



# The Olive Branch

## Reaching out to everyone

March 2025

Issue 2

Love was in the air at the Valentine's Day luncheon! Residents enjoyed a delightful meal, complete with heart-shaped treats and festive decorations. Laughter and conversation filled the room as couples and friends celebrated the special day. The event fostered a sense of community and provided a heartwarming opportunity for residents to connect and share the joy of love and friendship.



Valentine's and Valentine's Day get their name from the feast day of Saint Valentine, but there are at least two saints named Valentine, one of whom became a martyr around the year 270 CE. The name Valentine comes from a Latin word meaning



On February 14th our residents enjoyed a lovely classical music concert with Dieter playing the violin and Martina accompanying him on piano. The performance was followed by an enjoyable afternoon tea that added to the charm of the day.



## . TIPSY TART/CAPE BRANDY TART

### *Ingredients for tart*

250 g pitted dates, chopped  
 5 ml bicarbonate soda  
 250 ml boiling water  
 2 pieces of ginger jam, chopped (optional)  
 50 g butter  
 200 ml caster sugar  
 1 egg.  
 375 ml flour  
 2 ml baking powder  
 1 ml salt  
 chopped pecan nuts  
 2 ml vanilla

### *Syrup*

200 ml brown sugar  
 250 ml water  
 1 pinch of salt  
 1 teaspoon butter  
 125 ml brandy

Boil together for 5 min.  
 Pour over hot tart when it comes out of the oven

8 – 10 servings



1. Set the oven on 180 degrees Celsius
2. Boil the syrup first and set aside to cool.
3. Put chopped dates in a bowl with baking soda and ginger. Pour boiling water over.
4. Set aside to cool. Stir occasionally.
5. Cream butter and caster sugar into a cream.
6. Beat egg and pour into butter mixture, beat together.
7. Sift dry ingredients together and spoon into sugar/butter mixture alternately with cooled dates. Add the nuts and vanilla.
8. Put mixture in a buttered dish, about 23 cm in diameter. Bake for 1 hour until dark brown. Pour syrup over hot tart and leave to cool. Serve with whipped cream.

Dear Residents,

We're excited to share the latest edition of our newsletter!

As we embrace the changing seasons, let's take a moment to celebrate what we have built together at our village.

Your experiences and stories enrich our lives, making every gathering a meaningful occasion. Let's continue to support one another, share our talents, and create

memories that will last a lifetime.

Here's to a wonderful month ahead filled with laughter, friendship and new adventures!

Thank you so much for all the wonderful birthday wishes!

Happy reading!

Angie - Editor



OLIVEDALE RETIREMENT VILLAGE GRASSLAND TREES

By: Wetland Working Committee

Trees play a vital role in nature and the Olivedale Retirement Village is privileged to have an adjoining large 1.38 hectare open space with a wetland and many established trees; both indigenous and non-indigenous tree species. Among the many established trees in the wetland is a magnificent indigenous African Mulberry. The national status of this tree is classified as near threatened.

In accordance with the policy to encourage sustainable flora, many invasive, non-indigenous blue gum trees have been felled in the past, leaving a considerable open space on the northern border adjacent to the wetland. The Wetland Working Committee recently launched a project to re-establish indigenous trees in this open space and to augment the existing trees in the remaining open areas to the south and east of the wetland. At the same time the grassland is retained and not disturbed.

After due consultation with several knowledgeable experts and published tree books, and honouring the recommendations made in the Environmental Management Plan for the area, a list of 25 suitable indigenous

trees to suit the habitat was drafted. All characteristics and habitat requirements were noted to ensure that the trees will flourish.

Contact was made with several indigenous nurseries and the Department of Forestry, Fisheries and Environment. These actions resulted in the donation of 116 trees by the the Department of Forestry, Fisheries and Environment as well as the Culterra Nursery. In addition, another 38 trees specifically suited to wet areas, were purchased. Generous donations made by residents of the Olivedale Retirement Village contributed towards funding the purchase and planting of the trees. The total of 154 trees comprise 9 species suited to different habitats. These are:

River Bushwillow, White Stinkwood, Mountain Karee, African Wattle, Common Hookthorn, Old Wood, Cape Small Leafed Willow, Cross Berry and Brandy Bush.

All trees were identified and tagged according to numbers from a master list. To date all trees have been placed at suitable locations with due consideration of security needs and avoiding paved areas. Planting and

staking in a responsible manner and ensuring ongoing maintenance and watering is in progress, with the assistance of a qualified contractor. The Wetland Working Committee, and no doubt many residents, will be looking forward to having the pleasure of seeing how the young trees grow towards maturity.

In conclusion a Greek Proverb reads: "A society grows and the true meaning of life is when old men plant trees whose shade they shall never sit in."



Locations staked and ready for planting of trees



Books consulted to compile the three list



Leaves of the indigenous mulberry tree look different from those of the exotic tree



**HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN FEBRUARY.**



**VALENTINE'S MARKET DAY**



A Valentine's market day was held on the 8th February. With its warm and festive atmosphere, the residents showcased their unique and thoughtful gifts, while the delicious treats available added to the ambiance.

**EASTER MARKET IS PLANNED FOR SATURDAY 5 APRIL**





## LAWN BOWLS FOR EXPERIENCED OR NOVICE BOWLERS

Participation in sport is a fundamental human right, recognized by the United Nations. This is because sport is good for the wellbeing of individuals as well as their community.

Lawn bowls is done outside in the open, which is good for the health of the players. The fresh air and natural surroundings contribute to physical and mental well-being, and the social aspect of the game fosters community spirit and camaraderie.

Traditionally, lawn bowls was a pastime primarily enjoyed by older generations, but recent years have seen a surge in younger participants. This shift has brought a new vibrancy to the sport, infusing it with fresh energy and perspectives.

Young people are increasingly drawn to lawn bowls for its strategic depth, competitive spirit, and the opportunity to engage in an inclusive, multigenerational activity.

All bowlers, whether experienced or novice, are invited to join the Honeydew Bowling Club near Beyers Naude and Northumberland streets, just 10-15 minutes from Olivedale Retirement Village. The club offers social and competitive bowling, as well as coaching for beginners. There are also various social events, providing entertainment and opportunities to make new friends. Several Celebration Retirement Village residents recently joined the club.

For inquiries, contact Adam Mostert at unit 149 (082 803 5394) or Alan Eadie at unit 61 (083 260 9616).



Randburg Harriers hosted a Valentine's Day 10km night event.

Image : Angelique Moir and her team are shown below. The race went well and was completed in a record time.



Monica De Kock admiring the new painting in the foyer.



### **FOOD, GLORIOUS FOOD.**

One of the things we all have to do is eat. There are some who eat to live, others live to eat. Those who know me are aware that I fall into the latter category. I have been told that it is no better than being addicted to drugs or alcohol. There is one huge difference however. We all have to eat, we don't need the others. Have you heard about the woman who was told she had to stop eating? Just when she thought she had got it right she died. The fact that we have to eat makes it very difficult as one can never say, "No more food for me".

I am not one for fancy food, all I ask is good, fresh food that has been prepared with care. My mother was a very plain cook, but her food was always tasty. My younger son was about four when he looked at me really seriously one day and said, "Mom, do you know why I love you so much? Because you cook me such nice food". Yes, the love of food was passed down to my children. Being overweight is a curse that my family has always had, and I have concluded that hormones definitely play a part. Some people can eat what they like and never gain a gram. Others watch what they eat and never lose a gram!

Some years ago I worked at Koeberg Power Station as a communication officer, which means that it was my job to liaise with the public. Much of what I did was having school groups and giving a talk on how a nuclear power station works. Of course it was extremely simplified, so I had to put it into simple enough terms for adults and children to understand. My work also entailed

having visitors from various large companies and sometimes important visitors from other countries. It was a very interesting position and I was there for about eight years.

During that time, 16 members of the European Parliament visited our country, and were guests of the government of the time, as well as of Eskom and various other big companies. Koeberg was on their list of places to visit and we were to host them for lunch. I asked if I could plan the menu and was given the go ahead. I liaised with the caterers and planned an all South African menu. There was smooresnoek, bobotie and yellow rice, waterblommetjies, gem squash, slaphaakskeentjies and soetpatats. For afters there was a buffet with milk tart, koeksisters, malva pudding and Hertsoggies on offer. Our guests were absolutely thrilled to taste the food peculiar to our country. Everywhere else they had been they had been served roast leg of lamb!

In 1992 my family opened a pizzeria and restaurant. My son had some restaurant experience but I had absolutely none. I just cooked the food that we enjoyed. Growing up I didn't even know what a pizza was, and here we were making and selling them. I still think our pizzas were the best ever. We went to so much trouble, making our own dough for the base and buying fresh tomatoes to make the marinara sauce for the first layer on the pizzas. Our suppliers gave us a sample of a tinned marinara sauce once, but we didn't like it, and I think it was our own sauce that made so much difference. We also had a full restaurant menu which was my responsibility. It was a

real learning curve and it quickly became clear what was popular and what needed to be removed from the menu. We had steaks, fish, calamari, schnitzels, a few pork dishes and pasta dishes. Plus I would do two dishes a week that were not regular menu items, such as curry or chilli con carne. In retrospect, our menu was too large and varied. It was the inexperience that led us to have so much variety. We did very well but it was an awful lot of work and organisation. Eventually it all came to naught due to factors beyond our control. It was a time that I really enjoyed, in spite of the ending.

What I haven't yet mentioned is the desserts, which were a particular favourite of mine. We of course bought ice cream and Italian Kisses, little chocolate balls filled with ice-cream. I used to make a chocolate mousse, baked cheese cake, Cape brandy tart and mini Pavlovas. When the brandy tart first went on the menu we called it Topsy tart, which is the traditional name. It was hardly ever ordered so we changed the name to Cape brandy tart, and it literally sold like hot cakes. The most popular dessert was icecream and hot chocolate sauce. We also catered for 21st birthday parties, 50th birthdays etc. Next to the restaurant was a hall where functions were held and we often catered for those too. It was hard work, but so interesting and satisfying.

Next month I will take a look at restaurants in general so that we may have a better understanding of the industry and just what it entails to run such an enterprise. Until then, take care out there, look after yourselves and keep well.

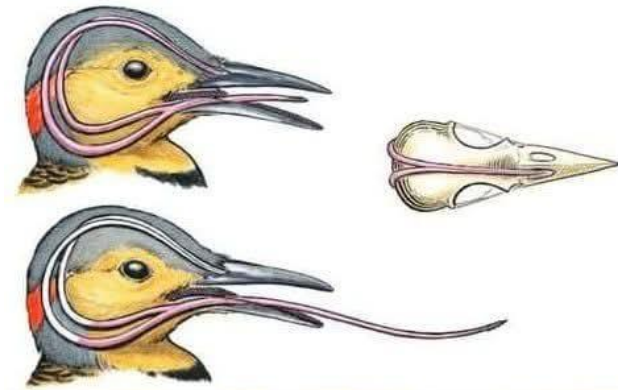


## SOME INTERESTING TRUE FACTS

A woodpecker's tongue is so long that it wraps around its skull to protect its brain while it is hammering away at a tree or other hard surfaces.

This, combined with other factors such as: super strong neck muscles, plates of spongy bone in the skull that act like a football helmet, and a very small amount of cerebrospinal fluid surrounding their brain, all help to stop a woodpecker scrambling its brain while pecking away with a force of over 1000g.

Credit: Hasan Jasim



Smoky was a 2 kilogram, 17.78 cm tall, Yorkshire Terrier who served in World War II. In 1944 Smoky was found in a foxhole in the jungles of New Guinea by an American soldier who brought her back to camp and sold her to Corporal William A. Wynne. For the next 2 years Smoky lived a soldiers life. Because she was not an official military dog, she did not get dog food or medical care. She shared Wynne's meals and slept beside him in his tent.

The little dog even flew 12 air/sea rescue and photo reconnaissance missions, secured in the soldier's backpack. She survived 150 air raids and saved Wynne by warning him of incoming shells. Like many Yorkies, Smoky also loved to learn tricks and perform. She did so with the Special Services – entertaining soldiers in hospitals. After the war Smoky was flown back to the US hidden in a oxygen mask carrying case.

For the next 10 years she made television and public appearances in

Veterans hospitals until her death in 1957. Smoky is considered the first Therapy Dog.

Credit : Managi Uththara



Such a smart boy. What a wonderful little soldier



## GHOLFDAG MET DIE KRAAIE.

Hulle stap saam na die vierde putjie, Linda en Audry. Die ander twee ry met 'n gholfkar. Linda speel vandag voortreflike hou en sy is seker dat haar drie vriendinne bietjie jaloers is, wel vriendelik jaloers. Dit laat haar lekker voel. Die Saterdag behoort aan haar, sy belewe dit aan die nuwe gholfbroek en T-hemp aan haar lyf. Haar lang krulhare het sy opgebondel bo-op haar kop en hou dit in toom met die gholfpet.

Die son het besluit om op hierdie dag ekstra warm te brand. Die stroompies nattigheid langs Linda se nek is klewerig. Sy maak reg om af te slaan op die vierdie gat se T. Lig eers die pet van haar hare af, maak die bondel los en druk haar nek droog met die gholfhandoekie.

'Kom Linda,' waarsku Audry. 'Hierdie gat wen ek!'

Vanuit die bloue lug skiet 'n swart gevleuelde gedaante af en beland in die haredos.

Linda se hande wat die haarbondel stywer wou vasmaak, vou om die vere en vlêrke.

Haar gille trek verder as enige gholfbal!

'Daar's 'n voël op jou kop, Linda!', skreeu Fransie. 'Kyk op, hier kom sy vriende!

Dis kraaie!' gil Anet. Hulle het nou net met die gholfkar gestop, betyds om die kraaigedoente te sien. Sy en Fransie tree toe tot die swaaiende geveg met hul gholfstokke.

Linda trippel op en af, waai met haar gholfstok en pet bokant haar kop. Die kraai worstel en sy tone wikkel al dieper in haar hare in. 'Help my! Help my! Doen iets!' roep Linda. Haar gesig is bloedrooi van skok, angs en grill! Hoe meer sy spartel en pluk aan die swart gevaarte hoe meer verstrengel raak sy pote.

Die ongewone gille en swaaiende gholfstokke laat ander spelers rondom die afslaanplek saamdrom. Dit is 'n spektakel wat nie elke dag gesien word nie en almal se lagspiere oefen lekker saam. Dis 'n geknars van kraaie, lagbuie wat handuit ruk en uitroepe wat nie gesmoor kan word nie. Trane van skok drup nou uit Linda se oë. Stadig verander die skaterlag rondom in simpatieke opmerkings. Audry kom eindelijk tot aksie. Sy gryp Linda se arms vas.

'Staan stil, Linda!', beveel sy. 'Kom sit hier.' Sy druk haar ferm op die gras neer.

'Kyk in my gholfsak vir 'n skêrtjie, Anet en bring dit. Fransie, gee vir Linda water!'

Onder 'n gekerm en geskreeu en eindelijk sagte snikke kom Linda tot bedaring. Audry knip versigtig die hare rondom die kraaitone af, terwyl Anet hom stewig vashou. 'Van jou krulle gaan verlore, Lindatjie. Jy sal dit moet prysgee om die kraai uit die kraaines te kry.'

'Neem asseblief foto's en stuur dit vir die koerant.' Linda begin nou die humor van die situasie besef. 'Waar kom die bedonderde kraai vandaan?' roep sy die vraag uit waarop almal 'n antwoord sal wil hoor. Die mans in die toeskouers troos met uitnodigings vir pret na gholftyd. Ten einde laaste is die verwilderde voël los uit haar hare en kan Linda praat.

'Ek wil nie meer gholf speel nie. Kom ons gaan net klubhuis toe en gaan drink 'n bier.

Kyk net dat die kraaie nie saamkom nie! Of dink julle hulle kort ook 'n drankie?'

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### Jakkals en Kraai

Bo in die boom sit Kraai,  
'n Stuk kaas in sy bek.  
Jakkals staan onder en paai.  
Hy roep en rek sy nek.

Kraai laat hoor tog jou mooi lied!  
Kraai is so trots, o Griet!  
Vrolik begin hy knars...  
Jakkals gryp die kaas en hol laat hy bars.

Elma van den Berg





<b><u>ORV March Bus:</u></b>			<b>Time:</b>	<b>Rate:</b>
3 March	Mon	Spar	09:30 - 10:30	R20.00
5 March	Wed	Northgate	08:30 - 11:30	R20.00
10 March	Mon	Bel Air	08:30 - 10:30	R20.00
12 March	Wed	Cresta	08:30 - 11:30	R35.00
17 March	Mon	Spar	09:30 - 10:30	R20.00
19 March	Wed	Northgate	08:30 - 11:30	R20.00
24 March	Mon	Bel Air	08:30 - 10:30	R20.00
26 March	Wed	Northgate	08:30 - 11:30	R20.00
28 March	Fri	Lifestyle	08:30 - 11:30	R35.00
31 March	Mon	Spar	09:30 - 10:30	R20.00
<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 & Northgate only * You also have the option to pay per trip at reception Card payments only, reception does not accept cash.				

**Life s too short to wake up with regrets.**  
**So love the people who treat you right,**  
**forgive the ones who don't and believe that**  
**everything happens for a reason.**  
**If you get a chance, take it. If it changes**  
**your life, let it. Nobody said it d be easy,**  
**they just promised it would be worth it.**  
**-- Dr. Seuss**

**To the world, you may**  
**be one person,**  
**but to one person**  
**you may be**  
**the world .**  
**--Dr. Seuss**

# Social Committee events for March 2025

## ***Raise the Titanic for a Saint Patrick's Day celebration on board the Titanic!***

Come and join us on **March 22 from 18h00** on board the Titanic and share all the blarney.

Upon presenting your original Titanic ticket, you will be welcomed aboard with a group photograph in period garb (bowlers for gents and floral sunhats for ladies) and then ushered into first class dining while being entertained by a live string quartet. Of course, if you wish, ballroom dancing is permitted.

Prior to dinner, move into the Irish dining area where you will be entertained by a gaggle of very pretty Irish dancers.

While sipping your drink you will be entertained by the Bedlam Folk, with some traditional, often naughty Irish folk music and indeed maybe some other eclectic music for dancing and singing,

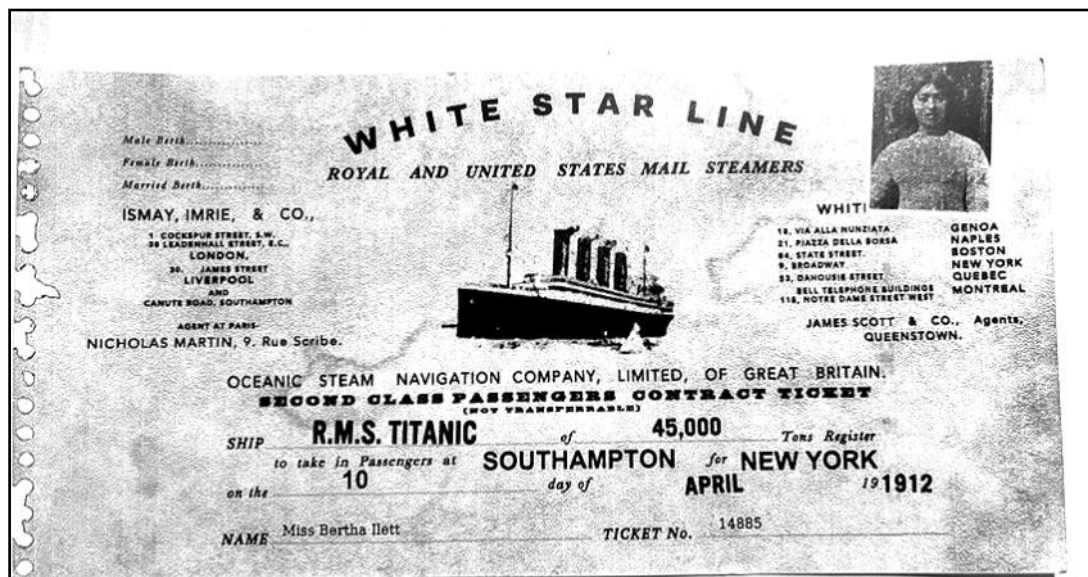
However, as the night progresses you will be forewarned that the Titanic has hit an iceberg and will return to her final resting place in the sea.

Do not worry, as the Titanic crew are well prepared! This time, you will all have a special place on the Titanic lifeboats at the ready. Some of you might even have a life jacket.

Tickets are R200 per person, and people from outside the village are welcome. Tickets available from Val unit 22.

### ***Birthday/New residents welcome tea.***

**Monday 10 March.** Guests pay R40 per person, NO payments for birthday residents and new residents. Refreshment will be served.





## 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

**Angelique Moir Editor**

**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.

## SUNDAY CHURCH SERVICES

**Roman Catholic Church 09H30, LONG ROOM**

**English service 09H30, Hall**

**Afrikaans service 17H00, Hall**

## 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>

# OLIVEDALE

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