

Gumleigh Gardens NEWSLETTER

January 2019
Ph (02) 6921 3219



Hi Everyone,

We hope everyone had a safe and happy holidays. Enjoying a little too much food and time with loved ones.

Now the New Year and holidays are over we are happy to return to business as usual.



Moving into the new year we will be advertising for a new office administrator as Emily will be leaving us at the end of March to have her baby.

Pete has been on holidays over the Christmas break and has now returned. He may be a little busy once he returns but he will get to everything as quickly as possible. As the weather has been extremely high of late we have included some tips on keeping cool. UPA also have a responsibility to keep staff cool and during the Summer months Peter will be collecting the bins in the morning of a Thursday when temperatures are high. Please have all rubbish ready in the morning.

Pest Control

We are looking for expressions of interest for Craig From Terminate to carry out pest spraying for those residents who would like to have it done this year.

If you are interested in getting your unit sprayed then please ring and let us know. Once we have an idea of numbers we will contact those interested with a confirmed price and date available to book you in.



A warm welcome to Maxine and Barry Hull who moved in just before Christmas to unit 7/19. I am sure you will all make them feel welcome.

We also farewell Elaine Bake from Unit 35 who moved into the hostel before Christmas.

Judy Day will be moving into Unit 35 on 1st of February. Please also make her feel welcome.

A reminder the office will be closed on Monday 28th January for the Australia Day Public Holiday.

Upcoming Staff Leave

Kay Morrow January 12 - 27

compassion · respect · integrity · kindness · inclusiveness

Village News and Events



Next Devotional Service is on:

Tuesday 5th February at 9.30am

Followed by morning tea at 10.00am Cost \$2.00.

Resident Meeting will follow at 10.30am



Monthly Friday Gathering

18th January @ 5.30pm

Bring a plate of food to share and
BYO Drinks.

Gumleigh Games Hour

Come and join your neighbours
for a fulfilled games hour!

2.30pm on the 25th January

*If you have any feedback about the
Gumleigh Games Hour please let us know*



Coffee & Chat

Come and join other residents for a coffee /
tea in the hall Sunday at 2.30pm onwards

We have recently purchased a portable blower Vac which our
Homecare staff have been using to assist in their duties. The
blower Vac is very light and easy to use.

If you wish to borrow it please come in to the office and ask.
You are more than welcome to borrow.

Events in Wagga



Wazza - Explore the life and legacy of local legend, mentor and pioneering cricket coach Warren 'Wazza' Smith

Exhibition running until 17 February | 10am - 4pm | Museum of Riverina Council Chambers Site | Free Entry

Australia Day Celebrations

Sat 26 Jan | TBA | Civic Theatre Precinct | FREE

Markets by the Lake

Saturday 26th Jan | 09am - 1pm | Apex Park Lake Albert | Free

Gil Mathew - Wagga Pro Rodeo

Saturday 09 Feb | 4pm - 11pm | Wagga Wagga Equex Centre Copland Street | Adult \$25, Under 14 \$15. Under five - Free.

Met Opera Special Screening
Screening on Sundays at 1pm
and Wednesdays at 10:30am



MARNIE: NICO MUHLY

10th February & 13th February

Nico Muhly's Marnie, based on Winston Graham's novel, which in turn inspired Alfred Hitchcock's suspenseful thriller, has its U.S. premiere at the Met this season. Isabel Leonard stars in the title role opposite Christopher Maltman as her blackmailing husband Mark Rutland, Iestyn Davies as his brother Terry, Janis Kelly as Mrs. Rutland, and acclaimed mezzo-soprano Denyce Graves as Marnie's mother. Robert Spano makes his company debut conducting

Q&A DRINKS

Enjoy a two hour, leisurely stroll down Fitzmaurice Street, with the odd stop for a cleansing ale or wine at discount prices. Immerse yourself into an entertaining history of the hotels at that end of town!

Available for private tours or corporate events. Headphones and receivers provided. Leaving from the Hampden Bar Cellar, Romano's Hotel

\$25 per head | Bookings essential.
Confirm times at Civic Theatre Booking Office.
02 6926 9688 | boxoffice@wagga.nsw.gov.au
www.civictheatre.com.au

**PROUDLY SUPPORTED BY
WAGGA WAGGA CITY COUNCIL • ROMANO'S
HOTEL • THE RIVERINA HOTEL • THIRSTY
CROW • DUKE OF KENT HOTEL**



Fun Corner

			2					5
8					9			4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
		1		3	4	9	8	
9	2		6	5				3

GREAT TRUTHS ABOUT GROWING OLD

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same sensation from a rocking chair that
5. It's frustrating when you know all the answers but nobody bothers to ask you
6. Time may be a great healer, but it's a lousy beautician.
7. Wisdom comes with age, but sometimes age comes alone.



Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation



10

SUMMER HEALTH TIPS

for Older Adults

As the warmer months are here, Wagga is experiencing a high rate of warmer weather. Temperatures are higher than before and are remaining that way for longer.. With older adults there are health risks to keep in mind.

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms contact your Doctor immediately.



2

Stay Hydrated

Know the signs of dehydration which can include dry mouth, rapid heartbeat and light-headedness.



3

Drink plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by regularly drinking water. You should be aiming for 8 glasses of water per day.



4

Manage Caffeine intake

Caffeinated beverages like coffee or tea can dehydrate you. Make sure you have a glass of water for every cup of coffee.



5

Plan your exercise time

If your physical activity takes you outdoors, take advantage of early morning and evening hours when the sun is at its weakest.



6

Keep Cool Inside

Close blinds and curtains to help keep the heat out during the daytime hours.



7

Stay Cool

Use your air conditioning or evaporative cooling system to stay cool. Ensuring your room is at a comfortable temperature is extremely important.



8

Apply Sunscreen

When outdoors, make sure you wear sunscreen.



9

Cool Down

Take a cool Shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors



10

Check on your neighbours

Take the time to ensure your neighbours are looking after themselves and OK during heatwaves.



Recognising Heat Exhaustion and Heat Stroke

HEAT EXHAUSTION

Symptoms

- » Faint or Dizzy
- » Headache
- » Profuse Sweating
- » Irritability
- » Weak, Rapid Pulse
- » Shallow Breathing
- » Pale, Cool, Clammy Skin
- » Nausea or Vomiting
- » Muscle Cramps

Treatment

- » Have person lie down in a cool shaded area or in air conditioning
- » Drink Water if victim is conscious
- » Use caution when victim stands up, apply cold compresses

HEAT STROKE

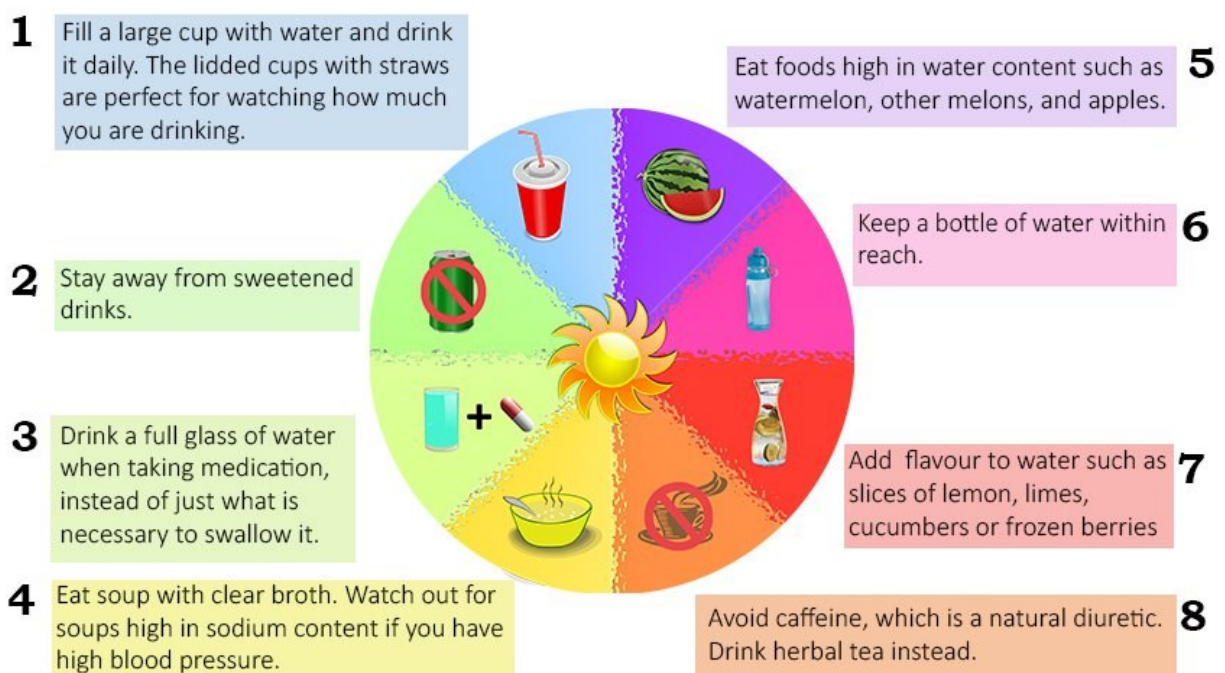
Symptoms

- » Absence of Sweating
- » Hot, Red, Dry Skin
- » High Body Temperature
- » Nausea or Vomiting
- » Strong, Rapid Pulse
- » Confusion
- » Convulsions
- » May Lose Consciousness

Treatment

- » Dial 000
- » Take action to cool victim by any means. Place person in a cool area, wrap in wet towel, sponge victim with cool water.

How to stay hydrated in 8 steps:



The Rum Rebellion

Sourced from: <https://www.sl.nsw.gov.au/stories/terra-australis-australia/1808-rum-rebellion>

On 26th January 1808, officers and men of the New South Wales Corps marched to Government House in Sydney in an act of rebellion against Governor William Bligh.

Bligh was arrested and the colony was placed under military rule. This was the only time in Australian history that a government was overthrown by a military coup.

The military stayed in power for two years until Lachlan Macquarie, the fifth Governor of NSW, assumed office at the beginning of 1810. The overthrow of Bligh much later became known as the 'Rum Rebellion' because the NSW Corps was heavily involved in the trade in rum in the colony and was nicknamed the 'Rum Corps'. The term 'Rum Rebellion' was not used at the time. The factors leading up to Bligh's arrest had much less to do with the rum trade and much more to do with a battle for power between the military and civil elites of the colony and the Governor.

A Governor representing the British government ruled the penal colony of New South Wales. He took instruction from the government in London and was responsible for implementing government policy and maintaining order in the Colony. The officers and men of the New South Wales Corps were stationed in the Colony to support the Governor. Many of the men in the New South Wales Corps were recruited from the unemployed in Britain though many were skilled, victims of the Industrial Revolution. New South Wales was a long way from home, and quick promotion, good wages and the opportunity to engage in trade alongside their military duties induced ambitious men to sign up.

Officers were also rewarded by early governors with large land grants and were assigned convict labour, which allowed them to build comfortable homes and cultivate farm produce, which they could sell at a profit. Before the end of the 18th century, trading ships were already calling in at Sydney Cove, knowing that the remoteness of the colony meant good business. The early governors bought some of the goods to replenish the government stores and allowed the military to purchase and market the rest, effectively allowing them to monopolise trade within the town.

The Rum Rebellion

Note and coin money was in short supply, so a complex barter system developed which was controlled by those who had access to goods – particularly food, clothing and alcohol. Convicts and lower ranking military were regularly paid in goods, rather than money, and the most popular form of payment was rum. The NSW Corps involvement in this system led to its nickname in the 1790s – the Rum Corps.

Some of the officers in the Corps, like John Macarthur, became powerful and wealthy citizens in the small Colony. Macarthur was favoured with large land grants and other privileges under Lieutenant-Governor Francis Grose. As Officer-In-Charge of the NSW Corps, Grose had temporary charge of the Colony after Governor Phillip left and appointed Macarthur to several official positions of influence.

The power wielded by Macarthur and others lead to clashes with the second and third governors, John Hunter and Philip Gidley King, who tried to eradicate the military's monopoly on trade and crack down on drunkenness, but too much money and power was at stake and they failed. The next Governor was William Bligh, who arrived in the Colony in 1806. 'Bounty' Bligh had a reputation for tough leadership and the British Government hoped that he could exert some control over the rum trade in Sydney.

Bligh came into conflict almost immediately with John Macarthur (who by this time was no longer a Corps officer) over Macarthur's provisional land grant in the Cowpastures and Bligh threatened to remove Macarthur from his prime land.

The animosity continued until Bligh had Macarthur taken to trial over an incident involving one of Macarthur's trading ships. The jury of Corps Officers refused to recognise the court and Bligh indicated that he intended to charged them with treason. Commanding Officer of the NSW Corps, George Johnston defended his men and claimed that removing them from duties would compromise the safety of the Colony. He claimed that Bligh needed to be removed from office for everyone's good.

*Sydney Cove and
Government House*



Contact Us

ph (02) 6025 1776 fax (02) 6025 5712



Our other services & locations

Community Care

Eleanor Bohr
Amaroo Dementia Day Club
Lavington
ph (02) 6025 1776

Trish Robinson
Home Care Packages - HCP
Commonwealth Home Support Program - CHSP
Lavington & Henty
ph (02) 69293244

Henty Meals on Wheels
Community Centre Ivor Street
Henty, NSW, 2658
ph (02) 6929 3244

Sandy Brown
Home Care Packages - HCP
Commonwealth Home Support Program - CHSP
DVA
Wagga Wagga
ph (02) 6921 3219

For any general enquiries please contact the regional office:

342 Wagga Road
Lavington NSW 2641
ph (02) 6025 1776
e region-
aloffice@upamurray.org.au

Independent Living

Sal Anderson
Hillsborough Retirement Village
32 Sydney Road
Beechworth ,VIC, 3747
ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care
340 Moore Street
Lavington, NSW, 2641
ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living
Allan Street
Henty, NSW, 2658
ph (02) 6025 1776

Park Hall Village
Park Hall Village Place
Wodonga, VIC, 3690
ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village
Balfour Street Culcairn, NSW, 2660
ph (02) 6025 1776 fax (02) 6025 5712

Sandy Brown
Gumleigh Gardens Retirement Village
23 Albury Street
Wagga Wagga, NSW, 2650
ph (02) 6921 3219

Knightleigh Cottages
Cnr John & Nicholas Streets
The Rock, NSW, 2655
ph (02) 6921 3219

WT Wilson Homes
Near Cnr North & Operator Streets
West Wyalong, NSW, 2671
ph (02) 6921 3219

Residential Care

Christine Fulthorpe
Gumleigh Gardens Hostel
29 Shaw Street
Wagga Wagga, NSW, 2650
ph (02) 6931 0409 fax (02) 6971 9610

Leonie Mardling
Holbrook Village Hostel
45/47-55 Bowler Street
Holbrook, NSW, 2644
ph (02) 6036 2817 fax (02) 6036 3618

Kerralyn Bullock
Jindera Gardens Hostel
80 Creek Street
Jindera, NSW, 2642
ph (02) 6026 3799 fax (02) 6026 3477

Judy Osmand
Oolong Hostel
97 Sturt Street
Howlong, NSW, 2643
ph (02) 6026 6800 fax (02) 6026 5111

Jaqui Hastings
Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Susan Weston
Myoora Homestead Hostel
Bartsch Ave & Keighran Street
Henty, NSW, 2658
ph (02) 6929 3200 fax (02) 6929 3602