

# Riverside Times

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## Message from your Manager

Well, it's that time again. We've had an 80th birthday party and a wedding ceremony in our community centre in March. Both went off beautifully with beautiful photos to prove it.

Our next big function will happen just after we go to print which means you will have to wait for the next edition to view the pictures. A lot of us are looking forward to *The Swell Sisters* bringing back memories of the Swinging Sixties. I'm sure many of us will identify with the entertainment. The lunch provided by Wild Essence Catering will be great. They catered for our Christmas lunch at the Windsor Polo Club a few years ago and our residents were very pleased with the food and the service.

We extend a big thank you to the Tolhurst family for their generous gift to the village.

Welcome to our new residents. We hope you settle in well and enjoy the next chapter of your life.

Something I came away with from the Aged Care Summit in March;

*People will forget what you said.*

*People will forget what you did.*

*People will not forget how you made them feel.*

Best wishes  
Patricia

## BIRTHDAYS

### April

8<sup>th</sup> Barbara A (v 29)  
10<sup>th</sup> Roslyn (v 39)  
13<sup>th</sup> John G (v 23)  
13<sup>th</sup> Judith (v 27)  
19<sup>th</sup> Diana (v 5)  
23<sup>rd</sup> Jan (v 9)

### May

6<sup>th</sup> Sharleen (v 67)  
8<sup>th</sup> Jennifer (v 51)  
9<sup>th</sup> Betty (v 6)  
17<sup>th</sup> Elaine S (v 16)  
18<sup>th</sup> Beryl (v 22)  
31<sup>st</sup> Tina (v 29)

## June

13<sup>th</sup> Colin (v 67)  
14<sup>th</sup> Bob E (v 59)  
15<sup>th</sup> Mary Sm (v 49)  
26<sup>th</sup> Ernie (v 26)

Don't forget that Lenore (villa 15) keeps a good supply of hand-made birthday/etc. cards (around \$4) in the Community Centre, together with an honesty box for your purchase. If you require a card for a specific occasion (i.e. wedding, etc.) contact Lenore.

## Community Centre Diary

*Each and every resident is very welcome to join in any activity but, for catering purposes, it assists organisers if you reply promptly to planned dinners before the due date.*

*Arts and crafts (Wednesday)  
Boys' Club/Snooker (Thursday afternoon)  
Card games (Friday afternoon)  
Daryl's Sausage Sizzle/Bingo (monthly)  
Di's Sunday Summer Salad/Winter Soup  
Lenore's Card Making (Tuesday afternoon)  
Movies (every fourth Saturday afternoon)  
Reading for Pleasure (Thurs. fortnightly)  
Scrabble (Monday morning)  
Scrapbooking (Monday afternoon)  
Trivia (Friday morning)  
Walks*





Our thanks to Daryl who has done a great job with our Sausage Sizzle and Bingo nights over the years and to our ladies who organise our Salad/Soup Sundays.

## HISTORY OF THE HAWKESBURY (cont.)

Sydney's initial fresh water came from the Tank Stream but, as Sydney continued to grow, the water was often in short supply and polluted.

A series of severe droughts in the Sydney region led to the construction of the **Warragamba Dam** (commenced in 1948, completed in 1960). With a surface area of some 75 square kilometres and a maximum depth of 105 metres, the dam supplies water for Sydney.



As mentioned in our last Newsletter, the Hawkesbury River dried up in January 1945.

In those days there was plenty of clean white sand on the river bed.



Villa 31 Residents....Noisy, Nocturnal, easy to feed "Eeney, Meeney, Miney and Mo" have set up residence in our patio downpipe.

Perhaps they're looking down to Heinrich's garden with more than 40 bromeliads in flower.



Have you ever met these people?

Tom Ato	Clair Voyant	Sir Plus
Molly Coddle	Len Dahand	Eve Ning
Bill Abong	Reg Iment	Rob Ber
Steve Adoor	Justin Time	Barry Tone
Ann Tenna	Ann Tarctiv	Len Dahand



## **Curly's column**

### **Getting ready for winter**

#### **TOO MUCH WATER**

**Here are some ways to cope with wet weather in the garden;**

**Add potash-this helps new growth "harden off" so that it is less disease prone and more frost resistant. Apply about an ounce to the square metre.**

**Cut the grass-long grass encourages mildews and fungi etc. increasing humidity at plant level. Short grass means more breeze at ground level, less moisture and less disease.**

**Do not apply nitrogenous fertiliser-this will only result in more soft wet growth.**

**Apply seaweed or green manure sprays-these will strengthen resistance to fungal infections and make plants more frost hardy.**

#### **FROST**

**The worst frost damage occurs when plants thaw rapidly. If possible, give plants a thorough gentle watering before the sun hits them in the morning.**

**Covering plants with a frost blanket or newspapers the night before is also very effective.**

**Spray seaweed or nettle tea; cover seaweed or nettles with water, leave for a few weeks and dilute to a weak tea colour before spraying. To make liquid compost-fill a bucket with any of the following; green weeds, lawn clippings, green leaves, green vegetable scraps (lettuce, cabbage, spinach etc.) garden scraps, comfrey leaves, seaweed or nettles. Also add fresh or stale manures if available, or a spadeful of compost. Fill the bucket with water and**

**wait a week or 2 until it starts to turn brown. Pour off the water and dilute it to the colour of weak tea then pour it onto the plants once a week. Add more water to the bucket and let it brew again. After a month or 2 the decomposed sediment at the bottom of the bucket can be used as mulch.**

**Increase the frost-free area-clear away any blockages or obstacles (weed piles, long grass or ornaments) so that the frost can drain away. Try cutting drainage holes low in hedges or other shrubbery.**

**Use a fan to mix the cold air with the warmer air above it.**

**Predict frost; frost is less likely when the sky is cloudy and when there is fog or other moisture around. If the stars are bright there will probably be a frost following.**

**Use mulch lightly - packed mulch can protect plants from frost.**

**Use a water feature-a pond or fountain in the middle of the garden will keep the area around it slightly warmer through the night as steam rises from it.**

#### **TRIVIA-The way we live.**

**\*The average person spends 2 weeks over their lifetime waiting for traffic lights to change.**

**\*Married men change their underwear twice as much as single men.**

**\*If you are struck by lightning once, you are 100,000 times more likely to get struck another time than someone who has never been struck.**

**\*62% of email is spam.**

*\*After hours working at a computer display, look at a blank piece of white paper and it will probably appear pink.*

*\*There is no such thing as naturally blue food-even blueberries are purple.*

*\*Astronauts have to be less than 6 feet in height.*

*\*Paranormal experts say we reach the peak of our ability to see ghosts at the age of 7.*

*\*Laughing lowers levels of stress hormones and strengthens the immune system.*

*\*Women burn fat more slowly than men.*

*\*There are more mobile phones in Britain than people.*

*\*71% of office workers stopped on a street for a survey agreed to give up their computer passwords in exchange for a chocolate bar.*

*\*Amusement park attendance goes up after a fatal accident.*

*\*64% of people can roll their tongue.*

*\*Most toilets flush in E flat.*

*\*During a lifetime, the average person drinks 8,000 gallons of water and uses 68,250 gallons of water to brush their teeth.*

*\*Car drivers tend to drive faster when other cars are around. It doesn't matter where the other vehicles are, whether in front, behind or alongside.*

*\*Most digital alarm clocks ring in the key of B flat.*

*\*In the average lifetime, a person will walk the equivalent of 5 times around the equator.*

*\*Wearing headphones for an hour increases the bacteria in your ear 700 times.*

*\*A computer user blinks on average 7 times a minute.*

*\*We forget 80% of what we learn every day.*

*\*50% of lingerie purchases are returned to the shop.*

*\*The average smell weighs 760 nomograms.*

*\*If all the carpets sold in a year in Britain were laid end to end, they would go all the way to the moon and halfway back again.*

*\*If all the Easter eggs sold in Britain in one year were laid end to end, they'd go from London to Australia and halfway back again.*

*\*If all the credit cards used in Britain today were laid end to end, they would stretch from London to Istanbul.*



Old age is golden, or so I've heard it said,  
But sometimes I wonder, as I crawl into bed,  
With my ears in a drawer, my teeth in a cup,  
My glasses on the table until I get up.  
As sleep dims my vision, I say to myself:  
Is there anything else I should lay on the shelf?  
The reason I know my youth is all spent?  
Is my get-up-and-go has got up and went!  
But, in spite of it all, I'm able to grin  
And think of the places my getup has been!

### **FROM BETTY'S COLLECTION**

Don't talk about things you are going to do.  
Don't say that you mean to be noble and true

Don't wait 'till tomorrow to make up your mind and always be kind.

For tomorrow you'll talk as you are talking today

And your good resolutions will vanish away.

Do it now - let the world see you mean to be true

Oh! Don't talk of the things you are going to do.

**DO IT NOW**

and **WHEN IN DOUBT - DON'T**