

CHAPTER

WINTER 2020



A LIFE IN WORDS

Realising the dream of writing a book

SHOWBIZ STAR

Dot Parker on how the stage shielded her from real life

HAPPY EVER AFTER (AGAIN)

Valentine's Day vow renewal

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FREEDOM
by  **aveo**



Welcome

to the Winter 2020 issue of *Chapter*, the magazine that celebrates you, your interests and the dynamic ways you spend your time.

Collectively we are beginning to emerge from our isolation bubbles and into a strange new world.

While it would be easy to focus on what we have lost as a result of the COVID-19 pandemic, we have chosen instead to illuminate what we have gained.

In doing so we have discovered that as a community we are much more robust than most.

In recent months we have seen residents and staff continually raise the bar when it comes to the manner in which we support one another.

We have sung, we have sewed and we have danced our way together through these most uncertain of times.

In this spirit we have made a few changes this issue. Our cover is an illustration by Aveo resident Joan Mors, another who has made it her life's work to inspire others. This impressive 91-year-old not only writes children's books but also does all her own illustrations. In the twilight of her career this talented nonagenarian says she's never been busier.

Within these pages we have also introduced a new section we have called 'Community Spirit' highlighting the various ways Aveo residents and staff have kept each other entertained during recent months.

For your chance to appear in the 'Community Spirit' pages in future issues send us the details of events you have been a part of. Our top 10 submissions will receive a complimentary copy of *Live Life Cook*. Email us at: chapter@aveo.com.au



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Aveo communities are filled with an assortment of inspiring individuals from an array of backgrounds. This issue we meet Chimen Bhoola.

Bitten by the bug

Even after half a century in showbiz, the light of Aveo Roseville resident Dot Parker still shines brightly.

Walking in someone else's shoes is a hobby Dot Parker has quite literally turned into a career.

In an acting, singing and dancing act spanning five decades, the Aveo Roseville resident has appeared in more than 54 amateur and semi-professional shows across a range of mediums including cabaret, theatre, restaurant and television.

During this time the vivacious cabaret performer has played an eclectic mix of characters, pushing herself to vocal and physical extremes in roles ranging from Dolly Levi in *Hello, Dolly!* and Yente in *Fiddler on the Roof* to Mama Morton in *Chicago* and Mrs Strakosh in *Funny Girl*.

And she is good. So good in fact that in 2011 she was recognised by the Music Theatre Guild (MTG) of Victoria for her outstanding contribution to musical theatre and later spent ten years touring the state as a judge for the same organisation.

Even today at 79 years of age, notwithstanding two knee replacements, Dot still craves the comfort that the stage brings and the adulation that an audience offers.

But as those who work in the arts industry will attest, a career in the theatre is almost always an exercise in patience.

The early years

From the time she drew her first breath, Dot knew she was destined to be a performer.

"It's like a life force within me. I just loved the vibe and the reaction from audiences."

Born in Flemington to a dressmaker mother and a school teacher father, Dot was barely out of nappies when the war struck and she was forced to leave Melbourne to live with her grandparents in Portland in Southern Victoria.

It was here Dot was first exposed to the joy of singing and dancing when her grandmother, who in earlier times

had worked in music halls in England, began teaching her young protégé some basic song and dance routines.

"I guess she ignited the spark but it wasn't until I was back living with my parents in Melbourne that I received any kind of dancing training. As a young child I had a chiffon scarf that I used to swan around in. If my mum went out I would go into her wardrobe and put on her cocktail dresses and dance around.

"I was merciless as a young girl. I also used to bring all the kids home from school and I would make them sit on the wash house roof and watch me. When I felt they hadn't shown sufficient appreciation for my performance, I would stand there and demand they clap. I just knew from an early age that was what I was born to do – to entertain."

Dot says her father had a beautiful tenor voice but was never formally trained in how to use it. Despite their busy lives, they would always find the time to take the eldest of their five children to musicals at Melbourne's Her Majesty's Theatre and the Princess Theatre, where their favourite seats were always "up with the gods".

"We always had the radio on at home and we used to listen to the P&A Parade where I would sing along with all the songs. I used to make up all the words. Very often I'd be up on the kitchen table singing *Ukulele Lady*," Dot says.

As time marched on, the engaging youngster with the comedic bent continued to hone her dancing and performance skills at home, confident in the belief this was where her future lay.

It wasn't until she started at secondary school under the watchful eye of nuns that she received any formal vocal assistance. It was the ladies of the cloth who helped her fine tune her range before encouraging her to join the school choir.



Dot as Grandma Harcourt in the musical *Anything Goes*.

But all good things must come to an end. Towards the end of her schooling career, Dot had had just about enough of the uncompromising approach taken by her instructors.

She suspected the feeling may have been mutual.

"I was too flamboyant and had way too much personality for them," she recalls.

When it came time for her to leave school, Dot began entertaining the idea of finding a fulltime position that drew on her performance skills.

It was against the wishes of her father however, who begged her to consider pursuing a teaching career on the basis that singing and dancing was a hobby "but not a job".

Eventually they reached an agreement that if 15-year-old Dot was able to secure a paid position then she would be allowed to leave at the conclusion of Year 11.

Responding to her calling

Fortunately it was around this time a bank came to Dot's school as part of a recruitment drive and she was able to secure work in the financial services sector. In fact, it was while she was working with numbers that Dot's big chance to showcase her more creative flair first presented itself.

"I heard about a singing contest run by a local radio station. Of course I didn't say anything to my parents but I went along and sang a song called *Buttons and Bows*. I didn't win but I placed second and my prize was to do a three month trial with the Bon Gibbons Big Band in the Footscray and Moonee Ponds Town Halls."

Paid the princely sum of £2 to perform, from which her taxi fare would then be deducted, life was great.

"If you're just in the chorus it pays about the same as if you were in retail. You have to have the passion and the drive and the desire because you don't do it for the money. You do it because you love it," she says.

Dot was thrilled to be living out her dreams, which gave her the opportunity to sing with a line up of guest performers including lauded variety show performer Toni Lamond.

Having enjoyed a five-year stint as a professional singer, however, her career was almost stymied as swiftly as it began when she met and married her husband Mick, a systems analyst.

"I was only 20 and had hoped I would get invited to perform on Melbourne variety shows of the day such as *Sunnyside Up* or Graham Kennedy's *In Melbourne Tonight*. But within 12 months I found myself pregnant and living in South Australia after Mick got a great job and we had to relocate to Adelaide."

"If you're just in the chorus it pays about the same as if you were in retail. You have to have the passion and the drive and the desire because you don't do it for the money. You do it because you love it."

Finding herself both bored and lonely, Dot – who by this stage had still never auditioned for a speaking role – signed up with the local community musical society. Her first professional role, as Miss Moina in *The Best Little Whorehouse in Texas*, followed soon after.

By the time she and her family returned to Melbourne, Dot was well and truly bitten by the theatre bug. She couldn't wait to get back on stage to sing again.

"I had still never done any acting. I'd been in the chorus of shows for 10 years before I even got the courage to audition for a speaking part.

"Because I was always a comic and had the natural ability to make people laugh I was persuaded that I should audition for a comic character role so I decided that I would. I auditioned for a funny lady in a musical called *The Music Man* and I got the role. Her name was Ethel Topple Mayer and she was very silly and very giddy and she sang this lovely little song about chickens," Dot says.

When duty called

As with most performance roles, the good times did not last long and Dot soon found herself working in retail again, mostly in the cosmetics and fragrance area.

"One of the main reasons why I wasn't auditioning frantically at that time was because I had another child and Mick wasn't all that enamoured with the idea that I would have to go on tour. Mick came from a theatrical family so he was always supportive but he didn't want my role as a mother jeopardised," Dot says.

Instead Dot spent her days toiling firstly as a senior make-up artist for Revlon and later as the training manager for Australian skincare brand Jurlique.



Performing as
Frau Schmidt,
housekeeper in
The Sound of Music.

“You have to be an extrovert, you have to be a show off and I suppose I still am. To stand on stage and feel that wave of adulation and applause, there is nothing like it.”

“In between I did some TV appearances on a network channel in Melbourne. One of the hosts used to have me on the show talking about new beauty products that were coming into the market. Then she found out I was a performer so every now and again I'd come on and do a number.”

While happy to wait for her time in the spotlight, it soon became apparent to Dot that her short-lived professional career may soon endure a premature ending.

Dot could only watch on helplessly as her husband Mick, a chronic diabetic, underwent a triple heart bypass aged just 38.

She bravely battled raising her children and working all the hours she could as Mick fought to regain his health.

And she was there by his side as he later succumbed to his illness and left her a widow at just 56.

“Mick was so sick,” she recalls, “he ended up having a complete breakdown.

“That was one of the main reasons I could not throw in my job and pursue it fulltime, because for a good part of those days, I had to be the bread winner.”

Her final act

But as the theatre had been her escape as she progressed into adulthood, so too was it there to support her as she began navigating her new life without Mick.

It was, she says, her saving grace.

“I had to be resilient and I had to stay strong. I had to be the parent in the family that the kids could rely on. Theatre was an escape. As soon as I stepped into that rehearsal room Dot Parker ceased to exist. I could create a whole new character, mannerisms, even accents.”

Amateur theatre was to prove her mainstay as Dot sought new and varied ways to put her talents to use. For a period she ran a business where she taught theatre craft



and prepared actors for auditions. She also tried to give back to the industry by linking together a group of retired thespians to perform at aged care facilities and probus groups in her surrounding community.

Yet while Dot may have ducked into the wings for a brief period, her light still shone brightly. In 2016 she was inducted into the hall of fame and made a life member of the Victorian MTG.

In the past six years Dot has featured in six stage performances back to back, only hanging up her tap shoes in 2015 when her leg pain became too much and the surgeon insisted she go under the knife.

Yet while her body may not perform as it used to, Dot says there are still plenty of interesting roles that could see her return to the stage.

“My friends keep saying me: ‘Don’t you think you’re getting a bit old?’ I always reply that while directors are still ringing me up, and my ego is still healthy there’s no way I’m not going to do it.

“You have to be an extrovert, you have to be a show off and I suppose I still am. To stand on stage and feel that wave of adulation and applause, there is nothing like it.” ●

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A tale to tell

It wasn't until he was in his mid-60s that Frank McCourt's first book was published. But while not every active senior can expect to win a Pulitzer first time around, it appears there's still much satisfaction to be gleaned when obtaining a writing credit later in life.

ILLUSTRATIONS BY JOAN MORS



“At my present age of 92, the afflictions of ageing assail me like the onslaught of an army bent on my destruction. Each week seems to bring a new, unwelcome impairment. Not long after I rise in the morning I yearn to recline on the couch.”

So wrote novelist and Chicago native Harry Mark Petrakis in his piece ‘The writer in old age’.

But what was missing from his rhetoric was that in a professional career that has spanned more than six decades and counting, Harry Petrakis had in fact spent very little time chilling on his chesterfield.

After churning out an impressive 25 tomes, the latest of which he wrote just four years ago aged 91, he simply didn’t have the time, or even perhaps the inclination.

Yet while publishing books well into the third age is not everyone’s cup of tea, an increasing number of active Australians are seeing the merit in having their name in print while in their 60s and beyond.

Aveo Lindfield Gardens resident Joan Mors is one of them.

A mother of three, grandmother of four, and a great grandmother of two, 91-year-old Joan has enjoyed a long career as a nationally acclaimed artist, winning numerous awards for her painting and having her works represented in collections across Australia.

However over the past ten years the enterprising nonagenarian has added published author to her creative wheelhouse, self-publishing at least five children’s books, each one of which she also illustrated.

Joan, who also creates one-off books illustrated and written by hand, estimates she was around 13 when

she put together her first book using plain A4 paper, held together by ribbon.

It wasn’t until more than five decades later that she was inspired to get the books she had initially written for fun professionally published.

“My granddaughter’s husband is a photographer and he was doing wedding photos and sending them off to get printed. It gave me the idea that maybe I could get mine done too,” she says.

Three of her books, which have enjoyed various degrees of commercial success, are also held in collection in the National Library in Canberra.

Among all her drawings and additional artworks Joan, who does not own a computer and handwrites all her works, is currently working on another book which she expects to

publish later this year.

Despite this, she confesses these days she writes mostly for herself.

“Those who read my books really need to have the same sense of humour as me. I enjoy writing about things that intrigue me, such as why on a Tuesday are there always men in the supermarket with a list? I get fascinated by the strangest things. It’s my very fertile imagination. I just love doing them.”

Gena Evans, a resident from The Clayfield, also recognises the satisfaction that comes from writing in retirement.

Having spent three years as a food and heritage columnist for an English newspaper in Norway, it wasn’t until quite recently Gena rediscovered her passion for the written word.



"I've always loved to write but it's one of those things you don't rediscover until you find yourself with a bit of time on your hands."

Confident others in the village may feel similarly, Gena founded a writing group to share their musings with others.

Gathering twice a month to share what they have written, the group of ten meet up serves both as a platform in which to share their stories as well as a forum for critical feedback.

"We started it so we might have a little sheet of stories for our families for our first Christmas. That was three years ago now."

Never too late

Chris Herrmann, 65, is another who believes writing talent doesn't have an expiration date.

"I need now to be prepared for death without brooding about death. I need to try to put remorse and regrets aside, to temper my hopes, to remember daily to be tolerant and kind to those whose lives touch mine. Above all I need to continue my daily struggle to harness my waning spirit and body and endeavor to put words together to make sentences, and to fashion those sentences into stories. There is no saner way for an old writer to end his days."

— Harry Mark Petrakis

Chris, who previously enjoyed a fruitful career in corporate project management and later information technology, was first prompted to put pen to paper following his completion of an impromptu solo round-the-world trip as a "Youthful Midlife Traveller".

Having only ever written opportunistically, Chris says he was prompted to begin backpacking following the death of his wife of 40 years. He began by launching a weekly blog about his adventures, with the aim of keeping his children updated. Shortly after he completed his odyssey, Chris began cobbling the content into a book.

His book, *My Senior Gap Year*, was first published in January 2018. In addition to selling in excess of 1,000 copies, the book has since been repackaged and translated into Mandarin for the American market.

In addition, the book has proved a launching pad for Chris's new post-retirement career, as an international travel expert, author, guest speaker and author mentor.

As with most authors, both Chris and Joan say they were never motivated to write books by the thought of potential earnings. They say the true reward of publishing their books lay in using their own words to share their ideas, experiences and stories with the world.

Chris, who now mentors those interested in writing their own books, says while writing a book with a view to publishing it is an extremely rewarding experience, it is not a decision to be taken lightly.

In any given year there are in excess of 2.2 million books published in the world. According to data from Nielson Bookscan, of the 1.2 million books tracked in 2004, only 25,000 — barely



more than two percent — sold more than 5,000 copies.

It appears the most successful authors have some combination of talent, persistence, and luck.

While J.K. Rowling's "Harry Potter" novels have sold at least 500 million copies worldwide and grossed more than \$7.7 billion dollars, it was initially rejected by a dozen British publishing houses and reportedly only got into print after the eight-year-old daughter of a publisher pleaded for it.

In 2006, Publisher's Weekly claimed the average book sells less than 500 copies.

For the reasons outlined above, Chris says it's important to have realistic expectations about what you will achieve by writing your book.

And while you will likely derive an enormous amount of personal satisfaction from the process — "there's nothing like opening a box to find a book with your name on the cover staring back at you" — most authors

will at some time find themselves questioning why they even started.

Chris advises that before even writing a rough outline, any active senior flirting with the idea of penning their story should begin by defining their intended readership.

You need to ask yourself whether your book is intended for a small group — typically family and social or business connections — or whether it could serve to influence, inform, entertain or benefit a far greater audience, Chris says.

The next step

Another of the big questions active seniors who wish to add author to their resume may need to consider is who they will get to produce the end product once their manuscript is complete.

There are three primary paths to getting published: landing a traditional publisher, hiring a company to help you publish your book or self-publishing.

The introduction of print-on-demand and eBooks has meant the barriers to publishing have been lowered. Most first time authors, with Joan and Chris among them, opt for this route over the more complex method of finding a publisher willing to offer you a book contract or paying someone to publish your works.

The cost of publishing a book varies greatly but self-published authors can expect to spend anywhere from \$100-\$2,500 to publish a book based on additional book production costs like editing, cover design, formatting, and more.

Yet whether or not your work is intended for publication, there are often more good reasons to write and to share your story than there are excuses not to, Chris says.

Like all artforms, writing is a craft and takes patience and time.

"It's not easy, but the effort is immensely rewarding." ●

EXPERT TIPS

Writing a book can be a daunting process but fortunately there are a range of resources available to help set you on the right path.

Australian Society of Authors (ASA) chief executive Olivia Lanchester says that while there is no magic formula that will guarantee success as a published author, doing your homework before putting pen to paper is a no-brainer.

She says a good place to start is by investigating what industry bodies are around as typically these can offer access to member's pricing on a range of professional development courses, as well as offer advice on everything from copyright and book distribution to royalties and rates of pay.

It is also worthwhile becoming part of a writer's group and reading as much as you can in your chosen genre.

The publishing industry is highly competitive so to increase your chances of success, work on your manuscript until it is the best it can be; edit and edit and then edit again, she says.

Other tips that may assist include:

- Identify the readers you are targeting from the start
- Make sure you comply with the publishers' submission guidelines
- Browse bookshops to see which publishers are publishing in your genre so that you work out a list of publishers to target
- Self-publishing is exciting and empowering remember it also involves risk and costs
- Before committing fund to self-publish, speak with others who have already been down this path.

Love Ever Lasting

If recent events have taught us anything, it is to remind us of the fragility of life and the importance of love. For a special group of Aveo Lindfield Gardens residents, however, no such prompt was necessary.

For much of his life John Bradwell has woken up to the delightful sight of the same beloved bedfellow.

For 60 years John and the woman he cherishes most, Pam, have shared the joys, blessings and adventure that is married life.

Australian-born John first encountered English rose Pam when the pair met at a function at the Hills District Car Club in the late 1950s.

Pam, who was here on a working holiday, had to go back not long after their meeting. John followed her to the United Kingdom where he asked her father for Pam's hand in marriage.

Asked why their union has proved so enduring, John says: "I've been very, very lucky. I think the secret is tolerance. Pam displays a hell of a lot of tolerance the way she has put up with me all of these years."

Aged just 26 when they first exchanged rings, the pair never imagined that they would be in their late 80s when they'd take their second trot down the aisle.

The couple were just one of seven reaffirming their love for one another during a mass vow renewal ceremony that took place in the grounds of Aveo Lindfield Gardens recently.

Between them, the seven couples boasted an impressive 391 years of married bliss, with the longest Bill and Brenda Fox boasting 72 years of holy matrimony behind them and

the youngest, Barrie and Sharon Jones, having become husband and wife just 39 years beforehand.

The tenure of the remaining couples were none less impressive with Joe and Jeannie Egger (married 62 years), Russel and Rhonda Miller (61 years), John and Helen Herron (58 years) and Ron and Margaret Stephens (52 years).

The vow renewal ceremony, which appropriately took place on Valentine's Day, was the brainchild of neighbour and community event organiser Helena Heidenrieck, who worked on the idea for a full 12 months before bringing it to life.

A firm believer that marriage is not meant to be the final step in a couple's relationship but just the beginning, Helen – a semi-retired journalist – interviewed each couple to familiarise herself with their stories before weaving each journey into the ceremony.

Swearing each couple to secrecy, Helen took on the role of planner, busying herself by engaging the celebrant, arranging posies for each of the brides, organising cakes, hiring a photographer and sourcing original wedding photos and gowns for display on the big day.

Held just prior to social distancing rules being implemented, around 100 family and friends were there to witness the event with each couple provided with a certificate to commemorate their special achievement. ●



Above: Jeannie and Joe Egger renewing their vows with marriage celebrant Teresa Wright (centre).



Left: John and Pam Bradwell cutting the cake.



FEATURE



Left: Barrie and Sharon Jones.

Right: Ron and Margaret Stephens.

Below: John and Helen Herron.





Above: The happy couples who took part in this special day.

Left: Brenda and Bill Fox.

Right: A display of the original wedding photographs.

Below: Rhonda and Russell Miller.



Gardening and your health - what's the link?



You can't ignore your garden over the winter months and expect it to be in great shape in the spring. The same principle applies to your health and wellbeing, as our resident rehabilitation expert explains.

PHOTOGRAPHY: PAUL HARRIS

Gardening and your health have more in common than might first appear.

Imagine you're looking at your garden and decide to make it better; where would be a good place to start?

You might begin by checking the current health status of the area. You would take a close look at weeds, pests, drainage and soil fertility. You would also address any

issues to give your garden the best chance of growing.

To avoid having your efforts going to waste, you'd try your best to discover any potential problems to ensure they are nipped in the bud early.

It is equally as important to have a total health check with your GP prior to undertaking any drastic changes to your lifestyle.

Discuss your plans so the necessary health checks can be made and start from the ground (your feet) up. Are you diabetic? Do you have foot problems? A heart condition? Are you recovering from surgery?

Every aspect of your health needs to be checked before you start your journey to better health.

Once your health has been assessed and your GP has spoken with you about what is the appropriate course of action for you to take to address any niggles, you can start to develop goals that suit your interests and wishes.

Set goals

Work out what it is you are hoping to achieve. From a physical perspective, do you want to be able to walk all the way to the local store or simply get up from your couch without discomfort?

Whatever your goals are, you need to be smart about them, ensuring they are specific, measurable, achievable, relevant and timely.

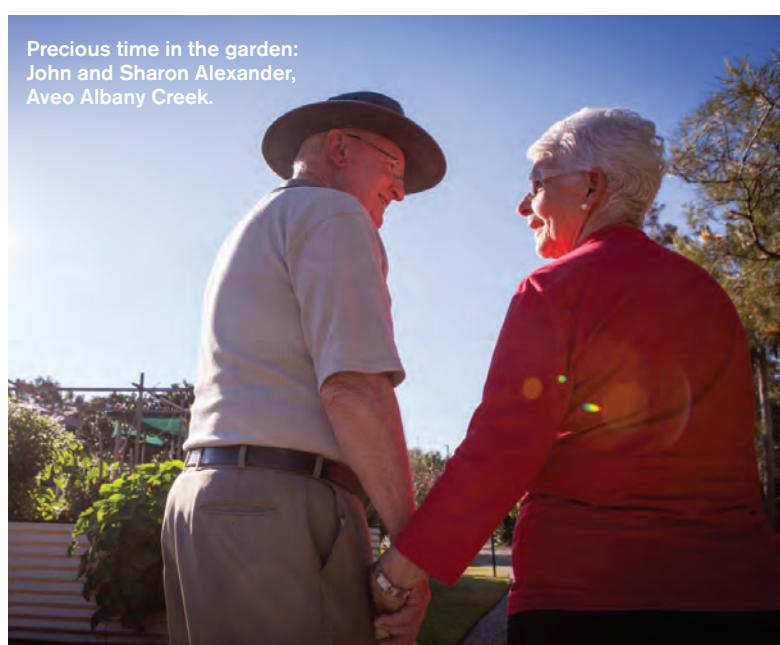
Write out your new goals and pop them on the fridge so you are reminded of these daily.

Tell your friends and family what your goals are. Whether they join you on your walks or to even just ask how you are going, sharing your goals is a great way to stay engaged with the activity for longer. Socialising is also proven to be beneficial for your mental health – providing of course you adhere to strict social distancing guidelines.

Good fitness doesn't just happen overnight, instead requiring consistent attention and effort. Incidental exercise is a great way to increase your daily activity levels. Unplanned exercise, such as going up and down stairs, can help with your health; often without you even realising.

Incorporate incidental exercises as part of your daily routine so they become habits. This could include:

- Walk instead of using travelators
- Park the car a little further from the shops and walk
- When watching TV do some seated exercises every ad break
- In the kitchen while waiting for the toast to pop up, hold onto the bench, stretch up onto your tippy toes, hold for a few seconds and repeat
- Importantly, do what you can, what you enjoy, and do it often!



Precious time in the garden:
John and Sharon Alexander,
Aveo Albany Creek.

Maintaining optimal health

With gardening you fertilise, add appropriate nutrients and water in the correct amounts. Do you put the same energy into knowing what your hydration and nutritional needs are? Are you aware, just like plants, these needs can change markedly according to age?

To maintain optimal health, you should know your nutritional needs; knowing what to eat and how much water you should drink.

If you are not sure what they should be, it's as easy as making an appointment with a mobile dietitian to come to your home and help with this. Once you know your own nutritional needs, incorporate and maintain this diet as a better way of life.

This may mean some adjusting your dietary intake; but stick with it to stay on the track to better health.

Stay positive and do what you can. You may face some setbacks; snails may invade your garden, you may have a fall and be off your feet for a while. Do what you can to prevent these things happening, but if they do, keep to your routine as much as you can; as consistency is key to being better.

If you put in the right kind of effort, have regular check-ups, set goals and be consistent, you can expect to be better. You can then sit back, enjoying your efforts; and start to plan your next set of health goals. ●

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Aveo community spirit

With big smiles and even bigger hearts, Aveo residents and staff across the country have been doing what they can to show support for others. Here's a snapshot of what they have been up to.



Musically minded

Tough social distancing restrictions in the wake of the recent global health pandemic has taken its toll on Aveo residents, many of whom have been confined to their homes and kept from friends and family.

To help offer comfort to those who were struggling during this isolation period, a number of Aveo communities – including The Clayfield and Aveo Carindale – sought to cheer residents up by inviting outside musicians in to perform.

Employees at Aveo Lindfield Gardens, however, decided to take the idea one step further by taking to the microphone themselves.

While neither receptionist Jane or carer Lyn had experience performing publicly, their attempts to sing show tunes from popular musicals were appreciated by residents who eagerly anticipated their weekly performances.



Love thy neighbour

Community spirit is strong in Aveo Newcastle – even when it's raining and the country is in the midst of a concerning global health pandemic. To ensure residents are able to stay socially connected while practicing physical distancing, the community has been holding a driveway morning tea each week, with the refreshment and chin wag proving a popular break in proceedings.



Cool treats for care communities

Keeping resident spirits high has always been a priority at Freedom Redland Bay. But the job has proved a little easier in recent weeks after community staff came up with the clever idea of sourcing a mobile trolley to distribute an assortment of treats. The concept, which in recent weeks has seen the trolley be converted to a mobile drinks bar and an odds and sods cart, proved especially popular when it became a mobile ice-cream van, with dozens of residents enjoying ice-cream served with their favourite toppings.





Mother's Day madness

Mother's Day is a day that commemorates maternal bonds and the influence of mothers in society, typically with a shared meal with our nearest and dearest. This year social distancing rules put the kybosh on traditional celebrations, so Aveo Bridgeman Downs community staff came up with a sure fire way to bring a smile back to the faces of all those mothers, aunts, grandmothers and great grandmothers missing sharing a special tittle with those they love. After decorating the village maintenance buggy to make it cheerful and bright, community manager Deborah and

assistant community manager Christina loaded it up with drinks and created a mobile drinks station. Stopping at each residence, all the mums in the community were gifted with chocolates and a drink of their choosing, while four lucky residents were also given their own beautiful candle.



Surprise packages

Freedom Morayfield residents discovered they had some influential friends when in early April they became the recipients of a large resident care package. Kindly donated by Big W Morayfield staff, the unexpected donations featured a welcome assortment of goods for the community to share, including puzzles, light weights, resistance bands and exercise balls. Just what the doctor ordered for residents looking to keep physically and mentally active!

Christmas craft

There's nothing like a bit of isolation to stir the creative juices as Aveo Lindfield Gardens resident Elizabeth Isele recently discovered. The clever craftswoman, who is also an avid bridge player and a fantastic pastry cook, made her first nativity set two years ago and has had numerous requests for more ever since. The impact of social distancing has meant Elizabeth has a little more time on her hands than usual to dedicate to the course, with a friend the lucky recipient this time around.



We would love to hear from you! For your chance to feature please send us details of fun events, fundraising initiatives, or just something interesting your community has been up to! Our top 10 submissions will receive a complimentary copy of our cookbook *Live Life Cook!* Email us at: chapter@aveo.com.au

Community fundraising

If there is one that binds Aveo residents across the country, it's the generous spirit of the people who reside in our communities. These are just some of the ways our residents have raised money or made gifts to support those in need in recent months.

Every bit helps

At the peak of Australia's devastating bushfire season, the lives of many Aveo residents may have been put at risk were it not for the herculean efforts of the country's many professional and volunteer fire fighters.

Following the departure of the fires that came within kilometres of the beautiful Aveo Island Point community, residents felt they needed to do something to express their gratitude to fire service crew who had worked tirelessly to keep their village safe.

A whip around was held and an impressive amount of \$1,430 was raised and presented to the senior deputy captain of St Georges Basin Rural Fire Service.



Project Pink

More than 3,000 Australia women – or eight women a day – lost their battle with breast cancer last year. Since 2016, Aveo has partnered with the PA Research Foundation championing the Project Pink cause across all 90-plus of its communities, to help raise money for breast cancer research projects currently underway including the new Breast Cancer Institute at the PA Hospital Campus.

Thanks to the generosity of residents as well as the Aveo Group, which matches dollar for dollar funds raised through the initiative, \$276,883 was raised in 2019 alone. Thanks to the generosity of Aveo residents, over \$970K has so far been given to the foundation, which has used the funds for research projects focused on options for triple negative breast cancer patients and future treatment options for patients at high-risk of developing breast cancer.



Dolls delight

Those impacted by the bushfires were top of mind for a clever group of Aveo Botanic Gardens residents who put their heads together to come up with a great solution to assist children living in fire-affected zones.

After hearing about those who lost everything in the devastating fires, a small but determined group of residents began to meet every week to knit trauma dolls to send to the disaster zone to help comfort traumatised children.

HELLO AUSTRALIA

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Australia at its best

With domestic restrictions easing but international travel still off the menu, there has never been a better time to explore your own back yard.

Australia has always been known as the lucky country, and not without reason.

Considered one of the world's most desirable locations, those of us fortunate enough to live here love it for the easy access it affords us to open spaces, the laidback lifestyle we can enjoy and the good humoured nature of our fellow countrymen and women.

And with so much beauty around us, travelling is one of our favourite pastimes.

Thanks in part to rising incomes and increased air capacity however, typically we are far more likely to book flights to New Zealand, Indonesia, the US, the UK or Thailand than we are to explore the abundance of offerings on our domestic doorsteps.

But with the global pandemic bringing international travel to a standstill, domestic travel has now become the focus of our plans.

What better way to get to know our country than by experiencing the beauty and splendour of the world's oldest continuous culture.

Aboriginal and Torres Strait Islander peoples comprise only about 3% of Australia's total population, meaning many non-Indigenous Australians can live their lives with little cultural interaction.

Fortunately, Australian Aboriginal tourism has come of age in recent years and is now proving a popular way for non-Indigenous Australians to hear about Aboriginal and Torres Strait Islander experiences while learning from their cultures.

Aboriginal Cultural Tours SA

For 40,000 years the Adjahdura people have lived and died on Adjahdura Land. Even though heritage sites and cultural landscapes have been desecrated there is still significant evidence left to understand what a rich country this once was for the Adjahdura people. Archaeological sites, artefacts, stone tools, stone quarries, ochre quarries, camp sites, cultural sites, middens, burial grounds and fish traps can still be seen.

Aboriginal Cultural Tours (South Australia) offers authentic Aboriginal experiences led by knowledgeable Aboriginal guides from the Ngadjuri people, who live on their Country, know their Country and care about their Country.

A multi-award winning tourism offering through the Clare Valley, the historic town of Burra and Innes National Park, these tours invite guests to walk with local guides in the footsteps of their ancestors to visit ancient archaeological sites and spectacular coastal areas.

Offering a selection of half day, one-day, three-day and five-day outbush tours, coastal tour and combination tours, complementary services include Adjahdura performers and the option to have an accompanying archaeologist. Overnight tours offer the choice of camping (swag, mattress, sleeping



bag and tent included) or hotel accommodation. All tours pick up and return to Adelaide.

Top Didj Cultural Experience & Art Gallery

Situated in a wonderful bush setting 7kms from Katherine and 22kms from Nitmiluk (Katherine Gorge), the Top Didj Cultural Experience and Art Gallery is a great way to experience authentic Aboriginal culture.

Lasting for just over two hours, the tour sees guests interact with Indigenous artist Manuel Pamkal who shares stories about the significance of his painting style, weapons used and how he lived off the land.

Guests are also afforded the chance to experience Aboriginal practices such as rarrk painting using a reed brush, fire lighting with two sticks and spear throwing with a woomera.

The experience concludes with a tour through the Top Didj Art Gallery which features a portfolio of artists from the region, reflecting the cultural diversity and influences from Jawoyn, Dalabon and Mali Aborigines who have lived in the area for thousands of years.

Tjapukai Aboriginal Cultural Park

When experiencing Aboriginal culture it doesn't get bigger, better or more interactive than a visit to the Tjapukai Aboriginal Cultural Park, located a 15 minute drive from Cairns and just 45 minutes from Port Douglas.

Offering both day and night time experiences, this park invites you to witness the ancient dreamtime story of the Tjapukai people's belief in the creation of the world through live performance, where performers offer an understanding into the impacts of the stolen generation. Guests are invited to learn about Indigenous



heroes past and present through a unique walk while the Art of My People talk guides visitors through a variety of art styles, while learning about the differences between the Aboriginal clans throughout Australia.

Across the lake, join Tjapukai Aboriginal dancers in a corroboree celebration and fire making ceremony in the Cultural Village, which offers an insight into the gathering and cooking of bush foods, the medicinal values of native plants, traditional hunting methods and tribal law. The experience also includes

the chance to throw a spear with the help of a traditional milay spear thrower and the opportunity to learn the art of throwing a returning boomerang.

You can even make your own souvenirs by creating natural rainforest style jewellery and intricate weaving. ●

Due to current health advice on social distancing, please contact the relevant business for the most up to date information regarding opening times and services.

Winter wonderland

Many find that winter is often a difficult time to stay healthy. Try these nourishing meals to banish the chill.

Spiced Carrot Soup

Serves: 4 **Prep time: 30 mins** **Cooking time: 1 hour**

Ingredients

1 kg carrots, peeled and cut into 2cm pieces
1½ tbs honey
2 tsp cumin seeds, crushed
2 tsp coriander seeds, crushed
½ tsp turmeric
1 cinnamon stick
2½ tbs olive oil
Salt to taste
Extra olive oil, for frying
1 small onion, peeled and diced
1 clove garlic, crushed
1 tsp fresh ginger, grated
500ml vegetable stock
Sour cream to serve
Handful of fresh coriander leaves to garnish

Method

1. Pre-heat oven to 180°C.
2. In a baking tray combine the carrots, honey, spices, cinnamon stick, olive oil and salt. Mix well and bake for 30–40 minutes. Discard the cinnamon stick.
3. Heat a large saucepan with a dash of olive oil. Add onion, garlic and ginger. Cook until the onion is translucent.
4. Add vegetable stock and bring to a boil. Reduce to a simmer, add the roast carrots and cook for 5 minutes, or until carrots are soft. Remove from heat and puree with a stick blender or food processor.

To serve

Serve with a dollop of sour cream and fresh coriander leaves.





Coq au Vin

Serves: 6 Prep time: 40 mins Cooking time: 1 hour

Ingredients

1.2kg free-range whole chicken legs, drumsticks separated
3 carrots, cut into 1cm diagonal slices
2 celery sticks, cut into 1cm slices
12 baby onions, peeled but left whole
3 cloves garlic, peeled
½ tsp black peppercorns, crushed
5 sprigs of thyme
2 bay leaves
750ml red wine
⅓ cup flour
Salt and freshly ground black pepper
3 tbs olive oil
175g bacon, diced
300g button mushrooms
125g Swiss brown mushrooms
300ml chicken stock
⅓ cup fresh flat-leaf parsley, chopped

Method

1. Toss chicken with carrots, celery, onions, garlic, pepper, thyme and bay leaves in a large bowl. Pour over red wine and cover with cling wrap. Refrigerate for 6–8 hours or overnight.
2. Drain the marinade into a large bowl, reserving the liquid. Separate the chicken from the vegetables and herbs. Pat chicken dry with a paper towel.
3. Pre-heat oven to 160°C.
4. In a small bowl, season flour with salt and pepper. Coat chicken in the flour mixture.
5. In a large, heavy-based casserole, heat 2 tablespoons of the olive oil over a high heat. Brown the chicken and set aside.
6. Add the remaining olive oil and cook bacon for 1–2 minutes. Tip in mushrooms and cook for a further 5 minutes.

7. Return the drained vegetables and herbs to the casserole and lower heat to medium-high. Add the reserved liquid and stock. Bring to a boil, skimming any scum from the surface.
8. Add chicken and return to a gentle boil. Cover with a lid and cook in the oven for 60 minutes.

To serve

Sprinkle with parsley and season to taste with salt and pepper. Serve with a side of greens.

Boiled Orange & Almond Cake

Serves: **6-8**

Prep time: **30 mins**

Cooking time: **1 hour**

Ingredients

2 oranges
1 cup caster sugar
Seeds from 1 vanilla bean
3 eggs
300g almond meal
1 tsp baking powder
¼ cup pistachios, chopped
¼ cup flaked almonds
Cream or natural yoghurt, to serve

Method

1. Place oranges in a saucepan, cover with cold water and bring to a boil for 25 minutes. Remove oranges and leave to cool in a bowl of cold water.
2. When cool enough to handle, cut into pieces, removing any seeds. Transfer to a blender and blitz to a pulp.
3. Pre-heat oven to 180°C. Grease the sides of two round cake tins and line with baking paper.
4. In a mixing bowl, beat sugar and vanilla seeds until light and fluffy. Add eggs while beating, one at a time. Add half the orange pulp and half the almond meal and mix. Add the remaining pulp and almond meal and keep mixing until combined.
5. Pour mixture evenly into cake tins and bake for 60 minutes or until a skewer inserted into centre comes out clean.
6. Remove from oven and rest for 20 minutes. Turn over onto a wire rack to cool completely.
7. In a small saucepan, toast pistachios and almonds until golden.

To serve

Sprinkle pistachios and almonds over cake. Serve with a jug of whipped cream or natural yoghurt.



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Knowledge is power

Everything you've wanted to know about living in an retirement village or aged care facility but were too afraid to ask. Danielle Lim, of DSL Law, answers the curly questions.

KEY POINTS

- Aged care is very different from retirements villages
- Retirement villages are a great way to receive care now
- When making a choice about a village, make sure it fits your lifestyle and get good advice.

Legally, what is the difference between a retirement village and an aged care facility? The legal differences are all about regulation and what we call 'tenure'.

Contrary to popular opinion, you cannot identify a retirement village or an aged care facility just by looking at it. When you look at a retirement village, the units look exactly the same as any other unit you'd see in the village but are vastly different in the way they are regulated.

From a regulation perspective, retirement villages are separately governed by each state. That means the rules vary depending on where you are in Australia. At a very high level, if an older person signs a contract that gives them a right to reside in their unit and a right to receive certain facilities, you have typically met the statutory definition of a retirement village.

Aged care facilities are designed for people requiring very high levels of care. Funding, care and accommodation are

regulated by very complex rules at a Federal Government level. Residents typically receive the right to a 'bed' and also the right to certain care services, depending on their needs.

What is the difference in buying a unit or a villa in a retirement village compared to buying something freehold down the street? Most

people have bought and sold houses several times during their lives, so they think they know what they're getting into. But villages are different. In a retirement village what you're actually buying is the right to reside in your unit. That might be in the form of a licence or a lease. It could also be shares in a company, and in some cases residents do purchase a freehold unit. Freehold retirement village units are subject to lots of restrictions and are becoming less common. One of the practical differences relates to the process of selling. Often a retirement village operator will be more instrumental in the selling process, and there is also generally agreement about how the next purchase price is shared between the resident and the operator.

Therefore in cases where the building is owned by the retirement village, you're paying for the right to live in that place for a certain period

of time, is that correct? Yes. The period of time is very long so residents have security. Residents typically pay what is known as an 'ingoin contribution' when they enter – that's a loan and it comes from the resident to the operator. When you leave you get that loan back and you might pay some fees, like an exit fee. The exit fee generally covers the management costs for the period of time you lived there. The unit looks, feels and smells exactly like freehold in terms of the way you use your home, but it's just different in terms of the 'tenure' and what is recorded on title.

What's the difference between a freehold home and a unit in a retirement community or aged care facility in terms of what you can expect to pay and the ongoing costs? For people who are looking to purchase in a retirement village I often break it down chronologically. It's important to understand the fees that you pay when you move in, while you're living there and when you leave. When you purchase a freehold home, you pay your purchase price and some transfer duty. When you purchase a retirement village unit there is no duty, and you pay an ingoin contribution. When you live in a retirement village, you pay the costs of the upkeep and operation of the village on a 'cost recovery' basis.

Operators don't make a dollar of profit from these fees. When you live in a freehold unit in a body corporate, you pay body corporate levies (which include profit for the body corporate manager). Then, when you leave a retirement village, you will typically pay an exit fee. When you leave a freehold home you don't pay fees like that but may incur capital gains tax.

When you mention the upkeep of things in the village, you're talking about facilities such as community centres, pools, medical centres and staff on call, is that correct?

Yes [but] it can really vary from village to village. Some villages might have the bare basics such as some gardening, an emergency call button and maybe some cleaning. Other villages may have everything included like a bowling green, restaurants, piano bars, wine bars and wellness

services. When somebody is looking to move into a village, it's important they have a list for themselves of what is really important and what would make life really great for them, and then see if they can get as many ticks on their list as possible.

Just on the retirement villages, you pay the amount of money to go in but what do you get back when you leave? It depends on the contract you sign, but it's a loan. So, if you pay \$300,000, you get your \$300,000 back. If you've agreed to pay the operator some fees, you will need to pay the operator these at the same time as you are repaid your \$300,000.

So, the difference is, if you have a freehold house you pay rates, maintenance, upkeep etc. On top of that you may also have capital gains involved, depending on

whether it's your family home?

Exactly. In a freehold house you get your capital gain and you bear your capital loss. In a retirement village whether or not you get capital gain or loss depends on the contract itself. I am seeing residents starting to ask for more certainty. This has resulted in more contracts coming through where residents aren't asked to bear capital loss, but they also don't get to share in capital gain. It is absolutely dependent on the individual contract.

Final thoughts? Moving into a retirement village isn't just about signing a contract to get in the door. It's really about your life and your quality of life. The questions you should be asking your potential provider are things that are really important to you such as 'Can I have pets?', 'Can I have visitors?' 'What are the finance arrangements?'. ●



Adapted from part of a recorded interview between 2GB host John Stanley and Danielle Lim which aired January 30, 2020. You can hear the full podcast at <https://www.2gb.com/show/living-today-loving-tomorrow-with-aveo/>



Aveo Robertson Park

One of Brisbane's most appealing retirement hot spots, Aveo Robertson Park now stands out as much for the sophistication of its exterior as for the substance of its interiors.

Aveo Robertson Park community manager Laurence Nathan is rightly proud of the way in which the community under his care functions.

As with many of Aveo's independent living communities, there are numerous happy hour afternoons, movie catch-ups and morning teas with guest speakers, all arranged by staff on the ground.

But where Aveo Robertson Park really stands out, according to Laurence, is in the number of resident-run events that take place.

"We have lots of activities that are run by the residents such as exercise classes, cards and games days, craft days, chat groups, pool exercise classes, happy hour, monthly birthday morning teas and line dancing."

Just 15 kilometres from the bustling Brisbane CBD, the community is a stone's throw from the vibrant multicultural suburb of Sunnybank, which offers a smorgasboard of delectable eateries and specialty retail stores, as well as easy access to a hospital and medical centres.

The village first opened its doors in 1987, during which time it offered



a range of allied health and care professionals.

It now has 89 independent living units but once the redevelopment is complete, will house 127 in total, with space for around 200 residents at full capacity.

There are a variety of one, two and three-bedroom properties on offer in the village, with a number offering spacious terraces or private courtyards. While prices vary from unit to unit, typically a new two-bedroom residence will sell for around \$479,000.

Conceding that engaging with his community is what he enjoys most about his role, Laurence says the village is well integrated with the broader community, having set up a sponsorship partnership with Salisbury Bowls Club.

The fact that Aveo Robertson Park has also “adopted” a school that comes to the village to perform for the residents, as does a local day care, has been cited as a big drawcard for many existing residents.

Its work alongside places such as the local branch of the men’s shed, has also drawn some to choose Aveo Robertson Park as the best place to see out their retirement years, Laurence says.

“We are focused on providing a secure, comfortable and stress-free lifestyle. Our facilities are modern and up-to-date and, as a staff body, we are committed to providing outstanding customer service to residents, their family and friends.” ●

For more information on Robertson Park visit: www.aveo.com.au/communities/robertson-park/

a choice of serviced apartments and independent living units.

Laurence, who is village manager of both Aveo Robertson Park and Aveo Newmark, arrived on the scene in 2018, fresh from managerial roles with a multinational hotel chain.

His arrival coincided with a multi-million redevelopment of the site, which first began in 2017.

Stage one and two of the \$60 million project is now complete, resulting in the community relaunching as an independent living facility only.

Aside from its more defined focus, the village also gained a host of new resort-style amenities. These include a new community and recreational area comprising contemporary lounge and dining zones, a gourmet community kitchen, a bar, beauty and hairdressing salon, gymnasium, library and swimming pool.

To meet the changing demands of its residents, the community also turned its attention to its community amenities, bolstering these offerings with a series of treatment and consulting rooms to accommodate

Meet Chimen Bhoola

Aveo communities are filled with inspiring individuals from an array of backgrounds. In this issue we meet Chimen Bhoola of Aveo Robertson Park.

Can we start with a little bit of background about you, your family and how long you have been living in Aveo Robertson Park? I was born in South Africa of Indian heritage. My grandfather moved to South Africa in 1890 and my father and his brothers were all born there. I have three daughters and four grandchildren. My wife passed away in 1986 in South Africa and I have now been living in Australia for 23 years. I have three brothers who live nearby.

What was your profession prior to your retirement and at what age did you begin contemplating a move into a retirement community? In South Africa my family had a wholesale business and we used to supply the hospitals and the schools with groceries. I moved to Australia in 1997 and moved to Aveo Robertson Park in October 2018.

What factors convinced you the timing was right? I was living in a three-bedroom cottage on my own in Robertson but found towards the end I could not manage to clean the swimming pool, the garden and the house. My daughter and I began looking at villages and retirement communities around the Sunnybank area but found many of them to be quite dated.

How did you know Aveo Robertson Park was the right place for you? I wanted something that was quite modern and had all the facilities I needed. My daughter and I looked quite extensively around the Sunnybank area because I was a member of the Sunnybank Club and three days a week I used to do Tai Chi exercises there. I was looking for a village that was close to the shops and bus stops so that I could go to the city by bus. I found Aveo Robertson Park and discovered it was close to my friends and family who live nearby. It has all the amenities I need here and the staff are very good.



How involved are you in village life and how do you enjoy filling your days outside of your immediate community? I often go to movies and theatre in the city and also meet family and friends who live nearby. As well as my brothers here, I also have other relatives in Brisbane and we are a very close family. They often invite me to their place for lunch and dinners and my daughter prepares some meals for me. Downstairs here, they have a beautiful kitchen and dining rooms, so I often entertain my friends and family here. I attend all the activities that are on offer here.

What is one thing your neighbours would be surprised to learn about you? That I am 87 years old and I do my own cooking and my own washing. I walk twice a day in the morning and in the afternoon. In our culture, my name means 'happy in the mind'.

What is the one piece of advice you would offer others thinking about entering a retirement community? To give yourself about six months to get used to everything and to settle in. ●

**In our culture, my name means
'happy in the mind'.**

Lotus Blake

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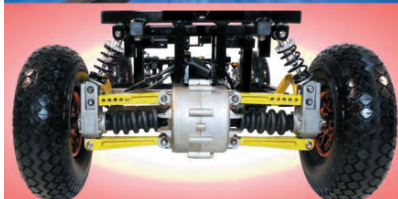
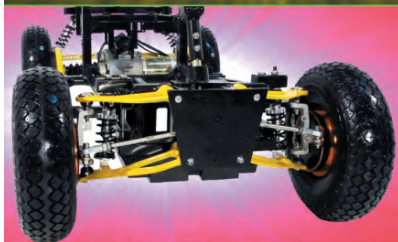
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