



## CEO MESSAGE



On behalf of the Evergreen team I would like to thank residents and families who joined in the national day of celebrations to recognise the valuable work of our Aged Care Employees on Wednesday 7th

August. Staff were especially touched by the many heartfelt messages of support which were displayed in the Lodge and Village reception.

Congratulations are also due to our village for your generous donations in support of life saving cancer research on Daffodil Day.

This month, we expect to see major progress on the refurbishment of the Lodge. The scaffolding is in place, new carpet has been laid and the corridors have been freshly painted. Preparations are also in train for the Evergreen Open Day and Fair scheduled for Saturday 19th October.

I trust you enjoy this edition and wish all the Father's at Evergreen a very Happy Father's Day for Sunday 8th September!

Warm Regards, **Helen**

## Aged Care Employee Day



Staff and residents at the Lodge enjoyed a cupcake and a cup of tea served by management on Aged Care Employee Day. We'd like to share just a couple of the many encouraging messages received on the day:

*"Thank you for all the effort that is provided in caring for the residents and striving to improve the lives of our loved ones."*

*"As a family we have nothing but praise and gratitude for the "Band of Angels."*

*"You go above and beyond every day. Thank you."*

*"Mum always looks fabulous when you look after her!"*

*"A caring nurse who understands the importance of a good laugh and routine."*

## INSIDE THIS ISSUE

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## BROADWATER SENIORS SOCIAL DAY CLUB SEPTEMBER

Every Thursday 10am  
Community Centre  
Evergreen Life Care

**5th September**  
**WORLD ANIMAL DAY**  
*Come dressed as your  
favourite animal.*

**12th September**  
**BUS TRIP**  
*Review Restaurant  
Ourimbah University  
Cost \$25.00  
(Includes 3 Course Meal).*

**19th September**  
**SNOWY ROBSON**  
*Country & Western Theme Day.  
Come dressed up or simply  
enjoy the music.*

**28th September**  
**OCTOBERFEST THEME DAY**

*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).*



LEFT TO RIGHT: Elaine Phillips, Teacher - Peter Fisher, Pauline Orchin.  
Missing from Class yesterday: Bill Nicol.

### EVERGREEN ART CLASSES

Evergreen is now offering beginner art classes for all art novices - and any creative souls out there who would like to learn. No equipment needed, all provided! You will be taught by Peter Fisher, a retired teacher who has had a life-long interest in the arts and creative expression. Please join our friendly and supportive group. We all work at our own levels, and we all get a kick out of watching each of us progress and grow along the way. Free tea and coffee with something to eat."

"Having the opportunity to teach art to creative adults is a privilege," says Peter. "Almost everyone starts off a bit wary and cautious, but as the personal confidence and skills increase, it is just amazing to see the new creativity. And in the end, they surprise themselves much more than they surprise me!"



## Dam levels are falling – Are you Water Wise?

Central Coast residents are being urged to use water wisely, as storage in the region's primary dam continues to fall from its peak in July 2017.

The water in Mangrove Creek Dam now sits at 54.46 per cent. Level 1 water restrictions will come into effect when the dam reaches 50 per cent.

Central Coast Council Director Water and Sewer Bileen Nel, said Council had decided to impose restrictions earlier than it had in previous droughts as part of a range of measures taken to ensure the security of our water supply during times of lower than usual rainfall. "We've had some rain this year and the Coast still looks green, so many people don't realise the region is drought affected," Ms Nel said.

*Residents can save water by doing simple things such as:*

- limiting showers to less than four minutes
- fixing leaking taps and toilets
- using the half-flush button on toilets
- running dishwashers and washing machines when full
- turning off taps when cleaning teeth
- reporting water loss in streets, parks and gardens to Council.

*Outdoors, they can follow the region's Water Wise Rules:*

- water gardens before 10am or after 4pm to avoid the heat of the day
- reduce water use by using a trigger nozzle on all hand-held hoses
- wash vehicles on the grass, using a bucket or trigger nozzle
- avoid hosing paths or driveways.

*For more information about reducing your water use, visit [centralcoast.nsw.gov.au/waterwise](http://centralcoast.nsw.gov.au/waterwise).*

Last updated: Tue 28 May 2019

## VILLAGE ACTIVITIES

**3rd September – 10.00am -12pm**  
**Flower Arranging with Carmen**  
Cost \$10.00  
Please RSVP at reception

**4th September – 11.30am**  
**JP Noodle Bar Wyoming**  
Meals at own cost.

**7th September – 11.00am**  
**Residents BBQ**  
Community Centre  
BYO Food and drinks

**14th September – 10.00am**  
**Valentine Bowling Club**  
Meals at own Cost

**15th September – 2.00pm**  
**Movie Showing on the Big Screen**  
Community Centre

**18th September**  
**MOVIES TBA**

**25th September – 11.30am**  
**Kincumber Hotel**  
Meals at own cost

**27th September – 5.00pm**  
**Happy Hour**  
Cost \$6.00  
Community Centre

**28th September – 9.00am**  
**Trip to the Hunter Valley**  
Meals at own cost

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**VISITING EVERGREEN**  
**Wednesday**  
**11th September**

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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 13th September  
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 7th September - 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.

**Art Classes** - Every 2nd 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 27th September, 4pm. 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

### FIONA'S HIGH TEA FAREWELL



## OUT AND ABOUT IN THE LODGE

### FROM *PETS AS THERAPY* "BUCK" COMES TO VISIT THE RESIDENTS EVERY WEDNESDAY



### HAPPY BIRTHDAY to all these wonderful residents!



3rd Heather Whitehead  
7th Dennis Ward  
8th Sylvia Ramsden  
13th Helen Savage  
21st Eileen Daniel  
30th Thelma Green

### Spring has sprung woo hoo!

September promises to be a fun-filled month with the Golden Girls and Secret Men's Business BBQ recommencing after the break over Winter, Entertainment by Clive, Cathy and Julz, Lunch at Bateau Bay Bowling Club and Laycock Theatre.



**HAPPY FATHER'S DAY**  
to all you  
**Wonderful Men.**  
Hope you have a  
**fabulous day.**

### MARBLED COFFEE MUGS



**Great job ladies!**

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# SEPTEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1.30pm Movie in the Main Lounge	<b>2</b> 9.30am Move & Groove 10am Word Games 11am Walkiing Group 2pm Bingo	<b>3</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Grp 2pm Wind Chimes in the Main Lounge	<b>4</b> <b>9.30am Resident's Meeting</b> 11am Music, Music Music 2pm Wacky Wednesday Welcome to Spring	<b>5</b> 9.30am Move & Groove 10am Church 10am Millionaire Quiz 11am Walking Group <b>2pm Happy Hour with Clive in Mari Ma</b>	<b>6</b> 9.30am Move & Groove 10am Word Games 11am Music, Music, Music <b>12pm Golden Girls BBQ in Gazebo</b> 2pm Ice Cream Trip	<b>7</b> 1.30pm Arm Chair Travel 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 Walkiing Group 2pm Bingo	<b>10</b> 9.30am Move & Groove 10am Millionaire Quiz <b>10am Bus leaves for Laycock Thtre</b> 11am Walking Grp 2pm Craft Lets get planting in the Main Lounge	<b>11</b> 9.30am Move & Groove 10am Hot Seat Qz 11am Music, Music Music <b>2pm Singalong with Julz in Mari Ma</b>	<b>12</b> 9.30am Move & Groove 10am Church 10am Millionaire Quiz 11am Walking Group 2pm Name that Tune in the Main Lounge	<b>13</b> 9.30am Move & Groove 10am Word Games 11am Music, Music, Music <b>11am Bus leaves for Bateau Bay Bowling Club</b> 2pm Movie and Ice Cream in Mn Lge	<b>14</b> 1.30pm Arm Chair Travel 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 Walkiing Group 2pm Bingo	<b>17</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Walking Grp 2pm Craft with Bunnings in the Main Lounge	<b>18</b> 9.30am Move & Groove 10am Hot Seat Qz 11am Music, Music Music 2pm Wacky Wednesday Talk like a Pirate Day	<b>19</b> 9.30am Move & Groove 10am Church 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 <b>2pm Happy Hour with Cathy in Mari Ma</b>	<b>21</b> 1.30pm Arm Chair Travel in the Main Lounge
<b>22</b> 1.30pm Movie in the Main Lounge	<b>23</b> 9.30am Move & Groove 10am Word Games 11am Walkiing Group 2pm Bingo	<b>24</b> <b>Brazilian Theme Day</b> <b>9.30am Brazilian Dance Lessons</b> <b>10am Brazilian Trivia</b> <b>2pm Brazilian Art Class</b>	<b>25</b> 9.30am Move & Groove 10am Hot Seat Qz 11am Music, Music Music 2pm Wacky Wednesday Confucius's Birthday	<b>26</b> 9.30am Move & Groove 10am Church 10am Millionaire Quiz 11am Walking Group 2pm Name that Tune in the Main Lounge	<b>27</b> 9.30am Move & Groove 10am Word Games 11am Music, Music, Music <b>12pm Secret Men's Business BBQ in the Gazebo</b> <b>2pm Ice Cream Trip</b>	<b>28</b> 1.30pm Arm Chair Travel 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 Walkiing Group 2pm Poetry Group					

# SEPTEMBER 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 <b>10am - 12pm Flower Arranging Cost: \$10.00</b> 2pm Indoor Bowls	<b>4</b> 10am KLOPS 10am Crafty Critters Group <b>11.30am JP Noodle Bar Wyoming Meals at own cost</b>	<b>5</b> Bus to Gosford, West Gosford & Erina 10am Church	<b>6</b> Bus to Gosford & West Gosford	<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 2pm Indoor Bowls <b>3.30pm Catholic Communion in the Chapel</b>	<b>11</b> 10am KLOPS 10am Art Classes	<b>12</b> Bus to Gosford, West Gosford & Erina 10am Church <b>3-3.30pm Travelling Library</b>	<b>13</b> Bus to Gosford & West Gosford	<b>14</b> <b>10.00am Valentine Bowling Club Meals at own Cost</b> 10.30am Morning Tea 1-5pm Cards
<b>15</b> 1-5pm Cards <b>2pm Movie showing on the Big Screen Community Centre</b>	<b>16</b> Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	<b>17</b> Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls	<b>18</b> 10am KLOPS 10am Crafty Critters Group <b>MOVIES</b>	<b>19</b> Bus to Gosford, West Gosford & Woy Woy 10am Church	<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 2pm Indoor Bowls <b>3.30pm Catholic Church Mass in the Chapel</b>	<b>25</b> 10am KLOPS <b>MOVIES TBA</b> <b>11.30am Kincumber Hotel Meals at own cost</b>	<b>26</b> Bus to Gosford, West Gosford & Erina 10am Church <b>3-3.30pm Travelling Library</b>	<b>27</b> Bus to Gosford & West Gosford  <b>5pm Happy Hour Cost: \$6.00</b>	<b>28</b> <b>9.00am Trip to the Hunter Valley Meals at own cost.</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>Gosford Travelling Book Library 3.00- 3.30pm THURSDAY 12th &amp; 26th September Across from Driveway E Yallambee Ave</b>		<b>Every FRIDAY MEALS ON WHEELS Community Restaurant Here at your Community Centre Cost: \$12.00</b>	<b>Every THURSDAY from 10am  Broadwater Social Day Club Comm. Centre All Welcome Games + Meal Cost: \$10.00</b>	<div><b>SPEED LIMIT</b> <b>15</b></div> <b>Please respect our speed limit in Yallambee Village.</b>
<b>WEEKLY EVENTS IN THE COMMUNITY CENTRE</b>						
1-5pm Cards All Welcome	10-12pm Darts L. Wellington 4323 7911 1pm Gentle Exercises Cost: \$5	10am Scrabble 10am Indoor Bowls	9.30am - 1.30pm Computers Book at Reception 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



## YEARS OF SERVICE AWARDS



Aged Care Employee Day was also an opportunity to formally recognise length of service - 17 staff achieved one year and six people achieved five years. An extra special congratulations to Jason Gianinni and Cheri Bach (pictured here) for achieving 10 years of service!  
**We're very glad to have you all on the team!**



## MOVIE REVIEW with Vera Black

On Wednesday 31st July, went to Greater Union Tuggerah Cinema to see The Keeper. It was a really good movie and we all enjoyed it. It was about a German soldier held captive in England who became the best soccer keeper in of their teams, earning all their respect as a good person. He went on to become the best ever player to play for England.

Rating: ★ ★ ★ ★

## In Sympathy

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

Bonita Egan - YL  
Frank Viney - YV

Our sincere condolences.

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

*The committee met on August 5 and President Carol Fraser welcomed all present.*

### Correspondence went out to:

1. Mr. Len Sargent auditor. 2. Helen Wilson CEO enclosing minute of the AGM and passing on enquiry re carports. 3. Letter of thanks to Crafty Critters, and to the residents who donated raffle prizes and donation of fridge.

### Correspondence Received:

1. From Helen Wilson CEO thanking Secretary and admire work of committee. Wonderful to have such an enthusiastic crowd to farewell Fiona. Michelle Croft has been appointed Senior Customer Care Officer Handling Sales, Admissions etc. Two other new people on the team are Elle Goldfinch and Chris Champ. Apologies for delay in progressing outdoor area. This will be picked up on Steve's return. 2. From Fiona informing of new residents and 3. from Trevor

### Treasurers Report was received.

Cheque for \$550 be sent to the CWA Disaster Fund.

### General Business

Helen Wilson and Michelle Croft were invited in to our meeting and Carol bid both of our visitors most welcome. General discussion took place in regards to several factors and worries which have come to the committee. New look Horizons magazine and format was discussed. Our executives were most willing to listen to what has been commented on and taken the feedback on board. It always proves most difficult when changes are made. Comments from residents were passed on in regards to concerns re untidiness and to produce grown in the raised gardens. Appear not to be as many volunteers looking after odd jobs around the Village. Helen and Michelle have taken notes on all of these items.

Before retiring from the meeting. Carol thanked Helen for the work she does and for being accessible to our committee members. Thank you also to Michelle for her presence and we look forward to getting to know her.

President Carol closed the meeting at 4.15pm. Please read the full and comprehensive minute of this meeting which is posted on our notice board or obtain copy from reception.

**As you have probably noticed your residents committee is currently functioning short of two members. This is a real shame as your committee serves as an important means of communication between residents and management. Information, ideas, discussions complaints etc. are more easily transmitted between your committee and management and policies and objectives are more effectively explained. Hopefully in next year's term we may see a better attendance at the AGM and more enthusiasm to nominate for the committee, especially from some of our newer residents. In the meantime, you can still make a late nomination for this term.**

**Thanks for listening everyone and enjoy the first month of spring. Margaret.**



Several of our residents are currently enjoying the antics of a **Satin Bowerbird**, which

is nesting very close to their back porches. They are cautiously watching as he constructs his bower with a series of sticks, placing them on the ground and building 2 side walls. This structure serves as a base to attract a female for courtship and mating. It is decorated with colourful objects many of which he steals from other bowers. Most of these objects are blue and include blue straws, pegs, bottle tops and twine etc. The colour blue shows him up beautifully as the males have a striking glossy blue-black plumage, pale bluish white bill and violet blue iris. He is a very conceited fellow and loves showing off to attract the females. Bowerbirds are endemic to forests and woodlands of Eastern Australia. Keep in mind everyone, that you don't have to feed the birds to enjoy their activities.

*"No matter what yesterday was like, birds always start the new day with a song."*

**Kaye Thompson.**



## LAUGHING OUT LOUD



### ENERGETIC?

A whale swims all day, only consumes fish and water, and is fat. A rabbit only eats vegetables, runs and hops all day long, and only lives 5 years. Meanwhile a tortoise doesn't run and does nothing energetic, yet it lives for 450 years. And you tell me to eat well and exercise! I don't think so. I exercised once, but found I was allergic to it. My skin flushed and my heart raced. I got sweaty and short of breath. Very dangerous.

### A DAY ON THE LINKS

Four men were out golfing. "These hills are getting steeper as the years go by," one complained. "These fairways seem to be getting longer too," said one of the others. "The sand traps seem to be bigger than I remember them too," said the third senior. After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"

### BREAKFAST CHAT

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!' The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

### HOW TO START A FIGHT! - 1

I took my wife to a restaurant. The waiter, for some reason, took my order first. "I'll have the rump steak, rare, please." He said, "Aren't you worried about mad cow?" "Nah, she can order for herself." And that's how the fight started...

### HOW TO START A FIGHT - 2

My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust." And that's how the fight started...

### HOW TO START A FIGHT - 3

My wife was hinting about what she wanted for our upcoming anniversary. She said, "I want something shiny that goes from 0 to 150 in about 3 seconds." I bought her a bathroom scale. And that's how the fight started...

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SEPTEMBER BIRTHDAYS

Join us in wishing Happy Birthday to these wonderful residents.

2nd September

Peter Mumford ..... YV  
Freda Knight ..... YV

5th September

Ann Anderson ..... YV

6th September

John Burg ..... YV

8th September

Jennifer Lander ..... YV

9th September

Joan Vance ..... YV  
Lesley Menvielle ..... YV

19th September

Barbara Robinson ..... YV

23rd September

Jack Wills ..... YV

26th September

Phyl Arigho ..... YV

28th September

Margaret Neser ..... YV

YV = Yallambee Village

USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid. The remaining letters spell an Abraham Lincoln quote.



WASHINGTON  
J ADAMS  
JEFFERSON  
MADISON  
MONROE  
J Q ADAMS  
JACKSON  
VAN BUREN  
W HARRISON  
TYLER  
POLK  
TAYLOR  
FILLMORE  
PIERCE  
BUCHANAN

LINCOLN  
A JOHNSON  
GRANT  
HAYES  
GARFIELD  
ARTHUR  
CLEVELAND  
B HARRISON  
MCINLEY  
T ROOSEVELT  
TAFT  
WILSON  
HARDING  
COOLIDGE  
HOOVER

F D ROOSEVELT  
TRUMAN  
EISENHOWER  
KENNEDY  
L B JOHNSON  
NIXON  
FORD  
CARTER  
REAGAN  
G H W BUSH  
CLINTON  
G W BUSH  
OBAMA  
TRUMP

Welcome To Our New Residents

Dorothy Gowlland, Andres Moreno, Ann Anderson  
Margaret & Peter Davidson

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.

I wish I had Sixpence



An impressionable young girl of only 11 when AB Patterson died, better known to you and I as Banjo, Heather's love for poetry and storytelling would be forever shaped and influenced by one of Australia's best known and loved bush poets – Banjo Patterson. And like Banjo, Heather hails from a small country town in rural NSW – Leeton to exact.

Heather recalls being regularly entertained by her father's mischievous ditties and limericks and credits her father for her sense of humour and love for storytelling through poetry. Heather found escape and a great sense of joy both listening to and writing about Australian life as she experienced it however, It would take a further 30 years for Heather to hone her skill as a poet, find her confidence and voice as an artist.

Looking back over a lifetime of poetry Heather flicks through a collection of poems she has lovingly kept and reads some of her favourites. Poems, inspired by the masters Patterson, Kendall and Lawson. Poems that have deep meaning for Heather and her family and reflect upon a life well lived.

As she reads you can see the sheer joy in her face as the drama and emotion of her poem transports you as the story unfolds. I wish I had a sixpence...

If you like to meet Heather and perhaps hear some of her wonderful poems, then check out the regular poetry class at Yallambee lodge. You're sure to find Heather there.

The Sandpiper Café

Tuesday 3rd September the Cafe is going to host its "Last Supper" The menu will be...

PLOUGHMAN'S PLATTER

It will include a beer, wine or juice and finish off with sweets, tea or coffee.

\$22 per person.

Bookings a must as it is catered for.



APRICOT CUSTARD FLAN

INGREDIENTS

- olive or canola oil spray
- ¼ cup plain flour
- 1½ tablespoons caster sugar
- 2 eggs
- 1 cup low-fat milk
- ½ teaspoon vanilla extract
- 825g canned apricots in (light) syrup, drained well
- 1 teaspoon ground cinnamon

METHOD

- Step 1: Preheat oven to 200°C (180°C fan forced).
- Step 2: Spray a 22cm diameter shallow ovenproof dish with oil.
- Step 3: Combine flour, sugar, eggs, milk and vanilla in a bowl, blender or jug and mix well.
- Step 4: Place apricots cut side down into dish, then pour egg mixture on top and sprinkle with cinnamon. Bake for 30 minutes or until custard is set.
- Step 5: Stand for 5 minutes before serving.

Yallambee Lodge HAIR STUDIO  
AT YALLAMBEE LODGE HAIR STUDIO

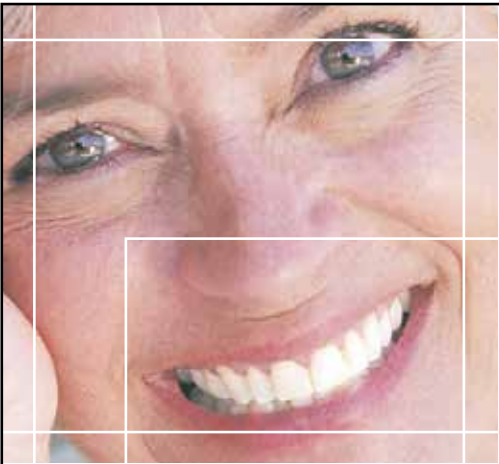
Thankyou for all your ongoing support.

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## LIGHTS, CAMERA, ACTION.

*If you were around the lodge during Aged Care Employee Day amongst the steady flow of cupcakes you might have noticed a small film crew roaming the wards interviewing staff, residents and their families.*

The initial brief for the film shoot was to capture from the staff, what it's like to work here at Evergreen, and what they felt makes a "great" aged care worker. Over the course of the day the film crew interviewed about a dozen staff members old and new, some residents and family members.

The purpose of the video is to market Evergreen Life Care as an employer of choice and great place to work. The plan is to feature the video in all future recruitment campaigns, ensuring we attract only the highest caliber of aged care professionals to look after our resident's care and needs.

The videos are currently being edited and will be available shortly on the Evergreen Facebook page and new website when it is launched. We also managed to capture some great interviews from residents of both the village and the lodge and will be featuring these on our social media pages over the coming months.

The positive feedback from staff, residents and family was overwhelming and we look forward to showcasing these soon. Look out for an invitation to a premiere showing of these at a location to be announced. To those who participated, thank you for the great feedback.



### MEET ONE OF THE EVERGREEN TEAM

**Elle Goldfinch**

*Executive Assistant*

*Elle joined Evergreen Life in July, working as Helen's Executive Assistant.*

*Previously Elle worked at NSW Treasury Corporation as the Personal Assistant to the General Manager, Investment Implementation and Operations for 7 years.*

*Elle loves to travel, and her favourite places are Nepal and Jordan. She also enjoys the beach, bushwalking, going out for dinner.*

*Elle lives in Avoca Beach with her partner Matt.*

