



DAYLIGHT SAVING

SUNDAY 4TH OCTOBER

Put your clocks **FORWARD**
1 hour on Saturday night 3rd October
before you go to bed.



CEO MESSAGE



Welcome to the October Edition of Horizons.

As we get closer to Christmas, it is gratifying to see a decline in COVID-19 transmission across the country. We are now able to safely introduce a few more social activities, albeit with extra precautions.

Our team are planning a series of rolling stalls at the Lodge and Village instead of our usual Fair and Open Days. This will be a good opportunity to pick up a few presents for Christmas and give a slight taste of festivities to come.

I invite Village residents to be our guest at a Chat with the Chiefs morning tea and hope to meet with many of you there.

Please be aware that school holidays have commenced and take extra care if you are out and about, as there will be many people visiting our region from metropolitan areas.

Hands, masks, social distance!

Regards,

Helen

Happy 100th Birthday Heather!



On 3rd September 1920 - John and Anita McLeod welcomed Heather Anita Emily McLeod into this world. Heather was their first daughter - with a sister - Nance born the following year. Heather enjoyed her school years, where she developed a love of reading. The family enjoyed many holidays in Cronulla and Umina Beach.

After completing her Intermediate Certificate, Heather worked in a Freight Company Office as a Clerk. During the war years, Heather worked in communications where she learnt Morse Code and helped in a cafe in Hyde Park feeding returned soldiers.

After WW11 the family moved to Umina Beach and Heather joined a local tennis club where she met her husband to be - Robert Whitehead.

Continued on page 4.

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- > Great Recipe for October
- > Birthday Celebrations
- > Missing Word
- > Laughing Out Loud + Quiz + Facts
- > Resident Committee Update



OPENING HOURS:

Mon-Fri: 9am - 2.30pm

Bookings are essential!

Everbean Café is flourishing with the addition of our new chef Heath Banks! Together with Café Manager Jo, they are coming up with some tasty new dishes to suit everyone! Everbean Café now offers a daily main meal special, homemade desserts and cakes, a delicious Angus Burger with chips, salads, a tasty bacon and egg roll, toasted sandwiches and excellent coffee made by Jo!



With the warmer weather, it's a great reason to visit the Community Centre for a coffee with a friend or for lunch! We have outdoor seating available in the BBQ area.

We take extra precautions to ensure the safety of our patrons during the COVID-19 pandemic. Masks are required on entry to the Community Centre, temperatures are checked, and screening responses required.

We'd love to see you there – please call Reception to book your table!

EXCITING NEW MEAL INITIATIVE!

Evergreen has partnered with a local community organisation to bring discounted meals for eligible residents at Everbean Café!

If you would like to find out if you are eligible or how you can benefit from this new programme, please call Reception!

Chat with the Chiefs

Our CEO, Board Members and management are inviting residents of the Village to join them for a coffee and chat in Everbean Café.

Individuals or couples can book a session by contacting the Village Reception.

This is in place of the CEO BBQ that would normally be held in October.

We will also be gathering your feedback on our services and ideas for improvement.

We hope to see you there!



John Hubbard
(with doggo Lana)

Not meant to Bee

Recently it was discovered that a swarm of bees had chosen Yallambee Village as a lovely place to live!

This industrious bunch built a hive under the steps near Unit 76. When John raised the concern, we, called in the experts, Marlene and Michael from Bee Swarms to investigate! Marlene and Michael told us the hive contained thousands of bees! In Winter, bees actually hibernate, and with the warmer weather they had come out of hiding!

Bee Swarms successfully removed the hive (with no bee stings) and this was relocated to a safe place where the bees can happily continue making honey! Bees are amazing little creatures and essential to our ecosystem.



Lodge Refurbishments Upgrades

All major works in the Lodge have paused due to the pandemic, except for those essential to maintain compliance and access. Contractors are subject to the same screening and precautions as other visitors.

- ☑ A new hot water plant was installed in September and an upgrade is underway to storage/utility space.
- ☑ The electrical switch board upgrade in the Lodge started in September and will be finished by December.
- ☑ A replacement lift has been ordered and is due to arrive February/March 2021.

Retirement Living Code of Conduct



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. Debbie Chew is the Code Compliance Officer who will be ensuring that we are compliant with the Code.

We believe that our commitment to the Code and the policies and procedures we have in place will ensure your ongoing safety and wellbeing!

Where did daylight saving come from and which states have it?



When is daylight saving and who has it?

In the Australian states that have it, daylight saving – no s on the end, although it's often referred to as savings – always begins at 2am on the first Sunday in October and ends at 2am (which is 3am daylight saving time) on the first Sunday in April.

Governments can vary this for special occasions: the Olympics in September 2000 prompted early daylight saving in some states, and all states delayed the end of daylight saving for the Commonwealth Games in 2006. Queensland, the Northern Territory, Western Australia, Christmas Island and the Cocos (Keeling) Islands don't have daylight saving.

Around the world, more than 70 countries move their clocks back and forward each year, including the US, Canada, Mexico, New Zealand and even Antarctica – more than one billion people across the world.



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

REGULAR ACTIVITIES BOOK THROUGH RECEPTION

Residents BBQ

Saturday 2nd October 2020 11.00am

Community Centre. Bring your own food and beverage and sense of humour. Come along and join in meeting other residents in the village.

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 30th October 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 Wednesday 21st October 2020 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.



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

**Community Restaurant
Meals On Wheels & Broadwater Day Club**

Have suspended all gatherings until further notice.

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VISITING EVERGREEN

Wednesday

14th October

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Happy 100th Birthday Heather!

Continued from Front Cover:

They married in April 1953 and began their life together in Bermagui where Heather found her love of cats - there was always a cat in her home after this.

A few years later they moved to Woy Woy, where Heather and Bob worked together to build their business - Bobs Taxi Truck. Heather's love for animals saw their house become home for local birds, her dogs, her beloved cat Nita, and even a pond full of fish and turtles.



After many years, Bob and Heather moved to Ettalong Beach, where they enjoyed many morning swims. They bought a Camper and travelled for six months around Australia with Heather's sister and her husband. After many years at Ettalong they moved to Gosford RSL Leisure Living, sadly Bob passed in 2015 at the age of 97.

Heather's niece Jan says that Heather is an amazing aunt who gave her nephews and nieces many fun holidays and a lovely Christmas party every year where they exchanged presents and went swimming!

Heather celebrated her 100th Birthday in style with a gorgeous tiara along with staff at Yallambee Lodge. Facility Manager, Ann Young said, "The wonderful staff at Yallambee Lodge ensured that Heather had an amazing birthday with recognition from the Governor General, the Queen and local members to celebrate her century. The most important thing to Heather was tasting the very special cake". Evergreen is privileged to have been able to celebrate this auspicious occasion with Heather!

AT HOME AND SAFE IN THE LODGE

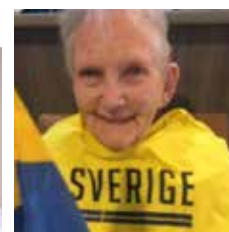
LOTS OF FUN & ACTIVITIES



In September in the Lodge we had lots of fun activities and events such as Wine and Cheese Tasting, Talk like a Pirate Day, Korean Multi Cultural Day and of course Father's Day. The weather is warming up, so a lot of our activities are held out in the

courtyard in the sunshine. The residents are happy to get a bit of Vitamin D. The children from Kariong Neighbourhood Centre have sent in some shortbread biscuits and lovely cards for the residents which they loved.

SWEDEN MULTI CULTURAL DAY



HAPPY FATHER'S DAY



AT HOME AND SAFE IN THE LODGE

JIM ROCKING THE MARACA'S



Things that happened in OCTOBER

1. The Ford car went on sale in 1908.
2. Australian Children's Classic 'The Magic Pudding' was published in 1918.
3. Agatha Christie's play 'The Mouse Trap' opened in the West End of London in 1952 and is still running today.
4. Heinz & Company in Australia began producing tinned baked beans in 1935.
5. The Australian/New Zealand dessert 'The Pavlova' is named after Ballerina Anna Pavlova in 1935.

HAPPY OCTOBER BIRTHDAY to all these wonderful residents!



- 1st Anthea Murray
- 2nd Joyce Barsi
- 8th Margaret Swann
- 10th Daniel Paramanandhan
- 18th Albert Woodward
- 20th Allan Jones
- 23rd James Ramm

OKTOBERFEST Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- | | | | |
|------------|-----------|-------------|------------|
| ACCORDION | BRATWURST | GERMANY | PRETZELS |
| AUTUMN | CAROUSEL | KEG | RADISH |
| BAVARIA | COSTUME | LEDERHOSEN | SAUERKRAUT |
| BEER | DANCING | MUNICH | SINGING |
| BIERGARTEN | DIRNDL | OKTOBERFEST | TANKER |
| BRASS BAND | DUMPLINGS | POLKA | TENT |



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OCTOBER IN THE LODGE



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
| | | | | 1 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge | 2 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge | 3 2pm Documentary <i>The Celluloid Heroes</i> in the Main Lounge |
| 4 2pm Movie <i>THE REIVERS</i> in the Main Lounge | 5 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge | 6 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Craft: Ice Cream Cone in the Main Lounge | 7 9.30am Residents Meeting in the Main Lnge 11am Music, Music Music 2pm Wacky Wednesday <i>Grace Bedell's Letter to Abraham Lincoln</i> in the Main Lnge | 8 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge | 9 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge | 10 2pm Documentary <i>West Australia Flora</i> in the Main Lounge |
| 11 2pm Movie <i>CARRY ON CLEO</i> in the Main Lounge | 12 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge | 13 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Craft: Pipe Cleaner Card in the Main Lounge | 14 9.30am Move & Groove 10am Quiz Time 2pm Wacky Wednesday <i>Wine & Dip Tasting</i> in the Main Lnge | 15 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge | 16 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lnge | 17 2pm Documentary <i>Alaska</i> in the Main Lounge |
| 18 2pm Movie <i>STAKEOUT</i> in the Main Lounge | 19 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge | 20 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Craft: Paddle Pop Stick Creation in the Main Lounge | 21 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Wacky Wednesday <i>Sydney Harbour Bridge</i> in the Main Lnge | 22 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Bingo in the Main Lounge | 23 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge | 24 2pm Documentary <i>Frank Sinatra</i> in the Main Lounge |
| 25 2pm Movie <i>HOME FIRES BURNING</i> in the Main Lounge | 26 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge | 27 OKTOBERFEST 9.30am Move & Groove 10am Oktoberfest Quiz 11am Music, Music Music 2pm Pretzel Decorating in the Main Lounge | 28 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Wacky Wednesday <i>The Orient Express</i> in the Main Lnge | 29 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge | 30 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Music Appreciation in the Main Lounge | 31 2pm Documentary <i>Anne Frank</i> in the Main Lounge |

OCTOBER IN THE VILLAGE



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|-----------|--|--|
| If you are attending any activities in the Community Centre, you will need to book in at Reception and wear a mask. | Management is hoping to recommence shopping buses in late October and will confirm after the school holidays. | PLEASE REMEMBER: When visiting your Community Centre, you will need to sign in, hand sanitise and practice social distancing + have your temperature checked. | EVERBEAN CAFÉ OPEN 9am- 2pm Mon-Fri Book at Reception for lunch. | 1 | 2 | 3 11am Residents BBQ BYO food and drinks Please book at reception limited seating |
| 4 Daylight Saving begins today. | 5 10-12pm Darts Labour Day Public Holiday | 6 9.30am Chats with Chiefs | 7 9.30am Chats with Chiefs 10am KLOPS 10am Crafty Critters Group 11am Fruit & Veggie | 8 | 9 | 10 |
| 11 | 12 9.30am Chats with Chiefs 10-12pm Darts | 13 9.30am Chats with Chiefs | 14 9.30am Chats with Chiefs 10am KLOPS 10am Beginner's Art Classes 11am Fruit & Veggie | 15 | 16 MOW Community Restaurant Numbers Limited Bookings Essential | 17 |
| 18 | 19 9.30am Chats with Chiefs 10-12pm Darts 12pm-12.45pm Travelling Book Library Across from Drvewy E | 20 9.30am Chats with Chiefs | 21 9.30am Chats with Chiefs 10am KLOPS 10am Crafty Critters Group 11am Fruit & Veggie | 22 | 23 MOW Community Restaurant Numbers Limited Bookings Essential | 24 |
| 25 | 26 9.30am Chats with Chiefs 10-12pm Darts | 27 9.30am Chats with Chiefs | 28 9.30am Chats with Chiefs 10am KLOPS 10am Beginner's Art Classes 11am Fruit & Veggie | 29 | 30 MOW Community Restaurant Numbers Limited Bookings Essential 4pm HAPPY HOUR Comm Centre | 31 |

Evergreen Bird Life



This month's bird is the THE BROWN HONEYEATER

These small honeyeaters are one of 55 honeyeaters native to Australia and are found mainly north of the continent from Sydney right across the top and down to the south west of W.A.

They have a clear, ringing musical song with a rapid trill.

They feed mainly on nectar from Australian natives but also from exotics such as Camellia's, they also feed on insects.



They are sedentary and quite common in the eastern part of the village.

They breed from June to February and their nest is small and neat and hangs from a rim in a shrub, fern or tree from very low to 5M up and have approx: 2-3 eggs.

By Les Blundell

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

Minutes of the Committee Meeting held Monday September 7, 2020.

President Carol Fraser opened the meeting at 2.35pm and thanked all for their attendance.

Correspondence Out (edited) from the August meeting (1) To Helen Wilson CEO thanking for her correspondence and keeping us up to date with happenings in our Village. Also passing on to Helen the committees' views in regard to untidiness around back area of gardens. Traffic travelling through our Village doing well over the speed limit was discussed and suggestions for placement of signs speed humps etc. were passed on. (2) Letter to resident thanking for correspondence on gardens.

Correspondence was Received from Helen Wilson CEO with (edited) update on the following: 1. Yallambee Village Gardens. Our newest volunteer (Mick) has joined the maintenance team. 2. Community Centre remains open with limited range of activities. Management will continue to review and update COVID-19 precautions. Masks mandatory when entering the Community Centre, an important addition to other precautions of hand hygiene and keeping 1.5 metres apart. We now have an automatic thermometer on a stand in the foyer, to make temperature screening easier and a perspex screen commissioned for the Reception desk. 3. Café Update. Please join us in welcoming Heath Banks, our new chef, who is working alongside Jo Lewis in the Café. They are developing an expanded menu to cater for a broader range of tastes in the village. 4. Speed Signs. We will look into the signage as a priority this month.

A letter also received from Kaye Thompson with several suggestions on the problems of traffic through the village and along Yallambee Avenue.

Treasurers Report received and seconded.

General Business. Further discussion was held on the traffic problem. Date for the Christmas luncheon was looked at and as things are still up in the air with COVID-19 it was decided to put a tentative booking on the auditorium for Tuesday 8th along with Wednesday 9th December in the hope we can hold the luncheon in two sessions. Many of our residents are badly missing the Village bus outings especially the shopping bus and this was fully discussed. Management to be contacted re the possibility of at least getting the shopping bus running with a willing driver and precautions in place of course. *New residents to be welcomed to our Village.*

**The meeting closed at 3.35pm.
Next meeting Monday 5th October.**

*Please read the full minute of this minute posted on the Notice Board.
A copy also available at reception.

Committee has obtained all the equipment necessary for Putting, Croquet and Table Tennis. If you wish to play any of these games can you please let our receptionists know what day suits you and we will endeavour to get some weekly games going. Tuesday has been suggested for Putting.

Saturday afternoon movie?
Anyone interested?

Love gardening? There are a couple of plots on the back path behind the workshop looking very overgrown and neglected just waiting for some TLC. If interested let Steve know and he will post your name on the plot. Nothing tastes better than fresh veges from the garden. Yummy.

A garden is a lovely place, where seeds burst through the sod.

A garden is a partnership, Between two hands and God.

*Enjoy a happy October everyone.
Margaret.*

Welcome To Our New Residents

**Betty Niblett, Val McElhinney,
Roy Caswell & Maggie Du Pille**

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 + QUIZ & FACTS

DOG AT THE PARK

I can't take my dog to the park because the ducks keep trying to bite him...

I guess that's what I get for buying a pure bread dog.

MAKE UP YOUR MIND

Our generation never got a break. When we were young, they taught us to respect our elders...

Now that we are older, they tell us to listen to the youth of the country.

OLD ENOUGH TO DO AS I PLEASE

A boy, frustrated with all the rules he had to follow, asked his father, "Dad, how soon will I be old enough to do as I please?"

The father answered immediately, "I just don't know, son. No male has ever lived that long yet."

AUSTRALIA HAS THE WORLD'S LARGEST SAND ISLAND, WHAT IS IT CALLED?

North Stradbroke Island
Snake Island
Fraser Island
Moreton Island

Answer: Fraser Island QLD

JUMBLE WORDS

1. *Swashbuckling heart throb of yesteryear*
lrEro ynFln
2. *Fred Astaire's nickname*
Yddad gsgleol
3. *Who was known as "Chairman of the Board"?*
kFnra tarnSia
4. *Who asked "Who's on first, what's on second"?*
tobAbt nda letolsCo
5. *Who was the book "Mommy Dearest" based on?*
nJao wfdarCro
6. *Who said "I want to be alone"?*
aterG obraG

Answers:

1. Errol Flynn
2. Daddy Longlegs
3. Frank Sinatra
4. Abbott and Costello
5. Joan Crawford
6. Greta Garbo

WHICH RIVER RUNS THROUGH ALICE SPRINGS?

Finke River
Palmer River
Hale River
Todd River

Answer: Todd River WA

WHERE WOULD YOU GO FOR A SELFIE WITH A QUOKKA?

Rottnest Island, WA
Fitzroy Island, QLD
Launceston, TAS
Geelong, VIC

Answer: Rottnest Island WA

DID YOU KNOW....

David Bowie was such a huge fan of the Australian classic "A Country Practice", he had the episodes flown over from Australia to Switzerland each week. He also personally invited the show's star Shane Porteous (Dr. Elliot) backstage at his Sydney concert.

There were 16 "Skiippies" throughout the entire series in the 1960's. When the actor Frank Thring appeared as a guest on the show, he asked why a hessian bag on the floor was moving. When told "Skiippy" was inside, he said "My God, if that's the star's dressing room - what's mine like?" During one episode, producers plied an emu with alcohol to make it more manageable for shooting scenes, and bushfire scenes were always shot without official approval! The times obviously preceded OHS!



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OCTOBER BIRTHDAYS

Join us in wishing
Happy Birthday
to these wonderful residents.

| | |
|-------------------------|----|
| 2nd October | |
| Ron Wallace | YV |
| Margaret Husband | YV |
| 4th October | |
| Margaret Robinson | YV |
| 5th October | |
| Fritz Baumung | YV |
| 6th October | |
| Sonia Williams | YV |
| 8th October | |
| Eileen Horton | YV |
| 10th October | |
| Moirra O'Neil | YV |
| Joan Leegwater | YV |
| 11th October | |
| Lauretta Clews | YV |
| 12th October | |
| Beverley Pinnock | YV |
| 13th October | |
| Thelma Carter | YV |
| Jan Muldoon | YV |
| 17th October | |
| Yvonne Eames | YV |
| 19th October | |
| Lou D'Adam | YV |
| 21st October | |
| Nan Richards | YV |
| 22nd October | |
| Ann Loudon | YV |
| Pauline Orchin | YV |
| 31st October | |
| Mary Young | YV |

YV = Yallambee Village

Candy

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



| | | | |
|----------------|-----------------|------------------|---------------|
| ALMOND JOY | CRACKER JACK | LIFESAVERS | POP ROCKS |
| BABY RUTH | DUBBLE BUBBLE | LOLLIPOPS | RED HOTS |
| BAZOOKA GUM | GOOBERS | MILK DUDS | SEN-SEN |
| BOTTLECAPS | GUMMI BEARS | MILKY WAY | SLO-POKES |
| BUBBLE YUM | HERSHEY KISSES | MOUNDS | SMARTIES |
| BUTTERFINGERS | HUBBA BUBBA GUM | NECCO WAFERS | SOUR BALLS |
| CANDY NECKLACE | JAW BREAKERS | OH HENRY | SWEETARTS |
| CHICLETS | JUJUBES | PEPPERMINT PATTY | TOOTSIE ROLLS |
| CHUCKLES | KIT KAT | SPEARMINT LEAVES | TWIX |
| CLARK BAR | LEMON DROPS | PUMPKIN SEEDS | TWIZZLERS |
| COFFEE CRISP | LICORICE PIPE | PEZ | WAX LIPS |

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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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:

Don Lane YL - Jim Howarth YV - Allan Eagle YL
& John Mayo YV

Our sincere condolences.



TUNA & BROCCOLI SALAD WITH HUMMUS DRESSING

INGREDIENTS

- 125g tub Uncle Ben's® Microwave Brown Rice Cups
- 1/3 small head broccoli, cut into small florets
- 95g can tuna in spring water, drained
- 6 grape tomatoes, halved
- 20g baby spinach
- 2 tablespoons low-fat hummus
- 1 1/2 tablespoons lemon juice

METHOD

Step 1

Microwave rice following packet directions.

Step 2

Place broccoli and a little water in a small microwave-safe bowl or container. Microwave, partially covered, for 2 minute or until just tender.

Step 3

Place rice, broccoli, tuna, tomato and spinach in a bowl. Toss gently to combine.

Step 4

Combine hummus, lemon juice and 2 teaspoons water in a small bowl or glass (see notes). Drizzle over salad. Serve.

NOTES

Depending on the brand of hummus you use, you may need to add an extra 2 teaspoons water if the dressing is still a little thick.

If transporting this salad, store the dressing in a separate small airtight container. Add to salad just before serving.

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AT YALLAMBEE LODGE HAIR STUDIO

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Somersby Falls

Henry & Annie Pile



Somersby Falls near Kariong is one of the Central Coast's oldest tourist attractions. It is a series of magnificent waterfalls belonging to Floods Creek, which is inside a rainforest gully running from Somersby all the way down to the Mooney Mooney bridge.

The Pile family became the first Europeans to settle here and they found emus, koalas, wallabies, dingoes and fields of wild flowers. The bullock track up the mountain was notoriously rough and it is reported most of their china and ornaments were smashed on the way up. But they made themselves at home and the children adopted a wild emu as a pet.

Henry Pile took an interest in the falls and he cleared walking tracks and built stone steps. This tradition of local resident volunteers caring for and improving Somersby Falls continued right up until the 1980s, when it became part of Brisbane Water National Park.

Despite its isolated location, by the early 1900s tourists had started to flock to the falls. In the 1920s it was estimated on one Easter weekend over 200 cars visited the site.

The only complaint from tourists was the lack of council signage showing the way and the dreadful state of the roads.

Today the falls are still as popular as ever.

Written by Peter Fisher

Somersby Falls Image Courtesy of Barb Scott

MEET THE TEAM

Helen Saba CSE



When did you start at Evergreen?

19 June 2020

What do you like so far about working here?

Having a harmonious relationship with most of my co-workers; thus, being able to deliver an effective care for the residents. And, the support and considerations given by my superiors.

What do you like to do in your spare time?

Relax in the beautiful beaches of Central Coast.

Anything else we should know?

I love to cook, watch sports i.e., Tennis, Basketball, Volleyball. And watching Netflix.