Lake Mulwala

In 1937 the first suggestions were made concerning the clearing of the red gum forest to be submerged in the creation of Lake Mulwala. The River Murray Commission refused to undertake the tree clearing program proposed by the citizens of Yarrawonga-Mulwala, who obviously had a vision of not just an irrigation storage, but a picturesque lake.

With considerable community spirit a band of local men took up the challenge and in 1938 began the enormous task of felling the trees by axe at the cost of 10/- per acre. The River Murray Commission gave no financial assistance to the project and were concerned that if timber were felled and not burnt or removed it would prove a menace to the Yarrawonga Weir and other structures downstream.

The bands of local volunteers worked long hours to clear the area, and the felled trees were never removed. The tree felling was completed in June 1939, and the first filling of the lake was started on August 12th, 1939.

Some of the residents recently took a drive around the lake to see what it looked like now they have dropped the level. This appears to be the only option to rid the lake of its current aquatic weed (*Egeria densa*) problem. Within the next couple of weeks the water level will drop again to expose the weed fully to the harsh July frosts, this will hopefully destroy it. Residents that have lived their lives in Yarrawonga will remember the lake being empty on a regular basis in the past. This used to occur to allow for maintenance work to be done on the weir gates, and was eagerly looked forward to by most of the children in town as this was a great opportunity to go treasure hunting in the mud. More photo’s on page 8.
**What to do when you hear the Fire Alarm**

- Stay where you are.
- Wait for instructions: Via PA System and Staff.
- Follow instructions.
- If unsure, wait where you are for assistance from staff.

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**Happy Wedding Anniversary**

Pictured are Keith and Bonnie Green celebrating their 63rd wedding anniversary with a morning tea at Woods Point. Bonnie has been a resident at Woods Point since June 2010 but the couple spend as much time as they can together and still enjoy a laugh as you can tell by the smiles in the photo. Congratulations.
What is continuous improvement?
Continuous improvement is a systematic, ongoing effort to raise a home’s performance as measured against the Accreditation Standards. Continuous improvement:
• takes into account the needs of residents, and may involve them in improvement activities
• is managed according to the needs of the home
• involves a focus on lifting performance against the standards
• is part of an overall quality system, focusing on systematic and integrated improvements with clearly defined objectives
• is a results-focused activity which can be demonstrated through outputs and outcomes
• ranges in scale from smaller programs to significant strategic initiatives.

Motorised Mobility Scooters
At the moment, there are few hard and fast rules that can be enforced. A commonsense approach is required that balances the independence the resident desires with the risk of harm to themselves or others.
To approach the issue systematically we should:-
(1) Consider the person’s motives particularly why they use a scooter and what it means to their quality of life,
(2) Consider the person’s capacity, cognitive and physical ability to safely use the scooter and to cope with the unexpected incident
(3) Review the product: Is it fit for the purpose for which it is being used? Does it have the safety design features necessary for this individual?
And,
(4) Review the environment in which the scooter is used. There are different considerations depending on whether it is used indoors or outdoors. If use is indoors we need to consider other residents, their mobility aids and traffic flow in corridors and common rooms. If use is outdoors, the width and evenness of footpaths and the slope of gutters, weather conditions etc.
(5) If in any doubt ask for a formal assessment by an occupational therapist.
This month the residents excelled themselves with their art works. We have been painting the flowers that are flowering through the Winter months. This has been lots of fun for all, trying to think of the plants that flower now in the cooler months has been hard, we all tend to forget by the time Winter comes around what is special in the garden. Then out of the blue something will come into flower and surprise us all, usually with bright colours and perfect perfumes.

This week we had a lovely assistant to help us with the art class, her name is Paige and she has a definite flare for the art and craft classes, we all appreciated her help and support.

Happy July Birthday

Carmel O’Dwyer - 2nd July
Kathleen Sheward - 3rd July
Albert Jeffrey - 8th July
Merv Lemmer - 10th July
Bill Tindale - 18th July
Joan Fisher - 21st July
Jeane Knights - 22nd July

The piano lady, Barbara is taking a little holiday and will not be playing for us for a few weeks. We look forward to Barbara’s return in late July.
Biography
If you would like to write a short biography for one of the residents who currently reside at Woods Point Aged Care please do so. Send it to us with some photo’s and we will include it in our monthly newsletters. We have scanning capabilities here so please bring your photo’s in to be scanned. We want to share our residents fabulous stories and celebrate their wonderful lives.

Rest in Peace
Our sympathies are extended to the Howden, Jones, Bousfield and Lemmer families on the loss of their loved ones. Ian, Amy, Alma and Norma all passed away during the month of June.

Ian came to Woods Point in November, Alma in December and Amy for only a short time, Norma has been a resident since January 2010 and our sympathies pass to Merv who is also a residents at Woods Point.

Naming items
To ensure any items, especially clothing, are returned to their owner – please make sure every item has resident name clearly written or securely attached as soon as it is brought into Woods Point.

Residents Mail
Some residents receive mail that should otherwise be going to Powers of Attorney or Next of Kin. We request all families, friends etc notify the relevant people to ensure that mail is addressed correctly and not coming to residents who would otherwise be unable to deal with this mail. Such places as Medicare, Department of Health and Ageing and Telstra just to name a few. Your assistance with this matter would be greatly appreciated.
Mulwala Museum

A group of residents took a trip to the local Mulwala Museum this month. They all enjoyed viewing the large display of items which brought back a lot of memories from a by-gone time.

It was amazing to listen to the residents reminiscing about their memories of the milk man’s horse clip, clopping down the street in the early hours of the morning.

There was also the Baker’s cart, Butcher’s cart and an old horse drawn gypsy cart all restored to their original condition with loving attention paid to the detail.
The men were especially impressed with displays of old cars, the kind that they would drive to church on Sunday morning. A favourite for the ladies was a collection of hand sewn dresses that included incredible detail and embroidery.

The museum also has displays containing cameras, cooking utensils, sporting items even the instruments used in the original Yarrawonga Brass Band.
Woods Point Aged Care has a copy of the documentary “The Long Goodbye” available for any resident, family member or friend to borrow. This 55 minute documentary follows the journeys of three families living with dementia as they struggle to maintain the identity and dignity of those they love. Filmed over a three-year period, the documentary celebrates the capacity of the human spirit to search for meaning and hope when the end is known and inescapable.

Who am I?

I was born in the United Kingdom in 1918. I joined the RAF Air Crew Cadets in 1934. In 1941 I joined the RAF and gained the rank of Flight Sergeant. I moved to Australia with my wife and my 2 youngest children in 1970. I have also lived in Hong Kong. I moved into Woods Point in December 2008. ....... I am?
Senior Citizens
Working people frequently ask retired people what they do to make their days interest. Well, for example, the other day, Mary my wife and I went into town and visited a shop.
We were only in there for about 5 minutes. When we came out, there was a cop writing out a parking ticket. We went up to him and I said “Come on man, how about giving a senior citizen a break”. He ignored me and continued writing the ticket. I called him a “daft arse”. He glared at me and started writing another ticket for having worn out tyres. So Mary called him a “s#t head”. He finished the second ticket and put in on the windscreen with the first. The he started writing a third ticket. This went on for about 20 minutes. The more we abused him the more tickets he wrote. Just then our bus arrived and we got on it and went home. We try to have a little fun each day now that we are retired. It’s important at our age.

(Thanks Keith Green for this little chuckle)

To Each His Own

I cannot change the way I am, I never really try,
God made me different and unique, I never ask him why.

If I appear peculiar, There's nothing I can do,
You must accept me as I am, As I've accepted you.

God made a casting of each life, Then threw the mold away,
Each child is different from the rest, Unlike as night from day.

So often we will criticize, The things that others do,
But, do you know, they do not think, The same as me and you.

So God in all his wisdom, Who knows us all by name,
He didn't want us to be bored, That's why we're not the same.

© By Cody Nash
Getting to know……
WILLIAM (BILL) &
ELSIE MILLER

Elsie was born Elsie Isabel Nunn on the 24th March 1923 in Tongala. Elsie worked with her Father and brothers in the truck and house moving business they owned.

Bill was born in Swan Hill on 4th January 1924 and moved to Tongala when he was 16 and that was when Elsie met him as he had moved to the town to work at Lefoe’s Bakery as an apprentice baker. They married at St. James Church of England, Tongala on 21 February 1945. They had 2 children Leonie and Lindsay.

They purchased one of the then 3 milk bars in the town and ran that for several years before selling and moving into the house Bill and Elsie’s Father, Charlie Nunn, built in Miller Street, Tongala. Whilst living there Bill purchased a truck and started his own stock carrying business which developed into hay carting, fruit carting, super phosphate supplies and many other services.

It was some years later they purchased a 40 acre farm east of Tongala and developed that, purchased cattle and built a milking shed so their son Lindsay could run the farm. A devastating loss to the family was when Lindsay was killed in a car accident in 1965 and this prompted Bill and Elsie to sell their business, build a house on the farm and settle there.
After a few years they decided to sell the farm and travel around Australia in their caravan for about 12 months, finally living in Numurkah where Bill worked at Seiters for a time, however playing bowls and visiting Yarrawonga to have a little flutter, they thought it was a great place and retired in Yarrawonga 30 years ago. Bill worked at the Yarrawonga Mulwala Golf Club until retirement age.

They were both excellent lawn bowlers (although Elsie gave that away very early) and in their early marriage both played tennis and enjoyed their fishing. They both developed a love for gemstone fossicking and spent many Victorian winters in Queensland in the gemfields on holidays prior to leaving Tongala. Elsie was always a keen crafts person, among her challenges was china painting and in latter years took up oil painting.

Both their health began to deteriorate so they made the decision to move into Woods Point where fortunately they are still both together and being well cared for.

If you have any ideas or suggestions for a Woods Point “Mini-Olympics” please tell Heather, Pam, Lili or Gavin

Who am I? I am Len Partidge.
MORE MEN’S SHED NEWS …
Woodwork is one of the many activities at the Yarrawonga Men’s Shed. Last month we wrote about the new Hookey Board that our men from Woods Point made during their recent Friday visits. Well, Bill Tunstall (right) has been at it again. This time Bill has carved a new steering wheel and fitted it to a broken toy car belonging to one of our local kindergartens. Good job Bill.

Others at the Men’s Shed have been busy making Wooden Rocking Horses (left). The horses – which make wonderful presents for the littlies – will soon be sold through local craft markets for $60 each. Proceeds will go towards funding the many other activities underway at the Men’s Shed. If anyone at Woods Point would like to buy a rocking horse before they go to market, see Gavin in our Activities Office.

For Sale! Make an Offer!
3 seater Jacobean style lounge suite plus 2 chairs (not pictured). Timber frame, rattan inserts, as new upholstery.
Contact: 03 5744 3451
Some tips for keeping healthy!

'Keep your chin up' is not just a saying; this can help in our everyday relaxing time. Sit up straight, lean the head back as far as is comfortable. Uh, oh...didja hear those creaks? Feel the 'pull' in the front neck muscle? Then lean the head to one side...hold...then the other side...hold. Continue doing this simple exercise couple times a day, EVERY day. Ease up if soreness develops.

When walking for exercise, it is important that you keep a normal stride. Over-extending our stride length jolts our joints and actually slows us down. You may also put stress on your joints and ligaments by trying to go very quickly or by lengthening your stride too much. Take it easy! Studies show that walking is just as effective as running for aerobic exercise. It may take you a bit longer, but then you just have more opportunities to stop and smell the roses!

If you have a walker, please use it at all times.

Three words: wear a cap! Yes, it's true, we retain our body heat by wearing a warm cap in winter. Warmth/heat DOES escape from our heads...so here's a good health tip: when going out in cold weather, forget the 'coif' and don the warm, woolly cap.

Skin care and weather: wind, sun, lack of humidity with heating system running in winter can be devastating to our skin; a dry, leathery condition can result. Cleansing our skin is important, but too much harsh washing and drying - which can damage the delicate, fat globule-like cells - will do harm to skin texture of the whole body! Moisturizing lotions are a must in maintaining healthy skin...along with drinking LOTS of water as part of your health care.
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* Programs are subject to change. See white board for updates.