

FROM THE EDITORS DESK.

Welcome to the October edition of our newsletter.

Summer is in full swing, bringing with it a renewed sense of energy and joy throughout our village. The gardens are bursting with colour as flowers bloom all around us.

Sadly, the black-and-white images in this edition can't fully capture their vibrant beauty. However, for those receiving the OB via email, you'll be able to enjoy the full-colour version.

This month's newsletter is filled with a variety of articles, photos, and the familiar blend of stories and updates

we know you look forward to:

The Monthly Ramblings of an Old Woman – always a favourite, offering gentle humour, wisdom, and reflections on life.

An Afrikaans Article – bringing the warmth and familiarity of our mother tongue to our pages.

Village Updates and Notices – keeping you informed about the happenings in our village.

September Birthday Celebrations – a look back at the joy we shared in honouring those born in September.

May this edition bring a smile to your face and a sense of connection to our vibrant community.

Warm regards,
Your Editor

Angie Moir



CHRISTMAS MARKET 2025

For the past three years, our market days have been filled with creativity, laughter, fun, and friendship. It has truly been a privilege to start this tradition and share these special gatherings with all of you. Thank you to everyone who has participated and contributed—sometimes we made a profit, but always, we made memories and new friends.

This year's Christmas Market is scheduled for Saturday, 6 December 2025.

To book a table, please contact: Caron (Unit 170) or Elma (Unit 503)

If you know of exhibitors who might be interested, please invite them.

Residents: Display space is free.

Non-residents: R100 per exhibition space.

Let's make this another excellent Christmas sale!

Warm regards,

Elma van den Berg



WET DAMS CAN ALSO HAVE MAKEOVERS

By: Wetland Working Committee

Though it was closed, August and September have been very busy months in the Open Space.

After the dam was cleared of much invasive alien vegetation, the leaks were fixed with bentonite, and the dam embankment was widened and built up where it had eroded. A new valve was installed near the spillway to enable easier opening to allow

periodic draining of the dam as and when necessary. Furthermore, the upgrade of the galvanised fence has commenced, and the Lima Street gate has been converted into a more secure sliding gate. The paving projects will start soon, and our new furniture is on order.

In the meantime, the dam has filled up with clean water, much of it by courtesy of water leaks (repeatedly reported) upstream of the litter trap. The first water birds have arrived; two moorhens have already hatched

chicks and five Egyptian geese have been spotted.



The dam filled with open water



Egyptian geese on the open water



AN EXPLOSION OF TINY FLOWERS

By: Wetland Working Committee

The sagewoods or sage bushes (*Buddleja Salviifolia*) in the grassland have once again announced spring with an explosion of flowers. The bushes are literally covered in tiny flowers that are not only pretty but have a sweet smell too. The flowers are tiny, only about 4mm in diameter, but there is a myriad of them growing on each slender spike. We are fortunate to have several of these early heralds of spring in the Open Space. They grow near the green electric fence so you can see and enjoy them on your walk along the northern boundary of the village

opposite the dam embankment.

Sagewoods (Saliehout in Afrikaans) occur naturally in all nine provinces of South Africa except for the very dry areas. They are drought resistant, attract few pests, and can be pruned back to fit into a smaller garden. They are easy to grow and readily available in nurseries. The colour of the flowers varies from white to lilac to purple. Last spring all our bushes were a soft lavender colour as in the main photo, but this year they are white as in the small photo. A possible reason can be that we have had almost no rain this spring while last year was much wetter.



NAMAKWALAND

Elma van den Berg



Hoe mooi is Suid-Afrika nie? Die fees van blomme gedurende 'n gedeelte van Augustus en September maak 'n besoek aan die Karoo uniek. Onlangs het my dogter en ek dit saam met ander familie besoek. Die eerste oorslaap was in Olifantshoek in 'n antieke huis wat volgens die eienaar meer as 100 jaar terug gebou is. Tans is dit ingerig as oornagverblyf. Dit was sielsbevredigend om die oudhede te waardeer. In Kammieskroon het ons bymekaar gekom waar goeie verblyf bespreek was. Saans braai ons en beplan die volgende dag se roete. Die verskeidenheid van velde vol blomme en die genot van klein dorpie was 'n wonderlike belewenis. Elkeen behoort dit te gaan ervaar.

By Kammieskroon is die Skilpad Nasionale Park waar ons 'n feestelike dag ervaar het. Saam met ander toeriste het ons die prag van die natuur bewonder. Die kleure en verskeidenheid van blomme en struik is verstommend. Ook wilde diere verwelkom ons. Springbokke, gemsbokke, skilpaape en ander kleiner wild.

Ongeveer in die middel van die park is 'n besondere koffie-winkel by 'n deel van 'n murasie, paslik vernoem na 'Die Murasie'.

Hier het ons besondere geregte geniet.

Ook 'n baie humorieste ervaring beleef.

Ons was besig om geurige koffie te drink toe 'n paartjie die trappies opkom. Die vrou met deftige swart hoë hakke, geklee in a sexy, swart leer mini skirt en 'n een-skouer pink bloes.

Oorstelp en bewend se sy: 'I can't take this anymore! This is too much for me, this rattling on the gravel roads!' Sy was na aan histerie. Die man het haar glimlaggend ondersteun, vir ons 'n duime-op gêwys en 'n stoel uitgetrek. Toe sy sit, se sy: 'I will be okay, but I just need to say f...k, f...k! Natuurlik het ons almal lekker saam gelag. 'I am serious!

Please tell me how to handle these terrible roads in South-Africa!' Ons het vriendelike woorde van bemoediging gedeel waarvan die maklikste was: 'Drink coffee, relax and enjoy!'

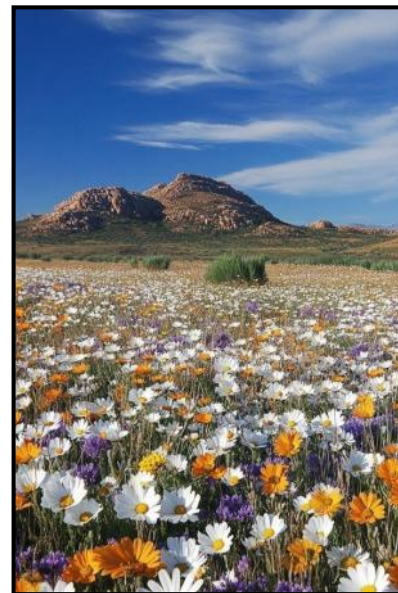
Hiervandaan is ons na Nieuwoudville met verblyf in die Oude Klip gastehuis. Die warmte gasvryheid en gemaklikheid van die inwoners is 'n hartsverwarming.

Pragtige blomme roetes om te ry kan daaglik gevind word en alles is 'n fees vir die oog. In die dorpie is interessante plekke om te besoek waarvan die

NG kerk, met 'n ryk geskiedenis die belangrikste is. In hulle saal word heerlike pannekoek met koffie verkoop, asook handgemaakte artikels. Die mark is 'n instelling gedurende elke jaar se blommetyd. Plase rondom die dorp bied 'n verskeidenheid van heerlike etes en aktiwiteite en 'n besoek aan die waterval en kokerboomwoud is uitstaande.

Die kus by Jacobsbaai was ons volgende bestemming en weereens is die mense daar 'n hartlike belewenis. Plekke om te besigtig

en eetplekke is vollop. Ons terugtog het begin en weereens kon ons die dorpe op pad geniet. Garies, Leliefontein en verskeie stalletjies langs die pad. In sy boek 'Eenkantland' beskryf Theunis Uys die baie fasette en die rykdom van Namakwaland wat mens eers beleef wanneer jy dit van naderby en met jou hart bekijk.



BIRTHDAY CELEBRATIONS IN SEPTEMBER

This month we gathered to celebrate all our residents born in September. The afternoon was filled with laughter, warm wishes, and shared memories as friends and neighbours came together to honour our birthday residents. A special mention was made of milestone birthdays, adding to the joy of the occasion. As always, the birthday tea was a wonderful reminder of the strong sense of togetherness we share in our village.



Resident Spotlight – Barbara Harper

On Saturday, 6th September, we had the joy of celebrating a very special milestone as Barbara Harper turned 90 years old.

What started as what looked like it might be a quiet and disappointing afternoon quickly turned into a heartwarming success. When only a few guests arrived, we decided to move the party upstairs to frail care, where Barbara now lives. There, staff, residents, and friends gathered around to sing Happy Birthday, filling the room with love and laughter. Barbara absolutely cherished every moment.

Barbara's story is one of courage, creativity, and resilience. She came to South Africa from Scotland as a young girl, 74 years ago. In 1959, she married her beloved husband, the late Martin, and together they raised three wonderful sons. Three years ago, she became part of our Olivedale Retirement Village family, and we are truly fortunate to share in her life and wisdom.

Her working career began as a filing clerk, but with determination and ambition, she attended night school to further her studies and later became a typist. She also possesses a fascinating and rare

talent – mirror writing – the ability to write in reverse so that it appears as though reflected in a mirror.

Barbara has always been independent and creative. She made her own clothes, painted her home, and even did her own wallpapering. Ballroom dancing was another of her great passions, bringing her much happiness over the years.

A remarkable woman with a rich and inspiring life, Barbara is a shining example of strength, creativity, and joy. We are proud to celebrate not only her 90 years but also the wonderful person she is to all who know her.



A NIGHT OF MUSIC, FUN, AND FRIENDSHIP

Residents enjoyed a lively Music Quiz Night on Saturday, 20 September. Les and her team provided wonderful entertainment, combining music and fun for all who attended. Light refreshments were served, and the evening was filled with laughter, good company, and a warm community spirit.



What a Wonderful Pensioners' Day at Olivedale Corner!

Friendly promoters were stationed at a table in Checkers Court, ready to welcome us with a lovely coffee mug. All we had to do was simply flash our ID to claim one! A few of our villagers were lucky enough to receive this thoughtful gift.



SEPTEMBER 21 is
**World
Alzheimer's Day**



Whispers of Yesterday

Memories scatter like autumn leaves,
Faces fade, yet love believes.
A familiar song, a tender glance,
Moments lost in a fleeting dance.

Words that stumble, thoughts that stray,
Sunlight dims at the end of day.
Yet in the quiet, hearts still know,
The bond of love continues to grow.

Though time may twist what minds recall,
The warmth of presence outshines all.
Hand in hand, through shadowed haze,
We walk together, through memory's maze.

World Dementia Day, now known as World Alzheimer's Day, is observed annually on September 21st to raise awareness and educate the public about Alzheimer's disease and other forms of dementia. The day serves as an opportunity to support those living with dementia, honor caregivers and researchers, and promote early detection, research, and a dementia-friendly future by reducing stigma.

"CELEBRATING EVERYDAY MOMENTS"



"Wheels in motion for a sweet celebration—Heather and Barbara heading to the birthday tea."



"Happiness is a chair in the garden – and Margaret has found it."



Top dogs visiting frail care.

SCRABBLE TIME

Add up your words using the scramble tiles and write the total.

A ₁	B ₃	C ₃	D ₂	E ₁	F ₄	G ₂	H ₄	I ₁
J ₈	K ₅	L ₁	M ₃	N ₁	O ₁	P ₃	Q ₁₀	R ₁
S ₁	T ₁	U ₁	V ₄	W ₄	X ₈	Y ₄	Z ₁₀	

Word	Total

Word	Total

© My Reading Pal

As we grow older,

real beauty travels from the
face to the heart. Appeal turns to
charm, hurt to wisdom, and great
moments to shared memories.

The true beauty of life is not
how happy you are now, but
how happy others are
because of you.



BREAD AND BIRDS.

We have had repeated requests from management not to feed the birds. Birds, especially pigeons roosting on our balconies, can be unhealthy to us. However, do consider if you are doing the birds any favour by feeding them? Whether or not we should feed them seed and fruit is uncertain, but there is no uncertainty about feeding them bread, be it pigeons, sparrows or ducks and geese.

Bread is not a natural food for birds. It makes them feel that they have had

enough to eat, but is of no nutritional benefit whatsoever. They then do not go looking for the food they need to live a healthy life. Not having the right foods can cause bone defects and even affect the growth and formation of their feathers. Furthermore, it is said that the bread settles in their crop and takes ages to move into the rest of the digestive system, where it can cause a blockage.

So please, no more feeding bread to the birds, be it in the apartments or

houses. You are not doing them any favours.





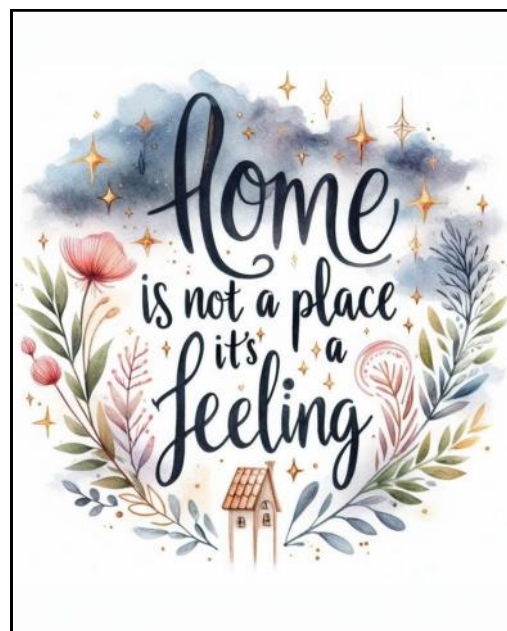
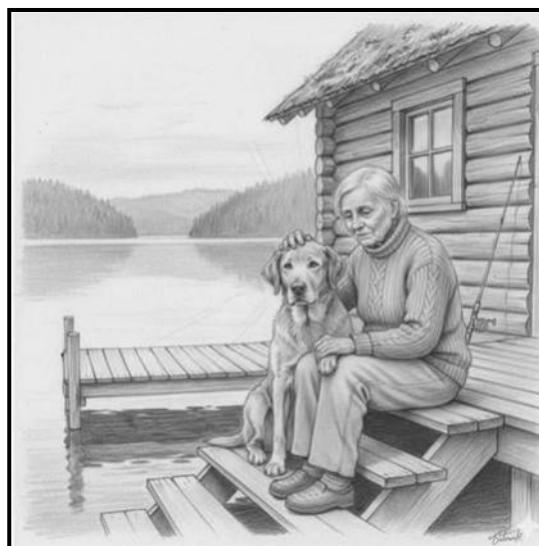
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RAMBLINGS OF AN OLD WOMAN.
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I have recently had problems with my knee, which has resulted in me being even more sedentary than usual, so I have had time to really let my mind wander. Wander back over the years to the time of my youth, when I had finished school and started my training as a radiographer.

The first time I flew was in 1961. I am sure it was still a DC- 7B because I recall the extreme noise and the shaking of the aircraft. SAA introduced the Boeing 707 gradually, starting in 1961, according to Google. In those day people still dressed up to fly. Everyone looked so smart, men in suits and women looking as if they were going to a garden party. Those were the days. Never was there any chance that your luggage would go missing or that anything would be stolen out of your suitcase. I doubt that our luggage was even locked. Now everyone is so casual about flying, but I am glad that I still felt some excitement at experiencing flying.

In those days of around 1960 there used to be “sessions” for the young folk like myself. There were also more formal dances where one dressed smartly, the men in suits and women

and young girls in evening dressed. We would do the waltz, foxtrot, rumba, samba, cha cha, you name it, we did it. All was very prim and proper. The last dance of the night was always ‘I’ll see you in my dreams” or ‘Good night sweetheart”. What could be more romantic to an 18 year old? I haven’t been to a dance in years so have no idea if they are still held. Perhaps a matric farewell dance is the closest the young of today experience.

Then in 1974 South Africa moved into the 20th century with television. The government of the day tried to tell us that they had been waiting all those years for colour television to be developed. We didn’t believe them, of course, as the then minister of communication had just not permitted TV in the country for some reason. (Looking after our morals?) Perhaps he was right as the world has certainly gone backwards as far as morals are concerned. However, I do remember some of those earlier TV programmes, like The Carol Burnett Show, Little House on the Prairie, Archie Bunkers Place and so many others I can’t call to mind right now. Where has that sense of humour disappeared to?

There was little gratuitous violence as we have today and the world was a

better place. I’m thankful that my father lived long enough to see rugby matches on the TV.

Life was so simple and safe. We young girls could go out in the evenings quite safely. There were beautiful stores like Greaterman’s, Garlick’s, Stuttaford’s, John Orr’s and others. The quality of the clothes was excellent and affordable to most of us. I bought my dinner service and glasses from Garlick’s and having a group of friends to dinner on a Saturday night was normal. I would lay the table with tablecloth, linen serviettes, matching cutlery and all. We were just very ordinary people, yet we maintained a certain standard. Braais were reserved for more casual occasions when the children could be included. Yes, those were the days.

When I look back I remember the good times, the not so good are locked away at the back of my mind, seldom to be brought out. There is probably a wealth of fine china and crystal in this village that our children don’t want. It does not fit in with their busy lives. But that is the natural course of life. Have a wonderful, jacaranda-filled October!

Maureen Lamprecht

A BIT OF HISTORY

Garlicks: A South African Retail Legacy

In the bustling streets of Cape Town in 1875, John Garlick laid the foundation for what would become one of South Africa’s most iconic retail empires—Garlicks.

On May 3, 1875, he opened his first store on the corner of Bree and Strand Streets in Cape Town’s central business district. What began as a modest establishment soon grew into a retail journey that would shape the country’s

shopping landscape for over a century.

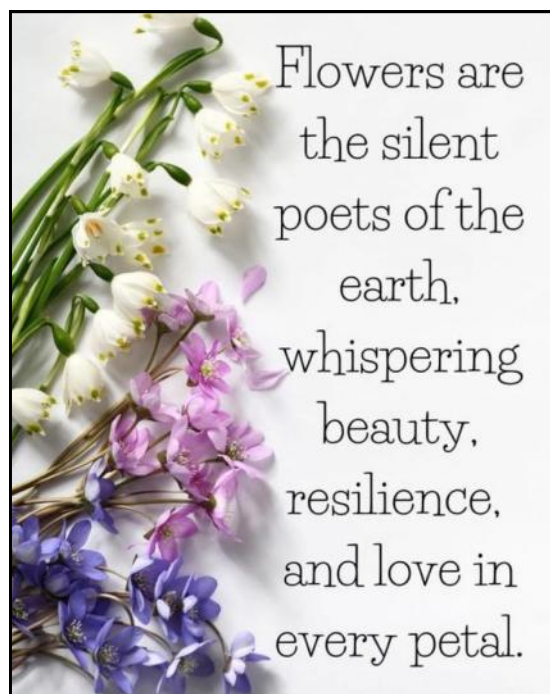
By the 1880s, Garlicks was expanding rapidly, opening branches in the Transvaal and beyond. From the vibrant streets of Johannesburg and Pretoria to the diamond-rich grounds of Kimberley, Garlicks quickly became a name synonymous with quality and variety.

In 1892, Garlicks unveiled a grand new store in Adderley Street at Exchange Place, opposite the busy Cape Town railway station. This flagship was more

than just a department store—it was a symbol of innovation. Featuring elevators, electric lighting, and automatic fire sprinklers, it set new standards for modern retail in South Africa. Yet, like many great institutions, Garlicks eventually felt the shifting tides of the retail world. The final chapter came in February 1993, when the last Garlicks store in Cape Town closed its doors, ending an era but leaving behind a remarkable legacy in South African retail history.

Angie Moir

ORV October Bus:			Time:	Rate:
1 Oct	We d	Northgate	08:30 - 12:30	R20.00
6 Oct	Mon	Spar	09:30 - 11:00	R20.00
8 Oct	We d	Cresta	08:30 - 12:30	R35.00
13 Oct	Mon	Bel Air	08:30 - 11:30	R20.00
15 Oct	We d	Northgate	08:30 - 12:30	R20.00
20 Oct	Mon	Spar	09:30 - 11:00	R20.00
22 Oct	We d	Northgate	08:30 - 12:30	R20.00
27 Oct	Mon	Bel Air	08:30 - 11:30	R20.00
29 Oct	We d	Northgate	08:30 - 12:30	R20.00
31 Oct	Fri	Blueberry Square	08:30 - 12:00	R35.00
<p align="center">BUS TICKETS SOLD AT RECEPTION:</p> <p>* R255,00 - Ticket includes all trips: Spar, Bel Air, Northgate, Cresta & Lifestyle</p> <p>* R180,00 - Ticket includes: Spar, Bel Air & Northgate only</p> <p>* You also have the option pay per trip at reception</p> <p>Card payments only, reception does not accept cash.</p>				



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

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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.

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)

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

SUNDAY CHURCH SERVICES

Roman Catholic Church 09H30, LONG ROOM

English service 09H30, Hall

Afrikaans service 17H00, Hall



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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

