



Torbay Retirement Villages Limited Magazine

March
2011

Torbay Times



Torbay Aged Care and Retirement Village
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RESIDENTS MEETING 15th FEBRUARY 2011

Mr Parry, accompanied by Mrs Howlett, opened the meeting at 1pm and welcomed those present. The meeting commenced with lengthy discussions between residents and Mr Parry regarding the frequent loss of internet service to private computers within the village. Mr Parry explained that problems are being encountered during the upgrading of our computer system. This is outlined more fully in the Chief Executive Officer's Report under the heading "Resident Phone and Internet - Torbay"

ADMINISTRATION MANAGER'S REPORT

Bus

The bus had a compressor breakdown and needed to be replaced. Wide Bay Transit did have a spare. The compressor finally arrived but it was then discovered that the hosing had been under constant pressure from the old compressor and was not safe. We are waiting on the hosing to arrive and be fitted.

Parklands will have the bus Wednesday afternoon, and Thursday when it is not being used by Main Section or TC.

Website

Jon has been on annual leave for 2 weeks, however the Torbay site is almost ready. He will finish the changes and add the rest of the photos to the Torbay site on his return.

Flood Appeal

Residents and Staff raised \$929.45 for the Flood appeal. Our thanks to all who contributed.

Accreditation

- We have a busy year ahead with accreditation.
- We need to lodge our application for Parklands Aged Care Facility by April and we will have a visit in July/August.

- The Torbay villas accreditation expires in September and we have to re-apply by May.
- Torbay Aged Care Facility's accreditation expires in March next year but we have to apply by September this year and are likely to have a visit about December.
- On top of this we will have at least one surprise visit to both Torbay and Parklands.

New Residents

We have several new residents since the last meeting.

Torbay Aged Care Facility:-

Lucy Harris, Brian Meehan, Albert and Helen Schroder, and Bob Waters.

Parklands Aged Care Facility:-

Caroline Buck and John Sheppard.

Welcome to Torbay

Falls

Just a reminder that if you see a resident who has had a fall, do not try to help them—ring from the nearest phone to get staff help. If you have a fall yourself, don't try to get up until staff help comes.

CHIEF EXECUTIVE OFFICER'S REPORT

Server Upgrades

- We have been reviewing and upgrading our computer system with a view to making it more robust and providing redundancy.
- We are now very reliant on our computer system for every aspect of our business.
- It has been developed by simply adding on extra bits.
- As we have upgraded parts we have found other parts not working properly and this has resulted in considerable down time over the past 6 months.
- We have replaced most of our servers and this has also resulted in loss of

service because we did not have redundancy built into the system.

- The Cytrack Server that controls our PABX and issues our accounts is next to be upgraded. Cytrack issued new software and it is doing everything but issuing accounts. The problem appears to be that our server is too small to cope with the larger software. It issued most of the accounts for December before it went down. With all the other computer problems in this period we decided to leave it until everything settles. We have TTECS looking at the problem and if they can get the information download we will issue January phone accounts but it is likely that these will not be in time for the issue of the accounts for February.
- The new Wecare server at Parklands has had considerable installation problems. We were initially not aware that we were their first installation on a Windows 2008 platform and they had not properly documented their installation procedures. We have had to solve their problems for them. It is not operating properly
- We have one major server to go and this is the main LAN Server.
- We have now set up Parklands and the Kitchen to operate when Torbay goes down, other than for the main LAN Server. When we upgrade this we will build in redundancy so we can switch to another server within 2 to 3 hours
- We are also looking to duplicate the fibre optic cable from Shawhaven to Administration so we create a loop system. If one part goes down we can then re-route the flow of information the other way so only the broken section is down.

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 handed down its draft report on Friday the 21st January.
- ◇ We are still assessing the recommendations.
- ◇ They have recommended major change to the current system including –
 - Separating Accommodation and Care.
 - Residents are to be responsible for the complete cost of their accommodation.
 - Current residents would be exempt from the changes.
- ◇ They want new residents to contribute greater amounts towards the cost of their care.
- ◇ They are proposing to remove the restrictions on the number of places to be built.
- ◇ Community Care and Residential Care would be closer aligned cost-wise.
- ◇ The distinction between high care, low care and extra service would be removed – this would allow bonds to be charged for high care.
- ◇ It noted the difference in pay rates between aged care and the acute sector and has recommended setting care subsidies on the basis of cost and with the industry paying comparative wages with the acute sector.
- ◇ The changes would be introduced over a 5 year period.
- ◇ This is only a draft report. The final version is due in June and the Government then needs to advise what reforms it will adopt, if any.

Forest View Visit

We had a visit from Forest View Hostel in Childers last Thursday 10th February. Three Directors and their Manager came down and held discussions with

President Ted Killer, Director Les Barry, Karen Howlett and myself. They also inspected the Parklands facility and villas.

Phone Connection Between Sites

- The abbreviated dialling between Torbay and Parklands is currently not working.
- This is using the 4 digits to dial a number at Torbay.
- You will have to dial the whole number as well as the "0" to get an outside line
 - There is no cost for this call.

Resident Phone and Internet - Torbay

- ◇ We installed new DSLam to improve the service of our internet to residents at Torbay.
- ◇ The DSLams have connected all villas to the internet. We now just need to activate the connection to give residents internet connections.
- ◇ The installation was completed last Friday but we have had ongoing problems.
- ◇ Several residents advised that they did not have service on Thursday but we were assured by the installer that all villas had a connection by Friday afternoon.
- ◇ We were advised of three villas with problems on Saturday. When I came in we found another three had been advised to Outreach, some with phone problems.
- ◇ It was decided that we would check those with phone problems twice a day and the internet problems would be addressed on Monday.
- ◇ It was not until Monday morning that we became aware of the extent of the phone and internet problems.
- ◇ All the phone problems were addressed on Monday morning.
- ◇ We have had IC Solutions, Gary Cahill and TTECS looking at the problems to identify what was not working.
- ◇ This is a very technical area and I do

not understand it. We are in the hands of our technical advisors.

- ◇ IC Solutions had used the wrong cable to connect the DSLams. These cables had worked loose and caused loss of connection. When re-connected the system showed that the DSLams were working and it was believed that all residents had internet and email service. On checking with some residents it was apparent that this was not the case.
- ◇ Further investigation revealed that the automatic IP addresses created by the DSLams were not working on our system. Residents who had left their computers on still had service but when turned off would not re-connect.
- ◇ Further changes were made to the DSLams in the way it allocates and handles the IP address.
- ◇ It was also found that DSLam 2 was faulty which added to the confusion.
- ◇ At this time we are told that the system is working and all residents, other than those connected to the DSLam 2, should have both internet and email services.
- ◇ There are five residents connected to DSLam 2 and we do not know who they are so we need you to report if your email or internet is not working.
- ◇ DSLam 2 could not be replaced until at least Thursday, 17th February.
- ◇ We are not happy with the problems we have encountered in what was to be a simple changeover. All suppliers involved have been extremely helpful.
- ◇ We understand that you have had a worrying few days and it caused you some inconvenience.
- ◇ Our priority has been to ensure that the phone and emergency system is working.
- ◇ Email and Internet services are a nicety but are not essential services.
- ◇ We will credit people for the loss of services. The level of credit will be

determined when the system is fully operational. We do not know who has lost service or for how long as it has varied between residents so we will probably compensate everyone.

Air-Conditioning - Torbay

- A few years ago the Board decided that we would not air-condition any more of Torbay.
- This decision was based on Torbay Aged Care Facility operating at losses .
- Air-conditioning would have added to the ongoing cost of operating Torbay.
- Rather than have an air-conditioned building with no staff it was decided to stop installing air-conditioning until the Federal Government increased our funding.
- We ensured that all frail aged residents who were confined to their rooms would have air-conditioning and we installed air-conditioning in communal areas so all residents would have access to air-conditioning in the hottest part of the day.
- One of the recommendations of the Productivity Commission is to separate accommodation and care.
- Residents would be totally responsible for the cost of care.
- If this is adopted, and it is only a draft recommendation at this stage, we would air-condition all areas but residents would be paying higher fees to cover the cost of accommodation including air-conditioning.

Villas

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

We currently have 7 empty villas for sale.

PARKLANDS RETIREMENT HAVEN

Torbay History

- ◇ Inman Home.
- ◇ Don McBain founder.

- ◇ Father Gerry McSweeney first president.
- ◇ Land given by Walter Burton.
- ◇ Built 50 hostel units which were opened 6th August 1977 by Clarrie Millar.
- ◇ Reg Shaw president for 25 years - retired in 2004 and moved into Tavistock Court section of Torbay.
- ◇ Torbay villas built 1980 - 1983.
- ◇ Tavistock Court Stage 1 & Woodland Park (5) built 1995.
- ◇ Last Villa Stage built in 2004.

A detailed account can be found in Neville Searle's book in our library.

Parklands Retirement Haven Villas

- The market remains very soft, with people interested but they can not sell their homes.
- There are deposits on most villas now but we are not confident that these people can sell their homes.
- We are about to embark on a marketing campaign to attract cash buyers.
- We have started the newspaper advertisements in the *Independent* and will have advertisements in either the *Observer*, *Independent* or *Chronicle* every week until the end of April
- Torbay are also negotiating with Channel 7 to run advertisements on Channel 7 Wide Bay and Channel 72.
- We should have our new website running properly shortly after Jon returns from leave at the end of February.
- Parklands will be having Open Days one day a month – the first one on Wednesday 16th February and with another on Wednesday 16 March and 13 April.

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 during 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 March

Torbay Villa Residents Meetings

- AGM for Villa Residents was held on 15th February
- June/October/February Board meetings
- Second Wednesday of Month
- The next meeting will be Wednesday 9th March 2011

From the Floor

Q. Mr. Brian Crane asked if Torbay had advertised the sale of the villas in the Australian Seniors Magazine.

A. Mr. Parry said they could, had advertised with TV. Ch. 72

Q. Mr. Vic Krause said that with regard to a direct line that he needed, he had been told that no one else needed it.

A. Mr. Parry said nothing had come of it yet, but will look at it again. Telstra said they could put in a line, in six months time, so it was not a simple problem.

MR & NG

AGED CARE FACILITY REPORTS

MAIN SECTION

Well what an interesting time we have had with the weather over this month. As you know Bruce has been on holidays and is due back on the 28th Feb. Neroli has been filling in for Mary at TC and we thank Neroli for that.

Bob Wolff displayed a model air plane in the hall for the first week of February and it was very much appreciated - our thanks to Bob. The rest of the month we had our usual entertainment and a few make-up ones to replace our bus outings. I thank the residents for their patience during this time without a bus.

The Pie Crust Players performed for us in the Main Hall and what a very entertaining afternoon it was. We look forward to more of their productions.

Choir resumes on the 9th March.

We thank all you very wonderful volunteers for all you do to make our

activities run smoothly. Without you we would be lost.

Thanks also to all who helped me out while Bruce was on leave.

See Ya Love Mary

RAINFOREST LODGE

Hi and welcome to our news at Rainforest Lodge. We have again been very active with walks to the lake most mornings, exercises to music and reading the newspaper. We have a new resident at Rainforest with Bert Barnes joining us and becoming part of our Rainforest family. We also had Julie Johnson's birthday on February 7th becoming a very happy 83 years old.

We attended the main section sing-alongs whilst the bus is off the road, had our regular artists visit us in Dell, Phil, Beth & Gordon during the month. We have started using play dough as an exercise as well as trying to create a

masterpiece. Also we are doing a quiz program in the mornings to help keep our minds sharp and active.

After several visits by Torbay staff Cheryl (A/C) and myself to Xavier Catholic College we have secured the services of students as volunteers to attend on a weekly visit to assist with our outdoor walks and bingo. This will be good to have some happy, young faces visiting our residents; please make them welcome.

This month is St. Patrick's Day and Rainforest will again be taking in a little Irish humour and singing on March 17th. Keep a look out for the Leprechauns as they celebrate with Irish Eyes are Smiling.

I will finish with a St. Patrick saying:

May your neighbours respect you,
Troubles neglect you,

The angels protect you,
And Heaven accept you.

Cheers,

Bruce (B2) D.T.

HIGH CARE

February has been a very event-filled month for the residents - we started the month with Tai Chair morning exercises with a twist. Residents enjoyed the topics of conversation morning exploring the origin of Valentine's Day and what it meant to each resident. The 14th of February was celebrated with roses and chocolates for all residents to enjoy.

We continued our month with a birthday celebration morning tea and cake for all the residents who celebrated their birthdays throughout February.

We look forward to next month with the celebration of St Patrick's Day.

Julie

VILLA NEWS

During February we enjoyed some very pleasant morning teas around the pool – and because of the prolonged warm weather many residents made use of the pool facility, both with water aerobics and at their own leisure.

Although some folk missed out on a trip to the Brolga, a good number of residents attended the movie morning, enjoying the film “Love Comes Softly.”

A white board has now been placed beside the Torbay Villa letterboxes to keep residents up to date with villa activities.

A big “Thank you” to all our very capable and caring volunteers. We certainly appreciate all that you do for us.

Thank you for having me in TC.

‘Till next time..... Neroli.

The origin of the saying **“AS MAD AS A HATTER”**

Mercury used to be used in the making of hats. This was known to affect the nervous systems of hatters, causing them to tremble and appear insane. The use of mercury compounds in 19th century hat making and the resulting effects are well established — mercury poisoning today is still known as “Mad Hatter's Disease”. That could be enough to convince us that this is the source of the phrase. Circumstantial evidence is rather against the millinery origin though, and, beyond the fact that hatters often suffered trembling fits, there is little to link to the coining of the phrase “äs mad as a hatter”.

Submitted by Joan French

TORBAY RECREATION AND SOCIAL COMMITTEE

A meeting was held on Wednesday, February 23rd 2011, in the conference room.

It was good to see the smiling faces of the attending members of the committee.

The Social Committee have purchased, - 1 Seca Chair and 1 Bed, with parts and mattress, for the use of Residents in care.

President Ula advised that The Garage Sale is to be held on Friday, March 11th at 1pm – 4pm and Saturday, March 12th, 6am – 12md. Please contact Bruce, George or Ula if you have any items for collection. Please come and support us. We appreciate baking items on Saturday only. Please label with the baking ingredients distinctly.

The next meeting will be held on Wednesday, March 23rd 2011 in the Conference Room. The A.G.M. will be held prior to this meeting, at 9am in the Conference Room. You are welcome to join our committee, love to see you there.

Olwen Evans (Secretary)

ITEMS FOR THE TORBAY TIMES

If you wish to have any items published in the Torbay Times please contact any of the following:

Supervisor – Bruce Butler Ph. 2811

Nancy Gouldson - Ph. 2645

Helen Straughan - Ph. 2150

Maxine Regan - Ph. 2199

Mies Wolff - Ph. 2905

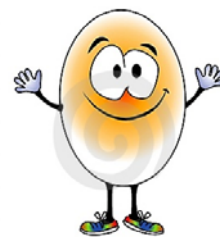
The Torbay Times Team

USE OF TORBAY POOLS

In consideration of others please note that it is not advisable for residents to use the swimming pools while they have a skin lesion covered by a bandaid or other dressing.



Please don't use pools etc until wounds have healed.



EGGS FROM THE GIRLS

To keep the orders flowing - at the time when an order for eggs is filled, on receiving same, please advise Bruce if you wish to reorder.

Thanks from the girls.



THE HISTORY OF SAINT PATRICK



Saint Patrick (c.

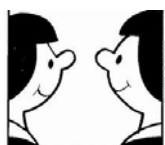
Little is known of Patrick's early life, though it is known that he was born in Roman Britain in the 4th century, into a wealthy Romano-British family. His father and grandfather were deacons in the Church. At the age of sixteen, he was kidnapped by Irish raiders and taken captive to Ireland as a slave. It is believed he was held somewhere on the west coast of Ireland, possibly Mayo, but the exact location is unknown. According to his Confession, he was told by God in a dream to flee from captivity to

the coast, where he would board a ship and return to Britain. Upon returning, he quickly joined the Church in Auxerre in Gaul and studied to be a priest.

In 432, he again said that he was called back to Ireland, though as a bishop, to Christianise the Irish from their native polytheism. After nearly thirty years of evangelism, he died on 17 March 461, and according to tradition, was buried at Downpatrick. Although there were other more successful missions to Ireland from Rome, Patrick endured as the principal champion of Irish Christianity and is held in esteem in the Irish Church.

WEARING OF THE GREEN

Originally, the colour associated with Saint Patrick was blue. Over the years the colour green and its association with Saint Patrick's day grew. Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century. He is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish, and the wearing and display of shamrocks and shamrock-inspired designs



Two women were sitting next to each other at a bar. After a while, one looks at the other and says, "I can't help but think, from listening to you, that you're from Ireland.

The other woman responds proudly, "Yes, I sure am!"

The first one says, "So am I!" And where about in Ireland are ya from?"

The other woman answers, "I'm from Dublin, I am."

The first one responds, "So am I! And what street did you live on in Dublin?"

The other woman says, "A lovely little area. It was in the West End. I lived on Warbury Street in the old central part of town."

The first one says, "Faith, and it's a small world. So did I! So did I! And what school did ya go to?"

The other woman answers, "Well now, I went to Holy heart of Mary, of course."

The first one gets really excited and says, "And so did I! Tell me, what year did you graduate?"

The other woman answers, "Well now, let's see. I graduated in 1964."

The first woman exclaims, "The Good Lord must be smiling down upon us! I can hardly believe our good luck at winding up in the same pub tonight! Can you believe it? I graduated from Holy Heart of Mary in 1964 me self!"

About this time, Michael walks into the bar, sits down, and orders a beer.

Brian, the bartender, walks over to Michael shaking his head and mutters, "It's going to be a long night tonight."

Michael asks,

"Why do you say that Brian?"

Brian answers,

"The Murphy twins are drunk again."



DID YOU KNOW ??



For 3,000 years until 1883, hemp was the world's largest crop for production of fabric, soap, medicines, paper & oils

The electric chair was invented by a dentist.



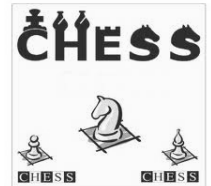
The longest street in the world is Yonge Street in Toronto Canada measuring 1,896 kilometres.

India has more post offices than any other country with over 100,000.



The meaning of 'Blue Chip' comes from blue casino chips which have a high value.

Tarantula spiders can survive two and a half years without food.



The subject of the first printed book in England was chess.

French fries are originally from Belgium.



The first parachute jump from a plane was in 1918 over France.



IRISH SMILES

An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweller. He took one look at it and saw it wasn't real.

The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness.

'It was in honour of St. Patrick's Day, 'he smiled. 'I gave you a sham rock.'

Finnegan sells Michael a donkey, some weeks later they met in a pub in Killarney and Michael says, 'Hey, Finnegan, that donkey you sold me went and died.'

Finnegan just sips his Guinness slowly and retorts, 'Bejabbers, Michael, it never done that on me.'

Kieran O'Connor always slept with his gun under his pillow. Hearing a noise at the foot of the bed, he shot off his big toe.

'Thank the Lord I wasn't sleeping at the other end of the bed,' Kieran said to his friends in Donegal's pub. 'I would have blown my head off.'

Reilly is walking through a graveyard when he comes across a headstone with the inscription "Here lies a politician and an honest man."

'Faith now,' exclaims Reilly, 'I wonder how they got the two of them in one grave.'



of them in

Windows To The World

If we take a moment to think, our eyes are more precious than gold; **Tenderness** in our heart is revealed, **Excitement** and **Happiness** there to behold. **Pain** and **Sorrow** for all to see, **Concentration** shows the brain at work; **Exasperation** with a roll of the eyes, **Mischievous** a wicked glow in them lurk. **Love** and they shine like the stars; **Anger** is not very pleasant to see. **Expectation** is shown with a lift of the brow, and many more expressions eyes show to you and me.

Kay Wyatt

A TIME I REMEMBER SO WELL

by Rae Sutton

It was early on in the 2nd World War. I was newly married and lived in Roma, Qld. My father (a veteran of the 1st World War) was asked by Government to guard "the dump" - the pavilion in the local showgrounds which had been filled with all types of tinned and other types of food. Some time later Dad was called into the Home Guard, so Mum took his place on guard at night. The office had only one light suspended on a cord and this made her very nervous, so she took dad's .32 rifle with her on these nights. The purpose of the food storage was in case we were invaded by the Japanese - although I don't know what mum would have done if the place *was* invaded!

Then came a few thousand American soldiers to camp in the showgrounds for a few days on their way to the base at Charleville. The major General came to our house to pick mum up, and at first she wouldn't get in the jeep because of what the neighbours might think! She was taken back to the pavilion, the soldiers were lined up, and he asked mum to stand up in the jeep. He then informed them that if anyone went near the pavilion or molested mum in any way, he would be shot on sight. On the Saturday night a dance was held in the Soldier's Hall. Dad was on the door. The hall was crowded and in came a negro-sergeant. Soon after, in came the Major who, in front of us all, ordered the negro-sergeant out with a revolver held to his back. Dad said to him "we don't do that here" and the major replied "well, we do"!

Later that year Mum joined the Land Army and worked around Roma, and I relieved her at the pavilion on several occasions. I found it very scary.

When the War ended, the food was taken back to Brisbane and we townfolk never heard any more about it. I remember this time so well.





JR MASSAGE THERAPY & FOOT CARE

ABN 21 469 720 211

7 Vista Court, Pialba **ONSITE AND STUDIO** Phone 4124 4193

Introducing Joanne Anderson (Dip RM. Cert Pedicure/Manicare)

And Robert Anderson (Dip RM. Cert IV Workplace Training)



| ONSITE MESSAGES AVAILABLE | 1/4 hour | 1/2 hour | 1 hour |
|-----------------------------|----------|----------|--------|
| Seated neck and shoulders | \$10 | \$20 | |
| Seated Indian head and neck | \$10 | \$20 | |
| On table neck and shoulders | \$10 | \$20 | |
| On table neck and face | \$10 | \$20 | |
| All other massages | | \$20 | \$40 |

These massages/pedicure/manicare are available onsite and studio to all staff and residents of Torbay Aged Care & Retirement Village and Parklands Retirement Haven.

A very big thank you.

I would like to thank Max for doing "Mini LOTTO" for me while Rene & I were down south having a bit of a holiday. It is very hard to have someone to step in and do your job while one is away. So thank you Max for a task well done. Also I would like to thank Harold Krauze for his help doing the other tasks that I normally do, thank you Harold.

Alby Bennett.

Mini Lotto Winners for February

| | | |
|----------|-----------------|---------------------|
| 05/02/11 | 1 st | Hazel Draper |
| | 2 nd | Dorothy Hunter |
| 12/02/11 | 1 st | Daphne Wilschefski |
| | 2 nd | Ray Sutton |
| 19/02/11 | 1 st | Marilyn Warfield |
| | 2 nd | Iris Gilman |
| 26/02/11 | 1 st | Nancy McMaster |
| | 2 nd | Eric & MaryFlanigan |

Congratulations to all these lucky players and to the rest of us we will have to keep on trying. Alby



THANKS TO THE GNOME FAIRY

I would like very much to thank the very kind person who very carefully hand painted my garden gnomes while Alby & I were on our holiday . This I appreciated very much as the poor things were getting very drab and a sight for sore eyes. To you a grateful thanks.

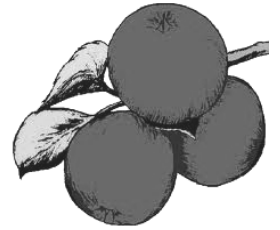
Rene Bennett
TC306



Culinary Corner

Apples For The Picking

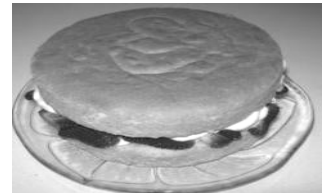
Driving through Victoria, there are many apple trees growing by the sides of the road along with cherry plum trees (wonderful for jam). Nature's bounty for the picking! Along the less used country roads, it was easy to pull off the side of the road and pick a bag full. Also around disused gold mining areas we found apple and peach of several different varieties. Beautiful fruit growing without mans interference with sprays etc. The fruit was large, juicy and the best apples you could imagine. An apple is nature's very own vitamin pill wrapped in a delicious crunchy flesh. It contains more antioxidants than a 1500mg megadose of vitamin C and traditional superfoods like green tea. Knowing these facts about apples , one can indeed believe that *'An apple a day keeps the doctor away'*



Sponge Cake

3 eggs (separated)
Pinch salt
¼ tsp. vanilla
½ cup castor sugar

2/3 cup cornflour
1 slightly rounded tbs. plain flour
1 level tsp. baking powder



Preheat oven 190C or 170 fan forced. Beat egg whites with salt until soft peaks form. Gradually beat in sugar a little at a time, then continue beating until stiff.

Add egg yolks and vanilla essence, beat until combined.

Sift together 3 times – cornflour, plain flour and baking powder, then add to egg mixture. Carefully and lightly fold mixture together using a wooden spoon or spatula.

Do not stir. Divide batter evenly between two greased and lightly floured 20cm(8") round sandwich pans and bake 18 – 20 minutes.

Apple and Walnut Muffins

2 apples, peeled, quartered, cored
2 cups self-raising flour
1 cup castor sugar
2 eggs

125g butter, melted
2/3 cup milk
½ cup walnuts, chopped



Preheat oven to 200C/180C fan forced. Grease a standard 12- hole non-stick muffin tray. Roughly chop 6 of the apple quarters. Thinly slice the remaining apple and reserve for decoration. Combine flour and sugar in a large mixing bowl. Whisk eggs with butter and milk in a jug. Pour into dry ingredients, lightly mix until just combined. Fold in chopped apple and nuts. Spoon mixture into prepared tray, decorate with apple slices. Bake for 20 – 25 minutes or until golden brown and cooked when tested with a skewer. Cool for 5 minutes in tray before removing.

Note; The fruit and nuts can be varied, for example pear and pecan or pistachio. Perhaps add some sultanas or cinnamon.



New Arrivals

A warm welcome is extended to our new Residents

Torbay Aged Care Facility

Torbay Villas

Parklands Aged Care Facility

Helena Eskola

Winifred Peters

John Sheppard

Parklands Villas

BEREAVEMENT THANKS

ALBERT EDWARD BALDWIN

Lexie and family wish to sincerely thank the staff and all at Torbay for their expressions of sympathy, cards and messages, phone calls and all who attended the service for Alby. Our heartfelt gratitude to the wonderful people who helped and supported me at Caloundra - thank you all. We appreciate your help and kindness at this sad time and will always remember your support.

Please accept this as our personal thankyou.

Lexie Baldwin and family

In Memoriam

Our condolences to the family of

