

# The Village News

## **From the Manager's desk**

### **Some news from me**

Thank you all for your warm welcome back. It feels good to be home. My dad was very grateful Mia and I made the (long) trip to see him. He is doing well so far, thank you to everyone who has been asking. It is still early days with his treatments and only time will tell. It was nice to fill my happy cup seeing my family and friends while I was in Quebec, we made the most of it.

Mia was a champion on the flights, considering we had our last flight going to Quebec cancelled and had to face a long (and expensive!) 5 hours Uber journey overnight, and we had very tight connections coming back, making us run and being the last ones to board on each flight!

More news for those who might not know yet, but Aaron, Mia and I are happy to share that we are expecting a baby boy. Despite Mia really wanting a baby sister at first (so she could carry on watching her favorite doll TV programs), she's very excited to meet her little brother and loves him dearly already. We are struggling to come up with a name, if anyone wants to help us find a "universal" name that is pronounced the same way either in English or in French, I welcome your suggestions! 🙏

### **Last night's dinner function**

Thank you to all for your wonderful feedback on the Spring Dance dinner function last night. Our Head Chef Noris and our Relish Café team are forever raising the bar with their fine dining experience. The help of the students from Pinehurst School is also really appreciated. Thank you to our Social Committee and Robin Cusdin for the room décor, it was on point. It was fun to see residents dressed up for the occasion, we all had a good laugh! We are already looking forward to seeing your amazing outfits for Halloween and Melbourne Cup!

### **Inorganic rubbish collection**

The next inorganic rubbish collection will be taking place between Monday 21<sup>st</sup> October and Friday 25<sup>th</sup> October 2024. Closer to the time, we will confirm the exact date when you can start bringing your rubbish to the back of the Village.

### **Annual General Meeting Tuesday 24<sup>th</sup> September**

Our Annual General Meeting will be held Tuesday 24<sup>th</sup> September at 10.30am in the Lodge. AGM packs were distributed earlier this week. If you have not received your copy, copies are available at reception. We encourage residents to send us questions in advance of the meeting as this allows us to be better prepared to answer these at the meeting. Please forward all questions directly to me no later than Wednesday 18<sup>th</sup> September.

### **Parking on lawns - reminder to all**

An important reminder to all our residents and visitors, please do not park on our lawns. Our gardening team is working hard to manage our lawns and cars can also damage our irrigation system in the ground.

## **Fire Evacuation Presentation**

Thank you to the small group of residents who attended our Fire Evacuation Training with Phil Jackson from Evacuation Now last Tuesday 10<sup>th</sup> September. This was a great informative presentation for residents from villas and apartments. Hope more residents will attend the next session next year.

We will hold a staff fire drill on Friday 20<sup>th</sup> September in the afternoon so expect to hear our fire system in function and see our staff around the Lodge. You are welcome to participate in the fire evacuation exercise if you wish to join us.

## **Residents' private functions**

When holding a private function in one of our Village common areas, we ask residents to please respect our spaces and other residents using the spaces. Please tidy up the area after use, push back furniture if it was moved, and monitor children. There is no booking fee to use any of our common areas but could incur a cleaning fee in the future if need be.

## **Upcoming events**

- Gentleman's Club Breakfast – Friday 13<sup>th</sup> September 10am
- Happy Tuesday 2 for 1 deal - Tuesday 17<sup>th</sup> September
- Annual General Meeting – Tuesday 24<sup>th</sup> September 10.30am
- Ladies' Group Afternoon Tea – Tuesday 24<sup>th</sup> September 2pm
- Residents Monthly Birthdays Morning Tea - Friday 20<sup>th</sup> September 10am

## **Staff updates**

Congratulations to our Maintenance Tony for celebrating his 5 years anniversary at Fairview this week. Thank you for your loyalty, kindness and hard work Tony.

Our Chef Apple will be going on maternity leave from next week. Pop in the Café to wish her the best with her baby girl expected mid-October. You will be seeing her husband Jake covering for her at work here while she is looking after their bundle of love at home. We are already looking forward to her visits with baby. We wish her all the best for the coming weeks and settling in her new role as a mom.

Have a lovely weekend everyone and see you around the Village.

Marika

*My youngest brother Sebastien,  
me, Mia, my dad Renaud  
and my big brother Michael.*

*We organised a surprise birthday party for my  
dad's 65<sup>th</sup> while I was in Quebec. He didn't  
expect it and was very happy to see his  
friends and family all gathered.*





## Health and Wellbeing Corner

Afternoon to all

**\*\*\*\*Please note to all Dr Paul Hunters patients - He is away from 27 September to 4 November. His nurse Angela will be in the practice for essentials. Please ring in advance to organize any prescriptions or visits you may require.\*\*\*\***

A few people have approached me this week and saying they are losing their marbles... after some discussion, it appears they have not been, or minimally drinking, water. As we age, it's important to drink water as dehydrating the brain can develop delusional behavior at times. It may be due to other reasons, but increasing your water intake is certainly a great start (unless you are on a water restriction due to medication).

I saw the below some time ago, and I truly value the meaning behind this and thought I would share it with you all. It's vital in life, and my life, to be grateful for the things we have. We never know what the future holds for us all.

### **Message to our adult kids**

“What do you want for Christmas”?

Thinking about it, I decided to give them my real answer.

I want you to keep coming around.

I want you to ask me questions, ask my advice.

Tell me your problems.

Ask my opinion, ask for my help.

I want you to come over and rant about your problems rant about life ... whatever.

Tell me about your job, your worries, your classes.

I want you to continue sharing your life with me.

Come over and laugh with me, or laugh at me.

I don't care, hearing you laugh is music to me.

I want you to spend your money making a better life for you.

I have all the things I need, and all I want is to see you happy and healthy.

When you ask me what I want for Christmas I say “nothing” because you've already been giving me my gift all year.

Love and cherish the relationship the people that are special in your life, sometimes those people are not always our blood relations, but our chosen family.

### **Upcoming presentation:**

- Friday 4<sup>th</sup> October: Audika Audiology at 10.30am in the Lodge

Maria and the nursing team



## From the Chef's Oven

Did you know?

1. We sell bottles of milk, bags of fruits and loaves of bread.
2. There are always vegetarian dishes available, even if not on our menu or cabinet. Just ask us! We can prepare mushrooms on toast, vegan breakfast and vege club sandwiches.
3. We can choose your favourite lettuce on the kitchen menu: iceberg, baby spinach, mixed garden salad.
4. We have different kinds of bread to choose from: ciabatta, brioche bun, multigrain, rye, white bread and gluten free bread.
5. We have our own Relish Café Loyalty Card. Stamp all 9 coffees and the 10<sup>th</sup> coffee is on us. Simply ask one of our team and every time you order coffee, we will stamp it for you.

### Spring Dance Dinner

Thank you all for your wonderful feedback on our 3-course meal from last night. Check some of our photos below and the wonderful room décor from our social committee.



### Upcoming Events

#### Gentlemen's Club Breakfast – Friday 13 September 10am

Come along to our next Gentlemen's Breakfast where we will be serving homemade pancakes (2 pieces), with streaky bacon and banana served with seasonal fruit and maple syrup for only \$15. Payment and bookings at the Café.

#### Happy Tuesday 2 for 1 Dinner – Tuesday 17<sup>th</sup> September

Thank you all for booking early for our Happy Tuesday deal. The Dinner Deal is now **SOLD OUT**. Also, please confirm your dessert bookings. The Happy Tuesday deal is on 17<sup>th</sup> September, and we will have a culinary tour to Ireland with an Irish and Guinness Beef Stew dinner meal.

### **Ladies Club Afternoon Tea – Tuesday 24<sup>th</sup> September 2pm**

There will be a selection of sweet and savoury goodies, plus your favourite barista coffee for only \$10. Please make your bookings at the Café.

### **Grand Parents Day Special Lunch – Sunday 6 October 12pm**

Please save the date. We will have a French inspired two course meal, with your choice of main meals, including a dessert for \$25. On this day, kids will eat for \$7 with a complimentary ice cream.

### **Frozen Meal Sale - One day only**

Save this date: All frozen meals will be **BUY ONE GET ONE FREE** tomorrow on Friday 13<sup>th</sup> September. Yes, you read it right, it's not a misprint. Pick up only, 1<sup>st</sup> come 1<sup>st</sup> served. No hold.

### **Donut Friday**

They are only \$4.00 each or 3 for \$10.00. Better be quick - first come first served!

### **Chef's Special for the month of September**

This month, we will take you to Mexico and will be serving you our famous Chicken & Mushroom quesadilla. It's a grilled chicken and mushroom filled tortilla wrap with melted cheese, served on a bed of garden salad, drizzled with BBQ sauce and aioli, topped with sour cream and mashed avocado.

Noris and the Relish team



### **Gardening Update**



Hello everyone!

Our beloved Cait has moved on, and I know we will all miss her dearly. However, rest assured she has taught us well and we're committed to continuing to improve the state of the village.

We are currently undertaking the croquet spring maintenance with Darcy, Head Gardener at Settlers. Unfortunately for our Croquet players, this will mean no playing for the next three weeks. Meanwhile our expert water-blaster Connor has washed the tiles surrounding the bowling green in preparation for an upcoming tournament. We're also resuming regular fortnightly mowing from this week so we can keep up with the sudden spring growth.

We are in the process of hiring 2 new gardeners to join our team. We have 2 strong candidates and are hoping to confirm their employment shortly so we can introduce them in the next newsletter

Once we have our two reinforcements, we will resume regular garden maintenance, going from street to street maintaining the gardens to your specific requirements. This will give everyone a chance to meet our new team members and will give them a great introduction to our village. We will also complete the lawn renovations in October. Until then, Matt, Connor, and I will be going from street-to-street testing and programming the irrigation system in preparation for summer and undertaking the cleanup of the top pond.

I'm looking forward to the coming months and appreciate everyone's patience while we wait to get back up to a full team.

Sincerely, Wesley

## What's on this Coming Week and Next



### **Movie Group – Tuesday 17<sup>th</sup> September – Ladies in Black**

A young girl joins the mature, experienced sales ladies in black at a 1959 Sydney department store. A popular movie by request. Stars Julia Ormond, Angourie Rice and Rachael Taylor

You are very welcome to join our Movie Group each week. Take a comfortable chair and enjoy good entertainment on a big screen with awesome sound. Don't miss the musical concert movie at the end of each month. Peter Woolnough



### **Friday Night Raffle**

The dwelling draw was drawn by Cait the gardener on her last day with Fairview. The winner was Annette Cook. Congratulations Annette.

The main raffles were drawn by Colleen Leonard. The winners were: Angela Woolnough, Maureen Capon, Len Hancy, Mark Jennins, Neville Turner, Bill Morrison, Alison Leadley, Evelyn Ross, Gareth Hancock, Diane Brown (No.1), Ted Ranyard, Sandy Watson, Bruce McClintock, Natasha Nevill, Jillian Milne, Jocelyn Goodger, Peter Thompson, David Brand, David Ellis, Shirley Hughes, Cynthia O'Callaghan, Bruce Benfell, Daphne Markwick, Luella Jacobson, Dianne Turner, Cathy Lloyd, Gordon Tasker, Patrick Knell, Clark Robbie, Lois Hadfield, Pam Glaum and Chris FitzPatrick.

We look forward to seeing you all again this Friday.  
Diane Brown, Raffle Convenor



### **East Coast Bays Catholic Parish - Friday 20<sup>th</sup> September**

Our Liturgy Service for this month will be held in the Sunroom on the 3<sup>rd</sup> Floor on Friday 20<sup>th</sup> September at 11.00am. Holy Mass will be celebrated by a priest of our Parish. We are indeed very privileged to have a priest in attendance and to lead us at our regular Liturgy gatherings. Following the Mass, we will enjoy refreshments together in the Lounge. A warm invitation is extended to all who may wish to join our small community in prayer and friendship.

For further information please contact Natalie Turner Ph: 479 9527

## Residents' Notices

### **Bingo Anniversary**

What an amazing night we had for our 1-year Bingo Anniversary. A night of fun and laughter with a buzz of excitement as the winners collected their money.

We had 58 people attend with 30 visitors from Settlers and Mayfair Villages plus family members from Fairview.

Congratulations to all winners and especially Marianne from Mayfair Village for winning the \$100 Jackpot.

We look forward to seeing you all on Saturday 5 October, our next Bingo night. Come along and join in the fun, you might be the next BIG winner.

The Bingo Team

### **Gareth's Puzzle**

Last week's puzzles:

If you lay out your 52 deck of playing cards in alphabetical order, which will be last?

What is the next letter in this sequence? S,M,H,D,W,M,?

And the answers are

Two of Spades

Y - the sequence is second, minute, hour, day, week, month, YEAR

This week's puzzles.

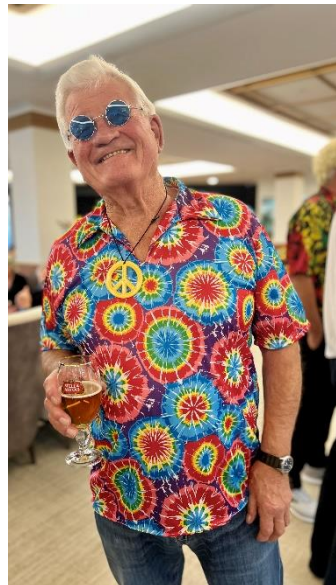
What number comes eighth in this sequence 4, 27, 36, 5, 86, 43, 72, 8 ?

What phrase comes fourth in this sequence?

I am not, They aren't either, However quizzing befuddles, ??

Good luck

Some photos from last night's Flower Power Spring Dinner and Dance





## LAUGHTER LINES

Famous Last Words:

1. Die! That's the last thing I shall do. *Lord Palmerston.*
2. If I could drop dead right now, I'd be the happiest man alive. *Sam Goldwyn*
3. Go away! I'm all right. *HG Wells*
4. I should have switched from Scotch to Martinis. *Humphrey Bogart*
5. I've never felt better. *Douglas Fairbanks, Snr*
6. How were the receipts today at Madison Square Garden? *PT Barnum*

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A father asked his young daughter what she'd like for Christmas. She said what she wanted more than anything was a baby brother. The timing was perfect, and on Christmas Eve her mother came back from hospital with a baby boy. The following year, the father again asked his daughter what she'd like for Christmas. "Well, she replied. "if it's not too uncomfortable for Mummy, I'd like a pony."

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Two Aunts were watching their four-year-old niece watching television. One said to the other, "What a pity that she isn't very **P - R - E - T - T - Y**." The little girl turned around and said, "It doesn't matter, so long as I am **C - L - E - V - E - R**."

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A woman bought a whole range of anti-aging cosmetics and spent the whole afternoon in the bedroom applying creams and potions to various parts of her body. She then went downstairs and said to her husband, "Tell me honestly, darling – how old do I look?" He replied. "From your skin – 17; from your hair – 20; from your figure – 22." "Ooh, you old flatterer," she gushed. "Wait a minute," he said. "I haven't added them up yet."

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A septuagenarian millionaire had just married a young and beautiful 25 year old woman. "You crafty old thing," said his friend. "How did you manage to get such a lovely young wife?" "Easy," replied the millionaire. "I told her I was 95."

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A medicine man was selling his magical potion to a crowd in a small American town. "Look at me," he cried. "I am as fit as a fiddle and I am three hundred years old." One of the locals asked the medicine man's assistant. "Is he really three hundred years old?" "I don't know," said the assistant. "I've only worked for him for a hundred years."

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A wife wanted snails for dinner and sent her husband out to get some. After buying them he stopped off at a bar for a quick drink. Staggering home four hours later, he tripped on the door step and dropped the snails everywhere. Hi wife heard the commotion and came to see what had happened. "You've been gone four hours," she shouted. "Come on you lot," said her husband to the snails. "We're nearly there."

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A Little bit of Trivia:

1. Babies are born with 300 bones, but by adulthood, we only have 206 in our bodies.
2. In 1547, British law was amended to end the practice of boiling people to death as punishment for criminal behaviour.
3. On average, a kidney of an adult weighs about 140 grams and processes about 1600 ltrs of blood a day.
4. The average person who stops smoking requires one hour less sleep a night.
5. The Adélie penguin was named after the French explorers Dumont d' Urville's wife.

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And finally: Behind every successful man is a woman, behind her is his wife. *Groucho Marx*

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From the joke books of A. Nonny Muss

*Gentlemen's Club*  
**BREAKFAST MENU**



**Friday 13th September 10am**  
**\$15/person**

**Homemade pancakes**  
**streaky bacon**  
**grilled banana**  
**seasonal fruits**

*Book and pay at Relish Café  
by Tuesday 3rd September 12pm*

## **Strength and Balance**

Monday 16 September - 10.30am – 2<sup>nd</sup> Floor Lounge  
Please remember to bring your water bottles.  
It is very important to keep your fluids up.

## **Physiotherapist**

Darrell has a clinic every Tuesday and works from the Doctors Room on the 3<sup>rd</sup> floor.  
If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

## **Beautician**

Wednesday 18 September.  
Natalie is at the Village every Wednesday from 9.45am – 4.00pm.  
She works from the Doctor's Room on the 3<sup>rd</sup> floor.  
Call or text on 0211458542 to make your booking.

## **Restorative Yoga with Joy – Stretch Strengthen Revitalise**

Thursday 19 September - 1.30pm – 2<sup>nd</sup> Floor Lounge  
Monthly prepaid fee of \$20.00  
We appreciate the subsidy from the Village Residents' Committee

## **Aqua Class with Libby**

Friday 20 September – 9.15am – Level 2 Swimming Pool  
\$5.00 per class

***Attendance at the aqua class has been dropping and Libby will not be able to continue if people don't attend more regularly.***

## **Doctor (Last visit until 14<sup>th</sup> November)**

Thursday 19 September – 2.00pm to 3.45pm – 3<sup>rd</sup> Floor Doctors Room  
Please contact reception if you would like an appointment to see Dr Paul Hunter

## **Podiatrist**

Thursday 19 September – 9.00am to 12.00 noon – 3<sup>rd</sup> Floor Doctors Room  
Please contact reception if you would like an appointment to see Paul Hames

# WEEKLY SCHEDULE

16 September to 22 September 2024

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

<b>Mon 16 Sept</b>	Hair Salon with Lisa	9.30am	3 <sup>rd</sup> Floor Salon with Lisa
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
<b>Tue 17 Sept</b>	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting)	9.00am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Happy Tuesday 2 for 1 Dinner	6.00pm	3 <sup>rd</sup> Floor Lounge
	Mahjong	1.00pm	3 <sup>rd</sup> Floor Games Room
	Movie Group	7.15pm	<b>Ladies in Black</b>
<b>Wed 18 Sept</b>	Hair Salon with Margaret	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Dance Practice ( <b>POSTPONED</b> )	<del>9.30am</del>	<del>2<sup>nd</sup> Floor Lounge</del>
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Thu 19 Sept</b>	Hair Salon with Margaret	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Croquet (weather permitting)	9.00am	Croquet Green
	Podiatrist	9.00am	3 <sup>rd</sup> Floor Doctors Room
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 <sup>rd</sup> Floor Sunroom
	Yoga with Joy	1.30pm	2 <sup>nd</sup> Floor Lounge
	Doctor Hunter ( <b>last visit until 14 Nov</b> )	2.00pm	3 <sup>rd</sup> Floor Doctors Room
<b>Fri 20 Sept</b>	Hair Salon with Kim	11.30am to 3.00pm	3 <sup>rd</sup> Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby	9.15am	Level 2 Swimming Pool
	Catholic Liturgy	11.00am	3 <sup>rd</sup> Floor Sunroom
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	4.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Sat 21 Sept</b>	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
<b>Sun 22 Sept</b>	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



*Relish Café*  
By Chef Noris & Team

# Dinner Menu

## 16 to 22 September

Bookings by **1pm**  
Please phone 09 477 3957

Small Meal \$18.00 – Large Meal \$20.00  
\$2.00 Delivery Fee applies per Villa

### Monday (Pork)

**GF** Grilled pork belly with BBQ sauce, steamed vegetables & mashed potatoes

### Happy Tuesday (Beef)

**GF** Irish & Beef Guinness stew, peas and carrots  
parsley mashed potatoes

### Wednesday Roast (Choice of meat)

**GF** Roast lamb leg slices and its trimmings, jus & gravy  
Or Roast chicken  
served with peas, roasted potatoes & pumpkin

### Thursday (Chicken)

**GF** Spanish style baked chicken, grilled mushrooms, steamed peas  
garlic & lemon butter roasted potatoes

### Friday (Fish)

Market Beer-Battered fish with tartare sauce, slaw and fries  
Or baked salmon with hollandaise sauce, steamed vegetables and mashed potatoes  
(large only)

### Saturday (Chicken)

Chicken Katsu, teriyaki sauce, steamed vegetables & egg fried rice

### Sunday Roast (Beef)

Beef Roast in classic gravy, roasted pumpkin, carrots & potatoes, Yorkshire pudding

### Optional Dinner Menu – in foil tin:

Roast Lamb, Pork Ribs, Braised Sirloin, Beef Brisket