

YOUR *SEPTEMBER* READING

Welcome to the September edition of our newsletter for 2015

“We don’t stop playing because we grow old; we grow old because we stop playing “

George Bernard Shaw.

RECENT HAPPENINGS

I won’t even attempt to be as articulate as our dear Editors in Chief Rob and Trish but thought to commence this newsletter I’d share an interesting little snippet.

I have over many years written little letters to children that are either part of our family or known to our family and sent these via mail, a dying art these days.

In the past I have even used a fountain pen however, over time my pen became unusable so one of my treats while away and while in Germany I treated myself to a new pen, no it wasn’t the Mont Blanc of Fountain Pens which are well over \$800 just a generic ‘Lamy’ German Pen—this got me thinking when was the first fountain pen made ? And, isn’t it a shame we don’t write letters as much as we did in the past ? And, isn’t a shame that our little grandies will miss out the joys of receiving a letter through the mail !

Maybe its time for us to revisit this art !



*Fountain Pen.
N° 68,446.
Sept. 3, 1867*

The earliest historical record of a reservoir pen dates to the 10th century. In 973, Ma’ād al-Mu’izz, the caliph of the Maghreb, demanded a pen that would not stain his hands or clothes, and was provided with a pen that held ink in a reservoir and delivered it to the nib, which could be held upside-down without leaking, That some form of pen with an ink reservoir was available in Europe in the 17th century is shown by contemporary references.

German inventor Daniel Schwenter described a pen made from two quills. One quill served as a reservoir for ink inside the other quill. The ink was sealed inside the quill with cork. Ink was squeezed through a small hole to the writing point. In 1663 Samuel Pepys referred to a metal pen "to carry ink.

The history of the fountain pen evolves over the centuries to what we have today.

From Wikipedia, the free encyclopedia



RECENT HAPPENINGS

Excursion to Margaret Olley Art Centre at Murwillumbah.

Our merry Elements troupe of eleven set off to the Art Centre which houses exhibitions of paintings, objects, a research library and education workshop; but the highlight for many is seeing the re-creation of Margaret Olley's home studio in Sydney—20,000 items painstakingly shifted to the Murwillumbah Centre—Margaret Olley's rooms are amazingly jam-packed with her furniture, paintings, paint tubes, brushes, bottles etc etc.

Except for Margaret Olley's display, the exhibitions change and the latest is 'stroke your fur', assemblages using Hoop Pine tree bark—very unusual and clever.

We had a delightful lunch overlooking hilly, green grassy dairying country—very picturesque a top place to have lunch. Then our intrepid bus driver Ted brought us home via the coast, so we had a taste of country and surf (did not see any dreaded sharks off the New South Wales coastline).

Thanks go to Lois for organising; Ted, the bus driver and John our photographer.

Elly Seymour



RECENT HAPPENINGS



GOODBYE MOUNT ELEMENTS !

On Monday August 24th we began to see a line of 'dog and bone' (slang for truck and trailer) line up at Mount Elements with a huge digger ready to load them up eating in to the huge mount of soil which we have fondly named 'Mount Elements'.



ELEMENTS VILLAGE OPEN DAY

The open day will be held 9am to midday on Saturday the 19th September 2015 at 224 Dennis Rd Springwood. This fun day will mark our fifth birthday and **we would be delighted if you join with us** in the festivities and celebration.

Did you know that on this day Seven of our residents will also celebrate five years of living here in our wonderful village, happy anniversary, Eric and Gwen, Rob and Trish, Sel and Dorothy and Sandra !

WELCOME TO ALL OUR
NEW RESIDENTS !



TRAVELLING RESIDENTS

From Rob and Trish

(Rob and Trish have a 'blog' on facebook of their travels, sadly I couldn't get it up on my computer—but here is a little note from them)

Here they are finding their way around London—Looking great !

Loving Georgina's accent.... She says "disgoosting" and "oop" for disgusting and up....etc etc....a real northern accent, while Bethany doesn't have that at all, but does have a distinctly Pommie accent! Actually you can quote that too if you wish.....lol..... "how easily they are polluted" says Rob.....but of course we don't mention the cricket, except for the ladies!



Hello to all

Well it is almost that time to start heading home. Now back into civilization almost , as we are heading into Perth on Monday the 10th Aug, 14000 Ks on the clock with approx 6000ks to go How the months fly by when you are having fun !

We are both keeping well also ,Ric & Josie

Since writing last time,we have really appreciated what a wonderful country we live in. But what strange weather we have encountered stuck for 8 days on the Oodnadatta Track due to heavy rain,which is unusual for this time of year..



Then dust so bad on the Mereenie. Loop Kings Canyon to Alice Springs. Hail so heavy locals thought it had snowed over night in Alice Springs ,then temperatures in high 30s across top, Katherine to Broome, zero overnight down inland to Perth , now freezing cold and wet heading to Perth



TRAVELLING RESIDENTS

The beautiful scenery, the amazing wildflowers, paddocks of grain consisting of canola, wheat and lupins grown next to them, not forgetting the great Campsites we stayed at with the campfires, camp oven cooking and the comradeship we have enjoyed with others .

Unfortunately we were unable to cross the Great Victoria Desert via the Great Central Road , due to earlier heavy rain washing sections of road away.

Alice Springs, Ayres Rock, (Uluru) The Olga's, and Kings Canyon, Kimberley, Pilbara absolutely fabulous..

We were fortunate to meet a couple around a camp fire near Katherine who's brother owned a cropping station at Morawa in middle of WA, and offered us to travel out and stay, which was great as his brother lived in Perth so we had the property to ourselves.

This area is known as one of the best for wildflowers especially the Wreath Flower, as you will see by Lois' photos.

We intend leaving Perth on Thursday 13th homeward bound Home in August ??

Looking forward to catching up with you all at the beautiful Elements, after crossing the Nullarbor.

Cheers

Lois, Vern not forgetting Ric & Josie.

From Chris and Chrissy

Finally home after a lifetime experience of visiting the places we were born and had the first ten years of our life, yes, back to good old England !

It was amazing to experience the lush green pastures, the stone walls, the old castles and marvel at the architecture that is still standing from the year 1100. We visited our old homes, Chris found his all intact, mine sadly were either destroyed and a new home rebuilt although still in the 'Cardwell' hands, but so run down. Met friends of yesteryear, cousins that had never been met before, had a feast of passed memories visiting places we knew as children. Memories that will remain with us for our lifetime. Glad we went but happier to be home in this wonderful country of Australia.



We ended our trip going through Ireland and Scotland and finally sitting at the Edinburgh Castle experiencing the Edinburgh Military Tattoo, I guess you can say we ticked off quite a number of 'bucket list' dreams.



LIFE IN OUR VILLAGE

Craft and Chat mornings

At the Craft and Chat morning a few weeks ago the question was asked to those that attended—"What do you like about the craft and chat mornings ?" here are some of the ladies replies.

'I enjoy craft mornings because it is so casual and relaxing. Catching up and sharing stories' *Lois*

'An enjoyable morning with plenty of laughs and now my sister is coming along as well, a lovely group of ladies' *Lauraine*

'I am only new to the group and enjoy the company and laughter we have each time' *Ros*

'I enjoy the company, the discussions that we have, the cooking and shopping tips, the funny things that happen in our lives and so many other things' *Margaret*

'I enjoy the fellowship and the stories the ladies tell. It is good to get to know more about the women of the village and enjoy their company'

'I enjoy the company of the ladies and we all have a good laugh and chat plus we swap ideas and patterns for our craft'



Come and join us to enjoy friendship, fun and to meet interested residents.

Bus leaves 9:20am each Tuesday at Serene Avenue returning at 12 noon.

RESIDENTS WITH PETS



Dr. Terri from the [Daisy Hill Vet Clinic](#) met with some of our residents recently to discuss a regular consultation program to care for their pets in their own homes. Dr. Terri's visits started this week. No more stressed animals going to the vet - what a great service! Thanks Terri.

Free

House call for yearly

vaccinations nail trimming and ear cleaning

Dental checks

Seniors Discounted Prices

You can receive the clinic's e-newsletter register on line or in the clinic, join them on facebook.

www.facebook.com/daisyhillvet

And we have a new email group listing in the village for those with pets, hook up to it today all pet owners

pets@elementsliving.com.au



LIFE IN OUR VILLAGE

HISTORY, MYSTERY & PASTRY?!

A tour in October with guided commentary by James Herbst..

Friday October 23rd 9am-3pm. \$30 pp. Pick up and drop off from Elements in 24 seater bus.

Travelling to Logan Village for morning tea \$6pp and a guided tour of the regions Historical Village and Museum.

Then travel through Yarrabilba and Tamborine Village hearing about the regions Aboriginal, Irish and World War 2 history. Back through the Albert Valley to the Shearers Arms for Lunch, \$10pp. Then on to a taste testing of Danish and filled pastries and chance to buy factory direct.

Finishing with free tasting at a strawberry farm. A free mystery 'sample bag' before we return home.

Please book by ringing Lois 31197914.



MOVIE REVIEW

THE LAST CAB TO DARWIN

9 Residents went to see this newly released movie and all of the comments were that it was a good Australian film.

The main character's role of Rex looked custom made for well known actor Michael Caton who played a terminally ill taxi driver who decides to drive his bush cab from Broken Hill to Darwin to visit a doctor who performs euthanasia.

It is billed as a comedy, which it is, but with some serious social issues. ...It easily moves from light to dark, laughs to sadness in a typical Australian larrikin way. Excellent cast, outstanding scenery and very much worth going to see. Lois



RECIPE

Thank you to Mary for sending this in for the newsletter. Many have complimented Mary on the wonderful sponge cakes she makes for us to enjoy at morning teas, this is the recipe she uses. Mary halves the recipe ingredients for one cake.

Natalie Dick's prize-winning sponge cake

Serves 8—10

2 heaped teaspoons of plain flour
1/2 teaspoon bicarbonate of soda
1 level teaspoon cream of tartar
wheaten cornflour (I prefer Nurses Cornflour)
4 eggs, at room temperature
3/4 cup (165g) caster sugar
1/2 teaspoon vanilla essence

FILLING AND TOPPING

300ml cream
1 tablespoon icing sugar
1/2 teaspoon vanilla essence
strawberry jam (home-made, if possible)



Preheat oven to 190°C (170°C fan-forced). Grease two 20cm round cake tins, ensuring you grease the sides of tin well.

Put plain flour, bicarbonate of soda and cream of tartar in a 1-cup (250ml) measuring cup. Fill the remainder of the cup with cornflour.

Using an electric mixer, beat eggs and sugar on a high speed for 7 minutes. Add vanilla; beat further 30 seconds, to combine.

While eggs are beating, sift flour mixture three times onto grease-proof paper.

Turn mixer to lowest speed. Gently add flour mixture; beat for 1 minute until smooth. Divide mixture between two well-greased 20cm round cake tins.

Place in oven on centre shelf and bake about 20 minutes or until sponge springs back when touched.

Take sponges out of oven; place baking paper on wire cake racks to cover. Turn sponges out from tins onto the wire racks. Allow sponges to cool completely.

To make filling and topping: whip cream, icing sugar and vanilla essence until you have a smooth whipped cream.

Place one sponge cake on a serving plate. This is the base. Spoon strawberry jam on to the base sponge cake; smooth to the edges using an offset spatula. Spoon half of the whipped cream onto the strawberry jam; smooth to the edges, leaving about 1.5cm to allow for the cream to spread to the edges once the top is on. Place the second sponge on top of the cream on to the top of sponges and smooth to the edges using an offset spatula. Decorate with fresh strawberries or as desired.

Tips

Use eggs at room temperature.

When sponge mixture is placed into the cake tins, tap tins on kitchen bench to remove any large air bubbles - it eliminates big holes in sponge texture.

To make a chocolate sponge: remove 1 tablespoon of cornflour and add 2 tablespoons of cocoa powder to the 1 cup (250ml) of dry ingredients in Step 2.

Another way to test when sponge cakes are ready, is when the sponge is coming away from side of tin.

TIME TO REFLECT

A little bit of Philosophy for you.

Titled: I MUST GO SHOPPING.

One of these days I must go shopping. I am completely out of generosity, and I must get some more. I also want to exchange the self-satisfaction I picked up the other day for some real humility, which they say wears better. And I must look at some tolerance, which I hope will be worn as a wrap this season. And the examples of kindness I saw, well, I am a little low on that, and one can never have too much of it. And by the way, I must try to match some of the patience I saw on a friend the other day. It looked very becoming on her, and I think it might look equally well on me. And while I'm shopping I will try on that little garment of perfect charity they're displaying, and I must remember to get my sense of humour mended, and keep my eyes open for some inexpensive goodness. It is surprising how quickly one's stock of goods is depleted. Yes! I must go shopping.

Regards Shirley Tree

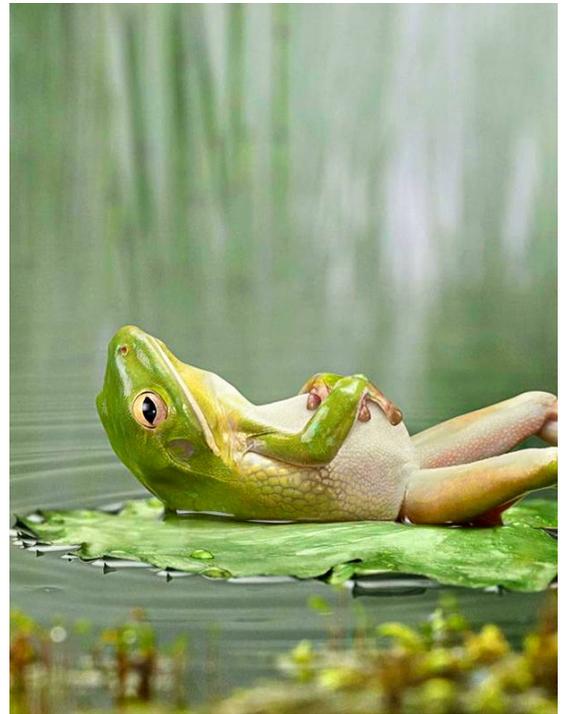
Reflecting on Life

Take time to stop today
Take time to stop a while
Reflect on how life changes
Then take the time to smile

Know that as the days go by
These things that challenge you
Will one day just be memories
Of times you have gone through

Look back now on yesterday
And all you have achieved
Recognise the strengths you've gained
The blessings you've received

One day in the future
You will think about today
You'll see just how these challenges
Have helped you on your way



Written by Michelle Tetley

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Michelle is an Australia based poet who is passionate about conveying positive, heartfelt messages to others through her poetry.

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.

Winston Churchill

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USUAL WEEKLY EVENTS, MAH JONG MONDAYS 1.15PM RING FAITH ON
31197926

CRAFT'N'CHAT TUESDAYS BUS LEAVES FROM SERENE ST 9.30AM FOR
CLUB 222, RING DOROTHY 31197901 or Margaret 31197926. ALSO 'THE
SHED' SAME TIME, RING SEL 31197901

EXERCISE ON THURSDAY, THIS CLASS IS FULL AT THE MOMENT

HAPPY HOUR EVERY FRIDAY 4pm-6pm, UNIT 82 UNTIL NOTIFIED. BYO.

**Residents Meeting Thursday 10th. 9am prompt. Bus will leave from the end of
Serene St 8.45am and return for a second run. Please be on time as the meet-
ing starts at 9am. M/tea 50c donation.**

Tuesday September 1st, Begin the month with Dinner/Trivia at the Rec. Club,
Kingston.

Bus will leave 5.30pm. Bookings..Lois 31197914.

SUNDAY 13TH SEPTEMBER, BREAKFAST AT 'THE GLEN HOTEL' \$19.50
pp., PAY AT DOOR.

BOOKINGS A MUST AND THE GLEN HOTEL REQUIRES THE BOOKING
NUMBERS ONE WEEK PRIOR SO PLEASE RING Margaret
31197926....BEFORE SUNDAY 6TH SEPTEMBER. BECAUSE WE ARE A
GROUP WE HAVE TO BE SEATED BY 8AM. BUS WILL LEAVE 7.30AM OR
CAR SHARE.

MONSTER GARAGE SALE/OPEN DAY

Saturday 19th September 9am-12pm

More details will come from Chiou See.

JUMPING CASTLE, SAUSAGE SIZZLE, STALLS ON SERENE ST.

Thank you to:

- those lovely people who provided stories about their travels along with photos, written items and photos from outings.
- the Social Committee for their ongoing organisation of our activities
- Best wishes to John O'Sullivan as he recovers from heart surgery

Happy Birthday to all who are celebrating in September, and to anyone
who has an anniversary this month.