

# Torbay Times

FEB  
2011



*Torbay Aged Care and Retirement Village*  
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**TORBAY AGED CARE AND RETIREMENT VILLAGE**  
**RESIDENTS MEETING 18TH JANUARY 2011**

Mr Philip Parry conducted the meeting which began at 1pm.

**ADMINISTRATION MANAGER'S REPORT**

Since Ms Karen Howlett was on annual leave at the time of the meeting, the report was presented by Mr Parry.

**Floods**

- Thankfully we and Hervey Bay did not experience the level of problems that other areas have endured.
- We managed to obtain all the supplies we required – our suppliers were really good to us and they managed to supply what we needed.
- It was necessary to change the menu because some food items could not be supplied, but an alternative meal was prepared.
- Torbay did not have any significant water damage.
- There are a few Torbay villas that have had leaks through their tiles but no substantial damage.
- We were really happy with Parklands as there were no water problems.

We had several phone calls from both the Agency and the Department in relation to the floods, enquiring as to whether we had any issues that may affect the operation of the Aged Care Facility. We had implemented our Emergency Plan to ensure that we were prepared.

**Gastro Outbreak**

You may have read in the *Chronicle* that we had a gastroenteritis outbreak on New Years Eve. Two wings at Torbay went into lock down and affected residents were isolated to prevent it spreading. This is standard practice.

The outbreak lasted only 4 days, but the lock down went much longer to ensure that it had been contained. The lock

down has now been lifted. We thank you for your co-operation during that time.

**Website**

We stopped work on the websites while we were short staffed over Christmas. Jon will shortly start work on them again.

**New Residents**

We have several new residents since the last meeting

Torbay Aged Care Facility

- Violet Andrews, Lillian Chataway, Arthur Cowie, Isabella Galletley, John & Joan Hart, Patricia Macklin-Shaw, Pauline Parker

Torbay Villas

- Laurel & Victor Krause, Joyce & Kevin Lister, Elsie Patten, Ivy Tabell, Albert & Sylvia Witcombe.

Parklands Aged Care Facility

- Gladys Burraston, Mary Goodworth, Olga Whittle, Herman Pielage, Joan Way, Nell Van Den Heuvel and Esme Gosling.

Parklands Villas

- Irma Plunkett, Jeffrey & Ann Taylor

Welcome to Torbay.

**Point of Care Recording**

We introduced handheld PDAs to document the care we provide when we introduced our WeCare computer system. However, we have found that they are unreliable and subject to being dropped, which they can take to some degree.

The new version of the PDAs cost in excess of \$1500 each, so we have now decided to replace them with laptop computers placed strategically around the aged care facilities. These are much easier to use and will be more reliable. They are also only a third of the price of the PDAs.

**Security**

- ◇ Please ensure that you lock your door or villa if you go out. Even through the

day it is wise to have doors locked if you cannot see them.

- ◇ Should you see intruders please use your call button to advise staff.
- ◇ For your own safety please do not confront them.
- ◇ Villa residents should press their Help button to notify staff on duty who will attend to the situation.

## **Parklands Retirement Haven**

### **Power Outage**

Ergon advised that power would be cut to Parklands and surrounding streets on Thursday 27 January from 10.30am to 11.30am.

### **Resident Committee**

- ◇ Residents are encouraged to set up a Residents Committee.
- ◇ The Department of Mental Health and Ageing also encourage these committees.
- ◇ The Committee would only discuss issues affecting residents and bring them to Kim, Karen, Anne or myself.
- ◇ We had one at Torbay but it folded a few years ago – The Villa Residents Committee took over some of the functions and is very active.
- ◇ This is one to think about and if there is any interest please let Kim or Karen know and we will assist in setting up the Committee.
- ◇ We have summer and winter menus and we involve residents with setting these menus just prior to their introduction – we will ask for volunteers to join a combined Torbay and Parklands menu meeting closer to winter.

### **Accreditation**

- All aged care facilities must be accredited by the Aged Care Standards and Accreditation Agency.
- As a new facility we had to submit an application that detailed how we proposed to operate the facility.

- The Agency was satisfied with this and as with all new facilities they have given us 12 months accreditation to 15th September 2011, but we have to apply for accreditation 6 months before then.
- We had an announced visit on 7th December and the auditor was happy with what she saw.
- Our next visit will be a surprise visit – that is, they just turn up at the door at 9 o'clock in the morning and we have to drop everything to co-operate with their audit.
- We will have another arranged visit about May to do a full audit to see if we will be accredited – generally they accredit facilities for 3 years, but because we won't have occupied the first floor I think we will continue to get 12 months accreditation until the first floor is fully occupied.
- We need to be accredited to receive our funding from the Commonwealth Government.

### **Facilities**

If you need something please just ask the staff

- ◆ Hairdresser - Tanya Adams – also does hairdressing at Torbay – on a contract with Torbay so no other hairdresser can use the salon.
- ◆ Interview Office – also available for residents to use to have private meetings with professional people such as solicitors/accountants/bank.
- ◆ Coffee Shop – run by volunteers – Torbay is run by the Social Committee to raise funds to buy equipment for Torbay.
- ◆ Private Dining – not available yet – it is upstairs.
- ◆ Library – books available to all residents – many books are donated – some come from the Council Library and have to be signed in and out – we only really want large print books so

we don't just accept any old books that people are giving away.

Award for Outstanding Academic Achievement. Well done Jon.

## CHIEF EXECUTIVE OFFICER'S REPORT

### **Productivity Commission Report**

- The Productivity Commission is conducting an enquiry into aged care including workforce needs, financial sustainability, regulatory framework and revenue required to attract future investment.
- The Productivity Commission was due to hand to the Government it's draft report on Friday the 21st January.
- There will be changes made to aged care but in the past any changes have not had a financial impact on current residents.

### **Industry Peak Bodies**

- ◆ The CEO from Aged and Community Care Australia (ACCA) resigned and finished on 10 December. This is the peak body for not-for-profit aged care operators.
- ◆ The CEO from Aged Care Association Australia (ACAA) has indicated that he will resign early in the New Year. ACAA is the peak body of the for-profit aged care providers.
- ◆ There is a push for the two bodies to amalgamate and for the Church Peak Bodies to also merge into one body to represent aged care.
- ◆ There is also a lot of opposition to the merger from New south Wales and Western Australia but good support from Queensland and Victoria where the not-for-profit and for-profits have already merged.
- ◆ The Minister has come out and said that he wants one body speaking on behalf of the aged care providers.

### **Congratulations**

Our ITC Officer, Jon Dickson, has been awarded the University of Southern Queensland Hervey Bay Campus Dean's

## Torbay Aged Care and Retirement Village

### **Villas**

The market remains very soft with people interested but they can not sell their homes.

We currently have 5 villas for sale.

## Parklands Retirement Haven

### **Monthly Meetings**

- We hold monthly meetings with residents and families to keep residents and their families informed about what is happening at the facility and with Torbay.
- They are more like informal information sessions rather than meetings.
- It also provides an opportunity for residents and their families to ask questions on any topic that affects your life here at Parklands or affects Torbay.
- We welcome questions at any time during the meeting – if you don't understand any of terms we use please ask and we will explain them.
- Karen and I usually conduct the meeting and we each have several topics that we report on at each meeting.

### **Torbay History**

◇ Next meeting

### **Parklands Retirement Haven**

- ◆ We try and keep the lifts off the ground floor and we ask that you not use them until we have opened the first floor.
- ◆ There are currently 11 residents with 2 residents moving in shortly.
- ◆ We have no more low care residents on our waiting lists so we will be bringing in higher care residents to fill the ground floor. We will be targeting

those on the lower end of high care.

- ◆ The first floor still requires carpet in the hallways, curtains, furniture and equipment.
- ◆ We are not going to finish it off until we can ensure that we have sufficient nurses to man it.
- ◆ We have more than enough residents on the waiting list to fill it several times.
- ◆ We also have the funds to complete it. We have an approved loan of \$5 million with the Commonwealth Bank and we have not drawn on it.
- ◆ The terrace furniture was due on the 19th November but now is due to be delivered on 18th or 19th January.
- ◆ The building is fitted with both smoke and thermal fire detectors and has a sprinkler system. As such there is no smoking within the building. A false fire alarm costs over \$1,000.

### **Villas**

- The first 2 villas have been occupied.
- We are holding another 3 deposits.
- The market remains very soft with people interested but they cannot sell their homes.

### **Next Stage**

- ◆ Stage 3 has been broken down into 3A first stage of Community Centre and 3B 10 villas.
- ◆ The Community Centre will go opposite the entry to the Aged Care Facility
- ◆ The dam will have to go as there is a pool to go in with the first stage of the community centre.
- ◆ Stage 3 B 10 villas will be built behind villas 401 – 411.
- ◆ Stage 3 is on hold until we sell more of the Torbay Villas and the Parkland Villas.
- ◆ We do hope to start construction in 2011.

### **Meetings**

Next monthly meeting

- 3rd Tuesday of the month – Parklands 11am – Torbay 1pm – Residents are able to attend either meeting
- The next meeting is due to be held on 15th February

Torbay Villa Residents Meetings

- June/October/February (AGM)

Board meetings

- Second Wednesday of Month
- The next meeting will be Wednesday 9th February 2011

### **From the Floor**

**Q.** Mr. Phil Molen asked if we will have to pay the extra cost when broadband comes on line.

**A.** Mr. Parry said they will run the mains up each street making it available to every Australian house but we will have the option.

Telstra recently refused to run five lines to Parklands as waiting on the outcome of broadband.

**Q.** Mrs. Kay Wyatt enquired with regard to the shortage of registered nurses and asked if Torbay had advertised outside our area.

**A.** Mr. Parry said there were some Nepalese nurses finishing their USQ nurses course here in Hervey Bay, and they have been asked to stay with us. The shortage of registered nurses is everywhere and nurses in their seventies are still working to fill the gap.

**Q.** Mr. Max Hall asked if Torbay had a contract with the telephone service after hours as they had a problem recently which lasted a number of days before it was fixed.

**A.** Mr. Parry asked if staff had tried another telephone, as they can be changed. He will speak with Rob about this. The telephone service is usually very good and do try to keep up with any emergencies.

**Q.** Mrs. Betty Patterson asked if the PCs could be trained to change the telephones if there is a problem.

**A.** Mr. Parry said they are just a pull out and plug in system, there is always a maintenance person on call.

**Q.** Mrs. Jill Valentine asked about entry through Parklands gates after hours.

**A.** Mrs. Deb Bergmann said there was a visitors code. For security reasons, it has not been listed here, please contact the office if you require this code.

**Q.** Mrs. Kath Rogers asked if a live in carer were to be allowed, if it would relieve some of Torbays work load.

**A.** Mr. Parry said they would need to look at the individual situation, but would do little to help the work load. This would only be allowed on application and would need to be looked at carefully.

**Q.** Mrs. Fay Thompson asked about security as the light at the back of the Club House pool has not been working.

**A.** Mr. Parry said security was important,

although there had been no problems with vandals lately. This had been noted by Karen.

**Q.** Mr. Vic Krause said he needs a direct telephone line, to allow him to send frequent reports about his medical condition to his specialist.

**A.** Mr. Parry said that he would speak to Deb Bergmann with regard to this.

**Q.** Mrs. Olwen Evans asked if our gardeners needed some help with mowing the lawns as they were having difficulty keeping up in the wet.

**A.** Mr. Parry said unfortunately the lawn needs to dry out before they can mow which is a problem with the ongoing wet weather.

There was some general discussion with regard to the new mower which does not pick up the cut grass and the old mower, which catches the cut grass and according to Mr. Russell Clarke is mainly used on the foot path areas now.

MR & NG

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# AGED CARE FACILITY REPORTS

## TORBAY RECREATION AND SOCIAL COMMITTEE

A meeting was held on Wednesday, January 19th 2011, in the Betty Patterson Centre.

It was great to see so many people at the meeting, an encouragement for President Ula Scott and the committee. We welcomed Bonnie Krause and Val Benstead to join us.

Thank you to "The Pie Crust Players" for entertaining us, prior to the buffet lunch prepared for us at the RSL (a change from the alternate serves to the table) which we all enjoyed.

President Ula said that the Garage Sale

will be held on Friday, March 11th - for the public 1pm to 4pm and Saturday March 12th 6am to 12md. Donations for the garage sale will be most welcome. Contact Bruce, George or Ula, if you have any items for collection.

The next meeting will be held on Wednesday, February 23rd and the A.G.M. meeting on Wednesday, March 23rd prior to the committee meeting.

President Ula and the committee wish you all a healthy and happy New Year for 2011.

Olwen Evans [Secretary]

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### OUR CHOIR

A Happy New Year to everyone! I hope the problems you have this year last as long as your New Year resolutions.

What a great time we had at our "Candles by Daylight". For those who weren't there, you missed a treat. Our choir sang as superbly as usual, all the lovely traditional carols, as well as some bright and bubbly ones. Neroli's beautiful voice delighted us with "Silent Night" and "Mary's Boychild". Cathy Symes never fails to entertain us with her great poems. How lucky we are to have so much talent.

Father Christmas (guess who) was his usual bountiful self and had great difficulty controlling two very wayward kids – Mary dressed in pink and white polka dot pyjamas, with ribbons in her hair (!) telling us "All I want for Christmas is me two front teeth" and Cathy Judd, the playground terror with a shanghai into the bargain, telling the sad tale that she is "Gettin' nuttin' for Christmas"

because Mummy and Daddy are mad because she played up somethin' bad. What a great pair they are – they are the spice of life and give us many laughs.

A big welcome to our new residents to Torbay and Parklands who haven't had the pleasure of hearing our choir. We meet at 1.30 pm on Wednesdays in the Main Hall, so if you have an hour or so to fill in, - come on down and join in, or just snuck in and sit and listen, you will be pleasantly surprised – it is lots of fun and NO AUDITIONS required.

#### ◆ **Choir resumes on Wednesday 2<sup>nd</sup> February at 1.30 pm**

"Hey good lookin', what ya got cookin',  
how about cookin' somethin' up with  
me".  
Miriam



## Culinary Corner

### **The Humble Spud**

Perhaps not so humble any more with increasing prices over the past couple of years. However, who could imagine a meal without a serve of potato done in one way or another. Apart from the delicious taste the potato is one of the most nutrient-dense vegetable available, providing a good proportion of many important vitamins and minerals. There are over 4,000 varieties and it is Australia's largest vegetable crop. On average a person eats over 60kg per year. It is also low in calories, containing less than half that of rice and a quarter of bread.



As a child in Victoria, every winter we went into the hills where dad would buy a hessian bag full of freshly dug potatoes. He stored them in a cool place under the house until the few that were left started to sprout. We planted them in the vegetable garden and enjoyed more potatoes fresh from the garden.

### **Chicken Parmesan**

4 large chicken fillets	90 gram butter
1 cup of fresh breadcrumbs	2 cloves garlic
1/3 cup grated parmesan cheese	1 teas. Worcestershire sauce
1 tabs. chopped parsley	1/2 teas dry mustard
3 rashers bacon	



Combine in bowl breadcrumbs, cheese and parsley. Chop bacon finely and add to crumb mixture. Combine melted butter in a shallow bowl with crushed garlic, mustard and Worcestershire sauce. Mix well, dip chicken fillets and layer in ovenproof pan or pyrex lasagna tray. Divide crumb mixture among fillets and press fillets firmly. (The recipe can be completed to this step and covered firmly with foil and stored in fridge for a few hours, removing foil to bake.) Bake uncovered in a moderate oven for 20 – 25 minutes.

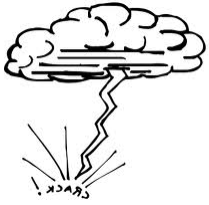
### **Potato Casserole**

250g potatoes	1/2 cup cream
15g butter	60g grated cheese
1 egg	Salt and pepper



Peel potatoes, cut in half and cook in boiling water 15 or 20 minutes or until tender. Drain, add butter and mash potatoes. Spread potatoes evenly over base of small greased ovenproof dish. Beat egg well, add cream and grated cheese, season with salt and pepper, pour over potato in dish. Bake uncovered in a moderate oven for approximately 30 minutes or until topping is set and golden.

## DID YOU KNOW ??



A cockroach will live nine days without its head before it starves to death.



A typical lightning bolt is two to four inches wide and two miles long.



Eskimos use refrigerators to stop food from freezing.



A cat has thirty two muscles in each ear.



Money is the number one thing that couples argue about.

Koalas sleep around eighteen hours a day.



Due to earth's gravity it is impossible for mountains to be higher than 49,000 feet.



You're more likely to be killed by a champagne cork than by a poisonous spider.



Birds need gravity to swallow.

## REASONS TO SMILE

The elderly couple met their demise in a car accident and went to Heaven. The faithful couple were recognised by Saint Peter and escorted to the welcome centre, where they began to take in all the wonder of the place. Saint Peter pointed out the food court and said they could eat anything and not worry about their health. The husband began eating all the pastries and desserts. The wife was amazed at the beauty, peace and joy she felt and how happy she felt to be there. However the husband was looking grim and sneered, "If it weren't for you and your health food and oat bran muffins, we might have been here 15 years ago."

A miserable-looking man was sitting in a bar one night. "Why are you looking sad?" asked the barman. "My wife's made me a millionaire," he said. "If my wife made me a millionaire, I'd be the happiest man on earth," said the barman. "Yes, but before I met her I was a multimillionaire."

A little old lady buys a pair of parrots, but cannot identify their sexes. She calls the shop, and the man there advises her to watch them carefully and all would become clear in time. She spends weeks staring at the cage and eventually catches them doing what comes naturally. To make sure she doesn't get them mixed up again, she cuts out a ring from a piece of cardboard and puts it round the male parrot's neck. A while later, the local priest visits the old lady. The male parrot takes one look at the father's collar, wolf whistles, and says, "I see she caught you at it, too."

## WE SET SAIL

### *Col and Nancy's Adventure*

Early in the 1980s Nancy and I, having sold our business, decided on an overseas trip before we retired. As we were keen and experienced yachties, we decided that we would do a two year cruise through the Pacific Islands.

So the next two years were devoted to building a 34ft steel fast cruising yacht. We had a 34ft Motor Sailer but as it was not suitable for ocean cruising, we sold it. Two years and a lot of hard work and blisters later, we cleared Customs, Marine Dept. and Emigration and we set sail from Whangarei, New Zealand....bound for New Caledonia, 1300 nautical miles away.

For the first few days it was a case of hang on, sail the boat and sleep when possible. It was rather rough weather. After this, as we headed into tropical waters, the sea grew bluer, the sun shone and the waves receded somewhat. So life was a lot nicer, if bouncing around in a little 34ft boat on the mighty ocean could be called exactly pleasant! On the morning of the 9th day at sea we saw as dawn came up across the white-capped sea, a distant row of hills. Land at last! As we neared the land, Amedee Lighthouse on the reef and the buildings of the city of Noumea came into view. We sailed through the entrance in the reef, past Amedee Lighthouse and on to the CNC Yacht Club. Flying our Practique flag, we tied up to a jetty and waited for Customs to arrive. We had sailed 1300 nautical miles in our own boat and had reached our first foreign port with a navigational error of only three miles over the whole distance.

We were in a foreign country. As no Customs men appeared, I hailed a man on the dock. Calamity!! He only spoke French and I only spoke English!! However, by means of signs and my schoolboy French, we understood that we could go ashore near the boat for a meal but had to be back on the boat for the Customs in the morning. We walked ashore, over a small hill to another bay with a restaurant at this end. As no one spoke English, we had difficulty ordering a meal. However, from my school boy French days I remembered that "poisson" was French for fish so we had fish and chips! Next day we cleared customs and ventured into Noumea. It is a very French town and really fascinating to us. After a couple of weeks of living with French people all day, I found enough of my schoolboy French coming back to be able to make purchases at the local supermarket. I found that I was able to go ashore at 7am and buy a beautiful long French loaf of bread that the French are famous for. I'd line up in the queue at the patisserie and ask for "deux baguettes s'il vous plaít", pay my francs, say "merci" and walk out just like a real Frenchman! After a month in this fascinating city, we sailed south inside the reef to Bai du Prony, where we swam in the hot pools, and then on to the beautiful isle of Pines where we tried cooked snails...nice...but a bit tough, caught a monster crayfish and sailed in the lagoon. After sailing up the east coast we sailed back to Noumea and collected a young couple as crew for the trip to Australia. We cleared customs and sailed out of the reef into open water on a wet and windy Saturday bound for Bundaberg...600 miles away.

The first two days were wet, windy and rough...then the weather cleared and we had clear skies and a light breeze all the way to Australia. On the following Friday night, we sighted the loom of the Sandy Cape lighthouse, passed the Breaksea Spit light and entered Hervey Bay waters. Saturday morning we entered the Burnett River and mid-afternoon we tied up at the Bundaberg Wharf to once again await Customs

to clear us into Australia. We had made it all under our own steam!

Thirteen years later we are Australian citizens and are still here! We thank you Australia for the wonderful way you have treated us for those years.

Following our arrival in Australia we spent two years living on the yacht in the river at Bundaberg, cruising the coast each winter. We then did a twelve month cruising trip of the Pacific Islands, visiting islands I was based on in the RNZAF during the war with Japan. We then settled in Maryborough for several years. However, tragedy struck. Nancy suffered a terrific stroke and was almost completely paralysed. I had to dispose of the yacht and our house, and I nursed her for five and a half years until she passed on. At the time Dorothy, her best friend, was helping me and as we were two lonely old souls, we got together. We had known each other for over fifty years and liked each other, so we married and settled in Hervey Bay. We are now very comfortable and well looked after at Torbay and it is now one day at a time until the end.

We are so well looked after, it couldn't be better. *Colin and Dorothy Alexander*





## New Arrivals

A warm welcome is extended to our new Residents

### **Aged Care Facility**

Patricia Macklin-Shaw AC

Violet Andrews H16

John & Joan Hart H30/31

### **Villas**

Victor & Laurel Krause TC308

Elsie Patten TC322

Albert & Sylvia Witcombe TC364

### **Parklands Aged Care Facility**

Burraston Gladys - Gosling Esme

### **Mini Lotto Winners for November**

01/01/11	1 <sup>st</sup> Jean Hanaski
	2 <sup>nd</sup> Norma Ryan
08/01/11	1 <sup>st</sup> Gretl Hurt
	2 <sup>nd</sup> Ula Scott
15/01/ 11	1 <sup>st</sup> A&R Bennett
	2 <sup>nd</sup> Marie McDonald
22/01/11	1 <sup>st</sup> Hope Waldock
	2 <sup>nd</sup> Harold Krouse
29/01/11	

Congratulations to all our lucky winners this month, and to the rest of us well we will have to keep on trying. Alby.

### **In Memoriam**

Our condolences to the families of

**June Robertson—Esme Raverty**

**Winifred Edwardes—Bruce Harris**

**Rosemary Linthorst**





# The fascinating 1900s

*Newspaper Articles of the 20th Century*



## First Hearing-aid offers hope to deaf

*30th November 1901.* A mechanical hearing aid known as the Akouphone is the most powerful sound reproducer yet developed. Designed by Miller Reese Hutchinson, an electrical engineer, it is a telephone with a battery fitted to the body and a transmitter in the lap or on a table. The receiver on the ear can be controlled by adjustment of a switch on its handle.



*October 1901*

On October 24, Mrs Ann Edson Taylor, aged 43, went over the Nigara Falls in a padded barrel and survived unharmed. She said that she did it because she could not pay her

## Farcical scenes as inspectors arrest daylight swimmer

*2nd November 1902.* Somewhat unwilling police arrested a man for swimming in daylight at Manly beach, in Sydney, today, but did not press charges. William Henry Gocher took a dip in the ocean wearing a neck-to-knee costume at midday, after announcing his intention to defy local government regulations in his newspaper, the *Manly and North Sydney News*.

At first, the police chose to ignore the lone bather. He entered the water twice, apparently unable to rouse the interest of the authorities. At this point, Mr Gocher duly criticised their lack of zeal and went out into the surf



a third time, whereupon he was finally escorted from the water and interviewed. Mr Gocher has described the regulations forbidding daylight swimming as irrelevant.

At stake, according to the Manly council and others like it, is the issue of public decency. At ocean beaches such as Manly there are no change sheds and appropriate costumes are scarce.

*From Chronicle of the 20th Century*



## A SCARY TIME IN MY LIFE

By

Jan Morgan



My husband, myself and two sons lived on a coffee plantation not far from Nairobi. One day I decided to take my friend, who was holidaying with us at the time, for an afternoon in the game park. My husband was at work so I was the driver.

It was a lovely day and as we drove slowly around we were lucky to see a cheetah and her two cubs lying by the dirt track. This was unusual as normally they would be in shade somewhere and not seen. On that day there was a lot of game about - wildebeast, zebra, and giraffes.

Later in the day we came across the Game Warden with quite a few tourist cars watching a pride of lions with 2 lioness' and about 4 half-grown cubs learning how to stalk their prey. It was quite exciting watching. Suddenly the lioness began to make a dangerous move and the Warden signalled that it was time to leave. I was surprised to find that it was beginning to get dark. All the cars started off and I thought it was time we went too. Horror!! Our car would not start!! I looked around to see where the Warden was and his lights were disappearing out of sight, along with the other cars. We were the last there. We had to move quickly, so my two sons, 9 yrs and 12 yrs, got out and pushed. Thank heavens the car started and my sons lost no time jumping back into the car. We certainly didn't fancy a night in the car with the hungry lions around us. Of course, we didn't have mobile phones in those days, so it would have been very grim indeed.

Our trauma was not yet over. We were about a quarter of the way home when we burst a tyre. A young Indian man nearby asked if we needed help and he changed the tyre for us.

We arrived home later than expected and were faced with two upset and very worried husbands. Jack, my husband, insisted that in future we could go to the game park for mornings only!

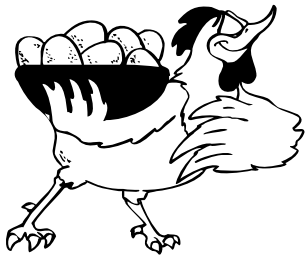
My sons still remember that day.

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- ◆ **QUOTES & SAYINGS**
- ◆ **ARTICLES FOR WHEN EXTRAS ARE NEEDED**







# EGGS - EGGS - EGGS



Yes the chooks are laying and yes we have eggs. If you would like to purchase our delectable eggs you must ring up Bruce on 2811 and go onto a waiting list, This is the only way that we can be fair to all. You must specify if you would like half a dozen or a full dozen.

The price (to cover the cost of feed) \$3 per dozen - \$1.50 per half.

Cheers from "The Girls"

## *TANYA'S HAIR SALON*

### **TAVISTOCK COURT**

Wednesday, Thursday & Friday  
Phone: 2698

### **HIGH CARE WING**

Tuesday  
Phone 2606



### **PARKLANDS**

Monday  
Phone 1330

## *TORBAY MAIN SECTION*

### **TONI**

Monday, Tuesday, Thursday  
9am—3.00pm  
Friday 9am—2.30pm

### **LINDA**

Wednesday  
9am—5pm [by appt.]  
[H/Ph 41946484]



**Phone 2818**

## *TANYA'S HAIR SALON*

### **TAVISTOCK COURT**

Wednesday, Thursday & Friday  
From 9am onwards  
Phone: 2698

### **HIGH CARE WING**

Tuesday  
Phone 2606

### **PARKLANDS**

Monday  
Phone 1330



## *TORBAY MAIN SECTION*

### **TONI**

Monday, Tuesday, Thursday  
9am—3.00pm  
Friday 9am—2.30pm

### **LINDA**

Wednesday  
9am-5pm(by appt)  
H/ph 4194 6484



**Phone 2818**

## GETTING OLD

The nice thing about being senile is you can hide your own Easter Eggs.

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On a Septic Tank Truck in Oregon:  
Yesterday's Meals on Wheels

Sign over a Gynaecologist's Office:  
"Dr. Jones, at your cervix."

On a Plumber's truck:  
"We repair what your husband fixed."

On a Plumber's truck:  
"Don't sleep with a drip. Call your plumber.."  
"

Pizza Shop Slogan:  
"7 days without pizza makes one weak.  
At a Tire Shop in Milwaukee!  
"Invite us to your next blowout."

On a Plastic Surgeon's Office door  
"Hello. Can we pick your nose?"

At a Towing company:  
"We don't charge an arm and a leg. We want tows."

On an Electrician's truck:  
"Let us remove your shorts."

In a Non-smoking Area:  
"If we see smoke, we will assume you are on fire and take appropriate action."

On a Maternity Room door:  
"Push. Push. Push"

At an Optometrist's Office  
"If you don't see what you're looking for, you've come to the right place."  
**From Bruce**

On a Taxidermist's window:  
"We really know our stuff."

In a Podiatrist's office:  
"Time wounds all heels."

On a Fence:  
"Salesmen welcome! Dog food is expensive."

Outside a Muffler Shop:  
"No appointment necessary. We hear you coming."  
In a Veterinarian's waiting room:  
"Be back in 5 minutes. Sit! Stay!"

At the Electric Company:  
"We would be delighted if you send in your payment. However, if you don't, you will be."

In the front yard of a Funeral Home:  
"Drive carefully. We'll wait."

At a Propane Filling Station,  
"Thank heaven ..... for little grills."  
And don't forget the sign at a Chicago Radiator Shop: "Best place in town to take a leak."



## **CARERS ARE DESPERATELY NEEDED FOR OUR LAKESIDE**

Now that Eunice is unable to continue looking after the Pot Plants and propagating new plants for sale at our Garage Sales, the garden is in great need of some tender loving care.

The plant stall at these Garage Sales earns quite a lot of money for the Torbay Recreation & Social Committee which in turn purchases much needed equipment and aids for all our Torbay Village residents.

Is there a garden lover out there willing to assist?

If so please contact Bruce on 2811.



## **THINGS ARE NOT WHAT THEY SEEM**

A Koala Bear is not a bear; it is a marsupial.  
A Turkish Bath is not Turkish, it is Roman.  
A Banana Tree is not a tree, it is a herb.  
A Peanut is not a nut, it is a legume.  
Shortbread is not bread, it is a thick biscuit.  
A Firefly is not a fly, it is a beetle.  
A Cucumber is not a vegetable, it is a fruit.  
A Silkworm is not a worm, it is a caterpillar.  
A Lead Pencil contains no lead, it contains graphite.  
India Ink is not from India, it is from China and Egypt.

## **ONE LINER**

Drive carefully; it is not only cars which can be recalled by their maker.  
Youth is a gift of nature, but age is a work of art!

## **IRISH JOKES**

3. Two Irishmen were on holiday in the United States and went to see Niagara Falls. Over drinks one night, one bet the other \$500 he couldn't carry him across the falls on a tightrope.

After a very scary trip his friend managed to deposit him safely at the far end and the \$500 was duly handed over.

"Pity," said the loser, "when you wobbled half way across I was sure I had won."

9. An Irishman's last wish was to be buried at sea, which was most unfortunate for his three friends who died digging the grave.

An Irishman had no idea his wife was having an affair, so he was mad with grief when coming home early one day he surprised her and her lover in the act.

He grabbed a pistol and pointed it at his head, which made his wife burst out laughing.

"What do you think you're laughing at," he cried, "you're next."

## **THANK YOU**

I would like to thank all the staff and residents of Torbay Retirement Village for their help and kind words in the loss of my dear friend Esme Raverty.

from Peg Dawson

## PEARLS OF WISDOM

In the long run the pessimist may be proved right, but the optimist has a better time on the trip.

Everyone is trying to accomplish something big, not realizing that life is made up of little things.

One of the secrets of life is to make stepping-stones out of stumbling blocks.

Experience is a hard teacher because she gives the test first, the lesson afterward.

Don't judge each day by the harvest you reap, but the seeds you plant.

Humility does not mean you think less of yourself. It means you think of yourself less.

Worrying is like a rocking chair: it gives you something to do, but it doesn't get you anywhere.

You are younger today than you will ever be again. Make use of it for the sake of tomorrow.

We either make ourselves happy or miserable. The amount of work is the same.

In the case of good books, the point is not to see how many you can get through, but how many can get through to you.

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

Why can't life's problems hit us when we're seventeen and know everything.

## THE AUSTRALIAN SUNRISE

The Morning Star paled slowly, the Cross hung low to the sea,  
And down the shadowy reaches the tide came swirling free.  
The lustrous purple blackness of the soft Australian night,  
Waned in the grey awakening that heralded the light.

Still in the dying darkness, still in the forest dim,  
The pearly dew of the dawning clung to each giant limb;  
Till the sun came up from ocean, red with the cold sea mist,  
And smote on the limestone ridges, and the shining tree-tops kissed.

Then the fiery Scorpion vanished, the magpie's note was heard,  
And the wind in the she-oak wavered and the honeysuckles stirred;  
The airy golden vapour rose from the river breast,  
The kingfisher came darting out of his crannied nest,  
And the bulrushes and reed-beds put off their sallow grey,  
And burnt with cloudy crimson at the dawning of the day.

by James L Cuthbertson

### **Reasons to Smile**

Every 7 minutes of every day, someone in an aerobics class pulls a hamstring.



## BROLGA NEWS



## **I REMEMBER**

I remember the cheese of my childhood,  
And the bread we cut with a knife;  
When the children helped out with the housework,  
And the man went to work - not the wife'.

The cheese never needed an ice chest,  
The bread was crusty and hot;  
The children were seldom unhappy,  
And the wife was content with her lot;

I remember the milk from the billy,  
With yummy rich cream on the top;  
When dinner came out of the oven,  
Not from a fridge in a shop;

The kids were a lot more contented,  
They didn't need money for kicks;  
But a game with their mates in a paddock,  
And, sometimes the Saturday 'flicks'.

I remember the shop on the corner,  
Where a 'pennorth Of lollies was sold!  
Do you think I am a wee bit nostalgic?  
Or is it just that I'm getting old?

Contributed by Miriam McNabb

### **LOST IN THE FOREST.**

Once upon a time a blind man got lost in the forest. He wandered from tree to tree totally disorientated, until he came to a clearing. He fumbled around, finally tripping over something and fell to the ground.

Thinking he had been caught in a tree root..

"Ouch!" He heard a voice say.

"I beg your pardon", said the blind man "who are you'? What are you doing here?"

"I have been here a very long time; it seems like forever. I am crippled and lost and just waiting to die."

"I too have been here a very long time, lost and wandering alone, trying to find my way out." said the blind man.

Both of them sighed in despair until the old woman called out, "I've got an idea. Why don't you lift me up on your shoulders and carry me out. I can see and guide us both'.

Delighted, the blind man followed her instructions and together they found their way out of the forest,

Submitted by Heather Gilleatt

## **ONE LINERS RELATING TO AGE**

Old accountants never die, they just lose their balance.

Old actors never die, they just drop apart.

Old archers never die, they just bow and quiver.

Old architects never die, they just lose their structures.

Old bankers never die, they just lose interest.

Old basketball players never die, they just go on dribbling.

Old beekeepers never die, they just buzz off.

Old bookkeepers never die, they just lose their figures.

Old bosses never die, much as you want them to.

Old cashiers never die, they just check out.

Old chauffeurs never die, they just lose their drive.

Old chemists never die, they just fail to react.

Old cleaning people never die, they just kick the bucket.

Old cooks never die, they just get deranged.

Old daredevils never die, they just get discouraged.

Old deans never die, they just lose their faculties.

Old doctors never die, they just lose their patience.

Old electricians never die, they just lose contact.

Old farmers never die, they just go to seed.

- Old hippies never die, they just smell that way.

- Old horticulturists never die, they just go to pot.

- Old hypochondriacs never die, they just lose their grippe.

- Old investors never die, they just roll over.

- Old journalists never die, they just get de-pressed.
- Old knights in chain mail never die, they just shuffle off their metal coils.
- Old laser physicists never die, they just become incoherent.
- Old lawyers never die, they just lose their appeal.
- Old limbo dancers never die, they just go under.
- Old mathematicians never die, they just disintegrate.
- Old milkmaids never die, they just lose their whey.
- Old musicians never die, they just get played out.
- Old number theorists never die, they just get past their prime.
- Old numerical analysts never die, they just get disarrayed.
- Old owls never die, they just don't give a hoot.
- Old pacifists never die, they just go to peaces.
- Old photographers never die, they just stop developing.
- Old pilots never die, they just go to a higher plane.
- Old policemen never die, they just cop out.
- Old printers never die, they're just not the type.
- Old programmers never die, they just branch to a new address.
- Old programming wizards never die, they just recurse.
- Old quarterbacks never die, they just pass away.
- Old schools never die, they just lose their principals.
- Old sculptors never die, they just lose their marbles.
- Old seers never die, they just lose their vision.
- Old sewage workers never die, they just waste away.
- Old skateboarders never die, they just lose their bearings.

## **THE 10 COMMANDMENTS OF GETTING ALONG WITH OTHERS**

1. Speak to people. There is nothing as nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown – only 14 to smile.
3. Call people by name. The sweetest music to anyone's ears is the sound of one's own name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be cordial. Speak and act as if everything you do is a genuine pleasure.
6. Be genuinely interested in people. You can like most people if you try.
7. Be generous with praise - cautious with criticism.
8. Be considerate of the feelings of others. It will be appreciated.  
Be thoughtful of the opinions of others.
10. Be alert to give service. What counts most in life is what we do for Others.

“

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.” at

## Culinary Corner

Chilli peppers have been part of the human diet in the Americas since at least 7500BC. There is archaeological evidence at sites in south western Ecuador that chilli peppers were domesticated more than 6000 years ago.



Christopher Columbus was one of the first Europeans to encounter them ( in the Caribbean) and called them “peppers” because of their similarity in taste with the Old World black peppers of the Piper genus.

Chillies were cultivated around the globe after a physician on Columbus’ second voyage to the West Indies in 1493, brought the first chilli peppers to Spain, and wrote about their medicinal effects in 1494. An alternate account for the spread of chilli peppers is that the Portuguese got them from Spain, and cultivated them in India and they figure heavily in the cuisine of the Goan region of India, which was the site of the Portuguese colony (e.g.. vindaloo an Indian interpretation of a Portuguese dish) , also in Turkey, to Hungary, where it became the national spice in the form of paprika.

### **Mexican Rice**

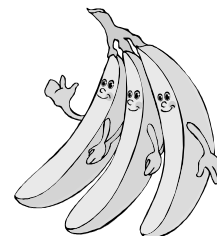
3 dessertspoon oil	$\frac{2}{3}$ teaspoon chilli powder or sauce
$\frac{1}{2}$ cup uncooked rice	$\frac{1}{3}$ cup tomato sauce
1 large onion thickly sliced	$\frac{1}{2}$ lb skinned and chopped tomatoes
1 clove garlic crushed	1 cup water
1 lb minced steak	$\frac{3}{4}$ cup raisins
2 teaspoon salt	1 cup frozen peas and corn.



Brown rice in oil, add onions and garlic add mince and saute , add other ingredients, stir well and allow to simmer until rice and meat is cooked. If liked, add 2 tablespoons of sweet chilli sauce and mix in before serving.

### **Banana Date and Nut Cake.**

1 cup dates	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup nuts	2 teasp. Honey
$\frac{1}{2}$ cup sultanas	1 tblsp. butter
1 teasp. carb soda	1 sliced banana
2 cups sr. flour	1 egg
2 teasp. mixed spice	1 teasp. ginger



Mix together fruit, nuts and sweeteners and butter, then pour over 1 cup boiling water and stir until all blended well.

Add 2 cups sifted flour, 2 teasp. mixed spice and 1 teasp. ginger ( optional) 1 egg (optional) and carb soda.

Mix until well blended and place in either 2 bar tins or 1 square 8” tin.

Bake 180° C 45 minutes. Allow to cool in tin. Slice and serve with butter .