

Summer
2016

inspire

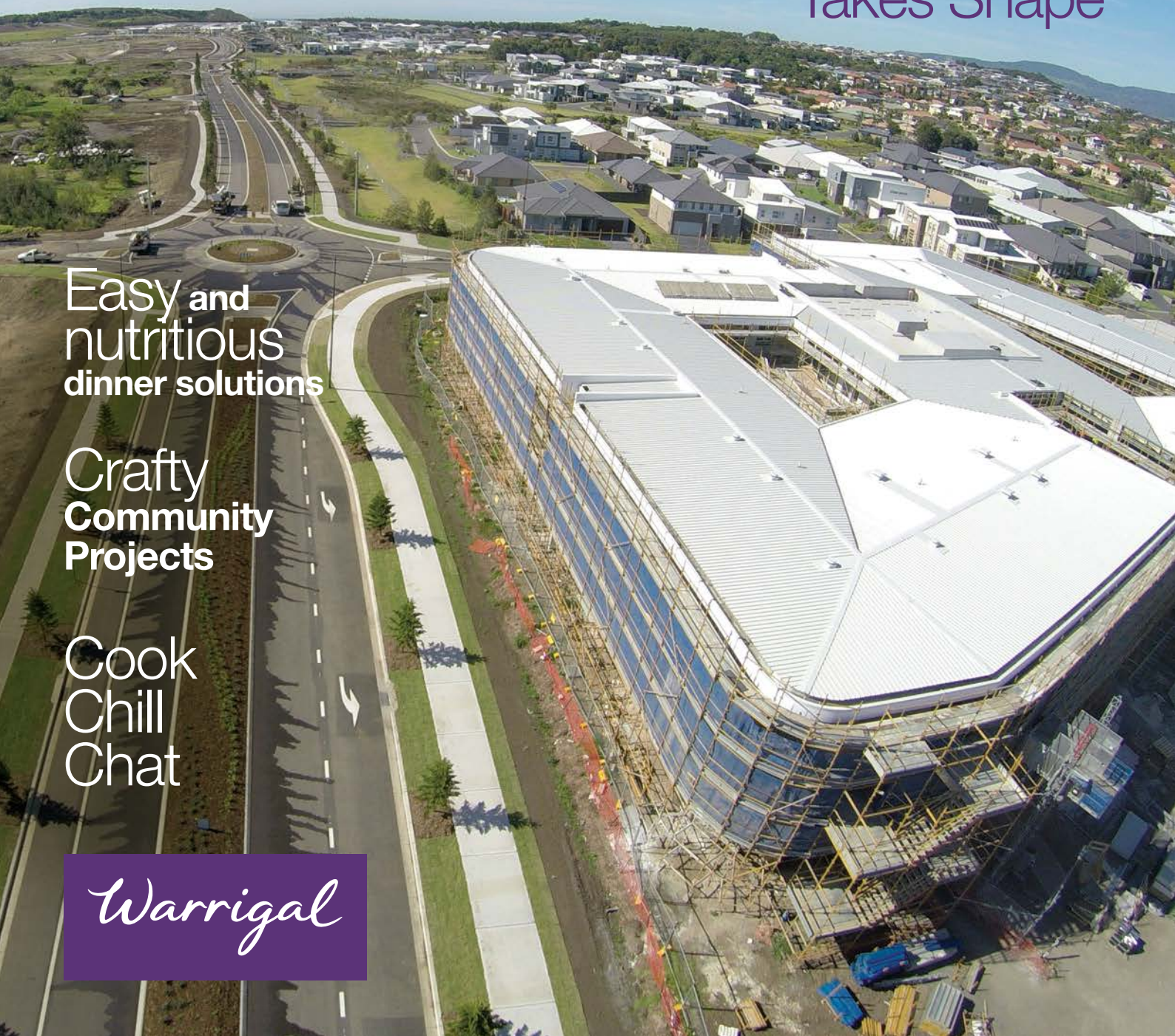
Warrigal Shell Cove Village Takes Shape

Easy and
nutritious
dinner solutions

Crafty
Community
Projects

Cook
Chill
Chat

Warrigal



inspire

In this issue

Welcome 1

Inspiring

Inspiring People of Warrigal 2
Our Inspiring Chairman, Alan Hardy 12
Cook Chill Chat 13
Healthy Eating 14
Projects for Community 15

Warrigal News

Warrigal Shell Cove 6
Sustainability News 9
Snippets of News 10
Australia Day Walk 11

Entertainment

Calendar 16
Social Pages 18
Puzzles 19
Real Estate @ Warrigal 20
Puzzle solutions 22

Inspire is a magazine for you – we invite you to contribute with stories, book or movie reviews and travel tales. Contributions can be submitted to The Editor by:
Email: community.relations@warrigal.com.au
Mail: PO Box 435 Albion Park NSW 2527





I am pleased to welcome you to our latest edition of Inspire. As 2016 draws to a close, I am proud to look back on a year where our Warrigal staff worked hard to ensure older people in our community were living great lives.

We are always inspired to see the great ideas people in our communities come up with – worm farms, high tea dress up parties, Christmas in July celebrations, And we were pleased to have many of you participate in events organised by Warrigal such as the Australia Day Community Walk, Go Grey In May Exhibition and the Olympics celebrations.

In construction news, our Shell Cove village is on track with some exciting progress. We know our future residents love seeing progress made on their homes as they look forward to a life in Warrigal's newest community. Read more about Warrigal Shell Cove on page 6.

We hope you enjoy a great read, and look forward to seeing you at some of the great activities that you will find listed in the Events Calendar on page 16.

Have a safe and joyful Christmas.

Best Wishes,

Mark Sewell, CEO

come

Inspiring People of Warrigal

Warrigal held its second 'Go Grey In May' celebration this year with an exhibition of stories and photographs showcasing Inspiring People of Warrigal.

From the ordinary to the extraordinary, everyone has a story to share. We were proud to share 25 stories of our residents, staff and customers. The exhibition toured Wollongong, the Southern Highlands and Goulburn.

You may spot Inspiring People of Warrigal at your local bus stop, in your newspaper, or cruising around on the backs of buses as we spread our message that older people should have the opportunity to be themselves, be happy, connected and live great lives!

If you would like to nominate yourself or someone you know to be an Inspiring Person, please contact Warrigal's Community Relations team – community.relations@warrigal.com.au





**Kathy, Warrigal Employee and
Valma, Warrigal resident**

"I've been helping Valma for four years. She's so lovely, a social butterfly I call her. She loves to dress nicely and catch up.

Valma is a sewer and knitter and loves fashion. We talk about our family, and are both Christians. She tells me about shopping and bargains she gets, and we talk about what's happening in the news and in our lives.

I think I get more out of it – I love knowing I can make someone's day, it's rewarding. I get so much out of making Valma and other customer's happy and knowing that they are safe.

Our Connect customers are passionate about staying in their home as long as possible, so it is lovely to make that happen. They love being home. It's an honour to be a carer. It's the best job I think."

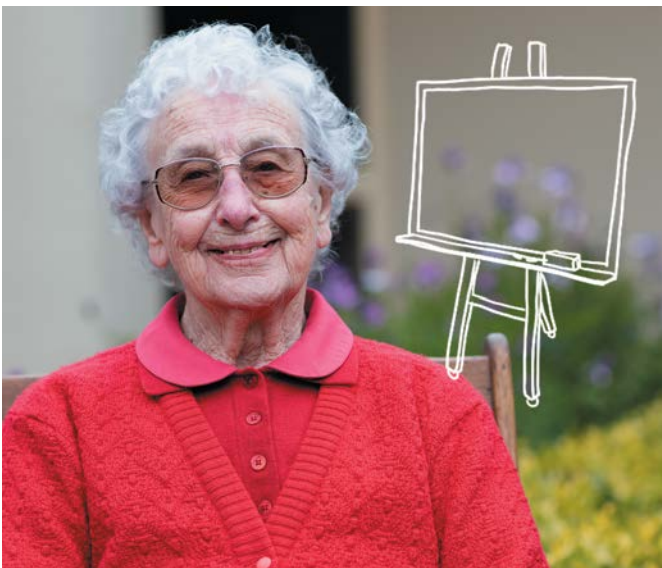


**Walter, 98 years,
Warrigal Resident**

"We were delighted in Australia, enough to know we did the right thing to move.

It was difficult to get used to the temperature at first. And the teachers would call the headmaster by his first name. They would call across the playground "Hey Don!" That amazed me, calling your headmaster by his Christian name! We always called our headmaster "mister" in England.

I came to the Teachers College in '82. The Queen came to the Teacher's College, I had to escort her... She overstayed her time by three quarters of an hour."



**Meg, 85 years,
Warrigal Resident**

"My father was a school teacher. I remember going down with my father to school while he worked. I enjoyed going down there. I wrote on the blackboards, poked around or just watched what he was doing.

I was a very bright student, not naughty – heavens no. Not to be pretentious, but I was very bright at school!

I did a commercial course and worked for a real estate agency in Wagga. Apart from real estate they had a franchise for dispatching planes out of Wagga. They held the passenger lists and weighed the luggage. It was an interesting job as I got to see all sorts of people. It was an interesting occupation. I worked there until I got married."



**Lorenzo, 31 years,
Warrigal Employee**

"I was born and raised in the Philippines. I grew up in a very close nuclear and extended family setting. It is natural for me to have a love and passion for taking care of older people.

I finished my Bachelor's degree in Nursing through my love of music – I sing and I play the drums. My first Australian visa back in 2003 was due to a drummer's conference in Sydney.

I came to Australia with a dream of becoming a registered nurse here. This is the closest thing to becoming a doctor which has been my dream since I was young boy. I was born to a not so fortunate family. We did not have the resources, but against all odds, I ended up here! I am proud that I have experienced aged care as a carer and "worked my way up"."



**Ian, 71 years,
Warrigal Resident**

"I went into the department of the army and from there I transferred to the diplomatic court. I applied for the job in foreign affairs, it was in external affairs, and they posted me to Moscow because of my military background. My daughter was born in Helsinki as a result of that, we called her a little Finn. It was the time of the communist regime and you weren't allowed to go places, to get to see the ballet or the red army choir you had to apply and if your embassy wasn't in favour you wouldn't get approved to see it.

I never stopped doing community work – I helped the Salvation Army, the Cancer Council, the Heart Foundation, the Red Cross, Ex-Services Legion, and was President and Chairman of The Lion's Club. My daughter says that I passed onto them the ability to care for others."



**Renate, 88 years,
Warrigal Resident**

"I volunteered for the Australian Aerial Patrol, I was on Shark Patrol. We had to spot the sharks for the swimmers. I had the number 1 position, I saw 72 sharks in one day! That day we flew down over Ulladulla and from then on I said 'I'm never going in the water again!'

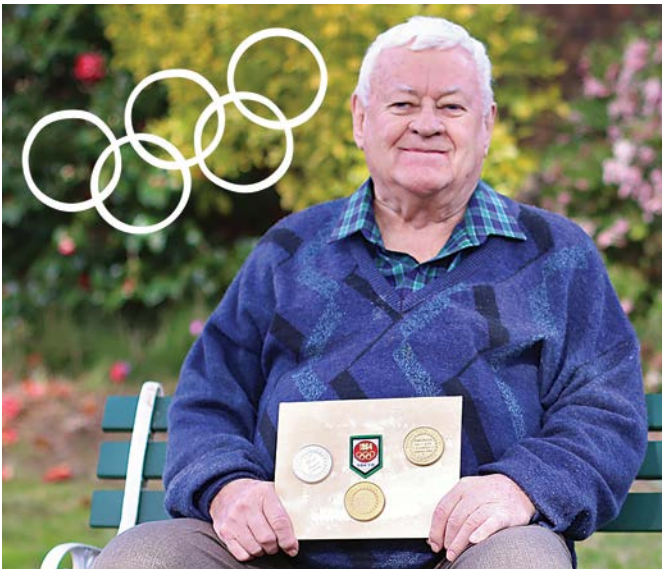
When people went swimming, we were there to look out for them. We went to the beaches without lifeguards, we had to look for the sharks and sound the siren. These people know exactly when to get out, they would hear the alarm. You can see a lot from the air, especially in the water. We would sound the alarm when we would see the sharks in the second breaker, but sometimes they were very close, in the first breaker."



**Cheryl, 56 years,
Warrigal Employee**

"I worked in retail as a manager for 14 years and I needed a change with my career. I didn't know what I wanted to do. I saw an advert in the paper for a casual cleaner, I applied and got the job. I figured this would do until I found my niche... Within one month of working I was promoted to a full time personal care assistant. I have been at Warrigal nearly 23 years... So I guess I have found my niche!

Warrigal Queanbeyan is very homely and in my opinion this has been a drawing card for older people looking for a place to call home."



**Les, 80 years,
Warrigal Resident**

"I became interested in shooting whilst working in spare parts. A customer came in and was talking about his guns and the Gun Club he belonged too. He invited me to come and have a look. After I asked a few questions I thought this would be a great leisure sport to get into, that was in 1958. It soon became a passion. I excelled in shooting winning several titles within 6 yrs of starting, which gave me the opportunity to be selected for the Tokyo Olympics in 1964 for Pistol Shooting. Due to my work commitments I was only able to practice 2 hrs per day - during my lunch break and on weekends. I loved competing, it allowed me to socialise with many shooters from all over Australia and the world. In my career I broke 2 Australian records and won 5 Australian championship shows."



**Norm, 96 years, one of the inspiring original
founders of Warrigal**

"I'm quite happy with my own life, I don't want to change it. I'm very happy here and I hope I can stay here. I hope if I can't take care of myself that Warrigal will take me in. I like my lifestyle and looking after myself, with a little help from Warrigal.

I love being on the water. See that boat up there – True Blue – a friend and I used to own that. We used to keep it up at Bowen, and we had some very good trips, and some very rough trips! We used to go from Bowen out to the Barrier Reef.

I used to get up in the morning – if there was any wind in the trees I'd go back to bed. They had a local fishing competition, and I used to win that most of the time, and I'd get up early and would be back in the harbour by 9 o'clock as everyone else would be going out – that's the time to catch fish."



Warrigal Shell Cove

Construction of our newest village Warrigal Shell Cove – heart of the Marina is well underway.

Our \$68 million project received \$17 million in funding through the NSW Government's Restart NSW Illawarra Infrastructure Fund.

Our new flag ship village at Shell Cove is set to challenge traditional models of care and service delivery for older people. We are getting closer to revealing our new innovative village designed around the principles of social connectedness, vitality and lifestyle choice.

We are confident that no other provider in Australia has this level of

dedication to the emotional wellbeing of its residents and customers. Take our new Companion role whose job it is to foster new friendships and connect our customers and residents to their local communities.

The village will also offer an interesting twist in the way generations interact, bringing people together by means of the "quay," providing a wealth of shared spaces where our communities can spend time dining or people watching, with friends, families or companions.

Our luxury accommodation options includes a variety of architecturally designed 2 and 3 bedroomed apartments and villas, a selection of conveniently located 1 bedroom apartments with services, including chef prepared gourmet meals. Our purposed built Community, Wellness & Care Centre offers sumptuous penthouse corner suites complete with private balcony and living rooms and our deluxe suites are complete with designed interiors and elegant furnishings.

There truly is something for everyone, whatever you desire and whatever level of support you might need.

Our CEO Mark Sewell says "Older people can live here from their retirement, until the end of their lives. With everything an older person could want all in the one location, and of course all amenities within the 'Quay' will be open to the public, making it a truly inspiring community for all."

The Quay – Dining and Communal Areas



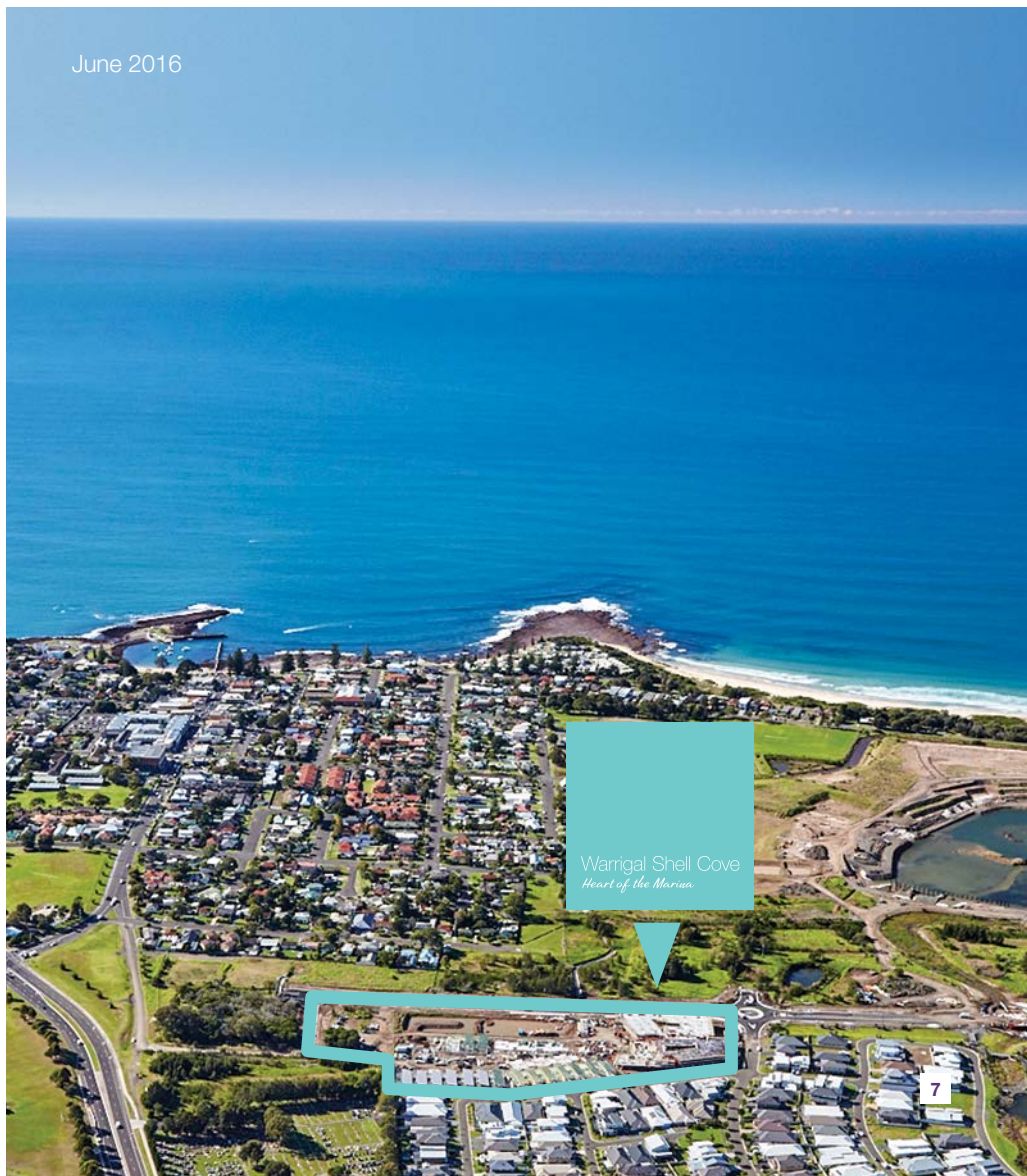
Construction on the village commenced in August 2015 and sees the Residential Care Home, the Quay and the 33 villas due for completion in mid 2017. The remaining development is set to be completed in 2018.

For more information about Warrigal Shell Cove or to join the Shell Cove Village Choices Register call our friendly staff on 1800 WARRIGAL (1800 927 744) or visit www.shellcove.warrigal.com.au.

Join our inspiring team

Employment opportunities at Shell Cove will be available soon. To express your interest, please call 1800 WARRIGAL (1800 927 744) or submit your resume online at www.warrigal.com.au.

June 2016



Warrigal Shell Cove
Heart of the Marua

Shell Cove Hard Hat Tour

We recently held a Shell Cove Hard Hat Tour for key local business leaders, academics, local media and Warrigal board members.

It was a great opportunity for guests to see construction progress of the 128 suite Residential Care Home and The Quay which is being constructed by Grindley. Guests also enjoyed viewing the villas which are being constructed by local South Coast builder 'Strongbuild'.



Mark Sewell (Warrigal CEO), Leanne Taylor (Executive Leader Service Innovation and Development), Peter Hutchinson (Executive Manager Property Services) and Alan Hardy (Warrigal Chairman).

Sustainability & Food

If you haven't yet, picked up your copy of Warrigal's 'Sustainability In Your Home' magazine which is jam packed with information and easy ways to live sustainably. It has global and local benefits, as well as personal benefits including saving money, being more active, creating a healthier living space in your home, and engaging with nature.

Love Food... Hate Waste

Wasting food wastes the energy, water and natural resources used to grow, package, transport and market that food. Each NSW household throws away more than \$1,000 of food per year. Across the state that totals 800,000 tonnes.

Some tips from our residents to stop food waste include;

- Plan your meals and write a shopping list of what you need
- Do a big cook up and freeze for an easy midweek dinner
- Buy the ugly vegetables – they still taste the same!
- Shop small and often
- Use air-tight containers when storing food
- Using wilted and blemished vegetable and fruit in recipes
- Buy veggies only as you need them (every 2nd day or so) as fresh food is very prone to food waste
- Reduce the amount of drinks you waste by checking expiry dates and storing correctly
- Use leftover items to make sauces or as a sandwich filling

Eat local

Buying (or growing!) food locally has a number of benefits including fresher food, supporting local farmers, eating food when it is in season and tastes

best, which has minimal packaging and has not travelled across the world to your plate.

Minimise meat

The livestock industry creates almost a fifth of all greenhouse gases and takes up 30 percent of the earth's usable land, according to a United Nations report. Cutting down our meat consumption is arguably one of the best things we can do for the environment – plus it is good for our health and our wallets too. Check out the www.meatlessmonday.com for recipes and information.

Did you know?

When food waste is dumped in landfill the lack of oxygen creates methane which is a much worse greenhouse gas than carbon dioxide. In fact 1 tonne of methane has the same heating effect as 21 tonnes of carbon dioxide?



Warren's Worm Farm

If you've been to Mt Warrigal you've probably seen Warren's garden. He grows a wonderful range of produce that is used in the kitchen – including tomatoes, shallots, capsicum, chillies, rhubarb and a really interesting fruit that's a cross between a cucumber and an apple!

Warren recently got an in-ground worm farm at the suggestion of kitchen staff. This dug into the centre of one of his garden beds, and food waste from the kitchen is placed in this worm farm where the worms eat it up and directly fertilise the veggies.

The worms can't manage all of the kitchen's food so the rest of the food waste is collected and sent away to be made into fertiliser. Albion Park Rail, Warilla and Mt Warrigal kitchens are all having food waste collected which reduces the waste going to landfill and minimizes our greenhouse gas emissions.



Snippets

Aunty Lindy recognised for contribution to our community

Warrigal Connect Illawarra's **United Elder's Koori Social Club** are a group of female Aboriginal elders who get together regularly to socialise. Aunty Lindy Lawler from the UEKSC group was recently awarded Elder of The Year at the Local Government regional NAIDOC awards for the contribution she makes to the community. Congratulations Aunty Lindy!



Paws Pet Therapy bringing smiles to residents at Albion Park Rail



Due to the generous funding from The Shellharbour Club as part of Shellharbour's ClubGRANTS scheme, Albion Park Rail commenced its 'Paws Pet Therapy.' Snoopy and his carer Katherine will become regular visitors providing interactive and fun therapy fortnightly. It is great that this program brings many smiles and much laughter in our residential care home!

Warrigal's Olympic Games

Residents from all of Warrigal's Villages and Residential Care Homes were invited to come together in the spirit of the games to enjoy fun sporting competition and celebratory lunch. Games such as balloon volleyball, bean bag tossing, noodle javelin and carpet bowls meant that Warrigal's Olympic Games were inclusive for all. Our residents beamed as they participated in our very own Olympic torch relay, and many proudly wore the medals they had won!



Australia Day Community Walk

Thursday 26 January 2017

Warrigal is proud to support the Australia Day Community Walk. We had another fantastic day in 2016, and we look forward to making 2017 even bigger and better!

Our Team Inspire stood out from the crowd wearing their purple Warrigal t-shirts with pride as they enjoyed the 3.5km walk which began at Belmore Basin, and ended with a BBQ lunch.

The annual Australia Day Community Walk is a wonderful opportunity to get together for a fun morning of fitness with Warrigal staff, families, old friends and new.

So pop the date in your calendar, and stay tuned for an entry form coming your way soon.



Our Inspiring Chairman



Our Chairman, Alan Hardy has asked to step down from the position of Chairman of the Board. He has been a director for 32 years and Chairman for nearly 17. During this time Alan, a retired high school teacher, has inspired Warrigal employees past and present, our customers, their families and our local community.

It was an opportunity to put something back into the community and the recognition that older people's lives could be improved that led to Alan joining the board in 1984, "I have always had a pretty egalitarian view in society and I thought that older people in our community were a group of people that were not being looked after well enough. I felt that was an area I could possibly help make their lives better – by providing services that they didn't have."

Alan is passionate about volunteering, having been involved in various community groups and committees over the years. He plans to remain a Warrigal volunteer after he leaves the board. "Volunteers are vital to this organisation. We could not provide the services that we do without volunteers, it is just not possible. I think one of the real gems of being a volunteer is the benefit that comes to you through volunteering. You can see the value of volunteers to the organisation firstly through the number that we have, and

secondly through the length of time they stay with Warrigal. The board itself which is made up of 9 volunteer directors is a great example of this."

The other key to Warrigal's success which Alan recognises is having great people. "Recruit good people with the skills in the areas that the organisation needs, trust them with the responsibility of doing the task that you have recruited them for,

I'm most proud of is the willingness of the organisation to face up to the challenges of aged care and to try new and different means of overcoming them." Alan refers to when Warrigal diversified its services into home care and the ongoing responses to changes to government funding.

Alan has mixed feelings about stepping down as Chairman. He says he has really enjoyed the role, and thinks it's

"I think one of the real gems of being a volunteer is the benefit that comes to you through volunteering."

support and then back them. We have recruited excellent people. In recent times, the number of great people who have indicated their willingness to join Warrigal is an indication of the esteem and the reputation the organisation has in the aged care sector and in the community."

It is the culture that Alan recognises as one of the greatest changes and achievements he is most proud of in his time as Chairman. "I am very proud of Warrigal, the commitment of staff is unbelievable. Another of the areas

time – to have more time for his family, especially as primary carer for his wife Marion, and also time for Warrigal to have new ideas at the Board level and a fresh approach. He will however remain on the Board to see the Shell Cove project come to fruition.

According to Alan, independence, choice and community are ingredients for a great life for older people. His contribution to Warrigal and to improving the lives of older people will be long lasting.

Cook, Chill Chat

Shellharbour City Council and Healthy Cities Illawarra have partnered to run a social inclusion cooking program for people over the age of 50 in the Shellharbour local government area. Cook Chill Chat is for

people from all walks of life. It is a way to connect with others, improve your health and wellbeing and increase your cooking skills and knowledge of nutrition.

Warrigal Albion Park Rail resident Peter Keyes is a participant of the program after responding to an advertisement that sparked his interest to increase his confidence in the kitchen and his repertoire.

“It’s good fun, you learn new variety which means you’re not going to eat the same thing every night. It’s a good social thing to do and a way to be involved in the greater community.”

The group meets fortnightly, and not only learn a new recipe and prepare a meal together, but also have information sessions and excursions to have a greater knowledge of making good food choices and an understanding of food labels as well as the effect of our waste on the environment.

“We’ve been to visit the Mashbrook Organic Farm in Albion Park. We visited the council nursery, and even had a tour of the tip to gain an understanding of the separation of garbage, and why it’s important for our recycling and green bins. There is a dairy in Berry with an automated milking

system – that was fascinating to visit.”

“The best thing I’ve taken from the course are cooking techniques. This might sound simple, but I now know the best way to peel garlic is to squash it with the wide edge of the knife. I’ve enjoyed learning new techniques.”

“I now cook nearly every night. I make an omelette to die for! I used to cook very rarely. Any time I would start, the boss was full of instructions, and I’m very stubborn, so I would give up! It’s an enormous change for me.”

“My favourite recipe from the course was a stir fry and a very nice dish with basa fish, which all depended on a marinade which we made, baked in the oven in baking paper with lemon on top – beautiful!”

If you would like to hear more about the program or are interested in joining, please contact Shellharbour City Council – Community Connections department on **4221 6170**.



Vegetable Lasagne

This recipe is a great source of protein and nutrients, and is perfect to freeze portions for easy meals.



Ingredients

30g butter
1/4 cup plain flour
1 1/2 cups milk
1 bunch asparagus, trimmed, thickly sliced
2 zucchini, cut into ribbons
2 green onions, trimmed, cut into 8cm lengths

Method

1. Preheat oven to 200°C/180°C fan-forced.
2. Melt butter in small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, 3 minutes or until sauce boils and thickens. Remove from heat. Season with salt and pepper.
3. Bring a medium saucepan of salted water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with slotted spoon. Drain on paper towel. Add spinach to pan. Cook for 1 minute or until wilted. Remove with slotted spoon. Squeeze out excess moisture when cool enough to handle. Roughly chop.

1 bunch English spinach, trimmed
10 dried instant lasagne sheets
1 cup frozen peas
250g fresh ricotta
2 roma tomatoes, thinly sliced
2/3 cup chopped fresh basil leaves
1 cup grated pizza cheese
Extra basil leaves, to serve

4. Cover the base of a 20cm x 28cm (8 cup- capacity) ovenproof dish with 2/3 cup white sauce. Layer 1/4 lasagne sheets trimming to fit. Layer asparagus mixture, peas and 1/3 ricotta. Top with 1/3 of remaining lasagne sheets, 1/2 spinach, and 1/2 remaining ricotta. Repeat. Top with remaining lasagne sheets and remaining white sauce. Arrange tomato and basil leaves on top. Sprinkle with cheese.
5. Bake for 45 minutes or until golden and pasta is tender. Serve with extra basil leaves

** Source Super Food Ideas – October 2013
Recipe by Lucy Nunes & Jo Anne Calabria



Superfood: Blueberries

Active ingredient:
Anthocyanins

Health benefits: Improved brain function; reduced risk of heart disease, diabetes, cancer, and urinary tract infections; enhanced immune system; collagen formation; healthy gums

Anthocyanins, which are the active ingredient in blueberries, are not only responsible for the blue colour of the berries but they are actually a subclass of flavonoids which are very potent antioxidants. In fact, blueberries have been ranked as possessing one of the highest antioxidant properties among all fruits and vegetables. Blueberries are also a rich source of dietary fiber. Get the most nutrients from blueberries when eaten raw. Blueberries are also a potent source of vitamin C where one serving already meets 25% of your daily required value.

Try: Add to your breakfast cereal or porridge; add yoghurt for a delicious dessert, tasty enough to snack on as they are, or mix in a smoothie with milk, banana and honey.

Crafty Projects

Here are some ways that you can turn your hobby into a positive outcome to the lives of others.

Days for Girls

Lack of sanitary supplies often means days without school, income and even leaving the house for many girls in developing countries, with some using mattress stuffing, newspaper, corn husks, rocks and anything else they can find. Many are missing up to 2 months of school every year or dropping out completely.

This is where Days For Girls comes in – they distribute sustainable

feminine hygiene kits to thousands of impoverished communities. The kits are presented in a drawstring bag made by volunteers like you! Use your sewing skills to make feminine hygiene kits and Days For Girls will distribute through non-profit groups and organisations.

The website provides patterns and instructions.

www.daysforgirls.org



Trauma Teddy Volunteers

A Trauma Teddy is a special bear knitted by volunteers and given to children and adults during traumatic times. Also in demand are Chemo Turbans - these are so simple to make, but a real comfort to those who are going through treatment for cancer.

If you are willing and able knitter, Red Cross would love to hear from you, and new members are welcome. Red Cross will provide patterns and filling.

For further information, please contact the regional centre in your area.

www.redcross.org.au/trauma-teddy.aspx

Make a Possum Pouch

If you want to help our wildlife but are unable to commit to rescue or care volunteering, then it's time to get your knitting needles clacking and make some possum pouches.

When young wombats, gliders, wallabys, bandicoots or possums come into care at WIRES (Wildlife Information, Rescue and Education Service) they need to be kept warm

and quiet. The pouches are used for many different animals, some for two or three young ringtails at once, others for brushtail joeys which are larger and even for very young bandicoots. WIRES is in need of various size pouches.

For more information, visit www.wires.org.au or call 02 8977 3396



What's Happening

December

Friday 2 December:

Combined Villages Christmas Party, **Illawarra Villages**

Saturday 3 December:

International Day of Persons with Disabilities
Christmas Carols – Gifting It Back, Wollongong
JJ Kelly Park

Tuesday 6 December:

Christmas Lights and Dinner, **Illawarra**

Monday 12 December:

Goulburn Vocal Project, **Goulburn**

Sunday 18 December

Carols in the Park, Queanbeyan Park

Sunday 25 December:

Christmas Day

Monday 26 December:

Boxing Day

Tuesday 27 December:

Public Holiday (Christmas Day)



January

Sunday 1 January:

New Years Day

Monday 2 January:

Public Holiday (New Years Day)

Thursday 12 - Sunday 15 January

Illawarra Folk Festival, **Bulli**

Saturday 14 January

Queanbeyan Drive-In Movies, **Queanbeyan Showground**

Saturday 14 January

The Farms Market, 3-8pm, **Killalea State Park**

Saturday 21 & Sunday 22 January

Albion Park Show, **Albion Park Showground**

Thursday 26 January:

Australia Day

Australia Day Community Walk, **Belmore Basin, Wollongong Harbour**

Australia Day celebrations, **Queanbeyan Park**



February

14 February:

Valentines Day

Friday 17 – Sunday 19 February

Illawarra Caravan, Camping, 4WD, Fish & Boat Show,
Kembla Grange

Saturday 18 February

Movie under the stars, **Kingsdale Wines, Goulburn**

Sunday 19 March

The Queanbeyan Ceilidh, **Queanbeyan Bicentennial
Conference Centre**

Saturday 25 – Tuesday 28 February

Sheffield Shield Cricket: NSW Blues VS Tasmanian Tigers,
North Dalton Park, Wollongong



Photo by Peter Pham - CC BY 2.0

March

Saturday 4 March

Queanbeyan Relay for Life, **Queanbeyan Showground**

Friday 10 – Saturday 11 March

Robertson Show, **Caalong St, Robertson**

Friday 10 – Sunday 12 March

Kiama Jazz & Blues Festival, **Kiama**

Saturday 11 – Sunday 12 March

Goulburn's 24th Annual Rose Festival,
Goulburn Soldier's Club, Goulburn

24 – 26 March:

Bowral Autumn Music Festival, **Bowral**

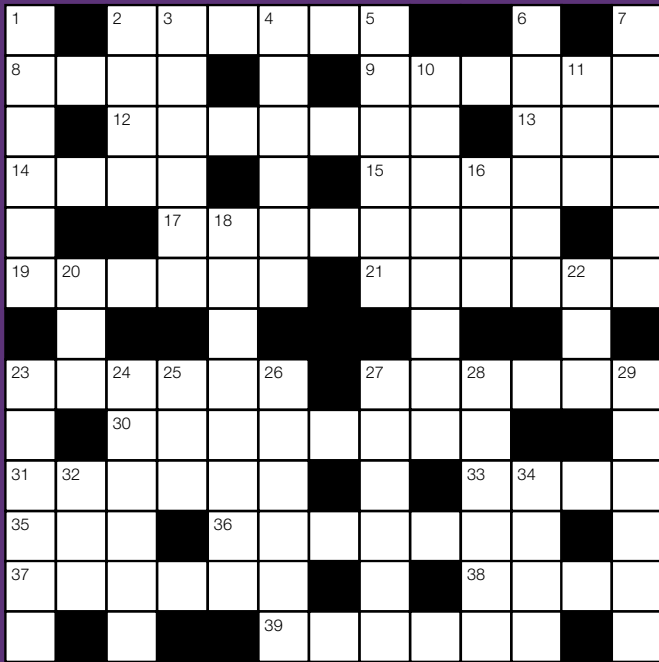


Photo by houroumoro - CC BY 2.0

Social Pages



Crossword



Across

- 2 Make void
- 8 In a frenzy
- 9 Jewish surplises
- 12 Least possible
- 13 Pithy saying
- 14 Quantity of paper
- 15 Ruinous damage
- 17 Poised
- 19 Pulsates
- 21 Glossy fabric
- 23 Vestiges
- 27 Join firmly
- 30 End
- 31 Quickly (mus)
- 33 Make neat

- 35 Peas container
- 36 Lift
- 37 Prepared for publication
- 38 Fruit
- 39 Unexpected

- ## Down
- 1 Vegetable
 - 2 Deep sleep
 - 3 Hand on hip, elbow bent
 - 4 Cold stages
 - 5 Acquires knowledge
 - 6 Hair and scalp ointment
 - 7 To the rear of a ship

- 10 Pacified
- 11 Domestic animal
- 16 Animal doctor
- 18 One not present
- 20 Pronoun
- 22 Vast age
- 23 Broached
- 24 Sloth
- 25 Long-leaved lettuce
- 26 Reproves
- 27 Bent
- 28 Courage
- 29 Meddle
- 32 Slender stick
- 34 Check

Word Search



- BACKYARD
- BOUNTIFUL
- BROCCOLI
- CABBAGE
- CANNING
- CARROT
- CAULIFLOWER
- CELERY
- EGGPLANT
- FERTILIZER
- GARDEN
- GREENHOUSE
- HARVEST
- HEALTHY
- INSECTS
- ORGANIC
- PEAS
- PEPPERS
- PEST
- PLANTING
- RADISH
- RIPEN
- RUTABAGAS
- SEEDLING
- SOIL
- SPROUT
- SUNSHINE
- TOMATO
- VEGETABLE
- WATER
- WEEDS

Mumbo Jumbo

RERBTRYWS

WIJK

GFI

PUML

Solutions on the back page.

Sudoku

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

Real Estate

Warrigal Community Villages at a glance – support through various stages of your life.

Our community villages are pet friendly, with recreational activities taking place in our outdoor areas and Community Centres. Our Village Services Team supports each Warrigal village in planning excursions, bus and shopping trips to connect you with friends old and new.

Coastal

Albion Park



This is an intimate village of 16 garden villas close to village shops with a great variety of shopping and services available within walking distance. Excellent access to public transport and conveniently located for travel being close enough to Sydney or Canberra for day trips.

Albion Park Rail



Warrigal Community Village Albion Park Rail is located in a superb garden setting offering 64 luxury villas, with the Illawarra's largest shopping centre only seven kilometres away.

Figtree



Our Figtree village offers 39 villas which overlook bushland gullies and are conveniently located close to the city of Wollongong. Spacious one and two bedroom villas are built around courtyards, terraced gardens and well maintained lawn areas.

Lake Illawarra



Warrigal Community Village Lake Illawarra is beautifully landscaped with 30 villas and many environmentally friendly initiatives in place to make living there affordable all year round. Centrally located, the shops and beach are all within walking distance and for trips further afield there is a bus stop right at the front of the village.

Shell Cove



Currently under construction, Warrigal Shell Cove's 33 villas and 47 apartments are fully deposited. Located close to the new Marina Shell Cove will include a community hub, The Quay – consisting of a bistro, gym, business centre and concierge.

Warilla



Warrigal Community Village Warilla is a 40 villa/apartment style complex close to Warilla's cafes, shops, beaches, services, transport and The Warilla Bowling Club.

Country

Bundanoon



Our tranquil Bundanoon village has 12 one and two bedroom apartments, complete with balconies, courtyards and lock up garages.

Goulburn



Warrigal Community Village Goulburn is our newest village completed in late 2013 with 36 contemporary homes. Spacious and light-filled, with quality fixtures and fittings, these stunning villas are located close to the centre of quintessentially Australian, large country town, Goulburn.

Queanbeyan



Our Queanbeyan village has 57 spacious villas in a beautifully tended lush location close to central Queanbeyan. The original Edwardian house 'Kawaree' stands at the heart of the village and is its social hub with regular activities, games and social functions.

Warrigal Connect

Warrigal Connect offers many service options to keep you connected with your community whilst ensuring you receive the support you need around your own home.

There are many ways we can assist with tasks that may be becoming more difficult to manage. If you need help getting on your feet again or would like some company throughout the day, give us a call and let us find a suitable service for you.



Around town

- Shopping
- Transport assistance
- Prescription pick-up/transport to appointments
- Organising involvement in social activities/entertainment

In and around your home

- Home Maintenance
- Gardening
- Bins/mail
- Cleaning, ironing, washing
- Meal preparation
- IT help to stay connected such as skype

Personal support

- Companionship
- Showering/Toileting/Grooming
- Monitoring or administering medications
- Preparing a meal and sitting down to dine together
- Occupational therapy and physiotherapy
- Podiatry
- Pampering – hairdressing, nail care, massage

Pet care

- Walking
- Feeding

To enquire about a Warrigal Connect service, contact our Customer Relations Consultants on 1800 WARRIGAL (1800 927 744)

Update your details and **WIN**

Warrigal is going digital.

To celebrate, we are giving away 3 x \$50 Coles MYER Gift Cards!

Stay up to date with monthly newsletters including news, events and exclusive invitations, straight to your inbox. This means we can communicate with you directly, more frequently and more cost effectively, and it is better for our environment too!

To receive our emails, plus go in to the draw to WIN simply update your details and return the card by 10 February 2017 to:

Warrigal
2 Pine St
Albion Park Rail 2527 NSW

Terms and conditions: Winners will be drawn Monday 13 February at 10:00am and will each receive one \$50 Coles MYER Gift card, this is not redeemable for cash. Winner will be notified by email, and prize will be mailed out or collected by winner within one week of being notified. Entrant must have a valid email address to enter.

Warrigal is committed to protecting your privacy. Your information will only be used to inform you of associated Warrigal events, services or information. It will not be passed on to a third party organisation. You will be able to opt out of receiving any Warrigal emails at any time via an 'unsubscribe' link.



Please fill in your details below:

First Name _____

Surname _____

Email Address: _____

Home Phone: _____

Mobile: _____

Tick Box: Resident Connect Client

Village Choices Registrant Other

I am happy to receive Warrigal email newsletters

Signature: _____

Inspire

Warrigal Registered Office
 ABN 34 002 392 636

2 Pine Street
 Albion Park Rail NSW 2527

Toll free 1800 WARRIGAL
 1800 927 744

Fax 02 4257 4232

Email warrigal@warrigal.com.au

For more information about Inspire contact
 Community Relations on 1800 WARRIGAL



Friend us on Facebook
www.facebook.com/warrigalcommunities



Follow us on Twitter
www.twitter.com/warrigalceo



Watch us on YouTube
www.youtube.com/warrigalcommunities



Visit our website
www.warrigal.com.au

Disclaimer

We believe the information contained in this publication is accurate at the time of production (November 2016). However the information is subject to change without notice.

Crossword solution

C	C	A	N	C	E	L	P	A			
A	M	O	K	H	E	P	H	O	D	S	
R	M	I	N	I	M	A	L	M	O	T	
R	E	A	M	L	R	A	V	A	G	E	
O	B	A	L	A	N	C	E	D	R		
T	H	R	O	B	S	S	A	T	E	E	N
E	S	T	O								
T	R	A	C	E	S	C	E	M	E	N	T
A	C	O	N	C	L	U	D	E	A		
P	R	E	S	T	O	R	T	R	I	M	
P	O	D	E	L	E	V	A	T	E	P	
E	D	I	T	E	D	E	L	I	M	E	
D	A	S	U	D	D	E	N	R			

Sudoku solution

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

Mumbo Jumbo solutions

STRAWBERRY
 KIWI
 FIG
 PLUM
 FRUITS