



HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN APRIL



Above : Pollie Mereis cutting the birthday cake.



The birthday bash photos of Hazel celebrating her 85th birthday with friends .



RECENT EVENTS

CHEESE AND WINE EVENING

The 13th April was a lucky day for those who went to the Spar sponsored evening. The platters supplied by All Saints Spar were excellent with more than just cheese and crackers. They also made sure that there was no shortage of food and some were lucky enough to share fruit platters as well. For those of us who cannot have alcohol, fruit juice and bottled water was supplied, which I for one

appreciated.

The highlight of the night was the singer, Andre van der Sandt. He is the nephew of one of our residents and I certainly hope it is not the last time he entertains us. He was fabulous, playing his guitar with backup electronic instrumentals. He sang from 6 to 9, nonstop, everything from Dean Martin to Elvis, to Fats Domino and Tom Jones and everything in between. He asked

residents for requests and the songs were a testament to the good music tastes of our residents. He has a beautiful voice and a personality that really appealed to us oldies. So many people were on the floor almost all evening and thoroughly enjoyed themselves.

Well done and a big thank you to all those involved in the planning and organisation of the evening.



VILLAGE NEWS

WELCOME TO OUR NEW RECEPTIONIST



Hi everyone, my name is Natasha van Blerk, nicknamed Blondie. I spent my early years in Cape Town before moving to Johannesburg during my high school year.

I have been married for 17 years and have 3 daughters. Two much loved huskies are also part of my family.

My hobbies include biking, sewing and trying out new recipes. I have been working for Trafalgar for 6 years in the financial department.

I'm passionate about my work and would describe myself as an open and honest person who doesn't believe in misleading people and try to be fair in everything I do.

EDITORIAL

Dear friends

Welcome to the latest edition of the Olive Branch.

May has arrived and the days are becoming cooler especially in the early morning and evening.

Enjoy the interesting articles we have put together.

Our ORV residents' comments and suggestions are very important to us. Please feel free to write to us. We would love to have any photos you may have taken in the village and your ideas for interesting pieces.

Kindly forward to angeliquemr50@gmail.com

Wishing all moms a fabulous Mother's Day full of recreation, relaxation and appreciation!

Remember to keep warm this winter. I think it is going to be a cold one.

Until next time,

Angie Moir

Editor



This amazing hamper was put together by the social committee. The winner is Sandy Stofberg.

UP COMING EVENTS MAY

DATE / TIME	EVENT	COST
4th—6pm	General knowledge quiz	R 50
6th - 3pm	Book club	R 10
13th - 2pm	Birthday tea	R 30



GARDENING GRACEFULLY

As we age, our needs and abilities change, but that doesn't mean we have to give up the joy of gardening. With a few thoughtful adaptations, your garden can continue to be a source of beauty and relaxation.

1. **Accessible Pathways:** it's important to ensure easy access throughout the garden. Replace uneven pathways with smooth, slip-resistant surfaces such as flat stones or concrete pavers.
2. **Raised Beds and Containers:** consider switching to raised beds or elevated containers to bring your plants up to a more accessible height. It reduces the need for bending or kneeling, making planting, watering and harvesting much easier.

3. **Ergonomic Tools:** invest in gardening tools designed specifically to reduce strain and fatigue. Look for lightweight, cushioned handles that provide a comfortable grip. Long-handled tools with adjustable lengths can achieve reach without over exertion.

4. **Low-Maintenance Plants:** choose low maintenance plants that require minimal care and upkeep. Indigenous plants tend to be more resilient and less demanding. Consider drought-tolerant plants that reduce the need for strenuous tasks like hauling hoses or watering cans.

5. **Sensory Gardens:** engage all your senses by designing a sensory garden filled with fragrant flowers, textured foliage and soothing sounds. Add wind chimes or water features for auditory stimulation.

6. **Shaded Seating Areas:** create inviting shaded seating areas where you can rest, relax, and admire your garden handiwork. Anonymous



AGING WITH LAUGHTER: EMBRACING THE HUMOUR IN SENIOR PUNS

As we navigate the journey of life, one thing becomes abundantly clear: aging is inevitable. However, along with the passage of time comes a unique set of experiences and perspectives that can be a wellspring of humor. Let's explore the delightful world of senior puns, where laughter is the key to embracing the golden years with a light heart.

The Wisdom of Wrinkles:

Aging gracefully often means accumulating a few laugh lines, and what better way to celebrate them than with a playful pun? "I'm not old; I'm just well-seasoned" or "I've got more wrinkles than the local library – that's a sign of a life well-read!" These puns acknowledge the passage of time with a touch of wisdom and humor.

Memory Lane:

One of the common quirks associated with aging is the occasional forgetfulness. Senior puns playfully address memory lapses with gems like, "I'm not forgetful; I'm just creating a room for new memories" or "I have a photographic memory, but it ran out of film!" These witty wordplays transform forgetfulness into a shared experience, fostering connection through laughter.

The Art of Napping:

Seniors are renowned for their ability to appreciate a good nap. Puns like "Napping: because life is too short to be awake all the time" or "I've reached the age where my idea of a rough day is having to get up from my nap to answer the phone" turn the simple act of napping into a humorous art form.

Social Media vs. Social Security:

In today's digital age, the generation gap is often humorously highlighted through technology-related puns. "I tried to join Facebook, but I couldn't find the 'senior discount' option" or "I'm on a seafood diet. I see food, and I eat it"

Grandparenting Shenanigans:

Grandparents are the unsung heroes of the family, and senior puns often center around their unique role. "Grandparents are like a fine wine – they get better with age" or "What's the secret to being a great grandparent? Spoiling your grandchildren and then sending them home!" Celebrate the joy and mischief that comes with being a grandparent.

Laughter is the key to embracing the golden years with a light heart.

RAMBLINGS OF AN OLD WOMAN 5.

Those who know me also know that I like my food, and you can see it a mile away. To me food is one of life's pleasures. I enjoy cooking, usually, and eating. If I'm going to cheat, it must be a worthwhile cheat not something second rate. I dread the day I can no longer make my own food.

Many years ago, in the late 1970's, my husband and I went to Cape Town and decided to stay overnight at Matjiesfontein. This was, in the late 1800's and early 1900's, a place where those who had tuberculosis would go to recuperate. Today it would have been called a health spa! It was found that the dry Karoo air helped lungs to heal. The old buildings are mainly still there and at the time we went there, the Lord Milner Hotel was a favourite stop-over spot. We checked in and were shown to a delightful room with antique furniture and an inviting bed for weary travellers. We went for a walk around the little town, to the railway station which at that time was still being used. Then to a coffee shop which was also housed in an old building. At the time we could see that much restoration was going on and I'm sure that it still looks very good.

Came time for dinner. Well, it quite took my breath away. The dining room was so warm and inviting. The menu was extraordinary. There was a choice of about five starters, including a sea food starter, various soups and fruit choices. Then there

were various fish dishes available, all looking and sounding so good. The main course was a choice of almost any roast meat that one could wish for, vegetables freshly cooked and potatoes done to a turn. There was also bobotie, lamb shank and curry if that was your choice. All this followed by cheese and biscuits and a desert buffet. The deserts were displayed on an enormous old Welsh dresser. It was self service and we were given the old type of soup plates to dish up for ourselves. Desert heaven for this foodie. I can't remember all the deserts available, but I know there was malva pudding, a trifle, fruit salad, milk tart, brandy tart, koeksisters, various cakes plus cream and ice cream.

Breakfast the next morning was just as good. Fresh and stewed fruits, porridge of your choice, cereals, haddock and kippers, lamb kidneys, liver, pork, beef or lamb sausages, eggs done any way you wanted, bacon, toast made with home made bread, and even a Continental breakfast if that was your desire. We went back some years later and it was still very good but not quite up to that standard. What really impressed me was the quality of the food. A never to be forgotten treat.

When my husband went to settle the bill at reception, the receptionist asked if he had space for two young men and if he would be prepared to give them a lift back to Cape Town. Once he had met them he readily

agreed. The engine had fallen out of their car. But all that is a story for next month.

Another year has passed and we're all a little older.

Last summer felt hotter and winter seems much colder.

There was a time not long ago when life was quite a blast,

Now I fully understand about 'Living in the past'.

We used to go to weddings, football games and lunches....

Now we go to funeral homes and after-funeral brunches.

We used to go out dining, and couldn't get our fill,

Now we ask for doggie bags, go home and take a pill.

We used to go to places and travel near and far,

Now we get sore bottoms from riding in the car.

We used to go to nightclubs and drink a little booze,

Now we stay at home at night and watch the evening news.

That, my friend, is how life is, and now my tale is told,

So enjoy each day and live it up....before you're too darn old.

Author unknown. (To me anyway, I'm sure the author knows who wrote it!)



Persepsies van 'n Zulu kind.

Gedurende my onderwysjare in Kwazulu-Natal, het ek by 'n privaat skool onderrig gegee. Daar was 'n Zulu seun van omtrent sewe jaar in my klas. Hy was altyd opgeruimd, vrolik en het almal laat skaterlag. Sy persepsie van die lewe was om te lag. Eendag na so 'n lag-sessie, vra ek hom.

'Bongani, why are you always laughing?' Sy antwoord was baie eenvoudig.

'You see, Mam, it's like this. When the cocks wake up in the morning, they go like this...Cuck-ce-doodle-doo! When the cows wake up, they say...Moo! Moo! Moo! The dogs go...Woof! Woof! Woof!

And me, Bongani goes...Ha-ha-ha! Wat 'n positiewe lewensuitkyk is dit nie!

Op 'n ander keer het ons gesels oor wat elkeen eendag wil word as hulle groot is. Bongani het weereens (vir daardie tyd) 'n insiggewende verduideliking gegee.

'Mam, when I grow up, I want to be a white man!' Randonom hom het almal lekker gelag en een het gevra, 'Bongani how can you become a white man?' Sy antwoord, na my mening, was baie logies.

'You see! It's easy! You go up in the sky. Up, up, up until you are very high! Then there is a great, big boom! And then you are white!'

Olyftak Leesklub/Olive Barnch Reading club.

Baie welkom aan ons nuwe leesvriendinne, Louise Marx en Louise Taljaard. Die boek wat pas bespreek was, 'Onder 'n Bloedrooi Hemel' deur Annemarie van Niekerk, was insiggewend en het bygedra tot 'n aangename leesondervinding.

Ons nooi lesers uit om aan te sluit, Afrikaans en Engels. Die volgende lekkerlees boek is Anchien Troskie se nuutste werk, 'Die laaste Kanariegeel notaboek.' Die byeenkoms word gereël vir Maandag 6 Mei om 15.00 in die alkoof (klein sitkamer aan einde van die gang) op die eerste vloer by die ingang na Winterberg Suid – eenhede 501 tot 572. Kontak Elma van den Berg by 0829285327/Eenheid 503.

Onthou jy vir Fanus Rautenbach? Hier is van sy radio-grappe.

Boere

Sê een boer vir die ander: 'Weet jy dat daar elke jaar baie meer reën val op my buurman se plaas?' 'Natuurlik', antwoord die ander. 'Sy plaas is baie groter as joune!'

Boer in die Karoo: 'Ons het eers drie windpompe op ons plaas gehad, maar ons

het twee afgebreek.' 'Maar hoekom?' vra die besoeker. 'Ons het net genoeg wind vir een windpomp.'

'Dis nou so droog by ons, daar is paddas wat vyf jaar oud is wat nog nie eers kan swem nie!'

Geld

Dis maklik om geld te maak. Dis net moeilik om 'n lewe daaruit te maak.

Die enigste ding wat jy deesdae met geld kan doen, is om dit te skuld.

Hulle sê jy kan nie jou geld saamvat as jy die dag gaan nie. Ek kan nie eers bekostig om te gaan nie.

Refleksie op Paasfees.

Uitstaande vir my gedurende die afgelope Pase, was 'n prediking oor die houding van die donkie waarmee hy Jesus se opdrag gedurende Palm Sondag uitgevoer het. Hy was gewillig, nederig en net soos Jesus ons laste op Hom geneem het, het die donkie die simbool geword van 'n vragdraer. Laat ons ook vir mekaar 'n vragdraer wees en saam aan die laste van die lewe dra.

Elma van den Berg

BOOK REVIEW

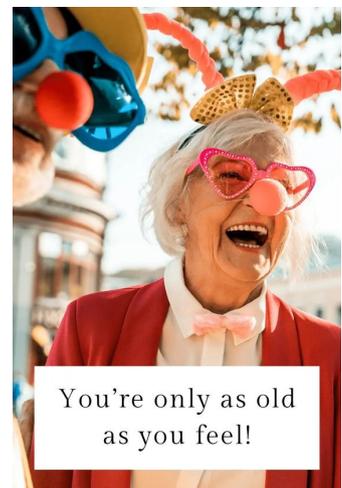
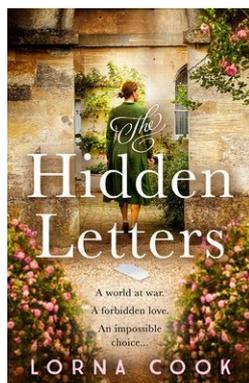


The Hidden Letters, written by Lorna Cook, is a must-read novel filled with intrigue and mystery.

As the storm clouds of war gather, Cordelia seeks refuge in the grounds of her family estate.

Handsome landscaper Isaac has recently arrived to tend to the gardens, and the connection between him and Cordelia is as immediate as it is forbidden. Isaac begins to secretly teach her how to cultivate the gardens, so when he and all the young men are called away to war, Cordelia takes over. From the battlefields of Europe, Isaac sends her letters, that give her hope for their future in peacetime.

But when these messages abruptly cease, Cordelia must face up to the worst and take her future – and the fate of the garden they both loved – into her own hands...



BREAKFAST (MEAL-IN-A-MUFFIN) MUFFINS.

Every time we drove past the Peregrine Farm Stall near Grabouw, we would stop to buy these delicious muffins. Warm with lashings of butter they are the best things since sliced bread. They are unfortunately taboo to me now, but for those of you without health issues, these are a real treat.

Once I found this recipe I made my own. They freeze well and can be reheated in a microwave or air fryer. If I wanted these for breakfast I would measure all the dry ingredients the night before. To grate the carrot and apple the night before does not work.

3 eggs
125ml raisins
125ml sugar
150ml wholewheat flour
190ml sunflower oil
190ml rolled oats (e.g. Jungle)
7ml vanilla essence
7ml bi-carb
125g grated carrot
4ml baking powder
250g grated apple
5ml cinnamon
125ml chopped pecan nuts
2ml salt
190ml desiccated coconut
pinch nutmeg

Mix eggs, sugar, oil and vanilla in a large bowl and beat until well mixed.

Stir in remaining ingredients, using a metal spoon. Do not over-mix, batter should just be moistened and will be lumpy.

Divide between 12 well buttered muffin cups, and bake at 190deg C for 20 mins or until brown and firm to the touch. Remove from pans and cool on a rack or serve immediately with butter.



*Cupcakes
ARE JUST
muffins
THAT BELIEVED IN
miracles!*



THE SACRIFICIAL TREE.

The following was found on Facebook. I do not know who the original author is, but it is such a beautiful philosophy that I think it is worth sharing.

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job, a flat tyre made him lose an hour of work, his electric drill quit and his ancient one ton truck refused to start. While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family.

As we walked towards the front door, he paused briefly at a small tree, touching the tips of the branches with

both hands. When opening the door he went through an amazing transformation. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterwards he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. 'Oh, that's my trouble tree,' he replied. 'I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house

with my wife and children. So I just hang them up on the tree every night when I come home and ask God to

take care of them. Then in the morning I pick them up again. Funny thing is,' he smiled, 'when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before'.

Life may not be the party we hoped for, but while we are here we might as well dance. We all need a TREE.

Contributed by Maureen Lamprecht.



Olivedale

Retirement Estate

TO LET



1 Bed, 1 Bath **Apartments**

FROM R 6 900 p/m

Kyle van Staden
066 211 2483

FOR SALE



1 Bed, 1 Bath **Apartments**

FROM R 600 000

Ruan Erasmus
071 481 6199

TO LET



2 Bed, 2 Bath **Simplex**

FROM R 12 500 p/m

Kyle van Staden
066 211 2483

Don't wait for your happily ever after



*Registered with the PPRA

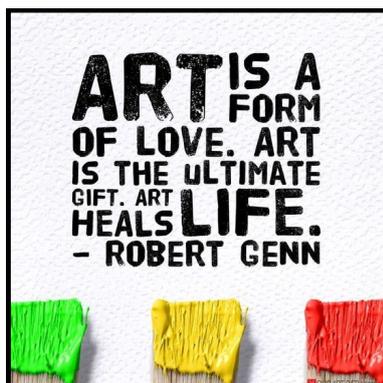
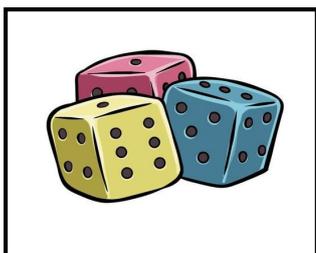
011 805 6316

www.csi-euf.co.za



The children of Draupathie Ramlall, who live in Australia, surprised their mother (Unit 371) by taking her to Mpumalanga. There they viewed God's Window, spent a week in the Kruger National Park, and ended their journey with an amazing week in Sun City before heading back to Australia.

Jan seen here with her lovely art work, and the poster she produced for the cheese and wine evening.



BRAIN TEASER

Cross Out The Odd Word. Then Add One More.

1. blue - pink- park - black - _____
2. apples - bananas- oranges - chairs - _____
3. postman - doctor - hospital - secretary - _____
4. hungry - tired- happy - friend - _____
5. Friday - Sunday - March - Wednesday - _____
6. seven- first - eight- twenty - _____
7. German- Russia- England - Scotland - _____
8. February - November- Monday - July - _____
9. tree- fridge- table- bed - _____
10. salad - carrot - tomato - cucumber - _____
11. second - third - nine - twelfth - _____
12. orange - cherry - potato - kiwi - _____
13. good- nice - bad - friendly - _____
14. sister - niece - father - aunt - _____
15. grandfather - aunt - nephew - brother - _____
16. windy - sunny - clock - freezing - _____
17. football - tennis - music - judo - _____
18. red - jump - read - write - _____
19. my - our - she - your - _____
20. skirt - shirt - shoe- smart - _____
21. car - dog- camel - horse - _____
22. arm - knee- finger - know - _____
23. taxi - bus - underground - stop - _____
24. ice-cream - cake- chips - biscuits - _____
25. bed - kitchen - bathroom - hall - _____
26. cartoon - comedy - musical - office - _____
27. long- short- old- door - _____
28. telephone- computer - radio - lamp - _____
29. week - fever - headache - flu - _____
30. teddy bear - ball - doll - backpack - _____
31. breakfast- lunch - meal - dinner - _____
32. biology - carpet - geography- maths - _____

WE HAVE MOVED

Dear residents

Please take note that for all communication, Glanville and Angie Craig of 544 may now be reached at internal phone 5414.

They have relocated to apartment 565.

Answers on page 11

SUDOKU

6				5	7		
		2		8			9
5		3	7				4 8
							5
	8			9		3	
7		4	8		2		1
2	6				3	4	
3				4			7
		1	5		6		2

Boggle

How many words can you make using the letters below?

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

MAY IN HISTORY

May 1st

Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day.



May 2nd

The Authorized Version of the Bible (King James Version) was first published, and became the standard English language Bible.

May 10th, 1994

Nelson Mandela became the first black president of South Africa. Two weeks prior, people had cast their ballots in South Africa's first ever multiracial parliamentary elections.



May 14th, 1796

A smallpox vaccine was developed by a physician in rural England, Dr Edward Jenner. Jenner coined the term 'vaccination' for the new method of injecting a milder form of the disease into healthy people, resulting in immunity.



May 26th, 1940

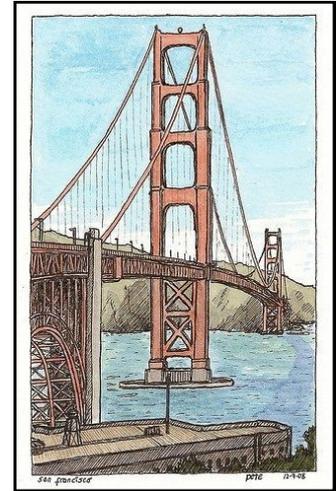
The evacuation of Dunkirk began in order to save British troops trapped by advancing German armies on the North Coast of France.

By 2nd June, boats and vessels of all shapes and sizes had ferried 200,000 British and 140,000 French and Belgian soldiers across the English Channel.



May 27, 1937

In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.



May 31st, 1902

The Peace of Vereeniging ended the bitter colonial South African War between the British and South Africa, which involved 450,000 British troops fighting against 80,000 Boers.



COOL FACTS ABOUT THE ENGLISH LANGUAGE

- English has the largest vocabulary of any language.
- The longest word in English is pneumoultramicroscopic silicovolcanoconiosis. This is a technical word used to describe a lung disease caused by inhaling very fine silicate or quartz dust. It is 45 letters long and is considered the longest word in the English language.
- The sentence "The quick brown fox jumps over the lazy dog." uses every letter of the alphabet. This sentence is often used as a typing test because it contains every letter of the alphabet. It is also known as the "pangram."
- The word "lethologica" describes the inability to remember a word. If you can't remember a word, you might say that you have "lethologica," or word forgetfulness.
- The word "ghoti" can be pronounced to sound like "fish." This is a well-known example of the strange spelling of English words. The word "ghoti" is actually a combination of the letters "gh" from "tough," "o" from "women," and "ti" from "nation."
- The word "bookkeeper" is the only word in the English language with three consecutive double letters.

Articles for Submission

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

Editorial Contacts

Angie Moir, Editor
Maureen Lamprecht
Elma van den Berg
Anine Chapatte

Advertising

Liezel Nel

Village Management

Chris Heyneke

Disclaimer

The articles and ideas published in this newspaper are those of the authors and do not necessarily reflect the views of the Olive Branch Editorial Committee or the Olivedale Home Owners' Association NPC
Images without credits are published under Creative Commons.

Advertising Rates for 2024

- Published monthly - format is A4 portrait.
- Circulation: 120 black-and-white printed copies. 300 emailed
- Full page: R800
- Half page, *landscape only*: R400-00
- Quarter page, portrait: R200-00
- Strip Ads across bottom of page: R100-00 (3cm high)
- Small advertisements and notices R15-00 (size subject to space availability. Size generally is about 6,5 X 4.5cm)
- Submissions by 20th of each month or preceding business day, if over a weekend or on a public

HEALTH

VILLAGE CLINIC HOURS - SISTER'S OFFICE /

DR'S ROOM Monday to Friday :

09h00 till 09h30 & 12h00 till 12h30

DRAWING OF BLOOD SPECIMENS

Repeat Fasting bloods:

**Monday to Friday at Sister's Office / Dr's Room
07h30 till 08h00**

Drawing of blood in Unit/House.

Book an appointment one day ahead. Please contact ext no 5462 or 5011 and leave a message for the Village Sister.

FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE IMMEDIATELY DISPATCHED TO YOUR UNIT.

EMERGENCY CONTACT NUMBERS 24/7

Security guard room : 010 596 5400 / 5183

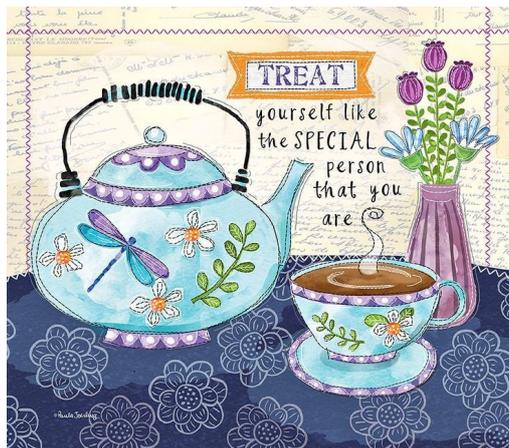
Security cell number : 064 131 8274 (when landlines are not working)

LIST OF EXTENSION NUMBERS	EXTENSION
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
Security	5400 / 5183
Beauty Salon	5192

Sudoku solution from page 9

ANSWER

6	9	8	4	2	5	7	3	1
4	7	2	3	8	1	5	9	6
5	1	3	7	6	9	2	4	8
9	2	6	1	3	7	8	5	4
1	8	5	6	9	4	3	7	2
7	3	4	8	5	2	6	1	9
2	6	7	9	1	3	4	8	5
3	5	9	2	4	8	1	6	7
8	4	1	5	7	6	9	2	3





CIRCLE ESTATES
NAVIGATING REAL ESTATE TOGETHER

Hi, my name is **CHRISTINA**.

I am a Real Estate Agent and

I specialize in:

- **RENTALS**
- **SALES**
- **RENTAL
MANAGEMENT**

Christina Anastasellis

 +27 81 390 8332

 christina@circlestates.co.za



WE HAVE MOVED

Dear residents

*Please take note that Glanville and Angie Craig
have relocated to apartment 565 ext. 5414*

