

# Torbay Times

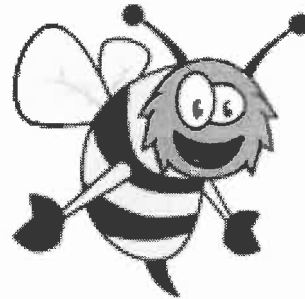
Sept.  
2010

Torbay Retirement Villages Limited Magazine

CAN YOU



BEE-LIEVE



*it's*

SPRING ?



Torbay Aged Care and Retirement Village

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## RESIDENTS MEETING 17th AUGUST 2010

Mr Philip Parry together with Mrs Karen Howlett opened the meeting at 1pm and welcomed those residents present.

### ADMINISTRATION MANAGER'S REPORT

#### **Budget**

- The budgets for 2010 have been finalised.
- We have received the rate notice for the current year. Once again council has chosen to reduce the concessional rebate we receive on the general service fee. Last year we paid 10% of the general service fee, this year we are paying 25% of the general service fee. I believe the council will continue to reduce the general service fee concession until we are paying the full amount.
- We will write again to council asking them to reconsider their decision as this has an impact on the Aged Care Facility as well. It did help last year but we will see what happens.
- We have a meeting with the Villa Finance Committee in the coming month to go through the final budget.

#### **Meals**

- The Village Caterer has introduced a brand new service to Torbay as well as the Community of Hervey Bay. Meals Direct to your Door.
- The Village caterer will also in the coming months be introducing bulk meals which will be available to the public.
- A copy of the current price structure and winter menu will be sent out to all villa residents in the coming days.

#### **Auditors**

- The auditors have completed their review of the financial statements for the 2009/2010 year.
- It is proposed to hold the Annual

General Meeting on Wednesday 29<sup>th</sup> September, 9.30am in Tavistock Court.

#### **CACPS**

We will have the Department here on the 19th August to conduct the tri-yearly site audit of our CACPs services.

#### **Federal Election**

The Federal election was called for Saturday 21 August. There was not to be a polling station at Torbay. Notice was placed in the halls giving details of polling stations closest to Torbay.

#### **Change to Commonwealth Bank**

The Commonwealth Bank is on track for the changeover next week.

#### **Skip Bin at Rear of Kitchen**

- The skip bin at the rear of the kitchen is just for cardboard.
- Please do not throw any other rubbish in it otherwise they will not take it.
- We want to recycle, as I am sure most of you want to. They only take clean cardboard.

#### **Social Committee**

We would like to thank the social committee for all their hard work in raising funds to purchase the wonderful equipment they have supplied to Torbay over this current year. I know the coffee shop volunteers love their new coffee machine.

#### **Gate Closure**

- Once again it seems that the part closure of the Colyton Street gate is an issue.
- Both gates on the Tavistock Street entrance are opening for anyone not wishing to drive on the wrong side of the driveway to enter/exit the facility.
- Most facilities generally only have one entrance.
- We are still occasionally having trespassers. We had one only last week, and the police were notified.
- As the residents of Torbay, you need to

make a decision as to the level of security you want, and if you are happy to re-open the gates and allow an easy thoroughfare for trespassers.

- One resident near the gates felt so insecure she has left for a gated community.

A brief discussion regarding this issue followed, and it was decided that part closure of the Colyton Street gate will continue.

## CHIEF EXECUTIVE OFFICER'S REPORT

### **Proceeds of Crime Grants**

- We have lodged an expression of interest for a grant under the Proceeds Of Crime Act.
- We have applied for the electric gates, cameras and additional lighting for the cameras.
- Expressions of Interest closed 1st February.
- We are waiting to hear if we have been accepted to go to the next step in the process.

### **Parklands Retirement Haven**

- ◊ Some residents took the opportunity to inspect the villas on Monday 16th August.
- ◊ If there is further interest we will do this again.
- ◊ The Aged Care Facility Building is nearing completion.
- ◊ Stage 1 is due to be handed over on 20th October.
- ◊ We are looking at the equipment that we need for Parklands and have started to order it.
- ◊ Stage 2 has been handed over but we are still doing work on the villas – we decided to do it this way rather than to change the contract and incur additional overhead costs.
  - Changing bathroom fitting.
  - Installing an additional wall in one.
  - Telephones not operational yet .

- Council Infrastructure Credits
  - ◊ We are still fighting Council for infrastructure credits.
  - ◊ They have offered some but we are claiming much more.
  - ◊ We are still waiting on Council's response.

### **Next Stage**

- ◊ Stage 3 has been broken into 2 parts – 3A a Community Centre and 3B 10 villas.

#### Community Centre

- ◊ The Architect has prepared a couple of sketch plans for the Community Centre that we are going through and changing.

#### Stage 3B Villas

- ◊ Bellerio Constructions are to do a design and construct for Stage 3B 10 villas.
- ◊ The Architect has prepared an overall layout plan and new villa designs. We are still reviewing these. We are waiting on further feedback from potential residents on the designs.

### **Villa Changes**

- ◊ We have kept the rules for Parklands and Torbay consistent.
- ◊ Resident entry age has been dropped to 60 years.
  - ◊ The average entry age for the 2009/2010 year was 77.2 years.
  - ◊ We only had one person under 70 years old enter.
  - ◊ There were 7 in the 71-75 age bracket, 13 aged 76 to 80 years and 4 aged 81-85 years.
  - ◊ The average age of all villa residents is now 80.3. This has risen nearly 1 whole year since 2006 when the average age was 79.5 years.
- ◊ Residents will not have to be retired – the resident's work is not to interfere with the quiet

enjoyment of the facilities by other residents.

- ♦ We will NOT allow pets other than fish and small birds – this is our current policy.
- ♦ We will store boats and caravans on site – Belleros have agreed that we will be able to use part of their current builder's compound for the storage of caravans and boats.

### **Finance**

- We have provided information to the Commonwealth Bank for their valuation.
- They are proposing to value both Torbay and Parklands.
- We have agreed that they will now hold a mortgage over both Torbay and Parklands.
- The Production Kitchen is unencumbered.

### **Use of Function Venues**

We have developed a draft policy for the use of the Halls by residents and outside organisations. The Villa Residents Committee requested that we prepare an application form and a set of conditions. This has now been done and a copy of the application form and conditions has gone to the Villa Committee.

### **Annual General Meeting**

- We have set the Annual General Meeting for Wednesday 29th September 2010 at 9.30am in the Tavistock Centre provided the auditor meets their timetable.
- We will have the Residents AGM at the October monthly meeting.

### **Federal Election**

- The Federal Election was held on the weekend of 21st August.
- This was the first Federal Election that we have not had politicians lining up to come and talk to us.
- I think that in itself sent a strong message of what both parties think of Aged Care.

For the benefit of interested residents, and because the politicians had not been here, Mr Parry read out extracts from the National Report dated 12th August, produced by Aged and Community Services Australia (ACSA), that gave extensive cover of the political parties promises.

### **Meetings**

#### **Next monthly meeting**

- 3rd Tuesday of the month.
- The next meeting is due to be held on 21st September.

#### **Villa Residents Meetings**

- June/October/February.

#### **Board Meetings**

- Second Wednesday of the month.
- The next meeting will be held on 8th September 2010.

### **From the Floor**

Q. Mrs. Kay Wyatt asked if there was any urgency to commence the next stage of construction at Parklands.

A. Mr. Parry said construction of the next stage would not proceed until there is some movement on the sale of villas already completed.

Q. Mr. Henry Gay asked if we could have some pamphlets with information regarding Parklands villas, to hand out at the garage sale.

A. Mr. Parry said that would be a good idea.

Q. Mrs. Ula Scott asked why we did not have a stall at the Seniors Expo.

A. Mr. Parry said they thought numbers would be down with the change of venue but was pleased to hear that people had travelled that far to attend.

Q. Mrs. Evelyn Robinson asked why they had put shower curtains in the villas at Parklands.

A. Mr. Parry advised, use of curtains allowed for better floor slope, cleaning was easier and it was more wheel chair and shower chair friendly. This was also

a cheaper choice and had been used in other places such as Baycrest.

**Q.** Mrs. Betty Patterson asked about transitional care in Torbay villas following discharge from hospital and what was their attitude for night care if this option was taken.

**A.** Mr. Parry advised that Qld. Health

provided this scheme and it was their responsibility to take care of the patients needs if they were discharged under this scheme. In the event that a carer was provided, their stay would need to meet with the Torbay Retirement Village Act. He said it was a good system.

MR & NG

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## AGED CARE FACILITY REPORTS

### RAINFOREST LODGE

Hello again from Rainforest Lodge. Firstly, we would like to welcome to our section our new supervisor ... Kim Voges and hope her stay here will be an enjoyable one. We also welcome our new residents Julia Johnston, Esme Oberhardt and Les Hawkins and say a sad farewell to John Arden...he will be sadly missed. We also say farewell to Gurney Campbell, who has lived in Torbay for quite some time. She has now moved down south to be closer to her family. What a hectic month it's been and getting busier now all our hours have been shortened but never mind we

all battle on. Activities in Rainforest still remain much the same only a few changes. We are no longer able to have our BBQs and luncheon outings but we will still have special morning teas and our bus ride day has been changed to Wednesday morning so we miss out on our Wednesday sing-a-long in the hall...never mind we are still fortunate enough to have our wonderful volunteer musicians who come up to Rainforest and we have our own sing-a-longs. One day things will all settle down into a routine again. Till next month ... keep well and get prepared for the warmer weather to come in .... Tanya.

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### MAIN SECTION

Hi all ,Well another month has gone by and what a great month, we have had bus outings, we have had chickens in the hall, the Torbay Choir entertained us for Torbay's 33rd Birthday and the Time Capsule was opened revealing all sorts of goodies from 5 years ago, even the ten year old flashing brooch from the year 2000 was still flashing, so we are going to put it in again for prosperity. We now have Craft on Friday mornings in the Main Hall so if you are craft minded please come and join us.

The Smooth Swing Trio entertained us with wonderful swing music from the past, what great talent we have in Torbay.

Coming up next month we are going to hold a "Games Day on the Common" this is on the 9th Sept . A sausage sizzle will be had by all so if you would like to be a participant or just a spectator please put you name in the book .

That's about all for this month. Cheers and stay well. Bruce.

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**Remember, good friends are like stars.  
You don't always see them, but you know they are there.**



## CHIOR REPORT

Our concert to celebrate Torbay's 33rd Birthday - "There's No Business Like Show Business" - was a great success. With songs from "Annie", "Doin' What Comes Naturally" is what our choir is all about!!

It is great having our men to help us along and they excelled themselves singing "The Girl That I Marry" and "Easter Parade".

It was a delight to hear Neroli singing "Can't Help Lovin' That Man of Mine"; Cathy letting us know that "Wouldn't It Be Lovely" to have a room somewhere and the audience enjoyed Bruce singing "My Defenses Are Down" in his own inimitable style.

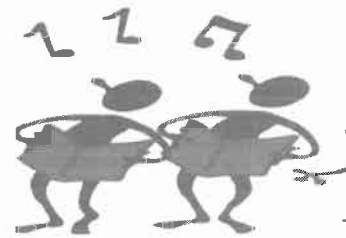
Where would we be without Bruce and Mary - what a "Couple of Swells" they

were? There was one thing for sure, Mary did not have a 'swelled' head because her hat came right down over her ears.

Two songs we haven't heard for a long time - "Makin Whoopee" and "Toot Toot Tootsie" brought a wonderful birthday show to an end.

Our choir has resumed again with plans for maybe a 'touch of country' for our next effort; we will give you an update later.

Miriam



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## GARAGE SALE

The men started Thursday, setting up tables and placing boxes on for the ladies to empty and display goods for sale on Friday morning.

It is the first time we have opened to public sales at 1pm on Friday and it was a surprise to us all how many came to get the bargains.

Saturday morning we were all there again.

With the many willing hands of the committee – residents and outside volunteers – there was a great display of all sorts – clothes, cakes, plants, furniture, electrical items, linen, paintings, books etc.

I want to thank each and every one of you, whether you were there three days or one day - baked or donated goods, for without all your co-operation a successful garage sale would not have happened.

Even the weather was on our side.

The lucky raffle winners were –

1 <sup>st</sup>	Fruit and Vegie Tray	Bev. Abraham	Purple A59
2 <sup>nd</sup>	Maiden Hair Fern	Janet Corford	Orange C24
3 <sup>rd</sup>	Bottle of wine	A. Pavone	Orange C34
4 <sup>th</sup>	Chocolates	Ruth Gaarder	Orange C57

By the time you are reading this report, I hope all our aching backs, knees and feet have recovered.

My sincere thanks to everyone, who supported us.

Ula Scott

President

Torbay Social Committee



## ARE YOU A RETURNED SERVICEMAN?

RSL men will visit Torbay to chat with Returned Servicemen every Monday afternoon. If you would like a visit please contact:

John Beattie Ph 4125 3927

or

4197 7477 (RSL 9.30am to 12.30pm Mon-Fri)

### Men's Shed

Well folks the Men's Shed is underway and we are just waiting for the shed itself to become vacant and we can then start calling the shed ours. The chooks are growing at the rate of knots and, thanks to the many male residents and volunteers, we have now 16 chickens in residence.

We have had many suggestions of activities for the men to do, these include: redoing the felt on the bottoms of the two hall chairs, coffee shop chairs need sanding and repolishing, and make an art mural for the back of the Club House swimming pool, brochure/magazine rack for TC Centre, and the list goes on.

We have been very lucky in the way of donations for our projects. Bellerø Constructions very kindly donated chain wire, Koppers Logs kindly donated 16 logs, Dale & Meyers donated 10 logs, and our wonderful Social Committee donated \$200 to purchase the garden shed, all for the chook yard. Thank you all.

We have had an offer of a piece of peg board to make the shadow board for the tools in the shed, this has been offered from a past resident's family. I thank the family for their donation.

Our monthly meeting was well attended, so until next time.....



Happy shedding!

Bruce Butler DT





## FATHERS

When the good Lord was creating fathers, He started with a tall frame.

A female angel nearby said, "What kind of father is that? If you're going to make children so close to the ground, why have you put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending or even kiss a child without a lot of stooping.



And God smiled and said, "Yes, but if I make him child size, who would children have to look up to?"

And when God made a father's hands, they were large and sinewy.

The angel shook her head sadly and said, "Large hands are clumsy. They can't manage nappy pins, small buttons, and rubber bands on ponytails or even remove splinters caused by cricket bats."

And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day, yet small enough to cup a child's face."

And then God moulded long, slim legs and broad shoulders.

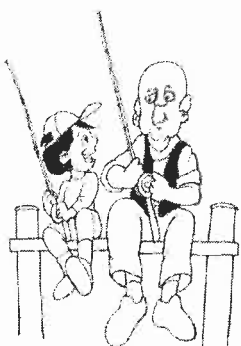
The angel nearly had a heart attack. "Boy, this is the end of the week, all right," she clucked. "Do you realize you just made a father without a lap? How is he going to pull a child close to him without the kid falling between his legs?"

And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull the oars when they are fishing, or balance a boy on a bicycle or hold a sleepy head on the way home from the circus or the Gympie rodeo."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do you honestly think those large feet are going to get out of bed early in the morning when the baby cries? Or walk through a littlelies birthday party without crushing at least three of the guests?"

And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to ride a horse to Banbury Cross or scare off mice at the farm or display shoes that will be very difficult to fill."

God worked throughout the night, giving the father few words but a firm, authoritative voice and eyes that saw everything but remained calm and tolerant. Finally, almost as an afterthought, He added tears. Then He turned to the angel and said, "Now, are you satisfied that he can love his children as much as a mother?"



The angel just shed a tear and was silent.

Contributed By Ula Scott

## Villa Cleaning

We often have requests from villa residents for extra cleaning jobs that are not part of our normal cleaning service.

Whilst, we can arrange to have this work done; this often means trying to get enough work to create enough staff hours to warrant an on-going extra shift and the timing is then not always convenient for our residents.

**HOME ASSIST** can help you with these cleaning projects.....

**HOME ASSIST** is a Government funded Program and to qualify to use their services, all you need is to be on an Aged pension (they will require your Pension Number when you call them).

A flyer will be in your letterbox shortly explaining more about this Government funded service; which meets all our insurance requirements and which Torbay supports you utilising.

All their staff have police checks and their fees are much cheaper than outside contractors.

They can help with such items as:

- Washing
- Changing light bulbs
- Repairing faulty power points
- Repairing leaking taps & toilets
- Clearing gutters
- Washing off mould from patios

(Please just remember that Torbay, as the property owner, is ultimately responsible for your home – so if you have any queries about particular work – please call Deb Bergmann in the office for clarification).

They also offer a '**Spring Clean**' Program where they will clean internal windows, ceiling fans, light fittings, air-con and rangehood filters, exhaust fans, top of kitchen cupboards or fridges.....

Dept of Veterans Affairs offer a similar Program – **VETERANS AFFAIRS HOME CARE ASSESSMENT AGENCY** - call **1300 550 450** to holders of white or Gold Veteran Affairs Pension cards. They offer similar assistance with cleaning, shopping etc.

## DON'T QUIT

When things go wrong as they sometimes will;

When the road you're trudging seems all uphill;

When the funds are low, and the debts are high and you want to smile, but have to sigh;

When care is pressing you down a bit - rest if you must, but do not quit.

## THE WRITERS CIRCLE

We meet 2<sup>nd</sup> and 4<sup>th</sup> Thursday each month at 2pm. Phone 105 for info. A young visitor to the Writer's Circle made the comment, "I've never been to a meeting with people so much older than I. It's astounding to find such mental stimulation and people prepared to "Blossom Where They Are Planted." What an inspiring comment!

Our recent assignment, was to share our experience about a challenge, and our feelings on the outcome. Lyn's assignment follows.

### **A CHALLENGE by Lyn Dahl.**

A classified ad in the "Wanted" column in the local newspaper was the beginning of the Hervey Bay Little Theatre, and, for me, personally, an almighty challenge which I faced with trepidation.

I had become involved in theatre while working in Melbourne and Sydney, long before I was married.

I began as a member of the chorus, learned to dance and act and graduated to actor-director.

The ad called for anyone interested in forming an amateur theatre to be at my home on a certain night at 7.30 pm.

I had previously asked the local Catholic priest, Father McSweeney, if we could use the parish hall at Pialba should the theatre get off the ground.

Fourteen people turned up, all of them enthusiastic, none with acting experience.

I had also, previously, requested permission of the local high school principal to address teachers in their staff room after school one day.

Two males and two females had expressed interest and duly turned up at the meeting. It was decided to begin with public play readings.

We had a couple of members, including my husband, who undertook to build a stage about 18 inches from the ground which could be broken into four

sections for storage, thanks to Father McSweeney, under St. Joseph's church. We named the group The Hervey Bay Drama Circle. Our first play was *The Importance of Being Ernest* and it was a great success.

At the time, in 1964, there was no live theatre in Hervey Bay and many people had never even seen a live stage performance of any kind.

The parish centre was packed for opening night and the season was extended to three weeks.

Our second play was Noel Coward's *Blythe Spirit*, another great success and that was followed by *Candied Peel*. I agreed to direct the early performances.

Several workshops were held to train others, and Lesley Hyle and Pat Campbell were soon also directing. Our group progressed from strength to strength.

The council agreed to make a piece of land in Zephyr Street available to us to build a small theatre, but we had to raise the finance, about ten thousand pounds. A public appeal was launched and a doorknock of the whole district undertaken. But fund-raising had to continue for a few years before we could start to build. We outgrew the parish centre and moved to a shed on private property in Torquay which we named The Hovel. That stood us in good stead for another couple of years, when we moved to a former Qantas hut on private property in Newhaven Street, Pialba, for which we were charged a very small rental.

This was painted and lined with hessian, a kitchen and dressing rooms built and theatre seats purchased from the about to be refurbished Seaview Cinema.

Our new theatre was roomy and comfortable, a proper theatre at last. It

was at that time that we became The Hervey Bay Little Theatre.

We had been in existence for around 20 years by then and had founded the Hervey Bay Junior Theatre under the directorship of Erin Brown. It boasted about 50 members.

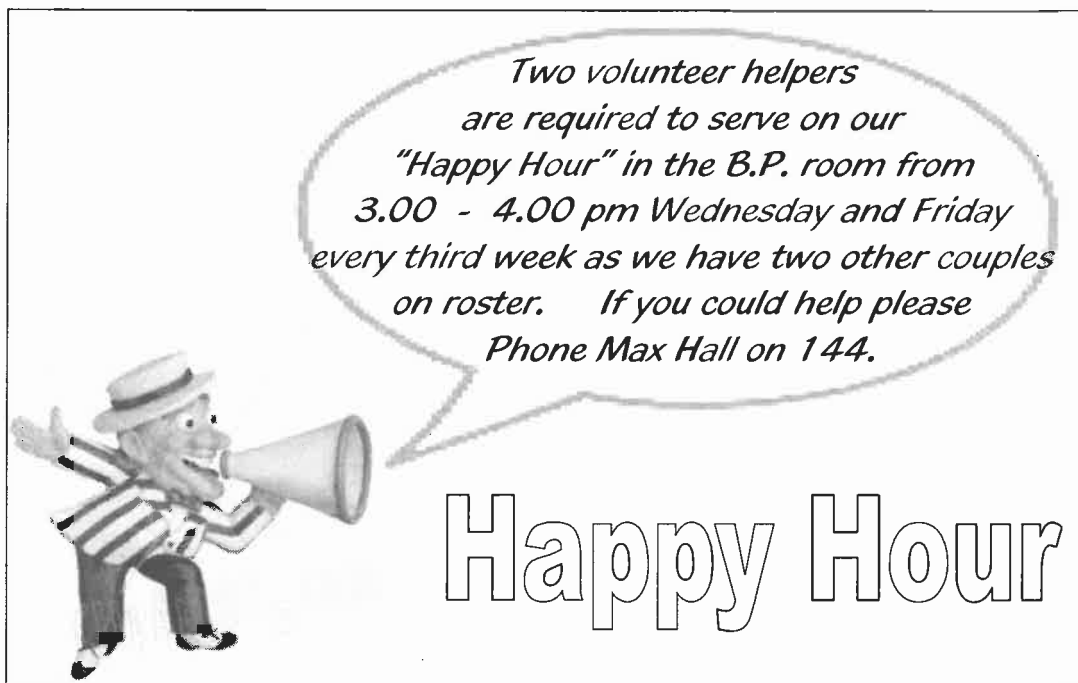
We welcomed support from the Elizabethan Theatre Trust in Brisbane, who sent people such as the well-known Murray Foy to undertake guest directorships. They also sent visiting theatre companies to the Bay and it was a great thrill for members to billet the visiting actors.

When the permanent theatre was finally built, with the help of a grant from the Hervey Bay City Council, the name

was changed to the Zephyr Street Theatre or Z Pac, as it is generally known.

Organising the formation of the theatre was a challenge which I could not have faced without the support of several dedicated people, especially my own family, but I have to admit to a feeling of smug satisfaction when I remember that without my effort, this beautiful city of Hervey Bay may never have become home to that great experience - live theatre!

Thank you, Lyn. We need "movers and shakers," people who see a need, an opportunity and a challenge and then **go for it.**

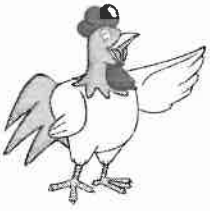


*Two volunteer helpers  
are required to serve on our  
"Happy Hour" in the B.P. room from  
3.00 - 4.00 pm Wednesday and Friday  
every third week as we have two other couples  
on roster. If you could help please  
Phone Max Hall on 144.*

# Happy Hour

Two Irishmen had filled a cart with hay and were driving it out of the field onto a narrow road and into the path of an oncoming car. The other driver jammed on his brakes just in time and swerved into the field they had just left. "Thank the Lord," said one Irishman to the other.

## DID YOU KNOW ??



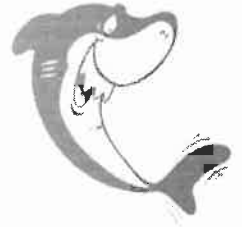
There are more chickens than people in the world.



Swedish people drink more coffee than any other race in the world.



Lungs are 100 times easier to blow up than a child's balloon.



When viewed from above, rainbows appear doughnut shaped.

A shark is the only fish that can blink with both eyes.



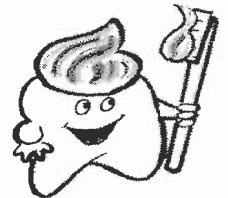
The Eiffel Tower has 1792 steps.



Winston Churchill was born in a ladies room during a dance.



The bullfrog is the only animal that never sleeps.



The toothbrush was invented in 1498

## REASONS TO SMILE

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and said, "No, how are we alike?" "You're both old," he replied.

When the attractive girl married Mr 'RIGHT', she didn't realise his first name was 'ALWAYS'.

You never get anything right, complained the teacher. What kind of job do you think you'll get when you leave school? Well, I want to be the weather girl on TV.

When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife is.

How can you avoid that curse of getting older wrinkles? Just take off your glasses.

What time is it when you sit on a pin? Spring time.

A mother was struggling to get the sauce out of the bottle when the phone rang. She asked her four year old daughter to answer it. She heard her daughter say, "Mummy can't come to the phone. She's hitting the bottle."

## TORBAY RECREATION & SOCIAL COMMITTEE

Residents,

I have been asked many times what does the Social Committee do with the money raised.

Listed below are the major items purchased during the last 5½ years for all areas of Torbay.

Ula Scott(President)

YEAR	ITEMS	AMOUNT
2005	Drinks 'Fridge (B.P. Room) Welder (W.Shop) Doll (S/C) Briefcase, Digital Note-taker etc.	\$3,327.00
2006	Coffee Shop Blind, Lakeside Shelter, 2 Dolls (Rainforest). Electric Urn. Etc.	\$12,911.00
2007	Auto Sliding Door & Fittings (Office), Shade Sail & Erection (H/C), Sara Lifter (H/C, 6 Shower Commodes, 2 Wheelchairs, 2 Special Mattresses etc.	\$34,759.00
2008	3 Utility Chairs (Treatment Room), 6 Feeding Chairs (H/C), HI Low Bed (Doctors Surgery etc.	\$6,754.00
2009	2 Fall-out Tilt Chairs, 2 Electric Beds with Mattresses, Digital Projector & DVD Player (Activities), 4 Stainless Steel Shower Chairs with wheels and padded seats, Lifter & Sling (H/C), Water Chiller & installation (TC Centre), Curtains (RFL), Camera (Activities) Replace carpet in Chapel, Vinyl in Coffee Shop etc.	\$30,478.00
2010	Laptop Computer & Accessories (Activities), Sara Lifter (RFL), 3 Self-propelled Wheelchairs (RFL), 1 Everflo Oxygen Concentrator (A/C) 4 Maxi Sensor Mats (A/c &RFL), Coffee Machine etc.	\$19,546.00



### ATTENTION USERS OF GOLF BUGGIES AND GOPHERS



Please ensure that you:

1. Adhere to the speed limit (walking pace)
2. Take care at the Clubhouse where the path leading to letter boxes connects to the main path (blind corner)

Thank you—Deb Bergmann

## Culinary Corner

Sweet potato is a low-calories and fat free vegetable with an abundance of healthy minerals such as beta-carotene, Vitamin A, C and E, magnesium, potassium and rich in antioxidants. These nutrients and minerals help to protect against heart attack and stroke, reducing blood pressure and maintaining fluid and electrolyte balance in the body cells. Studies on animals have also shown that diabetics would benefit from a diet which includes sweet potatoes as they help to stabilise blood sugar levels and to lower insulin resistance. Taking into consideration of fibre content, complex carbohydrates, protein, vitamins A and C, iron, and calcium plus the other aforementioned minerals, the sweet potato is ranked highest in nutritional value amongst other vegetables.



### **Pork and Apricot Casserole**

3 teasp sweet paprika	1 leek, diced
1 teasp ground cinnamon	1 carrot, diced
2 cloves garlic, crushed	500ml. beef stock
2 tablespoons vegetable oil	2 roma tomatoes, diced
700g pork scotch fillet diced	1/2 cup dried apricot halves.
1 onion, diced	



Mix paprika, cinnamon, garlic and half the oil to make a paste. Rub paste into pork; let stand for at least 10 minutes (or refrigerate several hours to overnight). Heat remaining oil in a large heavy-based saucepan over moderate heat. Brown pork in batches, on all sides to seal. Return all meat to pan. Add onion, leek, carrot and stock; bring to the boil. Reduce heat; gently simmer for 15-20 minutes until the pork is just tender. Add tomato and apricots; cook 5-10 minutes. Season to taste

### **Sweet Potato Soup**

2 tablespoon oil	¼ teaspoon chilli
1 onion, diced	600 gram sweet potato, chopped
2 cloves garlic	500 gram carrots, diced
1 teasp coriander	6 cups chicken stock



Heat oil, add onion and crushed garlic. Cook stirring often for 3 minutes. Add spices and cook for 1 minute. Add remaining ingredients and cook until vegetables are tender. Puree until smooth.



# New Arrivals

A warm welcome is extended to our new Residents

Alan Hawkins RFL  
Joan Mow S/C  
James (Jim) Ison Hostel

Gurney Campbell and Patricia McInnes have left the Village

**S**mile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter who it is - and that will make you grow up in greater love for each other. Mother Teresa

## **Mini Lotto Winners for August**

- 07/08/10 1<sup>st</sup> Dennis Gilman  
2<sup>nd</sup> Kev & Jean Robinson
- 14/08/10 1<sup>st</sup> Dennis Gilman  
2<sup>nd</sup> Maxine Regan
- 21/08/10 1<sup>st</sup> Marie McDonald  
2<sup>nd</sup> Max & Barb Hall
- 28/08/10 1<sup>st</sup> Eric & Mary Flanagan  
2<sup>nd</sup> Betty Rollings



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**

**John Arden - Barbara Crowle - Doris Davis  
Ronda Hendry - Moya Taylor - Mayor Wilshire**



## **HAIRDRESSING HOURS**



**TORBAY MAIN SECTION - TONI Ph. 818**

Mon -Tue -Thurs 9am - 3.00pm Friday 9am - 2.30pm  
Wednesday (Linda) 9am until finished

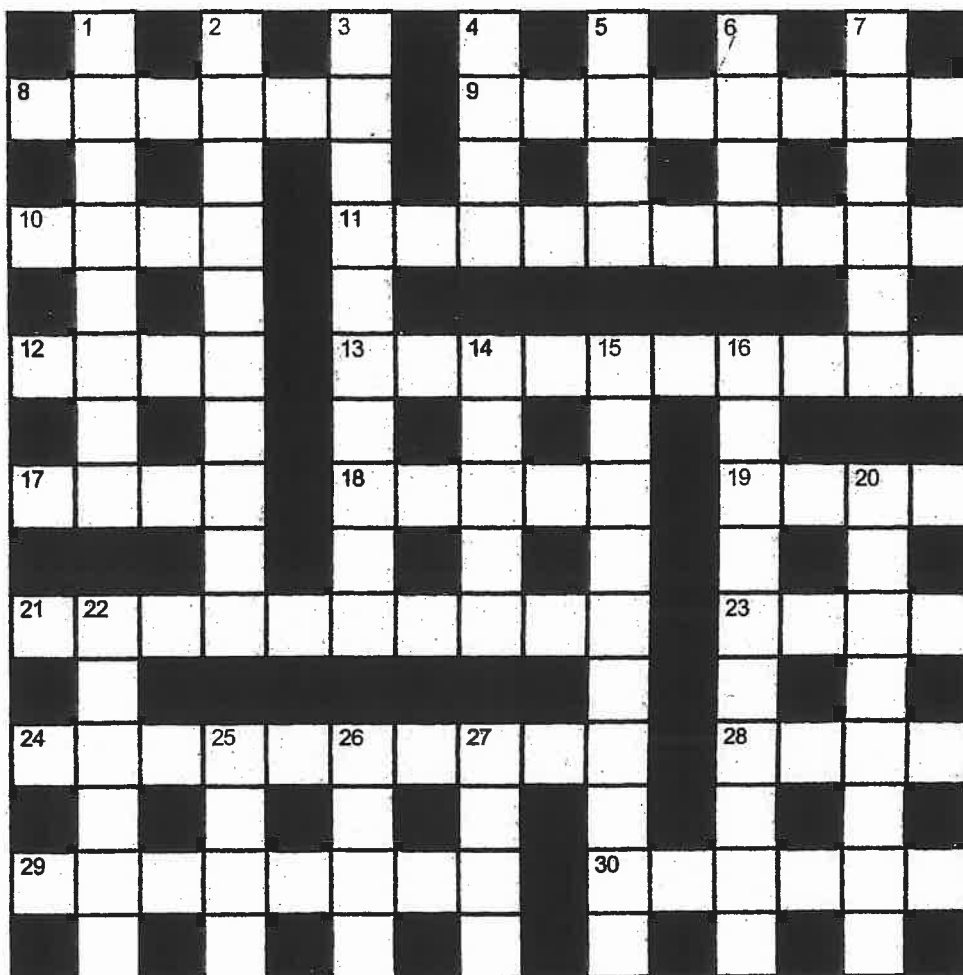


**TANYA'S SALON Tavistock Court**

Wednesday - Friday from 9am. Please Phone 698  
High Care Tuesday from 9am.

Tuesday Appointments can be made by Phoning Tanya at High Care on 606

# This Month's Crossword



## Across

- 8** Make up one's mind (6)  
**9** Blown-up, as an image (8)  
**10** Chicanery (4)  
**11** Explosive sent though  
the post (6,4)  
**12** Grime (4)  
**13** Aquatic creature (3,7)  
**17** DNA component (4)  
**18** For a second time (5)  
**19** Fortune (4)  
**21** Sector of a city once  
separated from its western  
counterpart by a wall (4,6)  
**23** Stretch over a given  
area (4)  
**24** Vile (10)  
**28** Be troubled (4)  
**29** What is made after one  
8- Across-es (8)

- 30** Home to a variety of  
extremophiles (6)

## Down

- 1** Without a doubt (8)  
**2** Alleyway off a main  
road (4,6)  
**3** Type of agent who sells  
houses (4,6)  
**4** Piquance (4)  
**5** Floating ice mass (4)  
**6** Dull (4)  
**7** Old salt; Tar (6)  
**14** Be advantageous to (5)  
**15** Not concerned with  
trifles (2-8)  
**16** Energy source for a mill  
(10)  
**20** Woodwind instrument (8)  
**22** Peaks (6)

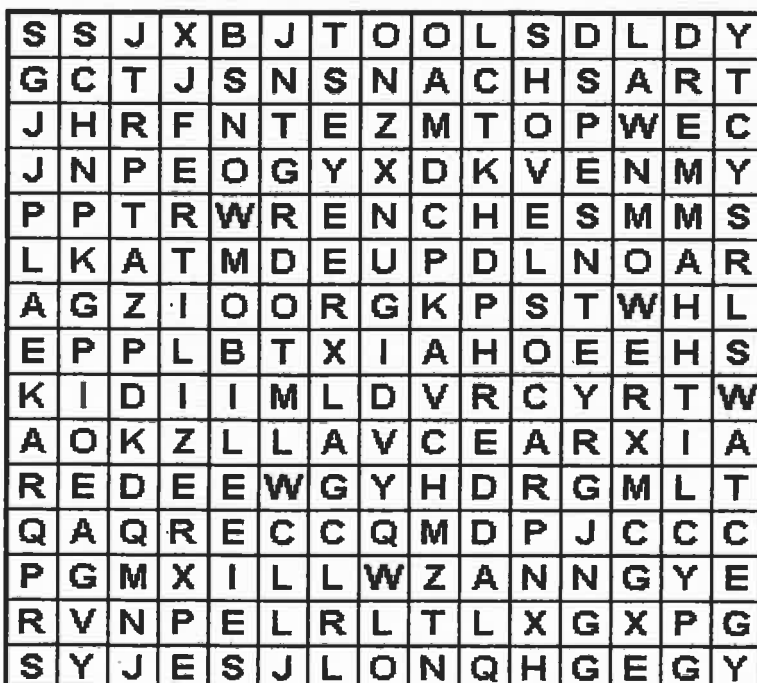
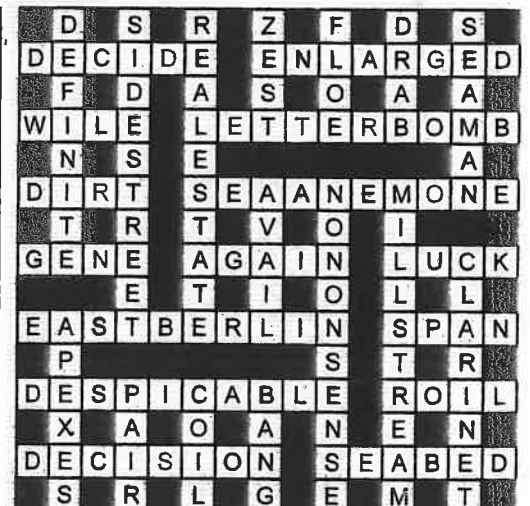
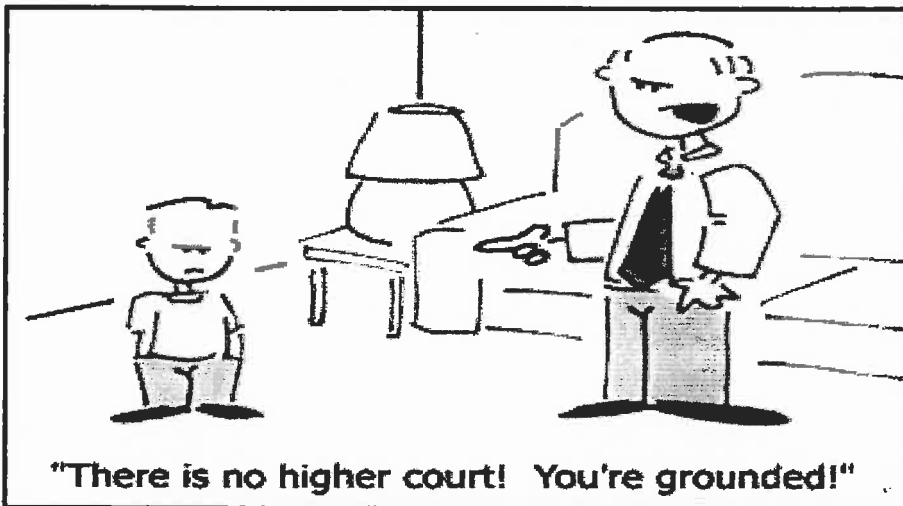
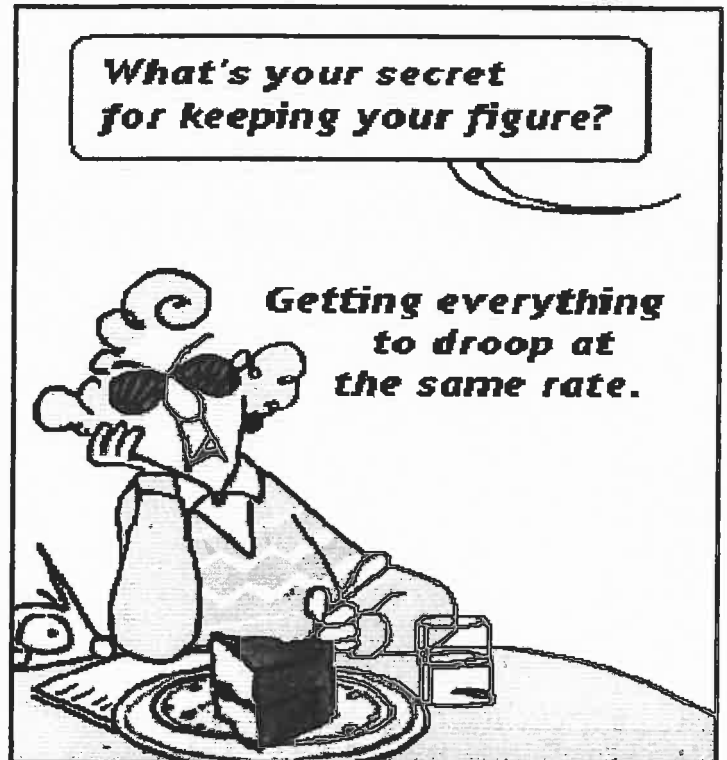
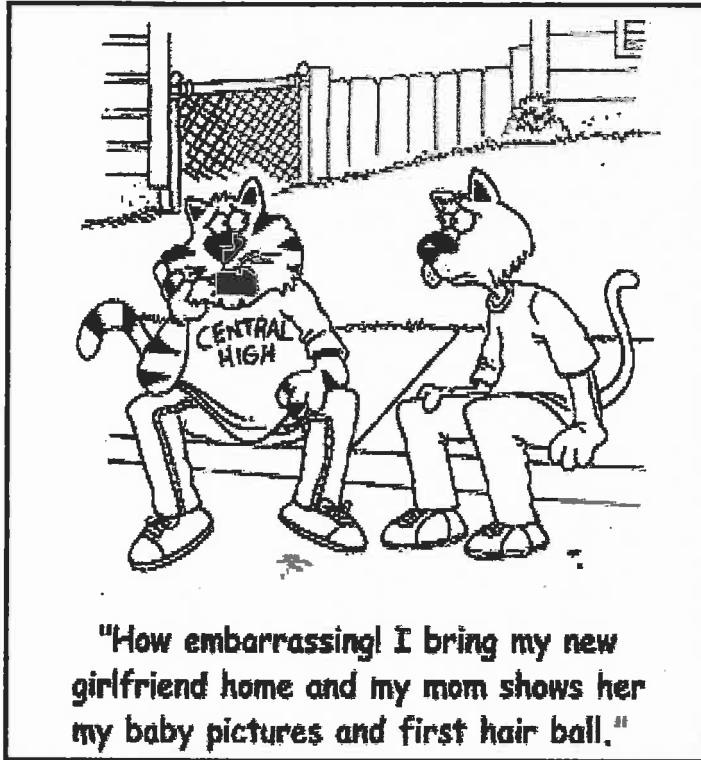
- 25** Set of two (4)

- 26** Shape formed by copper  
wire inside a typical  
electromagnet (4)

- 27** Onomatopoeic word (4)



# JEST FOR LAUGHS



## GARAGE

- |            |             |
|------------|-------------|
| Bike       | Saw         |
| Car        | Screwdriver |
| Drill      | Shovel      |
| Fertilizer | Snowmobile  |
| Garage     | Storage     |
| Hammer     | Tires       |
| Hoe        | Tools       |
| Ladder     | Trash Can   |
| Lawn Mower | Truck       |
| Motorcycle | Weed Killer |
| Rake       | Weeder      |
| Ramps      | Wrenches    |