

# Under The Stars

REFLECTING LIFE'S JOURNEY...

A Quarterly Publication of Southern Cross Care (Tas.) Inc.

SPRING 2017



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SOUTHERN CROSS CARE (TAS.) INC.

## GREAT GRANDPARENTS DAY 2017

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Cover: Springhaven Lifestyle Village  
Inset: Ali Taylor enjoying Great Grandparents Day at Fairway Rise

# TWO-WAY TAXI TRUCKS

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# IN THIS ISSUE

SPRING 2017

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## ADDRESS

85 Creek Road New Town 7008

## POSTAL

P.O. Box 815

Moonah Tas 7009

Email: melissa.coad@scctas.org.au

Phone: 6214 9717

## EDITOR

Michael Swinson

Email: mike@cimatters.com.au

## FEATURE CONTRIBUTORS

John Birkett

Eric Byrne

Shireen Diez

Dean Ewington

Pat Flanagan

David Johnstone

Andrew Jones

Greg Kerin

Tim Pain

Judith Sweet

## UTS MANAGEMENT COMMITTEE

Alex Macaskill

Michael Mazengarb

Mike Swinson

Pauline Robson

Tom O'Meara

## ADVERTISING

Melissa Coad

Ph: 6214 9717

Michael Mazengarb

Ph: 0438 387 189

## CIRCULATION

Melissa Coad

Ph: 6214 9717

## DESIGN

Gray Matters Advertising

Suite 12, Level 3, 33 Salamanca

Place Hobart 7000 Ph: 6224 8777

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*Caring across Tasmania*

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# FROM THE EDITOR

Over the past few months I have visited a number of Southern Cross Care facilities and centres and have been privileged to meet a group of people whose stories are told in this magazine. On Page 5 you will meet Martin and Judith Jones. If you are a staff member or a resident of Yaraandoo, at Somerset in North West Tasmania then you will almost certainly know this couple. Martin was the first DON at Yaraandoo, from the moment it opened its doors. Judith was one of the first RN's.

What's remarkable about Martin is that he is a walking talking medical miracle. At one stage in his early life he was diagnosed with an obstructive heart murmur. The only surgery available at that time had so far proved fatal to everyone who had gone 'under the knife' as some none too gently put it. Martin survived and his operation procedure became a critical teaching resource for budding heart specialists for years to come.

In our 'Across the Table' feature you will meet Yaraandoo resident, Lucy House. Lucy is one of those fellow travellers who knows she is a glass half full girl, in fact if I was totally honest I would describe Lucy as a 'glass overflowing gal'!

Why is that that some of us are positive about the world around us and others negative? How would you face the world at Lucy's age, after coping with ten successful births? Lucy is still smiling. Her own birth was captured on celluloid at the newly established teaching hospital in Hobart, the Queen Alexandra Hospital, as she was the first caesarean birth in that establishment and doctors wanted a film to show trainees what you had to do to get a baby out



quickly using a scalpel! That movie was made in September 1932.

Lucy still has a broad grin on her face, still drives and has a map of Australia on her wall. That map is criss-crossed with highways and byways that have been highlighted by text as the routes

Lucy has travelled, either with her husband or without him after he died. Lucy has been a passenger on the Bass Strait ferries (with car/campervan and/or caravan) 68 times.

Finally a sad farewell to Facility Manager at Yaraandoo, Glenn Wickham. It was a tough decision for Glenn to make but he said "I loved most of the staff at Yaraandoo, they are a dedicated and hard working group and I appreciated the loyalty and support I received. My heartfelt thanks to all those who have helped out and supported me over the years."

Glenn joined Southern Cross Care in 2009 as a Registered Nurse and quickly progressed to being the Clinical Care Coordinator and then Facility Manager for just over six years. It is a demanding role, running a large aged care facility, having to fill in as an emergency registered nurse at times when no-one else is available.

Glenn applied for the job as RN because it was closer to his home in Burnie, as he had been working at Latrobe Hospital. As Pauline Robson, SCC's Director of Residential Business Services put it, 'Glenn worked hard to promote Yaraandoo as the best Aged Care Facility on the North West Coast and the constantly 98/99% occupation of the facility over the years is testament to his success.'

We wish Glenn well.

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Suite 12, Level 3, 33 Salamanca Place, Hobart TAS 7000



# Yaraandoo

## PICTURESQUE VIEWS OF THE COAST



GLENN WICKHAM

### The legacy of Yaraandoo's first DON, Martin Jones and his wife Judith, one of the Facility's first RN's

Easily recognised, much loved, highly regarded by all who know them, acknowledging people who walked past with a warm hearted hello, a hug or a caring touch of a hand on a shoulder, that's the way this remarkable couple are with others. You can almost reach out and touch the compassion, empathy and friendship that emanates from these two people.

As we sat in the foyer of Yaraandoo talking, there was a steady stream of people coming past, a mix of residents, family and staff who nearly all wanted to say g'day or stop and chat. Martin had just finished conducting the regular church service in the chapel. He does that with Judith's help twice a week, even though he spends some time in a wheelchair these days.

Martin Jones was the inaugural Director of Nursing of Yaraandoo. That title meant he was the equivalent of a Facility Manager. Martin and his wife, Judith established Yaraandoo from the time when the building was first completed.

Prior to his retirement Martin was a long standing Board Director of Aged and Community Services Tasmania. He served on the Board for a very lengthy period of time and was awarded life



▲ L to R: Old friends together, Martin Jones, Judy Sturzaker (a carer at Yaraandoo) and Judith Jones

membership for his efforts. He would travel to Canberra many times to represent Tasmania at national meetings, attempting to bring common sense to an aged care world that seemed to lack much of that essential ingredient.

Martin and Judy's story is a fascinating one and one that is too complex and detailed to do justice to in this article. Suffice to say I shall endeavour to do them justice in the space I have available.

Martin always wanted to be a nurse, but it wasn't seen as a suitable career for a bloke in those days, so he didn't manage to do what he wanted to do until he was 18 years old, didn't take him that long did it? He trained near Newcastle, then moved to Richmond, also in NSW and was told that he was a great listener and that he would be well suited to training as a psychiatric nurse. That's what happened.

However, a serious medical condition called a halt to work and play when he was 21, he was diagnosed with an obstructed heart murmur and a major operation followed. Before the surgery he was told that he probably wouldn't survive, he did and soon after was told he had 3 months to live!

Luckily for us all, he did survive and is still going! He was a medical miracle, the first patient to survive this new operation in Australia, everyone else who had

undergone the surgery had died.

Many years later when seeing a heart specialist in Launceston for the first time, Martin was told that the specialist knew all about him as his case and survival was used for many years as part of the curriculum for those studying medicine.

Martin has worked in Launceston General and Wynyard Hospitals, and when at Burnie became the Charge Nurse and stayed 19 years. Judy was the Charge Nurse at Burnie so that's where they met, she was in effect his boss! They married after being friends for many years and have 5 children.

He started work as the first DON at Yaraandoo and ended his career here in 2006. Judith moved from being Charge Nurse at Burnie to being an RN at Yaraandoo. He worked the day shift and looked after the children after school, Judith worked the evening shift and looked after the kids during the day and getting them off to school. They are a great team. Martin and Judy are both highly respected and are always warmly welcomed back to Yaraandoo whenever they visit.

Oh, by the way, I forgot to mention that Martin was also the Chairman of the Tasmanian branch of the Knights of the Southern Cross for 16 years, the organisation that drove the establishment of Southern Cross Care.



▲ Martin with Certificate





# Mary's Grange Apartments

## EMBRACING THE DERWENT ESTUARY

ANN BINGHAM



### BEDE'S STORY

By Margaret Wynter LLO

Who better to bring a sense of homeliness and comfort to seniors in a residential facility than a dog. In the case of Mary's Grange, a little old West Highland Terrier called Bede (pronounced Beed). Bede was adopted by the Lifestyle and Leisure Coordinator Margaret in October 2014. (That's me!)

I experienced one of those strange happenings that are not easily explained. I would normally never visit the animal shelter, but felt drawn to this visit by some strange unexplained force. I went and was met by someone who had previously worked at Mary's Grange. 'I've got just the dog for you!' She did and she took me to a little white dog in a nearby cage. The dog was Bede and from that moment we have hardly ever been apart.

Bede soon settled into a work routine at Mary's Grange. He is a favourite of many residents and staff. Poor Bede had many tummy issues when he was adopted and Bede's vet working closely with me have worked very hard to make him a well dog. The residents too have played their part; Bede has been the recipient of many prayers and good wishes. The residents also keep a sharp eye out to make sure that Bede is not fed any treats. They need to do this because Bede is a 'little dog with a big gob'.

I was reminded of this when taking him



▲ Bede with John Livingstone and Sasha Milovanovic during a Pete Campbell Concert

for a walk with resident Mr Livingstone. There were autumn leaves everywhere. Bede was sniffing here and there, the sun was shining.

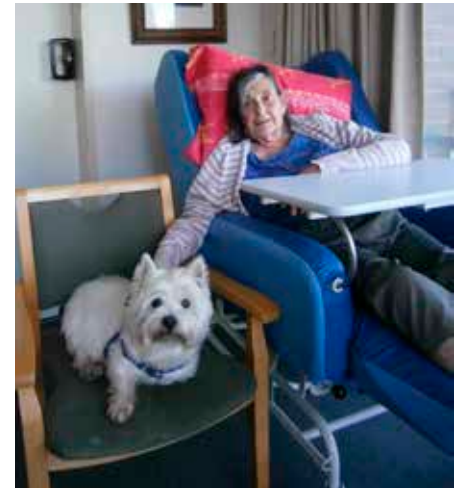
Then all of a sudden Bede rushed at some leaves and like a vacuum cleaner he sucked them quickly into his mouth. "Oi, Oi!" I said loudly as I leapt and thrust my hand down her jaws. From that little mouth I pulled out a huge slice of pizza covered with pretty autumn leaves. Being a Westie guardian is not for the faint hearted or those with a queasy tummy.

When at work Bede likes to join in many activities and can often be found in concerts, at the movies or sitting by me as I call bingo. Some of the loveliest interactions are the simplest ones. Bede will be sitting in a lounge area and very soon a group of residents gather around him, they ask about him and share memories of their own dogs, happy memories and sad ones, all are acknowledged. Bede seems to sense the loneliness in some people and will try and help, a gentleman sitting alone will find a little dog sitting at his feet looking up at him. Or a lady who often wanders and will only sit for a few minutes

is held in her chair because Bede has put his head on her slippers and gone to sleep.

A few days ago I left Bede in the care of one of the residents for a few minutes and on my return I found him sitting between three gentlemen who were enjoying his company and a chat.

A couple of years ago a lady summed up Bede's role at Mary's Grange, "He has turned this place into a home, it is lovely to see him trotting around"



▲ Resident Marilyn Waite with her friend Bede

Bede is getting old now, he is 15, and he doesn't trot much anymore he is slower paced just like many of the residents but they love him all the more because he knows how the cold makes old bones ache, the residents know that they are not alone in what they are feeling as they age, Bede is with them.



▲ Bede in the Bush sketch by Margaret

**If people want a copy all funds from the book go to Westie Rescue in Tasmania.**

To obtain a paper copy please email Westie Rescue at:

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# Showtime

WITH MOVIE CRITIC ERIC BYRNE



Whatever the personal drawbacks of the moguls who ran the old Hollywood studio system (and they were, to a degree, mini tyrants) there is no denying that they loved movies and were not afraid to balance their escapist fare with films that tackled serious problems and social issues.

Darryl F. Zanuck, head of 20th Century Fox, in particular, tackled such themes as anti-Semitism in "Gentlemen's Agreement" and "Pinky", racial bigotry in "No Way Out", mental illness in "The Snake Pit", lynch mob violence in "The Ox-Bow Incident", the mental stress of wartime command in "Twelve O'Clock High" and the plight of the dispossessed in "The Grapes of Wrath".

That adventurous spirit no longer exists in the Hollywood of today. The great studio visionaries have been replaced by numbers crunching executives with no real interest in the art of film making. Everything is reduced to profitability and the bottom line because most of the major studios are now owned by oil companies, news corporations or Japanese electronic conglomerates. It's no surprise that the most profitable studio in Hollywood is Disney, which has resisted takeover attempts and has, conversely, itself acquired Pixar Productions, the Marvel comic strip empire and Lucasfilm, which includes the multi-billion dollar "Star Wars" franchise.

The other major studios today exist in a state of paralysis. Too scared to try anything new or different they keep plunging all their resources into digital effects driven celluloid circuses that cost hundreds of millions of dollars to produce and need to be enormous box

office hits to realise a profit. However, the tide of public opinion appears to be changing. What were once considered to be sure fire hits, huge movies like "The Mummy", "Ghost in the Shell", "King Arthur", "Alien: Covenant" and the latest "Transformers" and "Pirates of the Caribbean" have performed well below expectations. So while the odd blockbuster like "Wonder Woman" or the new "Spiderman" movie can still hit big, these giant tentpole movies are no longer a sure thing.

To make matters worse, Pay TV is now making massive inroads into the viewing audience due to the enormous quantity and quality of material on offer. Long-time producers of great TV programming like HBO, Showtime, Hulu and AMC have now been joined by the likes of Netflix and the giant Amazon Corporation and are attracting the best talent in the business.

old Hollywood for the small screen in droves, driven by the attraction of quality material that the big studios won't take a chance on and the opportunity to develop compelling narratives in long form story telling.



▲ Darryl F. Zanuck



▲ Julia Roberts

Big names like Kevin Spacey, Julia Roberts, Al Pacino, Robert Redford, George Clooney, Brad Pitt and Tom Hanks are just a few of the talents taking advantage of this new golden age of television. There is no doubt that this outpouring of excellence is far superior to the majority of that turned out by the major studios. What's more, several of the pay services like Netflix and Amazon offer their newest series in bulk, so that subscribers can binge watch all 10 or 13 episodes of, say, "House of Cards" immediately instead of waiting for weekly instalments like the programmes on free to air TV.

Then, of course, technology has advanced to such a degree that smart TV's offer a multitude of functions and with the screen size getting bigger and bigger more and more people are turning areas of their home into mini cinemas. So old Hollywood is gone forever and one can only speculate as to what drastic steps the major studios (Disney always excepted) will have to take in order to survive.



▲ Martin Scorsese

Netflix, for example, spent some \$80 million to acquire Brad Pitt's "War Machine" and Martin Scorsese has \$160 million at his disposal to make his next gangster saga with Al Pacino and Robert Di Niro. A large number of the best actors in the world are deserting





# SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

14TH JULY 2017

## AINSLIE LOW HEAD

Great Grandparents Day was held on 14th July at Ainslie and was a huge success this year with a large number of families attending for the afternoon.

We had 11 nominations from great grandchildren to celebrate with their great grandparent. All the children that nominated great grandparents received a gift from Southern Cross Care. These gifts were appreciated by the recipients.

The great grandchildren were asked what made their great grandparent special to them.

Following the presentations we were entertained by Scott Haigh who is a regular visitor to Ainslie and the residents always enjoy his music.



▲ Megan Sherriff, Elsie Sherriff, Michelle Gee & Roy Gee

**Zahlee Ford – “Her Scottish accent, which always makes me smile”**



▲ Sadie Laird (seated), Heather Currant CCC, Ryan Ford, Zahlee Ford & Tracey Ford



▲ Heather Currant CCC, Cameron Barker, Maureen Porter, Jakeb Barker, Donna Bowerman, Maree Bowerman & Sarah Barker – Graeme Porter- resident of Ainslie great grandfather was unwell and unable to attend

**Porter Family – “Nan & Pop can be funny when they ask what I did at school and I make them guess”**



▲ Lynette McAllan with her daughter Jenny



▲ The Gorsuch family



# SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

14TH JULY 2017



▲ Two of our residents, Margaret and Louie, share great grandchildren. Louie Gaetani, Margaret Coogan, Scarlett Doherty, Carla Coogan, Eloise Doherty & Emma Doherty

*Scarlett Doherty – “My old grandparents like to look at photos of me and my sister”*



▲ Betty Bignell with her great grandchildren Jazmin, Georgia, Archie & Jonty

*Bignell family – “When Nan thinks something is funny her laugh is great”*

## GUILFORD YOUNG GROVE

Great Grandparents Day this year was celebrated with a lovely afternoon tea put on for our residents.

We only have a few great grandparents amongst us here at Guilford Young Grove.

Maxine Devine, Rod Grosvenor, David Gifford, Phyllis Burrows, Rhona Winter, Elma Miller, Rob Burnett, Agis Konstantinidis, Joan Brand and Rod Cooper.

Everyone was invited to help us celebrate.

It was a wonderful afternoon had by all, being able to catch up with family members and share past stories with each other.



▲ GYG resident Elma Miller with her great grandchildren – Harry, Sabrina & Charlie Jackson (Charlie at front). They arrived at the GYG function too late to be included in the formal photos

*Elma Miller Family – “Our Gran lives at Guilford Young Grove and is the only one we have, we love going to her place for Christmas, she is always so sensible!”*



▲ Resident David Gifford with his granddaughter Caroline & great grandchildren Charlotte, Eliza & Thomas





# SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

14TH JULY 2017

## FAIRWAY RISE

On Friday the 14th of July at 10.30am Fairway Rise celebrated Great Grandparents Day.

Facility Manager Mandy Woodorth and Turbo opened the celebrations and with the assistance from Lynette Kent Leisure and Lifestyle Coordinator presented gifts and certificates to the great grandchildren and their great grandparents.

Michael Colrain and Audrey Smith provided the entertainment with a concert which was enjoyed by all in attendance. The children loved playing in the Magic Garden play area where there were books, toys and games to enjoy. Everyone was invited to enjoy a delicious morning tea provided by Jason Turnbull and the catering staff in the main kitchen.

The morning's celebrations were captured by Volunteer Ross Kent. The great grandparents and the great grandchildren had the opportunity to have family group photos taken by Ross as a special keepsake of the day.



▲ Lynette Kent, Ned Jones and Mandy Woodorth and Turbo



▲ John McCormack, Ruby Taylor, Rebecca Davis and Ali Taylor



▲ Ali Taylor



▲ Ned, Billie, Rachael Jones and Elaine St Hill



▲ Mandy Woodorth, Lynette Kent and Barbara Johnson



# SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

14TH JULY 2017



▲ It's time to celebrate with friends and family

## ROSARY GARDENS

Great Grandparents Day was celebrated at Rosary Gardens with resident Marjorie MacDonald and her great grandchildren Lucy and Jack Miller as the guests of honour. Other residents joined with them for nibbles, drinks and cake!



▲ Marjorie MacDonald with great grandchildren Lucy and Jack Miller

## GLENARA LAKES

Great Grandparents Day was celebrated at the Apartments on Friday, 14th July, 2017. Invitations had been sent out to all families of residents who were nominated by their grandchildren to receive their love.

Leisure and Lifestyle carer, Dee McLoughlin, presented certificates and presents to the great grandparents who were present. Great grandchildren who had come to spend the afternoon with their respective great grandparent, each received a beautiful book, courtesy of Southern Cross Care. All great grandparents also received a box of chocolates from SCC to share with their great grandchildren.

A sumptuous afternoon tea had been prepared by the kitchen staff and a great afternoon was had by all.

Thank you to all those families who made the effort to attend this very special occasion.



▲ Resident Kath Adams with her great grandchildren, and carer Dee McLoughlin



▲ Dee with great grandmother Phyllis Curtis receiving her certificate





# SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

14TH JULY 2017

## MOUNT ESK

We have celebrated Great Grandparents Day at Mount Esk in July. What a privilege it is to have four generations of one family together. We have spoiled Great grandparents, grandparents, kids and grandkids with gifts and an afternoon tea.



▲ Joe Hallam and family



▲ Max Targett and family and Rebecca Eiszele



▲ Vera Spicer and family and Rebecca Eiszele



▲ Vera Spicer and family and Rebecca Eiszele



## SANDOWN APARTMENTS

Sandown Apartments celebrated Great Grandparents Day with afternoon tea and a presentation of staff/ residents' favourite books; stories that their grandparents once read to them or that they have read to their grandchildren. It was a most enjoyable afternoon with many saying it bought back lovely memories and made them think of happy family times.

◀ Celebrations, stories and happy memories at Sandown



SOUTHERN CROSS CARE (TAS.) INC.  
**GREAT GRANDPARENTS DAY**

14TH JULY 2017



▲ Joey Walsh with his Great Grandmother Adeline Jones, Pauline Robson the Director of Residential and Business Services and Great Grand Daughter Kelsey Walsh

## YARAANDOO

Adeline Jones was selected for this special occasion by her granddaughter Krystal Walsh. Adeline's great grandchildren, Kelsey Walsh (7) and Joey Walsh (8) wrote a lovely story about their great grandmother.

*Joey Walsh – “My Nan gives me lots of hugs, great hugs and we have Easter egg hunts and Christmas lunch at her old house. We thought there was a bird inside the house once, every time we opened the fridge we heard the bird, so we looked and looked. Then we worked out it was the fridge door making the bird noise!”*

*Kelsey Walsh – “I love her very much, she gives me lots of hugs and kisses. She makes me giggle and we have lots of Easter egg hunts at Nan's every Easter.”*

Nola Foss was selected by her granddaughter Kylie Foss for this special day. Nola's great granddaughter Tilly wrote:

*Tilly– “She always tells me how much she loves me and tells me I am beautiful. I love playing with her dolls and teddy bears and she is always happy and laughing and tells me good stories about my family.”*

Nola's son Michael Foss was present to share the celebrations, however Tilly couldn't be there as she is away at a boarding school in England.

We would like to say a huge thank you to Pauline Robson who came to Yaraandoo to share the happy moments and to present gifts to all.



▲ Nola Foss with her son Michael Foss



# Sandown Apartments

PRIME LOCATION AMONGST THE GARDENS



MARGOT COMBES

## TEAM CHARLOTTE

By Sandown RN David Aiken

Back when I was student nurse I met Carrie Leppard who was doing exactly the same course as me. Her now seven year old daughter Charlotte has Cystic Fibrosis. As her 65 Roses challenge to raise money and CF awareness she was to have 65 photos with different dogs all within the month of May. To assist Charlotte in her endeavour, I gained permission from Facility Manager Margot Combes who in turn gained permission from CEO Richard Sadek to have a "Team Charlotte" afternoon at Sandown, where staff and resident families would bring in their dogs to have photos taken with Charlotte and then go visit the residents and share in a surprise personalised cake.

The day went very well and was featured in the Mercury soon after, as well as in the Cystic Fibrosis Magazine. It was amazing to see the inter-generational contact between residents and Charlotte. I think Sandown was as much winner as Charlotte on this day.

Charlotte's mum, Carrie describes her daughter as "a funny, silly, creative, loving, caring 7 year old with a unique sense of style. She loves riding her bike and scooter, playing with her Barbies and dolls and being tickled until she's all giggled out. The reality of her life with CF sees her taking up to 20 tablets per day. The life expectancy for people born with CF today is just 37 years and currently, there is no cure."



▲ The happy to be involved spotty dog with its owner Elizabeth Hanuszewicz and Charlotte



▲ Charlotte and her mum, Carrie Leppard cutting the Team Charlotte cake



▲ Anne Rands daughter, Margaret Kay (resident), Ann Rand (resident), Charlotte and Florence Harper (resident)

Cystic Fibrosis (CF) is a common life threatening recessive genetic condition which mainly affects the lungs and digestive system. People with CF often need to take up to 40 tablets per day, maintain daily physio and visit the hospital on a regular basis in order to stay as healthy as possible.

The money raised will help Cystic Fibrosis to provide essential services for people

who are living with CF and to deliver funding for critical research projects. On behalf of all the residents, their families, the family pets and Charlotte, thanks for everyone's help and support.

Last year, Team Charlotte raised almost \$3,000, by sliding down 65 different slippery slides.

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# Memories

WITH JOHN BIRKETT



## WHEN ROXY MET CHARLOTTE

For about thirty stories, the Under the Stars, Memories column has related tales about the past; primarily stories about the youthful days of those of us who are now getting a bit long in the tooth!

Well, that's what you'd expect isn't it? After all memories are to do with bygone days – days when we were young – halcyon days when the world was our oyster and our futures assured.

Well that's the way I looked at it too, until one day in May, Roxy met Charlotte – it was then I realised that's not the way all memories work – they are each different and are created on a daily basis.

Let me start with a quote by Joseph B. Wirthlin (you've probably never heard of him; he was an American businessman and religious leader. That matters not, but what he said is relevant to this story) who said, *'Some memories are unforgettable, remaining ever vivid and heartwarming!'*

And so it was the day Roxy met Charlotte.



▲ Roxy with Charlotte

You see Roxy, like me, is getting long in the tooth (she's about 85 in human years). If dogs have such a thing as memory she can look back on her 'puppyhood' with great pleasure. They were halcyon days when she rarely stopped smiling – she has always been a gentle soul, eager to accept a tickle

under the chin and a friendly g'day. She still smiles and looks for attention – after all – isn't that what retrievers are born to do?

And so it was back in May when David Aiken suggested to Margot Combes, Lianne Barker and the rest of the team at Sandown that they should help seven year old Charlotte Leppard achieve her 2017 goal of having her photo taken with 65 friendly, enthusiastic dogs.

Roxy lined up with others at Sandown to help Charlotte achieve that goal and it was there that Roxy met Zoe (a very near cousin), Toby (a good looking and friendly fella) and the town crier whose name was Archie. Archie yelled welcome to all and sundry.

I've met people like Archie – popular, noisy, full of voice, but often no one listens!

There were eleven other dogs too, of all shapes and sizes, but all friendly and well behaved.

Charlotte met her target through other canine meetings in other places – she smiled and looked so happy as she posed with 65 dogs in total.

In May 2016 Charlotte met her goal of sliding down 65 different slides!

Enough of that – we'll get back to all those 65 targets later. Let's spend a few minutes talking about Charlotte, the seven year old who devotes her time each year to meeting these goals.

In the words of her devoted Mum, Carrie, *Charlotte is "a funny, silly, creative, loving, caring seven-year-old with a very unique sense of style. She loves riding her bike and scooter, playing with her Barbies and dolls and being tickled until she's all giggled out."*

As I understand it, Charlotte also starred as goal-keeper in her soccer team and is a loved and popular team player.

Great little girl is Charlotte; I'd be proud to line her up with our grandkids of around the same age and call her one of ours. I felt privileged to meet her and Roxy obviously felt the same as the old girl smiled and gave Charlotte another lick.

What a lovely meeting! Wirthlin was right, some memories are special and this was one of them – another memory created and tucked away in the treasure chest for future reference

Now, let's get back to Charlotte's annual target of getting 65 what-ever's; 2016 was the year of the slides; 2017 was the year of the puppies.

You might think that's a strange hobby for a seven year old goal-keeper, but there's more to this story than I've yet told you.

You see, you and I talk about our long term memories, but Charlotte probably won't enjoy those. In the words of her Mum, *"Charlotte also has cystic fibrosis (CF); a life threatening genetic condition primarily affecting the lungs and digestive system. In order to keep her as healthy as possible, Charlotte is required to live an active lifestyle and consume a high fat, high salt diet. She completes chest physiotherapy each day to remove the thick, sticky mucous that builds up on her lungs, as well as taking various medications. Charlotte also takes pancreatic enzyme tablets prior to eating and drinking anything containing fat as her body is unable to absorb fat and nutrients naturally. It's not uncommon for her to take 20 tablets per day. The life expectancy for people born with CF today is just 37 years. Currently, there is no cure."*

Charlotte is one of the nicest, brightest, happy young girls I've been privileged to meet.

Charlotte's 65s yearly targets of slides and dog photos relate to 65 Roses which is Cystic Fibrosis' national fundraising initiative. It raises awareness and essential funds to extend and improve the quality of life for people with cystic fibrosis.

Joseph B. Wirthlin was right, *'Some memories are unforgettable, remaining ever vivid and heartwarming!'*

**If you'd like to help why don't you go online on the 65 Roses website?**



# Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS

REBECCA EISZELE



## CHRISTMAS IN WINTER AT MOUNT ESK

By Judith Cumming, LLO at Mount Esk

Our residents had a wonderful time decorating the winter Christmas tree with Santa, (who was really Alta Willemse, who loves dressing up!) , and helpers Chrissie Divona and myself. We all sang Christmas Carols which set the mood and were more than ready to sit down to a delicious Christmas feast including Plum Pudding.

Everyone had a fantastic time. Smiles and laughter were the order of the day.



▲ Betty Humphrey with Santa (Alta Willemse)



▲ Brenda Hodson with Christmas decorations used as earrings



▲ Phyllis Gerke with Santa decorating the Christmas tree



▲ Ron Baldwin with Santa's helper Judith Cumming



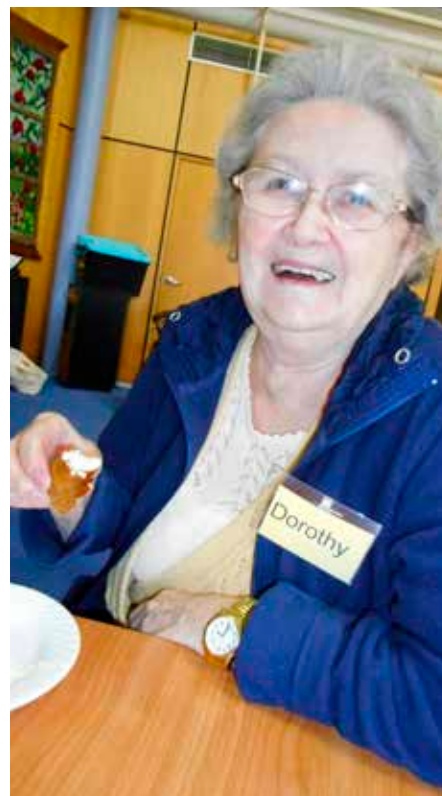
▲ Jean Quinn and her daughter Debbie tucking into a brandy snap

## BRANDY SNAPS CELEBRATION AT MOUNT ESK

By Chrissie Divona

One of our residents, Jean Quinn had requested that when we next held our cooking activity day that we make brandy snaps. So, away we went and I did a cooking demonstration, (me, a cooking teacher, don't you love it!!) as the residents watched. The activity encouraged much reminiscing as I got underway, making both brandy snaps and brandy snap baskets. I think much of the fun was knowing just how much we were all going to enjoy eating the fruits of my labour. We did.

'We laughed, we shared recipes and reminisced as I went slowly through the preparation process. Usually we work together but as the Brandy Snaps are a little tricky I just did a demonstration. We had a wonderful afternoon.'



▲ Dorothy Paul, who obviously has a not so secret love for brandy snaps



# Life Matters

WITH PAUL GRAHAM (Principal of Graham Family Funerals)



## GRIEF AND SOCIAL MEDIA

By Belinda Crossingham

Many view social media as negative when it comes to sharing personal feelings on sites like Facebook. While we agree that airing your 'dirty laundry' shouldn't be done on such a public forum, seeking help and support in times of turmoil is a different matter.

Connection with family and friends is paramount, and social media in this new digital age is filling this need. It allows an opportunity to let others know that someone has died, and this, in turn, is the catalyst for support with the response being genuine and heartfelt. Social media allows a 'safe' buffer for those mourning a loss that is close to them. It's a more comfortable way to grieve publicly, rather than the real-life painful interactions with others some fear to experience. They can moderate contact with others, and although the expressions of empathy in return are at arm's length, it doesn't mean they're any less meaningful.

Death which has been deemed a taboo subject in day-to-day life is increasingly

being considered appropriate on social media. However, the subject remains sensitive and delicate. What one person may feel is highly constructive, others including family may see it very differently. Poor taste or offensive content is unnecessary and can be hurtful, especially to grieving family members. So, remember to be respectful with your posts and consider the family who may come across it before hitting 'post'.

What happens to your Facebook account if you pass away?

It's a valid question. Families, colleagues and friends are not only coping with losing loved ones, but they are also making decisions around digital technology, including social media accounts. They may also still interact with the Facebook profile left behind. After all, this is the one place people decide to share information from their otherwise private lives and it will hold precious memories for them.



For centuries families have erected monuments of their deceased family members, it's just now those memories are digital and more accessible to others worldwide.

Facebook offers two options when a person dies – to deactivate the account or convert it into a memorial. Family and friends can still interact through timeline messages and images. However, it's important to add a 'legacy contact' to look after your account once memorialised.

We know that relationships don't cease when someone dies. Digitally they will continue to change and evolve with technology and time. It's whether we are individually brave enough to embrace this change that will be the difference. Talk with loved ones about your preferences or wishes as to what happens with your social media accounts.

For more interesting articles visit:

[www.yourgoodbye.com](http://www.yourgoodbye.com)

[www.afda.org.au](http://www.afda.org.au)



▲ Editor ... This is a message a friend of mine placed on his Facebook page on the anniversary of his wife's death, it worked for me and many of his friends.



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# AA Lord (West Hobart)

## COSMOPOLITAN LIVING

CAROL JOSEPH



## THE ANNUAL WINTERFEST

By Cynthia Archer

The Annual Winterfest was again a very happy & enjoyable event. 30 Residents attended and sampled the Mulled Wine, BBQ & festive cake. This event was coordinated by Howard & Priscilla Richardson.



▲ A group of residents from AA Lord enjoying the feast at the Winterfest celebration.



▲ Howard & Priscilla Richardson at Winterfest

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# Wine Notes

WITH DAVID JOHNSTONE (Principal of Tasmanian Wine Centre)



## DYNAMIC WINES...

Every August the Tasmanian Wine you may well have noticed in wine literature over the last few years (presuming that like the Editor of this wonderful publication, you do read about wine!) that there have been a considerable number of words dedicated to organic and biodynamic production in relation to vines and wine making. It can be somewhat confusing as some producers claim that they are organic or use organic principals but it becomes more difficult to know where they actually sit when they claim to be biodynamic as well.

There are at least half a dozen or so Australian organisations that producers can register with for organic and biodynamic certification and I understand this is helping consumers to know who the real believers are; especially when they have logos attached to their labels.

Interestingly on a recent trip to Burgundy and Champagne the French growers that we met emphasised very strongly that they and their predecessors have always been organic in the vineyard. From what we could see it was true. A lot of the producers that we visited, particularly in Burgundy, were small and family run and if we define organic farming as the health of the soil then those that we met were certainly organically orientated.

In Australia, organic farming regards the health of the soil as its prime objective. It promotes biological activity which converts the remains of plants and animal residue into humus and just like your back garden this then increases the soil's ability to be richer and retain moisture. It is also excellent for growing tomatoes!

The use of the word "biodynamics" in Australian agriculture and specifically the wine industry means that the producer or vigneron is taking further steps

than just applying organic matter to the soil for its health but it also means, dispensing with the normal or in some cases traditional toxic chemicals and sprays that have been used in the past.

I know that is a very brief definition of organic and biodynamic viticulture.

A good definition of biodynamic viticulture can be found on the website of Cullen Wines, who produce wine from the Margaret River region in Western Australia and have also been leaders in biodynamic

viticulture in Australia for many years.

*"Put simply, biodynamic viticulture is a philosophy combining the maintenance of sustainable soil fertility and the recognition of the link between plant growth and the rhythms of the cosmos. It is a method of farming that treats the vineyard as a living system, which interacts with the environment to build a healthy living soil that helps to nourish the vines and general environment."*

As mentioned above anecdotal evidence certainly indicates that there are a growing number of wine producers registering as using either organic or biodynamic practices. Interestingly the following of the rhythms of the cosmos makes for interesting reading and assessment but I do wonder how broad acre farming could implement all the factors needed for complete biodynamic conversion. Three of the producers that we know well who are registered as organic and biodynamic producers are Cullen Wines, Stefano Lubiana Wines from Tasmania and d'Arenberg Wines from McLaren Vale.

So, what does organic or biodynamic practices actually do to enhance the end result in

the glass? Apart from all those glorious Burgundies that I have been lucky enough to taste I also have an Australian tale to tell. Some years ago, I was invited to help celebrate Cullen's 40th anniversary of its first planting. As part of the celebration we tasted thirty years of their Cabernets. I came away from the tasting absolutely delighted with the quality of the wines.

It is amazing that wines of up to thirty years of age could still be drinking so well. Another observation was that since biodynamic production was introduced the wines had subtly changed; and for the better. The latter wines made under biodynamic principles had beautiful colours and were lower in alcohol. Significantly their palate intensity belied their palate weight. So, in other words the wines appeared lighter but they had great intensity of flavour and elegance. You could say the wines were simply delicious.



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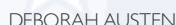
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## OVERLOOKING THE MOUTH OF THE TAMAR



## TASROCK

**By Maree Youl, LLO**

We were recently visited by a staff member, Jody, and her daughters to assist with painting rocks with our residents. This was for the Tasrocks Facebook page. Tasrocks was created as an activity to attempt to get children back outside. The painted rocks are hidden for another lucky young person to find.



▲ Louie Gaetani letting the left side of his creative brain loose



▲ Staff member Jody Johnson and daughters Darci & Kailey getting into the swing of things

In case anyone is wondering just what I am talking about, there is a page on Facebook called Tasrocks. The page encourages people and children to paint rocks and then hide them in parks and such for other children to find. A rock that is hidden at Low Head could end up being found in the Huon valley. Some of the resident's rocks made here at Ainslie Low Head made the trip on the Spirit of Tasmania to Melbourne and a few even made it as far as N.S.W. to be hidden. Other states also have a page for the rock (W.A. rocks, Vic rocks etc.)



▲ Kaye Whitehead & Kailey Johnson. Don't you just love that lady beetle rock!



▲ Finished painted rocks ready for departure to unknown destinations



# Podiatry

WITH TIM PAIN (Principal of Tim Pain Podiatry)



## COLD FEET

Winter has arrived when the ground starts to crunch under foot, and sheep and graziers warnings routinely form part of the evening weather reports. Whilst the brisk morning temperatures may challenge our mental fortitude to move our feet from our warm beds to the floor, the good news is that the sun will bring with it still, blue skies.



Unfortunately for some people Winter can mean unrelenting cold, burning feet particularly those people who suffer from Raynaud's phenomenon.

Whilst everyone suffers from cold feet on brisk winter's days, people with Raynaud's phenomenon experience extremely cold extremities (hands and feet) for prolonged periods of time, even after returning to a warm environment.

When exposed to a decrease in temperature the body reacts to conserve heat by shunting blood away from the skin surface to the deeper tissues. People with

Raynaud's phenomenon tend to have an overreaction of this response and move blood away from the skin for extended periods of time when exposed to even just a cooler environment. When most people return to a warm environment the response reverses and blood quickly returns to the skin, however in people with Raynaud's phenomenon this may not occur for many hours resulting in extremely cold feet for many hours. This reaction can be triggered from a very brief period of cold stimulation, such as standing on a cold surface for only several seconds, resulting in skin that is starved of nutrients and nerves that respond with a numbing, burning sensation. In extreme cases, the skin can start to break down producing chilblains – red, blotchy skin that is itchy and painful.

This thermoregulatory problem is more susceptible in people when they are young and again as we age.

The best way to manage this problem is to minimise exposure to the cold environment which can be difficult during winter. Wearing warm socks and footwear as much as possible is a key component to preventing this problem. Also reducing the number of exposures to the cold is helpful, so rather than going indoors and outdoors on multiple occasions through the day it is better to complete all outdoor activities in one session. This is because on each separate exposure to the cold it may take several

hours for blood flow to return to the skin surface.

Regular exercise is important demand on the circulation system and increases blood flow to the feet.

Topical ointments such as Deep Heat, Denocurb, etc can be beneficial in opening the superficial blood vessels in the feet and warming the feet. Sometimes other medications or specific topical treatments may be prescribed to more effectively open the blood vessels up.

In extreme and resolving cases it is recommended that you seek further advice as there may be some other underlying vascular or neurological problem.



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# Across the Table

## LUCY HOUSE AND HER TRAVELS

**A resident at Yaraandoo, in Somerset, Northern Tasmania.**

**By the Editor, Mike Swinson**



▲ Lucy with her wry smile at Yaraandoo

With a wry grin on her face Lucy tells me that 'my entry into this world became a very public event. It was filmed, as I was the first baby born by Caesarean at the brand spanking new Queen Alexandra Teaching Hospital in Hobart. It was September 1932 and I weighed in at just 3.5 lbs. My birth was captured on celluloid to use as a teaching resource for many years. To this day I do not know if that film has survived, but I certainly have!'

Lucy has led an interesting, if at times tough life. Bringing ten children into the world and surviving ten childbirths alone is tough enough, but can you imagine keeping up the endless supply of cloth nappies, clean clothes, then food as they got older. Ten children, nine boys. Just think about the bags of spuds, the boxes of carrots, the sides of lamb, the numbers of chickens and the dozens of eggs they would have needed almost every day to feed that hungry tribe.

They had a huge vegetable garden, almost every inch of the block would be dug up and sown with a variety of veges. They also had a chook house and as many chooks

as they could fit in. Lucy said she taught all the kids how to cook, sew and clean the house. They would all learn early how to look after themselves, pity a few more parents don't do the same today.

'We always had a Sunday roast, with lots of roast spuds and pumpkin. However, with a family that big I know it's marvellous what you can do with mince!'

'Both of us, but particularly me, loved travelling and exploring. Lance retired early as he had been diagnosed with heart problems. If I hadn't dragged him away travelling I think he would have gone much earlier than he did. So I saved him I suppose. All this time we were travelling after Lance had retired I had to drive, he was too nervous to drive, worried that he might have a heart attack and have a prang'

'We decided to get a Bedford campervan, with the bed over the cabin and head to the mainland. That was in 1954. We had grandchildren living on the mainland that we had never seen. We had to sell our house in order to buy the Campervan. Owning a house has never mattered to me, because we only ever owned one for a short time and had always lived in housing commission homes before that.'

Family images reveal a very small early caravan that Lucy said they used to tow behind the Holden station wagon. Kids would sleep in the caravan, in the car and anywhere else they could find space to put a mattress or piece of foam to rest a weary head.



▲ The first caravan Lucy and Lance owned

On the wall of Lucy's room at Yaraandoo is a map of Australia, it's crisscrossed with roads that have been highlighted with texta. Those are the roads Lucy has travelled and there isn't much of Australia left to visit.

'I have never been scared, never. Not even when I was travelling on my own after Lance died. He passed away in



▲ The highlighted roads, highways and tracks Lucy and her husband Lance have traveled

February 2006, I was into the campervan and on the road in May that Year. The kids growled at me when I told them I was off exploring again on my own, but I went anyway. I was fine.'

'Do you realise that I have been across Bass Strait 68 times, I think that would be a record for someone like me. On one of those trips I was camped behind a grove of trees on a cattle station on the way to Ayers Rock and Alice Springs. It was getting late, so I found this spot and set up camp. That night there were lots of weird noises but I thought it was just the camels or dingoes or something like that. When I got up in the morning and opened the door, there was a dingo sitting about one metre from the door just looking at me. He stayed there the





# Across the Table

## LUCY HOUSE AND HER TRAVELS

whole time I made breakfast, I think he was a tame one waiting for food, maybe he lives at the station. He followed me for a while when I left, loping along the dusty road behind me till he just gave up and I never saw him again.'

There was one occasion that could have been a very serious accident that they both managed to escape from



▲ 50th Wedding Anniversary at Seaforth, Qld.

truck took us back to town. Then came the fun, the insurance company wrote the van off, but the local bank manager wouldn't give us the money that had been transferred into our account.'

He told me that "It's got to go to your account in Tasmania first then come here before I can give it to you!"

'That's what he reckons, well didn't I give it to him. You reckon Tasmania is slow, I said, it's not half as bloody slow as you buggers are up here! I got my money. We bought a newish car and a caravan that we found was for sale nearby and off we went again.'

Lucy House has an infectious grin, her eyes still sparkle and I would not be at all surprised to hear that she has jumped into her RAV4 and headed north.

'All I need is a new pair of hands, because I've got arthritis and two new knees and I'll be right!'



▲ Look at the isolated roads over vast distances that Lucy and Lance traveled



▲ Lucy looking very glamorous as a Debutante

virtually unscathed. 'Driving out of Coonabarabran in Western NSW, about 35 kms north near the banks of the Castlereagh River we had a blow out, a front tyre. The campervan went off the edge of the road and rolled. We were left hanging upside down, trapped by seatbelts that wouldn't release.'

'I managed to break some ribs but that was about it. A heap of truckies turned up plus a car full of Greek blokes, they had us out pretty quick and the tow



▲ Lance and Lucy with 10 of their children in 1972

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# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE

ROBYN MARTIN



## SAINT CANICE AND IT'S TIMOR CONNECTION

By Wayne Crawford

THE Saint Canice Lifestyle Village has developed a close relationship with communities in the tiny developing nation of Timor Leste (East Timor) through support for children in remote highland areas of the country and help with a campaign to eradicate malaria.

Over the past few years, residents of the Sandy Bay village have donated thousands of dollars to the East Timor causes. And earlier this year a member of the Saint Canice community led a team to the country as part of a project which is helping to reduce the spread of mosquito-borne diseases.

Saint Canice residents decided to include the Timor Leste projects in their list of charity causes after learning of them from members of North Hobart Rotary and the Sacred Heart College. Both Rotary and the College have strong links with Saint Canice through individual residents.

The project to which Saint Canice has provided the most support – more than \$3000 so far – is an orphanage and drop-in centre at Maliana, a city near the Indonesian border. The orphanage, called Encouragement House, enables about 130 children from remote mountain villages to continue with their education and help families out of poverty. It is run by a group led by the Canossian nun, Sister Elsa da Costa.

Each year, a group of about 16 senior students and four teachers from Sacred Heart College, North Hobart, visits the orphanage as part of an outreach programme in which they immerse themselves in East Timorese culture and activities. On the visits both this year and in 2016, the group took with them donations of nearly \$1200 from Saint Canice residents. The money was collected from charity fundraising functions at the village including concerts, community breakfasts and car washes.



▲ Saint Canice resident Dr Jenny Kerrison (pictured front centre) with her team of Rotarian volunteers and East Timor World Health Organisation staff members, in Timor Leste as part of the Rotarians Against Malaria project to help eliminate the deadly disease caused by parasites transmitted by infected mosquitoes

In the inaugural East Timor fund-raiser in 2015, Saint Canice residents put \$650 towards North Hobart Rotary's contribution to a Timor Leste college education fund which was also made through the Sacred Heart College project.

To keep the Saint Canice community informed about how their money is being used, Sacred Heart students and teachers visit the village to address residents about their trips to Timor Leste. Students have spoken of the love injected by Sister Elsa through Encouragement House which they said had become a "true home" for children who were afforded educational opportunities they would otherwise be denied.

In another project which has helped forge links with Timor Leste, a member of the Saint Canice community, Dr Jenny Kerrison led a team which visited the emerging country this year as part of a campaign to eliminate the killer disease, malaria. Dr Kerrison led a group of six Australian Rotarian volunteers as part of a project called Rotarians Against Malaria (RAM). The RAM project is run in support of the World Health

Organisation's (WHO) worldwide campaign to eliminate malaria, which kills 400,000 people a year worldwide.

Dr Kerrison, a nurse at the Royal Hobart Hospital who has served as a volunteer nurse educator in Bangladesh, says that in the past decade Timor Leste has made huge progress towards the goal of eliminating malaria by 2020. In a dramatic reduction the annual incidence of malaria reported in the country has fallen from 220 cases per 1000 of population in 2006, to less than one case per 1000 in 2013.

Saint Canice residents recently contributed a donation of about \$270 to the RAM project from the money collected from various Village fund-raising activities. The RAM project involves such measures as distributing chemically-impregnated mosquito bed nets and educating residents in practices which reduce mosquito breeding.

The Rotary group, who came from around Australia, paid their own fares and expenses. Among the group's activities was to participate in the Government's mass distribution of bed nets and an antenatal health clinic.

*More details on page 44*



# In And Around The Gardens

WITH GREG KERIN

## PLANTS FOR PERFUME

While gardens are undoubtedly beautiful to look at, they have another key feature that you shouldn't overlook; scent, perfume, fragrance.

Smell is such an evocative sense, with different scents evoking different memories and feelings. Some make us feel relaxed, others are invigorating and some are simply nostalgic, reminding us of a time gone by. It can be valuable in a garden in many ways, from enhancing the enjoyment of the visibly impaired to captivating children.

### *The Scent Spectrum*

Lots of different scents spring to mind when we think of a garden, and it's not just flowers that have a memorable perfume- how about the smell of freshly mown grass, and the way it instantly conjures up memories of seasons past?

Or how the delicious fragrance of edible herbs and fresh tomatoes inspires you to whip up a tasty dish for the table.

But for most of us, there's nothing like classic floral fragrances. How many times have you inhaled the delicate perfume of a rose, or brushed past a fragrant lavender hedge. Perhaps you recall the heady scent of a honeysuckle, or the smell of chamomile.

Of course there's more to this than meets the nose, with many different types of fragrance to enjoy, all with different effects. Sweet scents from



▲ Gardenia



▲ Scented Roses

flowers such as lilac and roses, are soothing and restorative, while fresh scents-think citrus and mint - more uplifting and refreshing. The intense fragrance of plants like jasmine and hyacinths can be intoxicating but aromas such as rosemary or fennel have a cleansing feel. There really is a scent for every occasion, so it's worth doing a bit of research when choosing.

### *Create a feast for the senses*

To get the most from scented plants you need to think about where to position them- there's no point having a glorious perfume at the bottom of the garden where you will never enjoy it.

Why not put scented plants underneath a window, so the aroma will gently waft inside or next to a bench or patio, so you can enjoy the smell when you sit down. Next to a path is also a good option, as many plants release fragrance as you brush past. By using scented plants in an enclosed space, say a court yard or balcony, it will intensify fragrance in confined surroundings.

It's also worth bearing in mind when you can enjoy scented plants, as different varieties release their aroma at different times of the day. Many plants, including night-scented stocks and niktina plants,

are most fragrant in the evening, so if you plant them close to patios and alfresco dining areas, you can enjoy the perfume as the sun goes down.

While I don't want to dwell on winter, there are many plants that release a perfume in cold weather, and this is intensified during our cold still days. Sweet Box and Winter Sweet are just



▲ Night scented Stocks in flower

two that add a bit of magic to the never ending days of winter.

Thinking about your outdoor space in this way - as a multi-sensory feast - adds a whole new level of enjoyment to gardening.

You really can wake up and smell the roses (or whatever takes your fancy)!

# Southern Cross Care

## RE-BUILDING AT ROSARY GARDENS

### By Facility Manager, Marc Van Impe

Renovations at Rosary Gardens are progressing with stage 1 approaching the fitting out.

Completion of Stage 1 will give us a fully refurbished St Catherine's at first floor level. This will include 22 single bedrooms with ensuites and pleasant outlooks. Comforts will include generous sized individual bathrooms and bay windows

to capture maximum sunlight. Included in St Catherine's will be a brand new hair salon and comfortable lounge rooms.

Coinciding with the opening will be an exciting new approach to the residents dining experience. Breakfasts will be prepared 'on the spot' to make sure everything is fresh and residents can have daily choices without requiring unnecessary paperwork.



▲ Scaffolding required for the work on two stories at Rosary Gardens

Residents will have 24 hrs access to the dining room and snacks and drinks will be available. The dining experience will be enhanced with new crockery which will add to the ambience of the table settings. We will be working hard to make the dining areas as inviting as possible.



▲ Work underway on stage 1 at Rosary Gardens

With the completion of the renovations we are looking forward to bringing Rosary Gardens into a new and exciting era in service delivery.

At the lower ground level we will see a new laundry facility, workshop and several offices and workstations. The staff tea room will also be housed in the lower ground level to make room for more resident areas at the ground floor.

# Southern Cross Care

## CONSTRUCTION AT GUILFORD YOUNG GROVE

### By Nic Fabrizio

Works at Guilford Young Grove are scheduled for completion by November this year, so work is continuing apace.

Nine resident en-suite rooms have already been finished and under re-construction are seven more resident en-suite rooms, a new library, a refurbished living room, lounge room, dining rooms and a new servery as well as a completely new reception area and main entry.



▲ Early days in the re-construction



▲ One of the sun drenched rooms almost completed



▲ The Hallway finished almost ready for residents to move into the adjoining rooms





# ACTIVITY REPORT WINTER 2017

Chairman, John Prichard  
P.O Box 221  
Blackmans Bay, Tas 7052

## KSC: the WACA and SCC – a short history

By Glen McNamara (KSC Mersey/Leven Branch)

The name of Bernie Prindiville may be familiar to avid cricket fans. He was president of the Western Australian Cricket Association from 1980 to 1990. He was full of fundraising initiatives for the first Test match at Perth in December 1970. The Prindiville Stand at the northern end of the WACA ground is named in his honour.

Dennis Lillee led the tributes at his funeral in 2005. The Australian great fast bowler said: "Bernie Prindiville was a man who always had the true interests of cricket at heart. .... without his efforts the people of Western Australia wouldn't be able to enjoy the world class cricket and facilities they can at the WACA every summer." However, Bernie's lesser known services to the community have had a more far reaching benefit to Australia, notably in his role in the foundation of what evolved into Southern Cross Care.

Around 1968, after reading in Hansard about a grant of ten million pounds to the Presbyterian Church for homes for the aged, he saw a new mission for the Knights of the Southern Cross, of which he was a member. It started modestly with the construction of a couple of residential units for the aged, the first Southern Cross Homes, in Perth, probably with little expectation of the enormous growth that would follow.

Bernie helped young men starting off in the professional world by underwriting their liabilities. Such generosity must have incurred some risk. He also assisted in supporting the visit to Perth of Pope Saint John Paul II in 1986. Bernie Prindiville AO, CMG, KCSG, KCLJ, JP, was honoured for services to sport, community and church.

Southern Cross Homes soon began in South Australia, also in 1968, under the chairmanship of another Knight of the Southern Cross, Peter Taylor AM, OBE, KSG. His honours are for service to the community and the disadvantaged. Southern Cross Homes began in Tasmania in 1969, aided by Peter Taylor who made several visits here. A pilot project of eight self-contained home units was built in Launceston in 1972. An identified need for integrated care resulted in the establishment of Glenara Lakes to successfully bring the complete care program together in one location. The opening of Guilford Young Grove in 1976 marked the beginning of Southern Cross Care in southern Tasmania. Forty years on, after considerable expansion to many parts of greater Hobart and elsewhere, the latest project, Fairway Rise at Rosny was opened.

Victoria followed in 1969 and New South Wales in 1970. Southern Cross Care also operates in Queensland and the Northern Territory. The considerable growth in the 1990s was boosted by the addition of residential care services, resulting in time in a change of name from Southern Cross Homes to Southern Cross Care. In all of

these projects, much fundraising and on-site work was done by Knights of the Southern Cross members.

This account makes no attempt at a comprehensive history of Southern Cross Care, but seeks to show how it began through the dedication and talents of two of its more notable KSC founders and builders.

## KNIGHTS OF THE SOUTHERN CROSS TASMANIA

CHRISTIAN DEEDS  
AND SERVICE  
INSPIRED BY  
OUR CATHOLIC FAITH  
AND FRATERNITY



### MEMBERSHIP ENQUIRIES

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**North West Tasmania**  
Justin Maguire  
(03) 6435 1323

## Lindisfarne Service Centre & Tyrepower



**Fairway Rise Residents Collect and Return**

**10% Discount off labour**

**Log book & warranty car servicing**

**Full range of tyres – wheel alignments**

**Locally owned and operated by Martin and Carolyn – It's the little things that count**

# Southern Cross Care

## SPRINGHAVEN GETS THE GREENLIGHT

**By Mike Swinson with contributions from SCC Chairman, Ray Groom, Fairway Rise Lifestyle Village Manager Carol Joseph and Architect Peter Gaggin from Philp Lighton Architects.**

Plans for the exciting new Retirement Village, called 'Springhaven' at 38 Gordons Hill Road, Rosny are well underway. Rezoning of the land, which many years ago formed part of the Rosny Golf Club (and before that the Royal Hobart Golf Club) was obtained late last year. The really good news is that the development application has finally been given the green light.

Chairman of SCC, Ray Groom said 'recently, the Clarence City Council unanimously approved the development. However, prior to Council issuing a Planning Permit we had to resolve concerns expressed by two appellants who were seeking resolution on the impact within the development site on both wildlife and birdlife.'

Work has been delayed by the appeal, but mediation sessions successfully resolved the queries. The plan has been amended, to widen existing wildlife corridors and to create a slightly larger buffer zone around the extremities of the development and to keep a number of more mature trees.

The development will consist of 84 dwellings, together with gardens and a Community Centre providing space and amenities for residents to enjoy various activities.

The project is valued at around 30 million dollars and comes at a time when the demand for retirement living homes and apartments on the Eastern Shore is rapidly growing. The old Royal Hobart Golf Course area is unattractive and weed infested, and as a vacant space is also one of the few, if not the last open space of its kind that's centrally located and available for a development of this type.



**Image:** SCC – Springhaven Lifestyle Village: Concept Site plan – view from North East  
Roundabout entry point from Gordons Hill Road, Tasman Highway left of image  
Community Building centre of image, 12 x Villa Units to front centre, Duplex units to slope



**Image:** Site – Location (Google Earth) - Tasman Highway bottom left to right, Gordon's Hill Road centre middle to top, Selby Place top of site, Gordon's Hill Nature Recreation Area left, Fairway Rise Lifestyle Village, right

Under the Clarence Interim Planning Scheme the land around Gordons Hill Road is a Special Development Zone and a Retirement Village is one such discretionary use. The development exceeds the minimum requirements for allocated private open space and will be completed in stages, with an estimated construction completion date of 2 plus years from the start.



# Southern Cross Care

## SPRINGHAVEN GETS THE GREENLIGHT

The development will bring 100 new residents to the area, inject 25 to 30 million into the local economy and will provide comfortable stylish homes for those who want to downsize as they grow older. Of course there is the added advantage of having the Fairway Rise Aged Care Facility right next door for those who choose to age in place once they become residents of Springhaven.

It is an exciting development, as one can see from the plans and layouts we have included here. In the Clarence Council Municipality around 28% of people are over 55 years of age and the Department of Health and Ageing demographic indicates that demand for this type of housing will double in the next ten years.

The 84 independent living units are designed for those in the community who are aged over 55 in a mix of two up and two down buildings, as well as stand alone villa units of either two or three bedrooms, all offering level entry. The project also includes a centrally located Village Community Building that will include all the services that are available at the Clubhouse at Fairway Rise across the road.

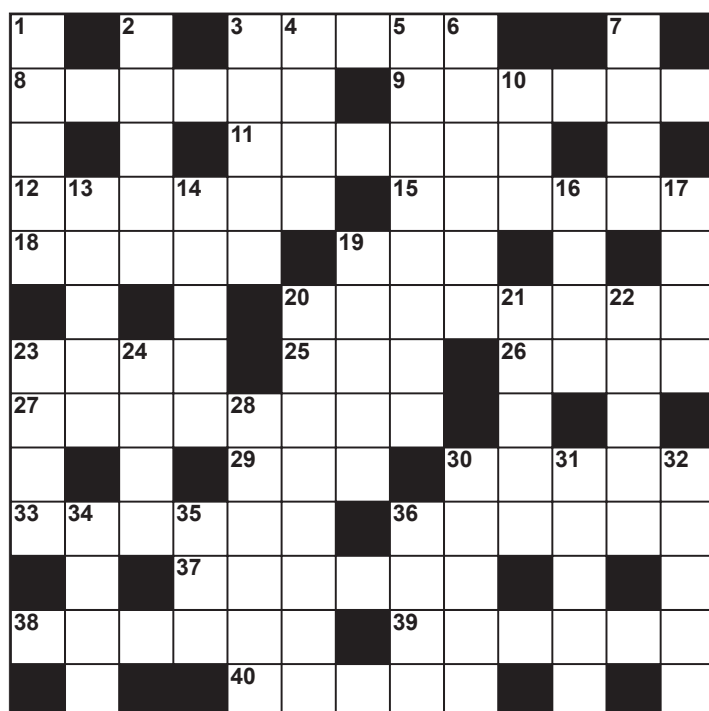


Duplex under and overs



ILU Type B  
2 Bedroom, Study, Bathroom, 2nd WC, Garage  
130m<sup>2</sup> plus Garage

## PUZZLE SCC Crossword No. 31



### ACROSS

- 3 Acting parts
- 8 Made amends
- 9 Causing death
- 11 Calm
- 12 Gives credit to
- 15 Disappear
- 18 Auctions
- 19 Rodent
- 20 Physical
- 23 Direction
- 25 First woman
- 26 Norwegian capital
- 27 Takes for granted
- 29 Offspring
- 30 Innermost parts
- 33 Agree
- 36 Literary ridicule
- 37 Beginning
- 38 Jars on
- 39 Domesticating
- 40 Force back

### DOWN

- 1 Separates
- 2 Magnate
- 3 Reposes
- 4 Lyric poems
- 5 Lifted
- 6 Governing body
- 7 Planet
- 10 Perfect score
- 13 Radiolocation
- 14 Cults
- 16 Part of the eye
- 17 Circle of light
- 19 Bird
- 20 Commit to memory
- 21 Mechanical man
- 22 Change
- 23 Poem of heroism
- 24 Observed
- 28 Taker of excessive interest
- 30 Waterway
- 31 Unbending
- 32 Durable cloth
- 34 Wicked giant
- 35 Infant's bed
- 36 Location

# Southern Cross Care

## SPRINGHAVEN GETS THE GREENLIGHT

The layout of the village has been carefully considered to ensure there is an abundance of green space, including community gardens, orchards and recreational spaces. The grounds will be heavily landscaped including the use of mature trees to give immediate impact to the village landscape.

The development will be managed and owned by Southern Cross Care (Tas) Inc and will be managed by the same arrangements that exist at Fairway Rise.

The same standards of construction will apply to this project as did to Fairway Rise and I don't know of anyone who has purchased one of the independent living units there who isn't very happy with those standards.



▲ Gardens and Villa at Fairway Rise



▲ Part of the existing old golf course that is covered in scrub, grass and weeds destined to become part of the Springhaven complex

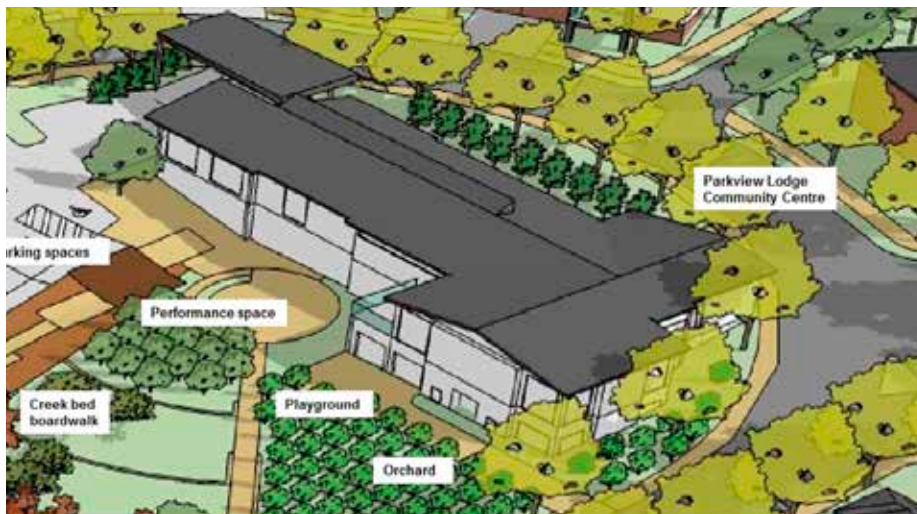


Image: Parkview Lodge – aerial view from East



Image: View – Indicative entry from Gordons Hill Road roundabout

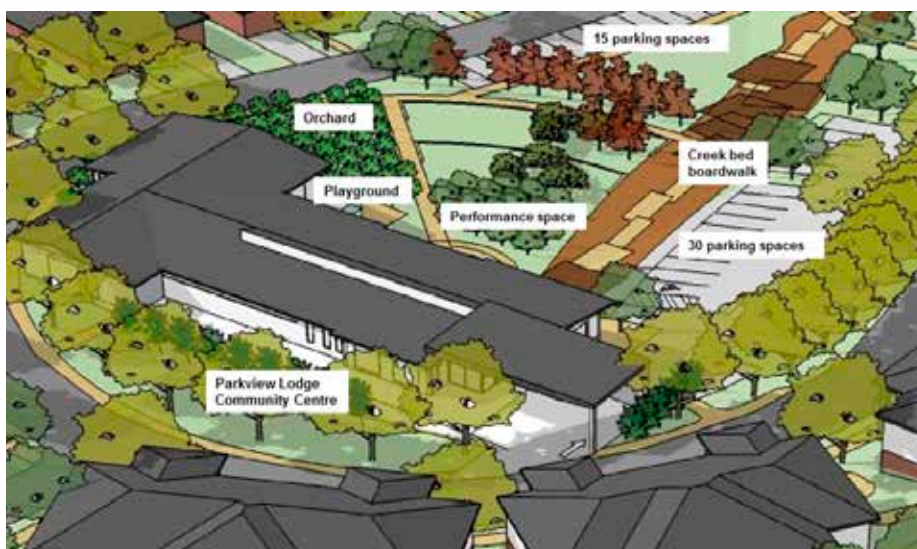


Image: Parkview Lodge – aerial view from North West



# Southern Cross Care

## SPRINGHAVEN GETS THE GREENLIGHT

Now that planning approval has been obtained, the architects are in the process of producing detailed drawings and associated documentation to enable SCC to invite building tenders. It is expected the commencement of site works for this project will take place late in 2017.

SCC are delighted to have the full support of the Clarence City Council for this project. Community support is also extremely strong as evidenced by a growing number of enquires and an ever increasing waiting list.



▲ Part of the existing old golf course that is covered in scrub, grass and weeds destined to become part of the Springhaven complex

“Part of life is to plant trees that other people will sit under.”

Warren Buffet

When you make a bequest to Southern Cross Care you will be contributing to the quality of life of your friends, neighbours and the community. We will make sure that your gift is used responsibly to build a caring future.



**Southern Cross Care  
(Tas) Inc.**

[www.southerncrosscaretas.org.au](http://www.southerncrosscaretas.org.au)

85 Creek Road New Town 7008

Phone: 03 6214 9717 email: [bequest@scctas.org.au](mailto:bequest@scctas.org.au)

If you would like to identify a particular cause please complete this section

Project

Facility

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☐

Money Order / Cheque made payable to Southern Cross Care (TAS.) Inc.

☐

Please debit my MasterCard / BankCard or Visa Credit Card

Card Number

Exp. Date

Name

Donations of \$2 and over are tax deductible.

*Thank You!*



# Yaraandoo

## PICTURESQUE VIEWS OF THE COAST

GLENN WICKHAM

### Mr Glenn Wickham, Facility Manager moves on from Southern Cross Care

By Pauline Robson, Director of Residential Business Services with contributions from Glenn.

Glenn has made the decision to embark on the next part of his journey in life and has decided to move on from Southern Cross Care after many years of loyal service. Glenn joined SCC in 2009 as a Registered Nurse and quickly progressed to being the Clinical Care Coordinator and then Facility Manager for the last 6.5 years.

"I applied for the Yaraandoo job because it was closer to my home in Burnie. I had been working at Latrobe Hospital and that involved quite a lot of daily travel."

Glenn worked hard to promote Yaraandoo as the best Aged Care Facility on the North West Coast and the constantly 98/99% occupation of the facility over the years is testament to his success.

On the 10th August 2017 Glenn was farewelled by staff, past and present, residents and their families at an afternoon tea where he was also presented with gifts in recognition of his contribution to Yaraandoo and the wider organisation. Resident Mrs Marj Blazely presented Glenn with a gift on behalf of the staff and Mr Richard Sadek, CEO presented Glenn with a



▲ Anglin Karim EN, Kathy Edwards EN, Andrew Challis EN, Tammy Marshall Acting Facility Manager, Danny Celzner EN, Glenn Wickham, David Ogden LL0 & ECA, Pauline Robson, Carol Davidson Administration and Rachael Bonney Administration.

handmade wooden clock in recognition of his loyal contribution to Southern Cross Care during his time at Yaraandoo.

"I decided it was time for me to move on from Yaraandoo. Over the past twenty odd years I have never had a holiday break that was longer than two weeks and it has taken a toll on me and on my family. Running an aged care facility is a very demanding role, especially when, as an RN, I had to do all the normal day to day work then fill in when needed as the RN. It's time for a much longer break!"

Glenn worked tirelessly for Yaraandoo, giving his all to the position of Facility Manager which often involved carrying out the role of a Registered Nurse when the facility was unable to fill a short notice vacant shift, it's one of the issues associated with managing a facility in an area where there is no nursing agency available to assist with the provision of emergency staff. I am sure Glenn will not miss the 24/7 on-call



▲ Back Row – Richard Sadek, Joan Lamprey, Glenn Wickham Front row Martin Jones, Judith Jones and Ken Lamprey

and the occasional evening / weekend shift. I am also very sure Glenn will enjoy having more time to spend with his wife Andrea and as a devoted grandfather with his dearly loved grandchildren.

Finally Glenn wanted to say that "I loved most of the staff at Yaraandoo, they are a dedicated and hard working group and I appreciated the loyalty and support I received. My farewell was wonderful and emotional at times. My heartfelt thanks to all those who have helped out and supported me over the years."

I would like to personally acknowledge the work and contribution of Glenn during his time as Facility Manager and his commitment to the wider Residential Facility Manager team and Southern Cross Care. I am sure you will all wish Glenn well.



▲ Glenn Wickham and Resident Marj Blazely (Marj was the resident that presented Glenn with his gift on behalf of residents and staff)



# Health & Fitness

WITH DEAN EWINGTON (Principal of Oceana Aquatic & Fitness)



## FITNESS OR FATNESS- which is more important?

By Dean Ewington

Every day we hear in the media about the growing number of overweight and obese people in Australia and the rising numbers of kids who are obese.

Whichever way we look at it, we are facing a real crisis and we need to be doing a lot more, or more importantly - doing something different to tackle the problem. The proliferation of fast food options and energy dense foods with little nutritional value is credited with being part of the problem, but our reduction in physical activity (things we do in daily life) and exercise (planned events aimed at increasing or maintaining functional capacity) are also involved.

Professor Steven Blair who is a leading exercise science researcher based in the USA believes that "Physical Activity is the biggest public health problem of the 21st Century". When you consider that now over 75% of all deaths are caused by lifestyle related chronic disease, then he is not far off the mark.

One interesting fact that I have known for a long time, which Prof Blair always reinforces in his talks, is that being unfit

is a far bigger health risk than being overweight. We are so consumed with the weight issue and so there is never any discussion about the significant health risks of poor fitness.

Unfortunately a lot of this push to focus on weight is driven by big pharmaceutical companies and those in the weight loss area including diet and food companies. This once again goes back to the common belief that health issues can be dealt with by a "quick fix" drug or diet. But a key point here is that there will never be a pill or potion to fix poor fitness. The benefits of exercise, movement and being active will never be replicated by a pill.

One of the first things we need to do is make everyone aware that having a good level of fitness is not only going to make you get through your normal day with a little bit in reserve, but it will also help you live longer, feel better and counteract some of the other higher profile risk factors that get all the attention.

Prof Blair regularly highlights a study done many years ago that showed how important fitness is. A person who is overweight and has elevated cholesterol and blood pressure, and is a smoker is actually at lower risk of death from all

causes than a lean, non-smoking but unfit person.

So while I would never advocate that anyone smokes, this research shows how powerful fitness and exercise is in protecting the body from the things which we give so much more time to talking about and funding through healthcare when the one thing that makes the biggest difference is not really mentioned and certainly not funded or delivered in traditional health care settings.

The other point about our focus on weight issues is that people only think that they are successful in their "health kick" if they lose weight. But the reality is that it's quite hard to lose weight, and most people want it to happen immediately and when it doesn't happen they get disillusioned.

But getting fit happens as soon as you start exercising and is quite easy to achieve. But the key thing is that exercise needs to be done regularly or you will lose fitness just as easily. So we need to start to rethink our whole healthcare focus and make everyone aware that exercise and good fitness is the single most important thing you can do to prevent premature death.

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# Birthdays & Anniversaries



▲ Olive's daughter Marilyn Johnston from Sydney who arranged and gave me the party with my longest and oldest Tasmanian friend Kath Badcock, who is now in St Ann's Nursing Home



▲ Olive's GP. Dr Sujeeva Fernando and the birthday girl herself

## BIRTHDAY CELEBRATIONS AT MARY'S GRANGE

What a remarkable lady is Olive Price. She is the sort of person who thinks that life is all about a glass overflowing, not just half full. For many years Olive has called Tasmania home and tells me she loves living here in her villa at Tarooma.

She grew up in South Africa and was 24 when she went to live and study in England. She was doing an Accounting Law qualification, finishing the accounting section but not law. She met and married an ex-navy Yorkshireman, who suffered from that condition called 'The Wanderlust' and was dragged around the world. One day he said, 'let's move to Canada!' Olive put her foot down and said 'I'm not moving somewhere where it's colder than it is here,' so the destination was switched to Australia.

Olive worked as an accountant for a number of years, also bringing up two daughters.

'I would work with these men who thought they were trumped up accountants, they would take all my work and take the glory for the work that I had completed, with no mention of me! You soon get sick of that. However, eventually that changed and I was with another firm who would never let me go on holidays because they said I was too valuable. That got to the ridiculous stage, so I left!'

During her working life she rose to be Pay Master at Myer and at the TGIO and was head hunted with offers of more senior positions.

'The trouble is when you move to another country on the other side of the world, you leave family behind. I left my Mum behind in England, so when I agreed to move here it was on the condition that I get to go home every two years or so and see her and others. I think I flew home 14 or 15 times. No frequent flyer points in the early days.'

Now she is 90 travelling isn't as easy, she tells me she is

physically pretty fit, even though she has undergone a triple bypass and has two new knees. 'I will not use a walking machine, the only help I have is a stick I keep in the car.'

Her eldest daughter lives and works in Sydney and the other fell for the charms of, you guessed it, a Canadian! Olive can boast 5 grandchildren and 4 great grandchildren. She is a regular bridge player and through her life has been a great supporter of and involved in many charities in Hobart.

Her party was held at Mary's Grange and she was joined by her daughter Marilyn from Sydney and about twenty others, we all wish you a very happy birthday Olive and may there be many more.

## SOLUTION

### SCC Crossword No. 32

P		M		R	O	L	E	S			M	
A	T	O	N	E	D		L	E	T	H	A	L
R		G		S	E	R	E	N	E		R	
T	R	U	S	T	S		V	A	N	I	S	H
S	A	L	E	S		R	A	T		R		A
	D		C			M	A	T	E	R	I	A
E	A	S	T			E	V	E		O	S	L
P	R	E	S	U	M	E	D		B		T	
I		E		S	O	N		C	O	R	E	S
C	O	N	C	U	R		S	A	T	I	R	E
	G		O	R	I	G	I	N		G		R
G	R	A	T	E	S		T	A	M	I	N	G
	E			R	E	P	E	L		D		E





# Holiday Destinations

WITH ANDREW JONES (Managing Director of Andrew Jones Travel)



## Why travel on an Andrew Jones Travel escorted tour?

Escorted touring is the ultimate stress-free way to travel. Enjoy your experience with a group of like-minded travellers and get the most out of your holiday without the worry of getting there. Simply pack your bags for a true holiday experience as you leave all the organisation and planning to us. In 2010 Andrew Jones Travel launched our own range of group tours. So, what sets us apart?

### 1. Personally handcrafted

Our tours are personally handcrafted by our experienced escorts and consultants. They are entirely unique, with the emphasis on your experience. Each itinerary takes well over six months to plan. The hotels we stay in are local and authentic, individually chosen by position, facilities and comfort; the experiences are unique, and our local connections strong – from cooking classes to local storytellers.

Our tours were designed to omit the drawbacks of some of the large companies – with a relaxed pace and no unnecessary early morning starts; you have the time to really take in your surroundings with a small, intimate group of people. Eat in local restaurants and stay in local accommodation that reflects the character of the area.

We ensure a good balance of sightseeing and free time so there is no frustration of feeling too organised – you are free to do as little or as much as you want. We stay in some places for up to 5 nights, and minimise one night stays so that you can soak in the atmosphere of a destination.

Each of our tour guides has a wealth of knowledge in the areas we visit, and understand every detail intimately. This ensures that you are treated to a very special, truly unique experience.

### 2. Small Group sizes

Our group sizes range from 12-22, allowing us to take the coaches that can fit down country lanes, the ones that can stop off in tiny towns, the ones that feel like you are in a private car – but with much more room!

You meet your group before you travel so you already feel as though you are travelling with a large group of friends. Most of our guests are Tasmanians, also allowing you the opportunity to catch up socially after your trip if you wish.

### 3. Set your own pace

We know that people's preferences for travel are different, and we offer a more personalised and spontaneous experience with more attention to the interests of individuals. Some wish for a great deal of independence, while still having a group to meet for dinner. Some prefer to travel and share their experiences in groups. We cater for it all. Travelling with an Andrew Jones Travel escorted tour gives you the security of travelling within a group, with as much independence as you wish.

Imagine driving through the countryside to discover a small local market or festival that you would like to explore. On most coach tours, you would experience this crammed against the windows on one side of the bus as you drive past. On an AJT tour, we have the freedom to get out, become a part of the local community, stretch your legs and enjoy these

experiences at a leisurely pace.

Feel like kicking back and enjoying the view with a book while the group explores? That's fine too – we will check in with you every now and then, but the day can be your own!

### 4. Authentic Experiences

We aim to experience a destination – not just visit.

We embark on adventures that we cannot do when we travel alone – our groups have been let into the Sistine Chapel before it opens; we visit vineyards and cideries not open to the public; we enjoy exclusive performances special to the destination; we attend local events; take part in cooking classes; and anything that will really get to the heart of a destination.

We eat in restaurants with locals, not where most large coach tour groups eat. Accommodation is in keeping with the areas we visit – Paradores in Spain, pubs in the UK, colonial hotels in Sri Lanka, and luxury permanent tents in Africa.

### 5. We know you.

From dietary requests to religious requirements, we take the effort to get to know our guests. We understand your apprehensions and your anticipations. Our tours take in to account the diversity of individuals and how each person understands the concept of 'experiencing a destination' differently.

Late starts and long lunches; meeting the locals; staying in authentic accommodation. This all comes with the security of a tour escort and travelling with people of like mind. Not a worry in sight – your tour escort can take care of it all.



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# Rosary Gardens

GARDENS IN A CENTRAL LOCATION

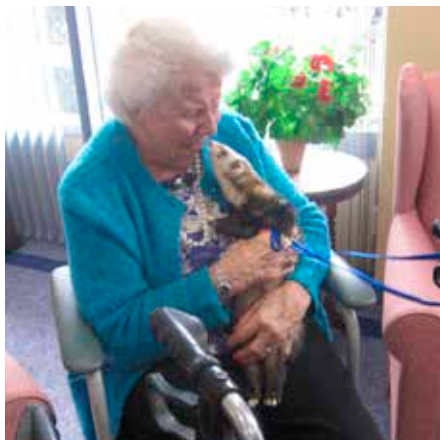


## MUSIC THERAPY

Music Therapy with David is always a hit at Rosary Gardens – especially when he is joined by staff!



▲ David with EN Leanne and LLO Carol



▲ Kath Venn with the fluffy ferret

## ANIMAL DAY

Animal Day was great fun for the residents who enjoyed interacting with a beautiful beagle from the Dogs Home of Tasmania plus, you wouldn't believe it, a fluffy ferret that didn't bite!

## VOLUNTEERS

Two Sacred Heart Primary School students spent time with the residents during school holidays. Brother and sister Dillon and Sienna are working towards their St Joseph's certificate which involves reaching out to others as volunteers in their own time for a total of 10 hours.



▲ L to R: Kaye Grimsey, Dillon, his sister Sienna and Gladys (Tiny) Gadd enjoyed their company

## APOLOGY FROM LAST EDITION

June 30<sup>th</sup>, 2017

Leon Coad  
Sandown Village Apartments,  
Lower Sandy Bay.  
Tas.

Dear Mr Coad,

My name is Mike Swinson and I am the editor of the Southern Cross Care magazine, Under the Stars. Margo has just brought to my attention a most grievous error that is entirely my fault, and if what I have done brings you some pain and sorrow, then I am most truly sorry. In fact I am mortified about the mistake I have made. I'm not sure how this mistake happened, but I hope and pray it will not happen again.

Somehow I have mistakenly inserted the text from last year's ANZAC service that was used in our magazine in 2016, into the magazine story for this year. It means that I have obviously talked about your sister as if she was part of this year's service, which she wasn't. I am also sending another letter of apology to the residents and staff at Guilford Young Grove where your sister was a resident until she passed away this year.

I am so sorry, please accept my most humble apologies.  
Yours sincerely

Mike Swinson  
Editor,  
Under the Stars.

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SHIREEN DIEZ

## EDUCATIONAL INVESTMENT BONDS

Celebrating Grandparents – who could think of a more noteworthy topic and one that would involve so many of our readers. You've all probably done the hard yards as parents and now get the reward and might we say, gloating satisfaction that comes from the fulfilling role as grandparents. Responsibilities are lessened, you can bask in the reflected glory of their achievements and revel in the fact that you contributed to the intergenerational genetic make-up that are your grandchildren. However you may want to contribute even further and with control, by helping secure your grandchildren's future through educating planning and funding in a tax effective way. Let me introduce you to Education Investment Bonds.

We all have been exposed to the rising costs of education, by personal experience or from reading the extensive coverage in the media. So how can you help be adequately prepared? Investing for a child's education through an education bond is simple, easy and tax effective.

Tax concessions are effectively passed onto you to help fund the education expenses of your grandchildren or special child in your life.

So while this type of investment may not solve every funding need; individual circumstances and viewed with consideration of your overall situation the usual basic financial planning principles will apply. Like all financial decisions it comes down to doing the math and number crunching to arrive at the right outcome, using the right strategy and the right structure for you.

### Key features and benefits of an Education Investment Bond are:

- Comes under the Scholarship Plan provisions
- New thresholds for HELP debt repayments
- Student can be any age and you have the ability to change student at any time
- You can fund a lifetime of education
- Pre-school right through to university or adult learning
- The education does not need to be continuous
- Managed by experienced professional investment managers

### Advantages are:

- Special tax advantages
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  - » Contributions at any time
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


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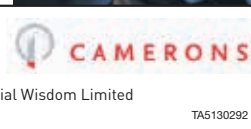
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# Yaraandoo

## PICTURESQUE VIEWS OF THE COAST

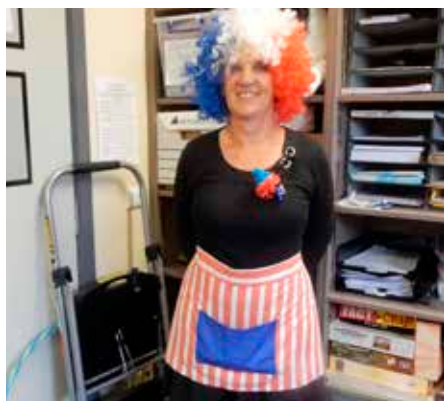
GLENN WICKHAM



### LADIES FRENCH LUNCHEON

By Maria Barnard, Leisure and Lifestyle

On Friday the 13th May Yaraandoo held a wonderful French Luncheon. We issued personal invitations to 15 residents, and had the room decorated in the French national colours. Our chef for the day was LLO Cheryl Alexander. The menu was designed by her three waitresses, Linda French, Maria Barnard and Pauline Simpson our Pastoral Carer. We had a wonderful time and a yummy meal was had by all.



▲ Linda French L&L TO CHECK



▲ From the Left, Pat Cumming Resident, Nancy Simmons Resident, Chef Cheryl Alexander, Back Right, Margaret Richards Resident, Marilyn Ransley Resident, Marie Mundy Resident

Just in case you are wondering what we had to eat, the menu was:

*Garlic Bread,*

*Chicken Coq au Vin served with Garlic Potato Bake and Green Beans,*

*Crepes with orange and cointreau sauce,*

*Tea, coffee, French chocolates and rose' wine.*



▲ From Left Dawn Clarke, Joyce Thompson, Barbara Hardy, Jean Jones all residents



▲ The Queen and Duke

### ROYAL VISIT TO YARAANDOO

On June 14th residents and staff were favoured with a royal visit. Her Royal Highness Queen Elizabeth 2nd and her husband The Duke of Edinburgh, Prince Phillip made a special visit to Yaraandoo before flying back to England.

It was so much fun, especially to have a chance to have a chat and to be seen and photographed with the royal couple.



▲ The Queen resident Graham Langford and the Duke



▲ The Queen resident Kevin Fergusson his wife Trisha dog Trixie and the Duke



# How Sweet it is

WITH JUDITH SWEET



## QUICK CHEESE SCONES

These scones are not traditional scones and are more a cross between a scone and a muffin. They are really simple to make and super to eat. They are sure to be a family favourite!

The number of scones this mixture will make depends on the size of the tins. Reduce the cooking time if the patty tins are shallow. Be sure to put the oven on as soon as you start to make them as they only take a minute to stir them together.

### Ingredients:

- 1 cup grated tasty cheddar cheese
- 1 cup milk
- 1 cup SR flour (white or whole-meal or a combination)
- 2 level teaspoons baking powder
- 1 level teaspoon chicken stock powder
- pinch cayenne pepper
- 1 tablespoon finely chopped parsley or chives

### Method:

- Preheat the oven to 200°C and grease 12 deep patty tins, small muffin tins or patty papers.
- Grate the cheese. Sift flour; baking powder; stock powder and cayenne into a mixing bowl. Mix in cheese and parsley. Make a well in the center of flour mixture and pour in the milk. Using a spoon, combine all ingredients thoroughly without beating.
- Spoon the mixture into the prepared tins and cook for approximately 10-12 minutes until golden brown and springy to touch.
- These are best served immediately as they don't contain butter or eggs to keep them moist. If desired, the scones may be split in half and spread with butter.



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# Glenara Lakes Villas

LIFESTYLE BY THE LAKE

PHILLIP STOTT



## BUS TRIP TO MOLECREEK AND A TRUFFLE FARM

By Gail Carroll

On 19th July, a busload of folk from Glenara Lakes set off for Mole Creek to enjoy a Christmas-in-Winter dinner. We had a beautiful sunny day to enjoy the lush countryside. Before dining at the Mole Creek Hotel, we called into Stephenson's Honey Factory to replenish our honey supplies.

We all enjoyed a beautiful Christmas dinner complete with crackers and corny jokes.

Following lunch, we had a delightful drive down Dairy Plains Rd before we found the Truffles of Tasmania farm. We were met by the owner, Mark Bowerman, a nephew of our very own Ron Johnston. Mark explained the requirements needed for growing truffles and our clean air in Tasmania is an ideal environment for the production of "black truffles", the quality of which is second to none in Australia.

Truffles of Tasmania operates a plantation totalling 50 hectares in a rural setting near Deloraine. They are harvested under English/French oaks by a well-trained team of dogs. We inspected the packing and grading shed where the truffles are graded and sent to chefs & clients around the world.

Some samples were obtained and what a great day we had.



▲ L to R Helen Cohen, Betty Shepherd & Mary Illingworth - all visitors to the Truffle Farm



## THE VEGIE CORNER AT GLENARA LAKES

By Alan Jones

July is deep Winter; many of us lie low and so do lots of garden plants. We have various ways of shutting shop, i.e., covered with plastic, or pea straw, or just dug over. Others, to rejuvenate the soil sow a green manure crop which is dug under in early Spring.



However, some vegies like the Winter. Unfortunately, it sometimes isn't until later that we know what would have been best! Cauli's did well this dry June; broccoli is still producing well; brussels sprouts are thriving in the cold weather. Swedes are good and so far, carrots and parsnips.

Drainage will decide whether they rot or not from now on. And don't forget leeks, silver beet, swiss chard and kale. A bonus in the Winter is less bugs.

## GET WELL MESSAGE FOR BRIGID FLYNN

We like to send a get well message to anyone in the Village who is suffering from ill health at the moment. We hope you get better soon ready to enjoy the spring weather which is just around the corner. In particular we wish Brigid Flynn, our Facility Manager, a speedy recovery. We have included a letter from Pauline Robson, Director of Residential Business Services, explaining Brigid's absence.

"Dear All,

I would like to pass on to you some news regarding Mrs. Brigid Flynn, the Facility Manager at Glenara Lakes. Unfortunately Brigid has had some ill health and will not be returning to Glenara Lakes in the foreseeable future.

Brigid is in hospital and is recuperating after a personal illness and is now on the journey of recovery. I am sure you wish her well and I have taken many good wishes to the hospital.

In her absence Ms Nerrida Salter has accepted the role of Acting Facility Manager and will be responsible for the management of the home in Brigid's absence. I have every confidence that Nerrida will look after the management of the home with the same care, compassion and integrity that Brigid does and will have the home ready for Brigid's return.

Brigid has a large, loving family and as such visiting is restricted to family members only to ensure she has plenty of rest in between her many family visitors.

Regards,

Pauline Robson,

Director of Residential Business Services"







# Book Review

WITH PAT FLANAGAN



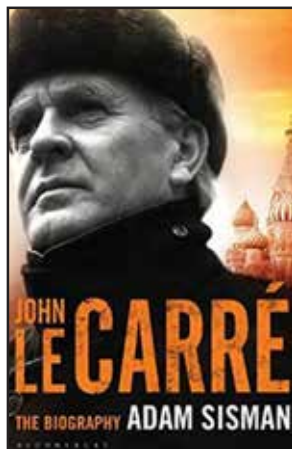
## John Le Carre – The Biography

By Adam Sisman

John Le Carre is the pen name of David Cornwell; novelist who is reviewed by serious critics (often with mixed results) but also out sells many popular authors.

Cornwell was born in Poole, England in 1931, the second of two sons. David's mother walked out of the family when he was five and then until his death, his father, Ronnie Cornwall, was the dominant force in his life.

Ronnie strove to establish himself as a major business man. With minimal capital he set up a series of companies that utilised other people's money and ended up liquidated and investors badly out of pocket. Ronnie's activities were not always strictly legitimate. Ronnie was declared bankrupt twice and also served time in prison. Ronnie exploited many including his teenage sons who were often directed to do unsavoury chores for him.



Despite his financial ups and downs Ronnie sent both his sons to a leading English Public School which David disliked. He left early in 1948 and went to study languages at the University of Berne. He returned to England to undertake his (then compulsory) National Service which assigned him to the Intelligence Corps and stationed him in Austria for two years.

He then went up to Oxford and studied languages (Ronnie wanted him to study law).. Here he was approached by the Security Services to report on left wing students.. He publically changed his right wing political ideas and reported on several friends. After Oxford he taught at Eton and then joined the Security Services where he served in both Germany and England until he resigned to become a full time writer after the publication of his third book "The Spy Who Came in From The Cold".

La Carre's books are distinguished by their research and the world they create. The Smiley trilogy, set in the Cold War, is set in its own world based on his experience in the

Security Services but also draws more from his imagination. As an example, much of the jargon that he uses like "pavement artists" and "listeners" are Le Carre inventions but interestingly the intelligence service have adopted others like "honey trap".

Other novels, in particular "The Perfect Spy" and "The Naïve and Sentimental Lover" draw on his relationship with his father; a son and a father with little regard for the law. "Singer and Singer" turns this around and has a theme around the son working with his father who is a model (and interestingly a lawyer).

The author now lives in Cornwall. He has become more of the left in his politics and in his writing. "the Night Manager" He does not mix with the literary world and has asked his publishers not to enter his books in awards.

Nicholas Shakespeare, a fellow writer and friend has said the "...friendship with David can not be taken for granted. He is not someone you can ring up and have a chat with. Whilst very open .. whilst together he was at the same time intensely private." Yevgeny, one time Russian Foreign Minister and Le Carre fan, was asked by the US Secreary of State if he saw himself as "Karla". "No, I identify with George Smiley".



BRIGID FLYNN

## Glenara Lakes Apartments

COMFORT AND CARE WITH STYLE



▲ Ian Dalton - the new Pastoral Carer

### Welcome to Ian Dalton, the new Pastoral Carer at Glenara Lakes

Ian has just been appointed as the Pastoral Care Officer at Glenara Lakes to replace Sister Murphy.

'Soon after coming to Launceston I became involved with school parents and friends organisations, and for fourteen years served as President of the then Tasmanian Catholic Schools Parents and Friends Federation. During that time I also spent thirteen years as a member of the Tasmanian Catholic Education Commission. I'm lucky to share my life with Glynis, with a large part of our lives

revolving around our family of five adult children and their spouses, and our eight grandchildren. I have spent the last nine months having an extended period of R&R, most of which I have spent odd jobbing around our 230 acres of natural bushland.

Just before being appointed to this new role, Ian said on his 'Linked In' site that 'I'm now starting to look for the right opportunity to re-engage with my social work career, having spent the past eleven years following different challenges.'

Ian doesn't have to look any further; he's now part of the expanding Southern Cross Care family. Welcome Ian.



# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE

ROBYN MARTIN

## FUNDRAISING ORCHESTRA ACTIVITY

By Wayne Crawford

A GROUP of accomplished musicians took residents of Saint Canice village on a musical journey through motion pictures during a recent pleasant Sunday afternoon.

In their fourth performance at Southern Cross Care's Saint Canice Lifestyle Village, the Loscombe String Quartet delighted about 50 residents, friends and family with a 90-minute journey through music from movies.

The musicians give their time and talents freely, and about \$500 raised from donations was given to the Hobart City Mission's winter appeal.

Music performed by the quartet of two violins, a viola and cello ranged from classics such as Pachelbel's Canon, which has been used in many movies including Ordinary People and The Thin Red Line, Johann Sebastian Bach's Jesu, Joy of Man's Desiring which has been used in at least a dozen movies including Minority Report, to Scott Joplin's The Entertainer, the ragtime melody theme from The Sting.

Concert compere and second violinist Colin Baldwin and Grant Bewick (leader), Andrew Clarke (viola) and Jonathan van Rossum (cello) took the audience on a journey through baroque and classical to the romantic and modern periods. Among music featured was Joseph Haydn's hymn The Emperor Quartet (The Dirty Dozen, Casablanca, A Hard Day's Night), Tchaikovsky's Slow Movement from his String Quartet No 1 (used in at least 13 films, most notably Paradise Road), to Georges Bizet's Habanera from the opera Carmen which has featured in at least 95 movies, documentaries and mini-series.

The Loscombe Quartet's return performance at Saint Canice was arranged through resident Chas Rushton, a great supporter of the classics, TSO subscriber who has registered for at least 21 concerts this year, and social friend of Loscombe musicians.

The quartet was formed in 2011, named after Andrew Clarke's home Loscombe House, which is the rehearsal venue for the musicians. The quartet has performed at weddings, private functions, and has become a regular for charity fund-raisers at Saint Canice.



▲ The Loscombe Quartet at Saint Canice, from left Jonathan van Rossum (cello), Colin Baldwin (second violin), Grant Bewick (leader), and Andrew Clarke (viola)



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ROBYN MARTIN

# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE



## EIGHTH BIRTHDAY CELEBRATIONS

By Wayne Crawford

A BIG cake, balloons and bottles of bubbly were a sure sign of celebration – in this instance, a party marking the Saint Canice Lifestyle Village's eighth birthday.

The lunch in the Heritage Building which forms the centrepiece of the Southern Cross Care's Sandy Bay retirement village, marked eight years since the "first settlers" took up residence in the former ecclesiastical centre which has been converted to apartments and communal village facilities.

About 50 residents joined in singing the traditional "Happy Birthday" ditty led by pianist Shea Henderson and vocal duo Nina Lawler and Chas Rushton, and the cutting of the cake by Andrew and Roz Kirkcaldie, who had been among the first residents to move in to the new village in August 2009.

Included in guests at the luncheon were the inaugural village manager Ron Crawford, Southern Cross Care's Director of Retirement Villages Richard Tyberek, and veteran priest and chaplain Father Denis Allen, his arm in a sling as a result of a nasty cut to his hand.

Residents Committee Deputy Chair Judy Tyquin, who organised and hosted the occasion, spoke of the "very special" part the Saint Canice village had become in the lives of those who had chosen to live there.

And immediate past Chairman Rex Kerrison, proposing the toast, said the village had been enriched by the diversity of the community created during the eight years – the doers and shakers, story-tellers and listeners, artists and musicians, writers and readers, the gregarious and those who preferred solitude.

"We are all here in a vibrant but also peaceful community," said Rex, describing it as a community which embraced all who had chosen to be part of the neighbourhood.



▲ Deputy Chair of the Saint Canice residents committee Judy Tyquin (holding the birthday cake), with Father Denis Allen (arm in sling from a recent mishap with broken glass) and Roz and Andrew Kirkcaldie, two of the group of "first settlers" who moved in to the village in August 2009. Andrew was the inaugural chairman of the Residents Committee and Roz an inaugural Committee member.

"And generosity seems to know no bounds – generosity in giving, sharing, helping."

Resident Chas Rushton summed up the sentiment: "We are lucky to live in this beautiful place."

This was a reference to a village and cohesive yet independent community which has grown up around ecclesiastical buildings developed by the Catholic church nearly 125 years ago and which served for a wide variety of purposes – convent, home for "wayward girls," laundry, training centre, offices and home for refugees -- before finally being redeveloped as a retirement village.

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## More from SAINT CANICE

### SAINT CANICE AND IT'S TIMOR CONNECTION (cont.)

They encouraged villagers to modify waste disposal methods to reduce breeding areas for mosquito. The team worked with the Government's National Malaria Control Program and the Rotary Club of Dili Laefaek on activities to reduce mosquito infestation and disease spread.

Dr Kerrison said that even with the WHO having prioritised Timor Leste as at "pre-elimination stage," there was still some way to go to eradicate the mosquito problem. As if to demonstrate the point, three of the Rotary team – including Dr Kerrison – were diagnosed with the mosquito-borne viral disease dengue fever after they returned home.



▲ Shea Henderson and Rex Kerrison representing Saint Canice residents at the Sacred Heart College assembly, to present a cheque for \$1167, a donation towards the costs of operating an orphanage in Timor Leste. Shea has been a life-long stalwart volunteer at the college, and Rex is a former chairman of the village Residents Committee and is one of Saint Canice's leading volunteer fundraisers

## Coming events from AA LORD WEST HOBART

### Black Pepper Fashion Parade

By Cynthia Archer

Thursday 14th September 2017, 5 models will strut their stuff at 10.00am in the Lawrenny Hall



### The 12th Annual Art & Craft Exhibition

To be opened by the Hon Ray Groom on Friday 6th October at 6.00pm. Exhibition will be open Saturday 7th & Sunday 8th from 9.30am – 4.00pm each day.

### The West Hobart Community Spring Garden Competition

This will again be held this year with sponsors Southern Cross Care (Tas.) Inc., West Hobart Neighbourhood Watch, Andrew Wilkie MP, Elise Archer MP, Telstra, New Town Station Nursery, Hill Street Grocer, Black Buffalo Restaurant, Marquis Hotel Bottleshop and Amcal West Hobart Pharmacy.

The gardens will be judged (by Karen Wagner Garden Designer) early November & presented at a Garden Party on Saturday 11th November from 1.00pm. Entertainment by Mervyn McGee & his accompanist Maryanne. Other features on this day will be the judging of "The Quirkiest Vegetable Character", Art Display, Best Floral Arrangement & Best Pot Plant, all judged on the day. The Hon Andrew Wilkie will be present along with other personalities.



### Intervillage Bowls Challenge

In the Winter edition of Under the Stars magazine, I saw an article on Peter Williams of Sandown Village who is the Co-ordinator of their Indoor Bowls Team, so I got thinking why not organise an Intervillage Bowls Challenge. After phoning Peter, Patsy Knopp of Fairway Rise and Andrew Gray of St Canice, it was decided it should happen. AA Lord Bowlers have a strong contingent. Fairway Rise will host the teams, they have 4 mats and space.

We will begin the contest in January 2018 but each month leading up to January we will play socially at Fairway Rise. Southern Cross Care (Tas.) Inc. will support this Challenge and provide a trophy. Socially, we will play the 3rd Tuesday of each month from August to December.





# Fairway Rise

ENJOYING PANORAMIC VIEWS



MANDY WOODORTH

## LINKS CAFÉ 1ST BIRTHDAY PARTY

By Lynette Kent Leisure and Lifestyle Coordinator

On the 22nd of June at 10.00am the Links Café celebrated its 1st Birthday. The Links Café looked wonderful themed in pink with balloons on all the tables and the centre piece on the counter was a delicious looking birthday cake enough cake for 100 people. Miriam Fletcher from the Main Kitchen decorated the birthday cake.



▲ Jason Turnbull and Miriam Fletcher



▲ Julie Bishop, Kerrie Mazengarb, Lynette Kent LCO and Verna Imlach

Lynette Kent Leisure and Lifestyle Coordinator officially welcomed everyone to the party on behalf of Mandy Woodorth Facility Manager who was unfortunately unable to attend the party. Lynette thanked the wonderful volunteers for all they have done getting the Links Café up and running and making it such an enjoyable experience for residents and visitors. The founding volunteers Julie Bishop, Kerrie Mazengarb and Verna Imlach were invited to cut the birthday cake.



▲ Des Kelly

Fair Rising Stars Ukulele Group played for the residents and all the invited guests which everyone thoroughly enjoyed. Over 85 people attended the birthday party which kept Lynette, Jill, Katie and Amanda from Leisure and Lifestyle very busy serving morning tea. Ross Kent captured the morning's celebrations on camera.

## More from GLENARA LAKES VILLAGE

### Glenara Lakes Village Mid-Year Dinner Celebration

By Gayle Carroll

A good number of people braved the cold weather and attended the "Australian Theme" dinner. We enjoyed a good Australian roast meal and finished with traditional Anzac biscuits. Voices were raised in a lusty rendition of some old familiar Australian songs, including, of course Waltzing Matilda and I Still Call Australia Home. Thanks to Doreen Warburton, Trish Bennett and Pat O'Bryan (on the piano) for leading the ever-popular sing-song.



A lovely surprise for the evening was given by Alex Coull who gave a polished delivery of some Australiana poetry which was enjoyed by all. A big thankyou to Alex. The Committee would also like to thank all those who helped set up and clear up. Your efforts all helped to make the evening a big success. Special thanks to Margaret Meyer, Fran Godier and Helen Cohen who set about and made more than a dozen white damask tablecloths which are to be used for our resident's functions. They looked lovely girls.

# The Links Café



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**9.30am to 11:30am**  
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*Coffeeology... Espresso Yourself. Better "latte" than never. Take life one "cup" at a time. So many "blends", so little time. Friends don't let friends drink bad "coffee". Take time to smell the "coffee". Deja, "Brew": the feeling you've had this "coffee" before.*

# COMMUNITY EVENTS & PROGRAMS

## SEPTEMBER, OCTOBER & NOVEMBER 2017



### Launceston City Council

6 – 10 September, Junction Arts Festival – Prince's Square

23 – 24 September, Blooming Tasmania Festival – Albert Hall

1st October, Run & Walk for Your Heart - UTAS

12th October, Royal Launceston Show – Show Grounds

21st October, Fiesta on George – George Street

17th November, Effervescence Tasmania – Josef Chromy

25th November, Launceston Christmas Parade – CBD

Every Saturday, Harvest Launceston – Cimitiere Street

Every Sunday, Launceston Eskmarket – Round House Pavilion, Inveresk

Every Sunday, Sundown Cinema – Launceston Seaport



### Clarence City Council

1st October, Dog's Day Out – Rosny Farm

19 Oct – 19 Nov, Remixing Reality Exhibition – Clarence Council Chambers

21st October, Generation Move Seniors Week Walk – Simmons Park

29th October, Seafarer's Festival – Bellerive Boardwalk

4th November, Living Well in Clarence – Rosny LINC

Every Saturday, Bellerive Community Farmers Market, Bellerive Boardwalk

Every Saturday, Richmond Farmers & Makers Market, Richmond Town Hall



### Burnie City Council

16th September, Emu Valley Rhododendron Garden Spring Opening – Cascade Road

20 Oct – 4th Nov, Burnie Musical Society "9 to 5 The Musical" – Arts & Function Centre

22nd October, B & E Burnie Ten – Wilson Street

17th November, Melbourne City Ballet "The Wonderful Wizard of Oz" – Arts & Function Centre

1st & 3rd Saturday each month, Burnie Farmers Market – Wivenhoe Show Grounds



### City of Hobart

24th September, Tasmanian Youth Orchestra – Farrall Centre, The Friends School

5-7 October, The Popular Mechanicals – The Theatre Royal

8th October, 2017 MMIB Pink Cup Race Day – Luxbet Park

25-28 October, Royal Hobart Show - Showgrounds

Every Sunday, Farm Gate Market – Bathurst Street

1st Friday of each month, Hobart Twilight Market – Macquarie Point & Long Beach



### Devonport City Council

1 - 31 October, Devonport Food & Wine Festival – various locations

Every Saturday, Devonport Foreshore Market – Roundhouse Park

Every Sunday, Don Village Market – Don Memorial Hall



### Waratah-Wynyard Council

16th June, Lighthouse Film Society "Diva" – Wynyard Wharf Hotel Theatre

2nd Saturday of each month, Made with Love Market Bazaar - Artscape

1st & 3rd Sunday of each month, Foreshore Market – Wynyard Foreshore



### George Town Council

Second Saturday of each month, Tamar FM Community Market – Graham Fairless Centre



### Kingborough Council

Every Saturday, Doll Making – Kingston LINC

Every Sunday, Rotary Club of Kingston Sunday Market – Kingston Town Shopping Centre car park



### King Island Council

4 - 5 November, King Island Golf Open - Currie

Information current as at 2nd August 2017

For further information about any of these events, please contact the relevant Council.



# CONGRATULATIONS STAFF 12 MONTH ANNIVERSARY

It is now 12 months since the following staff members joined the Southern Cross Care team in providing devoted service and care to our residents and clients. Thank you for being part of our team and we look forward to many years where you continue to help our residents enjoy a happy, satisfying and rewarding lifestyle.

## AINSLIE

Joshua Brown

4/07/2016

Service Employee

## HOME CARE

Sandra Michieletto

12/09/2016

Community Personal Carer

Taylah Young

1/07/2016

Community Personal Carer - Nth

Tiffany Bowerman

16/05/2016

Community Personal Carer

Carole Hollindale

16/05/2016

Community Personal Carer

## FAIRWAY RISE

Cherie Honner

11/07/2016

Extended Care Assistant

Allison Siejka

18/07/2016

Extended Care Assistant

Charandeep Waraich

18/07/2016

Extended Care Assistant

Amy Brazendale

18/07/2016

Extended Care Assistant

Jasmine Harris

25/07/2016

Enrolled Nurse

Poonam Dhungana

9/08/2016

Extended Care Assistant

Louise Phillips

25/07/2016

Extended Care Assistant

Susanne James

9/08/2016

Enrolled Nurse

Krishna Thapa

9/08/2016

Extended Care Assistant

Amelia Furness

9/08/2016

Enrolled Nurse

Chantelle Taylor

1/08/2016

Service Employee

Mariessa Garnsey

5/09/2016

Enrolled Nurse

Jennifer Graves

5/09/2016

Registered Nurse

Jayde Richardson

5/09/2016

Registered Nurse

Paul Cech

30/09/2016

Kitchen Employee

Paul Taylor-Ledwidge

30/09/2016

Extended Care Assistant

## GLENARA LAKES

Cassandra Bird

18/07/2016

Extended Care Assistant

Franklin Asiaka

18/07/2016

Extended Care Assistant

Kim Lawes

29/08/2016

Gardener

Janine Harper

12/09/2016

Extended Care Assistant

Carol Kelder

19/09/2016

Enrolled Nurse

## GUILFORD YOUNG GROVE

Craig Turner

5/07/2016

Extended Care Assistant

Linda Cozens

13/07/2016

Registered Nurse

Michele Djeric

29/07/2016

Extended Care Assistant

Martin Catto

29/09/2016

Extended Care Assistant

## MARY'S GRANGE

Juany Moran

22/08/2016

Community Carer

Teresa Geason

22/08/2016

Catering Assistant

Gavin Jolly

24/08/2016

Extended Care Assistant

Sheila O'Dwyer

05/09/2016

Registered Nurse

Michelle Robson

12/09/2016

Domestic Services

## MOUNT ESK

Marianne Broad

4/07/2016

Extended Care Assistant

Anna Truran

4/07/2016

Extended Care Assistant

Lisa Wells

22/08/2016

Extended Care Assistant

## ROSARY GARDENS

Patrice Glidden

1/08/2016

Extended Care Assistant

Michelle O'Keefe

1/08/2016

Extended Care Assistant

Delli Malau

26/09/2016

Extended Care Assistant

## SANDOWN

Elizabeth Meaghan

11/07/2016

Extended Care Assistant

Sonya Divirgilio

11/07/2016

Administrative Assistant

Kathryn Crehan

25/07/2016

Extended Care Assistant

Emma Oke

18/07/2016

Registered Nurse

## STATE ADMINISTRATION

Julie Cooper

1/09/2016

Finance Officer

Jenny Thomas

28/09/2016

Human Resource Officer

## YARAANDOO

Nhanh Tran

17/08/2016

Extended Care Assistant

Chloe Gillett

9/09/2016

Extended Care Assistant



**Southern Cross Care (Tas.) Inc.**

*Caring across Tasmania*

Southern Cross Care (Tas) Inc. provides the most comprehensive range of facilities and services throughout Tasmania.

Major regions have a range of facilities complimented by our community care service that provides home care support for our clients.



## WE HAVE AN OPTION FOR YOU

### List of Facilities and Services at Southern Cross Care (Tas.) Inc

Facilities	Address	Independent	Residential
AA Lord Homes	131 Hill Street, West Hobart 7000	84 units	-
Ainslie Launceston	5 Waveney Street, Sth Launceston 7249	60 units/10 rooms	-
Ainslie Low Head	196-244 Low Head Rd, Low Head 7253	34 units	62 places
Ainslie Westbury	87 Meander Valley Rd, Westbury 7303	6 units	-
Fairway Rise	1-2 Toogood Drive, Lindisfarne 7015	104 units/apartments	91 places
Glenara Lakes	390 Hobart Road, Youngtown 7249	93 villas	88 places
Guilford Young Grove	13 St Canice Avenue, Sandy Bay 7005	38 units	56 places
Mary's Grange	26 Channel Hwy & 5 Grange Avenue, Tarooma 7053	36 apartments/villas	105 places
Mount Esk	38 Station Road, St Leonards 7250	2 units	75 places
Rosary Gardens	85 Creek Road, New Town 7008	-	141 places
Sandown Village	Southerwood Drive, Lwr Sandy Bay 7005	36 villas	60 places
Saint Canice	15 St Canice Avenue, Sandy Bay 7005	64 units/apartments	-
Tarooma Villas	100 Channel Highway, Tarooma 7053	13 units	-
Yaraandoo	1A Cardigan Street, Somerset 7322	10 units	81 places

**Home Care Packages Level 1 - 4 are available statewide. Our offices are located at:**

**South** – 85 Creek Road, New Town – (03) 6214 9750

**North** – 196 - 244 Low Head Road, Low Head

**North West** – 29 Wragg Street, Somerset

390 Hobart Road, Youngtown – (03) 6382 4907

81A Gunn Street, Devonport – (03) 6435 0340

**State Administration Office** – (03) 6214 9717

**Residential Enquiries Officer (South)** – (03) 6214 9714

**Residential Enquiries Officer (North)** – (03) 6343 0240

**Southern Villas Co-ordinator** – (03) 6216 7160

**Northern Villas Co-ordinator** – (03) 6344 7911