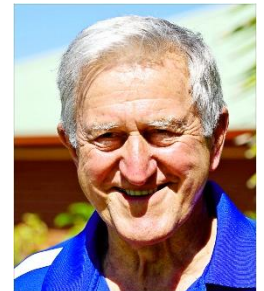


From the Chair:

Don't you just love the intricacy of the English language! If so, you would enjoy reading the book, "Ten sixty-six and all that." It's about the origin of the English language and how it is made up from a number of other languages. You will have a great laugh. Knowing the language will put the **wind** beneath your spirit and uplift you.



Contrary to when you encounter somebody and wonder how you can **wind** them up. The importance of looking at the context of a word or for that matter when a maintenance request was lodged and who was responsible for actioning that request.

Some words are aspiring, such as ideal. Yet, when we describe the situation where the ideal hasn't been achieved our words can be far from aspiring.

Many of you have expressed your frustration with how the village appearance has been left to degenerate, likewise with gardens. I had pointed that out to Gordon Pickard a few days before Christmas who undertook to follow up on the issue. Your frustrations are understood but let us not allow that frustration to turn into a negative force. Therefore, if we consider the context from which our frustrations arise, we can by using our words carefully, follow due process and aim for a positive outcome. We can work collectively to resolve the issues.

For two years and after reports (PEG), public submissions, public meetings and numerous workshops we now have an amended and updated Retirement Villages Amendment Act 2024 and the Retirement Villages Amendment Regulations 2025. Regrettably the government didn't take the reforms as far as either NSW or Victoria. Whilst the Act has greater financial benefit for new residents there are nonetheless benefits for existing residents as well. Most importantly there will now be a stronger enforcement framework applying to operators. There will also be a public online register for residents and prospective residents to access in order to ascertain an operator's track record. The registrar and SATAC will have greater authority.

Benefits for current residents:

- Installation of handrails and other aid requirements will be allowable, subject to doctor or health care provider's recommendation.
- Exit entitlement repayment will be reduced from 18 months to 12 months.
- The capital refurbishment contribution, currently 1% per annum, will be capped at 12.5%.
- Recurrent charges will be capped at CPI.
- Prescribe minimum safety and insurance requirements for villages.

"I WILL PUT COPIES OF THE RETIREMENT VILLAGE LAW REFORMS INFORMATION SHEET IN THE LIBRARY FOR ANYBODY TO READ"- courtesy of Office for Ageing Well.

Residents who serve on sub committees will now have the same immunity from prosecution as those on the residents' committee.

The greatest impact will be the new codes of conduct. These apply to residents, managers/coordinators and operators. See separate following page. Next month I'll highlight the codes of conduct for operators and managers.

It was good to see Heather, Einer and Rick at an Office for Ageing Well public information session held in Mount Barker town hall last Tuesday.

I spoke earlier about being frustrated. What the codes talk about, for everybody, is that we act respectfully in all interactions and communication and that we treat each other with dignity and acknowledge each other's diversity. Some of you have had some outstanding issues that should have been addressed by former manager/coordinator. As such I'm asking that when you present an outstanding matter to Leeann, keep in mind the delay may not have been of her making. She has had several talks to the gardeners, and I noticed them doing a survey of gardens the other day. I'll follow this up with Leeann. What the new Act strengthens is our ability to use it to achieve better outcomes. That is why I've asked you to use the process. If you have matters outstanding the committee can quote the Act and make further representation on your behalf.

Remember to keep/ask for a copy of your maintenance request.

The Australia Day BBQ lunch was a great way to start the New Year. Despite the heat we had a fabulous turnout (85). The atmosphere was great, the shared food that everybody contributed was great, the chatter and mingling was endless and the willingness of all to help clear the tables was greatly appreciated. A huge thanks to Carole Hick and Sue Gear for organising the event. The beauty of our village community is the spirit with which people are prepared to come and help set up an event and then additional people chip in to help clean up and stack up the furniture. Thank you to all of you who attended and to those who helped in various ways. Australia Day makes us very mindful of what most of us commonly say, "Where else would you want to live".

Some people really have lived.

Congratulations go to: Diane Kemp our newest octogenarian!

"Everyone can be great, because everyone can serve." Martin Luther King jr.

WAR Unit 149

More of More.

- Remember the SPEED limit is 10kph, about walking pace. Please ensure that your visitors are aware of this requirement, together with anyone else who may be driving within our Village.
- If you use the Hall/Kitchen facilities, please make sure that they are left as you found them. It is not fair that other have to spend their time to clean up.

Retirement Villages (Codes of Conduct) Amendment Regulations 2025

under the *Retirement Villages Act 2016*

2—Good practice principles

A resident of a retirement village is expected to apply the following good practice principles in relation to the retirement village:

- (a) to respect the dignity and diversity of all residents, prospective residents, the operator, members of staff of the village and all others in the village and their rights under the Act;
- (b) to act with integrity, honesty and consideration towards other residents, the operator, members of staff of the village and all others in the village;
- (c) to contribute to a safe village environment for all residents, the operator, members of staff of the village and all others in the village;
- (d) to respect the peace, comfort and privacy of other residents and persons in the village;
- (e) to act respectfully in all interactions and communications (whether in person, online or in writing) with other residents, prospective residents, the operator, members of staff of the village and all others in the village;
- (f) to comply with the residence rules;
- (g) to take all reasonable steps to ensure compliance with the residence rules by any person who is their guest at the village or otherwise invited by them to the village;
- (h) to act honestly and in good faith during dealings with the Registrar.

3—Requirements of residents

A resident in a retirement village must not—

- (a) harass or intimidate another resident, the operator, a member of staff of the village or any other person in the village; or
- (b) act in a manner that may place a resident, the operator, a member of staff of the village or any other person in the village at risk of serious harm; or
- (c) intentionally or recklessly cause damage to property at the retirement village; or
- (d) repeatedly act in a manner that unreasonably and detrimentally affects the safety and wellbeing of another resident, the operator, a member of staff of the village or any other person in the village.

From the Editor's desk:

Look at that, we are already 31 days into the year! Time is rushing past! Terrific to see the cooperation of residents to make this Village a great place to live. Please, get involved in many of the upcoming events as it is important for your health & wellbeing to inter-act with each other. And guess what, it can be fun! For those living on your own, see the article on the Red Cross TeleRedi Phone Support which is available to you here in South Australia.

- If you have anything you would like to see in this Newsletter, please let me know. Your input is appreciated.

John Unit 2 #802

FOR THOSE WHO LOVE THE PHILOSOPHY OF AMBIGUITY,
AS WELL AS THE IDIOSYNCRASIES OF ENGLISH:

1. I WENT TO A BOOKSTORE AND ASKED THE SALESWOMAN,
"WHERE'S THE SELF- HELP SECTION?" SHE SAID IF SHE TOLD ME,
IT WOULD DEFEAT THE PURPOSE!
2. ATHEISM IS A NON-PROPHET ORGANIZATION.
3. IF A DEAF CHILD SIGNS SWEAR WORDS, DOES HIS MOTHER WASH
HIS HANDS WITH SOAP?
4. IF SOMEONE WITH MULTIPLE PERSONALITIES THREATENS TO KILL HIMSELF,
IS IT CONSIDERED A HOSTAGE SITUATION?
5. WHAT DO YOU DO WHEN YOU SEE AN ENDANGERED ANIMAL
EATING AN ENDANGERED PLANT?
6. CAN VEGETARIANS EAT ANIMAL CRACKERS?
7. IF THE POLICE ARREST A MUTE, DO THEY TELL HIM
HE HAS THE RIGHT TO REMAIN SILENT?
8. HOW IS IT POSSIBLE TO HAVE A CIVIL WAR?
9. WHY IS IT CALLED TOURIST SEASON IF WE CAN'T SHOOT AT THEM?
10. WHY DO SHOPS HAVE SIGNS, 'GUIDE DOGS ONLY'? THE DOGS CAN'T READ
AND THEIR OWNERS ARE BLIND.



IF THINGS GET BETTER
WITH AGE, THEN I AM
APPROACHING
MAGNIFICENCE

Mount Barker Village Events.

Celebrating on December 31st, we had the 'Not A New Year's Eve Party', but it was!!

What a successful night!

We had the 'Concert for George' on the BIG screen, a tribute to George Harrison one year after his passing. Many artists performing such as Eric Clapton, Paul McCartney, Ringo and a host of others. The Indian sitar influence was marvellous. Twenty-two residents were delighted by the concert; we had a great time with food to share and many thanks to Jenny Cee for keeping us hydrated via the Village Tavern. Did we make it to midnight? Of course not!!!

Promoter L C.



A great Australia Day event was held, and some 85 residents attended and were treated to some fine culinary treats. Great BBQ, great salads and terrific deserts. What else could you want? Thanks to all the residents who attended and to all the residents who made it happen. Well done all!



Upcoming Mount Barker Village Events.

- **Tuesday 3rd February**, the Village Widows/ Widowers Group will hold their regular lunch starting at 12 noon at the Bridgewater Inn, Mount Barker Road Bridgewater.
Contact Kathy Unit 44.
-

- **No Morning Tea on 10th February**

- **Tuesday 17th February** - Special 'Shrove Tuesday' Morning Tea with delicious pancakes served with all your favourite toppings. \$3 per person.
See Carol's note.
- **Tuesday 24th February** – Morning Tea, complete with homemade goodies.
Again, the usual \$3 per person.
- Please come along to the Morning Teas while the weather is being kind to us.

-
- **Wednesday 11th February** at 2:00pm- It's Movie Time!



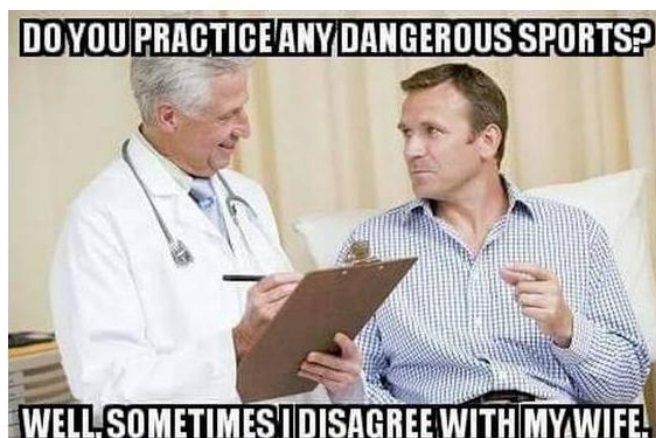
Winner of the Audience Award for Best Film 2007 Sydney Film Festival. A comic parable for our times. It's 1990 and an Indonesian fishing boat abandons Iraqi and Cambodian refugees in a remote part of the Western Australian Coastline.

Whilst most are quickly caught by officials, three men with nothing in common but their misfortune and determination to escape arrest begin their epic journey into the heart of Australia.

Pursued by an army reservist unit, our three heroes wander deeper and deeper into the desert, desperately searching for civilisation amongst the stones of the Pilbara.

Thank you to Margrit Friebe U60 for the recommendation we look forward to a good laugh.

If you have a recommendation you'd like to share, please give me a call. Lynne Cavanagh U55



- **Friday night 20th February** during Happy Hour, from 4pm onwards, there will be a celebration of the Chinese New Year.

'Happy Hour Yum Cha'

Meal will be approximately 5:30pm

Come and join us for 'Our Kinda Yum Cha' person.

Just



\$10 per

Year of the Horse 1930, 1942, 1954, 1966.

'The Horse symbolizes momentum, strength, and forward motion.

This is a year to move with purpose, clear goals, confident decisions, and bold energy.

Success in the Year of the Horse isn't about standing still'.

RSVP and payment by Friday 13th 5pm

Payment to Carole Hick's letterbox, Unit 69 or Direct Credit to

Village Resi Com, BSB: 105-025 Account: 060546040.

Reference-Chinese Unit #. *Your receipt will be issued and available at the Tavern*

If your name is not on the list sorry you won't be catered for.

All enquires: Lynne Cavanagh

- **Thursday 26th February** – The Village Snooker Championship will be held in the Billiards Room. Rack 'em up at 1:00pm. Great trophy to win and held for at least a couple of months before the next competition. BYO refreshments. All welcome.
- The 'Happy Hours' continue with warmer weather bringing out bigger crowds, most nights. As always thanks to the dedicated Tavern volunteers who give their time to make it all happen.
- Hey, there are Raffles and good prizes, as well.



*** Yes, the AFL Footy Tipping Competition is back for 2026. \$10 per entry. Great prizes. Please register your name on the competitor's sheet on the Notice Board and ensure that your contribution of \$10 is paid to the promoter, Suzanne Schubert Unit 74. AFL Competition commences Thursday 5th March.

Of course, many of the regular Village activities will continue during February.

- * Lawn Bowls, * Croquet, * Book Club,
- * Indoor Bowls - it has been decided to now play twice a month.
February Games will be played on, Thursday 5th & 19th 2026 at 10:00am.
- * Snooker, * Cards,
- * Art Classes with Annemarie, *Knitting & Craft, * Stretch & Balance, returns.
- * Bingo is on again! **Wednesday 18th Feb at 2:00pm in the Hall.**



- * Please visit the library as there are new books available,
- * And more, check out the FEB Calendar attached.

Lawn Bowls Report.

Early in January our bowlers held a friendly social game against players from the neighbouring retirement village of Oakfield Rise (Southern Cross). On a perfect summer morning we managed to play a 12 ends contest. We should have played another couple of ends because while we were closing in on the visitors they managed a '40 shots to 33' victory against us.

Despite the loss the game was thoroughly enjoyed by everyone.

Another game is planned under the dome at the Mount Barker Bowling Club. This will probably happen in a few weeks following the conclusion of Pennants season in March. Our players are looking forward to the challenge and to discover what it is like to play on a carpet green.

For the new residents in our village, please be aware that we welcome you all to come along to our practice times, especially if you are new to lawn bowls.

Good bowling

Cheers

Grant Bell Unit #31

- **TELEREDI-PHONE SUPPORT “DURING EXTREME HEAT”** provides critical support for people living in South Australia who may be at risk during extreme heat events. It connects you with a friendly Australian Red Cross volunteer who will: check on your wellbeing, provide helpful advice and reminders and link you to additional support if needed. It is especially helpful for people who are: Living alone, housebound or frail, living with a disability or chronic illness, recovering from illness or injury, or experiencing mental illness. If you, or you know of anyone who would benefit from this service, please put them in touch with them via the link below. Carers of vulnerable people are also encouraged to register as they may be at risk during an extreme heat event.

Anyone interested can register via the link on the website. This service is **FREE**. It is only available during extreme heat. It is NOT the 'daily service call', Red Cross do provide to people who pay \$120 pm for that service.

Website: <https://www.redcross.org.au/telededi/> PH: 1800 188 071

WELCOME HOME.

I am not aware of any recent new arrivals during this month.

BIRTHDAY LIST FOR February 2026



Meredith Perrin	04 th February
Margaret Allen	05 th February
Kaye Sarson	12 th February
Kathy Gillespie	13 th February
Tom Roosdorp	22 nd February
Margaret Lowry	25 th February
Kane Paech	28 th February



- Please let me know if you would like to be on this list.
- I have yet to catch up with some of the recent residents.
- I may have missed you!

Should anyone like a copy of a photo from these Newsletters please email me, and conversely, should anyone NOT want their photo taken or published in this Newsletter please let me know.

This newsletter's production is funded via the various Residents' activities, thank you.

- *Disclaimer: Opinions expressed in this publication, editorially or by contribution, are printed in good faith and without liability.*
- *They do not reflect the views of Lifestyle SA, the Residents' Committee or the Editor.*

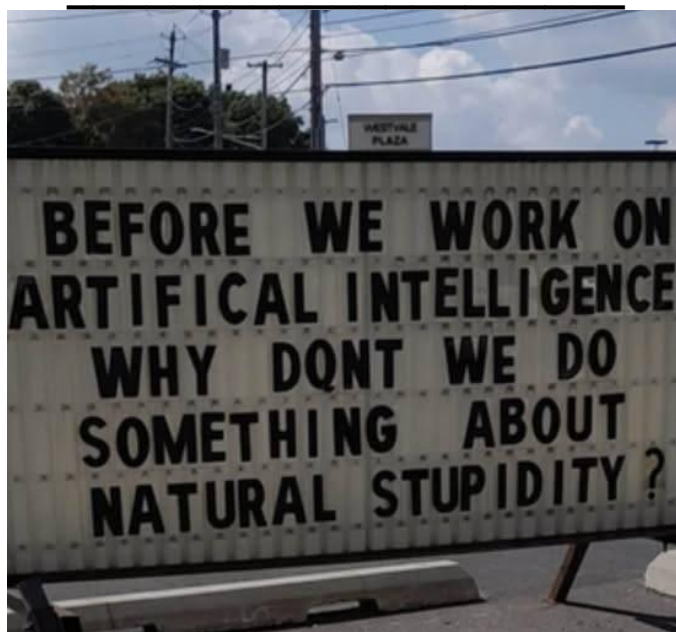
Useful contact phone numbers.

Centrelink: pensions, Health Card. 13 2300	Centrelink: Retirement, Disability, Carers. 13 2717
Medicare. 13 2011	NDIS. 1800 800 110
My Aged Care. 1800 200 422	Aged Care Complaints. 1800 951 822
Dept Veteran Affairs. 1800 838 372	National Carer Gateway. 1800 422 737
Scamwatch. 1300 302 502	National Elder Abuse. 1800 353 374
Beyond Blue. 1300 224 636	Lifeline. 13 11 14
Men's Line Counselling. 1300 789 978	DV & Sexual Assault help. 1800 737 732
OPAN (Older People Advocacy Network) 1800 700 600	aras. Aged rights advocacy service inc. (08) 8232 5377

- *A big thank you to Lynne Cavanagh for her tireless chasing, and production of the monthly calendar.*
- *As always, a big thanks to Monika & Meredith, our distribution team, for their work.*

- If you have not received a 'Name Tag' or maybe lost yours, please Email me and we'll produce a new one for your use.
- Please note: To all those who have a name tag, please wear it as we are having additional residents move in and it makes it easier for all to assimilate.

Please note: If you have a 'Pacemaker', ICD or similar implant, it is best not to use a magnetic name tag/badge as they can interfere with the safe working of your device.



'COME & COOK WITH CAROL'.

I have lived in the village for almost five years and over that time several people have suggested that I conduct cooking classes or demonstrate how to make various foods.

After much thought and consideration and in response to these requests, I would like to **gauge the level of interest** there may be to the following activities. Costing is approximate and would be calculated more accurately prior to each session.

SCONE MAKING DEMONSTRATION – cost \$1 – duration approximately 1 to 1.5 hrs. Many people have told me that they cannot make scones. I refuse to believe this – it was one of the first lessons that I taught year eight students – so if twelve-year-old students can make, cook and eat scones in a 50-minute lesson, it really can't be that hard! So come along and watch Sue Gear, Betty Nobes and myself make three different versions of a basic scone dough. Seating would be available for as many people who wish to attend. And you would get to sample what we produce.

CREATIVE SCONE MAKING DEMONSTRATION – cost \$2-\$3 – duration approximately 2 hrs. Scone dough can be used to make an endless array of items by simply adding another ingredient e.g. cheese scones sultana scones, pumpkin scones. Adding several ingredients – ham, cheese and chives to make savoury scones or date, orange and cinnamon scones. The dough can be plaited to form a twisted loaf or rolled out to a thin rectangular shape, brushed with butter, sprinkled with sugar and dried fruit, then rolled up to make Chelsea Buns.

CHOUX PASTRY DEMONSTRATION – cost \$2 – duration 2hrs.

See how easy it is to make choux pastry and shape it into eclairs before filling with cream and topping with chocolate icing. The recipe makes about twenty eclairs – one for every participant.

WORKSHOPS

These would be limited to 8-10 people and necessitates standing around the stainless-steel bench in the kitchen and working in a group.

FUN WITH FILO – cost - \$3 – duration approximately 1-2 hrs,

Use store bought filo pastry to make apple filled triangles and ham and cheese savoury pin wheels. So fast and so easy.

SO EASY PASTRY TO MAKE PERFECT PASTIES – cost \$3 – duration 1-2 hrs.

Three ingredient pastry made in food processor – used to make a pasty for lunch.

DEAD EASY DELICIOUS DESSERT – cost \$4 – duration 2 hrs.

Mango mousse in minutes, luscious lemon swirl, choice chocolate cups.

COLOURFUL AND CREATIVE CANAPES AND OPEN SANDWICHES – cost \$4 – duration 1-2 hrs.

Super simple and so easy – you will leave feeling like a **CHEF**.

LUNCH – cost \$5 - \$10

In order to keep the costs as low as possible, a smaller size serving would be presented – a light but tasty meal ideal for lunch.

- Honey mustard chicken and salad
- Pork in mustard sauce and salad
- Quiche and salad
- Moroccan chicken with couscous and salad
- Asian meatballs in satay sauce with rice and salad
- Chicken Fried Rice with salad

PIZZA AT HAPPY HOUR - \$2 per slice

HIGH TEA – cost \$10

To be served at 3pm and consisting of a variety of sweet and savoury food.

Carol Schmidt Unit # 149

- *Please complete the attached "Expressions of Interest" form & return.*

MORNING TEAS



We currently have 20 morning teas each year which are held on the 2nd and 4th Tuesday of the month. The average attendance has been 30 – 40, but as the village grows this number will probably increase.

We have five volunteers who prepare the food for our enjoyment – Sue Gear, Betty Nobes and Carol Schmidt make scones, Kylli Firth makes biscuits and Ilona Sisolefsky makes various goodies other than scones.

The setting up of the hall, the preparation of the tea/coffee station and the finishing touches and plating of food has been done by various volunteers. The setting up of the hall is done Monday afternoons between 4 – 4.30pm and any food preparation required e.g. putting jam and cream onto scones happens on Tuesday morning from 8.45am – 9.30am.

Numerous people help with the clean up afterwards.

We all know that many hands make light work and the more the merrier! So, we would welcome any creative cooks, willing workers or valiant volunteers to help with the above tasks.

As little as an hour of your time each month would make an impact and be much appreciated.

There will not be a morning tea on Tuesday 10th February, however the following Tuesday is the 17th February which is Shrove Tuesday, so pancakes will be served with yoghurt, berries and maple syrup, at the normal of cost \$3 per person.

Tuesday 24th February will be the second morning tea for 2026 where homemade goodies will be served. Again, a cost of \$3 per person.

If you are happy to help with morning teas, please contact any of the Social & Events Planning Group listed below.

We look forward to seeing you all on Shrove Tuesday 17th of February at 10.00am.

A registration form will be placed on the Notice Board to advise your preferences.

Social & Events Planning Group

Carol Schmidt – Unit # 149

Carole Hick – Unit # 69

Sue Gear – Unit # 8

EXPRESSIONS OF INTEREST TO COME AND COOK WITH CAROL

NAME:..... **UNIT NO:**.....

Please indicate ✓ clearly which activities you would like to take part in and

RETURN TO CAROL SCHMIDT - UNIT #149

	DEMONSTRATIONS - Possibly on a Wednesday morning T.B.A.
	SCONE MAKING DEMONSTRATION
	CREATIVE SCONE MAKING DEMONSTRATION
	CHOUX PASTRY DEMONSTRATION
	WORKSHOPS
	FUN WITH FILO
	SO EASY PASTRY TO MAKE PERFECT PASTY
	DEAD EASY DELICIOUS DESSERTS
	COLOURFUL AND CREATIVE CANAPES AND OPEN SANDWICHES
	LUNCH
	HONEY MUSTARD CHICKEN AND SALAD
	PORK IN MUSTARD SAUCE AND SALAD
	QUICHE AND SALAD
	MOROCCAN CHICKEN WITH COUSCOUS AND SALAD
	ASIAN MEATBALLS IN SATAY SAUCE WITH RICE AND SALAD
	CHICKEN FRIED RICE WITH SALAD
	PIZZA AT HAPPY HOUR - \$2 per slice
	HIGH TEA – To be served at 3pm consisting of a variety of sweet and savoury food