

The Olive Branch

Reaching out to everyone

March 2026
Issue 02

—♥ March Reflections ♥—



Love



gratitude



togetherness

FROM THE EDITORS DESK

March arrives softly, carrying with it the quiet beauty of a season beginning to turn. The light changes, the air cools slightly, and the gardens seem to pause before their next chapter. It's a month that invites reflection.

This month we are introducing a new regular feature in the newsletter called Ordinary Wisdom. Each month we will reflect on something from everyday life and the quiet lessons it can teach us. This month's article looks at elevators and the journeys we take between floors.

Looking back on February, we were reminded of how meaningful shared moments can be. Our birthday tea for the residents born in February was filled with warm conversations, familiar faces and the simple joy of celebrating one another.

Valentine's Day brought its own gentle warmth. The lunch was a lovely reminder that companionship, in all its forms, is something to cherish. The room felt full — not just with people, but with a sense of connection.

As we step into March, the changing season encourages us to slow down and notice the small things: the way the afternoon sun falls across a walkway, the sound of neighbours greeting each other and the comfort of routine. These quiet moments are often the ones that stay with us.

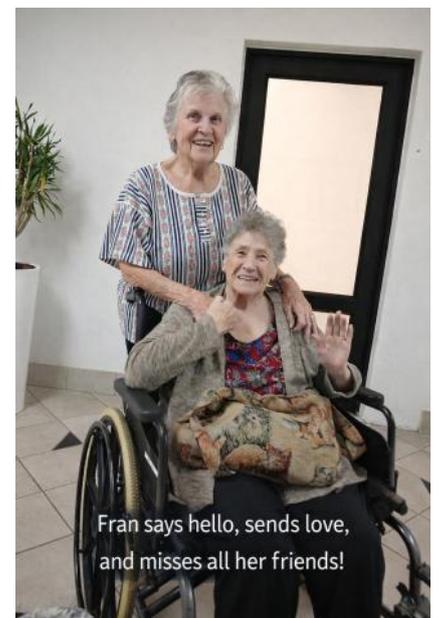
May this month bring you peace, renewed energy and the steady reassurance of community.

Warm regards

Angie Moir
Editor

VALENTINE'S LUNCH

Our Valentine's lunch in the ORV dining room was filled with smiles, friendly chats and plenty of laughter. The bright decorations and beautifully set tables created a cheerful space where everyone felt welcome and relaxed. It was a special time to enjoy good food, good company and to simply appreciate being together.



Fran says hello, sends love, and misses all her friends!

ORDINARY WISDOM

What Traffic Can Teach Us

Most people see traffic as wasted time — a frustrating pause between where we are and where we want to be. Engines idle, minutes tick by and impatience rises. But traffic can be more than an inconvenience. If we pay attention, it can quietly teach us lessons we rarely learn when life is moving fast.

Patience in Real Time

Traffic reminds us that not everything moves according to our schedule. No matter how urgently we want to arrive, the cars ahead determine the pace. Sitting there forces us to practice patience — not the theoretical kind, but the kind that stretches minute by minute. Learning to remain calm when progress is slow is a skill that helps in every area of life.

Accepting What We Cannot Control

Few situations make our lack of control more obvious than traffic. We cannot clear the road. We cannot move the line faster. We can only choose how we respond. Traffic

offers a simple but powerful lesson: peace often begins when we stop fighting what we cannot change.

A Mirror of Our Reactions

Traffic reveals our habits. Some people become irritated within seconds. Others settle into the moment. The way we react to delays often reflects how we respond to frustration in general. In this way, traffic becomes a mirror, showing us how we handle pressure and inconvenience.

The Value of Slowing Down

Modern life rarely gives us permission to pause. Traffic creates an unexpected pocket of stillness. It can become a time to think, reflect, or simply breathe. When movement stops outside, sometimes clarity begins inside.

Seeing Others Differently

Every car holds a person with a story. Someone may be late for work. Someone may be exhausted after a

long day. Someone may be dealing with worries we cannot see. Remembering this softens frustration and reminds us that we share the road — and often the same struggles.

Not Wasted Time

Traffic will never be enjoyable, but it does not have to be empty. Sometimes the slowest moments offer the clearest lessons. What feels like delay can become reflection and what looks like wasted time can become time well used — if we choose to see it that way.



MARCH IN SOUTH AFRICA

March marks the gentle transition from summer to early autumn in South Africa. The intense heat of the summer months begins to ease, making way for warm days and cooler evenings. Across much of the country, this is one of the most comfortable times of year, with pleasant temperatures ideal for outdoor activities. Summer rainfall starts to decrease in many regions, leaving the landscape green and refreshed after the rainy season.

Several meaningful days are observed in South Africa during March:

Human Rights Day (21 March) A public holiday that commemorates the Sharpeville protest of 1960. The day honours the rights and freedoms guaranteed to all South Africans today.

World Wildlife Day (3 March) Celebrates South Africa's rich biodiversity and the importance of protecting wildlife and natural habitats.

International Women's Day of prayer (6 March) Recognised around the world, this day highlights the achievements of women and promotes gender equality.

World Water Day (22 March) An important day in a water-scarce country like South Africa, focusing on the responsible use and protection of water resources.

PAST EVENTS

BIRTHDAY CELEBRATIONS FOR RESIDENTS BORN IN FEBRUARY



Pauline Baddock with mom Rinie van der Sluy and brother Ronnie van der Sluy.

Angie Moir celebrates her birthday



Laura Greenhalgh, Chairman of the Entertainment Committee, stands with Rinie as she cuts the cake.



Pat and June's birthday celebration



Our lucky winners of the Bidvest raffle

MAUREEN LORRAINE SONIA

Meet Rinie
 Goverina, fondly known as "Rinie," is Pauline's mother and a cherished member of our ORV family. At 90 years young, Rinie has been living at ORV for the past four years.
 Born in Holland, Rinie married her husband there, and together they began a new chapter when they settled in South Africa. Her life here closely reflected the life her own mother had lived in Holland — centered around home, family and caring for those she loved.



MOVIE NIGHT SUCCESS – THE GODS MUST BE CRAZY
 We had a wonderful turnout at our recent movie night, where we screened the classic film The Gods Must Be Crazy. It was a relaxed and enjoyable evening, with plenty of laughter as everyone followed the story of a simple Coke bottle causing unexpected adventures.
 Thank you to everyone who attended and helped make the evening such a success. We look forward to hosting more movie nights in the future.

Our amazing team made today's Valentines day lunch extra special with warm hearts, great food, and beautiful moments. Grateful for staff who turn every meal into a celebration.



A VERY SPECIAL VALENTINE'S DAY

On 14 February, Elma enjoyed a truly special Valentine's Day when her grandson treated her to a wonderful day out filled with love and thoughtful surprises.

Their day began with a beautiful walk Northcliff Park, where they admired the breathtaking views and spent precious time together in the fresh air. The outing continued at Emmarentia Dam, where her grandson had prepared a lovely picnic all made by himself. They shared coffee, treats, and delicious homemade food while enjoying the peaceful setting by the water.

It was a day full of smiles, laughter, and meaningful moments — a Valentine's Day Elma will always treasure.

Elma's grandson is a remarkable young man. He is a member of the South African Cano Polo team and also works as a Cano Polo instructor, sharing his skills and passion for the sport. Alongside his athletic achievements, he also works as a model,

Most importantly, he showed that the greatest gift is time spent with the people we love.

A Valentine's Day filled with kindness, pride, and beautiful memories .



EASY MEATBALL PASTA BAKE (30 MINUTES)

Ingredients

- ¼ cup sunflower oil (or olive oil)
- 12–14 ready-made mini meatballs or 8-10 medium-large (approx. 600g)
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 x 400g tin chopped tomatoes
- ½ tsp chilli flakes (optional)
- 2 teaspoons paprika
- 750ml beef stock
- 1/3 cup tomato puree
- 300g short pasta (penne, fusilli, etc.) (3 ½ cups)
- 1 cup mozzarella cheese, grated
- Salt and freshly ground black pepper

Instructions

Heat the oil in a large, deep ovenproof pan over medium heat. Add the meatballs and cook for about 5 minutes until

lightly browned all over.

Add the onion and garlic. Cook for another 5 minutes, stirring, until softened and fragrant.

Stir in the paprika – stir for a minute. Add the chopped tomatoes, beef stock, passata and dry pasta. Season well with salt and pepper. Bring to a gentle simmer, cover with a lid, lower the heat and cook for 15-20 minutes, stirring occasionally, until the pasta is tender and most of the liquid has been absorbed. (If it looks a little dry before the pasta is cooked, add a splash of water)

Sprinkle the mozzarella over the top and place under a hot grill for 3–5 minutes until melted and bubbly.



UITNODIGING

PAASETE

VRYDAG 20 MAART | 16:30 vir 17:00 | GRATIS

Almal word hartlik genooi na 'n gesellige
Paasfeesfunksie in die eetsaal.

1. **Bespreek plek, of plekke** vir 'n groep by Ontvangs.
Kaartjies is gratis.

2. **Trek asseblief volgens 'n bybelse figuur** aan, as jul wil.
Enige karakter wat tydens die Pase afgespeel het, of 'n toeskouer was.

3. **Familie en vriende is welkom.**

Program

- ◆ **Sang**
- ◆ **'n Boodskap**
- ◆ **Nagmaal** (Nagmaalbrood word voorsien. Eie wyn word gebruik)

3. **Familie en vriende** is welkom.

4. **Bring asseblief die volgende saam:**

- 'n Tafeldoek, eie eetgerei, borde, servette en wynglase/drinkglase.
- Eie wyn/drinkgoed.
Nagmaal sal gedeel word.
Ongesuurde brood sal voorsien word.

◆ **Eie bybelse geregte.**

Eie keuse – bv. skaappvleis, brode, olywe, dadels, neute, vrugte soos vye, druiwe, granate of enige eie voorkeure.
Ook kaas soos bokkaas was gebruik.

5. **Met 'n kort program** sal die aand begin met sang, 'n boodskap en nagmaal.

(Nagmaalbrood word voorsien.
Eie wyn word gebruik)

Vers asseblief baie welkom.

Elma van den Berg
by 5353 / 0829285327

Vir navrae kontak

Elma van den Berg by
5287 / 082533 2667





Easter Dinner — Invitation —

You are warmly invited to join us
for a joyful and sociable Easter Dinner.

It promises to be a meaningful
evening of fellowship, celebration,
and shared reflection.

Friday, 20 March

16:30 for 17:00

— Dining Room —

— Free of Charge —

Bookings:

- Please book your ticket (or group tickets)
at Reception. There is no cost to attend.

Dress Code (Optional):

- You are welcome to dress as a Biblical
figure or as someone who may have been
present during the Easter events.

Family & Friends:

- All are welcome — feel free to invite your
loved ones to join.

For more information, please contact:

Elma van den Berg — 5353 / 082 928 5327

Cobus and Marietjie Raath — 5287 / 082 533 2667

What to Bring:

- A tablecloth
- Your own cutlery, plates,
serviettes, drinking glasses,
and beverages
- A Biblical-style dish of your
choice (for example: lamb,
bread, olives, dates, nuts, figs,
grapes, pomegranates, or
similar foods according to your
preference)
- Cheese (such as goat's cheese)

Communion will be shared during
the evening.

Bread will be provided; please
bring your own wine.

The programme will begin with
a short time of singing, a message,
and the sharing of communion.

We look forward to
celebrating this special
occasion together.



INTRODUCING: THE VILLAGE STROLLERS

We are pleased to introduce a new activity in our Village — The Village Strollers.

This friendly and welcoming group has been formed for residents who would like to enjoy gentle exercise, fresh air, and good company. Whether you enjoy regular walks or simply feel like a relaxed stroll and a chat, everyone is warmly invited to take part.

The focus is on enjoyment, friendship, connection, and well-being.

Walking together offers many benefits. It helps maintain mobility and balance, encourages an active lifestyle, and provides a wonderful opportunity to meet neighbours and make new friends. Just as importantly, it gives us all a reason to step outdoors, appreciate our surroundings, and share a few smiles along the way.

At the moment, the Village Social Walking Group has a morning walk during the week at around 5:30 am.

If you feel like going for a walk at a time that suits you,

simply post a message in the group such as:

"I'm going for a walk — who would like to join me?"

Anyone who is free can join in. This keeps the group flexible and easy for everyone.

We also plan to arrange occasional social get-togethers so that members can get to know each other even better.

If you would like to join our WhatsApp group, please contact:

Angie Moir
Unit 565
Ext: 5414
Cell: 079 888 7521

We look forward to walking together!



Residents interested in joining the new Village Strollers group gathered for our first photo together.



Celebrating Parkrun milestones together

"Angie proudly completed the Valentine's Night Race 10km on February 13th



A HIDDEN GEM BEHIND THE WHITE WALL

Many of us have driven past the large white wall of the Bahá'í National Centre in Johannesburg and wondered what could possibly be hidden behind it. I must admit, I did the same for years. From the outside, it always felt mysterious — almost secretive — and I never imagined the beauty that lay beyond those gates.

However, I recently had the unexpected opportunity to step inside. A friend of mine, Sharon, who knows about my interest in caring for the elderly, suggested that I meet Djam, the manager of the Assisted Living Centre.

The moment I entered, I was completely taken aback. The space is peaceful and breathtakingly beautiful — something you would never guess from the street view alone. Lush green lawns stretch across the property, tall trees provide gentle shade, and there is even a sparkling swimming pool. The atmosphere feels calm, welcoming and full of light.

I was shown the assisted-living apartments, and they are absolutely stunning. Each unit is tastefully designed, neat, and thoughtfully planned with comfort and dignity in mind. It is clear that great care has gone into creating a warm and supportive

environment for residents.

I am hoping to lend a helping hand there in the near future, and I am truly looking forward to being part of such a meaningful space.

I wanted to share this little discovery with you, because perhaps you too have driven past that wall and wondered what lies beyond it.

Sometimes the most beautiful places are the ones we least expect, quietly waiting to be discovered.

Angie Moir
Editor



A CLOSE CALL AND A HAPPY ENDING

Life in our village is shaped by small, everyday moments — the quiet routines, the familiar faces, and the shared care that we often take for granted. Most days pass gently, but every now and then, something happens that reminds us just how human village life really is.

Recently, one of our residents experienced a moment of concern when her hearing aids went missing. One moment they were there, the next they had quietly disappeared. Despite careful searching and much hopeful retracing of steps, they were never found.

In time, a new pair arrived, and with them came a renewed sense of attentiveness. Carers and staff became extra watchful, offering gentle reminders and caring check-ins to make sure the hearing aids stayed safely in place. It was a small thing, but it spoke volumes about the thoughtfulness that surrounds our residents each day.

Then, on an otherwise ordinary morning, a simple oversight occurred. Unaware that the hearing aids were still being worn, our resident stepped into the shower. The carer,

equally unaware, continued with the day as usual.

Thankfully, the moment was noticed quickly. The hearing aids were rescued, carefully dried, and — to everyone's great relief — survived without harm. A close call, a collective exhale, and a quiet sense of gratitude all round.

Moments like these remind us that even with the best care and the kindest intentions, life can still surprise us. What matters most is the calmness, teamwork, and compassion that follow.

We're happy to report that the hearing aids are now safe, dry, and back where they belong — quietly doing their job, and giving us all a gentle reminder that sometimes even the small dramas end well... and with a smile.

— Angie Moir

A NEW ERA FOR RETIREMENT VILLAGES

Retirement villages in South Africa are entering a period of gradual change. This transformation is not dramatic or sudden, yet its impact is becoming increasingly visible in many communities.

For many years, retirement living focused mainly on safety, accommodation and access to healthcare. These remain essential foundations, but residents today are expecting more than basic services. They want environments where they can continue to live purposeful and connected lives.

Today's residents are often well-informed and actively involved in decisions that affect their wellbeing. They understand the importance of preventive healthcare, social connection and personal independence. They also recognise that ageing successfully requires more than physical care alone.

As a result, retirement villages are beginning to rethink how they support their residents.

Modern retirement communities are

placing greater emphasis on participation and inclusion. Instead of occasional social events, there is a growing focus on consistent programmes that encourage interaction, activity, and personal development.

Questions that are now becoming more important include:

How do we support residents who live alone?

How do we encourage meaningful participation?

How do we help residents maintain independence?

How do we ensure that everyone feels included?

How do we support overall wellbeing, not only medical needs?

These questions reflect progress rather than criticism. Communities improve when they are willing to evaluate and adapt.

Across South Africa, some retirement villages are already moving toward a more proactive approach. On-site

healthcare services, regular wellness assessments, and home-based support services are becoming more common. Social programmes are increasingly designed with clear goals in mind, supporting physical, emotional, and social wellbeing.

The idea of retirement is gradually shifting. Instead of representing the end of an active life, retirement is increasingly seen as a new phase of opportunity and growth.

Well-informed residents, supportive families, and responsive management teams all contribute to stronger communities. When knowledge is shared and communication improves, standards naturally rise.

Retirement villages that embrace these changes are likely to become places where people do more than simply reside — they thrive.

Growing older does not mean withdrawing from life. It means continuing to live with purpose, connection, and dignity.

FRIENDLY VILLAGE TRANSPORT

Safe, reliable lifts for medical appointments, shopping, errands and airport trips

- R6 per km
- Service fee applies
- Waiting time charged R 100 per hour, if required
- Distance is no problem

Contact: Glanville Craig
Apartment 565 - 5414
Cell: 082 922 6067



'N NUWE FASE VIR AFTREE-OORDE

Aftree-oorde in Suid-Afrika beweeg geleidelik in 'n nuwe rigting. Hierdie verandering gebeur stadig, maar die invloed daarvan word al hoe duideliker sigbaar in baie gemeenskappe.

Vir baie jare het aftree-leefstyl hoofsaaklik gefokus op sekuriteit, behuising en toegang tot mediese sorg. Hierdie dinge bly noodsaaklik, maar inwoners verwag vandag meer as net basiese dienste. Hulle wil in 'n omgewing woon waar hulle steeds sinvol en aktief kan leef.

Baie van vandag se inwoners is goed ingelig en neem aktief deel aan besluite wat hul welstand raak. Hulle verstaan die waarde van voorkomende gesondheidsorg, sosiale kontak en persoonlike onafhanklikheid. Hulle besef ook dat suksesvolle veroudering meer behels as net fisiese versorging.

Daarom begin aftree-oorde nuwe maniere ondersoek om inwoners beter te ondersteun.

Moderne aftreegemeenskappe plaas toenemend klem op betrokkenheid en

deelname. In plaas van net af-en-toe sosiale geleenthede, word daar meer aandag gegee aan volhoubare programme wat mense bymekaar

bring en aktiewe deelname aanmoedig.

Belangrike vrae wat al hoe meer gevra word, sluit in: Hoe ondersteun ons inwoners wat alleen woon?

Hoe bevorder ons sinvolle deelname?

Hoe help ons mense om onafhanklik te bly?

Hoe verseker ons dat niemand uitgesluit voel nie?

Hoe ondersteun ons algehele welstand, nie net mediese sorg nie?

Hierdie vrae dui nie op kritiek nie, maar op ontwikkeling. Gemeenskappe groei wanneer hulle bereid is om hulself te evalueer en aan te pas.

In verskeie dele van Suid-Afrika beweeg aftree-oorde reeds na 'n meer pro-aktiewe benadering. Gesondheidsdienste op terrein, gereelde welstandassesserings en tuisver-

sorging raak meer algemeen. Sosiale programme word toenemend doelbewus beplan om fisiese, emosionele en sosiale welstand te ondersteun.

Die betekenis van aftrede verander geleidelik. In plaas daarvan om die einde van 'n aktiewe lewe te wees, word dit

toenemend gesien as 'n nuwe fase vol geleenthede.

Wanneer inwoners goed ingelig is en bestuur oop kommunikasie bevorder, word gemeenskappe sterker. Waar kennis gedeel word en samewerking groei, verbeter standarde vanself.

Aftree-oorde wat hierdie ontwikkelinge omarm, word plekke waar mense nie net woon nie, maar werklik floreer.

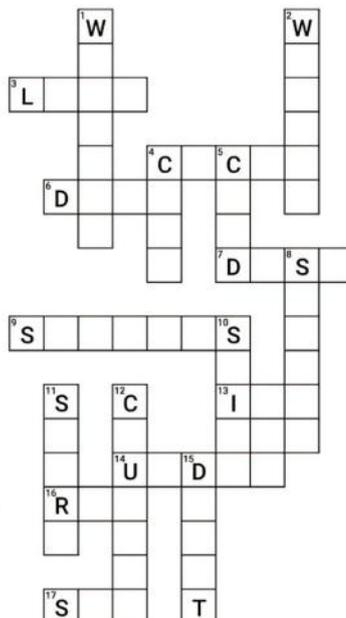
Ouer word beteken nie dat 'n mens ophou leef nie. Dit beteken om met doel, verbondenheid en waardigheid voort te leef.

Across

3. Turn over a new ____
4. Break the ____
6. ____ vu
7. Wait for the ____ to settle
9. Out of the ____
13. On thin ____
14. ____ the weather
16. Caught in a ____
17. Make hay while the ____ shines

Down

1. A change in the ____
2. In the dead of ____
4. The ____ before the storm
5. ____ comfort
8. Every cloud has a ____ lining
10. Rise and ____
11. A ____ is brewing
12. Throw ____ to the wind
15. Without a shadow of a ____



TECHNOLOGY UPDATE: WE'RE ALL APPARENTLY HACKERS NOW

Residents report mixed success with modern technology.

Arthur successfully sent a text message last Thursday. It only took him 14 minutes and three accidental photos of his ear.

Sheila has mastered online shopping but is now the proud owner of:

42 dishwasher tablets, A novelty garden gnome, and seting called "cloud storage," which she is keeping in the airing cupboard just in case.

I listen to the radio often. Every morning and most weekends. I find that so many TV programmes are repeated over the weekends that I had to find an alternative. On Saturdays I listen only to RSG, Radio Sonder Grense, 100 to 100.5 FM. From 6am there are interesting talks and good music, music to my liking anyway. In the evening from about 7.20 there is again good music, right through the rest of Saturday night. Fortunately I am bilingual so I can understand it all, and I often learn something new. On Sunday afternoons from 3pm there is another very good music programme on RSG with news bulletins and sports updates until 6.30.

One remembers so well what a huge role radio played in the lives of many of us. There was no TV until 1974, as you will all remember, and Springbok Radio and the English service of the SABC kept me entertained and informed. I cannot quite remember which station had which programmes, but I recall 'Test the Team', a general knowledge quiz I suppose one would call it, but how knowledgeable were the members of the team. On a Saturday morning on Springbok radio was Pip Friedman with 'Snoek Town Calling', a laugh a minute, and not a swear word anywhere, but side-splittingly funny. On the same station was a pianist who played live in studio, not recorded, and also a budgie named Peter and his owner. Sometimes Peter would talk almost non-stop, other days he would clam up and sulk. Then there were the serials, which had my grandmother enthralled every morning. Her favourite was 'From

Chrystal with Love'. Afterwards she would phone her sister-in-law and they would rehash the story and cry about how sad it all was, but she never missed an episode. They were what we call 'soapies' and the different episodes were written by various authors so they often contradicted themselves, but my gran certainly didn't notice.

Then Friday night was 'Squadies'. 'They roam the lonely streets at night, in fast cars', etc. I don't remember the rest. 'Friends of the Creaking Door' was all horror stories that would terrify us children, but we listened anyway. Who can forget Eric Egan's morning programme with its special childrens' section, and the little train climbing a hill saying 'I know I can, I know I can' and eventually making it? He also had a story of a little fire engine who couldn't wait to grow up so he could also fight fires. 'I'm a little fire engine, Flick is my name, they won't let me fight the fires, isn't that a shame'. (That is the ditty the fire engine sang). Then he would end the childrens' feature by saying 'I LOVE you'. That was my signal to leave for the bus to go to school. I don't remember all the programmes, but my friends have helped me recall some of the above.

LM Radio was for the teenagers, or that is how it seemed to me. I had a little transistor radio in my bedroom, where I also did my homework. Radio signals were not that good from LM, so I could pick up the station only at night. I would do my homework with the radio playing and my mother could never understand how I could concentrate. When I heard the last bus

go past our house I would close my books, homework finished or not! Sunday nights was the LM Hit Parade which I never missed. I still enjoy the songs of the 50's and 60's, as I'm sure you, the reader, know by now. Of course Elvis was and still is a favourite, but I enjoyed Dean Martin, Peggy Lee, Doris Day, Connie Francis, Fats Domino, Buddy Holly and many, many others. To this day I remember the words of many a song. Those words were worth remembering. I don't understand most of the songs today. I have really tried to like the modern music, but apart from a good one here and there, I just do not get it.

I do not recall if I have told the tale of my mother who did not think much of Elvis in the early days. 'Looks as if he needs a good wash and a haircut,' etc. Didn't like any song except 'Wooden Horse'. (She meant Wooden Heart of course). Many years later, she was then over 80, SABC had an Elvis programme to commemorate his birthday. I will never forget my mom's comment, "Doesn't he look so nice and clean cut"? Says a lot about the bands and singers who came after the era of Elvis and his contemporaries.

I still have a radio or music on in the background and even leave my radio on 102.7 all night, and I sleep through it all. But, when 102.7 changes at 5am to the music of today, if I am not already awake I will be, within five minutes. Would you say I am set in my ways? I know I am. Until the next issue of the Olive Branch, keep well, stay safe, and listen to music. It soothes the soul.

KARAM MOTORS

WE BUY & SELL **CARS**



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**WHY IS DRIVING SO HARD
FOR SOME PEOPLE?
I MEAN, IT'S LIKE
COLORING, ALL
YOU HAVE TO DO
IS STAY INSIDE
THE FREAKIN'
LINES.**



THAT'S NOT MY JOB!

This is a story about four people named: **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that, because it was **Everybody's** job. **Everybody** thought **Anybody** could do it, but **Nobody** realised that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

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

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The articles and opinions published in this newsletter are those of the individual authors and do not necessarily reflect the views of The Olive Branch editorial committee or the Olivedale Homeowners Association NPC. Images without credits are published under Creative Commons.

We would love to hear from you, your comments, views and suggestions.

Photos from your trips or, what you may have taken around the village.

Any ideas for interesting pieces, kindly forward to angeliquemr50@gmail.com

Angie Moir—Editor

Advertising Rates for 2025

- Published monthly - format is A4 portrait.
- Circulation: emailed copies 550
black-and-white printed copies 130
- Full page: R900
- Half page, *landscape only*: R 500-00
- Quarter page, portrait: R250-00
- 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.

Village life: familiar faces, shared stories, and plenty of smiles.

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 are held in the village.

Roman Catholic Church @ 09H30 in the LONG ROOM,

English Service @ 09H30 in the HALL,

Afrikaans Service @ 17H00 in the HALL,

All welcome to attend.

- You are all welcome to attend our weekly prayer meeting 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

ORV March Bus:			Time:	Rate:
02 Mar	Mon	Spar	09:30 - 11:00	R20.00
04 Mar	Wed	Northgate	08:30 - 12:30	R20.00
05 Mar	Thu	Olivedale Corner	09:00 - 10:00	Free
09 Mar	Mon	Bel Air	08:30 - 11:30	R20.00
11 Mar	Wed	Cresta	08:30 - 12:30	R35.00
12 Mar	Thu	Olivedale Corner	09:00 - 10:00	Free
13 Mar	Fri	Chamdor	09:30 - 11:00	R20.00
16 Mar	Mon	Spar	09:30 - 11:00	R20.00
18 Mar	Wed	Northgate	08:30 - 12:30	R20.00
19 Mar	Thu	Olivedale Corner	09:00 - 10:00	Free
23 Mar	Mon	Bel Air	08:30 - 11:30	R20.00
25 Mar	Wed	Northgate	08:30 - 12:30	R20.00
26 Mar	Thu	Olivedale Corner	09:00 - 10:00	Free
27 Mar	Fri	Ferndale On Republic	08:30 - 12:30	R35.00
30 Mar	Mon	Spar	09:30 - 11:00	R20.00
BUS TICKETS SOLD AT RECEPTION:				
* R225,00 - Ticket includes all trips: Spar, Bel Air, Northgate, Cresta & Other Malls				
* R180,00 - Ticket includes: Spar, Bel Air & Northgate only				
* You also have the option pay per trip at reception				
Card payments only, reception does not accept cash.				

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