



CEO MESSAGE



I'd like to thank residents and families of Yallambee Lodge who attended the October Quarterly Forum and provided feedback on the latest revision of our Lodge Resident Handbook. This will no doubt assist newcomers to settle in to their new home

and we appreciate your support!

With the arrival of the warmer months, outdoor events are becoming more popular. Congratulations are due to the Yallambee Village Team - staff, residents and volunteers - for putting on a fantastic Open Day on Saturday 19th October. The weather was perfect, the sausages sizzled, the band grooved, and the coffee machine worked overtime. A welcoming introduction for visitors who were interested in joining our community!

The excitement will continue through November with special Melbourne Cup celebrations at both the Village and the Lodge. Why not don your best hat and join your neighbours for "Fashions on the Field", nibbles, and of course the Big Race! All are welcome.

Finally, on a more sombre note, I would like to acknowledge the importance of Remembrance Day - and the sacrifice and bravery of those who served.

Have a great month.

Warm Regards, **Helen**

OPEN DAY

Yallambee Village's 2019 Open Day was a great success - the sun was shining and everyone had a lovely day!



The Community Centre Auditorium was a hive of activity with lots of stalls from our Community, live music by Wired for Sound, a sausage sizzle and the Café was open for coffee and scones.

Carol Frazer,
President of the Residents Committee
and **Helen Wilson, CEO**

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BROADWATER SENIORS SOCIAL DAY CLUB NOVEMBER

Every Thursday 10am
Community Centre
Evergreen Life Care

7th November
REMEMBRANCE DAY
Lest we forget.

14th November
BUS TRIP - Palm Beach by
Ferry and then Lunch at Palm
Beach RSL.
*Cost \$28.50 includes Ferry,
Lunch and Dessert.*

21st November
WORLD TV DAY
*Come dressed as your favourite
TV Star.*

28th November
The Tap Girls

*Come in and enjoy the GIRLS
dancing and lovely costumes.
Tap your feet to the music.
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).*



GARDEN COMPETITION

Spring has sprung and you could be forgiven for thinking there are fairies in your garden... One of our residents, Bev Lane has provided proof!
All residents with a green thumb are reminded that we will be holding our annual garden competition through November, with winners announced at the Village Christmas Party on Wednesday 27 November.

PRIZES WILL BE AWARDED FOR:

- Colourful Planter Box
- Upstairs Balcony
- Most Unusual
- Overall Best Garden
- Encouragement
- Ground Floor
- Most Colourful
- Management Award
- Best Lodge Garden



NEIGHBOURHOOD WATCH

Village Security

Our community is protected by nightly security patrols and security cameras located at each driveway. You may also have noticed "Under Surveillance" signs around the grounds that are very effective deterrents for intruders!

You can play a part in keeping our community safe:

If an incident occurs...*Please report this as soon as possible to the Emergency Response Team.*

When reporting an incident please try to include as much detail as possible, such as: Day, Date, Time, and a Description of the incident.

If you take a holiday...*Please let the ERT team know if you are taking a holiday! Also, let your neighbours know that you'll be away and ask them to keep an eye on your place and report any suspicious behaviour to the Emergency Response team.*

INDEPENDENCE AND PEACE OF MIND!



*Members of Yallambee Village ERT -
Dianne Gallagher and Susan Zheng*

You can have both independence and peace of mind at Yallambee Village knowing that our customer service staff are onsite 24 hours a day, seven days a week to assist in an emergency.

Our Emergency Response Team (affectionately known as the ERT) are the first to arrive in response to Vital Call Alerts and will remain with you if an Ambulance is required. The Emergency Response Team can also provide additional assistance if you have a problem or become ill and are always willing to lend a hand.

Services include (but are not limited to):

- **Transport to medical appointments**
- **Pick up and drop offs to the Community Centre when required**
- **Medication Checks**
- **Comfort Calls**
- **Heating Meals**
- **Any other assistance as required.**

Please enquire at the time of booking for pricing regarding your service.

*For further information please contact Reception on:
Phone: 4349 2302.*

VILLAGE ACTIVITIES

2nd November – 11.00am
Residents BBQ
Community Centre – BYO Food and drinks
.....
5th November – 1.00pm
Melbourne Cup Day
Light snacks, Quiz and Best Dressed
Cost \$10.00.
Please place name at Reception for catering purposes.

13th November – 11.30am
Gosford Hotel
Meals at own Cost

15th November – 10.00am
Robyn's Gift Stall
Community Centre

16th November – 10.30am
Barramundi Farm Nelson Bay
Cost \$30.00 Includes Tour & Lunch.

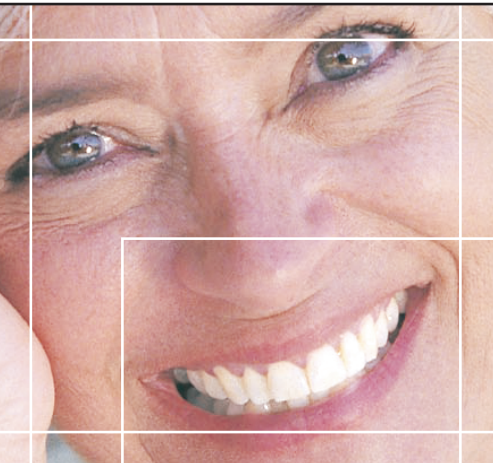
20th November
Day at the Movies TBA

23rd November – 11.00am
Wallarah Bay Recreation Club
Meals at own cost

27th November – 12 noon
CEO Christmas BBQ
Community Centre
Please place name at reception for catering purposes.

30th November – 10.30am
Christmas Morning Tea plus Crafty Critters Stall
Cost \$6.00
Please place name at reception for catering purposes.

FOR ENQUIRIES
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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 - Friday 15th November
Community Centre (Appointment only)
Please Book on 4349-2302

Fruit & Vegie Day

Wednesdays from 10.30am. Fruit, vegie's and eggs available at the Community Centre

Residents BBQ

Saturday 2nd November - 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

Every 2nd & 4th Wednesday of the month. 10-12 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.

Happy Hour

Friday 29th November, 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

OPEN DAY



Bejewelled



Brisbane Waters Historical Society with artifacts



Sausage Sizzlers



Fun for all ages



OUT AND ABOUT IN THE LODGE

SHEILA HEGGIES NEEDLE DOLLIES



Sheila first encountered these beautiful little needle dollies while a young girl living in Hendon in London, while the city was being bombed during the Second World War. Sheila's aunt who lived nearby was an accomplished dressmaker, knitter and embroiderer and she passed on these skills to her niece.

A friend gave Sheila's aunt a dolly that had come from one of the well-known London shops. When Christmas came and it was very difficult to find presents, her aunt thought these would make lovely simple gifts, and she could make them herself. She taught Sheila to make them too, and when Sheila came to Australia the dollies came with her.

Many years later, Sheila moved into Evergreen Lodge with her husband Arthur. After a period of illness Sheila had become a bit down, and her doctor suggested that she look for an activity that she could get involved with. The dollies were just what she needed.

They are made from brightly coloured felt, stitched, glued and embroidered or decorated with flowers. A little thimble holder fits into the dolly's bonnet.

They are a really lovely and practical gift and Sheila's handiwork is a joy to behold.

BRAZIL MULTI-CULTURAL DAY



SCOTTISH MULTI-CULTURAL DAY



HAPPY NOVEMBER BIRTHDAY

to all these wonderful residents!

**1st Heather Turner & Eric Tucker
25th Cathy Chan**



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**VISITING EVERGREEN
Wednesday
27th November**

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NOVEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Melbourne Cup 5th November 2019					1 9.30am Move & Groove 10am Word Games 10am OP Shop and Lunch Bus outing 11am Music, Music Music 2pm Movie in the Main Lounge	2 1.30pm Documentary of the Seychelles Islands in the Main Lounge
3 1.30pm Movie 'CASABLANCA' in the Main Lounge	4 9am Sweeps on Sale in front foyer 9.30am Move & Groove 10am Brain Teasers 11am Walking Grp 2pm Poets Corner in Main Lounge	5 MELBOURNE CUP DAY 10am Devonshire Tea, Quiz & Trivia Horse Race Game 2pm Fashions in the field. Cham-pagne, Nibbles and the big race.	6 9.30am Resident's Meeting in the Main Lounge 11am Music, Music Music 2pm Wacky Wednesday Old Radio Shows Main Lounge	7 9.30am Move & Groove 10am Church 10am Quiz Time 11am Walking Grp 2pm Name that Tune in the Main Lounge	8 10am Reflection Day and Morning Tea in Mari Ma 2pm Ice Cream Trip	9 1.30pm Documentary of Bora Bora in the Main Lounge
10 1.30pm Movie 'AUNTIE MAME' in the Main Lounge	11 9.30am Move & Groove 10am Brain Teasers 11am Walking Group 2pm Bingo in the Main Lounge	12 9.30am Move & Groove 10am Word Games 11am Walking Grp 2pm Bunnings Craft in the Main Lounge 3.30pm Catholic Church	13 9.30am Move & Groove 10.30am Bus Leaves for Laycock Theatre 2pm Wacky Wednesday Postcards in the Main Lounge	14 9.30am Move & Groove 10am Church 11am Walking Group 2pm Happy Hour with Los Bonkers in Mar Ma	15 9.30am Move & Groove 10am Word Games 11am Music, Music Music 12pm Golden Girls BBQ in the Gazebo 2pm Movie in the Main Lounge	16 1.30pm Documentary of Santorini Greece in the Main Lounge
17 2pm Movie 'SHOWBOAT' in the Main Lounge	18 9.30am Move & Groove 10am Brain Teasers 11am Walking Group 2pm Bingo in the Main Lounge	19 9.30am Move & Groove 10am Word Games 11am Walking Grp 2pm Craft Group Plastic Bottle Tree in the Main Lounge	20 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Wacky Wed. World TV Day in Main Lounge 2pm Men's Group in the Chapel	21 9.30am Move & Groove 10am Church 11am Walking Group 2pm Music Appreciation in the Mn Lounge	22 9.30am Move & Groove 10am Word Games 11am Music, Music Music 12pm Secret Mens Business BBQ in the Gazebo 2pm Ice Cream Trp	23 1.30pm 1.30pm Documentary of the Cook Islands in the Main Lounge
24 1.30pm Movie 'NATIONAL VELVET' in the Main Lounge	25 9.30am Move & Groove 10am Brain Teasers 11am Walking Group 2pm Bingo in the Main Lounge	26 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	27 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Wacky Wednesday Would you Rather in the Main Lnge	28 9.30am Move & Groove 10am Church 11am Chat Time 2pm Happy Hour with Trion Band in Mari Ma	29 9.30am Move & Groove 10am Word Games 11am Music, Music Music 11.30am Bus leaves for Lunch at Pelicans 2pm Movie in the Main Lounge	30 1.30pm Documentary of the Dalmatian Islands Croatia in the Main Lounge

NOVEMBER IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gosford Travelling Book Library 3.00- 3.30pm THURSDAY 7th and 21st November Across from Driveway E Yallambee Ave			Every THURSDAY from 10am Broadwater Social Day Club Comm. Centre All Welcome Games + Meal Cost: \$10.00	Every FRIDAY MEALS ON WHEELS Community Restaurant Here at your Community Centre Cost: \$12.00	1 Bus to Gosford & West Gosford	2 10.30am Morning Tea 11am Resident's BBQ 1-5pm Cards
3 1-5pm Cards	4 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	5 Bus to Gosford & West Gosford 10am Scrabble 1.00pm MELBOURNE CUP Light Snacks Cost \$10.00	6 10am Annual Management Meeting in the Auditorium 10am KLOPS 10am Crafty Critters Group	7 Bus to Gosford, West Gosford & Erina 10am Church 3-3.30pm Travelling Library	8 Bus to Gosford & West Gosford	9 10.30am Morning Tea 1-5pm Cards
10 1-5pm Cards	11 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	12 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls 3.30pm Catholic Church Communion in the Chapel	13 10am KLOPS 10am Beginner's Art Classes 11.30am Gosford Hotel	14 Bus to Gosford, West Gosford & Erina 10am Church	15 Bus to Gosford & West Gosford 10am Robyn's Gift Stall Community Centre	16 10.30am Morning Tea 10.30am Barramundi Farm Nelson Bay Includes Tour & Lunch. Cost \$30 1-5pm Cards
17 1-5pm Cards 2pm Movie showing on the Big Screen Community Centre	18 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	19 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls	20 10am KLOPS 10am Crafty Critters Group MOVIES TBA	21 Bus to Gosford, West Gosford & Woy Woy 10am Church 3-3.30pm Travelling Library	22 Bus to Gosford & West Gosford	23 10.30am Morning Tea 11am Wallarah Bay Meals at own cost 1-5pm Cards
24 1-5pm Cards	25 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	26 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls 3.30pm Catholic Church Mass in the Chapel	27 10am KLOPS 10am Beginner's Art Classes 12 Noon CEO Christmas BBQ	28 Bus to Gosford, West Gosford & Erina 10am Church	29 Bus to Gosford & West Gosford 5pm Happy Hour Cost: \$6.00	30 10.30am Christmas Morning Tea Cost: \$6.00 Crafty Critters Stall 1-5pm Cards
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



REMEMBRANCE DAY Monday 11th November

Gosford RSL Sub Branch will be holding their annual Remembrance Day Service at the Gosford Cenotaph on Monday 11th November.

The parade will begin at 10.40am at the Cenotaph, followed by a short service commencing at 11.00am.

Ever-Bean Café Update



John, Don and Bruce after enjoying another delicious meal at the Café!

Thank you for your patience while we make changes to the Community Centre Café!

We hope you have enjoyed the temporary menu.

The café will remain open from Monday – Thursday from 9am – 2pm, with a daily meal deal and simple café menu.

Please keep an eye out for the daily Meal Deal special on the chalkboard.

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

President Carol opened the meeting on October 7th and welcomed all who were present.

Correspondence was received from: Helen Wilson CEO with a brief update in regards to the Café. Currently recruiting a person to run the cafe and working to create a model which can meet the needs of our community with simple, tasty menu, nice atmosphere and a place where people can have a social chat or just sit and read the paper with a coffee. Helen is appreciative of support and open to ideas.

The quarterly accounts for the village will be ready by the end of the month. The Lodge underwent a four-day audit and was found to meet all of the new aged care standards. We have been granted three years re-accreditation. Correspondence also from Janice Holcombe President, Burren Junction CWA.

Business arising from the correspondence:

Congratulations must go to Helen Wilson CEO and her staff on the excellent result in regards to the Lodge re-accreditation. Hopefully positive feed-back is happening regarding the café. Good to hear plans going well for the Open Day.

Treasurers Report read and received.

In General Business discussion and debate was held regarding Christmas luncheon menu, Happy Hour starting time and Melbourne Cup Day. It was decided Committee members will sell betting slips and raffle tickets for the big race day closer to the day. Residents will be advised on days and times. Concern has been shown by some residents in regards to trespassers on Village property and a letter to be sent to management in regards to these worries.

This is an edited version of the October minute. Please read the full and comprehensive minute which is posted on the notice board.

As there was no further business Carol thanked all for their input and closed the meeting. The next committee meeting is on Monday, November 4th 2019.

Janice Holcombe President and members of the CWA at Burren Junction sent a card sincerely thanking our residents for their thoughts and generosity in sending good things to Burren Junction for drought relief. 'It is so good to know we are thought of at this desperate time. Our CWA is trying to keep things going which isn't very easy for us when we have so much to do such as hand feeding our stock to keep them alive. We all pray for the rain which just doesn't come. Thank you all for thinking of us.'

I am sure all of our thoughts and prayers are with these ladies.

One of our resident bushwalkers tells us about the hidden gem above Gosford named the Rumbalara Reserve. This space was created by Gosford Council in 1984 and is situated around 100m above the surrounding countryside.

The views from the reserve are spectacular. There are many walking tracks most of which are quite challenging. The 'Flannel Flower Walk' gives good exposure to many native plants and the occasional sighting of native animals such as wallabies and goannas. There is also a beautiful though very challenging 'Rainforest Walk'. I think you may have to be a very good walker to brave these paths.

There are four bronze figurative sculptures in Rumbalara Reserve. These were commissioned in the series 'Salute to Famous Australians' and include Captain Charles Sturt, Edward Eyre, Sir Charles Kingsford Smith and Matthew Flinders. They were commissioned partly by Gosford City Council for the State Bicentennial Celebrations 1987. Thank you to our bushwalker for sharing. 'Rumbalara' is the aboriginal word for Rainbow.

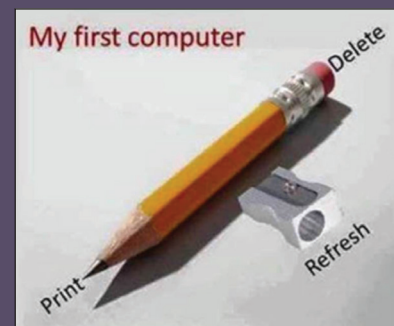
"The way I see it, if you want the rainbow, you gotta put up with the rain".

Dolly Parton

Thanks for listening.
Margaret



LAUGHING OUT LOUD



MEANWHILE IN AUSTRALIA

You Know It's Hot In Australia When!

- 1) The best parking spot is determined by shade not distance
- 2) Hot water comes out of both taps
- 3) You learn that a seat belt buckle makes a pretty good branding iron
- 4) The temperature drops below 32c and you feel chilly
- 5) You discover that in January and February it only takes two fingers to steer a car
- 6) You discover you can get sunburnt through your windscreen
- 7) You develop a fear of metal door handles
- 8) You break a sweat the instance you step outside at 7am
- 9) Your biggest bicycle accident fear is "What if i get knocked out and end up lying on the road and getting cooked"
- 10) You realise asphalt has a liquid state
- 11) Farmers are feeding their chickens crushed ice to prevent them from laying hard boiled eggs
- 12) The trees are whistling for dogs
- 13) While walking back barefoot to your car from any event, you do a tightrope act on the white lines in the carpark

- 14) You catch a cold from having the aircon on full blast all night long
- 15) You learn that Westfield Shopping Centre's aren't just Shopping Centre's, they are temples to worship Air-Conditioning
- 16) Sticking your head in the freezer and taking deep breaths is considered normal
- 17) A cup full of ice is considered a great snack
- 18) A black out is life threatening because your aircon and your fans no longer work.
- 19) No one cares if you walk around with no shoes on
- 20) You keep anything in the fridge, including potatoes, bread and clothing
- 21) People have enough left-over beer cans to make a boat and compete in a regatta. (S.A joke)
- 22) The effort of towelling yourself off after a shower means you need another shower right away.
- 23) You will wait patiently until the day it starts raining to go on a run.
- 24) You worry your ceiling fan is spinning so fast it will fly off and Kill You
- 25) You Laugh because this list is so accurate
- 26) Share with ya mates so they can laugh too

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NOVEMBER BIRTHDAYS

Join us in wishing
Happy Birthday
to these wonderful residents.

- 13th November
Helen Young YV
- 15th November
John Batchelor..... YV
- 17th November
Maria Rachfal..... YV
- 21st November
Margaret Pond YV
Nancye Swanson..... YV
Sylvia Dawes..... YV
YV = Yallambee Village

1950s Songs Word Search

Find and circle all of the 1950s that are hidden in the grid.
The remaining letters spell the title of an additional 1950s song.

RAVEON IARTYRETSYMLI
DYTSIMHONKYTONKLEOL
OGNAJDANIHCRAESTNNE
NVLONELYTEARDROPSLY
NBEEYRMMBTL SQHGEHYE
ALTFOA ODAEMBKEJUOYL
SUOTIVDKNRLAMAI IUOD
NEONENEYAEELIUTZTUD
OBYIGFKYRRSLETRMUKI
TETAITZE BEHUUNEASD
NRTVKAA THOVROUENSHO
EREERERLUTFESYSNIOB
EYECQATSLIKYFAOILUA
THFDEUEYTS GCSTDSANB
XIHHRITYGACAI EHNDM
ILSWO OULEAIL OMEBODA
SLRCLTTPATKDLAPOMOB
LIKEVOLEYBEYBYSYVGA
RIPITUPENIGHTTRAINL

BLUEBERRY HILL
BO DIDDLEY
BYE BYE LOVE
CRAZY ARMS
DJANGO
DONNA
EVERYDAY
FEVER
HEARTBREAK HOTEL
HONKY TONK
HOUND DOG
JAILHOUSE ROCK
KANSAS CITY
LA BAMBA

LONELY TEARDROPS
LONG TALL SALLY
MACK THE KNIFE
MANNISH BOY
MAYBELLENE
MISTY
MONA LISA
MOVE IT
MYSTERY TRAIN
NIGHT TRAIN
ONLY YOU
PEGGY SUE
RAVE ON
RED HOT

RIP IT UP
RUMBLE
SEARCHIN'
SHOUT
SIXTEEN TONS
SPEEDO
SUZIE Q
TAKE FIVE
TEQUILA
TUTTI FRUITTI
YAKETY YAK
YOU SEND ME



MELBOURNE CUP The Race that Stops a Nation.

10 Facts you may not have known about Melbourne Cup!

1. The very first race was held in 1861, originally over 2 miles (3.219Km), but was shortened to 3,200 metres to adopt the metric system in 1972.

2. It wasn't until 1962 that 'Fashions on the Field' was first held.

3. The total prize money for the 2018 Lexus Melbourne Cup will increase from \$6.25 million in 2017, to \$7.3 million. The winner will receive \$4 million (plus \$250,000 in trophies), second prize \$1 million, and third prize \$500,000.

4. In 2017, Australians punted almost \$90 million on the Melbourne Cup with the TAB. At peak times, betting giant Tabcorp's systems process more than 3000 transactions per second.

5. Horse numbers 4 and 12 have won the Cup a record 11 times each. So these are your best bet if you're not sure who to bet on.

6. The youngest jockey to ever win a Melbourne Cup was Peter St. Albans riding 'Briseis' in 1876 at only eleven years of age.
- The legitimate age of entry was 13, but Peter was just 8 days shy of his twelfth birthday.

7. On Melbourne Cup day, Australians drink the equivalent of 25 million swimming pools of alcohol.

8. The only horse to win three Cups consecutively was 'Makybe Diva' in 2003, 2004 and 2005. Four other horses have only ever won the cup twice; 'Archer', 'Peter Pan', 'Rain Lover' and 'Think Big'.

9. The fastest horse to ever win the Melbourne Cup is Kingston Rule in 1990 with a victorious time of 3:16.3.

10. At Flemington, there are more than 16,000 rose bushes that are pruned and tied during the winter months, totalling in 1,568 hours of labour.
- Facts courtesy of Lightbrigade.com.au

Join us in the Community Centre for light snacks, Melbourne Cup Quiz and a Best Dressed competition! Please place your name at Reception for catering purposes!



TURKEY & RICE NOODLE SALAD

- INGREDIENTS
- 125g vermicelli noodles
 - 4 cups cooked turkey, shredded
 - 1 bunch mint, leaves picked
 - 1 bunch coriander, leaves picked
 - 4 spring onions, shredded
 - 1 long green chilli, chopped
 - 1 cup coconut milk
 - 1/4 cup fresh lime juice
 - 1 tablespoon Coles brown sugar

- METHOD
- Step 1:
- Place noodles in a large heatproof bowl and cover with boiling water. Soak according to packet directions. Drain and place in a large salad bowl. Add turkey, mint, coriander, onion and chilli.
- Step 2:
- To make the Coconut Dressing: Combine coconut milk, lemon juice and brown sugar. Pour over salad and toss to combine.

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CENTRAL COAST EXPERTS IN MOBILITY SCOOTERS

I ♥ ndis



Lodge Renovations

Residents, visitors and staff are enjoying the ambience of Yallambee Lodge following refurbishment of the foyer and hallways.

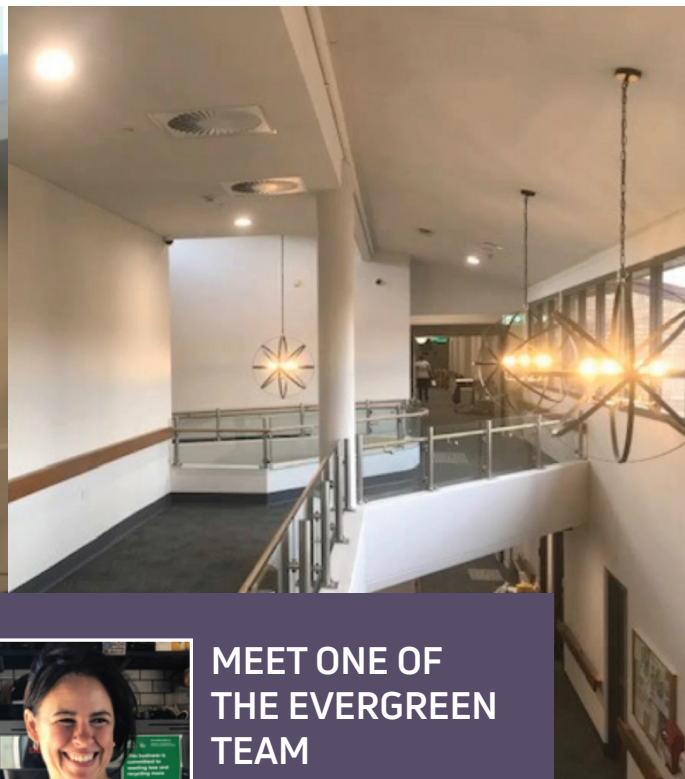
We have automated the front doors to provide easy access; upgraded the air conditioning; replaced the balustrades; changed the colours; and enhanced the lighting.

We are currently working on designs for a second lift and will provide updates.

YALLAMBEE LODGE CELEBRATION



The Team gathered around the BBQ to celebrate the Re-accreditation of YALLAMBEE LODGE together with Staff Birthdays for October.



MEET ONE OF THE EVERGREEN TEAM

Carly Aliberti
Human Resources

Carly has been with Evergreen Life Care for 8 months. Her previous role was working as a Talent Acquisition Manager at a global company in Sydney.

On the weekends, Carly loves to see the sunrise over the beach, catch up for brunch with friends and entertain her 1 year old son Matteo.

