

Torbay Times



Torbay Aged Care and Retirement Village
43 Exeter Street, Torquay, Hervey Bay,
Queensland, 4655
07 41250800 Fax 07 41250813 E-mail :
admin@torbay.org.au
Home page : <http://www.torbay.org.au>

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*“Did you know it’s
still the Year of the
Rabbit?”*



AGED CARE REPORTS

MAIN SECTION

I hope you have been able to spend some time out in the warm sun enjoying the gardens looking lovely with all the spring flowers in bloom. I also hope you have noticed the beautiful orchids which Des has placed in and around the coffee shop and office.

I am sure you have all enjoyed the entertainment during the past month which included Henry Gay presenting "Story of a Song", our regular entertainers, Jim Kelly and his group, The Smooth Swing Duo, The Sunshine Singers, and Bob Size, who sang and played the guitar and harmonica at our birthday sing-a-long. Another enjoyable activity during the month was our hostel lunch of fish and chips on the beach.

Forget about the Three Tenors and the Ten Tenors, what about our Torbay Tenors (7 of them) who featured in the Torbay Choir Fathers Day concert. The choir is to be congratulated on presenting this show which combined humour and excellent singing.

A date to remember is Thursday morning, 13th October when a new Country & Western style singer, Gary Heather, will be entertaining here in the Hall.

If you are passing by the Clubhouse, pop in and have a look at the new book case which has just been installed. Congratulations to those of you who were instrumental in having this built. It looks great.

Many thanks to our regular volunteers who have assisted me during Bruce's absence.

Love ya

Mary

RAINFOREST LODGE

Welcome to our September news in the Torbay Times. The weather is now

beautiful outside which means we can take walks around the duck ponds more often and enjoy the sunshine.

We had a special luncheon for all the residents last Friday with a fish and chip luncheon in the pergola near the duck ponds. It was enjoyed by all and we plan to have these sort of days more frequently now that the weather is warm. We had three birthdays this month with Sylvia, Edna and Hazel celebrating their birthdays during September, we had a birthday party and cake mid-month to celebrate these special people.

We would also like to send our regards to Wess who is in the Hervey Bay Hospital with broken hip, we wish Wess a speedy recovery and look forward to him returning to Rainforest Lodge.

During the month we have been fortunate to have our regular artists to visit us and give us beautiful entertainment, some of these are Beth & Gordon, Dell, Peter, Phil, Annette and Rhapsody. We also have been on our Wednesday bus rides around the Bay or district, stopping sometimes for an ice cream.

We will be looking to take a lunch pack to the duck ponds for lunch during October, have a visit from Mews Belly Dancers and Lynda on Harp, plus our regular monthly artists.

In November we are organizing a special morning tea outing at La Belle Vue Café for something special and a treat.

We would like to thank our volunteers who have given their time to assist specially with Bingo and thank Kath for joining our team and doing the bingo calling on a Monday morning. If you would like to assist with these activities give Rainforest Lodge a call, we would love to welcome you into our activities.

Cheers,
Bruce 2.

PLEASE NOTE

There was no Residents Meeting for September

VILLA NEWS

The first month of spring proved to be a very pleasant one beginning with a great comedy movie with lots of laughs when we viewed "Marley and Me". The Sunshine Singers also brightened up our lives with their concert with a 'spring' theme.

We have had some lovely weather for our morning tea outings and we even managed to find vacant tables during the

school holidays. The weather was just perfect the morning we drove to Burrum Heads and was fine also for the Garage Sale.

Thank you to all the volunteers who help us in various capacities; life wouldn't be the same without you.

The best of health and happiness be yours.

Till next time - Neroli

My young grandson called the other day to wish me a Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



READY – STEADY – GO

Once again we gather to do our best,
To beat the world record, such a big test.
We won't feel defeated or downhearted if not,
But contented to know we gave it our lot.

We need this day to boost our moral,
Enjoy good company with tales to tell.
We feel unique when competing and know –
It's showing the public we've got "get up and go".

We were active like them in times past,
Now with our scooters our challenges are vast.
With excellent organisers who plan and care,
We are very thankful that they are there.



Kay Wyatt

SEPTEMBER 2011 Villa Residents Committee report

Now you've nearly reached the end of the Times, make a cuppa and enjoy the rest of the read.....M

GOOD NEWS from your Villa Residents committee meeting on the 5th Sept.

COFFEE & CHAT (or compliments and complaints) **in the Clubhouse**
1st **Wednesday** of the month at 10 -11am. Thank you to Heather and Olwen



for taking time. We had a lovely chat. We must be doing something right.

AND NOW COFFEE AND CHAT in the Conference room with two members of your VRC are now meeting on the 1st Thursday of the month from 10 – 11am. We'd love to have you join us even if you don't have a problem; we love to hear the good stuff too.

We look forward to having **2 RESIDENTS FROM PARKLANDS** joining the Residents Committee. To help with Parklands transition in the New Year.

The **ACCREDITATION MORNING** was a good success. As always Mary '*did good*' with her morning tea. A special thank you to those who could attend, we knew most of you were enjoying the Broilga performance. From Phil's report it was an enthusiastic response, from the Accreditation Team.

The **YELLOW LINES have been extended** at the Entrances to the Village. Maybe they'll help the parking problems. How exciting to see those new gates nearly installed. (By the time you read this they could already be in use.) Arriving home late at night now won't be a problem.

FIRE BLANKETS, David reported that these would have to be tested and tagged every 6 months at a cost, to meet safety regulations.

Residents will be pleased to see the 2 pieces of **EXERCISE EQUIPMENT** have been returned to the Clubhouse after being assessed for safety reasons. Thanks David

TREES on the perimeter of the village have been pruned and cleaned out, just in time for spring growth. How neat and tidy we are looking.

EMERGENCY CALLPOINT in the Men's shed, now there is one installed. You'll be safe now guys.

A to Z Activities book. Latest edition is on Torbay's web site (have you checked it recently.) If you'd like a copy you can find one in Bruce's office.

SPEED LIMIT IN THE VILLAGE Please be aware of the speed limits in the village. Let Phil know if you have a problem in your area.

TC POOL, is getting a spring clean up. Thank you to our Residents and Ground Staff who have been trimming, watering and feeding the plants in time for the summer season. Once again happened without any fanfare. Thank you. We are looking forward to the windbreak being replaced stopping the breezes, blowing onto the swimmers in the summer months.

BOOK SHELVES in the Clubhouse. Wow!!! Look great, a special thank you for all who helped to restack and donated new books for our new shelves. I can't give you their names as it has been happening magically.

We have had enquiries from residents about our **TORBAY AGED CARE NAME**

BADGES. Is it possible to have the title changed to 'Torbay Village'? (As per original badge.) And do Parklands Residents have their own 'Parkland Village' Name Badge? These changes give the Villa Residents more dignity if the words 'Aged Care' are replaced with 'Village'

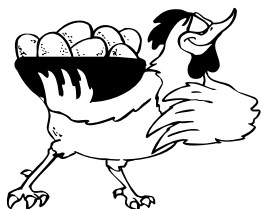
MORE THANKYOUS: To Residents who show their appreciation, by emails, letters cards and voice. And to staff for 'jobs' well done. Wow!! Didn't the social committee and their helpers do a great job with the garage sale? Well done.

OUR WISH LIST. We keep adding to this list. If you have suggestions for this list please remember to pop in and talk with your committee either on the first Wednesday or Thursday of the month... We do keep Phil informed. After all he is the one with the purse strings.

Heating of the TC pool. Is being addressed.

A 100 seat theatre with cherry red leather seats!!!!

A lady who was happily celebrating her 102 birthday was asked by the press



EGGS

Yes the chooks are still laying but due to popular demand, orders will be cut to half a dozen per order at a cost of \$1.50

Cheers from "The Girls"

TORBAY RECREATION AND SOCIAL COMMITTEE

Our monthly meeting was held on Wednesday, September 28th at 9am in the Conference Room. President Olwen extended "thanks" to Russel and Margaret Clarke, who managed and organized the Garage Sale so capably. Thanks to all the men who diligently set up and cleared tables and goods away." Thanks to all the stallholders and volunteers from "Within House" and "Outside" in the community, we value you all.

Thanks to Treasurer Jack, for a mighty job.

It was great to see so many plants, thanks to Anne and her helpers. Also the beautiful cakes, thanks to Elsie.

The raffles were won by: Kathy R - 1st prize: terrarium; Rae S - 2nd prize: fruit in bowl; Kath - 3rd prize: painting; Val - 4th prize: fern.

Thanks to Kathy R for morning tea provided on Friday, also Village Caterers for morning tea and lunch on Saturday. Thanks to all who donated goods.

\$20,000.- has been donated towards the gates for Torbay.

The amazing result \$8,765.45 for the Garage Sale.

NOTE: 5 orange chairs are missing that belong to Torbay, if anyone can enlighten Russell, please contact him on 2180.

The Christmas Lunch is to be held on Wednesday, November 30th at the R.S.L. Doors will open at 11.30 am for lunch at 12.15 pm. The cost is \$26.00 per head.

Please contact these ladies, selling tickets, with the **CORRECT MONEY:**

at T.C.: Bonny K -2152; Val B - 2969; Anne Turrell - 2972; Elsie R - 2136;

at Torbay Villas: Joan W - 2949.

The next meeting will be October 26th. Cheers Olwen E - President

RETIREMENT LIVING

Hello again for October!!

Footy's all finished (and well done the Geelong Cats!!.. oh.. and that *other* footy... The Sea Eagles..!!) Soon be time to don the pretty hats and open the bubbles for the racing season and Melbourne Cup – the year is whizzing by!!

Along the way we have some new villa residents join us - Verna Mottram TC319 and PK407 Owen Hetherington..we hope they settle in well. Sadly we have had to say good bye to some of our residents as well.

If you take a drive to Parklands (still great cuppas in Carr's Cafe!) you will see all the action underway on the new Community Centre (The Haven) with the roof now on, the pool shell is in and brickwork progressing. Works are on track and we still envisage this building to be operational by Xmas. We had a resident from Parklands, Arnold Horne, recently attend the Villa Residents Committee meeting as a representative for Parklands and hope in time that more Parklands residents will become active on this committee as they move towards forming a committee of their own as time and numbers increase.

The top floor of the Parklands Aged Care Facility is now operational and is filling fast. This fitout took up a substantial amount of my time, but it is completed now.

Thanks to all who attended the Emergency Call information sessions recently. I have spare instruction sheets in the office for anybody who missed out. Remember – if you have any staff communication whilst you are TESTING your pendant... then the test has not gone through properly..!!

We received official notification recently that we have a further 3 years Accreditation for the Torbay Retirement Village... well done to all involved.

The new automatic gates at Torbay should be fully installed shortly and we thank you all for your patience during this work. Please bear with us on any 'teething' problems.....And 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

Until next time, Regards (I am off on holidays for the rest of October!!)

DEB BERGMANN

Retirement Living Co-ordinator

HERVEY BAY SUPPORT GROUP of PARKINSON'S QUEENSLAND Inc

MEETING

15TH November 2011 - 10am

TAVISTOCK CENTRE

LifeTec is visiting and will be demonstrating various
Mobility and Assisted Living Aids

VILLA RESIDENTS MOST WELCOME!!!

"PIECRUST PLAYERS"

Well, well, the Piecrust Players have done it again! What a great concert they presented us with last month. They say they are a bit 'Flakey' – if that is what being flakey is, I want to go there.

They kept us entertained from the very beginning with their presentation of "Snow White" - that was great. We all loved the deadpan voices and faces, and it surely gave us a new slant on that great nursery story.

"The Little Red Cowboy Hat" was another spin off Red Riding Hood. The costumes were excellent and the players took their parts to the top.

The "Audience Participation" was a real hoot and it was great to see the Residents taking part. Wasn't the Witch great – as were all the players. It was hilarious. I wonder if anyone has found out where Villa No. 419235 actually is! The individual performers were excellent, from the pianist to the poets and story-tellers.

To finish the afternoon off with a meeting of the "Piecrust Village Committee trying to decide what play to do next was great. How many meetings have we all been to where things get out of hand and everyone wants to be centre stage. By the way, did they eventually decide to do "Ben Hur"?



Congratulations, "Piecrust Players", you have shown us just how much talent we have here in the Village – there must be more out there too.

Thank you all for a great afternoon's entertainment.

Lyn Dahl



On Sunday 18th of September the Little Nippers of Hervey Bay had their season opening day and there were approximately 150 Nippers in attendance to witness The Worshipful Master of the Hervey Bay Daylight Masonic Lodge present a cheque for \$1,660 to the president of the Little Nippers, to purchase two small surf boards for the Little Nippers to train on. Mary Mcleod attended the presentation on behalf of Torbay Retirement Village, along with members and wives of Lodge Members.

Russell Clarke.

Please note Torbay Constructions has changed domains.
Our NEW Website address is NOW:
www.torbayconstructions.org.au

Culinary Corner

The Back Yard Chook Pen. We all had one years ago whether we lived in suburbia or the country, supplying the family with eggs. Their delightful little cackle when they'd just laid an egg, feeling justifiably proud of the fruit of their labour. My mother treated her chooks like royalty, making a special mash in the morning by cooking up all the scraps for their breakfast, along with wheat in the afternoon. When eggs were plentiful she put a special preservative on them, these were kept aside for baking during the lead up to winter, when the chooks went off the lay. The home chook pen is a thing of the past now but the residents of Torbay are lucky enough to be able enjoy their very own chooks. Eggs are a nutritional powerhouse with 11 different vitamins and minerals, high quality protein, omega-3 and important antioxidants. These nutrients are commonly low in the diets of older people, therefore they are a valuable inclusion to the diet. The good old egg is so very versatile with many delicious ways to use them.



Impossible Quiche

1 tbs olive oil	3 eggs, room temperature
1 onion, finely chopped	1&1/2 cups milk
250g ham	1/2 cup S.R. flour
1 grated zucchini	1 cup grated tasty cheese
2 tomatoes sliced	1 cob of corn



Preheat oven to 200C. Grease a 4cm deep, 24cm diameter ovenproof fluted ceramic quiche dish or any similar dish. Heat oil in a non-stick frying pan over a medium heat. Add onion and cook stirring often until soft. Remove from heat and set aside to cool. Slice the kernels off the corn. Whisk eggs, milk and flour in a bowl until well combined. Stir in onion, cheese, zucchini and corn. Season with salt and pepper. Chop ham and scatter over base of dish, Pour egg mixture over and arrange sliced tomatoes on top. Bake for 45 to 50 minutes at 180C fan forced or until set in the centre. Allow to stand for 10 minutes. Serve with salad and crusty bread for a nutritious luncheon dish.

Note: Any assortment of meat and vegetables may be used in this recipe.

Carrot, Pineapple and Walnut Cake

2 eggs	1/2 cup chopped walnuts
5 tbs vegetable oil	1&1/4 cups S.R. flour
1 cup grated carrot (firmly packed)	1/2 tsp bicarb. soda
1/2 of 425g tin crushed pineapple (well drained)	1/2 tsp cinnamon
	3/4 cup sugar



Combine eggs and oil and beat well, stir in carrot, drained pineapple and walnuts. Sift flour, soda and cinnamon and fold into pineapple mixture with the sugar. Pour into a greased ring tin or tin of choice and cook in a moderate oven 35-45 minutes depending on size of tin. Cool and ice if desired with a mixture of 125g softened cream cheese, 1 tsp grated lemon or orange rind and 1 to 1&1/2 cups of sifted icing sugar. Decorate with walnuts.

AMAZING FACTS ABOUT NATURE

There are over 7,000 different types of apples

The fastest fish in the sea is the swordfish and can reach up to speeds of 108kph (68mph, 59knots)

The fingerprints of koala bear are indistinguishable to that of a human

Only 4 out of 20,000 species of bees produce honey

A blue whale can weigh as much as 30 elephants and as long as 3 large tour buses



80% of the world's rose species come from Asia

The average mature oak tree sheds over 700,000 leaves in Autumn

There are over 97,000 km (60,000 miles) of blood vessels in the average person



The spikes of a newborn hedgehog begin to appear within 24 hours

The average hen lays 228 eggs a year

Sun light can penetrate clean ocean water up to a depth of 73m (240 feet)

Sharks can sense a drop of blood from 4km (2.5miles) away



REASONS TO SMILE



Who Put The Dog Out ...

A couple was going out for the evening.

They were ready, all dolled up, but just needed to put the dog out when the taxi arrives.

However as the couple walked out of the house, the dog shoots back inside. They don't want the dog shut in the house, so the wife goes out to the taxi while the husband goes upstairs to chase the dog out.

The wife, not wanting it known that the house will be empty, explains to the taxi driver: 'He's just going upstairs to say good-night to my mother.'

A few minutes later, the husband gets into the cab.

'Sorry I took so long' he says. 'Stupid beast was hiding under the bed and I had to poke her with a coat hanger to get her to come out! Then I had to wrap her in a blanket to keep her from scratching and biting me as I hauled her downstairs and tossed her in the back yard!

She better not get into my vegetable garden again!

The silence in the cab was deafening.



**TANYA'S HAIR
SALON**

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

HIGH CARE WING
Tuesday
Phone 2606

PARKLANDS
Monday
Phone 1330



**TORBAY MAIN
SECTION**

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

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

Phone 2818



**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

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
Torbay and Parklands.
Gift vouchers also available on request



Mini Lotto Winners for September

03/09/11	1 st	Daphne W
	2 nd	Edna O
10/09/11	1 st	Tony B
	2 nd	Roger R
17/09/11	1 st	Max & Barb H
	2 nd	Daphne W
24/09/11	1 st	Daphne W.
	2 nd	J Alexander.

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

John Brown HC 155 - Dennis Coulson AC 102 - Thelma Mills HC 148

Torbay Villas

Phil Molen returned from Respite to Villa 216 - Verna Mottram TC 319

Parklands Aged Care Facility

Heinz Drasdo 215 - Barry Fox 212 - Irene Hyde 209 - Helmi Moisander 202
Brian Taylor 207 - Joan Wilson 104 - Clifford Wyeth 208

IN LOVING MEMORY OF RAI HART

31/12/1924 – 16/8/2011



I would like to extend my heartfelt thanks to all the staff and residents who knew Rai, for their support and sympathy over the past weeks.

I know that Rai would have been touched to know that the family had so many friends sending their prayers. Rai is at peace now, and we believe that she left in *her* time and without too much suffering.

A special thank you goes to all those staff who cared for her during her illness and for their ongoing support of both myself and Lesley during this sad time.

John Hart

In Memoriam



Our condolences to the families of



**Frederic Beddows - Barry Fox
Margaret Norden**