

Adelene



The Voice

OF THE VILLAGE

SEPTEMBER 2021

This publication is produced 11 times per year for the residents of Adelene Village.



September 2021 Edition



Hi all,

As we enter a new month with continuing restrictions, I hope some of the things that have been happening in the Village have brought a smile to your face.

I would like to thank you all for helping the Village stay safe by complying with the restrictions placed on us by the NSW Government. Let's hope we see an improvement in our State's situation soon.

It is with sadness I share the news of Jean Abbott's passing. Our sincere condolences go to Graham and the family. The staff of the Village and Rumbalara House will remember Jean with fondness; her warm smile, her colourful hair and always her words of appreciation and encouragement. Rest in Peace.

Thank you to the residents who have let us know how much they are enjoying reading the stories of our residents. Last month we featured June Hull and Elizabeth Mangels and this month you will be reading the stories of Jan Farrell and Robyn Chapman of the In Out and About Committee. Happy reading and enjoy.

The Village staff and I extend a warm welcome to our two newest residents Ani and Marion. We hope you are settling into your new home and look forward to seeing you enjoying The Hub and activities when restrictions ease.

We would like to wish the men of our Village a very happy Father's Day, a day of honouring fatherhood, as well as the influence of fathers in society.

**Happy reading,
JUSTIN DOVER (CEO)**

Happening in the Village



CALLING FOR PEOPLE WHO LIKE TO KNIT, CROCHET OR SEW?

If you like to knit, crochet or sew and would like to participate in making beanies, teddy bears or blankets for the Miracle Babies Foundation we would love to hear from you. Marita has patterns available for you and we will be sending the donations off to the Foundation at the end of October. Marita 4380 9903

Miracle Babies Foundation is Australia's leading organisation supporting premature and sick newborns, their families and the hospitals that care for them.

Every year in Australia around 48,000 newborn babies require the help of a Neonatal Intensive Care Unit (NICU) or Special Care Nursery (SCN). 27,000 of these babies are born premature.

Since 2005, Miracle Babies Foundation has been passionate in developing and providing vital programs and resources to support and enhance a family's experience from a threatened pregnancy, hospital journey with a premature or sick newborn, the transition to home and beyond.



ANNUAL VILLA/ UNIT INSPECTION

Our annual villa/unit inspections have been put on hold due to the Covid lockdown. Once restrictions have lifted we will reschedule. Thank you for your understanding.

Happy Birthday

As soon as we can, we look forward to celebrating with our August and September born residents.

GUESSING COMPETITION

We have three food hampers to give away in our guessing competition.

There are three questions for you to guess the answer to. Each question has a hamper to win.

Please place your guess in the Administration letter box in the door or phone Marita on 4380 9903 by 3.00pm, Thursday 09th September.

If there is more than one person who guesses the correct answer, names will go in a draw for the prize.



QUESTIONS

Q1 - What is Nic's middle name?

Hint: The name is shared by an English Author and a New Zealand born author

Q2 - How many garages are there in Adelene Village?

Q3 - What colours make up the Olympic rings?



Happening in the Village



OUR GNOMES

Thank you for helping return Jo and Edi, Graeme will be keeping a closer eye on these two in the future. Marilyn and Joyce found Edi and Libby and Jill found Jo.

Daley clearly loves a good dress up to bring some laughter to the day.



Our vehicles dressed up, just for fun.



Happening in the Village

The Village Villas getting in the spirit to brighten up stay at home restrictions.



If we can't get to Hawaii, we will bring Hawaii to the Village!

Regular Activities – held in The Hub

Did you know that challenging your brain and keeping social will improve your mental, emotional and physical wellbeing?

Our activities are all designed with resident wellbeing in mind. Come along and join the fun, if you don't feel confident in participating you can always come and watch.

It has been lovely to see new friendships formed and people enjoying the challenge of some of the activities. Buggy pick up is available for all of Nic's activities. Phone: 0458 014 378

CURRENTLY ON PAUSE UNTIL RESTRICTIONS LIFT

Introduction to the internet with Nic

check the calendar, cost - \$2.00 fundraiser for the café/community garden

Manicure with Nic

check the calendar, cost - \$2.00 fundraiser for the café/community garden

Knit and Knatter with Nic

check the calendar – No cost

Craft with Nic

check the calendar, \$5.00 includes materials

Games afternoon with Nic

come along and be surprised, you could be playing scrabble, cards, boules or any number of games - No cost

Memories and Memorabilia

New to calendar, different topic each month - No cost

Walk and Talk with Marita

Monday morning 9.00am, No cost

Move and Groove with Nic

Wednesday men's group, Thursday mixed gender group, - No cost

Strengthening and Wellbeing class with Tresna

Tuesday 12.00 noon. Contact Nic or Marita for details



Regular Activities

– held in The Hub

Zumba with Haruko

Friday morning 9.00am. Contact Nic or Marita for details

Better Hearing

Each Monday morning (school terms) 9.00am. Contact Graham Abbott for more details

Book Club with Erica

Second Tuesday of the month. Contact Erica Ramsden for more details

Hobby and chat with Wendy

Third Tuesday of the month. Contact Wendy Pascoe for more details

Table Tennis

resident organise each Wednesday 1.30pm, No cost

Friendship lunch

in out and about committee. First Friday of the month



**ANYONE FOR
TABLE TENNIS?**

*Beginners
welcome!*

Postponed until the Hub re-opens

INFORMATION SESSION:
*Understanding My Aged
Care and Home Care -*

POSTPONED

**LOVISE RICHARDSON
GUEST SPEAKER –**

POSTPONED

A phone call each day to check you're OK

RED CROSS

Red Cross can provide you with a daily telephone call to check on your wellbeing through a service known as Telecross. This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.



IS THIS SERVICE FOR YOU?

Telecross is for people who live alone and are at risk of an accident or illness that may go unnoticed. In particular, people who:

- are frail and aged
- have a disability
- are housebound
- are recovering from an illness or accident

Telecross is also available to the carers of people who are eligible for the service. When family and carers are away, or if someone has just returned home after a hospital stay, Telecross can also be used on a temporary basis.

ABOUT THE SERVICE

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered, Red Cross will take action to make sure you are OK. Even if you have visitors during the week, a phone call first thing in the morning can make a difference if an emergency response is required. The calls provide reassurance as well as help to maintain independence.

This service is available nationally through MyAged Care referrals.

CONTACT US FOR MORE INFORMATION

For more information about accessing Telecross as a client, please call Red Cross on **1300 885 698**.

IGA Home Delivery

- *phone orders*



If you would like to have your groceries home delivered without having to do online shopping, IGA at East Gosford is taking telephone orders and they will deliver to the Village. You can pay over the phone or when your goods are delivered. Over the phone they will take your card details for payment. On delivery they will take cash.

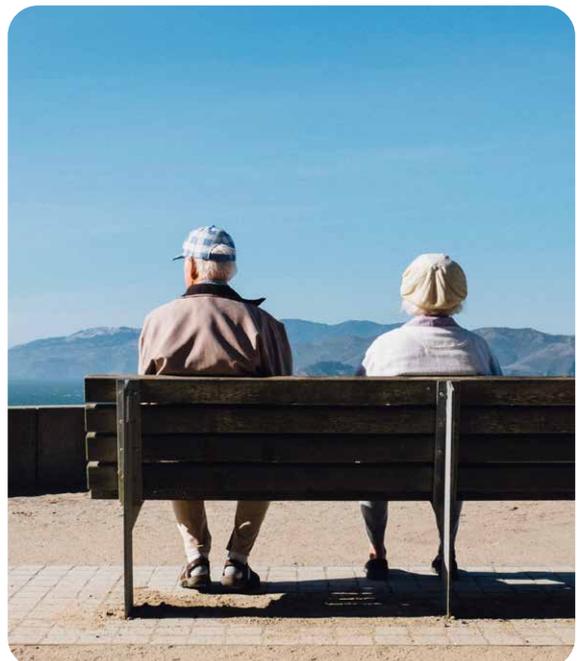
Telephone: 4325 2368



DR. KWONG

For those of you who have read Dr. Kwong's book *One Bright Moon* or attended his recent talk in The Hub you will be pleased to know that the book is one of the finalists in the National Biography Awards. 101 authors submitted their books and six were chosen as finalists.

Congratulations Dr. Kwong!



Reminders

GUTTER CLEANS

The village gutter cleans are booked in for **October 2021**



AIR CONDITIONER FILTER CLEANS AND SERVICE



WITH STUART, STUARTS AIR.

8th November to 12th November
(will extend if demand requires).

Cost: \$50.00 split system or \$75.00 for two split systems \$75.00 ducted air.

Bookings can be made with Reception – 4325 3693

WINDOW WASHING WITH MARK, MJF CLEANERS



15th November to 19th November (will extend if demand requires).

Inside and outside - \$70.00 this includes washing flyscreens

Outside only - \$65.00 this includes washing flyscreens

Bookings can be made with Reception – 4325 3693

PHONE SCAMS



We have been made aware of residents who have received telephone calls regarding purchases or money.

If you receive a call asking for money, telling you a refund of money is due to you or to discuss an on-line or over the phone purchase and you don't think the call is legitimate, please do not engage the caller – Hang Up.

If you have made a purchase on-line or over the phone and you receive a call, PLEASE phone your bank immediately. You can also report suspected scams online at <https://www.scamwatch.gov.au>.



East Gosford
PODIATRY

Alison Lyons will be at Adelene Village on **Friday 24th September 2021.**

Residents with a current Medicare EPC or DVA D904 Referral in place are BULK BILLED.

Please contact reception to book an appointment.

We are always happy to welcome new patients.

CANDLES: Safety reminder



The resident's committee have ask that residents be reminded that candles are not permitted to be lit in your homes.

RECYCLING / HOUSEHOLD WASTE



Containers with left-over food, food scraps or cigarette butts are not recyclable. This type of rubbish is to be bagged and tied off before being placed in the **RED** bin.

Are you aware that in Central Coast Council areas long life juice and milk containers cannot be recycled?



Please be mindful of what is placed in the **YELLOW** bins.



GREEN bins are for garden waste only.



HEARING AUSTRALIA

Did you know that Hearing Australia can help you out with information on hearing aids such as:

- Hearing aids
- Hearing aid accessories
- Assistive listening solutions
- TV and music
- Safety and alerting
- Entertainment
- Telephones
- Personal amplifiers



For more information call 134 432.

BINS



The red bins go out for collection on **Wednesday** and are brought back into the Village on **Thursday**.

Please do not leave bags of rubbish on the ground if the bins are out for collection. Our local wildlife can make an awful mess.

BOOKMOBILE



Lyndall would like to let you know that during August and September the Central Coast Council Bookmobile will be at the Wyoming Community Centre on Tuesdays from 10.00am to 11.30am

Café Menu

SANDWICHES

GF bread available + \$1.00

Cheese and Tomato	\$5.50
Salad	\$5.50
Ham, cheese, tomato	\$6.50
Egg, lettuce, mayonnaise	\$6.50
Chicken and coleslaw	\$7.50
Chicken, mayonnaise and salad	\$8.50
Roast Beef, tomato, red onion with relish or gravy or mustard/ mayonnaise	\$8.50

MEALS

Pie and Chips	\$9.00
Fish, chips & salad	\$13.00
4 x prawn cutlet, chips & salad	\$13.00
Chicken Schnitzel, chips & salad	\$15.00
Chicken parmigiana, chips & salad	\$16.00

Prawn cutlets \$1.50 each

WRAPS

Egg, mayonnaise and salad	\$7.00
Ham and salad	\$8.00
Chicken, mayonnaise and salad	\$9.00
Sweet chilli chicken tenders with lettuce, tomato and cheese	\$9.00

MELTS

Cheese and Tomato	\$5.50
Ham, cheese, tomato	\$6.50
Chicken, cheese, sundried tomato	\$7.50

HOT SNACKS

Beef Pie	\$5.50
Beef/Potato Pie	\$6.00
Sausage Roll	\$4.50
Hot Chips (small)	\$4.50

SWEET THINGS

Assorted cakes, slices,
cookies on display.

Prices on display.

TAKE AWAY AVAILABLE

Save time and
pre order / Phone:
0458 014 378

Café Menu



DRINKS

Milkshakes - Chocolate, Vanilla, Strawberry, Caramel	\$6.00
Coffee Milkshake	\$8.00
Iced Coffee, Iced Chocolate with Cream	\$6.00
Poppers	\$1.50
Cans of Soft Drink	\$2.00

COFFEE

Small \$4.00

Large \$4.75

Decaf Coffee available	+50 cents
Soy/Almond/Lactose free milk available	+50 cents
Syrups - Caramel, Vanilla, Hazelnut	+50 cents

Cappuccino	Macchiato
Latte	Mocha
Flat white	Hot Chocolate
Long black	Chai Latte
Espresso	Dirty Chai



From the Residents

We love to hear the history of our residents. If anyone would like to share their story, we would love to publish it, just let Marita know. Thank you Robyn and Jan for sharing your stories. We hope you all enjoy reading these as much as we have.

A SNIPPET IN THE LIFE OF JAN FARRELL

On thinking how does one put 70 years of life experiences onto an A4 page, I decided it was impossible!

So, my next idea was to pick an area of my life that might be of interest to you my fellow residents of Adelene.

I was born in Sydney on 29th September 1950. At age 8 my family moved to Tumut NSW, at the foot of the Snowy Mountains. I married Martin in 1970 and started a family in 1973 with Emma, followed by Lana 1975 and then Andrew in 1978. Life was busy but was only to become more so when I discovered the importance of volunteers.

I have always thought that it was important to move along with the kids as they grew so I started off on the Tumut Preschool committee. Helping with fundraising for equipment etc. and when Emma Started school at St Brigid's, I joined the Parents and Friends committee. I held many positions over the 16 years we were involved with the school. 10 years as a reading mum, for children who's reading didn't come easy.

Tuckshop, Fete, Sports day carnivals, catering for a class and teachers on a three-day trip away to a camp on numerous occasions. Helping with concerts and awards nights. As our children played sports I also assisted with netball, footy, swimming club and gymnastics. I remember taking a car load of boys to footy most weekends, before we were even parents.

Martin was the footy club president.

Our Catholic Parish was also time consuming. Our children still talk about setting up St Marys Hall for Bingo each week. Martin helped with that and had trained the kids how to set up the hall for about 50 people. They now laugh about how they put out ashtrays on all the tables. Sometimes by the time Martin arrived after school, to set up they would have finished the job and be ready to go home.

Martin and I cleaned some of the school rooms carpet in the holidays. Martin painted toilets and out-door areas, whatever needed doing. All voluntary! We painted our Catholic Church and I catered for the many workers, a huge job of painting!

For 18 years we helped run the Catholic Debutant Ball. I was the catering leader and Martin was the Secretary Treasurer and MC on the night. We often had to turn away girls as 25 was our limit per ball. We set a limit of 310 guests. Looking back, I don't know how we did it! Lots of work and lots of fun though. I made the deb fruit cake for many years and another parishioner iced it beautifully. We helped with the decorations for a week before to put them all up in the big old barn of a hall. We transformed it year after year, the Guy family would make the decorations over the year and we all helped under Yvonne's guidance to set it up. Team work, amazing what you can do, many hands make light work!

In 1980 Martin joined Tumut Lions and again we both throw ourselves into working for our community. With the help of our kids to we carried out delivering to members the monthly bulletins, Lions mints, Lions Christmas Cakes, Recycle Eye Glasses, Festival of the Falling Leaf Lions Fun Run, Street Parade floats, Catering on numerous occasions, Lions Christmas Window Competition. And some things I can't call to mind I am sure they will come to me after I finish this article.

Street stalls..... so many, often days apart or week after week. Salvation Army Door Knock, before that was deemed unsafe and then we had stalls to collect donations. We raised around \$5000 each year, not bad for a small country town. Other stalls for Breastfeeding Association, Pre School, Catholic Schools, State High School, Tumut Catholic Parish, Blakney Lodge Aged Care, Tumut Nursing Home, Swimming Club, Aussie Rules Footy Club, Tumut Netball, Tumut Gymnastics, Parkinson NSW, MND association, Cancer Support Groups, Tumut Hospital, Lions Club and anyone who asked for help at a stall. A lot of cooking of sweet treats and jams and pickles were made before hand to donate. My children often came in after school as I was baking and ask, who is that for? I made things for funeral wakes, and grieving families, but always some for our family too.

My biggest catering event that I organised was for the Tumut High School 100 Year Reunion. FIVE hundred people were served. It was the Catholic School ladies doing the catering. We were like a well-oiled machine. Portable cool rooms and so many helpers in the home science room where we did all the prep work. Fathers helped with the serving on the night. A

man came up after the meal and asked me, "Do you know how long it took to serve the main meal, No!" he informed me 20 minutes! He was impressed! So was I.

I grew up in a small country town and learnt that the only way to get the things for your community was to work hard and never give up. When I was President of Tumut Lions, I asked the Director of Nursing if she could have her dream item for our Tumut hospital what would it be? Six months later and four grants and a donation by our club we fulfilled Lorraine's dream with a \$26,000 birthing bed, it replaced the 30+ year old bed. Dreams do come true with some effort. It's still in use today.

Martin and I went on to become Chairman on the Lions District N4 Cabinet. Martin served many years in Youth Exchange, Youth of the Year, Leadership Chairman. I was NSW- ACT Save Sight and Health Foundation Chairman. We had something like 62 clubs in our district. We made many friends and had loads of fun.

This is just a look at some of the things I have been involved in over my life, I have enjoyed very much my giving to my community and will continue here at Adelene as long as I can, and when COVID is finally over and we are back to normal with our In Out and About activities.

Thanks to Marita who asked me to write something about my life for the Village Voice. It's been good for the brain!

Jan Farrell





Robyn's Story

I was born in Orange NSW in July 1953. I lived there until my parents moved us to Sydney late in 1962. It was a very happy childhood and I enjoyed picking and eating cherries, field mushrooms and tomatoes from my Dad's vegetable garden.

When we moved to Sydney my Grandparents moved to Ettalong on the Central Coast. As both of my parents worked full time, I spent all of my school holidays at Ettalong.

I attended Fort Street Girls High School and graduated after doing my Higher School Certificate in 1971. I desperately wanted to be a teacher but did not qualify for a scholarship, so I joined the Commonwealth Public Service. I am left handed and I remember the day I was inducted the man told me that I was lucky I hadn't been there a few years earlier as the public service did not employ left handers. I worked there until 1978.

I was married in 1973 and later had my

two sons, Matthew and Mark, who later fathered my four grandchildren – Abigail aged 14, Ewan 8, Kara 6 and Roxy 4.

In 1988 I was selling educational toys when I met a lady who told me about being able to go to teachers' college as a mature aged student. I was very excited and enrolled at KCAE in 1989. I graduated with my diploma of teaching in 1991 and attained my degree in 1992.

I taught at several primary schools in Sydney and Yass for the next 25 years. I loved it.

When I retired, I decided to move to the Central Coast where I had had such a happy childhood. I bought a house at Koolewong and enjoyed my time there. When the stairs, garden and maintenance became too much I decided to move into Adelene. That was seven years ago. I have been very happy here and have lovely friends who I value and love.

Robyn

SEPTEMBER

SPRING FACTS

1. The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. The term vernal is Latin for “spring” and equinox is Latin for “equal night”.
2. In spring, the Earth’s axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.
3. Before Spring was called Spring, it was called Lent in Old English. Starting in the 14th century, that time of year was called “springing time”—a reference to plants “springing” from the ground. In the 15th century this got shortened to “spring-time,” and then further shortened in the 16th century to just “spring.”
4. The first spring flowers are typically dandelions, daffodils, lilacs, lilies, iris and tulips to name a few.
5. For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.
6. As it stays light for longer in spring, birds know it is time to find a mate. They do this by singing to each other.
7. It is also probably no coincidence that early Egyptians built the Great Sphinx so that it points directly toward the rising Sun on the day of the vernal equinox.
8. At Chichen Itza, Mexico, the Mayan celebrate the first day of spring with “The Return of the Sun Serpent.” During the spring and fall equinoxes the shadow cast by the angle of the sun and edges of the nine steps of the pyramid combined with the northern stairway and the stone serpent head carvings create the illusion of a massive serpent descending the pyramid.
9. Persephone was the Greek goddess of spring. She spent winters as Queen of the Underworld but returned in spring to preside over rebirth.
10. Spring is often associated with rebirth, renewal and regrowth.





1. Who is the Roman goddess of spring?
2. For Australians, in what month does spring begin?
3. What name is given to the first day of spring when night and day are the same length?
4. Who composed 'The Four Seasons'?
5. Who wrote the music for the ballet, 'The Rite of Spring'?
6. The song, 'Younger Than Springtime' features in which Rogers and Hammerstein musical?
7. What is the nickname of Bruce Springsteen?
8. 'Primavera' or Spring is a famous painting by which artist?
9. What kind of animal is a springbok?
10. What do they call 'shallots' in the UK?

WORD SEARCH - HELLO SPRING

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



- INSECTS
- BUTTERFLY
- GROWTH
- BLUE SKY
- FLOWERS
- PUDDLES
- BUNNY
- MEADOW
- SUN
- BREEZE
- BIRDS
- GARDEN
- RAIN
- PICNIC



CONTRIBUTION FROM JAN FARRELL

Found in the Woman's Weekly – the origins of some common superstitions.

SEVEN YEARS BAD LUCK FROM A BROKEN MIRROR

In Roman times, it was believed that your reflection – whether in a pool of water or a mirror – represented your soul. If the reflection was distorted, that meant bad luck, so a crack or broken mirror was very bad news. The Romans also believed that people's health and luck ran in seven-year cycles, so if you saw bad luck in your reflection, it would last until the cycle turned.

CROSSING YOUR FINGERS FOR GOOD LUCK

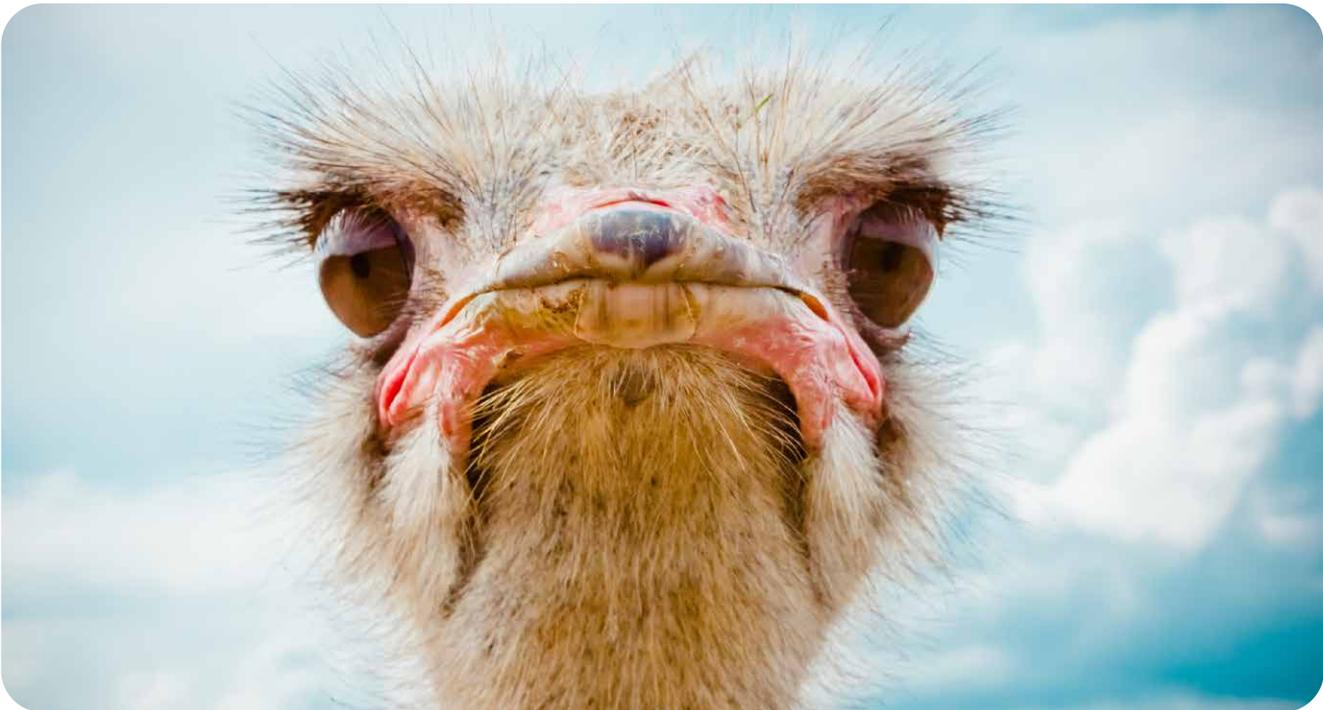
Thought to date from pre-Christian days in Europe, crossing your fingers for luck was originally a two-person operation. A cross was a symbol of unity with good spirits living at the intersecting point, and if you wanted to wish someone well with something, you laid your index finger over theirs to form a cross. Eventually, crossing your own two fingers came to do the same job. Today we use the expression "fingers crossed" to wish for good luck, and so do the Americans, Spanish and Italians.



SUDOKU



			9				6	7
	9					2		8
4	6			7	8			
3	2			9	4		7	
7			6		3			2
	1		7	8			4	3
			8	5			1	6
5		1					9	
6	7				9			



CRACK THE CODE

	1	2	3	4	5	6	7	2	8	8		9		2		7	
1		9		9		7		3		5	4	5	10	8	11	11	12
13	14	4	3	15	1	16	11	7	6		17		17		6		10
14		18		1		1		3		4	17	17	15	11	18	4	6
7	12	1	4		16	6	11	9	19		7		1		1		6
17		20		4		7		8	4	15	20	1	2	2		3	
21	4	22	4	23	7	20	1		14		1		2	13	14	4	12
1		1		3		1	24	17	15	1	2	2		14		24	
20	1	15	18	1	2		4		7		2	3	15	7	17	1	12
3		2		9	8	1	9	19		25		4		12		2	
	21		1		1		3		9	8	4	15	21		4		17
16	11	15	21	14	6	4		16		1		3	1	20	20	7	2
	9		5		16	6	10	6	1	4	16		12		3		1
9	8	4	11	2		9		11		3	7	15	4	21	7	2	14
	4		25	4	2	8	3	14	5		15		6		16		12
2		1		14		1		15	4	18	1	20		3	15	7	11
8	4	20	12	2	11	21	1		21		25		26		1		20
4		12		4		7		4	5	2	11	6	14	3	1	6	10
12	15	14	22	22	7	2	3		11		15		20		23		21
1		1		1		3		23	11	11	19	1	1	17	1	15	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Fun and Puzzles



JOKES

Did you know we post a new joke every Friday on our Adelene Facebook page? Here are our September jokes! We hope they tickle your funny bones!



I'm making a new documentary on how to fly a plane.

We're currently filming the pilot.

Adelene



My son bought a new reversible jacket.

I can't wait to see how it turns out.

Adelene



Where do bad rainbows go?

Prism.

It's only a light sentence.

Adelene



Why did the dad joke cross the road?

To get to the other sigh.

Adelene

Answers and Solutions

SUDOKU

8	3	5	9	2	1	4	6	7
1	9	7	4	6	5	2	3	8
4	6	2	3	7	8	1	5	9
3	2	8	5	9	4	6	7	1
7	5	4	6	1	3	9	8	2
9	1	6	7	8	2	5	4	3
2	4	9	8	5	7	3	1	6
5	8	1	2	3	6	7	9	4
6	7	3	1	4	9	8	2	5

SPRING QUIZ

1. Flora
2. September
3. The Vernal Equinox
4. Vivaldi
5. Stravinsky
6. South Pacific
7. The Boss
8. Botticelli
9. An antelope
10. Spring onions



CRACK THE CODE

1=E	5=B	9=C	13=Q	17=P	21=M	25=W
2=S	6=L	10=Y	14=U	18=V	22=G	26=J
3=T	7=I	11=O	15=R	19=K	23=Z	
4=A	8=H	12=D	16=F	20=N	24=X	

Management *and* Services

Administration: Marita Brocklehurst & Justin Dover

Administration Office: Phone: 4325 3693

Café: 0458 014 378

Nic: 4380 9901 (Wed, Thur, Fri)

Correspondence to the Office:

Email: admin@adelene.com.au

Reception email: reception@adelene.com.au
(use for maintenance requests, activities bookings etc)

Rumbalara House Reception: 4325 3693 -
Monday to Friday 8.30am – 4.30pm

Adelene Rumbalara House Phone: 4325 3693

Facility Manager: Anna Ross

Adelene Court: Phone 4325 3693

Maintenance: 8am – 4pm Mon, Tues, Thur, Fri

Garbage: Red lidded bins removed every Wednesday.
Yellow (recycling) bins fortnightly

AFTER HOURS URGENT MAINTENANCE, RESIDENT CONTACTS

Yvonne Edwards:
Unit 67 | Ph: 4322 1894

Maggie and Tony Kayes:
Villa 18 | Ph: 4339 2694



Thank you to Maggie and Tony Kayes for volunteering to assist.

EMERGENCY PHONE NUMBERS

Medical & Security Emergency: Ring "000"

Gosford SES: 132 500

Security:
(Day time 8.30am–4.00pm) **Phone Office 4325 3693**

After Hours Security:
AlphaK9 Security - 0428 853 389

Police Assistance Line: 131 444



YOUR FEEDBACK

We love hearing what you would like included in The Voice of the Village.
Phone Nic or Marita.