



CEO MESSAGE



Welcome to the December issue of Horizons!

Last month saw an increase in our freedoms with the relaxation of COVID-19 safety precautions. It was lovely to see people enjoying themselves at the Melbourne Cup function, Peter Fisher's book launch in the cafe, Christmas stalls and scenic bus trips at the Lodge.

This month we have included a brief report on the village resident satisfaction survey and interviews held in October – a more detailed report is available at reception for those interested.

A reminder to Residents that the Corporate office and Everbean Cafe close for 2 weeks from 19th December to 3rd January. The Lodge services and the Village emergency response will continue to function normally. Village residents can make prior arrangement with the café if meals are required during this period.

With Christmas just around the corner, we are hoping that low levels of community transmission will enable us to celebrate properly with friends and family this year.

On behalf of the Board and Staff at Evergreen Life Care, I wish you joy and peace during the holiday season.

Kind Regards, **Helen**



INSIDE THIS ISSUE

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Beautiful Balcony Gardens



Remembrance Day 2020



Lodge residents had a lovely Remembrance Day morning tea and laid wreaths at the Memorial.



Village residents remember...

What you need to do.

Use your yellow
lid bin correctly.



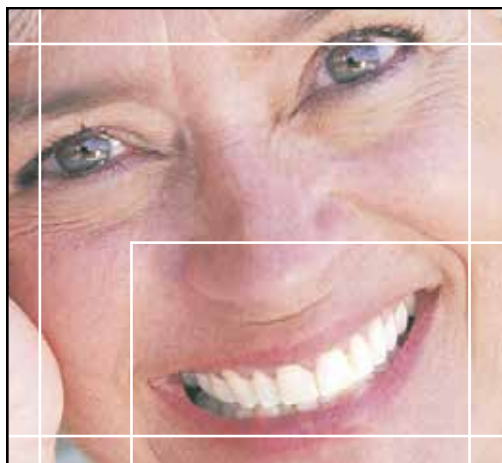
What belongs in the yellow lid bin.

- Aluminium and steel tins and cans
- Aerosol cans – these need to be empty
- Aluminium foil – scrunch into a tennis size ball before it goes in
- Glass bottles and jars – separate metal lids and place small ones in an empty tin
- Plastic soft-drink and water bottles
- Plastic food containers, tubs, trays and fruit punnets
- Juice and milk bottles
- Plastic containers for laundry liquid and powder, shampoo, conditioner, hand and body wash
- Newspapers, magazines and advertising materials – please remove plastic wrapping before adding to the bin
- Egg cartons
- Envelopes – even those with clear plastic windows
- Cardboard boxes including empty pizza boxes – remove any food scraps before putting them in the yellow lid bin.

What doesn't belong in the yellow lid bin.

- Plastic bags and soft plastics such as bread bags, biscuit and confectionery packets, frozen food, rice and pasta bags
- Polystyrene such as meat trays and foam packaging
- Light globes, mirrors and window glass
- Crockery, drinking glasses and Pyrex
- Sharps and syringes
- Nappies
- Tissue paper and napkins
- Mixed materials – this means items that combine cardboard, metal, plastic, or foil.

For example, waxed cardboard containers such as milk cartons, coffee cups or ice cream containers. Or juice tetra packs, coffee and hot chocolate containers – which usually have a cardboard body, metal base, and foil lining.



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- ~ MEDICARE ACCREDITED

4324 5749

**2/6 BURNS CRESCENT
GOSFORD 2250**

OUT AND ABOUT IN THE VILLAGE

Melbourne Cup Fashion on the Fields



Beth -
Best Dressed Female



Lambert -
Best Dressed Male



Bev - Best Hat



Yvonne



Clare, Lesley and Steph



Pat and Margaret



Joan

Village Feedback

In October we distributed a survey and held a series of 1:1 chats with residents from Yallambee Village. We were pleased to hear that all who participated reported that our staff are polite and responsive. The majority of participants report that staff treat them with dignity and respect their privacy. They are also happy with the unit size, decor, security and maintenance.

Our team are grateful for the lovely feedback and comments such as:

"There is never a second – day or night – when I don't feel safe and secure".

"We enjoy the freedom this Village gives. Such a pleasant place to live and the staff are lovely".

Respondents were divided on our management of the pandemic:- many complimented us on actions taken to keep the community, while some felt isolated and would have liked more activities to recommence sooner.

We have actioned a number of items since the survey:

- **Additional volunteers have been recruited again to assist with the gardens**
- **A feedback/suggestion box has been placed at reception in the Community Centre**
- **We have booked a fire evacuation drill for the beginning of January**
- **We are trying to avoid the use of acronyms in our newsletters**

Other plans include the development of a resident handbook and a review of the range of support services on offer.

Thank you to all Village residents who completed the satisfaction survey or participated in Chat with the Chief's morning teas. We always appreciate your feedback and suggestions.

REGULAR ACTIVITIES

BOOK THROUGH RECEPTION

Residents BBQ

Saturday 5th December 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 returning in JANUARY 2021.

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 Wed 16th December 2020 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.

NEW ACTIVITY!! 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.

Resuming January 15th 2021.

Merry Christmas and a Happy New Year from all of us at Meals on Wheels Community Restaurant see you all in the New Year.

Yallambee Lodge HAIR STUDIO

AT YALLAMBEE LODGE HAIR STUDIO

Thankyou for all your ongoing support.

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AT HOME AND SAFE IN THE LODGE

November was another eventful month. The Residents enjoyed Melbourne Cup Day with Champagne, nibbles and many happy winners in the Sweeps.

We had a lovely Morning Tea for Remembrance Day out in the courtyard with a few of the residents helping to place a wreath on the Cenotaph.

The Scenic Ice Cream Bus outings have recommenced with a lot of happy people enjoying a trip around the coast and of course a McDonalds Ice Cream.



Christmas Stall @ The Lodge

A Christmas Gift Stall will be at the Lodge Wednesday 2nd December. This is a great opportunity to pick up some Christmas Gifts with FREE Gift Wrapping for any resident who makes a purchase!

Melbourne Cup Day



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VISITING EVERGREEN
Wednesday
2nd December

AT HOME AND SAFE IN THE LODGE

In the year...

1913

The Ford Motor Company introduces the continuously moving assembly line, producing a complete automobile every two-and-a-half minutes. It was the first true "mass production" system.



1854

Eureka Stockade: In what is claimed by many to be the birth of Australian democracy, more than 20 goldminers in Ballarat, Victoria, are killed by state troopers in an uprising over mining licences.



1934

Film *Bright Eyes* premieres starring Shirley Temple and featuring the song "On The Good Ship Lollipop".



1542

Princess Mary Stuart succeeds her father James V and becomes Queen Mary 1 of Scotland at 6 days old.

WORD SEARCH Santa's Reindeers

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



DASHER
DANCER
PRANCER
VIXEN
COMET
CUPID

DONNER
BLITZEN
RUDOLPH
SANTA
SNOW
FLY

MAGIC
SLEIGH
CHRISTMAS
PRESENTS
CHIMNEY
STOCKINGS



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

12th Max Daniel

18th John Aird

20th Patty



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DECEMBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip around the Central Coast	2 9.30am Residents Meeting in the Main Lnge 11am Music, Music Music 2pm Wacky Wednesday Christmas Card Making in the Main Lnge	3 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	4 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	5 2pm 48 Wishes in the Main Lounge
	6 2pm Documentary IF I WERE AN ANIMAL 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 Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip around the Central Coast	9 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday National Fairy Floss Day 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 Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge
13 2pm Documentary MAGICAL LAND OF OZ 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 Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip around the Central Coast	16 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Christmas Bauble Craft in the Main Lnge	17 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	18 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	19 2pm Fred Claus in the Main Lounge
20 2pm Documentary DANCING WITH THE BIRDS 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 Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip around the Central Coast	23 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday What is your favourite ice cream flavour in the Main Lnge	24 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	25 2pm Movie: CHRISTMAS WONDERLAND in the Main Lounge	26 2pm Midnight at the Magnolia
27 2pm Documentary LIFE ON OUR PLANET in the Main Lounge	28 2pm Movie: The Guilt Trip in the Main Lounge	29 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip around the Central Coast	30 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday New Years Resolutions in the Main Lnge	31 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Happy New Year Party in the Main Lounge		

DECEMBER IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 EVER BEAN CAFE OPEN 9am- 2pm • Mon-Fri Book at Reception for lunch. <i>Last day Friday 18th Dec.</i> <i>Returning Mon 4th Jan.</i>		1 10.00am Putt Putt Golf	2 10am Crafty Critters Group KLOPS Returning 6th January 2021	3	4 Bus to Gosford & West Gosford	5 11am Resident's BBQ
6	7 10-12pm Darts Bus to Gosford & West Gosford 12pm-12.45pm Travelling Book Library Across from Drvewy E	8 11.30am RESIDENT'S CHRISTMAS PARTY Cost: \$25 <i>Limited Seating</i>	9 11.30am RESIDENT'S CHRISTMAS PARTY Cost: \$25 <i>Limited Seating</i>	10	11 Bus to Gosford & West Gosford	12
13	14 10-12pm Darts Bus to Gosford & West Gosford	15 10.00am Putt Putt Golf	16 12.00pm CEO CHRISTMAS LUNCH Please book at Reception <i>Limited Seating</i>	17 12.00pm CEO CHRISTMAS LUNCH Please book at Reception <i>Limited Seating</i>	18 Bus to Gosford & West Gosford	19
20	21 10-12pm Darts Bus to Gosford & West Gosford	22 10.00am Putt Putt Golf	23	24	25 MERRY CHRISTMAS!	26 BOXING DAY
27	28 10-12pm Darts Bus to Gosford & West Gosford	29 10.00am Putt Putt Golf	30	31 NEW YEAR'S EVE	If you are attending any activities in the Community Centre, you will need to book in at Reception and wear a mask.	PLEASE REMEMBER: When visiting your Community Centre, you will need to sign in, hand sanitise and practice social distancing + have your temperature checked.

Evergreen Bird Life

This month's bird is the

THE RED-BROWED FINCH



The RBF can be found around the east coast of Australia from the tip of Cape York to Adelaide in the coastal scrubs, mangroves and heaths.

Highly sociable and in close knit flocks they can be seen foraging on the ground and occasionally perched on grass stems to reach seed heads.

They are common, sedentary or locally nomadic and when flushed from the ground the flock departs in a slightly undulating flight.

They breed in the south from Sep-Dec often with several broods with the nest site in a dense bush or tree from 1M to 3M off the ground.

They have a clutch of 5-8 and are incubated by both sexes with the young fledging by 24 days.

By Les Blundell

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

The meeting opened Monday, November 9th Carol Fraser presiding.

Correspondence out to (1) Jo Lewis manager of Everbean Café requesting Jo to cater for the Residents' Christmas luncheon on 8th and 9th of December. (2) To Helen Wilson CEO congratulating Helen and her staff on the great achievement of having our Village certified as a signatory to the Retirement Living Code of Conduct. (3) To Jan Sheehy of Yallambee Lodge, Ruth Moselin and Lynette Field thanking all for the care, time and effort taken in looking after the Lodge Kiosk during the Covid situation. Thanks also to Ruth for the lovely statue donated to our Recreation Area.

Correspondence was received from Helen Wilson CEO. Steve looking at pedestrian crossings and painting of same throughout the Village. Exploring shade options for the recreation area. Will proceed with the CEO BBQ in December. AGM scheduled for November 17 and copy of Quarterly Accounts. Letter also from Michelle Croft with list of Volunteer drivers.

Treasurers Report was received.

In General Business management to be Informed Driveway F not draining away during heavy rain. Looking at having resident's AGM early next year.

This year's residents Christmas luncheon will be in two sessions, Tuesday, December 8 and Wednesday December 9. Dates for selling Christmas lunch tickets, raffles etc. to be decided. Invitations out to our volunteer drivers. Flyer out to our residents. Carol thanked all for their attendance and input. Next meeting of our regular committee is on Monday December 7th at 2.30pm.

Please read the comprehensive minute which is posted on the notice board. If you need to contact the resident's committee you can write to Secretary, contact any of the members or attend before the opening of a meeting.

In regards to Ralph Mortimer, as he was a man of means I thought he may have done something significant around the Gosford area or for a deserving charity. Bev Lane has sent a lot of information on his life. If you are interested, I can pass it on.



A very strange piece of "modern art"? has slowly been created atop the bricks near the big bin behind the workshop. Wonder who the sculptor is? Think I may have an idea.

Hard to believe the month of December is upon us. Enjoy the Christmas lunches everyone and have a happy time.

Thanks for listening, Margaret.





LAUGHING OUT LOUD

ENTERING HEAVEN

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates.

"In honor of this holy season," Saint Peter said, "You must each possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his pockets and pulled out a lighter. He flicked it on. "It represents a candle," he said. "You may pass through the pearly gates," Saint Peter said.

The second man reached into his pocket and pulled out a set of keys. He shook them and said, "They're bells." Saint Peter said, "You may pass through the pearly gates."

The third man started searching desperately through his pockets and finally pulled out a pair of women's glasses.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "They're Carol's."



"That's the first time I've seen your mother leave the table without a second helping."



A SIGN OF THE TIMES

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"



A CHRISTMAS GIFT

A guy bought his wife a beautiful diamond ring for Christmas.

After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles."

"She did," he replied. "But where was I going to find a fake Jeep?"

**MY KIDS LAUGH
BECAUSE THEY
THINK I'M CRAZY.**

**I LAUGH BECAUSE
THEY DON'T KNOW
IT'S HEREDITARY.**

**I tried to re-marry my
ex-wife.
But she figured out I
was only after my
money.**



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DECEMBER BIRTHDAYS

Join us in wishing
Happy Birthday
to these wonderful residents.

6th DECEMBER

Noela BellYV

7th DECEMBER

Peter WilliamsYV

13th DECEMBER

Eileen Hogarth YV

Joy NugentYV

14th DECEMBER

Irene EdminsonYV

Elaine KittsonYV

25th DECEMBER

Noela TaylorYV

28th DECEMBER

Grace CanningsYV

29th DECEMBER

Lyn StarkeyYV

31st DECEMBER

Pat StephensonYV

Pamela Metzke YV

YV = Yallambee Village

Santa Claus

Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction..

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



BLITZEN
CHIMNEY
COMET
CUPID
DANCER
DASHER
DONNER
HO HO HO
MRS CLAUS
NORTH POLE

PRANCER
PRESENTS
RED SUIT
REINDEER
RUDOLPH
SLEIGH
SNOW
TOYS
VIXEN

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.



PRAWN COCKTAIL PASTA SALAD

INGREDIENTS

- 300g dried penne pasta
- 1kg cooked prawns, peeled, deveined, tails intact
- 1 Lebanese cucumber, halved, thinly sliced
- 1 avocado, thinly sliced
- 60g baby leaf salad mix
- 1 bunch fresh chives, finely chopped
- 1/4 cup small fresh mint leaves
- 2 tablespoons coarsely chopped fresh dill, plus extra sprigs, to serve
- Lemon wedges, to serve (optional)

DRESSING

- 170g (2/3 cup) whole-egg mayonnaise
- 1 1/2 tablespoons tomato sauce
- 1 tablespoon fresh lemon juice
- 3 teaspoons Worcestershire sauce

METHOD

Step 1:

Cook the pasta in a large saucepan of boiling salted water, following packet directions or until al dente. Refresh under cold water and drain.

Step 2:

Meanwhile, for the dressing, whisk together the mayonnaise, tomato sauce, juice and Worcestershire sauce in a large bowl.

Step 3:

Arrange the pasta, prawns, cucumber, avocado, salad mix, chives, mint and dill on a platter. Season. Drizzle with the dressing and scatter with extra dill. Serve with lemon wedges, if you like.

In Sympathy

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

**Ann Dawson YL • Kevin Langdon YL • Joyce Barsi YL
and Elaine Phillips YL**

Our sincere condolences.

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price**

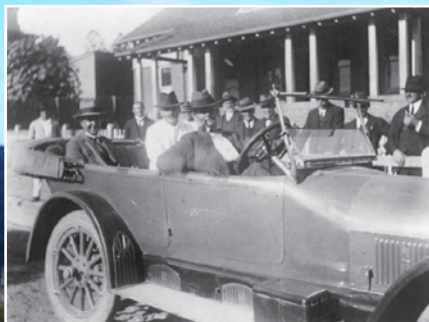


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Amcal+**

Staples Lookout

*Woy Woy first car in a parade.
Staples in back in the white suit.*



Staples Lookout on Woy Woy Road has easily one of the prettiest views of beautiful Brisbane Water National Park. It is about four kilometres south of Kariong with flat, easy access for visitors and several picnic tables for sitting and contemplating the panoramic vista.

The site is named after the Staples family, who arrived at Woy Woy in 1907 and soon owned three quarters of what we know as Umina. They formed a real estate company and subdivided, influencing and shaping much of the way the area looks today.

But Staples Lookout is named after the eldest son, Charles Staples, who together with his wife Florence helped to shape the early politics of the area. For eight years he lobbied for a separate Woy Woy Council and was finally successful in 1928. Before that, for many years he was president of Erina Shire Council and together the husband and wife sat on more boards and joined more organisations than any other couple in the district.

With the introduction of the car in the early 1920s, Staples realised it was impossible for tourists to drive themselves into Woy Woy and Umina - the closest you could get was Gosford. He proposed a 'mountain road' which would run from Kariong, over the mountain top and down onto the flats of the Peninsula. Today we know this route as Woy Woy Road, but back then it was bush tracks and in 1923 Staples and two of his friends managed to drive a car over it, thus proving it was possible. It is not recorded how many times the car become bogged or how long their trip took. Staples Lookout is a memorial to the highly successful and popular over-the-mountain route first lobbied for by Charles J. Staples.

Article written by Peter Fisher

Old car photo courtesy of Central Coast Library Service.

Panoramic image courtesy of Elena Goldfinch.

Plaque image courtesy of icentralcoast.com.



MEET THE TEAM

Emilia Krumm

CATERING SUPERVISOR
AT YALLAMBEE LODGE



How long have you worked at Evergreen?

I have worked at the Lodge for almost 5 years.

What do you like about working at Evergreen?

I love working with the residents and staff! My mother lives at the Lodge and this makes me happy too!

What do you like to do in your spare time?

Sculpture is my passion and I like to make them out of Perspex, resin and ceramic and then enter into exhibitions.