

“Spring is when life’s alive in everything”

Christina Rossetti

Christina Rossetti, (1830-1894) who wrote the words of our heading, was an English writer who wrote the words of two well known Christmas carols "*In the Bleak Midwinter*", and "*Love Came Down at Christmas*". Her words seemed appropriate to head our October edition of 'Village Voice' because IT IS SPRING!!

As I write this, it is a beautiful Spring Day. Sun is shining, sky is blue and there is a gentle breeze outside. No doubt, tomorrow could be just the opposite! However, such is life in Melbourne.



Spring has sprung in my garden.

Gill Congdon, unit 29 (August)

As you read this edition of *Village Voice*, you will find many excellent suggestions from our Village Manager, Heather and Care and Wellness Manager, Lesley to keep ourselves fit and healthy while enjoying the many things provided for us – especially the Gym, Exercise groups, entertainments organised by the Social Committee, Tuesday trips, Our Sunday Fellowship services, Art Group, Craft Group, etc. not to mention the lovely food available from the Dining Room, The Cafe, and at other social activities eg. Heather and Byron’s Special Lunch, Monday Night

Meals etc.!!!

Thank you again to all who have contributed articles and photos to *Village Voice*.

May God be with you all, Joan Rowney (ed)



A beautiful rose, seen at the apartments



WELCOME NEW RESIDENTS

David & Patricia Newman	Unit 6
David Mills	Unit 20
John & Margaret Doyle	Unit 301
Vicky Berturola	Apt 215

Thought for the season

“Nature gives to every time and season some beauties of its own.”

Charles Dickens.



VILLAGE COMING EVENTS

NOTES FOR YOUR DIARY

Frankston Ladies Choir : Sunday 15th October 2pm (AC)

Men's Snooker/ Billiards: Every Tuesday 2.30 to 4.30 pm (CC)

Saturday afternoon Games: 1.30 to 3.30pm 2nd & 4th Sat of each month (CC)

St.J's Residents Market : 10am to 12pm Last Friday of each month (AC)

Scenic Bus Trip : Each Tuesday afternoon. See notice board for details of venue, departure time and cost and put your name down on the list in the Library

Sunday Fellowship Service : Each Sunday 10.15 to 11.15am (CC)

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

Gentle Exercise Class: Mondays at 10am (AC) **Craft Group with Julie**: Thursday at 1pm.(AC)

Scenic Bus Trip : Tuesdays at 1pm **Art Group**: Tuesdays at 9.30 (AC)

Table Tennis & Carpet Bowls : Wed at 2pm (AC) **Knitting Group** : Wednesdays at 1-3 pm (AL)

Sippers Club : Fridays at 4.30pm (AC) **Exercise with Judy**: Thursdays at 10am (AC)

Fellowship Service : Sundays at 10.15am (CC) **Line Dancing**: Wednesdays at 10.00 to 10.30 (AC)

Coffee Morning with Lesley: Wednesdays 10.30 - 11.30am (Cafe)

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

KNITTING GROUP



The Knitting Group is going very well. It is lovely to see some new ladies join us. At present we are working towards Open Day.

Thank you to those people who have given us donations, saving us from needing to buy materials.

Any new ladies to the Village be assured you would be most welcome to our group. We meet in the Apartment Lounge every Wednesday from 1.30 to 3 pm.

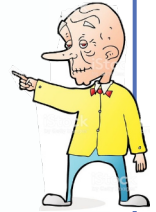
June Moran

MEN'S GROUP

The Men's Group invite all men in the Village to a lunch at Tooradin Sports Club on 27th October. Leaving the Village 11.30am, returning approx 2.30pm.

Total cost including transport and a seniors meal \$28 (with a choice of soup or dessert) , to be paid on the day before to Lesley or Owen.

Put your name on the list in the Library.



John & Marg Pettigrove *travel north again.*



John and I recently enjoyed our annual trip to far North Queensland. Travelling through outback Queensland to the Veterans Retreat on Cape York, we stay at various places in our wonderful country.

A month was spent at Pandanus Park where we catch up with veterans and families.

John enjoys his fishing catching up with mates. We travelled back along the coast and visited family and friends on the way.

Marg and John Pettigrove





A Message from the Village Manager

Walking – The Wonder Drug!

Walking for an average of 30 minutes a day can lower the risk of heart disease, stroke and Type 2 diabetes and can help: -

- Reduce stress and improve mood and sleep, leading to better mental health.
- Improve self-esteem and be more mentally alert and physically fit.
- Manage weight, blood pressure and cholesterol.
- Reduce risk of developing some cancers.
- Maintain bone density, reducing risk of osteoporosis and fractures.
- Improve balance and coordination, reducing risk of falls and injuries.
- A regular physical activity such as walking has been shown to reduce the risk of dementia, including Alzheimer's disease.

WALK YOUR WAY

- Walk solo or as part of a group to connect with others and make new friends.
- Adjust the pace and intensity to suit your health level.

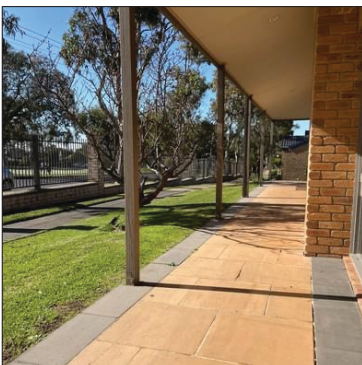
WALKING TIPS

- If you have a medical condition or want to increase activity, seek advice from your GP to ensure it is safe to participate before starting.
- A gentle warm-up and stretch at the start and end will help muscles, flexibility and prevent injury.
- Wear comfortable shoes that are lightweight and supportive.
- Wear warm, light clothing suitable for the weather and sunscreen and hat.
- Stay hydrated, drinking water before, during and after activity.
- Stop and rest if you feel any kind of discomfort and ask for assistance.

I wish you all a very *Happy Spring Season* and look forward to more special Spring barbecues with you all and warm sunny days ahead.

“The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also.”

(Harriet Ann Jacobs)



Picture of our Village on a beautiful spring day recently taken by a staff member.



STAFF PROFILE

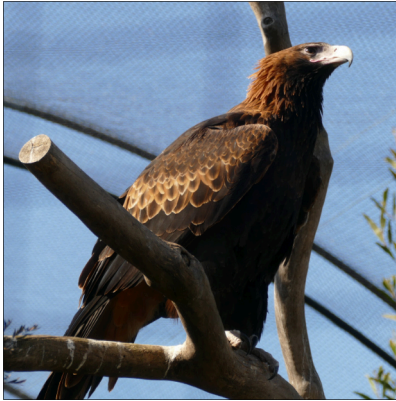
Employee Name: Ellie Lingard

Employee Position: Administration



- Q1.** What is your favourite TV show? *Big Bang Theory*
- Q2.** What is the one thing you couldn't live without? *My Family*
- Q3.** What is your greatest fear? *Snakes*
- Q4.** If you could go anywhere in the world, where would you go?
United Kingdom
- Q5.** What is your favourite thing to do in your spare time? *Sleep*
- Q6.** What is your favourite food? *Pizza*
- Q7.** What is your favourite drink? *Iced Coffee*
- Q8.** What would be your ideal pet? *Dog (Rottweiler)*
- Q9.** Where is your favourite place to shop? *Kmart*
- Q10.** What would be your ideal career (if you weren't working at St. John's)?
Zookeeper
- Q11.** What is the one thing you cannot resist? *A Bargain (when shopping)*
- Q12.** What is the hardest thing you have ever had to do? *Giving birth*
- Q13.** If you could have dinner with any three people who would you choose?
Nanna / Granddad / Jimmy Barnes
- Q14.** What is the most prized possession you have? *My Kids*
- Q15.** Do you have a celebrity crush and if so who? *Bradley Cooper*

A LITTLE GEM CLOSE TO HOME



We've discovered over the years, you don't always have to do a day trip to find something interesting to see, sometimes some of the best places can be right on your doorstep. **Moonlit Sanctuary** is one of those gems, a place we find ourselves returning to often.

One day in August after waking up to a beautiful sunny morning we decided it was time to revisit this special place.

Moonlit Sanctuary is only a short five-minute drive from The Village and well worth a trip if you are into seeing some of Australia's Native Wildlife.

We've always enjoyed the outdoor type of activities, so it's nothing to find us walking in nature, while armed with a camera, binoculars, water bottle and of course something to munch on should we find ourselves in need of a snack. Lately we've added a hiking stick to our clobber, you can never be too careful when it comes to making sure you stay upright while out walking.



One of the aims of the sanctuary is public education and rehabilitation of injured animals and birds. It is also involved in a breeding program in conjunction with Melbourne Zoo for the endangered Orange Bellied Parrot. Some of these parrots have been released into the swamp

land of Northern Westernport. It has been reported that one of these released birds has returned to the aviary at **Moonlit Sanctuary** where it was bred.

Beside a lot of native birds, some of the other native animals you'd find there are, Kangaroos, Wombats, Spotted Quoll, Dingoes, Tasmanian Devil, along with various reptiles. There is also plenty of water fowl some with young chicks that just wander around and are happy to be fed with the special food you can purchase at the entrance.



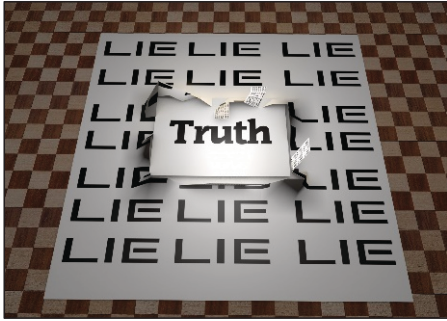
If you are looking for somewhere to have a break from all your walking, there is also a nice café and gift shop.

We thoroughly enjoyed the couple of hours we spent there.

Rod & Trish Wilson

<https://moonlitsanctuary.com.au>

Message from Helen Hurwood *(Pastoral Care Person)*

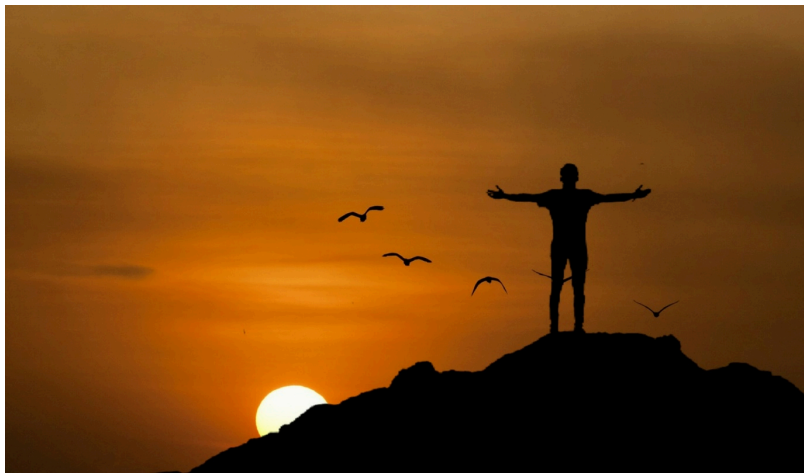


I have never been called up for jury service. If I were I would be worried. How do I know who is telling the truth – the whole truth and nothing but the truth? Both sides say they are telling the truth! The jury has to decide from the “evidence” before them, who is guilty and who is innocent. It’s a big decision with big consequences for that person – freedom or being locked up.

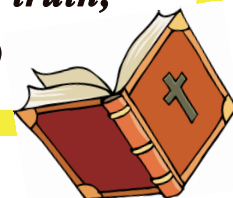
Scammers would like you to believe they are really trying to help you, that you have to believe them and do what they say, especially giving your bank account details! Are they telling the truth? Definitely not.

So how do we decide what is true? “The truth will set you free” is the claim made in the Bible in John 8:31. For me, this is the ultimate guide. Jesus claimed to embody the truth, to show us how we can truly live as we were designed to. That’s the truth I’m after, as it brings life to me and others as well. To love God and love my neighbour. That is truth.

So, in a world where many make claims about what is true, or what we are to believe. I’m thankful to have a source that has stood the test of time, and can be depended upon even today. How about you?



Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” (NIV)



Lesley Taylor writes



Why does Australia have so much skin cancer? (Hint: it's not because of an ozone hole)

Most Australians (and Kiwis) have the wrong type of skin for their environment. Basically, through migration, our two countries have been populated by many people with fair skin whose ancestors come from much less sunny climates. Lack of protective pigmentation leaves skin cells especially vulnerable to the DNA-damaging rays from the sun.

Are we making any headway?

Melanoma rates in the under 40s age group (those who grew up with “Slip Slop Slap”) are coming down. This makes sense given the timing of the programs and the decades-long lag between protecting our skin and the benefits of “avoided” skin cancers. But rates in the 60+ age group are still going up and as a result so are the overall rates. We anticipate and hope those will fall over the next decade.

Screening and early diagnosis

When a cancer is detected early, treatment is more likely to be successful. Participating in cancer screening and being aware of symptoms and reporting them to your doctor as early as possible are important steps in detecting cancer early.

Checking for skin cancer

Most skin cancer can be successfully treated if it is found early. But without treatment, skin cancer can be deadly.

Get to know your skin and what looks normal for you and this will help you find changes earlier. **Check all of your skin**, not just sun-exposed areas. If you notice anything unusual, including any change in shape, colour or size of a spot, or a new spot, visit your doctor as soon as possible.

Protect yourself in **five ways** from skin cancer

				
SLIP	SLOP	SLAP	SEEK	SLIDE

There are many skin clinics on the Mornington Peninsula where you can get your skin regularly checked. Talk to your Doctor.

Take care, *Lesley*. Care & Wellness Manager.

RESIDENTS TRAVELS



Castle at Bamberg

We recently returned from a wonderful overseas holiday. This has fulfilled a long held dream. After a short stay in Amsterdam we joined a Travelmarvel ship for a 15 day cruise to Budapest.

We travelled along the Rhine, Main, Danube rivers and the Main-Danube canal, passing through 68 locks. Amazing engineering enables the ships to be lifted up to 25 metres. The cabins are great accommodation and the meals were very enjoyable.



Budapest



Innsbruck

We enjoyed walking or bus tours at many towns and cities along the way. After leaving the cruise in Budapest we went by train to Innsbruck, then to Lausanne via Zürich and finally to Paris for 3 days where we had a canal cruise and viewed the Eiffel Tower and the Notre Dame Cathedral restoration.

More train travel, taking the Eurostar to London for 3 days to see many of the sights. At Exeter we hired a car for 7 days so we could visit a number of the quaint seaside villages of Cornwall, including Penzance which is the home of our surname.



Mevagissey, Cornwall

On the way home we had a stopover in Singapore. We found the heat and humidity very tiring and were glad to return home.

Eric & Bev Bolitho (Unit 317)

“Life is either a daring adventure or nothing at all”

Helen Keller

Enjoy a chuckle



WHAT IS A GRANDMOTHER?

A grandmother is a lady who has no children of her own, so she likes other people's little girls.

A grandfather is a man grandmother. He goes for walks with the boys, and they talk about fishing, tractors, and stuff like that.

Grandmothers don't have to do anything except be there. They are old, so they shouldn't play hard or run. It is enough if they drive us to the shops and have lots of money ready.

They are often fat, but not too fat to be able to tie kid's shoes.

They wear funny glasses and funny underwear and they can take their teeth and gums off.

Everyone should try to have one, because grandmothers are the only grownups who have got time.



MORE OLD BLOOPERS

- **An intensive care unit physician at Camperdown Children's Hospital said today that many pregnant children were unaware that iron tablets were lethal to toddlers.**
Sunday Territorian. NT
- **No matter which service a recruit enters now, if he is going to be a cook he goes to one centre, if he is going to drive heavy vehicles he is sent to another, and if he is going to be a police dog he goes to a third.**
UK newspaper
- **When asked by the chairman of the Bench where his family lived in Italy, Perry replied: "Barcelona"**
Glossop Chronicle



Enjoy a chuckle

**At the bank, I told the cashier, “I’d like to open a joint account please.”
“OK, with whom?” ... “Whoever has lots of money.”**

A well intentioned lady stopped a hard looking youngster and asked where his father was.

“Aint got no father,” said the kid.

“And your mother?”

“Aint got no mother.”

“Oh, that’s too bad. When did she pass away?”

“I never had no mother.”

“Then how were you born?” the lady said in dulcet tones.

“Somebody played a dirty trick on my aunt!”



“I am really scared! I got a letter from a man saying he’ll shoot me if I don’t stay away from his wife.”

“Well, all you have to do is stay away from his wife.”

“Sounds easy. But he didn’t sign his name.”

**So, I’ve been barking for 20 minutes and you keep telling me to shut up and you keep ignoring me ...
... anyway
your car is gone!**



Roberts was in the bar one evening when the gentleman at his left put down his empty glass, walked over to the wall, and without the slightest sign of discomfort, walked up its surface and onto the ceiling.

He crossed the ceiling upside down, till he reached the wall in which the door was located. He walked down the wall to the top of the door, somersaulted to the floor and landed on his feet and left.

Roberts, recovering with an effort, said to the bartender, “That’s certainly an odd way of leaving.”

The bartender shrugged. “You get used to it. He always leaves without saying goodbye.”

Can you relate to these ?

- It’s hard to be nostalgic when you can’t remember anything.
- ‘Happy Hour’ is now a nap.

Photos from Residents

My granddaughter Hazel has worked at Northern Realty, Townsville since the beginning of this year which is now a School Based Traineeship.

Hazel began the discussion with her dad Grant, and then both approached both the school and the Realty Company, after a lot of discussion all parties agreed this was a good idea and was put into the school curriculum.

The school is now looking for other trades to participate in this type of traineeship for other students. It has worked very well. Hazel works one day a week at the Realty Co as part of her year 12 studies, the result of this is that her other school subjects have improved dramatically, and so has her confidence increased.



Colin Ware



Three photos taken by Jan Kenyon on a recent Tuesday afternoon Village Bus trip to Mt Dandenong. The weather was overcast which effected the view, but not the enthusiasm of the photographer.



COMPUTER TIPS & TRICKS

UPDATE: Last issue I mentioned "rogervoice" a speech to text app for mobile phones which aids people who are profoundly deaf. The lady using the app told me that she is so happy with the result that now all her friends and family are using it and she is able to have long conversations with them.

Did you know: If your Windows computer freezes up it is most likely caused by a program running in the background. Push Ctrl+Alt+Delete together and it will bring up the Task Manager, showing all running programs. You can then highlight and close the offender and return your computer to a useable state.

I am advised that for macOS: Go to System Preferences > Users & Groups > Select your user and click on the Login Items tab. You can then remove or hide startup applications from there.