

# The Bellerivian



November 2016

Issue 69

## FROM YOUR COMMUNITY MANAGER

I would like to acknowledge the great work of those departing resident's committee members, and also the fact that so many committee members from the last 12 months have put up their hands to continue for another year. I look forward also to working with those newly elected members of the committee who successfully nominated at your AGM held last week, and am sure that the excellent working relationship that has been established between management and the various committees over the past several years will continue well into the future.

I would also like to say thank you to those many residents who attended our Annual Management Meeting also held last week. It was a great opportunity for any issues of concern to residents to be raised. The matters raised by residents at the meeting will certainly be given proper consideration and review.

As I advised at our meeting, the distribution of the surplus achieved in the annual operating accounts for the village, as voted by residents at your AGM, is already "in the system", and we anticipate it will be paid to residents in the first or second week of December.

One issue I addressed in my presentation to the meeting was the matter of unacceptable internet speeds that have been experienced by many residents over the past couple of months. We have been following up this issue frequently with our service provider Escapenet for some time, and the implementation of the first part of a proposed upgrade to the service took place just a couple of days before our meeting. I was therefore able to report to the meeting that

significant improvements to speeds had been achieved (which I had confirmed with numerous residents prior to the meeting). Escapenet have advised that a further stage of the upgrade process will take place shortly which will improve speeds even further. We would encourage any residents who are still experiencing problems to either contact Escapenet directly or contact us so that we can follow them up on your behalf.

And finally I would like to advise that by the time the next newsletter is issued we will have 2 new members of the Bellerive community. Inge Krege is to move into Apartment 32 in Avalon, and Beverly Porteous will take up residence in Apt 101 in Mersey. I am sure they will be welcomed warmly by you all.

Until next month  
Cheers  
Peter

## THANK YOU

The Social Committee would like to thank all those who attended its Annual Fund Raising Spring Fair and sausage sizzle on Sunday 16<sup>th</sup> October. The proceeds from the sale of your generously donated items for the trash and treasure and cake stalls, together with the takings from the sausage sizzle and donations from other stall holders, raised \$1028.80 (Expenses incurred on the day will have to met from this, however the final figure for expenses is not yet known). We would also like to express our thanks to the residents who made additional cash donations totalling \$125.00. Special thanks also goes to all those who assisted on the day with the cooking, serving, operating the stalls and the setting up of tables and chairs.

## SHINGLES VACCINE ZOSTAVAX



The  
Department  
of Health

The shingles vaccine, Zostavax, has been approved to be placed on the National Immunisation Program (NIP), to be provided free of charge from 1 Nov 2016 to people aged 70 years, subject to vaccine supply. There will also be a five year catch-up program for people aged 71-79 years. More information about Zostavax can be viewed by click on this link [zoster section of the Australian Immunisation Handbook 10th edition 2015.](#)

## SOCIAL CLUB EVENTS FOR NOVEMBER



### Friday 11<sup>th</sup> November @ 7.00pm – Jazz Night

If you have nothing to do on the above evening why not wander down to the Leisure Centre and mingle with fellow residents, and their invited guests, while listening to some contemporary jazz music. Those wishing to attend are invited to bring their own drinks and nibbles to share.

### Monday 14<sup>th</sup> November @ 2.00pm – Fashion Showing

Cathy Eldridge, Postie Fashions Stylist, will be in the café area of the Leisure Centre to show residents some of her spring and summer clothing. Sizes vary from 6 to 22 and are reasonably priced. A brochure showing her range of clothing is in the foyer of the Leisure Centre for viewing.

### Tuesday 22<sup>nd</sup> November @ 2.00pm – Supporting your Lifestyle at Home

Rebecca Colson from the Calvary Community Care will be in the Function Room to talk to residents about the various home packages that they provide to support older people to enable them to live independently at home and actively participate in community life. Brochures giving details of the packages available are in the foyer of the Leisure Centre.

### Friday 25<sup>th</sup> November @ 5.00pm – Informal Social Gathering

This is a regular event intended to give residents an opportunity to socialise and get to know one another while enjoying a few drinks and nibbles. Those wishing to attend are invited to bring their own drinks and nibbles to share.

**Please note** this will be the last such event for the year 2016. They will recommence in February 2017.

Any queries about any of the above events should be directed to Diane McMahon on 572

### PODIATRIST

Bookings can be made at reception for all Podiatry appointments with Jennifer. November dates are 12<sup>th</sup> & 26<sup>th</sup> with December's only appointments being on the 10<sup>th</sup>. Jenifer will resume after the Christmas break on 7<sup>th</sup> January 2017

### LEDA HANDMADE JEWELLERY & GIFTS

#### Wednesday 9<sup>th</sup> November @ 1pm

An assortment of handmade costume jewellery and gifts including some landscape painting will be on sale in the Bellerive Function room. Leda Jewellery is a group of four seniors who gather weekly to chat and make this beautiful costume jewellery.



### PROUD MARY CRUISE PRESENTATION

#### Thursday 3<sup>rd</sup> November @ 4pm



Please join your fellow resident for wine and nibbles in the lounge area for a relaxing, enjoyable and informative presentation by Rod Leviton who is the Proud Mary Group travel specialist. He will present the highlights of the magnificent 2017 cruises on the Proud Mary. This will be followed by a DVD which will highlight the vessel and scenery on the Murray River.

## A BRIEF REVIEW OF BELLERIVE'S CREW

We've a band, here in our village  
But, it never plays a tune.  
They are gathered here to help us  
Every morning, night and noon.

Peter captains from his office,  
His lieutenant, Ruth, outside,  
With her trust guard dog, Nugget,  
Sleeping quietly by her side.

Carol's there for off-hour duties,  
If not her, it's Raj instead.  
They will call the paramedics  
Should you tumble from your bed.

Then as well as these two stalwarts,  
There's two others work at night,  
One is Sie, the other Ewa,  
Making sure that all is right.

Stephen purrs around the complex,  
In his little orange cart,  
With a box of useful gadgets  
Fixing things that fall apart

There's a tiny room of interest  
Where you're seated in a chair  
While Narelle, with sharpened scissors,  
Works to rectify your hair.

In the Cafe, Rikki's laughing,  
Peta's buzzing, here and there,  
Michael's slaving in the kitchen,  
Skylar's fluffing up his hair

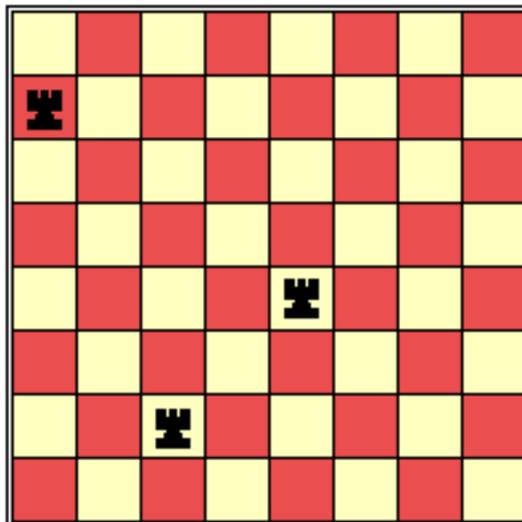
Lawrence glides among the tables  
In a bright and happy mood,  
And, then sometimes, Marnie's present  
To assist preparing food

So, within our village complex,  
There's a group of people here  
To assist us with our life style  
Every day week month and year.

Oct 16 - Ivan Desmond Lomasney A86

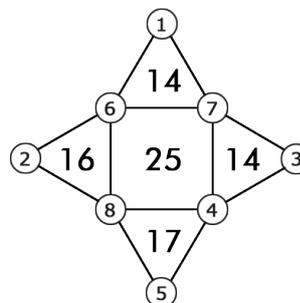
## NOVEMBER PUZZLE

How many squares, of any size, can you find on this chess board that do not contain a Rook?



Answer revealed next month

Answer to October's puzzle revealed



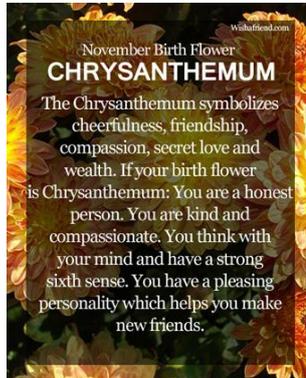
## Connect Hearing

Connect Hearing will be visiting Bellerive every 2 months starting 30th November 2016. Lyndon Williams (Senior Clinician for Connect Hearing Deakin) will be providing on site Hearing Tests; adjustments and repairs for existing hearing aids; fittings and free trials of the latest hearing solutions.

Lyndon will be visiting Bellerive on Wednesday 30th November. Spaces are limited so book now. Lyndon will also be offering information and free trials on the latest release of rechargeable hearing aids. Changing batteries will now be a thing of the past with the NEW Phonak Belong rechargeable hearing solution. Speak to Ruth at Bellerive reception, or Diana (Connect Hearing Deakin) on 02 9394 8805 to make an appointment.

## NOVEMBER BIRTHDAYS!

Marlene Knox	1
Brian Colman	3
Doreen Curran	8
Jill Murnain	10
Barry Hickey	13
Sally Koodiaroff	14
Bettye Pearce	20
Gerry Kellock	20
Bill Uhe	21
Fay Rowe	23
Bill Carrick	23
Bruce Conduit	25
Don Roberts	25
Keith Knox	27
Sue McGovern	28
Gwen Paltridge	29



## SADIE MICHAEL FASHIONS Friday 18 November @ 2pm



Sadie Michael Fashions carries a wide range of ladies fashion with sizes 10 to 24 and the majority of their garments are made in Australia. They will be at Bellerive to display their large array of garments in the function room @ 2pm, please come along for a browse and see the many sale items.

## POPPY'S CAFÉ



Poppy's Café located at the Australian War Memorial have just released a new promotion for all of our afternoon guests. From 2:30pm to 4:30pm we are offering you your choice of cake served with a regular

tea or coffee for \$8. Come on in and enjoy the lovely surroundings of the Australian War Memorial at Poppy's Café, where you are always welcome.

## SOCIAL COMMITTEE GUEST SPEAKER Tuesday 15 November @ 2 pm Leisure Centre

Pat and Warwick Wright: Friends of the Australian National Botanic Gardens ..... and much more.



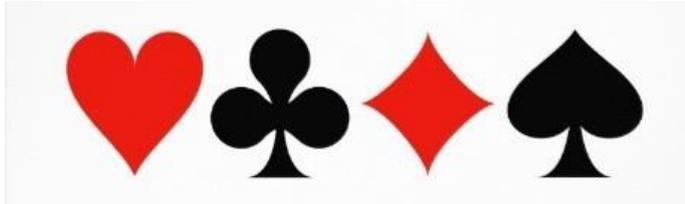
The Social Committee welcomes Pat and Warwick Wright, representatives and ambassadors of the Friends of the Australian National Botanic Gardens, to speak during our Guest Speaker session,

Pat, a retired adult educator from the Institute of Technology, and Warwick, a retired agronomist and educator are both trained 'Botanic Guides and Explainers' whose normal audiences range in ages from pre-schoolers to university students.

This promises a most entertaining session with Pat delivering a talk, curiously titled: 'Who's the Smartest - Plants or Animals' and Warwick responding to any questions.

As the subject suggests, Pat adopts a quirky approach to the often complex relationships between plants and animals. The facts are presented in a light-hearted way, leaving the audience to draw their own conclusions.

## WOULD YOU LIKE TO LEARN BRIDGE?



Bridge is not just a game; it's the greatest card game of all! It can provide challenge and enjoyment for the rest of your life and help to keep your brain healthy. Playing Bridge develops critical thinking, memory, strategy and social interaction. Come to Yallambee Lodge at the Bellerive Retirement Centre and learn Bridge basics in a relaxed, friendly and social atmosphere. Each session will feature a lesson followed by practice in bidding and play with your fellow beginners.

This course is offered through the University of the Third Age and so you will need to be a U3A member. U3A membership offers the opportunity to experience an enormous variety of courses and programs (as well as this Bridge course). Bellerive residents will be given top priority for enrolment. The cost will be approximately \$30 (but could be even less when I work out the expenses). The cost will include a textbook, photocopying, playing cards and stationery.

The ten-week course will start on 24 January at 7pm to 9pm. There are 16 vacancies but we can proceed with only eight participants. Contact me: Bettye Pearce at [bpearce@esc.net.au](mailto:bpearce@esc.net.au) or 6169 3608.

## HAPPY HOUR - EVERY MONDAY @ 4:30PM



month for November we'll have three. Remember to come along prepared with 2 questions or just join in with the odd answers:

- 7<sup>th</sup> – General Knowledge
- 14<sup>th</sup> – General Knowledge
- 21<sup>st</sup> – Horticulture
- 28<sup>th</sup> – General Knowledge

## STAMPS



Thank you to all who have been putting their used stamps in the box at reception. \$15,000 from the sale of stamps and coins nationally was forwarded to the Office of Global Interaction for the month of July 2016. \$60,000 was raised last year. This money is used in the mission field of the Baptist Church.

The new \$1 stamps are keenly sought after by collectors. When removing your stamps please leave at least 5 mm of paper around the outside of your stamps.

Thanks again Jan Palmer A87

## HAIR SALON



Hi, I have been at Bellerive 3 years in November. I would like to thank all my valued clients for their continued patronage.

For the month of November I would like to offer my clients and also any new Bellerive residents wishing to try my services, the following specials:

\$3 off all haircuts -Ladies down to \$25 from \$28  
Men's down to \$17 from \$20 or if you are having 2 services e.g. cut and colour (which includes a blow wave) you can receive a 3rd service for free, this could be:

5 free foils, Nails buffed and polished, eyebrow tint or eyebrow wax, lip or chin wax.

Bookings are highly recommended.

Thanks again for making my time at Bellerive and my job so enjoyable.

Look forward to seeing you. Narelle

## BUS TRIPS – NOVEMBER 2016

**THURSDAY 3 November - Departs 10:15 am  
Music at Midday – Royal Military College  
Band**



Canberra Theatre Centre is pleased to announce that the next Music at Midday concert will be held on **Tuesday 16 August** with donations going to **Canberra Hospital Foundation** Canberra Theatre Centre together with the Royal Military College Band host Music at Midday concerts six times a year with the support of Canberra Labour Club. The proceeds of the concerts support many local charities.

**Gold Coin donation on arrival**

**Tuesday 8 November - Departs 10:15am –  
Pick up 2:15pm**

**PALACE CINEMA + LUNCH – “THE LIGHT  
BETWEEN OCEANS”**

Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Tom thinks they should notify the authorities but ultimately gives in to Isabel's wish to keep the girl. Fate strikes again when the couple meet the child's biological mother on the mainland. Now, Tom and Isabel must make a decision that will forever affect the lives of four people.

Cost is \$16.50 per person **payable to reception by Thursday 3<sup>rd</sup> November**

**Saturday 19 November Depart: 5:30pm  
VOICES IN THE FOREST @ Llewellyn Hall**  
Canberra's operatic spectacular, Voices in the Forest, will return for its sixth concert on the

19<sup>th</sup> November 2016. This year's concert will be another magnificent musical showcase presenting a superb line up of some of the finest voices in the world: **Sumi Jo, Soprano** - Praised for the remarkable agility, precision and warmth of her voice and for her outstanding musicianship, Sumi has firmly established herself as a 'once in a generation' singer **Richard Troxell, Tenor** - With his beautiful, lyric tenor voice Richard has been thrilling audiences wherever he has sung, at home in the United States and around the world **Sally-Anne Russell, Mezzo-sopran.** One of Australia's finest mezzo-sopranos, Sally-Anne has over fifty operatic roles in her repertoire and is known across Australia for her warmth of tone.

**Residents are asked to book and pay for their own tickets through Canberra ticketing 6175 2700 or available through <http://voicesintheforest.com.au/ticketing-information>.** The bus will be available to drop off and pickup all those that have booked, Please place your name on the list at reception



**Monday 28 November Depart: 10:30am  
BAR B Q LUNCH AT THE COTTER**

The Cotter is a popular recreation venue ideal for Bar B Q's picnics, bushwalking or just relaxation. Facilities include short walking track to the Cotter Dam. Take the Cotter Dam Discovery Trail, lined with stories of Canberra's water history (It features a 16-metre wide, amphitheatre style viewing platform with

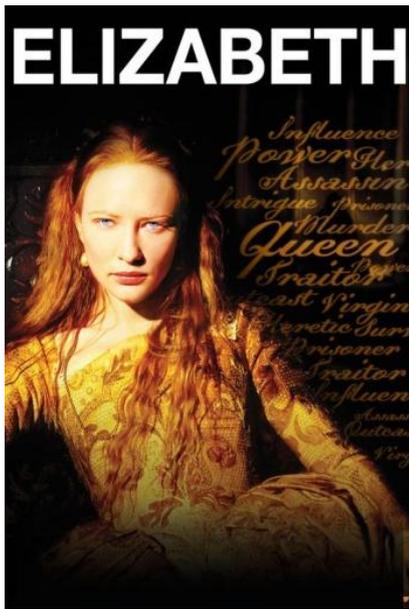


majestic views of the dam wall), while your Community Manger cooks up a delicious Bar B Q lunch for you. **Cost for lunch will be \$10 per head payable at time of booking, please BYO your own drinks.**

## SUNDAY MOVIES FOR NOVEMBER

Bring your own drinks nibbles/popcorn.

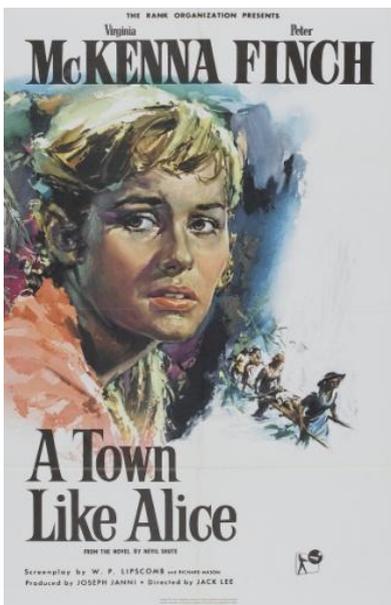
### Sunday 6 November – Elizabeth



Elizabeth Tudor (Cate Blanchett) becomes queen of a divided and dangerous England in 1558. She is roundly perceived as weak by threats from within and abroad, and she is strongly advised to marry by counsel William Cecil

(Richard Attenborough). But she will be married only to her country. Intelligent and cautious, she must choose where to place her trust: with her shrewd secretary Walsingham (Geoffrey Rush), a master of espionage, or her secret lover, Sir Robert Dudley (Joseph Fiennes).

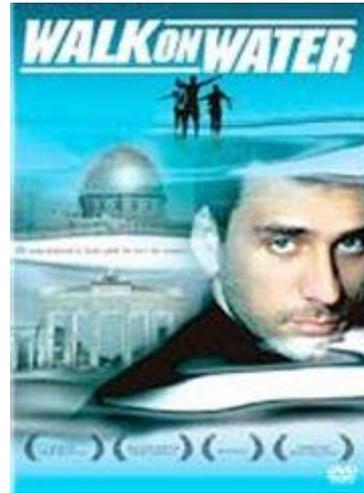
### Sunday 13 November – A town like Alice



This drama, based on the book by Nevil Shute, focuses on Jean Paget McKenna), a British office worker captured by the Japanese in Malaysia during World War II. Kept with other women prisoners, Jean

eventually meets Australian soldier Joe Harman (Peter Finch), who secretly aids the weary group by stealing food. When Joe's actions are discovered, he is punished, and Jean assumes him to be dead. However, years later, she finds out he may still be alive, and sets out in search of him.

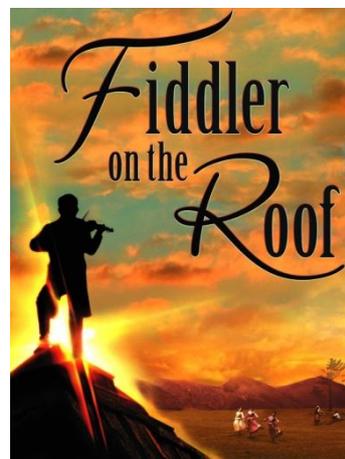
### Sunday 20 November – Walk on water



An Israeli agent with a license to kill is thrown off his game by two people who challenge his deeply held assumptions in this drama. Eyal (Lior Ashkenazi) is an agent with Mossad, the Israeli intelligence and security force. A

man capable of making snap moral judgments but unwilling to reveal his emotions, Eyal has been burying himself in his often bloody work since the death of his wife. Eyal's latest assignment is to try to learn the whereabouts of a Nazi war criminal; as it happens, his granddaughter Pia (Carolina Peters) is in Israel spending time on a kibbutz, and when he learns that her brother Axel (Knut Berger) is coming to.

### Sunday 27 November – Fiddler on the Roof



The film centres on the Tevye family, a Jewish family living in the town of Anatevka, in the Russian Empire, in 1905. Anatevka is broken into two sections: a small Orthodox Jewish section and a larger Russian Orthodox Christian

section. Tevye is not wealthy despite working hard, partly because he has a large family. He and his sharp-tongued wife, Golde, have five daughters and cannot afford to give them much in the way of dowries. According to their tradition, they have to rely on the village matchmaker, Yente, to find them husbands. Life in the little town of Anatevka is very hard. In addition to the difficulties of being poor, Tevya speaks of the Jewish community's constant fear of harassment from their non-Jewish neighbors.

# What's on ...

# NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9am Walking Group 9:30 Strollers 10am Hairdresser</p> <p>Melbourne Cup Luncheon</p>	<p>9am Exercises Cafe – 10:30 - 3:30</p> <p>7pm Table Tennis/Carpet bowls</p>	<p>8am Exercises 10am Hairdresser 11:30 Sketch group 10:15 Bus trip - Music @ Midday 4pm - Proud Mary Presentation 6:45pm Cards /Bridge</p>	<p>9 am Exercises</p> <p>10 am Hairdresser Cafe – 10:30 - 3:30</p>	<p>10am Hairdresser Cafe – 10:30 - 3:30</p>
<p>2-3:30pm Craft 4pm Afternoon Movie "Elizabeth"</p>	<p>Massage by appt 9am Exercises 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour Theme "General Knowledge"</p>	<p>9am Walking Group 9:30 Strollers 10am Hairdresser 10:15am Bus Trip Palace Cinema "The Light Between Oceans" 2pm Mahjong</p>	<p>9am Exercises Cafe – 10:30 - 3:30 1PM Leda Jewellery 7pm Table Tennis /Carpet bowls</p>	<p>8am Exercise Class 10am Hairdresser 2:15pm Chair Yoga Cafe – 10:30 - 3:30 5- 8 Hair dresser by appoint. 6:45pm Cards /Bridge</p>	<p>9am Exercises 10 am Hairdresser Cafe – 10:30 - 3:30</p>	<p>10am Hairdresser Podiatrist Cafe – 10:30 - 3:30</p>
<p>2-3:30pm Craft 4pm Afternoon Movie "A Town Like Alice"</p>	<p>Massage by appt 9am Exercises 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour Theme "General Knowledge"</p>	<p>9am Walking Group 9:30 Strollers 10am Hairdresser 2pm Guest Speaker 2pm Mahjong</p>	<p>9am Exercises Cafe – 10:30 - 3:30 7pm Table Tennis/Carpet bowls</p>	<p>8am Exercise Class 10am Hairdresser 11:30 Sketch Group Cafe – 10:30 - 3:30 2:15pm Chair Yoga 5- 8 Hair dresser by appoint. 6:45pm Cards /Bridge</p>	<p>9 am Exercises 10 am Hairdresser Cafe – 10:30 - 3:30 2pm Sadie Michael Fashions</p>	<p>10am Hairdresser Cafe – 10:30 - 3:30 3:30pm &amp; 4pm Bus Trip: Voices in The Forest</p>
<p>10am Spring Fair 2-3:30pm Craft 4pm Afternoon Movie "Walk on Water"</p>	<p>Massage by appt 9am Exercises 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour Theme "Horticulture"</p>	<p>9am Walking Group 9:30 Strollers 10am Hairdresser 2pm Mahjong</p>	<p>9am Exercises Cafe – 10:30 - 3:30 7pm Table Tennis/Carpet bowls</p>	<p>8am Exercises 10am Hairdresser 11:30 Sketch group Cafe – 10:30 - 3:30 2:15pm Chair Yoga 5- 8 Hair dresser by appoint 6:45pm Cards /Bridge</p>	<p>9 am Exercises 10 am Hairdresser Cafe – 10:30 - 3:30 5pm Informal social gathering</p>	<p>10am Hairdresser Podiatrist Cafe – 10:30 - 3:30</p>
<p>2-3:30pm Craft 4pm Movie "Fiddler on the Roof"</p>	<p>9am Exercises 10:30am Bus Trip Bar B Q lunch Cotter 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour Theme "General Knowledge"</p>	<p>9am Walking Group 9:30 Strollers 10am Hairdresser 2pm Mahjong</p>	<p>9am Exercises Cafe – 10:30 - 3:30 9am Connect Hearing 7pm Table Tennis/Carpet bowls</p>			