



# THE LAKESIDE REED



Portrait of Norma Murray by Milla from Flinders Christian College

## Budding Young Artists

Every year, Year 10 Students from a local school come and paint a portrait of our residents. This year we had students come from Flinders Christian College. They have done some amazing work. A big well done needs to be extended to the budding young artists.

**OCC Meeting  
Monday 14/08**

**Monthly Dinner  
Friday 25/08**

**Take-Away orders due  
Monday 28/8 by 5pm**

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# Around Town

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## Food For All

**Pat Hyde**

The Craft Group work very hard to raise money for various charities, the main charity being "Food For All". The group raise enough to donate twice a year in June and December.

We also make a donation to the Residents Association when we have our Open Day.

We supply knitted and crocheted knee rugs, mittens and capes to local Nursing Homes.

Frankston Hospital Maternity ward received premature baby clothes for needy Mums.

Our Craft Group would like to thank residents and friends for supporting us by buying from our display cabinet.



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## Wellbeing Session

**Ro Jackman**

On June 15, we held a Wellbeing session in the Theatre, 15 residents attended.

It was a very informative session and we learnt about a new model of care and future home care packages from Freedom Aged Care.

Cindy Potton from Shearwater Apartments won the door prize. She was thrilled!



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## Welcome Morning Tea



From Left: Bill and Maren Berry and Ray and Coral Moresi

We welcome some new residents to our community! Nothing like some fresh friendly faces to meet and greet, when you see them around, please make them feel welcomed and don't forget to say hello.



## Around Town

### Trivia

What a turn out it was. There were 60 residents that joined in on the day. With this many residents there were teams of ten spread across six tables. Everyone enjoyed the afternoon with the six rounds and some nibbles and drinks. The event was a great success and there have been numerous requests to have more trivia events. Why not! Trivia is an all-round fun event. Congratulations to the winners on table "Sharp As Tack's!" a name well suited for the win. Bravo guys!



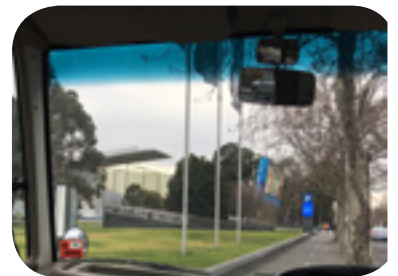
### Tripping Around

Ro Jackman

On 7 July we had 13 residents go on a bus trip a tour of the City Highlights. It was a trip down memory lane, what with many residents having not visited the City in quite a while. Even driving down the Peninsula Link and Eastlink was a new experience for some.

It was great to see Etihad Stadium and the new Museum site next to the Exhibition buildings. We drove down to the Docklands, amazing to see how it has sprung up. The area was new to some of our Trippers as we had some people who had never ventured down to that part of the city.

Then it was a leisurely drive down Beach Road for our traditional ice cream stop and then homeward bound.



### Pleasant Sunday Afternoon

On Sunday 16 July, over 60 residents enjoyed an afternoon with Alex Kyle. Playing music from swing to rock n roll and a few easy laid back songs, Alex thoroughly entertained. A great afternoon enjoyed by all.



# Bragging Rights...

successes, achievements & stories of residents, family and friends

## Lawrence Sympson - high flying vet

**Nancy Oliver**



Lawrence (Lorenzo) Sympson working in Patagonia



Lorenzo, as they call him in Patagonia, says of the school project.

“The interest shown by the children in the rural schools has excited us to expand the project to other provinces. But we need a joint effort, a collective conscience to take care of our environment. I always recommend getting more in touch with nature. Being in touch with it allows us to understand and recognise that all who inhabit this Earth are equal.”

Nancy, so wonderful to have a nephew committed to the future of our world. Definitely deserves bragging rights.

Nancy Olivier has a nephew who would make any aunt proud and quite frankly, amazed. Lawrence Sympson grew up in South America in the province of Entre Rios. His love of birds is almost genetic beginning with his great grandfather from which he inherited an ancient book on birds’ nests eggs of the British Islands and then receiving his grandfather’s gift of a large collection of eggs brought from Great Britain to his home in Buenos Aires.

“He lives in the Argentine in a beautiful part of the country down in the south called Patagonia, right on the foothills of the Andes Mountain which is very pretty with lakes and lovely scenery.” Nancy tells us “He is a Vet and his passion is studying the Condor. He takes tourists, mainly from England and the U.S.A. on trips up the Andes to look at the nesting sites of these huge birds and to watch them soar high above them.”

We think Nancy is still being a bit coy about her nephew. Recently he was a subject of an article in a magazine called *Histoira de Vida* where we find out he is not only known for his dedication to the care of the Andean Condor but he was also a scientific advisor to the BBC and participated in a documentary with Viggo Mortensen (for all you Lord of The Rings fans) and travels to schools raising awareness about the care of the environment.



The “owners of the air” the Andean Condor

# Mornington Life

## Have nurse will travel!

Born in 1930, second of three girls, Jane never would have thought that her life would have entailed so much travel much less be able to work at the same time. Jane was nine years old when World WarII started.

"Most of my earlier life was spent in Melbourne, South Yarra & Glen Iris. First junior years at Merton Hall and during WWII the school was evacuated and moved up to Dandenong and the RAAF moved into our house, owned by my grandma, at 123 Walsh Street, South Yarra.

Mother didn't want to be separated from her girls so we all moved to Frankston to 'greet the Japanese Army' as it had moved up the bay! All a bit scary but we didn't know really what that could mean. We spent the War years on Long Island in Frankston" recalls Jane.

"My father, Charles (people called him Dal), was too young for WWI and just a little old for WWII, to serve as a soldier but never the less he joined the Airforce and went overseas repeatedly, taking the RAAF recruits to be trained in Canada and the UK." She says. Fun Fact - when Jane's grandma went to reclaim her house the Airforce wasn't that keen on giving it back so she had to say it was her son in laws, who was in the air force. The house was given back quick smart after that.

"I went to Toorak College riding my bike up Oliver's Hill & racing home after school. We three girls had a very healthy life. We all spent time swimming, horse-riding (when I wasn't being bucked off) running wild and bicycle trips. It was very different then."

In 1946, the war had well and truly ended, her Dad was home and Jane left school. Not a huge fan of the academic life ("Who on earth needs to know how to speak Latin unless you want to be a lawyer" she says) she did however love the sports and being active. Jane then enrolled in the pre-nursing Course at Emily Macpherson for 3 years and then went on to train as a fully-fledged nurse at the Royal Children's Hospital. This Jane loved, working with children and nursing but how did this marry up with her restless spirit?

Next was Sydney for a year or so to do midwifery and travel all around the Sydney and NSW area on day trips. Then, came a visit to New Guinea to see her sister Sue. This trip was the start of the overseas foray.

In 1955 Jane jumped onto SS Strathaird bound for the UK with a promise of a nanny/nurse job with a prominent family on the cards. The job only lasted a month as the ongoing nanny decided she didn't want to leave.

This was not to subdue our Jane as she ended up with a position at Australia House in London. It wasn't nursing but the job was great.

## Resident Profile - Jane Altman

"I visited many county shows, as an ambassador, showing off our great Australian products wine, butter, cheeses, canned fruit, fresh apples, eggs etc. The best part was we travelled first class which proved a little hard later up the track when I had to pay my own way!" she laughs.

She recalls a particular incident in the London flat she shared with friends. A package had been delivered earlier in the day and they decided to use the wood around the package as firewood. Unbeknownst to them the chimney hadn't been cleaned properly.

Whilst fireplace decisions were being made, Jane was in the bath to wash the day away. So, the chimney caught fire, firemen were called, Jane was still in the bath, and a fireman runs in to check if anyone is in the bathroom. Jane is as surprised as the fireman, but now informed of their little fireplace issue.

"To say thanks we bought the firemen some beer at the local Milk Bar. I heard the man behind the counter remark "All those Aussie's do is buy alcohol!" I didn't think it was worth mentioning it was for the firemen and our brush with death" Jane laughs. All round interesting call out for the firemen we say!

1958 found her back home working at RCH Orthopedic division in theatre. In 1960, the travel bug took hold again and she was off to New Zealand, this time combining her work in Tauranga Hospital as a charge sister in theatre with her love of travel. She travelled with friends. "We saw many miles in New Zealand, it is a most beautiful place and all in a car we later sold one day before we sailed back to Australia."

"I took off again in 1966 to Canada on SS Oriana and worked in Ontario in casualty. I spent two months on a Greyhound bus travelling around before leaving for home" says Jane.

After her parents both passed away in 1978 she moved into Nursing for aged care at Mt Eliza Geriatric Centre. "I always said I started out my career at the very start with birth and ended at the very end with aged care. Both were just as rewarding as each other. I loved looking after people".

Spending many years at her home in Beleura Hill Road, Jane retired and moved into The Mornington in 2003. "I moved into Unit 125 where I have been very happy and have many friends. My sisters and I keep up our phone calls and my sister Sue and I speak weekly. She's still in Adelaide and my other sister is in WA." Thanks Jane for sharing some of your life story.



Jane Altman, from Mt. Eliza, Victoria, offers hard-boiled eggs to Sr Edwin McCarthy, High Commissioner for Australia, and sister John McCallum at the "Egg Walkabout" for held at Hay's Wharf on Monday, to celebrate the arrival of the first shipments of the 1958 Australian egg. Australia's egg exports this season are valued at £3,000,000. The Tower of London can be seen in the background. (See page 14)

## Birds of The Mornington

Petrels are also called “the vultures of the seas” or “Mother Careys Goose”.

They are 90cm tall. When on land they walk with a waddle.

They will tear at the flesh of dead whales or seals, or any sort of flesh. They prey on small penguins and chicks. They can either pick up food from the surface of the sea or dive in.

They nest in depressions on fairly open grounds, heaping dried vegetation around them. The open site helps them to make use of the wind for take-off. The female birds produce one large white egg. They are thought to be matured at the age of five.

Although a big bird, it is rather timid on land. Their habit of spitting an awful smelly mass onto their victims, this earns them the names of “stink pots and stinker”.



Text & image courtesy of  
*Elains Watts - Birds of Mornington*

## Sales Update

**Pauline & Dianne from  
Amicum**



Where should we meet for coffee? Absolutely no question!!! With the exciting addition of our new Cafe, showcasing our community has become so easy. From opening at 10.00am to closing at 2.00pm, this is now

the place to meet for residents, families and staff. The smell of freshly ground coffee is hard to resist.

For us in the sales team this has become such a wonderful sales tool. After we have shown prospective clients units or apartments, the buzz of the coffee shop draws them to sit, relax and enjoy a coffee and to chat with residents who are always happy to share their positive thoughts on our village.

There is no better reinforcement for potential purchasers than relaxed, happy residents enjoying a coffee and a chat. So much so that we are continuing to build our database of prospective buyers awaiting upcoming properties. With only three apartments available and all units currently under offer, unit sales have been moving reasonably quickly once they become available for clients to view.

Come and say hi if you see Pauline or Di behind the counter of the Café helping out when the demand is high.

## What's for Sale ?

Currently we have a few Shearwater Apartments for sale along with one Independent Living Unit coming up.

Don't forget that we also have our referral program which could net you Coles Myer vouchers to the value of \$500 by referring a prospective resident. Please contact Joe or Pauline & Dianne from Amicum for further details.



[facebook.com/themornington](https://facebook.com/themornington)

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# Reportage

## Resident Association Report

**Jan Morris**



It is with great pleasure that I recently presented my report for the year 2016/17 to the Residents Committee. This is my abridged version for The Reed.

Firstly I wanted to thank everyone who has helped over the year, staff and residents alike. It has been a challenging year in so many respects. The Club House renovations impacted on village life in so many ways. The last Village Dinner in 2016 was held on Friday 7/10. We just had our first one for 2017 at the end of June and what a success it was. One could say it has been a long time between drinks! The village dinners are always an excellent opportunity for residents to get together and enjoy each others company as well as a lovely meal.

A Christmas party was organised in lieu of the Traditional Christmas Dinner. As with the monthly dinners, Sarah and her team are to be congratulated for the catering for this event. I am sure everyone who attended had a wonderful evening sharing a variety of finger foods, a glass of wine and the opportunity to mingle with other residents.

As the renovations continued we were able to celebrate Australia Day with a simple BBQ. The weather on January 26 was more like late Autumn rather than mid-summer which meant we were unable to take advantage of the terrace outside the Games Room. Somehow, we all crammed into the Games Room and Theatre and everyone seemed to enjoy the event.

May this year saw the completion of the renovations and the official opening of the building. On behalf of the residents I would like to express a huge vote of thanks to Longevity for the vision they had for the upgrading of the facilities. The new Lakeside Café is a great success, every day there is a friendly buzz as residents enjoy the coffee, sandwiches, soup and sweet treats which are on sale. Thank you also Longevity for the wonderful afternoon tea we were able to share following the Grand Opening.

Again in 2017 the ANZAC Day commemoration was well attended and a pleasure to present as we battled the weather yet again. Thank you to everyone who contributed to the Service and helped in anyway on the day.

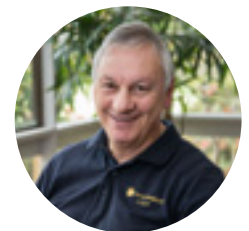
Finally, I would like to say thank you again to everyone for their support during the year, I have enjoyed the opportunity to get to know everyone a little better, we are all so fortunate to be part of this community at The Mornington.

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## Manager's Report

**Joe Ziino**

A couple of recent successes at The Mornington, with our Trivia night held in the Lounge, having approximately sixty residents participate. A great afternoon was had by all and we congratulate team "Sharp As Tacks" as our over all winners. Stay tuned, another Trivia afternoon is already in the planning stages. Also going very well is our café and thanks to all our residents who have enjoyed the space and popped in for a regular coffee. We can imagine how busy it will be in the summer months. Sarah's team has excelled once again, both with the barista style coffees and the lovely treats that now fill the café shelves. Long live the Lakeside Café!



As the rollout of the NBN continues in the Village, we are yet to have a completion date from the NBN representative. We are aware that residents are continually being bombarded with telephone calls and literature to sign up by providers, but we strongly encourage all residents to ensure any provider they sign up with has physically visited the site (your unit) to ensure that they immediately receive NBN access. We will let you know as soon as we have a final completion date for the NBN.

## Kiosk Hours

The team at the Lakeside Kiosk are here to serve!

Our upgraded Kiosk looks great and we have all those last minute things you may have missed or need to top up from the supermarket shop. With all sorts of goods ranging from your general groceries, milk, cold beverages, bread, pies/pasties, sweet biscuits, cakes, lollies and chocolate, you just have to visit.

The opening hours for the Kiosk are: **10am-12pm, Monday to Saturday.**








## Lifemark Survey

The Mornington is an accredited Lifemark Village and we comply with The Lifemark Village Scheme standards. Every second year Longevity surveys our residents via independent auditors on a range of subjects relating to their experiences at the Mornington. Every other year we arrange for Lifemark to survey our residents in a similar format. This is all part of our Lifemark accreditation compliance. This year is one of the Lifemark survey years. In the next couple of months, Mornington residents will receive a Lifemark survey to fill out. We encourage residents to complete as this is also great feedback for management. More information will be published with the survey and on Lakeside TV nearer to the survey release date.



## From the Kitchen

### Take away Menu - September

-  Sweet and sour chicken with rice
-  Curried chicken with rice
-  Winter Minestrone soup
-  Hot Apple Pie
-  Fresh Scones with jam and cream

### Hot drink prices for Cafe:

Coffees and Hot Chocolate - \$3.00

Long Black/Short Black - \$2.50

Hello Everyone,

It's been a busy time for the Catering team, with the opening of the Cafe! Come in for a coffee and sandwich or check out our daily specials. We do anything from egg and bacon rolls to pizzas or fish and chips .

Times are from 10.30am-1.30pm, however we will look to extend the hours in a couple of months.

Don't forget your take away orders and feel free to come and check out our frozen dinners and soups anytime. See you soon!

*Sarah*

