

CELEBRATING LOVE AND GRATITUDE: A BEAUTIFUL MOTHER'S DAY LUNCH AT OUR RETIREMENT VILLAGE

Staff pulled out all the stops for a memorable Mother's Day lunch. Residents and their families gathered to enjoy great food, warm ambiance, and heartfelt moments creating memories that will last.



MOTHER'S DAY LUNCH



FAREWELL MESSAGE

It is with deep gratitude and heartfelt appreciation that we bid farewell to Alan and Pam Eadie who will be leaving our shores at the end of June and joining their family in Australia.

Alan has been a quiet pillar of support to so many residents, always ready to lend a helping hand, especially by transporting them to and from their destinations both far and near. It was always a source of comfort to know that he would be waiting to see you safely home.

Although never officially a member of the Social Committee, Alan has played an indispensable role in our events, assisting in any and every way possible. He will always be fondly remembered as an honorary member of the Social Committee.

Pam, a dedicated member of the

Social Committee has played an instrumental role in efficiently organising nearly every function held at Olivedale. Each and every function has been a success and brought joy to countless residents. Although challenges arose from time-to-time Pam always found a way to keep things on track thus ensuring success.

Thank you, Alan and Pam for your years of selfless service, generosity, and unwavering commitment to our community.

We wish you safe travels and many years of happiness and joy in your new home with your children and grandchildren. You will be sorely missed, but remembered with warmth and appreciation.

With best wishes Director: Social Committee. On Behalf of the members

of the Social Committee Past and Present.

EDITOR'S COMMENT

A resident called in to express her admiration for the 2 year selfless 24/7 caring for their neighbour Gioia Dona until her passing. And to Alan for coming to the villagers rescue with his pro-active lawn mowing service during Covid lockdown in the absence of DMS.



HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN MAY



Delores Egerton
87 years old
Living at ORV for 4 years
Interests: Arranging flowers,
crafts, cooking, entertaining.



Close friends celebrating their birthdays all in the same month.



KARAOKE EVENING

A fun evening of entertainment

We hosted a Karaoke night on May 21. What a night it was. Everyone had a lot of fun.

We were treated to several performances of popular songs by the residents. Sidney and his group

entertained us with their own amazing vocals and skilful karaoke management.

We enjoyed a saxophonist's performance in addition to the singing.

We sincerely hope they return soon.



EDITORIAL

Dear friends

Winter has arrived - but we can still enjoy our blue African skies and the amazing colours in our gardens.

It is almost mid-year and the Winter Solstice is in about 3 weeks' time.

Our newsletter is full of great reading this month. Hope you will enjoy it. Grab a cuppa, put your feet up, and relax.

We once again appeal to readers, English and Afrikaans alike, to submit articles or snippets of interest for inclusion in our newsletter. We really need and appreciate your support.

It's June, it's winter, and it's cold! Time to cuddle up in your winter woollies and stay warm.

Till next month,

Angie Moir
Editor.



URGENTLY NEEDED...

Not BLOOD

But,

An ELECTRICIAN,
to restore the joyful current
between people,
who do not speak
to each other anymore...

An OPTICIAN,
to change the
outlook of people...

An ARTIST,
to draw a smile
on everyone's face...

A CONSTRUCTION WORKER,
to build a bridge
between neighbours...

A GARDENER,
to cultivate good thoughts...

A PLUMBER,
to clear the
choked and blocked mindsets...

A SCIENTIST
to rediscover compassion...

A LANGUAGE TEACHER
for better communication
with each other...

And Last but not least,
A MATHS TEACHER,
for all of us to relearn how to count on each other..

Author unknown

EVENTS FOR JUNE

Saturday 7th June Winter Market 9h00—14h00

**Monday 9th 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.**

Saturday 21 June Curry Evening

LOW CARB CAULIFLOWER BREADSTICKS

Ingredients

Cauliflower – for this easy cheesy garlic cauliflower breadsticks recipe you'll want to start with a large head of raw cauliflower. All you need to do is core it and cut it up into small florets. Once you've got your cauliflower chopped up, throw it into your food processor and pulse it until the cauliflower is the texture of rice! Super super easy and quick.

Cheese – no cheesy bread "wannabe" recipe is complete without tons of cheese and these low carb breadsticks are no exception. The combo of some melty, bubbly mozzarella and salty parmesan is cheesy perfection!

Seasonings – in my opinion, the most important thing about the ingredients to cheesy cauliflower breadsticks is that you use FRESH herbs. Fresh basil, fresh garlic, fresh parsley, they really make all the difference and make your breadsticks taste like they are straight out of a five-star restaurant.

How to Make Cheesy Cauliflower Breadsticks

In under 30 minutes you can prep, cook, and start eating some delicious low-carb breadsticks. It's super simple, just follow these directions!

Preheat your oven to 210C. line a baking sheet with baking paper. This way, once your breadsticks are ready to cook, your oven will be ready to bake them!

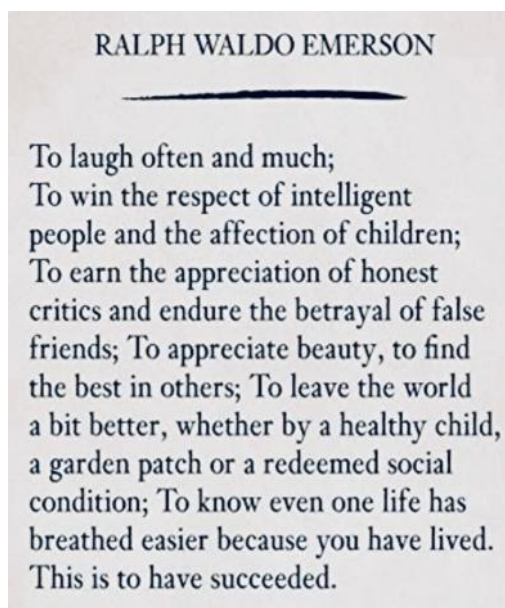
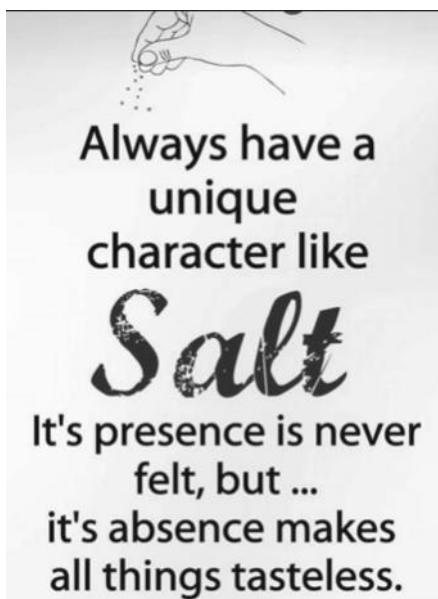
Core the head of cauliflower and cut it into florets. Put the cauliflower florets into a food processor and pulse it until it's the texture of rice. No need to cook the cauliflower first. (If your cauliflower seems excessively moist squeeze the riced, raw cauliflower in a kitchen towel to help remove moisture.)

Next, in a large bowl, mix the riced cauliflower, shredded mozzarella, parmesan cheese, egg, fresh garlic, fresh basil, fresh parsley, and salt & pepper until it's combined and holds together.

Place the cauliflower mixture onto the lined baking sheet and spread out into a 25cm x 16cm rectangle that's 1cm thick.

Bake your cheesy cauliflower breadsticks in the preheated oven for 10-12 minutes. Then make them even better by adding MORE cheese! Remove the pan from the oven and top with the remaining mozzarella cheese. Then return the pan to the oven to continue baking until the cheese is melted and the edges are golden brown.

Let it cool for about 10 minutes and cut into "breadsticks". Garnish with fresh herbs and parmesan cheese. Serve with your favourite sauce and enjoy!

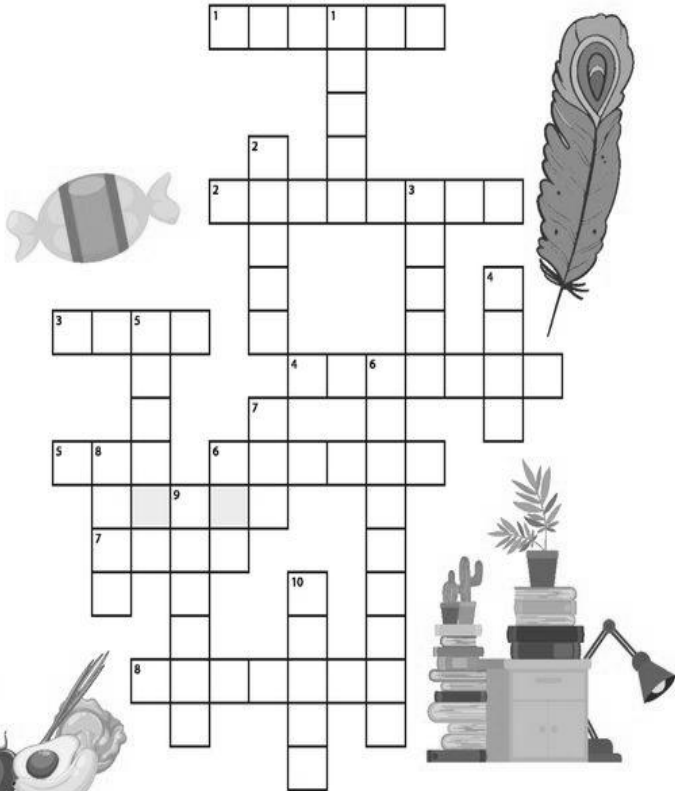


SUDOKU MEDIUM

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Crossword Puzzle



ACROSS

- 1. Protects your head
- 2. Tasty frozen treat
- 3. Type of feathered animal
- 4. Place to keep books
- 5. Opposite of young
- 6. Black caffeinated drink
- 7. Night sky light
- 8. Soft and fluffy cloud

DOWN

- 1. Small round candy
- 2. Unit of time (plural)
- 3. Piece of furniture you sit on
- 4. Outer covering of a tree
- 5. Where cars drive
- 6. Morning meal
- 7. Opposite of cold
- 8. Green citrus fruit
- 9. Another word for happy
- 10. Tomatoes, lettuce, and cucumbers

Brain Teasers to warm up your brain
ANSWERS ON PAGE 10

A. I have a bed but I never sleep. I have a mouth but I never speak.
What am I?

B. I sound like one letter but I'm written with three. I show you things when you look through me.
What am I?

C. I have a head and a tail that will never meet. Having too many of me is always a treat.
What am I?



AFRIKAANS IS AMPTELIK 100 JAAR OUD. ELMA VAN DEN BERG

Op 8 Mei 2025 was Afrikaans, as amptelike landstaal, 100 jaar oud. Verskeie feeste is reg oor die land gehou bv. by die Taalmonument in die Paarl en daar word nog beplan vir die res van die jaar. Die RSG Oppiewater Kunstefees was 'n wonderlike ondervinding. Al die kunstenaars op die skip het 'n sanguitvoering gedoen nl. Afrikaans is Groot. Heelwat projekte word deur skole, kerke en ander organisasies gereël.

Afrikaans is die enigste Germaanse taal wat in Arabies getranskribeer is. Dit is ook die derde jongste Germaanse taal wat amptelik erken is. Faroëes is tweede en Luxemburgs die heel jongste Germaanse taal. Afrikaans is die derde grootste taal in Suid-Afrika, naas Zoeloe en Xhosa. Internasionaal word dit verstaan in Nederland, België en Pole.

Die taal het aan die Kaap ontstaan waar seevarende Europeërs die Khoi as inheemse volk ontmoet het. Dit is genoem Khoi-Afrikaans en was 'n eenvoudige taal wat kommunikasie tussen die seevaarders en die Khoi-volk moontlik gemaak het. Hierdie taal het reeds in 1583 ontstaan as die vroegste vorm van Afrikaans. Vanaf 1652 het hoofsaaklik Nederduits en Hoogduitse immigrante hulle aan die Kaap kom vestig. Later ook die Franse Hugenate, Engelse en Portugese. Verskillende variëteite van Afrikaans was gepraat soos, Kaaps-Hollands, Plat-Kaaps, suiwer Nederlands, Boere-Hollands, Hottentot-Hollands en is ook genoem Kombuis-Afrikaans.

In 1875 is die Genootskap van Regte Afrikaans gestig en die taal wat algemeen aanvaar was, was Boere-Afrikaans. S.J. du Toit en Arnoldus Pannevis was die dryfkrag agter die groei van Afrikaans as spreek- en skryftaal. Eers verskyn die koerant 'Di Patriot' en later ook 'Ons Klyntji' in 1876. So het Afrikaans deur verskeie taalbewegings gegroei tot dit in 1925 as amptelike taal kon bekend word.

Skrywers wat Afrikaans ook oorsee geneem het, om in ander tale vertaal te word is o.a.

Breyten Breytenbach, André P. Brink, Annelie Botes, Daleen Mathee, Deon Meyer en vele meer. Vandag in Suid-Afrika se multi-kulturele bevolking word Afrikaans deur die meeste verstaan en geniet.

Woorde wat uit Afrikaans maklik op ander taaltonges val, is bv.

lekker – 'lekker' 'Ai, maar dis 'n lekker dag!' (nice, wonderful, comfortable)

jol – partytjie hou. 'Kom jy vanaand saam jol?' (party)

'Vanaand gaan ons jol in die city hol.'

(Tonight we are going to party in the city hall)

mos, sommer net 'Man jy weet mos alles. Doen dit sommer net.' (easily)

'They do 'mos' know everything. They ought to do it 'sommer net.'

deurmekaar 'Alles is net so deurmekaar gelos!' (unsorted)

'Dis 'n hele, groot deurmekaar spul.' (an all over, big mess)

'Ek voel sommer net deurmekaar.'

Ons herdenk ook vir Fanus Rautenbach wat ons as omroeper jare lank oor SAUK radio vermaak het met goeie humor oor die lug. Hier is van sy grappe.

'Jannie wil jy nie jou nuwe baba-boetie sien wat die ooevaar gebring het nie?'

'Nee ek wil liever die ooevaar sien!'

'Ek het nou 'n oplossing gekry vir my bankprobleme. Ek het my oortrokke rekening op vaste deposito belê.

'Ons kry te min regering vir so baie belasting.'



ORV June Bus:			Time:	Rate:
2 June	Mon	Bel Air	08:30 - 10:30	R20.00
4 June	Wed	Northgate	08:30 - 11:30	R20.00
9 June	Mon	Spar	09:30 - 10:30	R20.00
11 June	Wed	Cresta	08:30 - 11:30	R35.00
16 June	Mon	NO BUS - PUBLIC HOLIDAY		
18 June	Wed	Northgate	08:30 - 11:30	R20.00
23 June	Mon	Bel Air	08:30 - 10:30	R20.00
25 June	Wed	Northgate	08:30 - 11:30	R20.00
27 June	Fri	Lifestyle	08:30 - 11:30	R35.00
30 June	Mon	Spar	09:30 - 10:30	R20.00
BUS TICKETS SOLD AT RECEPTION: * 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.				

FOR SALE

Good looking, refurbished
mobility scooter.
Hardly used.

R13 000

Slightly negotiable.

CONTACT LAURA
079 527 6238



By Maureen Lamprecht.

I have had car problems lately which had me thinking of cars we have had in the past. The first car my husband and I bought new was a 1969 Renault R10. It cost just under R1000 and we paid it off within two years. It also was not financed through a bank. We paid the dealership every month until the car was paid completely. The cost at that time was five times my husband's salary. (I was not working as I had two little boys). Today's cars are more sophisticated but the prices are something else. The average car will be paid off in six years, and in comparison one would have to earn R80 000 a month for the car to cost five times one's salary. I know this is rather convoluted thinking and I hope you see what I'm getting at. The repairs to my car will cost three times more than I ever

Life is so expensive today and many people in our village are not finding things easy financially. Medical cost are so exorbitant that one fears getting ill. We pay so much for medical aid but that is no longer sufficient. We now also need gap cover. Also, everything now is done on line and not everyone has a printer/scanner.(I am so

I am so thankful to my friends with whom I play canasta and scrabble. I don't know what I would have done with myself without them. Until next time, take care, keep well and wrap up warmly.

Maureen Lamprecht.

1. The Leaf people
2. The Branch people
3. The Root people

These are people who come into your life just for a season. You can't depend on them because they are weak. They only come to take what they want, but if the wind comes they will leave. You need to be careful of these people because they love you when things are

okay, but when the wind comes, they
will leave you.

They are strong, but you need to be careful with them too. They break away when life becomes tough, and they can't handle too much weight. They may stay with you in some seasons, but they will go when it becomes harder.

These people are very important

because they don't do things to be seen. They are supportive even if you go through a difficult time they will water you and they are not moved by your position they just love you like that ...

It's not all people you meet or are your friends, that will stay with you.
Only the root type of people will stay no matter the season.

It is my prayer that God should raise people in your life who are just like roots who will be there for you all the days of your life.

NATURE NOTES



SIGHTED IN THE OPEN SPACE WETLANDS

A moorhen.

Picture taken by Lesley Caddy

The Common Moorhen is a familiar site on dams, ponds and other quiet and well-vegetated bodies of water.

The Moorhen has an almost world-wide distribution although there are debates about the status of the species and sub-species found in different areas.

In some countries the Moorhen is called a Swamp Chicken.

The Common Moorhen can weigh up to 500 g with a length of 30 cm or more.

They nest on the ground amongst vegetation and up to 8 eggs may be laid.

BEWARE OF SCAMS!!

Several alarming reports of scams have been received in the village and we sympathise with the victims and trust that they have received help. To avoid falling victim please take the following precautions

*Get Vodacom/your service provider to put caller identity on your phone.

*Do not answer to unknown numbers, especially 061, or 053, 011, 021, etc. If it's someone you may know, they will send a message if you don't answer.

*Enter your bank Fraud line number in your phonebook. Should you answer a suspicious number, note the number and cut the call, phone the Fraud line

immediately, and report that number.

*Change your banking user names and passwords.

*Do not disclose the security code on the back of your card to anyone over the phone.

*Do not agree to meet a so-called police person or security person in the shopping centre, and NEVER give your phone to anyone. If they won't come to you, they may be impostors.

*When shopping on line, ensure that the email and website addresses are accurate. A missing dot, or slight difference to a merchant's correct details, indicate a scam.

*Smartphones listen to you when you talk! If you are chatting, for example, about buying sports equipment, an advert for sports equipment will suddenly appear on Facebook. Get your service provider to remove this feature.

ANSWERS TO RIDDLES

- A. River
- B. An eye
- C. A coin.

"There must be something strangely
sacred about salt.
It is in our tears and in the sea."

~Khalil Gibran

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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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 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

Olivevale

Retirement Village



TO LET

2 Bed 1 Bath **Apartment**
First Floor

FROM **R 8 500 p/m**



FOR SALE

1 Bed 1 Bath **Apartment**
Ruan **071 481 6199**

R680 000



TO LET

1 Bed 1 Bath **Apartment**
First Floor

FROM **R 7 300 p/m**

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