

# The Vasey Voice.



At the entrance to Sydney Zoo.



Some of the residents taking a break and enjoying lunch at Sydney Zoo.



Taking in the sights at Sydney Zoo.

## Sydney Zoo outing.

Following the go ahead from Vasey management and board, it was with much excitement that I was super pleased to organise the delayed outing to Sydney Zoo at Bungaribbee Western Sydney. After a couple of false starts 3 villages finally had the chance to attend.

As Sydney Zoo is 100% accessible, there was no part of the Zoo off-limits. Wide pathways with some shade cabanas that sprayed cooling mist meant that we were still able to enjoy the zoo despite the rise in temperature that day. Some animals decided to laze about and hide at the back of their enclosure, but that just meant we had to search a little harder for them! I know I wasn't the only one who was thrilled to see Saigon the 62-year-old elephant calling Sydney Zoo her retirement home.

With time in the day to spare, our bus driver had the magnificent idea of a stop off at the nearby Lindt Chocolate factory. With a plethora of fine chocolates and speciality gift ranges unavailable in mainstream stores to choose from, some residents took the opportunity to buy some

### Lindt Chocolate factory



Alan & Maureen from Northcott Gardens.

Robyn & Patricia from Epping Manor.

Christmas gifts. Following this, a scenic drive home helped to make the day a huge success and appreciated by all.

Thank you to those who joined us. It was a pleasure!

Vanessa Cashin  
Social Support Coordinator

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# Kate Gunton – Chairman.

It has been heartening to see all the support and care shown within our villages throughout this particularly challenging year. It certainly has been a year with a difference, and I am glad that Vasey has been able to continue at least some of our social activities. I would like to thank all the Vasey team for their professionalism and care throughout this year, they have done a great job in difficult circumstances.

Progress continues at the new Kokoda Residences development in Waitara.

Many sales have been made “off the plan” and events held to enable prospective residents to get to know one another before they move in. Completion is scheduled for early 2022.

The festive season will be quite different this year including the annual Vasey Christmas Party. With restrictions on gatherings still afoot and a need to remain vigilant to COVID-19, we will be holding separate Christmas functions at each village rather than the usual

combined party. I am still looking forward to celebrating the season with all of you at your villages to wish you all a very Merry Christmas.

I hope that 2021 brings some better outcomes and that all of you continue to remain safe and well.

Warm Regards,

Kate Gunton  
Chairman

## Daniella's Dossier.

**R U OK?** is an Australian non-profit suicide prevention organisation, founded by advertiser Gavin Larkin in 2009. It revolves around the slogan “R U OK?” (are you okay?), and advocates for people to have conversations with others. The organisation has a dedicated R U OK? Day, held annually on the second Thursday of September, which encourages Australians to connect with people. R U OK? works collaboratively with experts in suicide prevention and mental illness.

This year Vasey proudly participated in the R U OK? Day conversation movement.

Vasey embraced the day in the hope to encourage, to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life. We held either a morning or afternoon tea at each of our villages and I very much enjoyed meeting everyone that took the time to come and have a cuppa, cupcake, and chat with me. Moving forward Vasey will continue to participate in this annual event.

If you have any questions please do not hesitate to contact me on [quality@vasey.com.au](mailto:quality@vasey.com.au).



Top right: Wurley Court residents.  
Below: Northcott Gardens residents.



## Meet Vivienne.



Vasey welcomes Vivienne Spears to the team as Admin Account Support Officer working 3 days per week supporting all Vasey staff. You will no doubt hear her voice on the end of the phone when you contact the office.

### A little about Vivienne

While I was born in New Zealand, I have been a resident in Australia for 30 years. My previous job was sales and support for Mamakaz Banana Bread. We looked after supplying the cafes with the Mamakaz brand of delicious banana bread and muffins. I love interacting with and meeting people.

I really enjoy playing golf on the weekends, going to the gym, and trying to stay fit and healthy. Anything outdoors is a passion of mine. I look forward to meeting everyone in the Vasey family.

## Vanessa's View.

October saw the introduction of meditation in Northcott Gardens and Epping Manor. Residents who have never taken part in meditation as well as those who have previously dipped their toes into the waters felt positive benefits.

### Did you know...?

**The mental health benefits of meditation include:**

- better focus and concentration
- improved self-awareness and self-esteem
- lower levels of stress and anxiety
- and fostering kindness.

If you would like to take time out for yourself in a positive, meaningful and mindful way, then meditation/relaxation is a perfect way to do that.

Learn some simple mindfulness techniques to savour life, change habits, live simply and slowly, and be present in everything you do. Check the TV screens in your village for upcoming dates. If meditation is not currently offered in your village and you would like it to commence, please contact me and I will be more than happy to organise.

With Christmas festivities just around the corner, please make sure you RSVP to your village Christmas party and come along for some Christmas cheer to farewell the year. Santa may also make a special appearance! We look forward to celebrating our community spirit with you.

Yours in fun!

Vanessa Cashin  
Social Support Coordinator

# Two letters from George to Jessie from the book General Vasey's War

22 January 1940, Palestine

*It was absolutely marvellous getting your letter dated 29 December - 1 January on Friday last...*

*The whole tenor of your letter cheered me enormously. You lovely girl, if that is your outlook I am much relieved. Of course there will be bad days - I have them too - but the only answer is to make the best of things. I was sorry to hear of the hot weather and the necessity for watering. What is the water cart Edgar was using - have you acquired or only borrowed something?*

*You didn't refer to the financial position in detail, but your serious talk of a windmill and tanks sounded absolutely plutocratic. How are you finding the family's finances? During the holidays at least there should be some slight easing, but I'm afraid my kit will prove a problem. You were marvellous. Of course I entirely approve of a windmill. It requires the least attention and even when I am home that is desirable!...*

*You speak of George's sweetpeas. Where has he put them in - early winter ones I suppose they are. I am pleased to hear his interest in gardening continues. I can see George V and son being florists when we have disposed of this swine Hitler and his minions. I often think seriously of that sweetheart. It's a bit early now perhaps; but I have had enough of this army business and its moves and disappointments. If I don't get what I want when I return I'll take some holding. I confess it all depends how long it all is and what the boys are doing. This should reach you shortly after George's birthday. Do give him my love again. What a fine,*

*but different pair they are. I was afraid dear little Rob would say the wrong, if that is the right word, thing sometimes. He is a bit young isn't he? George, I hope, is preserving his usual reserve.*

*I was interested, if disappointed, to hear of Tom Blamey's lack of interest in Syd and Peggy [Rowell]. I very much doubt if I shall see him here. If your conception of Bob [Menzies]'s views is correct, I am sure I won't. And what a stir there will be then...*

27 January 1940, Palestine

*Lovely one,*

*Yesterday was just a marvellous day for before lunch I unexpectedly got your letter of 8 - 11 January...*

*Where do I start? Asking you questions or answering yours? I'll do the latter first for I am regretful that you should have to ask them... Now for the answers and spilling the beans: Abbott is a complete failure, I didn't like his looks when I saw him on the ship and didn't have him in the cabin the whole journey. He went sick several times there and has done so again here and has now gone to hospital. Good riddance. He knew something of his job but didn't appeal to me. I am sharing Ron's man [Clayton] at the moment. I'll get another shortly...*

*I was marvellously well the whole voyage. Never missed a meal and only felt off for a couple of days. At the same time I find ship life boring. There appears to be little to do but sleep and drink. Of necessity, if nothing else, I avoided some of the latter... I didn't read a word on the ship. The noise and movement make it very difficult to concentrate...*



*In January 1940, soon after he arrived in Palestine, Vasey asked Jessie to send him photographs of her and the two children for his birthday. This is the photograph Jessie sent of herself.*

*So you've got to work on the verandah. What a girl! You didn't wait long did you, but what are you doing and having done? The northern one put up I imagine, but what on the west? You'll have to get Edgar to fill up where the verandah was... I'm delighted to hear of the front golden ash. I hope all the other trees are behaving as well. It's bad luck it has turned hot, but on the whole it seems to have been a fair season. Finances are just holding out. This place is expensive particularly if you go to Doris' favourite hotel [the King David in Jerusalem]. I shall be glad to be going to camp shortly...*

*Parties still continue here; but fortunately at a slightly reduced pace. I believe the locals are becoming exhausted. After being at a cocktail party on Tuesday night I went on to dine and bridge with a member of the executive council. A most interesting man...*

*Is Marj coming into the AIF or did she miss? You can tell her the home I have selected for her and her friends [Army nursing sisters] is not so good!*

*With your letter I got one from Syd. Ring him will you and tell him I'll answer shortly. Apparently he is having his worries too.*

*I'm as full of beans as can be. Being away has its trouble, but from what I hear being at St Kilda Road is worse.*

## A note from Nancy.

The home care information sessions are going well. Some residents registered with My Aged Care on the day, either for the Commonwealth Home Support Program (CHSP) or a Home Care Package (HCP) and others just wanted to find out what kind of subsidised and private home care support is available.

Don't worry if you couldn't make it this time, you haven't missed out. The sessions will be ongoing, either in small groups or individual consultations.

And just a reminder to everyone that all residents in Vasey villages can apply for rent assistance from Centrelink. Let me know if you need help with the application process.

Please contact me during office hours if you need more information or any help at all.

Nancy Stjepanovic  
Residents Services Manager

## Common Room Bookings.

The Common Room in each village is available for you to use for private functions. If you would like to book the common room, please advise the office by phoning 9299 3951 and then using the new laminated notice on the common room notice board, write the date and times you have booked the room. Please only use the white board marker provided and write clearly.

# Summer Recipe.

## Pasta and Greens in a Not-Quite-Cream Sauce



Bright green peas – a low-fat legume naturally high in protein and fibre – and fresh lemon are flavourful ingredients that give easy recipes a pop of colour and flavour.

### Ingredients

- 1 zucchini cut into thin rounds
- 1 small onion, diced
- 2 tablespoons olive oil, plus some for serving
- 1 cup short pasta, like shells or penne
- ¾ cup frozen peas
- ¼ - ½ cup grated Parmesan cheese as desired
- Lemon juice to taste
- Fresh basil, if desired

### Method

1. Bring a large pot of salted water to a boil on the stove. Cook pasta according to package directions, adding your frozen peas to the boiling water with 5 minutes remaining
2. While the pasta cooks, sauté zucchini and onion, in olive oil over medium heat in a separate pan.
3. Once pasta is cooked, remove 1 cup of starchy pasta water from the pot and set aside. Drain pasta and peas and return to the pot, along with the zucchini onion mix.
4. While the mixture is hot, add Parmesan and stir. Slowly, begin to add the starchy water to the mixture. This is where the magic happens! The Parmesan and pasta water will emulsify to make a creamy sauce – no heavy cream involved.
5. Sprinkle with lemon juice, salt and pepper, and a light drizzle of olive oil to serve. Add basil, if desired.

G	L	N
E	T	A
M	E	N

## Puzzle Place.

Try to make as many words as you can using the letters in the grid. You must use the middle letter in each word. There is at least one nine letter word. **There are at least 50 words!**

Contact Vanessa for the solution and I will either email you the list of words or pop a copy in your letterbox. [socialsupport@vasey.com.au](mailto:socialsupport@vasey.com.au)




## Meet Janne.

We're very excited to be welcoming another new team member to Vasey Communities. Introducing Janne Scott, Vasey Communities' new Sales Consultant.

Janne's role will include introducing potential new residents to the 4 Vasey villages, and their wonderful residents and amenities. Janne has many years' experience in both residential and retirement sales and is very much looking forward to the opportunity to help grow the villages.

Janne is eager to visit the villages and meet all of you soon.



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