



Stay Healthy and Stay Warm

As I recall, the heading for our April issue was "Goodbye Covid and welcome Easter" If only!

My husband Fred and I have joined the many Covid cases. Over that now, some months back Fred said to me – it is not a matter of IF we get Covid but WHEN! How right he was! Fortunately, in our case, we could have been a lot worse. But I must admit that I have not felt up to the mark yet. However, life goes on and that is the case for St John's.

At our May Residents' Meeting, it was great to have Ruth Rae hand to our



Lorraine, Terry and Berice at the cake stall

Librarian, Fay Carrick, a copy of her biography of St John's Village. It is priced at \$20 for those of us who would like to buy a copy from Ruth. Fay tells me however that the Library copy has been borrowed but not returned. Could I

ask that it be returned please.

At our June meeting Fay announced her retirement as Librarian. Our President, Ray Van Meurs thanked her for her faithful ten years of service.

It is also good to watch the progress of the building of the Central Park Project. There has been much which has continued to slow this down. But there is much progress to be thankful for. Heather Thompson has told us that the first group of units are nearly completed.

Recently we had a lovely Open Day which was very well attended. Our stalls were well patronised as was the Cafe even though Owen Barber was missing, being still over in England – his home country his accent gives him away!



And in June, we enjoyed a visit from the Frankston Ladies Choir, as always an enjoyable time.

Thank you for the many items you send in for *Village Voice*. So much goes on in our families which is of interest to our friends here. We particularly love to receive your photos of family and friends.

Joan Rowney - Editor

Thought for the season

Experience is a wonderful thing
it enables you
to recognise a mistake
when you make it again!

WELCOME NEW RESIDENTS

Jean Gay	to Unit 62
David and Beryl Hardie	to Unit 92
Anne Duncan	to Unit 140
Linda Stroker	to Unit 123
Michael & Jacqui Long	to Unit 69
Barbara Irons	to Unit 32



VILLAGE EVENTS



Ruth Rae passing a copy of her book to Fay for the Library



Open Day Stall

REGULAR ACTIVITIES: (Check Notice Board for changes)

- Gentle Exercise Class:** Mondays at 10am (AC) **Nat's Craft Group:** Every 2nd 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

KNITTING GROUP

The Village's Open Day was very successful for us, selling lots of rugs and garments. We were still able to send donations to the Hospital and Western Port Community in time for the Winter. We received letters of thanks (*see below*) as they are very grateful. Our ladies enjoy our weekly meetings

We would always welcome and be pleased to welcome any new ladies.

We meet in the Apartment Lounge from 1.30 to 3.30pm.

June Moran



Dear St John's Knitting Group, The Board, volunteers and staff of Western Port Community Support wish to thank you for your generous donations of knitted items.

With the weather turning cold this week, we have been getting more requests for your lovely knitted rugs and items of clothing. Our clients are full of admiration and praise for your knitting skills and love sorting through the basket of items to find the one that suits them. Thank you for the time and love you put into each and every item.

OPEN DAY

Some photos of the many activities which made Open Day such a success. Line Dancing has become one of the popular regular activities for residents.



A SAD LOSS

We are sorry to report the loss of one of our most valuable residents, Someone Else.

This creates a vacancy that will be difficult to fill. Someone Else did far more than a normal person's share of the work. Whenever there was a job to do, a social function or a meeting to attend, especially a fund raising effort, one name was on everyone's lips. "Let Someone Else do it".

It was common knowledge that Someone Else was our most active volunteer but if truth were known, everybody expected too much of Someone Else. Now Someone Else is gone! We wonder what we are going to do. Someone Else set a wonderful example to follow, but who is going to do the things Someone Else did?

When you are asked to help, remember
WE CAN'T DEPEND ON SOMEONE ELSE!

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'





Message from the CEO

A big Hello to everybody

New Waratah style units - when we started building this project late last year we expected to be well advanced with the first 10 units by now. The whole program has been slowed due to ongoing building material shortages. The buyer interest in the first 10 units is very strong and we look forward to welcome new residents later in the year.

The impact of the Covid pandemic is taking a significant toll on much of what we do. It appears that the impact of the virus will tragically continue to impact our lives for some time to come.

Lindy and I are currently travelling and made a surprise visit back to Victoria in early June to be with family. It was also an opportunity to attend the Open Day. Well done to everybody for the excellent event that you all created, the day had a great buzz about it and demonstrated many of the Village activities and programs.

While away I'm frequently working with the staff to ensure the Village functions to your expectations. This year is presenting it's fair share of challenges, apart from the weather, the cost of living changes, significant labour shortages in most industries and the rise in interest rates. These naturally will have some impact on both our village budget and your own household budget. Like most people the staff have felt the tiring nature of the pandemic, thankfully they continue to work to ensure we maintain the Village operations for the benefit of all residents.

On a lighter personal note I've had a life-long dream of sailing up the East Coast to the Barrier Reef and at the time of writing this message Lindy and I are on our boat in a marina at Urangan, Hervey Bay (near Fraser Island). We have taken many photos of the wild life, lighthouses, sunrises and the rugged coast line. The trip reinforces that if you still have the capacity to travel, even if it is Des's Tuesday Bus outing, it's something we should continue to do. Even here in Queensland the awareness of Covid is very strong with people while out or in crowded places wearing masks for their own protection, hand sanitiser being readily available when going out sight seeing. Seeing so much beauty in our environment confirms what a great country we live in.



Stay safe and continue to enjoy all that the Village has to offer.

Graeme

Letter from Helen (*Pastoral Care*)



Seeing is Believing

That's what Thomas thought. He insisted that unless he saw the wounds on Jesus' hands, where the nails had been, and felt the spot where the spear had gone into his side – he would not believe. In the bible, the story is reported like this: Now Thomas, one of the twelve, was not with the disciples when Jesus came. When the other disciples told him that they had seen the Lord, he declared. "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it." * The Bible goes on to record that Jesus came again and this time Thomas was there. Jesus knew that Thomas had doubted the others and he was willing to do what Thomas wanted in order to prove he was real and alive. Jesus said "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."**

And Thomas' response? "My Lord and my God!"***

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed." ****

Sometimes you have to believe something before you see the reality.

A vision of something that could be – but hasn't happened yet.

This was true of the Christians who in 1978 believed a retirement village was needed. The story and history of those people and their persistence in transforming their vision into what is now St John's Retirement Village is recorded in Ruth Rae's book, "Vision to Realization".

A copy is in the library for your interest, or I have a copy you can borrow.

As we live and work in St John's Village, we have all benefitted from what they believed and had the courage to carry out.

**I BELIEVE IN CHRISTIANITY AS
I BELIEVE THAT THE SUN HAS RISEN:
NOT ONLY BECAUSE
I SEE IT, BUT BECAUSE BY
IT I SEE EVERYTHING ELSE.**

C. S. Lewis
QuotesEverlasting.com

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Helen Hurwood

Pastoral Care

*John 20:24-25 **John 20:27 ***John 20:28 ****John 20:29



From our Business Manager

Dear Residents,

Winter has well and truly arrived at the Village! We certainly were very thankful that the rain held off for most of the day on our Open Day so we could showcase our village. A great day was had by all and many thanks again to everyone who made our Open Day a success, we certainly couldn't do it without everyone's support

I thought I would share some small Winter facts to help change your perspective on our cold season. At this time, some of us may feel like we are forced into hibernation, we want to stay inside, curl up to keep warm and hide until winter passes. Others may want to put on every piece of clothing and go out and brave the coolness for a short time. Whatever your reaction is, it may be helpful to know that Winter is a necessity.

Fact 1: Many plants need shorter days and low temperatures to become dormant. If a fruit tree doesn't have enough chilling time, it will produce fewer, weaker buds.

Fact 2: Colder temperatures actual help us to think more clearly.

Fact 3: A strong winter means fewer bugs - mosquito populations are cut back by severe cold helping prevent diseases that mosquitos carry.

Fact 4: We sleep better in the winter, because as we go to sleep, our body temperature lowers.

If you are still struggling to embrace the cold season, I have noted a few other suggestions below which may help banish any Winter blues hanging on. And it is often the small, simple things we can do that will have a long-lasting positive effect on us.

Eat Well - hearty soups are great in the winter and contain nutrients required to maintain a healthy immune system.

Vaccinations - keeping up to date with your flu shot is essential in looking out for yourself in the flu season.

Chase the Sunshine — literally... if you see the sun outside, get out and follow it, stand or sit in it, even for a short period of time. If you can't or don't want to go outside, sit by a window and let the sunshine hit your body. The sun can brighten our day and lift our mood.

A Wheat Pack — get a wheat pack or a back/hand warmer which can be heated quickly in the microwave. It can provide instant comfort on those days where you just can't get warm. My warmest wishes to you all and remember if you need any extra support, we are just a phone call away.

Cheers Heather



"We cannot stop the winter or the summer from coming. We cannot stop the spring or the autumn or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives." By Gary Zukay

STAFF PROFILE

Employee Name: Kate Mason

Employee Position: Cook



- Q1. What is your favourite TV show?** *Blue Bloods*
- Q2. What is the one thing you couldn't live without?** *Family*
- Q3. What is your greatest fear?** *Big spiders - particularly in the car*
- Q4. If you could go anywhere in the world, where would you go?** *Europe*
- Q5. What is your favourite thing you do in your spare time?** *Gardening*
- Q6. What is your favourite food?** *Spaghetti Bolognese*
- Q7. What is your favourite drink?** *Jack Daniels with no sugar coke*
- Q8. What would be your ideal pet?** *Turtle*
- Q9. Where is your favourite place to shop?** *Bunnings/Kmart - it's a tie*
- Q10. What is the best book you have ever read?** *Cabal by Dean Koontz*
- Q11. What would be your ideal career if you weren't working at St John's?**
Graphic design or gardener
- Q12. What is the one thing you cannot resist?** *Pavlova*
- Q13. What is the hardest thing you have ever had to do?** *Losing loved ones - humans and animals*
- Q14. If you could have dinner with any three people who would you choose?**
The Queen, Gordon Ramsay and my nan (deceased)
- Q15. What is the most prized possession you have?** *My Star Wars & Horror memorabilia*
- Q16. Do you have a celebrity crush and if so who?** *Vanilla Ice (90's rapper)*

Lesley Taylor Care & Wellness Manager writes

SENIOR'S GUIDE TO STAYING HEALTHY YEAR ROUND

No matter your age it is important to take care of your body. The older we get, something as simple as the flu can lead on to complications. So because of this, it is important to make healthy choices. ***These nine tips to stay healthy will help.***

1. Get active

Physical activity is an immune system booster. The more you move the more your body is able to fight inflammation and infection. It doesn't have to be strenuous. Many low impact exercises are available in our village and are fine. Modify your exercises to find what works best for you.

2. Take supplements as necessary. Many are helpful. Perhaps check for your doctor's advice.

3. Eat a healthy diet. Diets rich in fruits, vegetables and lean meats also give your immune system a boost. Antioxidants are useful too. Limit your consumption of sugary foods which can trigger inflammation and also limit alcohol intake.

4, Wash your hands frequently. Viruses can live on surfaces for up to 24 hours. You can protect yourself by using antibacterial hand sanitiser.

5. Learn how to manage stress. To reduce stress. Increase physical activity and get plenty of sleep/rest.

6. Make sure you have your annual vaccinations and visit your GP regularly.

7. Avoid contact with people who are ill. Many viruses can be dangerous as you grow older.

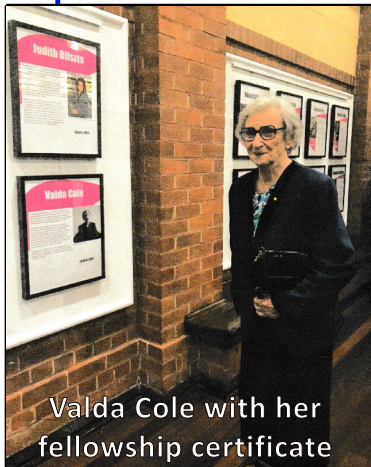
OPEN DAY: *A big Thank You to the Committee, staff, residents, and local suppliers who helped make this day a success. We showcased our beautiful village to everyone who attended. A big thankyou to our Line Dancers and Kath and Bev on the Piano.*



Lesley

Care and Wellness Manager

Valda Cole is a fellow resident and member of our Christian Fellowship which meets every Sunday morning in the Community Centre at 10.15am. Colin Ware is our Leader with support from Bill Tremewen. Colin arranges our preachers who, in my short experience, are excellent.



Valda Cole with her fellowship certificate

We are a mixed group from several streams of the Christian Church but are all friends who enjoy the worship of our Lord Jesus. There are lots of singing and fellowship, and we finish with a lovely morning tea as we sit around the long table, and our seating is very comfortable so lots of chat.

Recently, I had a chat with Valda and she kindly told me a little about her time as a committed Christian. She told me (as a result of my interested questions) about her long history in our Mornington and Westernport Historical society. She was Secretary and is a Life Member of the Society, and in 2004 received the RASV AWARD OF MERIT in 1988 and became a Fellow in 2004.

Early in May Gill Congdon and myself went on a little trip to Bright, we wanted to see the changing colours of the trees. We stayed at an old but warm, clean and comfortable accommodation right in the main street called The CoachHouse Inn. We went for lovely walks along the river and drove to various little towns like Rutherglen and Euroa to soak up the history and of course taste many of the delights of the area such as cheese and many lovely pickles and relishes.

We also stopped by the apple cider farm and bought some bottles there to bring home. We had a lovely picnic in the garden under the trees and the mountains in the distance. We always take our thermos and we had our purchases to eat. The weather that week was perfect sunny days and a little cold at night. It was a great little getaway to ease into winter.

Sharyn Snow (Unit 53)



WORDS OF WISDOM

One thing about telling the truth -
you never have to remember what you said!

Enjoy a chuckle



BLOOPERS!!! **OLDIES BUT GOODIES**

Pinker, a man whose bedside manner is legendary in royal circles, also delivered Prince William and seven other royal babies. They included Londoner Christina Harte, who arrived with a pair of baby shoes tied to a green balloon.

Daily Telegraph, Sydney



Art treasures representing 2000 years of glassmaking go under the hammer at Christie's this week.

London Week

For too long the Prime Minister, Mr Hawke, has been sitting on the fence with both ears to the ground as part of his political style.

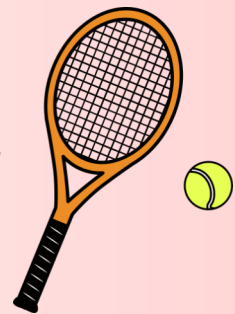
The Australian



A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says, "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."

Murphy says to Paddy, "What ya talkin' to an envelope for?" Paddy replies, "I'm sending a voicemail ya thick sod!"

Just got back from my mate's funeral.
He died after being hit on the head with a tennis ball.
It was a lovely service.



"One of the most tactful men I ever knew," said a manufacturer, "was the man who sacked me from my very first job". He called me in and said, "Young man, I don't know how we are going to get along without you, but starting from Monday we're going to try!"





Enjoy a chuckle

The three hundred passengers on the first fully automatic rocket plane flight from New York to Sydney were comfortably settled and belted in, and the great machine had taken off, when a voice came over the loudspeaker in measured tones of infinite assurance:

“Ladies and gentlemen, there is no crew on this aircraft, but there is nothing to worry about. Automation will fly you to Sydney in perfect safety at a speed of twenty five hundred miles perhour. Everything has been tested and retested so exhaustively for your safety that there is not the slightest chance that anything can go wrong.....GO WRONGGO WRONGGO WRONG.



My neighbour knocked on my door at 2.30am this morning, can you believe that, 2.30am?! Luckily for him I was still playing my Bagpipes.



I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed four grave diggers walking about with a coffin, three hours later and they were still walking about with it. I thought to myself, they've lost the plot!!

MORE BLOOPERS!!!

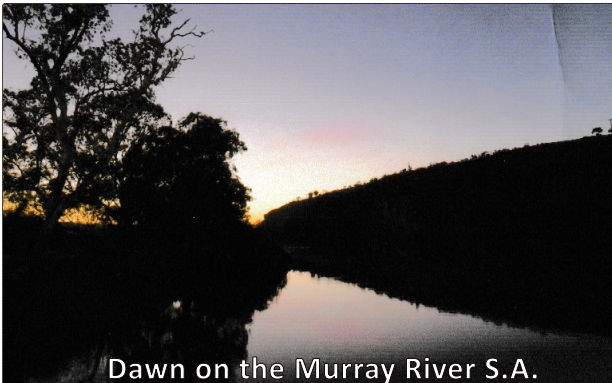
Lost, North Shore area, 2 cars answering to the names of Nikki and Delvene.
Manly Daily

We at Dove offer all the comforts of home. Complete with a 2 litre, 5 speed Nissan Urvan, including tinted windows, radio, pop-roof, padded bra, 3 way fridge, large beds, colour co-ordinated to popular Premier Conversion.
Daily News , Perth.

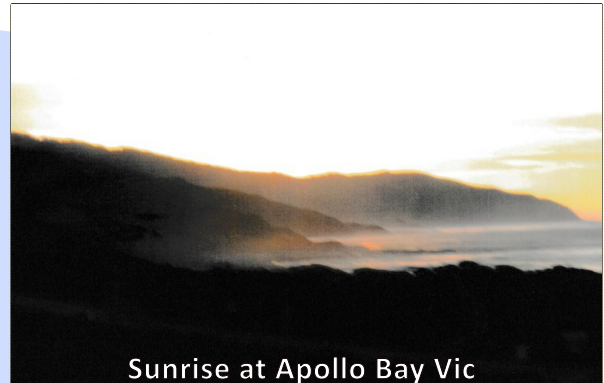
Three/four BR house with garage, family and small clean dog. Wodonga area preferred.
Border Morning Mail, NSW

Statistically, 6 out of seven dwarfs are not Happy.

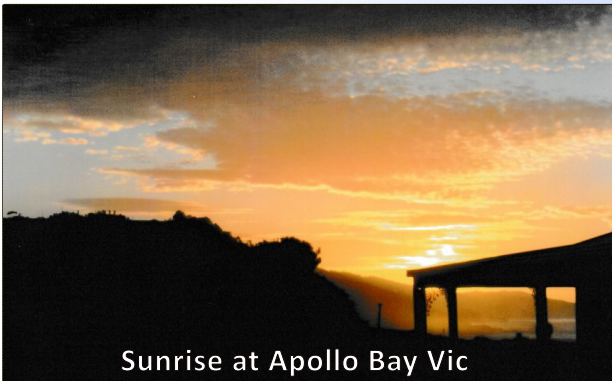
These Wilderness photos were taken by Jan Kenyon (Unit 136). Copies of them have been given to the Wilderness Society and have been put on display at their headquarters in Hobart. Jan hopes you will enjoy them too. Two of these were taken on the cruise ship 'Murray Princess' cruising on the Murray River around sunset and sundown.



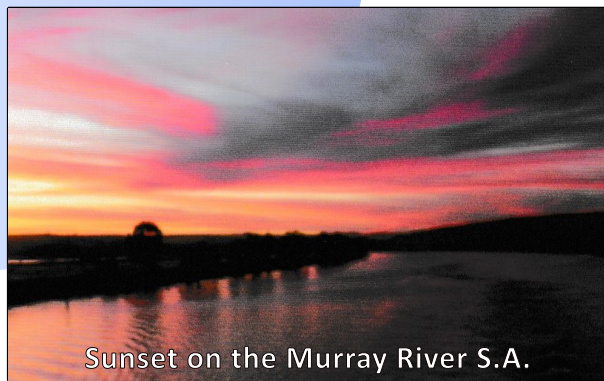
Dawn on the Murray River S.A.



Sunrise at Apollo Bay Vic



Sunrise at Apollo Bay Vic



Sunset on the Murray River S.A.

Jan says *“ God helped me to take these photos so I could show God’s handiwork in Nature and of the Heavens, the truth it reveals about Creation. The Apostle Paul referred to in Psalm 19, verses 1-6, when he explained that everyone has the opportunity to know God because Nature proclaims God’s existence and power.”*



COMPUTER TIPS & TRICKS

Windows 10 will be supported until October 2025 and we can all continue to use it safely until then. After October 2025 if you haven't, or can't, switch to Windows 11, you will still be able to use Windows 10 but there will be no more updates and more importantly no more security updates. This means you will need to install an AntiVirus program if you have been using Windows Defender. There are many free programs available but many will annoy you with pop-ups encouraging you to update to the paid program. I will check out various free AntiVirus programs and advise you in a later edition.

DID YOU KNOW: When you make a mistake in Windows it can nearly always be corrected by pressing the Ctrl + Z keys. This will take you back to where you were before the error and can often be used to take you back several times. Ctrl+Y will redo.