

Lest We Forget

CEO MESSAGE



Welcome to the April edition of Horizons!

As we start to understand the serious impact of the Corona Virus on our daily lives, I have been reflecting on the value of being part of this wonderful community. In recent weeks we have had to cancel a number of events and activities which we hold dear – our Anzac Day service, entertainment, excursions, parties, weddings, competitions, church services and our café, to name a few. We are facing a period of disruption, uncertainty and potentially isolation, however, please remember, we are in it together.

Evergreen Board and Management are closely monitoring announcements by State and Federal Government and are constantly reviewing and updating our precautions. We are mindful of both the need to prevent infection and the need to help people stay connected. It's important that you look after yourself and your neighbours at a time like this. We need to protect each other through responsible hygiene practices, limiting our exposure and keeping a safe distance apart. At the same time, with a little creativity and some new habits, you can keep in touch. Why not phone a neighbour and arrange to meet for a cup of tea on your back verandas, where you can talk over the fence. At this stage, you can still go out for a walk with one other person keeping a safe distance apart. Keep listening to media updates in case this changes.

Government has advised all people aged 70 and over, all Aboriginal and Torres Strait Islanders aged 50+ and people with poor health to self isolate at home. If you can't see family and friends in person, make sure you speak on the phone or you might like to try video calling through 'Facebook Messenger', 'WhatsApp' or similar electronic tools – our staff can assist if required.

If you are unwell, please seek medical attention, stay away from others and advise our staff. Keep an eye on the community notices that we issue, and please reach out if you need help. As Easter approaches, may the symbols of hope and new life encourage us to dig deep and carry on.

Best Wishes, *Helen*

ANZAC DAY

The Evergreen ANZAC Ceremony on Friday 24th April has been cancelled, however, we would still love to commemorate the ANZACS in our Community.

*If you have a story or any photos that you would like to share, please hand them to reception or email them to:
info@evergreenlifecare.org.au*

These stories will be made into a booklet and distributed to Residents, our Newsletter or Facebook.



Daylight Saving Time ENDS

Sunday 5th April 2020

**Put your clocks back
1 hour on Saturday night
4th April before you
go to bed.**

INSIDE THIS ISSUE

- > April Activities
- > Great Recipe for April
- > Birthday Celebrations

- > Missing Word
- > Laughing Out Loud
- > Resident Committee Update

SPECIAL ARRANGEMENTS



Unfortunately we are unable to operate our village bus until further notice for safety reasons.

OPTIONS available to residents include:

- Phone or teleconference for medical appointments, however, if necessary, individual transport can be arranged.
- Home Care Providers have been allocated funding for provision of additional services.
- Coles and Woolworths are making arrangements for home deliveries.
- You can place an order through reception if you need us to arrange electronic shopping.

BROADWATER SENIORS SOCIAL DAY CLUB HAS BEEN SUSPENDED UNTIL FURTHER NOTICE.

ATTENTION DOG OWNERS



Please be a good neighbour and clean up after your dog!

If your dog poops you must scoop – even if no one sees you!

Visitors to Evergreen Life Care

All visitors to both Yallambee Lodge and Yallambee Village Community Centre must answer no to the 3 Risk Assessment Questions before entering. Have you recently been overseas or on a cruise?

Do you have a fever or symptoms of acute respiratory infection? (e.g. cough, sore throat, runny nose, shortness of breath).

Have you been in contact with a confirmed case of COVID-19 in the last 14 days?

All visitors are required to sign declaration in the visitors register confirming that they are eligible to enter.

Yallambee Lodge – Restricted Visiting Hours

Visiting Hours to the Lodge have changed to the following:

Monday – Friday 11.30am – 1.30pm
5.00pm – 7.00pm

Saturday & Sunday 11.00am – 3.00pm

Visitors are able to visit for one hour during these times and are screened before being allowed into the facility. Visitors are only able to visit their resident in their rooms or outdoor area.

Please note, at this difficult time, these may change at short notice to protect the health and safety of Residents, Staff and Visitors.

Social Distancing



Keep 1.5m between yourself and others



Keep Washing Your Hands!

Keep washing your hands with soap and water. Use hand sanitiser wherever possible too!



Flu Vaccinations

The Australian Government

recommends that everyone aged 6 months and over should be vaccinated against Influenza. It is particularly important this year due to the Corona Virus-COVID-19.

It is true - the flu vaccination will not protect us from COVID-19. However, the flu lowers our immunity and increases susceptibility to COVID-19.

Each year, Evergreen organises vaccinations for staff, volunteers and residents of the Lodge.

Village residents, families and friends can arrange vaccination through their to GP clinic.

Please remember, from 1st May, the Federal Government have announced that all visitors to residential aged care facilities (including Yallambee Lodge) are required to have had a flu vaccination. We will not be able to allow entry to anyone who does not comply.

Staying Healthy at Home in Self-isolation

Nutrition

The importance of a good diet is vital to health. If you are in self-isolation, it is important to pay attention your dietary needs and ensuring you get all the minerals and vitamins you require.

Eat Protein

Try and eat protein at breakfast, lunch and dinner. Think about having boiled eggs in the fridge as a snack.

Make sure you get enough Vitamin D.

Vitamin D is vital for healthy teeth and bones. Although many foods contain Vitamin D quantities are often low. It is recommended that you buy Vitamin D supplements from your local Pharmacy.

Fortify your milk

If you have a low body weight or suddenly lose lots of weight in an unplanned way, you can increase your calorie intake and nutritional intake by adding extra ingredients to fresh whole milk.

Try adding four tablespoons of dried skimmed milk powder to a litre of milk, it not only adds extra calories but also a range of vital vitamins and minerals.



Frozen Fruit and Vegetables

Frozen foods can be a better source of Vitamin C than tinned food and

Vitamin C is essential for a healthy immune system.

Frozen berries are very versatile and can even be eaten as a snack straight out of the freezer. Frozen peas are also full of Vitamin C.

Drink plenty of fluids

Ensure you drink plenty of fluids each day to stay healthy. The guideline for all adults is to drink 1.5-2 litres of fluid each day. There's no evidence that caffeine-based drinks are less effective at hydrating people, so drink regular cups of tea and coffee, or sip water and other drinks throughout the day.

Eat Fibre

Ensuring that you eat a fibre-rich diet alongside your fluids is also important. Boost your fibre intake alongside increasing your intake of fluids. Easy to chew cereals such as porridge are a good option.

Simple exercises

Try some simple exercises when you're at home. Some suggestions are:

Using the Wall

Pushing against a wall. Stand 2 feet away from a wall, lean forward and push and hold for 10 seconds.

Single Foot stand

Stand behind a steady, unmoveable chair and hold onto the back. Pick up your left foot and balance on your right foot as long as its comfortable. Swap to your left foot and repeat!

On a sunny Autumn Day take a walk around the Village.

VILLAGE ACTIVITIES

ALL ACTIVITIES CANCELLED UNTIL FURTHER NOTICE



Only leave your home for essential shopping, medical appointments or other necessary services.



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REGULAR ACTIVITIES

ALL REGULAR ACTIVITIES
HAVE BEEN CANCELLED
UNTIL FURTHER NOTICE.

PODIATRIST,
FRUIT & VEGIE
+ SEAFOOD
STILL OPERATING

Podiatrist - Wednesday 22nd April
Home visit appointments only.
Reception will call you to reschedule.
Book on 4349-2302

Fruit & Vegie Day
Wednesdays from 11am. Fruit, vegie's and
eggs available at the Community Centre

Community Restaurant
Meals On Wheels
*Have suspended all gatherings
until further notice.*
*Residents can order home delivery meals
by calling 4357 8444*

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



QUALITY CUSTOMER SERVICE & CARE

We are fortunate to have a talented
team of nurses, care workers,
hospitality, housekeeping and
administrative staff at Evergreen, that
are dedicated to quality customer
service and care. We met at the
Lodge last month, to discuss the
organisational mission, and were
delighted to hear the responses. Our
staff expressed enormous regard for
our customers and a passion for our
work.

*This is some of what our staff said
when we asked why they serve others
and how they serve:*

*"A lot of residents served
in the war and survived
the depression.
This generation shaped
our values and experience!"*

*"There's no traffic
on the "extra mile!
You have to have it in you:
Goodness, Love, Compassion,
and Care."*

*"We don't just give personal care.
We connect with them -
we know something about them -
which helps provide care more
effectively."*



Adcock Park

*Who was Adcock? Garnet Adcock was
an Australian chemist who wanted to
manufacture perfume so he purchased
the old West Gosford Fagan farm and
cottage, in order to establish growing
fields, a factory site and a place for
his family to live (now known as
Henry Kendall Cottage and Historical
Museum).*

He grew lavender and learned how
to extract emulsion from the skins of
oranges and lemons. The perfume
venture did not work but, fortuitously,
at the same time he became one of
the first in the world to discover how
to develop concentrated fruit flavours
(cordial). The cordial business took off
and he named it Jusfrute Cordial.

Before becoming Adcock Park, it was a
mudflat and (in later years) a rubbish
tip. Now Adcock Park is a significant
sporting ground and in the next few
years it will experience a \$26.2 million
Council redevelopment program, with
new buildings and facilities planned.

In the 1930s, the Gosford Model Plane
Club made use of the site. Nicknamed
'The Goshawks', they would meet
every week and fly their rubber band
propelled airplanes over the mud flats.
Their model planes were made from
balsa wood and usually covered with a
skin of light paper material.

Written by P. Fisher

*Reference:
Facebook's Good Old Central Coast
(2020) Gosford Model Plane Club by Andrew
Thomas. Available at: [www.facebook.com/
groups/GoodOldCentralCoast](https://www.facebook.com/groups/GoodOldCentralCoast) (Accessed:
March 2020).*

OUT AND ABOUT IN THE LODGE

St Patricks Day



Lavender Blue Concert



Bus Outing



**HAPPY
APRIL
BIRTHDAY**
*to all these
wonderful residents!*

- 6th Joan Wright
- 12th Kath Reily
- 13th Trish King
- 16th Sheila Heggie
- 19th William Adams
- 24th Chris Hawkins
- 27th Kath Brien
- 28th Margaret McCarthy
- 29th Bill Lenane
- 30th Strachan Robinson

West Gosford Pharmacy

Try our **FREE Webster Packing Service**

FREE Delivery to Evergreen Life Care
Yallambee Village **Monday to Friday**

West Gosford Pharmacy
West Gosford Shopping Centre
PH: 4325 2866

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match any
competitors
price



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| APRIL IN THE LODGE | | | | | | |
|---|---|--|--|--|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| <p><i>These activities are limited to small numbers only.</i></p> <p>PLEASE NOTE:</p> <p><i>The calendar is being continuously reviewed as circumstances change.</i></p> | | | <p>1</p> <p>9.30am Move & Groove</p> <p>10am Quiz Time</p> <p>11am Music, Music</p> <p>2pm Wacky Wednesday</p> <p><i>'April Fools Day'</i> in the Main Lounge</p> | <p>2</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo Game in the Main Lounge</p> | <p>3</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Name that Tune in the Main Lounge</p> | <p>4</p> <p>1.30pm Armchair Travel of MOROCCO in the Main Lounge</p> |
| <p>5</p> <p>1.30pm MOVIE 'GIGI' in the Main Lounge</p> | <p>6</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo in the Main Lounge</p> | <p>7</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Easter Craft in the Main Lounge</p> | <p>8</p> <p>9.30am Move & Groove</p> <p>10am Quiz Time</p> <p>11am Music, Music</p> <p>2pm Wacky Wednesday</p> <p><i>'Dancing Days'</i> in the Main Lounge</p> | <p>9</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo Game in the Main Lounge</p> | <p>10</p> <p>GOOD FRIDAY</p> <p>2pm Movie 'The Dog who saved Easter' in the Main Lounge</p> | <p>11</p> <p>1.30pm Armchair Travel of DENMARK in the Main Lounge</p> |
| <p>12</p> <p>HAPPY EASTER</p> <p>1.30pm MOVIE 'HOP' in the Main Lounge</p> | <p>13</p> <p>EASTER MONDAY</p> <p>2pm Easter Parade in the Main Lounge</p> | <p>14</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Craft Heart Butterfly's in the Main Lounge</p> | <p>15</p> <p>9.30am Move & Groove</p> <p>10am Quiz Time</p> <p>11am Music, Music</p> <p>2pm Wacky Wednesday</p> <p><i>'What was your first job'</i> in the Main Lounge</p> | <p>16</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo Game in the Main Lounge</p> | <p>17</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Music Appreciation in the Main Lnge</p> | <p>18</p> <p>1.30pm Armchair Travel of COSTA RICA in the Main Lounge</p> |
| <p>19</p> <p>1.30pm MOVIE 'ON THE BEACH' in the Main Lounge</p> | <p>20</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo in the Main Lounge</p> | <p>21</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Colour Club in the Main Lounge</p> | <p>22</p> <p>9.30am Move & Groove</p> <p>10am Quiz Time</p> <p>11am Music, Music</p> <p>2pm Wacky Wednesday</p> <p><i>'Did you can your own fruit'</i> in the Main Lounge</p> | <p>23</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo Game in the Main Lounge</p> | <p>24</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Name that Tune in the Main Lounge</p> | <p>25</p> <p>1.30pm Armchair Travel of PAPUA NEW GUINEA in the Main Lounge</p> |
| <p>26</p> <p>1.30pm MOVIE 'MAO'S LAST DANCER' in the Main Lounge</p> | <p>27</p> <p>ANZAC DAY</p> <p>Public Holiday</p> <p>2pm Send Me No Flowers</p> <p>Starring Doris Day</p> | <p>28</p> <p>9.30am Move & Groove</p> <p>10am Who wants to be a Millionaire Quiz</p> <p>11am Music, Music</p> <p>2pm Still Life Painting in the Main Lounge</p> | <p>29</p> <p>9.30am Move & Groove</p> <p>10am Quiz Time</p> <p>11am Music, Music</p> <p>2pm Wacky Wednesday</p> <p><i>'How did you meet your spouse'</i> in the Main Lounge</p> | <p>30</p> <p>9.30am Move & Groove</p> <p>10am Hot Seat Quiz</p> <p>11am Music, Music</p> <p>2pm Bingo Game in the Main Lounge</p> | | |

| APRIL IN THE VILLAGE | | | | | | |
|--|---|---|-----------|-----------|-----------------------------------|-------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| <p><i>Broadwater Social Day Club</i></p> <p><i>Have suspended all gatherings until further notice.</i></p> | <p>MEALS ON WHEELS</p> <p><i>Have suspended all gatherings until further notice.</i></p> | <p>COMMUNITY CENTRE CLOSED FOR ALL ACTIVITIES UNTIL FURTHER NOTICE</p> | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 <i>EASTER MONDAY</i> | 11 |
| 12 <i>EASTER SUNDAY</i> | 13 <i>EASTER MONDAY</i> | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 <i>ANZAC DAY</i> |
| 26 | 27 | 28 | 29 | 30 | | |
| WEEKLY EVENTS IN THE COMMUNITY CENTRE | | | | | | |
| | | | | | | |



New Fun Activity to Yallambee Village

Weekly Social dancing including Square, Round and Line Dancing.

These classes cater for anyone from 10 to 99 years.

Dancing is the perfect exercise for both body and mind.

Come and meet Wendy every Tuesday starting in the Auditorium.

Cost \$5.00

Ever-Bean Café

Yallambee Village
Community Centre

CLOSED
UNTIL FURTHER
NOTICE.

HOME DELIVERY MEAL OPTIONS

You can order reasonably priced, delicious meals from:

Gosford RSL
4323 2311

Coast Cuisine
4357 8401

Meals on Wheels
4357 8444

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

President Carol Fraser opened the meeting at 2.30pm and thanked all for their attendance.

Minute of the previous meeting was read and received.

Correspondence went out to Helen Wilson CEO thanking her for reply to queries from the January meeting. Also informed Helen of decision to put details of Travel Card in minute.

Correspondence Received from Helen Wilson CEO giving an update on the following.

(1) Evergreen Open Invitation for Friday March 20. (Now Cancelled)

(2) The Recreation Area progressing. Sandstone logs in place and artificial turf installed by end of March. We would like to hold a Residents vs Staff lawn sports tournament in early April to christen the new facilities. Please share the committee's thoughts on this.

(3) Feedback on security camera shortly.

(4) Work underway to replace damaged sections of pathways.

(5) Timber bench chairs at driveways E and P to be replaced with aluminium bench seats

(6) Pergola in driveway E is being upgraded.

Letter from Michelle Croft informing of new resident and from Trevor Green with suggestion for cafeteria.

Treasurers report received.

General Business

The AGM date for the residents' committee has been booked for Wednesday July 29th, 2020, 9.30am for 10am meeting. Be sure to enter this date in your diary.

Letter to be addressed to Neville Thompson thanking for his service to the regular Saturday BBQ.

Letter also to go to Helen Wilson CEO thanking her for keeping us up to date on the progress of the recreation area.

A staff vs resident lawn tournament sounds like it could be a lot of fun. Letter to Trevor Green re his query.

It was decided to contact council to see if more leaflets on recycling could be obtained.

The resident committee says welcome to Stephanie Wilcox. Enjoy life in our Village Stephanie, hope to see you around at some of our activities.

Carol closed the meeting and thanked all for their attendance. Next meeting Monday, April 6th.

'Do the right thing'. When depositing rubbish in the recycle bin. Remove lids and caps from bottles and jars and rinse if possible. No tissues in recycle. Leaflets on 'Do and Don't' are now available from reception. Why not place one in your kitchen for easy reference.

Reminder your dog must be in control and on a leash when in the community centre.

'A dog is the only thing on earth that loves you more than he loves himself.'

Have you noticed the commemoration board located outside at our local RSL? A 'must read' as it tells of the very interesting history of our local club. A preliminary meeting held in November 1919 informed local ex-servicemen of the intent to form a Sub-Branch. The first official meeting was held in December 1919. Ernest Keith White was the founder and first president. A fire in 1973 saw it move from premises in Mann St to its present site at West Gosford. Gosford RSL Sub Branch supports many, many services and presents Anzac, Boer War and Remembrance Day Services.

There is also a lovely commemoration stone in recognition of the women who served.

"If I have learned anything in this long life of mine, it is this: in love we find out who we want to be; in war we find out who we are."

Kirstin Hannah

Thanks for listening. Margaret.



LAUGHING OUT LOUD

FAVOURITE MUSIC

Q: What is Easter Bunny's favourite kind of music?

A: Hip-hop, of course!

LUCKY

Q: Why are bunnies the luckiest animals?

A: Because they each have four rabbits feet.

TICKLISH

Q: What happened to the egg when he was tickled too much?

A: He cracked up.



WHY IS IT SO?

House Number.

Double House Number.

Add 5.

Multiply by 50.

Add Age.

Add 365.

Subtract 615.

First Part: House Number

Second Part: Age

HEY, WANNA HEAR A BLONDE JOKE?

A blind man walks into a pub, sits at the bar and strikes up a conversation with the barmaid. "Hey, you wanna hear a blonde joke?" he asks.

The barmaid pulls him close.

"I think I should tell you that I'm a blonde. So is the security girl on the door.

"There's another blonde over there with a black belt in karate, and the blonde with her is a boxer.

"And that blonde in the corner is out of jail on parole for assaulting her husband, so do you still want to tell that joke?"

The blind man thinks for a second, shakes his head, and mutters: "Nope, not if I'm going to have to explain it five times."

PARAPROSDOKIANS

These are figures of speech where the latter part of the sentence is unexpected. Winston Churchill like them.

- Since light travels faster than sound, some people appear bright until you hear them speak.
- Knowledge is knowing a tomato is a fruit, but wisdom is not putting a tomato into a fruit salad.
- To be sure of hitting the target, shoot first, then call whatever you hit, the target.
- They begin the News with "Good Evening" then proceed to tell why it is not.
- When filling out a form, where it says, "In case of an emergency notify", I put "Doctor!"

More "Did You Know" Facts

Did you know Shakespeare invented more than 1,700 words?

Did you know Einstein's brain was stolen when he died?

Did you know Antarctica is covered in a sheet of ice that's 7,000 feet thick?

Did you know extreme ironing is an actual sport?

Did you know a lifeboat drill was cancelled the morning of the Titanic tragedy?

Did you know there's a planet that's shaped like a potato?

Did you know wombat poo is cube-shaped?

Did you know there's a toilet museum?

Did you know cheesemakers are studying if music can change the taste of cheese?



APRIL
BIRTHDAYS



Join us in wishing
Happy Birthday
to these wonderful residents.

3rd April
Beth Ronan YV

4th April
John Flew YV
Cliff Fitzgerald..... YV

10th April
Evelyn Ewington..... YV

11th April
Betty Craft..... YV

12th April
Yvonne Viney YV

14th April
Elizabeth Phillips YV

16th April
Jim Osbourne YV

19th April
Peter Davidson..... YV

20th April
Denis Ronan YV

21st April
Roy Lofts YV

22nd April
Paul Angel..... YV
Betty Perrott YV

29th April
Bobby Glynn..... YV

30th April
John Gladman YV

YV = Yallambee Village

Friendship

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional word related to friendship.

D C B C C A M D K C O F A S R
N E O O A O N Y O I R G S D Y
E T Y N E E M M T I N E I H L
I A F F L V R P E I N S T M L
R M R I A A I N A E N A H A A
F M I D D M D T S N P I F I E
L O E E B L I O R M I F F R P
R O N U I P L T Y O E O A F T
I R D N E C A S Y C P H N S A
G D E L O Y A L T Y S P U R R
Y S G O O D T I M E S R U I O
S C H U M H O N E S T Y F S V
E C N A T N I A U Q C A U E A
Y H T A P M E S S E N D N O F

ACQUAINTANCE

COMPANION

HONESTY

AFFECTION

COMRADE

KINSHIP

AFFINITY

CONFIDE

LEND

ALLY

EMPATHY

LOYALTY

AMIGO

FAVOR

PAL

AMITY

FONDNESS

ROOMMATE

BOYFRIEND

FRIENDLINESS

SHARE

BUDDY

FUN

SUPPORTIVE

CHUM

GIRLFRIEND

SYMPATHY

CLOSENESS

GOOD TIMES

TRUST



DENTURE CLINIC

GARRY SPENCE ~ DENTAL PROSTHETIST

~ FOR NEW DENTURES AND RELINES
~ 2 HOUR REPAIR SERVICE
~ OBLIGATION FREE CONSULTATION
~ BULK BILLED VETERANS AFFAIRS
~ COMPETITIVE PRICES
~ HEALTH FUND ACCREDITED
~ 25 YEARS ON THE COAST
~ NEXT TO GOSFORD RAIL
~ MEDICARE ACCREDITED

4324 5749

2/6 BURNS CRESCENT
GOSFORD 2250



For the fallen

With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal
Sings sorrow up into immortal spheres.
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables at home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain,
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.

Laurence Binyon (1869–1943)



ROAST LAMB WITH ROSEMARY CHIPS

INGREDIENTS

- 550g loose washed potatoes, skin on, cut into 1cm-thick chips
- 1 tablespoon rosemary leaves, chopped
- 2 garlic cloves, finely chopped
- 1/4 cup extra virgin olive oil
- 1 Coles Australian Lamb Rack Roast (8 cutlets)
- 250g cherry vine or Perino tomatoes
- 120g baby rocket leaves
- Lemon wedges, to serve

METHOD

STEP 1 Preheat oven to 240C or 220C (fan-forced). Microwave potato on high for 4 mins or until almost tender. Place in a large roasting pan. Combine rosemary, garlic and 2 tablespoon oil in a large bowl. Drizzle half over potato. Season. Roast for 20 mins.

STEP 2 Meanwhile, heat remaining oil in a large frying pan over high heat. Cook the lamb, turning occasionally, for 3-4 mins or until browned. Place lamb and tomatoes on a wire rack over potato. Pour over pan juices. Roast for 10 mins or until cooked to your liking. Transfer the lamb and tomatoes to remaining rosemary mixture and toss to coat. Cover with foil and rest for 5 mins.

STEP 3 Carve lamb and divide among plates with tomato, rocket, lemon wedges and potato.



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Gosford Cenotaph



The Gosford Cenotaph is one the oldest and best known memorials in the region and remains a focus of Anzac Day services.

But few people know the saga of how this simple sandstone monument came to be.

It took more than three years, four public meetings, hours of heated committee meetings, design and naming competitions and endless fundraising before it was finally unveiled six years after the war ended.

Many suggestions were put forward — a cottage hospital, a memorial pool, a memorial stone arch or a memorial hall, even a chiming clock. One by one each idea was rejected.

The pool was considered by grieving families to be too frivolous for a memorial to the fallen. The hospital idea was liked by many, but the ongoing costs made it impossible.

The memorial stone arch plan fell over when nobody could be found to design it, and when a design was finally found, it was too expensive. The movers and shakers of the district at the time served on the memorial committee — many of whose names are now remembered in the well-known Central Coast place names like Adcock Park (Garner Adcock) Kibble Park (James Kibble) Renwick Street (Arthur Renwick) and Henry Parry Drive.

A public meeting in May 1923 finally adopted much scaled down plans for the cenotaph that now stands in City Park at Gosford — a 5.5m high column of stone cut from Gosford Quarry.

On the western face, the names of those who served, and on the eastern face the symbol of the rising sun.

Building started in November 1923 and the monument was finally unveiled on Anzac Day 1924 by Brigadier General Alexander Jobson. As the flags fell away. The Last Post sounded.

The funds to pay for the memorial were raised mostly by Red Cross women volunteers and returned soldiers.



MEET THE TEAM

Ann, Debbie, Malo

Clinical Management Team

Evergreen's clinical management team lead by Ann Young (Facility Manager), Malo Kilander (Care Manager) and Debbie Chew (Quality and Compliance Manager) ensure that Evergreen's clinical policies and procedures are best practice.

They select staff based on their experience, skills and empathy, and ensure there is ongoing training to maintain and develop upon standards.

Our nurses and care staff work round the clock and there is always a nurse in charge at the Lodge and an Emergency Response Team Member at the Village.