

Volume 29

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The Grapevine

A Land of Droughts & flooding rains

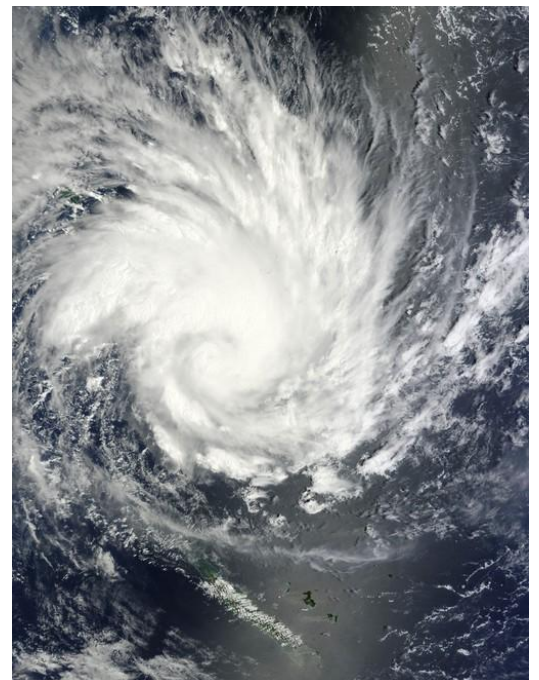
Well, we have seen drought then flooding rains – reminds me of a poem I learnt in primary school. One of Australia's best known poems, Dorothea Mackellar's (1885-1968) *My Country* says in part:

I love a sunburnt country, A land of sweeping plains,
Of rugged mountain ranges, Of droughts and flooding rains



Queensland has been hard hit this year with floods extending to the size of France & Germany combined across the state with loss of life, property and income.

Now, Queensland is again under pressure with the expected arrival of Tropical Cyclone Yasi which is expected to hit Cairns 10pm on 2nd February. Please pray for our countrymen & women for their safety, their endurance and that the storm would decrease in ferocity & not be as strong as expected.



MAROBA LODGE

Resident Newsletter

The Grapevine

Nepal Trip

Well, the long awaited trip to Nepal went incredibly well. I have attached a couple of pics but look forward to sharing my trip with you soon in more detail. The weather was cold, as expected but the days were OK with the nights being very cold. The musical with the children from SMD school was a huge success with capacity crowds for all three shows. I was fortunate to be able to travel to Nagarkot to see the Himalayan Mountains from a closer vantage point which was awesome and cemented even more my view that our God is BIGGER than we can imagine – and able to achieve ALL things!



- From top left:
1. School Dormitories
 2. With some new friends
 3. The team at Nagarkot at dawn
 4. Oz & Nepal Team
 5. The Hills are alive with the sound of music – even if it was only me singing!

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Department of Health & Ageing

The Department has released information regarding Aged Care Guidelines and Charter of Resident's Rights and Responsibilities in several languages which are available on their website at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/agein-g-publicat-qcoa-qcoaindx.htm> or if you would like an article or fact sheet printed off, please come and see me or the office staff who will organise that for you.

Research Project with Newcastle University

We have opportunity to be part of a research project with Newcastle University investigating the effects of certain types of exercise on older Australian. This is a great opportunity for our residents to be involved in cutting edge research that will benefit not only those involved but older generations to come. This is your opportunity to have input into what suits you and your age group, rather than younger people making these choices on your behalf.

The research will involve people who will be in one of 3 groups. There will be an assessment of individuals Mobility, Balance, Flexibility, Strength, Health & Wellbeing prior to the program and again at the end of the program to ascertain the benefits achieved. The groups will be either – Tai Chi; Yoga or a control group who will not exercise at all. Not only would your involvement assist with the research but would also enable you to be involved in an exercise program tailored for ageing Australians at no cost to you with health & mobility benefits which would improve quality of life for those involved.

Please consider this project and speak to Leeanne to register your desire to be involved.



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Birthdays for Jan – Feb 2011



Congratulations to:

January 2011

Glen Barker
Gladys Chillingworth
Margaret Drinkwater
Joy Frazer
Richard Herbert
Iris Jacobs
Shirley Peterson
Freda Robinson

February 2011

Beryl Cairney
Heather Davidson
Dolly Firth
Daphne Parkins
Pat Rees



In Memory of:

Dawne Blanch

Winston Sinclair

Anastasia Wozniak

