



Welcome to the November Edition of Horizons.

The highlight for me last month was sharing morning tea with residents from the Village as part of our Chat with the Chiefs initiative. Members of the board and management team met with 31 residents individually, who provided feedback and suggestions on Village services. We have already acted on some of the suggestions and will provide a report in the coming weeks. Thank you also to all who filled out the satisfaction surveys – your feedback is most valuable to us! I trust you are enjoying the opportunity spring affords to exercise in the fresh air and reconnect safely with some of your usual activities. Lodge residents enthusiastically took up a new challenge of competing in the 'Tokyo Marathon'. With the easing of public health orders, village buses are running again, and we have been given the go ahead for Lodge bus outings to recommence in November. See inside for more details.

This month we will remember with gratitude those who died in the line of duty on Remembrance Day.

Kind Regards, **Helen**



Evergreen Dining

Research from the University of Oxford* identified that people who eat together with others are happier and more satisfied with their lives. With the easing of COVID-19 Public Health Orders, we are expanding options for dining including Everbean Café; Meals on Wheels Community Restaurant (Fridays) and the Lodge Dining Rooms. If you usually eat alone, we encourage you to treat yourself and meet up with a friend or family to share a meal or a coffee!



Meals on Wheels

* "Breaking Bread: The Functions of Social Eating"
Journal Adaptive Human Behaviour and Physiology 2017

INSIDE THIS ISSUE

- > November Activities
- > Great Recipe for November
- > Birthday Celebrations
- > Missing Word
- > Laughing Out Loud
- > Resident Committee Update

Evergreen volunteer PETER FISHER is releasing his first book:

Tales From the Rainforest – History and Heritage on the NSW Central Coast

Evergreen Book Launch:
Wednesday, November 18th.

Talks with the author:
10:00 am and 12:00 pm.

Please book at Reception!

It is 230 pages long. Softcover in A4 size with colour on every page. It features more than 35 rare and historic local Central Coast postcards and over 200 original photos.

It asks: What rainforest is out there for people to explore and see on the Central Coast? What can we learn from the history of these areas? What evidence of past human interaction lies lost and forgotten in these rainforest pockets?

Subjects include:

Introductory chapters in simply, straight forward terms as to what defines a rainforest.

Some common examples of local rainforest flora and fauna.

The weird and historical phenomenon of the fern collecting fad, 1890-c1930.

- Somersby Falls
- Woy Woy Bay
- Kendall's Glen, West Gosford.
- Capper's Gully, East Gosford.
- Strickland State Forest and the Narara Research Station.
- The Ferneries, Matcham.
- Katandra Reserve, Holgate.
- Forest of Tranquility, Ourimbah.
- Little Jilliby, Wyong area.
- Littoral rainforest in North Avoca, The Entrance North and Norah Head.

This book normally retails for \$40.00 each, BUT residents and staff will be able to purchase it for \$35.00 each at the Evergreen book launch, on Wednesday, November 18th.

Recycling bins in the Village

Words and Pictures taken from
1 Coast (Central Coast Council) Website

Recycling waste is an easy way to protect our environment.
When you recycle day-to-day, you help save important natural resources like minerals, trees, water and oil.
You also save energy, conserve landfill space, decrease greenhouse gas emissions and reduce pollution.



Your **YELLOW BIN** is for recycling only!
Items that you **CAN** recycle are:

- ✓ Paper and Cardboard
- ✓ Rigid plastic bottles and containers
- ✓ Metal cans, aerosol cans and foil trays
- ✓ Green, brown and clear glass bottles and jars



Village Speed Limit

Please remember the speed limit through the Village is 15 kph.

Please drive slowly through the Village and

keep an eye out for pedestrians. If you could please remind family, friends and other external visitors of this it would be much appreciated!



Items that you **CANNOT** recycle on the Central Coast (regardless of the label):

- ✗ Plastic bags and wrappers
- ✗ Clothing, linen and shoes
- ✗ Shredded paper
- ✗ Long life / UHT Cartons
- ✗ Disposable paper cups (including coffee cups)
- ✗ Plastic buckets, toys and nick-nacks
- ✗ Plastic plant pots
- ✗ Meat Trays
- ✗ Polystyrene and Styrofoam
- ✗ Paper towels and tissues
- ✗ General waste including nappies and food waste
- ✗ Scrap metal
- ✗ Newspapers wrapped in plastic
- ✗ Garden waste
- ✗ Ceramics, light globes and Pyrex
- ✗ Electrical appliances
- ✗ Hazardous wastes, paints and oils
- ✗ Medical waste or syringes
- ✗ Gas cylinders, butane canisters and fire hydrants



COVID-19 Safe Waste Disposal

If you have been self-isolating as precaution for COVID-19, please double bag your waste and dispose of in your **RED** garbage bin!

Christmas Stalls

Our first Christmas stall was a sell-out – \$423.50 funds were raised for the leisure and lifestyle services at the Lodge.

November stalls will raise money for both the Village and Lodge.

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

Know the Signs of Dehydration

The human body is made up of mostly water. In fact, as much as 60 percent of an adult human is water. It's an essential life source and responsible for many bodily functions, from crying and spitting to flushing waste and regulating body temperature. Dehydration sets in when your body doesn't have enough water. Some of the signs of dehydration include:

- Dark yellow urine
- Lack of sweating
- Dry skin
- Rapid heart rate and breathing
- Dizziness

You don't want to get caught in the heat without enough water in your system.

Lemon water: Drink two glasses of lemon water daily and spike your hydration levels as well as balance out your pH levels during summers.

Loaded with the goodness of vitamin C, lemon water can truly be the saviour when it comes to draining skin under the searing sun.



Sitting in cars in the heat

Just a reminder about sitting in parked cars in the summertime: Car temperatures can rise 30% higher than outside, within the first 5 minutes.

This can lead to dehydration, heat cramps and even heat stroke.

Children and the elderly are the most susceptible.

Please take care this season!

OUT AND ABOUT IN THE VILLAGE

Crafty Critters



Mother duck out and about in the village.



The 3 Masketeers.



Anyone for Putt Putt Golf?



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.

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 12 noon Community Centre. Come and meet Peter and learn a new hobby.

Happy Hour Friday 27th November 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 13th November 2020 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.



NEW TO REGULAR ACTIVITIES

Putt Putt Golf

Every Tuesday in the Community Centre. Come and enjoy a game or two and have a laugh.

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

Community Restaurant Meals on Wheels

Every Friday starting at 10am. Come along to the Community Centre for fun and games or if you would just like a meal come around 11.30am for only \$12.00 Please call Lorraine on 0427 026 229 as we have limited numbers at the moment.

Broadwater Day Club

Have suspended all gatherings until further notice.



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VISITING EVERGREEN

Wednesday

2nd December

(No visit in November)



Guide Tokyo Marathon



Residents of Yallambee Lodge are participating in Guide Healthcare's Tokyo Marathon 2020 during the

month of October. They have enthusiastically taken up the challenge to see how many marathons they can complete within 30 days. Each marathon is 42km, and they can choose from several circuits around the home, passing key virtual landmarks such as Tokyo Tower and the Imperial Palace.

You can watch the progress of the Evergreen Team "Enduring Evergreen Energetics" and others on the LIVE scoreboard on the Guide Health Care Website.

Exercise benefits both physical and mental health. With a touch of competition and fun added, it's a great way to get people moving this spring!

The Enduring Evergreen Energetics have completed over 19km to date – our residents are aiming for gold!

AT HOME AND SAFE IN THE LODGE

We have been having fun at the Lodge with Wine & Dip tasting, Oktoberfest, Pink Ribbon Day and our new addition, The Ice Cream Cart (which the Residents all loved) to name a few. We also had a hand made Sweet Treats Stall which sold out in no time.

It was sad to say goodbye to our lovely Gemma, we wish her well in the next chapter in her life.

Farewell to our lovely Gemma



Residents loved the Ice Cream Cart



Craft Time



Wine & Dip Tasting



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AT HOME AND SAFE IN THE LODGE

It happened in November

1878 James Jacob Ritty and his brother John invented the first cash resister to stop the stealing by his bartenders in his saloon in Ohio.

1605 Gunpowder Plot: Catholic conspirator Guy Fawkes attempted to blow up King James 1 and the British Parliament. He is caught with 36 barrels of gunpowder at the House of Lords.

1871 Henry Morton Stanley greets missing missionary and explorer David Livingstone in Africa with the immortal words. "Doctor Livingstone I presume.

1889 Nellie Bly begins her attempt to surpass fictitious journey of Jules Verne's Phileas Fogg by traveling around the world in under 80 days. She succeeded finishing in 72 days, 6 hours.

*A RACEHORSE
IS AN ANIMAL
THAT CAN TAKE
SEVERAL THOUSAND
PEOPLE
FOR A RIDE
AT THE SAME TIME.*



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

1st Heather Turner

& Eric Tucker

16th Mary Kirkman

25th Cathy Chan



At the Races Word Search



BET
BLINDERS
COLT
DERBY
EXACTA
FAVORITE
FILLY

FURLONG
GALLOP
GATE
GRANDSTANDS
HANDICAP
HARNESS
JOCKEY

LONG SHOT
MARE
ODDS
OWNER
PADDOCK
PLACE
POST

PURSE
SADDLE
SIRE
SPRINT
STAKES
STALLION
THOROUGHBRED

TIP
TRACK
TRAINER
TRIPLE CROWN
TURF
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NOVEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1.30pm Movie HOLIDAY IN THE WILD in the Main Lounge	2 MELBOURNE CUP SWEEPS ON SALE IN RECEPTION 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Bingo in the Main Lounge	3 MELBOURNE CUP DAY 10am Melbourne Cup Quiz 10.30am Devonshire Tea 2pm Fashions in the Field 3pm The Big Race in the Main Lnge	4 9.30am Residents Meeting in the Main Lnge 11am Music, Music Music 2pm Wacky Wednesday International Sandwich Day in the Main Lnge	5 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge	6 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	7 1.30pm The Vicar of Dibley in the Main Lounge
8 1.30pm Movie THE CROWN in the Main Lounge	9 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Bingo in the Main Lounge	10 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft: Sun Catchers in the Main Lounge	11 REMEMBRANCE DAY 9.30am Move & Groove 10am Remembrance Day Service on Television in Main Lounge 2pm Wack Wed. Remembrance Day Memories in the Main Lnge	12 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge	13 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	14 1.30pm Mother & Son in the Main Lounge
15 1.30pm Movie LIFE ON OUR PLANET in the Main Lounge	16 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Bingo in the Main Lounge	17 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft: Rock Painting in the Main Lounge	18 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Wacky Wed. Remembering the Sydney Opera House in the Main Lounge	19 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge	20 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lnge	21 1.30pm Allo Allo in the Main Lounge
22 1.30pm Movie DOLITTLE in the Main Lounge	23 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Bingo in the Main Lounge	24 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft: Mosaic Coasters in the Main Lounge	25 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Wacky Remembering the Crossing the Pacific in the Main Lounge	26 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge	27 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	28 1.30pm Open All Hours in the Main Lounge
29 1.30pm Movie CALENDAR GIRLS in the Main Lounge	30 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Bingo in the Main Lounge	 <div data-bbox="1184 2042 1487 2132"> Melbourne Cup 3rd November 2020 </div>				

NOVEMBER IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Bus to Gosford & West Gosford	3 10.00am Putt Putt Golf Melbourne Cup Luncheon (Bookings Essential)	4 10am KLOPS 10am Crafty Critters Group	5	6 Bus to Gosford & West Gosford 9am Nutriments Stall in the Community Centre 10am Meals on Wheels	7
8	9 10-12pm Darts Labour Day Public Holiday No Buses	10 10.00am Putt Putt Golf	11 10am KLOPS 10am Beginner's Art Classes REMEMBRANCE DAY	12	13 Bus to Gosford & West Gosford 10am Meals on Wheels	14
15	16 10-12pm Darts Bus to Gosford & West Gosford	17 10.00am Putt Putt Golf	18 10am KLOPS 10am Crafty Critters Group	19	20 Bus to Gosford & West Gosford 10am Meals on Wheels	21
22	23 10-12pm Darts Bus to Gosford & West Gosford 12pm-12.45pm Travelling Book Library Across from Drvewy E	24 10.00am Putt Putt Golf	25 10am KLOPS 10am Beginner's Art Classes	26	27 Bus to Gosford & West Gosford 10am Meals on Wheels 10am Robyn's Gift Stall Comm. Centre 4pm Happy Hour	28
29	30 10-12pm Darts Bus to Gosford & West Gosford		<i>If you are attending any activities in the Community Centre, you will need to book in at Reception and wear a mask.</i>	 EVER BEAN CAFE OPEN 9am- 2pm Monday-Friday Book at Reception for lunch.		PLEASE REMEMBER: When visiting your Community Centre, you will need to sign in, hand sanitise and practice social distancing + have your temperature checked.



This month's bird is the

THE RED WATTLEBIRD

By Les Blundell

The Red Wattlebird is one of four Wattlebirds found in Australia and is found mainly throughout the lower part of the continent from the east to the west coast except for Tasmania.

They are a large, noisy and aggressive honeyeater that feeds on flowers of eucalypts and other tree's and scrubs.

Whilst there is only a few found around the village they can often be seen in flocks of large numbers.

There call is a harsh cough or bark sometimes a slow grating growl, with the female having a more mellow tone.

They breed mostly from July to December and have a clutch of 2-3 eggs which incubate for 15-16 days.

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

President Carol Fraser opened the meeting on October 5th.

Minutes of meeting held September 7th, was read and received.

Correspondence out (Edited) from the September meeting went to Helen Wilson CEO thanking Helen for keeping the committee informed. We requested management review the bus situation, especially the shopping bus. We appreciate Helen and her staff for all that they do in keeping our Village safe from COVID however, it is also important that the mental health of our residents be considered. Many of our residents really miss the trips. Especially the shopping.

Correspondence was received from Helen Wilson CEO. (Edited)

Survey circulated to residents with invitation to have morning tea with Leadership Team. Request to council to repair uneven footpaths near the RSL.

As a large-scale fete or open day is not possible this year, we propose to hold a series of stalls in the Village and Lodge. Any assistance and suggestions gratefully received.

Looking at recommencing the Shopping Buses in mid-October.

Thanks for suggestions re Yallambee Avenue and also for feedback on our staff in the café.

It will be difficult to stage the usual Annual Management Meeting this year due to COVID-19 restrictions. We will proceed with a smaller representative group and suggest that the residents' committee attend, along with ten additional residents. Session will be recorded.

We are excited to announce that Yallambee Village has been certified as a signatory to the Retirement Living Code of Conduct! This code aims to set and maintain high standards in the marketing, selling and operation of retirement communities, including complaints and dispute management procedures.

The Village has committed to responsive and transparent procedures for complaints handling. We will effectively manage staff and facilities by providing clear policies, including the provision of ongoing training as required. Clear communication with residents and families is our priority and procedures we have in place will ensure your ongoing safety and wellbeing

Correspondence received and seconded.

Business arising from correspondence.

Letter of congratulations to be sent to Helen Wilson CEO and her staff in regards to their achievement in obtaining our Village being certified as a signatory to the Retirement Living Code of Conduct! Well Done!

Treasurers Report received and seconded.

In General Business a long discussion was held concerning the catering for the Christmas lunch. As this was not resolved, further investigation on the caterers will be looked at before making a final decision.

It was decided to hold betting on the Melbourne Cup on Tuesday 3rd November and residents to be kept informed.

The meeting closed at 3.35.

Next meeting 2nd November.

Please read the full minutes of this meeting which is posted on the notice board.

Whilst on early morning walks along the local cycleway I was intrigued by this rock plaque hidden away on the side of the bridge crossing Fagan's Bay and looking very neglected. The plaque commemorates the naming of the previous wooden bridge and named after Ralph Mortimer. I thought I would investigate "Who was Ralph Mortimer and what did he do?"

This is all I have been able to find. Ralph Mortimer replaced W.D. Davis as President of the Gosford RSL Club in the year 1972. However, he had only served a few months in office before a disastrous fire struck the club on January 22nd, 1973 rendering the club gutted within minutes and beyond restoration. He owned a menswear shop in Gosford.

Do any of our residents who were brought up in the local area have any knowledge of Ralph Mortimer? Did he accomplish anything of significance for the Gosford area? Let Margaret know for the next Horizon.

I have been informed that our lovely past resident and past Mayor of Gosford Dirk O'Connor worked hard and played a large part in instigating the building of the wonderful local Cycle/Walkway. The path is used by a large number of locals and visitors. A great achievement.

Looking forward to some fun on Melbourne Cup Day. Hope you back the winner.

Thanks for listening, Margaret.



Welcome To Our New Resident

Kerry Glynn

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

FREE MAPS

Travelling through the Midwest, I stopped at an Ohio welcome center to pick up a state map. I found plenty of brochures but no maps. Then I spotted two employees and asked whether they had any. "Sure," said the first guy. "I'll get you one." As he walked to the back, the second guy explained, "We keep them in the storage room. If we leave them out on the counter, people just come in and take them."

A DEAD MAN'S CREDIT

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 40 years didn't sway her. Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?" "Well, yes," she said reluctantly. "But that would ruin his credit."

PLEATS WILL COME BACK

I loved the dress that I bought at a flea market. It fit perfectly, and the skirt was a swirl of intricate pleats. I wore it confidently to an evening party and glowed when a woman exclaimed, "Oh, how stunning!" Yes, I was grinning from ear to ear, until she added cheerfully, "Hang on to it, honey. Pleats will come back someday."

IT LEFT ITS TRACKS

Here's my favourite dad joke, with me as the dad: Every Sunday on the way to church, we would have to stop at a railroad crossing. And each time, I'd tell my 12-year-old daughter, "A train just went by. Know how I can tell? It left its tracks." I got a moan the first couple of Sundays. After a while, every time we'd pull up to the crossing, all I had to do was look in the rear view mirror and she would smile. My daughter is now a college graduate and lives out of state, but every time I cross those tracks, I think of her.

OR WHAT?

My mother was hard of hearing and wore a hearing aid that she removed at bedtime. My dad would wait till she had put it on her nightstand and say, "Do you want to go to sleep or what?" Not being able to hear, she would inevitably respond with "What?" And that, my dad joked to me on numerous occasions, is the explanation for why I come from a very large family.

ARE YOU DUNN?

I grew up hearing my dad tell a joke about a Mrs. Dunn, whose son, Timmy Dunn, had left Ireland for America, never to be heard from again.

She discovered that Mike O'Malley was leaving for America and asked Mike to look for Timmy and tell him to write to her. Well, Mike looked for Tim everywhere he went, asking many a man whether he was Timmy Dunn, but to no avail. Then one day in a men's room, a man walked out of a stall. Mike asked him, "Are you Dunn?" The gentleman said, "Yes." Mike replied, "Well, why don't you write to your mother?!" When my 12-year-old brother heard Dad tell the joke for the hundredth time, all of sudden, he started laughing. "I finally got it!"

WHAT COMES NEXT

1. A bird in the hand.....
2. "I like the...."
3. "any boss who sacks anyone for...."
4. "Oh Toto, We're..."
5. Peter Piper Picked....
6. Eat, Pray,

ANSWERS

3. "not turning up today is a bum!"
5. a peck of pickled peppers.
2. "boy".
1. is worth two in the bush.
4. "not in Kansas anymore".
6. love.

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NOVEMBER BIRTHDAYS

Join us in wishing
Happy Birthday
to these wonderful residents.

13th NOVEMBER

Helen Young YV

17th NOVEMBER

Maria Rachfal YV

19th NOVEMBER

Kerry Glynn YV

21st NOVEMBER

Margaret Pond YV

Nancye Swanson YV

Sylvia Dawes YV

26th NOVEMBER

Stephanie Wilcox YV

YV = Yallambee Village

Horse Breeds

Find and circle all of the Horse Breeds that are hidden in the grid.
The remaining letters spell a quote by Herman Melville.



AKHALTEKE
ANDALUSIAN
APPALOOSA
ARABIAN
ARDENNES
AZTECA
BARB
BLACK FOREST
CASPIAN
CLYDESDALE
CRIOLLO
CURLY

FALABELLA
FRIESIAN
GYPSY
HACKNEY
HAFLINGER
HANOVERIAN
HOLSTEINER
ICELANDIC
IRISH SPORT
JUTLAND
KATHIAWARI
LIPIZZANER

LUSITANO
MARWARI
MINIATURE
MISAKI
MONGOLIAN
MORAB
MORGAN
MUSTANG
OLDENBURG
PAINT
PERCHERON
QUARTER

SADDLEBRED
SENNER
SHIRE
STANDARD BRED
SUFFOLK
THOROUGHBRED
TRAKEHNER
WALER
WELSH COB

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:

Andres Moreno YV • Eric (Don) McKenna YL

Our sincere condolences.

In Flanders Fields

by
John McCrae

*In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders Fields.*



*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.*



CHICKEN KIEV WITH WARM PEA SALAD

INGREDIENTS

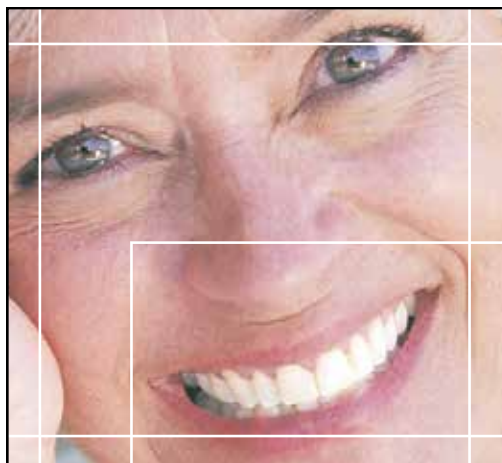
- 700g pkt Coles Australian Chicken Breast Kiev
- 4 bacon rashers, chopped
- 500g pkt Coles Frozen Peas, thawed
- 2 spring onions, thinly sliced
- 40g garlic butter

METHOD

Step 1: Preheat oven to 200°C. Line a large baking tray with baking paper. Place chicken on lined tray. Bake for 25 mins or until golden and cooked through.

Step 2: Meanwhile, heat a medium frying pan over high heat. Cook the bacon, stirring, for 5 mins or until crisp. Add the peas and cook, stirring, for 5 mins or until the peas are heated through. Stir in the spring onion and butter. Cook for 1-2 mins or until the butter melts.

Step 3: Divide the pea mixture and chicken among serving bowls.



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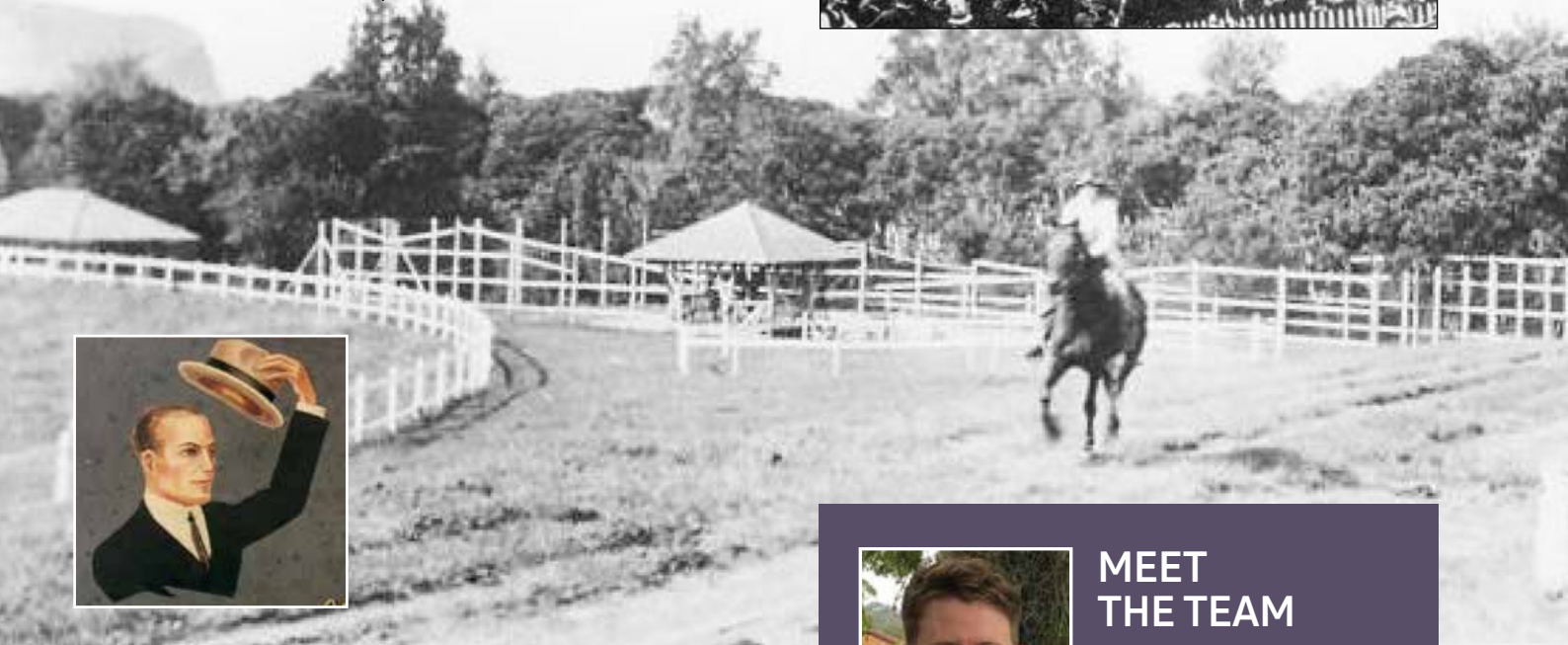
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Gosford Racecourse crowds, 1923



History of Gosford Racecourse

A horse rider at Avoca Beach, 1922



The 2020 Melbourne Cup reminds us that horse racing in Gosford was always popular, although it did not become official until a jockey club was formed in 1877. Racing was held in a straight-line (no oval) and the track was located in an area which today forms part of the golf course.

In the beginning, racing was rough and ready with no fencing or barriers dividing spectators from the action, and the jockeys were weighed using a butcher's spring balance hung from the stout branch of a nearby tree. Formal dress was required for all although few women attended as it was generally seen as a sport for men.

Today's Gosford racecourse was established in 1913, when its grand opening included running special trains carrying spectators from Sydney and Newcastle. For many years, a spur railway line ran from Gosford to the racecourse, running beside the Central Coast Highway and past today's Burger King and Red Rooster.

The Fagan family raced several successful horses and one of the sons, George Fagan, corralled his horses near his house 'Oak Haven' on land which is now occupied by the Galaxy Hotel. No doubt he sometimes exercised his animals on the peninsula of land where Evergreen stands today.

Written by Peter Fisher

Photos: Central Coast Library Service.



MEET THE TEAM

Heath Banks

CHEF @ EVERGREEN CAFÉ

When did you start at Evergreen?

I started early in September.

What do you like so far about working here?

My work life balance! I like that I have a degree of control and freedom with my job and that I work with so many wonderful people!

What do you like to do in your spare time?

Socialising with friends and family.

Is there anything else we should know?

I love taking my dog to the beach!

