

APRIL/MAY 2018

If you would like a personal copy of this newsletter please call Lyn on 6926 4400

Hello,

The March bushfires in the vicinity of Tathra on the Far South Coast have been devastating for so many in the community. RSL LifeCare has several facilities within the community at both Tura Beach and Merimbula, and our thoughts are with those who have been affected in any way by nature's devastation. In times of crisis, we have a clear focus on the safety of both our residents and our staff. In this instance, thankfully, we count ourselves very fortunate. None of our facilities needed to be evacuated, although we were keeping a very close eye on the progress and direction of the fires. At the time of writing, we know of one staff member who has had all the contents of their house severely damaged by smoke and ash; a number of staff were evacuated but could then return to their homes and one of our staff fought the fires around their house successfully. The daughter of another was on the fire front with the Rural Fire Brigade, and our thoughts were with her and her team.

Throughout the crisis, our teams at both locations were vigilant with communicating directly with our residents, answering their questions at all times and comforting them if needed. We told them what our plan would be in the event of evacuation and reassured them of their safety, doing all we could to ensure a sense of calm was maintained. As always in these times of crisis there have been heart-warming examples of devotion to duty and the care of others: several of our team members could not get to work due to the path of the fire. But as soon as the wind changed direction and it was safe to do so, they phoned to say they could come, and did. Given the choice to stay at home in a time of great uncertainty or come to work to care for our residents, they chose the latter. We are grateful for their professionalism and heart.

Such selfless care for others is a character of the human spirit that we are fortunate to see often in our line of work. Volunteer organisations such as the Rural Fire Service, as we have seen in recent days, reflect the ANZAC spirit that we honour on 25th April every year: love for your mates, commitment to the effort, professionalism, teamwork and bravery in the face of danger. They defended the community with the same qualities that our servicemen and women have done all over the world.

This ANZAC Day, we remember not only the fallen, but with equal pride, those who served and still live. RSL LifeCare's ANZAC Day services are an opportunity for our whole community to join together to honour those who have fought for our homeland and for peace around the world. The roots of our organisation are planted in the care of returned servicemen. Our Village at Narrabeen, RSL ANZAC Village, was founded in 1939 because of the overwhelming need for a haven for returned servicemen from WWI. One hundred years after the Armistice of this war, we are proudly still caring for veterans of every campaign from WWII onwards.

Carolyn Kwok

The sky was clouded orange with flame and ash: Photo John Ford courtesy The Australian



Poet's Corner

Shared by our Resident

Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too

I walked around the corner
And someone saw me grin

When he smiled I realised
I had passed it on to him

I thought about the smile
And then realised its worth

A single smile like mine
Could travel round the earth

So if you feel a smile begin
Don't leave it undetected

Start an epidemic
And get the world infected
Author Unknown



Hello from Stacy

April has arrived and cooler months are coming. I think we are all looking forward to some rain to ease some of our local farmer's headaches. Let's hope it arrives soon.

I trust those who attended our mid-year management meeting found the information useful. Our Budget meeting will be held towards the end of May and details will be sent to you all a little closer to the date. Please don't hesitate to contact Lyn on any questions you have in the lead up to the meeting.

Please all take care in the colder months and keep warm. I have my snow boots ready for the three codes of football my four boys are playing this football season. They must have got me at a weak moment.



Stacy talking with residents in the Community Centre at The Grange

Stacy Moses
General Manager, Riverina

Hello from Lyn

Don't forget to get your dancing shoes on and come along and join in with the New Vogue and Old Time dancing at 7pm every 2nd, 3rd and 4th Tuesday. Some of our dancers have told me that it has been a while since they last danced but it is just like riding a bike and comes back to you once you join in the fun.

Congratulations to Ngaire on receiving a grant to assist with studies through UTAS for the 2018 semester studying for an Associate Degree in Health and Community Care.



Lyn & Malcolm Alexander
discussing local artists

We welcome Norm Kerslake to our team. Norm together with Wayne and Greg are powering their way through our annual preventative maintenance program, with 158 villas it is a little like painting the harbour bridge, starting at one end and finishing at the other and starting all over again.

Graeme Haron and the Winery group assure me that after much pruning, fertilising, watering, covering and uncovering the vines, each activity carefully designed to nurture the grapes to maturity then testing the sugar content to get the timing right for picking, all the while monitoring to protect from the perils of nature and to make sure the birds don't get more than their fair share. Following the harvest the hard work in the process of turning the fruits of our vines into wine is only just beginning. The fruit is destalked and prepared for fermenting the yeast is added followed by a regime of plunging until fermentation is complete, further testing of sugar content and PH levels and adding tartaric acid, more plunging until the balance is just right and finally the grapes are pressed and put into barrels aging in oak to be bottled in about 12-15 months time. Plenty of homemade cake and lots of coffee is devoured during this process, the band of helpers is growing and the sense of enjoyment and satisfaction from such a learning experience and an enjoyable activity is well worth both the effort and the wait for the end product.

Lyn Pearce
Manager, The Grange



Arts & Crafts & Hobbies



"I have drawn for as long as I can remember. I completed a Fine Arts Degree in Canada and continued to study over the years branching out to include sculpture, printing and now painting. I took private lessons for 5 years to learn water colour and I want to continue learning other mediums"
June Clements, Resident.



At our recent Arts and Crafts display, June Clements is showing Jill Williams some of her sketches and paintings.

"I have been interested in woodwork my entire life but never had the chance to learn. About 15 years ago I was invited a meeting of The Riverina Woodworkers Club and was immediately hooked and I have been doing wood work ever since. As well as joining the local club, I have been attending the Woodwork Turnabout which is a yearly wood turners get together, to swap ideas, methods and woodworking tips". Cliff Clancy — Resident

Besides woodturning Cliff is interested in branching out into cabinet making and looking ahead, for when he knows he will slow down a little, Cliff has got the equipment ready to try his hand at Fret sawing which is used to make intricate patterned woodwork.



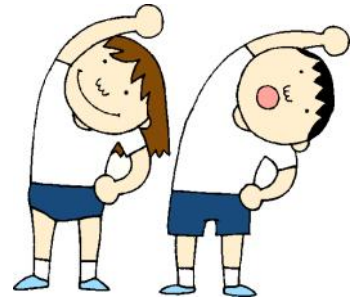
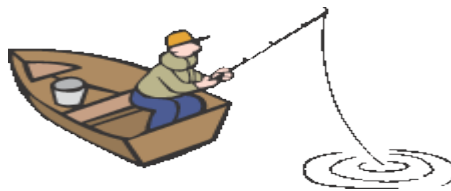
Lorraine Oakman, one of the craft ladies involved in making rugs for our local woman's shelter. Lorraine saw the need for something that would appeal to boys who might be at the shelter with their mothers and has come up with a wonderful rug made out of old denim jeans. If you are not creative but would like to join in there is no shortage of ideas from this amazing group of ladies supporting the Wagga community.



Cliff Clancy - one of our talented resident wood workers displaying his handiwork, a beautifully made wooden bowl.



Lifestyle & Pastimes



Our craft ladies have been busy crafting Poppies for the 5000 Poppies team. This team is now working on two final projects for 2018. The first is to create 50,000 stunning handcrafted lapel poppies for the Victorian RSL for their 2018 Poppy Appeal and the second, to create a massive 4,000 square metre final installation of 61,000 plus stemmed poppies for the AWM in Canberra for Remembrance day 2018.

The Grange Craft group have donated 404 poppies to this worthy cause.



Bob Quigley with Glen Bright from Bright Bodies getting ready for exercise class.

56 cm Golden Perch (Yellow Belly) released in The Grange dam to grow bigger. Golden and Silver Perch fingerlings we're stocked in January 2013 and some have survived. The Yellow Belly are responding to lures however you need to be persistent. I have only caught one Silver Perch so far....and then I let him go again.
John Goodwin

