

# Under The Stars

REFLECTING LIFE'S JOURNEY...

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

AUTUMN 2018



Australia Day was another excuse for a social gathering at the Grange Villas. A 'You Beaut Aussie Day' barbecue, giving residents a chance to let loose their persona and even be a little ocker! Some dressed up in good Aussie clobber.

IN THIS ISSUE...

**AUSTRALIA DAY SPECIAL**

Pages 6 to 12



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# FROM THE EDITOR

How often do you take the time to talk to a stranger? Some people find it terribly confronting and a bit scary, others seem to love starting a brand new conversation with someone they have never met and know nothing about.



There is a lady who is world famous for her book, 'When Strangers Meet' and whose mission in life is to encourage us to try it sometime. Kio Stark has always talked to strangers — she believes these fleeting moments give us new ways to fall in love with the world.

However she does set some rules of behaviour: Always be polite, keep a bit of extra physical distance, and if people aren't giving you signals that they're open to interaction, don't push it. Get up and leave..

I recently listened to the experience of one man who was talking on ABC Radio National and related the story I am about to share.

He was at a party at a friend's house and there were dozens of people gathered around in groups engaged in animated conversations, many he did not know, in fact he was feeling uncomfortable because he couldn't find anyone he did know to chat to. Through the crowd of partygoers he caught a glimpse of an older lady sitting on her own, and thought I will go and chat to her, she looks a little lonely.

He sat down and they began to talk. He discovered to his absolute amazement that she was the daughter of the German General who had tried to assassinate Hitler. As they sat and talked he was treated to a remarkable and colourful life history of an individual

whose life was at the centre of momentous events in history. Had he not taken the time to chat he would never had been able to share her amazing story with many others.

As it transpired, she had met Hitler as a little girl, she obviously survived the war and

lived and worked around the world. He met her while he was travelling through the USA.

So what does it take to take the time and say a simple hello to a stranger you pass on the street? You are more than likely to meet them, if you are reading this magazine, in a retirement village or aged care facility. How might that interaction continue? How do you get out of a conversation you have started and can suddenly see it's not going at all well? These sound like easy questions. They are not.

According to Kio, the guiding principle of these expeditions is respect for others, and every conversation explorer should pay careful attention to their own conduct. If you are male or have a male appearance, be especially respectful when speaking to women and people who have a female appearance, since by default you could be seen as threatening or intrusive

So, as I discovered recently, when talking to an individual in one of the SCC homes, there are many, many people out there with wonderfully rich and rewarding lives who would love a chance to share their life's journey with a stranger.

One such example is Brian Wilson whose life is featured briefly in the 'Across the Table' segment of this magazine on pages 20-21.

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# Southern Cross Care

## THE SNAIL FARMERS



▲ Alistair and Linda with their snails

### SLOW FOOD FARMERS

#### Alistair Primrose and his partner Linda McDavitt.

It's the ultimate slow food, yet escargot is taking off with remarkable speed, led by Tasmania, where new snail farms hope to tap into growing demand.

Three heliciculturalists — snail farmers — have set up operations in the state, including two at either end of the island.

The most advanced is La Perouse Escargot, set up by former agricultural teacher Alistair Primrose and his partner Linda McDavitt. Alistair is also a contract gardener at Rosary Gardens and SCC Head Office. He is a qualified biologist and horticulture teacher. Linda is well known to many staff and residents at both Mary's Grange and Sandown, where she was the Care Manager for many years.

After eating snails in a Melbourne restaurant, he thought 'I wonder if we could do something like that?' Alistair explains. "Then we put a survey out to restaurants — thinking there was no point setting anything up if no one wants them — and the response was terrific: dead keen. One wanted 13 dozen a week."

While reasonably common in Europe, snails are rarely seen on Australian menus due to an import ban, scarcity of local supply and a cultural queasiness

about eating a garden pest. However, Tasmania's housing boom and foodie revolution promises to change attitudes on both sides of Bass Strait and canny entrepreneurs are hoping to cash-in with their snail farms.

Alistair and Linda are also part of the Tasmanian based 'Sprout' organisation, whose CEO is Jennifer Robinson. SPROUT supports small food producers to get their ideas in the ground, growing and to market, while also connecting these producers with consumers.

Alistair and Linda have four netted outdoor enclosures, 4m by 12m, house an estimated 100,000 snails. They have been cleared as fit for human consumption and the larger snails are ready for market. All are *Helix aspersa*, or common brown garden snail, known in Europe as *petit-gris* (little grey). They are fed home-grown vegetables and herbs but "purged", or fasted, for seven to 10 days before being sold as food.

Such is their appetite — snails can consume 40 times their body weight each day — that Alistair and Linda have had to supplement their feed with discarded leaves from supermarket vegetables. The delicacy also requires diligent protection from predators — birds, mice and rats — and daily watering.

They both recently returned from a research trip to the Cherasco Worldwide Institute of Snail Breeding in Italy and plan further improvements and extensions as a result.

They liken the texture of snails to oysters, while describing the flavour as a subtle earthiness, akin to a mild mushroom, complemented by the absorbed flavour of the other ingredients.

Commonly cooked with garlic, butter and herbs, snails can also be served with stir-fried vegetables or in a risotto, and are said to be an excellent source of essential amino acids and protein.



▲ *Helix aspersa Maxima* or common brown garden snail



▲ Some of the escargot delights

Escargot is a natural fit for the truffle and pinot island; after all, the French almost colonised it before the Brits, visiting in 1792 as they searched for missing explorer La Perouse, after whom Alistair has named his business.

Alistair has gained a new respect for the hermaphrodite creatures — not least for their mating abilities, with copulation lasting up to 15 hours — but feels a bit disconcerted when they are on the move at night. "They come teeming, creeping out from behind plants; it's like a horror movie," he says.

'However, anything organically grown and coming from Tasmania is flavour of the month in interstate restaurants, they cannot get enough. We plan on growing our business to around 500,000, that's going to need a lot of space and a lot of food!!'

*Footnote (Some of the content in this story was originally printed in The Australian and was written by Mathew Denholm)*

**Many thanks for the images from the camera of photographer Peter Mathew.**



# Yaraandoo

PICTURESQUE VIEWS OF THE COAST



PATRICK ANDERSON



▲ Residents and staff all geared up for Australia Day celebrations

## THIS IS AUSTRALIA DAY AT YARAANDOO

By Linda French

We had a wonderful barbecue lunch at Yaraandoo, the dining room was well decorated, our wonderful craft was on display, and we finished off the day with our annual thong throwing competition. The residents started off throwing the thongs in a pretty ordinary fashion, but as they got into the game, they got better at it.

Residents told us that they were very thankful for the hard work that Maria and myself had put into the day. It was certainly enjoyed by everyone.

The winners of the thong throwing competition are well worth a mention, as John Wells came first, Nola Foss a close second and another close third was Margaret Richards.



▲ Nola Foss



▲ Linda French showing the residents the art of thong throwing



▲ Doug Frankcombe is our gardener and he helped on the day, cooking the barbecue with other residents, once he had his nails painted!



▲ John Wells



▲ Margaret Richards



# Ainslie Launceston

OVERLOOKING THE CITY OF LAUNCESTON



ROBERT CRUMPTON

## AUSTRALIA DAY BBQ

On Australia Day Eve Ainslie Launceston hosted a BBQ for residents and friends of the village.

Usually our BBQs attract between 25 and 30 people, but on this occasion, we had 58 attendees.

They all enjoyed sausages, hamburgers and salads superbly cooked by Robert Crumpton (Residential Enquiries Officer/Village Manager) and Jim Stewart (Maintenance). The bar was manned by Carol Taylor (Administration).

Our newly formed Residents Committee and helpers set up the venue and helped tidy up afterwards. A raffle raised funds for further upcoming events which we hope will be similarly supported.



▲ Pat Crowe (visitor), Irene Amos (resident), Eleanor Mazengarb (resident) and Sr. Virgil (resident)



▲ Simone Wright (visitor), Jaelee Wright (visitor) and Callum Wright (visitor)



▲ Carol Taylor (staff) and Jim Stewart (staff)



▲ John MacGuigan (resident), Ron Sulzberger (resident) and Graham Wade (resident)



▲ Robert Crumpton (staff)



# Mary's Grange Apartments

EMBRACING THE DERWENT ESTUARY



MARCVAN IMPE

## AUSTRALIA DAY

This year for the first time Mary's Grange had an Australia Day Garden Party. This came about as a result of several residents requesting another garden party as they had so much enjoyment at our Spring Garden Party.

The focus was on enjoying Australian culture and traditions. A time to sit under a shady tree, relax and enjoy good company, good food, drink and music. This activity brought out the spirit of caring and the joy that is to be found in supporting others. Our wonderful volunteers stepped up and gave social support, even a volunteer from another SCC facility came to share the afternoon with our residents. Staff from all areas of the facility helped in so many ways to make this a special occasion for the residents. It is reassuring that in the busy hustle of society we can witness kindness and caring at its very best.

Musicians Kay and Maurice played many of the resident's favourite old time songs, and many residents could be heard singing and toe tapping or clapping along to the songs.

The garden was decorated with Australian Flags and red, white and blue balloons, and Aussie thongs. We were very grateful for our new gazebo which provided extra shade for residents on a hot afternoon. We had lots of drinks on hand and catering provided a wonderful selection of Aussie nibbles for afternoon tea.

Just how much our residents enjoyed the afternoon was evident when the entertainment was over; the food eaten but residents chose to stay on in the garden chatting and socialising for some time.



▲ Residents being entertained in the gardens of Mary's Grange



▲ It's wonderful to have dappled shade to sit and relax and listen to the music



▲ Entertainers Kay and Maurice hard at work



▲ L to R: Residents enjoying the concert Mrs Judy Wilkinson, John Livingstone and Terry Le Fevre



▲ Also enjoying the music are from the back Mr Bill with Mrs Judy Wilkinson, John Livingstone and at the front Miss Gladys Dobson



# Fairway Rise Lifestyle Village

THE CLUBHOUSE VILLAGE NEWS



CAROL JOSEPH



▲ Patricia Corby, Frank Vaughan and Yvonne McLaren

## FAIRWAY RISE LIFESTYLE VILLAGE RESIDENTS CELEBRATE AUSTRALIA DAY WITH AN 'AUSSIE' THEMED BBQ

The residents at Fairway Rise Lifestyle Village celebrated Australia Day with an 'Aussie' themed BBQ instead of the regular Friday get together, Friday Forum.

The room was festively decorated and the 80+ residents who attended had to walk under the Australian flag to enter. Residents brought along wonderful Aussie food to share such as damper, 'little boys', hot pies and sausage rolls, vegemite sandwiches, mini pavlovas, lamingtons, Tim Tams, and the list goes on. Some folk dressed up in Aussie gear and there was fun and frivolity with games to play such as longest Minty wrapper, egg and spoon race, 'tunnel' balloon (with a twist), egg throwing and thong throwing competitions.

It was the first time an Australia Day event such as this had been held at the Fairway Rise Village and the event was greatly enjoyed by all who attended.



▲ Residents egg and spoon race

## GLENARA LAKES VILLAS

**Australia Day** was celebrated in style by 50 people in our new Club Rooms. The afternoon began with a lusty rendition of Advance Australia Fair. President, Greg Chapman welcomed all, and Grace was said before we were allowed to touch the magnificent spread set out before us.

Although it looked as though there was far too much, it was practically all demolished. Thank you to everyone who brought food along. It was a wonderful and simple way to celebrate "Australia Day" and judging by the noise it would seem that everyone enjoyed themselves.



▲ Meanwhile, residents and friends from the independent living units at Tarooma also celebrated Australia Day



# Mary's Grange Villas

EMBRACING THE DERWENT ESTUARY



ROBYN MARTIN

## C'MON AUSSIE IT'S AUSTRALIA DAY

**By: Helen Quilty  
Secretary of the Residents  
Committee, Grange Villas, Tarooma**

Another social gathering celebrated on 26th January for a 'You Beaut Aussie Day' Barbeque which gave the residents a chance to let loose their persona and be an Ocker. Some even dressed in suitable clobber for the occasion; Olive with her smart chic red hat and Ron the Irishman in his almost new Akubra hat plumed with a short waving Aussie flag. No one wore thongs as expected, but they did bring good cheer and a little booze!

Over twenty residents came to enjoy the twilight gathering sitting around outside on the Community Terrace enjoying each other's company on a balmy night in Tarooma. Some said it

was the best event they had been to for years and asked for another barbie. True to Aussie form, ladies sat at one table and men sat at another but no one seemed to mind or even notice, they just yarned like old times.

Some Sausages n' onions were chucked on the barbie to sizzle and then dowsed in obligatory tomato sauce before being wrapped in white sliced bread. Some revellers even put salad with the sausage! Just like you had in the back yard at home in the old days!

And Aussie 'sweets' just had to be pavlova and lamingtons which led to a lengthy conversation and conjecture as to whether the 'pav' was invented by the Kiwis or was it a true blue dinky-di Aussie invention. Didn't matter really because they tasted so good!

Guess what? We forgot to include Vegemite on the menu nor did we sit in



▲ Ron Wilson, Olive Price and Gloria Barnes celebrating Australia Day

the shade of that old gum tree because we sat outside in the balmy sunshine at The Grange where we live with our bonza new mates, which is definitely not an old bark hut. Here, we tie our kangaroos down sport and sometimes run amuck, until the same again ... next year.



# Sandown Villas

PRIME LOCATION AMONGST THE GARDENS



ROBYN MARTIN



▲ Australia Day at Sandown Villas was celebrated in style. Peter Williams, Kevin Mullins (on the BBQ tools) and Graeme Denehey



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# Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS

REBECCA EISZELE



▲ Getting into the spirit of Australia Day are Charmaine and Janet



▲ Michael Pugh doing his bit for the celebration



# Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR

DEBORAH AUSTEN



## AUSTRALIA DAY AT AINSLIE LOW HEAD WAS A SWINGING AFFAIR

Our residents were entertained by Neville Marston on Australia Day. Neville has been in a few bands, including one called the Good Old Boys, and has even performed in the home of Country Music in Nashville.

His current band is called River Leads and when he comes to Ainslie Low Head one of the staff sings with him.



▲ Resident Bob Kimberley and his wife Elvie



▲ Residents Keith Lowry and Jean Lynch



▲ Entertainer Neville Marston



▲ Neville entertaining the residents



# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE



ROBYN MARTIN



▲ Saint Canice Village Residents Committee chairman and secretary Andrew and Irene Gray were busy poaching eggs



▲ Village committee members serving residents with a great breakfast of eggs, bacon, hash browns etc, plus pancakes with strawberries and blackcurrant jelly harvested from the village garden



▲ Carol Batt, one of the drivers behind the Big Breakfast at Saint Canice

## AUSTRALIA DAY AT SAINT CANICE

By Wayne Crawford  
Images from Peter Campbell

It gets bigger every year and the 2018 Big Breakfast on Australia Day attracted a record 66 to what was the biggest since the breakfast events were inaugurated four years ago.

For organisers Ian and Carol Batt – assisted by close on 20 residents who helped with everything from cooking and serving to setting the tables and cleaning up afterwards – it was a triumph of community participation.

Breakfasters feasted on a vast variety – with champagne and orange juice followed by bacon, sausages, eggs,

mushrooms, hash browns, then pancakes, strawberries and blackcurrant jam – which left nobody hungry, and very few in need of dinner that night.

The surplus from the very reasonable \$18-a-head will go towards the cost

of the next PWE free sausage sizzle with some of the excess going towards charities supported by Saint Canice.

The happy snaps taken by Peter Campbell give some indication of just how successful the event turned out.

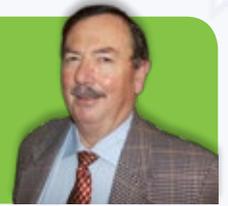


▲ Residents celebrating Saint Canice style



# Wine Notes

WITH DAVID JOHNSTONE (Principal of Tasmanian Wine Centre)



## A LITTLE BIT OF ITALY...

If you have an interest in wine and in particular Tasmanian wines then there would be a good chance that you would have come across Stefano Lubiana's wines by now.

The vineyard and winery are located just twenty minutes drive from Hobart at Granton and are perched on the side of sloping hills on the southern side of the Derwent River that encapsulate stunning northern views. Steve and his wife Monique established the vineyard in 1990 with the firm aim to produce sparkling wine, Chardonnay and Pinot Noir of the highest possible quality. This they have achieved with plaudits and recognition by some of the best critics and judges from around the world.

Several years ago, Steve and Monique invested in a new cellar door and winery that reminds me of European wine escapades in central Italy, with its style of building, colours and especially the interior with its big fire, terracotta floor tiles and exposed wooden beams and finished with carefully placed winery related décor; to say nothing about the views! Central to the cellar door area is the eatery, Osteria. Osterie in Italy can be farmhouse style dining areas, sometimes have small menus but are mostly places where simple local food and wine can be enjoyed. The Lubiana Osteria is stocked with vegetables from their own biodynamic garden, thus utilising what is fresh and in season. All other ingredients including meat and fish comes from organic or biodynamic producers and the result is a small menu but one that is packed with culinary delights. If time is a constraint and dining in Osteria is not an option then the cellar door has an interesting selection of imported cheeses, cured meats with house made bread and condiments that can be eaten al fresco on the marble tables with, of course a glass of wine.



▲ Osteria, Stefano Lubiana Wines

And the wine..Stefano Lubiana is a certified biodynamic vineyard producing some outstanding sparkling and Burgundian styles of Pinot Noir and Chardonnay. At the top of the sparkling range sits the 2008 Grande Vintage, a complex palate stimulating wine. At about \$60.00 it sits comfortably with the best Tasmanian sparkling wines and is extremely good value compared to some of the Champagnes we see at equivalent or even higher prices. Between \$35.00 and \$40.00 is the NV Brut reserve, a recent gold medal winner at the Decanter International Awards, which speaks for itself. The icon pair of the Collina Chardonnay (\$90.00) and the Sasso Barrell Selection Pinot Noir (\$120.00) are truly the result of pristine fruit and detailed winemaking skills. Both wines can, and should be compared with the best of the *Grand Cru* range of Burgundian wines. However, for those of us who have more modest amounts

of dollars to spend on wine there are the Single Vineyard Estate range of Chardonnay and Pinot Noir and Chardonnay (\$45.00 to \$50.00). The Primavera Chardonnay and Pinot Noir (approximately \$30.00) are excellent value and last but definitely not least the Sauvignon Blanc, Riesling and Pinot Gris are excellent wines.

And so back to Osteria. We have been fortunate to have dined at Osteria on several occasions. Sometimes with larger groups and sometimes just the two of us. The food, wine and service have always been good and if you happen to have some spare time, enjoy a short drive, like good food and wine then you could add another small adventure to the list by relaxing and dining at Osteria.





# Glenara Lakes Apartments

COMFORT AND CARE WITH STYLE



HELEN MARSHALL

## YOUNGTOWN PRIMARY SCHOOL VISIT TO GLENARA LAKES

By Sandra Seen  
Music Teacher at Youngtown Primary School

Youngtown Primary School has had a close association with the residents of Glenara Lakes for many years. Many of the independent living residents have been involved as volunteers with reading programs that support our students on an individual basis at the school and in the past students have visited the village to learn about some of the recreational activities enjoyed by the Glenara residents.

At Youngtown Primary School we have a grade 4-6 choir who rehearse each week and enjoy the opportunity to perform for different audiences outside the school. As a few years had passed since we were last able to come to the nursing home, we were keen to visit and share some of our choir and instrumental pieces. Some of our students have family connections at the home and for many it is an opportunity to not only share some music, but also talk to the residents and find out a little of their life stories (some are past students of our school). We hope that the residents who attended our performance also enjoyed having some time to talk to our young people.



▲ Youngtown Primary students Alex, Maggie and Paije with resident Catherine Paterson.



▲ Group of Friends Concert

## THE GROUP OF FRIENDS VISIT GLENARA LAKES

By Ian Dalton, Pastoral Carer

Residents of Glenara Lakes were entertained on 7 December by the singing musicians 'Group of Friends' with a mixture of Christmas carols and Christian and secular music.

The Group of Friends is a blend of musicians and singers from various Christian denominations in Launceston. Many of the group have been involved in music groups together in various ways for twelve years or more. Their journey originally commenced with the City Mission Singers and in November 2016, after a previous iteration of the choir folded, the remaining 'group of friends' decided to keep getting together on a regular basis to provide entertainment to residents of nursing homes in and around Launceston.

Every Thursday the Group of Friends can be found visiting a nursing home around Launceston or in surrounding towns including Scottsdale, Bridport, Deloraine and Longford. Depending upon the availability of members the group can comprise anywhere between four people and one dozen.



▲ Residents enjoying the concert



# Glenara Lakes Apartments

COMFORT AND CARE WITH STYLE



HELEN MARSHALL

## INTRODUCTION TO HELEN MARSHALL

Let me introduce myself, my name is Helen Marshall and I am the newly appointed Facility Manager for Glenara Lakes Aged Care Apartments in Launceston.

Born and raised in Tasmania, I am married with 2 sons, who unfortunately for me, live in Brisbane. I have been a nurse for over 40 years, completing my training at the Launceston General Hospital. I was the "bush nurse" at Avoca for 10 years in the 70s and 80s, and gained a great deal of experience dealing with emergencies in a remote environment.

I was the first nurse to obtain permission from the Health Department to provide childhood immunisations, and also became a Commissioner for Declarations, as JPs were very short on the ground. My experience in emergencies ranged from delivering babies, forging flood waters to provide attention to patients having heart attacks, or serious injuries from chainsaws, or being a palliative nurse to many residents of the Avoca and Rossarden community. What I didn't learn or do during this time is almost not worth knowing. The Fingal Valley will always have a special place in my heart. Following the 10 years at Avoca, we moved to St Helens, where I worked at both St Marys Hospital and the local doctor's surgery.

With our boys leaving home to attend college, we decided a move to Launceston would keep our family unit intact. Changing towns meant changing jobs, and that's where my history as a Nurse Manager began. My experience as a Manager has been in both the Aged Care and Disability sectors for a little over 20 years. During this time, I also worked with Centrelink for a short period, being the first Registered Nurse to work as a Job Capacity Assessor, in Australia! My experience was then sought throughout the state from all offices, and my knowledge of proprioception, anatomy and years as a district nurse came in extremely



▲ Helen Marshall



▲ Helen Marshall and May McLachlan in their fascinators, all geared up for the Launceston Cup

handy. (*Proprioception is the awareness of posture, balance or position due to the reception of stimuli, produced within the organism, which stimulate receptors (called proprioceptors) located within muscles, tendons, joints and the vestibular apparatus of the inner ear.*)

I have four beautiful grandchildren, all of whom live on the mainland. My husband and I make several trips a year to ensure that they stay familiar with their grandparents, as I am affectionately known as "Nana on the plane".

My passion is making a difference to the lives of those people who live in residential care and I strive for perfection in all that I do.

I have an open-door policy for both residents and staff and welcome the opportunity for any feedback

or suggestions for improvement. My management style is leading by example for my staff, being positive and instilling a sense of pride in the workplace.

I have a wicked sense of humour and enjoy making others happy, both in my work and personal life. I feel extremely blessed to have been given the opportunity to manage such a beautiful facility and look forward to the future with excitement and enthusiasm.

I encourage staff to identify areas for improvement including resident care needs, equipment, surroundings and anything that will enhance the resident experience and the way we deliver care. The staff at Glenara Lakes are very proactive, and have been presenting ideas and suggestions on an ongoing basis. I look forward to many years of enjoyment and challenges in this role.



# Mary's Grange Apartments

EMBRACING THE DERWENT ESTUARY



MARCVAN IMPE

## CHRISTMAS ACTIVITY

### Gingerbread house and gingerbread men decorating.

Christmas is a time when thoughts turn to food. It is a time when many people think of making and decorating cakes and gingerbread.

For Christmas 2017 the residents and staff at Mary's Grange decided for the first time to have a go at decorating some gingerbread men that the residents could have to give as gifts to family and to do a gingerbread house for the residents to share as part of their New Year's Eve celebrations.

Residents and staff had fun, preparing the lollies used for decoration and the catering department made the royal icing that was needed. It would be fair to say that this was a very inclusive activity. Some highly skilled cake decorators took charge of the gingerbread house, using skills developed over a lifetime, while others enthusiastically decorated a ginger bread man with lots of quality control sampling of the decorations. Lots of reminiscence and laughter was had throughout the activity.



▲ Volunteer Liz Morphett with resident Mrs Lorna Tabor and the wonderful gingerbread house



# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE



ROBYN MARTIN

## SAINT CANICE AND THE EAST TIMOR CONNECTION STILL GROWING

By Wayne Crawford

Saint Canice village residents have forged a close connection with East Timor through their generosity towards projects which are supporting the developing nation. A small deputation from Sacred Heart College – which has provided a link between our village and one of the supported projects – attended a recent PWE (Pleasant Wednesday Evening) to update residents on how their money was being spent.

At the meeting were, among others,

Committee vice-chairman Rex Kerrison, long-time stalwart volunteer and project supporter Shea Henderson, Sacred Heart Teacher Melissa Brown and 16 year old student Chelsea Wilson, who has already visited the orphanage. Chelsea spoke of the work being done by a group of Canossian nuns led by Sister Elsa da Costa in an orphanage which enables children from remote mountain villages to attend school, providing a pathway from poverty for their families.

Chelsea was one of a group of students who visited the orphanage last year and delivered the latest \$1200 donation to the orphanage raised by the residents of Saint Canice.



An image from late in 2016, work continues on re-building Kumudini Hospital in East Timor, the support from residents at St Canice continues, with heartfelt thanks from the East Timorese. "Thank you to the Rotary Club of North Hobart and St Canice Residents Committee, for their generous funding support for the Kumudini Hospital project. Self-funded volunteers (like Dr Kerrison and others) continue to visit and support the Hospital each year."



# Rosary Gardens

GARDENS IN A CENTRAL LOCATION



ANN BINGHAM



▲ L to R: Joseph Jakopak, staff member Moana Muller, Ann Bingham and Margery Smith

## RESIDENT AND STAFF BBQ

On Wednesday the 24th January 2018 a special staff and resident BBQ was held in the St Therese garden, residents attended from across all units, with staff and family also attending enjoying spending time together. A sausage sizzle was well received with residents and visitors enjoying lunch followed by a pavlova with berries and cream. Staff attended to serve the food and cold drinks, the weather was perfect for the occasion with not a sign of rain or wind.

A big shout out to Kelly who did a wonderful job cooking also the wonderful staff who gave up their day off to help with the BBQ. This was also a great time for those residents and family to get to know our new Facility Manager Ann Bingham.



▲ L to R: Mary McMahon, Dulcie Ware, Joan Ford and volunteer Crista



▲ Reginald Palmer

## Lindisfarne Service Centre & Tyrepower



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



# Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS

REBECCA EISZELE



▲ Line dancing



▲ Don Brooks with Chrissie and Santa



▲ Phyllis Gerke with her grandchildren

## CHRISTMAS CELEBRATIONS AT MYRTLE PARK

On 16th December Mount Esk had a special Christmas Party BBQ, we hired the hall at Myrtle Park and took 42 residents in the facility bus and maxi taxis to the event. Resident's friends and families were also invited, 100 in total. We had entertainers from Hobart the Grey Nomads, Santa and Santa's helper visited with chocolates for all. Wonderful support from all the staff and volunteers was given. It was an amazing evening going from 3pm – 8pm.



▲ Betty Humphreys, wheelchair bound wasn't letting that stop her from getting into the spirit of things, with, among others staff member Lisa Moore and her husband Chris, in the dancing line with their Christmas hats on



▲ Joan Evans with Santa



▲ LLO Chrissy Divona with residents Therese van der Aa, Santa Clause and Mr Norris Binns



# Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE



ROBYN MARTIN



▲ L to R: Kate Domeney, Matthew Kirkcaldie, Irene Gray and Andrew Gray. Kate, Irene and Andrew are all members of the Saint Canice Residents' Committee.

## DEMENTIA SEMINAR

Residents of Saint Canice Lifestyle Village and their families and friends recently had a unique opportunity to hear an authority speak about dementia, which is one of the nation's leading causes of death.

This most informative presentation was conducted by Dr Matthew Kirkcaldie who is a son of Saint Canice residents, Andrew and Roz.

Matthew is a neuroscientist and a senior lecturer at the Wicking Dementia Research and Education Centre at the University of Tasmania. He is an authority

on dementia and Alzheimer's disease and author of texts on the subject.

The Wicking Centre, which is a Tasmanian initiative based in Hobart, seeks to improve the lives of people with dementia and their carers. At this stage, there is no cure, but through research, the centre aims to better understand the diseases affecting the brain that cause progressive decline in functioning affecting memory, problem-solving skills, function and social behaviour.

Dementia is fast becoming known as the public health concern of the 21st Century with the number of people

with the disease increasing every year as our global population ages. There are currently 46.8 million people worldwide living with dementia.

While the Centre is core-funded by a Trust, with contributions from the University of Tasmania, more funding is required to help Matthew and his colleagues continue their research in the hope of finding a cure for this insidious disease which now has the second highest mortality rate in Australia.

**If you would like to donate, go to [www.utas.edu.au/wicking/donate](http://www.utas.edu.au/wicking/donate) or call 1800 982 600.**



# Across the Table

WITH MIKE SWINSON



## WITH BRIAN WILSON

By Mike Swinson

It's the midst of the Depression years, families are starving, tens of thousands of men and women are out of work.

In the gold mining city of Ballarat the night watchman at the Art Gallery isn't doing what he should be, walking round inside and outside the gallery, keeping watch on the many and valuable paintings inside. Instead he has with him a sharp knife and he is carefully and stealthily cutting one of the most valuable paintings in the gallery out of its frame. He plans to sell it and leave town. It's a Fredrick McCubbin classic, 'Down on his Luck'. The nightwatchman was also out of luck, the theft failed and he ended up in gaol.

That image of the swaggie, sitting forlornly on a log, boiling his billy, with no money, no work, no prospects and no food drew the attention of another young man, an unlikely visitor to an art gallery. Unlike the nightwatchman, he wasn't interested in 'nicking' the painting, he was captivated by it. It spoke to him of freedom and adventure. His name was Brian Wilson, a young fella who grew up in a small Victorian country town called Wycheproof, an aboriginal word for 'grass on the hill'. When Brian first saw that image he was captivated, but he was no ordinary country lad, by the age of 15 Brian was already an avid reader, particularly of the prolific Australian author Ion Idriess, whose tales of the outback, 'The Cattle King' and 'Flynn of the Outback' would draw Brian north seeking work and adventure.



▲ The view from Brian's window

These days Brian lives at Ainslie Low Head, a life time away from the heat, dust and flies on the stock routes and in the shearing sheds where he worked for the best part of his life.

"I've worked a lot around Longreach in Western Queensland, droving big mobs of sheep, sleeping in my swag on the ground at night, sharing my bed with snakes and all manner of bugs. An aboriginal stockman told me that on frosty nights, snakes would crawl up next to you, searching for warmth. If you didn't wave your arms about or move much they won't bite you."

"Another old drover's tale I heard was to lay out a rope around your swag before you went to sleep and the snakes wouldn't cross it, it's a load of rubbish I can tell you!"

### MEMORIES BY BRIAN WILSON

*Blue mountains etched against the sky  
A lazy river drifting by  
The wind is sighing in the trees  
As I sit alone with my memories.*

*An old man now, my hair is grey  
On this park bench I pass my day  
Thinking of those days gone by  
Out beneath that western sky.*

*Of dusty stations where I worked  
A hundred miles west of Bourke*

*Heat and dust, blood sweat and tears  
One hundred miles to the nearest beer.*

*For I was droving on the plains  
Long before the first road trains  
But I was young and I loved that life  
Far away from city strife.*

*That strange red land with its blood red sand  
Casts a spell over you that few understand  
I saw things out there on those western plains  
Things that I'll never see again.*

*I saw brolgas dancing in the spring  
And a thousand parrots on the wing  
A big red roo bounding by  
And a wedge tailed eagle in the sky.*

*Wild camels and horses on the run  
Big Goannas basking in the sun  
Red dust storms sweeping o'er the plains  
While everyone pray'd for a drop of rain.*

*And when at last it finally came  
The wild flowers carpeted that endless plain  
The grass grew high and the stock grew sleek  
And the waters filled the once dry creek.  
Life was once more free from care  
On that wonderful land that lies out there.*

"Poetry to me is a bit like I think music is to a musician, at a certain time in your life, it comes to you easily. It's left



▲ *Down on his luck*, Frederick McCubbin 1889, oil on canvas, Art Gallery of Western Australia, Perth

me now, I don't seem to be able to find the words, when once they flooded my brain. I would hear words and know I could create a poem."

"That western country, those sweeping plains has an attraction, it gets in your blood. I always used to go 'Back of Bourke' again to answer the call. I worked for years in shearing teams that started near Julia Creek in Western Queensland, worked slowly south until we ended up in the big sheds of Tasmania, having shorn sheep down through NSW and into the western districts of Victoria. I loved travelling, it was always an adventure for me. I never worked as a shearer, that's too bloody hard, I was always a roustabout or shed hand."

The view from Brian's window in his room at Ainslie Low Head is stunning. It's the mouth of the Tamar River, out into Bass Strait with the lighthouse in the foreground, but it's obvious that he misses the wide open spaces, the dusty plains, the starlit nights and the laughter and language that goes with life on the boards. He says he's never suffered from a serious illness, smoked from the age of 14 and didn't get married till he was 32. He was always busy, travelling around the outback and having a good time, and every now and then putting pen to paper and creating quite remarkable poetry.

Brian wrote 'Memories' while sitting on a bench in Sydney with the silhouettes of the Blue Mountains in the distance. When away travelling and working he used to write home regularly, sharing the stories and adventures he had.

**"I loved the poetry of Banjo Paterson and wished I could write as he did and have it published. I can recite the whole of his wonderful poem, 'The Man from Snowy River,' I know it all off by heart."**

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**AT ANY KALIS HOSPITALITY HOTEL**

**Southern Cross Care** wants to take this opportunity to say **'Thank You'** to the Kalis Group for their support over recent years. Unfortunately the association is to end so we say **'Thank You'** again and wish them luck with all their endeavours and hope we may once again work closely together.

**Winners from the  
Summer Edition were  
Mr & Mrs W & F Wheeler**

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MORNINGTON INN



# Fairway Rise Apartments

ENJOYING PANORAMIC VIEWS

HERMA WATERS



## OUR VISIT TO CLAREMONT HOUSE

By Jill McGruther, LLO

What a fine and dandy occasion it was for a group of ladies from Fairway Rise to partake in a little High Tea and delightful conversation and companionship on the balcony of Claremont House in December.

Surrounded by turn of the century gardens and arbours complete with the melodic calls of the Estates' resident peacocks and cockatoos in the impressively large elegant trees as well as geese, ducks, turkeys and a magpie or two, along with a rabbit, we almost broke into a song resembling the chorus "and a partridge in a pear tree"

From the moment we arrived we were waited on with full aplomb by the ever attentive and welcoming staff who plied us with a never ending array of delicious and delectable savoury and sweet treats with bottomless pots of tea and coffee to wash down the never ending supply of scones jam and cream.

After enjoying our delicious feast we relaxed for some time and took in the exquisite surroundings of the House itself and the century old gardens and reflected on what a beautiful day it was and how fortunate we were to be here experiencing it all together in such wonderful company.

After we managed to get ourselves up and moving we were given a little historic tour of Claremont House itself, its vast history, previous occupants and owners such as Joseph Darling who was also an Australian cricketing legend, a child cricketing prodigy who in his mid twenties captained the Australian Eleven from 1899-1902.

We also listened with wide eyes to stories about spooky unexplained happenings, speculations about possible ghosts supposedly former soldiers who had passed away at the Estate when during World War 2 it was passed into the hands of The Red Cross for use as a convalescent hospital for returned soldiers, but there is speculation that



▲ High tea at Claremont House



▲ Joan Hutchins



▲ c1850 Dining Room Wallpaper

the ghosts are much, much older than that. Following the war Lady Clark Hospital became a rehabilitation centre for returned servicemen then later was acquired by The Royal Hobart Hospital in 1951 until 1980 when it ceased operations and passed into the hands of the Education Department.

In 1996 a demolition order was passed on the property but thankfully a group of locals formed a group Claremont House Association and it was saved for us all to now enjoy.

We all thoroughly adored our day at Claremont House and hope to visit again.

**As Barbara's mother would say "well it's been a lovely little outing".**



▲ Old Newspaper cutting



AA Lord (West Hobart)

COSMOPOLITAN LIVING



CAROL JOSEPH

About 40 Residents and friends enjoyed a wonderful afternoon with great entertainment. The program began with The Dame (Mervyn McGee) dressed in all her glory, singing carols and the audience joining in.

The next artists to perform were June Johnstone and Christian Carson whose magnificent voices filled the Lawrenny Hall. Last but not least we were privileged to have the Fair Rising Stars Ukulele Group from Fairway Rise Lifestyle Village who were also very entertaining.

**Our thanks to all the wonderful entertainers.**



▲ Just some of the appreciative audience



▲ The Fair Rising Stars Ukulele Group



▲ Mervyn singing Christmas carols

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# Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR



DEBORAH AUSTEN

## COUNTRY HOEDOWN FUN

After the success of a recent musical event at Ainslie Low Head, a Country Hoedown was scheduled for late January. Once again a great time was had by all, because increasingly music is seen as source of great enjoyment with wonderful memories of fun times being stimulated.

It's no secret that music can stimulate memories, take the ground breaking Arts Health Institute 'Music and Memory' program that is increasingly being used by aged care organisations across Australia. It has shown the capacity to help calm residents who are showing signs of anxiety, stress and even behavioural issues.

Maree Youl, LLO at Ainslie Low Head said during the Hoedown, some residents had tears in their eyes as they sang along to old and loved tunes or were waltzed around the floor in wheelchairs by staff or family.

The entertainers that got people humming, singing and tapping along were Sue and Gordon Babcock, two out of the four members of a band that tours facilities and puts on shows across the North.

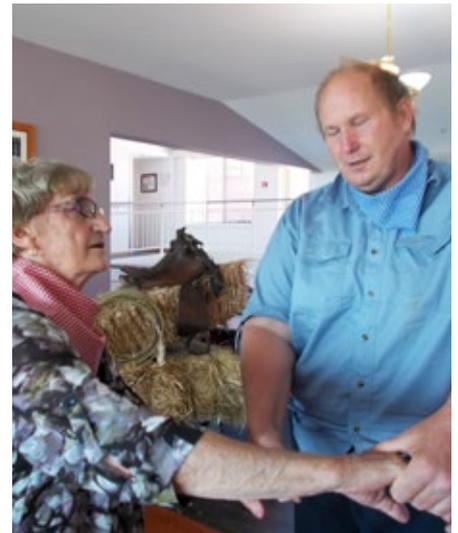
The band were wonderful, residents also love staff dressing up for the day, you can see the smiles as staff arrive at work in costumes, everyone knows that there is a fun time ahead.



▲ Emma, Jodie, Terese, Rose, Rhonda and Marie (staff)



▲ Our entertainers Sue and Gordon Babcock



▲ Kaye and David (residents)



▲ Group dancing



▲ Allysa and Kimba (staff)



# Memories

WITH JOHN BIRKETT



## MEMORIES OF BAA BAA BLACK SHEEP

The memories of sitting on my Mother's knee as she read nursery rhymes and fairy tales of gallant princes, beautiful princesses and Baa Baa Black Sheep still ignite a smile.

Of course, that was before political correctness found its way into our every waking moment; days free of the modern trend to 'sort out the misdemeanours of our past'.

These days some good citizens try to mend the errors of past generations and here are a couple of recent examples of such 'improvement':

- The BBC has dropped the use of the terms Before Christ (BC) and Anno Domini (AD) on one of their programmes and decided that the terms 'Before Common Era' / 'Common Era' are more appropriate
- Throughout several US councils and organisations, any terms using the word 'man' as a prefix or suffix have been ruled as not being politically correct. 'Manhole' is now referred to as a 'utility' or 'maintenance' hole.
- A school in Seattle renamed its Easter eggs 'spring spheres' to avoid causing offence to people who did not celebrate Easter. It is a difficult task to find the word 'Easter' on Cadbury Eggs sold in Australia.
- In 2007, Santa Clauses in Sydney were banned from saying 'Ho Ho Ho'. Their employer allegedly told all Santas that 'ho ho ho' could frighten children, and be derogatory to women. Why? Because 'Ho Ho Ho' is too close to the American (not Australian) slang

for 'woman of questionable morals'.

- Some US schools now have a 'holiday tree' at Christmas, rather than a Christmas tree – indeed one Australian retailer followed this pattern last Christmas and I haven't even mentioned Australia Day!

A recent poll of 3,000 British parents, by TheBabyWebsite.com, revealed a quarter of mothers now rejected some classic fairy tales that included Snow White and the Seven Dwarfs; Hansel and Gretel; Cinderella; Little Red Riding Hood; The Gingerbread Man; Jack and the Beanstalk; Sleeping Beauty; Beauty and the Beast; Goldilocks and the Three Bears and The Emperor's New Clothes.

But political correctness isn't entirely new. This article appeared in a London Newspaper in early 1986:

**"LONDON – "Baa Baa Black Sheep" has joined a long list of nursery rhymes, comics and children's books banned by left-wing councils for racial/sexist connotations. This particular rhyme is permissible in east London's Labour-controlled Hackney Council – provided it is sung as "Baa Baa White Sheep". A council spokesman said the rhyme was racist and it was council policy to discourage its use in council-funded nurseries. The rhyme, he said, reinforced "a derogatory and subservient use of the word "black"."**

I'm sure you can see the numerous offensive content of the original rhyme, but just in case, here are a few words of assistance:

**Baa Baa Black sheep** (The use of any adjective to describe the sheep is potentially obnoxious. For example, white, small, wrinkled, old can all be derogatory to someone)

**Have you any wool?** (Asking questions of a sheep? Being seen to have a conversation with a sheep might well render one as 'having a kangaroo loose in the top paddock')

**Yes sir, yes sir,** (Completely subservient and sexist)

**Three bags full** (In these enlightened days of consumerism, what does 'full' mean? Further explanation is required to conform to consumer legislation)

**One for the master,** (Subservient and in any case, what about the rest of us?)

**One for the dame, and one for the little boy** (subservient and sexist. What about little girls and persons of neutral gender?)

**Who lives down the lane.** (This line is no longer relevant since the wool will now be shared among everyone for the common good)

I'm sure you can see this is offensive stuff likely to send our young kids on the wrong path eh? Far better they see and hear some of the stuff that appears on our TV screens and mobile devices!

A particularly close friend of mine wrote to Hackney Council in 1986 suggesting the following alternative may overcome their problems with political incorrectness:

**Baa Baa sheep**

**Have you any wool?**

**Maybe person, maybe person**

**Three, 10 kilo bags of unprocessed wool when packed**

**For the common good**

This version doesn't really ring my chimes; how about yours?

The author, my friend, Dimitrious Witt (better known to his mates as 'Dim') also sent a brand new dollar note to help defray council expenses.

Not only was there no response, the politically correct Hackney Council still has his dollar note, DKX771264!

Ah, where did the good old days go when my dear mother sat me on her knee and read to me rhymes and fairy stories that have been shared for generations without fear of political incorrectness?

It didn't do me any harm! Or did it?



# Springhaven

## VIEWS FROM A BUSHLAND SETTING

CAROL JOSEPH



▲ Artists Impressions of the new development at Springhaven on the Eastern shore of Hobart

### CONSTRUCTION ABOUT TO BEGIN AT SPRINGHAVEN

Carol Joseph, Village Sales Manager said it was anticipated that civil works would commence on site by late March 2018.

The development had created significant public interest with some prospective residents registering some 2-1/2 years ago when the concept for the development was first announced.

With all tenders completed earlier this year we are now progressing sales which are exceeding our expectations. Carol said the landscape of the 4.2hectare site will become a busy venue over the coming months with civil works and commencement of Stage 1 Villa Unit construction with the expectation they may be finished by late this year.

The construction of Townhouses and Villa Units will be spread over a three year phase period so on completion of Stage 1 the builders will commence immediately on Stage 2 and should be a steady rolling on of construction.

Carol said the level of response is similar to our experience with the lifestyle village of Fairway Rise. Springhaven will operate as a standalone facility with its own community centre, landscaped community gardens and will be independent of Fairway Rise.

CEO of Southern Cross Care, Richard Sadek said that Springhaven would be the fifteenth facility for the Group in Tasmania. He said in addition detailed plans were well advanced for an extension to the Glenara Lakes facility in Launceston which would represent a 30% increase in independent living units.

All enquiries for Springhaven should be addressed to Carol Joseph, Village Sales Manager

**Phone (03) 6282 5400 or email [springhavenvillage@scctas.org.au](mailto:springhavenvillage@scctas.org.au)**



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# Podiatry

WITH TIM PAIN (Principal of Tim Pain Podiatry)



## INGROWN TOENAILS

It is hard to imagine how something so small and innocuous as a toenail can cause so much pain. Anyone who has dropped a heavy object on their toe or accidentally kicked their toe will attest to the high level of discomfort that comes from traumatising these little structures. Many a bushwalker has been stopped in their tracks by the pain of a blood blister under the toenail from sliding forward in their boots and hitting their toes onto the end of the shoes. Fortunately, the pain from traumatising your toe is normally temporary and once the area heals everything returns to normal, the inflammation resolves, removing with it the pressure on the nerve endings around the toenail which made the toe extremely painful.

The pain from an ingrown toenail, which is normally caused by the toenail pressing into the highly sensitive skin around the nail as it grows, is also extremely painful but does not improve the passing of time alone.

The good news for ingrown toenail sufferers is that the pain and discomfort associated with ingrown toenails is usually simple and painless to fix, almost instantaneously alleviating the symptoms. The bad news is that an ingrown toenail has a high likelihood of returning over time as the toenail grows out. The reason for the high re-occurrence rate of ingrown toenails is because of the way that they develop in the first place.

The 2 main reasons for developing an ingrown toenail is due to either a change in the nail shape (the most common cause) or a poor nail cutting technique.

**Change in Nail Shape:** Normally the toenail is a flat structure that grows over the top of the toe, however sometimes the nail will change shape and become curved on the edges. This results in the edges of the toenail pressing into the edge of the toe and if this breaks the skin an infection will quickly ensue. The nail will most often change shape due to trauma to the base area of the nail where it grows from, "the nail matrix", however it can change shape over time if there is a family history of ingrown toenails. When the nail matrix changes shape is normally is a permanent change which means that each time the nail grows out it will become ingrown again.

**Poor Nail Cutting Technique:** If the toenail is picked or cut down too far along the edge of the toenail there is risk that the nail edge may break off leaving a sharp spicule on the edge of the toenail which can act the same way that a fish hook would, dragging and catching on the skin on the edge of the toenail.

### Prevention

The best way to avoid developing an ingrown toenail is to minimise trauma by ensuring that footwear does not press on the end of your toes or that shoes are not too wide barefoot in which case your foot will move forward and hit the end of the shoe.

Ensuring that you do not cut your nails down on the edges will significantly reduce the chances of developing an ingrown toenail. It is normally recommended that you cut your toenail straight across or follow the natural



▲ Ingrown Toenail

curvature of the toe, however ensure that there is a slight white margin on the end of your nail to indicate they have not been cut back too far.

### Treatment

An ingrown toenail can usually be treated by clearing the edge of the toenail, this is a simple and painless procedure which provides immediate relief from symptoms. The use of antibiotics can be beneficial if the surrounding area is infected however any pain involved with the nail will not resolve until the offending piece of nail is cleared. Unfortunately, the nail can often regrow over time and an ingrown toenail can develop again. The long-term solution of permanently clearing the edge of the toenail may be warranted in these cases to prevent constant regrowth of the nail and prevent the ingrown toenail from occurring again.

**If you have ongoing issues with an ingrown toenail talk to your podiatrist about the best treatment options for you.**

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# Yaraandoo

PICTURESQUE VIEWS OF THE COAST

PATRICK ANDERSON



▲ Bird making

## VERY CRAFTY ACTIVITY AT YARAANDOO

By Linda French, LLO

### *Birds of a Feather*

Bird making & the Australia Day name was Linda's idea. The residents enjoyed making the name out of icy pole sticks, they also enjoyed creating their own Australia Day bird. Such simple tasks with lots of laughter.

### *The Knitting Group*

We have a lovely little group of ladies that love to knit. We have 3 regular volunteers that come each Wednesday to knit with the ladies. These knitted items will be on show at the Wynyard show in March. Most of these ladies will win prizes.



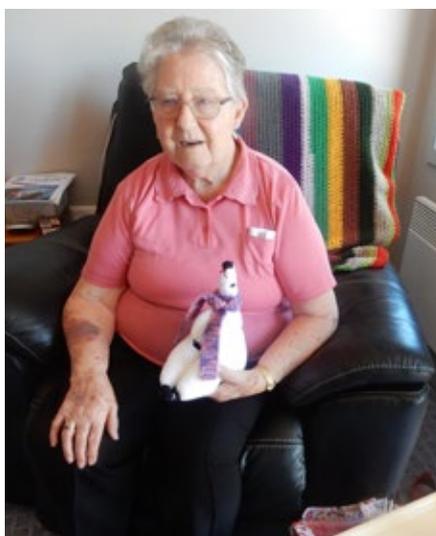
▲ Meg Bakes and her teddy



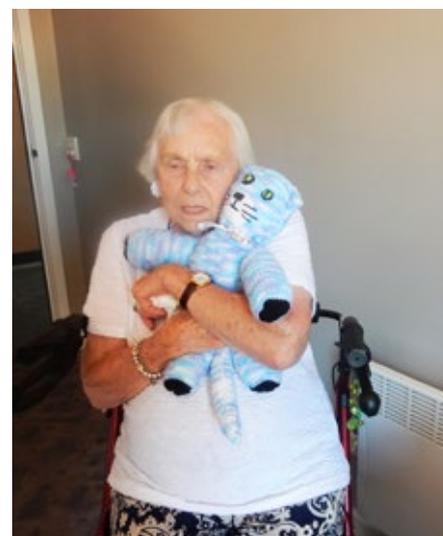
▲ Stella Hawthorne and her duck



▲ Australia Day name made from icy pole sticks



▲ Margaret Herbet and her cute polar bear



▲ Nola Foss and her cute cat



# Yaraandoo

## PICTURESQUE VIEWS OF THE COAST



PATRICK ANDERSON



▲ Carol Staples, Vonda Byard and Stella Hawthorne



▲ Carl Staples feeding and Stella Hawthorne



▲ Cobber & Whitey



▲ Peter Evans



▲ Meg Bakes



▲ Nola Foss



▲ Carol Staples and Vonda Byard



▲ Stella Hawthorne, Peter Evans, Meg Bakes, Nola Foss, Clarrie Byard and Carol Staples

### VONDA'S FARM VISIT

By Linda French

We had a wonderful trip recently to Vonda's farm. Vonda and her brother Clarrie live at Ridgely on a 5 acre block. Vonda is also a volunteer at Yaraandoo and was happy to have us all at her place. We fed the calves, (Cobber and Whitey) cuddled the chooks, had fish and chips which we tried not to share with the flies that were hanging about, and finished off with a choc wedge ice-cream and a sit in the garden.

Nola Foss, Stella Hawthorne, Carol Staples, Peter Evans and Meg Bakes were all wonderfully entertained together with Linda French and of course, Vonda Byard.

Vonda and Clarrie live on the West Mooreville Road at Ridgely. They have 5 acres, it's a hobby farm, with chooks, beef cows (3 big cows on 5 acres) and two calves that they buy when they are day old and rear them hand feeding. Once they are all grown up and fat they end up feeding the extended family.

'We have lived here for forty years. Neither Clarrie or I are married and we still get on well. We sometimes make hay or if we run short we buy it in. Clarrie and I grew up on a dairy farm at Upper Natone, on 600 acres. Dad used to milk 120 cows and that was a pretty big operation back then. We had an old walk through dairy until Dad built a new herringbone shed. We have 16 chooks at the moment and they are laying well and as you can see they are very quiet.'

**Thanks to Vonda and Clarrie for hosting us.**



# Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR



DEBORAH AUSTEN



▲ L to R: Carol Taylor, Jim Stewart, Deborah Austen, Robert Crumpton and Lee-Ann Patterson



▲ Jim Stewart and Robert Crumpton assessing the situation

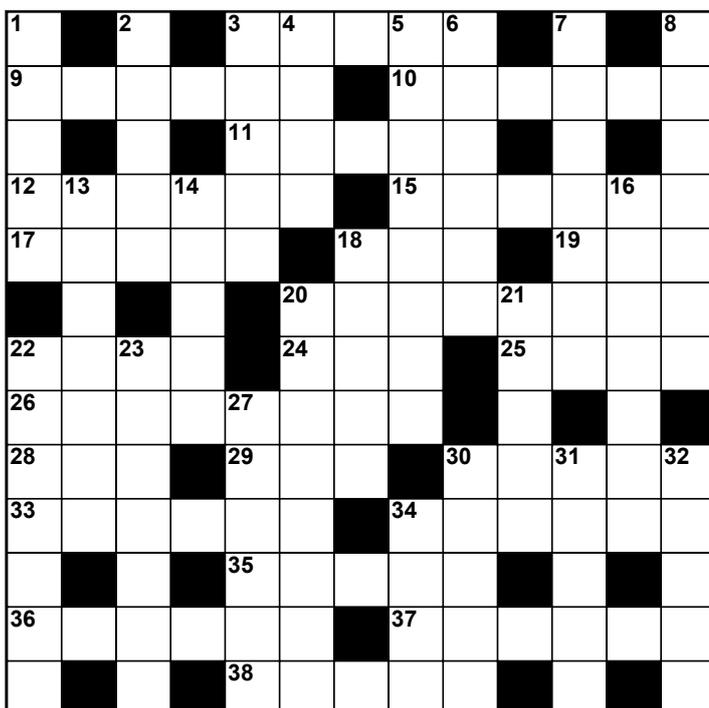
## AINSLIE LOW HEAD AND ITS WINNING WAY

We came, we played, we conquered. Well we won one game anyway out of the three we played, we would have won more but too much lunch interfered with our momentum.

We also rose up in the ranks again this year to 10th place. We looked the part in our spiffy new matching tops with SCC logo and caps. Team members were from a number of SCC facilities, including Deborah Austen, Lee-Ann Patterson, Robert Crumpton, Jim Stewart and Carol Taylor.

A great day was had by all teams (totalling 72 players). Thankfully the weather was great (no wind).

## PUZZLE SCC Crossword No. 33



### ACROSS

- 3 Scottish musician
- 9 Suits maker
- 10 Papal ambassador
- 11 Artful procedure
- 12 Wears away
- 15 Face
- 17 Frighten from
- 18 Insane
- 19 Heavenly body
- 20 Hated intensely
- 22 Meditate
- 24 Female sheep
- 25 Go by
- 26 Repeated
- 28 Corded cloth
- 29 Slender stick
- 30 Abode of the dead
- 33 To the rear of a ship
- 34 Church district
- 35 Keen to do
- 36 Most recent
- 37 Missive
- 38 Biblical quotations

### DOWN

- 1 Spirited mount
- 2 Airman
- 3 Strength
- 4 Part of the eye
- 5 Lifted
- 6 Dwell
- 7 Card game
- 8 Protects
- 13 Proves to be false
- 14 Postpone
- 16 Conjectures
- 18 Cried as a cat
- 20 Explode
- 21 Weapon
- 22 Supernatural event
- 23 Groups of seven
- 27 Apprehend
- 30 Swift rodents
- 31 As before
- 32 Evade duty
- 34 Raw hide

# In And Around The Gardens

WITH GREG KERIN



Spring might seem like a long way off but there's nothing like planning ahead in the garden and planting spring bulbs in autumn. It is the ideal time if you want the best displays.

Bulbs brought and planted in autumn will give you healthier blossoms in spring. Those bought late in the season may have endured damaging storage conditions in Stores. These bulbs usually will not perform as well as those purchased and planted early in the season.

Choose plump firm bulbs and plant within a week of buying in a location with good drainage. Add a little Bulb fertiliser and sand if the soil is heavy. Ensure pots and containers have good drainage. Bury Bulbs at twice the depth of their size, tip upwards and ensure there are no air pockets around them. Use them to fill gaps in beds and borders, in formal gardens, in pots and containers, under shrubs and trees or naturalised in grass or woodland gardens. Start with Narcissi, Alliums, Crocus, Scillas and Tulips.

## Mass plantings

For sheer flower-power, bulbs are the cheapest plants available, so don't be scared to mass plant. Even in small gardens, massed plantings of a limited number of varieties is always most effective.

## Get things ready

Remove weeds and incorporate lots of compost or other organic matter when planting bulbs. On heavy soils, dig in some sand. Bulbs grown in pots need good drainage so buy good quality potting mix with the Australian standard tick on the side.

## Get your timing right

Garden Centres sell bulbs for spring planting now. February is way too early to plant spring bulbs. Mid-March is the best time for daffodils and late March for Tulips.

## Which way up?

If you are not sure, plant the bulb on its side. Its stem will find its own way up.



▲ Spring bulbs

## Bulbs for Shade

Not all bulbs need full sun. As well as woodland bulbs such as anemone, many Mediterranean bulbs will grow well in the shade. Scilla has blue flowers and soon forms large colonies in cool, shady situations. The star shaped flowers of Ipheion uniflorum create a similar effect but are less invasive.

## Autumn Growth

Bulbs and in particular Daffodils will shoot up out of the ground in late March and April. As the day length shortens and the soil gets colder they will stop growing until spring. This is normal, so don't be alarmed nothing is wrong.

So enjoy your bulbs whatever your choice might be and remember, bulbs planted in autumn tend to produce disease free, healthier blooms.



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THE SCC GREAT GRANDPARENTS' DAY  
CREATING LASTING MEMORIES



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**GREAT GRANDPARENTS DAY**  
**13TH JULY 2018**

**Memories to be created and shared by Grandparents, sons and daughters and great grandchildren.**

Participation is easy, application forms will be available in April. Simply fill in, supply a photograph then celebrate in our facilities on July – with a presentation ceremony and gifts for the great grandchildren for family and friends to join in.



**Make your great grandchildren celebrities for the day!**

# Health & Fitness

WITH DEAN EWINGTON

(Managing Director of Oceana Aquatic & Fitness and Optimum Healthy Solutions Tasmania)



**Hooray – its election time and we all get a chance to think about what we want our governments to do for us and how we think we can make Australia a better place.**

So I want each of you to think carefully about what exactly would have to change in terms of health policy for you to change your vote? The one question I want you all to consider is, would you prefer more to be done to keep you healthy and able to enjoy life fully or just access services after you get sick? I know which one I would prefer.

If we are going to change people's behaviour we need to reward good choices and penalise bad ones. There must be specific policies phased in over years if need be, but they must change over time. We will be bankrupt if we don't and that is also why we can't get all the other services we expect government to deliver.

We could start by considering things like:

- We need to provide health rebates for approved fitness programs – but only if you attend, not just if you buy a membership or program.
- Health fund rebates should be offered for personal training and memberships. At present you can get a myriad of services which you only use once you are sick, injured or ill.

- Fringe benefits tax needs to be removed from fitness services. At present Government says that workplaces are a great place to get people healthier, but then they want to tax those companies who do something about it.
- Exercise advice must become part of what doctors do. At present they do very little to encourage people to get and stay fit. This means that exercise advice needs to be part of mainstream medical intervention, not a telephone coaching service!
- Daily school physical education must be compulsory especially for infant and primary kids. Far too many kids get too little daily activity. And PE must move away from sport and its competitive focus so those who are not good at sport can still participate in other fitness based activities without feeling left out or inadequate.
- There needs to be much better commuting bike paths. If we want people to get active we need to have the infrastructure.
- Children's play grounds and parks need to be much better than they are currently. As computer games get better so must our parks to get kids outdoors to enjoy them.
- Sporting facilities need to be upgraded. I know that there is a lack

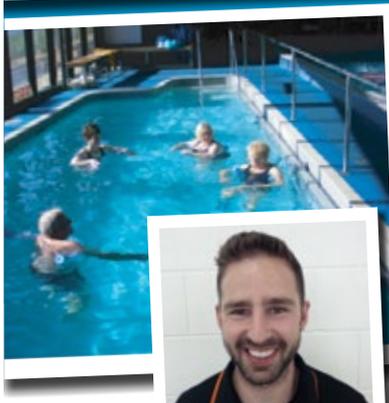
of quality grounds for many sports. And the focus needs to be less on elite sport and more on participation in sport.

- OH&S needs to deal with the negative effect of sedentary work and the physical demands of manual work.
- Claims about the benefits of some exercise gear must be exposed for what they are – Lies!
- Food labelling and advertising has to be controlled. Some of the claims made about the health benefits of some foods are outrageous.

And the big one for me is that our public health message needs to be changed to define the difference between exercise and physical activity. Exercise (a planned event that leaves you breathless, red in the face, sweating and feeling like you have done something) produces a significantly greater health benefit than walking or other forms of light activity. And along with this the need to do strength based exercise must also be clearly explained.

But please don't consider health in terms of what you need now, think about the next generation of Australians and how they are going to deal with modern life if nothing changes, and if that doesn't make you worry then nothing will.

## Optimum Health Solutions Tasmania



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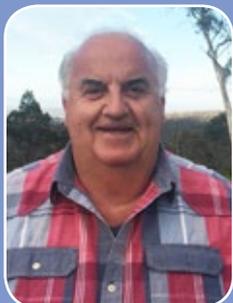
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# Southern Cross Care

## STAFF PROFILES



Name: **IAN DALTON**

Position: Pastoral Carer

Facility: Glenara Lakes Apartments

Date joined SCC: 3 July 2017

### **Any favourite memories?**

I have plenty of special memories but it was a unique experience for me when following the death of a resident her family asked me to conduct her memorial service. It was a special privilege to be able to work with the family to prepare and hold a service that was in keeping with her wishes and that enabled them to say goodbye to their beloved mother.

### **Most rewarding part of your position:**

I spend my time being with nice people and talking about things that are important to them (and some things that aren't so important!), singing songs and generally trying to be a positive presence in the lives of our residents. There's no shortage of rich rewards in my role.

**Have you worked at any other SCC facilities?** No.

### **Hobbies & leisure activities or interests?**

Glynis and I are lucky to live on a few acres out of Launceston in the foothills of Mount Barrow with our daughter and a grandson (they're not mother and son), and there's always plenty to keep us busy around the place. It's a great environment in which to enjoy the company of our family, which includes our eight grandchildren. I'm the secretary/treasurer of the St Patricks River Valley Progress Association, which takes in the area surrounding Mount Barrow and back to the Eastern outskirts of Launceston. I coordinate the music for Saturday night masses at St Peter's Parish in Kings Meadows where I'm also chair of the parish finance and maintenance committee. I enjoy playing the guitar, mandolin or banjo and having a sing, and when time permits reading a good book or losing the occasional \$2 on a horse race.

### **Any favourable comments:**

As the pastoral carer at Glenara Lakes I'm in the fortunate position that my role supplements the excellent spiritual care provided to residents by the facility's nurses, carers and leisure and lifestyle staff. The residents regularly tell me how well supported they feel by the people here who are charged with their care.



Name: **SUZANNE LEE**

Position: Pastoral Carer

Facility: Fairway Rise

Date joined SCC: 14 September 2015

### **Any favourite memories?**

A favourite memory I have is of taking Aster the dog to visit a resident who previously self isolated and wouldn't engage in conversation. After meeting Aster the resident would look forward to our weekly visits and would talk and discuss topics that interested her while Aster had her tummy rubbed. We grew to have a strong bond between us based on trust and compassion. This connection continued for nearly a year. Both Aster and myself made a weekly difference to her life. My life was enriched for having met her.

### **Most rewarding part of your position:**

Helping anyone and making a difference in their day to day life.

### **Have you worked at any other SCC facilities?**

Yes I worked at Mary's Grange for 10 years.

### **Hobbies & leisure activities or interests?**

I love the outdoors – gardening, walking, camping, the beach and fishing.

### **Any favourable comments:**

Fairway Rise is a beautiful building for the residents to live in and it is a privilege to work in the area that I am in. I enjoy meeting the variety of people that I meet.

**Richard Sadek, CEO has initiated a new regular program of staff profiles. In embracing a broad range of different disciplines he said that it was a concept of giving staff recognition particularly those that play key roles in support functions. He said the broad range of different disciplines exceeding 16 roles, all play a key role in ensuring that we deliver the best in care for all our residents.**



# Holiday Destinations

WITH ANDREW JONES (Managing Director of Andrew Jones Travel)



## WHERE WE'RE GOING IN 2018!

Wondering which destinations are shaping up to be the best for 2018? Or are you simply after something a little different, perhaps off the beaten track? Read about what some of our experienced travel consultants think!

### Japan

If you're looking for somewhere closer to home that is different and exciting – look no further than Japan.

Having very distinct seasons makes Japan a destination for year-round travel. Take pleasure in the cherry blossoms in spring, relish in the Koyo (autumn-coloured foliage), play in the snow in winter, or simply relax in summer, appreciating the heat.

The juxtaposition from traditions dating back thousands of years to the trends and technology leading the world today is sure to leave a lasting impression. From Tokyo's neon lights to Kyoto's incredible temples; experience the culture, people, trains, temples, gardens, architecture, and food of Japan, sure to delight every traveller.

### South Africa

No words can describe the sheer beauty, joy and experience that Africa offers. From the mountainous coast line in South Africa, to the rugged reserve and vast open plains of Thornybush National Park, enjoy an experience like no other.

Every town you visit, every animal you see, every person you meet, you will feel the need to pinch yourself, realising this is a trip you will never forget.

The locals are friendly and welcoming, with infectious smiles that warm your heart. They are genuinely interested in you, and truly appreciate your presence in their country.

Levels of safety, cleanliness and service are very high, but travelling on an escorted tour makes travelling easy and stress-free, allowing you to settle in to such different surroundings a little easier.

### Chile

For too long, Chile was merely a stopover location on the way to other South American hot spots, but based on the country's beauty and undeniable uniqueness, it makes it the perfect destination in its own right. Now with airfares at their lowest levels in many years, and the introduction of direct flights from Melbourne to Santiago, Chile is a destination to add to your bucket list.

You could easily spend a week in the Atacama Desert, featuring breathtaking scenery, interesting culture, some of the world's most incredible natural wonders – not to forget some spectacular eco resorts and spas.

The Andes make Chile a year-round destination. Great skiing in the winter and small lakeside towns to explore during the summer months. Pucon, with its thermal springs, lakeside activities and volcanoes, has been compared to smaller Queenstown in New Zealand – without the Bungy jumping.

### Scandinavia

The thought of Scandinavia conjures up images of snow-capped mountains, forests proffering every hue of green

and the awe inspiring majestic fjords, where what you see in the photos is exactly what you can expect. Experience cosmopolitan and vibrant cities; incredible cuisine and local customs. Festivals and celebrations abound with many still following the pagan rituals of yesteryear.

It's the Land of the Midnight Sun – almost twenty-four hours of daylight; where the dark nights simply don't exist. It's the Northern Lights – twenty-four hours of darkness; where day light doesn't exist. It is where "day is night". But don't be misled, it is never completely dark; the snow quite literally sparkles under the moon, while the movement of the Aurora Borealis enchants with colour and movement.

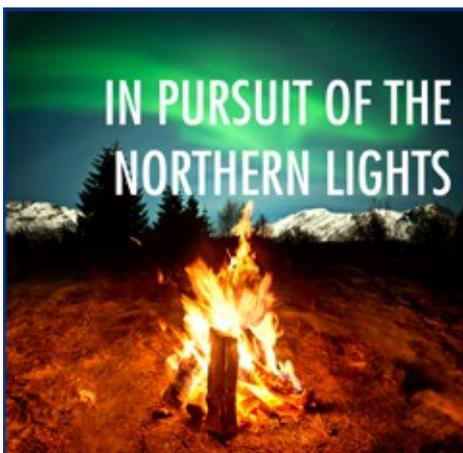
Visit a local sauna in Finland; try Norwegian Brunost cheese with apple; take dip with the Danes in the freezing ocean (we promise it's meant to be good for you); test your stamina by taking part in the annual sheep round up in Iceland; and attend a 'fiddlers meet' and enjoy some folk music whilst in Sweden.

### Cruising close to home

Luxury cruising out of Australia has become a very popular way of experiencing boutique all-inclusive luxury cruising, without the long flights to Europe!

With a stellar cast of 5-star luxury vessels visiting our waters, there are now opportunities for cruises out of Sydney to destinations that once were only catered for by the bigger ships.

Now is the time to take advantage of great opportunities, and to experience this type of cruising at good prices.



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NORTHERN LIGHTS

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# Guilford Young Grove

MAGIC VIEWS OF THE DERWENT RIVER



KYLIE BENNETT



▲ L to R: Val Cameron, Barbara Briggs and Anne Tracey tucking into the sumptuous spread



▲ Redlands Distillery in Kempton

## LUNCH AT DYSART HOUSE – REDLANDS’ DISTILLERY KEMPTON

By Anja Merrington  
LLO Coordinator

**The Links Café** 

**OPEN THURSDAYS  
9.30am to 11:30am  
at FAIRWAY RISE**

*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.*

Residents from Guilford Young Grove nursing home were delighted for the opportunity, to attend a 45 minute scenic drive for lunch at Dysart House. The weather was inclement so we made a quick dash to the manor house, where we were escorted to a beautifully restored dining room, decorated in period colours and antique furnishings.

Once seated at the grand polished wood table, we were offered a choice of home baked pies, soup and for the more adventurous, an antipasto platter was shared with a selection of delicious cheeses, olives and pate, washed down with a glass of fine white wine. The residents felt a real sense of history from the ambience of the building, and the knowledge shared by our volunteer, whom has family connections with the current business owners.

The former coaching Inn stands on six hectares in the historic village of Kempton, where it's first occupant, an ex-convict, is buried in the nearby cemetery.

The double storey sandstone masterpiece is in the finest condition of its long and colourful life.....a life that started in 1842 as a coach staging post for travellers on the road between Hobart and Launceston.

Built by master stone mason, Andrew Bell for William Henry Ellis, it was originally known as the Green Pond's Hotel and served as an inn, public house and residence until the 1860's.

The Inn has remained in wonderful condition and probably in private occupancy since the 1880's. In the past few years the property came up for sale. The previous owner was renowned journalist and creative arts director Leo Schofield, who in his seven year ownership restored much of the home to preserve original features such as the sandstone open fireplaces and cedar joinery.

The latest occupant, Redlands Estate Distillery has moved from the Derwent Valley to Dysart House. The famous whisky producer is renamed Redlands Distillery. The cellar door has two large charmingly restored rooms located in the main manor house, available to sit and relax while you enjoy some home cooked treats including Devonshire tea, antipasto platters and daily specials from the country style kitchen. The cellar door offers a wide variety of tastings of both Redlands Distillery products and other Tasmanian and Australian boutique spirits.



## TEACHING KIDS THE SECRETS OF FINANCIAL SUCCESS

It's that time of the year again, school has returned for another year with a jam packed curriculum that may or may not excite the pupils it was designed for. One learning area often overlooked and usually not forming part of their studies is finance but as our readers would acknowledge, this will be an integral part of their lives so it makes sense to teach kids about money. Whether it is your kids or grandkids, teach them about the value of money using these handy tips.

*In an increasingly digital world, the value of money can be a difficult concept for children to grasp. Here are some tips for helping your kids and grandkids become wealthy and wise.*

When you were young, do you remember standing next to mum or dad at the corner shop and watching them count out notes and coins to pay for the bread and milk? This was a valuable lesson about the purpose and value of money.

Fast forward to today – few corner shops exist and the days of counting change are almost over. When our

children see us pay for something at the shopping centre, it's likely to be with a piece of plastic – or even by mobile phone.

That's why it's now more crucial than ever to consciously teach your children and grandchildren about money: how to spend it and how to save it. Here are five ways to do it.

### 1. Help them budget and save

Many children believe parents have an endless supply of money – which is why it's so important to talk to kids about money from an early age. You can start by discussing your own household budget and explaining how you manage costs like weekly grocery shopping and phone bills. If there's something your child wants, like a new soccer ball or item of clothing, work out a budget so they can save up and buy it. Then reward them by taking them shopping.

### 2. Give them pocket money

Pocket money is one of the simplest and most powerful ways to teach children the value of cash – which is why it should be earned rather than given freely. Whether it's payment for completing chores or a reward for behaving well, children will understand very quickly that money

has value. You can also separate their pocket money into portions for spending and saving, so they'll learn how to put money aside for the future.

### 3. Set up a bank account

By setting up a bank account for your child, you can teach them the basics of everyday banking. It's worth discussing the statements with them when they arrive – not only so you can explain what each part means, but also so you can check their progress towards their savings goals and praise them as they reach each milestone. You might even open a separate savings account to help making saving fun and easy.

### 4. Make money fun

Learning about money doesn't have to be another chore: there are plenty of games you can use to teach kids financial literacy. From a young age, you can play-act spending situations with your kids, like pretending to 'shop' with their toys or using food items in the kitchen. As your children get older, these games can become more advanced. In fact, one of the best ways may be through playing Monopoly – which you can use to teach more complex concepts like rent and taxes.

### 5. Surf the net

The internet is a treasure trove of information on all things financial. Here are some of our favourites:

- *MoneySmart* – packed with online resources and activities for children of different ages
- *CommBank Youth App* – teaches real-life money skills to under 14s
- *Kidspot* – a popular online parenting magazine with games and ideas for finance education
- *Bankaroo* – a fun virtual bank for kids to learn about saving, spending and budgeting.

### Ask an expert

To explore the financial strategies available to help your children or grandchildren, speak with your financial adviser.

*Shireen Diez of Camerons Financial Solutions Pty Ltd is an authorised representative of Financial Wisdom Limited AFSL 231138. The information in this article is general in nature. It does not take into account your financial circumstances and objectives. You should consider talking to a financial adviser before making a financial decision.*

## Do you need help building a secure financial future?

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# Glenara Lakes Villas

LIFESTYLE BY THE LAKE

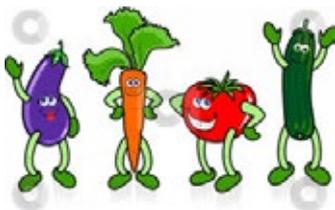


LEE-ANN PATTERSON

## ALAN'S VEGIE CORNER FEBRUARY 2018 AT GLENARA LAKES

With further houses due to start in April our garden site must make way for this new development. We are now in various stages of moving to our new home; some will get in a few winter "vegies", but I expect Spring and Summer will see the area come to life. After negotiating with Chester Bullock, we have compromised with our new site and it will be safe from any new housing takeover in the future. What will our Village be like in ten years' time?

Happy Gardening – Alan Jones



▲ Goodbye to 15 years of gardening



▲ Greg Chapman moving a load of mulch



▲ Getting started at our new home

## SWANS AT GLENARA LAKES



▲ These wonderful images come from the camera of Brian and Gayle Carroll, residents of Glenara Lakes Villas. The swans took up residence on the waterways within the Glenara Lakes community.



# Glenara Lakes Villas

LIFESTYLE BY THE LAKE



LEE-ANN PATTERSON



## WHAT'S BEEN HAPPENING

Our annual Christmas dinner, held early in December, was once again a huge success, with over 100 people in attendance. Guests included, CEO Richard Sadek, Mr. & Mrs. Alex MacAskill, Mr. & Mrs. Richard Tyberek, & Pauline Robson, and her husband. Surprise guests for the night were "Sister Act and her Singing Nuns" who entertained us with some very well-known numbers, such as "I Will Follow Him" and "Oh, Happy Days". Rodney Boon won the Christmas hamper raffle. Congratulations, Rodney. All in all, with a free glass of bubbly and a lovely Christmas meal to partake of, one could not possibly help but enjoy the evening. The night ended with all joining our own Village Singing Group with a lusty rendition of some favourite Christmas carols. Thanks to the kitchen staff for a lovely meal and great table service.



▲ The singing Nuns



▲ Betty Sherriff and Colleen Hill



▲ John and Helen Burgan



**NEW YEAR'S DAY** was celebrated in the normal friendly Glenara manner, in our new Club Rooms in a very cosy and relaxed atmosphere. Approx. 40 people attended the event and the New Year was brought in on a happy note. Here's to a happy, healthy and safe 2018 for everyone.



▲ Ann Crombie & Kaye Massey



▲ Rodney Boon



▲ Alan Baker enjoys a joke



▲ "Sister Act" alias Tricia Bennett



## ACTIVITY REPORT AUTUMN 2018

At the 2017 AGM of the Knights of the Southern Cross – Tasmania, John Prichard was re-elected State Chairman for 2017/18. John Shelverton (a current Board Member of Southern Cross Care) was elected as Secretary/Treasurer. The other members of the State Executive include Justin Maguire, Paul Jacques, Graeme Denehey, Brian Scott, Robert Harcourt-White, Glen McNamara, Kevin Boyd.

Members at the meeting were sad to hear the retirement of Garry Askey-Doran as State Executive Officer. Garry has been State Executive Officer for a long period and during that time has rendered exemplary service to the Order. For over 20 years Garry was a Board Member of SCC and was heavily involved with the construction and maintenance of Guilford Young Grove and Sandown Village. A wing at the Sandown Residential Aged Care Facility was named in his honour. Garry was awarded life membership in the Order in 2013.

At the AGM long serving member of the KSC Graeme Denehey was also

installed as a Life Member in recognition of his years of service to the State Executive of the KSC.

In November 2017 the Kingborough-Huon Branch received a significant setback with the death of much loved elder member Kelvin Green. Kelvin joined the Branch in the late 1990's and as Branch Chairman was the leader in many successful projects. He was a greatly admired in the Huon region, particular for his many years of dedicated volunteer work in a many fields in support of the Franklin community. Kelvin was also a very talented sporting contestant throughout his life including football, cricket and lawn bowls, representing Franklin and the greater Huon region and a number of years as a key TFL player with North Hobart.

One of the major State projects of the KSC is the raising of funds for the education of seminarians as they study and develop their spiritual lives on their journey towards priesthood. As mentioned in an earlier edition of this magazine the KSC, with the much appreciated assistance and involvement of Guilford Young College in Hobart, the

KSC has raised almost \$40,000 from three separate Seminarian Support Dinners over the past four years. The KSC is looking for other opportunities and ideas through which it can raise funds to support the Archdiocese in the training of our future priests. If you can assist the KSC in this regard we would love to hear from you.

**KNIGHTS OF THE SOUTHERN CROSS TASMANIA**  
CHRISTIAN DEEDS AND SERVICE  
INSPIRED BY OUR CATHOLIC FAITH AND FRATERNITY



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# How Sweet it is

WITH JUDITH SWEET



## ROASTED SWEET POTATO SOUP

This simple soup can be spiced up with the addition of some chopped red chilli added with the onion. The coconut milk works very well with the flavours in this soup but if you wish to reduce the kilojoule count of the soup you can just omit the coconut milk without compromising the flavour too much. A dash of cream or regular milk could also be used as an alternative to the coconut milk.

You can keep back a slice of the roasted sweet potato and dice it then add it to the puréed soup for some texture. On each serving scatter a few torn fresh coriander leaves or finely sliced spring onion for a flavour hit.

Be sparing with the sesame oil and check that it is fresh smelling as it does tend to become rancid if not stored correctly or it is kept too long.

### Ingredients:

- 1 kg orange sweet potato, peeled
- 4 cloves local unpeeled garlic
- 1 large brown onion, peeled and diced
- 2 tbs vegetable oil
- few drops sesame oil (optional)
- 1 tsp curry powder
- half tsp ground cumin
- 1 litre lightly flavoured chicken or vegetable stock
- freshly ground pepper
- salt – this will depend on the saltiness of the stock
- 100 ml coconut milk
- coriander leaves, chopped parsley or spring onion to garnish

### Method:

- Preheat the oven to 180°C.
- Cut the sweet potato into thick slices, about 1.5cms, and place in a roasting dish.
- Toss in 1 tbs of the vegetable oil and the few drops of sesame oil.
- Scatter with the combined curry and cumin.
- Add the garlic cut in half but still in its skin then toss the vegetables through the oil.
- Place in the oven and cook for about 20 minutes until the sweet potato is soft but barely coloured.
- In a large saucepan heat the remaining tablespoon of oil over a moderate heat and add the diced onion.
- Cook the onion until it is soft and transparent but not coloured. Add the chilli at this stage if you are using it.
- Once the onion is soft add the roasted sweet potato and squeeze the soft garlic out of the skins.
- Cover with the stock and simmer for a few minutes making sure that the sweet potato is very soft.
- Add some freshly ground pepper and salt if necessary.
- Puree or blend the cooked mixture until it is very smooth.
- Stir in the coconut milk and serve hot, topped with torn coriander, chopped parsley leaves or finely sliced spring onion.



CAROL JOSEPH

# Fairway Rise Lifestyle Village

## THE CLUBHOUSE VILLAGE NEWS



### THE FAIR RISING STARS EMERGE FROM HUMBLE BEGINNINGS

By Trish Sainsbury

Around 3 years ago, a gentleman by the name of Bruce Todd performed for us at Fairway Rise Village Clubhouse, playing his guitar and singing cruisy songs, which was enjoyed by all. After that performance, Bruce offered to teach anyone (that was interested, not necessarily talented!) to play the ukulele.

A group of us came together to give it a try, with a lot of hesitation I might add, as only one of that group had any experience with any musical instrument at all.

Strangely enough, as time and practice went by, we began to enjoy our sessions and even look forward to the next Wednesday to see what chords we could master. (Not too sure about Bruce!)

We still enjoy coming together twice a week trying new songs under the guidance of Anne, who has put a lot of time and energy into making us what we have become.

We have our diplomas now and have even put on a few performances and I reckon we don't sound too bad at all. We have a teacher who has given us a lot of encouragement and is always there to give us advice and guidance. Also we think he is even just a bit proud of us and how well we are going!

Our group has now grown to 15 enthusiastic members.

The lifestyle at Fairway Rise and the facilities available on site, were instrumental in bringing the group together, and provided a focus for residents to take on the challenge of acquiring new skills.



▲ The Fair Rising Stars Ukulele Group in its infancy



▲ The Fair Rising Stars Ukulele Group

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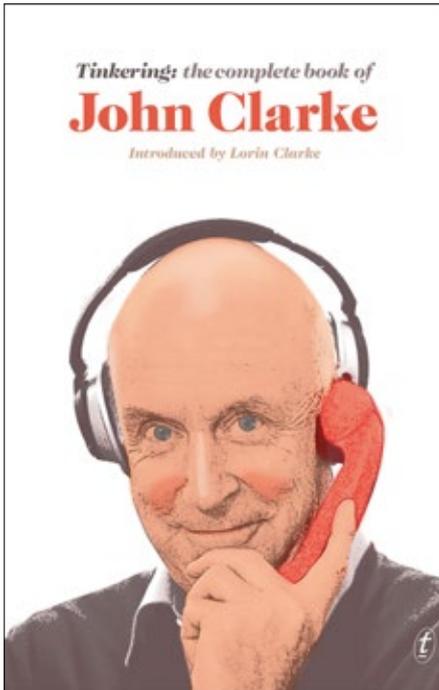


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# Book Review

WITH PAT FLANAGAN



## TINKERING, THE COMPLETE BOOK OF JOHN CLARKE

There is a list people called "Australian National Treasures". Some names I agree with, others I question and at times, wonder why some people miss out. For me one such person was the comedian, satirist, writer and director John Clarke who died in April 2017.

"Tinkering" is a collection of his works edited by his daughter Lorin. A mixture of his work that includes obituaries on his parents and people he worked with or had known. These are sympathetic, generous and revealing. Various scripts from his work, but sadly none from "Clarke and Dawes" and the infamous "The Games" with its 90 meter 100 meter track.

Clark, was born in New Zealand and later, moved to Australia via London.

His humour was incisive and perceptive, with an eagle eye for the ridiculous or pompous, whilst at the same time very respectful of those he admired. He talks of New Zealanders laconic sense of humour and tells a story that his father, veteran of the fighting in World War I I, may have told him. After Trieste was captured (with the New Zealanders doing most of the fighting) a victory parade was organised. The authorities had an American Marine Division, who had played a lesser role in that battle, lead the parade. The Americans marched behind a large banner showing their Divisional I logo "Second to None". The

New Zealanders followed with a sheet at their front upon which someone had written "None".

Clarke was widely read and quotes a three thousand year old joke from Sophocles. A King traveling though his city sees a man who looks very like him. He summons the man and asks him had his mother ever been in the Palace. "No, says the man, but my father used to work there".

The book has scripts of "Farnackling" from the Gillies Report, how to play Golf, and "Literary" Reviews. Anna Karina is summed up as "Married woman (Russian, upper class) is in love with a man, not her husband. Completely absorbed in her love for him to exclusion of all else. Cannot concentrate on other things at all. Tries really hard but simply can't. Ends in tears".

Another section of Clarkes humour was his quiz answers. He gave the answers but not the question. From 2014 "True, Clive Palmer has described Barnaby Joyce as a fat red-faced man who is under terrible pressure. The kettle was not available for comment".

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\* Seniors Card must be presented. Only available at lunch on selected days. Menu choices, times and availability may vary between venues.



By Nic Fabrizio  
Assets and Projects Manager

### ROSARY GARDENS REFURBISHMENT PROJECT

**Stage 1** – St Catherine is complete and already happily occupied by residents. This also included the lower-ground floor including the laundry refurbishment and new office accommodation, maintenance workshop and the new hairdressing salon, all much appreciated by residents and staff.

By the time you are reading this **Stage 2** – the St Francis wing would have been refurbished and occupied as the builders are due for completion by the end of February. This stage includes the St Francis residential wing, reception, cafe and administration office refurbishments. Rosary Gardens will never look the same again.

### GUILFORD YOUNG GROVE PROJECT

The Guilford Young Grove refurbishment is now completed with all resident rooms being occupied. The refurbishments have brought the facility up to date with every resident room having its own en-suite.

The new reception and servery / dining room areas have given the facility a wonderful lift.



▲ Rosary Gardens lounge refurbishment



▲ Rosary Gardens dining room refurbishment



▲ Guilford Young Grove dining room refurbishment



▲ Guilford Young Grove library refurbishment

# Showtime

WITH MOVIE CRITIC ERIC BYRNE



It's indicative of the changing face of Hollywood that out of all nine movies nominated for Best Picture at the Academy Awards only two {"The Post" and "Dunkirk"} are solely major studios productions. A few of the others may have had a distribution deal with a big studio but were financed and produced independently. None of the major studio C.G.I. driven superhero blockbusters figure in any of the major nominations. Although the Oscars will have come and gone by the time this column goes to print, I will get out my annual crystal ball and have a guess at who I think will be the big winners.

In the Best Picture stakes, "3 Billboards Outside Epping, Missouri" appears to be the front runner and has already won a swag of other awards. It's an excellent movie, intelligently written and beautifully acted and will probably get the gong although my personal favourite among the nominated films is "The Post", a retelling of the leaking of the Pentagon Papers by the Washington Post which plays like a riveting thriller and has Meryl Streep and Tom Hanks at the top of the game, backed up by a superb supporting cast and directed with rat-a-tat urgency by Steven Spielberg.

All the other nominated films are worthy, especially the brilliantly executed "Dunkirk" and the enchanting fantasy fable "The Shape of Water".

In the Best Actor category Daniel Day Lewis {who has announced that he is retiring from acting} is in contention for his fourth Best Actor award for what may be his final film "Phantom Thread" but my guess is that the winner will be Gary Oldman for his uncanny portrayal of Winston Churchill in "Darkest Hour".

Meryl Streep seems to get nominated every year and this time she is celebrating her staggering twenty first nomination, a feat unmatched by any performer, living or dead. She has won three times but her big competition is Frances McDormand who will probably pick up her second Oscar for "3 Billboards". It's nice also to see Australian Margot Robbie in the running for a terrific performance in "I, Tonya" but she's relatively new to Hollywood and will most likely have to pay her dues for a while.

In the Best Supporting arena, among the women I think the sure bet is Allison Janney for a fabulous performance as the mother from hell in "I, Tonya". All the other nominees are good, especially Laurie Metcalf in "Lady Bird" and Lesley Manville in "Phantom Thread" but Janney is one of the best character players in the business, has been around for ages without an Oscar and this one would be well deserved.

Among the men, both Woody Harrelson and Sam Rockwell have been nominated for "3 Billboards" which in many cases tends to split the vote but Rockwell has already won several awards for his performance, including the Golden Globe, so my money is on him.

In the Best Director category the most surprising thing is the omission of Steven Spielberg, who was certainly more deserving than Jordan Peele who made the final cut for "Get



▲ Three Billboards Outside Ebbing Missouri with Frances McDormand

Out". Maybe the Academy voters figured that he already has several Oscars {including two for Best Director} and doesn't need any more accolades but that should be immaterial.

The other nominees include the brilliant Paul Thomas Anderson for the icily eloquent "Phantom Thread" and actress Greta Gerwig for her first effort in directing the sweet coming of age story "Lady Bird". But one of the most unusual and fascinating films of the year was Guillermo Del Toro's "The Shape of Water", a fish out of water fable in more ways than one and I'm betting on him to take out the award.

One thing is obvious though. No matter how many millions of dollars the big guns fire at the screen, the constant repetition of well-worn comic strip retreads may often pay off at the box office but independent cinema appears to have the stronghold on prestige and prizes.

A last thought. If "This is Me" from the "Greatest Showman" doesn't win Best Song then there must be a lot of tone deaf voters in the Academy.

## SOLUTION

SCC Crossword No. 33

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

# COMMUNITY EVENTS & PROGRAMS

## MARCH, APRIL & MAY 2018



### Launceston City Council

10 March, A Day on the Green – Josef Chromy, Relbia

18 March, Tasmanian Garlic & Tomato Festival -  
Selbourne

6 – 8 April, Supercars – Symons Plains

28 April, AFL Hawthorn VS St Kilda – UTAS Stadium

3 – 5 May, AGFEST – Quercus Rural Youth Park

Every Saturday, Harvest Launceston – Cimitiere Street

Every Sunday, Launceston Eskmarket – Round House  
Pavilion, Inveresk

Every Sunday, Sundown Cinema – Launceston Seaport



### Clarence City Council

25 March, Round the River Fun Run – Eastern Suburbs  
Athletics Club

14 April, AFL North Melbourne VS Carlton –  
Blundstone Arena

25 April, ANZAC Day Dawn Service – Clarence RSL

19 May, AFL North Melbourne VS GWS Giants -  
Blundstone

Every Saturday, Bellerive Community Farmers Market,  
Bellerive Boardwalk

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



### Burnie Council

30 April, International Jazz Day – Arts & Function Centre

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



### City of Hobart

8 March – 1 April, Speigeltent – PWI

To 6 May, The Remarkable Tasmanian Devil - TMAG

18 March, ESTIA Greek Street Festival – Federal Street

Every Friday until end April, Street Eats @ Franko –  
Franklin Square

Every Sunday, Farm Gate Market – Bathurst Street

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



### Devonport City Council

7 March, North West Film Society; The Midwife – CMAX  
Cinemas

24 – 25 March, 2018 Jewellery, Gem & Mineral Fair –  
East Devonport School Gymnasium

25 March, 2018 Devonport Motor Show – Roundhouse  
Park

Every Saturday, Devonport Foreshore Market –  
Roundhouse Park

Every Sunday, Don Village Market – Don Memorial Hall



### George Town Council

Third Sunday of each month, Farmers & Makers  
Market – George Town Cricket Club

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



### Waratah- Wynyard Council

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

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



### Kingborough Council

Second Sunday of each month, Kingston Beach  
Handmade Market – Kingston Beach Hall

Every Saturday, Doll Making – Kingston LINC

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



### King Island Council

6 – 8 April, Long Table Festival - various

Information current as at 20th January 2018

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

Nitin Saraswat	3/01/2017	Registered Nurse
Raelene Brooks	16/01/2017	Registered Nurse

### HOME CARE

Kylie Wood	3/02/2017	Personal Carer
Melinda Day	19/01/2017	Personal Carer
Julia Donaghy	20/01/2017	Case Manager
Tanya Patterson	23/01/2017	Customer Service Team Leader
Erica Ramage	14/02/2017	Administration Officer
Vanessa Tatnell	28/02/2017	Personal Carer
Claire O'Loughlin	9/03/2017	Administration Officer
Sharon Johnstone	14/02/2017	Personal Carer
Lauren Stewart	14/03/2017	Personal Carer
Melinda Wade	24/01/2017	Personal Carer
Roselle Cropper	24/02/2017	Personal Carer

### FAIRWAY RISE

Herma Waters	6/02/2017	Facility Manager
Kylie Attard	27/02/2017	Registered Nurse
Jane Eagle	27/02/2017	Registered Nurse
Bradley Perry	6/01/2017	Roster Clerk

### GLENARA LAKES

Maria Maloney	23/01/2017	ECA
David Millwood	20/02/2017	ECA

### GUILFORD YOUNG GROVE

Shirley Miller	27/02/2017	Enrolled Nurse
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### MARY'S GRANGE

Olufolake Falaki	17/03/2017	ECA
Elizabeth Farrell	17/03/2017	ECA
Srijana Bhattarai Upadhyay	14/03/2017	ECA

### MOUNT ESK

Rani Cheong	20/02/2017	Enrolled Nurse
Hla Ya Min Phyo	20/02/2017	Enrolled Nurse
Janine Broadhurst	27/02/2017	ECA

### ROSARY GARDENS

Khina Mangar	13/02/2017	ECA
Carol Medina	20/02/2017	Registered Nurse

### SANDOWN

Natalie Byrne	30/01/2017	Administration Officer
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### STATE ADMINISTRATION

Tania Rogers	19/01/2017	Training & Continuous Improvement Officer
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### YARAANDOO

Sylvia Anderson	13/02/2017	Service Employee
Varunee Fuller	27/02/2017	ECA
Cristal Bramich	7/03/2017	ECA
Chantelle Beeton	14/03/2017	ECA
Krystal Davey	14/03/2017	ECA
Debra Henrick	14/03/2017	ECA
Cherylyn Good	27/03/2017	ECA
Christopher Mackay	27/03/2017	ECA



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	69 places
Ainslie Westbury	87 Meander Valley Rd, Westbury 7303	6 units	-
Fairway Rise	1-2 Toogood Drive, Lindisfarne 7015	106 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	5 Grange Avenue, Tarooma 7053	36 apartments/villas	105 places
Mount Esk	38 Station Road, St Leonards 7250	-	74 places
Rosary Gardens	85 Creek Road, New Town 7008	-	120 places
Sandown Village	Southerwood Drive, Lwr Sandy Bay 7005	34 villas	69 places
Saint Canice	15 St Canice Avenue, Sandy Bay 7005	64 units/apartments	-
Springhaven	38 Gordons Hill Road, Lindisfarne 7015	84 villas/townhouses Under Construction	-
Tarooma Villas	100 Channel Highway, Tarooma 7053	13 units	-
Yaraandoo	1A Cardigan Street, Somerset 7322	10 units	82 places

Community Care 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 & 390 Hobart Road, Youngtown – (03) 6382 4907

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