



## HAPPY NEW YEAR

Celebrating New Year's Eve with friends and laughter truly sets a joyful tone for the year ahead, making 2025 feel bright and full of promise. Whether it was sharing stories, dancing the night away, or enjoying delicious food, those moments of connection and joy can inspire a positive mindset as we embrace new beginnings. Here's to more laughter, love and memorable experiences in the year to come!





By the time you receive this issue of the Olive Branch, the year will be well on its way and the festivities a mere memory. Work will have started in earnest and children will be back at school. I wish you all a happy and healthy 2025.

This all casts my mind back to the summer holidays of our youth. I don't remember the wholesale shutting down of nearly all businesses as happens today. Perhaps that is because my father worked on a mine which never shut down. My father also never took leave over Christmas as he didn't like the crowded holiday places, but took his leave over Easter. So I was always in my home town during the summer holidays, as were many of my friends, and what an enjoyable time we had. Few families had pools at home, so the municipal pools were where we went almost daily. Off on our bicycles we went, riding for miles to reach our pool of choice. By the end of the holidays we would be as brown as buttons, and I, for one, was never happy to go back to school. Not my favourite place. I studied hard to make sure that I didn't spend an extra year there.

Throughout summer the swimming pools, or baths, as they were known then, would be our favourite place.

Friday afternoons, Saturdays and

Sundays would find us meeting, laughing and having fun. It was such a carefree time and I doubt that the young of today would be able to do similar. I have no grandchildren in this country so am totally out of touch with the youth. I have no idea how they spend their free time or their school holidays, but I am thankful for the ones I was able to enjoy.

At that time, each municipal pool and mine pool would have its own swimming club. There would be practice times during the week when the team would be selected for the Friday night gala. Then come Friday two clubs would compete against one another, in a round robin system, until it reached the knock-out phase. I will never forget the excitement of the races, and in particular the relays. Such tension watching the club champ passing his/her opponent on the last lap. Our parents were involved too, as even in those days, one could not chance two young girls going out alone at night.

Whenever the weather was good, we would be off to the pool of choice, which depended upon which one was the current favourite of the young crowd I was with. The guys would play water polo too and we would go to support our team. A very exhausting

sport that! Ah! For youth and those happy, carefree days. All too soon they were over and the real business of life began.

### JAMS AND PRESERVES.

For those of you who do not yet know, I will no longer be making these. I am not physically able to do so. If my condition improves I will go back to it, because it gives me a sense of satisfaction and achievement to see the products looking good in the bottles. I thank so many of you who supplied me with bottles. It helped to keep prices as low as possible. Jam making has become very expensive, with the price of sugar and fruit being what it is. New bottles too are pricey and without your help I could not have done any preserving. I will, when I am able, make the odd marmalade or curried beans, but certainly not until I can buy good quality vegetables and citrus. I wish the morning markets all the best in the future.

Until next month, keep well and take care. It is a crazy world out there.

Maureen Lamprecht

## MORE PICTURES OF THE END OF YEAR CELEBRATIONS



Dear Residents

The year will be well underway and the celebrations will be a thing of the past by the time you read this edition of the Olive Branch. Children will have returned to school and work will have begun in earnest. I hope 2025 brings you all happiness and health.

Our regular contributors, Ramblings of an Old Woman, author Maureen Lamprecht, and Elma's Afikaanse essays are included in this edition. We also have an article by Maureen Adams titled "2025 has arrived."

Let's celebrate the ties we've formed together and embrace the spirit of friendship and love this month and we

invite everyone to take part in our next events, and keep making wonderful memories.



## A BEAUTIFUL STORY

"When my mom was cleaning out her house over 23 years ago to sell it, I wasn't very sympathetic over her attachments to things. I would go over on weekends to help her, and we would go through things...things for a yard sale, things to donate, things to throw away. I would usually get upset over how long it was taking her to decide. For instance, we were going through kitchen cabinets, and she spent 20 minutes looking at a black iron kettle with a lid. Finally, I said, "Mom, at this rate it is going to take us another 2 years."

She told me that her mother used to make meals in that kettle and leave them at the doorsteps of neighbors during the Depression. Mom would deliver them, and then they would reappear back on her porch with an apron or a wood carving; something in return for the meal. I realized that everything that my mom was going through was really a reliving of her life.

If you are reading this and are under the age of 60, you won't get it. You haven't lived long enough. Most of you have not had to move your parents into a nursing home, or broken up their home. You haven't lived long enough to realize that the hours you spend picking out the right cabinets, or the perfect tile will not be what matters in the later years. It will be the handmade toothbrush holder or a picture that you took on vacation.

So, if your parents are downsizing, and moving to smaller places, or selling a home, give your mom and even your dad a break. For those things that you don't understand why they can't just pitch, and why you think you know what needs to be tossed or saved, give them a little time to make their decisions. They are saying goodbye to their past, and realizing that they are getting ready for their end of life, while you are just beginning your life.

As I have been going through things, it

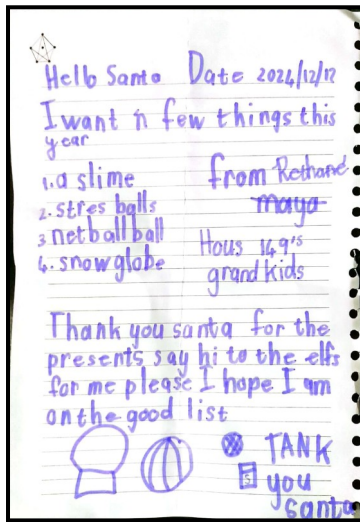
is amazing just how hard it is to get rid of objects. But, life goes on, and you realize they are just things, but sometimes things comfort us. So give your parents or grandparents a break. Listen to their stories, because in 40 years, when you are going through those boxes and the memories come back, it will be hard to get rid of those reminders of precious moments that make up a life well lived.

Credit - original owner





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CHILDREN  
FATHER  
HUSBAND  
PARENTS  
STEPFATHER  
WIFE



## IN AND AROUND OUR VILLAGE



Congratulations to George and Heather Gruwer of unit 62 on celebrating their diamond wedding anniversary on January 10th! Reaching this milestone is a remarkable achievement and a testament to their enduring love and commitment.

Picture above. They are here reminiscing over their wedding day 60 years ago.



Congratulations to the prize winner, Dennis Caddy, the social committee raffle! Thank you to everyone who participated, and we hope you enjoyed the excitement.

## CHRISTMAS MARKET DAY



The market was bustling with activity, filled with the friendly chatter of residents as they browsed the various stalls selling handmade crafts, fresh produce, baked goods and jams made by our residents. It was a vibrant and lively atmosphere, showcasing the community spirit and creativity of our village.



Our Rummikub ladies went for the seniors special, cappuccino and coffee which the Cake Boss runs on a Thursday. Was most enjoyable...lots of fun...



At the age of 75, Fanie Kruger from unit 94 has achieved an impressive milestone by completing 350 park runs, showcasing his dedication to fitness. This remarkable accomplishment not only highlights his commitment to a healthy lifestyle but also serves as an inspiration to others, illustrating that age is no barrier to pursuing personal goals and maintaining an active routine.



## CHRISTMAS DAY LUNCH

Christmas lunch was a heartwarming experience, filled with joy, laughter and community spirit.

It was also a great opportunity for residents to gather and enjoy delicious festive food together.





## JANUARY BIRTHDAY TEA.

Birthdays serve as a reminder of the passage of time & the milestones achieved in one's life.



## OLIVEDALE RETIREMENT VILLAGE VALENTINE'S MARKET

8 FEBRUARY 2025  
09:00 AM TO 13:00 PM

LET'S SHARE LOVE

Breads, Books, Biscuits,  
Cakes, Bags, Rusks, Clothes,  
Various Crafts.

EXHIBITORS WELCOME

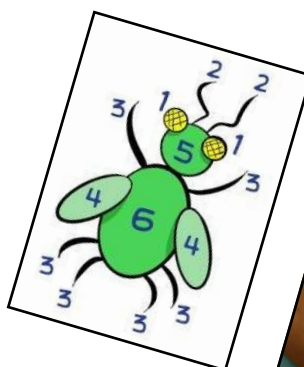
Navrae - Kontak  
Elma vd Berg  
Olivedale unit 503  
082 928 5327

### EVENTS FOR FEBRUARY

**Monday 10th February 2025** Birthday/New Residents welcome tea. Dining room at 15h00.

Guests pay R40.00 pp. NO payment for residents for celebrating their birthday or for new residents. Only new residents for February.

**Friday 21st February** Beetle Drive



## 2025 HAS ARRIVED

*Article submitted by Maureen Adams,  
edited by the Olive Branch Editorial  
committee.*

Our noisy neighbours, the hadedas, are reporting that the wetland is full and perfect for the Egyptian geese and their six goslings. The hadedas are highly amused to find yellow-billed ducks, and wondered what else was lurking now that the wetland is looking so good. Just then a squabble breaks out and they all shout at the reed cormorant, the sacred ibis, the brown headed kingfisher, Swainsom's spur fowl and spotted thick knees (dikkop) that have been seen. The hadedas noisily remark on the frog concert and had to admit what a success the wetland has become.

"Please tell us when the gate will be opened", the Olivedale residents want to know. Please leave your dog at home for now though, as it is the birds' breeding season.

Die vleiland het in 2015 ontstaan. Kobus Booyens, 'n gekwalifiseerde siviele ingenieur en 'n inwoner hier het die dorpstigting-dokumente by CDP aangevra. Vervat hierin was die regsbindende EMP (environmental management plan). Dit was oorgedra aan die OHOA met die verkoop van die laaste eenheid. Na verskeie ander goedkeurings verkry is, kon die 'spillway' damwal opgerig word in 2023. In hierdie aanloop was Kobus aan die stuur, tot sy vertrek uit die oord. Hierna is die voorsitterskap oorgeneem deur Andre Jelliman, bygestaan deur die bekwame komitee naamlik, Linde McLaren, Hentie Erasmus, Keith Langman en Adam Mostert.

Die eerste paadjies is gebou en sal eersdaags in gebruik geneem word. Daar word braai plekke met bykomstige

sitplekke en meer staproetes beplan. Die direksie, John, Vanessa, Martin, Jan, Dave en Toni wat verkose is, gee onbetaald hulle tyd en kennis aan al die inwoners hier. Ontvang ons opregte dank en waardering hiervoor.

It is obvious that ORV has a winning team that should be appreciated and applauded.

What a wonderful place to live! Our manager Chris and his team, Liezel, Natasha and Reinald, perform a great service, always friendly and helpful, even with technology. How do you always have a smile for us as you sort out our problems?

Let us not forget about Harvey who is always involved, helping out where he can, moving chairs and tables in readiness for the Wednesday Bingo evening. Sister Marietta, Matron Petro and the team from Frail Care are there to help us with any medical emergency. Then there is Jack, the head of security, Norma and her crafting ladies, those who play Rummikub, Scrabble, Canasta, Bridge and other games, to keep those who enjoy the games entertained. Don't forget the social committee, Val, Toni, Pam, Joey, the two Normas, Pat, Jacqui and Harvey. Thank you for the excellent entertainment you organise for us, such as the monthly birthday teas.

Sam and George help us with maintenance. Our refuse is collected regularly and gardens maintained. So much of this we take for granted. It is all organised and we don't have to worry about anything.

There is even a bus service to various shopping centres. The tuckshop, Megan and Terry, our hairdressers and Tammy in the beauty salon. Then there is the Olive Branch, with editor Angie and her team, the ladies who organise the

various libraries, the women who sort the post, Lejane's Pilates on Tuesdays and Thursdays. We have Glanville Craig who is always ready to assist us with just about anything, even carrying heavy bottles of water to us during water outages. The Care group and Lynne who ensures the monitors deliver cards on our birthdays cannot go unmentioned. Of course, we all like to eat, and we can have food delivered or fetch it ourselves or eat in the dining room, thanks to Jolene and Kallie and the rest of the friendly dining room staff.

The library has recently been upgraded, with new cupboards, furniture and cushions, not to mention the new look foyer, thanks to the hard work of Toni Pautz. Trevor and Gwynn have been holding the English church service for years, and the Afrikaans speakers have rotating dominees who visit. The Catholic Church has Tim McCrindle who leads a service every Sunday.

Now in 2025, if you feel like complaining, write it down. You may find to your surprise that it really isn't that important. This year let it be our motto to be kind, helpful, polite and full of fun. Life is fragile.....Handle with care. Let's give God the glory, great things he has done.





## **BLAARBERIG**

'n hartewens in woudgroen vir groei  
as teken van die lewensloop van blom en bloei  
word op vaste tyd versprei deur die derduisendblaar  
uit die middel van die edentuin vir die nuwe jubeljaar  
as boodskap van die eggokleure in die aarde se bestaan  
ligkaatsend deur die sterkompas geroos in die hemelbaan  
helena liebenberg



'n Blink nuwe jaar is aan ons gegee! Daar is skoon bladsye wat wag op pen, potlood,  
ink of verf. Die inspirasie van reën, nuwe groei in plant en blom laat ons leef met blydschap en uitbundigheid.  
Laat ons in hierdie jaar mekaar ondersteun, in liefde dra en vrede vind.

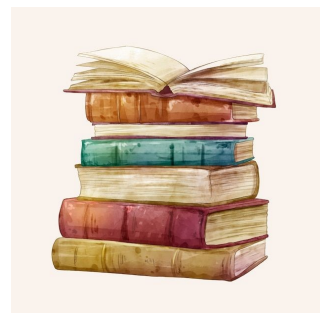
### **EK DRA IETSIE**

Ek dra ietsie van jou by my  
Jy sal ietsie van jou by my kry  
Ek dra dit saam oor myle heen  
So onthou ek om te vra dat God jou seën  
En as die swaels terug kom by die huis  
Sal ek weer my oë vir jou kom wys



## **OLYFTAK LEESKLUB**

Baie dankie aan almal vir deelname aan en ondersteuning van die Olyftak Leesklub.  
Ons lees en bespreek boeke in Afrikaans en Engels. Die byeenkomste is gesellig en word  
met entoesiasme geniet. Dit bring opwinding en 'n gesellige atmosfeer.  
Ons vergader maandeliks elke laaste Maandag. Vir Februarie lees ons 'The Vegetarian'  
deur Han Kang. Nuwe lede is baie welkom. Kontak my asseblief.  
Uitbreiding 5353 Elma van den Berg



# HOW TO WALK A HUMAN

## A Dog's Guide

**Humans need exercise. If they don't get it they become "chubby". It's up to you to save them.**

Allow your human to tether themselves to you. This keeps them wondering off or running away.

Your human probably needs breaks. Be considerate and stop and sniff often.

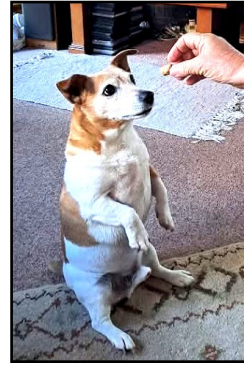
Bark frequently. Humans have a short attention span.

When you go to the bathroom, walk away. If you have trained your human correctly they will pick it up.

Periodically drag your human as fast as you can. This is called interval training.

Do not allow your human to shorten the walk. They are being lazy. Sit in protest if you must.

Once you are home, allow your human to remove their tether, then lick their face many times.  
This is positive reinforcement for a job well done.



<b>ORV February Bus:</b>			<b>Time:</b>	<b>Rate:</b>
3 Feb	Mon	Spar	09:30 - 10:30	R20.00
5 Feb	Wed	Northgate	08:30 - 11:30	R20.00
10 Feb	Mon	Bel Air	08:30 - 10:30	R20.00
12 Feb	Wed	Cresta	08:30 - 11:30	R35.00
17 Feb	Mon	Spar	09:30 - 10:30	R20.00
19 Feb	Wed	Northgate	08:30 - 11:30	R20.00
24 Feb	Mon	Bel Air	08:30 - 10:30	R20.00
26 Feb	Wed	Northgate	08:30 - 11:30	R20.00
28 Feb	Fri	Lifestyle	08:30 - 11:30	R35.00
<b>BUS TICKETS SOLD AT RECEPTION:</b>				
* R255,00 - Ticket includes all trips: Spar, Bel Air, Northgate, Cresta & Lifestyle				
* R180,00 - Ticket includes: Spar, Bel Air & Nothgate only				
* You also have the option pay per trip at reception				
Card payments only, reception does not accept cash.				



## Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention or emailed to: angel-iquemr50@gmail.com

## EDITORIAL CONTACTS

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**Anine Chapatte**

**Maureen Lamprecht**

**Elma Van den Berg**

## ADVERTISING

Liezel Nel

## VILLAGE MANAGEMENT

Chris Heyneke

### Disclaimer

The articles and ideas published in this newsletter are those of the authors and do not necessary reflect the news of the Olive Branch editorial committee or the Olivedale Home associations. NPC Images without credits are published under creative commons.

### Erratum and Apology:

We would like to sincerely apologise for the error in our December 2024 edition regarding the authorship of the article titled "A story of Christmas". Due to a lapse in our editorial process, the wrong author was attributed, and we take full responsibility for this oversight. We appreciate your understanding and support as we strive to maintain the highest standards of accuracy in our newsletter.

## Advertising Rates for 2024

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

## HEALTH

### VILLAGE CLINIC HOURS - SISTER'S OFFICE /

**DR'S ROOM Monday to Friday :**

**09h00 till 09h30 & 12h00 till 12h30**

### DRAWING OF BLOOD SPECIMENS

**Repeat Fasting bloods:**

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

**Drawing of blood in Unit/House.**

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

### EMERGENCY CONTACT NUMBERS 24/7

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

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

<b>Frail care office Matron</b>	<b>5010</b>
<b>Frail care reception</b>	<b>5011 / 5462</b>
<b>Kitchen office</b>	<b>5493</b>
<b>Kitchen orders</b>	<b>5494</b>
<b>Tuck shop</b>	<b>5492</b>
<b>Hair salon</b>	<b>5496</b>
<b>Clinic sister</b>	<b>5495</b>
<b>Reception</b>	<b>5499 / 5500 / 9</b>
<b>Security</b>	<b>5400 / 5183</b>
<b>Beauty salon</b>	<b>5192</b>

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Ruan Erasmus  
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**Valentine's DAY**



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