



# Enjoy Life!!

**DECEMBER 16/ JANUARY 17 — If you would like a personal copy of this newsletter, please call Lyn on 6926 4400**

Hello,

In what seems to have become a modern tradition in one of our areas at our Narrabeen village, residents of the Dardanelles and other helpers have created a field of around 1000 hand-made poppies to mark 11 November, Remembrance Day. They look remarkable and are a solemn, thoughtful and wonderful way of remembering those who have given so much. My thanks to the residents and friends of The Dardanelles who started this and for continuing it every year. It is important to balance remembering the past and being here to assist those who need help today. Both are important. We may not always get this balance right but I guess that leaves room for improvement. Remembering those that did not return, be it from Gallipoli, the Western Front, Europe, the Middle East or the Pacific in WWII, Korea, Vietnam, Iraq, Afghanistan and many other places. And being there to help those who have served but now need help today – from our remaining WWII vets and families through to our Vietnam vets and vets from contemporary conflicts.

I am writing this a few weeks out from Christmas and I am very much looking forward to a Christmas with family and then a few quiet weeks (hopefully) after Christmas with some time at the beach and in the surf. I hope that you all have a happy and rewarding Christmas. The God who created Christmas, or who made Christmas possible, gave His perfect gift to the world. May the hope and joy of Christ be yours this Christmas and always.

**RON THOMPSON, CEO**



## Hello from Stacy



I cannot believe the year is coming to an end. Time has certainly flown since joining RSL LifeCare in February. It has been a wonderful and full year and I certainly have had a very steep learning curve. Meeting and getting to know many of you has been my highlight. Most importantly, I do thank you all for your patience as I find my feet. I also thank Lyn and her team for the hard work they do throughout the year. The Grange is certainly a beautiful place to live. I wish you all a wonderful Christmas with family and friends. I enjoy the warmer months, although I could do without the snakes. My young boys are looking forward to school holidays, watching lots of movies, Santa and many trips to the local pool. I will be looking forward to school starting back again in February. Looking forward to 2017 with you all.

**Stacy Moses—GM - Riverina**

## New faces at The Grange—Jeff & Gwen Armstrong

"We knew we wanted to come to the Grange, even though we have lived in the Leeton area for many years. It was the attraction of being around a group of people with the same desire – to live an independent life in a quiet and secure location and know that we won't be a burden on our children. Although we visited The Grange and made our decision to move here earlier in the year, we knew it would take some time to sell our house and pack up all our things.

I worked as a Senior Lecturer with the Murrumbidgee College of Agriculture working with Livestock production and Rangelands Management. This saw us living in the Leeton area as well as in Brewarrina. Gwen and I met when in 1959 when I worked at the Yanco Experimental farm and Gwen was a Secretary there. We were married in 1962 and had 3 boys.

We did a lot of travelling in over the years both in Australia and overseas but now that we have finally made it to The Grange, we are happy to sit back, relax and enjoy our new home".



## Remembrance Day—Guest Speaker—David Williams



Resident of The Grange, David Gardiner, Vietnam Veteran, is an active member of the Wagga Wagga RSL Sub Branch, a life member of the RSL Sub-Branch and recipient of the Meritorious Service Medal in May 2013. David served on the Board of the RSL Club Ltd for 20 years, 11 of these years as President, retiring in 2013.

David was awarded Life Membership of the RSL Club in 1998 and is one of only four members to hold Life Membership of both the RSL Sub-Branch and the RSL Club at the same time. David currently holds the positions of Trustee of the Wagga RSL Sub-Branch and Secretary Treasurer of the Far South Western District Council of RSL Sub-Branches.



We were privileged to have Tom Butts from Mater Dei Catholic College play and sing an incredibly moving rendition of "I was only 19" by John Schumann. Tom hopes to join the Navy when he finished his schooling.



## Hello From Lyn

Another year gone in the blink of an eye, The Grange, in all its splendour is now edging towards 150 Villas. Residents are living their dream and enjoying the lifestyle and long list of activities that are keeping everyone fit, healthy, happy and busy.

Finally after a very long and wet winter the new stage of construction is bursting with life and excitement, the lead up to Christmas has us all running to make sure the residents in the new stage are settled in plenty of time to celebrate, enjoy Christmas and welcome in the New Year in their new homes.

The final stage of road works is expected to commence early in 2017, which will again bring a new flurry of excitement to The Grange with the prospect of more Villas going up and more Residents to The Grange. I for one am looking forward to 2017 and the continued growth of the Village and new friendships it will bring.

## 2016 Milne-Wood Medal

This year there were three recipients of the Milne-Wood Medal, Anne McDonald AM, Ray Nielson OAM - both hard working volunteers and Board Members at Lara Aged Care, Dungog and Betty Peachey, an employee with 50 years of service at Queen Victoria Gardens in Picton. This is a wonderful way to acknowledge the passion and hard work of people who go out of their way to make a difference to the lives of our residents.

## Melbourne Cup



And it was all eyes on the screen once again as The Grange Residents and their guests celebrated the Melbourne Cup in style.

Whilst there were no Judges for 'fashions on the field' both the ladies and the gentlemen spared no effort in putting their best foot forward.



## Community Garden

The Grange Community Garden is one of the activities our Residents can participate in. The Garden produce is offered to the Residents at Tuesday Morning Tea and their donations are greatly appreciated and help keep the garden self sufficient. New recruits are always welcome to come and work in the garden as are the pearls of wisdom from those with years of experience. Vivienne Sinderberry has written some words on her work in the Grange's Community Garden

"Setting up and working in a Community Garden has proved to be a vastly different experience for those lovely gardens we left behind. Lots of lessons have been learned over the last months, particularly about the size of the garden, the watering, the soil and the weather. The almost continuous rain over the last few months has seen the plants thrive, but has presented us with such boggy ground that gumboots are required".





## Springtime at The Grange



As the wet weather finally seems to be leaving, the sunshine has the gardens at The Grange bursting with colour. All around the Village are splashes of vibrant colour as the gardens come to life.



Members of the local Probis group recently visited the Grange for an Open Garden Display where Residents opened their Gardens to the visiting group, displaying their horticultural handiwork. The gardens ranged from the classical style garden to the modern, vertical garden and all those in between.

