



## CEO MESSAGE



### *This too shall pass...*

March has been a difficult time, as we find ourselves separated from family and friends, and unable to participate in many of our normal activities. There are encouraging signs that the Australian response to COVID-19 is working well to suppress the virus and avoid the full impact of the health disaster that we have seen overseas.

Our thoughts are with families that have lost their job, their business or who are unwell with COVID-19 and we look forward to happier times returning in the not-too-distant future.

In the meantime, there have been many creative responses to the virus – we have seen politicians singing songs about hand washing, roof-top tennis, art classes by correspondence, remote meetings via Zoom, and family gatherings via video conference. We have also been blessed with support from young members of our community, sending letters and drawings to encourage people living alone. Inside this edition you will find some news to uplift you and interest you. We will continue to send regular updates to residents and visitors to the Lodge regarding visiting rules, and updates can also be found on our website [www.evergreenlifecare.org.au](http://www.evergreenlifecare.org.au).

I hope that you are managing to enjoy the gentle autumn weather. Whether you are watching the birds from your veranda or taking a constitutional walk along the waterways, keep your distance from others and stay safe and well.

Kind Regards, **Helen**

## International Nurses Day

*International Nurses Day falls on Tuesday 12th May 2020*



This day was chosen as it is Florence Nightingale's birthday and this year is the 200th Anniversary of her birth. Florence Nightingale has been described as a caring and trailblazing British nurse, statistician, social reformer and leader of improved health care who is widely regarded as the founder of modern nursing. In keeping with this tradition, whenever there is a crisis around the world – wars, pandemics, natural disasters – we turn to our nurses for support. The role of our Registered Nurses, Enrolled Nurses and Care Staff through the COVID-19 pandemic is a wonderful example of their invaluable and often challenging work.

***International Nurses Day is a fantastic opportunity to thank our team at Evergreen who deliver such amazing care to our residents.***

***Thank you – you all are truly amazing!***

## INSIDE THIS ISSUE

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## National Volunteer Week

Monday 18 May to  
Sunday 24 May 2020

### To our Volunteers

*Even though we can't celebrate with our Volunteers this year, Evergreen would still like to say a very BIG thank you to ALL of you! Your dedication to Evergreen is so very appreciated and we would be lost without you all!*

*Peter Fisher has holding art classes for the Village Residents via correspondence. At the beginning of April, Peter (contact free) delivered the materials for a cartooning class to his students' doorsteps. The students were then dialled in using a Conference Call facility. Peter talked Bill, Gwen and Pauline through the lesson and went and collected drawings for grading!*

*Gary Scholes has also been coming in and giving the Maintenance team a hand almost every day!*

*To our Volunteers who are unable to come to Evergreen at present, we hope you are well and staying healthy! We are looking forward to seeing you all when the pandemic has passed!*

## Top tips for looking after your mental health while self-isolating

There are a number of ways to support your mental health during periods of self-isolation or quarantine.

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Engage in healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.
- Try to maintain physical activity.
- Establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- Avoid news and social media if you find it distressing.

## Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- Activate your support network.
- Acknowledge feelings of distress.
- Seek professional support early if you're having difficulties.

For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a dedicated page on its forums about **coping during the coronavirus outbreak**.

Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about **anxiety** and offers other practical advice and resources at [beyondblue.org.au](http://beyondblue.org.au).

If you need assistance please visit the dedicated **Coronavirus Mental Wellbeing Support Service**. Trained mental health professionals are available to talk to you 24 hours a day, 7 days a week, via phone, webchat and email.

# Yallambee Lodge HAIR STUDIO

AT YALLAMBEE LODGE HAIR STUDIO

**Thankyou for all your ongoing support.**

**Mention this ad to Leah at your next hair appointment and receive a FREE Loyalty Card!**



**Call Leah on:**

**4349 2331**



## Legal pathways for older people project

The **Legal Pathways for Older People** project is a partnership between Council on the Ageing NSW (COTA NSW) and Legal Aid NSW.

**This project aims to help older people obtain free or reduced cost legal assistance.**

The type of assistance given may be a face-to-face consultation, or a referral to an appropriate legal service.

This assistance is available to Aged Pensioners or holders of a Commonwealth Seniors Health Card.

Documents such as **Wills**; an **Enduring Power of Attorney**; or **Appointment of Enduring Guardianship** can be drawn up by a qualified private solicitor, by appointment only, at the locations listed below.

COTA NSW office: Level 11, 31 Market Street, Sydney

Solicitors are available at: Avoca Beach; Blacktown; Blue Mountains; Camden; Campbelltown; Casino, Chester Hill; Cronulla; Erina; Gosford; Grafton; Hunter Region; Hurstville; Kyogle; Lismore; Liverpool; Newcastle; Newport; Parramatta; Penrith; Picton; Maitland; Taree; Forster; Tuncurry; Tweed Heads and Wollongong.

(Locations as of March 2020)

This project offers free consultations with solicitors to draw up documents for a fee of \$50 per document to cover costs. If the solicitor who sees you thinks that your financial circumstances and/or the amount of work involved in helping you means you fall outside the scope of this service, the solicitor will advise you of this and refer you to a more appropriate legal service.

**All appointments need to be booked through COTA NSW:**

**Phone: (02) 8268 9616 or 1800 449 102 (for callers outside Sydney metro)**

\* Legal Pathways is open for enquiries Mondays, Tuesdays and Wednesdays\*



**Helping you get free  
or reduced cost legal  
assistance.**



### Keep Washing Your Hands!

*Keep washing your hands  
with soap and water.*

*Use hand sanitiser  
wherever possible too!*

## Double-crested Cormorant

The many visitors we have at our Village.



## Pet Therapy

Studies show that just 15 minutes with a dog, cat, or another service animal can increase brain activity and serotonin levels

in seniors. Serotonin is known as "the feel-good hormone" and plays a crucial role in bodily function as well as our experiences of positive emotions.

Our staff have started sharing their pets with residents through a rostered visiting program. Pets are vetted, are vaccinated and are very keen to visit! Angus and his friends have a way of brightening up our resident's day.



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## REGULAR ACTIVITIES

**ALL REGULAR ACTIVITIES  
HAVE BEEN CANCELLED  
UNTIL FURTHER NOTICE.**

**PODIATRIST,  
FRUIT & VEGIE  
STILL OPERATING**

**Podiatrist** - Friday 15th May  
Home visits only during this time.  
(Appointments only).  
Please 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.*



## AT HOME AND SAFE IN THE LODGE

**"Easter  
Bunny  
didn't  
forget  
us!"**



### Embracing Technology

*Joan K speaking with her sons.*

*So far, over 40 residents in the Lodge have been successfully communicating with their families and friends through our new Video Calling Facility!*

*What's App and Face Time have proven to be the easiest to use and most successful applications.*

*If you would like to make a booking please call Jan or one of our Liaison Staff on 4349 2301.*

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## Solicitors & Barristers

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# AT HOME AND SAFE IN THE LODGE

## Still having fun in the Lodge



We are still having fun here at the Lodge during this isolation. The activities such as Move & Groove, Craft Time and Bingo (to name a few) are still happening with social distancing. We have introduced Winey Wednesday where the residents enjoy the afternoon activity with a glass of wine.



## Easter Drawings

Rheannon Loker from Forresters Beach organised for her twin girls Avienne and Bayla (5) and their friends from school to write cards and letters to our residents for Easter! All letters were personalised to individual residents which was a lovely touch! Our residents have been so thrilled by this touching gesture! Evergreen would like to say a big thank you to Rheannon and her friends for making our residents smile! You don't realise how much this has meant to our people!



Jean (Penpal)



Beverly Ross



Margaret (Penpal)



Sheila



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

2nd Betty Swannell  
9th Dorothy Williams  
9th Edward Fletcher  
11th Angelina Genovese  
13th Geraldine Irwin  
17th Doris Freear

## West Gosford Pharmacy

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# MAY IN THE LODGE








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> 1.30pm MOVIE 'STANLEY'S GIG' in the Main Lounge					<b>1</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Name that Tune in the Main Lounge	<b>2</b> 1.30pm Documentary of <b>FIJI</b> in the Main Lounge
<b>3</b> 1.30pm MOVIE 'MONA LISA SMILE' in the Main Lounge	<b>4</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>5</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Craft Group 'Sock Animals' in the Main Lounge	<b>6</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday 'Being a Mother' in the Gazebo	<b>7</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo Game in the Main Lounge	<b>8</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>9</b> 1.30pm Documentary of <b>MEXICO</b> in the Main Lounge
<b>10</b> HAPPY EASTER  1.30pm MOVIE 'THE PRINCESS DIARIES' in the Main Lounge	<b>11</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>12</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Craft Group 'Dolly Fans' in the Main Lounge	<b>13</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday 'Going to the Fair' in the Gazebo	<b>14</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo Game in the Main Lounge	<b>15</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Name that Tune in the Main Lounge	<b>16</b> 1.30pm Documentary of <b>NORWAY</b> in the Main Lounge
<b>17</b> 1.30pm MOVIE 'THE QUEEN' in the Main Lounge	<b>18</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>19</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Craft Group 'Pipe Cleaner Cards' in the Main Lounge	<b>20</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday 'Your working life' in the Gazebo	<b>21</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo Game in the Main Lounge	<b>22</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>23</b> 1.30pm Documentary of <b>THAILAND</b> in the Main Lounge
<b>24</b> 1.30pm MOVIE 'LADY IN THE VAN' in the Main Lounge	<b>25</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>26</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Craft Group 'Wind Chimes' in the Main Lounge	<b>27</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday 'Memories from the kitchen' in the Gazebo	<b>28</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo Game in the Main Lounge	<b>29</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Name that Tune in the Main Lounge	<b>30</b> 1.30pm Documentary of <b>SAUDI ARABIA</b> in the Main Lounge

# MAY IN THE VILLAGE

**ALL VILLAGE ACTIVITIES CANCELLED  
UNTIL FURTHER NOTICE.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> 		<b>SHOPPING BUSES CANCELLED UNTIL FURTHER NOTICE.</b>		<b>COMMUNITY CENTRE CLOSED FOR ALL ACTIVITIES UNTIL FURTHER NOTICE</b>	<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7 8 9</b>  <b>ANZAC DAY</b> <i>"Light up the Dawn."</i> <i>Dawn on the driveways.</i>		
<b>10</b> <i>Mother's Day</i>	<b>11 12 13</b> 			<b>14 15 16</b> 	<b>21 22 23</b> 	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>24</b>	<b>25</b>	<b>26</b>
			<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>WEEKLY EVENTS IN THE COMMUNITY CENTRE</b>						



## Silent Thinking

I sit in the still of twilight,  
Of evening, to settle in  
I think of the places I have been.

I gaze into the embers  
of a dying campfire  
I stoke the coals and the flame  
And the sparks fly high,  
then away.

I have no burning desire  
But to ponder the night sky  
And as 'Banjo' did  
Wonder at the Glory  
Of the everlasting stars  
As I sit here and bathe  
In the solitude of my own  
company

I think of the days gone by  
Some made me laugh  
Some made me cry.

I think of flood and drought  
and fire

Of all the loss  
And some of the gain  
I marvel at what mankind  
Can endure with pain.

I think of old friends  
And mates I once knew  
Most of them now long gone  
or just shoot through  
There was Rex, John, Melody  
Dennis and Blue

The ones that did me favours  
I could never repay  
Never until my dying day  
In my solitude now and then  
I wonder I shall go  
The very same way.

To that other place  
I will find them there  
Where we can sit and joke  
and laugh  
And not have a bloody care.

J Dwight

8.7.2011

Revised 10.2.2020

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE



Hi Everyone, due to the current situation the resident's committee meeting scheduled for April 6th was cancelled. Any business for the meeting will be held over until May 4th. Let's pray by then things will have improved and in the near future we will be back to our 'normal' activities. If we all do the right thing, hopefully this will be sooner than later.

Keep yourselves fit too as when we eventually hold our 'fun day' to christen the recreation area, let's show these staff members our mettle and scare them off.

**One thing I will remind you of again is to put the date of the Resident's Annual General Meeting in your diaries. Wednesday July 29, 2020.**

Volunteers and our staff have been wonderful during this crisis. Meals on Wheels for one is still delivering. I was reading an interesting article on how Meals on Wheels originated from World War 2 and did you know that many early services used old prams to transport the meals and thus the name Meals on Wheels evolved.

In the United Kingdom during the Blitz when many victims lost their homes and therefore the ability to cook their own food. The Women's Volunteer Service for Civil Defence provided food for these people. This type of service required many volunteers with an adequate knowledge of basic cooking to prepare the meals by a set time each day. Old prams were used to transport the meals and straw bales, old felt hats and anything else suitable was

used to keep the meals warm in transit. The concept of delivering meals to those unable to prepare their own evolved into the modern programmes of today that deliver mostly to the housebound elderly, sometimes free, or at a small charge.

Doris Taylor MBE founded Meals on Wheels in South Australia in 1953, and in 1954 the first meal was served from the Port Adelaide kitchen and meals were delivered to eight elderly Port Adelaide residents. In New South Wales, Meals on Wheels was started in March 1957 by The Sydney City Council. In the first week, 150 meals were served for inner city dwellers and these were cooked in the Town Hall kitchen. In 2012, the Queensland branch of Meals on Wheels was a recipient of the Queensland Great Awards.

From a very humble beginning Meals on Wheels is now a well-established active and thriving group of organisations.

**Watching a beautiful sun rise is the reward for early morning walks.**

**"What I know for sure is that every sunrise is like a new page, a chance to right ourselves and receive each day in all it's glory.**

**Each day is a wonder"**

Oprah Winfrey

Take care everyone and thanks for listening.  
**Margaret.**

*In Sympathy*



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

**Hans Oak - YL**

**Gladys Craig - YL**

**John Anderson - YL**

Our sincere condolences.





## LAUGHING OUT LOUD

### JUST BE CAREFUL EVERYONE, PEOPLE ARE GOING CRAZY FROM BEING IN ISOLATION!

Actually, I've just been talking about this with the microwave and toaster while drinking coffee and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron calmed me down as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to .....yes, you guessed it.....pull myself together!!!!

### A GOOD BOOK

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

### THE RIGHT ONE

Fred is 32 years old and he is still single.

One day a friend asked, "Why aren't you married? Can't you find a woman who will be a good wife?"

Fred replied, "Actually, I've found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them."

His friend thinks for a moment and says, "I've got the perfect solution, just find a girl who's just like your mother."

A few months later they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?"

With a frown on his face, Fred answers, "Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much."

The friend said, "Then what's the problem?"

Fred replied, "My father doesn't like her."

### HELP

While driving on the highway, my daughter noticed a child in the window of a car in the next lane, holding up a handwritten sign that read "Help."

A few minutes later, the car passed her, and she again glanced at it. The little boy held up the same sign and this time followed it with another, which read "My mother is singing!"

### AT THE DOCTORS

Hi, I would like to book a doctor's appointment please....

Receptionist: Sure thing, how about 11 tomorrow?

Man: No thanks, just one will be fine.

### DOUBLE TROUBLE

A man came through my lane at the grocery store with a jug of wine and a bouquet of roses. But before paying, he set the two items aside and said, "I'll be right back." He ran off, only to return a minute later with a second jug of wine and another bouquet of roses. "Two girlfriends?" I asked. "No," he said. "Just one really angry one."



### BOOKS ON THE NOSE

If people say they just love the smell of books, I always want to pull them aside and ask, to be clear, do you know how reading works?

### MOTHER (*noun*).

A person with the ability to detect a lie, hear the smallest noises, and see out the back of their head.

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your holiday bookings with a  
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## MAY BIRTHDAYS



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

### 1st May

Roy Kittson ..... YV  
Di Wagemaker ..... YV

### 3rd May

Joy Lane ..... YV  
Deidre Mayo ..... YV

### 5th May

Joan Gotts ..... YV

### 9th May

John Blain ..... YV

### 10th May

Kevin Maguire ..... YV

### 16th May

Kay Scarr ..... YV  
Lynette Field ..... YV

### 18th May

Judy Roy ..... YV  
Bill Hogarth ..... YV

### 21st May

Bill Targett ..... YV

### 23rd May

Margaret Campbell ..... YV

### 26th May

Helen Simmonds ..... YV

### 27th May

Donald Young ..... YV

### 29th May

Norman Austen ..... YV

### 30th May

Vera Black ..... YV

YV = Yallambee Village

## 60s Songs

Find and circle all of the 1960s song titles that are hidden in the grid.

The remaining letters spell the title of an additional 1960s song.

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

BABY LOVE

BLUE MOON

BLUE VELVET

BUS STOP

CARA MIA

CHAIN GANG

CHERISH

CRAZY

CRYING

DIZZY

DOWNTOWN

EL PASO

ELENORE

FINGERTIPS

FIRE

GALVESTON

GOOD LOVIN'

GROOVIN'

HAIR

HEATWAVE

HEY JUDE

HOLIDAY

ITCHYCOO PARK

LAST KISS

MEMPHIS

MY GIRL

MY GUY

PEOPLE

PUPPY LOVE

RESPECT

RUNAWAY

SHERRY

SOUL MAN

SPOOKY

STAY

SURF CITY

TEEN ANGEL

THE BOXER

THE TWIST

THESE EYES

VALLERI

VOLARE

WHITE RABBIT

WILD THING

WINDY

WIPEOUT

WORDS

YESTERDAY

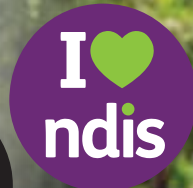
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### New Lifts

New lifts have been installed for Units 132 – 136 on Tuesday 21st April by quite a large crane.

This did create a bit of excitement in the Village!

### New Raised Garden Bed in SCU

Steve Kane and the Maintenance Team have outdone themselves yet again!

A new raised garden bed has been installed in the Special Care Unit of Yallambee Lodge. Our new garden is the perfect height for our residents to get their hands dirty, plant some seedlings and then wait and watch them grow! We will be planting a variety of herbs, vegetables, fruits and flowers. Peas, spinach and beetroot have already been planted.



### For Mum

When I think of you Mum,  
I can't help but smile,  
You brighten up my life;  
Always go the extra mile.  
Time goes by so quickly,  
But our memories we can share  
Because you made them special Mum,  
And always show you care.  
This is a special thank you,  
For everything you do,  
Enjoy your special day Mum,  
And remember I love you.

By Abby Herbert



## BREAKFAST HASH BROWN & EGG CUPS

### INGREDIENTS

- 600g cream delight potatoes, peeled, finely grated
- 2/3 cup finely grated parmesan
- 3 rashers streaky bacon, finely chopped
- 1 tablespoon chopped fresh chives
- 8 small eggs

### METHOD

#### Step 1

Preheat oven to 200C/180C fan-forced. Grease 8 holes of a 12-hole (1/3-cup-capacity) muffin pan.

#### Step 2

Squeeze excess moisture from potato. Pat dry with paper towel. Combine potato and parmesan in a bowl. Season with salt and pepper. Divide potato mixture evenly among holes of prepared pan. Using the back of a teaspoon, press mixture evenly over base and side of holes to form a case.

Bake for 15 minutes or until potato is golden.

#### Step 3

Sprinkle 1/2 of the bacon and 1/2 the chives over the base of each case. Crack 1 egg into each hole.

Sprinkle with remaining bacon and chives.

Bake for 10 minutes or until egg is just set and bacon is golden.

Stand in pans for 5 minutes.

Carefully transfer to a baking paper-lined wire rack to cool. Serve warm or cold.



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## Hawkesbury River Bridge



*The completion of the 1886 Hawkesbury River Railway Bridge saw the linkage not only of the significant Sydney to Newcastle Railway link but also in effect, the railway systems of South Australia, Victoria, New South Wales and Queensland were joined by continuous rail with the opening of the bridge.*

The bridge was used by Sir Henry Parkes as a powerful symbol of Federation and he gave the address at the opening of the bridge, which has been claimed by some as his first Federation speech. The abutments and piers of the bridge as well as the 1886 Long Island tunnel are tangible reminders of these significant events and the symbolic power they had for people at the time. Both the 1889 and 1946 bridges and associated infrastructure on Long Island also demonstrate the significant investment in the railway system of NSW in the late nineteenth and early twentieth centuries.

The contrast of the man-made bridges and tunnels with the rugged and beautiful natural landscape of Hawkesbury River allows passengers and visitors to appreciate the engineering achievements of the railway line's construction.

The 1946 railway bridge was also a major technical achievement at the time of its construction, its large riveted steel trusses and its footings were still among the deepest in the world. It remains the longest purpose built rail bridge in the NSW network.

The bridge itself as well as the remnant construction docks, platform and power station demonstrate the technical achievements. The docks in particular provide direct evidence for the method of construction and the challenges associated with construction in this estuarine environment.

The Hawkesbury River Railway Bridge was heritage listed in 1999.

Source: Wikipedia.



### MEET THE TEAM

**Mary Brady**

Emergency Response Team

**How long have you worked at  
Evergreen Life Care?**

I've worked here for two weeks...and I love it!

**How long have you worked in Aged Care?**

I've worked in Aged Care approx. 7 years.



**What do you like to do in your spare time?**

In my spare time I enjoy reading, walking, learning guitar, and spending time with family.