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Picture: David Kelly
Source: The Australian

*I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.

I love her far horizons,
I love her jewel-sea,
Her beauty and her terror –
The wide brown land for me!*

DROUGHTS AND FLOODING RAINS



Picture: awhitecarousel.com
Source: Google

This excerpt from Dorothy Mackellar's poem 'My Country' certainly tugs at the heart strings of all Australians as we have watched over the past couple of months as our country has battled fires, flooding and Category 5 cyclones.

We have felt the generosity of the Australian spirit helping those who have lost everything and experienced the inspiring wave of volunteers and donations united in one purpose - assisting neighbours and mates rebuild their spirit and their homes.

I don't know about you – but I'm proud to be an Australian.

As the clean up continues and the stories of bravery and survival are uncovered across the nation we share with you how our residents in Toowoomba experienced the inland tsunami to our community at Mt Ommaney that was ordered to evacuate to escape the rising floodwaters in Brisbane.

WILLOW GLEN - TOOWOOMBA



On Monday January 10, 2011 what has been described as an 'inland tsunami' swept through the Toowoomba CBD around lunchtime, catching many by surprise.

The deluge claimed lives, damaged businesses and property and has left a cleanup bill in the millions of dollars.

Residents of TriCare's Willow Glen Retirement Village were lucky to

escape with minimal damage to property after the wall of water flowed off Ruthven Street, through the village and out into the International Wetlands of the World Parkland behind the village.

Residents have told of a 'spout' of water shooting out 20 feet as the water cascaded off the property boundary retaining wall into the parkland.

Margot Leonard, Village Manager describes watching as the wall of water flowed around units, and down the village roadways, which acted as natural channels ultimately saving the village of major damage.

A couple of units received minor water damage and no injuries were sustained – a miracle given some of the photos!

MT OMMANEY - BRISBANE



As the harrowing stories of the Toowoomba and Lockyer Valley were filtering in through the media a silent flood, predicted to be bigger than 1974 was approaching Ipswich and Brisbane. As the rain stopped Brisbane residents waited and watched with baited breath as the waters began to rise.

James Ommaney Village situated 12km west of Brisbane in the suburb of Mt Ommaney was at risk of inundation. This fact kindly communicated by a local resident who had painted the 1974 flood line on the road outside the village.

At 6.30am on Wednesday morning TriCare Management made the decision to evacuate James Ommaney Village residents as a precaution, a pre-emptive measure which was enforced by Queensland Police later that morning with recommendations to leave the premises.

Most residents were able to make arrangements with family and friends in the area as roads were still open at this early stage. A few residents with no alternate accommodation were transported to TriCare's Mt Gravatt Retirement Village where a generous group of residents had opened their

spare bedrooms to the remaining evacuees.

Thankfully the peak of the flood wasn't as high as predicted and the village, although cut off at the driveway, was spared any inundation or damage.

However, as the area of Jindalee and Mt Ommaney were severely affected residents were not able to move back into their homes until a week and a half later, after power had been restored.

DIGGING DEEP

As Brisbane rallied around the thousands of residents who had been evacuated by the rising flood waters a small group of residents at TriCare's Mt Gravatt Retirement Village were preparing for their own evacuees – fellow residents from James Ommaney Village.

A number of evacuated residents from James Ommaney Village were unable to get to, or didn't have family or friends in the area and were displaced by the floods with no where to go.

Mt Gravatt Retirement Village was the obvious choice to relocate these residents to as it was high and dry and had all of the services and provisions in place to cater to the evacuated residents.

Generously, a number of residents put up their hand to host the evacuated residents in their spare bedroom so the residents didn't have to sleep in a village common area.

James Ommaney Village residents only had a short time to grab the essentials they would need like clothing and medication and were boarding the bus not knowing how long they would be gone for and whether they would have a home to return to when the waters subsided.

Kathie Donaldson and Amy Williams were two of the residents evacuated with Ms Donaldson describing the sense of bewilderment at being evacuated.

"It was scary not knowing where we would end up and what we would return to"

Ms Donaldson said.



Hosts Ron & Shirley Willmott with Ms Donaldson



Hosts Stan & Rae Haines with Ms Williams

"I have been spoilt rotten though and I am so grateful."

Mrs Williams added that she left her home with her possessions in a cardboard box 'tied with a ribbon', she'd never been evacuated before and couldn't believe their good fortune being given a home away from home at Mt Gravatt Retirement Village.

"We didn't want to impose but it was so kind of them."

Mrs Williams said.

Hosts Ron & Shirley Willmott didn't hesitate when presented with the opportunity to host a resident.

"There was such a need and we were just doing our bit with everyone in such turmoil,"

Mr Willmott said.

Other hosts Rae & Stan Haines were very impressed with how the process was managed and how village management communicated with everyone what was happening.

"TriCare and Village Management did their best to keep everyone informed, Ladelle (Village Manager) was wonderful and didn't let anyone get uptight – the communication and care has been fantastic."

Mr & Mrs Haines offered to help out as their parents were evacuated from Jindalee in 1974 and as community minded people just wanted to help out.

TriCare sincerely thanks those residents at Mt Gravatt Retirement Village who opened their homes to the James Ommaney Village evacuees giving them a 'home away from home'.

We are pleased to advise that the power was restored a week and a half after the flooding (a week later than we were expecting it to be turned on!) and all residents are settling back in to their homes after their harrowing 'adventure'.

GETTING HELP AT HOME!



Do you know someone struggling with the day-to-day tasks at home?

The fact of life is that as we get older, some things become harder. Things such as mowing the lawn, cleaning the house, clearing out gutters, trimming the hedges and hanging out the washing are all tasks that can become such an exhausting struggle!

It can be frustrating watching a close friend or family member continue to battle these tasks without accepting or engaging any outside help – but there is help available!

Home Care can offer household or personal assistance for tasks such as light housework, laundry, shopping, transport, preparation/supply of meals and personal tasks. Home Care packages assist people to remain in their own home for as long as possible, maintain independence in a safe environment and remain active within their community.

The packages are flexible and designed to suit the individual needs of the resident whether they reside in their family home or within an Independent Living Unit or Serviced Apartment within a retirement community.

To find out if you are eligible for a TriCare Home Care package you require an assessment to be conducted by the Aged Care Assessment Team (ACAT). Your GP can refer you or you can contact them direct.

To find out more please contact TriCare's Home Care Coordinator:

Brisbane South & Logan River Valley 07 3349 9122
Sunshine Coast 07 5493 5850

If you find that you are not eligible for TriCare's home care, why not consider a Serviced or Flexi apartment in one of our retirement communities instead.

These apartments offer services such as weekly cleaning, heavy laundry service and all meals provided. If you would like to find out more about TriCare's Serviced Apartments please call your location of choice:

Brisbane:

Aspley 07 3263 8319
Mt Gravatt 07 3849 6628
Mt Ommaney 07 3376 6399

Gold Coast:

Clear Island Waters 07 5579 9022
Runaway Bay 07 5500 2300

INTRODUCING HAYVILLE VILLAGE!



Hayville Village in Box Hill South is reputed as being one of the friendliest villages in Melbourne.

Visitors often comment on the lovely atmosphere and residents boast of not only the ideal position but the presentation of the village units and grounds.

Hayville Village is located on the eastern side of Elgar Road on the corner of Canterbury Road, Box Hill South, situated approximately 14km east of the Melbourne CBD.

The village offers absolute convenience for both those that drive and those who don't as it is situated approximately 1km south of the Box Hill Central Shopping precinct, 1.2km north of the Box Hill Golf Club, and 1.6km south of Box Hill Hospital.

Featuring 130 Independent Living Units, the village boasts beautifully landscaped gardens and a friendly neighbourhood lifestyle - one of the major drawing cards for moving to Hayville Village. Prices start from \$295,000 depending on availability.

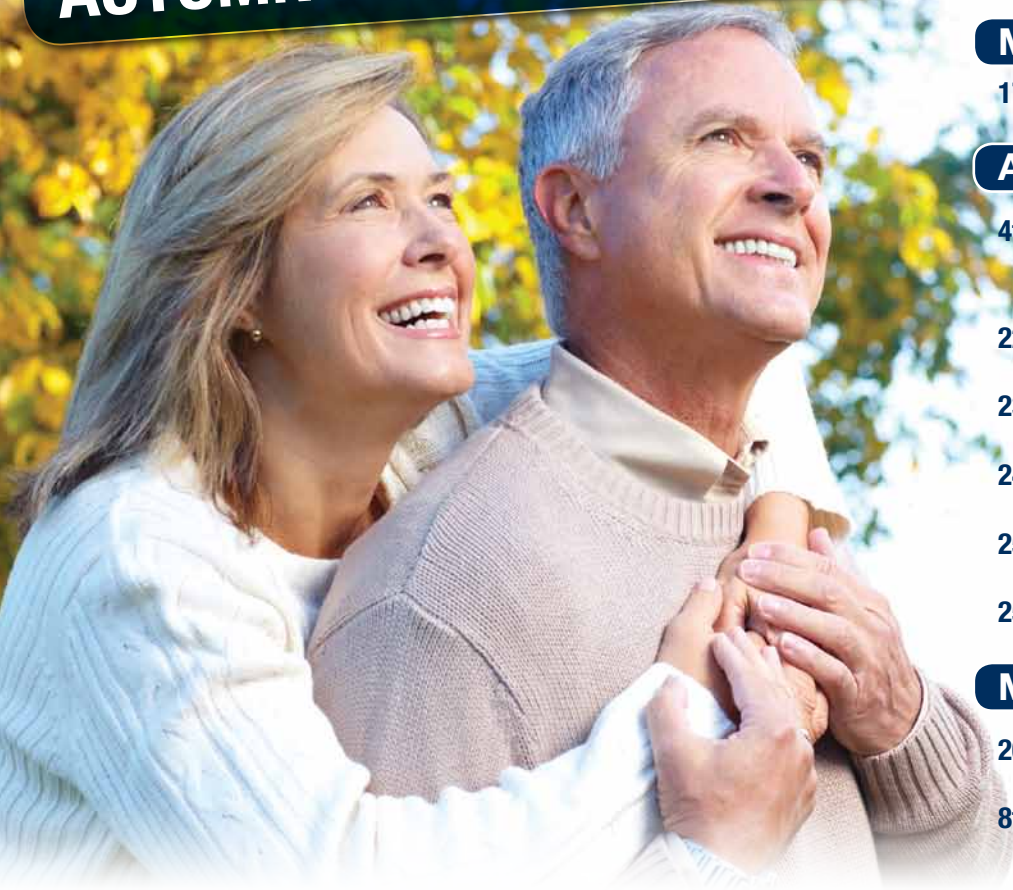
TriCare purchased Hayville Village just over five years ago and offers all residents the peace and security of sound, experienced management.

Established for over 40 years TriCare has experienced steady growth which translates today into 17 Aged Care Residences (Hostels and Nursing Homes) and 7 Retirement Communities as well as a team of caring staff totalling approximately 1600.

For more information about TriCare or Hayville Retirement Village visit tricare.com.au or contact the village on 03 9890 0171.



AUTUMN EVENTS CALENDAR



MARCH 2011

17th St Patrick's Day (Thursday)

APRIL 2011

4th Change Your Smoke Alarm Battery Day
www.changeyourbattery.com.au

22nd Good Friday (Public Holiday)

23rd Easter Saturday

24th Easter Sunday

25th ANZAC Day (Public Holiday)

25th Easter Monday (Public Holiday)

MAY 2011

26th Australia Day (Public Holiday)

8th Mother's 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
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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							56			57		

Across:

- 1 Hoops league (abbr.)
- 4 Cry of surprise
- 7 Rooster's walk
- 12 Yet, poetically
- 13 Island garland
- 14 Hesitation
- 15 Noah's boat
- 16 European body of water (2wds.)
- 18 Fill again
- 20 Greek Cupid
- 21 Beer mugs
- 22 Put down
- 25 Property claim
- 27 Choir member
- 28 Mimic
- 31 Tiny particles
- 34 Lease
- 34 perfect gymnastics score
- 35 Portable shelter
- 37 Facts
- 39 Shocked
- 42 Bemoan
- 46 Region
- 47 Insignificant matters
- 48 Asserted
- 51 Printing measures
- 52 Open a bottle
- 53 Gi's hangout
- 54 Fishing snare
- 55 Active ones
- 56 HST's party
- 57 Compass pt.

Down:

- 1 Comes closer
- 2 French cap
- 3 Sprain site
- 4 Greece's neighbor
- 5 Ear phones
- 6 Feel unwell
- 7 Church tower
- 8 Wahington seaport
- 9 Actor _____Crowe
- 10 Employ
- 11 Pekoe, e.g.
- 17 Senator _____Kennedy
- 19 Frying liquid
- 23 Noshed
- 24 _____guilty
- 26 Head gesture
- 28 _____loss for words (2 wds.)
- 29 Tent stake
- 30 Improve
- 32 Toy dog breed
- 33 What actors hope for
- 36 Deposit on teeth
- 38 Pal (Fr.)
- 40 Oozes
- 41 Beach color
- 43 Levels
- 44 Dressed to the _____
- 45 Personal preference
- 48 What a cow chews
- 49 Artist Yoko _____
- 50 Failure

Answers will be revealed in the next issue

CONSTRUCTION UPDATE:

STAFFORD LAKES RETIREMENT COMMUNITY



Over 400 people have registered their interest and received details on the new and exciting Stafford Lakes Retirement Community.

The level of interest in this development is quite extraordinary considering marketing has not commenced and most of the enquiries have come from word of mouth. It indicates strong local demand for quality, modern retirement communities.



It is anticipated that by the end of June 2011, we will have completed the display units which will also double as the sales and marketing office. All who have registered their interest in this development will be invited to view the display units and chat to our sales staff. Our impressive model of the site will also be on display.

Further information on the retirement community including time frames, floor plans and pricing is expected to be released later in 2011.



Register to receive your copy of the Stafford Lakes Retirement Community sales brochure today! Call (07) 3360 9110 or visit tricare.com.au/staffordlakes and click on the **Enquire Now** button.



TYING THE KNOT!

Mt Gravatt Retirement Village hosted its first wedding with David & Debbie Parminter tying the knot in front of close family and friends. Debbie's parents, grandpa and extended family live at the village so it was fitting that the couple chose the village's picturesque lake for the ceremony followed by a reception in the Activities Room by 'The Green'.

Congratulations David & Debbie!



SUPER-EASY CHOCOLATE CAKE

The only thing better than a chocolate cake is a super-easy chocolate cake - try this one and let us know what you think!

Preparation Time: 20 min

Cooking Time: 45 min

Ingredients: Serves 6

- ▶ 1 1/3 cups plain flour
- ▶ 1 teaspoon bicarbonate of soda
- ▶ 1/3 cup cocoa powder
- ▶ 1 cup caster sugar
- ▶ 1 cup buttermilk
- ▶ 2 eggs
- ▶ 125g butter, melted, cooled
- ▶ 1 teaspoon vanilla essence
- ▶ 125g blueberries

Chocolate icing

- ▶ 1 1/3 cups pure icing sugar
- ▶ 1 1/2 tablespoons cocoa powder
- ▶ 20g butter, at room temperature, chopped

Source: Super Food Ideas - October 2007, Page 27

Recipe by Annette Forrest

Photography by Mark O'Meara



Method: Preheat oven to 180°C. Lightly grease a 6cm-deep, 20cm round cake pan. Line base with baking paper.

Sift flour, bicarbonate of soda and cocoa powder into a large bowl. Stir in sugar. Combine buttermilk, eggs, melted butter and vanilla in a jug. Make a well in centre of flour mixture. Pour in buttermilk mixture. Using an electric mixer, beat on low speed until combined. Increase speed to high. Beat for 3 to 4 minutes or until thick and creamy.

Pour mixture into prepared pan. Bake for 40 to 45 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in pan for 5 minutes. Turn out onto a wire rack to cool completely.

To make chocolate icing sift icing sugar and cocoa powder into a bowl. Add butter and 1 tablespoon of boiling water. Stir until smooth. Spread icing over cake. Top with blueberries. Allow icing to set. Slice and serve.



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Crossword Answers - Summer Edition 2010/2011: **Across:** 1. Actor, 6. Alt, 9. Fro, 12. Larry, 13. Mar, 14. Duo, 15. Erode, 16. Unearth, 18. Cave, 19. Clear, 20. Sterile, 22. Topsy, 26. Nut, 27. Marie, 28. Séance, 32. Resort, 33. Ardor, 34. Ten, 35. Probe, 36. intense, 41. Lasso, 43. Mets, 44. Arrests, 47. Acres, 48. Via, 49. Eau, 50. Levee, 51. Eon, 52. Dye, 53. Leers **DOWN:** 1. Alecs, 2. Carat, 3. Trove, 4. Order, 5. Rye, 6. Amulet, 7. Lane, 8. Treatment, 9. FDR, 10. Rut, 11. 00H, 17. Arias, 19. Clue, 21. Increased, 23. Pro, 24. Sir, 25. Yet, 28. Sap, 29. Err, 30. Ado, 31. Noble, 32. Reno, 34. Tissue, 37. Emcee, 38. Nerve, 39. Steer, 40. Esses, 42. Stay, 44. Ave, 45. Rio, 46. Ran, 47. All



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RETIREMENT COMMUNITIES

BRISBANE	Compton Gardens Retirement Village Aspley	07 3263 8319
	Mt Gravatt Retirement Village Mt Gravatt	07 3849 6628
	James Ommaney Village Mt Ommaney	07 3376 6399
GOLD COAST	Cypress Gardens Retirement Community Clear Island Waters	07 5579 9022
	Runaway Bay Village Runaway Bay	07 5500 2300
TOOWOOMBA	Willow Glen Retirement Village Toowoomba	07 4636 4507
MELBOURNE	Hayville Village Box Hill South	03 9890 0171
COMING SOON	Stafford Lakes Retirement Community	

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