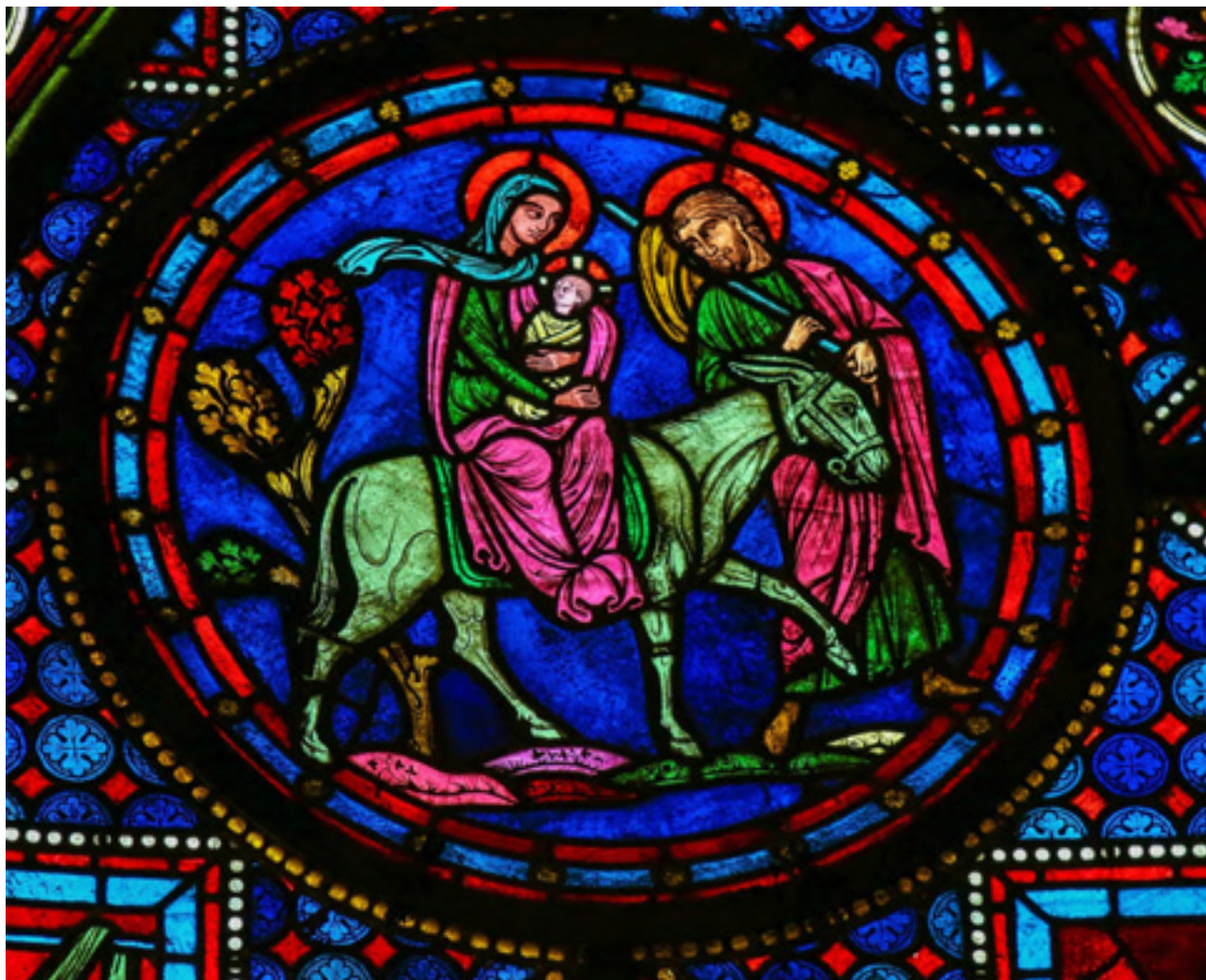


# *John Paul Village News*



*Summer Edition*

*Volume 29 No 4. December 2014*

## **EDITORIAL**



Hello everyone!

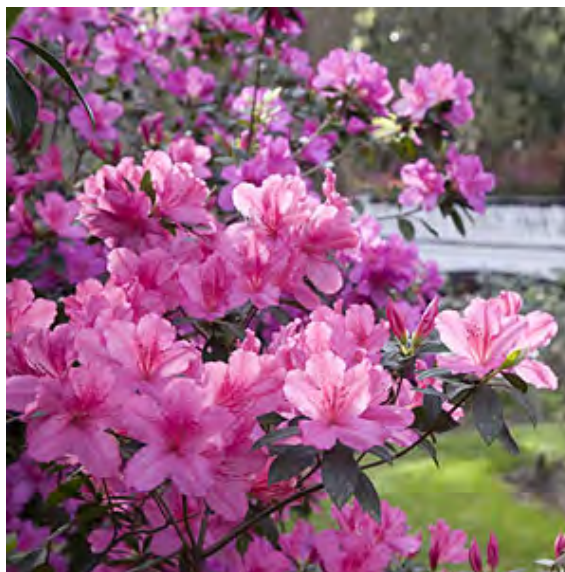
Well, after complaining in the last edition about July and how dry and cold it was, we finally have had some rain and some lovely spring weather. The gardens are certainly colourful with cliveas and marigolds and daisies and, especially in our Court, of course, the azaleas have been very showy and giving promise of more warm days to follow.

So many people in the village were very sad to hear that Judy McMahon had resigned. As we get older, it seems it is more difficult to adjust to change and Alan and I certainly will miss seeing her friendly face and experiencing her helpful ways with everyone. We do wish her well and offer our blessings for the future. At the same time, we would like to offer Kerrie Graham a very warm welcome to our wonderful Village and also say “welcome back” to Michele Houston, our well liked Deputy DON.

It has been good to welcome some new arrivals in the Village and good to see many of them attending bus trips and other functions in The Hub. We have a new couple coming in next to us before Christmas and the renovations are coming on well. We hear that our neighbour, Joyce Brogden, who left there, is really enjoying life in the Hostel and, after 27 years in the Village, she is being waited on and feels she is on holiday all the time.

There have been a few residents who have been very ill recently with various problems but most seem to be on the mend now. I’m sure it’s all the prayers.

Regards till next time Christine.





## **FROM THE CHIEF EXECUTIVE OFFICER'S DESK**



Dear Residents

Christmas is upon us, bringing with it the message of hope and goodwill to all people. Just as the birth of a child brings such joy and happiness to its parents, the birth of our Saviour, the Lord Jesus, brought the joy of motherhood to a young peasant girl in the humble setting of a stable.

From such humble beginnings the Lord revealed His salvation and eternal love to all people. Now, two millennia on, we are drawn to our Lord Jesus as we celebrate His entering the world. Through Him we have the assurance of faith and in a hope beyond the world we see. For many, if not most, Christmas is both a time

for happiness and sadness. Happy for all that has gone before that makes the heart glad; and sad with memories of people we miss or are no longer with us.

How ever you may feel this Christmas, my prayer is for you to know something of the wonder and hope the Christ child brings to our world. And may this be a comfort to you and your loved ones.

As the year draws to a close I am encouraged by the friendships made and the formation of our senior leadership team. I also acknowledge the dedication and commitment of staff that left JPV during the year. Each person has enriched our community and provided the foundation for others to build upon. I particularly acknowledge our previous DON, Judy McMahon for her leadership over the last few years.

As I write I am pleased to welcome Kerrie Graham as our newly appointed DON, and thank her for her support and leadership as Acting DON over the past weeks.

I would like to recognise the efforts of our managers, staff and volunteers for their enormous contribution made this year. 2014 has presented many challenges, particularly as JPV commits to the future development of the Residential facilities, as seen in the JPV Master Plan; and as the Commonwealth rolls out the *Living Longer, Living Better Aged Care Reforms*.

Under the Governance of the Advisory Committee and our Trustees, John Paul Village is well placed to meet both present and future resident needs and requirements.

Merry Christmas and God bless.

William Somerville, CEO

## **DIRECTOR OF NURSING**



Hello! My name is Kerrie Graham. I am the new Director of Nursing of John Paul Village. I came to JPV on 14<sup>th</sup> October 2014 as the Acting Director of Nursing for a two month period.

From the moment I walked in the front door for the first time, I could feel the lovely homely atmosphere of the nursing home and I was made feel very welcome by residents, staff and volunteers. I knew this was a place I'd like to stay and work on a long term basis. So when the Director of Nursing position was advertised again, I applied. After a rather meticulous recruitment process, I was happy to be advised I was the successful candidate. I commenced my appointment on the 24<sup>th</sup>

November, 2014.

I am a Registered Nurse and have worked in a variety of settings including residential aged care, community nursing, general nursing at Liverpool Hospital and as a Clinical Facilitator and Associate Lecturer for undergraduate Bachelor of Nursing students at the University of Western Sydney Macarthur. The area of nursing I love the most is aged care and I have worked in the aged care industry for about 30 years. I have worked at the Masonic Homes at Glenfield, Hammond Care at Hammondville and most recently for Warrigal Care where I worked for 11 years, firstly as the Regional Manager for Illawarra then as the Executive Manager of Residential Services.

I am married to Barry and have three beautiful daughters. We recently became grandparents to baby Charlie so have entered a new phase in our lives. I fill my spare time with activities with the family but also love gardening, sewing, reading and trips away on our motor bike. I'm on the back though.

In my first weeks at the John Paul Village I enjoyed hearing about the establishment of the village during the recent Foundation Day celebration. I interacted with some of the residents from the Independent Living Units during the Melbourne Cup activities and I attended the biannual Memorial Service for deceased members of the Village. I was also impressed by the generous contribution of the many volunteers who assist residents and add such great value to their daily lives.

As a new comer to the John Paul Village, I can see the JPV Vision and Mission in action every day – 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. Thank you all for making me feel so welcome. I hope we have a long and happy association.

Kerrie Graham, Director of Nursing

## **FROM THE CHAPLAIN'S DESK.**



**SYDNEY-MALTA-SYDNEY** My sincere thanks to all for the great, warm home-coming which I experienced on my return. Some of our residents made extraordinary efforts to make my return pleasant.

As I write this I am delighted that last night, exactly a fortnight after my return, was the first night since my return



that I managed to get a practically unbroken night's sleep. In my time away, I only had rain on part of two days. Since then, in Malta they had a rather bad cyclone centred on Lampedusa, not far from Malta. I am lucky I wasn't there at the time.



**OBEDIENCE?** It was good to see that in my absence, the residents listened to my request that they keep well at least until I returned. One of the "must-do" when I go to Malta is visit the cemetery and pay my respects to those who have passed away and pray particularly for those friends and acquaintances that have gone to their reward since my last visit. The ranks are thinning.

**NB: We make the deceased the subject of our prayer during November.**

**MY NIECE, JOHANNA,** who had just retired from work, had a lot of time to give me and this made the visit a bit easier. Johanna asked me to make sure that I told you how grateful we were to all those in Engadine, Heathcote and beyond, whose great support saw her through the operations and after-care. She is now in remission and as chirpy as ever.

**STAFF CHANGES.** There have been a few changes at JPV in recent weeks and although I was informed of them, I am sorry that I could not be here to help those who found difficulty in accepting those changes.

**St JOHN BOSCO'S "SPIRIT"** is essentially a "Family Spirit". We should look upon those in JPV and the parish as part of our family. Our Bosco school teachers and volunteers etc. seem to be able to pick this up and run with it. It is my hope that it ever be a mark of staff and resident relations even in John Paul Village. Each one belongs to our wider Salesian family.



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

Each is to be respected and treated with love and compassion. Consideration needs be given to those that have sickness or other personal problems as though to one of our own family. This lesson was reinforced in me when we were building JPV. When I was hesitant about some apparently unnecessary spending, the CEO asked: "What would you prefer me to do if it were your own mother's extra comfort?" I was stopped in my tracks and this became my standard of judgement as time went on.

***I trust that ALL our readers will use similar standards in ALL our relationships in our Village.***

**CHRISTMAS 2014** In November, our stores began to look for your dollar with greater intensity than usual. It has to tide them over the lean season when people return home, having over-spent on holiday and now faced with bills, school uniforms, medicals etc. At the same time, we can already see the absence of the real meaning and celebration of Christmas.

We must keep the real spirit of Christmas alive in our midst. eg some Christmas theme/reminder in the house, or at the window; the hub with its crib



as well as the smaller one inside the hub; the good thought in a card; the grace before meals said meaningfully; a prayer for those who have no joy, fun or laughter in their home; perhaps even reproaching those who use Jesus' name in curse rather than in praise and thanksgiving. We need to be known and seen as proactive rather than merely

as passive, critical Christians. The PEACE we wish each other at this time of the year does not happen automatically. We need to be willing instruments of God's peace and reconciliation whenever we glimpse the opportunity.

***MAY YOU EXPERIENCE THIS PEACE IN YOUR HEARTS.***

***FR J R BRIFFA***

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Don't despise little things. A mosquito is usually more bother than an elephant.

## **DIRECTOR OF MISSION**



Dear Residents – there are a couple of things in life that are certain. One of those is that ‘things never stay the same’. Change is inevitable.

2014 has been a year of change for many people in the Village in a variety of different forms. You can probably think of a multitude of examples just looking at your own life throughout the year, the lives of those people who live around you and within your own families. Change is not always easy to accept and often poses unexpected

and unwanted challenges for us.

2014 as you would be aware has also been a year of change in JPV Management personnel. We have observed and experienced how new people and personalities bring with them different gifts, fresh ideas, skills and competencies. Our ability to respond positively to change, our openness to the new and good things that are possible because of it, can impact on our attitude and happiness. It is said ‘you become what you focus on’. I know when I focus only on negative aspects of things in my life, it can really bring my spirits down.

I have a sense from the Gospels that Jesus doesn’t want us to be focussed on the negative. He said, “*I have come that you may have life and have it to the full.*” John 10:10 There is a hope and joy in Jesus’ words that he invites us to share in. The changes we notice moving from spring into summer are indicative of the changing nature of the seasons in God’s design and can be a metaphoric reminder of God’s touch on the changing seasons of our lives too. If it is true that we become what we focus on, then my choice is to be positive. This is helpful to me and to others around me.

2014 has meant changes and new learnings for me personally also. On 3 Dec I will have been in my role at JPV for one year. I give thanks to God for the many blessings of this year - the new people I’ve met; the challenges I’ve faced that have helped me to learn more about God and about life; the many authentic, walking, talking living examples of our mission and values all around me in the people of this special place.

## *Director of Mission (Continued.....)*

Thank you for anything you have done throughout this year, small or large, single or many, to build unity and enhance the spirit of our ever growing and ever-changing JPV community. May the coming of the Christ-child, the Light of the world at Christmas, bring love and many blessings on you and your families. I look forward to being with you in 2015, getting to know you better and sharing the experiences of life in JPV.

I recently found on the internet a helpful site about dealing with changes in your life. If you have time one day you might like to check it out for yourself. <http://www.wikihow.com/Handle-Changes-in-Your-Life> but basically it's a guide to accepting change structured around the 11 steps reproduced on the following pages. I hope you might find these helpful. I did.

In a recent prayer with staff we prayed.....May the protective wings of **the all-sheltering God** carry us through the winds of change. May the healing wings of **the redeeming Christ** inspire us to greet the winds of change. May the soaring wings of **the loving Spirit** raise us to fly on the winds of change.

Peace and blessings,

Kim

### ❖ *11 Steps in Dealing With Change In Our Lives*



Understand that changes will always happen.



Expect to enjoy some changes.



Realise that some changes are going to be very unexpected.



Some changes will be a challenge.



Try as best we can to grow with the changes.



Accept it as a new chapter in your life.



*Director of Mission (Continued.....)*



The key to accepting change is to have an open mind and to accept everything as it presents itself.



If you belong to a subculture, that other people have difficulty accepting, try to put forth your arguments in a coherent manner.



Change requires accepting certain things you might not be familiar with at present, but can become comfortable with once you are exposed to it, learn about it and perhaps even participate in it.



Be tolerant of others.



A good thought to keep in mind is the old saying "Don't knock it until you have tried it."



*Christ*  
is the center  
of our *Home*  
a guest at every *Meal*  
a silent *Listener*  
to every conversation



*WARMEST  
THOUGHTS  
AND  
BEST WISHES  
FOR A  
MERRY CHRISTMAS  
AND  
A HAPPY NEW YEAR  
Alan & Christine*

## **NEWS FROM THE HOSTEL**

Wow! Silly Season is on its way.

The Hostel continues to be place full of amazing people who do their best to make it a happy home. A day never goes by that something fun, thoughtful or out of the ordinary happens.



I think our highlight was certainly the Hostel Holiday to Australis Retreat at Wisemans Ferry. We enjoyed a wonderful two nights away. We were driven by our intrepid bus driver, Gavin Sinclair. We saw parts of The Hills District no-one has seen for years. I guess navigation isn't everyone's strong point, but its lack certainly makes an interesting journey.

We are getting ready for Christmas, and all busy doing bits and pieces to make our home full of cheer. THANK YOU to one and all: Residents, staff, volunteers, people walking through, who stop and give me a hand.

Have a wonderful Christmas and New Year. I look forward to our new adventures in the New Year. Love From Kathy Nelson, Maree Stoker and, of course, Grace.

Kath Nelson, RAO Hostel



## **SNOOKER ROOM HAPPENINGS**

The snooker boys are glad to welcome back Father Briffa from his travels. Sadly, he is still beating them, even after lack of practice.



October saw them celebrating the birthdays of Ron Crome and Barry Dalton, November was the month for John Cross. As always, a good time was had by all!!

Good to see a couple of new players. Welcome Moses Mifsud and Howard May.

The Snooker Wife

## NURSING HOME LIFESTYLE & LEISURE NEWS



Hello everyone!

Summer is here and Christmas as well. We hope this newsletter finds everyone in good health and looking forward to the festive season.

We've had a busy few months. In September we had the craft show in the Hub, where residents got to display all

their lovely artwork and craft, and had the opportunity to look at everyone else's too. Fathers' Day was another special day. A few of our men joined the Hostel for a lovely luncheon at Gynea Bowling Club, where a lovely day was had by all. We also farewelled Lois and Harold Streeter, our long time volunteers and organisers of our Bible Study. You both will be sadly missed.

October brought us the Spring Dance, and what a great day it was in the Hub, many of our residents enjoyed a lovely morning of entertainment and dancing. A big thank you to Kathy Nelson for doing such a great job of organising a wonderful day. Who could forget our footy grand final with South Sydney Rabbitoh's finally victorious after 43 years! We had an amazing footy season running our much loved footy comp, and the winners were....1st Gloria Connors, 2nd Pat Edwards and tying on 3rd were Brendan Matthews and Valmay Stott. Well done everyone!! Foundation Day proved to be another great day for JPV with an amazing time being had by residents and staff.

November is always very busy, starting the month with The Melbourne Cup "The Race That Stops The Village"...with fashion parades and luncheons, fascinators/hats and sweeps and bets happening all day and ends with a few winners and a few losers but overall a fun day had by all. Remembrance Day this year marked the 96th Anniversary of the Armistice which ended the First World War. We held our service at the Flag Pole with Will Somerville opening the service followed by Mollie Yates as reader and Jack Potts reading the Ode. Alan Ellington laid the wreath this year; and to conclude was Fr Briffa closing with the final prayer and blessing. We've just enjoyed a fashion parade put on by the "Golden Girls Fashions" in the Hub, and what a lot of fun we girls had! Watching the parade and of course making a few purchases.



## *Nursing Home Lifestyle & Leisure (Continued.....)*

We've also had the "Gumnuts Pre School" come and visit us and perform their Christmas concert. They also kindly repeated it again in our dementia wing where the residents were overcome with joy to see these little children singing.

By the time this goes to press our all day fair would have come and gone. We've also continued with our usual activities such as our monthly birthday party, men's group and monthly men's BBQ, all the concerts, performances, stalls and shops that we attend in the Hub. Our luncheons have taken us to The Weir Café at Audley, Georges River 16ft Sailing Club at Sans Souci and the Illawarra Yacht Club at Warrawong. And, of course our monthly shopping trips to Menai Marketplace.

In September we saw Olive Bourke turn 100 and Olive Rochford turns 100 in December. A big Happy Birthday to both of our Olives! I'd just like to mention that Woolworths at Engadine donates the birthday cakes to all our residents that turn 100. A big thank you to them!

Another big thank you goes out to Phil Ready, Phil comes over to the nursing home twice a month and shows his relaxation slides and music. All the residents enjoy this very much, so thank you Phil!

December is here and always busy, what with all the decorating that's about to happen, not to mention all the festivities coming our way, all the Christmas cheer and food. Our Christmas lights tour is always a good night, so nice to see all the homes covered in lights and decorations. The residents love getting out on the bus and seeing all the beautiful lights at night.

We would just like to take this opportunity to wish everyone a safe and happy Christmas and New Year and our thanks, again, to all our wonderful volunteers...we don't know what we'd do without you all.

Merry Christmas and see you all in 2015.

Your Lifestyle and Leisure Team.... Trish, Christine, Beverly, Sue and Del.



Middle age is when the broad mind and the narrow waist start to exchange places.

## MESSAGE FROM RESIDENT RELATIONS MANAGER



Hello Everyone, I am very pleased to be asked to contribute to the Village News. First up, I would like to express how grateful I am for the warm welcome I have received since I commenced work here 6 month ago (time has flown). It is an absolute pleasure to come to work day in day out and be part of the Village. So thank you.

Over the past 6 months, we have had some significant events that have brought the Village together and enabled me get to know you and know the Village. One event, in particular, that stood out as a true reflection of what John Paul Village is all about was Foundation Day.

Foundation Day was held on the 21<sup>st</sup> October 2014 with 150 plus people in attendance. The day kicked off with a performance by the St. John Bosco Primary School Band followed by cutting of the ceremonial cake.

The staff were presented with awards for service followed by formal speeches and, not to forget, the lovely song Kim Mannix put together – which got most of us doing the actions. Lunch followed the formal proceedings where guests were treated to another St. John Bosco College Band performance, a BBQ lunch and delicious mini Pavlovas for dessert (thanks Issac).



The day provided the opportunity for everyone to stop and think about just how far John Paul Village has come and how many people have contributed to make the Village what it is today. It was a perfect platform to give thanks to those staff, volunteers & residents who have contributed over the years. Foundation Day next year will be bigger and better celebrating the 30<sup>th</sup> Anniversary of the Village. I guess I best start planning now.



Other key events include Melbourne Cup, Breakfast in the Park and more recently the Annual General Meeting. I am looking forward to holding many more events in the future.

Residents in self-care need to consider many things along their aged care journey and it's our job to assist you along the

way. Our home services team can offer support to enable you to continue to live independently in your unit. Services on offer (but not limited to) are shopping, cleaning, showering & medications. This service can be provided short term or as a longer term solution, depending on your needs. If you would like more information please feel free to contact me.

Another misconception I would like to clear up is the disappearance of 'Hostel' & 'Nursing Home'. Both areas still exist however the name of these two areas has changed to 'Residential Aged Care Facility'. Don't be worried only the name has changed.

Finally I would like to mention that my door is open for all residents. I always welcome a visit and a chat so I am looking forward to a lot of you visiting me.

Have a safe, healthy and, of course, Merry Christmas

Megan Parnaby

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## A POLICE STOP AT 2 AM



An elderly man is stopped by the police around 2 am and is asked where he is going at this time of night. The man replies "I'm going to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late".

The officer then asks "Really! Who's giving that lecture at this time of night?" The man replies "That would be my wife."



## **MESSAGE FROM MAINTENANCE SUPERVISOR**



Seasons greetings to all.

This edition will see us through the busy Christmas period. During this season we would like to promote as much colour as we did during spring. We will endeavour to make the Village as neat, tidy and pleasing as we can for the arrival of families and friends. That being said there are a number of priorities that require addressing.

Firstly, covering the items that have previously been raised:-

The driveway and path repairs are nearing completion with some minor patching of concrete, a few path repairs/improvements and amendment to line marking to come. Nothing to come should present any real inconvenience.

There are two road repairs yet to be seen to. The first is the area leading to the Fern Court/Garden Court parking area. This will need large resurfacing and details will be published with good notice prior to the event. The second area is The Hub parking area. We have been advised to keep this on hold till further notice awaiting approval and plans for the Residential Aged Care Facility ("RACF" formerly Nursing Home) renovations.

The next item for us to address is the roof issues. We have had a roofing contractor systematically refresh all roofs. We have been directed to provide a brief for tenders to replace the roof of one Court. This has been done. As soon as three tenders have been received we will submit to the Advisory Committee and publish the details prior to commencing works.

The same can be said for the proposal to install weather proof covering to letterboxes. Rest assured works will not proceed until "best solution" is decided and published.

On a more positive note, we have had very few incidents involving the destructive deer. We are hoping this is just the beginning of our strategies being effective.

Contractor parking is still an issue. I am attempting to train people as they enter the Village with some success. Most contractors are being directed to the turning bay/bin area, where they park without hindering others. This will improve with the beginning of construction works to the RACF.

We will be reintroducing the groundsman meetings with Barry Hack on a Tuesday morning for the benefit of residents. A Court-by-Court plan and schedule will be published shortly; stay tuned.

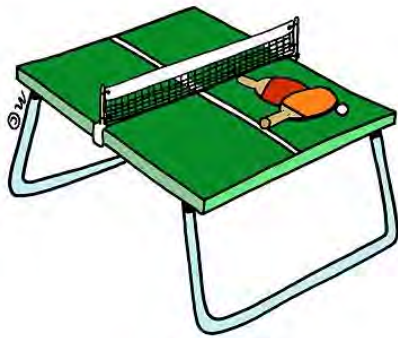
*Message from Maintenance Supervisor (Continued.....)*

Smoke and personal alarm testing and rectification works are complete for 2014. This has been documented. Please write any issues you have with these in the Maintenance Book and we will rectify.

As a side note the Maintenance Staff and Contractors would like to express their gratitude for the many thanks that we receive day to day. It is always nice to hear that we are being successful. We would also like to thank everyone for their patience when we can't immediately attend. These attitudes make the Village a pleasant environment and encourage us to attend every task with energy and consideration.

In conclusion we would like to wish everyone in and around the Village a blessed Christmas and a prosperous New Year.

*The Maintenance Team*



**TABLE TENNIS**  
**3.00 PM in the Hub**  
**Every Saturday & Sunday**  
**Come and enjoy the company.**  
Contact Judy Chalk 9520 0392  
Helen Black 9520 0061

Come and join in the fun!  
**All self-care residents** are  
very welcome no matter  
their standard; good,  
average, learners.

You don't have to play. Just  
come and watch the fun and  
banter.

The watchers in our gallery are great company.

Judy, Betty & Helen



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**FOR PROMPT SERVICE**

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

Hello all,

Sutherland Shire Council has had our redevelopment plans on public display and invited neighbours to comment on the plans. Nine letters of objection were received.

Most letters were supportive of the need for upgrading our facilities, and objections were more around traffic flow during construction, the length of time to complete construction and the exit from our new car park back onto Wilson Pde. There were others concerned about work sheds being located in Nirimba Crescent during construction.

The Council's Architectural Review Panel also raised some concerns in regard to design of the new buildings and made some suggestions in that regard.

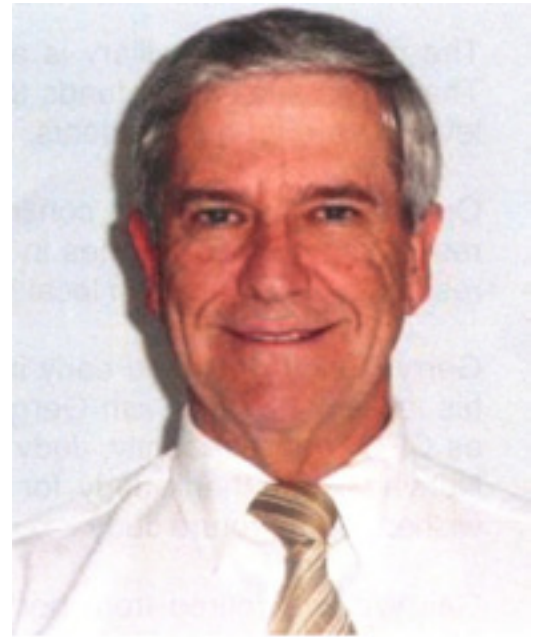
Our project team have worked together to try to address these concerns. We believe we will now be able to complete most of the work through the back of the Village. Hence, when it comes to rebuilding south wing we are hopeful of having all trucks, etc. using the back entry rather than coming through the main Village precinct. We also think we can shorten the construction period.

We have requested a review of our plans to be undertaken by the JPV auditors, Stewart Brown. They were very supportive of the work to be undertaken and highlighted a number of benefits flowing from the redevelopment, particularly in respect to the new government regulations. They believe the Village budgeting for the project to be conservative and well within our means.

We also had an independent Aged Care Specialist review our plans. He too was very supportive of our redevelopment plans and, in fact, said it is essential that the changes be made, given the future direction of Aged Care Regulations.

The plans will be progressed to the Joint Planning Committee (Local Council and State Government) in late November and we remain hopeful that we will receive approval before Christmas. When the DA is approved the plans will be put to tender for the construction work on North Wing. We will also need to gain Archdiocesan approval for funding the construction of North Wing. Hopefully construction will commence by March 2015.

For those that may have missed my last report, the features of the redevelopment for our residents, staff and relatives include the following:





- 97 basement parking spaces under North and South Wings. We will reserve around a third of these spaces for self care residents, which will ease the difficulty residents have in trying to obtain reserved under cover parking. The balance of the basement parking spaces will be available for staff and relatives, which will be very conveniently located under the Residential Care building.
- The Residential Care building will have a larger kitchen & laundry and more storage in the basement.
- All the double rooms in South Wing will become single rooms, although we will have some larger rooms that we could use as double rooms on request.
- There will be an increase of 45 rooms in Residential Care, which will be available for dementia care as the need continues to grow.
- A large chapel on level two of the Residential Care building.
- The main garbage storage will be removed from in front of the entries to The Hub and Care buildings. That area will no longer have vehicle access and will become a nice village green.
- There will be a good size café located where the current kitchen and dining room are in South Wing, opening onto the new village green. This will be for use by all residents and their families.
- Physiotherapy, gym and doctors' rooms located on level one above the café.
- Traffic will be reduced considerably from within the main Self Care part of the Village. This will be achieved by having the entry to the basement parking off Wilson Pde, near the bridge at the rear of the new North Wing. The entry for delivery vehicles to the kitchen will be via the same entry.

Kevin Gurney, Chair of the JPV Advisory Committee



The Village's Trivia Nights continue to be very well supported.

Because of the Auxiliary's Annual Dinner, the Trivia Night in December will be on Saturday 13<sup>th</sup> when the theme will be *Christmas*. In January, because of New Year falling when it does, the Trivia Night will be on Saturday 10<sup>th</sup> when the theme will be *Australia Day*. In March, we shall revert to the first Saturday, viz 7<sup>th</sup> March.

All Trivia Nights start at 7.00 pm and the lists for team nominations go up on the Notice Board in The Hub about two weeks beforehand.

Phil Cheadle

## GARDEN COURT REPORT



It is good seeing the gardens come to life with the warm weather. Marie Studdert's garden beds are going well and full of flowers. Jim Burns has a great display of flowers in his garden, with more promised very soon. Kath Skene has just returned from a holiday to Grafton organised by the Gynea Parish Friendship Club.

Our gum tree has been removed from outside Unit 1. It was a lovely tree but in the wrong place as it was far too close to the unit. The branches were over the units and often hit the tiles. We used to spend a lot of time sweeping and raking up leaves and sticks and picking up small branches.

That is all the news for now and best wishes for everyone for a Happy and Holy Christmas.

Frances O'Connor

### **HARDMAN & McCARTHY** PHYSIOTHERAPY AND SPORTS INJURY CENTRE

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## FERN COURT NEWS



Thank you Stuart (Maintenance) for re-locating our table and chairs to the grassed area and for cementing a slab for them to sit on. It looks great. And, also, for cutting the tree branches cut down to give more sunlight to the drying area.

Thanks Phil Cheadle for collecting our Melbourne Cup Sweep money — hope some of Fern Court residents had a "big win".

'HAPPY BIRTHDAY GREETING to Grace Secansky. She turned 99 years old during the month.

Marion MacCaffrey is very pleased with the plants on the balcony as they have welcomed spring with new leaves and some flowers. Marion has said she also enjoys Thursdays' "Have-a-Chat" as it is a great way to meet other residents and exchange views. However, Marion said "Being of half Irish descent I am inclined to talk too much though!"

The Melbourne Cup event in The Hub was a great day. Thanks Phil Cheadle for running the Sweeps. Carmen and Moses Mifsud have returned from their

overseas trip, after catching up with relatives in Malta and England.

They have both settled back into Village life again.

Our new neighbour in Fern Court (31) is Jeanette Waddell and she has been in John Paul Village for about six weeks. When Jeanette moved she was feeling very stressed due the act of moving and all that goes with it. On top of all that, she had a really long wait to have a phone connected, which made her feel very cut off. Since the connection of her phone she feels settled and happy to be here, and loves the company especially those who have welcomed her. To quote Jeanette "I hope to spend many years in my unit and make long lasting friends. Everyone and everything here are beautiful".

*Hello this is Sr. Beatrice. Well here I go again! Where have the last weeks/months gone? I just don't think I've had time to think — let alone to do this. Alan Doran, trying to help me, suggested that I make something up. WHO ME?? I don't think that's the answer!*

*We have some great outings- thanks to those who spend their time organising them for our enjoyment and pleasure. What do you think about this? Our leaders even do a "trial run" beforehand to make sure everything is satisfactory for us. Yes thank God we are so well cared for.*

*Stay cool and drink plenty of water during the hot days.*

Cheers for now. Carmel Doran



## **PALM COURT NEWS**



### **From Palm Court North**

We welcome some new residents to our Court; Howard and Fay May in N<sup>o</sup> 53. They come to us from Oyster Bay and have two sons, a daughter and four grandchildren. They have already joined the table tennis and bowls; and Howard even found the snooker room.

Heather and Ron Williams come from Kirrawee and are in Unit 48. Val Butterfield was given a birthday present by her daughter, to see "The King and I". Mick Wilson had a fall but, in spite of a heavily bandaged arm, still managed to do his usual for the Melbourne Cup. Ray and Beryl Williams have been to Newcastle for the christening of their great granddaughter, Amelia. They recently spent a few days in Canberra, also.

With Summer almost upon us and being Australia it is Christmas time. So, Seasons' Greetings to everyone from John and me.

Fran Lawrence

### **From Palm Court South**

Thelma Murray invited all pets and their owners from the Village to Rex's second birthday party. It was a lovely spring day enabling the guests to sit in the garden enjoying hot and cold drinks, savouries and cakes. The pets were happy with bones, bird seed and water. A shade was erected to keep the guests cool. Thelma's grandsons blew out the candles on the birthday cake and helped serve the food.

Faye Boland had a welcome break away in November with her sister and brother in law who flew up from Melbourne. They went to Noosa enjoying the good weather and lots of walks in the National Park. The wine tasting and good food were appreciated too. This is the same sister who went on the City to Surf with Faye. They came 39th and 40th out of 140 in the 70-75 year age group. An excellent result! Faye's daughter, Nichole, arrived from the USA to spend 10 days with Faye and Gerry.

Ruby McGlinchy has welcomed her tenth great grandchild, Poppy, into the family recently. Towards the end of November, Ruby and Lin James went on a cruise from Sydney to New Zealand and back to Sydney. They were hoping the weather would be good and they were both looking forward to it. Mary O'Toole was delighted to visit her first great grandchild, Kye, in November and enjoys nursing him.

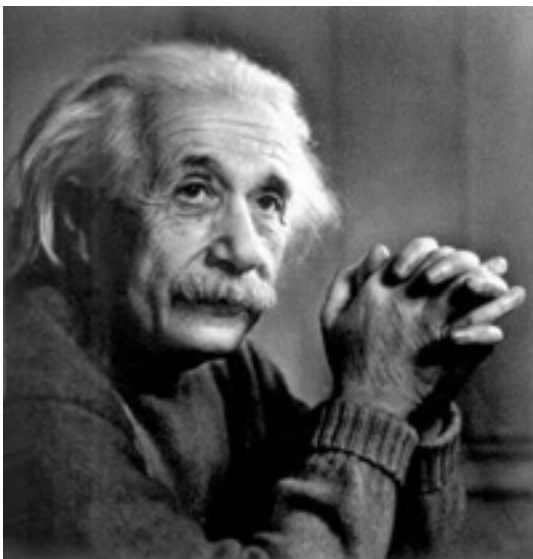
## *Palm Court News (Continued .....)*

The Melbourne Cup Luncheon was a galloping success. The fodder was appetising and efficiently served. The handicap judges were entertaining and the stands lively. Jim Burns won a round of applause when he appeared late; resplendent in a white boater with red and white trim, red and white striped blazer and white slacks. He was presented with a bottle of bubbly. The other trifecta winners were Pam Wilson, most original outfit, Brian Black, best dressed stallion and Lilian Hand, best dressed filly.

We are looking forward to the Christmas Party in December which will be the start of our Christmas Celebrations.

A Happy Christmas and a Healthy New Year to all of you from Palm Court.

Lilian Hand



Our time is distinguished by wonderful achievements in the fields of scientific understanding and the technical application of those insights. Who would not be cheered by this? But let us not forget that human knowledge and skills alone cannot lead humanity to a happy and dignified life. Humanity has every reason to place the proclaimers of high moral standards and values above the discoverers of objective truth. What humanity owes to personalities like Buddha, Moses, and Jesus ranks for me higher than all the achievements of the enquiring and constructive mind. What these blessed men have given us we must guard and try to keep alive with all our strength if humanity is not to lose its dignity, the security of its existence, and its joy in living.

Albert Einstein

## **LAST WEDNESDAY BUS TRIPS**

### **Run by Philomena Oborn & Betty Crome**



First, I want to thank Betty for her help. I was away in Queensland in August for the Mount Annan trip and again in October for Austinmer. I really appreciate her taking on the extra workload and we are both grateful to Jenny Dalton and Judy Chalk for always stepping in.

The cafe at Mount Annan served a beautiful morning tea. The guide who joined us on the bus was excellent. Betty apologised for a few stragglers and the lovely guide said “No one hurries here!” The tour was followed by lunch at Campbelltown Catholic Club, one of our favourite eating places.

In September we went to the Bowral Tulip Festival. We really had a great day. A bit of shopping at the stalls and a lovely morning tea and lunch served to us by the CWA ladies. Those ladies sure work hard! We strolled around the park enjoying the most beautiful tulips arranged in the theme of 100 years. The weather was magnificent. We all came home very happy.

October was “fish n chips” at Austinmer. The place was a bit messy but a good time was had by all. The fish and chips were delicious as usual and the leftovers fed a couple of hungry lifesavers. Some people went for a walk and I believe even had a paddle in the beautiful surf. We’ll go and check the place out before our twilight visit in February.

This month (November) we are going back to Shellharbour Shopping World. We’ll stay there for the day as there are so many good places to eat. This will give plenty of time as it is a huge and amazing place. I’m disappointed I won’t be able to go as John and I are having a surprise visit from our two granddaughters. The girls and I will be up at The Hub to wave goodbye. Thanks again to Betty and Jenny.

Betty and I have enjoyed every trip this year. Now comes the challenge for 2015. Please let us know if you have any suggestions.

None of our trips would be possible without Colin, our very caring bus driver and his generous wife, Barbara. We are very grateful.

Happy Christmas and we look forward to seeing all our happy travellers in 2015. Thanks everyone for your support.

Philomena



## AUXILIARY PRESIDENT'S REPORT



A great big welcome to our new residents. You are all invited to enjoy our village life by participating in the many activities reported elsewhere in this edition of *The John Paul Village News*.

This is a great publication and the Editor and Publisher, especially, and the many contributors deserve and are entitled to the appreciation of all residents.

Predictions of a hot summer increase the risk of bushfires in the Royal National Park. Problems associated with smoke inhalation might occur. Consequently, the health and welfare of residents might mean the temporary evacuation of the Village.

Against this eventuality, every Court has or will have Fire Wardens appointed. If evacuation is necessary, residents will be advised by these Wardens what to do and what to take with them. It is wise to always have a kit ready for any emergency.

A reminder to all self-care residents there are NO general meetings in January. The first meeting in 2015 will be held on Tuesday, 3rd February. This meeting will also be the Annual General Meeting. At this meeting, if necessary, elections of Executive Officers will be held. Any self-care resident wishing to nominate for any position can obtain the appropriate form from the Reception Office from 9th December to 23rd December 2014.

Remember to have friends you must be one. Happy and Holy Christmas everyone.

John Oborn



### **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.*

A BRIEF RECORDED HISTORY AND REFLECTIONS OF  
FR. JOHN BRIFFA SDB OAM



*A four (4) CD folder recording of Fr. Briffa's history and reflections will be available for sale for **\$20.00 per set**. The collection is approximately 4 hours in duration and spans his early childhood in Malta particularly the traumatic years of the Second World War and the effect on the people of Malta, his ordination as a Priest, his "transfer" to Australia, 23 years as Parish Priest of Engadine/Heathcote Parish, the establishment of John Paul Village and a few brief reflections.*

*The recordings were made earlier this year and, having provided these recordings to his family in Malta on his recent holiday, Fr. Briffa has agreed to release them to those interested within the Parish, including John Paul Village. The format of each of the four (4) CDs was that Fr. Briffa participated in interview sessions with myself, where he traced the more significant events during his 86 years (nearly 50 years of which have been spent in the Engadine/Heathcote Parish).*

*Persons interested may obtain copies and make payment at the St John Bosco Parish Office or at Reception in The Hub at John Paul Village.*

*Christopher Lonergan*

*Parishioner St John Bosco Parish Engadine  
and former Chairperson John Paul Village*

### **THE HAIRCUT**

A teenage boy had just passed his driving test and inquired of his Father as to when they could discuss his use of the car. His father said he'd make a deal with his son: 'You bring your grades up from a C to a B average, study your Bible, and get your hair cut. Then we'll talk about the car.'

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, 'Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut.'

The boy said, 'You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair ~ and there's even strong evidence that Jesus had long hair.'

This was the Dad's reply.....

**"Did you also notice that they all walked everywhere?"**

## CRAFT LADIES



Unfortunately, no one has come forward yet to help the Craft Ladies so they are still looking for an enthusiastic and organised person (or more than one, working together) to take on the heavy lifting and setting up of stalls.

We hope they will not have to wait much longer as they have contributed enormously to life at JPV almost from inception. Any volunteers, please contact Megan Parnaby or Nancy Porter.

For the time being the Craft Ladies are carrying on under the steady hand of Nancy Porter, with the fruits of their labours being very evident at the Village's Market Day at the end of November; so much so that one resident – who wants to remain nameless – was prompted to compose the following poetic tribute.

### THE GOOD SHIP CRAFT



What an amazing little craft  
the sewing ladies have?

Even though they don't have  
a Captain,

They have kept cruising along  
gathering handy works as  
they go,

With enough goodies to  
stock the stall in November,  
with great success.

No Captain but a great

Purser to encourage the crew to carry on. Keep up the good works  
me hearties!!

*Two things are infinite: the universe and human stupidity; and I'm not sure  
about the universe.*

*Albert Einstein*



## **HAPPY DINERS' CLUB**

**Organised by Betty Crome, Judy Chalk & Helen Black**



Since our last report we've been to the St Moritz Room at Engadine where 39 Diners - including new residents Fay and Howard May - arrived at the venue looking forward to a great meal and the usual happy fellowship. However, the meal was disappointing and the service was slow; not up to their usual standard. Even so, we all had a good night

enjoying one another's company.

Our next Diners' outing was to the Man Lin Wah Chinese Restaurant at Miranda. This was a new location for the Diners' Club and, although, we organisers had sampled the meals and enjoyed them, we hoped you would, too. We were very pleased when the night proved to be a great success for 47 Diners, including new residents Shirley Thorby and Sr Mavis Dick.

Last but certainly not least, it was another new venue, Kirrawee Bowling Club, with 40 happy Diners, including two new residents, Brian and Sheila Wood. We all enjoyed a great meal and the service was excellent. This made for a very happy night out.

I would like to thank Betty, Judy and Ron for filling in for me while I recovered from surgery.

Our next two venues are:-

- December – The Cliffhanger for our Christmas night out; and
- January - Man Lin Wah Chinese Restaurant.

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

Helen Black

\*\*\*\*\*

Harold grabbed his plate and walked up to the smorgasbord for the fourth time. "Aren't you embarrassed to go back for so many helpings?" asked his wife.

"Not at all," he replied.

"I keep telling them it's for you."

# JPV AUXILIARY TREASURER'S REPORT

*Financial Position as at 31<sup>st</sup> October 2014*



## TOTAL FUNDS

Cash on Hand	250.00
Cash at Bank	<u>3,557.47</u>
Sub-total	3,807.47
Term Deposit (3.4% for 6 months)	<u>60,000.00</u>
Total	<u>63,807.47</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.*



Christmas is just around the corner.

Hopefully, we will have a good attendance at our next gathering on **Sunday 14<sup>th</sup> December** as new Residents are moving into the Village.

We are looking forward to meeting everyone and hope you all enjoy it like we do.

Betty, Helen & Judy

## HIBISCUS COURT NEWS



"Summer is a comin' in" and all the flowers and bushes are witnesses to this cyclic promise of Mother Nature.

Meantime, all the residents of Hibiscus Court are busily getting ready for Christmas, what with its Christmas Cards and the never ending selection of gifts for our loved ones.

Jean Roberts, who is in the 90s Club, is still "as lively as a cricket". Jean joins Marie Campbell and Pat Platt as our very active 90s Club members. Marie

completes her crossword every day and is the very epitome of methodology, while Pat is very busy going on all the trips available at the Village.

Since Fran Kirkland got her pacemaker she is full of cheek and energy, while Gladys Aubourg looks well and is busy with grown up grandchildren. Murray Bull is seen busily engaged around the place fulfilling duties, and the McCrays, Shirley and Doug, are as usual helping out with morning teas and church matters.

Ernie Lee, indefatigable as ever, is keeping the gardens around him tidy and well-watered (and you'll get a squirt if you give him any cheek), Jean New has settled in OK, while Wynne Hayes is looking lively in the garden; and Alan and Marjory Mundy step out with the new walker.

Sister Lorna maintains her great sense of humour about the place, while Helen and Brian Black are forever busy with Nursing Home and tidying up duties. Helen's brain tumour turned out to be benign thank God.

Eileen Moffitt's piano playing is very much appreciated when she plays. Of course the two stalwarts of the Whisky Club, Patrick Sheil and John Morrison are quietly enjoying wee drams of Single Malt and shots of various liquors to complete the job. John helps out in the Nursing Home twice every day and maintains that the nurses there are "angels".

Father Briffa is seen around the place dispensing that wonderful smile of his and words of good cheer. He's another "angel".

That's all for now, Padraig

*You can't develop eye strain from looking on the bright side.*



## **JPV KIOSK REPORT**



The Kiosk has overcome some difficulties and is operating well.

Chocolate prices are on the increase. We have resisted up to now, we had some items UNDER our cost price, but now we need to increase these prices.

As Christmas is approaching, we are looking at a small selection of Christmas fare.

The kiosk caters for all residents of JPV. We must ensure we keep wastage to a minimum so we can only stock what we know we can sell.

Thanks to the Volunteer residents who make the kiosk work.

Kev McVey



## **JPV EXCURSIONS**



In May 2015 we have booked a great excursion to Mudgee, Gulgong and Dubbo etc. Five Star Coach, an excellent professional driver and top accommodation and meals.

We will be hard put to beat our last trip to Mildura but we are trying.

We have Guidelines, which have been composed in conjunction with Coach Companies and are designed for the safety, comfort, pleasure and enjoyment of all residents. We can take 40 residents so put your name in, if you would like to enjoy this trip contact us early.

Kev McVey

Never miss an opportunity to make others happy — even if you have to leave them alone to do it!!

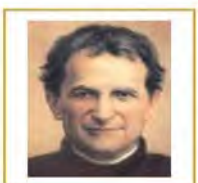


**Dianne Chilvers, RN.** Dianne is married and has grown up children, girl 40, boy 38 and boy 33. She lives at Barden Ridge and has worked at JPV for 23 years. She loves the job, "I like it, never wanted to do anything else". Dianne's characteristic is her quick walk everywhere, ramrod straight she moves at electrifying pace and is here, there and everywhere. She says

"JPV is a place where you can do your work as you would want to do it". Dianne is known for her efficiency, good humour and meticulous attention to detail, all done with love and warmth. Her favourite TV shows are those which "show how or what makes people tick", for example 'Criminal Minds', "and those psychological ones". She loves classical music, the BG's, Elvis and Li' Vivo. Dianne believes that JPV is "a nice environment" because its nurses are those "who love the profession" and not those "who think it's only a job".

**Shaleena Ramlu NC 3 & 4**, lives at Liverpool and has a girl 17 and boy 13. Shaleena loves the differing cultures so prevalent among the nurses and residents at JPV. "I just love it!" she exclaims. "It's nice to know different people, learn about their cultures, the place is anything but boring". Shaleena hails from Fiji and her TV favourites are "Downtown Abbey", "Bones", "Dr Who" and crime investigation shows. She loves Classical and Hindi music and believes that Fiji is better run under the "Commodore chap" (Frank Bainimarama). Shaleena speaks three languages: English, Fijian & Hindi and is involved in a small tourist business in Fiji looked after by family members. Shaleena is looking forward to the building changes which are coming to the North Wing sometime in 2014-15 and would like to see the nurses have some input into the new arrangements.

**Gracie Potter NC 4**, lives at Helensburgh and is engaged to be married. She worked as a pharmacist's assistant for a while but was attracted towards aged care: She "likes caring for elderly people and has a passion for nursing". Gracie would love her grandparents to come to JPV "when their time is right": she loves the family feeling at JPV. She likes watching "Hostage" and murder mysteries & crime series on TV. Gracie also has a catholicity of tastes in music: Sacred, Hillsong type and Classical. Gracie is tuned to Radio 101.7 which plays music of the 70s and 80s to which she loves to dance. She plays sport (for example, tennis) but is not a keen spectator of sport, preferring to play rather than watch. Gracie is a smart mover around the place and dispenses humour and joy among the residents at JPV.



*"Be humble and patient, and the Lord Jesus will give you the will and the means."*

**St John Bosco**

## **Nurses Duties 1887**

**(As displayed at Berrima Court House Museum)**

In addition to caring for your 50 patients, each nurse will follow these regulations:-

Daily sweep and mop floors of your ward, dust the patients' furniture and window sills.

Maintain an even temperature in you ward by bringing in a scuttle of coal for the day's business.

Light is important to observe the patient's condition. Therefore, each day fill kerosene lamps, clean chimneys and clean wicks. Wash windows once a week.

The nurse's notes are important in aiding the Physician's work. Make your pens carefully; you may whittle nibs to your individual taste.

Each nurse on duty will report every day at 7 am and leave at 8 pm except on the Sabbath on which you will be off from 12 noon to 2 pm.



Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes or two evenings a week if you go regularly to church.

Each nurse should lay aside from each pay day a goodly sum of her earnings for her benefit during her declining years so that she will not become a burden.

Any nurse who smokes, uses liquor in any form gets her hair done at a beauty shop or frequents dance halls will give the director of nurses good reason to suspect her worth.

The nurse who performs her labours and serves her patients and doctors faithfully and without fault for a period of five years will be given 12/6 a week, providing there are no hospital debts outstanding.



## **BUSHLAND BANTER**



We are all proud of our resident, Sid Harris. He has recently received the St George Community Award for his fifty years of voluntary service to junior and grade cricket.

Beth McLaughlin still enjoys gardening, although on a much smaller scale following the recent changes to the garden plots. In truth, many of the flowers and shrubs still in our area are due to Beth's efforts.

Beth has many bird friends – about lunch time you can see them lining up on the hand rail waiting to be fed.

Frank McLaughlin had a birthday early in November; it seems that he is two months younger than me and so I may now claim to be the senior Bushlander.

Elaine Hart is living with her daughter and still receiving medical treatment. We hope and pray that her health might soon improve enough to allow for a return to JPV.

Our newcomers, Gail and Brian Wallace, have settled in very well, both are enthusiastic gardeners. At present they are holidaying in Hobart and Melbourne.

Our two Bridge tragics, Mary and Frank Halpin, are in a holiday mood. They will soon be leaving by plane to New Zealand and there join a ship for a voyage along the NZ east coast – sounds wonderful!

Following an unforeseen and seemingly inexplicable black out, Len (now in his 90<sup>th</sup> year) decided to hand in his driver's licence. Having had a car for 63 of the 65 years of our married life, being without one will undoubtedly make things difficult for a while.

We are now into the Christmas season once again with all its advertising and celebrations – it is well to remember the reason for all this and to make sure it is a season of goodwill.

Len joins with me in wishing all in John Paul Village a holy, happy and healthy Christmas and our best wishes for 2015.

Phyllis Forbes

*Editor's note: We are especially grateful to Len who typed this report from Phyl's hand written notes, so we would have "Bushland Banter", even though, at the time of submission, Phyl had been hospitalised and was awaiting tests following a medical episode a few days beforehand. We wish her a full and speedy recovery.*

## 65 AND STILL COUNTING

*Len & Phyl Forbes celebrated their 65<sup>th</sup> wedding anniversary this year.  
What follows is a very small insight into their lives together.*



On the 8<sup>th</sup> of October, 1949 our marriage was celebrated in Kogarah's St Patrick's church with a morning Mass. We looked forward to our lives together with joy and hope. Looking back now over our first 10 years, I recall the many interesting events which involved numerous moves from Melbourne to (what was then called) Malaya and points in between. Our first move was to Melbourne where Len did a course in Meteorology and our first son, John was born. After returning to Sydney for a few months we moved to Kurrajong as Len had been transferred to the weather office in the RAAF base in Richmond. A year later he was posted to Lae in New Guinea – this was quite a cultural shock: however, we soon adjusted and enjoyed the company of the three other weather men and their families and many of the other government employees. After two years we were granted

three months R&R leave back in Sydney before returning for another two years. Our second and third sons (Michael and Christopher) were born in PNG and were baptized by a Divine Word missionary.

On returning to Sydney we lived for three years in Oyster Bay - Len having been transferred to the Mascot weather office. During this time our fourth son, Gregory, was born. In 1960 Len had an opportunity to again serve in the RAAF – this time as a Meteorological Officer in the RAAF Butterworth base in Malaya. Len accepted a short-term commission and off the six of us sailed to Penang on the 'S.S.Oangie'. The RAAF families lived on the island and the men travelled by ferry to the mainland. The highlights for me were the setting up of a small kindergarten with my friend Nancy Long with whom I had a trip by train to Bangkok. The Forbes and Long families joined in a car trip to Songkhla in southern Thailand, as very little English was spoken, this proved to be quite an adventure for the adults and the seven children.

On our return to Sydney in 1962, Len was transferred to Townsville where we lived for some 11 months before a transfer to Mascot brought us back to Sydney where, in 1963 we bought a house in Miranda. Len retired in 1979 and we moved to Blackheath where we lived for 17 years before coming to John Paul Village in 1997.

## CURRAWONG CAPERS



Greetings to all from your friends in Currawong Court on a beautiful spring day – the sun is shining and mum and dad kookaburra are back in the nest in the Reserve.

In September Don Humphrey attended a ceremony in St. Mary's Cathedral for the annual presentation of the Archbishop's Awards. These are given, one to each Catholic High School (48) in the Archdiocese, to their most outstanding student. Don's granddaughter, Madison Callander, Captain of St Clare's College, Waverly, was one of them.

On 17<sup>th</sup> he attended St. Clare's Graduation Mass at Mary Immaculate Church, Waverley, where his granddaughter gave the opening welcome address and his daughter, Anne, as a mother, read one of the prayers of the faithful. This was followed by an Awards' Night held at the College. Apart from Academic Awards for Legal Studies (1<sup>st</sup>) PDHPE (2<sup>nd</sup>), Business Studies and Studies of Religion 2 Unit (both Academic Application) Madison was awarded the Roy Swan and Caltex All Rounder Award, the Principal's Leadership Award, the Sr. Joanne Fitzsimmons OSC Perpetual Award

for Human Society and its Environment and the Senior Franciscan Award. Don remembers holding a new born Madison, not yet one hour old and not even contemplating at the time that she would achieve so much. Madison has just completed her HSC, turned 18 and plans to go to Uni next year; however, like a lot of students her age, Madison does not know what she wants to do. Don, a proud Grandfather, is keenly looking forward to following Madison's career.

Marie Downy is still kept busy with many family celebrations, one of which was her niece's 60<sup>th</sup> Birthday, which was celebrated at a Garden Party: how unique. It was a beautiful sunny day and Marie would have given the Queen a run for her money, she looked stunning - minus a tiara, of course.

Gloria Wheatley had a holiday down south staying with her daughter. She really enjoyed the break away telling me she went for a swim each day - brave lady!

Brian and Helen Fitzgerald seem to have settled into Village life: it feels as though they have never left JPV. (Wonder if it is so with them). They have holidayed at Coffs Harbour meeting up with Helen's sister. They also became grandparents for the eighth time, a boy, Liam Robert. Ken Wilson and Ron Lane have both celebrated birthdays and, most importantly, passed their driver's licence tests. Pam and Ken Wilson's granddaughter was married at a ceremony at Leura; an event much



## *Currawong Capers (Continued.....)*

enjoyed by both of them. They are now looking forward to another granddaughter's wedding next year.

There has been so much going on around the Village one does not know where to start – The Art & Craft Show (did not realize we had so many talented people) Foundation Day Celebrations and the Melbourne Cup. Congratulations to all those involved in the hard work of organizing these events. To those who organize the outings, diners, walkers, bowls, table tennis, the JPV Singers, to name a few – thank you. Two new activities Trivia Night and the Line Dancing – good fun. Last but not least Bingo, the BEST NIGHT OF ALL – if you have not tried any of them, please do, you'll be pleasantly surprised. John Paul Village is, indeed, a great place to live.

On behalf of us all here in Currawong Court thank you to management and staff, Father Briffa, Stuart (together with his band of merry men), for their care and concern.

It's that time of the year when our thoughts are turning towards the great feast of Christmas – We wish each and everyone - the blessings of peace, the beauty of hope and the spirit of love. May these be the gifts to you and your family this Christmas Season and may the coming year be a healthy one for us all.

Fay Lane.

## **THE CHOCOLATE TRAP**

*By Phil Ready (October 2014)*



There it lay, In colours bold  
With wrapper red and letters gold  
Whilst beside in an easy chair  
Sat a man with silver hair

Oft' his eyes would glance aside  
To where the chocolate rows reside  
Found he'd tightly clamped his jaw  
Had this fight many times before

Only one row I'll eat thought he  
I'll be as strong, as strong can be  
But quickly his hand grabbed the pack  
And pulled the inside wrapper back

There, with a happy smile he spied  
The row of chocolate he desired  
Quickly he broke off this row  
And into his mouth; felt the juices flow

Once more caught in the chocolate trap  
He finished that row from its silver wrap  
Had taken another from where it stood  
Popped it into his mouth; Oh! it tasted good

This was repeated row after row  
Until there were no more to go  
And the man, feeling very bereft  
Had only an empty wrapper left.

## LIBRARY NEWS



There have been more books donated to the library recently. Thank you to the residents and relatives who have been kind enough to pass on unwanted books to JPV's library. We rely on donations to provide our readers with new books. (There are still some people who like to read books!).

We are moving new books onto the shelves as quickly as we can.

We invite new residents to visit the library and look around. There is no fee to join. Just choose a book or two and see the volunteer at the desk.

See you in the library. Cheers.....Denise and Fran.



### THANK YOU

I would like to thank all those who have made my life easier this year. I thought that the residents of JPV, my neighbours were a very friendly lot and I was happy being in JPV. But with the death of my wife and two subsequent visits to hospital, I have been blown away by the kindness, consideration and support given me. So many people have offered to do anything for me including driving me to the shops and appointments because I was not allowed to drive after the last operation for three months. This has been an "annus terribilis" but you have helped more than you will ever know.

Don Humphrey

DID YOU EVER DO A  
GOOD DEED IN SECRET  
AND HAVE IT DISCOVERED  
BY ACCIDENT?  
(NICE  
WASN'T  
IT?)



## MAPLE COURT NEWS



Greetings to one and all in JPV.

Firstly we welcome our new residents, Sheila and Brian Wood.

I would like to share with you a little history they told me. They left the U.K. in June 1966 together with two sons, one aged 5 and the other 18 months. To quote them "they were 10 pound Poms", and lived in Bunnerong Hostel, Matraville for nearly three years.

They moved to Engadine in May 1969. Brian not only designed their home, he helped to build it. The boys attended Engadine High School which was just at the end of their street. They are both married now; one to an Aussie and one to a Pom. There are six grandchildren and one great grandchild.

Brian and Sheila were asked if coming to the Village was the best move they had made. They confessed it was not! The first was coming to Australia - and yes, the second was coming to JPV.

After unpacking, Brian was rummaging through boxes in his wardrobe. When Sheila asked what he was looking for, he said, a mouse! Sheila panicked and said "Don't tell me we have mice in our unit" and was relieved when he said it was the mouse for the computer!

Joan and Bill Dingley were pleased to meet our new neighbors as they previously lived in the same street in Engadine. Joan is most grateful to the kind people who gave her many rides to the hospital when Bill was a patient recently. He is so much better now, thanks to the doctors, nurses and various specialists who took care of him.

Brag time now. Keith Cincotta is so proud of his granddaughter, Dr. Candice. She graduated in December 2013 with Bachelor degrees in Medicine, Surgery and Medical Science, with honors in Obstetrics and Gynaecology. She completed her internship with a GP and worked in a Community Hospital in the Barossa Valley. She has now been appointed RMO. (resident medical officer) at Lyell McEwin Hospital, Elizabeth Vale, Adelaide. Not bad for a kid from the Shire says Keith.

Brag No.2 Marcia and John Warncken have two granddaughters in Coffs Harbour who recently competed in Physical Culture at the Opera House. One



## *Maple Court News (Continued.....)*

of them is in the finals and they wish her success. They went to see three granddaughters all dressed in lovely white dresses for their school graduation.

Of course they looked beautiful. Their youngest does athletics with Sutherland club. She is a discus thrower and will be in the team for the State in a few weeks' time. Marcia and John have been joining in a few Village events and very much appreciate the work the organisers put in to make these events so successful, particularly Trivia and Bingo nights. They also mentioned the Memorial Day on Sunday 9th November.

Brag No3. Trisha and Pat Vallance said how beautiful their granddaughter, Caitlin, looked on her graduation night. They also said how lovely the Candle Ceremony on Memorial Day at JPV was and also Remembrance Day on the 11th. Their thanks and congratulations to the staff.

I'll put my brag in here - one granddaughter, Isabelle, had her 'informal' graduation from year 10 and her sister, Gabrielle, had her formal graduation from year 12. Of course, both looked absolutely gorgeous. The 2 grandsons, Nicholas and Patrick, had 'informals' from year 10. Gorgeous? No. they're males, what more can I say.

Noaleen Bennett said how very fortunate we are to live in the Village, as during her recent illness, she and Peter were overwhelmed by the emotional and spiritual support they received. They are sure it has helped in her recovery. Noaleen attended the Taize Prayer evening in Our Lady Help of Christians Chapel. She thoroughly enjoyed the experience and is looking forward to the next one in December.

Marie Kearney remarked how quickly the months seem to come around and just as quickly, watching her grand and great grandchildren grow, and their interests in life, which is a lovely part of her life. Her sons, Peter and Paul entertained us on two nights recently - one with a video and talk about Ireland and the other, the 22nd Nostalgia Night.

On a sad note, one of our residents, Val Mathers, died in August. She was only with us for a short while, about 18 months, but had made her presence felt. She was a lovely lady and will be missed.

Well that's all for now, you are probably saying that's ENOUGH! God bless and have a wonderful happy and holy Christmas.

Eileen Ellsmore

*My mother taught me ANTICIPATION, "Just wait until your father gets home!"*



# CHRISTAL COACH TOURS

Christine & Allan Court, with May Murphy



In September, we started out with morning tea at beautiful Lake Parramatta but, unfortunately, traffic delays on the way there meant we did not have enough time to linger after morning tea. Instead, after consuming the delicious home cooked cakes and slices prepared by May & Christine, we had to set off and travel through the “Hills District” to Geranium Cottage, at Dural. This has become one of our favourite destinations, largely because our visits have been timed to

coincide with the Spring arrival of new geraniums and pelargoniums. This visit was no exception and we found a host of “new arrivals” available for us to purchase and bring back to JPV.

Another reason why visits to Geranium Cottage have been so popular is the wonderful lunches provided for us by Riva and her staff. Again lunch was truly excellent, consisting of a baked pork dinner (with all the trimmings), bread roll & butter, choice of four desserts plus tea or coffee. It was voted a



great day out.



In October, we travelled via Heathcote Road and the M7 to Macquarie Park, Freemans Reach (near Windsor) for morning tea and, along the way, were amazed to see the huge amount of road-building and property development along Blacktown and Richmond Roads. Macquarie Park is on the western side of the Nepean River and the river was within easy walking distance of the shelter shed



## *Christal Coach Tours (Continued.....)*

where we had morning tea so quite a few participants took the opportunity for a brief stroll along the river bank.



Then, we went back through Windsor and made our way past Richmond RAAF Base to Bell's Line of Road along which we travelled to The Chapel on the Hill at Berambing. On arrival at the chapel – which is noteworthy for its blue trimmed windows – everyone was given a printed sheet containing some historical information about the Chapel and the adjoining Chapel Hill Retreat,

where we later had lunch.

After spending time in the Chapel, we walked a few hundred metres along a narrow pathway to the Chapel Hill Retreat, which has panoramic views across to Bowen Mountain and adjoining mountain areas. The Retreat is very highly regarded as a wedding reception venue and, here, we had a delicious baked dinner with alternate serves of pork & chicken (and all the trimmings) rounded off with “home style” apple pie and custard and/or ice cream plus tea or coffee.



On the way home, we stopped at the Bilpin Fruit Bowl where many participants collected freshly made Apple Pies ordered for them by phone as we set out from JPV; plus many other types of pies that were on sale; as well as a wide selection of apples and other fruits.



In November, we started out, again, with morning tea at Lake Parramatta but, this time, we had a really smooth trip from JPV so there was time, after our delicious morning tea, for anyone who so desired to stroll along part of the path that adjoins the lake; even to sit down on one of the seats to soak up the atmosphere. And how beautiful it was! A clear blue sky was reflected in the tranquil waters of the lake on



## *Christal Coach Tours (Continued.....)*

which ducks swam peacefully; and the adjoining parklands were notable for a large number of angophoras and other flowering eucalypts as well as a beautiful array of jacaranda trees in full bloom.

However, the “piece de resistance” was a magnificent flowering tree between the lake and kiosk. Staff at the kiosk didn’t know what it was but Marie Studdert said she thought it might be a South African tree called a “Cape Chestnut”. Later, when shown a



photo of the tree, a horticulturist at Swane’s confirmed that Marie was correct; the Latin name being *Calodendrum Capense*.

After our leisurely sojourn, we travelled through the “Hills District” to Swane’s Nursery at Dural. All those who had been on the corresponding trip in 2013 could not believe how different the weather was. In fact, 2013 was virtually a wash-out, with torrential rain almost from the time we left JPV till



we got back; meaning nobody got to see any flowers or anything else outside, for that matter. In contrast, this time it was a brilliant clear day and the garden beds at Swane’s were resplendent with a vast array of “new season” Roses, not to mention many hundreds – if not thousands – of other blooms. And, on top of that, there was a nursery shop, well-stocked with garden needs and potential gifts.

Lunch was at Café Botanica, which is in the grounds of the nursery, and we had a choice between a quiche or frittata, followed up with a scrumptious dessert (carrot cake, citrus tart, macademia/mango slice – all with ice cream) plus a wide choice of different teas and coffees. *Sr Beatrice thoroughly enjoyed her cappuccino!* It turned out to be a very special day.

As always, sincere thanks to May and Christine for their delicious morning teas and to our wonderful drivers, Colin and Gavin without whom we could not have such wonderful outings. Thanks, too, to Management and the Auxiliary for giving us such a splendid, modern coach.

Alan Court

## CHURCH COURT CHATTER



In Church Court we are all going happily with our lives. Anne Barnes and Arthur (“Art”) Winn had trips to hospital. Anne is back home but Art has moved to the Hostel. We wish him all the best. We miss him sitting in the sun and reading.

Our gardens are looking nice thanks to a makeover by the gardeners and to Ron and Betty Crome who keep the place as free as possible from falling leaves. (There is a song there!) Basil

Kirk also spends a lot of time gardening and watering.

We will be welcoming our new neighbour, Fay Loder, into Unit 83 around 27/11 and are looking forward to that. It’s great to see Fr Biffa’s light shining again: we missed him very much.

We continue to have our monthly Happy Hour and we really enjoy ourselves. It’s a great way to bring neighbours together. To Sr Bonnie, we wish happy 89<sup>th</sup> birthday. To all I’ve missed, belated wishes to you.

Christmas is on our doorstep and our Christmas dinner on 6 December will be a great social occasion we look forward to it.

John and I feel blessed to live in this wonderful village. We cannot believe we’ve been here nine years. We wish everyone a Happy and Holy Christmas and New Year.

Philomena Oborn



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## AZALEA COURT NEWS



With Christmas almost upon us, we all ask ourselves "where has the year gone?" It does not seem that long since last Christmas. There have been lots of Spring flowers in our Court; we have some keen gardeners amongst the residents and their green thumbs are evident in quite a few places.

In August we had our Court Meeting with the Management. It is very helpful to have the opportunity to speak with them and bring up matters regarding

our Court. A lovely morning tea, supplied by the Management, was enjoyed. Wonder why everyone puts on weight when they move into the Village?

Kevin McVey celebrated his 80th birthday in September and Helen celebrated hers in November. So the family arranged a joint party, with guests coming from New Zealand and other places. It was a large family reunion. Helen survived the party having been plagued with a back problem for some time.

Not so many people have been on the move recently. Judy Chalk had a trip to the Sunshine Coast to help her son celebrate his 40th Birthday. Peter and Myrna Southgate travelled to Cowra to visit family and also caught up with some old school friends. Johanna Jesson had a trip to Melbourne to attend her sister's 50th Wedding Anniversary and 70th Birthday celebrations. She also went on a six day trip with her Probus group. Towards the end of November, Jack and Mary Potts had five days away in Kiama. If anyone else went away, I haven't heard.

Joyce Brogden moved to the Hostel in September. Her unit in Azalea Court is being renovated and almost ready for the new residents, Neville and Rae Witcombe, who are coming from Oyster Bay.

A number of residents have spent time in hospital. Julia Francis and Myrna Southgate both had pacemakers implanted on the same day. Nell Houlahan also had a spell in hospital after a fall near the clotheslines. She broke a wrist, cracked ribs and had bruising on her face. The black eyes are nearly gone.

Kerry Robson was blessed with another grandson and Jack and Nell Houlahan a great grandson, Max. Peter and Myrna's granddaughter has turned one and is walking everywhere.

Christine and Alan Court together with Marie Simons went to performances of "God Spell" at Blacktown and "Nunsense" at Bankstown; both featuring their joint grandson James Court on keyboard. In fact, he was Assistant Musical  
*Azalea Court News (Continued.....)*





Director at Blacktown and Musical Director at Bankstown: and, in October he was also Assistant Musical Director (and synthesizer/keyboard player) in *Sondheim on Sondheim* at the Seymour Centre. Another of the grandsons they share, Lachlan, played the flute in the ACT Public Schools Band at Floriade; and, early in November, went with 65 members of the same band to Japan. Their remaining joint grandson, Matthew Court has received his Queen's Scout Award and, Adam, another grandson of Alan & Christine topped his year at Bosco College in every subject he sat for in his trial HSC. Alan and Christine's granddaughter, Louisa, went to the Holy Land early in November for a couple weeks for the making of a documentary movie which will be used in the USA with young people who are to be confirmed in the Church.

Azalea Court now enters two teams in the Trivia Night. The "Az-Aliens" won in August and, again in November, while the "The Unknowns" came 3rd in September on their debut, just beating the "Az-Aliens". It will be interesting to see whether their successes continue in the future. Regardless, everyone has a great night at Trivia.

Christmas will soon be here so on behalf of all the residents in Azalea Court, we wish everyone a Happy and Holy Christmas and a Healthy New Year. We also thank all the staff who take care of the Village in many different ways.

Johanna Jesson




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## TREETOPS TWITTERINGS



It is with great sadness that I mention the passing of the last author of "Treetops Twitterings", the late Betty Cain, who did such a marvelous job of keeping us informed of the news in our Court.

I have reluctantly and nervously agreed to take on this role, at least temporarily.

After five and a half years at John

Paul Village, I know that I couldn't find a happier, friendlier place to live and the staff are fabulous. Nothing is too much trouble. I keep telling this to my family who consist of four children, 11 grandchildren and 14 great-grandchildren, all of whom I love dearly. I'm hoping all the other residents in our Court will contribute to make these "Twitterings" interesting and informative.

Our newest residents, "Pete" Torr and "Barbara" Lishko, seem to be settling in very well and I hope that they will be as happy as I am. We also have two units being refurbished for new arrivals and they should be finished soon.

In August, my wonderful neighbours, Joy and John Bezzina, went on a cruise. They left Sydney on 31st August and returned on 20th September. They had a great time visiting nine ports, including Doini Island, Alotua (on Milne Bay) and Rabaul - where they saw the erupting Tavorvur volcano in Papua New Guinea; also Guadalcanal in the Solomon Islands and Vanuatu on the way home.

In September we had a pleasant trip to Geranium Cottage, thanks to the expertise of Colin, our driver. The flowers were beautiful and the food delicious. My geraniums are still surviving despite the storm and strong wind that blew off most of the petals, sometimes I carry them inside – more trouble than a baby.

One night in October, Joyce Robertson, from 407, was woken by a loud bang and bravely walked out to confront the intruder, only to find that the noise had been made by the blind on her dining room window shooting up to the top for no reason.

My good friend Maisie Snelson, from 405 had a fall on Sunday 19<sup>th</sup> October and was taken to hospital and spent 10 days there. We were all delighted to have her back home. Our newest neighbour Barbara Lishko had some good news and some bad news to add to our "Twitterings". On Sunday the 2nd of November, she went to a baby shower at Centennial Park for her first great-

## *Treetops Twitterings (Continued.....)*

grandchild. Baby has now arrived! The bad news is that the possums are climbing up the downpipe onto her balcony and eating all the geraniums and the parsley in her planter boxes.

Six of us from Treetops went to the Melbourne Cup lunch in The Hub and had a great time. The staff had made their usual outstanding effort and the atmosphere and the food was terrific. Only Maisie Snelson and Pete Torr had success with their horses. The rest of us will have to wait until next year.

On the 7th November, Norma and John Hastie celebrated their 61st Wedding Anniversary and had an enjoyable day with their family and friends. We congratulate them.

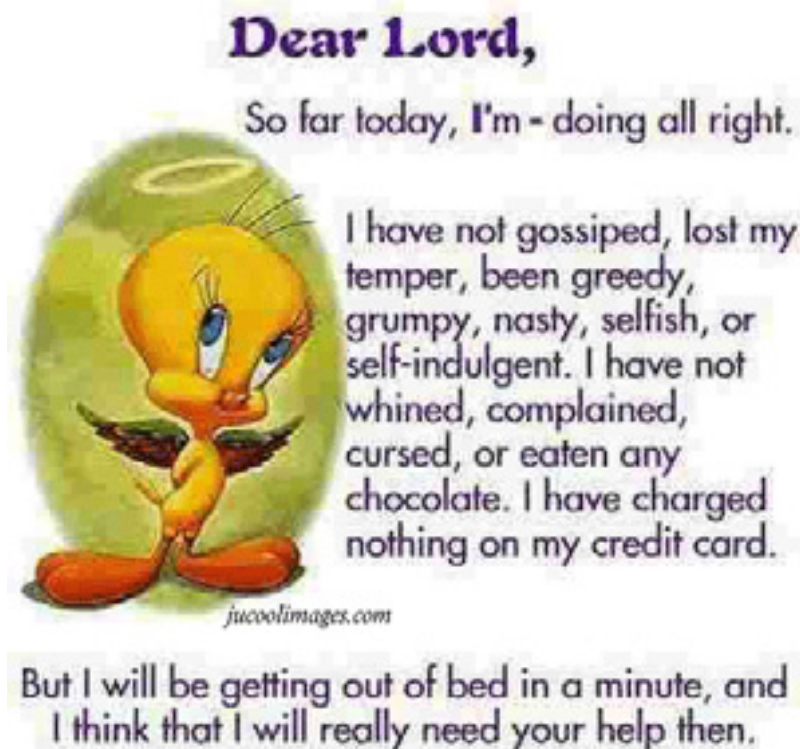
After many years in Unit 414, Joy Davis has moved to the Hostel and hopes she will have lots of visitors in Room 223. We will miss her smiling face around our area.

Audrey's garden is still looking beautiful, despite deer, possums and maybe an occasional rabbit. It is a pleasure to pass by and admire the effort she makes to keep it that way.

We have a new neighbour in Unit 404, Marie Brien, who moved in on 12th November, I haven't had a chance to speak to her yet, but maybe she might like to contribute next time.

In closing, I would like to wish all residents a very Happy Christmas and New Year.

Val Collins





## 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").*



### Saturday 4<sup>th</sup> October

27 persons attended and had a very enjoyable chat and enjoyed the sunshine. They all hoped that the next months are likewise as good.

### Saturday 1<sup>st</sup> November

20 "hardy" persons had an enjoyable BBQ. It was a very warm day but we were treated to a cooling breeze, which made the day very good. Many of our normal attendees were away for the day and, we hope, enjoying themselves.

Brian Black



## CONGRATULATIONS TO JENNY DALTON



We learnt recently that, in June this year the Rotary Club of Sutherland gave its *Excellence in Community Service Award* to JPV resident, Jenny Dalton. This was in recognition of 19 years of continuous voluntary service across a wide range of important activities. This is a very prestigious award and we warmly congratulate Jenny.



## THANKS TO THE JPV AUXILIARY

We would like to thank the Auxiliary for purchasing the new mat for carpet bowls in The Hub.



We also encourage other JPV residents to join our group. We meet every Monday evening, starting at 7.00 pm and finishing at 8.30 pm. If you've never played carpet bowls before, it is easy to learn and, in a short few weeks, you might even be able to beat the "professionals".

It is great to meet others from JPV and to get to know them in a friendly atmosphere on Monday evenings.

Moses Mifsud

## **FIRST MONDAY BUS TRIPS**

### **Run by Gail Wallace & Thelma Murray**

There is never a dull moment when organising activities for other people!

Our SEPTEMBER trip to Nooroo Gardens at Mt Wilson was postponed to November because there was hardly a blossom on any tree when Brian & I drove up there to have a look. However, we quickly arranged a Monday Morning at the Movies at Cronulla to see Magic in the Moonlight. It was a great morning with lunch at Engadine Bowling Club. Many came for the shorter trip who may find longer trips too difficult. So I think it is worthwhile considering more shorter trips to cater for these residents.



OCTOBER: There was no tour because Monday 6<sup>th</sup> was public Holiday but we have added a tour in December to make up for this.

We rescheduled Nooroo Garden for NOVEMBER but were thwarted again with the bushfire in Katoomba. Our lunch venue became the evacuation centre and we were advised by RFS that the smoke could be a hazard for “older folk”! We were not destined to see Nooroo this year but the garden is 130 year old so I’m sure it will be there next year.

DECEMBER: High Tea at Tradies at Caringbah. The booking is for 1pm so don’t have any lunch! I have booked for 40 people so we will organise whatever transport we need.

I am taking a break from organising trips in 2015, so if anyone would like to have a go, please contact me (9520 6763) or Megan (8508 3320). I have a possible schedule already listed if that helps.

Thanks for your support for all the trips and I must thank Thelma especially for all her support & friendship. We had some good times.

All the blessings of Christmas to each and every one.

With love

Gail & Thelma



## **BREAKFAST IN THE PARK**

On Friday 14<sup>th</sup> November, 75 self-care residents went by coach or private car to the Royal National Park, for a scrumptious “Breakfast in the Park” in the large shelter shed at Audley. The park was at its very best and the day was bright and clear; a real treasure to be enjoyed by everyone lucky enough to take part in what has become a wonderful tradition at JPV.



As always, breakfast was very special: bacon, eggs, tomatoes, mushrooms and toast cooked on barbecues and washed down with champagne and orange juice and/or tea or coffee.



Brian Fitzgerald was the very able “principal chef” but he was well supported by Megan Parnaby, Stuart Munn, Don Humphrey, Gavin Sinclair and Christine Court.

Unfortunately, our CEO, Will Somerville, was unable to make it this time but he has promised to be at the next “Breakfast in

the Park” to give the event his “imprimatur”.

Sincere thanks to all concerned for what was a truly wonderful morning and, especially, to Stuart for helping to transport the big barbecue from and to JPV.

How blessed we are to have the “Royal” at our doorstep and a Management that cares enough to put on such an event a couple of times a year.

Thank you.

Anonymous





## THE VILLAGE AVIARY

A beautiful feature of JPV that many people do not know about is the wonderful two-storey aviary located in the courtyard between the aptly named Lyrebird & Kingfisher Houses on the ground floor and Bird Haven & Forest Glen Houses on the upper level of the Resident Care Facility (Hostel). It is a truly wonderful and unusual amenity, lovingly cared



for by Treetops Resident, John Bezzina, that is home to more than 90 birds from over 30 species; many of the more recent ones having been donated by John who is a devoted “bird man” with a life time of experience in handling and caring for them.



Among the very many beautiful birds in the aviary, John says his most prized is a magnificent Gouldian Finch (see above) but he was also recently very touched to see a male Scarlet Chest Parrot feeding his five week old infant “while mother was off having quality time with her friends”.

If nothing else, the fact that young are being born and bred in the

aviary is a tribute to how well it has been designed and how well it is maintained by John. How lucky we are that he came to live here!

All residents of the Village are welcome to view the aviary (alone or with friends) from the upper level i.e. Forest Glen House and Bird Haven House during daytime hours. It is accessible via the lift or ramp at the end of the corridor that leads away from the Nurses’ Station in the Hostel.

## QUICK QUICHE (Thanks to Pat Platt)

**HERE**, an incredibly easy no-roll pastry comes to the rescue. The filling is a savoury egg custard with anything you have around cheese, bacon, lightly-cooked vegetables or seafood.

**Ingredients:** Pastry: 90g butter; 2 ½ tablespoons milk; 125g (1 cup) self-raising flour. Filling: 3 eggs; 1 cup cream, milk or evaporated milk, singly or mixed in whatever proportions you choose; ½ teaspoon salt; a good pinch of white pepper; a little finely grated nutmeg; 60g Gruyere or Emmentaler cheese, coarsely grated; 1 tablespoon butter.



**Method:** Filling: Beat the eggs -lightly in a bowl, adding cream or milk, salt, pepper, nutmeg and cheese. Pastry: Put butter and milk into a small saucepan over gentle heat until butter is melted. Stir in the sifted flour and stir to form a ball. Place in a lightly greased 23cm flan tin or pie plate and pat out to line the tin, keeping the pastry very thin on the base and building it up a little on the side. Finish: Pour the filling into the pastry shell and dot with the butter cut into tiny pieces. Bake in a moderately hot oven - preheated to 190c - for 25-30 minutes or until quiche is puffed and browned. Serve warm, cut into wedges and accompanied by a tossed green salad and crusty bread.

## ONE BOWL CHOCOLATE CAKE

**Ingredients:** (Cake) 60g butter at room temperature, 2 tblspns cocoa powder, 1 cup self-raising flour, ½ cup caster sugar, ½ cup firmly packed brown sugar, ½ cup milk, 2 tblspns dessicated coconut, 2 eggs, ½ tsp vanilla essence, chopped walnuts to decorate. (Icing) ½ cup thickened cream, 75g finely chopped dark chocolate, 40g melted butter, 1½ cups icing sugar mixture.



**Method:** Grease a 20cm round cake pan. Line the bases & side with baking paper. Place all the ingredients (except the walnuts) in a large bowl. Beat with electric mixer until all ingredients are just combined then beat on high speed until the mixture becomes thick and changes colour. Pour the mixture into the prepared pan. Cook in a moderate oven (180C) for about 30 minutes. Stand in the pan for 10 minutes before turning onto a wire rack to cool.

To make the icing, heat the cream in a small pan until almost boiling, then transfer to a medium bowl. Stir in the chocolate & butter. Gradually whisk in the sifted icing sugar and refrigerate for 10 minutes.

Spread the top of the cake with chocolate icing and decorate with chopped walnuts.