

John Paul Village News



Winter Edition

Volume 29 No 2. June 2014

EDITORIAL



Hello everyone. I can't believe this is our fourth edition of *The John Paul Village News*, completing our first whole year as Editor and Publisher.

I suppose by now you all realise I really enjoy this cooler time of year: but is not so easy getting out of bed very early to mind a couple of grandsons twice a week.

We attended the wedding of our second granddaughter, Laura, in April. It was a very happy affair and everyone looked beautiful, including the eight bridesmaids, one of whom was our oldest granddaughter Jessica, who is expecting her first baby in three weeks' time. We were also very taken by Laura's new husband Corey, who sang a lovely love song to her with his great voice that nobody knew he had.

Easter came and went fairly quickly this year with wonderful weather. We made our annual trip at this time to Ballina to stay with our sister-in-law. We enjoyed catching up with her and her family; and we went to Mass at Lennox Head on Easter Sunday. This is the third year we've done so. It is very impressive, starting with an ecumenical service in a park opposite the Catholic and Anglican churches; and overlooking the ocean. We had a couple of readings and hymns while watching the sun come up out of the ocean; and, then, the people attending proceeded to their respective churches.



Last issue, I mentioned how I have kept the deer away from my roses by building a fence around them. Last week I bought a couple of New Guinea Impatiens plants for two pots on my balcony. I mentioned to Audrey Payne that, so far, the deer have left them alone and she said "Just give them time." I am forever hopeful!

Unfortunately, quite a few people have already had very bad colds so I'm praying the rest of us escape that this winter. So, keep up the vitamin C and keep warm and active until spring.

We would personally like to welcome our new CEO, Will Somerville, and hope he can keep up the good work he has begun.

Regards for now, Christine.

Editor: Christine Court. Publisher: Alan Court. Azalea Court Unit 337

FROM THE CHIEF EXECUTIVE OFFICER'S DESK



Dear Residents

In my inaugural letter to *The John Paul Village News* I feel my first duty is to acknowledge the friendly warm welcome I have received since commencing on the Monday 7th April. This has made a deep impression on me for which I am very grateful.

For me to be welcomed during the Mass of Welcome & Blessing on 11 April was personally significant and humbling. The Anointing and symbolic presentation of the John Paul Village Mission Statement is both symbolic and historical. The Anointing of leaders has its routes embedded in the Old Testament. Presenting the Mission Statement in this context focuses our mind on its purpose and centrality to the life and being of John Paul Village.

As CEO I will strive to model and live my leadership and management in alignment with the Mission Statement. For this reason it will be a hallmark of my leadership which I trust will encourage all to live by, not the least myself.

I would like to welcome all new residents and staff to John Paul Village and wish you a long and fulfilling experience during your time in our community. There are a lot of opportunities available to all people to fit in and make a positive contribution to life in the Village. As with most experiences in life we are only limited by our imagination and willingness to adjust and to take the first steps.

It is appropriate to also acknowledge residents who have left John Paul Village and the families they leave behind. It is heartening to know JPV provides sensitive care to people who experience grief and loss and opportunity for families to continue their association with the Village community. The way is clear and open for all people to continue to enjoy the friendships made during their direct association with people in the Village. I have met many Volunteers who are testimony to friendships made in the Village.

In my short time at JPV I have attempted to balance my time inside and outside of the Hub Office, and by doing so meet lots of people and listen to what people have to say and share stories.

Although I have been involved in a number of meetings in my first four weeks, I am using the time to become more familiar and aware of any issues and concerns people may have. My first Village Self Care Residents meeting

From The Chief Executive Officer's Desk (Continued.....)

on my second day was an excellent opportunity to hear firsthand how people feel about the management of the Village and I have put in place some actions to address various issues around activities, communication and bookings.

Shortly, I will organize the recommencement of Village block meetings and look forward to discussing at the May Village Self Care Residents meeting both the 2014-2015 Proposed Budget and items from the April meeting.

I would also like to thank the Hostel Residents for the feedback received at the May Hostel Residents meeting. I am glad to hear the meals are well received and there is no shortage of activities to enjoy.

I look forward to meeting more people over the coming weeks and wish you well during the cooler months.

Will Somerville

NO LICENCE

A man was working in his yard when he was startled by a late-model car that came crashing through his hedge and ended up in his front lawn. He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair. He said with concern "You appear quite elderly to be driving".

"Well, yes I am." she replied proudly "I'll be 97 next month and am now old enough that I don't even need a driver's licence any more." "How come?" he said and she replied "The last time I went to my doctor, he examined me and asked if I had a driver's licence; and I told him 'yes' and handed it to him. He took a pair of scissors out of the drawer and cut the licence into pieces and threw them into the waste paper basket, saying 'You won't need this any more.' So, I thanked him and left!"



DIRECTOR OF NURSING CARE



Did you know that there are changes to Residential Aged Care that the Federal Government has decided from July 1 2014? To help you understand these changes, I offer information below from *My Aged Care*, Federal Government website (www.myagedcare.gov.au). The changes affect only those coming into residential aged care from the 1 July, not those already in residential aged care. Further information is available from *My Aged Care* website or by contacting 1800 200 422 Monday to Friday 8.00am to 8.00pm or Saturday 10.00am to 2.00pm.

Eligibility and assessment for Aged Care Services

The Australian Government subsidises many different types of aged care services. These aged care packages and programs are there to help you stay as independent as you can, including living in your own home. Each program or package has broad eligibility criteria and an assessment process to determine your needs and eligibility. An assessment process helps to ensure everyone receives the care and support they need.

For example, if you need some help at home you will need to meet eligibility requirements for a particular service. These requirements might include a minimum age and a decreased ability to perform basic daily living tasks without some extra help. The assessment will determine your eligibility and identify exactly how much and what type of help you will need. Similarly, if you are considering moving into an aged care home, eligibility requirements may include an inability to continue living in your own home, even with some extra support. An assessment would then work out the level of care you would need in an aged care home.

Accessing care from 1 July 2014

If you are considering moving into an aged care home, or taking up a Home Care Package, you will first need a free assessment with a member of an Aged Care Assessment Team (ACAT). The assessment will help identify the right services for your needs and the type of care you require.

What happens if I get an ACAT assessment after 1 July 2014?

The ACAT assessment will still be free and the eligibility requirements will not change. The ACAT assessment process will help identify what care you need based on your personal situation. The ACAT approval will no longer refer to the current low-level or high-level permanent residential care categories. Removal of these categories will provide more flexibility for service providers to meet your changing needs. This does not mean that the level of care you will receive will be less.

Director of Nursing Care (Continued.....)

Once the ACAT assessment is carried out, you will receive a letter advising if you have been approved as eligible for government aged care services. You should take this letter with you when you are looking for a service provider. The letter will help them learn what type of care you need and that you are approved to receive this care.

What if I have already had an ACAT assessment?

If you have already had an ACAT assessment and have a valid Home Care Package approval, you can still go ahead and look for a service provider, even if you intend to take up your package on or after 1 July 2014. If you have already had an ACAT assessment and have a valid low-level or high-level permanent residential care approval, you can still look for an aged care home, even if you intend to enter the home on or after 1 July 2014.

On 1 July 2014, all existing high-level permanent residential care approvals and low-level permanent residential care approvals that are still valid will become general residential care approvals which can be used at any aged care home.

How long will ACAT approvals be valid for?

All permanent residential care and Home Care Package approvals granted on or after 1 July 2014 will always remain valid, unless the ACAT approval was granted for a specific period of time.

If you are granted an approval for a specific period of time, you will need a new assessment when it expires, regardless of the date it was approved.

ACAT assessments for short stays in an aged care home (respite care)

Respite care is a form of support for carers. It gives people a break from their caring role. If the person who cares for you on a day-to-day basis needs a break, a short stay in an aged care home can be arranged for you. This is called 'residential respite care', and can happen on a planned or emergency basis. You will return home after your short stay in the aged care home. To receive residential respite care you will need an ACAT's approval. The low-level and high-level care categories will still apply for approvals for residential respite care after 1 July 2014.

Editor's Note: We asked Judy to explain how the changes will affect existing Self Care Residents of JPV who need – or think they need – extra care; particularly whether they start the ACAT process themselves or whether they approach somebody in Administration. We have also asked whether they can still expect to be supported “as necessary” while ever they live at JPV, which has been the assurance given in the past.

Judy was unable to meet our request before we had to close off this edition so her response will be in the next edition of The John Paul Village News.

DIRECTOR OF MISSION



Hello John Paul Village people,

In the Director of Mission role I'm fortunate to engage in some lovely day to day dialogue with residents who share with me the wisdom and learnings of their life experiences. The stories shared often deeply touch me and sometimes resonate with my own life experience too. Sometimes it's clear that people have thoughtfully reflected and processed over many years the various experiences of their lives - joys and disappointments, blessings and great

struggles, their many questions, wonderings and prayers and are able to, in varying ways, begin to connect them at a 'heart' level with their faith and what they personally have come to understand of God.

Recently I was in conversation with a JPV resident who mentioned his consistent yearning in prayer over a long time to 'understand God better'. Not immediately, but in time, this person believes his prayer was answered. He came to realise over the years, that slowly his understanding of God was developing, changing and growing. He realised when he began to see all around him in the Village, people and situations that were speaking to him of the nature of God - reflections of God's love, God's creativity, God's forgiveness, God's compassion and kindness, God's self-sacrificing way and God's abiding presence. The scriptures point us also to these realities of 'Who' God is and to be attentive and aware of God's Spirit present within our midst and within each other.

I thought this particular resident's sharing during the brief chat in my office that day was a beautiful living testimony to that part of our mission statement which says "*may we be a living expression of Christ's love for all.*"

As we move into winter and the days and nights are getting colder, perhaps we could take an opportunity or two over the coming months, in the warmth of our comfortable homes to stop and notice where we see and hear "living expressions of Christ's love for all" alive and well in our context here in the village.

*Be still & know
that I am God*



Sometimes, in all of our daily concerns, the voice of negativity can sadly speak more loudly than I'm sure God would want it to. This winter, let's find some moments to remember the words of Psalm 46 where God says, "Be still and know that I am God."

Director of Mission (Continued.....)

Let your God love you and speak to your heart. When you notice the bare branches; the absence of colour in the garden; the misty mornings; the cold air on your face; the dew on the grass; the pleasure and feel of getting into a nice warm bed; that sunny warm spot in the middle of the day out of the wind; putting on your extra layer of clothes or jacket to keep out the winter chill; sipping that nice hot cup of tea or your hearty warm winter soup, just pause for a moment and be still.

Both St Francis de Sales (patron of the Salesian Order) and St John Bosco (founder of the Salesians), were open to encountering God in the stillness and in the midst of their surroundings. For example, David de Burgh SDB writes “*...both Francis and John.....delighting in all the charms of nature surrounding them and gazing up into the clear night skies would find and marvel at the loving Creator of the universe.*”

If your reflection leads you to become mindful of any particular living expressions of God’s love around you in this place, I would love to hear of those things and invite you to share them. You could either call on 8505 3317; or call in to see me in West-up in the Nursing Home; or write something down and leave it at reception; or email to kimm@johnpaulvillage.com.au Let’s notice and celebrate what we see that speaks of this part of the mission, alive and well in John Paul Village.

Keep warm and well,

Kim Mannix

May we be a home that welcomes; a vibrant community that celebrates each stage of life to the full; a place where friendships are discovered and shared; and a living expression of Christ’s love for all.

A SMILE IS A
CURVE THAT CAN
SET MANY
THINGS
STRAIGHT.



IF

(with apologies to Rudyard Kipling)
by the late Beth Stanger

If you can walk, untempted, past the
windows,
Where luscious cakes and pastries
are displayed.
Or, breakfast on a glass of barley
water,
Instead of buttered toast or
marmalade.
If you can turn away from the baked
potatoes.
And settle for a cup of herbal tea,
If you can keep your mind on grated
can,
When all your friends are going on a
spree—
If you can fool your unsuspecting
stomach
With only half as much as it
requires,
If you can coax your poor, reluctant
palate
To make a drastic change in its
desires-

If you can be unmoved by hot, roast
turkey,
And say 'no thanks' to apple pie and
cream,
If you can sleep each night without
spectre
Of chocolate truffles trooping
through your dreams—
If you can do all this, when those
around you
Are shamelessly indulging every
whim,
If you can persevere in your
endeavour
To make your figure elegantly
slim—
If you can do all this— I hate to tell
you,
That, in spite of all the merit
you'll have won.
The chances are you'll lose about
two ounces.
And what is more, you'll miss a lot
of fun,



NEWS FROM THE HOSTEL

It seems no time but, already, I'm getting ready for the Winter Edition of *The John Paul Village News*.

I seem to have had a lot of tea parties of late, which amounts to a lot of fun. We have enjoyed the company of Lyn Buchman as she shared her knowledge of The Classics with us. We caught up, again, at a concert at The Arts Theatre at Sutherland. Kris's Feathered Friends, of course, gave us another lively hour of entertainment. We were also entertained by the lovely Katie from our JPV Kitchen, who brought some of her band members.

We ventured into the city for a wonderful seniors Concert at the Entertainment Centre. We have had the usual bus trips to Menai for shopping; have been to Figtree and, of course, walked to Maccas for the occasional coffee. We've played cards, knitted, played bingo, card bingo and all the usual fun things.

Then, of course, there was the Holiday to the Hunter Valley. I can't talk about that in detail, though, as what goes on tour, stays on tour. I can say, however, that it was a lot of fun. We were seen in the bar at Harrigan's, playing our game of Sevens and laughing a lot. The Holiday is always a fun thing to do; to be spoilt a little and to enjoy the company of each other.

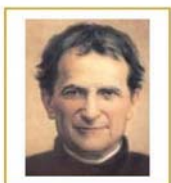
We've had Easter, welcomed a new CEO, celebrated Mothers' Day with a lovely concert and morning tea, and, generally, made the most of life. Together, we have celebrated the 100th birthday of Leo Macrae, which was a very special day for us all. It is lovely to celebrate such an event and to be in a room, where everyone is celebrating together. It is on days like these that a sense of "community" is felt.

All of these things wouldn't happen if it wasn't for our wonderful volunteers, who just keep coming. I am always grateful for their hard work, their presence and all they give. The staff, too, help each other to make our Hostel a Home and make a little bit of fun happen. Thank You.

We've had the usual flu things, but starting to improve. Stay warm, look after yourselves and keep your sense of fun.

Holidays for me for now, so look after yourselves.

Kath Nelson, RAO Hostel



"Divine Providence, in its own good time, will defend the innocent."

St John Bosco

FROM THE CHAPLAIN'S DESK.



JPV Auxiliary: As I 'pen' these lines I have just returned from the meeting held in the absence of many residents who were on the Mildura trip. I hope they will be able to catch up with an interesting meeting through the Minutes that we will all find in our letterboxes. For the benefit of our travellers some items were held over until the June meeting,

Updating Your Prayer List: Thanks for your continued prayerful concern for my niece, Johanna who has just finished her Chemo and is now starting on Radiation. Adding to my family



concerns, another nephew, Peter, has been found to have a growth on the pituitary gland and starts his own treatment. Both are about the same age.

Church Porch Et Al: After many vicissitudes, work is complete except for a couple bits and pieces on the back doors. There is a newish bench outside the front door which was hidden elsewhere in the village. It was a gift of Paul Wilson's family in his memory and they are very happy to see it relocated to the front of the church as the first stopping point for anyone feeling unwell in the church.

The Sound: The hearing loop for the hard-of-hearing in the Chapel has been fixed. Believe it or not, the wire has been there under the carpets for 25 years, but it needed a repair in two spots and a new amplifier. I hope that it all helps to keep you awake during the sermons!

The Cold Snap that welcomed the month of May surprised us all. Fortunately, (thanks to Margaret Parsons and others) the heaters are turned on early enough in the Chapel so that you will find a warm welcome. (Provided we keep the doors closed).

Numero Uno. Recently a resident died in the Nursing Home. The deceased's brother was a doctor and her sister-in-law had been in Geriatric Care for 30 years. Their genuine, unsolicited praise for the care their relative received at John Paul Village was really heart-warming. They elaborated on the fact that, despite

From the Chaplain's Desk (Continued.....)

the multitude of facilities they had seen or in which they had worked, John Paul Village took up the "Number One spot". ***Praise and thanks to our great staff!!!!***

*On behalf of our readers.....
Welcome and Best Wishes to
Will SOMERVILLE - our new CEO*

CANONIZATION OF ST JOHN PAUL

***Born 1920 in Krakow, Poland. Ordained Priest 1947, Cardinal 1967, Pope 1978,
Almost fatally shot in 1981***

John Paul village opened its doors in 1985 with serious planning for a joint venture with the Uniting Church starting at around 1980. We bandied names around for all sorts of things and we settled on John Paul. John was for John Wesley and Paul was for St Paul the Patron saint of Malta, for whom I had great admiration.



St John Paul's near-death experience in 1981 made a deep impression on all our communities. The impression he made on the world, his part in the end of communism, his suffering and forgiveness and his visit to Australia, left lasting memories that nothing could erase. His canonisation on the 27th April 2014 was very significant for us all.

When the joint venture with the Uniting Church did not eventuate, out of respect for the Uniting Church we kept the two names to identify us. We also acknowledged the great contribution of John Hastie of the Uniting Church, who was on the Village Board for some 20 years.



The fortuitous choice of names by the Pope, was the patron we were looking for, witness his burden of sickness and Christian suffering, the forgiveness of his assassin, his universal love of Christian and non-Christian, Pope John Paul seemed an ideal patron for an aged care facility.

Early in the piece, Brian Fitzgerald, the Village CEO, commissioned an artist in Bardwell Park

From the Chaplain's Desk (Continued.....)

to produce a painting to be hung in a prominent place in the Village. (You might care to read the plaque adjacent to the painting).

With the recent canonisation of St. John Paul his selection as our heavenly patron seems to have been a very providential one. God Bless you all

Fr J R Briffa

NURSING HOME
LEISURE & LIFESTYLE NEWS



Time is flying by this year, it's hard to believe that it's already June! We've had a fantastic year in the Lifestyle and Leisure Department and we hope that it continues!

Our Valentine's Day Couples' Morning Tea was a huge success with good food, great entertainment and lots of love in the air!

Saint Patrick's Day and Easter were both enjoyed thoroughly by residents and staff

alike with a variety of themed activities to offer!

Anzac Day was commemorated with a moving service out by the flag pole which allowed us to remember all of those who served with the honour and reverence they deserved.

Cyril Reeve celebrated his 101st birthday (WOW) in March, he had a big party hosted in his honour by the West Upstairs Staff, and it was a lovely day! Congratulations Cyril!

Sutherland Shire held a Centenarian Luncheon at the Sutherland Entertainment Centre in March for Seniors' Week and to celebrate all the Shire residents that are 100 years old and over. JPV Nursing Home Resident, Sarah Spencer, who turns 101 in August was honoured that day; and what a lovely day she had accompanied by a Lifestyle and Leisure staff member.

We would like to thank everyone for their continuous support to our Department and our new team, we're very happy with the year so far!

Finally, we'd like to once again give a BIG thank you to our volunteers, without you this department wouldn't reach half its level of success! Thank you for everything you do!

From the Lifestyle and Leisure Team.

Trish, Sloane, Beverly, Christine, Sue and Del.

MESSAGE FROM MAINTENANCE SUPERVISOR



Hello everyone. This is my first contribution to *The John Paul Village News*. In this and similar articles in successive issues, I shall attempt to give you information about Maintenance issues and events that are likely to impact on you, the residents of the Village.

Contractors on Site: Much has already been said about the future development of the Village and, by the time, this issue comes out, you will have already seen some contractors on site doing geotechnical core drilling. In future months and years, as approvals come through for various stages of the future development, you will see more representatives and workers, mainly from Hansen & Yuncken (builders). All of them will have been “signed in” to the site and will be wearing Visitor Passes.

Shrubs & Trees: We are about to start planting new shrubs along the driveways. Firstly, we shall be concentrating on colour, with native plants being our second priority. It is also intended to heavily prune and cut back all deciduous trees before the onset of winter.

Hub Parking Area: Plans for changes to parking in the vicinity of The Hub have been approved by the Advisory Committee and, if not already done by the time this comes out, details will be published shortly on Channel 3 and Village Notice Boards.

Line Marking: Line marking will be done along the Eastern Driveways by the end of May or early June and finishing touches will also be put to those areas that

Message from Maintenance Supervisor (Continued.....)

could not be done sooner because of parked cars etc. As far as possible, please keep the walking zones free from vehicles.

Pest Control: CPM Pest Control was scheduled to do the half-yearly pest spray from 29th May and, by the time this issue comes out, it should be completed. If anyone has been missed or has any issues, please leave a note in the Maintenance Book.

Gutters, Pits & External Cleaning: Gutters and pits were scheduled to be done in Bushland Court & adjoining areas and on the eastern side of The Hub by the end of May and the Hub & Hostel are scheduled for June. Other areas will follow on a monthly basis thereafter. External cleaning of eaves, windows and handrails to the Hostel should be finished before the middle of June, weather permitting.

Roofing: Some roofing issues have been identified in the South Wing of the Nursing Home as well as in some of self care blocks. A Consultant's Report is being sent to the Advisory Committee for a decision to be made about the extent and timing of repairs. Details of what is to be done and the timing will be published on Channel 3 and Village Notice Boards.

Additional Lighting: Additional spotlights have been installed in front of the Chapel and at three other key locations around the Village. The one at the Chapel is on a timer but the others are motion sensitive and, when activated, will flood the area near with bright light. This will give extra security and, hopefully, will also deter the deer.

Ambulance: We are preparing information packs for the Engadine, Menai, Caringbah and Hurstville Ambulance Stations in an effort to make it easier for ambulance crews to find their way around the Village. We also intend to enhance signage around the Village. Nevertheless, if you do have cause to summon an ambulance, please make sure you – or whoever does it for you – explain in detail where your unit is located and how best to get to it, including which entry driveway to use and where to park. Also, if you do summon an ambulance, please make sure the Nursing Home is alerted so assistance can be provided to the fullest extent possible.

Cheers till next time, Stuart Munn

VILLAGE RETREAT

On Friday 16th of May, Alan and I, together with 18 or so others, enjoyed a wonderful day-long retreat for Volunteers and Pastoral Care Workers from John Paul Village. It was held at the Mount Carmel Retreat Centre at Varroville (near St Andrews) and organised by Kim Mannix (our Director of Mission and the Co-ordinator of Volunteers & Pastoral Care) in conjunction with Fr Michael Court (President of the Advisory Committee & Parish Priest, of St John Bosco Engadine).



It was a lovely day full of input – music, singing and reflection. It was also very relaxing, giving us all time to stop and think about our lives and where we are with God; with providence; with acceptance; with listening to others; and with a sense of gratitude for our lives so far.



Kim, very beautifully, took our hearts as a love symbol and, with words and song, led us into the day. Fr Mick continued with two sessions - each of which he started with a magic trick - and asked us to use our imaginations and to dwell on the feelings of gratitude. After some sharings and socialising over morning tea and lunch, we met new friends and renewed old friendships.

The day moved along seamlessly as Kim had prepared music and PowerPoint presentations, as well as food and drinks; so a “big thanks” to Kim and Fr Mick for a wonderful day that everyone enjoyed and from which they all said they had benefitted in some way.

Christine Court

The business of life is the acquisition of memories.

GARDEN COURT REPORT



I mentioned in our last report how well Marie Studdert has been settling in at the Village. She has since been busy gardening and it is great to see the great job she is doing.

Barry Dalton is overseas at present having a great holiday. Kay Weston has just returned from "The Village Holiday". According to reports, everyone had a great time.

Bob and Margaret Vannan have also been away, visiting family in Canberra. I've just had a great weekend on a property outside Goulburn.

Thanks to Barry, our gardener, for the great job he did in our garden recently.

That's all the news for now.

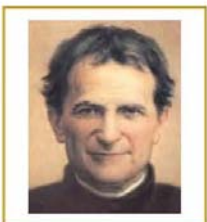
Frances O'Connor.

CRAFT LADIES



As reported in our last issue, Mary Newton and Marie Downy have given up being in charge of Craft after four years, as they both felt it was time for someone else to take over and do the heavy lifting and setting up of stalls.

Unfortunately, no one has come forward as yet but the Craft Ladies are still looking for an enthusiastic and organised person to take on the job. We hope they will not have to wait too long. Any volunteers?



"Remember, God does not pay us for results, but for effort."

St John Bosco

FERN COURT NEWS



Hello to all the neighbours in Fern Court. Autumn has arrived and aren't all the flowers in our Village looking just beautiful?

Fern Court has two new neighbours. They are Marion and Peter MacCaffrey who came to us from Bexley just before Easter. They found it hard to make the decision to move as they belonged to a wonderful Parish and made many friends there.

However now that they have made the move to JPV they feel very fortunate having a resident Priest, and are very happy with their unit. Marion and Peter want to join in some of the many activities here when they get their unit sorted. Peter comes from Ireland - which he left at 14 to run away to sea; where he worked for 32 years - and Marion comes from New Zealand, and arrived in Australia at 23, and single worked as a Secretary as well as having a second job waitressing in various Sydney restaurants. The bonus to moving has been the friendliness of the residents here and their helpfulness. Marion and Peter would like to thank you very much as it has made the move much easier.

Sr. M Beatrice spent a very enjoyable week in Parkes with the Sisters there over Easter She was accompanied by another Mercy Sister, Sr Margaret, who was going home to spend the week with family. Both were very surprised at the green, lush country side all the way, and the red trees and yellow poplars. Sr Beatrice can't recall seeing such colour all the way to Parkes. Every time they turned a corner they were left breathless.

The week with the Parkes Sisters was lovely and they all enjoyed the time. There are eight Mercy Sisters at Southern Cross Village in Parkes; four in residential units and four in the hostel. Sr Beatrice taught at Holy Family School on various occasions and she was able to catch up with some of the children and parents of yesteryear. She thinks (!!) she was well behaved for the week, so hopes she will be invited again in future.

In the middle of May, Sr Veronica and Sr Beatrice finished ten years at John Paul Village; and started settling in for year eleven. They thank God for the wonderful and happy ten years. May the next ten or so years be just as happy.

Fern Court News (Continued.....)

Peggy Bannon has another great grandson named Tate. Congratulations Peggy and best wishes for many happy days spent with your two great grandsons. Carmen and Moses Mifsud left towards the end of May to go to Malta and England to catch up with relatives

Elaine Ready's report on the Village Excursion to Mildura —

I've tripped around Australia for many years, but Helen & Kevin McVey's "Mildura and Murray Outback Tour" is the second best I have been on. The Coach Captain's commentary and driving was tops, but so were the Gem Caves (felt you were underground); the train ride through the Orange grove was very educational, as was the wool shed (my favourite); watching the young men learning the trade, not an easy job to shear a sheep, the wool classes made us feel part of the set up, we were allowed to touch the fleece and the pieces they threw into the various bins. Enough! Congratulations to Australian Wide Tours and Helen & Kevin McVey.

See you all next time. Elaine

Until summer try and stay well, keep warm, and enjoy life. Also, please don't forget that our Court is responsible for morning teas at the Auxiliary and Manager's Meetings in July.

Cheers, Carmel Doran

LUCKY NUMBERS COMPETITION **Easy Pocket Money**



For \$1, pick any two numbers between 1 and 45. If one of your numbers is the same as the second "Supplementary" in Monday Night's Lotto Drawer, you share the pool.

Entry forms in your letter box or at Reception. You can select as many numbers as you like, in multiples of two.

PALM COURT NEWS



From Palm Court North

Hello from Palm Court North.

Here we are nearly into winter. How quickly this year is going. It seems ages ago that John and I enjoyed a wonderful evening at the Opera house; an experience I will never forget.

In March, we went on another of Kevin and Helen McVey's coach trips; three days in Port Stephens. The visit to the barramundi farm was very interesting, with a very nice lunch. Another highlight was a visit to Williamtown Air Base. We also had another trip with Helen & Kevin in May; to Mildura. It was also a very memorable trip.

Sadly, Palm Court lost a neighbour and friend when Dorothy (Dot) Fitzgerald passed away suddenly.

Beryl and Ray Williams are great-grandparents again; to little girl, Amelia. Gerry and Faye Boland are enjoying life in JPV Cecily Atton recently visited her sister in Brisbane. Cecily would like to thank the Palm Court Easter Bunny for the chocolates he dropped off around the place.

Eddie Burke is now in a nursing home in Illawong.

Until next time, Fran Lawrence

From Palm Court South

All her friends in Palm Court were saddened by the death in April of Dorothy Fitzgerald: we all miss her quiet humour and her friendship.

Fave and Gerald Boland have settled down well in number 57. Fave introduced her friend, Glenn, to the craft class. She had made really neat and colourful bags to be sold on the Craft Stall and promised to make some bags to fit on the walkers. Glenn is also making some adult bibs suitable for the Nursing Home and says she enjoys making them and using up all the remnants she has collected over the years.

Thelma Murrav has been working hard on her roadside garden: her brilliant yellow Marigolds brighten up the roadside and she is looking forward to the

Palm Court News (Continued.....)

primulas flowering on the other side of the hedge. The deer don't seem to like the marigolds but everyone else does.

There was plenty of activity in Palm Court South during April with all the Easter meetings and visitors. Mary's lively daughter, Ann and husband Bob, came to stay for the week. Everyone enjoys their visit as they are so full of fun to which everyone is welcome. One day we had a lively afternoon tea at one of the tables in the north end. We all take nibbles and drinks and as friends come visiting they are invited to join us. Father Briffa also made a welcome addition to the party. We look forward to seeing Ann and Bob again on Mother's Day.

Betty Lomas went for a holiday to Adelaide with her son. They stayed in a luxurious hotel with excellent cuisine. The weather was perfect. Betty enjoyed the wide roads which didn't have the hustling traffic of Sydney, the stately buildings and parks and the general atmosphere of calm everywhere.

Val Butterfield was full of enthusiasm about the trip to Mildura with the Village. The weather was cool and bright, the accommodation and food were excellent. Val particularly enjoyed meeting people she hadn't met before and making new friends. She especially enjoyed the jewellery cave and the orange orchard train. Marcia particularly enjoyed going to Swan Hill, where her two daughters were born and the fact that she never had to use her puffer while she was there.

Everyone seems to have had a good Mothers' Day and don't you just love the bright autumn weather we have been having? As it gets cooler we can rug up and keep warm making the most of all the activities on offer in the Village during the winter months.

Dean, the new gardener, has done a great job clearing some of the gardens in Palm Court. They will be so much easier to keep tidy now.

Lilian Hand

The heart that forgives an injury is like the perforated shell of a mussel which heals its wounds with a pearl.

John Paul Richter

***A MESSAGE FROM, KEVIN GURNEY,
CHAIRMAN OF THE JPV ADVISORY COMMITTEE***

Hello all,

It gives me great pleasure to welcome Will Somerville to John Paul Village as the third CEO. Will comes to us with a great deal of experience, education and training in the area of Aged Care. His last role was CEO of St Catherine's Retirement Village and, in his four years there, he helped them through a very difficult period with their Residential Care Facility. Previously, he was in a variety of senior management positions with Baptist Community Services, in their Aged Care Division. I am sure all residents, relatives, volunteers and staff will welcome Will and help him settle in to the Village life. I know he is very excited to be working with us all.



We have now done about ten presentations to residents, relatives, volunteers and staff, explaining the redevelopment work to be undertaken at the village over the next ten years. We will be undertaking this work with the least amount of disruption to the lives of our residents and the great work of our staff as possible. However, in view of the amount of work involved across all the residential buildings, it will undoubtedly affect us all in a variety of ways. We would appreciate your patience during this time. We will provide information sessions to affected people prior to commencement of all stages of the development. We anticipate lodging our DA with Council in early June and hope to commence work on North Wing in January 2015.

Brian and Helen Fitzgerald will be moving into a self care unit within the village at about the time this issue of the Village News is released. Since Brian will be a resident, he will no longer be eligible to serve the Village in the capacity of Advisory Committee member and, as such, he will retire from the committee. On behalf of the Advisory Committee, I wish to thank Brian for his invaluable contribution to the committee since 2010. This will be the first time Brian has not been involved in the management of the village since 1983 when the seeds were first sown. I also personally thank Brian for mentoring me since I came onto the committee in 2006 and particularly in my capacity as Chair since 2010. We all wish Brian and Helen a long, happy and healthy retirement as residents of John Paul Village.

A Message from Kevin Gurney (Continued....)

In the December issue of *The John Paul Village News*, I flagged the possibility of building a full retirement village at Our Lady of the Way Sylvania (OLOW). The Parish Priest of Sylvania has recently been transferred, which will delay further investigative work on this project until a new Parish Priest has been appointed and settles into the Parish.

Kevin Gurney

Chair of the JPV Advisory Committee



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AUXILIARY PRESIDENT'S REPORT



It is wise to occasionally review what is the purpose of the Auxiliary and to remind us who we are. The Auxiliary consists of all interested residents of JPV. One responsibility is to encourage activities for the enjoyment of residents.

At the May meeting of the Self Care Residents, there were 17 social activities' reports. There are other activities, including organising the kiosk and the massive job of issuing this John Paul Village News booklet. We should be so grateful to those who work so hard organising all these activities.

There is an Executive elected every year and they co-ordinate monthly meetings for Self Care Residents, among other duties. These meetings give residents the opportunity to discuss matters of interest or concern.

At the last meeting, decisions were made to pursue with the administration (a) the problems created by multiple activities being organised on the same day and (b) any resident who has a complaint affecting the residents other than an emergency should raise the matter at a monthly meeting and allow the Executive to discuss the issue with the CEO.

To succeed any organisation or activity must have maximum support. Let us all pray that the Auxiliary continues to receive this support.

JPV EXCURSIONS



Keith Cincotta has promised us a full report on the recent Mildura Holiday for the next edition of *The John Paul Village News*. In the meantime, he told us that the group covered 2,360 kilometres; that the weather was great for all but the last day; and that accommodation and food were wonderful. He also said that the countryside looked to be in first class condition. There are several positive mentions of the trip in various Court Reports and several of those who were on the trip have said how good it was. So we do look forward to hearing from Keith in the next issue.

Christine

VALE – ARTHUR HUDSON (1921 – 2014)



Early in April, John Paul Village farewelled one of our stalwarts, Arthur Hudson who passed away in the Nursing Home after a long period of declining health. For many of us who attended Arthur's funeral in Our Lady Help of Christians Chapel so very much of what was said in the eulogies came as a complete surprise.

Of course, we knew that Arthur was a man of impeccable character and friendly disposition, who had lived in the Village for the best part of 20 years, had become a Catholic early in the piece, been made an Acolyte and had assisted with the distribution of Holy Communion to our Residents for many years. We also knew that Arthur had a beautiful singing voice, which he

used to great effect in the St John Bosco Choir; that he was a keen bush walker; that he was an excellent dancer who showed this skill by dancing with some of the staff in the Nursing Home; that he was a gifted woodworker, noted for his prodigious output from the Village's workshop and the Bosco Men's Shed – not least for the inspirational "Jesus Cross" that he designed and, then, made from timber that was salvaged from the old wooden bridge that used to cross the railway line into Wilson Parade.



We also knew that Arthur was devoted to his wife Clare, who had died before he came to JPV and to his children, Jill, Bev & Chris and their children but, alas, many of us did not know much more about Arthur or his life before he came to JPV.

Therefore, it was extremely interesting to hear that Arthur had been born in Birmingham and had started his working life at age 14, training as a draftsman while also studying for his engineering certificate. It was also a revelation for us to hear that Arthur, who had a glass eye, had fudged the eye test for his army medical by memorizing all the lines in the eye chart. Arthur, then, served with distinction in the Royal Corps of Signals in India & Burma (1943-45) and French Indo China (1945-46) and, then, in Borneo to relieve Australian troops. As a member of a three man wireless detachment on foot, Arthur and his colleagues used mules – including a one-eyed one called "Barbery" sourced by Aussie Mates – to lug their heavy wireless equipment; especially in Burma where they were a vital part of the legendary 14th Army commanded by Field Marshal Slim (later Governor-General of Australia) that included a broad cross

Vale - Arthur Hudson (Continued)

section of fighting men, including the legendary Ghurkas who, it was said, Arthur considered to be his “brothers in arms”. As was the lot of many signallers, Arthur and his mates were often required to be ahead of the front line, so they could report back about artillery strikes – incoming and outgoing.

On his return to England, Arthur fell in love with the girl next door, Clare and, throughout their 47 years of marriage, they shared a great love of classical and sacred music, as well as ballroom dancing at which they were both quite highly skilled. We also learnt that Clare, who during WWII was General Bernard Montgomery’s personal secretary, was a gifted pianist and organist.

After the birth of their two daughters (Jill & Bev), Arthur and Clare decided to leave a cold and wet England for Australia. However, when they first applied to immigrate they were knocked back by Australian officials because of Arthur’s glass eye. However, Arthur wrote to his former Commanding Officer, Lord Slim – who by now was Governor-General of Australia – and not long afterwards the Hudson family got a green light and came to Australia, settling in Bexley. Their son, Chris, was born soon after their arrival and Arthur (who was very highly regarded by his former firm of engineers in England) was employed on their recommendation by a newly established Sydney firm of engineers of which he ultimately became an Associate Director and where he served until his retirement in 1983.

Arthur’s daughter, Jill, told us how she remembered long walks with Arthur in the English countryside and, later in Australia where they would catch a bus to Rockdale and walk all the way to Brighton to play in the sand. Jill said Arthur was a great walker, with whom it was hard to keep up. Jill also told us that Arthur’s imagination and talents knew no bounds. She said he built them many toys: dolls’ cots, swings of all sizes, games like marble shies, miniature tank set of their mother’s empty wooden sewing cotton spools, slingshots and bows & arrows, wooden cars hobbyhorses and go-karts. He had also done the same for her son, Ben, making him all sorts of things such as wooden cars, train sets, hobby horses and go karts but a special item has been an A Hudson Truck – *Hudson with an H* – that was towed behind their ride-on mower, often full of young cousins.

Jill also told us that Arthur was a wonderful story teller and reader of stories, having a marvellous voice complete with special sound effects. She said their favourite was “*There was an old woman who had an old sow*” and that her siblings and she could never work out how he managed to snort like a pig while singing the words, without seeming to take a breath. Jill said that Arthur’s creativity also extended to the written word, as he penned many short stories and poems; and also delighted in what he called “ditties” or “doggerel” to describe people and events. Jill said he set many of these to the tune of a

Vale- Arthur Hudson (Continued)

well known song that he would sing while her Mum accompanied him on the piano.

Jill said that Arthur used to bring them all a cup of tea at 6.30 every morning, this being his gentle way of waking them up and getting them ready for the day; and, when they did get up, they would find their black school shoes lined up, gleaming with polish. She said she thought that came from Arthur's army training.

Jill said that she and her siblings also fondly recall Arthur's infamous "glass eye" and how he managed to con everyone at Sunday School into believing that he could see around corners with this marvellous false eye. She said the eye was often misplaced and sometimes lost; and that once it was recovered from the bottom of Sans Souci swimming pool after Arthur dived in but Arthur had no chance of getting it back when he dived off the bridge at Audley. Jill said Arthur never saw his false eye as a disability; and that it was typical of him that he would find a way around any obstacle even one that initially didn't allow entry into the military.

Soon after they arrived in Australia, Arthur and Clare joined, what was then, the Bexley Methodist Church; later to be the Bexley United Church. They threw themselves into the life of the church and, for many years, Arthur was the Property Steward who oversaw several significant changes to church buildings. Later, he was the Chairman of the Bexley Uniting Church Property & Finance Committee; a Circuit Steward and the Parish Treasurer. Arthur was also an "Elder" who supported the Minister in caring for the well being of worshippers and, with Clare, did a lot that added to the social and relational aspects of the parish. In addition, Arthur became Secretary of the Sunday School and, soon afterwards, its Superintendent for 14 years; with Clare also having a noteworthy role as Organist and Choir Leader for 13 years. We were told how, jointly, they introduced a whole generation of Bexley young people to traditional English Choral Music. Finally, in 1970 when an all-age Sunday School was introduced, Arthur became an assistant leader of adult Bible Study.

In 1979, Arthur and Clare moved to Oyster Bay and, soon afterwards, they joined the Jannali Uniting Church. Because of his previous vocational skills, Arthur soon became the Chairman of the Committee responsible for the construction of the present church. However, initially, it was a very stressful time because the original builder went bankrupt and completing the church took an enormous effort on the part of Arthur and the Minister, Rev Gordon Bradbery who is now the Lord Mayor of Wollongong. Their efforts have been memorialized in a glass plaque and ornate stained glass window in the foyer of the church.

Vale- Arthur Hudson (Continued)

In the words of Bob Matchett “Arthur was a man for all seasons. With a quiet, unassuming nature, he was a thorough English gentleman in every respect. He had many skills and talents and an amazing ability to provide a unique service to everyone and everything he touched during his life.”

Jill also summed it up by saying: “Finally we would like to thank Dad for all the things that he did to make life better for us and for others; for all the ways he showed just how much he cared; the wisdom and guidance he offered; the warmth and good care he took of us all; and for the happiness he brought to the hearts of everyone lucky enough to be part of his long life”.

Alan Court

With thanks to Arthur’s daughter, Jill, and his other eulogists Dr Jim Pendlebury (Bexley Uniting Church) and Bob Matchett (Jannali Uniting Church); and Fr Briffa.



Paddy and Mick were walking along a street in London. Paddy looked in one of the shop windows and saw a sign that caught his eye. The sign read suits £5.00 each; shirts £2.00 each; trousers £2.50 per pair.

Paddy said to his pal Mick “Look at the prices. We could buy a whole lot of those and when we get back to Ireland we could make a fortune. Now, when we go in, you stay quiet, okay? Let me do all the talking ‘cause, if they hear our accents, they might think we’re thickos from Ireland and try to screw us. I’ll put on me the best English accent.”

“Right y’are Paddy. I’ll keep me mouth shut, so I will. You do all the business,” said Mick.

They go in and Paddy said in a posh voice “Hello my good man. I’ll take 50 suits at £5.00 each, 100 shirts at £2.00 each and 50 pairs of trousers £2.50 each. I’ll back up me truck up ready to load em on, so I will”.

The owner of the shop said quietly “You’re from Ireland, aren’t you?”

“Well, yes” said a surprised Paddy. “What gave it away?” The owner replied “This is a drycleaner’s shop.”

HAPPY DINERS' CLUB

Organised by Helen Black, Betty Crome & Judy Chalk



The Diners' Club is going along well.

Our last four venues, St Moritz Room, Trade Union Club, Kareela Golf Club and the Cliff Hanger were all great successes judging by the laughter and the noise. Who said "Oldies don't know how to enjoy themselves?"

As we go into our colder months, a few of our regular members find it hard to get out in the night. We will miss you but look forward to seeing you again when it warms up.

As you know Judy, Betty, and I are going on holidays for most of May, so Jenny Dalton has kindly offered to put up notices for June. This is much appreciated.

Our next three venues are

June: Lively Catch, Caringbah

July: Engadine Bowling Club

August: Captains Grill at St George
Motor Boat Club.

Judy, Betty and I look forward to seeing all our Diners' friends there.

Helen Black

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JPV AUXILIARY TREASURER'S REPORT

Financial Position as at 30th April 2014



TOTAL FUNDS

Cash on Hand	250.00
Cash at Bank	<u>4,107.02</u>
Sub-total	<u>4,357.02</u>
Term Deposit (3.9% for 6 months)	<u>55,000.00</u>
Total	<u>59,357.02</u>

Ron Crome (Treasurer)



SELF CARE "HAPPY HOUR"

2nd SUNDAY OF EACH MONTH

Time: 3.30 p.m.



Where: In The Hub

B.Y.O. Everything, enjoy a wine, beer, some cheese & biscuits, whilst catching up.

Please wear name badges.

Sorry about cancelling our Happy Hour in May. We hope to see you all in June.

Betty, Helen & Judy



HIBISCUS COURT NEWS



Hi there, JPV-ites! From the very best Court therein, *naturellement*, as the French would say.

Easter has just gone and we all reflect on the joy of being alive to the wonders of God's creation, and those around us who share the Easter message of Christ's redemption.

Our wonderful pianist, Eileen, still takes us back to younger, more energetic times, with those older melodies we can still hum to when we hear those tinkling notes coming from her apartment. Meantime, Ernie the sailor, still manages to fire his clippers point blank into offending shrubs and bushes to maintain a neat garden shipshape for us. "I don't know why I do this", he says with a glint in his eye. Elsewhere, those paragons of good health, the two most senior ladies, Marie and Pat still set the standards for being bright and bushy-tailed and enjoying life. Shirley and Doug still keep busy with church duties and help out when needed; Fran gets terribly excited

when her daughters visit: one of them, Donna, comes all the way from Western Australia to stay with her smiling Mum.

Murray, meantime, keeps on keeping on, while Gladys keeps busy with grown-up grandchildren, and watering her balcony wisteria to provide Patrick below with a picturesque waterfall at a moment's notice. And Jeanne, of the many brightly coloured dresses, keeps us entertained with her jolly laughter, while Brian keeps the leaves at bay and Helen continues with her volunteer work up at the Nursing Home, and helping organize The Diners program. They both look forward to their coming trip sailing down the Rhine in Europe. Alan and Marj are enjoying the quiet life, while Wynne is now feeling much better and gets about with a baleful eye on the gardens outside her door, and Sister Lorna keeps smiling and often visits Hibiscusites to cheer them up with her wonderful sense of humour.

The two malt whisky experts, Pat and John, are still cheerfully trawling through a list of malts and enjoying the exercise every Wednesday night at Pat's place. Any whisky buff who likes the stuff is invited to join them at 7.30pm and be prepared to engage in serious talk about saving the planet while enjoying "wee drams"

Finally, we are very thankful to have Fr Briffa around, his presence and ministry as the founder of JPV, are very uplifting and comforting. Thanks Padre!

Padraig

INAUGURAL MID YEAR SERVICE OF REMEMBRANCE



On Sunday 25 May, the Village had its first mid-year Remembrance Service in The Hub to honour and remember residents who died between October 2013 and March 2014. The afternoon was for a smaller group of 100 family and friends or so. It made for an intimate, shorter service with ample room to welcome and seat our guests.

The mood was respectful and peaceful as we listened to the reassuring words of John's Gospel about the promise of eternal life and prayed in unity for our loved ones, each other and special private personal intentions.

Each family were invited to bring along a photo of their loved one and some symbol of their life. These were positioned within the group of people on a focus space and provided a further opportunity for reflection, remembering and sharing. Each family lit their own personalised candle, provided by the Village. It was very moving to watch! There seemed a sense of real solidarity in the room as one by one families watched each other come forward carrying not only a similar candle, but also carrying within, a similar experience of loss to their own.

Fr Michael Court delivered the address and used the example of the grief we feel when we lose someone close to us, being like a wound. It may never heal completely, but the point is to try to tend to it and keep it clean. JPV Pastoral Care Team members assisted with the prayers and readings and stayed to be a listening ear and comforting presence.

The Hostel dining room filled afterwards with those who stayed for a long afternoon tea and some hospitality, served by some generous resident volunteers from the Independent Living Units (formerly called Self Care Units). Many of the families expressed their gratitude for the opportunity to just be still with their thoughts and memories and hear some comforting words, music and prayers.

These services are a lovely on-going tradition of John Paul Village. We continue to try to reach out to each other and be the face of Christ, responding and tending to the needs we see around us in our community.

Our thanks to the many generous spirited people in the Village and beyond, who gave of their time to plan and prepare for this service.

Peace and blessings, Kim Mannix,

Director of Mission, Co-ordinator of Pastoral Care & Volunteers.

NOTICE

A history of John Paul Village from a Methodist/Uniting Church perspective has been prepared by Mr John Hastie OAM.

John was the convenor of the Methodist Church Committee that was formed in 1974 to investigate the need for Aged Care Facilities in Engadine. Later, he was a representative of the Uniting Church in the negotiations that led to John Paul Village being proposed as a joint venture between the Engadine Parishes of the Uniting and Catholic Churches. Eventually, the Uniting Church could not continue with the joint venture, but in 1986 Fr Briffa invited John to become a member of the John Paul Village Board which, later, became the John Paul Village Advisory Committee.

John retired from the Advisory Committee in November 2007 and now resides at John Paul Village with his wife, Norma.

Printed and electronic copies of the history are available on request to Alan or Christine Court, as follows:-

- By telephone – 9548 2626 or 0425 218 882
- By email – acourt77@gmail.com

RESIDENT'S SON HONOURED

In the Australia Day Honours, David Pool of Engadine received an OAM for service to the community and to emergency services. He is the son of Jenny Pool, a resident in JPV's Nursing Home.

David Pool has had a lifetime of helping others, beginning at the age of 17 when he rescued a trapped policeman during the 1989 Newcastle earthquake. In 1994, while in the SES, and despite being injured, he rescued victims of the 1994 bushfire which engulfed Como and Bonnet Bay. Then, in 1995, he swam across a swollen Woronora River to rescue four teenage bushwalkers, giving them first-aid and organising evacuation.

David also has had distinguished military service; and as a reservist and a commando he served in Afghanistan from 2010-2011; in the United Arab Emirates & Kuwait as an instructor; and in 1999 he was part of the United Nations deployment to Timor-Leste (East Timor).

Understandably, his family is very proud of him.

RACE DAYS



We are sad to report that it became necessary for John & Joy Bezzina to cancel the May 17th Race Day because it would have clashed with another Village event set down for the same day.

Efforts were made to change the date of the other event but, before that happened, the time had passed for John & Joy to firm up arrangements for the

Race Day under a new Kembla Grange Race Club policy that requires the advance purchase of a specified number of tickets, well before lists are put up in the Village for Race Days.

Subsequently, John & Joy have decided it is time for someone else to take over the organization of future Race Days. Naturally, they are prepared to offer guidance to anyone who steps forward to continue what has been a very long tradition in John Paul Village.



JPV KIOSK REPORT



This kiosk is non-profit making and operates on a very small margin for the convenience of residents. We operate using only the money taken through our cash sales over the counter.

Where possible prices are maintained for a full year and are revised once a year.

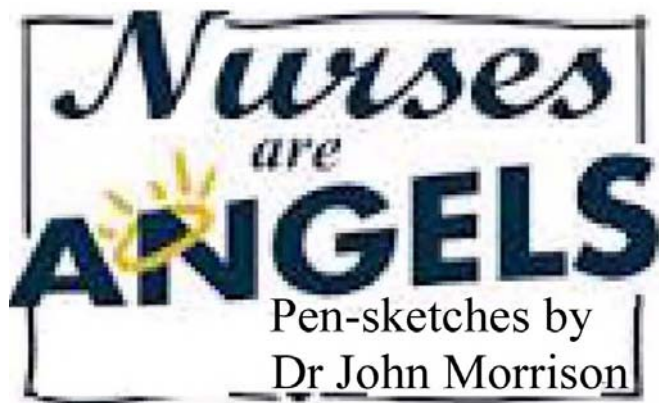
We open each week day – public holidays excepted – by 27 volunteers.

Every endeavour is made to ensure our stock is

ALL WITHIN THEIR USE BY DATES.

Helen and Kev McVey





Here are some more pen-sketches of our “nursing angels” written by Dr John Morrison, a resident of Hibiscus Court, who is a very regular volunteer in the Nursing Home. Over time, John hopes to have thirty or more such pen-sketches for “*The John Paul Village News*. The interviews are not in any hierarchical order but are pen-sketches as time and place permitted due to the busy schedules

of the nurses.

Jenny Kranicz lives at Penshurst and originally came from the Philippines, and has a son, 20. She has the Certificate 3 qualification and regards 13 years of nursing as a wonderful vocation. Jenny likes to help those in need, give them confidence, we're "not here for the money". She enjoys working at JPV, and says "we should treat our charges like we'd treat our mother, put feeling and compassion into it" Jenny enjoys TV, especially the News, SBS, and Sacred music as well as Abba, and any work containing elements of spirituality.

Marcy Wood has three adult children and has a Nursing Certificate qualification. Trained as a legal secretary originally, Marcy ran her own business with many employees, but decided to study nursing. Marcy has now been a nurse at JPV for 17 years. She believes that JPV "is a beautiful environment to work in" but that there are always grounds for improved communication. Marcy likes all kinds of popular music, particularly that of the 1970s, 80s and 90s. She also likes classical music and enjoys TV Current Affairs, Comedies and Paul Murray Live (Foxtel).

Kathy Siwan originally came from Fiji, is married with a boy 24, and two girls: 22 and 20 She lives at Wattle Grove and has Nursing Certificate 4 qualifications and became motivated to working in Nursing Homes because there are none in Fiji: parents are obliged to look after the old folk in their own homes and the challenges of such arrangements often seems a strain on people. Kathy likes to relate to the JPV residents, she loves looking after them and finding out what they have done with their lives. Kathy sees JPV as a contemplative place, she asks herself questions about old age and is interested in different cultures and their attitudes to old age Kathy relaxes with TV, likes Criminal Mind, cooking and gardening shows. Pop music is also appreciated.

Success doesn't change a person; it only magnifies who they've always been.

BUSHLAND BANTER



From this northeast corner of the Village we say “Hullo” once again to all Residents. Since the last magazine, Elaine Hart has had a heritage tour of Tasmania which proved to be most interesting and enjoyable. However, she has recently had a short stay in hospital and is still receiving follow-up treatment – we trust she will soon be back bowling again. This year, Frank and Mary Halpin also toured Tasmania and can certainly recommend it for a holiday; this was followed by a trip north as far as Forster to visit family.

We recently welcomed Brian and Gail Wallace to unit 425 and wished them a long and happy stay. Since then they have had a trip to Melbourne and also enjoyed the recent tour to Mildura with other Village residents.

We continue with the 400’s Happy Hour on the first Tuesday of each month from 3 to 4pm– it is great to meet and have a chat. It has been a happening time for us all: Christmas, New Year, Anniversary Day, Easter and now, Mothers’ Day.

There is always something to do to keep one entertained and active.

Other news – Beth McLaughlin celebrated her birthday with her family in March. Len and I are looking forward to July: with family birthdays on the 1st and the 5th July and the return from Germany of our grandson and his partner on the 9th July. Another excitement is that our grand-daughter, Megan and her husband are expecting their first child (our 4th great grandchild) in mid-July.

Sid Harris is of great help to his daughter by assisting her with her four girls who are students at John Bosco. He, of course, spends a great deal of time with his son, David who is in our Nursing Home. Sid is most appreciative of the wonderful care and consideration his son receives from all the staff.

In signing off we wish all in JPV a happy and healthy winter.

Phyl Forbes

That hapless couple in 426

Was again the victim of the deer’s tricks:

It ate every one of their roses,

Right in front of their very noses.

Len Forbes (with a nod to E.C.Bentley)

CURRAWONG CAPERS



On a beautiful autumn day, greetings to all from Currawong Court. The season of Easter with Anzac Day following on so quickly is well and truly behind us, the children are back at school and everyday life seems to have returned to normal. The past three months have been every quiet around Currawong Court, the only disturbance being the renovations of a vacant unit. We look forward to welcoming our new residents.

In March Gloria Wheatley and Marie Downy enjoyed a few days away with the Village Excursion to Port Stephens and, recently, Marie returned from the Village holiday to Mildura and surrounds. Reports of this holiday are all positive and make us doubly sad that we were not able to go. Congratulations to Kevin and Helen McVey for organising such a well run and pleasurable trip.

Ken Wilson, like others, is still trying to outwit the visitors in the night, deer. It is interesting to see what other gardeners are doing around the place in an endeavour to outfox the “enemy”.

Currawong Court welcomes our new CEO, Will Somerville, as he takes over the care of us all; a not too easy task with so many to please – we wish him a long and happy stay with us. We also welcome our new Residents Relations Officer, Megan Parnaby.

At the Manager’s Meeting on Tuesday 13th May, the 2014/15 Budget was presented and explained by David Morgan. A big “thank you” to him for explaining the document and making it so easy for us to understand.

Several issues, raised at a previous meeting, were also discussed and it appears that we are in good hands under the control of the new management team. Time will tell.

In April, we said goodbye to daylight saving and are now on “real” time. Daylight hours are shortening and winter is fast approaching which means that we will just have to “rug up, keep warm and stay healthy”.

Till next time blessings

Fay Lane.

NO TIME IS
EVER LOST IN
SHARPENING DULL
TOOLS.



MAPLE COURT NEWS



Greetings to residents and staff of our lovely Village.

I'll start by welcoming Sister Mavis to Maple Court. She says "I am indeed deeply grateful for the friendly and welcoming attitude of the residents of John Paul Village, especially those residing in Maple Court. My settling in has been a 'breeze'! I am amazed at the easy access to the Office, and the care and attention of the maintenance group. My choosing to come here has been richly rewarded. Peace and calm abound." Thank you for those lovely words, Sister.

We had a really great holiday to Mildura in May - 28 residents and 2 friends. We saw so many interesting places: the weather was perfect, the Coach Captain, Robbie, was so good. Thank you Kevin and Helen for arranging another wonderful trip.

Ken Harris celebrated his birthday on 4th May. He didn't say how many that was! He and Phyl became great grandparents for the 7th time.

Congratulations. Joan and Bill Dingley's son, Matthew, was recently presented with his OAM by the Governor General, Sir Peter Cosgrove, at Government House. Congratulations, again.

Ann Burgess, along with friends from her former Parish, Our Lady Star of the Sea, Miranda, volunteers every three months to cook for the destitute and hungry at St. Canice's Kitchen. About 20 or so cook and serve large Shepherd's Pies. She has been doing this for about 10 years. Great work, Ann.

Trisha Vallance remarked how quickly the grandchildren grow up once they start big school. The youngest, Christopher aged 5, started Kindy this year and now all 7 grandchildren are at school. She and Patrick have been here now for 12 months and are loving living in Maple Court.

Marcia Warncken has been in hospital after a bad fall and, after doing rehab. at President Private Hospital, is now back home. Sue King is also having a really bad time with her health problems. Our prayers are with both of them and their respective husbands, John and Geoff. Well I think I've covered all the news, so I'll leave you with this thought - I've reached the age where "happy hour" is a nap!

Eileen Ellsmore

CHURCH COURT CHATTER



Church courtiers are settling in for the winter.

It's funny to see how quickly the seasons change and most people are tucked up inside their units by about 5.30 now.

Some of our friends in the Court have not been well or have some medical problems and we wish them a full recovery. Hopefully, Sr Bonnie will be back with us soon: we really miss her gentle presence

Happy hour each month is great fun and noisy. We all love it when we can stay out and sit in our courtyard. It is so lovely and sunny.

We hear the usual patter of feet from visitors which is always a delight. Helen Duxbury's son came from Brisbane to visit for a few days. Mary Newton went to Brisbane to visit family. John and I had a great working holiday on the Sunshine Coast. We had fun with the grandchildren but came home to rest. Anna and Martin Sims are looking forward to visits by their children from Cairns, Maryborough and Brisbane. John had to help

Gloria open a bottle of wine a couple of months ago so that she and Betty Anderson could celebrate the birth of Gloria's great grandchild.

We have a celebrity amongst us; an "author's mother"! Rita Picard's daughter Maryanne has had a book published in the USA titled "Agape, Lessons from my Father". Maryanne is off to USA in June for radio and TV interviews. Watch this space for a book signing in the near future.

Basil and Mary's garden is so pretty and Anna has put in a little garden beside the Church. All should be colourful in the spring. I just hope they are flowers the deer don't like!

By the time this Village News is published, our lovely neighbours Ron and Bet Crome and five other Village people will be overseas cruising the Rhine and the Blue Danube; making their butlers work hard! We wish them all a wonderful trip.

Keep smiling

Philomena Oborn

A PUBLIC IDOL
IS NOT IDLE IN
PUBLIC.



AZALEA COURT NEWS



Autumn has well and truly arrived with some beautiful colours in trees and cooler days and nights. We welcomed Will Somerville, our new CEO, in April and wish him well. Azalea Court residents are a friendly bunch, so we will all work together well for our Court. There have also been other staff changes so welcome to *new* staff members.

As usual a lot of the people in Azalea Court have been on the move. Julia Francis visited her daughter in Queensland earlier in the year and it was very hot at the time. By contrast she attended her grandson's wedding in Canberra recently and we all know that Canberra can be cool. Judy Chalk has visited family on the Sunshine Coast and Coffs Harbour and left on 12th May for Europe with Brian and Helen Black, Denise Gilbert, Ron and Betty Crome and Barry Dalton. They had numerous offers for people to carry their luggage just so they could go along. It will be quiet in the Village without them.

Margaret Terry and Johanna Jesson went on three day Port Stephens Trip in March organized by Kevin and Helen McVey and we were blessed with great weather. In May, Marie Simons, Margaret Terry

and Johanna Jesson went on the Mildura Trip, again organized by Kevin and Helen McVey. Helen had a very painful back the whole trip and deserves a medal for her perseverance. Again, we had great weather at all the right times, raining only when we left JPV and when we left Albury on our way home. The longer trips give you a chance to get to know people better so come along next time. We always have a great time.

Denise Morton spent a few days in the Blue Mountains and is away at the time of writing. Jack and Mary Potts flew to Adelaide and then went on the Ghan to Darwin. Alan and Christine Court spent Easter on their annual trip to Ballina to visit their sister-in-law and enjoyed very good weather. Peter and Myrna Southgate visited Woodstock near Cowra, where Myrna grew up, and enjoyed catching up with Myrna's sisters.

During the school holidays, we often heard children's voices as grandchildren were visiting. Christine and Alan minded their two grandsons and went to the Power House Museum, took the ferry to Watson's Bay and also went on the light rail to Dulwich Hill. When you look after grandchildren in the holidays, you sometimes get to do things you normally would not do as it is much more fun with children.

Alan and Christine son Anthony and his wife Yvonne (Marie Simon's daughter) attended the official reception for the Royal Couple at Parliament House because of their involvement with scouting. Alan & Christine attended their granddaughter, Laura's wedding

Azalea Court News (Continued)

and, at the moment are awaiting the birth of their first great grandchild, their granddaughter Jessica's baby.

At Easter time, the concrete chooks outside Julia Francis' unit and, also, the chook near the stairs outside Nora Williams' place produced chocolate eggs. Thanks to the Easter Bunny.

Mireya Sylvestre has joined the volunteers helping with feeding the residents at the Nursing Home.

A number of people in the Court have been on the sick list or had stays in hospital and we wish everyone good health during the winter months.

This is all the news I am aware of, hope I have not missed anything important. If you hear of anything of interest, please let me know so that I can include it in the Court news. I try to make it as interesting as possible.

Johanna Jesson



A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, 'I'm drawing God.'

The teacher paused and said, 'But no one knows what God looks like'. Without missing a beat, or looking up from her drawing, the girl replied, 'They will in a minute'.

A Sunday School teacher in the outback was discussing the Ten Commandments with her class of five and six year olds.

After explaining the commandment to 'Honour' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?'

Without missing a beat one little boy (the oldest of a family) answered, 'Thou shall not kill.'

Thanks to Fr Briffa

TREETOPS TWITTERINGS



Well once more we are “twittering”, it hardly seems possible that three months have gone by since the last Village News. Autumn came, the baby kookaburras learned to laugh properly and the cicadas stopped their noise. A possum has been coming home a bit late, running past my unit after dawn, heading presumably for the hostel roof space. A number of people in our Court took advantage of the nice autumn weather to go on the

Village bus trips to Port Stephens in March and Mildura in May. Joy and John Bezzina, on both trips, and Audrey Payne & Joyce Robertson on the Port Stephens trip: an enjoyable time was had and they were kept pretty busy on the Port Stephens trip I believe.

Whilst on the subject of trips, on the cruise on the Hacking River, organised by Alan, Christine & May in March, Maisie Snelson quietly and fortunately briefly, fainted; causing a bit of a stir. Nice one Maisie!

I and others in our Court were able to take part in “Lenten Studies” in preparation for the Easter Season. Thanks should go to those people who opened their homes and to those who conducted the studies.

March brought a few days of heavy rain and thundery storms, even a bit of hail, but nice rain for the gardens we all admire. Easter was a time to catch up with family and friends, too. Some in our Court had family visiting, Pat and Dermot Dunne went to Ettalong to visit their daughter, and Audrey Payne and her daughter, Kim, went to Bowral. There could have been others away, but that is all of whom I am aware.

Audrey Payne again came to notice when she injured herself in her garden, and had to go to the doctor to be stitched up! She was well cared for in the short term by hostel nursing staff, and has recovered well, with just a few little set backs.

Happy Hour for the 400s has resumed after a rather lengthy Christmas break. It is good to meet again for a chat and nibbles, so come on Treetops, remember the first Tuesday each month at 3.00 pm in the gazebo when fine or in the Hub dining room if it is too wet, too cold or too windy! Bring a drink and something to share.

We still have two empty units. However, by the time this goes to print, I expect we will have a new resident in unit 412, more next time.

Treetops Twitterings (Continued.....)

Mother's Day saw some with family visiting and some out for visits. On a personal note, I went to lunch at our youngest daughter's home, and caught up with some other family members. Most of our family live in the country, but they were in contact by phone.

A thought for to-day: *"The happiest of people don't necessarily have the best of everything, they just make the most of everything they have."*

And a few lines:

We have a brushtail possum
He lives up in the roof,
At least I think that's where he goes,
Although I have no proof.
He comes in fast, with tail held high
Then up a tree toward the sky
He disappears!

Betty Cain

A little girl was talking to her teacher about whales.

The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah".

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him'."

(Thanks to Fr Briffa)

FIRST MONDAY BUS TRIPS

Run by Gail Wallace & Thelma Murray

First Monday bus trips will resume on Monday 2nd June with a trip to the Tanglin Lodge Alpaca Farm at Tennyson in the Hawkesbury area. The bus leaves JPV at 9.00am and the tour begins at 11.45 am and includes a BBQ lunch. You'll get to meet the animals and their owners with a chance to pat/feed the babies called cria. There is a well-stocked shop available if you wish to purchase any items. By the time this edition of *The John Paul Village News* is issued, notices will have been put up giving details of costs for this outing".



In the coming months other possible destinations are a Tour of the Fish Markets with lunch; visit to the Fairground Follies at Tempe and a Spring time visit to the beautiful Windy Ridge gardens in the Mountains.

Watch the Notice Board for details.

Gail & Thelma



MAGNETIZED NAMETAGS

I have begun making magnetized nametags for anyone who wants one. They are half the height of past nametags, as illustrated by the following life-size sample:-



The magnets are easy to use and are easily fixed to thick jumpers or jackets. They are also quite safe but – for abundant caution – anyone with a pacemaker should position the magnet on the side of his/her chest opposite the pacemaker. To cover the cost of the magnets and other materials, there is a charge of \$5. Anyone interested, please contact me.

Alan Court

LAST WEDNESDAY BUS TRIPS

Run by Philomena & Betty



In February, we went to one of our favourite spots – Austinmer – for fish and chips at twilight. We left in pouring rain but I said, my Hail Marys all the way down in the bus. My prayers were answered and we were able to have our lovely meal in the beach shed. Some people went for walks along the beach and some even paddled. The rain set in about 6:20. Perfect time for us to head home!

In March, we were to have a barbecue but had to cancel it. On the day the rain came down in buckets so we would have had to cancel anyway. Bet and I are starting to think planning barbecues is a bit dodgy, so don't know about the future it's not the first time rain has ruled us out.

In April, we went to the Kokoda Memorial: a very moving experience. After morning tea, we were able to stroll along the pathway and learn about the history of the battle and the wonderful courage of the Aussie boys. We spent a couple of hours there and then went on to Concord RSL for lunch. A most enjoyable day.

In May, we are going to Campbelltown and a guide on the bus will take us on a Heritage and Bushranger tour. We'll have morning tea during the tour and I am really looking forward to the tour as I love history. We will go to our old favourite, Campbelltown Catholic club for lunch. Looking forward to seeing you there.

Philomena and Betty



MONTHLY SELF CARE BARBECUE

Held the first Saturday of each month in the Barbecue Area, between the Hub and Treetops Court, or in The Hub if the weather is not good (i.e. "Plan B").

Our March barbecue was attended by 26 hardy souls and the April barbecue was well supported with 28 present. Both days were most enjoyable.

Weather for the May barbecue was not good; it was wet and very cold. Therefore, we resorted to "Plan B in the Hub" with 31 present at the start but, ultimately, 35; our biggest attendance for a while.




Self Care Barbecue (Continued.....)

It was very interesting as we looked around at everyone having different foods for lunch. Sr Gemma got hers from the Dining Room, Pat and Trish Vallance enjoyed fish and chips they had ordered from the Corner Shop; and others had salads or sandwiches, usually with some sweet goodies to follow. Overall, it was a most enjoyable day proving that Plan B does work very well.

See you in June.

Brian Black






Arcade Pharmacy

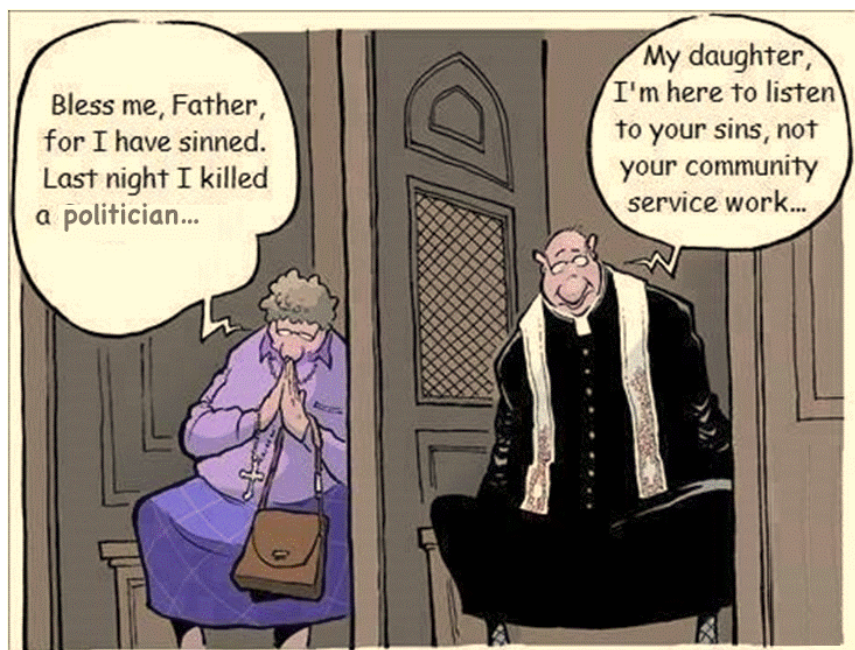
Proprietor: Prakash Patel B.Pharm

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CHRISTAL COACH TOURS

Alan & Christine Court with May Murphy



In March, we went for a three hour cruise up the Port Hacking River aboard the TSMV Gunnamatta on what, by any measure, was a stunning autumn day; filled with bright, sunny, cloudless skies and the gentlest hint of a breeze.



As soon as we had been welcomed aboard, we were offered morning tea or coffee, as the boat moved away from the wharf in Gunnamatta Bay.

Because of the tides, we were not able to get up to Audley, but the boat's skipper, Werner, made up for that by taking us in and out of several of the major bays that branch off from the river. This allowed us to see at close quarters many of the magnificent houses that are built along these

picturesque shores; and to also see some of the luxury pleasure craft moored in the bays, awaiting their owners' pleasure.

TSMV Gunnamatta is a twin hulled catamaran, with an enclosed main deck (with low set windows) and an open upper deck. Consequently, there are virtually unrestricted views from anywhere on the boat, which makes it great for sightseeing, especially on a clear day such as we had.

After an hour or so on board, we were offered a beautifully cooked barbecued lunch, followed by cheese cake or fruit salad (with ice cream), fruit juice, tea or coffee. It was a very special day punctuated only by a short interlude, when Maisie Snelson lost consciousness very briefly. It was possibly due to overheating because she recovered very quickly and suffered no after effects.

Overall, it was a magnificent day; thoroughly enjoyed by all and sundry.



In April, we drove across Heathcote Road and along the M4 and Hume Highway, going to Picton Park, where we had a lovely morning tea.

Christal Coach Tours (Continued.....)

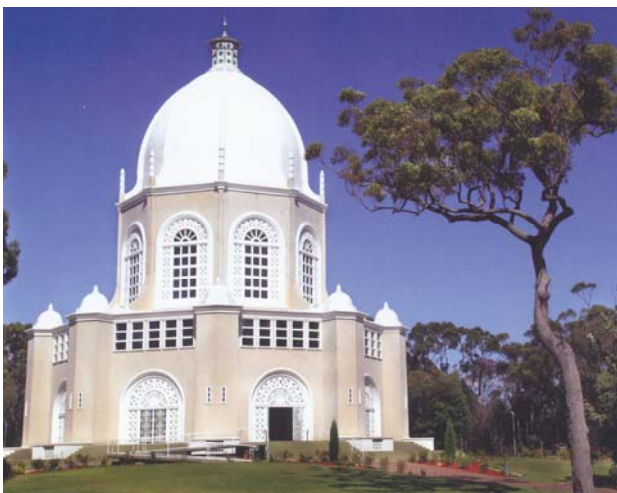
After that, we returned to the Hume Highway and made our way to Bowral, where a guide was waiting for us outside what used to be called “The Bradman Museum” but is now called “The International Cricket Hall of Fame”. This gentleman joined our coach and guided Colin around several parts of Bowral, where he pointed out houses in which the Bradman family had lived, the schools that Don Bradman attended and the splendid oval – now called “The Don Bradman Oval” - on which he played out many of his early noteworthy innings.

After this tour, we went back to the Hall of Fame/Museum where we took photographs next to a life-sized statue of “The Don”. Then, we went inside where the guide gave us an overview of what we could expect to see and showed us where to go.



For those who have never been there or for those who went years ago, the Hall of Fame/Museum is well worth the visit. These days, it is three or four times bigger than it used to be and the extra spaces are taken up with many more historical displays that are of great interest. There is also a plethora of new and innovative electronics; ranging from inter-active games to huge television screens, featuring replays of many of the best of Don Bradman’s international performances. For a cricket enthusiast it is magical but for most others it also is a place of considerable interest.

After our tour, Colin drove us to Mittagong RSL Club where a delicious, two-course lunch awaited us. Then it was back to JPV, with a great day had by all.



In May, we went to the Bahá'í Temple at Ingleside, where we had morning tea in a large covered purpose-built shelter shed.

As we finished morning tea, two members of the Congregation – each called “Bobby” in English - gave us a booklet about the Bahá'í Faith and a brief explanation of what we would see in, what was to be a silent visit to the Temple. Then, we walked up the path to the Temple, which is quite a stunning building; noteworthy for its unique nine-pointed design and style. As had been explained, it was a place of

Christal Coach Tours (Continued.....)

absolute silence where nobody is allowed to speak; and, soon, we came to experience a sense of calm as a result of that.



Then, we made our way to the nearby Information Centre where we were welcomed by Bob, an Australian-born member of the Bahá'í Congregation. He talked to us and showed us a video that provided a little more information about the Bahá'í Faith. The DVD indicated how the Faith has grown since it was first conceived in Persia in the 19th century by a man called Bahá'u'lláh, who was exiled from Persia to the Ottoman Empire for his

teachings and who died while officially still a prisoner.

It was explained that the Bahá'í Faith emphasizes the spiritual unity of all humankind and that its three core principles establish a basis for Bahá'í teachings and doctrine, viz the unity of God, that there is only one God who is the source of all creation; the unity of religion, that all major religions have the same spiritual source and are progressive revelations from the same God; and the unity of humanity, that all humans have been created equal, and that diversity of race and culture are seen as worthy of appreciation and acceptance. According to the Bahá'í Faith's teachings, the human purpose is to learn to know and love God through such methods as prayer, reflection and being of service to humanity. All of which explains why it is not unusual to see copies of the Bible, the Koran, a Missal and other religious books (Krishna, Buddha, Judaism) side by side on a table in a Bahá'í Temple.

Next we went to Manly Leagues Club at Pittwater where we enjoyed a lovely two-course meal in an atmosphere of friendly conviviality; before Colin drove us back home to JPV. It was a memorable day.

On Monday 16th June, our next outing will be to Berrima Court House where there is a unique Light and Sound Show that highlights one of the noteworthy trials held in the Court House in early colonial days. There are also many historic artifacts. In the meantime and as always, our thanks to Colin Jarrett for his safe driving, his helpfulness and his ever-friendly demeanour.

Finally, a couple of important points—

1. If you are booked on one of our trips and have to cancel, it is **not** sufficient to cross your name off the list or to ask someone else to do it for you. We have to know so we can inform any “reserves” that there is a

Christal Coach Tours (Continued.....)

place for them and/or so we can change any bookings we have made in time for us to be allowed not to pay for them. Therefore—

- (a) **during working hours** (8.30am to 4.30 Monday to Friday) you **must** tell the Receptionist at the Administration Desk in the Hub that you want to cancel your booking. Then, she will cross your name off the list and she will also ring Christine or me to tell us you have cancelled.
 - (b) **outside working hours**, you **must** ring Christine or me (9548 2626 or 0425 218 882) to tell us you have to cancel. Again, **it is not acceptable** to simply cross your name off the list or to get someone else to do it for you.
2. We negotiate admission & meal prices and the cost to participants on the basis of how many people we expect to have on a trip. Also, as a rule, we give final numbers to the Attraction and the Restaurant by 10.00am on the Friday before the scheduled outing so any extra staff can be rostered to look after us and/or so enough food can be ordered for us. Therefore, if there are no reserves to take the place of late cancellations (i) we have to pay the Attractions and Restaurants and (ii) fuel costs have to be spread across a lesser number of participants but we cannot put up our prices. This is why we have added a note to our names' lists advising that anybody who cancels after 10.00am on the Friday before an outing will have to pay the advertised price unless there is a reserve to take his/her place. We hope you understand and that, if we are let off having to pay the Attraction and/or Restaurant, we will pass the saving/s on.
 3. There is no general change to the rule that allows a Resident to make a booking on a bus trip for another Resident. This practice is entirely consistent with the legal principle that allows a person of sound mind to appoint any other person of sound mind to be his agent for general or specific purposes. However, there is an important proviso in situations where there are "Priority Courts", such as for our bus trips. In those situations **it is not acceptable** for someone who lives in a Priority Court to make a booking for himself/herself for a particular outing and, at the same time, to add to the list the name of a person **who does not live in what is a Priority Court for that outing**. Instead, the person from the Priority Court should add the name of the other person to the list separately, **after** it has been put up for those from non-Priority Courts to make their bookings for that outing.

THIS SIGN HAS BEEN PUT UP BEHIND THE RECEPTION DESK IN THE NURSING HOME.

Before you assume

Learn the Facts

Before you judge

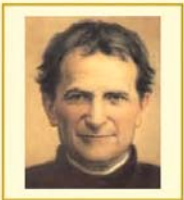
Understand why

Before you hurt someone

Feel

Before you speak

Think



"Be neither stubborn nor fickle. I have always noticed that fickle-minded people usually fail in all they do."

St John Bosco

CARROT CAKE **(Joyce Brogden)**

Ingredients

- 1 cup of sugar
- 1 cup of plain flour
- 1½ cups of grated carrot
- 1 cup of raisins
- 1 cup of chopped nuts
- ¾ cup of vegetable oil
- 1 teaspoon of bicarbonate of soda
- 1 teaspoon of cinnamon
- 2 eggs



Method: Preheat oven to 180° (fan forced 160°). Mix sugar, eggs and oil thoroughly in a large bowl. When smooth, add flour, bicarbonate of soda, cinnamon, carrot, raisins and nuts. Pour mixture into a large loaf tin and bake.

Normally, baking should take about an hour but, as it is a very moist cake, it could take a little longer to cook. Finish with icing or frosting, if desired.



RICE SALAD **(Joyce Brogden)**

Cook 1 cup of rice* and, when it is cool, add —

- 2 tablespoons of chopped raisins
- ½ green capsicum or celery (or both)
- 2 tablespoons chopped parsley
- 6 shallots
- ½ red apple (diced)



In a bowl or jug, mix together ½ cup of vegetable oil, 1/3 cup of white vinegar, 1 tablespoon of white sugar, salt & pepper (to taste), 1 dessertspoon of curry powder and (if liked) garlic to taste.

Add the blended mixture to the rice.

(* Brown or white rice may be used; also, less rice, if desired).