

The Olive Branch

Reaching out to everyone

June 2019
Issue 6/2019

A PATH TO MEANDER ALONG

by Linde McLaren

Eighteen months ago Frail Care residents who were still able to move around had nowhere to walk other than up and down the passage. Unfortunately lawns are not really wheelchair or walker friendly as it is difficult to push them over the grass and so the long stretch of lawn at Frail care was never used. Linde McLaren and Fatima Pereira, whose mom lives in Frail Care, came up with the idea to build a paved path for the residents to walk along in safety. The Board gave Tracy-Lynne Daling, our General Manager at the time, permission to spend the Olive's Pocket fund on a project in the village and she decided that the path would be just the right one (Olive's Pocket was built up over a number of years through the R5 charged when booking a maid, and is now discontinued).

After many obstacles to overcome and even more delays, Frail Care residents, their families, and other guests gathered in the Frail care garden for the official opening on 10 May this year, with the chairman of the Frail Care Residents Committee, Revd. Trevor Slade, acting as MC for the occasion.



Image Margaret Cochrane
Revd. Trevor Slade presiding at the opening

Our guests of honour were, of course, our Frail Care residents.



Image Elmien Smit – Guests at the opening ceremony

Adam Mostert, our HOA Chairman, urged the residents to visit the garden at least once a day as it has been scientifically proven that being among plants is beneficial for one's wellbeing.

Starajeen Artman from Unique Health, our Frail Care service provider, thanked all involved for the wonderful enhancement that the path made to the Frail Care facility.

Estelle Visser, Director for Health and Wellness, read a poem that aptly described what it takes to tackle and complete such a project.



Image Elmien Smit – Tracy-Lyn Daling cutting the ribbon

After Tracy cut the ribbon to officially open the path, Matron Petro de Beer unveiled the name: Olea Meander/Kronkelpad. Olea is the botanical name for olive.



Image Linde McLaren – No olives there, but the path does meander!

Finally, Linde McLaren, who led the project, thanked the many people who encouraged and supported this project, and all the villagers and our sprinkler system installer, Willie Annandale, who so generously donated plants, pebbles, rocks, pots and ornaments for the garden.



Image Linde McLaren
The Olea Meander in the Frail Care Garden



Image Linde McLaren – An interesting design along the path

A special word of thanks went to Estah Todd who proposed the innovative garden layout with lines of paving through the flower beds intertwining with the path; the ORV Afrikaans congregation for a very generous donation that bought a bird bath and six pots with trees leading up to it; Christ Chapel Ministries (ORV English congregation) for a beautiful sundial on a pedestal; Witkoppen Wildflower Nursery for some very generous discounts; Gibson Phiri, who planted the garden; and Simpiwe Dube, who is weekly carrying on the battle against the myriad of weeds that grow with such enthusiasm.

All this gave us good reason to celebrate the opening of the garden properly in the Frail Care common room with scrumptious refreshments, which we sure did.



Image Elmien Smit
Time to celebrate

Editorial

Hello June - almost mid-year and the Winter Solstice in about 3 weeks time. We'll be counting down to Christmas in the blink of an eye.

We have an interesting selection of articles for this edition - from the sublime to the ridiculous. Our Front Page covers the opening of the Frail Care meander and gives a little background as well.

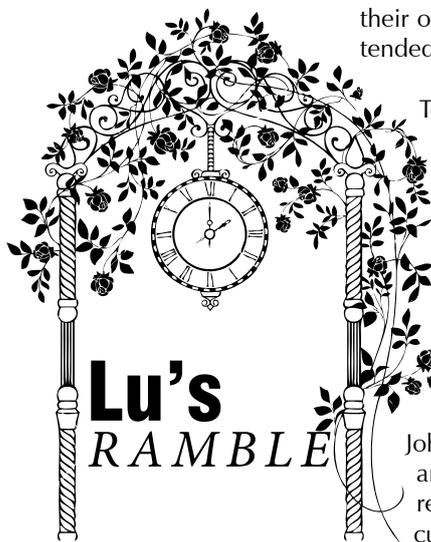
We have an article from Linde which explains all about surveys and why we should take part in them so as to give feedback to those that need it and then we hear about the training being run in the village for our support groups, both as regards First Aid and also for Fire Fighting. Liz lets us know about this month's "Strawberry Moon" and how it got its name, and we see a couple of images relating to the recent visit by the Men in Red.

Ken lets us have another view into the mind and the brain and how we are responsible for the creation of our own reality from the physical world around us.

We get reports back and images by Margaret which cover several events that have occurred in the past month - she really is a great roving reporter and photographer for the Olive Branch. As usual we have the Village Diary and some short pieces covering the in house clubs and the Crossword competition as well as reporting back on some of our celebrations such as the monthly bash for our Birthday celebrities.

Lu, as always, entertains us with her ramble and also supplies us with a great recipe for delicious Cheese Straws - yum.

Remember to keep warm this Winter - I think it is going to be a cold one. 'til next time, Chris.



Lu's RAMBLE

Hello All. I must say that I had the most amazing experience. I was fortunate enough to be a small part of the Jumble Sale held at the beginning of last month.

We were supposed to start the sale at 09:30 am, but staff began queuing at 08:00 am. Why wait, so as soon as all the items were displayed, we "opened the doors". Never have I seen such delight on peoples' faces. The goods for sale were of the best quality - not a frayed edge or missing button in sight. Some had never even been worn as the little plastic container bearing a spare button was still firmly attached.

One can only appreciate the warm generosity of all who donated the items for sale. The staff were delighted at the quality and the token price of everything.

Although gainfully employed, many of them not only support

their own families, but large extended families as well.

To everyone who donated and supported this fund raiser, Thank You! Not only have you brought a huge smile to many faces, but also enabled the Garden Committee to continue to develop and beautify our surroundings.

Johann Tait was our 'cashier' and every item sold was registered and a totally accurate tally kept.

Thanks Johann you're a star. All the items that were not sold have been boxed and Di Main is arranging for them to be delivered to the Toekomstvenster Centre in Krugersdorp.

Like ripples in a pond, the benefit of this Jumble Sale has

far reaching effects. Talking of buying goods, have you noticed how so many supermarket chains are enticing people into buying larger quantities than you need, with one spending much more than you would have on a single item.

Keep vigilant! Quite often you buy 10 items for a price only a few rand cheaper and find out later that the goods were about to expire in a day or two.

Have you ever tried to get through 5 tubes of toothpaste in a week? Your flashing white teeth will blind us all! We have to be canny shoppers people!

Well, I've waffled on long enough, and would hate to be the cause of eyestrain.

Keep well and happy my Olivedale Family.

Meet Vivienne Whiley

My name is Vivienne Whiley and I have joined Unique Health in Frail Care as one of the RN's (Sister).

I am happily married and have two delightful children who are now grown up and overseas enjoying their adventure of life.

I qualified at Grey's Nurses Training College in 1990. I married and went to England where I nursed in private hospitals for the elderly and then in Addenbrooke's hospital in the Neurosurgery and critical care unit for 3 years. We then came back to SA in 1996 with two children. After a while I worked for doctor's rooms then back into the



hospital arena in a maternity postnatal ward in Westville hospital for a few years. I then started catering for a Frailcare in Winston Park (Hillcrest) where I cooked for forty people.

I look forward to getting to know everyone here at Olivedale Retirement village and Frail Care.

Cheese Straws

Ingredients

250 g (1/2 lb) butter
250 g (1/2 lb) Cheddar cheese
2 1/4 cups flour
2 tsp baking powder
1 tsp salt
1/2 tsp cayenne pepper
1 egg
Ice water

Method

1. Mix the dry ingredients.
2. Grate the cheese and mix with the dry mixture.
3. Grate the butter and work into the dry mixture.

4. Add cold water drop by drop and mix into a stiff dough.
5. Roll out to 6 mm (1/4 inch) thickness and brush over with beaten egg.
6. Cut fingers 1 cm x 7 cm (1/2 inch x 2 1/2 inch).
7. Bake in a hot oven at 250°C (480°F) for 10 minutes.
8. Dry in a cool oven and store in airtight containers.

Your Favourite Recipes

Do you have a favourite recipe that you would like to share with the Village? Just drop us a line - we would love to hear from you.



HOW SURVEYS WORK

by Linde McLaren

A big thank you to the ORV residents who recently participated in a survey about our dining room here at Olivedale; the outcome will be available soon. With the last survey still fresh in your mind, it may be worth peeking at how surveys actually work.

Surveys are about finding out how people feel and what their needs are. There are a few things that you as participants can do to make a survey more accurate in this regard.

- Take part and return your questionnaire. The more people that participate, the more accurately the results will reflect the views of the village. If only a small proportion of questionnaires are returned, the results may be skewed as those who did not answer may have different views to those who did complete the survey. This may lead to poor decisions based on these results that are not representative of the whole village.
- Give your honest opinion. Surveys are usually anonymous as that does lead to more honest answers and often greater participation in a survey. Never try to give the answer that you think the researcher wants; there are no wrong answers and your own opinion is of much more value.
- Follow the instructions for each question. Some questions are pre-coded. That means that a set of possible answers are provided from which you must select the one that comes closest to your view. If you write in your own answer instead of ticking a pre-coded answer, the written answer is discarded for that particular question, since the researcher may not assume which box you intended to tick. These written answers may or may not be considered along with the comments at the end of the questionnaire.
- Answer all the questions. Some questions are used for purposes of analysis and if they are left blank, all the answers from that respondent cannot be used in that particular tabulation. For example,

if you do not tell us how many meals you usually eat, we cannot classify you into the light or heavy user categories for analysis purposes. A blank answer on a rating scale may not be quite so serious, though we would rather know what you think. If you do not use a particular product or meal, a blank answer will probably tell us so, and that is better than “fabricating” an answer. As said before, honest answers are by far the best.

You may wonder how the results of the survey are used. One very important way is that the results form a benchmark against which to measure performance. A once off survey is useful, but when a survey is repeated on a regular basis one can see whether the performance is improving or slipping compared to previous measurements. It thus becomes an incentive to the service provider to improve their ratings or to at least maintain them.

Things get really interesting when a large enough number of questionnaires are returned so that one can start to compare responses from different groups of people and so pinpoint problem areas. For example, are the responses from those who live on their own different to those who live with someone. In the dining room survey we found that there were indeed such differences.

Surveys do not make decisions for management, but they do provide information and insight which helps management to make better decisions. However, the information on which these decisions are based must be good information because bad information is much worse than wrong or no information at all! And so we have come full circle: the more questionnaires that are returned, the more accurate the survey will be and thus provide better information for the decisions.

So, keep the above in mind when you fill out those questionnaires for our next survey, to enable the Board and management to make the best decisions for the village.



The mind & the brain

by Ken Matthis

The Brain.

This bodily organ is really a magician. It transforms the dead physical world of matter into a human experience. It does this by translating the sensory input we as humans receive via our five senses into human experiences that are recognizable as human experiences. For instance, our eyes convey light rays into our brains which then transform these raw physical events into sight. In other words, light rays become things we see, like objects. We don't experience light waves, we experience objects, like things outside our bodies, things like other people, cars, trees etc. Now the magic starts, the brain does the work of transformation, and this transformation takes place inside the margins of our brains. But, we don't see objects inside our brains we see objects outside our brains, objects are seen outside the margins of our bodies, in the world.

How does the brain do this?

Similarly we don't hear sounds inside our brains, we hear sounds in the world, we don't hear dogs barking in our brains, we hear dogs barking in the outside world. This is true for our other senses, we smell a rose in the garden, we don't experience molecules in our noses, we experience the smell of a rose.

The same applies to our sense of touch and taste. Some explanations for this phenomenon have been that our brain projects its inner workings onto the world. However the exact mechanism of projection is unknown. Once the brain has transformed dead physical matter into human sensory experiences, and projecting that back into the world it then creates a Mind. The mind then apprehends the recognizable

human world and gives it meaning. The brain creates the world into recognizable senses and the Mind invests that world with meaning. The meaning is created by me, the individual into whatever meaning I give it.

The meaning I give to what our senses perceive is unique. Differing from person to person. It gives meaning to my world. This investing of meaning to my world is solely my responsibility. Seen from a different angle, I can say that I am the centre of my world, but I am not the centre of your world, you are the centre of your world.

I am the creator of my own world in that I give my sensory world my individual meaning to it. The meaning I give to my world is my own responsibility. This creation is the result of my own choices. I have freedom to choose whatever value or meaning I give to my world. In this sense, if I choose the meaning of all my lived experiences, I achieve true freedom and as a consequence of these choices I achieve total freedom from being a victim of the world. In other words I create my world, and as such I will be forced to live the consequences of my creation.

If I see myself as the victim of the world's malice, I will live that truth, and bear the consequences. If I interpret my experiences as having deeper benign meaning, then my life will reflect my benign intentions. So my question to myself is: what have I made of my life / what meaning do I give to my life and all my various experiences?



June in History

June 1, 1801 - Founder of Utah and patriarch of the Mormon church Brigham Young (1801-1877) was born in Whittingham, Vermont. Called the "American Moses," he led thousands of religious followers across the wilderness to settle over 300 towns in the West, including Salt Lake City, Utah.



June 3, 1937 - The Duke of Windsor married Wallis Warfield Simpson in Monts, France. As King Edward VIII, he had abdicated the British throne in December of 1936 amid tremendous controversy to marry Simpson, an American who had been divorced. Following the wedding, the couple lived in France and had minimal contact with the British Royal family. The Duke died in Paris on May 28, 1972, and was buried near Windsor Castle in England.

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. In September, they repeated the experiment for King Louis XVI, using a sheep, rooster and duck as the balloon's passengers.



June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.



June 9, 1898 - The British signed a 99-year lease for Hong Kong, located on the south-eastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

June 10, 1922 - Judy Garland (1922-1969) was born in Grand Rapids, Minnesota (as Frances Gumm). She is best remembered for her portrayal of Dorothy Gale in *The Wizard of Oz* (1939) and other films including *Meet Me in St. Louis* (1944) and *Easter Parade* (1948). She became one of the most popular concert performers of the 1950s and '60s and broke box-office records in New York City and London. She was found dead of an overdose of sleeping pills in London on June 22, 1969.



June 11, 1991 - Mount Pinatubo in the Philippines erupted, spewing ash into the air, visible over 60 miles. The surrounding areas were covered with ash and mud created by rainstorms. Nearby U.S. military bases were also damaged.

June 11, 1994 - After 49 years, the Soviet military occupation of East Germany ended. At one time there had been 337,800 Soviet troops stationed in Germany. Over 300,000 Russians died during World War II in the Battle for Berlin.

June 12, 1929 - Anne Frank (1929-1945) was born in Frankfurt, Germany. She is perhaps the best known victim of the Nazi Holocaust. Anne and her family moved from Germany to Amsterdam to flee Nazi persecution, then went into hiding in a small attic after Holland was invaded by Nazis. She contracted typhus and died at Bergen-Belsen in 1945. After the war, her father published her diary, which inspired the world, revealing a young woman who had managed to remain hopeful, despite it all.



June 14, 1951 - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia. It was installed at the Census Bureau and utilized a magnetic tape unit as a buffer memory.

June 15, 1215 - King John set his seal to Magna Carta, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.



June 15, 1843 - Pianist and composer Edvard Grieg (1843-1907) was born in Bergen, Norway. He incorporated the rhythms and melodies of Norwegian folk music into his songs and instrumentals including Piano Concerto in A Minor, Peer Gynt Suite, Norwegian Peasant Dance, and Ich liebe Dich.

June 16, 1963 - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site. She manually controlled the spacecraft completing 48 orbits in 71 hours before landing safely.



June 16, 1890 - Film comedian Stan Laurel (1890-1965) was born in Ulverston, England. He teamed up with Oliver Hardy as Laurel & Hardy delighting audiences for more than 30 years.

June 18, 1815 - On the fields near Waterloo in central Belgium, 72,000 French troops, led by Napoleon, suffered a crushing military defeat from a combined Allied army of 113,000 British, Dutch, Belgian, and Prussian troops. Thus ended 23 years of warfare between France and the other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former vain-glorious Emperor died alone on the tiny island, abandoned by everyone.





June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger, launched from Cape Canaveral, Florida.

June 18, 1886 - British explorer George Mallory (1886-1924) was born in

Mobberley, Cheshire, England. When asked why he wanted to climb Mount Everest, the highest mountain in the world, he simply answered, "Because it is there." He disappeared while climbing through the mists toward its summit on the morning of June 8, 1924. His body, perfectly preserved due to the cold conditions, was discovered by climbers in 1999, just 600 meters (2,030 feet) from the summit.



June 21, 1982 - Britain's Prince William (William Arthur Philip Louis) was born in London, June 21, 1982.

June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.



June 24, 1895 - Boxing champ Jack Dempsey (1895-1983) was born in Manassa, Colorado. Dubbed "The Manassa Mauler," he reigned as world heavyweight champion from 1919 to 1926. Following his boxing career, he became a successful New York restaurant operator.



June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full scale invasion of South Korea. Five days later, U.S. ground forces entered the conflict, which lasted until July 27, 1953, when an armistice was signed at Panmunjom, formally dividing the country at the 38th parallel into North and South Korea.

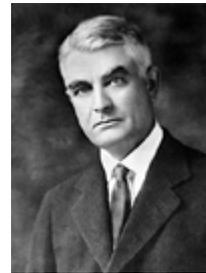
June 25, 1903 - British satirist George Orwell (1903-1950) was born at Montihari in Bengal (as Eric Arthur Blair). He is best known for two works of fiction Animal Farm (1944), and 1984 (1949).



June 26, 1892 - American author Pearl Buck (1892-1973) was born in Hillsboro, West Virginia. She became a noted authority on China and wrote books including The Good Earth which revealed the mysterious Chinese culture to Western readers. She received a Nobel Prize in 1938 for her many books.

June 27, 1859 - American musician Mildred J. Hill (1859-1916) was born in Louisville, Kentucky. She composed the melody for what is now the world's most often sung song, Happy Birthday to You.

June 28, 1577 - Flemish painter and diplomat Peter Paul Rubens (1577-1640) was born in Siegen, Westphalia, Germany. Regarded as the greatest of Flemish painters, he was considered the master artist of his day. He was also skilled in science and politics and spoke seven languages. Among his masterpieces; Le Coup de Lance and The Descent from the Cross.



June 29, 1861 - American surgeon William Mayo (1861-1939) was born in LeSeuer, Minnesota. He was one of the Mayo brothers, pioneers of the concept of the group clinic, bringing together specialists from a number of medical fields to better perform diagnoses and treatment. The Mayo Clinic in Rochester, Minnesota, became an internationally known medical centre.

June 30, 1997 - In Hong Kong, the flag of the British Crown Colony was officially lowered at midnight and replaced by a new flag representing China's sovereignty and the official transfer of power.



The Men in Red

Images Margaret Cochrane

The Village was once again privileged to be enthralled by the beautiful voices of the Male Voice Choir - the Men in Red.

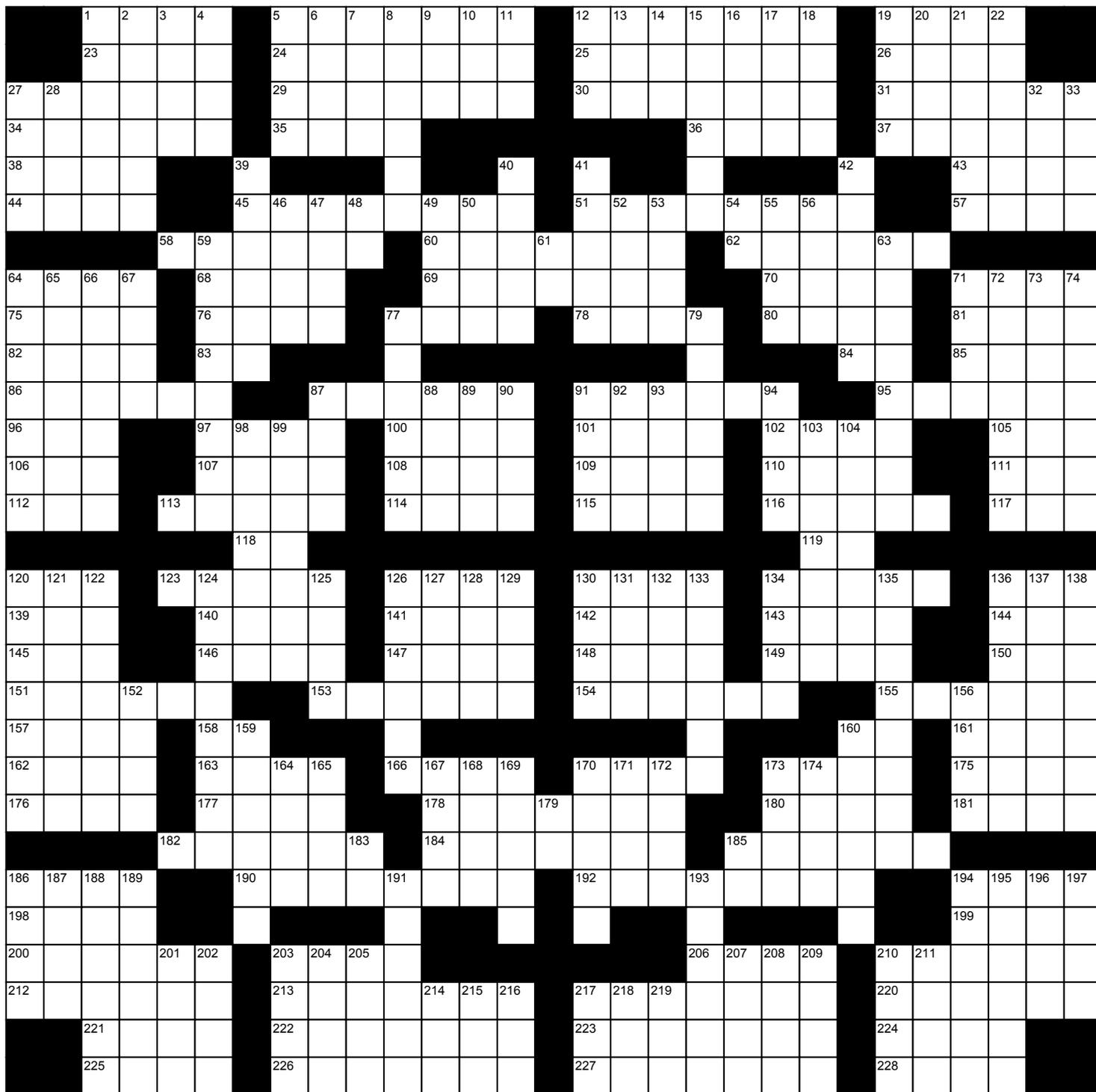
Two of our very own are members of this impressive choir - Johan Tait and Tom Addison.



Bevil taking it easy after the singing.



Crossword Puzzle



ACROSS

- 1 Sure
- 5 Tread
- 12 White flower, common lotion smell
- 19 Slant
- 23 Water (Spanish)
- 24 Supplies oxygen
- 25 Route of travel by planes
- 26 Writer Bombeck
- 27 Makes reference to
- 29 Rank of peeress
- 30 Canadian city

- 31 Pad of paper
- 34 Publicly
- 35 Strip
- 36 Gofer
- 37 Wiggly
- 38 For fear that
- 43 Lop
- 44 Allows
- 45 Cereal type
- 51 Animals in general
- 57 Not there
- 58 Adrift
- 60 Pudding flavor
- 62 Not brunette

- 64 Injure
- 68 Rowers needs
- 69 Double v-shaped gasoline
- 70 Track
- 71 Smile location
- 75 Teen disease
- 76 Alcoholic drink
- 77 Ban
- 78 Ceases
- 80 Killed
- 81 Absent without leave
- 82 Plunge into water
- 83 Little Rock locale

- 84 British princess
- 85 Be in a ___
- 86 Reviser
- 87 Many
- 91 A Nissan car
- 95 Giving a title to
- 96 Intelligence
- 97 Cart for hauling heavy things
- 100 Stadium
- 101 Night time "sun"
- 102 Gasbag
- 105 Thai
- 106 Dined

107 Crave
 108 Object
 109 Talk over
 110 Extremely long time periods
 111 Estimated time of arrival
 112 Grain
 113 Immature insect
 114 Citizen of Denmark
 115 Upon
 116 Drunk
 117 Last month of year
 118 Scale note after re
 119 ___ joe (tv cartoon)
 120 Abridged (abbr.)
 123 Separate
 126 Planted seeds
 130 Big party
 134 Records
 136 Parody
 139 Downwind
 140 Gets older
 141 Appeal
 142 Lotion ingredient
 143 To
 144 Cutting tool
 145 Business title ending
 146 Plateau
 147 Snaky fish
 148 Electric light
 149 Association (abbr.)
 150 Kimono sash
 151 Small scoop
 153 Cola brand
 154 Nonjudgmental
 155 "Star Trek"'s Spock's race
 157 Land mass
 158 Horsepower (abbr.)
 160 Scottish "one"
 161 Pit noise
 162 Fox holes
 163 Spring
 166 Tides
 170 Some (2 wds.)
 173 Tense
 175 False bible god
 176 Potato sprouts
 177 Gas burner
 178 Edited
 180 Bare
 181 Otherwise
 182 Sew together
 184 Ogling
 185 Unit of electric current
 186 Information
 190 Stronger than steel
 192 Without teeth
 194 Topple
 198 Doe
 199 Canal
 200 Revere
 203 Rally
 206 Type of guitar
 210 Tax payers fears

212 Dress
 213 Least difficult
 217 Marital separation
 220 Small forests
 221 Alter
 222 Admit (2 wds.)
 223 Cajun
 224 Giant
 225 Scoot
 226 Most sharp
 227 Yard for hens (2 wds.)
 228 Camping equipment

DOWN

1 Most secure
 2 Representatives
 3 Roll
 4 Effortless
 5 Raps lightly
 6 Careen
 7 Location
 8 Martin Luther King Jr., for example
 9 School group
 10 Lower limb
 11 East southeast
 12 Not thin
 13 River (Spanish)
 14 Be incorrect
 15 Married secretly
 16 Cosecant's opposite
 17 Towards
 18 Billions of years
 19 Antes
 20 Asian country
 21 Attack
 22 Briny
 27 Whorl
 28 Fencing sword
 32 Native ruler in Asia
 33 Font
 39 Pastry
 40 Quaking tree
 41 Blasphemed
 42 Wrote
 46 Unicorn part
 47 Alleviate
 48 Movie alien
 49 Scratch
 50 Hawaiian island
 52 Computer "button"
 53 Ground
 54 Pound (abbr.)
 55 Evils
 56 Colt
 59 Forward motion
 61 Ceasar's four
 63 Moist in nature
 64 Waged (2 wds.)
 65 Amount of sourness
 66 Dinner guest
 67 Get together
 71 Grow
 72 Expected
 73 Having same ancestor
 74 Mournful

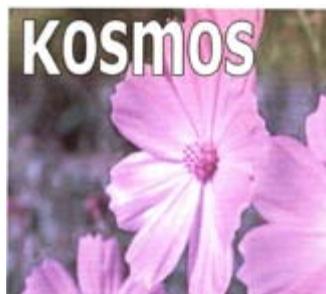
77 Seamy
 79 Japanese religion
 87 Tale
 88 Small particle
 89 Prayer ending
 90 Districts of ancient Attica
 91 Bullets
 92 Seabird
 93 Beep
 94 To incite
 98 Search thoroughly by handling
 99 Has in mind
 103 Beginnings
 104 Stalkers
 120 Telescopic survey equipment
 121 Pry (2 wds.)
 122 Lies back
 124 Tract
 125 Despot
 126 Coins
 127 Margarine
 128 Hale
 129 Space ship builders
 130 Baby's "ball"
 131 Short for aluminium
 132 Fly alone
 133 Israelite
 134 Twofold
 135 Transmitter
 136 Withdrawn
 137 Tents
 138 Flicker
 152 Girl
 156 Ear part
 159 Small
 160 Concordant
 164 Opposed

165 Treaty
 167 Indonesian island
 168 Type of cheese
 169 Plant trunks
 170 Aries the Ram
 171 Defend
 172 Bezel
 173 Austin novel
 174 Department (abbr.)
 179 Tv show
 183 Laughter sound
 185 By
 186 Notion
 187 Bird's home
 188 Feet shackle
 189 Potato brand
 191 State
 193 Cipher
 194 Soft felt hat
 195 Movie " ___ Runs Through It" (2 wds.)
 196 Low-cal
 197 Not as much
 201 Little Mermaid's love
 202 Allot
 203 Wood
 204 Wheal
 205 Island
 207 Opera solo
 208 Former wound
 209 Mail
 210 Excited
 211 Goad
 214 Ram's mate
 215 Bro.'s sibling
 216 Trinitrotoluene
 217 Morse code "T"
 218 Frost
 219 Truck

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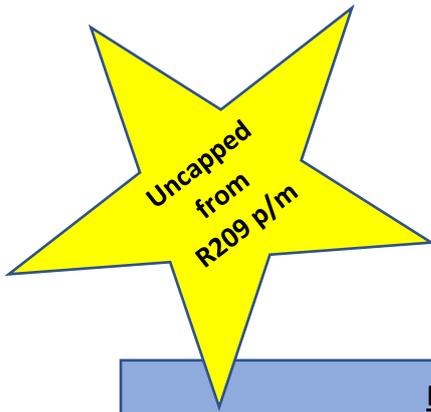
DATE: Monday 10 June 2019



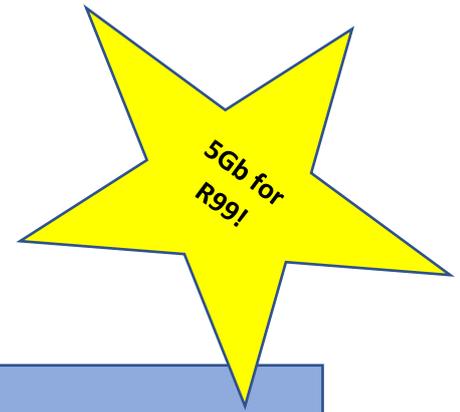
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by: Liz Sole

Did you know that we are going to see a "Strawberry Moon" in the middle of June?

This is the description given to the Full Moon in June allegedly by the Algonquin tribes of North American Indians.

Before the days of calendars and clocks, a number of primitive peoples based their life patterns on the movement of the stars and the moon.

The full moon in the middle of the northern Summer indicated that it was time to go out into the countryside and pick

the wild strawberries which would be ripening at this particular time. It was not only strawberries but many other varieties of berries growing in the wild which were harvested.

The name has stuck but the full moon is also called the Honey Moon or the Rose Moon in other cultures.

Full moons at other times of the year or in different seasons also have colloquial names which originated way back in time and have somehow lasted through the years.

This year, the date of the Full Moon this month is June 17th.

CHRIST CHAPEL MINISTRIES
Christian Interdenominational Worship
OLIVEDALE RETIREMENT VILLAGE

BELONG – BELIEVE – BEHAVE

Founder: Revd. Gwyn Slade
 Cell: 072.027.7788
 Assisting: Revd. Andrew Payne
 Assistant: Revd. Errol van der Merwe
 Email: tslade@mweb.co.za
www.sladeweddings.co.za
www.stjohndivineovc.co.za

Revd. Trevor Slade
 Cell: 083.391.1215
 Cell: 082.854.4489
 Cell: 072.191.3502
 Office in North Riding

Our Lord Jesus invites us to put our total faith in Him:

"If you believe, you will receive whatever you ask for in prayer"
 (Matthew:21:22)

WEEKLY SERVICES

- **SUNDAY Interdenominational Communion Service every Sunday at 9.30am in the Community Centre. Fellowship tea and coffee after the Service**
- **MONDAY Christian DVD, drinks and snacks 5pm – 7pm in the Community Centre and Restaurant**
- **THURSDAY Bible Study 10am – 11am in the meeting room.**

ALL WELCOME – and do feel free to bring a friend with you – many Blessings



We at EZ Cleaners would like to offer a Special to the residents at Olivedale Retirement Village.

Cleaning of 1 or 2 Rooms	R300.00
Cleaning of 1 Wingback Chair	R125.00
Cleaning of 1 Two Seater Couch	R145.00
Cleaning of Double Mattress	R180.00
Cleaning of Single Mattress	R150.00

Loose carpets, there is an additional cost of R80.00 each.

We use an Industrial machine, if there are any fleas or dust mites in the carpets these will be extracted.



E-Mail felicity@ezcleaners.co.za | Contact: 078 717 2796

9 DECADES TWICE!

We are blessed to celebrate 9 decades for two of our residents.

Image by Margaret Cochrane
 Birthday Boy at 90 Bob cuts the May Birthday Cake.



Image by Liz Sole – Another ORV
 90-year old Rio Trio

Mother's Day

Images supplied by Tertia Poole

On Saturday 11/05/2019 Trafalgar staff spoiled residents with cupcakes for Mother's day.



African Month — by Margaret Cochrane



Lionel Smith on his 4th desert today - yummy.



Look at our beautiful waitresses dressed up for African Month.

Music Quiz



by Margaret Cochrane

The Music Quiz was an enormous success as usual. There were so many people you could not move around at all. It is by far our most popular function.

The eats were amazing as usual. The Social Committee work so hard – this village would be so boring without them. I have never seen anyone work as hard as Val Pearse.

Frail Care Garden

I happened to be at the opening of the Frail Care Garden and took a picture of the cutting of the ribbon by Tracy-Lynne Dalting.

Best Wishes, Neal Westgate.



First Aid Training

by Tertia Poole

The Basic First Aid course took place over 2 days (19 & 20 March 2019). The following people were trained:

- | | |
|------------------|-----------------|
| Sylvia Cqola | Fidelity |
| Bonga Sithole | Fidelity |
| Sarah Mulwela | Fidelity |
| Tertia Poole | Trafalgar |
| Nicole Milder | Trafalgar |
| Christina Savva | Trafalgar |
| Confidence Mudau | D&S Maintenance |
| Clement Nori | D&S Maintenance |
| Tshepo Shongwe | D&S Maintenance |



The Fire fighting course took place on the 26th of March 2019.

The following people were trained:

- | | |
|--------------------|-----------------|
| Jack Moruti | Fidelity |
| Luvuyo Ngquphantsi | Fidelity |
| Embros Mayimele | Fidelity |
| Mpho Manenzhe | Fidelity |
| Tertia Poole | Trafalgar |
| George Motebo | Trafalgar |
| Confidence Mudau | D&S Maintenance |
| Clement Nori | D&S Maintenance |
| Tshepo Shongwe | D&S Maintenance |



Smalls, Notices and Classifieds

Village Diary

Monday 10 June – Health and Well Being is sponsoring “Understanding Arthritis”. In the Service Centre Hall at 14:00. The cost of R15-00 pp includes admission and coffee/tea. Presented by the Arthritis Foundation. Please note the start time is earlier than normal.
Thursday 27 June – Annual

General Meeting to be held at 15:00 in the Dining Room.
Social Club Activities.
Monday 17 June – Birthday Tea Party for all June birthday babies at 3 p.m. in the Dining Room. Remember, although you as the birthday baby do not pay, if you bring any guests, the cost is R20 per extra person attending.

Goods & Services

Professional Embroidering

For personalised professional machine embroidered Monograms, Initials etc... please contact Heather Bilbrough on extension number 5415 or externally on 010-596-5415.

Delicious Home Bakes

From mouth-watering eclairs and cupcakes, to exquisite cakes and anything in between. Tell me what you want, and I can bake it. Hettie Jordaan, Unit: 535 Tel: 5333

Photo Service

ID, Passport & Driver's Licence Contact number: 5363 or 071-090-8432. Price : R40 for 8 pictures. At unit 555 Monica

For Sale “Huggy-Bunny”

seedbags R70 each. Heat in the microwave and use to soothe any aches, pains,

cramps and strains, or just to keep your toes warm in bed in winter. Several colours available. Contact x5428

Leather Craft

Beautiful genuine hand-crafted leather belts and other personal goods made to order. Repairs and resizing also available. Contact Eric Brown Unit 421 Tel 5233.

Indigo Key Computer Training

I teach you what you want to know, also assist with online applications, Visas etc... Angie Cell 079-888-7521 Apartment 544 Ext 5402

Pet/house sitting

(excellent references). Contact Trish Blyth, Unit 448, ext 5116 in evenings or mobile no. 074-239-1602.

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 Reception for the Editor's attention.

Crossword Puzzle Competition

We have had two entries so far. Congratulations for your interest and the work you put into it. For those who still want to enter, don't be put off by the challenge, it's fun. Ken

ORV Chess Club - time change

After much discussion and deliberation, and owing to the noise levels in the dining room on Thursday afternoons, we have decided to play chess on Friday mornings from 09:15. Tom Addison.

Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at Reception for the Editor's attention.

Electronic submissions can be emailed to:

olivebranch@olivedalerv.co.za
 Deadline is 22nd of each month.

Compliments/Complaints/ Suggestions

A reminder to all residents that cards are available to complete and place in the box

at reception. ALL complaints will be escalated to the parties concerned. Problems cannot be attended to if they are not brought to the attention of those concerned.

Please remember that it is just as important to register your compliments as well - they will most certainly be appreciated.

Thank You Maria Teixeira!

From Lu Penberthy – We wish to say thank-you to Maria Teixeira owner of Fresh House for the use of a shopping trolley to help the residents of the apartment blocks to get their shopping from the reception area up to their residences. Please remember to return the trolley to the ground floor once you have finished with it.

Advertising Costs

Here is a schedule of advertising costs for the Olive Branch - cost is per issue.

Full Page (R800) 19.5 x 28cm
 Half Page (R400) 19.5 x 14cm
 Quarter Page (R200) 9.75 x 14cm

Strip (R100) 19.5 x 3cm (across bottom of page).

The Half/Quarter page Ads can be rotated 90° if so desired.

Happy Birthday

We would like to wish all our residents celebrating their birthdays in June, 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.

Remember - a Birthday Tea is organised by the Social and Entertainment Committee on the 3rd Monday of every month for those who are celebrating their birthdays during that month. The Birthday baby does not pay - however, if you bring extra guests, the cost is R20-00 per person attending.

We salute all our June Babies. The Communications Team.

Disclaimer

The articles and ideas published in this newspaper are those of the authors and do not necessarily reflect the views of the Olive Branch Editorial Committee or the Olivedale Home Owners Association.

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Lu Penberthy

Di Main

Elizabeth Sole

Advertising

Nicole Mulder

Board Rep

Linde McLaren

Village Management Rep

Tertia Poole

SOLUTION

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Olivedale Retirement Village

Units For Sale

- * 2 Bedroom, 1 Bathroom apartment for R1 090 000
- * 2 Bedroom, 1 Bathroom apartment for R1 000 000
- * 1 Bedroom GROUND FLOOR, apartment for R900 000
- * 1 Bedroom, 1 Bathroom apartment for R729 000
- * 3 Bedroom, 2 Bathroom, single garage house for R2 100 000

Ruan Erasmus | 071 481 6199

ruan@csisales.co.za



Units To Let

- * 1 Bedroom apartments starting from R6000 pm
- * 2 Bedroom cottage starting from R10500 pm
- * 3 Bedroom cottage starting from R12500 pm

Rickie Pretorius | 061 527 7625

rickie@csirentals.co.za



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