



# Pelican Ponderings

July 2010 | Volume 3 | Issue 7



## Monday Moments





## From The Managers Desk

Hello Everyone

Well winter has really hit us now with some cool morning temperatures being experienced. As Far North Queenslanders we must admit to being a little "wussy" when getting up these mornings! I don't feel so bad though because I notice that some of our more hardy residents who are out walking in the morning keep as well rugged up against the chill as I do. Denis on the other hand relishes a bit of cool weather. The chooks however do not see it that way and have been slower to lay of late.

We look forward to welcoming new residents Kathleen and Kevin Creece who are arriving on 2 July into the Bayside Display home on site 10. They are a lovely couple and a great asset to our mounting number of residents. I can personally vouch for Kath's perfect sponges.

Nanette and Norman Warren's house on site 41 is arriving this week - another home to add to our growing collection. Again apologies for any inconvenience to residents during this process.

The Bowling Green has been approved for start and work will commence as soon as the contractor is available. The pool renovation is continuing to happen despite a lull over that last few weeks due to delays with tile availability and weather affecting the work. We anticipate a big rush of activity on site within the next few weeks to complete the project.

With our 3 new display homes being complete and on sale from early July our village is certainly growing fast and we look forward to being able to bring more new residents into the village.

Cheers

Denis & Rose

The Pelican Ponderings is now viewable online at [www.hampshirepropertygroup.com](http://www.hampshirepropertygroup.com) under the heading of "News". You will be able to view the last 3 months of the Pelican Ponderings and also the other Hampshire Villages newsletters.

## Notices

### VILLAGE KEYS

Emergency keys to the Boom Gate in the event of power failure are held by

Site 28 Jim Williamson

Site 31 John Williams

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### TXT SERVICE

If you would like to be included in our resident text messaging service please notify the office. This is invaluable for when we have disruptions to the electricity or water supply.

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### EGGS

Eggs will be for sale through the office on a regular basis from our resident chooks. ½ Dozen \$1.50 / 1 Dozen \$2.50



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### WATERING RESTRICTIONS

#### ODD & EVEN SYSTEM

Customers with even street numbers or no numbers may water their gardens with drinking water on Saturdays and Tuesdays. Customers with odd street numbers may water their gardens with drinking water on Sundays and Wednesdays. Gardens can be watered with drinking water using a hand held hose fitted with a trigger nozzle, a bucket or watering can, or dripper watering system between 6am and 8am and between 5pm and 7pm on the designated watering days.

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### THE BOOK BROTHERS & LIFETIME BOOKS

Visit the Community Centre to view books, gifts & stationary from The Book Brothers & Lifetime Books. Stock will be changed every week on an alternate basis. Start your Christmas Shopping Now with stock at discounted prices...



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### RECYCLING

A recycling bin is now available behind the shed for the recycling of soft drink cans.

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### WHEELCHAIR ACCESS

A wheelchair ramp is now available for use within the village. Please contact the front office to arrange access.

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### NEWSPAPER & MAGAZINE DELIVERY

Newcomb Newsagency is offering a daily delivery service to Pelican Shores Estate. Application forms are available from the office and completed forms are to be taken to

Newcomb Newsagency

52 Watsons Road

Newcomb

Phone: 5248 5434

Fax: 5248 8914

Email [newcnews@iprimus.com.au](mailto:newcnews@iprimus.com.au)

Newspapers & Magazines will be delivered & placed in a storage box to be located outside the office for your collection.



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### PELICAN PONDERINGS

Pelican Ponderings is a community newsletter and we look forward to your contributions. It is issued on a monthly basis and we would appreciate being in receipt of your contributions by the 15<sup>th</sup> of each month to ensure its inclusion in the forthcoming issue. Resident participation is encouraged so if you have a funny story, a joke, a photo or you would like to share an event please give your contribution to the office or alternatively email - [natalie@hampshirepropertygroup.com.au](mailto:natalie@hampshirepropertygroup.com.au)



## PELICAN PONDERINGS

### Birthdays



*If you haven't supplied your birth date to the office it would be great if you could please do so.*

We wish everyone celebrating a birthday this month many happy returns. Happy Birthday to:-

14 <sup>th</sup> July	Bob Whitehouse
17 <sup>th</sup> July	Patricia Williamson
26 <sup>th</sup> July	Judy Logan
29 <sup>th</sup> July	Cynthia Steele
30 <sup>th</sup> July	Warren Goble
31 <sup>st</sup> July	Peter Vohs

### Powerball



*Congratulations to all the powerball winners:-*

6 <sup>th</sup> May	No.25	Pat Parsons
13 <sup>th</sup> May	No.28	Allie Bull
20 <sup>th</sup> May	No.36	Ray Hose
27 <sup>th</sup> May	No.21	Miffy Smith

If anyone is wishing to participate in the weekly powerball draw please contact Cynthia Steele for details. Site R201

### Home Ice Cream

Ice Cream deliveries to Pelican Shores Estate will be located in the Visitor Carpark at the front of the Village from 2.30pm – 2.45pm each fortnight.

The next Ice Cream delivery to Pelican Shores Estate will be:-

Monday 5 <sup>th</sup> July	2.30pm – 2.45pm
Monday 19 <sup>th</sup> July	2.30pm – 2.45pm



### Doug enjoying his balcony & what is left of the June sunshine



### What a cute couple – Miffy & Chloe enjoying a wander in the sun



Sandra with Cam Mooney

## Decadent Chocolate Dessert

### Muffins

#### Ingredients

- 6 Tbsp Sunflower oil or 85g butter, melted and cooled, plus extra for greasing
- 225g Plain Flour
- 55g Cocoa Powder
- 1 Tbsp Baking Powder
- Pinch of Salt
- 115g Soft Light Brown Sugar
- 2 Eggs
- 250ml Single Cream
- 85g Plain chocolate, broken into pieces



#### Sauce

- 200g Plain Chocolate
- 25g Butter
- 50ml Single Cream

#### Method

Preheat the oven to 200 degrees C.  
 Grease a 12 hole muffin tin.  
 Sift together the flour, cocoa, baking powder and salt into a large bowl. Stir in the sugar.  
 Place the eggs in a large jug or bowl and beat lightly, then beat in the cream and oil.  
 Make a well in the centre of the dry ingredients and pour in the beaten liquid ingredients. Stir gently until just combined; do not overmix.  
 Spoon half of the mixture into the muffin tin, then place a piece of chocolate into the centre of each. Spoon in the remaining mixture.  
 Bake in the preheated oven for 20 minutes, or until well risen and firm to the touch.  
 Meanwhile, to make the sauce, place the chocolate and butter in a heatproof bowl set over a saucepan of gently simmering water. Stir until blended then stir in the cream and mix together. Remove from the heat and stir until smooth.  
 Leave the muffins in the tin for 5 minutes, then remove and place on serving plates. Serve warm with the chocolate sauce poured over the top of each muffin.



## PELICAN PONDERINGS

### Around the Grounds

#### Welcome

We welcome our new residents Kevin & Kath who will be moving into the Bayside this month.

We welcome on board a new staff member - Michael who has joined our maintenance team. We hope you make him feel welcome.



#### Residents Move In

Congratulations to Pauline who has moved into her new home in Albatross Street.



#### New Homes Arrive

June saw the arrival of two new homes – a new display home in Albatross Street and a lovely home in the main street which will be the new home of Nanette & Norm who plan to move in in August.

#### Pool Renovation

Original tiling in the pool has been removed and the pool has been sandblasted. New tiling is to be completed once they come into stock



#### Bowling Green

The Bowling Green has been approved and commencement is dependant on a start date from the contractor which we are yet to receive.

#### Infrastructure

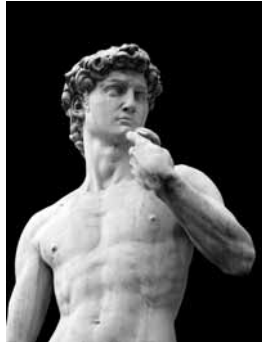
New infrastructure has commenced on the terrace and waterfront with the upgrade of power & telephone cabling.

# July 2010

July 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm Painting & Drawing Group	2 6.30pm Happy Hour	3
4	5 1pm Ladies Coffee & Chat	6	7	8 1pm Painting & Drawing Group	9 6.30pm Happy Hour 6.30pm Leopold Sportsmans Club Raffle	10
11	12 1pm Post Party	13	14	15 1pm Painting & Drawing Group	16 6.30pm Happy Hour	17
18	19 1pm Ladies Coffee & Chat	20	21	22 1pm Painting & Drawing Group	23 6.30pm Happy Hour	24 6.30pm Dinner Outing
25	26 1pm Ladies Coffee & Chat	27	28	29 1pm Painting & Drawing Group 5pm Meet, Mingle & Munch	30 6.30pm Happy Hour	



## PELICAN PONDERINGS



To Milan we flew one day,  
Only one night here we would stay.  
We walked the streets and saw the fashion,  
The people there certainly dress with a passion.

To Venice the next day we went by train,  
We walked all around, even in the rain.  
There's old buildings, churches and bridges to be found,  
And Gondolas in the canals all around.

Three days we stayed in Venice,  
Then another train to catch to Florence.  
We stayed in an old Medici family home,  
More bridges, churches and museums we did roam.  
We saw the statue of David with his sling shot,  
In three days the sights we saw, there was a lot.

We went to Pisa to see the Leaning Tower,  
To walk over it we had a whole hour.  
On the very top we felt quite giddy,  
But what a view of the surrounding city.

Rome would be our very next stop,  
On the double-decker bus we would hop.  
To see the Colosseum, Forum and St Peters where the Pope lives,  
And where every Sunday communion he gives.

Now to some exotic places we would take a trip,  
For the next twenty-eight days our home would be a ship.  
Firstly to Egypt to see Alexandria, Cairo, Pyramids and Luxor,  
Then Valley of the Kings, sail the Nile and much more.

To sail down the Suez Canal it took all day,  
In a lay-by for six hours we had to stay.  
For thirty-five ships coming the other way with their freight,  
As it wasn't wide enough for two ships, so we just had to wait.

Then to Jordan by bus, it was Petra to see,  
This was the best by far, we did agree.  
A fortress with mountains about,  
With only one way in and one way out.

While sailing down the African coast,  
Samolian pirates where the ones to avoid the most.  
There was a submarine and a warship as our escort,  
So if the pirates tried to board they would be caught.

In Oman we would stop at two ports,  
At Muscat we saw Mosques, bazaars and forts.  
There were lots of camels in this unforgiving land,  
Trying to survive in the desert sand.

Dubai was next with its markets full of gold,  
Hoping to the tourists it would be sold.  
There's not a lot left of this place that's very old,  
With all new skyscrapers it's a sight to behold.  
People live on huge islands that are man made,  
With sand reclaimed from the sea, like palm fronds it is laid.

To Mumbai we were supposed to sail the next day,  
But because of bombings there, there was a delay.  
So it was Dubai we stayed extra time,  
There was so much to see here we didn't mind.  
The next day we saw a pink hotel and one shaped like a snail,  
Then Palm Island, a ski slope in a shopping centre and a desert trail.

To Goa in India we finally went,  
A spice farm we'd go, what beautiful scent.  
There was an elephant and a huge spider in a tree,  
And you could buy a sari for a small fee.

To Cochin we rode in a tut tut car,  
To see the yachts that came from afar.  
They sailed around the world in a race,  
From India then to Asia they would set a fine pace.

From India the ship then sailed to Phuket,  
Where there's an island from a James Bond set.  
There's a fishing village on stilts way out at sea,  
And a temple with a pack of monkeys running free.  
Hubby decided to feed some bananas to the pack,  
But alas they ended up jumping all over his back.

From Phuket Penang would be our next stop,  
For some souvenirs here we would shop.  
There was an old village overlooking the docks,  
Where folks were cooking outside in their woks.  
To get a good view of the city you could go in a Rickshaw,  
To the tallest building and up in a lift to the 40<sup>th</sup> floor.

Our final disembarkment was Singapore,  
There's lots to see here that's for sure.  
On a large ferris wheel the city before us in full view,  
We saw many sights including the night zoo.

For thirty-eight days we saw some fantastic places,  
Meet all types of people from all different races.  
On boards the ship friendships were made,  
Our memories of this trip will never fade.



# PELICAN PONDERINGS



## June Result

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

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

### You will forget it

An 80 year old couple were having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them. When they arrived at the doctor's, they explained to the doctor about the problems they were having with their memory.

After checking the couple out, the doctor tells them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left. Later that night while watching TV, the old man got up from his chair and his wife asks, "Where are you going?" He replies, "To the kitchen." She asks, "Will you get me a bowl of ice cream?" He replies, "Sure." She then asks him, "Don't you think you should write it down so you can remember it?" He says, "No, I can remember that." She then says, "Well, I also would like some strawberries on top. You had better write that down cause I know you'll forget that." He says, "I can remember that, you want a bowl of ice cream with strawberries." She replies, "Well, I also would like whip cream on top. I know you will forget that so you better write it down." With irritation in his voice, he says, "I don't need to write that down, I can remember that." He then fumes into the kitchen. After about 20 minutes he returns from the kitchen and hands her a plate of bacon and eggs. She stares at the plate for a moment and says, "You forgot my toast."

### Getting old when

- You know you're getting older when...
- Everything that works hurts, and what doesn't hurt doesn't work.
- You feel like the morning after, and you haven't been anywhere.
- Your little black book only contains names ending in M.D.
- Your children are beginning to look middle-aged.
- Your mind makes contracts your body can't keep.
- You look forward to a dull evening.
- Your knees buckle and your belt won't.
- Your back goes out more than you do.
- You sink your teeth into a steak, and they stay there.
- You know all the answers, but nobody asks the questions

**On average, people are spending around 20 years at school, technical colleges or other education institutions; 35 years working; and 20 years in retirement. There is a real need plan for your years in retirement, so you can make the most of this time. You have been looking forward to this for so long, you deserve the best!**

Evidence shows that if you come into retirement as healthy as possible, you are more likely to stay that way. Evidence also shows that if you plan for major events, such as retiring, they are more likely to happen and work out well. You should start to plan for retirement at around 35 years, if not earlier. But if this not quite your age, it really is never too late to start.

In putting your plan together you first need to think about the bigger picture on retirement. Be aware that you should think of planning for retirement as being more than money and superannuation. Though these do help there are other things that make life satisfying.

***You could start by answering the questions below:***

- ~ What do you want from your retirement?
- ~ What have you done already to help make these things happen?
- ~ Who will replace your work mates when you want someone to share your joys and frustrations with?
- ~ What do you think you need to do, to achieve this in your retirement?

***Does your retirement plan include:***

- ~ Being more active socially – you'll have more time to spend with your partner, family & friends
- ~ Stopping smoking – this is a main preventable cause of ill health
- ~ Finding more ways to be active physically – this is the second most preventable cause of ill health
- ~ Being more active mentally. Going to courses not only helps you meet more people and give wider outlook on life, but it has been shown to help prevent dementia
- ~ Continuing work – go part time or be a volunteer. Evidence shows work is good for your health
- ~ Enjoying healthy foods
- ~ Having a healthy weight
- ~ A yearly health check
- ~ Checking the layout of your home. Imagine yourself at home using a walking frame and wanting to make a cup of tea or have a shower – would you have any problems? Does the design of your garden need to be changed?
- ~ Reviewing your finances.

***Your future is not about what you are retiring from, but what you are retiring to.***



# Helpful Contact Information

**Resident Office Hours:**  
 Village administration hours are as follows:  
 Monday to Sunday 10.00 am to 2.00 pm

**After Hours:**  
 Pelican staff are contactable after hours in the case of an emergency by phoning  
 0430 322 239

**Resident Accounts:**  
 If you have any queries concerning your account with regard to site fees, electricity and  
 water payments or any other questions about your statement, you should direct your  
 queries to the office and the staff will forward them onto Nathan at head office.

# Stroke Awareness

**FAST**

- Four letters that could save your life

Stroke is Australia's second single greatest killer and leading cause of disability with someone suffering a stroke every ten minutes. Recognizing the signs of stroke and calling Triple Zero (000) immediately can be the difference between death, severe disability and making a good recovery.

The National Stroke Foundation has developed a simple mnemonic to help you remember the warning signs of a stroke.

The FAST test involves asking three simple questions:

- Face - Can the person smile or has their mouth drooped?
- Arms - Can the person raise both arms?
- Speech - Can the person speak clearly and understand what you say?
- Time - Act FAST and call Triple Zero (000) immediately and ask for an Ambulance.

Ambulance recommends that all persons undertake a first aid course with an accredited agency.

For more information or to order a FAST wallet reminder card visit  
[www.strokefoundation.com.au](http://www.strokefoundation.com.au) or call the National Stroke Foundation on  
 1800 787653.

**For home sales contact Rose at the on-site Sales Office on  
 (03) 5250 1382, Mobile 0430 322 239  
 or Email [rose@hampshirepropertygroup.com.au](mailto:rose@hampshirepropertygroup.com.au)**

***IN THE CASE OF AN EMERGENCY***  
**Ring 000 For Fire, Police or Ambulance.**

<b>Geelong Hospital</b>	<b>5226 7111</b>	<b>Coast Guard</b>	<b>5278 8440</b>
<b>Lifeline 24 Hours</b>	<b>131114</b>	<b>SES-Geelong</b>	<b>5226 4771</b>
<b>Or emergency 24hr service</b>			<b>9696 6111</b>
<b>Telstra Faults</b>	<b>132203</b>	<b>Taxi</b>	<b>132227</b>
<b>Avalon Airport Shuttle</b>	<b>5278 8788</b>		