



## CEO MESSAGE



***We were delighted to welcome residents back to the Village Centre in July with the reopening of the Everbean Cafe and a limited range of COVID-safe activities.***

Residents and their guests are welcome to attend the café for morning tea or lunch.

If you enjoy good coffee, but wish to avoid crowded shops, you can call Reception on 4349 2300 to book a table. Screening criteria apply.

You will notice a change in fashions at Evergreen this month. With the rapid increase in community transmission of COVID-19, we aim to keep ahead of the curve. Visitors to the Lodge, the Community Centre and staff are now asked to "mask-up". Combined with hygiene measures and social distancing this will help to protect our community.

Last but not least, on 7th August we will celebrate Aged Care Employee Day at the Lodge. We are seeking your words of wisdom or encouragement for our dedicated team - forms are available at Reception.

Stay safe and well!

**Helen**

## Face Masks are in Fashion!

*Calling all residents and friends to join the Fancy Face Competition for the prettiest, handsomest and funniest face masks! To enter, just send us a photo or upload one to Facebook and Tag us!*

*You can buy a mask from the pharmacy or other retail outlets. A limited number of disposable masks are available at the Community Centre reception for the small price of \$1. Alternatively, Etsy (an online handmade craft market website) have an extensive range of pretty and humorous designs!*

*When buying a face mask look for the following features:*

- **Ideally three (3) layers of fabric**
- **Nose wire (this helps the mask fit properly)**
- **Comfortable ear straps**

*If your glasses fog up, place micropore tape across the nose.*

*Crafty people might like to make your own mask - instructions are available at reception.*

*Of course, if you're a keen sewer and would like to make masks for others, we'd love to hear from you!*



**Thumbs up for the Mask-Up!**

## INSIDE THIS ISSUE

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

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

**We're BACK !!!**

**BROADWATER  
SENIORS  
SOCIAL DAY CLUB**  
is back on August 6th 2020.

**Every Thursday 10am  
Community Centre  
Evergreen Life Care**

We will have a few changes we need to adhere to. Booking your place is now essential.

RSVP by the Tuesday before each week. Places are limited, also table seating will be rearranged due to social distancing, but we are preparing for this so it will not be a problem. We are looking forward to seeing you all on the 6th of August. There is a booking sheet at reception.

**6th August**

**WELCOME BACK PARTY**

**13th August**

**CHOCOLATE BINGO**

**20th August**

**1920s THEME DAY - Live Music**  
Trion will be coming to entertain us and don't forget your feather boas.

**27th August**

**ITALIAN THEME DAY**

Please come dressed in green, white and red.

**DON'T FORGET TO BOOK  
YOUR PLACE.**

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).

## Benefits of Indoor Plants

Indoor plants don't just look good – there are several benefits too!

Studies have shown indoor plants:

- Boost mood, productivity, concentration and creativity
- Reduce stress, fatigue, sore throats and colds
- Clean indoor air by absorbing toxins, increasing humidity and producing oxygen
- Add life to an empty space, give privacy and reduce noise levels

Below are just a few great indoor plants and the benefits you will see! These are almost always available from Bunnings!



### PEACE LILLY

This plant removes benzene, formaldehyde, and other chemicals emitted from harsh

cleaning products. It's one of the few plants that can actually bloom indoors.

How it grows best: Place your Peace lily in indirect light near a window. Water it only when the soil is dry, and be careful not to over-water.



### FERNS

Ferns can increase air humidity, according to CNN. This boost of moisture can help make

sure your air and your skin don't get too dry, Health Essentials reports.

How it grows best: This plant's soil should be wet but never soggy, and it thrives in indirect light.



### MOTHER IN LAW TONGUE

The Mother in Law Tongue or Snake plant is especially perfect for your bedroom. Not only does it remove

benzene and formaldehyde, but it absorbs carbon dioxide and releases oxygen at night.

How it grows best: You should let the soil dry between watering and place this plant in indirect light.



### SPIDER PLANT

Spider plants are good at fighting pollutants, HuffPost reports.

One type of spider plant—the Chlorophytum comosum—can specifically absorb 90% of formaldehyde and carbon monoxide, two chemicals found in cigarette smoke.

How it grows best: This plant needs access to indirect light and only needs to be watered once a week.



### FIDDLE LEAF FIG

Due to its broad leaves it is extremely efficient at purifying air and is highly rated for indoor and office use. Another benefit of

the fiddle leaf is that it helps control humidity.

How it grows best: Just be sure to put this plant in a bright and sunny room, as it needs a lot of it. Water your fiddle leaf fig once a week and you'll have a thriving, beautiful, air-purifying plant.

## West Gosford Pharmacy

**Try our FREE Webster Packing Service**

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

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match any  
competitors  
price**



**West Gosford Pharmacy**  
West Gosford Shopping Centre  
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Amcal+**



## OUT AND ABOUT IN THE VILLAGE

### Art Class



### Klops



### Happy Hour



### Crafty Critters



### Darts



## REGULAR ACTIVITIES BOOK THROUGH RECEPTION

**Darts** Every Monday 10am - Community Centre come and have a go and try your luck.

**Crafty Critters Group** every 1st and 3rd Wednesday of the Month 10am to 12noon Community Centre. Come and show us your crafty skills.

**Indoor Bowls** Every Tuesday at 2pm, come and have a game or two and try your hand at indoor bowls in the Community Centre.

**KLOP'S** Every Wednesday 10.00am to 12noon Community Centre. If you want a good laugh come and watch or play Klop's bring a hat and water bottle, walker friendly.

**Beginners Art Classes** every 2nd & 4th Wednesday of the month 10.00am to 12noon Community Centre. Come and meet Peter and learn a new hobby.

**Indoor Bowls** Every Tuesday starting at 2.00pm come and have a game or two and try your hand at indoor bowls in the Community Centre. Looking for more players

**Happy Hour** Friday 28th at 4pm. Bring a gold coin donation for the wine and your own snacks (food will not be shared due to the pandemic). Come along and enjoy the company of fellow residents in your village.

### WELCOME BACK

#### Broadwater Social Day Club

Every Thursday starting at 10am Come along to the Community Centre for fun and games and a home cooked meal for only \$10.00.

**Podiatrist** Wednesday 19th August 2020 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.

**Fresh Seafood** FRIDAYS from 11.30am "Joe the Fisho". Say hi to Martin who will be driving through the village selling fresh seafood.

**Fruit & Vegie Day** Wednesdays from 11.00am Fruit, Vegie's and Eggs available at the Community Centre.

#### Community Restaurant Meals On Wheels

*Have suspended all gatherings until further notice.*

## CAFÉ DINING AT A DISCOUNTED PRICE!

We know that COVID-19 has made it harder to manage the shopping, dine out, get a coffee and mix with people. We are currently in the process of negotiating subsidies to make our café meal deals even better!

Eligible residents who wish to dine in the café or order take away on a regular basis will benefit from freshly cooked meals at great prices.

**A flyer with more information will be distributed in the near future!**

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# AT HOME AND SAFE IN THE LODGE

## News from the Lodge

We have been keeping busy at the Lodge with our many social distanced activities. Pyjama Day and Christmas in July were a big hit with many staff and Residents joining in the fun and dressing up.

Angus has been a regular visitor much to everyone's delight.

This month we will be celebrating the Horses Birthday and our Multi Cultural Day will be Sweden.

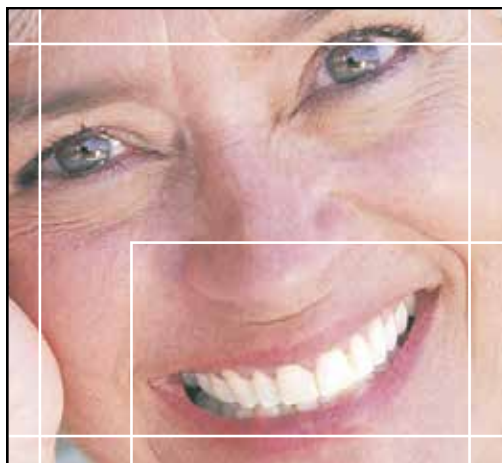
## CRAFT TIME



## WALL OF FAME



## TABLE BOBS IN MARI MA



## DENTURE CLINIC

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- ~ 2 HOUR REPAIR SERVICE
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- ~ NEXT TO GOSFORD RAIL
- ~ MEDICARE ACCREDITED

**4324 5749**

2/6 BURNS CRESCENT  
GOSFORD 2250

## AT HOME AND SAFE IN THE LODGE

RESIDENTS  
ENJOYING  
A VISIT  
FROM  
ANGUS



### HAPPY AUGUST BIRTHDAY

*to all these  
wonderful residents!*



2nd Lidia Cosmai  
8th Joan Dickinson  
9th Anne Dawson  
16th Done Lane  
18th Nancy Brown  
19th Bob Brown  
20th Bill Bargallie  
26th Jo Morris  
29th Ron Knighton  
30th Allan Eagle

### ALL ABOUT HORSES

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SHOW  
BRIDLE  
BIT

CORRAL  
TENNESSEE  
WESTERN  
TROT

CANTER  
BLANKET  
MORGAN  
HAY

RACE  
STRAW  
SHETLAND  
WALKING

PAINT  
QUARTER  
SADDLES  
PINTO

## Yallambee Lodge HAIR STUDIO

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next hair appointment and receive a  
**FREE** Loyalty Card!*



**Call Leah on:**

**4349 2331**

# AUGUST IN THE LODGE



| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|---|--|---|--|--|
| <b>30</b><br>2pm<br>THE VICAR<br>OF DIBLEY<br>in the<br>Main Lounge  | <b>31</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Music, Music<br>Music<br>2pm<br>Bingo in the<br>Main Lounge |   |  |   |  | <b>1</b><br>2pm Movie<br>'Brooklyn'<br>in the<br>Main Lounge       |
| <b>2</b><br>2pm<br>THE TWO<br>RONNIES<br>in the<br>Main Lounge       | <b>3</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Music, Music<br>Music<br>2pm<br>Bingo in the<br>Main Lounge  | <b>4</b><br>9.30am<br>Move & Groove<br>10am<br>Millionaire Quiz<br>11am Music, Music<br>Music<br>2pm Craft:<br>Sock Caterpillar<br>in the<br>Main Lounge                  | <b>5</b><br>9.30am<br>Residents<br>Meeting in the<br>Main Lounge<br>11am Music, Music<br>Music<br>2pm Wacky Wed<br>Wednesday<br>'Movie Stars'<br>in the<br>Main Lounge                 | <b>6</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Bingo Game<br>in the<br>Main Lounge  | <b>7</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Name that<br>Tune in the<br>Main Lounge         | <b>8</b><br>2pm Movie<br>'Going in Style'<br>in the<br>Main Lounge |
| <b>9</b><br>2pm<br>ALLO ALLO<br>in the<br>Main Lounge                | <b>10</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Music, Music<br>Music<br>2pm<br>Bingo in the<br>Main Lounge | <b>11</b><br>9.30am<br>Move & Groove<br>10am<br>Millionaire Quiz<br>11am Music, Music<br>Music<br>2pm Craft:<br>Plant Pots<br>in the<br>Main Lounge                       | <b>12</b><br>9.30am<br>Move & Groove<br>10am Never to old<br>to learn Quiz<br>11am Music, Music<br>Music<br>2pm Wacky<br>Wednesday<br>'Have you ever'<br>in the Main Lnge              | <b>13</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Bingo Game<br>in the<br>Main Lounge | <b>14</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Music<br>Appreciation<br>in the<br>Main Lounge | <b>15</b><br>2pm Movie<br>'Mary Poppins'<br>in the<br>Main Lounge  |
| <b>16</b><br>2pm<br>OPEN ALL HOURS<br>in the<br>Main Lounge          | <b>17</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Music, Music<br>Music<br>2pm<br>Bingo in the<br>Main Lounge | <b>18</b><br>9.30am<br>Move & Groove<br>10am<br>Millionaire Quiz<br>11am Music, Music<br>Music<br>2pm Craft:<br>Heart & Flower<br>Mobiles in the<br>Main Lounge           | <b>19</b><br>9.30am<br>Move & Groove<br>10am Never to old<br>to learn Quiz<br>11am Music, Music<br>Music<br>2pm Wacky<br>Wednesday<br>'The origin<br>of the BBQ' in the<br>Main Lounge | <b>20</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Bingo Game<br>in the<br>Main Lounge | <b>21</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Name that<br>Tune in the<br>Main Lounge        | <b>22</b><br>2pm Movie<br>'Roped'<br>in the<br>Main Lounge         |
| <b>23</b><br>2pm<br>ARE YOU BEING<br>SERVED<br>in the<br>Main Lounge | <b>24</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Music, Music<br>Music<br>2pm<br>Bingo in the<br>Main Lounge | <b>25</b><br><b>Sweden</b><br><b>Multi Cultural Day</b><br>9.30am<br>Swedish Craft<br>11am<br>Swedish Trivia<br>2pm Armchair<br>Travel of Sweden<br>in the<br>Main Lounge | <b>26</b><br>9.30am<br>Move & Groove<br>10am Hot Seat<br>Quiz<br>11am Never to old<br>to learn Quiz<br>2pm Wacky<br>Wednesday<br>'Old Time Radio' in<br>the Main Lnge                  | <b>27</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Bingo Game<br>in the<br>Main Lounge | <b>28</b><br>9.30am<br>Move & Groove<br>10am Millionaire<br>Quiz<br>11am Music, Music<br>Music<br>2pm Music<br>Appreciation<br>in the<br>Main Lounge | <b>29</b><br>2pm Movie<br>'Wonder'<br>in the<br>Main Lounge        |



# AUGUST IN THE VILLAGE



| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|---|---|--|--|---|---|
| <b>30</b><br><b>IF YOU ARE ATTENDING ANY ACTIVITIES IN THE COMMUNITY CENTRE YOU WILL NEED TO BOOK IN AT THE RECEPTION</b> | <b>31</b><br><b>IF YOU ARE ATTENDING ANY ACTIVITIES IN THE COMMUNITY CENTRE YOU WILL NEED TO BOOK IN AT THE RECEPTION</b> | <b>PLEASE REMEMBER WHEN VISITING YOUR COMMUNITY CENTRE, YOU WILL NEED TO SIGN IN, HAND SANITISE AND PRACTICE SOCIAL DISTANCING PLUS HAVE YOUR TEMPERATURE CHECKED</b> |  | <b>CAFÉ OPEN WEEKDAYS 9am- 2pm</b>   |  | <b>1</b><br><b>SHOPPING BUSES CANCELLED UNTIL FURTHER NOTICE.</b> |
| <b>2</b>  | <b>3</b><br>10-12pm Darts<br>12pm-12.45pm Travelling Book Library Across from Driveway E                                  | <b>4</b>  | <b>5</b><br>10am KLOPS<br>10am Crafty Critters Group   | <b>6</b><br>10am Broadwater Social Day Club \$10 Bookings are essential. Please call Reception to book.  | <b>7</b>  | <b>8</b>  |
| <b>9</b>  | <b>10</b><br>10-12pm Darts  | <b>11</b>   | <b>12</b><br>10am KLOPS<br>10am Beginner's Art Classes | <b>13</b><br>10am Broadwater Social Day Club \$10 Bookings are essential. Please call Reception to book. | <b>14</b>   | <b>15</b>   |
| <b>16</b>   | <b>17</b><br>10-12pm Darts<br>12pm-12.45pm Travelling Book Library Across from Driveway E                                 | <b>18</b>   | <b>19</b><br>10am KLOPS<br>10am Crafty Critters Group  | <b>20</b><br>10am Broadwater Social Day Club \$10 Bookings are essential. Please call Reception to book. | <b>21</b>   | <b>22</b>   |
| <b>23</b>   | <b>24</b><br>10-12pm Darts  | <b>25</b>   | <b>26</b><br>10am KLOPS<br>10am Beginner's Art Classes | <b>27</b><br>10am Broadwater Social Day Club \$10 Bookings are essential. Please call Reception to book. | <b>28</b><br>4pm HAPPY HOUR Community Centre  | <b>29</b>   |

## Evergreen Bird Life



Hi all,

### This month's bird is the **MASKED LAPWING**

Also known as a  
Spur-winged Plover

A conspicuous and noisy bird (especially in breeding season). They can often be seen roaming the grounds of the village or perched on the rooftops.

They nest, generally July-November, in the open in a scrapped out hollow on the ground with both sexes taking turns to incubate and raise the young approx: 3-4.

Care should be taken not to get too close to them when they are nesting or raising the young as they have been known to attack a perceived threat. The spurs on their wings (as shown in the picture) can inflict a nasty wound.

This Lapwing is found in most parts of Australia and is one of two endemic to our country.

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

The Committee convened on Monday July 6th at 2pm. President Carol Fraser thanked all for their attendance.

Due to the meeting in June having to be cancelled there was a fair bit of business and mail to be gone through. Please check the minute of this meeting for a comprehensive overview of the business and mail. The minute is posted on the notice board and a copy can be read in reception.

*An update on happenings around the Village was received from Helen Wilson CEO.*

1. Happy to assist with Grants.
2. Update on refurbishments and plans are in progress for Centre reopening in July with restrictions.
3. Space arranged for storage.
4. Looking at purchase of outdoor furniture.
5. Hopeful of café re-opening.
6. Still concerns re bus trips.
7. Workshop to re-open.
8. AGM put on hold.
9. Any concerns re trespassers please report for investigation.

*No queries were raised in regards to mail. Thankyou letter to CEO and her staff.*

Helen Wilson and Michelle Croft were invited into the meeting. Helen and Michelle brought the committee up to date with the latest news concerning regulations on activities and trips and fielded questions from the members. Small group activities to commence however, residents must adhere to the rules regarding social distancing and sanitizing.

President Carol thanked Helen and Michelle for their long stay and patience.

General business of the meeting re-convened. Still receiving complaints of dogs not on leads. Please ensure visitors restrain their dogs whilst on Village property. Flyer out to residents with information in regards to AGM during the COVID19 situation. Carol thanked all members for their attendance and patience. The meeting closed at 4.25pm

**Next committee meeting is on  
Monday 3rd August.**

*Have you noticed some lovely trees quietly appearing around our Village? This is due to several residents who decided (with permission from management) to organise and plant these trees Evergreen Ash to help beautify and provide shade in some of the bare spots in our already lovely gardens. Seven of our residents donated trees, and management donated six. Suzanne Willis organised the purchase and delivery and our hard-working resident Kevin was prevailed upon to do the planting. Thanks everyone, we are most definitely going to enjoy that extra shade in the heat of summer. Great effort.*

**Keep a green tree in your heart  
And perhaps a singing bird will come.**

CHINESE PROVERB

**Thanks for listening. Margaret**



## Welcome To Our New Resident

**Albert and Rhonda Jordan**

*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.*





# LAUGHING OUT LOUD + QUICK QUIZ

## DID I MISS SOMETHING

A guy shows up late for work.  
The boss yells, 'You should've  
been here at 8.30!' He replies.  
'Why? What happened at 8.30?'

## MATCH THE STARS TO THEIR MOVIES

CLARK GABLE  
BETTE DAVIS  
CLINT EASTWOOD  
SIDNEY POITEIER  
DORIS DAY  
ELIZABETH TAYLOR  
ROD TAYLOR  
JOHN TRAVOLTA  
*Grease*  
*Cat on a Hot Tin Roof*  
*The Time Machine*  
*Gone with the Wind*  
*Guess Who's Coming to Dinner*  
*The Good, the Bad & the Ugly*  
*All About Eve*  
*Pillow Talk*

## WHO SANG THAT ?

*Candyman*  
*Que Sera Sera*  
*Love Me Tender*  
*Hello Dolly*  
*Come Fly with Me*  
*Achy Breaky Heart*  
*Roll Over Beethoven*  
*Tenterfield Saddler*

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## HOW WELL DO YOU KNOW YOUR VILLAGE ?

1. What is the main new colour in reception?
2. How many rooms are there to meet, in the Community Centre?
3. If you are standing by "K" driveway, which is the 2nd driveway on the right?
4. Who are "the 3 musketeers" of the maintenance crew in the Village?
5. Who is the latest to join our crew in the Community Centre?
6. What colour is the transport car?
7. Without looking, which 2 flags are on our flag poles/ which flag is flown on the end pole?
8. Which colours make up the Aboriginal Flag/ which colour is on the top of the flag?

## Answers to "How Well Do You Know Your Village"?

1. Green
2. Four
3. "G" or "P"- depends which way your facing!
4. Steve, Mitch & Matthew
5. Kim
6. Grey
7. The Australian & Aboriginal flags/ the Aboriginal flag
8. Black, red & yellow - black

## AUSTRALIAN BRAINTEASERS

Australia has the world's largest sand island. What is it called?

- A. North Stradbroke Island
- B. Snake Island
- C. Fraser Island
- D. Moreton Island

*Fraser Island, Qld*

Which river runs through Alice Springs?

- A. Finke River
- B. Palmer River
- C. Hale River
- D. Todd River

*Todd river WA*

Where would you go for a selfie with a quokka?

Rottnest Island, WA  
Fitzroy Island, QLD  
Launceston, TAS

Geelong, VIC

*Rottnest Island, WA*



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# AUGUST BIRTHDAYS



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

## 4th August

Bruce Stewart ..... YV

Roy Muldoon ..... YV

## 5th August

Joyce D'Adam ..... YV

## 6th August

Zelma Hubbert ..... YV

## 8th August

John Ridout ..... YV

## 18th August

Gwen Kay ..... YV

## 18th August

Gwen Kay ..... YV

## 20th August

John Mayo ..... YV

## 22nd August

Bill Knight ..... YV

## 25th August

Marie Hodson ..... YV

## 26th August

Marlene Gladman ..... YV

YV = Yallambee Village

## Winter

Find and circle all of the Winter related words that are hidden in the grid.  
The remaining letters spell a Japanese proverb.



BLACK ICE  
BLIZZARD  
BOOTS  
CARNIVAL  
CHRISTMAS  
COLD  
EGG NOG  
FIREPLACE  
FIREWOOD  
FOG  
FREEZE  
FROST  
GLOVES

HAIL  
HEADBAND  
HIBERNATION  
HOCKEY  
HOLIDAYS  
ICE FISHING  
ICICLES  
KNIT CAP  
LONG UNDERWEAR  
MITTENS  
OLYMPICS  
PARKA  
SCARF

SEASON  
SKATES  
SKI DOO  
SKI PANTS  
SKIING  
SLED  
SLEET  
SLIPPERY  
SNOW CASTLE  
SNOW PLOW  
SNOW SHOVEL  
SNOW TIRES  
SNOWBALL

SNOWBOARD  
SNOWFLAKE  
SNOWMAN  
SNOWSHOES  
SOLSTICE  
SOUP  
STEW  
STORM  
SWEATSHIRT  
TOGOGGAN  
VACATION  
WIND CHILL

**ON THE MOVE ... 'POST ISOLATION'** Airlines are keen to take you up, up and away, cruise companies are offering great specials from the end of the year and throughout 2021 and there are plenty of Australian travel options being advertised. So, keep checking my webpage for updates – subscribe to my newsletter – or Email me: [lois.marshall@travelmanagers.com.au](mailto:lois.marshall@travelmanagers.com.au) ... looking forward to helping you plan (if you haven't started already) your next adventure – Lois Marshall

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Residents' families, friends or prospective residents are invited to stay in our furnished two bedroom unit for only.

**\$120 per night.**

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Full kitchen                   | <input checked="" type="checkbox"/> Short stroll to Gosford RSL and local shops |
| <input checked="" type="checkbox"/> Comfortable Lounge             | <input checked="" type="checkbox"/> Sunny balcony                               |
| <input checked="" type="checkbox"/> Reverse cycle Air conditioning |   |



To book please call on  
**02 4349 2300**  
or visit Julie at Reception in the Community Centre.



## In Sympathy

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

Allan Aubrey YL - Regina Winch YL - Denis Ronan YV

Our sincere condolences.



## ITALIAN MEATBALL & PASTA SOUP

### INGREDIENTS

- 375g extra-lean Italian-style sausages
- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 1 medium red capsicum, chopped
- 1 tablespoon Massel chicken style stock powder
- 400g can chopped tomatoes (with basil and garlic)
- 1/2 cup dried macaroni pasta
- 300g broccoli, cut into small florets
- 1 tablespoon finely chopped fresh basil leaves
- Finely grated parmesan cheese, to serve

### METHOD

#### Step 1

Squeeze meat from sausages. Roll heaped teaspoons meat into balls.

#### Step 2

Heat oil in a large saucepan over medium heat. Add onion and capsicum. Cook for 5 minutes or until onion has softened. Add stock powder, tomato and 5 cups cold water. Bring to the boil. Add meatballs and pasta. Reduce heat to medium-low. Simmer for 10 minutes. Add broccoli. Simmer for 5 minutes or until pasta is tender and meatballs cooked through. Stir in basil. Serve with parmesan.



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## Henry Kendall Cottage WEST GOSFORD



*If you've ever been overseas, you'll know the traditional stone homesteads popular in the UK, although you don't have to travel far to find one here.*

Just over 700 m from Evergreen is Henry Kendall Cottage, completed in 1840 and built by the former Irish convict Peter Fagan. It is made from convict cut sandstone, and only one of two examples still to be found on the Central Coast. The cement between the stones was made from lime from burned seashells, with some of the original mortar still showing shell pieces. The primitive roof is made from native timber shingles.

It originally had two large rooms, each with its own fireplace, and two adjoining smaller rooms which presumably offered privacy as the Fagans raised nine children, all boys except for two.

If this small cottage was not already crowded enough, they took in the celebrated poet Henry Kendall for eighteen months when they helped nurse him back to health.

By 1959, the building was so dilapidated it was feared it would have to be knocked down, but luckily it was saved and restored by the Brisbane Water Historical Society. Today it is a museum.

*Written by Peter Fisher*

*Brisbane Water Historical Society is run by volunteers. These talented individuals work in partnership with Evergreen to keep our history alive!*



### MEET THE TEAM

**Nomsa Godo**  
Assistant in Nursing

**When did you start at Evergreen?**  
February 2020

**What do you like about working here?**  
The management and staff are very friendly and supportive. We all work as a team and everyone in our team is important. I enjoy looking after the residents and doing my best to make them happy every day.

**What do you like to do in your spare time?**  
Volunteering - (helping the vulnerable members of the community).

**Is there anything else we should know?**  
I sponsor a charity organisation which supports children from less privileged families.