

CEO MESSAGE



Welcome to the September edition of Horizons!

Having experienced an extraordinary winter hibernation, the spring flowers and longer days provide a welcome uplift for the spirit this year. I hope you are taking the opportunity to wander through the gardens and enjoy the sunshine. Keep an eye out

for the Satin Bowerbird that lives in the Village – he's always searching for blue objects! Les' new Bird Watch Column tells us all about them!

Our staff morale received a welcome boost in August by the enthusiastic support you provided on Aged Care Employee Day. Together, we recognised the team's dedication and caring service through a BBQ Lunch at the Lodge and the many certificates of thanks and appreciation!

Congratulations are also due to the winners of Evergreen's Fancy Face Competition! I'd like to thank every mask-wearing resident and visitor for your assistance in defeating the COVID-19 pandemic!

I'd like to wish all the Fathers a very Happy Father's Day on Sunday 6th September!

Stay safe,

Helen

Years of Service Awards



On Aged Care Employee Day, staff were presented with Years of Service Awards.

This year 17 staff received 1 Year awards, 12 staff 5-year awards, and 2 staff 10 Year Anniversaries!

An extra special congratulations goes out to Vicki Wright, celebrating 25 Years of Service! What a fantastic milestone - Evergreen is so lucky to have you as a part of the team!

We all appreciate everything you do!

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

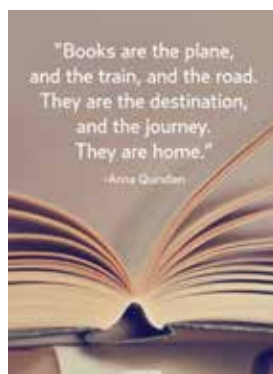
- > Missing Word
- > Laughing Out Loud + Thoughts
- > Resident Committee Update

September is "Read a New Book" month

Books have the amazing power to take you places you never imagined you could go, which is particularly attractive amidst the restrictions of the COVID-19 Pandemic! How does being whisked away to a tropical island sound? 'Robinson Crusoe' by Daniel Defoe can take you there!

Fancy roaming the hills of the Yorkshire moors on a grey mournful day? 'Wuthering Heights' can take you there!

For a delightful revisiting of the 1950s in Sydney 'Ladies in Black' by Madeleine St John will uplift the spirits. Or perhaps you'd like to explore some award winning contemporary



indigenous literature by reading 'The Yield' by Tara June Winch.

Non-fiction books are also powerful tools of escape.... Photo books of the Galapagos Islands, the Amazon Rainforest, Whales, the Pyramids of Giza - all take you on amazing journeys with spectacular photography! The photographers often give

you access to things you could only dream about – such as being up close and personal with a giant whale, or take you to a secret room in the Pyramids! Read a New Book month encourages to enjoy as many books as you can in your life – living many lives, learning new things and opening your mind!



**YOU MAY BE SOCIAL DISTANCING
BUT YOU ARE NOT ALONE**



**EVER
BEAN
CAFE**



Bookings are essential!

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OUT AND ABOUT IN THE VILLAGE

Fancy Face Mask Winners

The results from our Fancy Face Mask Competition are in!

Congratulations to:

GRACE CANNING – *Prettiest Mask*

BRUCE STEWART – *Funniest Mask*

JOHN RIDOUT – *Most Handsome*

You have all won a lunch for 2 at Everbean Café!



Thank you to all those who entered – there was some tough competition!

We appreciate you all wearing your face masks so well!

But please remember to keep on social distancing and the good hand hygiene to reduce the risk of COVID.

*Sometimes we need someone
to simply be there...*

*Not to fix anything or do anything
in particular, but just to let us feel
we are supported
and cared about.*



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 25th 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.

Podiatrist Friday 18th September 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.*

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AT HOME AND SAFE IN THE LODGE

CRAFT TIME



HAPPY BIRTHDAY BILL

Bill Bargallie celebrated his 90th Birthday on 20th August in the Lodge.

Happy Happy Birthday Bill!

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AT HOME AND SAFE IN THE LODGE

BILLY BLUE & HUGO

The Lodge has recently welcomed two new residents – please meet Billy Blue and Hugo!

These names were chosen by the residents through a ballot!

The 2 budgies have been happily chirping away creating a lovely atmosphere in SCU!



HAPPY SEPTEMBER BIRTHDAY

*to all these
wonderful residents!*



3rd Heather Whitehead

7th Dennis Ward

13th Helen Savage

21st Eileen Daniel

26th Don Coote

30th Thelma Green

ALL ABOUT HORSES

E	B	D	A	L	E	B	I	T	B	N	R	E	A
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APPALOOSA

SHOW

BRIDLE

BIT

CORRAL

TENNESSEE

WESTERN

TROT

CANTER

BLANKET

MORGAN

HAY

RACE

STRAW

SHETLAND

WALKING

PAINT

QUARTER

SADDLES

PINTO

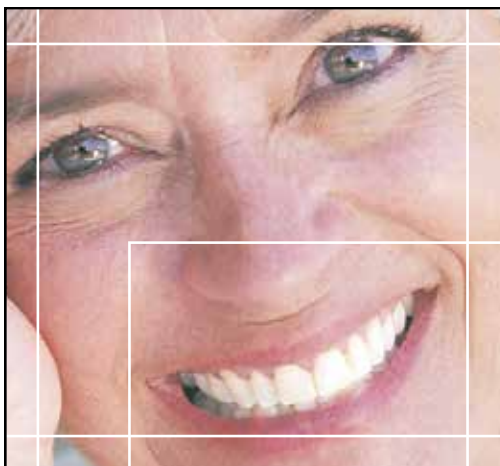
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GOSFORD 2250



SEPTEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Craft: Flower Collage in the Main Lounge	2 9.30am Residents Meeting in the Main Lounge 11am Music, Music Music 2pm Wacky Wed Wednesday Emma M Nutt Day in the Main Lounge	3 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	4 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	5 1.30pm Documentary The House of Windsor in the Main Lounge
6 FATHERS DAY 2pm Movie MRS PALFREY AT THE CLAREMONT in the Main Lounge	7 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	8 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Craft: Pom Pom Mat in the Main Lounge	9 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Wine & Cheese Tasting in the Main Lnge	10 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	11 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	12 1.30pm Documentary Dawn Fraser in the Main Lounge
13 2pm Movie MRS DOUBTFIRE in the Main Lounge	14 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	15 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Craft: Decoupage in the Main Lounge	16 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Mayflower Day in the Main Lnge	17 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	18 TALK LIKE A PIRATE DAY 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Music Appreciation in the Main Lnge	19 1.30pm Documentary Dolly Parton in the Main Lounge
20 2pm Movie DRIVING MISS DAISY in the Main Lounge	21 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	22 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Craft: Pottery in the Main Lounge	23 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Elephant Appreciation Day in the Main Lnge	24 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	25 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	26 1.30pm Documentary Jane Goodall in the Main Lounge
27 2pm Movie THE BEST EXOTIC MARIGOLD HOTEL in the Main Lounge	28 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	29 KOREAN MULTI CULTURAL DAY 9.30am Move & Groove 10am Korean Trivia 2pm Korean Lantern Craft in the Main Lounge	30 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Memories of the Sydney Harbour Bridge in the Main Lnge			

SEPTEMBER IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SHOPPING BUSES CANCELLED UNTIL FURTHER NOTICE.	1	2 10am KLOPS 10am Crafty Critters Group	3	4	5
6	7 10-12pm Darts 12pm-12.45pm Travelling Book Library Across from Driveway E	8	9 10am KLOPS 10am Beginner's Art Classes	10	11	12
13	14 10-12pm Darts	15	16 10am KLOPS 10am Crafty Critters Group	17	18	19
20	21 10-12pm Darts 12pm-12.45pm Travelling Book Library Across from Driveway E	22	23 10am KLOPS 10am Beginner's Art Classes	24	25 4pm HAPPY HOUR Community Centre	26
27	28 10-12pm Darts	29	30 10am KLOPS	PLEASE REMEMBER WHEN VISITING YOUR COMMUNITY CENTRE, YOU WILL NEED TO SIGN IN, HAND SANITISE AND PRACTICE SOCIAL DISTANCING PLUS HAVE YOUR TEMPERATURE CHECKED		CAFÉ OPEN WEEKDAYS 9am- 2pm

Evergreen Bird Life



Male Satin Bowerbird

This month's bird is the THE SATIN BOWERBIRD

The Satin Bowerbird is one of eight species of Bowerbirds found in Australia with the Satin found on the east coast of the continent from North Queensland down to the west of Melbourne.

The Satin Bowerbird feeds on fruits and insects by foraging from the tree tops to the ground.

The male Satin Bowerbird as with the other species of Bowerbirds builds a 'bower' to provide a display area enriched with 'trinkets', predominately of a blue colour, to court the female. The 'trinkets' come in the form of flowers, berries etc. but more commonly nowadays plastic items such as bottle tops, peg's, straws etc.



Female Satin Bowerbird

The Satin Bowerbird breeds through Oct-Feb, with only the female building the nest, high up in the fork of a tree, and rearing the young.

It takes about 7 years for a male Satin Bowerbird to develop their full colour.

Each of the eight species of Bowerbirds builds a different 'bower', of varying size's (some up to 2 metres in height) and adorns it with different coloured and type's of 'trinkets' including shiny object's to really impress the female.

By Les Blundell

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

Minutes of the Committee Meeting held Monday August 3rd, 2020.

President Carol Fraser opened the meeting at 2pm and thanked all for their attendance.

Correspondence out from the July meeting went to Helen Wilson CEO thanking Helen and Michelle Croft for their attendance at the meeting. They fielded questions from our members enlightening us on several queries. Michelle was thanked for the information she forwarded on from LASA. This was required by the committee in regards to delaying the Residents Committee AGM.

Correspondence was received

1. From Helen Wilson on the following: Thanking for invitation to the July meeting. Masks to be worn in reception and any assistance required can be obtained from Elle. Funny Face Mask competition. Jo Lewis is our new Café Manager and popular with residents. Meals on Wheels will be subsidising meals through our Café for eligible residents. Meals available for delivery. The Village AGM will be held on Monday 21st October in the auditorium. Due to COVID we are unsure if everyone will be able to attend. Our fall-back strategy is a smaller group. Decision will be made on options closer to time. The minutes of course will be distributed.

2. Letter also received from resident in regards to the general untidiness of the outdoor area.

3. From Bill Targett informing he will not be standing for office next term.

A letter to be forwarded to Helen Wilson CEO thanking for information on Café, the Village AGM etc.

Thankyou letter also to resident in regards to outdoor area.

In General Business the subject of traffic travelling through the Village and drivers not adhering to the 15kph speed limit was raised. Discussion on the speed signs was held.

Letter will be sent to management in regards to the speed signs and to the committee's views on the resident's letter re untidiness.

The full minute of each monthly committee meeting is always posted on the Notice Board and a copy available at reception if required.

Next meeting Monday, 7th September.

Hurray! Spring is here and we look forward to some beautiful weather. The gorgeous and colorful wild flowers are in bloom. There are thousands of varieties of wild flowers in Australia. Amazing

On September 1st we celebrate Wattle Day. Wattles have long had special meanings for Australians and in 1988 the Golden Wattle was officially gazetted as Australia's National Floral emblem. In the year 2010 the centenary of the celebration of Wattle Day on 1 September was observed. Did you know there are 160 varieties of Wattle?



*The wind is in the
barley grass,
The wattles
are in bloom*

*The breezes greet us as they pass.
With honey sweet perfume*

*The parakeets go screaming by,
With flash of golden wing*

*And from the swamp the wild ducks cry,
Rejoicing at the Spring.*

BANJO PATERSON

And I am sure a large percentage of our residents will remember singing this one at school.

*The bush was grey a week today,
Olive green and brown and grey,
But now it's changing all the way,
With blossoms for the wattle.*

*It seems to be a fairy tree,
Dancing to a melody,
Sing a little song to me,
The graceful, swaying wattle.*

Enjoy September everyone. **Margaret.**

Welcome To Our New Resident

Pam Metzke

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** + SOME THOUGHTS

What does a baby computer call his father?

Data!

What do you call a bear without any teeth?

A gummy bear!

Why did the golfer change his pants?

Because he got a hole in one!

Does anyone need an ark?

I Noah guy!

How do you make holy water?

You boil the hell out of it.

What do you get when you cross a snowman with a vampire?

Frostbite.

Why did Cinderella get kicked off the football team?

Because she kept running from the ball!

What does a zombie vegetarian eat?
"GRRRAAAIIINNNS!"

What's at the bottom of the ocean and shivers?

A nervous wreck!

What's the difference between a well-dressed man on a unicycle and a poorly dressed man on a bike?

Attire!

Why don't they play poker in the jungle?

Too many cheetahs!

How did Darth Vader know what Luke got him for Christmas?

He felt his presents!

What time did the man go to the dentist?

Tooth hurt-y!

What do you call someone with no body and no nose?

Nobody knows!

What do you call a can opener that doesn't work?

A can't opener!



How many tickles does it take to tickle an octopus?

Tentacles!

What do prisoners use to call each other?

Cell phones!

You know what the loudest pet you can get is?

A trumpet.

Why shouldn't you write with a broken pencil?

Because it's pointless!



Why did the scarecrow win an award?

He was outstanding in his field.

*The struggle you're in today
is developing the strength
you need for tomorrow.*



*YOU CANNOT DO A
KINDNESS TOO SOON
FOR YOU NEVER KNOW
HOW SOON
IT WILL BE TOO LATE*

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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

Phyllis Arigho YV

28th September

Margaret Naser..... YV

YV = Yallambee Village

Australia

Find and circle all of the words that are hidden in the grid.
The remaining 49 letters spell a secret message.



ADELAIDE
AUSSIE
BEACHES
BOOMERANG
BRISBANE
CANBERRA
COMMONWEALTH
CONTINENT
CORAL SEA
CROCODILES
DESERTS
DIDGERIDOO

DINGO
DOWN UNDER
EMUS
EUCALYPTUS TREES
HUGH JACKMAN
KANGAROO
KEITH URBAN
KOALA
KOOKABURRA
KYLIE MINOGUE
MARSUPIALS
MELBOURNE

MONARCHY
NEW SOUTH
WALES
NICOLE KIDMAN
OCEANS
OUTBACK
PARLIAMENT
PERTH
PLATYPUS
PRIME MINISTER
QUEENSLAND
RAINFORESTS

RUSSELL CROWE
SEAFOOD
SHRIMP
SURFING
SYDNEY
TASMANIA
VEGEMITE
VICTORIA
WOMBAT

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 ... looking forward to helping you plan (if you haven't started already) your next adventure – Lois Marshall

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\$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:

Joan Dickinson YL - Joan Wright YL - Daphne Gatt YV
Joy Lane YV - Patricia King YL

Our sincere condolences.



OLD FASHIONED VANILLA SLICE

INGREDIENTS

- 2 sheets frozen butter puff pastry, partially thawed
- 1 1/3 cups caster sugar
- 1 cup cornflour
- 3/4 cup vanilla custard powder
- 4 1/2 cups milk
- 75g butter, chopped
- 2 egg yolks, lightly beaten
- 1 teaspoon vanilla bean paste

PASSIONFRUIT ICING

- 2 1/2 cups pure icing sugar
- 10g butter
- 2 passionfruit, halved

METHOD

Step 1 Preheat oven to 200°C/180°C fan-forced. Grease a 6cm-deep, 22cm square cake pan. Line base and sides with baking paper, extending paper 3cm above edges of pan. Grease 2 baking trays. Place 1 sheet of pastry on each baking tray. Bake, 1 tray at a time, for 8 to 10 minutes or until golden and puffed. Carefully flatten pastry. Set aside to cool.

Step 2 Place sugar, cornflour and custard powder in a heavy-based saucepan over medium heat. Gradually stir in milk until smooth and combined. Add butter. Cook, stirring constantly, for 8 to 10 minutes or until mixture simmers and thickens. Remove from heat. Stir in egg yolks and vanilla.

Step 3 Place 1 sheet of pastry in base of prepared pan, trimming to fit. Pour hot custard over pastry. Top with remaining pastry sheet, trimming to fit. Set aside for 30 minutes to cool.

Step 4 Make passionfruit icing Place icing sugar, butter and passionfruit in a heatproof bowl over a pan of simmering water. Stir overheat until smooth and combined. Spread icing over top of pastry. Refrigerate for 4 hours or until cold. Serve cut into squares.



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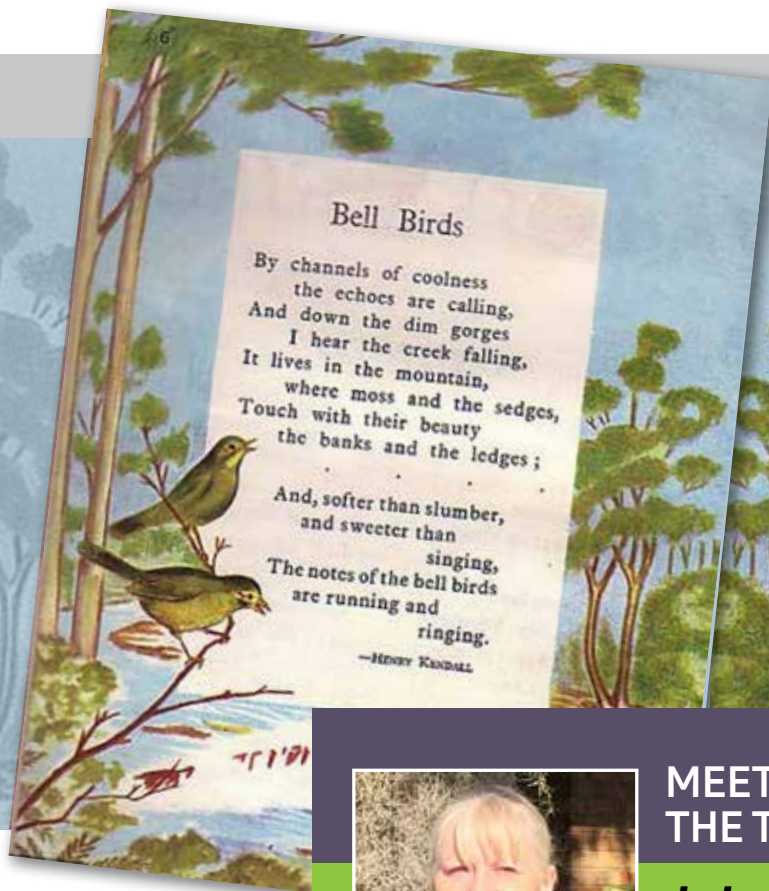


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VISITING EVERGREEN
Wednesday
2nd September

Henry Kendall



If you are over the age of seventy and attended school in NSW, chances are some of you will remember the opening lines from Henry Kendall's 'Bell Birds' poem:

*"By channels of coolness the echoes are calling,
and down the dim gorges I hear the creek falling".*

For many decades Kendall's poetry was taught in the NSW schools because he was such an important literary figure – not only was he born in Australia (Ulladulla, NSW) but he wrote critically acclaimed poems about Australia and Australians. He became an instant celebrity as his poems were first published in the mid-to-late 1800s. Right up until the 1960s, many high school students were asked to recite from memory the whole of the first stanza from 'Bell Birds'.

Gosford's connection with Henry Kendall dates from 1874-1875, when Kendall lived with the Fagan family at West Gosford. This generous family took Kendall into their home, and in all likelihood saved his life. Unfortunately, prior to this Kendall's marriage had broken up, his drinking became worse and eventually he became destitute. Under the Fagan's guidance, he started a healthy lifestyle of exercise and proper diet.

Eventually the Fagan's found him work, in a town now known as Kendall, NSW. He was reunited with his wife; they had several more children and he started writing poetry again.

Written by Peter Fisher



MEET THE TEAM

Jo Lewis

Everbean
Café Manager

When did you start at Evergreen?

I started at Evergreen on 13th July.

What do you like about working at Evergreen?

I enjoy my job. I have loved meeting the residents and seeing them enjoy catching up for lunch and talking to them.

I love working at Evergreen Life Care and work with my work team!

What do you like to do in your spare time?

I love spending time with my family gorgeous grandchildren.

I also love catching up with friends.