

BINDAREE TIMES NEWSLETTER



By Rosemary Margetts



By Carol



By Joyce Bennett

We are delighted to share a glimpse of the beautiful artwork created by our talented residents during their much-loved Fun With Carol afternoons. These sessions are always filled with color, creativity, and laughter as residents explore different techniques and styles under Carol's gentle guidance. Each piece is a reflection not only of artistic skill, but also of the joy and sense of accomplishment that comes from expressing oneself through art. From bold, vibrant designs to soft, delicate brushwork, the variety of creations is truly inspiring.

SPRING GARDEN

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

WORD LIST

BIRDS
 BLOOMING
 BLUEBELL
 BOUQUET
 CROCUS

DAFFODIL
 DAISY
 FLOWERS
 GARDEN
 GRASS

INSECTS
 IRIS
 LADYBUG
 LILY
 NEST

RAIN
 ROSE
 SEASON
 SPRING
 TULIP

Homemade
 GIFTS MADE EASY

WHAT'S GOING ON IN AUGUST

Residents & Relatives Meeting

The next Resident's and Relative's Meeting will be held on Tuesday 26th August at 10.30am in the dining room at Bindaree.

All residents are encouraged to attend, make suggestions, give feedback or even just to listen to what others have to say.

Relatives, of course, are also welcome and we look forward to seeing them there.

The meetings are always very informative and are a great way for residents to voice their opinions and ideas. It's also a good way to be kept up to date with anything that's taking place within the organisation as well as the how the progress of the new building is progressing.



Annual Leave

Michelle, our Nurse Unit Manager, is taking a well earned break over August. She is leaving us in the very capable care of Sharon and Laura while she is away. We all know Sharon well as a current member of the nursing staff at Bindaree and Laura who is on loan to us from Buckland House.

Have a great holiday Michelle.



TRISHAW RIDES

Our trishaw rides have quickly pedalled their way into the hearts of Bindaree residents! Every second Monday, the wonderful volunteer team rolls in with their bright and cheerful trishaw bike, ready to whisk residents away for a leisurely spin around the beautiful Mansfield township.

With the wind in their hair, and perhaps a few giggles along the way, residents enjoy soaking up the sights, waving to passers-by, and simply taking in the fresh country air. Even better news – another trishaw is on the way to join the fleet, which means more rides and more smiles!

The volunteers also knitted scarves and beanies to keep riders nice and warm on those cooler mornings. Now that's community spirit in motion!

Dust If You Must

by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

Noticeboard

Leisure Lifestyle and

Activities

Yak & Yarn

Life performances

Bush Poetry

Afternoon Pool

Morning Exercises

Guest Speakers

Mini Golf

Poker

Friday Night Football

Sunday Movies

Trivia & Games

Farmhouse Kinder Program

Fun with Carol

Mahjong

Bingo

Bus Trips

Sing-a-longs

Footy Tips

A reminder to all participants to have tips in by Thursday afternoon please.

The Shop Window

Our *Shop Window* is almost ready to open! Just a few final touches and the shelves will be fully stocked with treasures, ready for residents to browse and enjoy.

Soon, you'll be able to swap your hard-earned Bingo and game tokens for a wonderful variety of goodies. The *Shop Window* doesn't accept dollars and cents — instead, each item will be "priced" in tokens, making your game wins even more rewarding.

The selection will be wide and varied, with something for everyone — from beautiful perfumes and refreshing aftershaves to luxurious soaps, silky body lotions, and handy toiletries for both men and women. You'll also find charming gifts, playful toys, greeting cards, and wrapping paper for those special occasions.

The *Shop Window* won't be a one-time wonder, shelves will be restocked regularly with fresh and exciting items. So, there will always be something new to catch your eye. And if there's something special you'd like to see added to the range, just let us know — we're always

Podiatrist

Visits fortnightly, see reception to request an appointment.

Donna the hairdresser

Visits monthly, see reception to request an appointment.

The
RED GATE
DRESSMAKER
For all your dressmaking
& alterations
Janet Phipps

Just like music, poetry can make us feel a certain way as it can paint a picture in our minds. This is a favourite poem. It offers a sense of the beauty of the daffodils and how this can sometimes help us leave those feelings of melancholy behind. I hope you enjoy reciting this poem – read it aloud!



I wandered lonely as a cloud

By William Wordsworth

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.*

*The waves beside them danced; but
they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed and gazed—but little thought
What wealth the show to me had
brought:*

*For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.*

Did you know that William Wordsworth was born in April 1770 in the Lakes District in England? He went to the same school as Fletcher Christian who would lead the Mutiny on the Bounty in 1789?

William loved the natural world and was a keen walker among the Lakes District where he continued to live for most of his life? It was once estimated that he walked over 10,000 miles in his lifetime. He wrote extensively about the magnificent and the natural beauty of the Lakes District. People from London, which was a dirty congested city at the time, then flocked to the country.

His famous poem "The Daffodils" had no title and hence took the first line from the manuscript "I wandered lonely as a cloud" The poem had been scripted in 1802 after William and his sister Dorothy had encountered a long belt of daffodils on their afternoon walk.

Dorothy penned a journal and it is believed William's poem was influenced by Dorothy's journal notes - 'we saw a few daffodils close to the water side, we fancied that the lake had floated the seed ashore & that the little colony had so sprung up – But as we went along there were more & yet more & at last under the boughs of the trees, we saw that there was a long belt of them along the shore, about the breadth of a country turnpike road. I never saw daffodils so beautiful they grew among the mossy stones about & about them, some rested their heads upon these stones as on a pillow for weariness & the rest tossed and reeled and danced & seemed as if they verily laughed with the wind that blew upon them over the Lake, they looked so gay ever dancing ever chanaina.'



By June Goodyear



PRIZE WINNERS

1st Lois Brown	2nd Mel Green
3rd Wayne Glasbegen	4th Kit Willick

Bindaree's Biggest Morning Tea Brims with Generosity and Community Spirit

On Monday 30th June, Bindaree proudly hosted its annual Biggest Morning Tea in support of the Cancer Council. The event brought together residents, staff and community members for a delightful morning of conversation, connection, and delicious treats.

Residents enthusiastically joined in, enjoying a wonderful spread of baked goods while supporting a truly important cause.

A thank you goes to Adam Wagstaff, local photographer and dedicated volunteer, who once again donated three stunning prints for the raffle—continuing his generous support for the third year in a row. A bottle of Prosecco rounded out the prize offerings, making for a fantastic and well-received draw.

We also welcomed a new supporter, The Grazing Goods, who generously donated 100% of proceeds from their scrumptious choc chip and melting moment biscuits, sold both at the event and via Facebook.

Thanks to everyone's generosity—from gold coin donations and biscuit sales to raffle ticket purchases—a total of **\$466.40** was raised to help fund cancer research and support services.

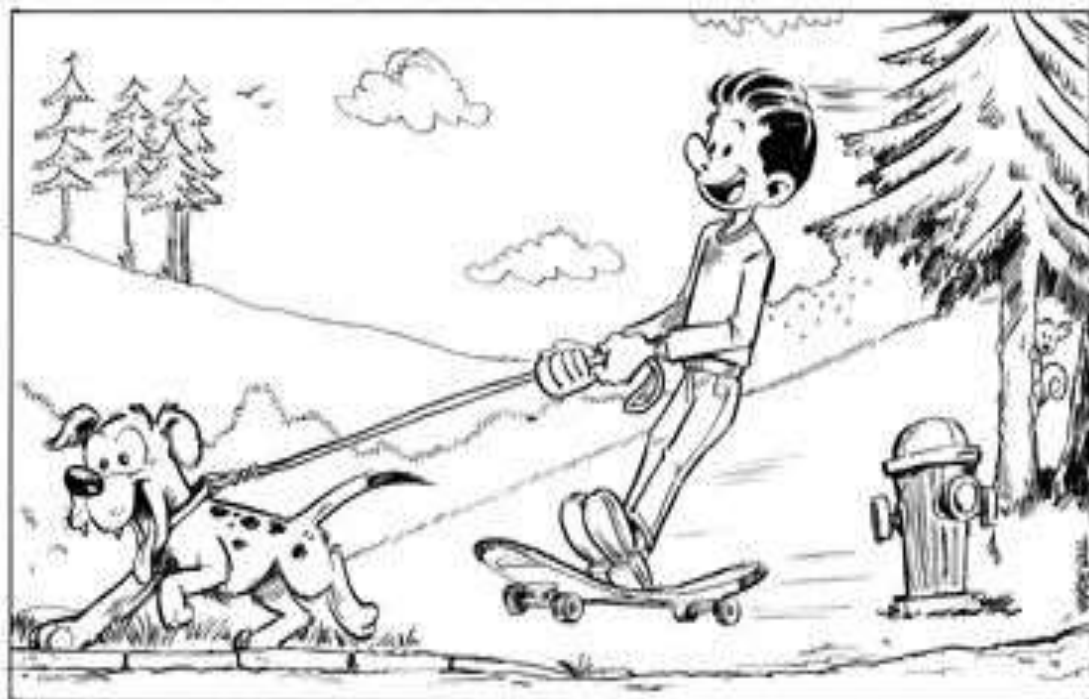
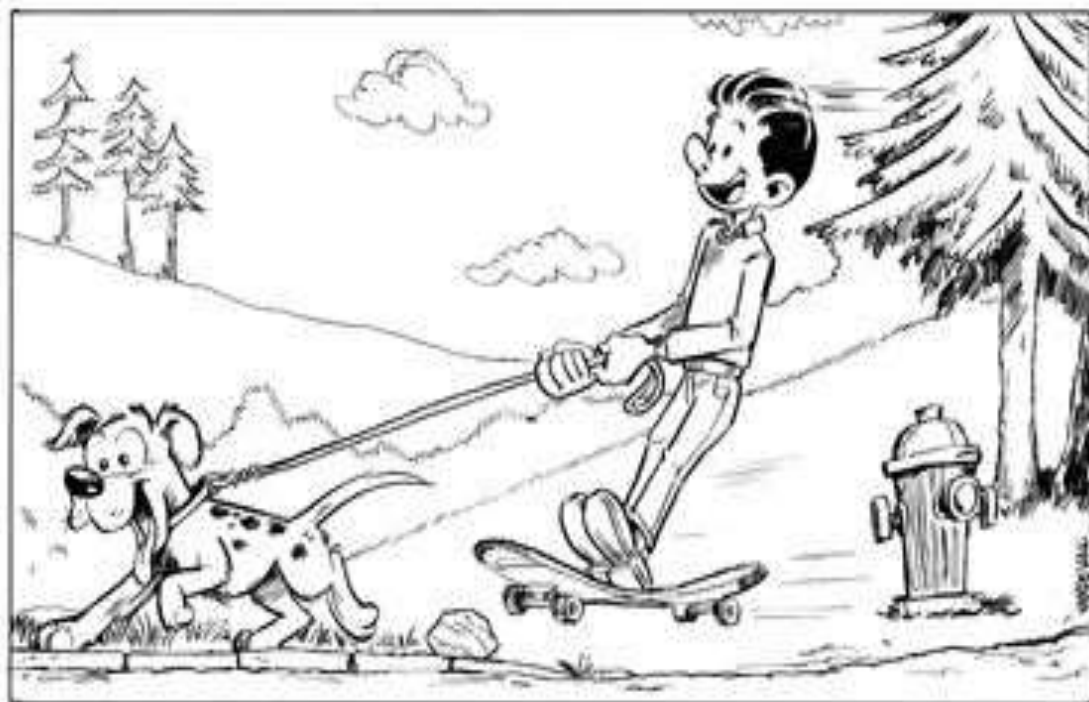
Your kindness and community spirit are what make Bindaree so special, here's to many more meaningful moments shared over a cuppa!

Raffle Winners (each winner selected their prize in the order drawn):



SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



Facts about August

- There's only four weeks of winter left (three now}, spring is just around the corner.
- There are only 140 days until Christmas.
- The full moon in August is on Saturday the 9th and is known as the Sturgeon Moon, named by North American Fishing Tribes for the abundance of Sturgeon fish in the Great Lakes during this time.
- August is known as a great time for stargazing, especially during the Perseid Meteor Shower that peaks between the 11th and 13th of the month.
- The first edition of the New Idea magazine was published in August of 1902.
- Gold was discovered in Ballarat in August, 1851 leading to Victoria's gold rush.
- In August, 1944 545 Japanese prisoners of war attempt to escape from a camp in Cowra, NSW and over 200 of these men died.
- The battle of Long Tan in Vietnam was Fought on August 18, 1966. It was a significant battle for Australian forces with 18 Australian soldiers losing their lives.
- The month of August has three birthstones, the Peridot, Spinel and Sardonyx and two birth flowers, gladiolus and the poppy.
- The coldest August day in Australia was recorded in 1914 at -23 at Charlotte Pass in NSW while the coldest day ever recorded in Mansfield is -4.3C on July 23rd, 1994. The hottest August day ever recorded in Australia was 41.6C at Yampi Sound in northwest Western Australia and the hottest ever recorded day in Mansfield was 45.5C on February 7th, 2009.
- In August, 1963, Martin Luther King Jr. delivered his iconic "I Have a Dream" speech during the March on Washington for Jobs and Freedom.
- On August 14, 1945 Japan surrendered, marking the end of World War II.

Bindaree Activities

With winter still nipping at our noses, it looks like the winter woollies will be staying out a little longer. Our morning walks come with frosty breath and the occasional “icicle on the nose,” but the view makes it all worthwhile — snow-capped peaks glistening in the distance like something from a postcard.

As the footy season edges towards its grand final, the scoreboard drama is heating up. There’s been no shortage of upsets, and the leader board has changed hands more than a footy in a centre bounce. Margot has taken the lead for now, but with Kit, Mel, Beatrice, and Julie hot on her heels, the top spot is far from secure.

July has been a month full of music, laughter, and connection. We’ve sung along with Jane’s beautiful piano melodies, shared bush poetry and good yarns, called our bingo numbers with gusto, and even travelled “across the world” from the comfort of our armchairs. Our much-loved Trishaw rides have continued to be a highlight — and a warm thank you to June for knitting us such cosy gear to keep the chill away.

Looking ahead, we’re hopeful that the weather will soon give us more chances to explore in our new little Hyundai van — keep your eyes peeled for our first adventures! We’re also in the planning stages for the return of the always popular Dame Nellie Melba show, so there’s plenty to look forward to.

Here’s to a fabulous month ahead!



Enjoying a game with some young competitors



THANKS TO IGA

We would like to extend a heartfelt thank you to **Marks IGA** for their generous donation of fresh flowers. The flowers arrive unexpectedly at Bindaree, and quickly find their way into the hands of some of our more creative ladies, who take pride in arranging them into stunning vases.

Once complete, these floral creations are placed throughout our home — brightening hallways, dining tables, and common areas with colour, fragrance and cheer and simply make our days feel brighter.



Our weekly visits from the kinder kids are a highlight for both residents and children alike. Laughter fills the room as stories are shared, games are played, and friendships bloom. The one-on-one chats between residents and the children are often described as “informative and enlightening,” with both generations learning from each other. We are always impressed by how well-mannered and engaged our young visitors are — they truly brighten everyone’s day.





Spring is fast approaching and it didn't take long for two of our residents, Rosemary and Betty long to enjoy the first rays of sunshine .



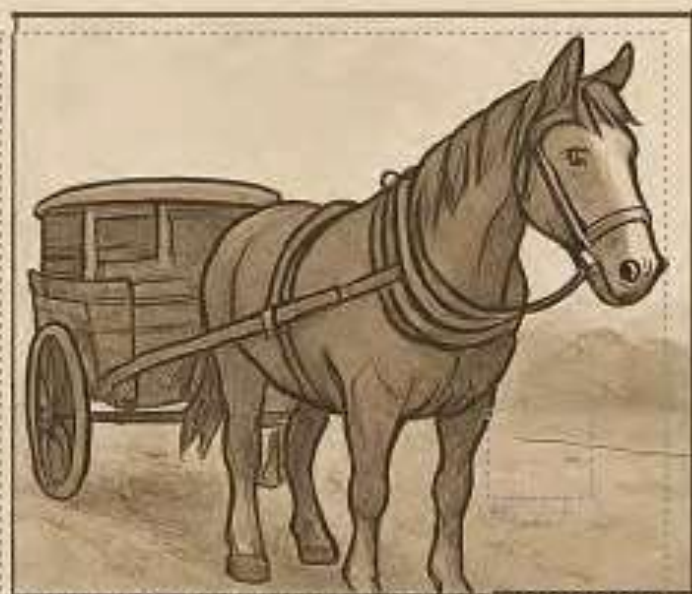
By Anonymous



Barry and Joyce stop along the way to give Bob and Poppy a pat. The friendly dogs live close the Bindaree and wait for walkers to stop to pay them some extra attention.

BACK IN THE DAY

Mansfield's Quirky Characters & Forgotten Traditions



Farewell to Vegemite - Mansfield's Last Milk Horse

Vegemite delivered milk every morning until his owner got tired of morning games of catch me if you can.



Bread Without the Breadcrumb Trail

Freshly baked bread delivered every morning to your door, fresh from the baker's oven.



Roy's Legendary Dunny Can Disaster

Roy goes around the bend at the bottom the Tolmie Road quickly, causes the cart to spill it's smelly load across the road.



Ron's Legendary Cinema Torch

'Bill', when ushering at Mansfield's Star Cinema, would enforce silence from patrons with his ever present trusty torch.

Back in the Day – Mansfield’s Quirky Characters & Forgotten Traditions

Life in Mansfield used to have its own gentle rhythm, full of colourful characters and everyday rituals that still bring a smile to those who remember them.

Take *Vegemite*, for example—not the spread, but the stubborn horse who delivered our milk. Until 1973, you’d hear his steady clip-clop down the street each morning, milk cart in tow. Trouble was, Vegemite wasn’t exactly a morning person. Most days, his owner, Wally, had to chase him around the paddock trying to catch the big draught horse before the deliveries could even begin. Eventually Wally threw his arms in the air, retired Vegemite to a paddock far away and replaced the old horse with Mansfield’s first milk truck. Faster, yes—but far less entertaining.

Then there was the daily bread delivery. Each morning, Betty would deliver a loaf to your doorstep, still warm from the oven. The smell alone could pull you out of bed quicker than any alarm clock. No queues, no shopping lists—just simple, delicious certainty.

Not all daily rounds were as fragrant, of course. Roy, Mansfield’s *dunny can man*, had one of the less glamorous jobs in town, but he did it with a smile. Well... most days. One infamous morning, Roy rounded the bend at the bottom of Tolmie Road in his rusty truck a bit too quickly, and the cans—contents and all—splashed out all over the truck before landing spectacularly across the road. It was the sort of incident you never forget, no matter how much you might want to.

And then there was *Bill (Gloworm by nickname)* He was the torch-bearing usher at Mansfield’s beloved Star Cinema. When everyone was seated and the lights went down—he transformed into the enforcer of cinema silence. Whisper during the film and you’d feel the *wack* of *Bill’s* torch on your head. Local teenagers, never ones to resist a challenge, would amuse themselves by rolling Maltesers down the aisles just to watch *Bill’s* head swivel like a hawk on the hunt.

These were the people and moments that gave Mansfield its charm. A little mischief, a lot of community, and a cast of characters you couldn’t make up.

These people and places weren’t just part of the scenery—they *were* Mansfield. A little mischief, a lot of heart, and stories worth telling again and again.

WANGARATTA SYMPHONY ORCHESTRA
& MANSFIELD SHIRE COUNCIL

presents

IMAGES OF THE NEW WORLD

Featuring Dvorak's 9th Symphony - "The New World" symphony,
and other music from the "new world" including music by
Cohen, Gershwin and Souza



Featuring Soloists
Emma Lang - Cello
Timothy Wong - Piano



Mansfield
Shire

*Wangaratta
Symphony
Orchestra Inc.*

24 AUG

**MANSFIELD PERFORMING
ARTS CENTRE**

2.30pm



TICKETS
Scan QR code or
available at venue on
the day.

Adults \$35
Children \$10

FROM THE ARCHIVES - FOR A LAUGH

Tips to Look after your Husband



Have dinner ready

Plan ahead, even the night before, to have a delicious meal on time. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home, and the prospects of a good meal are part of a warm welcome needed.

Prepare yourself

Take 15 minutes to rest so you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people. Be a little gay and a little more interesting. His boring day may need a lift.

Clear away clutter

Make one last trip through the main part of the house just before your husband arrives, gathering up schoolbooks, toys, paper etc. Then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.

Prepare the children

Take a few minutes to wash the children's hands and faces (if they are small), comb their hair, and if necessary, change their clothes. They are little treasures, and he would like to see them playing the part.



Minimise all noise

At the time of his arrival, eliminate all noise from the washer, drier, dishwasher or vacuum. Try and encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

Some don'ts

Don't greet him with problems or complaints. Don't complain if he's late for dinner. Count this as a minor compared with what he might have gone through that day.

Make him comfortable

Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low soft, soothing, and pleasant voice. Allow him to relax - unwind.



Listen to him

You may have a dozen things to tell him, but the moment of his arrival home is not the time. Let him talk first.

Make the evening his

Never complain if he does not take you out to dinner or to other places of entertainment. Instead, try to understand his world of strain and pressure, his need to come home and relax.

The goal

Try to make your home a place of peace and order where your husband can renew himself in body and spirit.



HOW WELL DO YOU KNOW MANSFIELD

TRIVIA COMPETITION

NAME: _____

1. What are the names of the three policemen who were shot and killed by Ned Kelly's gang and are buried in the Mansfield Cemetery?

2. Which store in Mansfield has a black cat that sits on its roof overlooking the footpath below?

3. What was the name of the township that was completely flooded to make way for the construction of Lake Eildon?

4. What prominent garden feature used to stand at the front of the Mansfield Shire Offices?

5. True or False: Sawmill Settlement once had its own railway line.

6. Which member of the Royal Family attended school at Timbertop?

7. What was the name of Mansfield first doctor?

8. What was the original name of Mansfield?

9. What is the name of the laneway that runs between the ANZ Bank and Frank & Alroy's take-away food shop in Mansfield?

10. What is the name of the well-known movie that starred Kirk Douglas, Sigrid Thornton and Tom Burlinson that was filmed at Merrijig?

11. What was the name of the original picture theatre in Mansfield?

12. What was the building that is home to the Mansfield Armchair Cinema originally constructed for.

13. True or False: During the winter of 1973 parts of Lake Eildon froze enabling local school children to ice skate on it.

14. What is the name of the infamous man, who it is claimed, lives in the hills surrounding Mansfield and enters other people's camp sites at night undetected.

15. Name the three hotels situated in the main Street of Mansfield.
(1 point for each correctly named hotel)

16. True or False: During the gold rush there were 36 hotels in Woods Point.

17. What is the name of the mountain situated close to Mount Buller that is visited by people who like to go cross country skiing?

COMPLETE THE ANSWERS AND HAND TO RECEPTION.

THE ENTRY WITH THE MOST QUESTIONS ANSWERED

CORRECTLY WINS A PRIZE.

ANSWERS WILL BE PUBLISHED IN NEXT MONTH'S NEWSLETTER

AUGUST ACTIVITY SCHEDULE

NOTES		FRIDAY 1 ST	SATURDAY 2 ND	SUNDAY 3 RD
- Dates for bus trips to be advised. 28/8 Guest speaker to be confirmed.		AM 9:30 Morning Exercise 10.30 Shuffleboard	AM 9:30 Morning Exercise 10.00 Toasties (Shaw Wing) 10.30 Games	AM 9:30 Morning Exercise 10:00 Toasties (Shaw Wing)
		PM 2:00 Snooker afternoon 7:30 Friday Night Football	PM 2:00 Bingo	PM 2:00 Sunday Movie

MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th	SATURDAY 9 th	SUNDAY 10 th
AM 9.30 Morning Exercise 10.30 Yap & Yarn	AM 9.30 Morning Exercise 10.30 Kinder Kids 10.30 MSC Student Visit	AM 9.30 Morning Exercise 10.30 Train Your Brain With Ava	AM 9.30 Morning Exercise 10.30 Word Games	AM 9.30 Morning Exercise 10.30 Music, song & dance	AM 9:30 Morning Exercise 10.00 Wayne's Toasties 11:00 Shuffleboard	AM 9:30 Morning Exercise 10:00 Toasties (Shaw Wing)
PM 2.00 Bingo	PM 1. Shopping Trolley Exercises with Adrian 2.	PM 2.00 Bingo	PM 1. Mahjong 2. Jane Herbert Piano sing-a-long	PM 2:00 Snooker afternoon 7:30 Friday Night Football	PM 2.00 Bingo	PM 2.00 Sunday Movie

MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th	SATURDAY 16 th	SUNDAY 17 th
AM 9.30 Morning Exercise 10.30 Yap & Yarn	AM 9.30 Morning Exercise 9.30 MSC Student visit 10.30 Kinder Kids	AM 9.30 Morning Exercise 10.30 Train Your Brain With Ava	AM 9.30 Morning Exercise 10.30 Yahtzee & Games	AM 9:30 Morning Exercise 10.30 Shuffleboard	AM 9:30 Morning Exercise 10.00 Wayne's Toasties	AM 9:30 Morning Exercise 10:00 Toasties (Shaw Wing)
PM 2.00 Bingo	PM 1.0 Shopping Trolley Exercises with Adrian 2. Fun with Carol	PM 2.00 Bingo	PM 1. Mahjong 2. Dennis Tucker Concert	PM 2:00 Snooker afternoon 7:30 Friday Night Football	PM 2.00 Bingo	PM 2.00 Sunday Movie

MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd	SATURDAY 23rd	SUNDAY 24th
AM 9.30 Morning Exercise 10.30 Yap & Yarn	AM 9.30 Morning Exercise 10.00 Music, song & dance 10.30 Kinder Kids	AM 9.30 Morning Exercise 10.30 Train Your Brain with Ava	AM 9.30 Morning Exercise 10.30 Word Games	AM 9:30 Morning Exercise 11:00 Shuffleboard	AM 9:30 Morning Exercise 10:00 Toasties (Shaw Wing)	AM 9:30 Morning Exercise 10:00 Toasties (Shaw Wing)
PM Tri-Shaw Rides Bingo	PM Shopping Trolley Exercises with Adrian Trivia	PM 2.00 Bingo	PM Mahjong Dennis Tucker in concert	PM 2:00 Snooker afternoon 7:30 Friday Night Football	PM 2.00 Bingo	PM 2.00 Sunday Movie

MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th	SATURDAY 30th	SUNDAY 31st
AM 9.30 Morning Exercises 10.30 Yao and Yarn	AM 9.30 Morning Exercises 10.30 Resident's Meeting	AM 9.30 Morning Exercises 10.30 Crosswords	AM 9.30 Morning Exercises 10.30 Word Games	AM 9:30 Morning Exercises 11:00 Shuffleboard	AM 9:30 Morning Exercises 10:00 Toasties (Shaw Wing)	AM 9:30 Morning Exercises 10:00 Toasties (Shaw Wing)
PM 2.00 Bingo	PM Shopping trolley 2.0 Fun with Carol	PM 2.30 Bingo	PM Mahjong 2.00 Guest Speaker TBC	PM 2:00 Snooker afternoon 7:30 Friday Night Football	PM 2.00 Bingo	PM 2.00 Sunday Movie