



## LOOKING FORWARD TO CHRISTMAS AND NEW YEAR



**W**ell! What a year it has been! So hard to settle down at any stage.

Wondering what is coming next - watching that Covid Report every day – and almost impossible not to have it under our noses/in our faces every day! As I write this towards the end of November, the numbers seem to be moving in the right direction in Victoria after several months of increasing and other states seem to have found some stability too. It is lovely to be FREE.

Here in the Village, much has happened to help us all continue to move forward with the amount of work starting up again on the Central Park Project. You will find some pics on Page 4 showing the amount of progress since the last issue of *Village Voice* in July 2021.

It has been extraordinary weather over the last few days. I myself, whilst walking back from having my haircut by Wendy and using my wheelie walker, was blown over as the gusty wind picked us both up and dumped us on the road. Nothing broken but sundry bruises and the loss of quite a bit of skin! It is a drat getting older isn't it!

However, better weather is promised – knowing Melbourne we will probably have several changes between now and mid December when you should receive this. We are thankful to all our staff as this lockdown has been very hard on them too.

There have been a lot of things happening in the Village in spite of the 'bad stuff'. One of the loveliest was that one of our long time residents in the Village, Lorna Grant who is in care, celebrated her 100th Birthday and was very much cheered up by the many

cards and phone calls she received on the Big Day from her legion of friends here in our Village.

Also Caravanners Extraordinary .. the Pettigroves – John & Margaret,

and the Tremewens - Marian & Bill- returned home after unexpectedly long trips.

We have enjoyed the Drama Group's "Afternoon Antics" (including "The Fruity Melodrama") on November 25<sup>th</sup> and our own "Market Day" on December 1<sup>st</sup> in the Activity Centre (which is a very busy place now) with the Board Dinner on December 16<sup>th</sup> to enjoy.

*Have a good Christmas and New Year, as free from Covid as possible. Ed.*



"The Fruity Melodrama" Sybil (Moya), Pansy (Shirley), George (Murgatroyd), Owen (Sir Herbert), Fred (Hilary) & Beth (Maggie)

### WELCOME NEW RESIDENTS

Elizabeth Warr	to	Unit 141
Patricia Brouwer	to	Unit 42
Alan & Beverley Ray	to	Apt. 201

### Thought for the season

Take a lesson from the whale:  
the only time it gets harpooned  
is when it comes up to spout.



## VILLAGE NEWS

Village news has consisted largely of Covid, covid, covid. We believe that St John's Village and staff have done their best to keep everyone safe and interested. Since the last of the many lockdowns we have had several entertainments. Below you will find some pictures taken at some of the most recent. We have enjoyed: the **Frankston Ladies Choir** dressed beautifully in their splendid Christmas gear. Our **Drama Group**, finally produced "Afternoon Antics" postponed from 2020 which included: "Jars on my Shelf" from Marian, "Three Little Maids from School", two Afternoon Tea sketches from Ros and Joyce, "The Fruity Melodrama" and Community Singing which was joined in enthusiastically by the audience. This was followed by a **magnificent** afternoon tea.

We also have some pics (*below left*) from our Market Day on December 1.



The Plant Stall



The Frankston Ladies Choir entertained and delighted us with their bright singing on Sunday 28<sup>th</sup> November.



The Cafe



Inside Stalls



Sir Herbert (Owen)  
& his son Hilary (Fred)



Shirley, Ruth & Moya fulfilling their 'Bucket List' by singing "Three Little Maids from School"

**Do you need your wheelie walker (medical aid) serviced ?**

**Contact: Colin Ware, Unit 122**

Phone 5977 5826 Mobile 0411 232845 for TOTAL SERVICE

Cost: Donation plus parts (if needed)

**PROCEEDS TO SUPPORT 'SAMARITAN PURSE PROJECTS'**



## KNITTING GROUP

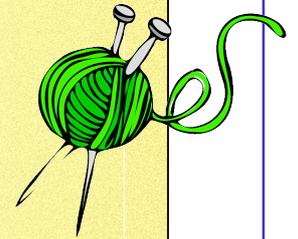
**W**e are happy to be back to normal. All the ladies are very pleased to catch up with one another after the long break. We are building our supply of garments and rugs for the Christmas stall and also for the Hospital and Westernport Community. We are hoping to send a parcel to them before Christmas. It's been a very quiet time for us all. We would love to see more ladies join our group. We meet in the Apartment lounge each Wednesday afternoon at 1.30. You would be made most welcome. *June Moran*

**We love our Wednesday Knitting Group where we use our different skills. It's quite a change from staying home and sorting out our pills.**

**It's sometimes nice to just relax and enjoy the conversation or just discuss the parking lot, or the problem of inflation.**

**A tin of sweets is passed around to sweeten the ladies up, then afternoon tea is served at three in a very special cup.**

**Lovely rugs are fashioned here and given to those in need, knitted items acceptable too and very worthwhile indeed.**



Gwen McKenzie  
(Apt.204)



## COMING EVENTS



**Location:** (AC) = Activity Centre ; (AL) = Apartments Lounge; (CC) = Community Centre

- **Line Dancing:** *Class Commences Wednesday 15<sup>th</sup> Dec 10 am to 10.30 am (AC)*
- **Board Resident's Dinner:** *Thursday 16<sup>th</sup> Dec 6.15 pm (AC)*
- **Christmas Lights Bus Tour:** *Monday 20<sup>th</sup> Dec 8.30 pm (AC CAFE)*
- **Men's Group :** *Thursday 23<sup>rd</sup> Dec 10 am (AC Cafe)*
- **Christmas Carols:** *Thursday 23<sup>rd</sup> Dec 7 pm (AC)*

### **REGULAR ACTIVITIES:** (Check Notice Board for changes)

- |  |   |
|--|---|
| <b>Gentle Exercise Class:</b> Mondays at 10am (AC) | <b>Nat's Craft Group:</b> Every 2 <sup>nd</sup> Monday at 1pm. (AC) |
| <b>Monday Night Dinner:</b> Mondays at 5pm (AC)    | <b>Art Group:</b> Tuesdays at 9.30 (AC)                             |
| <b>Scenic Bus Trip :</b> Tuesdays at 1pm           | <b>Knitting Group :</b> Wednesdays at 1.30pm (AL)                   |
| <b>Table Tennis :</b> Wednesdays at 2pm (AC)       | <b>Exercise with Judy:</b> Thursdays at 10am (AC)                   |
| <b>Sippers Club :</b> Fridays at 4.30pm (AC)       | <b>Fellowship Service :</b> Sundays at 10.15am (CC)                 |



## Message from the CEO

**A** big thankyou to staff, residents, and families for negotiating our way through the COVID-19 Pandemic. The restrictions and enforcement of the Covid-safe plan have kept us safe from illness (and loss of life) but at a price. A price of isolation, fear and stress that plays on our minds. It is now time to rebuild and reconnect both within our Village community and the wider world.

At the Village we have picked up from before COVID and are working toward a brighter, better time ahead. Major events and group activities have all recommenced, this time making use of the very versatile Activity Centre. Come and join in if you haven't already.

The new Waratah unit development on Park Lane is all happening, concrete slabs are being poured (see below) and timber frames have commenced. We will have new units for occupancy around October 2022.

For 2022 we invite families to come and join with the residents in using and enjoying all that the Village has to offer.

To you all, I wish you a Merry Christmas and a Joyous and Happy New Year

*Graeme* 



## Letter from Helen (Pastoral Care Person)



### *Is Something Missing?*

The catalogues are full of ideas to buy things for Christmas. There are decorations waving everywhere. The jingles are playing to provide the mood – happy, jolly holiday.

But hang on – why do we celebrate Christmas?

It's becoming harder and harder to see what the reason is ...  
... Jesus' birth.

The wise men had to search long and hard to find what they were looking for. They had a star to show them the way, but it was still a huge effort for them to follow that star on an unknown journey across foreign lands for who knows how long. The new king wasn't where they thought he should be. They asked at the palace. No, he was not there. They persisted and found who they were looking for – baby Jesus – a different king to what they imagined.

The wise men came prepared.

They persevered and found this unexpected end to their journey, Jesus, a baby in a stable.

Still, they worshipped him and gave gifts.

As we give gifts, do we remember who's missing from the catalogues?

Enjoy this Christmas celebration with family, friends, gifts and food.

I am around the Village on Tuesday afternoon and Thursday morning if you would like a visit – not from a wise man but an ordinary person who has also found Jesus.



*Helen Hurwood*

Pastoral Care

We have been producing *Village Voice* for 13 years and are concerned about the future of this publication if there is nobody trained and ready to carry on when we get too old to continue. (which may not be that far away). We took over from a committee that gathered and edited the material and then handed it on to one person who put it on the page. Joan has been Editor and I have done the layout since 2008. We can provide ongoing training and encouragement for anyone with basic skills. Please think and pray about this and be in touch with: Fred & Joan Rowney, unit 86.



## A Message from the Business Manager

*"Tis the Season to be Jolly"*

It has certainly been a year of trials and tribulations for us all. It is my hope that we are now starting to come together again freely and are expressing ourselves with an air of Jolliness coming close to our holiday season.

Jolly is not just a gift, or a family dinner, or a Xmas tree, or singing a few songs, or a season. Jolly (also known as our internal happiness) can be an attitude for all seasons. Our lives will always be filled with challenges, barriers, and disappointments. This Christmas time lets challenge ourselves to try to be happy regardless of our circumstances.

A great way to bring out our inner Jolliness is to take the time to allow ourselves to laugh. Laughing has many benefits and is very good for us. It increases the blood flow, aids sleep, and even improves our immunity. It can also be helpful for relieving tension and restoring perspective.

On a more serious note, let's remember too, that although Christmas is often presented as a great time of family connection and celebration, it can also be a time of stress and some people can feel loss and sadness more deeply at this time. It's a reminder for us all to lend a helping hand where needed and if you manage to perfect your inner Jolliness, share it with those who are struggling, to brighten their day.

To finish, let's all take a big step back and acknowledge all we have been through this year. Give yourself a big hug and I hope that 2022 brings you brighter and happier days.

I sincerely wish you the Jolliest of seasons and the best Jolly happy healthy New Year.

Love

*Heather*





## STAFF PROFILE

**Graeme Drummond**

CEO



- Q1. If you could live anywhere, where would it be?**  
*Having travelled the world I believe Australia is the best place to live, particularly down south.*
- Q2. What would you change about yourself if you could?**  
*There are many things in the past that I would have liked to do differently but being happy where I am I aim to enjoy each day as it comes, making the most of what we have.*
- Q3. What motivates you to work hard?**  
*Seeing people happy through what we create.*
- Q4. What is your proudest accomplishment?**  
*Being able to work with many fantastic people from all walks of life and nationalities throughout my work career.*
- Q5. What did you want to be when you were small?** *To help people, to do things.*
- Q6. If you could choose to do anything for a day, what would it be?**  
*Sitting around a camp fire with a group of indigenous elders and telling stories.*
- Q7. What would you sing at Karaoke night?** *Nothing, can't sing to save myself!!*
- Q8. If you could only eat one meal for the rest of your life, what would it be?**  
*Fish*
- Q9. Have you ever had a nickname? If so what was it?** *Gravy / Drummo*
- Q10. Would you rather win the lottery or work at the perfect job? And why?**  
*While money is important, having great workmates and customers is the most rewarding.*
- Q11. If money was no object, what would you do all day?**  
*Use it to create opportunity for others.*
- Q12. List two pet peeves.** *Warm Beer and a Hard Pillow*
- Q14. Where is the next place on your travel bucket list?**  
*Travel outback Australia and sail the east coast*
- Q15. What is the last TV show you binged watched?** *A Korean Cop show*



## *Lesley Taylor Care & Wellness Manager writes*

**W**hat a year! I know I say this every year, but this year has been testing times for us all. I just want to say “What a team I have”. I am truly blessed to have the best Care team. The team is very dedicated, hard working and loyal to me and the Village. Along with all the staff at St John’s, I wish them all a Very Merry Christmas.

### ***How to reduce Christmas stress:***

“It’s the most wonderful time of the year,” but also a time when stress levels soar. I have put together some tips to help make the stress of the season of goodwill more enjoyable.

- ***Limit spending: Money issues are one of the leading causes of stress during the holiday season. Set a budget. First of all, make sure that all your usual expenses are accounted for so that you don’t fall short on bills. Families mostly just want to spend time with you and if you want to buy a gift, something handmade (yourself or from the Village crafty people) are beautiful gifts. The Chemist also will wrap gifts for you.***
- ***Go for a walk: This helps with the overeating we all do but also helps with our mental health.***
- ***Laugh: Laughter lightens your mood, stimulates your heart, lungs, and muscles, and also releases endorphins. Laughter also boosts circulation, helps muscles relax, and lessens the physical symptoms that are associated with stress.***
- ***Don’t be alone at Christmas time. At the Village we have a lovely Christmas Day lunch. There is a list in the library, write your name on the list. We cater for residents and families.***

**“May you never be too grown up to search the skies  
on Christmas Eve.”**

On a happy note, my husband Andy and I are very excited to welcome our 5<sup>th</sup> Grandchild. The baby is due early January. It is our baby having her first baby. The parents Carly and Jono have decided not to find out the sex of the baby. I'm sure you will all see photos once he/she arrives.

**Merry Christmas to all the residents, families  
and staff at St John’s. Here’s to 2022! xxxxx**



*Carly and me at her baby shower.*

*Lesley*



## TOP TEN SILLY 'CRUISE SHIP' QUESTIONS

1. In the photo gallery. How do you know which photos are yours?
2. Do all the crew live on board?
3. Does the ship generate its own electricity?
4. Is the water in the toilets fresh or salt water?
5. What do you do with the ice sculptures after they melt?
6. How far are we above sea level?
7. What time is the midnight buffet?
8. What floor is deck 5 on?
9. Has this ship ever sunk?
10. Does the elevator go to the front of the ship?



## Lockdown---Tear-up---Demolish. ( by Ruth Rae )

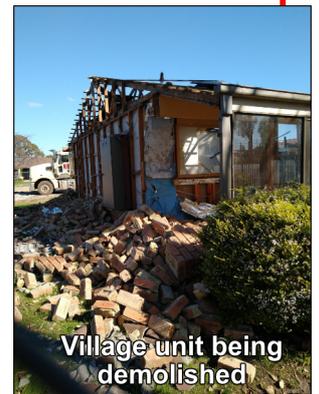
**L**ockdown number six and my office the scene of a major clear out. Tear-up thirty years of pages of minutes, a collection of brochures, newspaper cuttings (why did I keep those) and numerous records of community meetings.

As I tore up the accumulation of minutes from St John's Board of Directors meetings, it seemed ironic that huge machines were demolishing many of the buildings related to in among those early records.

I have recorded what I consider the relevant history of the Village in four chapters, so that history is not lost. I guess I would be the only person in the Village who actually witnessed those Units being built and I admit to nostalgic thoughts as I considered how long it took to build them and how quickly they were demolished. It was always in the future planning that buildings would be renovated or replaced, that the Village would up grade as necessary.

The new development is a part of that future and during this pandemic it has been an item of interest and discussion among residents.

My office now is in order and has an amazing amount of space and the building site is showing signs of progress.



Village unit being demolished

# Enjoy a chuckle



The wife was expecting another baby, and dreading the job of explaining it all to her seven year old. Luckily her mother volunteered to do the job and took young Timmy aside to tell him all about the new bub.

“Now Timmy,” she explained, “very soon a large stork will be over the house. He’ll land on the roof and drop a special bundle from heaven down the chimney.”

“Golly,” replied Timmy. “I hope the noise doesn’t upset mum too much. She’s pregnant again you know.”



The doctor’s new secretary, a very conscientious girl, was puzzled by an entry in the doctor’s notes left after an emergency case. “Shot in the lumbar region”, it read.

After a moment she brightened and in the interest of clarity typed into the record: “Shot in the woods”.

“What’s for pudding tonight?” said one army cook to his mate.  
“I’ve got to prepare the menu.”

“It’s rice again,” said his friend. “But let’s call it something different for a change.”

“OK,” said the first man. “How do you spell semolina?”

“S-E-M-L-E-. No just a minute - it’s S-E-M-M-E-R-...”

“Oh never mind, “ said the man writing the menu.  
“How do you spell tapioca?”

“Er - T-A-P-E-R, no, T-A-C,...”

The pudding that night was rice as usual.





## Enjoy a chuckle

**T**he switchboard operator in a swanky hotel received a call at a little past two in the morning from a somewhat inebriated man who wanted to know what time the hotel bar opened.

“At nine a.m., Sir,” she replied.

At 3.30 a.m. The phone rang again and the same man, this time obviously feeling no pain, asked the same question.

“Not until nine a.m.,” she said a second time.

At 5.15 a.m. The switchboard operator received still another call from the same guy, now completely stoned. Once again he asked the same question.

More than a little irritated, she snapped, “I told you, sir, you’ll have to wait until nine a.m. to get in the bar.”

“Get in,” croaked the drunk, “I want to get out of the place!”



**A** wealthy young man surprised everyone when he arrived back from a business trip to Sydney with a beautiful young bride.

“Wow,” enthused one of his friends, “how did you manage to meet her?”

There was nothing to it,” came the reply. “I just opened my wallet and there she was.”

**T**wo girls met for lunch and were discussing their marriage prospects.

“I hear your boyfriend graduates from law school next month, I guess you’ll get married then?”

“Oh no, not right away”, came the reply.

“I want him to practise for a year first.”



## *The Clock isn't ticking anymore*

The Clock sits on a shelf outside the bedroom door within earshot of anyone in the house, it is not ornate and probably not of great value, but it has history galore.

This James Walker mantle clock started life in London within sound of Bow Bells and was presented to my parents as a wedding gift in 1936. It survived the second world war and the bombing of London at times being carried into the air raid shelter for protection. It travelled on a 6 week sea journey to Brazil and back, countless moves around England and a sea Journey to Australia. Two moves in Australia, another sea journey to England and a return journey to Australia coming to rest in Somerville.

As long as I can remember, this clock with its loud tick and Big Ben chimes has been within earshot but somehow unheard, but now that it has stopped the silence is deafening. We didn't know what we had until it was gone.

The clock has stopped but I can't find it within me to cast it out and am struggling to find a clock repairer, so if anyone can point me in the direction of a reliable clock repairer it would be very much appreciated,

David Forrest unit 143 Ph. 5977 7938 mobile 0491 011 457



## COMPUTER TIPS & TRICKS

**M**any residents have ageing computers, I was one of that group. My two desktops and one laptop were all around 10 years old and happily running Windows 10 but can't run Windows 11. Windows 10 will be supported until 2025 but some older computers may struggle to keep up. I have recently bought a new laptop which will run Windows 11 but I am delaying installation until they get all the bugs out.

I am thinking of running a short session on alternatives to windows, and/or windows programs. Let me know if you are interested. I am currently using some alternative (*free*) programs and have used other (*free*) operating systems which I can demonstrate for you.

Fred Rowney Unit 86 5977 6330 0437 482 662