



## CEO MESSAGE



*Welcome to the last newsletter of 2019.  
What a busy and productive year  
it has been!*

Remembrance Day ceremonies brought a change of pace last month when we paused to reflect. It was my privilege to attend the Gosford service with some of our highly decorated residents, and we have included some snippets from two of their personal stories in this edition.

In recent weeks, we have seen battles of a different nature with fires across NSW and interstate. It was humbling to see the strength of ordinary Australians doing an extraordinary job in protecting others. I hope that your friends and families were safe through this period. I'd also like to thank Kaye from the Emergency Response Team for organising a delivery of relief items on behalf of residents and staff to areas that were badly affected.

We have started planning for 2020 and look forward to sharing much fun and laughter with you in months to come.

In the meantime, on behalf of the Evergreen Team, I wish you joy and peace this Christmas!

Warm Regards, **Helen**

*Left to Right:*

*John Ridout, Peter Williams, Dorothy Williams  
and Neville Thompson.*

## REMEMBRANCE DAY

*On Monday 11th November, Evergreen  
residents and staff attended the Gosford RSL  
Sub Branch Remembrance Day Service at  
the Gosford Cenotaph.*

*We are honoured to be able to pay our  
respects with those who fought for our  
country.*

*Lest we forget.*



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## BROADWATER SENIORS SOCIAL DAY CLUB DECEMBER

Every Thursday 10am  
Community Centre  
Evergreen Life Care

### 5th December

**MICHAEL MONTGOMERY**

is coming to sing for our Christmas Party. Come dressed in festive colours and enjoy the day. Please confirm your attendance by 3rd December for catering and seating.

### PLEASE NOTE

**BROADWATER DAY CLUB** will return on Thursday 13th February 2020.

From all our volunteers. Have a great Christmas and New Year. Stay Safe. xxx

We are at Yallambee Village Community Centre, at Evergreen Life Care, on Thursdays only. All welcome. Our weekly price is \$10 which includes our lovely morning tea, our home cooked lunches, and of course our wonderful entertainment (\$10 unless otherwise stated).

## Christmas Closure

The Corporate Office and the café will be closed from Monday 23rd December, reopening on Monday 6th January. Please be assured that a member of the Emergency Response Team will be here 24 hours a day if you need any assistance over this period and the Community Centre will remain open for your use. Please note: There will be no transports over this period. The Lodge will continue to operate as per usual.



## Evergreen Christmas Concert

Sunday 15th December at 3pm

Evergreen Auditorium

Gorgeous harmonies, beautiful Christmas Carols and audience participation carols:

*Silent Night, Away in a Manger, Ding Dong Merrily On High, Jingle Bells, Deck the Halls, Do You Hear What I Hear?, O Come All Ye Faithful, The First Noel, Hark the Herald Angels Sing.*

We have invited some wonderful young musicians from the Central Coast Conservatorium and beyond to join us in celebration of the festive season.

## Melbourne Cup Fashion on the Fields Winners



The residents enjoyed another successful Melbourne Cup afternoon!

Everyone enjoyed the nibbles, the champagne, the sweeps and of course, watching the big race!

A big thank you to all staff that were involved in organising this lovely afternoon.

The winners of Fashions on the field from left to right are:

**Joan Vance – Best Hat**

**Don Young – Best Dressed Male**

**Lesley Menvielle – Most Colourful Hat**

**Pat Stephens – Best Dressed Female**

## Managing Smoke Haze Health

Bushfire smoke can travel hundreds of kilometres and it poses a range of health issues — especially for those with pre-existing heart or lung conditions.

Experts recommended the following precautions to reduce the health effects.



### Stay Indoors

The best way to avoid breathing in bushfire smoke is stay inside with the windows and doors closed, preferably in an air-conditioned building.

### Set air conditioning on recycle

Avoid bringing smoky air into your house. If you have the

option of adding a filter to your air conditioner, do so.

But take advantage of periods of clean air to ventilate your home, as smoke still penetrates indoors and can take time to disperse unless the house is opened up.

### Consider a portable air filter

Portable air cleaners, available from home electrical stores, will lower the concentration of indoor particles and reduce the risk of health impacts from smoke. They will work best in a well-sealed room.

Dr Johnson recommended air cleaners with a HEPA filter to provide protection from particles.

"Devices that only humidify, generate negative ions, or absorb unpleasant smells do not reduce airborne particles," she said.

### Keep medication on hand and follow a treatment plan

People with asthma — and other health conditions — need to make sure they have any medication they need on hand at all times.

The Victorian health department recommends having five days of medication on hand.

If your symptoms get worse, seek medical advice.

### Wear a mask

NSW Health Department says wearing a P1 or P2 mask (available at hardware stores) properly fitted over your mouth and nose will filter fine particles and minimise the effects of bushfire smoke.

But Dr Johnson said these masks weren't a failsafe.

"They give some protection against smoke particles but are only effective if worn correctly with a good seal around the mouth and nose; they can make it harder to breathe and they do not filter out gases," she explained.

"Simple paper or cloth masks do not provide protection."

## VILLAGE ACTIVITIES

3rd December – 10.30am

**Flower Arranging with Carmen**

Cost \$10.00.

Please place name at reception.

6th December – 10.00am

**Nutrimetics Stall**

Community Centre.

7th December – 11.00am

**Residents BBQ**

Community Centre

BYO food and drinks

11th December - 11.30am

**Residents Christmas Party**

Community Centre

Tickets Cost \$25.00

13th December – 10.00am

**Sally Alive with Style Stall**

Community Centre

14th December – 11.00am

**Doyalson Wyee RSL Club**

Meals at own Cost

15th December – 3.00pm

**Philharmonia Choir Christmas Carols plus**

**Afternoon Tea**

Cost \$5.00

Please place name at reception

for catering purposes.

27th December – 5.00pm

**Happy Hour**

Community Centre

Cost \$6.00

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## REGULAR ACTIVITIES

### Saturday Morning Tea

10.30am Every Saturday morning in the Community Centre. Come along and meet fellow residents in the village. Gold coin donation. All welcome.

**Podiatrist** - Wednesday 18th December Community Centre (Appointment only) Please Book on 4349-2302

**Fruit & Veggie Day** Wednesdays from 10.30am. Fruit, veggie's and eggs available at the Community Centre.

**Residents BBQ** Saturday 7th December - 11am. Bring your own food and beverage and sense of humour. Come along and join in meeting other residents in the village.

**'KLOP'S'** - Every Wednesday 10am - 12 noon. End of Driveway J. Come along and have some fun. Bring a hat and water bottle. Walker friendly.

**Beginners Art Classes** - Last day for 2019 will be Tuesday 10th December 10am to 12 noon Community Centre. Come and meet Peter and learn a new hobby.

**Table Tennis** - Please feel free to book at reception to play at any time.

**Community Restaurant** Meals On Wheels Every Friday starting at 10am Come along to the Community Centre for fun and games or if you would just like a meal come around 11.30am for only \$12.00 and see Lorraine and her many helpers.

Last day for 2019 Friday 6th December resuming 17th January 2020. Merry Christmas and a Happy New Year from all of us at Meals on Wheels Community Restaurant see you all in the New Year.

**Happy Hour** Friday 27th December, 5pm. Cost \$6.00. Come along and enjoy refreshments and nibbles and enjoy the company of fellow residents in the Village.

**Gentle Exercises** Mondays 1pm-2pm. Community Centre. Come and meet Lucienne our new gentle exercise instructor. Cost of class is \$5.

**Fresh Seafood** - Fridays 11.30am 'Joe the Fisho'. Say hi to Martin who will be driving through the village selling fresh seafood.

Gosford Library details and Broadwater Social Day Club on Calendar.

## OUT AND ABOUT IN THE VILLAGE

### HUNTER VALLEY GARDENS TRIP



### BUS TRIP TO BARRAMUNDI FARM NELSON'S BAY

Always a great day!

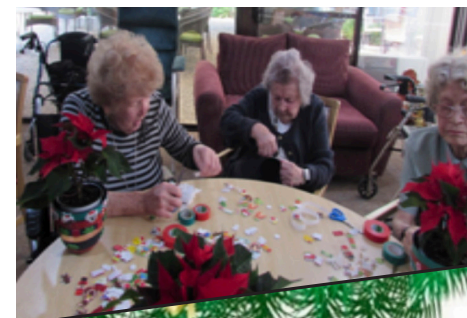


### A VISIT TO THE GARDEN NURSERY



## OUT AND ABOUT IN THE LODGE

Thank you Allison from Bunnings for coming over once a month to do craft with us.



### REMEMBRANCE DAY IN THE LODGE



**Resident and Relative Christmas Lunches**  
**Mari Ma and Special Care**  
 Wednesday 11th December  
 in the Mari Ma Dining Room

**Allawah, Illowra and Amaroo**  
 Wednesday 18th December  
 in the Community Centre



### HAPPY DECEMBER BIRTHDAY

to all these wonderful residents!

12th Max Daniel, 18th John Aird  
 20th Patty Woodward  
 & 30th Elaine Phillips

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**VISITING EVERGREEN**  
 Wednesday  
 15th JANUARY



# DECEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1.30pm Movie 'FALLING IN LOVE' in the Main Lounge	<b>2</b> 9.30am Move & Groove 10am Word Games 11am Walking Group 2pm Poetry Group in the Main Lounge	<b>3</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Grp 2pm Christmas Cards in the Main Lounge	<b>4</b> 9.30am Resident's Meeting in the Main Lounge 11am Music, Music Music 2pm Wacky Wednesday Welcome to Summer in the Main Lounge	<b>5</b> 9.30am Move & Groove 10am Church 10am Millionaire Quiz 11am Walking Group 2pm Singalong with Clive in Mar Ma	<b>6</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 12pm Golden Girls BBQ in the Gazebo 2pm The Gals Concert in Mari Ma	<b>7</b> 1.30pm THE VICAR OF DIBLEY in the Main Lounge
<b>8</b> 1.30pm Movie in the Main Lounge	<b>9</b> 9.30am Move & Groove 10am Word Games 11am Walking Group 2pm Bingo in the Main Lounge	<b>10</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Grp 2pm Bunnings Craft in the Main Lounge 3.30pm Catholic Church	<b>11</b> 10.30am Bus Leaves for Laycock Theatre 2pm Movie in the Main Lounge	<b>12</b> 9.30am Move & Groove 10am Millionaire Quiz 10am Robyn's Shop 12pm Secret Men's Business BBQ in the Gazebo 2pm Name that Tune in Mn Lnge	<b>13</b> 10am St Patrick's School Choir and Band in Mari Ma 2pm Ice Cream Trip	<b>14</b> 1.30pm MOTHER & SON in the Main Lounge
<b>15</b> 1.30pm Movie in the Main Lounge	<b>16</b> 9.30am Move & Groove 10am Word Games 11am Walking Group 2pm Bingo in the Main Lounge	<b>17</b> 9.30am Move & Groove 10am Millionaire Quiz 2pm Christmas Craft in the Main Lounge 3.30pm Christmas Service in the Chapel	<b>18</b> 12pm Resident's and Relative Christmas Lunch at the Community Centre	<b>19</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Group 2pm Spin that Record in the Main Lounge	<b>20</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Happy Hour with Elvis (Steve Black) in Mari Ma	<b>21</b> 1.30pm ALLO ALLO in the Main Lounge
<b>22</b> 2pm Movie in the Main Lounge	<b>23</b> 9.30am Move & Groove 10am Word Games 11am Walking Group 2pm Bingo in the Main Lounge	<b>24</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Group 2pm Craft: Colour Club in the Main Lounge	<b>25</b> CHRISTMAS DAY 2pm Movie: MIRACLE ON 34TH STREET in the Main Lounge	<b>26</b> BOXING DAY 1.30pm Movie	<b>27</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Ice Cream Trp	<b>28</b> 1.30pm OPEN ALL HOURS in the Main Lounge
<b>29</b> 1.30pm Movie in the Main Lounge	<b>30</b> 9.30am Move & Groove 10am Word Games 11am Walking Group 2pm Bingo in the Main Lounge	<b>31</b> MEXICAN THEME DAY 9.30am Pinata Game and Pin the tail on the burro in Mari Ma 10.30am Armchair Travel of Mexico in Mari Ma 3.30pm Catholic Church				

# DECEMBER IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1-5pm Cards	<b>2</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>3</b> Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls <b>10.30pm Flower Arranging with Carmen</b> Cost: \$10.00	<b>4</b> 10am KLOPS 10am Crafty Critters Group	<b>5</b> Bus to Gosford, West Gosford & Erina <b>3-3.30pm Travelling Library</b>	<b>6</b> Bus to Gosford & West Gosford <b>10am Nutriments Stall Community Centre</b>	<b>7</b> 10.30am Morning Tea <b>11am Resident's BBQ</b> 1-5pm Cards
<b>8</b> 1-5pm Cards	<b>9</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>10</b> Bus to Gosford & West Gosford 10am Scrabble 10am Beginners Art Classes	<b>11</b> 10am KLOPS <b>11.30am Resident's Christmas Party</b> Tickets \$25.00	<b>12</b> Bus to Gosford, West Gosford & Erina 10am Church <b>(Last Service for 2019 - Resumes 30th January 2020)</b>	<b>13</b> Bus to Gosford & West Gosford <b>10am Sally Alive with Style Stall Community Centre</b>	<b>14</b> 10.30am Morning Tea <b>11am Doyalson Wyee RSL Club</b> Meals at own cost 1-5pm Cards
<b>15</b> 1-5pm Cards <b>3pm Philharmonia Choir Christmas Carols</b> Cost: \$5.00	<b>16</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>17</b> Bus to Gosford & West Gosford 10am Scrabble <b>3.30pm Catholic Chch Communion in the Chapel (Last Service for 2019 - Resumes 28th Jan 2020)</b>	<b>18</b> 10am KLOPS	<b>19</b> Bus to Gosford, West Gosford & Woy Woy <b>3-3.30pm Travelling Library</b>	<b>20</b> Bus to Gosford & West Gosford	<b>21</b> 10.30am Morning Tea 1-5pm Cards
<b>22</b> 1-5pm Cards	<b>23</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>24</b> Bus to Gosford & West Gosford 10am Scrabble	<b>25</b> CHRISTMAS DAY	<b>26</b> BOXING DAY	<b>27</b> Bus to Gosford & West Gosford <b>5pm Happy Hour</b> Cost: \$5.00	<b>28</b> 10.30am Morning Tea 1-5pm Cards
<b>29</b> 1-5pm Cards	<b>30</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>31</b> Bus to Gosford & West Gosford 10am Scrabble	Gosford Travelling Book Library 3.00- 3.30pm <b>THURSDAY</b> <b>5th and 19th December</b> Across from Driveway E Yallambee Ave		Broadwater Social Day Club Community Centre <b>Every Thursday from 10am</b> ALL WELCOME Games + Meal - Cost: \$10.00 <b>Last day for 2019 Thursday 5th Dec.</b> <b>Resuming 13th February 2020.</b> Merry Christmas and a Happy New Year from all of us at Day Club. See you all in the New Year.	
WEEKLY EVENTS IN THE COMMUNITY CENTRE						
1-5pm Cards All Welcome	10-12pm Darts L. Wellington 4323 7911 1pm Gentle Exercises Cost: \$5	10am Scrabble 2pm Indoor Bowls	10am KLOPS Driveway J	10am Broadwater Social Day Club Community Centre	10am Community Restaurant Meals on Wheels All Welcome	10.30-11.30am Morning Tea and Chat Cards 1-5pm All Welcome





## The Large Cuckoo

Do you hear what I hear?  
Very early in the morning.  
That repetitive bird call.  
This is the Large Cuckoo or Eastern Koel. Also known as the Rain Bird, Storm Bird or Summer Bird.

They arrive in Australia from Asia between September and April.

The loud repeating call you hear, from him is "Koo-ee" and "Kook-Kook-Kook" from her.

This is their breeding time, laying their eggs in the nests of Honeyeaters, Oreols and Magpie Larks.

The Male is black with red eyes. The Female has a black body with brown barred wings and tail.

The Juvenile birds have a buff coloured head and nape, with a black line through the eyes and their back is a gingery -buff barred darker.

I think this is the sound of Summer.

Contributed by Kaye Thompson.

## OLD BATTERIES?



### TO RESIDENTS

Any old Batteries can be disposed of in the bucket provided at the Community Centre Reception.  
Thank you

## In Sympathy

Our thoughts and prayers go out to the family and friends of the late

George Korin - YL

Our sincere condolences.

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

President Carol Fraser opened the meeting on Monday November 4th and welcomed all present.

Lorraine Hickey was nominated for the position of Vice President. Lorraine accepted the position and was congratulated. This leaves one position vacant on the Residents' Committee for which any of our residents can nominate.

**Correspondence (edited).** A letter to Helen Wilson CEO congratulated Helen and her staff on the result of the Lodge audit. Notice also forwarded to management in relation to several incidents brought to our last committee meeting in regard to intruders. After discussion suggestions were made for larger privacy signs, fencing etc. Some of these issues have been raised over the years Helen however, it is important for you to know the worries of our residents.

**Correspondence was received:** (1) From Helen Wilson CEO. Thanking residents and friends who contributed to a very successful open day on 19th October. The day was fun and festive and a great help in promoting the village life to others! In regard to the committee minutes, we have noted resident concerns regarding trespassers and included an article in the November newsletter advising of the current security measures we have in place with some tips and reassurance. You will be aware that Yallambee Avenue is a public road and the public have a right to access the creek from here. We cannot prevent all traffic, and we will review village signage and privacy measures and be in touch regarding this. (2) Letter from resident with request for committee to consider purchase of a few trees for various bare patches around the village. (3) **Correspondence also** from resident asking if consideration could be made for the purchase of an air fryer for the cafeteria. (4) From Management enclosing Notice of the Annual Management Meeting and the Independent Audit Report.

**Business arising from the correspondence was as follows.**

(1) Resident's letter in regard to tree purchase to be forwarded to management. (2) Letter re air fryer. Resident informed that the kitchen is going to be upgraded and new equipment purchased.

**Treasurers Report** was received and seconded.

**General Business:** The Crafty Critters made a wonderful profit on their Open Day stall and have donated \$500 to our Residents Committee. A letter of thanks to be sent to this great group of residents. Several items in regard to raffle prizes, invitations, flyer, music etc. for the residents Christmas lunch was discussed. A few of committee members interested to know more details regarding the Day Club. One of volunteers to be invited to a future meeting.

Carol thanked members for their attendance and closed the meeting. Next meeting December 2.

The full and comprehensive copy of this meeting is posted on the notice board.

\*\*\*\*\*

Wow here we are in December again the first month of summer and Christmas looming. As we say every year 'seems no time since last Christmas'

Did you know the image of Santa Claus flying his sleigh was created by Washington Irving in 1819, the same author who dreamt up the Headless Horseman? The original Rudolph did not have a red nose. In that day and age, red noses were an indicator of chronic alcoholism.

*Let's pray that when this item goes to press, we will have had blessed soaking rain as in Dorothy McKellar's famous and beautiful poem.*

*Core of my heart, my country!  
Her pitiless blue sky,  
When, sick at heart, around us  
We see the cattle die*

*But then the grey clouds gather,  
and we can bless again*

*The drumming of an army,  
The steady soaking rain.*

*An opal-hearted country,  
A wilful, lavish land*

*All you who have not loved her,  
you will not understand*

*though Earth holds many splendours,  
Wherever I may die,*

*I know to what brown country My  
homing thoughts will fly.*

Happy Christmas everyone  
and thanks for listening. **Margaret**



## LAUGHING OUT LOUD

### "LADIES & GENTLEMEN ...."

Shortly after a British Airways flight had reached it cruising altitude, the captain announced:

"Ladies and Gentlemen, this is your captain. Welcome to Flight 293, non-stop from London Heathrow to New York. The weather ahead is good, so we should have an eventful flight. So, sit back, relax, and .... OH...MY GOD!"

Some moments later, the captain came back on the intercom.

"Ladies and Gentlemen, I'm sorry if I scared you. While I was talking to you, a flight attendant accidentally spilled coffee in my lap. You should see the front of my pants!"

From the back of the plane, an Irish passenger yelled "For the love of Jaysus, you should see the back of mine!"



### A CHRISTMAS GIFT

A guy bought his wife a beautiful diamond ring for Christmas.

After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles."

"She did," he replied. "But where was I going to find a fake Jeep?"



### ENTERING HEAVEN

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates.

"In honor of this holy season," Saint Peter said, "You must each possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his pockets and pulled out a lighter. He flicked it on. "It represents a candle," he said. "You may pass through the pearly gates," Saint Peter said.

The second man reached into his pocket and pulled out a set of keys. He shook them and said, "They're bells." Saint Peter said, "You may pass through the pearly gates."

The third man started searching desperately through his pockets and finally pulled out a pair of women's glasses.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "They're Carol's."

### A SIGN OF THE TIMES

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

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Welcome  
To Our New Residents

Eddie & Enid Drummond

Welcome to the Village, we wish you happiness in your new home.  
Please do not hesitate to come and see the staff at the Community Centre if you require any assistance.



DECEMBER  
BIRTHDAYS

Join us in wishing  
**Happy Birthday**  
to these wonderful  
residents.

????  
BIRTHDAYS

Christmas Tree

Find and circle all of the Christmas Tree words that are hidden in the grid.  
The remaining 53 letters spell a secret message.



- |             |            |             |
|-------------|------------|-------------|
| ANGEL       | LARGE      | STAND       |
| ARTIFICIAL  | LIGHTS     | STAR        |
| BRANCHES    | NEEDLES    | TAKING DOWN |
| CANDY CANES | ORNAMENTS  | TINSEL      |
| CELEBRATION | PINE       | TOPPER      |
| DECEMBER    | PRESENTS   | TRADITION   |
| DECORATE    | PURCHASE   | TREE FARM   |
| DECORATIONS | REAL       | TREE LOT    |
| FETIVE      | SCENT      | TRUNK       |
| FRESH CUT   | SETTING UP | WATER       |
| GARLAND     | SKIRT      | YEARLY      |
| GIFTS       | SMALL      |             |
| GREEN       | SPRUCE     |             |



The Returned and Services League  
of Australia Gosford Sub Branch  
Celebrating 100 Years – “1919 – 2019”  
Saturday 7th December at 17.30

Gosford RSL Sub Branch have extended an invitation to Evergreen Life Care residents to celebrate their 100th Anniversary at a Gala Dinner. This will be a formal occasion with dress of the day Black Tie/Dinner Suit or Mess Dress for service personnel and ladies After Five. Minature medals may be worn. There will be pre dinner drinks and Hors D'Oeuvres, followed by a 3-course dinner and after dinner entertainment. Beer wine and soft drinks provided.  
Tickets are \$50 each and are available for purchase from the RSL.  
Michelle will be attending and has offered to drive the small Evergreen bus to the RSL. Seats are limited to 9 so if you'd like to attend please let Michelle know as soon as possible on 4349 2307.



Evergreen Life Care  
Community Centre  
Christmas Tree

Evergreen Life Care are donating Christmas gifts to Coast Shelter. Donations support homeless and vulnerable people in our local community.  
If you would like to donate a gift please place your unwrapped gift under the Christmas tree at the Community Centre. Donations of wrapping paper and tags would be appreciated.  
Donated gifts will be taken to Coast Shelter on Thursday 19th December 2019.  
Thank you for your generosity.

Board Update

Patrick McHugh has stepped down as Chairman of the Board after more than 4 years in office. On behalf of Evergreen Life Care we'd like to thank Patrick for his service to our Community. Patrick will remain on the Board and several Board Committees so you will still see him around Evergreen!  
James Roberts will take on the role of Chairman. James has been a Director since August 2018.  
Lynne Rainford and Leigh Kilday have also unfortunately stepped down from their position of directors. We will keep you informed on the recruitment of new board members in the New Year.



HAM & MANGO RICE  
NOODLE SALAD

- INGREDIENTS**
- 200g rice vermicelli
  - 200g sliced leg ham, torn into bite-sized pieces
  - 200g steamed greens (see notes)
  - 1 large mango, sliced
  - 1 red capsicum, thinly sliced
  - 50g snow pea sprouts, trimmed, halved
  - 2 green onions, thinly sliced diagonally
  - 1/2 cup fresh mint leaves
- SWEET CHILLI DRESSING**
- 2 tablespoons peanut oil
  - 2 tablespoons sweet chilli sauce
  - 1/4 cup lime juice

**METHOD**  
**Step 1:**  
Cook noodles following packet directions. Drain. Refresh under cold water. Drain. Place in a large bowl.  
**Step 2:**  
Make Sweet Chilli Dressing: Place oil, sweet chilli sauce and lime juice in a bowl. Stir until well combined.  
**Step 3:**  
Add ham, leftover steamed greens, mango, capsicum, snow pea sprouts, onion and mint to noodles. Add Sweet Chilli Dressing. Season with salt and pepper. Toss to combine. Serve.

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## John Ridout An Airforce Legend



### PART ONE

John began his admirable Airforce career in the Airforce Cadet Program, specialising in Administration and Logistics when he was just 16. In the early part of his career he moved many times, starting in Wagga Wagga in the first year, then subsequently posted to Richmond, Victoria. He received his first promotion to Corporal in 1958, however 3 years later his career came to an abrupt halt after a disagreement with a semi-trailer. He was placed on light duties.

Six months later, the C130 Hercules came into circulation. John applied for this course, passed the Airman Air Crew Medical but he didn't pass the staff medical. He was then informed that he should have been medically discharged 3 months previously (after the disagreement with the semi-trailer). So that the Air Force could save face, John was instead posted to Darwin ("to get him out of sight") where he spent 2 years. John was transferred back to Richmond with suspected throat cancer – luckily it was a thyroid problem. This was 1964 and John was transferred to Canberra.

In 1966 on April Fools Day, John was promoted to Sergeant. The Commanding Officer requested to see John. He said "Congratulations! You've been posted. You're going North my boy – to South Vietnam!" John was transferred to Vung Tau in 1966 as a Senior Non-Commissioned Officer. He was in charge of all Australian aircraft movements and had 15 army specialists under his command. John's first assignment was sending wounded personnel to Malaysia for treatment. Saigon was John's next stop – where his next role was meeting Australian aircraft both arriving and departing. John had the unfortunate duty of ensuring deceased personnel were prepared properly and sent back home to Australia.

**The sequel to John's illustrious Airforce career will be in the next edition of Horizons.**



## MEET ONE OF THE EVERGREEN TEAM

### Debbie Chew

Quality & Compliance Manager

Debbie joined Evergreen life in November, working as Quality and Compliance Manager.

Previously Debbie worked as Manager of Clinical Governance for Central Coast Local Health District. Debbie has worked in Health for 39 years in a number of Nursing and Managerial roles and is passionate about Consumer Engagement.

Debbie enjoys travelling in her caravan and spending time with family and friends.

