

SEASIDE HAMLET

SEPTEMBER 2022

Happy Father's Day!

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it...Dad

From the Care Manager's Desk

Hi Everyone,

Welcome to the official first day of Spring Season! I am sure everyone experienced an extra cold winter season and is looking forward to having some sunshine over the next few months. We had an eventful month of August with the outbreak affecting our home which was concluded on 15th of August. We have then implemented certain measures to keep everyone safe, and as indicated last time, we have reviewed our measures in place to create balance between safety and wellbeing of everyone.

We have welcomed new resident Jennie, in Seaview later this month. It warms my heart seeing residents build friendships and seeing our new residents adjust in their new environment. Moving into aged care is a big change in their life and I thank the staff for helping them feel welcome in their new home.

This month, we will celebrate Father's Day on the 1st of September. We expect your loved ones to be celebrating this with you on the day itself hence we will be celebrating earlier. Watch out for the lovely gift we have prepared for our dedicated fathers.

Please note of the following changes in terms of COVID safety from September 1, 2022.

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- Residents can move between wings. Staff will ensure they are non-symptomatic and do temp check prior to assisting them to the other wing.
- Visitor limits continue but children will now be allowed to visit: 2 adults and 2 children in a 24hr period. Visitor booking is no longer required. Exceptions can be made with consent of CM or RN in event of palliation, birthdays etc.
- 1x visitor can accompany their resident between wings if required for quality-of-life purposes but need to keep to outdoor areas (courtyard or balcony), 1.5m distance from other residents and comply with N95 mask and face shield. Visitors cannot visit in the communal areas of other wings.

From the Care Manager's Desk

- Visitors who are with a resident in their own wing, can visit in communal areas if they are providing care or support for quality of life. They must maintain 1.5m distance from other residents and must have N95 mask on. It is highly recommended that visits should still be in bedrooms or outdoors.
- Visitors cannot remove their mask to consume food or drink in communal areas. If a visitor wishes to have a meal with a resident, this can be done in the bedroom or outdoors.

This month we will celebrate Estelle's, Noeline's, and Lorraine's birthday. We are looking forward to recommencing the end of month birthday high tea for our celebrants.

UCI Road World Championships will be happening from 18th of September to 25th of September and road closures are indicated on the leaflet attached. Plan your travel ahead and don't forget to check out this historic event in our beautiful city of Wollongong.

We have sadly said goodbye to Monica and Harry, our cleaners who have provided us with their diligent service over the last few years. Monica have also showcased her talent in playing piano, and we will truly miss them both. We have a new team of cleaners who commenced from 22nd of August, and your ongoing feedback is truly valuable in ensuring cleaning services are maintained, if not improved.

On the other hand, Kelly our RAO team member is back as of 31st of August. Everyone was ecstatic to have her back and we can plan variety of activities moving forward on our resident meeting on the 15th of September. Sing along was Kelly's forte and her passion in her role will surely bring more joy in our home.

Church Services will be available on the first Wednesday of each month at 11am (excluding January), starting in this month of September. We previously have this in place but was halted due to COVID.

As always, any concerns, queries, or feedbacks, please do not hesitate to get in touch with myself.

Kind Regards,

Faye Sim
Care Manager
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0499 882 592

FRANK & JESS KENNETT HOME RESIDENT COMPLAINTS FLOWCHART



Father's Day History

The celebration of Dad's special day can most likely be credited to Mrs. John B. Dodd, of Washington State, who first suggested the idea of the holiday in 1909.

Mrs Dodd's father, civil war veteran William Smart, was widowed when his wife died in childbirth with their sixth child. Despite the obvious hardships, Mr. Smart proceeded to raise the newborn along with his five other children, by himself.

It wasn't until Sonora Dodd became an adult that she realised the strength and selflessness her father had shown in raising his children as a single parent. The original date chosen for the holiday was SEPTEMBER 5, her father's birthday, however the celebration was postponed until SEPTEMBER 19, the third Sunday in SEPTEMBER, because there was not enough time to prepare.

The excerpt below is from the Silver Anniversary Book on Father's day published in 1935.

"This year, 1935, the Silver Anniversary of Fathers' Day is being observed. Thirty-seven years ago, in the Big Bend hills of Washington, the day had its nativity in a lonely farm dwelling. There Sorrow ministered amid the moaning of the March winds.

A father sat with bowed head in his aloneness. About him clung his weeping children. The winds outside threw great scarfs of powdered snow against the window panes, when suddenly the last born tore himself from the group and rushed out into the storm calling for his mother. Yet even his baby voice could not penetrate the great silence that held this mother.

Hurriedly, the father gathered him back to his protection and for more than two decades, William Jackson Smart, alone, kept paternal vigilance over his motherless children.

This poignant experience in the life of Mrs. John Bruce Dodd of Spokane, Washington, who was then Sonora Louise Smart, was the inspiration for Fathers' Day which materialized through the devotion of this father and the father of her own son, John Bruce Jr., born in 1909. Through the observance of the love and the sacrifice of fathers about her everywhere, her idea of Fathers' Day crystallized in 1910, through a formal Fathers' Day petition asking recognition of fatherhood."

In early times, wearing flowers was a traditional way of celebrating Father's Day. The red rose to honour a father still living, while a white flower honoured a deceased dad.

There is no universal date for celebrating Father's Day. Australians celebrate Father's Day on the first Sunday in September and the USA and Canada celebrate on the third Sunday in SEPTEMBER. Many other countries across the world celebrate at other times of the year.

Although the celebrations may not all fall on the same day, the reason for observing the day stays the same – honouring your father.

1966 Australian Father of the Year recipient: Sir Arthur Roden Cutler

Sir Arthur Roden Cutler VC, AK, KCMG, KCVO, CBE (24 May 1916 – 22 February 2002) was an Australian diplomat, the longest serving Governor of New South Wales and a recipient of the Victoria Cross, the highest award for gallantry "in the face of the enemy" that can be awarded to British and Commonwealth armed forces.

Early life

Arthur Roden Cutler was born on 24 May 1916. His cousin, Sir Charles Cutler, was Deputy Premier of New South Wales from 1965 to 1975. Arthur grew up in the Sydney Harbour suburb of Manly where he attended the Manly Village Public School. At the age of 15 he enrolled at Sydney Boys High School. After school, he worked for the Texas Company Australasia, which later became Texaco. He studied economics during the night at the University of Sydney and joined the Sydney University Regiment in 1936.



On 10 November 1939, he was commissioned as a lieutenant in the militia. He enjoyed all sports, especially riding, rifle shooting and water polo, and was awarded a University Blue in swimming. As an 18 year-old lifesaver, he swam to the aid of a surfer who was being circled by a large shark. The shark brushed him twice as he helped the surfer to the beach.

In May 1940, he transferred from the citizen's militia to the Second Australian Imperial Force, receiving a commission in the 2/5th Field Regiment, Royal Australian Artillery, Australian 7th Division.

Military service

Roden Cutler VC

In 1941, Cutler served with the 2/5th in the Syria-Lebanon Campaign. During the period between 19 SEPTEMBER and 6 July, in the Merdjayoun-Damour area of Syria, and as part of the Battle of Merdjayoun, Lieutenant Cutler's exploits included repairing a telephone line under heavy fire, repulsing enemy tank attacks, setting up an outpost to bring fire to a road used by the enemy and, with a 25-pound field gun, demolishing a post threatening the Australian advance. Later, during the Battle of Damour, he was seriously wounded and when rescued 26 hours later his leg had to be amputated. Cutler received the Victoria Cross for his actions in the Merdjayoun-Damour area, and was medically discharged in 1942.



Sir Arthur Roden Cutler

VC citation

War Office, 28 November 1941.

The KING has been graciously pleased to approve the award of the VICTORIA CROSS to the under-mentioned:— Lieutenant Arthur Roden Cutler (NX.12378), Australian Military Forces. For most conspicuous and sustained gallantry during the Syrian Campaign and for outstanding bravery during the bitter fighting at Merdjayoun when this artillery officer became a byword amongst the forward troops with whom he worked.

At Merdjayoun on the 19 SEPTEMBER 1941 our infantry attack was checked after suffering heavy casualties from an enemy counter attack with tanks. Enemy machine gun fire swept the ground but Lieutenant Cutler with another artillery officer and a small party pushed on ahead of the infantry and established an outpost in a house. The telephone line was cut and he went out and mended this line under machine gun fire and returned to the house, from which enemy posts and a battery were successfully engaged.

The enemy then attacked this outpost with infantry and tanks, killing the Bren gunner and mortally wounding the other officer. Lieutenant Cutler and another manned the anti-tank rifle and Bren gun and fought back driving the enemy infantry away. The tanks continued the attack, but under constant fire from the anti-tank rifle and Bren gun eventually withdrew. Lieutenant Cutler then personally supervised the evacuation of the wounded members of his party. Undaunted he pressed for a further advance. He had been ordered to establish an outpost from which he could register the only road by which the enemy transport could enter the town. With a small party of volunteers he pressed on until finally with one other he succeeded in establishing an outpost right in the town, which was occupied by the Foreign Legion, despite enemy machine gun fire which prevented our infantry from advancing.

At this time Lieutenant Cutler knew the enemy were massing on his left for a counter attack and that he was in danger of being cut off. Nevertheless he carried out his task of registering the battery on the road and engaging enemy posts. The enemy counter attacked with infantry and tanks and he was cut off. He was forced to go to ground, but after dark succeeded in making his way through the enemy lines. His work in registering the only road by which enemy transport could enter the town was of vital importance and a big factor in the enemy's subsequent retreat.

On the night of the 23rd-24 SEPTEMBER he was in charge of a 25-pounder sent forward into our forward defended localities to silence an enemy anti-tank gun and post which had held up our attack. This he did and next morning the recapture of Merdjayoun was completed. Later at Damour on 6 July when our forward infantry were pinned to the ground by heavy hostile machine gun fire Lieutenant Cutler, regardless of all danger, went to bring a line to his outpost when he was seriously wounded. Twenty-six hours elapsed before it was possible to rescue this officer, whose wound by this time had become septic necessitating the amputation of his leg.

Throughout the Campaign this officer's courage was unparalleled and his work was a big factor in the recapture of Merdjayoun.

Diplomatic and vice-regal career

Following the war, Cutler began a long career in the Australian diplomatic service. At the age of 29 he was appointed High Commissioner to New Zealand (1946–1952). Other postings within the Commonwealth followed; he served in Ceylon (now Sri Lanka) (1952–1955) and was the Australian Minister in Egypt during the Suez Crisis in 1956. As a result of his service in Egypt, Cutler was appointed Commander of the Order of the British Empire (CBE) in the 1957 New Year's Honours.

Sir Arthur Roden Cutler

Cutler acted as Secretary-General of the South-East Asia Council of Ministers meeting in Canberra in January 1957 and became Chief of Protocol of the Department of External Affairs (1957–58). Cutler was also State President of the RSL in 1958. He was Australian High Commissioner in Pakistan, (1958–1961), and Australian Consul-General in New York, (1961–1965), during which period he was the Australian delegate to the United Nations General Assembly in 1962, 1963 and 1964 and was the Australian Representative to independence of the Republic of Somalia in 1960.

For his diplomatic services to Australia, he was honoured by The Queen as a Knight Commander of the Order of St Michael and St George (KCMG) in December 1965. He was further honoured as a Knight Commander of the Royal Victorian Order (KCVO) in 1970. He was appointed a Knight of the Order of Australia (AK) in 1981.

His final diplomatic posting, in 1965, as Ambassador to The Netherlands, was cut short in 1966 when he returned home as Governor of New South Wales, an office that he served for a record 15 years, through four Premiers, and a change of government after eleven years of conservative rule. Such was his popularity that the Labor Premier, Neville Wran, extended his last term until 1981.

As the longest-serving state governor, Cutler occasionally acted as Administrator of the Commonwealth of Australia in the absence of the Governor-General. He acted as Administrator during Sir John Kerr's term from 20 February–13 March 1975, 12–24 May 1975, 16–17 September 1975, 23 December 1975– 3 February 1976, 26 April– 14 SEPTEMBER 1977 and finally 23–28 August 1977. Cutler was also scheduled to act during November 1975, when Kerr had planned an overseas holiday. However, in view of the developing situation in Canberra, Kerr cancelled his travel bookings. In 1975, Cutler's advice to Kerr that he should warn Prime Minister Gough Whitlam of his impending dismissal was ignored. Cutler later said that, had he been Administrator at the time, he would certainly have accepted his prime minister's advice and he would have allowed the parliament to resolve the issue without recourse to any such drastic action as dismissal.

Later life

Following the end of his term as Governor, Cutler was given various Chairmanships and business appointments including as Chairman of Ansett Express (1981–92) and the State Bank of New South Wales (1981–86). Throughout the republican debate and referendum he remained a staunch monarchist and proud Australian, believing the monarchy brought stability, continuity and tradition to his country. He co-operated with the popular Australian novelist Colleen McCullough on a biography, *Roden Cutler, VC*, which appeared in 1998.

Cutler died on 22 February 2002 following a long illness. He was accorded the rare honour of a State Funeral on 28 February 2002 by the New South Wales Government.

Sir Roden Cutler Charity

The Sir Roden Cutler Charity is a charity that helps the elderly and physically handicapped to be mobile, and also helps with transport to and from their medical appointments. Many people have contributed to this cause, notably Sir Roden Cutler's former High School Sydney Boys High and his Primary school, Manly Village, who have also dedicated memorials to Sir Roden Cutler on the 90th anniversary of his birth.

Slim Dusty



Slim is the most prolific and biggest selling recording artist in Australia with more than 5 million of his recordings sold on the domestic market.

One of the most-awarded Australians ever, Slim has been with the one record company for more than half a century and in 2000 released his official 100th album.

The Slim Dusty Story starts back in the 1940s on a remote dairy farm in the hills behind Kempsey, NSW, when a 10-year-old boy dreamed of being a country music singer. His name was David Gordon

Kirkpatrick... he called himself "Slim Dusty" and began to live that dream.

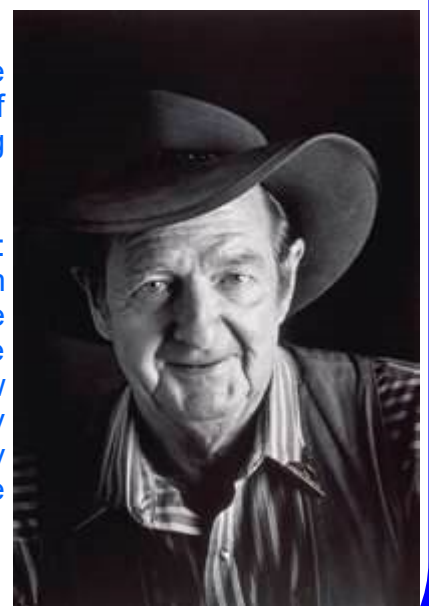
But even the most optimistic farm boy would never have imagined the life that was to unfold... a life that would establish Slim as the voice of the nation, the chronicler of Australian history in song.

As the world enters a new millennium, Slim is as strong as ever, still building, and living, the dream.

Slim has managed to hold on to those early visions of writing and singing about the bush because during his lengthy career, he has kept in touch with his audience. And he has done this in a very real and meaningful way, so much so that his fans would feel that Slim is one of their mates and his songs "just a good yarn you might hear from a mate at the pub, around a camp fire in the bush or at a back yard barbie".

He describes his music as "songs about real Australians. I have to be fair dinkum with my audience. I can't see any other way of doing it," he says. "You have to believe in what you are singing about."

To quote a London *Country Music People* magazine review: "Three things are certain in this life. Death, Taxes... and Slim Dusty. This man has been making music and epitomising the spirit of Australia for 50 years. Although he had a massive worldwide hit with *A Pub With No Beer* in the late '50s, few outside his home country are aware of the continuing popularity and reverence in which Dusty is held Down Under, not only by the public but by his fellow musicians and artists, including those who hang their hat under the New Country sign."



Slim Dusty



Slim Dusty was the first Australian to receive a Gold Record (still the only 78 rpm gold record in existence in this country), the first Australian to have an international record hit, and the first singer in the world to have his voice beamed to earth from space (in 1983, astronauts Bob Crippen and John Young played Slim singing *Waltzing Matilda* from the space shuttle "Columbia" as it passed over Australia).

His amazing career spans six decades, has him holding **35** Golden Guitars (an achievement as yet, and unlikely to be, unequalled), more Gold and Platinum Record Awards than any other Australian

artist, ARIA Awards (Australian Recording Industry Awards) including induction into the ARIA Hall of Fame, video sales Platinum and Gold Awards, an MBE and Order of Australia for his services to entertainment, and he was one of the earliest inducted to the Country Music Roll of Renown.

Just recently (1999) Slim was named Father of the Year and Senior Australian of the Year... two more accolades added to numerous other awards and honours.

He is rightly known as the "Historian of the Bush" but his songs and his stage performances reflect the changing face of Australia in the country as well as in the city.

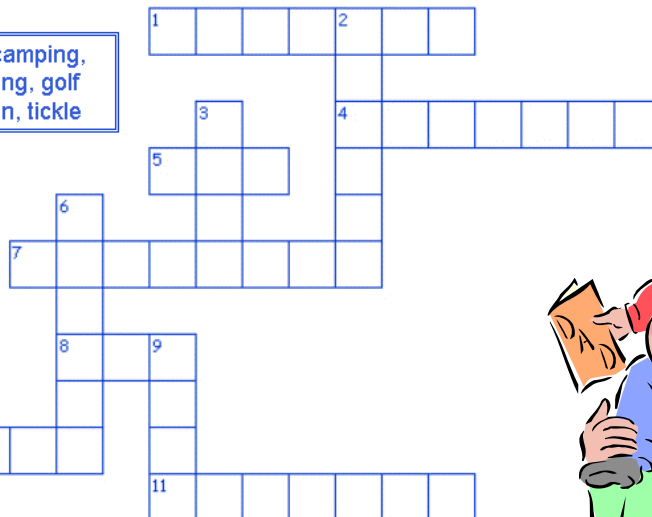
Slim Dusty (David Gordon Kirkpatrick died on 19th September, 2003. His music still plays on and will be heard for many years to come.



Puzzles

Father's Day Crossword

Word List: barbeque, camping, daughter, father, fishing, golf hug, joke, necktie, son, tickle

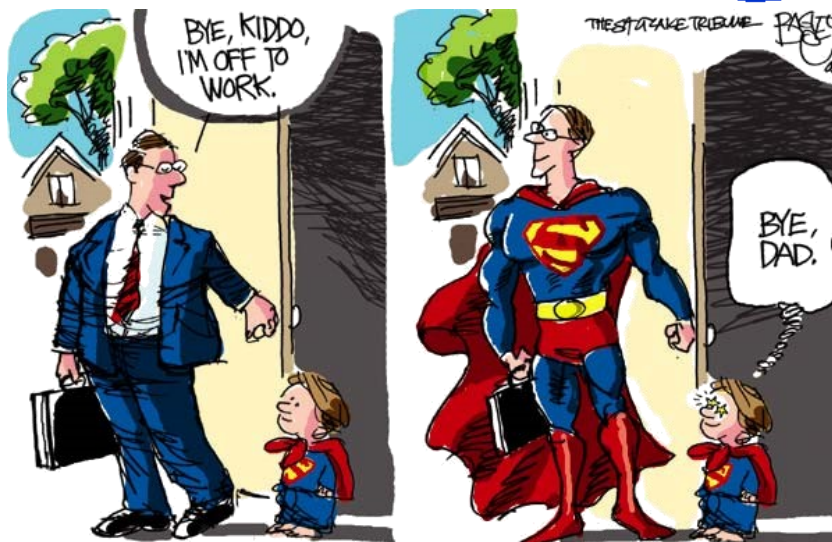
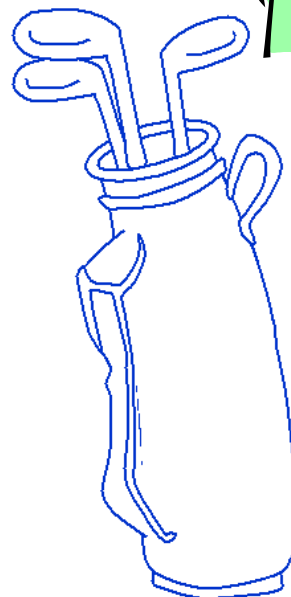


Across

1. A piece of cloth worn around the neck.
4. Living in tents.
5. Boy child.
7. Outdoor cooking.
8. Tight squeeze.
10. Girl child.
11. A boat, a rod and a reel

Down

2. To touch to cause giggles.
3. To tell a playful story.
6. Daddy, dad, pop.
9. A little ball, clubs and holes.



HAPPY FATHER'S DAY!

Puzzles

Fathers Day Word Search

Find the hidden words.

S S D S S R L G Z T X K R L B
 T E F L W E A L H I I A G N A
 R K U O E T X O A S P H U G S
 O O N O E H U U S B T R A E H
 P J N T T G D E V O T E D G V
 S T Y O H U S L S U M O N M G
 F V C T H A W E R O Z O O N W
 V I F E G L I E H Q R L I F H
 D U S I P R T C E T O R P L O
 L A F H O S F N S V A J G A L
 E T D M I U E A E C G U I I I
 S I E D J N Z R T R W N V C D
 A M T L Y Z G O I H A E I E A
 F A M I L Y B R A V E P N P Y
 N E R D L I H C Q B B R G S O

BBQ
 BRAVE
 CARING
 CHILDREN
 DADDY
 DEVOTED
 FAMILY

FATHER
 FISHING
 FOOTBALL
 FUNNY
 GIFTS
 GIVING
 HEART

HOLIDAY
 HOME
 HONOR
 HUGS
 JOKES
 JUNE
 KISSES

LAUGHTER
 LOVE
 MEMORIES
 NURTURE
 PARENT
 PROTECT
 RESPECT

SPECIAL
 SPORTS
 STRONG
 SWEET
 THOUGHTFUL
 TIE
 TOOLS

Puzzles

Going Fishing Word Search

A	R	T	R	S	H	A	R	K	M	X	J	C	H	G	C	E	Y	Q	M
F	J	P	I	R	A	N	H	A	P	X	L	T	K	I	Q	C	N	Y	I
O	D	C	B	A	R	R	A	M	U	N	D	I	B	F	R	J	Z	B	R
W	H	I	T	I	N	G	E	B	G	E	A	J	J	E	W	F	I	S	H
E	W	W	N	C	M	A	C	K	E	R	A	L	D	X	W	X	C	W	A
D	U	H	D	G	O	L	D	F	I	S	H	A	G	V	R	A	W	S	D
M	G	P	N	S	P	U	F	F	E	R	F	I	S	H	H	Y	Q	R	D
H	L	P	G	Z	N	C	W	F	O	W	Q	P	T	K	W	D	N	H	O
J	V	D	E	D	A	A	K	C	B	O	N	I	T	O	D	I	H	R	C
H	M	C	Y	U	S	T	O	R	B	A	U	U	J	Q	V	E	B	J	K
U	P	W	W	N	C	F	L	O	U	N	D	E	R	Z	T	C	R	N	G
X	Q	L	I	V	Z	I	S	A	L	M	O	N	H	A	L	I	B	U	T
F	B	M	O	W	W	S	T	I	L	A	P	I	A	P	W	T	P	W	D
P	M	J	O	Q	H	H	C	Z	Y	O	H	T	I	A	H	Q	U	S	H
U	H	J	D	B	A	R	R	A	C	U	D	A	E	T	E	C	V	K	L
J	U	R	X	O	L	M	H	K	B	H	D	E	P	B	R	Y	A	P	Y
O	C	T	T	E	E	N	W	X	S	M	R	N	F	M	R	O	U	H	J
Z	H	X	U	I	N	N	D	X	V	T	W	Z	N	I	I	R	V	Z	C
P	M	S	N	A	P	P	E	R	S	G	F	D	O	Z	N	W	I	F	J
D	K	H	A	V	V	Q	B	Z	J	D	B	V	A	M	G	P	H	K	R

BARRACUDA
SHARK
BARRAMUNDI
GOLDFISH
PUFFERFISH

MACKERAL
HALIBUT
HERRING
HADDOCK
CATFISH

PIRANHA
FLOUNDER
WHALE
JEWFISH
TUNA

SALMON
SNAPPER
BONITO
TILAPIA
WHITING

Puzzles

In which countries did the following foods originate from?

1. SPAGHETTI
2. SAUERKRAUT
3. PUMPKIN PIE
4. HAGGIS
5. KIMCHI (pickled cabbage)
6. PIZZA
7. FALAFEL (chickpea dumplings)
8. CURRY
9. JALAPENO PEPPERS
10. SCHNITZEL
11. ESCARGOTS
12. DAMPER
13. MOUSSAKA
14. BORSCH
15. SMORGASBOARD
16. ROAST BEEF & YORKSHIRE PUDDING
17. SPRING ROLLS
18. SUKIYAKI
19. GOULASH
20. CHILLE CON CARNE
21. FRIED RICE
22. FEIJOADA (black beans & smoked meat)
23. EMPANADAS (minced meat pasties)
24. LAKSA
25. PAELLA
26. RAW TUNA
27. STEW
28. GADO-GADO
29. NASI GORENG
30. ENCHILADAS
31. HARIRA SOUP
32. TOM YUM SOUP
33. SATAY



Acclaim Images.com



Puzzles

Complete the Proverbs

Questions	Answers
1 If you can't stand the heat _____	:
2 _____ makes perfect	:
3 Hell hath no fury like a woman _____	:
4 A _____ may look at a king	:
5 Clutching at _____	:
6 A bad penny always _____	:
7 Hair of the _____ (hangover remedy)	:
8 Don't put the _____ before the horse	:
9 The bigger they are, the harder they _____	:
10 Knee-high to a _____	:
11 Living in the lap of _____	:
12 Hunky _____ (fine)	:
13 He that fights and runs away, _____	:
14 Twiddle ones _____	:
15 Order of the _____ (dismissal from employment)	:
16 To err is human, to forgive _____	:
17 _____ is the best policy	:
18 A horse of a different _____	:
19 _____ can't be choosers	:
20 A stitch in time saves _____	:

Answers

1. ITALY
2. GERMANY
3. USA
4. SCOTLAND
5. KOREA
6. ITALY
7. MIDDLE EAST
8. INDIA
9. MEXICO
10. AUSTRIA
11. FRANCE
12. AUSTRALIA
13. GREECE
14. RUSSIA
15. NORWAY
16. ENGLAND
17. CHINA
18. JAPAN
19. HUNGARY
20. MEXICO
21. CHINA
22. BRAZIL
23. CHILE
24. SINGAPORE
25. SPAIN
26. JAPAN
27. IRELAND
28. INDONESIA
29. MALAYSIA
30. MEXICO
31. MOROCCO
32. THAILAND
33. INDONESIA
34. JAPAN

Answers

- 1 Get out of the kitchen
- 2 Practice
- 3 Scorned
- 4 Cat
- 5 Straws
- 6 Turns up
- 7 Dog
- 8 Cart
- 9 Fall
- 10 Grasshopper
- 11 Luxury
- 12 Dory
- 13 Lives to fight another day
- 14 Thumbs
- 15 Boot
- 16 Divine
- 17 Honesty
- 18 Color
- 19 Beggars
- 20 Nine

Father's Day Crossword Answers

Across

1. necktie
4. camping
6. son
7. barbeque
8. hug
10. daughter
11. fishing

Down

2. tickle
3. joke
6. father
9. golf





Hillcrest Village

Hillcrest Village News

September 2022



Our header photo this month conveys optimism as we launch into spring. The dark rain clouds of winter are replaced by fluffy white ones and blue sky. Blossoms are beginning to emerge from the well-soaked plants in the Village gardens. The Village social program is also about to “blossom” as the re-imposed cautions following the re-invigorated Covid-19 outbreak in July begin to retreat. Read on to find out what’s happened in the last month and what is planned for the start of spring.

New and repaired at Hillcrest

We include three items that update various building projects that have been happening in August. The first is the long-needed repair to the ramp that provides easier access to Hillcrest House. The ramp on the southern end of the building was an add-on when the “House” was restored in the early 1990s through the efforts of UPA and Friends of Hillcrest. It was not included in the early plans and sketches for the restoration work. The ramp was added late in the project and was costed at the time at \$15,000.



Some years ago, there were instances of the timber railings breaking away, not a good situation for those who needed the assurance of safe passage on the ramp. During August, the ramp was upgraded by installing stainless steel top rails and wire ropes between the posts.

Left: Frank Singh and Peter Coles work towards repairing the access ramp for Hillcrest House.

Walkway – built at last!

Hillcrest’s “Northern Distributor” was heading for completion as this edition of *Hillcrest Village News* went to press. For pedestrians, wheelchairs, and mobility scooters, the steel structure will connect the Village’s middle road with the main part of the Village, its clothesline and vegetable garden.



Before the new walkway, access between the middle road and lower level of the Village was confined to the steep main drive at the southern end of

Hillcrest Village

the current complex or the stairs between units 20 and 21 (see photo below). Neither of these was an ideal option for anyone with a mobility issue.

The opening of Kennett Home in 2016 provided a third option – via the Kennett lift. That was ruled out with the arrival of Covid-19 in 2020.

Some years ago, the suggestion was made that a ramp was needed to provide better access between these two levels of Hillcrest Village (see photo, right). Progress was thwarted for a variety of reasons. However, once construction company, Fleetwood Urban, commenced work on 27th July this year, progress accelerated and soon, the Northern Distributor will be open for traffic!

The project provided quite a spectacle for residents and many photographs were taken. Three of those sent to HVN by our readers are included below. Residents have been invited to the Official Opening of the Walkway scheduled for 23rd September 2022.



Northern end of middle row of units: A – road; B – start walkway; C – clothesline and walkway end; D – Village Green. (Drone photo: 2019)



Walkway project: **Top** – pumping concrete for the footings to anchor the structure; a later concrete pour. **Bottom** – assembling the steel supports; Anthony Whitney removing some of the tree debris following the July storm and trees cleared for the project.

Hillcrest Village

Dementia Sessions

Hillcrest residents and the local community were invited to take part in a series of three information sessions about dementia held in late August/early September. They were at Hillcrest House and presented by staff from Anglicare. Residents' Association President, Maureen Thackray, was instrumental in making this valuable series available on site for Hillcrest residents.



The wider community was notified about the presentations through the *Illawarra Flame*. One person took up that offer for the first session and three at the second. Fourteen residents attended the first session on 18th August presented by Dragana Bozinovski, pictured above with Maureen. Most returned for session 2 presented by Alice-Jane Summons.



Morning tea was a popular start to each dementia session. Pictured above are June Lang, presenter Alice Summons (Anglicare) and Daphne Asquith.

Some scary statistics were disclosed during Dragana's talk. They included that currently (2022) 487,500 people are living with dementia in Australia, the second leading cause of death in the nation and exceeded only by heart disease. She defined dementia as an "umbrella" term for a collection of symptoms caused by disorders affecting the brain and that interfere in daily life. One of those is Alzheimer's disease which leads to an accumulation of plaques in the brain. Several in the audience were relieved to learn that dementia is not hereditary! However, the disease can occur across a wide age spectrum. It is progressive and terminal.

Alice Summons ran the second session and was expected to take the third. She reminded us that anyone can get dementia and continued by outlining the risk factors, some of which we, as individuals, had no chance of influencing. However, there were others that we could work on to reduce the risk of the onset of dementia. They were mostly related to physical and mental health. Regular exercise was high on the list of things we can do to help, as was regular social contact with others, something this Village offers its residents. The course was well received by its participants. Thanks, Maureen, for arranging it.



Geeta and Gyanendra Pradhananga travelled from Ashfield to attend "Let's talk about Dementia" at Hillcrest.

Hillcrest Village

August Birthdays

Covid-19 cases in New South Wales increased during July and August. The peak of reported cases occurred late in July and then declined slowly throughout August. There was a dozen or more cases within Hillcrest Village during that time. UPA urged residents to be vigilant and curtailed group events, including bus trips.

So, residents whose birthday was in August were not able to be treated to the usual Birthday Lunch at Hillcrest House. They will be recognised with the September group at a planned barbecue this month. Details are in the Social Calendar which is at the back of this issue of the "Seaside Hamlet".

Nonagenarian George Wardman managed to score his personal celebration on the day of his birthday – 1st August – just before the new restrictions were implemented. Following croquet, he was invited to literally cut the cake made for him. He was visibly moved by the experience so we can report that he really did get to enjoy his birthday.



George Wardman (left) at a celebration of his birthday hosted by the Pedemonts. Others in the photo are Farida Hassim and Warren Pedemont.

Handy in the garden

Few residents will have missed seeing Tony Howl busy around the Village gardens – and lawns. He's turned his attention to some of the "cottage" gardens and those planted in unusual places, such as along the back of units 11-16. Our photo shows Tony, helped by June Lang, topping up the mulch in one of those gardens.



Croquet players really appreciate the work Tony continues to do in keeping the lawn in shape for the regular matches. With so much rain having fallen this year, it has made his task a greater challenge.

Hillcrest Village

Hillcrest House verandah repairs

Previous issues of *Hillcrest Village News* have mentioned the work planned to stabilise the verandahs around the House.

Following the long period of wet weather during which work was not possible, real progress has now been made to return the verandah to a safe and enjoyable feature of the 1880's building.

Space underneath the deck has been cleaned out and the piers strengthened prior to their restoration. Work continues to divert surface water from under the building. Rainwater from the large roof will be captured and better managed by improvements to the stormwater system. The area under the open verandah will soon be concreted (see photo below). Following that, attention will turn to the western or back verandahs of the house.



Above: Ron the Builder checks the steel that now supports the verandah. Brick piers will be formed around the supports.

Left: Area under the main verandah ready for concrete.

Nature corner

Earlier in "News", we suggested that there are already signs of spring in the air! One can't help notice the hippeastrum foliage emerging from the many bulbs in Hillcrest gardens. There are already blossoms out and green shoots appearing on some trees and shrubs. Thanks to Kerry Heckenberg for providing the nature photos for this month.



Hillcrest Village

Personal jottings

Sue and David Saffery have enjoyed a busy couple of months. We previously mentioned the arrival from London of David's son, Graham, and wife Benice late in July. The family (pictured at right) spent a short while at Hillcrest before travelling to other parts of the country, including Melbourne for a week. Benice returned to the UK around mid-August and Graham, following further family visits elsewhere in the state, returned to London in late August.



George Wardman (left) and Warren Pedemont resting following a game of croquet at Hillcrest Village.

Earlier in this edition we mentioned that keen croquet player, George Wardman, had a small birthday celebration at the beginning of August. We again feature George to mention that he and Warren Pedemont have formed a strong friendship in the Village through Warren's kindness in taking George out each week, usually to enjoy lunch somewhere. We should soon be able to ask them to contribute a column to review the places they have dined and enjoyed!

It was good to see Barbara Knox back at Stanwell Park in late August following an extended period of illness from a serious bout of Covid-19 confirmed in early July. While not fully recovered, Barbara continues to manage the several projects happening at Hillcrest. The Residents' Association has already wished her a quick return to good health on behalf of all residents.

We've also been told that both June Lang and Farida Hassim have had medical issues during August. We wish them both a speedy recovery.

"Hillcrest Village News" is compiled by Graham and Meg Thwaite. Thanks to guest photographers for this issue – Sue Sarlos, Kerry Heckenberg and Chris Pedemont. Items and photos for the next edition are welcome – please email: thwaiteau@yahoo.com.au or leave items in mailbox 23 by 22nd September.

Hillcrest Village

Hello Everyone!

Nice to see the sun shining once again! Spring is here and so is hopefully, the warmer weather.

Thank you to all Hillcrest residents for my beautiful flowers! It was a thoughtful gesture and a lovely surprise. Being natives they also lasted quite some time and I enjoyed looking at them each day in my office. Thank you again.



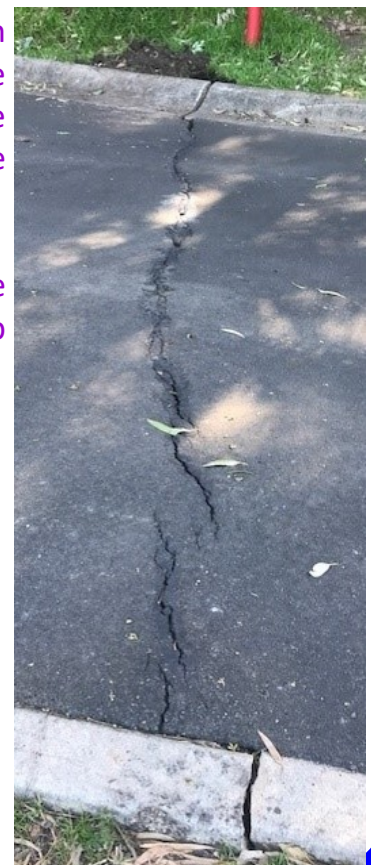
It was great to finally be well enough to visit Hillcrest since my illness with COVID-19. I'm now on the mend, but still fatigued some days together with a big of a "foggy" brain. It will take some time...

There is so much going on at Hillcrest at the moment. The boardwalk is certainly coming along quickly after Wollongong Council finally gave approval to commence.



The disabled ramp at Hillcrest House has been repaired and there are major works happening at Hillcrest House with new footings and piers to tie the verandah back to the house. There are also a number of rotten beams and posts that will require replacement as well. The builders found more rotting damage to the verandah outside the kitchen which will require more work. The builders are also installing better drainage to ensure no water flows near the house. The Concept Team are doing a fabulous job on these repairs.

We also had to do repairs to the road behind Hillcrest House where a large crack was filled in. Unfortunately we believe it to be landslip due to all the rains experienced over the past few months.



Hillcrest Village

After three years of researching and writing, our book is finally completed! Graham and I are excited that we will soon be holding our actual book. The book is called Black Coal to Diamond and is about the Hillcrest site and the Hargrave family. Invitations went out to all residents for our book launch on Friday 23 September, commencing at 11am to officially open the boardwalk and then back to Hillcrest House for our book launch followed by a luncheon. The cost of the book is \$45 and an ebook is also available for \$30. For Hillcrest residents only, we can also offer a payment option where Jun, our Accounts Officer, can deduct the amount from your account. We hope to see many of you attending on the day!

A reminder that the UPA Sydney Region AGM is being held on Tuesday 13 September at 2pm at our Melrose site at Pendle Hill. This is the first time in a few years where we have been able to hold the AGM face to face, so it will be great to catch up with UPA members and a fabulous afternoon tea is assured.

I would like to wish all Father's a very Happy Father's Day for Sunday.

Kind Regards,
Barbara



Hillcrest Village

September

2022

Spring is here!!!!

August/September Birthdays lunch BBQ

Saturday 10th September under the fig tree.

12 noon.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10.30am Dementia Talk at HH	2	3
4 Fellowship TBA	5 Croquet 2pm	6	7	8 Quarterly meeting 10am HH	9 Bus Trip. Gerroa Fisherman's club. Leaving village at 10.45am Croquet 2pm	10 Birthdays lunch BBQ 12 noon
11	12 Croquet 2pm	13 UPA AGM Pendle Hill 2pm	14	15 Games night resumes 7pm HH	16 Croquet 2pm	17
18	19 Croquet 2pm	20 Tony's birthday	21 Jackie's birthday	22	23 11am Boardwalk Opening & Book Launch Croquet 2pm	24
25	26 Croquet 2pm	27	28	29	30 Croquet 2pm	

If you are attending the UPA AGM at Pendle Hill on Tuesday 13th September and would like a lift in the Village bus would you please let Chris Pedemont know on 0417 219124.

YOUR CHECKLIST TO PLAN AHEAD FOR EVENT TIME

18–25 SEPTEMBER

TRAVEL AND STREET ACCESS

- Plan ahead. Think about a regular week and where you travel to, and then review the interactive road closure maps online to see the impact
- There will be no parking on course roads and some surrounding streets at varying times, and tow aways will be enforced - consider other locations to park your car, caravan or trailer
- Think about alternative routes – they may not be the most direct, but a detour might be the answer to get you from A to B
- Can you use public transport and active transport? Walking or riding with children to school, or taking a train may get you to your destination faster
- Adjust your regular travel schedule – can you leave earlier in the morning, or return home after 6pm?
- Re-schedule any non-essential appointments to before or after the event period
- Discuss your work arrangements with your workplace and consider if working remotely is an option for a day, two, or the week?
- Carpooling is a great option – travel together to reduce vehicles on the roads for the week and be less impacted by the reduced parking options
- If you live on the race routes can you park on a nearby street, or at a friend's house, so you can access your vehicle during race times?
- If you travel to Sydney regularly, check the train schedule and plan your trip around road closures. Parking at train stations will be busier than usual

SERVICES AND SUPPORT

- Unless informed otherwise, put your bin out the night before your usual collection day
- Do you receive grocery or parcel deliveries? Update your delivery times if access to your home will be impacted
- Think about your friends and family – are there people who are vulnerable or require additional support? Reach out to let us know (community@wollongong2022.com.au)
- If you provide or receive care services, can you adjust days of the week or hours of service around event times?
- Plan ahead for church services, special occasions and one-off events

GETTING INVOLVED

- Volunteer! Bring your Wollongong pride and get involved behind the scenes for an unforgettable experience
- We'd love to see our local community out and enjoying this amazing event in Wollongong
- Come along to the races for FREE and soak up the adrenaline of this once-in-a-lifetime event
- Choose your favourite country or rider and get behind them for the week
- Decorate and clean up your front yard or business to welcome visitors and show the world how proud we are of our city
- Join in the party vibes of Spin Fest activities, for an arts and culture fix during September



With changes occurring across the city, here is a checklist to help you plan ahead. If you keep one piece of information handy, make it this one!

We understand that event week will be challenging for some of the community, and every circumstance is unique. While these suggestions will not work for everyone, there may be some options that make event week more manageable.

**#RIDEOFYOURLIFE
#WOLLONGONG2022**



Scan the QR code for more information, or visit:
wollongong2022.com.au/community



*A grandfather is a special blessing
enriching the life of a grandchild
with unique and incomparable joys.*

*Grandpa, you are my special joy.
I get a warm, safe, contented feeling
when I think of you.*

*With you, I feel no pressure to be
what someone else wants me to be;
you love me enough to let me be me.*

*You're never in a hurry;
you always take time to listen and to help.
You are always there for me when I need you;
You're never too busy for talks, for walks.*

*I can count on your wisdom,
your life experience,
your understanding heart
to help me comprehend and get through
challenges you've already faced.*

*You are part parent, part teacher,
part best friend.
Your strength and your easy, calm confidence
is your legacy to me,
and I love you dearly.*

Happy Father's Day, Grandpa!