

Torbay Retirement Villages Limited Magazine



Torbay Times

DEC

2011

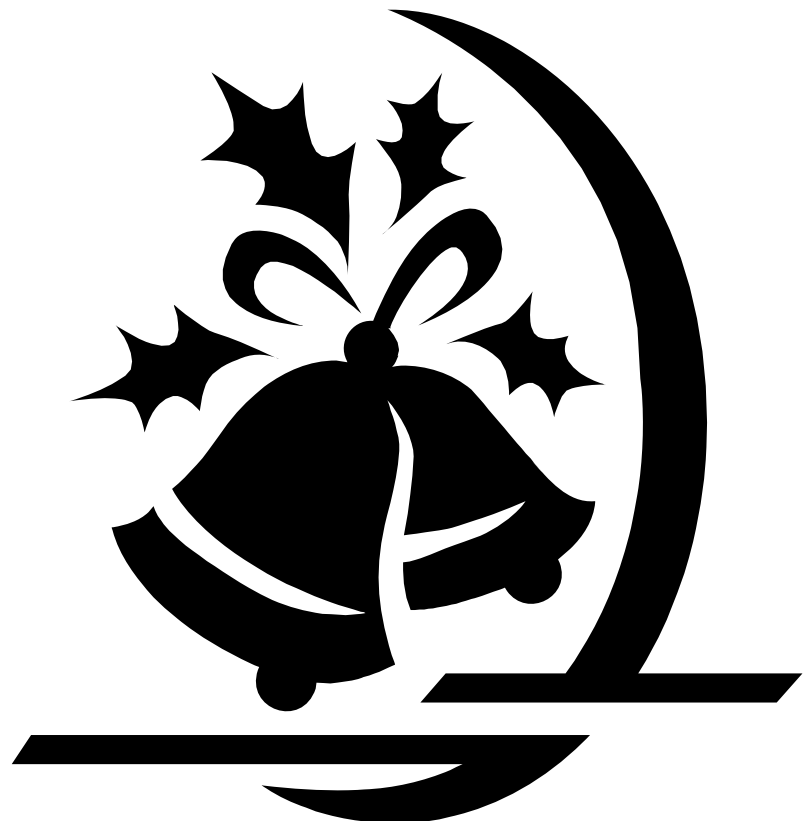
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WE WISH YOU

A MERRY

CHRISTMAS



AGED CARE REPORTS

ADVANCED CARE

We could be excused in thinking that summer was officially here, with the very warm weather we have been having, but it's just around the corner and a drop of rain would really go down well. Lawns and gardens are starting to look very dry and some rain would be nice to give them a much needed lift.

Whether it's warm, hot, dry or cold it doesn't stop us having a very busy month and the month of November was no exception.

Our regular Bingo days, Bowls, Quizes, Sing-a-longs and High Teas have all been very well attended. Participating residents have all enthusiastically enjoyed themselves. Our staunch card playing group look forward eagerly each week to their matches.

Newspaper reading and exercises also has a very strong following and we all look forward to the mornings to catch up on the news, exercise and have a good chat.

Rhapsody singers delighted us with a Christmas edition of songs which we all keenly sang along with.

To all the volunteers who have helped to assist with these various activities I send a big "THANK YOU!!" It is very much appreciated.

On a personal note I would like to thank all the residents and staff who made my birthday celebration this month very special indeed. Thank you for all your warm wishes and caring thoughts.

As next months Torbay Times won't be out until January I would also like to take this opportunity to wish you and yours a very Merry Christmas. I Hope Santa is kind to you all!

I look forward to seeing you all at next months activities or when I am out

and about in A/C.

Until next time

Be Happy

Genia

NOTICE: There will be an A/C Residents Meeting held in A/C lounge on Wednesday the 21st December at 10am.

HIGH CARE

A big HELLO!!!! to everyone, from all of us up here in Shawhaven. Wow it's nearly Christmas. I hope everyone is well on their way with their card writing and present buying.

***** Volunteers Needed***** If there is anyone out there that has a little time to spare that they would like to share, our residents in Shawhaven would love the company.

Thank you, thank you, thank you, once again to our lovely volunteers. We could not get to do all our activities if it were not for your selflessness. And we would like to say a big hello and special welcome to both Lorette and Sharon who are now volunteering their time with us.

High Tea was a huge success this month, a great time had by all whom attended.

A big hello and welcome to Dorothea, we hope that you enjoy your stay with us.

Thank you to all our wonderful entertainers for your generosity in sharing your time with us. We all enjoy your wonderful performances. You light up our days. We got to see some entertainers we have not seen in a while – Sharnee and also Lynda the Harpist – it was lovely to see you both and we hope you can both come back again soon.

On a sadder note we have also had the passing of the much loved Betty Small. Our condolences are sent out to

her family and friends.

This month we have celebrated only one birthday with John. A big Happy Birthday to you with many more to come.

Before I sign off I'd like to wish you all a very joyous Christmas and a safe New Year.. Ho ho ho, hope santa fills your stockings...

Keep safe

☺ Sharon

MAIN SECTION

Now November is past it is time to get ready for Christmas. I hope you have all sent your note to jolly Old St. Nicholas.

During November, in the lead up to Christmas our usual activities took place as well as some special guests who came along to entertain us – Jim Kelly and his group, Rhapsody (both at Parklands and Torbay), The Village Connection Choir, Smooth Swing Duo, Fraser Coast Choir The Muses Dance Group and the Two of Us and of course the wonderful children from the Star of the Sea School, year 1 and year 2 and also St Mary's School. These children come every year and are a joy to meet.

All in all a very busy month and a big thank you must go to those wonderful

people who give up their time to come along and give us such enjoyment.

Don't forget the Christmas Bus Lights Tours will be run on the 13th, 14th and 15th December. Please put your name in the bus book if you wish to go.

Best wishes for the Festive Season from the "A" team and may the New Year be a happy and healthy one for all.

Cheers

Bruce



RAINFOREST LODGE

Everyone at Rainforest Lodge is wishing Bruce 2 a speedy recovery and looking forward to his return.

A big THANK YOU to the volunteers, residents and staff who have helped with all the Christmas decorations and entertainment this month, your help is very much appreciated. We are looking forward to our Christmas Party on Tuesday 13th at 9.30am and our Resident Meeting to be held on the same day at 9am, half an hour before the Christmas festivities begin.

We wish everyone a magical Christmas that fills your life with everything wonderful.

Kay

VILLA NEWS

Jingle Bells, Jingle Bells – yes it is almost that time again as you will see by our lovely Christmas decorations.

It is good to see that our activities are being well patronised. Water Aerobics is a good way to start the day now that it is so warm and the Monday Villa bus rides are very popular so make sure you have your name in the bus book.

Other activities during November included Melbourne Cup Luncheon, the Big Band gave another recital, Arm Chair Travel morning presented by Kath Willmet, Rhapsody, Pampering Morning and the "Thank You" BBQ for our wonderful volunteers.

The Christmas Lights Tours will run on December 13th, 14th and 15th December, names must be placed in the bus book if you wish to go.

I sincerely hope you have a wonderful and Merry Christmas and may the year 2012 be a safe and healthy one for you and your families.

Love Ya

Mary



RETIREMENT LIVING

Hello again and another Xmas is looming..!!
So for a change, instead of me moving other people – I have moved office – temporarily!

Due to the lack of admin space available - I am now based in an office at Parklands. I can still be reached by leaving a message at reception or trying Parklands direct. I am still responsible for the Independent Living in both villages as before and work between the two villages. Once the new Administration building is built at Torbay, I will again work from there.

We have several new residents moving in before Xmas at Torbay, so please make them welcome if you see 'new faces' around.

If you take a drive to Parklands (call in and say hello!) you will see that the new Community Centre, The Haven, is nearly completed. We will be having an Open Day on Mon 19th Dec for Torbay residents to view the new centre; so keep an eye on your calendar for that. We also intend to hold the Parklands residents' Xmas party there.

The new automatic gates at Torbay are now installed and we thank you all for your patience during this work. A notice with the codes was dropped into all villa letterboxes and by now you should all have one swipe tag per villa. If ever you get stuck – there are other entrances to use – or the office staff can help you.

Don't forget you can now purchase **The Village Caterer** bulk meals from the Torbay Coffee Shop!! There are many varieties to just 'heat and serve' starting from 400g packs for just \$5.00 – ranging right through to 1.1kg for \$18.50

I wish you all a lovely Xmas and hope it is 'special' for you, no matter how you spend the day.

Regards

DEB BERGMAN
Retirement Living Co-ordinator

TORBAY RECREATION AND SOCIAL COMMITTEE

Good day one and all. The final meeting for 2011 was held on November 23rd in the Conference Room.

We all look forward to the Christmas lunch for Villa Residents, on Wednesday, November 30th. Two beautiful paintings were donated for "The Raffle" by Eleanor and Val. Thank you for the donations given for the "Lucky Door" prizes. Ula, Anne, Glenda and Elsie excelled with their present wrapping skills. Thanks to "The Team", Ula – Vice President, Bonny – Secretary, Val – Assistant Secretary, Jack Finch – Treasurer and Joan Walland – Assistant Treasurer. Helen Sahl will entertain us on "The Key Board".

We aim: (a) in addition to contributing to the purchase of the two "Courtesy Gates", (b) to provide comfort for those in "Special Care" by purchasing a "Boston Bed and Slings", (c) for recreational needs, a new "Scrabble Board" and a "New Mat" for "The Bowlers".

Please be assured our money is spent wisely.

We would love to have you join us in February, 2012.

Projecting into 2012, we aim to have a "Garage Sale" in March, so please remember Torbay.

Thanks to Russell and Margaret and all The Volunteers who have helped us during 2011. It's good to see Russell up and about!!
Myself and the Committee – Wish You All a Happy Christmas and a Healthy New Year.

Cheers

Olwen Evens – President

THE PIECRUST PLAYERS

Christmas is coming, the ducks are getting fat No we're not going to ask you to put a penny in the old man's hat.

We, the Piecrust Players, are inviting everyone at Torbay to attend our Christmas Concert, in the main hall on Friday December 9th at 1:30pm.

Not only will the cast include favourites such as Miriam, Bonnie, Heather, Eileen, Eunice, Lyn and Margarut, but we will be helped by a batch of top-line entertainers in the persons of Bruce, Mary, Alma, Dorothy and Neroli.

Our Christmas Fantasia includes plays, poems, carols (by members of the Torbay choir) funny costumes and laughs galore, with a little surprise at the end.

I wonder if we'll see Mommy kissing Santa Claus?

Lyn Dahl.

To All Minni Lotto Players.

To all the Lotto players who think that their number has been lost or just been discarded, well here are the winning numbers in order of times won from highest to lowest. So have a look and see how many times your number has been drawn where you are on ladder of prosperity, this is about stage 4 of the ladder so it is from the start

up to and including the 26-11-11, e.g. lotto number/ times drawn.

6,8/23. 14,15,36,39/11. 2123,43./20. 1,13,35,40./19. 24,32,34./18

7,16,29./17. 5,9,21,27./16 2,4,10,18,30,33,44./15. 3,19,38, 41,42./14.

12,22,26,28/13. 17,20,25.12. 37,45./11. 31./8

So these are the official placing of the Lotto numbers so read them and weep but do not blame me for the lack of times your number came out.

Alby

A MERRY XMAS

I will not be here for Christmas as Rene and I are going down south to be with the family. We leave on the 15th Dec and will be away till the 27th Jan , so to one and all both Rene and I would like to wish you a very merry Christmas and a happy new year.

In my absence the Lotto will be handled by Max H Villa TC 344.

See you all next year.

ALBY



From Your Villa Residents Committee-November

"Don't point a finger-----lend- a-hand"



Welcoming our new Residents, to Torbay and Parklands

CUPPA & CHAT MORNINGS: A great time to get together with members of your Villa Residents committee. If you have a query, a problem or need help then please let us know if we can ***lend-a-hand***. Or better still call 2800 (during office hours). Cuppa & Chats are held on the first Wednesday at the Clubhouse and Thursday in the Conference room from 10 – 11am.

Presents for Christmas.....NEW GATES??

Who'll cut the ribbon? ***Lend-a-hand***

TORBAY ACCESS CODE LIST		
DOOR CODE	USER	ACCESS RIGHTS
	Visitors	Front Gate Only
	Residents	Front Gate, Reception Door



ANNUAL CALENDAR: If you have important dates to celebrate now or in 2012 and you'd like to use our facilities, please put your name and phone number on the date in question, in date book/diary in the Clubhouse or TC /Main Hall. Then confirm with Mary Macleod.

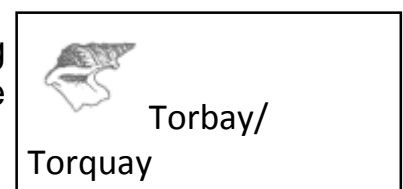
TC POOL, Oh dear, the early morning water aerobics group, who have started training for the Gold Coast games, are finding the pool in the mornings a bit cooler than expected. Let's hope summer comes quickly.

- The water aerobics team has mentioned that the solar has not been working for about 4 years. Thank you for letting us know it's on the wish list. Now we can ***lend-a-hand***, it is on our to-do-list for you.
- If you have an issue, request or wish, like this then please let Administration, or your VRC know. Or, come along to your Residents Meetings on the 3rd Tuesday of the month. Unless we are made aware, how can we ***lend-a-hand?***
Remembering too, that some of your suggestions need to be financed and may have to go into an annual budget, so Phil can ***lend-a-hand...***

COFFEE SHOP: Check out the advertisement in November Torbay Times. Ask at the coffee shop for the Menu from Village Catering and enjoy. Perhaps you'd like to ***lend-a-hand*** and volunteer.

RESIDENTS' NAME BADGES: are in the process of being re-designed. If you'd like a new style name badge please watch this space. Magnet attachments will be available also.

- Blue writing on a white background.



HELPING HANDS: Need some extra helping hands around your villa. (Like window cleaning,) then perhaps **Home Assist** can ***lend-a-hand***.

WOULD YOU LIKE TO ADOPT A GARDEN: With the summer months looming would you like to adopt a garden and give it a drink of water a couple of times a week? Perhaps your neighbours may like a hand or a village garden might need some extra care. Can you ***lend-a-hand***.

OUR WISH LIST. If you have anything you'd like to see happen in and around our village please let us know. We'll see what we can do for you. Since February all our wishes have been granted.(or are on the way) We need to commence another New Year list.

- **A larger coffee shop in Torbay** (now that's a big wish)
- **Safety issues:** Please, Please ask and remind your family and friends that the speed limit in the village is 15kms. This really is a **BIG WISH**. Everyone seems to be travelling faster these days.
- **TC Solar Pool.** Coming in March
- **Breeze way at pool side.** Should be there soon.



Thought for the month:

There is no danger of developing eyestrain from looking on the bright side of life.

- Your Villa Residents Committee takes this opportunity of wishing you a very
Happy Christmas and a beautiful holiday season with family and friends.

M&M

QUIZ GROUP



Happy

Birthday

All birthdays are special weeks in the Thursday afternoon Tavistock Court Quiz Session. We have a birthday cake for afternoon tea and the

lucky person gets a card signed by everyone.

The week of the 10th October is especially special however, as three of our long time members celebrate their birthdays on the same day. Keith Ross, Lawrie Kent and Evelyn Robinson!

Tavistock Quiz is all about just getting together socially and keeping that grey matter going. We make sure nobody feels a fool if they don't know the answer.

So if your 2012 New Year's resolution is to do just that why not give us a go. We look forward to seeing you and sharing your birthday cake when your special day comes.

*Contact Kathy Willmetts Villa 335 Phone 2856
if you would like more information.*

On the 16th November English visitors Chris (a relative) and Philip both from Ipswich in the UK cycled into Hervey Bay and took a break with Resident Nancy Gouldson at Torbay.

Chris a Civil Engineer and Philip a Surveyor, had cycled across from Darwin and down the East coast of Queensland and intend to continue on and be in Sydney for Christmas.

They enjoyed the change in their diet from that on the road, which was basically noodles and pasta. Needless to say they ate everything on their plates during their stay with Nancy.

Although young they were extremely impressed with Torbay and said there was nothing like Torbay in the UK.

To add some humour to their tour and to help them not get too homesick, the black faced English sheep puppet, (who does not have a name) appears from nowhere and features in their photographs.

All being well they plan to cycle on from Sydney and around Australia.

It is often said, that after making our earlier pioneering generation, they broke the mould, but now I'm not quite so sure. I think some of the younger generation, do have that same stamina.

Contributed by Nancy.



Our 14-year-old dog Abbey died last month. The day after she passed away my 4-year-old daughter Meredith was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognize her. I told her that I thought we could and so she dictated these words:

Dear God,

Will you please take care of my dog? She died yesterday and is with you in heaven. I miss her very much. I am happy that you let me have her as my dog even though she got sick.

I hope you will play with her. She likes to swim and play with balls. I am sending a picture of her so when you see her you will know that she is my dog. I really miss her.

Love, Meredith

We put the letter in an envelope with a picture of Abbey and Meredith and addressed it to God/Heaven. We put our return address on it. Then Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps to get the letter all the way to heaven. That afternoon she dropped it into the letter box at the post office. A few days later, she asked if God had gotten the letter yet. I told her that I thought He had. Yesterday, there was a package wrapped in gold paper on our front porch addressed, 'To Meredith' in an unfamiliar hand. Meredith opened it. Inside was a book by Mr. Rogers called, 'When a Pet Dies.' Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey & Meredith and this note:

Dear Meredith,

Abbey arrived safely in heaven. Having the picture was a big help and I recognized her right away.

Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart. Abbey loved being your dog. Since we don't need our bodies in heaven, I don't have any pockets to keep your picture in so I am sending it back to you in this little book for you to keep and have something to remember Abbey by.

Thank you for the beautiful letter and thank your mother for helping you write it and sending it to me.

What a wonderful mother you have. I picked her especially for you. I send my blessings every day and remember that I love you very much. By the way, I'm easy to find. I am wherever there is love.

Love, God

We don't know who replied, but there is a beautiful soul working in the dead letter office of the US postal service.

Contributed by Helen S



SCRABBLE PLAYERS WANTED.

A Scrabble set for the Vision Impaired has been donated to the Scrabble Club. If you enjoy Scrabble this is your opportunity to play with a fun group who love using words. Help is available with scoring and spell checks. Come along on Wed. 1:30 pm to Tavistock Community Hall. You will be very welcome.

Party to celebrate the
Transit of Venus
Wednesday, June 6, 2012

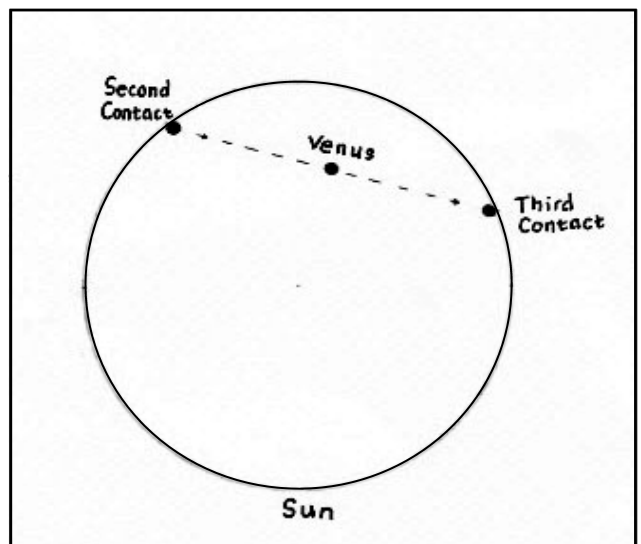
There will be a Transit of Venus on Wednesday, June 6, 2012 (the next Transit of Venus happens in 105½ years in December 2117)—so this will be our only, not-to-be-missed, opportunity to mark this important astronomical event.

A Transit of Venus occurs when the planet Venus passes directly between the Sun and the Earth, obscuring a small part of the solar disk. During the Transit, Venus appears as a small black spot (the diameter of Venus is 0.03 that of the Sun) moving across the face of the Sun. The Transit can be safely observed only indirectly, but it is likely that Australian television will broadcast the Transit live and Bruce may be able to set up our own special Torbay camera. The entire 2012 Transit will be visible only from Hawaii, Alaska, the eastern part of Australia, the northern parts of the Pacific, and eastern Asia. The previous Transit in 2004 was visible in its entirety only from India, Africa (most eastern and northern parts), the Middle East, Russia, and Europe.

In Hervey Bay the Transit will begin at about 8.16 a.m. on Wednesday 6 June and continue until 2.44 p.m., so the Transit will be visible to us in its entirety and we are greatly fortunate in this.

Technically, in Australian Eastern Standard Time (Brisbane) the Transit will be marked by the following events (hours:minutes:seconds): 08:15:43 First Contact—external Sun ingress (Venus is entirely outside, but just tangential to, the disk of the Sun, moving inward); 08:33:45 Second Contact—internal Sun ingress (Venus is entirely inside, but just tangential to, the disk of the Sun, moving further inward); 11:30:02 Greatest Sun Transit (Venus is at the middle of its path across the solar disk, the halfway point in the timing of the Transit and the point when Venus, as seen from Earth, appears closest to the centre of the Sun); 14:26:00 Third Contact—internal Sun egress (Venus is entirely inside, but just tangential to, the disk of the Sun, moving outward); 14:43:59 Fourth Contact—external Sun egress (Venus is entirely outside, but just tangential to, the disk of the Sun, moving further outward). Times are for Brisbane from NASA's Eclipse Web Site (Table 2a Cities (International)), but I have adjusted NASA's Universal Time data by bringing the times 10 hours forward to AEST. I should inform you that times for Sydney and Melbourne and Adelaide are a few seconds later.

Transits of Venus are the rarest of predictable astronomical phenomena: Transits have the following pattern of separation between successive Transits (numbers are Earth years of 365.256 Earth days each): 8, 105½, 8, 121½. The sum of these separations is 243 Earth years. After this period of 243 Earth years, both Earth and Venus will have returned to very nearly the same point in their respective orbits about the Sun and the pattern is repeated (the pattern varies slightly over the millennia because of a slight variation between the times when Earth and Venus arrive at the



point where they are precisely lined up).

Transits of Venus are astronomically important for many reasons, but especially because observations on the Transit enabled astronomers to calculate accurately the distance of the Earth from the Sun (149.59 million kilometres or 93 million miles).

Captain Cook was sent to Tahiti to observe the Transit of Venus in June 1769 from Point Venus near Papeete; on the day of the Transit the sky was clear of clouds and Cook was able to observe the entire Transit. Then, on his return journey, Cook sighted the south-eastern coast of Australia on 19 April 1770, and, as they say, the rest is history.

Clearly, the 2012 Transit of Venus will be an historic event not to be missed! Accordingly, I suggest that we hold a Transit of Venus party in Tavistock Hall on Wednesday 6 June. Details and price nearer the time, but mark this event in your calendar. (One possibility: a **Transit of Venus Champagne Breakfast** beginning at 8 a.m. sharp with a glass of champagne to toast the First Contact, breakfast to follow and ending about 9.30 a.m., but I will consult on this and am open to suggestions.)

Transits of Venus

Year AD Date (two days: Transit visible each side international dateline; Julian calendar 1032 to and including 1526, Gregorian calendar thereafter)

1032	May 24
1040	May 22
1145	November 26
1153	November 23-24
1275	May 25-26
1283	May 23
1388	November 26
1396	November 23
1518	May 25-26
1526	May 23 (last Transit before the invention of the telescope)
1631	December 7 (first Transit to be predicted, in 1627 by Kepler)
1639	December 4
1761	June 6
1769	June 3-4 (Transit observed by Captain Cook in Tahiti)
1874	December 9
1882	December 6 (first accurate measurement distance Earth to Sun)
2004	June 8 (first Transit to occur after invention of broadcast media)
2012	June 5-6 (Transit celebrated at Torbay Retirement Village)
2117	December 11
2125	December 8
2247	June 11
2255	June 9
2360	December 12-13
2368	December 10
2490	June 12
2498	June 10
2603	December 15-16
2611	December 13
2733	June 15

GRANDPARENTS

Through The Eyes of a Child

After the holiday break, the teacher asked her young pupils how they spent their holiday away from school.

One young pupil's reply went like this:

We always spend the holidays with Grandpa and Grandma. They used to live in a big brick house, but Grandpa got retarded and they moved to Hervey Bay. They live in a park with a lot of other retarded people. They live in nice little houses, and so they don't have to mow the grass anymore.

They ride around on their bicycles and scooters and I guess they forget who they are because they all wear badges with their names on them.

They all go to a building called the wrecked hall, but I guess they must have fixed it because it is okay now. They do exercises there but they don't do them very well.

My Grandma used to bake cookies for me but they don't do much cooking there, they all like to eat out at restaurants that have fast food with discounts and sometimes they take food to the wrecked center for pot luck.

There is a swimming pool too, but I guess nobody teaches them how to swim as they just jump up and down in it or stand there with their hats on.

When you come to the park, there is a dollhouse with a man sitting in it. He watches all day so they can't escape without him seeing them. I wish they would move back home, but I guess the man in the dollhouse won't let them.

Grandma says Grandpa worked hard all his life to earn his retardment and says I should work hard so I can be retarded some day too.

When I do, I want to be the man in the dollhouse. Then I would let people out, so they can visit their grandchildren.

Contributed by Shirley T and Nancy G

OUR CHOIR

HELLO! HELLO! HERE WE ARE AGAIN! TORBAY CHOIR IS HERE TO ENTERTAIN!

Yes, that's right. We have our "Carols By Daylight" in two venues this year-

Parklands – 7 December and Main Hall – 14 December. More about that later.

Our practises have been a bit 'hit and miss' of late due to differing circumstances, but what a wonderful group of singers we have – they all come out to meet the challenges no matter what or why.

Despite not having sung most of the songs since last Christmas, it has been amazing how the voices have filled the Main Hall on a Wednesday afternoon. We really do have a wonderful group that makes up our Choir!

Our programme is bright and breezy, but not forgetting some of those lovely old songs – Silent Night, Mary's Boy Child, Silver and Gold, and of course, The Holy City.

We are looking forward to seeing you on the day. After all, the idea is to give pleasure to the Residents of this fair Village with some entertainment, and what better way than to celebrate Christmas!

Remember - CAROLS BY DAYLIGHT - PARKLANDS, Wed. 7 December at 1.30pm

MAIN HALL, Wed. 14 December at 1.30 pm

MERRY CHRISTMAS EVERYONE!!

MIRIAM.

NOTICE

Please note the Booking Diaries for 2012 are now in Tavistock Court and the Club-



THE AUSTRALIAN OUTHOUSE

They were funny looking buildings, that were once a way of life.
If you couldn't sprint the distance, then you really were in strife.

They were nailed, they were wired, but were mostly falling down.
There was one in every yard, in every house, in every town.

They were given many names, some were even funny,
But to most of us, we knew them as the outhouse or the dunny.

I've seen some of them all gussied up, with painted doors and all, but it really made
no difference, they were just a port of call.

Now my old man would take a bet, he'd lay an even pound, that you wouldn't make
the dunny with them turkeys hangin' round.

They had so many uses, these buildings out the back, you could even hide from
mother, so you wouldn't get the strap.

That's why we had good cricketers, never mind the bumps, We used the pathway for
the wicket and the dunny door for stumps.

Now my old man would sit for hours, the smell would rot your socks, he read the daily
back to front in that good old thunderbox.

And if by chance that nature called sometime through the night, you always sent the
dog in first, for there was no flamin' light.

And the dunny seemed to be the place where crawlies liked to hide,
But never ever showed themselves until you sat inside.

There was no such thing as Sorbent, no tissues there at all, just squares of well read
newspaper, a hangin' on the wall.

If you had some friendly neighbours, as neighbours sometimes are, you could sit and
chat to them, if you left the door ajar.

When suddenly you got the urge, and down the track you fled, then of course the
magpies were there to peck you on your head.

Then the time there was a wet, the rain it never stopped, if you had an urgent call, you
ran between the drops.

The dunny man came once a week, to these buildings out the back,
and he would leave an extra can, if you left for him a zac.

For those of you who've no idea what I mean by a zac, then you're
too young to have ever had, a dunny out the back.



Culinary Corner

Cherry Time is Here Again.

Australian cherries will be available to us once again, if you can afford them. Years ago everyone could enjoy the fresh juicy flavour of fresh cherries, I even stewed them with a little sago to thicken the juice. Sadly cherries are now a luxury that you save to eat fresh in small amounts and not a patch on the plump black cherries of old. They are more affordable tinned or frozen if you plan to use them in recipes. They still have the same vitamins, minerals and anti-oxidants which in combination slow the progression of cancer, cardiovascular and neurological diseases. Cherries have been grown in Australia since the late 1800's and we consume more than 7,000 tonnes of fresh cherries



Orange, Almond & Cherry Pudding

½ cup slivered almonds	1 teas grated orange zest
1&1/2 cups S.R. flour	50g butter, melted,
¾ cup brown sugar,	plus 60g extra, chopped
plus 1/3 cup extra	300g frozen cherries
¾ cup milk	½ cup freshly squeezed orange juice



Preheat oven 180 or 160 degrees fan forced. Grease a 2-litre ovenproof dish. Finely chop half the almonds, place in a large bowl. Add flour, sugar, zest and melted butter, stir to combine. Spoon into dish, level top. Top with cherries, pushing in gently. Combine 1 cup boiling water, juice, extra sugar and extra butter in a heatproof jug, stirring until butter melts. Carefully pour over the back of a spoon onto pudding mixture. Sprinkle with remaining almonds. Bake for 25-35 minutes depending on shape of dish, or until golden and firm.

Note: This is a delicious blend of flavours in a self-saucing pudding

Easy and Healthy Lasagne

500g smooth ricotta	6 sheets fresh lasagne pasta
3 eggs	100g baby spinach leaves
1kg beef bolognese sauce	200g mozzarella or cheese blend



Preheat oven to 160 degrees. Whisk together the ricotta and eggs until smooth. Spread 1/3 of the bolognese sauce over the base of a greased oven proof dish, top with lasagne sheets. Spread another 1/3 of the Bolognese sauce over pasta and top with ½ the spinach leaves and cover with pasta sheets. Place the remaining spinach over pasta and spread with 1/3 of the ricotta mixture and then top with the remaining pasta sheets. Spread over the last of the Bolognese and the ricotta mixture. Sprinkle over the grated cheese and bake for 30 minutes, stand a further 5 or 10 minutes in the oven with power off until nicely set and lightly browned.

**TANYA'S HAIR
SALON**

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

HIGH CARE WING
Tuesday
Phone 2606

PARKLANDS
Monday
Phone 1330



**TORBAY MAIN
SECTION**

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

LINDA
Wednesday
1pm-5pm(by appt)
H/ph 4194 6484

Phone 2818



**VILLA RESIDENTS
COMMITTEE 2011**

Maureen G.	Ph 2935
Miriam Mc.	Ph 2871
Valerie B.	Ph 2969
Olwen E.	Ph 2120
Heather G .	Ph 2105
Dudley J.	Ph 2170
Marie Mc.	Ph 2988
Neville P.	Ph 2933
Betty P.	Ph 2932
Jill V.	Ph 2826
Grahame M.	Ph 2852

Toni will be away from Mon 26th Dec, back on Mon 9th Jan. Wishing all residents & staff a Merry Christmas and a Happy and Safe New Year. From The Hairdressers.



JR MASSAGE THERAPY
ROBERT & JOANNE
PH 4124 4193
Onsite or Studio
7 Vista Court, Pialba



Manicure \$20
Pedicare \$20

<u>Massage</u>	<u>Fee</u>
Remedial	\$40 Per Hr
Relaxation	\$40 Per Hr
Seated	\$20 Per 1/2 Hr
Neck/shoulders	\$20 Per 1/2 Hr

Available to all Staff and Residents of
Torabay and Parklands.
Gift vouchers also available on request

Mini Lotto Winners for November

05/11/11	1 st	Joan F
	2 nd	Nancy Mc
12/11/11	1 st	Marilyn W
	2 nd	Betty R
19/11/11	1 st	Roger R
	2 nd	Lin C
26/11/11	1 st	Kath R
	2 nd	Hazel D

Congratulations to all our winners for this month, and to all of us that did not get a mention, there is always next month.

Alby

SERVICES AVAILABLE TO TORBAY RESIDENTS.

These forms are available in the Main Office, Main Hall outside
Activity Office, in all sections of Torbay

Compliments and Complaints

Form 3.09.05

Queensland

Central & South Queensland

Aged care complaints investigation
Scheme Department of Health & Ageing

PO Box 9848 BRISBANE QLD 4001

ph 07 3360 2765

Toll free 1800 177 099

Toll Free 1800 550 552

**QUEENSLAND
AGED & DISABILITY
ADVOCACY inc
Queensland**

QLD Aged & Disability Advocacy Inc
121 Copperfield Street GEEBUNG Qld

Brisbane Office

Ph 07 3637 6000

Toll Free 1800 818 338

Fax 07 3637 6001

E-Mail: info@qada.org.au

NEW ARRIVALS



A warm welcome is extended to our new Residents

Torbay Aged Care Facility

Noel Bryant RFL - Helen Clark Main - Dorothy Ford Main

Parklands Aged Care Facility

Doris Adams HC - Doris McColl HC - Eunice Pearsall HC - Gypsy Pedersen HC
Evelyn Schmidt HC - Walter Wah LC - Maxwell Willcocks HC

THANK YOU

Jack and his family and the family of Betty Small would like to thank the Outreach Staff and the Staff at High Care Torbay, for the beautiful way in which they cared for Betty over a long period.

Thanks also to the Residents and Friends who attended her funeral service at the Torbay Chapel.

Please accept this as our personal thanks.

Jack Van Wijk.

∞ In Memoriam ∞

Our condolences to the families of

Eoin Lawrence - Albertje Small

