



## IN THIS ISSUE

- ▶ Resident lovebirds celebrate milestones
- ▶ The secret to staying fit in retirement!
- ▶ Willow Glen's Christmas Market
- ▶ Christmas memories from around the world
- ▶ Golden oldies, but that's just the songs

## TRICARE'S CHRISTMAS & NEW YEAR MESSAGE

### Welcome to our Christmas and New Year edition of TriCare News!

Inside you will find delightful stories about some of our residents who have enjoyed Christmas in other parts of the world, discover the secret to staying fit in retirement and read how our residents at Willow Glen Retirement Village embraced the Christmas spirit at their annual Christmas Markets.

The Christmas and New Year period is a festive time for our retirement communities, with a variety of social activities on offer. If you have considered a move from your current home and are looking for security and companionship, whilst maintaining your independence, then why not consider a TriCare Village.

The beauty of the village lifestyle is the easy access our residents have to friendship and social opportunities - retirement communities rekindle the sense of community spirit, which often tends to be lost in modern neighbourhoods. While a sense of community prevails, residents retain their privacy and independence - a real sense of stability and certainty.

Each of our villages has its own unique atmosphere, not only does village living allow you more time to pursue the things you like to do, it offers the opportunities to explore new interests.

Often some assistance may mean the world of difference in being able to continue to live with a high degree of independence and that is where serviced apartments may be of assistance. Meals, cleaning and

heavy laundry are all taken care of leaving residents with the time to enjoy their social and professional lives as they wish and all apartments have a 24 hour emergency call service.

We hope you enjoy reading our Summer 2009/2010 edition of TriCare News.

**On behalf of myself and the Retirement Living team we wish you and your family a safe and happy Christmas and New Year.**

Beth Littler  
Retirement Living Manager.

# VILLAGE LOVEBIRDS CELEBRATE MILESTONES!

Mt Gravatt Retirement Village residents, Geoff & Ethel Mackay, celebrated their 60th wedding anniversary on the 29th of October this year and Cypress Gardens Retirement Community residents, Bob & Jean Davies, celebrated their 65th wedding anniversary. ***We congratulate both couples on these milestones.***

In this edition of TriCare News we share a little about how these couples met and what's been their secret to a long and prosperous marriage.



## **Geoff & Ethel Mackay**

### **Married:**

29th October, 1949

### **How they met:**

Geoff & Ethel, both machinists met at work, Vindex Manufacturer, a company that made brooms and brushes.

### **Family:**

Parents to two children: a son and a daughter, grandparents to five, great grandparents to ten!

### **What is so special about marriage:**

Our Christian bond.

### **What is the secret to a long and happy marriage:**

Continue your life together in the same way you started with marriage.



## **Bob & Jean Davies**

### **Married:**

4th November, 1944

### **The story of how they met:**

Bob & Jean met at ballroom dancing prior to the war. They both started as competitive dance partners and also both lived in the Concord area, west of Sydney. After 4 years of courtship and Bob serving in the army, they got married in St Vincent's Church in Ashfield and had their 'disaster' honeymoon at Nambucca Heads. It was a disaster due to the guest house being a boat shed – full of boats.... They both quickly returned to Sydney the next day to continue their honeymoon at Collaroy, on Sydney's northern beaches.

### **Occupations:**

Bob – Audit Officer in the NSW Railway  
Jean – Dressmaker

### **What is so special about marriage:**

Companionship and our love of travel: Bob & Jean took their first world trip in 1966 and, after Bob had open heart surgery in 1978, they took an overseas holiday every year for the next nine years.

### **What is the secret to a long and happy marriage:**

Love and understanding and just plain luck!



# THE SECRET TO STAYING FIT IN RETIREMENT!

This dedicated band of exercise enthusiasts won't let anything stop them from attending their weekly Exercise Class. With their balls, bats, sticks and assorted props we sure won't be getting in their way!!!

The gentle exercise classes at Compton Gardens Retirement Village have been running for the past 18 years and are very popular with many of the residents. Participants thoroughly enjoy themselves and once the music starts they are on the go for the full ¾ hour session.



Long time resident of Compton Gardens, Win Jackson commented, "that while the exercises help you with balance and to maintain mobility, they are just plain fun to attend".

Exercise Physiologist, Linda Laurence, loves running the classes as the participants really enjoy themselves and she can see the benefit residents are getting from the exercises.

Compton Gardens Retirement Village at Aspley has a huge variety of social activities for residents to participate in on a weekly basis: from water aerobics to enjoying a walk along Cabbage Tree Creek and billiards. There really is something for everyone.

We currently have one bedroom apartments available from \$123,000 (subject to availability), so if you have considered moving to a Retirement Village contact Compton Gardens today on 07 3263 8319.

Exercise Participants:

Judith Neal, Nancy Boucaut, Shirley Lyndon, Wyn Jackson, Joan Mckee, Carola Gilmour, Mavis Varian, Ursula Howard, Margaret Parish, Margaret Bostock, Dorothy Taggart



## PHOTO GALLERY



Mt Gravatt Retirement Village's visit to Willow Glen Retirement Village

# WILLOW GLEN CHRISTMAS MARKETS

Christmas came early for the residents of Willow Glen Retirement Village having held their Annual Christmas Market on Friday 20th November.

Residents use their varying skills in craft and workmanship during the year to produce a range of different items to sell at the markets, with all proceeds raised donated to the Toowoomba Hospital Foundation's Children's Ward – and the residents achieve all of this without leaving home!

Elaine Tobin, resident and co-ordinator of the Friday Craft Group at Willow Glen Retirement Village said the residents enjoy the social aspect associated with events such as the Christmas Market.

"The Christmas Market is designed to give village residents the opportunity to sell and show their various crafts," Mrs Tobin said.

"Throughout the year proceeds from the Friday Craft Group fundraising through the Christmas Market, raffles and other functions all go to the hospital foundation."

The Friday Craft Group is just one of the social activities on offer as part of the lifestyle at Willow Glen Retirement Village.

Residents enjoy a range of social options within the village including billiards and indoor bowls, croquet, craft and organised functions such as the recent Melbourne Cup Day Lunch or the monthly BBQ.



Living at Willow Glen Retirement Village not only offers a wonderful social life you don't have to travel for, but will provide you with a peaceful, independent lifestyle.

The Community Centre, known as 'The Homestead', includes an indoor heated swimming pool, billiards, bowls, and a large screen TV utilised for regular movie afternoons. The hub of the Centre, the community kitchen, offers residents a much loved facility to host a large variety of social activities and countless morning and afternoon teas.

Situated on Donahue Street off Ruthven Street, surrounded by the "Wetlands of the World" parklands and gardens, Willow Glen is so loved by the retirees of Toowoomba that there are only two units available!

If you would like to come and visit Willow Glen Retirement Village and experience first hand the benefits of living here and to view our current units for sale – please call 4636 4507 today. We'd love to meet you!



# CHRISTMAS MEMORIES FROM AROUND THE WORLD

## Christmas in the Netherlands

So it is Christmas again. It seems to come quicker as the years go by, however memories keep flooding into my mind and I go back to a small town in the province of Drente, north of Holland.

Christmas itself was celebrated on the 24th and 25th of December and I still think back on those years as celebrating the real meaning of Christmas. I will always remember sitting around a real pine tree with real candles, later with coloured lights that my parents seemed to have forever—they never broke, and homemade decorations.

My mum would read the Christmas story, while we were all seated around the Christmas tree drinking hot chocolate and eating the most delicious homemade cakes. My aunt would come and join in with us as she was able to play the old, full stop organ and we would sing all the lovely Christmas carols that you could think of.

I do very clearly remember one Christmas during the German occupation when we went one evening (as kids do) to the German occupied hotel next door to us and I sat on a German officer's knee who held me close to his chest singing Christmas carols in German with tears rolling down his face. He was obviously missing his own family together with several of his companions. If only they knew about my father's involvement with the underground during those days. This was before my father got caught and was sent to a concentration camp.

**Bert Zuidema**

## Christmas in Hungary

When I think of Christmas in Hungary I think back to 24th December 1944, our last Christmas in Sopron, my birth city.

For my sister, brother and myself, then aged 16, 3 and 9 years, Christmas had always been a time of joyous preparations and celebration for the coming and birth of 'Kis Jezus' - Christ Child.

Prior to Christmas Eve my father and sister went to the nearest forest, selected and cut a silver fir (spruce) and decorated it with stars, angels, toys, gilded hats, tinsels and lighted candles, while my mother prepared our Christmas Eve meal; usually bean soup, fish and vegetables (church related) followed by poppy seed and walnut roulade for desert.

After the meal the long awaited stars appeared in the sky and we could enter the other room which was locked and forbidden.

We sang a few of our favourite Christmas Carols and afterwards exchanged gifts, most of which were made by us including some rare delicacies—figs, dates, oranges which were not easily available.

After Mass on Christmas day a feast of a hearty chicken noodle soup followed by roasted Goose or Duck with various side dishes, ending with a scrumptious chocolate mocha log was enjoyed by everyone including a few visiting relatives and friends.

**Helen Peiker**

## Christmas in Merry England

Clad in my lovely, long English wool coat, my fake fur hat and my warm gloves, and laden with shopping, I make my way down West Wickham Street (London).

It is almost Christmas. Not that I need to be reminded, for the spirit of Christmas has well and truly hit the High Street. It is four in the afternoon and already dark. The snow is falling in soft feathery flakes. The whole street is ablaze with lights and each shop window is a sight to behold.

Christmas music can be heard; Christmas trees, wonderfully decorated, adorn the street and well, there is just a spirit everywhere.

Coming in the middle of winter, when spirits sometimes seem to plummet, Christmas is very important in the Northern Hemisphere. The planning—the celebrating—the luxuries—the lights. Lights are so necessary. Each home will have many festive lights, candles, trees aglow with light. I still have my Jerusalem candle which my son gave to me and I light it each Christmas. Christmas in England is an indoor affair—no barbecues or swimming; therefore, the decoration of one's house is important. Warmth and cheer offset the bleakness outside.

I enjoyed seven lovely Christmas times in England.

**Merle Linnett**

These stories were penned by residents of TriCare's Hayville Village, Box Hill South, Victoria.



# SUMMER EVENTS CALENDAR

## JANUARY 2010

- 1st**      **New Years Day** (Public Holiday)

---

- 3-10th**    **Brisbane International 2010**  
Queensland Tennis Centre, 190 King Arthur Terrace, Tennyson

---

- 13 -16th**   **Kooyong Classic**  
Tennis competition held at Kooyong stadium, Glenferrie Rd, Kooyong.

---

- 26th**      **Australia Day** (Public Holiday)

## FEBRUARY 2010

- 5-7th**      **Melbourne International Boat & Lifestyle Show**  
New Quay and Waterfront City Precincts, Docklands.  
Entry is \$12 for adults, \$6 for pensioners and children under 16 and free for children under 5.

---

- 6th**        **Summer Seniors Expo**  
Southport RSL, Southport GOLD COAST  
TriCare are an exhibitor at this event, so if you would like more information on any of our facilities or would like to speak with us, please drop in – we'd love to meet you!

---

- 14th**      **Valentine's Day**

## DECEMBER 2009

- 24th**      **Christmas Eve**

---

- 25th**      **Christmas Day**

---

- 26th**      **Boxing Day**

## CROSSWORD

1	2	3	4	5		6	7	8		9	10	11
12						13				14		
15						16				17		
		18				19				20		
21	22					23			24			
25				26								
27			28					29		30	31	32
			33		34	35	36			37		
38	39	40								41		
42						43			44			
45				46					47		48	49
50				51					52			
53				54					55			

### Across:

- 1 Well-groomed
- 6 Billion years
- 9 Hr. part
- 12 Patato state
- 13 Crack pilot
- 14 Bride's response (2 wds.)
- 15 Defeated one
- 16 Cooking container
- 18 Afternoon snooze
- 20 Partiality
- 21 Mimicker
- 23 Octopus arm
- 25 Toothpaste form
- 26 Least Common
- 27 Taste
- 29 Pie nut
- 33 Become fixated
- 37 Gone by
- 38 Hindrance
- 41 Bolted
- 42 Hay unit
- 43 Restaurant
- 45 Helium e.g.
- 47 Railroad station
- 50 Compass point (abbr.)
- 51 Itty-bitty
- 52 Publish
- 53 Enjoy a buffet
- 54 Snaky letter
- 55 Pricker

### Down:

- 1 Naught
- 2 Hullabaloo
- 3 Cap ornaments
- 4 Belong to them
- 5 Olden times
- 6 Spring holiday
- 7 Gasoline rating
- 8 Once called
- 9 Imitate
- 10 Utopian
- 11 Norwegian
- 17 Ease up
- 19 Bus Terminal (abbr.)
- 21 FBI employee (abbr.)
- 22 Legume
- 24 Recipe measure (abbr.)
- 26 \_\_\_\_\_ McEntire of country music
- 28 \_\_\_\_\_ pole
- 30 Trinidad music
- 31 Develop
- 32 Agree silently
- 34 Play parts
- 35 Make very happy
- 36 Immovable
- 38 Fat
- 39 Light wood
- 40 Frozen rain
- 41 Novel
- 44 Revise text
- 46 Meadow mama
- 48 Possessive pronoun
- 49 Knockout count

Answers will be revealed in the next issue

# GOLDEN OLDIES, BUT THAT'S JUST THE SONGS

Residents at TriCare's Mt Gravatt Retirement Village were treated to a toe-tapping fun afternoon when the Village Songsters displayed what three months of rehearsals can produce. Songs relating to country life were the centre piece of the concert with plenty of opportunities for the audience to sing along to songs such as 'Wagon Wheels', 'Ragtime Cowboy Joe', and 'Mairzy Doats'.

The Songsters selected these tunes to keep to their year-long theme within the Village in celebrating 150 years of Queensland. Silence in the audience showed respect when three beautiful old songs of Queensland had the Songsters standing behind a metre high wooden relief map of Queensland. The finale, "Song of Queensland", was an appropriate ending to a delightful concert.



The idea of the backdrop for this concert was the work of resident Peter Window, who took three months to construct the frame with linen covering, but then had to devise a way to include in the design of the mural, something from each of the 17 songs featured in the concert. Peter was assisted with the painting of the

mural by resident artist Iris Tate once the final design had been decided upon.

The construction and preparation of the mural and other decorations for village events are made achievable because Mt Gravatt Retirement Village has a dedicated residents' work shed, affectionately known by the Residents as the 'Village Elves Work Shop'.

For each of the Village Songsters' regular concerts, talented pianist Myra comes to the Village over a period of months and whips the Songsters into good voice. The concerts are then performed to an appreciative audience of village residents and friends.



We invite you to visit TriCare's **NEW** website

Featuring weather forecasts, news and events as well as individual photo galleries and location maps for all of our retirement communities.

Visit [tricare.com.au](http://tricare.com.au) today!



# CHRISTMAS DIP

## Method

Place the avocado in a large bowl and use a fork to mash until almost smooth. Add the lime juice and chilli. Taste and season with salt and pepper. Spoon the avocado mixture into 2 small serving bowls and smooth the surface.

Combine the sour cream and taco seasoning in a medium bowl. Spread a thick layer of the sour cream mixture over the avocado mixture. Cover with plastic wrap and place in the fridge for 2 hours to set.

Combine the tomato and coriander in a small bowl. Taste and season with salt and pepper. Sprinkle the tomato mixture over the sour cream mixture to cover. Serve immediately with corn chips.

## Notes & tips

Allow 2 hours setting time.

Source: Good Taste - December 2003, Page 79

Recipe by Sarah Hobbs

**Preparation Time:** 5 minutes

**Ingredients:** Serves 8

- ▶ 2 ripe avocados, halved, stones removed, peeled
- ▶ 2 tsp fresh lime juice
- ▶ 1 small red birdseye chilli, halved, deseeded, finely chopped
- ▶ Salt & freshly ground black pepper
- ▶ 1 x 300g ctn sour cream
- ▶ 1 tbs taco seasoning
- ▶ 1 ripe tomato, quartered, deseeded, finely chopped
- ▶ 1 tbs coarsely chopped fresh coriander
- ▶ Corn chips, to serve

## Merry Christmas and a Happy New Year!

**Crossword Answers - Spring Edition 2009: Across:** 1. Lad, 4. Bad, 7. Rants, 12. Ole, 13. Are, 14. Event, 15. Toenail, 17. Gotta, 18. Semi, 19. Stern, 21. Crease, 23. Ads, 26. Screen, 29. Ethnic, 31. Leash, 32. Tango, 33. Edited, 35. Newest, 36. Wed, 37. Armada, 39. Pryor, 40. Isnt, 44. Thais, 47. Trainee, 49. Aorta, 50. Tow, 51. Ire, 52. Decal, 53. Owl, 54. Ton. **Down:** 1. Lots, 2. Aloe, 3. Deem, 4. Baa, 5. Arisen, 6. Delta, 7. Regretted, 8. Avon, 9. Net, 10. TNT, 11. Sta, 16. Nicest, 20. ESE, 22. Rehearsal, 23. Anne, 24. Digs, 25. Scot, 26. Slew, 27. Cede, 28. Raid, 30. Hawaii, 34. Dry, 35. Narrow, 38. Motto, 39. Pita, 41. Snit, 42. Nero, 43. Teen, 44. Tad, 45. Hoe, 46. Arc, 48. Awl.



### CENTRAL OFFICE

250 Newnham Road, Mt Gravatt

PO Box 439,

Mt Gravatt QLD 4122

**P** (07) 3360 9000

**E** enquiries@tricare.com.au

**W** tricare.com.au

### RETIREMENT COMMUNITIES

<b>BRISBANE</b>	Compton Gardens Retirement Village Aspley	<b>07 3263 8319</b>
	Mt Gravatt Retirement Village Mt Gravatt	<b>07 3849 6628</b>
	James Ommaney Village Mt Ommaney	<b>07 3376 6399</b>
<b>GOLD COAST</b>	Cypress Gardens Retirement Community Clear Island Waters	<b>07 5579 9022</b>
	Runaway Bay Village Runaway Bay	<b>07 5537 4177</b>
<b>TOOWOOMBA</b>	Willow Glen Retirement Village Toowoomba	<b>07 4636 4507</b>
<b>MELBOURNE</b>	Hayville Village Box Hill South	<b>03 9890 0171</b>
<b>COMING SOON</b>	Stafford Lakes – Rochedale – Morayfield	

If you do not wish to receive future copies of the TriCare Newsletter, please contact the Sales and Marketing Co-ordinator on (07) 3360 9025, or email your details to enquiries@tricare.com.au