

Torbay Times

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AUSTRALIA

JAN
26th



DAY

AGED CARE FACILITY REPORTS

RAINFOREST LODGE.

As another year draws to a close we reflect back over the past month and what a busy month it has been with Christmas taking most of our focus.

We had a number of musicians either at Rainforest, A/C Section or Main Section which our residents attended and the focus was mainly of Christmas with carols being sung. We were fortunate to be able to attend the main section for their sing-a-longs as we could not go on our weekly bus ride due to mechanical difficulties with the bus and Christmas shopping trips for residents prior to Christmas, but the bus trips will be back to normal next month all going well.

I also introduced a pet dog to the residents this month and hope to be able to introduce other pets over the new year.

Our residents Christmas party and meeting was another success with many resident's families attending and we had entertainment by Sharnee and the "Stars". It was a excellent morning of fun and enjoyment and of course Santa came to distribute gifts to the residents and families.

I will introduce other activities starting in the new year as we have been restricted with a shortage of volunteers, but I have been working to encourage

new volunteers starting in January and this will allow us to carry out these activities with the residents.

So as we are about to turn over to a new page (2011) I hope you all had a very happy and joyous Christmas with families and friends and the new year brings you all that you wish for.

Bruce [B2]

HIGH CARE

Residents have been very well entertained this month starting with the Rhapsody singers with their Christmas cheer. Our residents Christmas party was a great success with Santa arriving with his basket of goodies and a sing-along with Miriam & Ron singing all those forgotten Christmas carols. We also had a visit from the home-schooling families. They brought around 14 children dressed in festive costumes and sang Christmas songs and gave our residents Christmas gifts which they had hand made.

Residents also enjoyed a lovely Christmas lunch and a long rest afterwards, so they told me to say many thanks to the Chef.

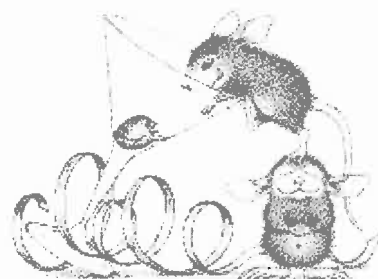
After Christmas residents have been enjoying listening to all sorts of music and participating in all discussions relating from the floods and the needs of others.

Thanks DT Julie

*We would like to wish
The Management, Staff
and Residents a very happy
and healthy 2011*

T/T Team

*Happy
New Year!*



VILLA NEWS

Wow! the weather has been delightful.... Let it rain, Let it rain, Let it rain. Well, December has been and gone. We have had Caroling and Children in the Main Hall. The Brolga was an adventure and many thanks to the Brolga and Wide Bay Transport for making it all happen.

I hope your Christmas was a happy one and I look forward to the New Year. I will take this time to thank all our entertainers, volunteers, both residents and outside folk, who just make Torbay such a great village.

I'll be on holidays from December 24th until January 10th, so keep well and I'll see you soon.

Love Ya Mary



Carols By Daylight

ANNUAL ELECTION OF TORBAY VILLA COMMITTEE

On February 15th the annual elections for the Torbay Villa Committee will be held after the residents meeting in the Main Hall.

There will be (1) nomination for Woodland Park, (2) nominations for the Torbay villas, and (7) nominations for the Tavistock Court villas.

As there are 10 committee members to represent all villas, if more nominations are received a ballot will be held.

The nomination forms will be placed in the Club House, Tavistock Court, and Administration Office on Monday 10th January 2011.

Nominations will close on Monday 7th February 2011 to allow time to hold a ballot if needed, which will be declared on February 15th.

President Torbay Residents Committee

Russell Clarke

RETIREMENT LIVING

Hello everyone... and Happy New Year!! I hope you all had a lovely Xmas and Festive Season.... As we roll straight into 2011.....

We had some new residents move into Tavistock Court (TC308 Vic & Bonny Krause, TC364 Bill & Sylvia Witcombe, TC322 Elsie Patten) throughout December; so please make them welcome if you see them out and about.

We also have our first Parklands residents moving in the first week of January. PK406 Jeff & Ann Taylor and PK411 Irma Plunkett. Moving into a brand new village can be a bit daunting as you adjust to a whole new lifestyle.

As with all facilities at both Parklands and Torbay, residents are welcome to use facilities at either site. These Parklands residents will have access to the pools, recreation centres etc at Torbay, so please make them most welcome and assist them if you can. The recreation centre, swimming pool and barbeque area will be the next stage of Parklands to be constructed (in 2011)... and then there will be more services for all residents.

It was lovely to see a Tavistock Court resident down at Carr's Café at Parklands recently, enjoying the ambience and company of the parklands residents. Carr's is open Weds mornings from 9.30am at this stage; with days to increase once more volunteers are available to operate the café. So why not grab a couple of friends and head down for a cuppa and chat!! The Parklands residents and staff would very much like to see you down there.

Parklands has also now become another designated bus stop when the Torbay bus goes out and is proving to be very popular.

We will resume the replacement of some of the security doors in Tavistock Court once the tradesmen and businesses return to work after the Xmas break

My request for volunteer assistance in the last newsletter was answered, which proved to be invaluable help over the break with lots of our regular volunteers away, so thank you Anne Turrell..!!

I had a query recently regarding unwanted calls from telemarketers. There is a 'do not call' register available which then blocks these calls. To register for this service, you will need to apply online and provide your details.

The site is www.donotcall.com.au .

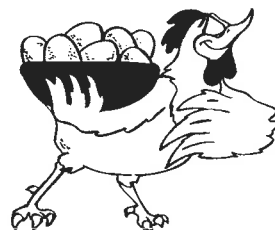
Regards,
DEB BERGMANN Retirement Living Coordinator

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"



A Blonde goes to Heaven

A Blonde was sent on her way to Heaven. Upon arrival, a concerned St Peter met her at the Pearly Gates. 'I'm sorry,' St Peter said; 'But Heaven is suffering from an overload of godly souls and we have been forced to put up an entrance exam for new arrivals to ease the burden of Heavenly Arrivals.'

'That's cool' said the Blonde, 'What does the entrance exam consist of?'

'Just three questions' said St Peter. 'Which are?' asked the Blonde.

'The first,' said St Peter, 'is, which two days of the week start with the letter 'T'? The second is 'How many seconds are there in a year?'

The third is 'What was the name of the swagman in Waltzing Matilda?'

'Now,' said St Peter, 'Go away and think about those questions and when I call upon you, I shall expect you to have those answers for me.'

So the Blonde went away and gave those three questions some considerable thought (I expect you to do the same).

The following morning, St Peter called upon the Blonde and asked if she had considered the questions, to which she replied, 'I have.'

'Well then,' said St Peter, 'Which two days of the week start with the letter T?'

The Blonde said, 'Today and Tomorrow.'

St Peter pondered this answer for some time, and decided that indeed the answer can be applied to the question.

'Well then, could I have your answer to the second of the three questions' St Peter went on, 'how many seconds in a year?'

The Blonde replied, 'Twelve!'

'Only twelve' exclaimed St Peter, 'How did you arrive at that figure?'

'Easy,' said the Blonde, 'there's the second of January, the second of February, right through to the second of December, giving a total of twelve seconds.'

St Peter looked at the Blonde and said, 'I need some time to consider your answer before I can give you a decision.' And he walked away shaking his head.

A short time later, St Peter returned to the Blonde. 'I'll allow the answer to stand, but you need to get the third and final question absolutely correct to be allowed into Heaven. Now, can you tell me the answer to the name of the swagman in Waltzing Matilda?'

The blonde replied: 'Of the three questions, I found this the easiest to answer.'

'Really!' exclaimed St Peter, 'And what is the answer?' 'It's Andy,' said the Blonde.

'Andy??'

'Yes, Andy,' said the Blonde.

This totally floored St Peter, and he paced this way and that, deliberating the answer. Finally, he could not stand the suspense any longer, and turning to the blonde, asked 'How in God's name did you arrive at THAT answer?'

'Easy' said the Blonde, 'Andy sat, Andy watched, Andy waited til his billy boiled.'

And the Blonde entered Heaven...?

... you're singing it now, aren't you...??

Contributed by Joan French.



THE WRITER'S CIRCLE

As this is my last Writer's Circle I wish to thank all those who contributed to the column over the past two and a half years. I have been inspired and amazed by how alike we are rather than how different. The villagers shared their stories; ancestors came from far off lands to become the pioneers of our country. Tough times created the strength of the Australian character, the women with backbones of steel who raised families under the harshest conditions, I salute them.

I wish to thank Eunice; she is a perfect example of a contributor who said, when approached about her story, "I can't do that! Do you think I can?" She could and she did. I admire her courage and ability to "have a go." I have chosen to repeat her story; it is a positive example of what we are all capable of doing. She is an inspiration.

The Beginning and the End: by Eunice Huszar

"Do you want to come up and see what Normie's got?" Howard asked as we sat together on the fence swinging our legs. It was Saturday morning, the promise of a weekend holiday added to our contentment; we felt the world was our oyster.

"There's no one home so it'll be okay," Howard added. Normie was Howard's grown up brother who went to work.

I knew that going into someone's home when no one was at home was not the right thing to do so I felt very guilty and scared about it all. However, I certainly wanted to see what Normie had bought.

Upstairs we went, into the boys room and there on the bed was a very shiny, pretty box-like affair with a piano on the side.

I knew what a piano was as Grandma

had one. Howard had some idea of how to make it work. He pushed the bellows in and out and I played with the keys. In all my seven years I had never experienced such a marvellous sound. Looking back, the feeling I had, the sound uplifted me into the magic of music.

It was not until my twenties that the piano accordion came into my life again. We lived in western Queensland and a station ringer used to stay with us when he occasionally came to town. When he left the district he gave me his piano accordion. That was even better than winning Lotto and from that time on I've always had an accordion.

Music opened up lots of doors for me and recently, aged 81 years, another door has opened. I met two other keen "mad accordionists" so we got together and that led to "GIGS" at different venues. Now we've included keyboard and singing and we even have a name, *Happy Fingers*.

As the years went by I joined various bands, one being the Maryborough Kordairs Accordion Band. In Mackay I played in a country and western band which had a good following for many years.

Then I went to Canberra and along came Otto. He taught me scales and chords and the mysterious mathematics of theory. I still enjoy the geography of the keyboard.

Once again, at this wonderful point in my life, I feel that the world is my oyster.

A Travel Experience told by Thelma Negus.

Thelma was in awe, mystified by something she saw in England in 1964.

She told me her story and asked the same questions she has pondered for the last forty six years. Who was the woman? Was the road dangerous?

What was the traffic at that time? Was she an ancestor of a former English Prime Minister? How many lives have been affected by her generosity? Thelma's life has certainly been touched by "the stone by the side of the road." She caressed her travel diary with gentle hands, soothing the cover as she recounted her experience, a sense of frustration at the unanswered questions.

"I was staying with friends in Upper Seagry and they said there was something they wished me to see. Just outside Chippenham in Wiltshire they stopped the car and drew my attention to a weathered stone. I wrote down the inscription,

'To the memory of the worthy Maud Heath of Langley Burrell, widow, in the

year 1474 for the good of travellers, did in charity bestow in land and houses, about eight pounds a year forever, to be laid out on the highway and on causeways leading from Wick Hill to Chittenham Cleft. This pillar was set up by the societies in 1698. Injure me not, Life steals away this hour oh man is lent thee. Patiently work the work of Him who sent thee!"

More than five hundred years later we write about a simple bequest and ponder the outcome of her generosity. On behalf of all who travel that road, thank you Maud Heath of Langley Burrell.

I am grateful to all who shared their precious stories with us. Peace is with you. Heather Gillieatt.

We will all miss reading the many and varied stories you have related to us about the very interesting lives of our friends and neighbours.

I'm sure you gave those people a very special feeling to be able to share their story and relive old memories.

Thank you Heather!

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 Gillieatt

Culinary Corner

Summertime Delights

Summer is the time for salads and the wonderful range of fresh fruit that is available to us in Australia. We are indeed the lucky country with so much to choose from. I'm sure we can remember always having a fruit tree of one sort or another in our back yards. There were always neighbours ready to swap some of what they had for some of yours and so by the end of season we had all enjoyed a wonderful range of home grown fresh fruit and vegetables. A very busy time for all the mums making jams and preserves to last us all year long until the next summer. It was fun to climb up the apricot tree for grandma, to pick the ones right at the top for her that she couldn't reach. They were so sweet and juicy, the birds were always ready to take their share.



Mango and Orange Salad

- | | |
|-----------------------|-----------------------------|
| 1 lettuce | 3 sticks celery |
| 2 or 3 mangoes | 6 shallots (green) |
| 3 oranges | 1 cucumber |
| Cream Dressing | |
| 1/3 cup mayonnaise | 2 tabs chopped parsley |
| 1/3 cup cream | 1/2 teas grated orange rind |
| salt and pepper | 1 teas french mustard |



Wash lettuce, gently separate lettuce cups onto large serving plate. Slice mangoes, peel oranges and remove all white pith, cut into segments. To make celery curls, cut celery into 8cm (3in) sticks, slice celery into very thin strips, leaving intact at one end. Put into iced water until celery curls. Score skin of cucumber with a fork, cut cucumber into thin slices. Divide mangoes, oranges, celery curls and cucumber between lettuce cups. Sprinkle chopped shallots over. Refrigerate until ready to serve. Serve dressing separately.

Cream dressing: Combine all ingredients in a bowl, mix well. Let stand at least 15 minutes before using. Serves 6 to 8.

Yoghurt Panna Cotta with Berry Coulis

- | | |
|-----------------------|--------------------|
| 3 teas gelatine | 1/3 cup sugar |
| 1 tab water | 400 gm yoghurt |
| 1 cup thickened cream | 1 tabs lemon juice |



Sprinkle gelatine on cold water and dissolve over hot water or in microwave for 15 or 20 seconds on high. Combine cream, sugar, yoghurt and lemon juice and stir well. Add gelatine and pour into wetted moulds.

To make the berry coulis, puree raspberries or berries of choice with some sugar to sweeten. Pour over unmoulded panna cottas and serve with fresh or frozen berries.

THE MAYONNAISE JAR AND TWO CUPS OF COFFEE

When things in your life seem almost too much to handle,
When 24 hours in a day is not enough;
Remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him.
When the class began, wordlessly, he picked up a very large and empty
mayonnaise jar and started to fill it with golf balls.

He then asked the students if the jar was full.
They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. And he
shook the jar lightly. The pebbles rolled into the open areas between the golf balls.
He then asked the students again if the jar was full.
They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the
sand filled up everything else. He asked once more if the jar was full.
The students responded with a unanimous "yes".

The professor then produced two cups of coffee from under the table and poured
the entire contents into the jar, effectively filling the empty space between the sand.
The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that
this jar represents your life. The golf balls are the important things—family, children,
health, friends, and favourite passions. Things that if everything else was lost and
only they remained, your life would still be full. The pebbles are the things that
matter like your job, house, and car. The sand is everything else—the small stuff".

"If you put the sand into the jar first, he continued, there is no room for the pebbles
or the golf balls. The same goes for life.....If you spend all your time and energy on
the small stuff, you will never have room for the things that are important to you".

So.....

"Pay attention to the things that are critical to your happiness"

"Play with your children"

"Take time to get medical checkups"

"Take your partner out to dinner"

"There will always be time to clean the house and fix that dripping tap"

"Take care of the golf balls first - the things that really matter! Always set your
priorities; the rest is just sand".

One of the students raised her hand and inquired what the coffee represented.
The professor smiled. "I'm glad you asked"

"It just goes to show you that no matter how full your life may seem, there's always
room for a couple of cups of coffee with a friend".

DID YOU KNOW ??



The Amazon rainforest produces half the world's oxygen supply.

Isaac Newton invented the cat door.



More people are allergic to cows milk than any other food.

The first city to reach one million was London.



The first US coast to coast aeroplane flight occurred in 1911 and took 49 days.

Japan is the third largest consumer of coffee.



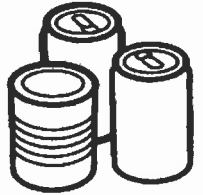
Giraffes and rats can last longer without water than camels.



Trees do not have life expectancies (most can grow indefinitely)



Fresh apples float because they contain 25% air.



The most abundant metal in the Earth's crust is aluminium

REASONS TO SMILE



Catastrophie

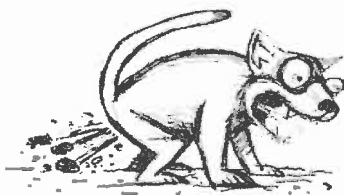
The farmer rings the vet in the early hours of the morning to complain that his cat has been constipated for a week and is suffering.

"Give him two litres of castor oil every three hours," says the sleepy vet. "That should fix him."

Several days later, the vet bumps into the farmer in the street and says, "How's that constipated calf?"

"It wasn't a calf," says the farmer. "It was me bloomin' cat."

The vet goes pale and then asks how the dosage of castor oil affected the poor cat. "Last I saw of him," says the farmer, "he was racing through the paddock with seven other cats. Three were digging holes, three were covering them and the seventh was scouting for fresh ground."





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

04/12/10 1st Jean Hanaski

2nd Norma Ryan

11/12/10 1st Gretl Hurt

2nd Ula Scott

18/12/ 10 1st A&R Bennett

2nd Marie McDonald

25/12/10 1st Hope Waldock

2nd Harold Krouse

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

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

In Memoriam

Our condolences to the families of

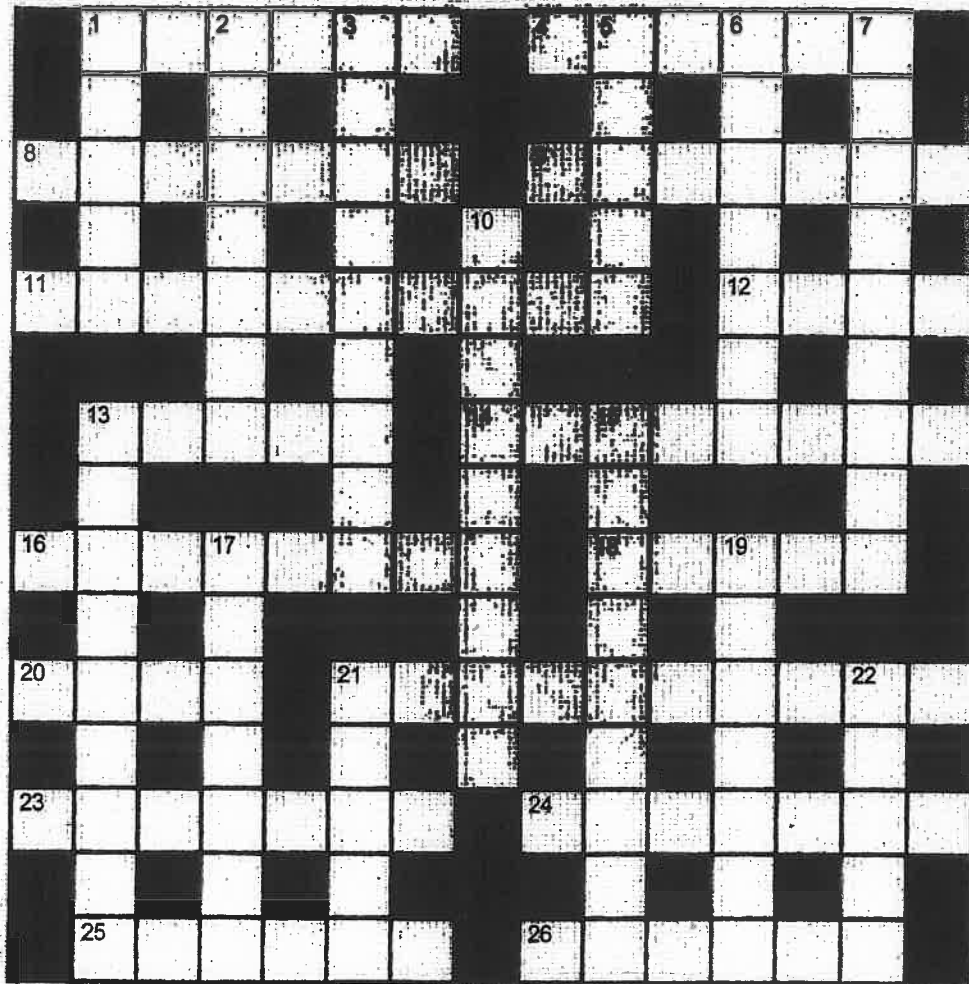
June Robertson—Esme Raverty

Winifred Edwardes—Bruce Harris

Rosemary Linthorst



This Month's Crossword



Across

- 1** Older (6)
4 A "Great" one was acted out by Steve McQueen (6)
8 Made of clay (7)
9 Pulsating musical effect (7)
11 Arousing feelings of dejection (10)
12 Zeal (4)
13 Popular corn chip condiment (5)
14 Spiralling descent of a failing aircraft (8)
16 Renounce a previously held belief (8)
18 Wag class (5)
20 Noble gas (4)
21 Green or yellow French liqueur (10)

23 Drug (7)

- 24** Portable power source (7)
25 8 gallons or 4 pecks (6)
26 Adulterate (6)

Down

- 1** Measuring instrument found in the kitchen (5)
2 Not synthetic (7)
3 Hyperbolise (9)
5 Bee's suicidal weapon (5)
6 Stuffy (7)
7 Deliver a person to another country by legal process (9)
10 One who studies the Peloponnesian War, e.g. (9)
13 Weapon used to temporarily cloud the

enemy's vision (5,4)

- 15** Impossible to appease (9)
17 Sweet desserts served with topping (7)
19 Topic of Newton's first law (7)
21 Means of traversing a river (5)
22 Sudden ascension (5)

