

# The Olive Branch

## Reaching out to everyone

November 2025

Issue 10

Dear Residents and Friends,

### TRIBUTE TO LIEZEL NEL

It is with heavy hearts that we share the news of Liezel's passing. Our wonderful receptionist at the retirement village, Liezel was taken from us far too soon, and her absence will be deeply felt by everyone who had the privilege of knowing her.

### A Heart Remembered

Liezcel was truly the heart and soul of our reception area. With her ever-friendly demeanor and unwavering willingness to help, she made every day brighter. Whether it was welcoming residents, greeting visitors, or offering a listening ear to staff, she had a special way of making everyone feel at home.

As the editor of our village newsletter, I had the pleasure of working closely with Liezel. She was always patient, efficient, and a joy to collaborate with. Her laughter could light up the office, and her kindness was a balm for those around her. She had a unique gift for connecting with people, and her caring nature left a lasting impact on all of us. During this difficult time, our hearts go out to her family and loved ones. We are holding you close in our thoughts and prayers.

Liezcel, you brought so much love into our lives, and we will always cherish your memory. You will be missed more than words can express

With heartfelt condolences,

The Editorial Team



### A Lovely Memory

A beautiful moment from the Women's Day Talk by Angela Schaefer, where each attendee received a thoughtful gift. Pictured here is Heather Bilbrough receiving her special token from Liezel — a heartfelt reminder of Liezel's caring nature and the kindness she shared so freely with everyone she met.



A candle burns in loving memory of Liezel a reminder of the warmth and light she brought into our days.

### Life's Fragile Truth

We are all just one accident, one diagnosis, one unexpected phone call away from a completely different life. Everything we know, our routines, our plans, our comfort, can shift in a single moment. What once felt certain can be taken, and what we thought would last forever can vanish like smoke.

This is why humility is essential. It is why gratitude must be our daily language. It is why we should never take the laughter of a loved one, the strength of our health, or the simplicity of an ordinary day for granted.

Stay humble. Stay soft.  
Hold those you love a little closer,  
speak kindness a little louder,  
and forgive a little quicker.  
Do not take anything for granted.



## BIRTHDAY TEA CELEBRATION

This month, we gathered to celebrate all our residents with October birthdays. The afternoon was filled with laughter, warm wishes, and fond recollections as neighbours and friends came together to honour our birthday residents. Special recognition was given to those marking milestone birthdays, adding even more joy to the occasion. As always, the Birthday Tea reminded us of the wonderful sense of togetherness and community we are so fortunate to share in our Village.



Celebrating 90 amazing years! John Bonelle shares the cake-cutting moment with Val.

## KARAOKE EVENING – A NIGHT TO REMEMBER!

What a wonderful evening it was! Our village came alive with music, laughter, and plenty of talent at our Karaoke Night. Residents gathered for an evening filled with song, fun, and friendship — and it did not disappoint!

The highlight of the night was the debut performance by the Soul Sisters, who took to the stage with enthusiasm and charm. Their energy was contagious, and they set the tone for an unforgettable night. From golden oldies to modern hits, everyone had a chance to shine — whether bravely taking the mic or cheering from the audience.

The atmosphere was warm and lively, with delicious snacks and pizzas shared around the tables. It was heartwarming to see so many smiles, sing-alongs, and spontaneous dance moves as the night went on.

By the end of the evening, one thing was clear — the ice has been broken! The Soul Sisters and many others are already planning to return to the mic at future karaoke events.

A big thank you to everyone who joined in and made the night such a success. Here's to more evenings filled with music, laughter, and the wonderful sense of community that makes our village so special.



Caron singing from the heart



The golden girls.  
When the music starts, there's no stopping us!



## 10 THINGS TO AVOID WHEN LIVING ALONE IN YOUR GOLDEN YEARS

Living alone can be peaceful and empowering — but it also takes a little care and intention.

Here are a few gentle reminders to help you stay connected, content, and full of life every day.

### **1. Don't make every meal a chore.**

Skip the peanut butter and crackers! Make meals a small celebration — set the table, light a candle, enjoy your food. When food feels joyful, life does too.

### **2. Don't let the TV be your roommate.**

Silence can be hard, but TV shouldn't be your only company. Try reading, walking, or calling a friend instead.

### **3. Don't let the front door become a wall.**

Open it — even just a crack. Say hello to the world outside and remind yourself you're still part of it.

### **4. Don't say "I'm too old for that."**

You're never too old to laugh, learn, or try something new. Age into adventure, not avoidance.

### **5. Don't live only in your bedroom.**

Enjoy coffee in the kitchen, lunch at the table, reading in a chair. Your space

shapes *your spirit*.

### **6. Don't think routine means boredom.**

Routine brings comfort and balance — it's the rhythm that keeps your days steady.

### **7. Don't ignore your reflection.**

Looking in the mirror isn't vanity — it's self-respect. You still matter.

### **8. Don't become the invisible neighbour.**

A smile, wave, or short chat helps you stay connected — and reminds others you're there.

### **9. Don't live only in memories.**

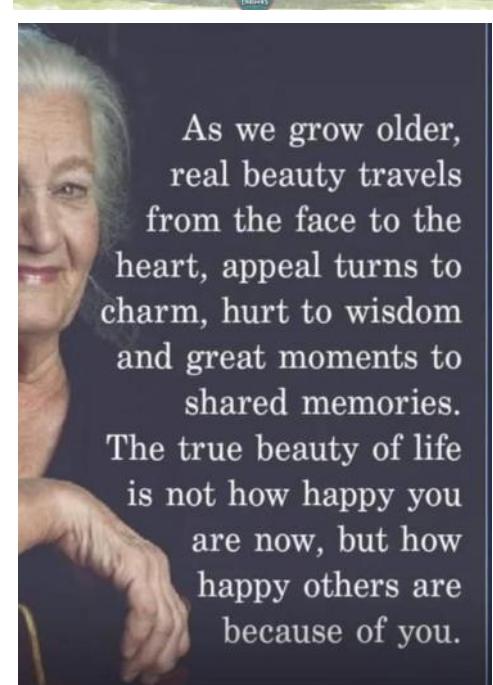
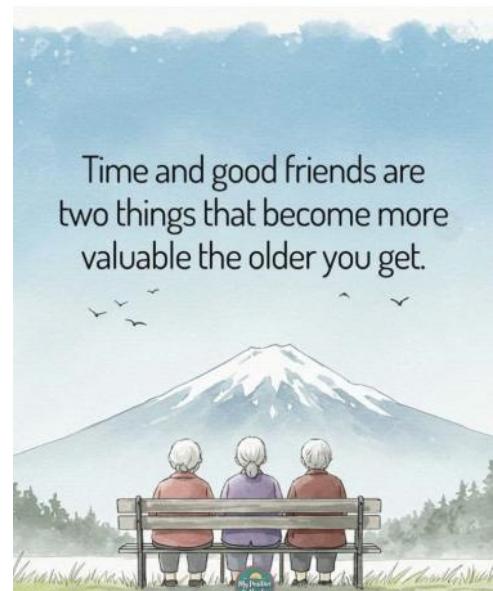
Cherish the past, but keep looking forward. Each new day still holds possibilities.

### **10. Don't forget how much you matter.**

Your kindness, laughter, and presence brighten the world. You still make a difference — every single day.

Living alone doesn't mean being alone. Keep your days full of meaning, small joys, and little adventures — because life, at every age, is still beautifully yours to live.

Angie Moir



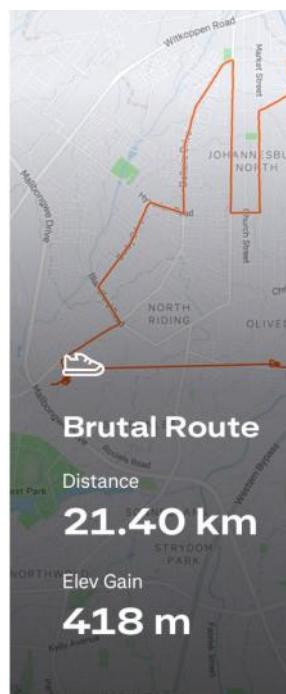
## "A DAY IN HISTORY" MOMENTS FOR THE MONTH OF NOVEMBER

On November 1, 1755, the city of Lisbon in Portugal, was struck by a massive earthquake, reportedly followed by a tsunami and widespread fires, which together killed thousands of people (with some estimates reaching up to 100,000).

Nov 29, 1929. Richard E. Byrd led the first flight over the South Pole. A key moment in exploration and aviation history.

Nov 22, 1963 U.S. President John F. Kennedy was assassinated in Dallas, Texas.

**Angie Moir**



## A PROUD MOMENT FOR THE STRIDE SISTERS!

What an incredible achievement! For the first time ever, Angelique Moir and her amazing team — the Stride Sisters — completed a half marathon!

It took us 4 hours of determination, teamwork, laughter, and pure grit to reach that finish line. Every step was a reminder that when women support each other, amazing things happen.

Here's to many more strides, miles, and memories ahead!

Angie Moir

***We came. We walked. We conquered... and maybe complained a little!"***

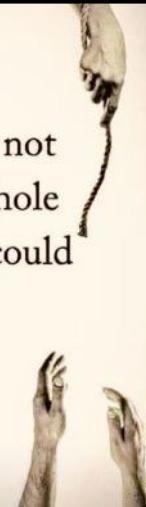


### BUS SCHEDULE FOR NOVEMBER

3 Nov	Mon	Spar	09:30 - 11:00	R20.00
5 Nov	Wed	Northgate	08:30 - 12:30	R20.00
10 Nov	Mon	Bel Air	08:30 - 11:30	R20.00
12 Nov	Wed	Cresta	08:30 - 12:30	R35.00
14 Nov	Fri	Chamdor	09:30 - 11:00	R20.00
17 Nov	Mon	Spar	09:30 - 11:00	R20.00
19 Nov	Wed	Northgate	08:30 - 12:30	R20.00
24 Nov	Mon	Bel Air	08:30 - 11:30	R20.00
26 Nov	Wed	Northgate	08:30 - 12:30	R20.00
28 Nov	Fri	Randridge mall	08:30 - 12:30	R35.00

Hidden treasures are unlocked through special conversations with the elderly.

Helping one person might not change the whole world, but it could change the world for one person.



## ADVICE FOR THE ELDERLY

Many diseases are not diseases, but normal aging. The director of a Beijing hospital gave these pieces of advice to the elderly :

You are not sick, you are getting old. Many conditions which you think are diseases are not diseases, but signals that the body is aging.

1. Poor memory is not Alzheimer's disease, but a self-protection mechanism of the elderly brain. This is the brain getting old, not a disease. If you just forget where you put your keys, but you can find them yourself, it is NOT dementia.

2. Walking slowly and having unsteady legs and feet' is not paralysis, but muscle degeneration. The solution is NOT to take medicine, but to move. 3. Insomnia is not a disease but the brain is adjusting its rhythm. It is a change in sleep structure. Don't take sleeping pills indiscriminately. Long-term dependence on sleeping pills and other drugs to fall asleep will increase the risk of falls, cognitive impairment, etc. The best sleeping pill for the elderly is to get more sun during the day and maintain a regular schedule.

4. Body aches are not rheumatism, but a normal reaction to nerve aging.

5. Many elderly people say: My arms and legs hurt everywhere. Is it rheumatism or bone hyperplasia? Bones do become loose and thin, but 99% of 'body pain' is not a disease, but a slow nerve conduction, which amplifies the pain. This is called central sensitization, a common physiological change in the elderly. Exercise is the cure rather than taking medicine.

6. cholesterol. The elderly have slightly higher cholesterol levels because they have lived longer. Cholesterol is the raw material for synthesizing hormones and cell membranes. Too low a level

can easily reduce immunity. The Guidelines for the blood pressure reduction target of the elderly is <150/90 mmHg, not the standard of young people <140/90. Don't treat aging as illness.

7. Aging is not a disease, it is a necessary path.

A few words should be said to the elderly and their children: First, remember, NOT all discomfort is a disease. Second, many elderly are afraid of being 'scared'. Don't be scared by the physical examination report or fooled by advertisements. Third, the most important thing for children is not to take their parents only to the hospital but to accompany them for walks, sunbathing, eating, and talking and bonding. Aging is not the enemy. It's another word for living .. but stagnation is the enemy ! Stay healthy

A Brazilian oncologist said,

1. Middle age begins at 50 and should end at 70.
2. The Golden years begin at 70 and end at 80.
3. Old age begins at 80 and ends at 90.
4. Longevity begins at 90 and ends after death.
5. The main problem of an elderly person is loneliness. Usually spouses don't die together, someone goes first. A widow or widower becomes a burden to their family. That's why it's so important not to lose touch with friends, to get together and communicate frequently, so as not to be a burden to your children and grandchildren, who will probably never say so.

My personal recommendation is to not lose control of your life. This means deciding when and with whom to go out, what to eat, how to dress, who to call, what time to sleep, what to read, what to have fun with, what to buy, where to live, etc. Because if you can't do all these things freely and on your own, you'll become an unbearable person who will be a burden on others.

William Shakespeare said, "I am always happy!" Do you know why? Because I don't expect anything from anyone. Waiting is always agonizing. Problems aren't eternal; they always have a solution. We believe we are to blame for our problems. The only one for which there is no cure is death. Before reacting... breathe deeply; Before speaking... listen; Before criticizing... look at yourself; Before writing... think carefully; Before attacking... surrender; Before dying... live the most beautiful life you can!

The best relationship isn't with the perfect person, but with someone who has learned and is learning to live as interestingly and beautifully as possible. Notice other people's shortcomings... but also admire and praise their virtues.

If you want to be happy, you have to make someone else happy. If you want something, you must first give something of yourself. You need to surround yourself with good, friendly, and interesting people and be one of them.

***The director of a Beijing hospital.  
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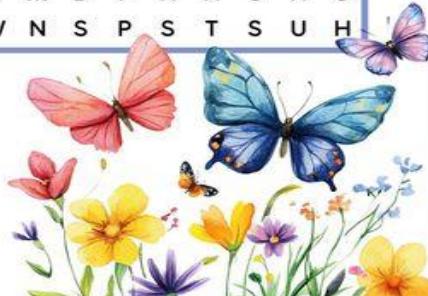
# SPRING



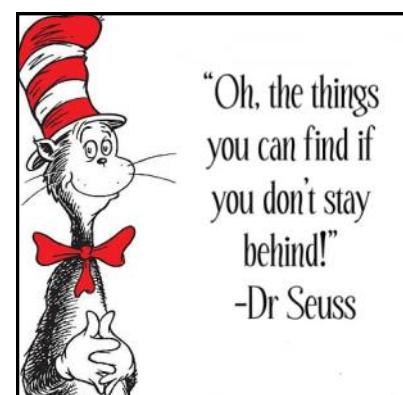
BIRDSONG  
BLOOM  
BLOSSOM  
BREEZE  
BUNNY  
BUTTERFLY  
CHIRPING  
DAFFODIL  
DUCKLING

GARDEN  
GRASS  
LADYBUG  
LEAFBUD  
MEADOW  
NEST  
PICNIC  
PUDDLE  
RAINBOW

RAINDROP  
ROBIN  
SEEDLING  
SPRINGTIME  
SPROUT  
SUNSHINE  
THAW  
TULIP  
UMBRELLA



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Spring is here, and what a wonderful time of the year it is. We have had a few very hot days, but also some lovely rain, although we need more.

Johannesburg's jacarandas are as good as Pretoria's, some suburbs really showing off all their glory. When I had a garden I used to put all my efforts into my spring garden. To me the sweet peas, ranunculi, anemones, sparaxis and freesias with their gorgeous scent, were the queens of garden flowers.

The azaleas in our village have been so beautiful and have flowered profusely.

One year when we were living in the Middelburg district, I was given a few bags of horse manure. This was carefully worked into the soil, which was rather poor, and then I sowed the seeds and planted the bulbs. It was the most beautiful garden I had ever had, with hollyhocks nearly 2 metres tall, all the lovely spring bulbs, and rambling sweet peas (which did not need support), along the path. People driving past would stop and take in the scene and I was in my element.

However, it didn't last. One of the infamous hail storms came up and flattened everything, even the huge hollyhocks were snapped off just above the soil. I do believe it was the worst hailstorm I have seen to date. I cried my eyes out, for all the good that did.

We bought an old house in Porterville which is about 20km, as the crow flies, over the mountains from Tulbach. The original house was built about 1876, still with Oregon pine floors and ceilings, broad window sills and sash windows. It had been extended in later years, but very well and thoughtfully done. Many of those old houses which

were built with outside long drop and no bathroom, were later extended and the toilet and bathroom would be right outside the kitchen on the back veranda. Thankfully ours was not. It had two full bathrooms which is unusual in such old houses. The walls were of sun baked bricks and 60cm thick. Our home was always cool, even in the heat of a Boland summer, because I closed the windows before the heat could come in, and closed the shutters too. (I often wonder why, in the heat of summer, windows are opened to let the heat come in! Close the windows, draw the curtains, before the heat hits. Try it, you will be surprised). Unfortunately, a previous owner had used modern paint on the outside walls and this caused real problems with rising damp. The sun baked bricks are meant to be painted with distemper (whitewash) so that the walls can breathe, i.e. they absorb water during the rainy season but dry without cracking in the dry season.

I have been rambling on about the house whereas I was writing about gardens. This old house had a pergola in the front with an old wisteria creeping over it. Each September/October it would bloom, displaying these huge grape-like bunches of purple blooms. On the fences at the back was a mix of wisteria and pink and white banksias roses. What a picture they were in spring. I also sowed seeds of the wild iris and was told they would take seven years to bloom, and they did take exactly that long. But how beautiful and prolific they were after the seven years.

Another little gardening tale I must tell

you is about my son Martin. He would eat no vegetables, cooked or raw. He was already about 5 and would only eat meat, fish, rice and potatoes. I asked our gardener to prepare part of the back garden for vegetables. Then I took Martin to buy seeds, carrots, peas, green beans, marrows etc. Together we sowed the seeds, I asked him to water them regularly, and he couldn't wait for them to pop their heads above the soil. Then he waited eagerly for the fruits of his labours to mature, and he ate every vegetable. I never again had any problem with him eating vegetables, though he drew the line at green peppers.

When we first moved to Olivedale, I was disappointed that I didn't have a garden. Now I am thankful as I am no longer physically able to do anything so strenuous. I do, however, enjoy seeing the lovely gardens outside the service centre and at private homes. Many thanks to all who put so much effort into keeping our village looking so good. Keep well and safe until next month, and hold thumbs that the heat is not excessive.



Netjies opgevou, gewas en gestryk, wag ons rustig in die kas. Ons gesels oor die kere wat ons op die tafel gebruik is om gaste te ontvang. Die vrou van die huis hou van onthaal, mooi gedekte tafels en spesiale disse. Elkeen van ons voel baie gelukkig wanneer ons gekies word.

‘Dit is amper die tyd van Kersfeesvieringe’, sê een van die drie rooi, groen en goue tafeldoekoek.

‘Sy sal definitief een van ons uitkies’.

‘Dalk vir my!’, spog dié een waarop groot rooi posentias, omkring met goue lyne, geverf is.

‘Of, nee dit is nou my beurt’, stry die groene met fyn patronen van takkies en rooi kersies opgedruk.

‘Wag laat ek jul vertel van lank gelede...’, begin die rooi tafeldoek, maar die spoggerige, wit damask ene onderbreek die gesprek.

‘Hou op stry julle drie. Jy kan ons later vertel wat jy onthou van die verlede. Sy sal eers in November vir my gebruik om haar man se sakevennote te bedank vir ‘n jaar se suksesvolle werk. Gewoonlik word ek bemors met wyn en vleissous, want die manne kan eet en beduie! Dan word ek geweek in middels wat kou aan my weefsels, sy sê met ‘n diep sug.

‘Wel, miskien sal ek ook nog ‘n kans kry voor die feestyd.’ antwoord die turkoois en pienk blommetjies tafeldoek. Haar man het my in Hermanus by die mark gekoop toe ek nog nuut was. Nou verskyn daar al klein gaatjies in my lap. Ek wonder op wie se tafels pryk ons maats wat al weggegee is. Die vrou verlang baie na haar spesiale gehekelde oorgooidoek. Sy praat elke keer oor hoe sy dit mis, wanneer sy ons kom deurkyk.’

Van agter uit die kas, begin ‘n ouerige blou lap krakerig te kla. Die diensbare doeke het al vergeet van die paar gekleurde lappe wat dikwels onder die hekelpatrone swier aan die tafel gebring het.

‘Die dag wat ek gebruik is om ‘n blou en

wit tafel te dek, onthou ek goed. Die porselein koppies, silwer teestel en ‘n hoë koekhouer was koninklik op ons gedeck. Blou servette en ander versierings het saam ‘n mooi prentjie gemaak. Ek onthou hoe die dames ons waardeer het. Hulle het die vernu of van die gasvrou bewonder en gespog oor hulle kinders en kleinkinders’.

Die telefoon begin lui op die tafeltjie langs die kas en ons luister hoe mevrou antwoord.

‘Goeie more.’ Haar gelukkige laggie klink helder.

‘Dis lekker om van jou te hoor, my man, en ek sal beslis ‘n datum vasmaak vir die sakeete. Ek sal dadelik begin beplan en sommer nou ‘n tafeldoek uitkies. Lekker werk.’ Sy maak die kasdeur oop en lig die doeke beurtelings op.

‘Mmm...rooi, dink ek...met dalk swart daarby.’

‘So ek gaan vir seker ‘n beurt kry.’, roep die deftige rooi tafeldoek bly.

‘Laat ek gou my storie van ‘n Kersfees lank terug vertel. Die kleinseuns was nog jonk, so drie en vir jaar oud. Almal het om die tafel gesit en gesmul aan die heerlike kos.

‘As ons klaar geëet het, gaan ons wag vir Kersfeesvader!, sê mevrou. Sy was toe ‘n jongerige ouma. Klein Ruhan was so opgewonde en roep toe uit.

‘Kom hy nie saam eet nie. Ek sal vir hom kos bêre!’ Die ouer boetie het geantwoord.

‘Nee kleinboet, hy het nie tyd nie. Hy het baie werk en moet baie presente gaan aflewer, nê Ouma?’

‘Net toe was daar ‘n klop aan die deur. Franco het opgespring om oop te maak, maar baie gou terug gehardloop toe Vader Krismis inkom en met ‘n Ho-Ho-Ho groet. Die grootmense het lekker gelag vir hulle verbaasde gesiggies en die Oupa het die belangrike man na die Kersboom begelei.’

‘Ag ja’, sug die wit tafeldoek. ‘Die onthou is wonderlik.’



## THE HEALING POWER OF TOUCH

Sometimes, healing doesn't come from a doctor's visit or a pill — it comes from simple human warmth.

My name is Margaret, and I'm 82.

For more than forty years, I worked as a hairdresser. My hands used to tell stories — curling, combing, and comforting. I thought they'd never forget that gentle language.

But after my husband passed, I stopped touching people.

Days grew quiet. The phone stopped ringing. My hands, once full of life, rested idly in my lap, unsure what to do.

One Tuesday, I went to the local senior centre for lunch. Not because I was hungry, but because the silence at home had become too loud.

I sat alone, stirring soup that had long gone cold.

At the next table, an elderly man struggled to hold his cup. His hands trembled, and tea spilled across the tablecloth. He looked so defeated — as if his own body had betrayed him.

Something inside me stirred.

Without thinking, I stood up, walked

over, and gently held his shaking hands in mine.

"Let's steady them together," I said softly.

For a moment, he froze. Then his fingers relaxed. The trembling slowed. He looked at me — really looked — and smiled. A small smile, but it reached his eyes.

The next week, I brought my old hand cream from my salon days — not for nails or beauty, just to bring a little comfort.

Soon, a few others asked if I'd sit with them too. I listened to stories of arthritis, loneliness, lost partners, and cold hands. I'd rub their palms, one by one, and remind them, "Your hands still remember — they just need a reason."

Now, it's become a ritual.

People at the centre reach for each other's hands — while waiting for tea, during bingo, before saying goodbye.

Ten seconds of touch. That's all it takes.

And me? My hands no longer feel empty. They're busy again — not

cutting hair this time, but mending hearts. Because loneliness doesn't mean being alone. It means forgetting how to reach out. So reach out. Hold someone's hand — for ten seconds, or a lifetime. You never know whose heart you might heal.



Author unknown

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## Christmas Market

**Saturday 6 December 2025**

**Book a table in advance with Caron (landline 5412 ) or Elma (landline 5353).**

**Displaying is free for residents.**

**External exhibitors pay R100 for an exhibition space.**

**Looking forward to an excellent Christmas sale!**

**Elma van den Berg**



## VICKI'S PET CARE



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email: [viccanco2021@gmail.com](mailto:viccanco2021@gmail.com)

Facebook: Viccanco Pet Supplies



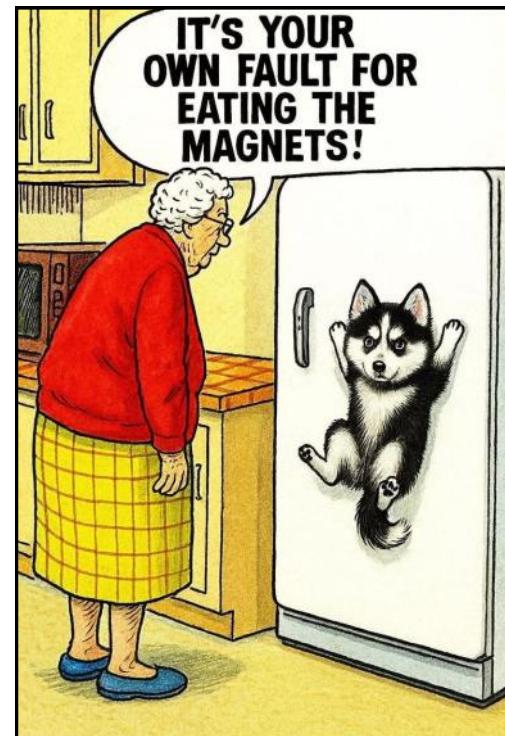
I got my pup a matching chair so he would stop stealing mine. Needless to say, he's very pleased



## RCGS Clean Innovation



**082 084 5588**



Keeping your mattress clean is one of the simplest ways to support a healthy night's sleep and overall well-being. Over time, every mattress collects dust, sweat, body oils, and shed skin cells — all of which can attract dust mites and bacteria. Regular cleaning helps prevent the build-up of these irritants, creating a fresher, healthier sleeping environment that benefits both your body and mind.

## Articles for Submission

Residents are welcome to submit articles for inclusion in The Olive Branch. Handwritten submissions can be handed in at Reception, or you may email them to:  
Angie Moir —  
angequemr50@gmail.com

## EDITORIAL COMMITTEE

**Angelique Moir** Editor

**Maureen Lamprecht**

**Elma van den Berg**

**Tim McCrindle**  
**Communications & Marketing**

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Natasha van Blerk

## VILLAGE MANAGEMENT

Chris Heyneke

### Disclaimer

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## Advertising

### Rates for 2025

- Published monthly - format is A4 portrait.
- Circulation: emailed copies 550 black-and-white printed copies 130
- Full page: R800
- Half page, *landscape only*: R 400-00
- 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

Please note that every Sunday the following church services will be held in the village.

Roman Catholic Church @ 09H30 in the LONG ROOM,

English Service @ 09H30 in the HALL,

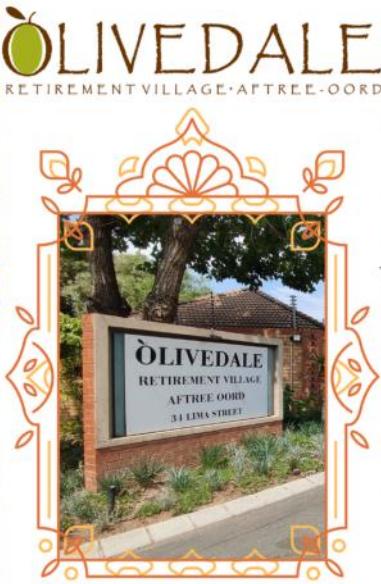
Afrikaans Service @ 17H00 in the HALL,

We welcome all to attend.

- You are all welcome to attend our weekly prayer meetings every Friday between 10h00 and 12h00 in the Long Room. You are welcome to come and go during this time. For any queries, please contact Marietjie Raath Unit 99 EXT 5287

**“Youth is the gift of nature, but age is a work of art.”**

—STANISLAW JERZY LEC





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