

A NEW COFFEE HAVEN OPENS IN OUR RETIREMENT VILLAGE

A Welcome Addition for Residents.

A new coffee shop opened in our village on 25 March. A significant development that not only adds to the village's charm but also creates opportunities for social engagement and a relaxing environment for our community.



PAST EVENTS

The Easter Evening Event was a delightful celebration filled with joy and excitement, featuring the much-anticipated Easter Bonnet competition and the thrilling Easter Hamper draw. From showcasing creative and stylish bonnets to offering enticing prizes in the hamper draw, the evening was a true spectacle of talent, fun and community engagement. .



EASTER MARKET DAY ON SATURDAY 05 APRIL

It was a day of fun, food, and good company—a true highlight for residents, and their families, and visitors alike.



HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN APRIL



Pollie Mereis
89 years old
Living at ORV for 7 years
Interests include gardening,
entertaining and watching TV
programmes about foreign cultures



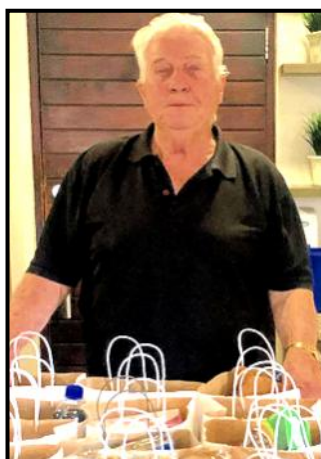
EVENTS FOR MAY

Monday 12th Birthday/New Residents welcome tea In the dining room at 15h00. Guests pay R40.00 pp. NO payment for residents celebrating their birthday or for new residents.

SPECIAL EASTER BINGO EVENING

Residents came together for a fun-filled night of bingo, laughter, and camaraderie.

As the bingo caller prepared to kick off the first round, the room fell silent in anticipation. The numbers were called out in a lively and engaging manner, keeping everyone on their toes. The residents were fully engaged, eagerly marking off their cards and hoping to be the first to shout, "Bingo!" One of the highlights of the evening was the array of prizes up for grabs.



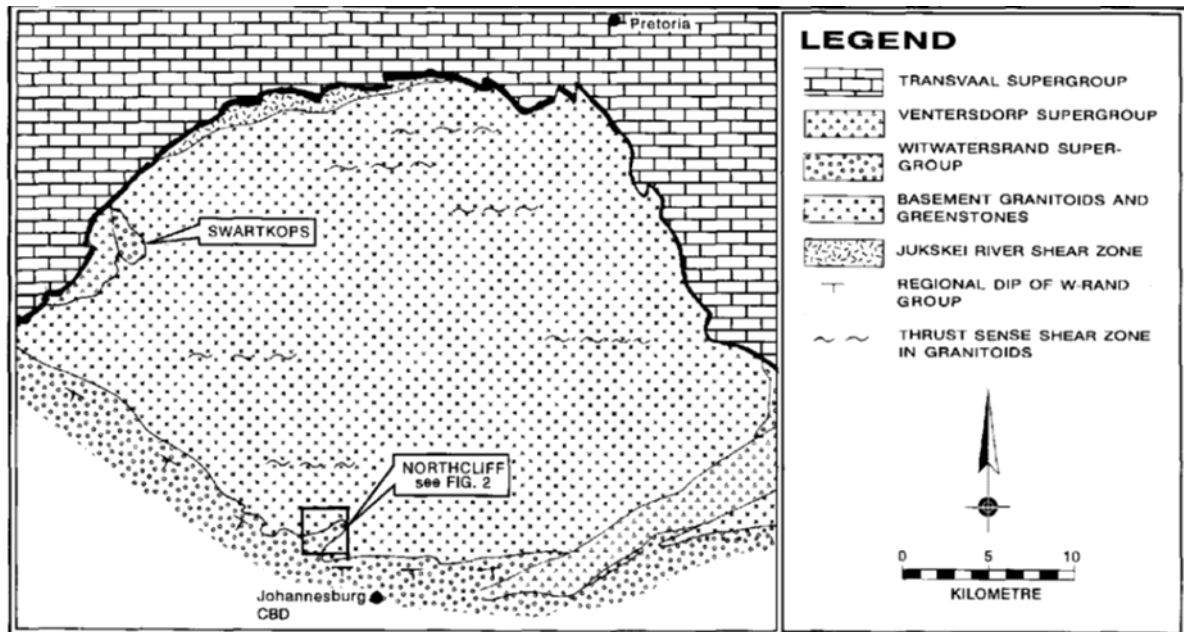
A BRIEF NOTE ON THE GEOLOGY OF OLIVEDALE RETIREMENT VILLAGE



INTRODUCTION

Initially, I was supposed to write about the gardens at Olivedale Retirement Village, which is part of my job as a Village Director. But, since I'm not a gardening expert (though I do know a bit about lawns), I thought it best to leave the gardening advice to the many

experts living here. So, I decided to focus on the geology beneath our village, which is where all the gardens start.



According to a simplified geological map of Johannesburg, Olivedale is located on the Johannesburg Granite Dome (marked with + + symbols), roughly where the gray triangle is. As you might guess, the village is built on granite, which comes in many sub-types depending on their mineral makeup, sizes, mineral arrangements, and colors.

Granite is a type of rock formed in magma chambers deep underground. It mainly contains quartz (10 to 50 percent) and feldspars (65 to 90 percent). Feldspars are common rock-forming minerals that usually don't have their own color but can be colored by impurities. They are mostly composed of elements like potassium and sodium, and sometimes calcium,

barium, rubidium, strontium, and iron. In simpler terms, granite is light-colored and mainly made up of quartz and feldspars.

When exposed to surface conditions, feldspar in granite turns into clay minerals, while quartz remains as sand. Granite soil is generally acidic, relatively low in nutrients, and doesn't retain moisture well, unless it contains a lot of clay.

GEOLOGY OF THE OLIVEDALE RETIREMENT VILLAGE

Our village was built on a steep slope using a 'cut and fill' method. This means they cut into the slope to create flat areas (benches) and used the excavated material to create more flat areas below, supported and protected by Loffelstein bricks.

The result is a series of alternating 'cut' and 'fill' benches with different soil characteristics. On the 'cut' side, the good top soil ended up buried deep under subsoil, on the downhill 'fill' side, leaving rocky subsoil at the surface. Due to this method of creating level benches for building the houses, both the cut and fill areas have poor soil conditions, making it challenging for homeowners to establish their gardens. In most cases, gardeners have enriched the soil with compost, mulch and fertilizer, creating a satisfactory growing medium for vegetation, as is witnessed by the beautiful gardens that have been created over the past 10 years.

Jan Mostert

ANYONE FOR A SNACK?

By: Linde McLaren

Late one afternoon, as we walked out of the Open Space, the guard at the gate drew our attention to a magnificent caterpillar crawling on the lawn. To our surprise, being from Limpopo, he easily identified it as a Mopane worm, or *Gonimbrasia belina*, if you want to call it by the scientific name. They are also known by many vernacular names from the Republic of Congo, south through many Southern African countries down to the northern provinces of South Africa.

Like all caterpillars they emerge from the eggs to feast on leaves in the vicinity, molting four times as they grow up to 100 mm and then to pupate underground. They emerge as huge moths with a wingspan of 120 mm showing two orange eyespots to ward off predators and feathery antennae used to find a mate and then lay their eggs ready for the next generation to emerge in the summer. The caterpillars have small round yellow and whitish green scales and black or reddish spines which you can see in the close-up photo.

Mopani worms are edible and considered a delicacy among many

communities who harvest them mainly but not only from Mopane trees, hence their popular name. For the best taste the nutritious worms must be harvested before the fourth molt. For those of you lucky enough to get hold of some worms and brave enough to try them, here is an easy recipe that you can find in The Great South-African Cookbook:

Ingredients:

20 sun-dried mopane worms
½ cup of water
2 tsp salt (Baleni salt of course)

Cooking method:

Soak the dried mopane worms in a bowl of water for 1 hr. Remove, drain and place in saucepan. Add ½ cup fresh water and salt. Cook for 10 mins. Serve warm as a snack.

Enjoy!



Sources:

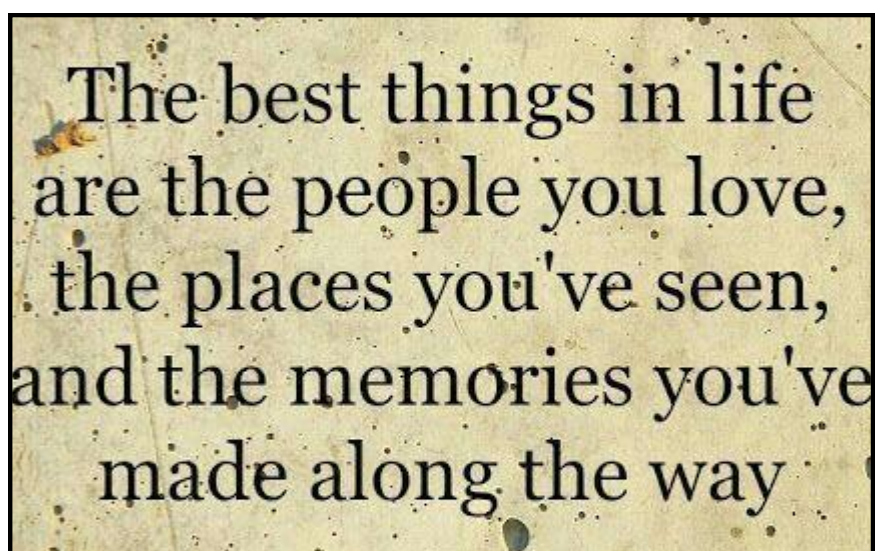
Wikipedia, *Gonimbrasia belina*, https://en.wikipedia.org/wiki/Gonimbrasia_belina [Accessed: 2025-04-21];
Louise de Waal. Mopane Worms: Limpopo's Favourite Snack. <https://www.tfpd.co.za/experiences/mopane-worms> [Accessed: 2025-04-21]



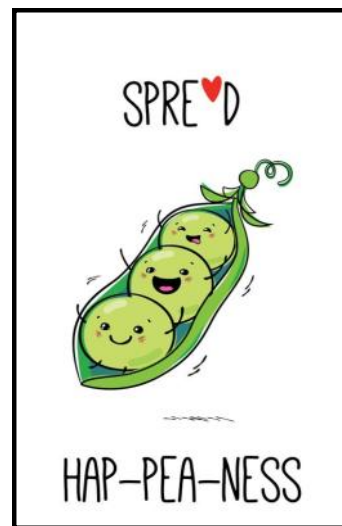
Magnificent Mopani worm



Close-up of its face



A FEW MORE PICTURES FROM THE EASTER BINGO EVENING



Classic Sudoku

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

Word Search

Heart Health

R	A	L	U	C	S	A	V	N	E	M	O	W	S
E	G	T	H	S	T	R	E	S	S	F	U	L	E
L	N	N	O	I	T	A	T	I	D	E	M	O	L
A	I	J	R	R	E	L	L	I	K	B	F	H	B
X	K	P	E	R	L	K	S	I	R	R	H	O	A
A	O	I	D	R	A	C	T	I	V	E	Y	C	T
T	M	L	A	V	I	V	R	U	S	A	D	L	E
I	S	Z	E	P	C	L	A	E	S	T	R	A	G
O	H	T	L	U	A	M	E	H	L	H	A	H	E
N	G	I	W	F	F	P	H	F	A	I	T	T	V
U	N	Y	H	T	L	A	E	H	E	N	E	K	G
E	X	E	R	C	I	S	E	N	M	G	D	F	Q

ACTIVE	EXERCISE	LEADER	SMOKING
ALCOHOL	FACIAL	MEALS	STRESS
BREATHING	HEALTHY	MEDITATION	STRESSFUL
CARDIO	HEART	RELAXATION	SURVIVAL
VASCULAR	HYDRATED	RELIEF	VEGETABLES
DISCIPLINE	KILLER	RISK	WOMEN

EDITORIAL

Dear friends

Welcome to our latest newsletter! We are thrilled to share stories, updates, and ideas to keep our community vibrant.

I would like to thank the residents who took pictures of the recent events. They are beautiful capturing those unique moments, and I'm sure our readers would agree.

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

Until next time, here's to new adventures, friendships and good health ahead. Together, we make every day meaningful.

Angie Moir
Editor.



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

Bonnie Leroux



SPREADING KINDNESS

Kindness is easy, free, and doesn't require a prescription to reap its health benefits. Even a simple smile can be healing. For instance, when we smile, our brains produce oxytocin, which releases nitric oxide in the blood vessels, helping to lower blood pressure. The health benefits of kindness extend to those who witness kind acts. So, not only does being kind benefit you, but it also positively impacts those around you! Wondering where to start? Incorporating kindness into your daily routine is simpler than you might think. Buy a friend a cup of coffee, say hello to a stranger.

Here are a few tips to help you purposefully infuse kindness into each day:

Recognize your ability to show ***kindness:*** Anyone can positively impact someone else's life. The first step is acknowledging your ability to be kind. Reflect on others who have helped you and how it impacted your day.

Write this down on a sticky note and place it somewhere visible. Remind yourself daily to be thoughtful and look for ways to help others.

Search for opportunities to impact: Keep your eyes open for individuals in need. Opportunities to make a difference are all around you.

A kind act can be small. Acts of kindness don't have to be big, expensive, or time-consuming. Try to incorporate a few small acts of kindness into your day. Say hello, hold a door

open, or take an extra cup of coffee to a friend. Write down a few ideas at the start of each week and see how many you can complete.

Offer no strings attached: When helping someone, ensure the act is without expectations. If you take a neighbour to dinner, or offer to baby sit, do so with no strings attached. This makes the act of kindness more genuine. If the recipient feels compelled to repay you, suggest they pass it forward to someone else.

Beautiful thoughts—Facebook

You will never regret

BEING KIND

HULDEBLIK AAN BREYTEN BRETENBACH

Elma van den Berg

Breyten Breytenbach was 'n fassinerende Suid-Afrikaanse skrywer, digter en kunstenaar. Hy is gebore op 16 Sept. 1939 in Bonnievale, matrikuleer by Hoërskool Hugenote, studeer aan die Universiteit van Kaapstad en ook aan die Michalis School of Fine Art. Breyten was dwarsdeur sy lewe 'n vryheidsdenker en anti-apartheidsvegter. Dus was hy gedurig in botsing met die destydse regering. Die grootste gedeelte van sy lewe woon hy in Parys, Frankryk. Hy is daar getroud met Yolande Ngo-Sach-Vinh, oorspronklik van Viëtnamese afkoms. Hy het 'n seun en dogter.

Na sy huwelik was hy nie toegelaat om in Suid-Afrika te woon nie. Tydens 'n besoek aan sy geboorteland, met 'n valse paspoort, is hy in hegtenis geneem en was nege jaar in die tronk. Hier het hy in Afrikaans geskryf, gedig en is sy werk gepubliseer.

Hy verlaat hierdie lewe op 25 Nov. 2024 in die ouderdom van 85 jaar.

Sy poësie oor die liefde is diep en intiem. Dit word beskou as van die mooiste in Afrikaans.

Hierby is gedigte uit die album 'Rooiborsduif', saamgestel deur Charl-Pierre Naudé.

(Human en Rousseau)

so het ek jou lief

soos 'n see-oolfant wat sokker
leer speel tussen die kool
soos 'n perd ander perd soek
vir die staan en vry in die veld
soos 'n Judasboom ligpers in bloei
middernag droom van rooi blommetjies -
so is ek lief vir jou

soos 'n wolk gesig gaan koop
in die stilloop rivier
soos 'n huis op die bult
die haard se onthou het aan vuur
soos 'n hart sleg word van vergelykings
en daarom die lyke in die water laat tref en vergly -
ploep-ploep – so het ek jou lief

seisoengids

om jou te soen laat my dink
aan wingerde maer in die deurweekte winters
groen soos die maan in die somer en in die herfs
die barnsteen en die blou en die ritselfende reën
van vallende blare die barnsteen en die blou
wanneer die aarde ruik en ek jou soen
waarlik jy bêre die vier seisoene in jou kieste

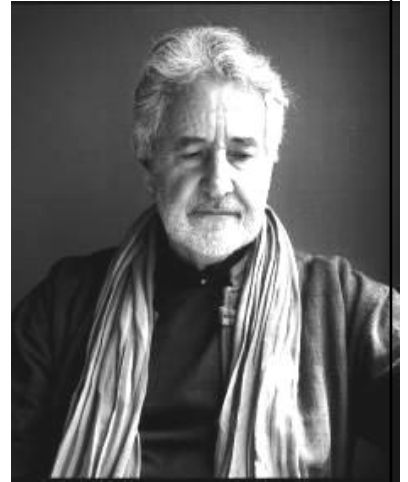
'van my hart tot joune'

tussen lepel en lip
glip die klip se kloppe
in waarheid se waters

tussen klip –
in-die-water en kop se houdop
glop die maan as dobberdop

en 'n skip, my beminde,
so vol soos 'n klip
vol hierheid

seilskep my hart
tot aan jou lippe
met hierdie lepel woorde



Breyten Breytenbach



CONSIDER CARE SUPPORT

A carer can come into the home and keep an eye on a loved one's health and wellbeing so that they can stay safe and comfortable throughout the year. They can prepare snacks, help with chores and pick up any health problems at an early stage.



RAMBLINGS OF AN OLD WOMAN. 17

By Maureen Lamprecht.

At the time of writing it is the Easter Weekend, a time to get together with family and friends and celebrate in whatever way your customs dictate. The weather is very changeable and we have had so much rain. I heard a report on the radio that there has been more rain to date in 2025 than there was in the whole on 2024.

I have also seen and heard advertisements for the Rand Show, which triggered many memories. Google tells me that the first show, known as the Rand Show, was held in 1894. There was a break during the Anglo-Boer war and only started again in 1907. The eleven day show was originally an agricultural show, where farmers displayed the cows, sheep, horses and all sorts of livestock and farm produce. I remember seeing huge pumpkins at the show, and farmers would be recognised for the excellence of their livestock and produce. During this time the show, then known as the Rand Easter show, was held at Milner Park, but in 1981 the organisers realised that they would need a larger venue. A 51ha site was chosen on the Crown Mines property which would eventually develop into the NASREC complex which we know today.

As a child, I would go to the show with my parents, and how excited I used to be. Some of the exhibitors gave miniatures of their products, such as little boxes of tea

and tiny bottles of Coke, to name but two. I would collect these every year and kept them in a small suitcase, to take out and play with from time to time. I would be the storekeeper and my cousin the customer. He would get on his tricycle and pedal over to the store and buy my goods, using pebbles as money. Being the older, I was always the storekeeper.

In later years, my school friends and I would take the train from Springs to go to the show. We were sometimes as many as twelve so would have to split up and arrange to meet later for the trip home. I used to still enjoy seeing the animals, the cows with their soft eyes and long eyelashes and the variety of poultry on show. My father kept chickens so that was a particular interest of mine. The last time I went to the show must have been 1968 with my husband, and I have no idea what it is like today. Very different, I'm sure.

I have one more link with the Rand Show. I went to a boot sale in Melkbosstrand, about 25 years ago, and on sale was an electric station clock. I asked about it, and the woman manning the stall told me that her father had been contracted to dismantle the old show grounds, and that he had nicked this clock. I bought it and it was in my kitchen until about 12 years ago. It stopped working and I had a battery operated unit fitted. This was not successful

as it would only work lying down. As soon as it was hung on the wall it would stop. I gave it a name, which I shall not share, put it into a cupboard, and bought a new one. I still have it in a cupboard. I miss my old station clock being on the wall but I don't know where to take it to be repaired.

Another Easter memory is of my two sons when they were about 6 and 4. We had told them the Easter bunny would be coming the next day and that he would leave Easter eggs hidden in the garden for them. They went off to bed with much excitement and, of course, woke at sunrise the next day. I had not yet hidden the eggs, so I told them it was too early for the Easter bunny. They went back to bed, but I then could not walk passed their room to go out as they would have seen and heard me. So I stood at our bedroom window and threw the eggs out into the garden, landing just anywhere. I then told the boys that I had seen the bunny's tail disappearing around the corner. They were off and egg hunting in a flash. Good memories.

A number of residents went to the braai on Easter Saturday and had an enjoyable evening. Thanks to the entertainment committee who organised the braai and supplied the pap and sous! Until next month, take care, go out and about, do things with your friends and stay young at heart.



SAFETY

We care deeply about your safety and well-being. Recently, there have been reports of scammers targeting elderly individuals at shopping centres locally, often frequented by our residents. These individuals may pretend to offer help, conduct fake surveys, or ask for donations to trick you into giving them personal information or money.

Please stay alert and remember the following tips:

Never share your PINs or bank details with anyone, no matter how friendly they seem.

Be cautious of strangers who approach you with offers, requests, or unusual questions.

Avoid signing anything you don't fully understand.

If someone makes you feel uncomfortable, walk away and notify the shopping centre staff or security immediately.

Do not let any strangers assist you at ATM's. Try avoiding the use of ATM's altogether, and consider using the in-store tellers instead.

When in doubt, ask a trusted family member or friend for advice.

Your safety comes first. If you suspect a scam or have any concerns, don't hesitate to speak to security staff or call local authorities.

Let's look out for each other and stay safe.

<u>ORV May Bus:</u>			Time:	Rate:
5 May	Mon	Bel Air	08:30 - 10:30	R20.00
7 May	Wed	Northgate	08:30 - 11:30	R20.00
12 May	Mon	Spar	09:30 - 10:30	R20.00
14 May	Wed	Cresta	08:30 - 11:30	R35.00
19 May	Mon	Bel Air	08:30 - 10:30	R20.00
21 May	Wed	Northgate	08:30 - 11:30	R20.00
26 May	Mon	Spar	09:30 - 10:30	R20.00
28 May	Wed	Northgate	08:30 - 11:30	R20.00
30 May	Fri	Lifestyle	08:30 - 11:30	R35.00
BUS TICKETS SOLD AT RECEPTION:				
* R225,00 - 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

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Disclaimer

The articles and ideas published in this newsletter are those of the authors and do not necessary reflect the views 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)

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

OLIVEDALE

RETIREMENT VILLAGE • AFTREE • OORD

TO LET



2 Bed, 1 Bath First Floor
Apartment

R 8500 p/m

TO LET



1 Bed, 1 Bath Second Floor
Apartment

R 7000 p/m

TO LET



1 Bed, 1 Bath Second Floor
Apartment

R 7000 p/m

Kyle van Staden
☎ 066 211 2483

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Easter*
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