

# The Bellerivian

August 2011

Issue 6

## From your Community Supervisor

Last month was once again a busy time. We had the pleasure of Anuk Peru displaying Alpaca wares in our Leisure Centre. Esma entertained us by tinkering on the organ while people browsed the items on display. We also had our Christmas in July dinner. It was a great success and enjoyed by all! Many thanks to Rabab and Barney for the excellent and beautifully presented dinner.

This month we said goodbye to our hairdresser Nadia. She has been a wonderful asset here at Bellerive and we wish her all the best in the future. We are still in the process of finding a replacement hairdresser and will let you all know as soon as our Salon is operational again.

We will be having our six-monthly pest control service on August 18. Please make yourselves available on that day, or advise your permission for access before Tuesday August 16. If you would like to have the inside of your Apartment or Villa treated, arrangements can be made with me during the week before treatment. Please note that this will be at your own cost.

Please join me in welcoming Rajinder Syan to our team. Raj will be working both Saturday and Monday evening shifts

Ruth, Community Supervisor Bellerive

## Babblings from Bella the Bellerive Bus. (with apologies to Ruth's cat Bella)

It was Sunday morning and I was having my usual sleep-in at the Grange, like any self respecting bus would, when I was rudely awakened and told to get my act together as I had work to do. What a hard life for a humble bus! Anyway I put on my best bib and tucker and even tried to smile - after all one does have standards. I was taken to Bellerive and left to stand in the cold. Some people have no respect for buses, not even Toyota ones! I tried to be happy because I was taking eight of the Bellerive gang out (hope I get the well behaved ones). After what seemed an eternity out they came. I was glad they were sensible enough to wear warm clothes. They all climbed aboard somewhat noisily - for a minute I thought I had a class of children by mistake! Someone named Ruth sat in the driver's seat and off we went. It was very cold (how I'd wish they had left me asleep!). It soon became pretty exciting as they were doing something called a scavenger hunt and looking for things like kangaroos and road signs. They might have cheated a bit - but then it was mentioned that they were playing by the Bellerivian Rules.

We went through Yass and arrived at a place called Crisp Galleries near Bowning. They parked me, and just went off and had a good time. I found out later it

was a glass works with beautiful extensive gardens and a shop! Tummies were rumbling and they decided it was time to eat. The glass works owner had recommended the local pub. Oh dear, I knew there'd be trouble with this lot!

The adventures during lunch and the trip home will have to be left for another tale next month as I must rest now and fill my tank with fuel as well. *To be continued*

## Construction Stage 2

This month the much-anticipated construction of Bellerive Stage 2 will commence. You will see increased activity on site in preparation for construction, while documentation is being finalised. The site establishment will include the installation of fencing, site sheds, the removal of certain trees, and protection measures being installed for trees that will remain. The waste enclosure will be relocated to make way for the construction of Buildings B and C - a total of 31 apartments.

It is highly likely that access from Melrose Drive will be limited to construction traffic only, with access to Bellerive for residents and visitors only via Burnie Street.

An information session for residents will be held in the coming months, to provide further details on construction activities and how the works may possibly affect you as residents.

## Resident Referral Program

We at Hindmarsh Living know that you, our residents, are the best advocates of our communities. Many of you talk to friends and family about the advantages of living in a lifestyle community such as Bellerive. These types of conversations can be very valuable to your village. They introduce positive information into the community and could possibly make your peers think seriously about moving to a retirement lifestyle community. We would like to recognise these efforts, and with this in mind have designed a Resident Referral Program commencing August 1, 2011. If you introduce us to a person who is not already on our database and that person buys into Bellerive, you will be awarded with a gift voucher to the value of \$500! Please note that this applies to selected units only and you will receive your reward once the unit has settled. The program currently applies to Apartment 38, a two bedroom apartment on the first floor. So if you know someone who you feel would benefit from living in your community, why not put them in touch with Peta? Peta is available for appointments on a Tuesday at Bellerive, and can be contacted directly on 1300 884 784 anytime. Alternatively, please leave a message with Ruth.

# General News and Activities

## Census

It's that time again! The 16<sup>th</sup> Census of Population and Housing will take place on the night of August 9, 2011. This Census marks a significant milestone – 100 years of national Census-taking in Australia. Census representatives will be at Bellerive on Tuesday August 2 after 4pm to deliver your Census forms. If you have a problem with either the delivery, or filling out your form, please contact Ruth, who is happy to assist you.

## Falls Prevention Program

In conjunction with Sue McCarthy we will be holding the falls prevention program during the week beginning August 22. The actual date is yet to be confirmed. Before these classes commence, everyone interested in attending must have a balance and strength assessment completed. These assessments will take place from 10am on August 12 in our Function Room. Please make your booking with Ruth before Monday August 8.

## CPR Course: Sports Medicine of Australia

Sue has also organised a mini First Aid Course for Residents. This will be held in the Function Room from 10am to 12 noon on Wednesday August 3. The cost will be \$50. Bookings are essential and must be made with Ruth as soon as possible.

## Smart Meters

We have had our first reading of the Smart Meters, and will now be billing for both electricity and water on a monthly basis. For those of you who would like to check the meter readings, it is simply as follows:

Hot = Total hot water  
Cold = Total cold Water  
INPT = Total electricity

Electricity rate times are:

Business - 7am - 5pm Mon - Fri  
Evening - 5pm – 10pm Mon - Fri  
Off Peak - All other times

If you have any questions please don't hesitate to ask Ruth.

## SOCIAL COMMITTEE NEWS

The Social Committee would like to thank all who attended our Christmas in July Dinner. It was very successful. The lucky "Spot" winner for a bottle of champers was our own lovely Monica Martyn, and Joy Murphy's family won the raffle.

The Raffle raised \$129 to supplement Club funds.

## August Birthdays

Margaret Barrett	6 <sup>th</sup>
Joyce Chen	7 <sup>th</sup>
Clare Drinkwater	13 <sup>th</sup>

## Staff Profile – Ewa Sek-Sekalski



Born in Sydney of Polish parents, I moved to New Guinea at the age of seven, where we lived for a couple of years. I

thought it was paradise. I am a practicing massage therapist and work in my own Clinic with two other health practitioners. I also have a background in horticulture and landscape design. I have four gorgeous sons who are now taller than me. My passions are travelling, camping, gardening, art, renovating, music, Buddhism, anthropology and tango.

## August Bus Trips

Come along and enjoy the company of your fellow residents on one or more of our many bus trips planned for August!

**Saturday August 6:** Bungendore day trip. Here the townfolk live and work in restored 19th Century buildings, carrying out their everyday lives within the glorious gems of the past. Bungendore has maintained its integrity as a functioning regional centre, serving the community in much the same way as it has since the earliest days of settlement and during the gold rush boom.

**Tuesday 9 August:** Australian Mint, including lunch. The first task of the Mint was to produce new coins for the introduction of decimal currency on February 14, 1966. Since then it has produced more than 13 billion circulating coins. It now has capacity to produce two million coins per day.

**Saturday August 20:** Yass day trip to Cooma Cottage. On the banks of the Yass River, Cooma Cottage is in the heart of the rich sheep grazing country which attracted pioneers in the early 1820s and 1830s. The original colonial bungalow forms part of the earliest complex of dwellings and stables on the site, as built by pioneering pastoralist, Cornelius O'Brien.

**Tuesday August 23:** Pialligo Nurseries.

Stroll through the nurseries, visit the orchards, vineyard, gardens and gift shops, or just relax in one of the fine cafés.

**Tuesday 30 August:** Music at Middy- Royal Military Band. The lunch time concerts, held at 11am and 12.30pm showcase the talents of the RMC Band and presented with Canberra theatre provides an opportunity to give something back to the community. Entry to the concerts is by gold coin donation, with all proceeds going to a local charity

# From your Committee

## Know your Committee

Our featured Committee person this month is Jean Widdowson. She is a committed member of the Committee and always volunteers her time to be the Minute Secretary - for which the rest of us are most grateful. Jean epitomises that old adage "If you want a job done ask a busy person to do it."

Here is Jean's life story in her own words.

## Jean Widdowson



Oh Dear! They say it's my turn already. I think Marg needs to teach Harry about alphabetical order though. I could have sworn H came before W? Well, here goes. I was born a couple of years ago in Nottinghamshire, England. I used to play with Robin Hood in Sherwood Forest as a child. We had great fun. Schooling was in Nottinghamshire, Derbyshire, and Lincolnshire, as my parents moved around. After finishing school I went to Cambridge to train as a nursery nurse with the Children's Society. At the time the Society was the biggest adoption agency in Britain. Later on I moved to Hayes in Middlesex, working for the London Borough of Hillingdon, caring for children at risk. This involved working closely with social workers and parents, providing appropriate support for families so that children could return home. In July 1983 I came to Canberra to join family who were already here. I went to work at Duffy Day Care and later Calwell Early Childhood Centre. Through various circumstances (some of which I still can't work out!) I have become involved with different charities and organisations. They include Alzheimer's Australia ACT, Bosom Buddies, Breast Cancer Network Australia, Anglicare and Operation Christmas Child. I am also involved with different church groups. As some of you know I sing with The Gospel Folk and The Ecumenical Church Choir. In my spare time I am number one slave to my cat. No wonder I'm always tired!

## Smart Link Pendants

We would like to make you aware that there is a smart link pendant available for every resident. This is an extension of your base unit. It can be worn as a pendant around your neck or as a watch. If you would like the security of knowing help is only a push of a button away, please see Ruth at reception.

## PENSIONER REBATES

Good news on the electricity rebate front. Firstly, on behalf of the Committee and all residents who are Age, Disability or DVA Card holders who are entitled to an electricity rebate, I would like to thank Suzy Arnold for the effort she has so assiduously applied in finally bringing ACTEWAGL "to heel" and redeeming the credits due to our accounts dating back to November 1, 2009.

Suzy Arnold is the Assistant Manager Operations, Hindmarsh Living. For those of you who have not met Suzy, she puts in quite a deal of time each week at Bellerive and works in the front office.

## REBATE RATES

For your information the rebate rates for electricity are as follows:-

**Life Support** – \$0.3258 cents per day

### Pension

*Summer rate* - \$0.2774 cents per day from 1 November to 31 May

*Winter rate* - \$1.02 per day from 1 June to 31 October.

## REHABILITATION FRONT

Monica Martyn (ext 513) is now home from hospital and making astonishing progress. With her iron will and persistence, she is a model for all of us.

Bert Youngs (ext 504) is making a good recovery from his recent surgery and has commenced rehab. It is anticipated that Bert will be home in the first week of August. Our thoughts and best wishes are with you Bert.

Ralph Goslin (ext 530) is making steady progress and is nearly back to his fighting form.

Harry Hansen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9am Massage 1pm Mahjong 4.30pm Happy Hour	9am Walking Group 9:00am podiatry 1pm Mahjong 2pm Hearing aid checks 4pm Census forms delivered	9am Exercises 10am-12noon CPR-First Aid Course 2pm Indoor bowls	7pm Games Evening	9am Exercises	8:30-10am Dru Yoga
10am Sunday Brunch	9am Massage 1pm Mahjong 4.30pm Happy Hour	9am Walking Group 10:30am-2pm Bus Trip Australian Mint and lunch 1pm Mahjong	9am Exercises 2pm Indoor bowls	7pm Games Evening	9am Exercises 10am Falls Prevention Assessments	8:30-10am Dru Yoga
2-3:30pm Craft	9am Massage 1pm Mahjong 4.30pm Happy Hour	9am Walking Group 11:30am-2:30pm Bus Trip Pialigo & Lunch 1pm Mahjong	9am Exercises 2pm Indoor bowls	9am Rentokil treatment 7pm Games Evening	9am Exercises 6 for 6:30pm start - Dinner - Carvery	Bus Trip 10am - As required Yass day trip - Cooma Cottage
2-3:30pm Craft	9am Massage 1pm Mahjong 4.30pm Happy Hour	9am Walking Group 11:30am-2:30pm Bus Trip Pialigo & Lunch 1pm Mahjong	9am Exercises 2pm Indoor bowls	9.30am Beauty Therapist 4pm Book Club 7pm Games Evening	9am Exercises Daffodil Day	8:30-10am Dru Yoga
2-3:30pm Craft	9am Massage 1pm Mahjong 4.30pm Happy Hour	9am Walking Group 10am-12:1pm5 Bus Trip Music at Midday Canberra Theatre 1pm Mahjong	9am Exercises 2pm Indoor bowls			