

StJ's Village Voice

The perfect place to live

Newsletter of St John's Retirement Village

Issue No 90

December 2022

CHRISTMAS BLESSINGS and a HAPPY NEW YEAR

Well, it has been a difficult year in many ways. A huge amount of work on our Central Park Project has been completed and we can see the end in 2023. A resurgence of Covid 19 hasn't helped. But now, IT IS CHRISTMAS!!! And we wish you all a joyous Christmas and A HAPPY NEW YEAR.

We do very well healthwise at St John's. Below are photos of three residents who have recently celebrated centuries or near centuries this year.



Gwen Mckenzie, 99



Jean Gay, 100



Lorna Grant, 101

If you are in this group or soon to be, please accept our apologies for being unaware and please let Village Voice know so that, if possible, you can let us have your photo for inclusion in the next Village Voice. Of course earlier in the year we celebrated our current crop of 90 year olds. I have to wait another 18 months to reach 90!!!



This photo shows Lorna Grant when she was one of the very first 26 women chosen to join the Women's Australian Air Force in 1941

We enjoyed another good Open Day on Saturday NOVEMBER 19th... although the weather could have been better. Most stalls were well attended and our food on sale did very well too. You will find some excellent photos on Page 9 which were taken by Lesley Taylor. They cover a wide spectrum!



Marian Tremewen



Evelyn Clarnette & Joyce Carbis having fun on Open Day

It was good to welcome back our C.E.O. Graeme Drummond from his and his wife's trip up North. You will find his message on Page 4.

Joan Rowney (Ed.)

WELCOME NEW RESIDENTS

Vicki Meagher

Unit 3*

Rod & Trish Wilson

Unit 4*

(*In Central Park)

Thought for the season
"It's not how much we give but how much love we put into giving"
Mother Teresa



VILLAGE COMING EVENTS

NOTES FOR YOUR DIARY

Residents Dinner with the Board	Wed. 7 th December	(AC)
Carols with Somerville Rise P. S.	Fri. 9 th December 10am	(AC)
Village Christmas Dinner	Thurs 15 th December at Drouin Hotel	
Carols Service	Tuesday 20 th December	(AC)

REGULAR ACTIVITIES: (Check Notice Board for changes)

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

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

KNITTING GROUP



We had a good result on Open Day. A big thank you to those who supported us and also to the ladies who worked towards and helped on the day. We will send a parcel to the hospital and also to Western Port before Christmas with some of the articles left. We received a beautiful letter from Anne Perry's granddaughter who is the Paramedic in the photo (see below). A big thank you to the ladies involved in the appeal for teddies. We also knit for the Joey Pouches. We meet in the Apartment Lounge each Wednesday from 1 to 3 pm. New ladies are always welcome.

June Moran

To the lovely knitting group,

THANK YOU so much for gifting the Montrose Ambulance branch with so many beautiful knitted teddies. We have been going to so many sick children with croup and other viral illnesses after ending the COVID isolation season. Children can often feel a little scared or frightened by us when they are feeling unwell, so to be able to offer them a teddy to cuddle during their experience, goes a long way! For children who are unfamiliar with our equipment we often use the teddy to show them what we will do (i.e. Use the stethoscope or blood pressure cuff on the teddy first). This helps us interact with the child in order to properly assess them! We are so grateful for the time and love you have put into these Teddies. Your gift is so valued and makes a real difference.

Many Thanks, Emily Batchelor - Montrose Branch Paramedic.



THANK YOU!

DRAMA GROUP

Fashions on the field, a Ballet with a difference, community singing, golfing and jokes, a Hospital Scene, thought provoking readings, a grumpy old woman and her Granddaughter typist were all included in the Cabaret programme presented by the Drama group in the Activity Centre on Thursday 24th November. Approximately fifty residents were in attendance. Corrie Vels was voted the best Fashion on the Field outfit, Moya Macpherson the best hat. Kath Prince provided a selection of music and accompanied the Scottish community singing. Co-comperes for the programme were convenor Ruth Rae and group member Bill Tremewen, Bill entering into the spirit of the fashion parade, fashionably dressed as he introduced the models. The only man in the group, his hat was listed in the final voting count.

At the conclusion of the programme, Ruth announced she was stepping down after eleven years as Convenor of the Group and thanked all members of the group and several residents for their contribution to the Drama Group, their support has added to the success of the wide variety of presentatons staged over the years. Ruth presented small tokens of appreciation to them, being interrupted by members who presented her with a beautiful orchid on behalf of the Drama group and a thank you gift and card from the Residents Association. The programme concluded with a Christmas poem and Auld Lang Syne. Supper was served. The donations received for U.N.O.H. totalled \$ 142.30.

On behalf of the Drama Group, "Thank you all". *Ruth Rae*



Bev Armstrong kept everyone amused with Scottish jokes

Reflections

On 11th December we will be celebrating 18 years in the Village. Others have lived here much longer than us, but I was going back through our file of old Village Voice copies and found the first copy we received, dated March 2005. This five page edition was put together by a small Committee whose names would not be recognised by most newer residents. Its front page article said, in part: *"Some time has passed since the last edition of Village Voice."* and went on to say that the first issue of St John's newsletter was in Spring 1992 and was called "Update Times". Wendy Rae was Manager then and in her article says: *"The current building works are progressing well"*, and goes on to say. *"The next few months will be an exciting time and I am looking forward to the completion of this current building project."* Sounds familiar doesn't it? This was the extension and refurbishment of Community Centre which Wendy was hoping would be finished and opened in September 2005. (It opened on 9th November). Wendy also commented that Geoff Jolley was preparing a new Rose Garden with flagpole beside unit 53. We take these things for granted, just as future residents will also accept the present building works. Our Village is always growing and developing and we can give thanks for that, even if it sometimes brings temporary inconvenience.

Fred & Joan Rowney



Message from the CEO

Home at Last!

Well done to residents and Staff for a great Open Day in November, the feedback from visitors again praised the friendliness of the Village Community.

Stepping back into the Village after extended travelling it was comforting to see the Village life so alive and well. It has been a challenging year with unseasonal weather, the departing of some loved fellow residents, and the realisation that we are not getting any younger.

While travelling, in somewhat 'uncharted waters', makes you very aware of your surrounds, the weather and importantly the people you meet along the way. It reinforced that here at the Village, we have one of those safe places where we can be comfortable and relaxed, able to have both our own space, and at the same time the opportunity to engage with so many in the Village. It's great the new units are adding new residents with most units in stage 1 now spoken for. I encourage you all to welcome these new residents to our community.

The New Year will see further building work completing stage 1 and starting stage 2 of Central Park. Stage 2 will add another 6 new 'Waratahs' once completed. The Budgets for 2023 include ongoing improvement work involving additional carparking, selected pathway replacements and planning work for refurbishment of the original Community Centre.

Our focus for 2023 coming from The Board of Directors is on providing additional care services, supporting the staff in achieving their role duties and ensuring the success of the Village for existing and future residents.

On a personal note. Throughout our trip our thoughts were with all the residents and staff of St John's Village as you endured a wet and cold winter. It is great to be Home amongst family and friends, especially the family of residents here at the Village.

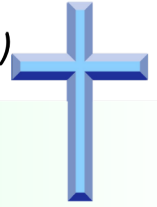
This Christmas don't be alone, come out and join in the activities through the Christmas/ New Year period, the special dinners, gatherings in the café, the fellowship service.

Merry Christmas & God Bless you all, stay well and safe.

Graeme



Letter from Helen Hurwood *(Pastoral Care Person)*

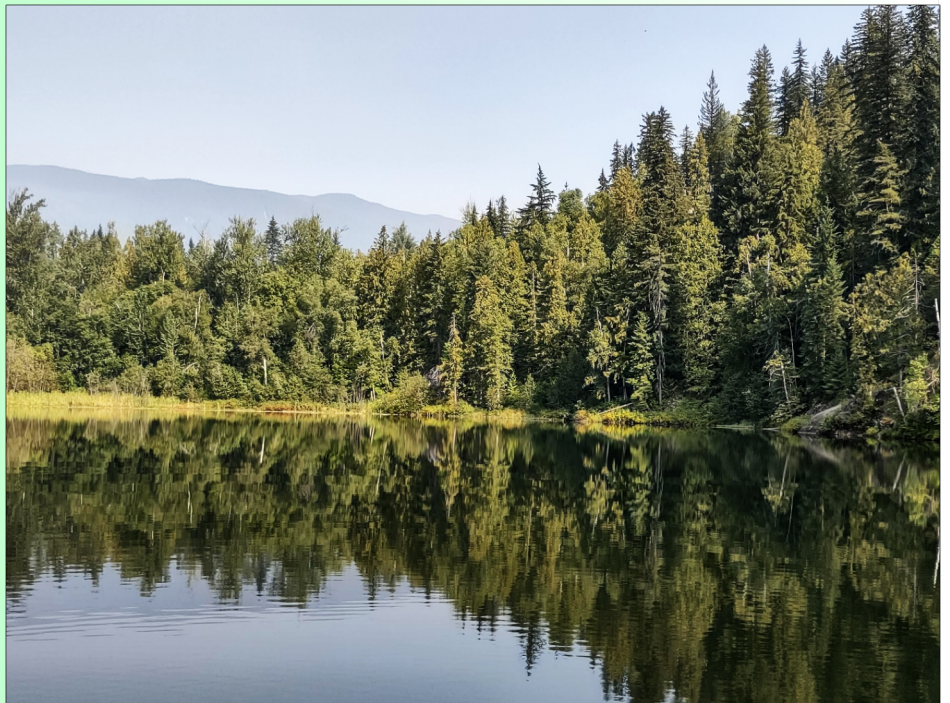


A Thousand Christmas Trees

The origin of the Christmas tree is credited with starting in Germany in the 16th century when devout Christians bought decorated trees into their homes. It is widely believed that Martin Luther, the 16th century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles.

In September we visited Canada – the home of a thousand Christmas trees. I loved seeing them. The mountains covered in trees were just beautiful.

It made me think how generous God is. He just had fun making all those trees! One wasn't enough, when you're on a good thing – He kept going...



Christmas also reminds us that God was generous with His own Son. He sent Jesus to live among us. This is why we celebrate – the gift of Jesus given for us. I hope you have a wonderful Christmas.

Helen (Pastoral Carer)



Please save your used stamps for Charity

- Leave a margin around the stamp
- Place them in designated trays in the library or the Activity centre

Colin Ware



A Christmas Message *from* Heather

Just as Christians have celebrated the birth of Christ since the very early days of Christianity, today we continue this tradition by spending time with our loved ones, exchanging gifts, and attending church services.

Christmas is also a wonderful opportunity to spend time with family & friends and make memories. Gathering with our families helps us to appreciate each other and reminds us of what is truly important in life – spending quality time with those we care about. The tradition of Christmas meals and desserts can be traced back to ancient winter solstice celebrations, when people would feast to keep their spirits high during the dark, cold days of winter. Today, we continue this tradition by coming together with friends and family to enjoy good food and create lasting memories. It is a time for exchanging gifts and spreading happiness. Gift giving dates back to the Three Wise Men who gave gold, frankincense and myrrh to baby Jesus.

For children, it is a magical time filled with anticipation for Santa Claus coming to visit them on Christmas Eve. This belief in Santa Claus brings an extra sense of magic and anticipation to Christmas Eve. The story of Santa Claus reminds us that it is better to give than to receive, a message that is especially important during this time of year. Christmas can be beautiful even during the most difficult time in your life. Even if you are going through a difficult time, the Christmas season can offer a sense of hope and peace. The lights, the decorations, and the spirit of togetherness can remind you that you are not alone.

If you are struggling this Christmas season, please know that there are people who care about you and want to help. Reach out to a friend, family member or fellow resident and let them know that you need some extra support. Christmas is a time for coming together and supporting one another, so don't be afraid to ask for help when you need it.

Every year, people around the world celebrate Christmas for different reasons. Whether it is because of religious beliefs, family traditions or simply because it brings happiness to so many people.

I wish you and your family a very merry Christmas and a safe and happy 2023.



With love from *Heather* 🌲



STAFF PROFILE

Employee Name: Jen Blair

Employee Position: PCA



- Q1. What is your favourite TV show? *Stranger Things*
- Q2. What is the one thing you couldn't live without? *My phone*
- Q3. What is your greatest fear? *Spiders*
- Q4. If you could go anywhere in the world, where would you go? *New York City*
- Q5. What is your favourite thing to do in your spare time? *Gardening & Cooking*
- Q6. What is your favourite food? *Mexican*
- Q7. What is your favourite drink? *Kirks Creaming Soda*
- Q8. What would be your ideal pet? *British short hair cat*
- Q9. Where is your favourite place to shop? *Kmart*
- Q10. What is the best book you have ever read? *Recursion by Blake Crouch*
- Q11. What would be your ideal career (if you weren't working at St. John's)?
Paramedic
- Q12. What is the one thing you cannot resist? *Chocolate*
- Q13. What is the hardest thing you have ever had to do? *Child birth*
- Q14. If you could have dinner with any three people who would you choose?
John Lennon, Keanu Reeves, Princess Diana
- Q15. What is the most prized possession you have?
A brooch given to me by my grandmother
- Q16. Do you have a celebrity crush and if so who? *Ryan Reynolds*



Take time to show appreciation.
Thanks is the icing on the cake of life

Lesley Taylor writes



It's no secret that 2021 was a year most of us were glad to say goodbye to. While we are still living with the daily challenges of a global pandemic, most of us are hopeful of a better year as borders reopen and we continue to reach target vaccination rates.

Christmas means different things to different people. For some it is a chance to spend time with family and exchange gifts; for others, it is a religious celebration.

Christmas makes me reminisce about my childhood. My family created several Christmas traditions throughout the years, they all bring a smile to my face. Family, we had to visit all the family on Christmas Day.

One of my favourite memories is decorating the tree, decorating the house, the smells of the Christmas pudding being cooked for hours on end. Santa was always very generous, but the giving of gifts taught to me at a very young age, made me really appreciate the giving. We always bought a gift for a child who was in need. To this day I take my grandchildren to the shops to buy a gift for their parents and a child in need.

My absolute cherished parts of the holidays are looking forward to the Christmas music playing all around and I love the good food and drinks shared with people I love.

Christmas isn't always a happy time for some. It's a time we miss our loved ones who have passed. If you're grieving the loss of someone important to you this Christmas, you may resonate with this lack of holiday cheer. You have every right to feel what you're feeling during this difficult time. With grief, there is no schedule that fits everyone's experience. Know that whatever you're experiencing this holiday season, whether it's anger, sadness, joy, or a combination, it's totally normal and to be expected. Remember my door is always open if you need a chat.

Thank you to my wonderful Care Team. It's been a difficult year with staff shortages but as always, I can count on my team.

Christmas lunch is in the dining room. Put your name on the list in the dining room. We welcome you and your family/friends.

May this Christmas bring you much joy and happiness, and may your New Year be merry and bright. Thanks for choosing St John's to be your home.

Love Always

Lesley Care & Wellness Manager.



Open Day Photos, November 2022



In spite of the threatening weather, we had an excellent attendance at Open Day. It was extremely well promoted which no doubt added to its success. You will see from these photos, for which we have to thank Lesley Taylor, that it was lots of fun too.

It promoted our new units, particularly with the access road newly completed.



Enjoy a chuckle



OLD BLOOPERS: (again)

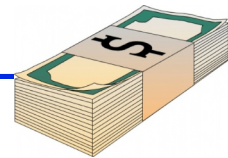
- 100 years ago: A couple of Barnsley pigs featured in the Sheffield Country Court. They had been sold to a Barnsley man as sound, but one died the day after and the other had to be killed to save its life. **Barnsley Chronicle**
- Hampton residents woke up on Tuesday to flooding and traffic chaos when a waiter burst in the early hours of the morning. **Richmond and Twickenham Times.**
- The Saturday flea market is a breeding ground for the type of small business the government says it wants to encourage. **Bath Evening Chronicle**
- Toronto: The wife of the editor of a pro-Communist Romanian newspaper who was shot dead on Sunday remained in a serious condition yesterday with gunshot wounds. **Montreal Gazette**

A few years ago a parcel of 20 \$100 notes was missing at the bank. The staff worked all night trying to locate them.

Next morning Sally, a new girl clerk, walked into the bank to begin her daily duties.

An officer asked her. "Sally, did you see a parcel of \$100 notes?"

"Oh that!" said Sally, "Why I just took them home to show Mother the kind of work I'm doing."



Mechanic: "Lady I've found the trouble with your car, you've got a short circuit in the wiring."

Lady: "Well, for goodness sake lengthen it!"

"Tell me, Paddy, why do the Irish always answer a question with a question?"

"Do they now?"





Enjoy a chuckle

It was a big wedding at a seaside village in the nineteen thirties in England, and, because the bride's family had a long association with the local lifeboat, the crew, had come to line the path from the door of the church to the gate. It was still a rowing and sailing lifeboat, so it was a large crew that raised their oars, shining in the sunlight, to make an archway under which the bridal procession passed. At the front of the watching crowd was a little girl and her mother, who were on holidays from the East End of London. As always, there was a bit of a hush as the bride and groom neared the gate, so the little girl was clearly heard to say: "Mum, aren't them OARS loverley!"

To which mum was equally clearly heard to reply:

" 'Ush! Them aren't 'Ores, them's bridesmaids."



I never wanted to believe that my dad was stealing from his job as a road worker. But when I got home, all the signs were there.



On the first day of the new school year, the teacher asked a boy, "What are your parents names?"

The boy replied, "My fathers' name is Laughing and my mothers' name is Smiling."

The teacher said, "Are you kidding?"

The boy replied, "No, Kidding is my brother, I'm Joking."



What's the difference between a knight and Santa's reindeer?

The first one slays a dragon, the other's draggin' a sleigh.



Photos from Residents

Photos from Moya Macpherson's 90th birthday celebrations here in the Village



Moya with her daughter Robyn & son Grant



Moya's great grandchildren, Ned (4), Lila (12) Coco (14 months), Maggie (6) & Freddie (9)



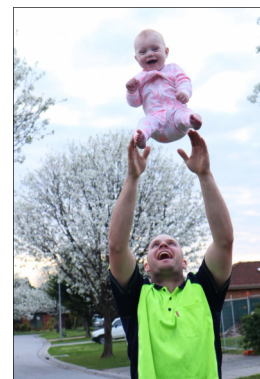
Moya's great grandchildren, Maggie, Freddy & Lila McMahon enjoying spiders.



Janet McGivern 'Belle of the Ball' On Cup Day



Adrian & Jan Brooker's grandson Rohan with their great grand daughter Eden.



COMPUTER TIPS & TRICKS

For some time I have been saying, wait, before converting from Windows 10 to Windows 11. I had already done so before the previous edition of Village Voice but forgot to say that I have had no troubles and it is now OK to make the switch.

One difference that disturbs some people is the placement of the taskbar in Windows 11. To move it: *Right-click a blank area on the taskbar, then click *Taskbar settings. The Settings app will open to *Personalization. Click the *Taskbar behaviours dropdown to see *more settings. From here, you can set the Taskbar alignment to *Left.

May your computer activities give you satisfaction & peace in 2023. *Fred*