



The Bundaleer Bugle

BUNDALEER CARE SERVICES RESIDENTS & CLIENTS

June 2021

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Administration office
Phone Number
6586-9400

Cameron Street
6586-9811

Johnstone Street
6586-9901

Home & Community Care
6586 9490

The Queen's Birthday is an Australian public holiday but the date varies across states and territories. Australia celebrates this holiday because it is a constitutional monarchy, with the English monarch as head of state.



*2nd COVID Clinic for Care Home Residents
Vaccination – Wednesday 2nd June at Cameron
Street, Library Area.*

1st COVID vaccination was 6th May

We acknowledge that at Bundaleer we gather on Birpai Land. We pay our respects to Elders past, present and future, for they hold the memories, the hopes and the traditions of Aboriginal Australia. We must always remember that under the concrete and the asphalt this land is and always will be, Aboriginal Land.

Raymond Gouck

Interim Chief Executive Officer





COVID-19

What you can & can't do

Visitors allowed at a Aged Care Residential Care Homes

As per the Department of Health guidelines for Residential Aged Care facilities, February 2021

From 1 June to 30 September 2021 visitors should **not** enter an aged care home if they have not received a dose of the 2021 influenza vaccine, unless they meet the criteria under the exceptional and special circumstances.

We are currently at low level restrictions which means;

- No restrictions on entry to age of visitors, number of visitors, or time limitations.
- No restrictions to supervision of visitors (pre-COVID arrangements).
- No restrictions to groups, entry with appropriate screening, physical distancing and personal hygiene
- Residents returning from hospital - residents must adhere to appropriate screening and monitoring.
- No restrictions to entry for Essential Care persons.

Restrictions on entry into Aged Care Residential Care Homes

- Individuals who are returned from overseas in the last 14 days.
- Individuals who have been in contact with confirmed case within the last 14 days
- Individuals who are unwell, particularly those with fever or acute respiratory infection, for example cough, sore throat, runny nose, shortness of breath.

VISITING HOURS

Our resident's safety is of the utmost importance, and we thank you for working with us to ensure their wellbeing during this difficult time.

Visitors must not enter the facility at all if they:

- have been to any Western Australian & Victorian contact tracing locations in the previous 14 days
- have COVID-19 symptoms- fever (37.5°C or higher)
- have been to any close or casual contact locations in NSW or New Zealand
- are a close contact of a person with confirmed COVID-19 and are within their self-isolation period
- live in a household with a person who is currently self-isolating are waiting for a COVID-19 test result.

Some visiting restrictions are being lifted to pre-covid visitation;

- Visitors are no longer required to pre-book in to visit Residents.
- No restrictions on visiting hours.

We have re-introduced the following;

- Screening questionnaire for Staff and Visitors, along with signing in and out of the visitors log book and QR code.
- Temperature checking has been reinstated when signing in.

If you have visited a hotspot area, or been in contact with someone who has visited a hotspot area, you must self-isolate for 14 days, even if you have a negative COVID-19 test result!



QUEENS BIRTHDAY PUBLIC HOLIDAY MONDAY 14TH JUNE

What Do People Do?

The Royal Military Academy at Duntroon holds the Queen's Birthday Parade each year – one of its most important public events – which includes the Trooping of the Queen's Colour. The Queen's Colour was trooped for the first time in 1956, and has been every year since at the Birthday Parade. The Trooping of Colour in Australia has its' origins in the same ceremony held in the United Kingdom.

Football also features on the Queen's Birthday. Since it's first season in 1897, the Victorian Football League (now the Australian Football League – AFL) has always played football on the holiday. Since 2001, the AFL has scheduled its fixtures to only allow Collingwood to play Melbourne at the Melbourne Cricket Ground on the Monday. It is a big event that can trace the two teams playing on this date back to 1958 when just under 100,000 people attended the game.

The Queen's Birthday long weekend is also the official start of the snow season in the high country regions of New South Wales, Australian Capital Territory, Victoria and Tasmania.



BIGGEST MORNING TEA

THURSDAY 3RD JUNE



Cancer Council

Australia's Biggest Morning Tea

Every day, Cancer Council supports people impacted by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

Why host a Biggest Morning Tea?

1 in 2 Australians are diagnosed with cancer before the age of 85. We want to change that, and we need your help.

Your morning tea will help raise vital funds to bring us closer to a cancer free future.

HOW THE FUNDS WORK

Thanks to generous morning tea hosts and donors.

Here's how, Cancer Council were able to make a difference for people impacted by cancer last year:

2,000,000 little Aussies protected across the country from harmful UV rays through the SunSmart School program, reducing their risk of cancer in the future.

Almost \$62.9 million invested in research across Australia along with research partners, making the largest non-government funder of research in the country.

DANCING WITH LAUREL



Photos of
Laurel at the
Dance studio



CAMERON STREET RESIDENTS BBQ LUNCH



*with Jason Sawyer*

You would have seen the works going on in the Residents Care Home, there have been two rooms that have required some work and have received new cabinets.



The Maintenance team have been extremely busy with helping to move the Residents and their belongings across from Johnstone Street Care Home, as well as assisting Families to settle them into their new rooms.

The team have the usual Maintenance around the Village, but as we hit June the grass does slow down in it's growth.

Thank you to the village residents for continuing to log jobs directly with Ros on reception. It helps the team manage your requests in a timely manner.

We have started a trial for Maintenance Calling Cards in the village, so keep an eye out for one at your door or on your kitchen counter, depending on permission to enter your premises if you are not home. These will let you know if we have dropped by to complete your job request.

YOUR VILLAGE UPDATE

With Independent Living Co-Ordinator – Sheree Cheetham



Australia's Biggest Morning Tea



Thank you to the
kitchen & the
ladies that
provided
morning tea!



Cancer Council
Australia's Biggest
Morning Tea



YOUR VILLAGE UPDATE



Thanks to Greenbourne
Nursery for their kind
donation

Raffle Prizes:

- 1st Margaret Corven
- 2nd Norma Morgan
- 3rd Faye Shirtliff



YOUR VILLAGE UPDATE

Showcasing
3 Villas

Starting from
\$265,000#

OPEN HOUSE

Saturday, 19th June 2021

Starts at 9:00 am

Explore what retirement living looks like today. If you're ready for the stress free living that comes with retirement living, join us for our Open House.

Bring your family along to see what living at Bundaleer Gardens Village for over 55s is really like.

- Information session
- Question time
- Village tour
- Inspection of vacant villas
- Hear from the residents
- Free morning tea provided

**RSVP on
6586 9400**

You are welcome to book in a personal tour for a day and time that suits you!

Note: you will have to pay a departure fee when you leave this village, deducted from your incoming amount.



2

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Villa 52, 142a Cameron Street, Wauchope

You will fall in love with this beautiful, renovated, spacious, two bedroom villa. With beautiful valley views, features include generous kitchen and bathroom with carpet throughout, built-in wardrobes, air conditioning, enclosed patio and garage.



Imagine having the freedom to follow your dreams without the stress of maintaining your family home. Having fewer responsibilities would give you more time with your friends and family and most importantly give you more time every day to spend doing the things that make you happy.












Bundaleer Retirement Village is nestled in the most beautiful 12 acres of the Hastings Valley, complemented by landscaped gardens, an outdoor BBQ area and a beautiful hinterland.

With the level of privacy and independence you would expect in your own home, as well as providing a wide range of social and community activities and the opportunity to make new friendships and connections, Bundaleer really is the perfect place to spend your retirement years.

Moving into a Retirement Village is an important lifestyle decision and you won't make a better decision than Bundaleer.

Call today on 6586 9400 to organise an inspection.

Note: You will have to pay a departure fee when you leave this village

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>1</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat Cafe</div> <div>10:30 White Board Games</div> <div>11:00 Knitting with - Tracy</div> <div>2:00 Bingo</div> <div>3:30 Room Visiting</div> <div>5:00 Dinner Club</div>	<div>2</div> <div>9:00 Hairdresser</div> <div>9:30 Exercises</div> <div>10:30 Marie Concert</div> <div></div> <div>2:00 Cooking</div> <div>IGA deliveries</div> <div>5:00 Dinner Club</div>	<div>3</div> <div>9:30 Exercise</div> <div>10:30 Biggest Morning Tea</div> <div>Cancer Council</div> <div>2:00 Bingo</div> <div>3:00 Communion and</div> <div>Bible Study in Theatre</div> <div>5:00 Dinner Club</div>	<div>4</div> <div>9:30 Exercises</div> <div>10:30 Golf</div> <div>2:00 Happy Hour</div> <div>4:00 Twilight Bowls and</div> <div>Dinner Club</div>	<div>5</div> <div>9:30 Gardening with Brad</div> <div></div> <div>2:00 Bus Outing</div> <div>4:00 Dinner Club</div> <div>B/P</div>	<div>6</div> <div>9:30 Presbyterian video</div> <div>Church Service</div> <div>11:00 Salvation Army</div> <div>Church – Mother’s Day</div> <div></div> <div>10:30 Craft Activities</div> <div>2:00 You Tube Concert</div> <div>4:00 Dinner Club</div>	
<div>7</div> <div>9:30 Exercises</div> <div></div> <div>11:00 Residents Meeting</div> <div>2:00 Ice Cream Trolley</div> <div>3:30 IGA shopping orders</div> <div>5:00 Dinner Club</div>	<div>8</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat Cafe</div> <div>10:30 White Board Games</div> <div>11:00 Knitting with - Tracy</div> <div>2:00 Bingo</div> <div>3:30 Room Visiting</div> <div>5:00 Dinner Club</div>	<div>9</div> <div>9:00 Hairdresser</div> <div>9:30 Exercises</div> <div>10:30 Carpet Bowls</div> <div>2:00 Cooking</div> <div>IGA deliveries</div> <div>5:00 Dinner Club</div>	<div>10</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat</div> <div>Cafe</div> <div>10:30 Table Games</div> <div>11:30 Painting</div> <div>2:00 Bingo</div> <div>3:00 Room Visits</div> <div>5:00 Dinner Club</div> <div>B</div>	<div>11</div> <div>9:30 Exercises</div> <div>11:00 Anglican Church</div> <div>2:00 Happy Hour – Paul Lewis</div> <div>4:00 Twilight Bowls and</div> <div>Dinner Club</div> <div>B</div>	<div>12</div> <div>9:30 Pampering</div> <div>10:30 Exercises</div> <div>11:00 Documentary TV</div> <div>1:00 Pet Therapy - Steve</div> <div>2:00 Dog Bingo</div> <div>4:00 Dinner Club</div> <div>P/S</div>	<div>13</div> <div>9:30 Zoom Presbyterian</div> <div>Church Service</div> <div>11:00 Salvation Army</div> <div>Church – Mother’s Day</div> <div>11:00 Charity Community</div> <div>care Program</div> <div>2:00 Country Western Music</div> <div>4:00 Dinner Club</div>
<div>14</div> <div>9:30 Exercises</div> <div>10:30 Bus Outing</div> <div></div> <div>2:00 Ice Cream Trolley</div> <div>3:30 IGA shopping orders</div> <div>5:00 Dinner Club</div>	<div>15</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat Cafe</div> <div>10:30 Poetry Club</div> <div>11:00 Knitting with - Tracy</div> <div>2:00 Bingo</div> <div>3:30 Room Visiting</div> <div>5:00 Dinner Club</div>	<div>16</div> <div>9:00 Hairdresser</div> <div>9:30 Exercises</div> <div>10:30 Reminiscence Games</div> <div>2:00 Marie Concert</div> <div></div> <div>IGA Deliveries</div> <div>5:00 Dinner Club</div>	<div>17</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat</div> <div>Cafe</div> <div>11:00 Carpet Bowls</div> <div>12:30 Resident Staff BBQ</div> <div>2:00 Bingo</div> <div>5:00 Dinner Club</div>	<div>18</div> <div>9:30 Exercises</div> <div></div> <div>11:00 Bus Trip</div> <div>2:00 Happy Hour</div> <div>4:00 Twilight Bowls</div> <div>5:00 Dinner Club</div>	<div>19</div> <div>9:30 Gardening with Brad</div> <div></div> <div>11:00 Men’s Group Darts</div> <div>2:00 Arm Chair Travel</div> <div>4:00 Dinner Club</div> <div>B/P</div>	<div>20</div> <div>9:30 Zoom Presbyterian</div> <div>Church Service</div> <div>11:00 Reminiscence Time</div> <div>2:00 Music Concerts Club</div> <div>4:00 Twilight Bowls & Dinner</div> <div>Club</div>
<div>21</div> <div>9:30 Exercises</div> <div>10:30 Sing Australia Choir</div> <div>2:00 Ice Cream Trolley</div> <div>3:30 IGA shopping orders</div> <div>5:00 Dinner Club</div>	<div>22</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat Cafe</div> <div>10:30 Reminiscence White Board</div> <div>11:00 Knitting with - Tracy</div> <div>2:00 Bingo</div> <div>3:30 Room Visiting</div> <div>5:00 Dinner Club</div>	<div>23</div> <div>9:00 Hairdresser</div> <div>9:30 Exercises</div> <div>2:00 Cooking</div> <div>IGA Deliveries</div> <div>5:00 Dinner Club</div>	<div>24</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat</div> <div>Cafe</div> <div>10:30 White board games</div> <div>2:00 Bingo</div> <div>3:00 Room Visits</div> <div>5:00 Dinner Club</div> <div>B</div>	<div>25</div> <div>9:30 Exercises</div> <div>11:00 Catholic Church</div> <div>Service</div> <div>11:00 Golf</div> <div>2:00 Happy Hour – Paul</div> <div>Lewis Concert</div> <div>4:00 Twilight Bowls and</div> <div>Dinner Club</div> <div>B</div>	<div>26</div> <div>9:30 Pampering</div> <div>10:30 Bus Outing</div> <div></div> <div>1:00 Pet Therapy - Steve</div> <div>2:00 Cooking - Bingo</div> <div>4:00 Dinner Club</div> <div>P/S</div>	<div>27</div> <div>9:30 Zoom Presbyterian</div> <div>Church Service</div> <div>11:00 Salvation Army</div> <div>Church</div> <div>Service</div> <div></div> <div>2:00</div> <div>Country Western Music</div> <div>4:00 Dinner Club</div>
<div>28</div> <div>9:30 Exercises</div> <div>10:30 Bus outing</div> <div></div> <div>2:00 Ice Cream Trolley</div> <div>3:30 IGA shopping orders</div> <div>5:00 Dinner Club</div>	<div>29</div> <div>9:30 Exercises</div> <div>10:00 Coffee Sweat Treat Cafe</div> <div>10:30 Reminiscence White Board</div> <div>11:00 Knitting with - Tracy</div> <div>2:00 Bingo</div> <div>3:30 Room Visiting</div> <div>5:00 Dinner Club</div>	<div>30</div> <div>9:00 Hairdresser</div> <div>9:30 Exercises</div> <div>10:30 Reading Group</div> <div>2:00 Cooking</div> <div>IGA Deliveries</div> <div>5:00 Dinner Club</div>				

June, Cameron Street Activities

CARE HOME RESIDENTS MONTHLY MEETING

Friends and family of our Care Homes,
are welcome via zoom

7th June, join us at 11:00am
1st Monday of the Month, Cameron Street



ALWAYS TRUST YOUR
FIRST GUT INSTINCTS.
IF YOU FEEL
SOMETHING'S WRONG,
IT USUALLY IS.

If you hear or see any activities that make you feel threatened, unsafe or uncomfortable, either around your property or the Village grounds, please take the following course of action:

1. Hit your INS call button
2. Phone Wauchope Police on 6585- 1404

In the event of an emergency call 000

Budget meal for two

Preparation and cooking time

Prep: 10 mins

Cook: 15 mins - 20 mins

Easy Serves 2

Use seeded tortillas as pizza bases for a quick and healthy lunch - crack an egg in the centre and bake to boost protein intake

Ingredients

2 seeded wraps

a little [olive oil](#) , for brushing

1 [roasted red pepper](#) , from a jar

2 [tomatoes](#)

2 tbsp tomato purée

1 tbsp chopped dill

2 tbsp [chopped parsley](#)

2 [eggs](#)

65g [pack rocket](#)

½ [red onion](#) , very thinly sliced



Method

STEP 1 Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins.

Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato.

STEP 2 Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.

Planets & Constellations Word Search

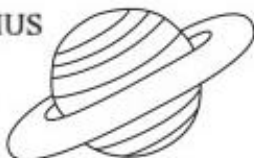
Find All the Words!

B V O G R I V I E S W C R R S J J Y J B
 V B K Z I F Z U R E F A V O B D V V B F
 U I C I P R H A Y C A N M G N X L N G T
 E T F O R F M Q K S H I M X F I R D E A
 C O R U S C O R P I U S P G M U M L J U
 P L H K I B M E U P U D S A T A L N B R
 X Y W I H E U K C I W U J A J C G W X U
 E F X U G G R T R G D U S O S H R D M S
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 A M Y S I D E C Y B R X C N A R C R Y U
 C E Y U E B D P O R Y J I A R E D A U N
 E G M N C B R W U R M L P R I T P O R E
 W B N E X D K A W I N K F U U I A E T D
 H S S V P A U R S A V U A D S P L L C G
 N U Q L N D R H T R A E S X L U S H E S
 N E Z A L L A P O L N O I R O J I P V H

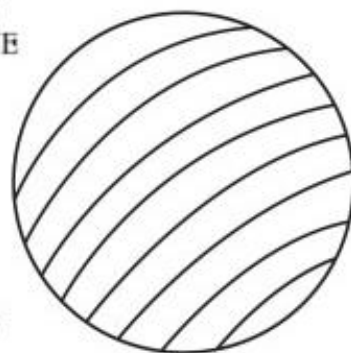
MARS
 VENUS
 URANUS
 SUN
 CANCER
 CAPRICORNUS
 HYDRA
 ORION
 SAGITTARIUS
 VIRGO



JUPITER
 MERCURY
 EARTH
 AQUARIUS
 CANIS
 DRACO
 LEO
 PEGASUS
 SCORPIUS



SATURN
 NEPTUNE
 MOON
 ARIES
 MAJOR
 GEMINI
 LIBRA
 PISCES
 TAURUS



This Month in History

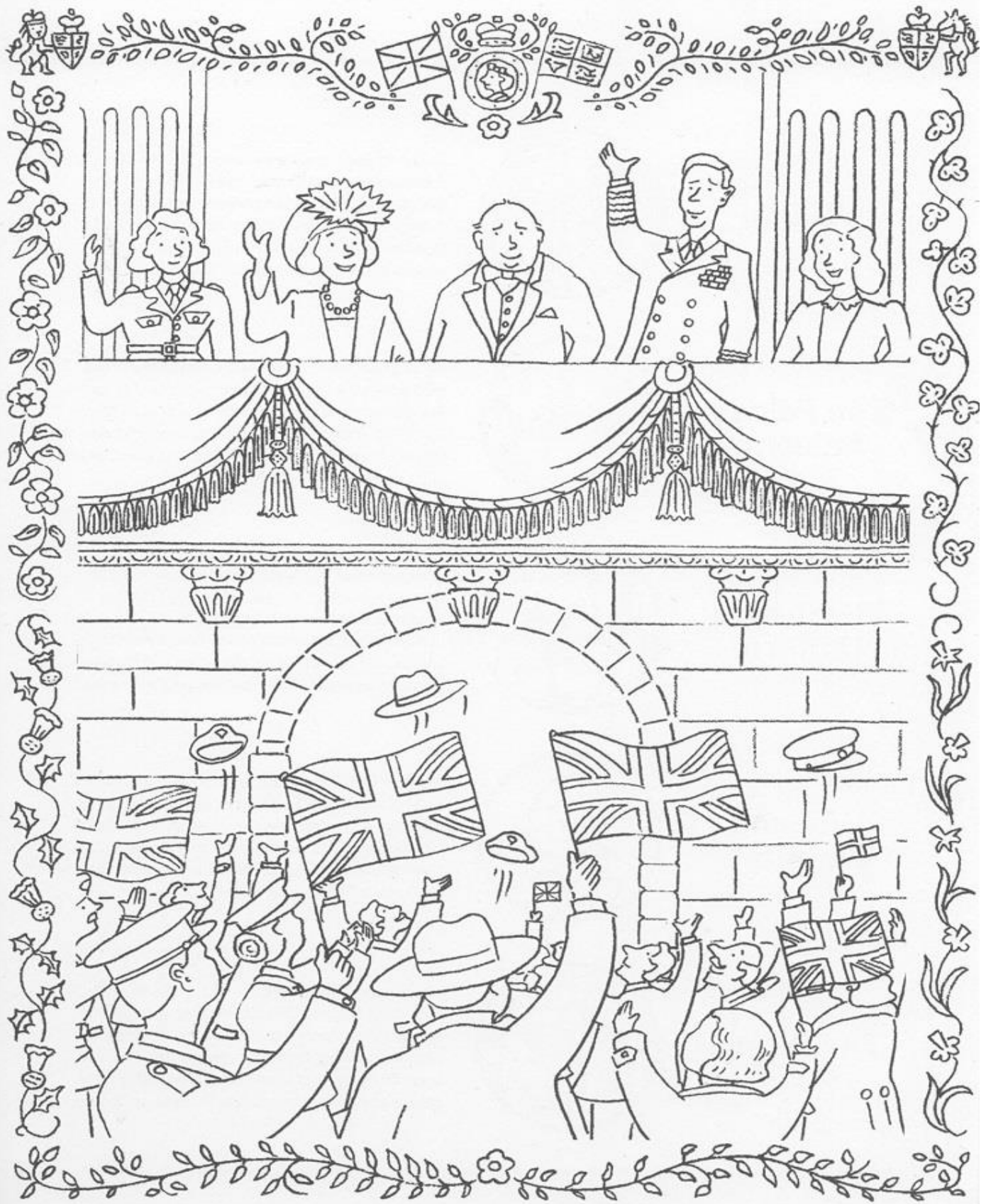
Birthday - Marilyn Monroe (1926-1962) was born in Los Angeles (as Norma Jean Mortensen). Following an unstable childhood spent in foster homes and orphanages, she landed a job as a photographer's model which led to a movie career. She later married baseball legend Joe DiMaggio. Beneath her glamorous movie star looks she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died in Los Angeles from an overdose of sleeping pills on August 5, 1962. Best known for *Gentlemen Prefer Blondes* (1953), *The Seven Year Itch* (1955), *Bus Stop* (1956), *Some Like It Hot* (1959), and *The Misfits* (1961)

June 3, 1937 - The Duke of Windsor married Wallis Warfield Simpson in Monts, France. As King Edward VIII, he had abdicated the British throne in December of 1936 amid tremendous controversy to marry Simpson, an American who had been divorced. Following the wedding, the couple lived in France and had minimal contact with the British Royal family. The Duke died in Paris on May 28, 1972, and was buried near Windsor Castle in England.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft.

June 9, 1898 - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

June 12, 1898 - The Philippines declared their independence from Spain. The islands were named after King Philip II. Once freed from Spain, the islands were then invaded and occupied by U.S. forces. They became an American colony and remained so until after World War II.



"To the Queen"

attributed to William Shakespeare

As the dial hand tells o'er
The same hours it had before,

Still beginning in the ending,
Circular account still lending,

So, most mighty Queen we pray,
Like the dial day by day

You may lead the seasons on,
Making new when old are gone,

That the babe which now is young
And hath yet no use of tongue

Many a Shrovetide here may bow
To that empress I do now,

That the children of these lords,
Sitting at your council boards,

May be grave and aged seen
Of her that was their fathers'
queen.

Once I wish this wish again,
Heaven subscribe it with "Amen"



SWEETS & TREATS

Café

Treat yourself and come and enjoy coffee, tea, cakes, sweet treats, lunch, chips, soft drinks and more! Friends and relatives welcome.

Located in the ILU Community Room,
underneath the Administration Building.

Bread, milk and frozen dinners also available.



NOW OPEN WEEKDAYS
9am – 10.30am and 11am - 2pm