



## CEO MESSAGE



### *Welcome to 2021!*

I hope you all enjoyed the holiday festivities and time spent with family and friends. Perhaps you even made a new year resolution? Mine is to spend more time in the open air and gardens - my early walks in the bush with the birds and the scent of wattle and gums are therapeutic!

At the time of writing this message, we have moved into a period of "COVID-19 normal", where we have more freedoms, but must maintain our infection control precautions. We are looking forward to final approval of COVID-19 vaccines in Australia, which will give us additional confidence in social settings and communal activities. I'd like to thank you all for your cooperation and patience throughout the height of the COVID-19 Pandemic. Each and every one of you has contributed to keeping our community safe!

Please see inside for the January calendar.

Wherever you are stay cool and hydrated this summer.

I look forward to spending time with you in the New Year!

Warm Regards, **Helen Wilson**

## *Farewell Barry and John!*



*We bid farewell to our long standing volunteer bus drivers Barry and John!*

*Barry and John have been driving the Village Bus for many years, taking residents shopping, on lunch outings and other excursions.*

*We'd like to thank you both so very much for all of your years of service to Evergreen!*

*It has been a pleasure having you here and you will be very much missed!*

## INSIDE THIS ISSUE

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- > Great Recipe for January
- > Birthday Celebrations

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- > Laughing Out Loud
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## OUT AND ABOUT IN THE VILLAGE

### CEO Christmas Lunch



## West Gosford Pharmacy

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## OUT AND ABOUT IN THE VILLAGE

### New Lifts in the Village

The lift in Driveway Q will be replaced mid-January 2021.

The final lift in Driveway J will be installed in May 2021.

### Office & Cafe Opening Hours

Corporate Office and The Café will re-open on Monday 4th January 2021.

### Emergencies

Please be assured that a member for the Emergency Response Team will be here 24 hours, 7 days a week if you need any assistance over this period. The Community Centre will remain open for your use.

**Please Note:**

**There will be no transports over this period.**

### Julie's 60th Birthday Celebrations

Our amazing receptionist Julie turned 60 in December! We hope you had a fabulous day!"



### Gardening tips for a hot Australian Summer!

Here are some tips to get your garden through a hot and dry Australian summer that also holds the threat of damaging winds.

#### Mulch

Mulch is vitally important: it insulates the soil from heat and slows water evaporation from the soil, but more is not better. If the cover is too thick, light showers won't be able to penetrate and plant roots will suffer. Lay your mulch no deeper than 5cm.

#### Water generously

water your fruit trees and vegies on alternate days and, while they do sometimes wilt on the 'off' days, this helps build their resilience to heat and drought, encouraging them to put down deeper roots in search of water.

Also, root-rot fungi and nematodes thrive on consistently wet soil so, by allowing it to dry out, you are reducing the likelihood that they will become a problem.

#### Pruning

To prevent wind damage, reduce the size of some plants. The smaller plants are less likely to be damaged by high winds and fewer leaves means less water loss through transpiration.

## REGULAR ACTIVITIES

BOOK THROUGH RECEPTION

### Residents BBQ

**Saturday 2nd January, 2021 at 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 29th 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** Friday 15th January 2021 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.

### Putt Putt Golf

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

**Fruit & Vegie Day** Wednesdays from 11.00am Fruit, Vegie'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

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## OUT AND ABOUT IN THE VILLAGE



### Joy Lane Library

On Wednesday 16th December, the Community Centre Library was officially named the "Joy Lane Library" in honour of the late Joy Lane. Gary and Jo Lane came to "cut the ribbon" and celebrate Joy's contribution.

Joy and her husband Don moved to Yallambee Village in August 2012. Together, they enjoyed 8 years of their life together.

Joy was quietly spoken, gracious lady who started working on the Library (where the café is now) almost immediately. The Library moved to its current position in 2015. Joy spent many hours alphabetising the books – creating an orderly and aesthetically pleasing nook of the Community Centre.

Ruth Mosley and Lynette Fields have provided invaluable assistance and are now continuing on with Joy's legacy.



### Christmas Plant and Cake Stalls

Congratulations for raising \$1000 at the Christmas Stalls held in November. Elle's Succulents and Sweets raised \$200 for Evergreen Life Care!



### Flower Arranging with Carmen



## The lighter side of life...



### A New Year Prayer for the Elderly

God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, And the eyesight to tell the difference.



## Yallambee Lodge HAIR STUDIO

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**VISITING EVERGREEN**  
**Wednesday**  
**27th January**



# JANUARY IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> 2pm Movie <b>BRAN NUE DAY</b> in the Main Lounge					<b>1</b> 	<b>2</b> 2pm Documentary <b>The Construction of the Sydney Harbour Bridge</b> in the Main Lounge
<b>3</b> 2pm Movie <b>RED DOG</b> in the Main Lounge	<b>4</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>5</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip of the Central Coast	<b>6</b> 9.30am Resident's Meeting in the Main Lnge 11am Music, Music Music 2pm Winey Wednesday <b>Elvis Presley's Birthday</b> in the Gazebo	<b>7</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>8</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>9</b> 2pm Documentary <b>Taronga Zoo Sydney</b> in the Main Lounge
<b>10</b> 2pm Movie <b>THE CASTLE</b> in the Main Lounge	<b>11</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>12</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip of the Central Coast	<b>13</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Winey Wednesday <b>Aussie Wine Tasting &amp; Origins</b> in the Gazebo	<b>14</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>15</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Name that Tune in the Main Lounge	<b>16</b> 2pm Documentary <b>Sydney Opera House</b> in the Main Lounge
<b>17</b> 2pm Movie <b>THE DISH</b> in the Main Lounge	<b>18</b> 9.30am Move & Groove 10am Brain Teasers 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>19</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Scenic Ice Cream Trip of the Central Coast	<b>20</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday <b>International Flower Day</b> in the Gazebo	<b>21</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>22</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>23</b> 2pm Documentary <b>The Mystery of Ayers Rock</b> in the Main Lounge
<b>24</b> 2pm Movie <b>AUSTRALIA</b> in the Main Lounge	<b>25</b> AUSTRALIA DAY CELEBRATIONS 9.30am Move & Groove 10am Aussie Quiz 11am Music, Music Music 2pm Australia Day Singalong with Cathy	<b>26</b> AUSTRALIA DAY	<b>27</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Winey Wednesday <b>Robbie Burns Day</b> in the Gazebo	<b>28</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>29</b> 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Name that Tune in the Main Lounge	<b>30</b> 2pm Documentary <b>The Great Barrier Reef</b> in the Main Lounge

# JANUARY IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b>	If you are attending any activities in the Community Centre, you will need to book in at Reception and wear a mask.	 <b>OPEN 9am- 2pm • Mon-Fri</b> <b>Book at Reception for lunch.</b>		PLEASE REMEMBER: When visiting your Community Centre, you will need to sign in, hand sanitise and practice social distancing + have your temperature checked.	<b>1</b> NEW YEAR'S DAY	<b>2</b> 11am RESIDENT'S BBQ
<b>3</b>	<b>4</b> 10-12pm Darts Bus to Gosford & West Gosford	<b>5</b> 10.00am Putt Putt Golf	<b>6</b> 10.00am KLOPS	<b>7</b>	<b>8</b> Bus to Gosford & West Gosford	<b>9</b>
<b>10</b>	<b>11</b> 10-12pm Darts Bus to Gosford & West Gosford	<b>12</b> 10.00am Putt Putt Golf	<b>13</b> 10.00am KLOPS 1pm BEGINNER'S ART CLASSES	<b>14</b>	<b>15</b> Bus to Gosford & West Gosford <b>10.00am</b> <b>Meals</b> <b>on Wheels</b>	<b>16</b>
<b>17</b>	<b>18</b> 10-12pm Darts Bus to Gosford & West Gosford 12pm-12.45pm Travelling Book Library Across from Drvewy E	<b>19</b> 10.00am Putt Putt Golf	<b>20</b> 10.00am KLOPS 10.00am Crafty Critters Group	<b>21</b>	<b>22</b> Bus to Gosford & West Gosford <b>10.00am</b> <b>Meals</b> <b>on Wheels</b>	<b>23</b> BOXING DAY
<b>24</b>	<b>25</b> 10-12pm Darts Bus to Gosford & West Gosford	<b>26</b> AUSTRALIA DAY 10.00am Putt Putt Golf	<b>27</b> 10.00am KLOPS 1pm BEGINNER'S ART CLASSES	<b>28</b> NEW YEAR'S EVE	<b>29</b> Bus to Gosford & West Gosford <b>10.00am</b> <b>Meals</b> <b>on Wheels</b> 4pm HAPPY HOUR	<b>30</b>

## Evergreen Bird Life

This month's bird is:

### PENNY THE PEAHEN



This month's Bird of the Month is the Indian Peafowl or the Peacock as it is more commonly known. The village currently has a Peahen roaming the grounds which is the female of the species.

The hen is green and brown and lacks the tail feathers and head ornament found on the male.

They roost high in the trees at night and wander the grounds throughout the day.

During the breeding season the male can have a harem of up to five hens that can lay between four to eight eggs in a small depression in the ground.

The eggs are incubated by the peahen until they hatch some 28 days later. The chicks have all of their feathers when they emerge from their eggs and are capable of flight roughly one week after hatching.

As an ornamental bird, the peacock is a staple resident of many of the world's zoos and has long been famous throughout the Old World.

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

The meeting due to be held on Monday December 7th 2020 was cancelled due to being particularly busy with the Christmas celebrations. Our Christmas luncheon in two halves was thoroughly enjoyed by everyone in attendance. Our compliments to Jo and Heath from the Cafeteria who did a great job catering. Most of our drivers were in attendance and were made very welcome. We showed our appreciation and hopefully we will see a lot more of them when your committee endeavours to get some trips up and going this year.

We had some great donations from local businesses for our raffles and our thanks of course will go out to them for their generosity.

What a great little hard-working group are our Crafty Critters. Our lovely Critters have donated \$700 to your committee plus \$150 to the Lodge. This was profit from the gift stall they held early in December. A letter of thanks shall be sent to the group.

When you think about it, we live in a beautiful little Village with great staff, lovely gardens and within walking distance from the Club and Shops.

It has been a difficult past year for a lot of our residents but let's try and enjoy a happy year ahead and remember;

*"When negativity knocks at your door it doesn't mean you have to let it in."*

Your committee will do its hardest to try and get our trips back and running this year. You can contact any of our members at any time. President Carol Fraser and your committee members wish our residents all the best for this New Year ahead. Let's make it a happy one.

*A guid new year to ane an' a'  
An' mony may ye see,  
An' during a' the years to come,  
O happy may ye be.*

Rabbie Burns

The next Resident's meeting is on January 4th 2021.

*Thanks for listening,  
Margaret.*



We finished the year on a high. It was a lot of work but very successful.

We would like to thank all our hard workers.

Crafty Critters is a top group. All the help and support we get is very much appreciated.

Hope you all had a Happy Christmas with family and friends and that 2021 is a very good year for all of us.

Lorraine and Robyn.

**We start back on  
Wednesday 20th Jan 2021.**

**Thank You from  
Crafty Critters**



## LAUGHING OUT LOUD

### FREE MAPS

Traveling 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."

### 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.

### MONEY IN MY ACCOUNT

I went to Bank of America to deposit a check, and they asked me for ID. I said, "Are you telling me other people are trying to put money into my account and you're telling them no?"

### I HAVE YOUR PHONE

On the way to meet my husband at a restaurant, I realized that I didn't have my phone and immediately panicked. I needn't have worried. He saw my phone on the couch at home and brought it with him. When he arrived, I checked my texts. There was only one, and it was from him: "I'm on my way, and I have your phone."

### MAKE ME A SANDWICH

My husband and I were daydreaming about what we would do if we won the lottery. I started: "I'd hire a cook so that I could just say, 'Hey, make me a sandwich!'" Thomas shook his head. "Not me. I already have one of those."

### BRING IT BACK TOMORROW

A customer walked into the post office wanting to mail a package. "Two-day shipping will cost \$12.95 to get it there by Friday," my co-worker Billy told her. The customer, clearly looking to save a few bucks, said, "The package doesn't have to get there till Saturday. Is there any way to make that happen?" Billy nodded. "Sure. You can bring it back tomorrow."

### OVERBOARD

Our boatswain's mate was a smoker who would toss his matches overboard. Then one day, he surprised us all when he popped a cigarette in his mouth and produced an expensive lighter from his pocket. With great fanfare, he flipped open the top, flicked the spark wheel, lit his cigarette ... then chucked the lighter overboard.

### ROPE WILL HELP YOU CURSE

A priest buys a lawn mower at a yard sale. Back home, he pulls on the starter rope a few times with no results. He storms back to the yard sale and tells the previous owner, "I can't get the mower to start!" "That's because you have to curse to get it started," says the man. "I'm a man of the cloth. I don't even remember how to curse." "You keep pulling on that rope, and it'll come back to you."

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## JANUARY BIRTHDAYS

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

### 1st JANUARY

Noela Bell .....YV  
Maggie Du Pille .....YV

### 7th JANUARY

Nancy Grant .....YV  
Trevor Green .....YV  
Marjorie McCredie .....YV

### 10th JANUARY

Jim Smith .....YV  
Barry Arigho .....YV

### 12th JANUARY

Chris Lucey .....YV

### 13th JANUARY

Myra Mayes .....YV

### 14th JANUARY

Laurel Ellis .....YV

### 16th JANUARY

James Akins .....YV

### 24th JANUARY

Helen Burke .....YV

### 31st JANUARY

Gloria Benson .....YV  
Cecile Hakvoort .....YV

YV = Yallambee Village

## 70's Songs

Find and circle all of these songs from the 1970's that are hidden in the grid.  
The remaining letters spell the title of an additional song from the 70's.

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

ANGIE

BABE

BAD BLOOD

BETH

BROWN SUGAR

CAR WASH

CONVOY

CRACKLIN' ROSIE

CROCODILE ROCK

DANCING QUEEN

DREAMING

DREAMS

FAME

FREE BIRD

GREASE

HEART OF GLASS

HOT STUFF

HOTEL CALIFORNIA

ISLAND GIRL

JIVE TALKIN

LAYLA

LE FREAK

LOLA

LOVIN' YOU

LOWDOWN

MACARTHUR PARK

MAGGIE MAY

MISS YOU

MONEY

NIGHT MOVES

OHIO

POP MUZIK

RHIANNON

RHINESTONE COWBOY

RICH GIRL

ROXANNE

SAD EYES

SIR DUKE

STAYIN' ALIVE

SUPERSTITION

THE JOKER

TRAGEDY

VENUS

WATERLOO

YOUR SONG

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To book please call on  
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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:

**Beatrice Metcalfe - YL**

Our sincere condolences.

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

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## ITALIAN-STYLE LEMON CHICKEN

### INGREDIENTS

- 3 (about 250g each) Chicken Breast Fillets, halved horizontally
- 100g butter, chopped
- 2 garlic cloves, crushed
- 1/4 cup (50g) drained baby capers
- 3 lemons, zested, juiced
- 1 tomato, finely chopped
- 1 red onion, finely chopped
- 1/3 cup pimento-stuffed olives, thinly sliced
- 50g fetta, crumbled
- 1/2 cup flat-leaf parsley

### METHOD

**Step 1:** Place 1 piece of chicken between 2 sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 1.5cm thick. Repeat with the remaining chicken. Season well.

**Step 2:** Heat a large flameproof roasting pan over high heat. Melt 20g of the butter in the pan. Add the chicken to the pan and cook for 2 mins each side or until the chicken is golden brown and just cooked through. Transfer to a large heatproof plate and cover with foil. Reduce heat to medium.

**Step 3:** Place remaining butter in the pan and cook, stirring, for 2-3 mins or until the butter melts and is golden brown. Add the garlic and capers to the pan and cook for 1 min or until the capers are crisp. Add the lemon zest and lemon juice and stir to combine. Return the chicken and any juices to the pan. Cook, turning occasionally, for 2 mins or until the chicken is cooked through and the sauce thickens slightly.

**Step 4:** Meanwhile, place the tomato, onion, olive and fetta in a bowl and gently toss to combine.

**Step 5:** Sprinkle the chicken with the tomato mixture and parsley and serve immediately.



## The Chocolate Factory – West Gosford

Jusfrute Factory 1935 - Image Courtesy of Image Library



Jusfrute sign.2..c1960  
Image Courtesy of Worthpoint.com



Garnet Adcock c1925  
Image Courtesy of  
Brisbane Water Historical Society

*The Chocolate Factory at West Gosford is a great place to visit, where you can browse the selection of handmade chocolates and even book a guided factory tour.*

But eighty years ago, the site of the Chocolate Factory was used for entirely different purposes. In 1920 Garnet Adcock (ie Adcock Park) purchased the land and started a business enterprise which grew to become the highly successful Jusfrute Cordial. At least one of the buildings belonging to today's Chocolate Factory was originally built and utilised by Jusfrute Cordial.

Adcock, a trained chemist, was stationed in France during the First World War. He became interested in the French perfume-making industry and decided he would develop a similar industry in NSW. Gosford's climate was thought to be somewhat similar to the south of France, so he bought the old Fagan cottage and farm at West Gosford. He experimented with cast-off citrus skins, but his perfumes were a failure. Fortunately, at the same time he developed new techniques for concentrating citrus juices and – quite by accident – became one of the first in Australia to manufacture fruit cordials. This was an important innovation in an era when take-home flavoured drinks were popular but difficult and costly to manufacture.

In the beginning, his factory used a second-hand boiler powered by a steam engine, and an old mangle was used to extract the juices. The company was called Fruit and Vegetable By-Products Ltd. and many local youths were hired to operate the mangle. Later, the steam engine was replaced by the turning axle of an old Mercedes car. Unfortunately, Adcock did not live to see a substantial profit from Jusfrute's success because early on he had sold so much of its ownership, in order to raise capital to build up the business in the first place.

Article written by Peter Fisher



### MEET THE TEAM

**K'Tryna Young**  
CARE STAFF EMPLOYEE  
(& Occasional Leisure  
& Lifestyle Team Member)

**How long have you been at Evergreen?**

Just over 4 years

**What do you enjoy most about working at Evergreen?**

The comrade of the other staff.  
Everyone gets along really well!  
I love the residents as well!

**What do you like to do in your spare time?**

I like to hang out with my friends.  
I enjoy reading and weekends away.

**Is there anything exciting you'd like to share?**

I just bought a new car – a Mazda 2!  
And I love it!



**ZOOM!**  
**ZOOM!**