boggles the mind. It comes with huge responsibility in terms of our law, which can lead to personal liability of both a financial and a professional nature.

The assets that you are in charge of runs into hundreds of millions of Rand; the budget you are responsible to spend judiciously, wisely and as parsimoniously as possible amounts to approximately R15 million per annum. And then you end up definitely not pleasing everyone, which I hope you knew would happen when you first volunteered yourself for election or agreed to accept the position if requested.

Frivolity aside, the position has to be executed responsibly, with care and not least, with insight as well as foresight.

A director has to be honest, have integrity and must be seen to be acting objectively and fairly. His past and present conduct has to reflect this. Above all, he must have the ability to act selflessly as there is no benefit that comes with the position other than the fact we as owners and residents appreciate his service to the community and his willingness to use his or her skill and effort in everyone's interest, thereby earning our respect and trust.

He or she ought not to be self-seeking, especially financially, as there is no provision for the payment of director's fees or other types of income.

A director has to make sure that the decisions taken are well motivated, explainable, justifiable and within the ambit and provisions of the five Acts to which our HOA is subject. He or she must ensure that no one is prejudiced to the betterment of another so that fairness, equity and justice can be seen to be done.

A director has the benefit of being supported by fellow directors and by the management team of the managing agent. He or she also has the benefit of being supported by various committees dependent on the portfolios that he or she is responsible for. These committees are made up of residents (tenants and owners)

living in the Village and constitute a potentially strong and positive force for active and effective management in the Village. A lot of skills like professional qualifications, management experience, practical experience and life skills are available in these committees.

Michael Hawker, a Fellow of the Australian Institute of Company Directors, with 26 years of experience serving on company boards, states that above all a director, male or female, should have the following attributes:

- **The ability to focus on material issues and not 'sweat the small things':** "Individual directors sometimes chase down a rabbit hole, not because of any particular concern about a material risk, but primarily to demonstrate their competence and area of expertise. This is a burdensome process for management and a time waster for the board, and can deflect focus from more critical issues."
- **The ability to see the 'big picture':** "Some very big companies have run into trouble because their boards could not take a broad and long term view of the future for their companies."
- **The ability to deal with pressure from external sources:** "Directors need to be able to do the right thing

and not fall for populism, even if this costs you your seat on the board, but that is the price a good director is willing to pay for providing good governance."

- **The ability to influence affectively at the board table:** "The most effective directors are those that attack the is-

a director is a voluntary service to the ORV community. The only reward lies in making our village a better place to live for all of its residents and owners.

- **Leadership:** The ability to identify the essence of what is required to make Olivedale Retirement Village a happy well managed and content village which indeed be a better place to live for all of its residents and owners.

DIRECTORS NEED TO BE SPECIAL PEOPLE

sue and not the person. One way of creating board disunity is to rubbish another director's perspective or point of view."

- **The ability to respect alternative viewpoints:** "There are many ways to skin a cat or execute a given strategy. The value of a diverse board is critical in providing multiple perspectives on any particular issue, which if corralled well, provides an excellent input for organisations to find successful solutions."

In addition, a director should also have these attributes:

- **Natural selflessness:** Being

The Olivedale Retirement Village is not unique nor do we need to be unique. What we as a community require for ourselves is the true spirit of caring for each other; indeed a place in the sun for everyone and the will and leadership to take this vision forward. When next you make your cross behind a name for a new director, remember you are looking for that special person who can add to good governance of our village.

Source: Australian Institute of Company Directors. Five attributes of a good director. Available from: <http://www.companydirectors.com.au/director-resource-centre/publications/the-boardroom-report/back-volumes/volume-11-2013/volume-11-issue-22/five-attributes-of-a-good-director> [Accessed: 2017-07-18]

HANDY JEWELLERY CLEANER

Ingredients:

- 1 Tblsp Salt
- 1 Tblsp bi-carbonate of soda
- 1 Tblsp dish washing liquid
- 1 cup water
- Aluminium foil
- Heat water in microwave oven for 1-2 mins.

Method:

1. Cut foil to line the bottom of a small bowl. (soup plate)
2. Place hot water, salt, bi-carb and dishwashing liquid into lined bowl.

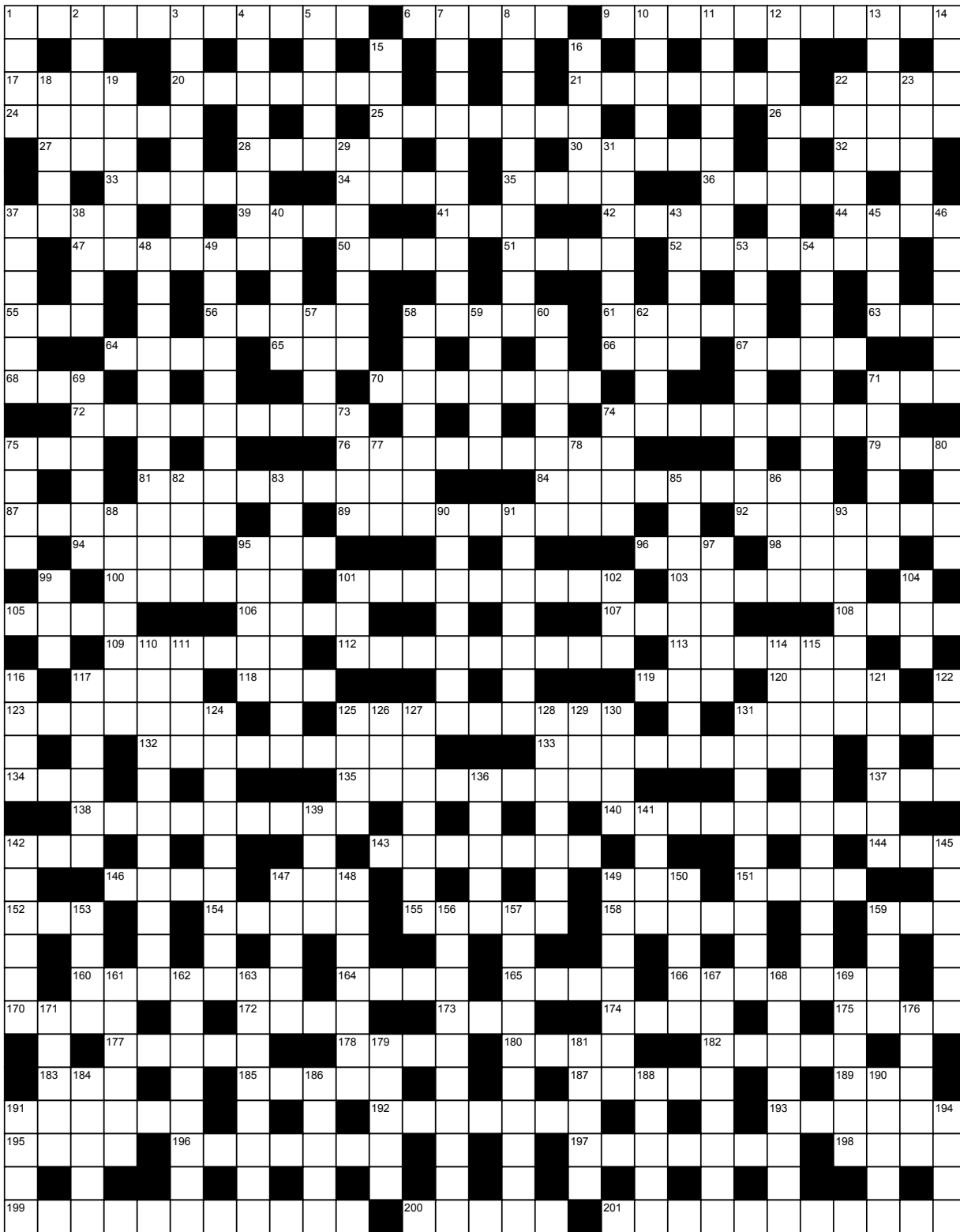
3. Add jewellery and soak for 5-10 minutes.

4. Remove and rinse in clean water.

5. Polish with soft cloth.

This method is good for, gold, sterling silver, nickle silver etc.





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Where does all the plastic go?

by Linde McLaren

When on your exercise walk around the village, one day peek into the service area next to the main gate and have a look at the huge amount of plastic that we recycle and discard in our village. It may look impressive, but in South Africa we only recycle about 19% of the plastic that we use. Even so, have you ever thought about where all the plastic that we do recycle goes? Here are some pointers.



POLYETHYLENE TEREPHTHALATE

PETE is used to make soft drink and water bottles as well as to package all sort of food products. Although we have a PET recycling company in South Africa, unfortunately most of it ends up in landfill sites. PET is a favourite of the trolley people who resell it to recyclers.

Recycled PET becomes the raw material for fibre filled duvets, pillows and jackets. Green bottles are turned into insulation for buildings. When next time you sit on one of our benches, give a thought to the great many bottles that did not land up littering our environment.

HIGH-DENSITY POLYETHYLENE



HDPE we know as milk bottles, cleaning product containers, cosmetic containers and some household products such as crates.

HDPE is turned into a variety of plastic products such as compost bins, buckets, plastic chairs, fencing, pipes, detergent containers and more. Well worth recycling.



POLYVINYL CHLORIDE

PVC is being phased out as it is considered as a "difficult" plastic

and sometimes it is replaced by PET.

Try to avoid buying products in PVC packaging as it is not really recycled in our country and you have to just throw the packaging away with the normal rubbish, which means it ends up in our environment.



LOW-DENSITY POLYETHYLENE

LDPE you will find in rubbish bags, frozen food bags, some squeezable bottles and cosmetic tubs.

Recyclers turn LDPE into bin liners, irrigation pipes, building film and a variety of containers.



POLYPROPYLENE

PP comes in bottles and bottle caps, ice cream tubs, drinking straws, microwave dishes, plastic kettles, garden furniture, lunch boxes and packing tape.

PP is recycled into pegs, bins, oil funnels, car battery cases trays and pallet sheets.



POLYSTYRENE

PS comes in two types. The high impact polystyrene is made into yogurt cups and coathangers.

Expanded polystyrene we know as packaging material, especially the punnets in which meat and vegetables are packed in the supermarkets and veggie shops.

There is a huge demand for recycled polystyrene as it is turned into decorating products such as picture frames, curtain rails, finials, skirting boards and cornices. It is also turned into rulers, seedling trays and even back into coat hangers again.



OTHER

Any plastic marked like this is not recycled in South Africa, but don't feel too bad as you are unlikely to find it in your home as it is often used in engineering. If you do come across it, just put it in the dustbin.

If you have plastic that is not marked and you think it is possibly recyclable, it is best to put it in the bin with the number 4 low-density polyethylene and the recyclers will sort it out.

The City of Johannesburg generates 1,6 million tons of waste annually and is fast running out of landfill sites. Pikitup started a "separation-at-source" project almost a decade ago and

200,000 households already participate. The aim is to get households to sort their refuse into recyclables, compostables and rubbish. This way cans, paper, glass and, of course, plastic can be recycled rather than ending up in landfills or the environment and protect our natural resources at the same time.

Remember to minimise waste by implementing the three Rs: Reduce, Reuse, Recycle.

Sources: City of Johannesburg, 2017. News update: Recycle to minimise waste - Mayor Mashaba. Available from: https://joburg.org.za/index.php?option=com_content&view=article&id=11663&catid=88&Itemid=266 [Accessed: 2017-06-15]. Treevolution: Small steps to change. Types of plastics. Available from: <http://treevolution.co.za/guide-to-recycling-in-sa/types-of-plastics/> [Accessed: 2017-06-15]. Treevolution: Small steps to change. Available from: <http://treevolution.co.za/guide-to-recycling-in-sa/> [Accessed: 2-17-06-15].



A friendly reminder that our recycling initiative is up and running. The Garden committee supplied all houses with the first clear plastic bag for recycling.

Everything plastic, as well as all cardboard and paper products can be collected for recycling. Besides doing our bit

for the environment, it generates funds as well. The clear plastic bags can be obtained from reception at R5 for a pack of 4 bags. Apartment dwellers can also do their bit by separating recyclable materials from kitchen refuse. We thank our fellow villagers in advance for their continued support.

Portugal Trip

Jean Barrie's fatally planned trip to Portugal that never happened...

Two adventurous sisters, Hazel and Jean, have successfully travelled and walked thousands of kilometres together for over 20 years through diverse countries such as Wales, England, Scotland, Ireland, Holland, France as well as Spain including parts of the Camino de Santiago. Locally they traversed Swaziland, Botswana, Zimbabwe, Lesotho, Namaqualand, Namibia and the Richtersveld – all without a hitch. This year, after many months of reading up, walking many miles and researching in preparation, the awakening of spring blossoms and wild flowers in Portugal at the end of March into April 2017 beckoned them to once again put on their walking shoes. Or so they envisaged...

Herewith Jean's story: As the morning of our departure dawned on 22 March 2017,

I awoke with an unusual unsettled feeling which I could not pinpoint. I checked the necessary documents required over and over again and set off with my suitcase, body purse and small handbag raring to meet Hazel arriving from Cape Town.

While at OR Tambo airport, the problems arose: Hazel's plane was delayed from Cape Town with faulty air-conditioning. Arriving at the Iberia check in counter, she found that her visa was dated one day ahead of her flight ticket so we could not fly to Madrid. Sandra, the assistant at the Iberian check-in counter, refused to book us on the next flight 3 days later unless we consulted our travel agent in Cape Town. With our luck it was a public holiday and our agent was away on holiday. We then contacted the local Iberian ticket office which refused to book us on the next flight and insisted that Sandra should have done so without

us consulting our travel agent. Once again Sandra refused. In the meantime Hazel's luggage was taken off the Cape Town plane. Sandra undertook to then label Hazel's luggage "visa problem/Madrid" whilst we tried to organise our new flight. Instead she labelled it "No show" resulting in us now being totally grounded. Highly disappointed, downhearted, and minds in a turmoil, we headed home via Uber. Thankfully our neighbour consoled us with a delicious supper. The next day our local travel agent confirmed that we should have been booked on the next flight with which Sandra then finally agreed – one day too late. After hours of phone calls and emails, Iberia Madrid agreed to an 80 percent refund of our tickets if we booked within one week and flew to Madrid within the same year making no changes to our original itinerary. Which is what we did and a follow up article will be in the Olive Branch after October on our return. So not only did we forfeit 20% of our new booking, we were also penal-

ised with a further thirty Euros (R500) for the cancellation of our seats and had to pay for our first night's accommodation in Lisbon in full as it was too late to cancel. Furthermore we had to pay for another Uber trip home as well as Hazel's return trip to Cape Town. To crown it all, our travel insurance refused us cover as this kind of human error at an airways check-in counter was not listed in their fine print.

The moral of the story is: Check your visa dates on collection at the Embassy to ensure they coincide with your air ticket.

Stand up for your rights or suffer the consequences of extra expenses incurred as a result. What did sweeten this horrific experience for us though, was that whilst we were re-booking our next Portugal trip in October, we stumbled across a discounted offer of fifty three percent via www.booking.com at a 5 star hotel in the Drakensberg for a week.

Well deserved, I'd say!



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- FOR SALE – 1 Bedroom flat in Block B close to all facilities Asking R850 000.





WOW!!! WHAT A LITTLE GEM THE CUCUMBER IS

by Margie Lockwood

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and You realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels Water.
9. Out of WD 40 (Q20) and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have

time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 Seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a Pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.

Extend a hand of friendship

We have all been in the position of being the "newbies" in the Village. The trauma of leaving all that was familiar behind and being relegated to a retirement village, maybe for the first time, is scary to say the least.

Many of us were fortunate enough to be counted amongst the first folk to take up residence in ORV.

Now it is up to each and every one of us to welcome new residents into our ORV family. Some of us have forgotten how daunting it is not to know a soul, and move into a strange place where most

have already made a circle of friends. Please make sure when our new residents show the courage to try and join in activities, they are not fobbed off by "this table is full – you can't sit here!"

It's easy enough to pull up another chair and welcome a new face. Bingo, scrabble, craft etc... are not governed by the number of seats around a table.

Please welcome our new residents. None of us have a limit to the number of friends we are privileged to have. Extend a hand of friendship and reap the rewards.



Smalls, Notices and Classifieds

Only available to residents of the Village

One-Liners - what you have, what you do and what you want for it. This is a free service for all our ORV family. Contact the Communications Committee.

Reduced DSTV

Are You Aware that Villagers are able to get DSTV at a reduced rate? If you are interested in finding out more about this offer, kindly contact Val Pearse of the Entertainment Committee on extension 5144 for more information or to sign up.

Happy Birthday!

Happy Birthday
We would like to wish all our residents celebrating their birthday in August, a wonderful day and an amazing year to follow.

We wish you good health, comfort, contentment and the unending love and support of family and friends. We salute all our August Babies.

The Communications Team

Bereavement Counselling

Everyone of us has experienced the loss of someone close and even a loved pet. Adjusting to life without them can be very difficult and traumatic, with depression, anger and deep sadness.

Bereavement counselling may be able to provide support during this period to help understand the emotions and how to cope and to move forward.

The Health and Well-Being Committee is now able to offer residents a bereavement service. We are very grateful to Andre Jelliman and Errol van der Merwe who have offered their help. There is also an external group of Compassionate Friends available.

Contact Nos: Andre 5230
Errol 5074

Compliments & Complaints Reminder

A reminder to All residents

that any complaints whatsoever can be noted in a book that is held at reception. ALL complaints will be escalated to the parties concerned. If the problem cannot be sorted out by the various committees, the board and eventually the CSI lawyers will be called upon to resolve the issue. Problems cannot be attended to if they are not brought to the attention of those concerned.

Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Tracy's attention.

Electronic submissions can be eMailed to:
olivebranch@olivedalerv.co.za

Quote of the Month

A happy life is not measured by possessions or status... A happy life is a collection of wonderful moments that outweigh the sad or regrettable moments.

T. Fantus

Senior Moment

Errata – In our "Strictly for the Birds" Article in the July issue we incorrectly credited the article. Credit should go to Bob Bromfield who actually submitted the article. We sincerely apologise for this error.

Editorial Contacts

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Maureen Coertzen

Linde McLaren

Jenny Hattingh

Articles for Submission

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olivebranch@olivedalerv.co.za

Deadline is 22nd of each month.

Key Tips

A resident recently lost a back door key and after finding it, made a list of all the unit's key numbers to keep in a safe place. A new key can easily be cut or purchased - if you know the key's number.



The office has a collection of all the spare keys available for the village.

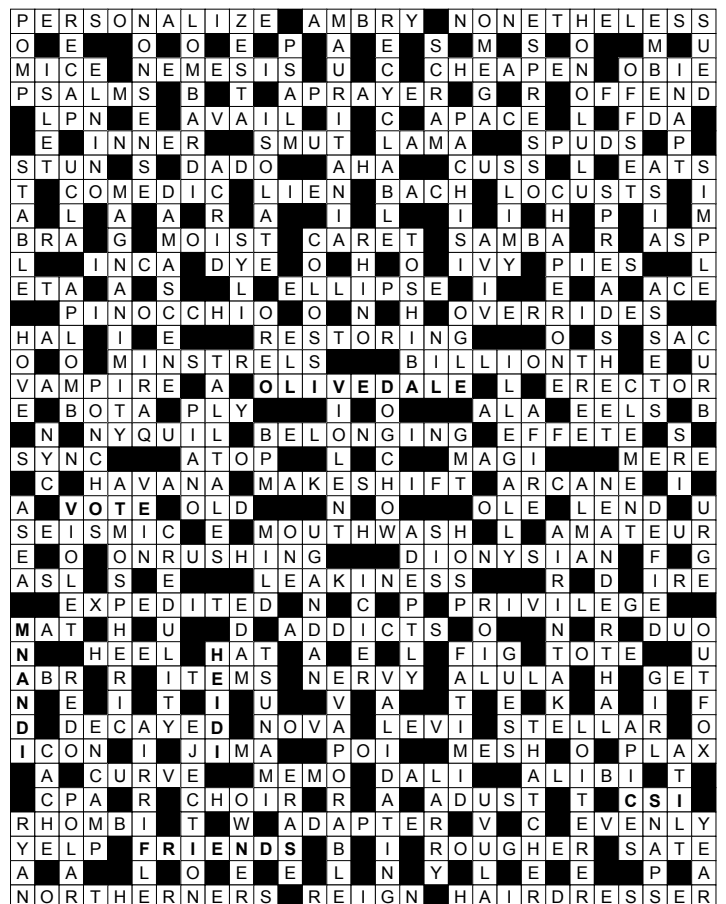
Without the missing key's number you will have to try to find the matching key among 100 + keys as similar doors' keys in the units do not match.

If the door is locked, your door will have to be taken off at the

hinges or you will have to get a locksmith to open it at great expense.

Furthermore, do remember to hand in your front door keys at the Frail Care Centre as well as your bedroom key should you be in the habit of locking your bedroom door at night. Very important to remember is to take your key out of the key hole when you retire to your bedroom at night to allow access.

Simply tie the key onto the inside door handle with a long string for fast access and never having to hunt for it in a crisis.



Retirement Villages

PROPERTY SALES & RENTALS

└ DOUGLASDALE RETIREMENT VILLAGE (BRYANSTON)

└ FEATHERBROOKE HILLS RETIREMENT VILLAGE (WEST RAND)

└ OLIVEDALE RETIREMENT VILLAGE (RANDBURG)

- FRAIL CARE FACILITY ON PREMISES
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