

ISSUE 10 | WINTER 2018

THRIVE

THE GARDENING EDITION

Sue McDougall on how gardening became retro |
Inside the Eden Project | Exclusive new offers for residents |
Shedding light on glass crafts | Winners of our short story comp!



ST IVES



A message from the CEO

Welcome to the winter edition of Thrive, the magazine for St Ives residents.



"The times they are a-changin'..." Bob Dylan's message from back in '64 seems just as relevant for the retirement industry today and it's what prompted me to write an extended intro this edition so I can provide some information on the bigger picture surrounding our industry and lifestyle.

As you would know, it all kicked off last year with the joint Four Corners, Fairfax investigation into a prominent East Coast Retirement operator leading to extensive negative media attention. A number of the issues raised would not be allowed to happen under Western Australian Retirement Villages legislation, and the operator does not operate in WA. Subsequently, attention has moved onto the Residential Aged Care sector. It's frustrating that the reporting didn't reflect the facts, but the bigger concern was the knock-on effects to the reputation of our industry and, hence, your property prices.

Since that initial interest we've now completed a quarter with no new negative media targeting our industry, which is good news for our reputation. What's more pleasing is that the response this attention triggered will have a range of positive effects for you as a resident.

To start with, the National (Property) Council for Retirement Living is rolling out its Eight Point Plan along with a national advertising campaign promoting the industry. The goals of this campaign are to increase awareness and understanding of retirement living, increase aspiration and desire for retirement living, and rebuild trust in the industry. The industry is currently seeking \$2 million funding from providers for the campaign, to which St Ives is happily contributing, given the positive effects we expect the campaign to have on our industry and sales.

Retirement Village industry 8-point action plan

1. Support nationally consistent retirement village legislation and contracts.
2. Ensure there are transparent and easy-to-understand descriptions in contracts of entry pricing, ongoing service fees, reinstatement costs and fees and payments relating to departure, so residents have certainty about the costs associated with living in a retirement village.
3. Encourage all potential residents to seek independent legal advice before signing a contract, and work together with government and the legal profession to make this happen. We will also encourage potential residents to share this information with family members and trusted advisers.
4. Improve training and professional support for Village Managers, sales people and other staff who engage directly with current and potential residents.
5. Commit to improve industry village accreditation standards and coverage, and support government initiatives to make accreditation a mandatory requirement for operating a village.
6. Commit to working with the Australian Retirement Village Residents Association to implement an industry Code of Conduct to set and maintain high standards about the marketing and operation of villages, as well as dispute management procedures for all operators and residents.
7. Commit to the establishment of an efficient and cost-effective government-backed independent dispute resolution process, such as an Ombudsman or Advocate, for disputes that are unable to be solved at a village level.
8. Maintain and strengthen the relationship between industry and the Australian Retirement Village Residents Association to make sure resident issues are clearly identified and addressed.

In addition, the Property Council (WA) Retirement Living Committee has finalised the Retirement Village Research Report. The report is aimed at defending the retirement living sector from over-regulation and policy initiatives to fill the 'village' supply gap. The Property Council is in the process of framing the report as a public document for distribution.

Furthermore, by the time this magazine is printed the Department of Commerce will have released, or be in the final stages of releasing, changes to the legislation which will offer further protections to residents and be communicated widely, so stay tuned.

What pleases me is that a lot of these amendments the industry is implementing match the changes St Ives are working through off the back of our Resident Survey late last year.

Since I visited your Villages we've moved forward with all the initiatives presented, and are actually ahead in most areas, so I wanted to share the progress below. Many of these changes do take time to implement, so I appreciate your patience as we work hard to make your experience in our Villages better.

St Ives Resident Survey (2017) Action Plan

1

Provide more information and explanation of contracts.

Resident contract (lease) information sessions are currently being scheduled at all Villages. All residents will be provided with a question form so we can ensure all the information you need is provided in the most appropriate way possible.

2

Deal with issues and complaints quicker.

We are in the process of updating our Customer Relationship Management (CRM) system to COINS - an international system that will assist us in addressing all issues within defined timeframes. COINS also provides an upgrade in the security of your data, allowing information to be uploaded, but not extracted and shared.

3

Find ways to improve communication with residents.

Village Managers are currently undertaking a review of all the communications channels in your Village so we can identify opportunities for improvement. As always, if you have any suggestions on what would work well, or areas that need improvement, please contact your Village Manager directly.

There's a lot going on but the end result of all these initiatives will be positive for you as residents and the value of your property. Hopefully in the next edition we're not quoting Bob's '64 song *"The times they are a-changin'..."* but his 2006 one, *"Things have changed"*!

And among all that, here's the latest edition of Thrive. Enjoy!

John Ford

Chief Executive Officer, St Ives Retirement Living



COVER STORY

Sue McDougall: Horticulturalist, media personality, Mother, pig farmer and passionate gardener.

For the love of gardening

Here's some great news for those who have been passionately gardening for decades: You're now cool. Whereas not that long ago, gardening was seen as the genteel pastime of the English, the elderly and the eccentric, nowadays it's mainstream, involves all ages and is, well, trendy. Through this whole transformation, Perth's own Sue McDougall has been a familiar voice and face on 6PR and TV extolling the virtues of organic gardening and championing environmental causes.

Sue, what's changed to get more people interested in gardening?

I think it's a natural evolution. My generation never really learnt how to garden because our parents were the first ones who had more money available and didn't need to grow their own food. We're only now once again realising the benefits of growing our own produce and looking after the environment, and a big part of it, I think, is a yearning to be close to nature and be a part of something that people know will make a difference. It's actually funny how it's retro, it's like the revolting cane lounges that people love again – now they want a garden. I was just lucky that I had that yearning from a young age and never needed to discover it.

What do you see as your role in this gardening renaissance?

I think it's important to provide information that isn't too technical. Too much of what's out there makes people scared of trying or feel guilty if they overwater something and kill it – we should all just try, fail and then learn from that. A huge part of what I do is helping people see that everything is part of a system that all works together, so experiment with it, have fun and learn how it works and then you'll succeed, but setting rigid rules and then jumping up and down if some aren't followed correctly doesn't help.

So, my role on the radio and tele and all the rest, is really about communication. The fact is, gardening right requires a lot of scientific information that's tricky for people to wrap their head around, and it's for people like me to make that information easily digestible. For example, someone might ask me a question about why their plant leaves are going yellow, but instead of going into specifics about soil pH and so on, they just need to know how to fix it – and when they succeed their confidence grows and they start wanting to learn the specifics so they can do it themselves. Once there's a little bit of success you see people's enthusiasm explode and they always tell me they now realise they've been missing out – and I say, yes you have!

If you were Supreme Gardening Dictator of Perth what would you change?

We have a serious issue with not enough trees - WA is scared of trees, we don't value their benefit enough. We cut them down wherever we can because we're scared of leaves or branches falling but we really should have a beautiful cooling canopy wherever we have the space. I think we have a vague notion that having trees around is good for the environment but there's also a financial benefit because trees reflect heat, which helps with cooling and heating. What's frustrating is that when there's a new development the first thing to go is the trees; the engineers come in, bulldoze everything and then we replant them! Really, we should be designing spaces around the existing trees. We just don't think of the environment as a system, we just see individual spaces. So what would I change? I'd probably put a dollar value on trees so people understand their worth and start to see them as vital benefits, not just pretty things we can choose to have or not.

Do you still get nervous taking live calls on the radio despite doing it for 23 years?

Not really any more. I've done it for so long now that I'm pretty much okay with it, but in the early days I worried myself sick wondering what might come next or worrying I won't have the answer. These days I'm much more confident but I do still get the odd butterfly which is good I think, it shows I'm still in love with it! If you don't do something because you're nervous, you'll never do anything. I prefer to jump in, say yes and worry about it later – just like you should do in your garden!



Sue leads regular gardening tours across the world. Which sounds terrible!



Sue's Winter Garden Tips

With the rain teeming down, the deciduous trees all bare and the roses pruned back hard it's very easy to become despondent because of the lack of colour in the garden. It is the time of the year we are desperate for strong, bold colours to brighten up any position. In WA we have many hours of sunshine right through winter making it ideal for seedlings and potted colour to keep growing and flowering successfully even in our coldest months.

The varieties that provide best winter colour are:



Pansy

Bright and colourful faces that will stand up for months and brighten up any area. When planting pansies choose a variety with good weather resistance and it will flower beautifully in the wettest of winters.



Polyanthus

An often forgotten annual that is perfect for borders and window boxes. It only grows to 15cm high with many flowers at any one time, which makes it perfect for planting in small decorative pots to use as an indoor display – choose yellow for the strongest perfume.



Viola

Produce many small flowers massed to create a wonderful display, perfect for borders and spilling over the edge of pots.



Panola

A cross between a pansy and viola, they have the large flowers of the pansy and the hardiness and repeat flowering ability of the viola.

Don't forget these during winter:

- » **Remember to water the garden beds under the eaves.** Often these areas are hooked to the automatic reticulation system that is turned off in winter. These areas need hand watering at least once per week. If the soil has been allowed to dry out add a wetting agent, which will make the water soak into the soil, wetting the plants roots where it is needed.
- » **Controlling early winter weed early, while they are small and the sun is shining, saves a job later on in the year.** Small weeds only need a small amount of chemical to control them. For soft foliage weeds, 'Beat a Weed' is a safe non-toxic control and is perfect for controlling weeds between paving, pathways or near vegie gardens.
- » **Moss thrives in lawn where it's very shady, compacted and lacks drainage.** It can be controlled by aerating and cultivating the soil.
- » **Fertilise spring flowering bulbs as they are pushing up through the soil.** Bulb fertiliser will deliver all the nutrients a young bulb needs for flowering. Bulbs are fantastic waterwise plants and look stunning mass planted in pots or in a sunny position in the smallest of spaces.
- » **Caterpillars have been abundant this season with the damp and warm conditions perfect for hatchings.** 'Success' or 'Dipel' are a must for the garden shed. They are both very safe for animals and humans, but deadly on caterpillars.
- » **If reverse cycle heating is the only form of heating in your house, place a saucer or container of water close to indoor plants.** This form of heating tends to remove moisture from the air and indoor plants can suffer in winter. Move plants away from the direct air flow.

Love wildflowers? Don't miss this year's Kings Park Festival.

Countless species of wildflowers will burst into bloom in all their spring-time glory during the Kings Park Festival, running from 1-30 September. This year's theme is the *'Greatest Show on Earth'* with a focus on free walks and talks, exhibitions, competitions, native gardening events and chill out zones for the whole family to enjoy.

Keep your eye on www.kingsparkfestival.com.au for more info.



WIN

Thanks to
**Aspects of Kings Park
Gallery Shop,**
we have two copies of
*'Snugglepot and Cuddlepie –
a Kings Park Adventure'* to giveaway.

To enter simply drop us a note at
thrive@stivesretirementliving.com.au
letting us know what your
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Aspects
of KINGS PARK
Gallery Shop

Friends of Kings Park members enjoy 15% off at Aspects of Kings Park.

*Offer open to St Ives residents only. Winners will be drawn September 1.



*Ali Smith at work in the
WA Botanic Garden of
Kings Park*

Stopping and Smelling the Qualup Bells.

Ali Smith's description of her childhood in Surrey, UK, immediately made me think she grew up in an Enid Blyton story; ambling through the countryside with her parents, playing among overgrown gardens, tending to vegetable patches – seemingly magical surrounds that gave rise to a lifelong passion for plants and a job many of us dream of. Today she is a Coordinating Horticulturalist in the WA Botanic Gardens of Kings Park and recently spent time in the Eden Project in Cornwall overseeing the construction of a new West Australian exhibition.

Ali's genuine passion for her work - the kind most people spend their lifetime seeking - was most evident from her palpable enthusiasm towards the scrubby heathland exhibition she helped establish in the Eden Project. As someone who grew up getting scratched by our scraggly flora I found that a little mystifying, so started with an obvious question:

A scrubby heathland exhibition? You mean boring old WA bush?

No! The south-west of WA, from about Geraldton to Esperance is one of only 36 biodiversity hotspots on the planet. We have approximately 8,000 species of plant growing here, with about 60% of those

growing nowhere else on earth. Yes, there is a perception that things are scratchy and prickly but there is so much beauty.

These plants have evolved in utter isolation over a very long period of time, so they are unique in almost every way, from their flowers to all the ways they have adapted to survive in our environment, like some needing smoke for their seeds to germinate.



What's the Eden Project?

Based in Cornwall, UK, it's an educational charity that connects us with each other and the living world, exploring how we can work together towards a better future. It's built in a huge crater with a series of striking biomes housing flora exhibitions from around the world.



Great, so the idea of replicating this in the Eden Project was to give English children the experience of getting poked in the eye by a stray grass tree spike?

Well one of the members of the Eden team visited WA a few years back and was just blown away with our biodiversity and the beauty of our flora and immediately wanted to share it with the world. That was in about 2012 but it was a very long process to actually get it working. WA plants are very hardy when they are in our environment but they don't travel well, so you can't just dig them up and put them on a ship for 6 weeks without the proper care. What we had to do was grow most of these WA oddities from seed about 5 miles away from the biome and then transfer them. The grass trees in particular were tricky – even though it's a WA exhibition we had to use eastern state varieties and then source them from international nurseries in Europe.

To make it extra tricky, the Eden Project is a series of temperature controlled biomes – we're in the Mediterranean biome – and you absolutely can't allow pests in so everything not grown from seed needs to sit in quarantine for a year before being transferred. This was all going on for a couple of years before we were ready to install the exhibition and that's when I went over in May 2017 to help out. My role was to help place things so it was authentic and also display information so we can tell a story to visitors. That's really what Eden is about – storytelling. In our area, the Kwongan bed, we have an Aboriginal meeting place where people can learn about WA and its history, and the whole place is part of a story about sustainability, opening people's eyes to our impact on nature and not taking our environment for granted.

That's also what we do at Kings Park. People are understanding the uniqueness and importance of our local environment and I think appreciating it a lot more, so for example we've recently removed some international beds and replaced them with more WA flora. In fact, we're in the process of planting 26,500 plants from 3,000 species in the WA Botanic Garden over winter in preparation for the Kings Park Festival in September – it's going to be amazing and each year more and more people come to see and appreciate what they grew up with, but probably don't notice as much as they should. That's not to say they are side of the road flowers, we have a Curator in our Seed Centre who spends weeks driving around the state, sometimes even helicoptering into remote places just to get a sample of some tiny pocket of plant growing in the middle of nowhere, which we then replicate in our on-site nurseries.



Ali planting a bit of WA in Cornwall

So do projects like these help change the public attitude toward our own backyard?

Absolutely. What's really encouraging is that more and more councils are following our lead too and replacing the jacarandas, for example, with beautiful native Eucalypts and the like, so rather than Kings Park being the haven for these plants they are everywhere. And that's changing on an individual level too. Not that long ago a lot of people were trying to recreate European gardens around Perth, which look spectacular but take so much water in our drying climate. Why not take advantage of our locals, which are just as breath-taking but don't really need much attention?

To finish our chat I decide to ask a clearly futile question: What's your favourite WA plant?

That's impossible to answer! Every week I fall in love with something else, depending on the time of year. I love them all really, I'm looking forward to the Qualup Bells this year which will be amazing, but everyone should come and see for themselves!

The next time you're in Kings Park take a moment to check out the floral clock near the entrance to the WA Botanic Gardens, and if you see someone trimming it lovingly it'll most likely be the grown-up Ali, who's mind will probably be back in her childhood garden in Surrey.



NEW

Resident Benefits Club

Introducing some great new partners in the St Ives Resident Benefits Club!

It's great to see so many residents take advantage of the discounts and offers from a number of quality lifestyle, health and entertainment providers available through the Resident Benefits Club. Here's a few more!

RAC Travel

As St Ives' preferred travel partner, RAC Travel are offering residents a range of travel discounts and offers, with new deals occurring regularly. See next page.



Claremont Football Club

For free tickets to home games, simply fill in the registration form at Village Reception to get your name on the gate.



West Australian Symphony Orchestra

Receive 20% off A and B reserve tickets to WASO's Masters, Classics and Morning Symphony Series in 2018. Redeem this discount online or over the phone by using the code STIVES.



St Ives Wine Club

The professional sommeliers at Lalla Rookh have put together **exclusive monthly offers** just for residents. To sign up, email benefits@stivesretirementliving.com.au



Perth Theatre Trust

Access half-price tickets to upcoming show The Season (24-25 August) at His Majesty's Theatre. A reserve tickets will be \$30 for residents by using the code THESEASONRUSH when booking via website, box office and phone.



Wembley Golf Course and Albany Golf Club

Whether you're an experienced or beginner golfer, you can have a **free golf lesson with a professional.** Simply email benefits@stivesretirementliving.com.au



Jacksons Drawing Supplies

Receive a 10% discount when shopping instore at Jacksons Drawing Supplies. Check our website for the Terms and Conditions of this offer.



Waldecks Garden Centre & Lush Garden Gallery

Get 10% off your total bill at Waldecks Garden Centre. For those in Albany, get 10% off plants, trees, pottery and giftware at Lush Garden Gallery.



Do you have a great idea to add to the Resident Benefits Club?

Then we want to hear from you! We are constantly looking to enhance your Resident Benefits Club and are open to all ideas. Please send your suggestions to benefits@stivesretirementliving.com.au

For the full Terms & Conditions, visit www.stivesretirementliving.com.au/benefits



Field of Light: Avenue of Honour

Albany's glowing tribute to our ANZACs

It was wildflower season when many of the troops left for the battlefields of Europe and Africa during World War 1. Many soldiers carried bunches of flowers in their hats, or in their hands, as they left Australian shores, splashes of colour against the sea of khaki, a last contact with home.

Those flowers will be at the heart of a new and sweeping light display by acclaimed international artist Bruce Monro at a special art installation in Albany commemorating 100 years since the end of the First World War.

Albany has been chosen for the poignant role it played as the Australian departure point for

41,000 ANZACs heading to the battle fields of the Great War, and for the lucky ones, their first sight of Australian soil when they returned home.

More than 13,000 white, yellow and green illuminated glass globes on slender stems, representing the flowers the soldiers took with them, will create a gallery of brightness and shadow along the Avenue near the summit of Mt Clarence.

The national flowers of Australia and New Zealand - the yellow wattle and the green kowhai - are symbolised in the sweeping light display, acknowledging both the soldiers and the role the 'Great War' played in creating the ANZAC tradition.

The Field of Light: Avenue of Honour installation will be switched on in October 2018 and run as part of Albany's ANZAC Day 2019.



Albany's Field of Light

With the South West's best wildflowers

4 day exclusive group tour » 23 October 2018

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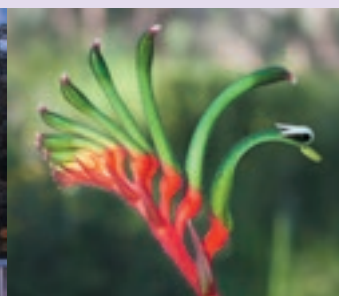
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Resident Benefits Club



Dive further into the gardening world.

Murdoch University offer campus tours for St Ives residents covering a wide range of topics from gardening to art, sports and exercise science.

Community Garden

14 August 2018, 12.30 to 1.30pm

The Murdoch Community Garden is where the School of Engineering and IT has a research and teaching facility and is run by a group of dedicated students. This two hectare site was opened over 18 years ago and has well-established gardens with dripline irrigation supplied by solar-pumper groundwater, raised beds, a nursery and grow-bed tunnels, composting piles and worm farms. The local community are welcome to visit and volunteer some time to maintaining the garden, so come along and learn more about it.

Spring Wildflower Tour

5 September 2018, 12.30 to 2.00pm

Come along and discover the diverse and vivid Spring Wild Flowers on our South Street Campus.

Join us for a 1.5 hour tour discovering the many native plants on our Banksia Woodland.

Spots are limited so get in quick. Email Di at murdoch.admin@stivesretirementliving.com.au or phone 9312 7000.



Wine of the Month

Vasse Felix Cabernet Sauvignon 2015

This month we shine a spotlight on a true classic from Margaret River's founding vineyard and winery. Since the inaugural release in 1972, Vasse Felix has been producing their Estate Cabernet Sauvignon year after year. Chief Winemaker Virginia Willcock has been heading production for over a decade, continuing the tradition of making fine Cabernet with the 2015 Vintage being no exception.

Displaying notes of savoury perfumes along with rustic, earthy elements, this wine carries a lovely balance with finesse. There is great cellaring potential for up to 15 years but is drinking beautifully now if you can't wait. We recommend trying this alongside cured meats or better yet, alongside a roast. This wine always overdelivers and is definitely worth a look if you haven't yet - watch out for this in the St Ives Wine Club's upcoming "Best of the West" mixed dozen.

Signing up is easy – just email benefits@stivesretirementliving.com.au for all the details.





A passion for music and community

The West Australian Symphony Orchestra (WASO) is WA's largest and busiest performing arts organisation and this year celebrates its 90th Anniversary.

WASO's mission is to touch souls and enrich lives through music. Each year the Orchestra entertains and inspires the people of Western Australia through its concert performances, regional tours, innovative education and community programs, and its artistic partnerships with West Australian Opera and West Australian Ballet.

It's the love of music that lead St Ives Carine residents Barry and Val Neubecker to volunteering with WASO.

Barry Neubecker bought his first classical LP in 1958. However, this was also the year he started full time work, and so classical music took a back seat to career. During their working lives Barry and his wife Val attended WASO concerts here and there, but it was retirement that motivated them to resume their keen interest in classical music.

Since finishing work in 2001, they have progressively become regular fixtures at Perth Concert Hall, subscribing to various classical series performed by the West Australian Symphony Orchestra, volunteering their time and skills with activities around the Orchestra and becoming patrons.

For both Barry and Val there has been many wonderful concerts over the years. "We have great memories of Mahler's Symphony No.2 following Purcell's Death of Queen Mary, performed on a darkened stage under conductor Paul Daniel. And since Asher Fisch took over as Principal Conductor we have been mesmerised by the depth of his musicianship and knowledge, and how the orchestra members respond to him."

Barry and Val's involvement with WASO is about more than just the music. The couple have relished the opportunity to connect with the musicians and

management of WASO through a range of events, as well as getting close to some of the visiting artists who perform with the Orchestra. Since 2011 Barry has been the Vice-President of the Patrons & Friends Committee, which raises funds for a scholarship to provide professional development opportunities for WASO musicians.

For information on WASO's 2018 season visit www.waso.com.au.



Barry and Val Neubecker from St Ives Carine at Perth Concert Hall.



**Receive 20% off
A and B reserve tickets to
WASO's Masters, Classics
and Morning Symphony
Series in 2018.**

Redeem this discount online
or over the phone by using
the code STIVES.



Resident Benefits Club

waldecks
garden centre

To pot or not to pot, that is the question.

Most houseplants are sold in standard plastic pots, and while you don't need to replace these pots straightaway, most people like to pick their own. With an almost-infinite variety of materials, sizes and colours available, finding the right one is tough so we asked our friends at Waldecks Garden Centre for some help.

Size matters.

The size of a pot is unique to the plant – it needs to hold the right amount of soil for the plant and a reserve of moisture that will prevent it from drying out. Plants that are too small for their pots grow poorly as the soil stays overly moist, whereas plants that are too large for their pot become root-bound and often topple over.

Drainage holes – a necessary evil?

If water collects in the bottom it can cause root rot which eventually kills plants, so drainage holes are needed to combat this. A saucer is needed underneath to protect your floors or furniture from the excess drips.

Pro tip: *If you have fallen in love with a pot that has no drainage holes: put the less attractive pot with drainage holes inside bigger, prettier pots – to water, lift it out and take it to a sink!*



Narrowing down the material.

Clay pots were once most popular as they are attractive, heavy and porous. It has now been surpassed by plastic which comes in an assortment of colours and is lightweight, easy to clean, and inexpensive.

Other materials include metal, basketry, treated or rot-resistant wood, glazed pottery, and glass. Pots made from these materials usually are used only as bigger pots to surround smaller, more-functional ones.



Head to your local Waldecks Garden Centre for all your garden needs.

Don't forget to flash your Resident Benefits Card for your 10% discount!



Village Life

**ST IVES
CENTRO
RESIDENTS
HIT THE
RANGE**



Free golf lessons? Yes please!

Shelley, Lynne and Bette from our Centro Village were the first residents to enjoy a free golf lesson with professional golfer Richard Brain at the Wembley Golf Course. The ladies received some great tips for their swings and had a few laughs along the way.

If you want to get in on the action, email benefits@stivesretirementliving.com.au.

**ST IVES
NORTHSHORE
CAFE
OPENING**



**ST IVES
MURDOCH
CARDS**



**ST IVES
NORTHSHORE
CANCER
RESEARCH
MORNING TEA**





Short Story Competition

The first St Ives Short Story Competition had many residents pick up their pens or put their fingers to their keyboard to unleash the writer within. Run in conjunction with the Katharine Susannah Prichard Writers' Centre, the competition was judged by published author Carolyn Wren who was thrilled with the quality of all entries. A big thanks to everyone who sent an entry and congratulations to our winners – all stories have been published and distributed through Village Managers for your reading enjoyment!

Rules of Engagement

by Colin Herring (St Ives Centro)

For nine days the platoon had been deployed on recon tasks trudging through sweltering subtropical rainforest, and even though it was mid-summer a canopy of buttressing treetops blocked out most of the sun's rays. Below, the earth was littered with a carpet of putrid rotting plant vegetation that supported many forms and sizes of crawling and ghostly life while at night luminous moss glittered eerily. The soldiers were being supplied by air and searched for many hours before each delivery in order to locate an opening in the tree canopy. Their last drop missed the gap and the simple parachute was badly gashed on high branches. Hurtling groundwards the storepedo with little now to control its decent speared into the forest floor. Rushing forward to retrieve their supplies the recovery team discovered tin cans concertinaed into each other with their contents now blended into lumps of goeey mess, formed when water containers had also ruptured.

After force feeding themselves on what could be salvaged before the harsh environment turned now opened meals rancid the area was quickly vacated. Two days later, the platoon was ordered to RV for a short and necessary 'make and mend'. At 1215 hours the rest area was reached where a mobile bath section had erected a wieldy iron pipe structure supporting twelve shower heads, these fed by water from a trailer pumped through a wood fired boiler. And perched atop on this overhead assembly was the section leader WO2 Snow using it as a catwalk from where he directed troops who had shed their putrid uniforms and other clothing to stand below a shower head whilst he instructed his crew in their duties.

CONTINUES OVER PAGE »

1ST
PLACE



Competition Judge
Carolyn Wren

Judge's report:

"The key to an enjoyable short story is its readability. The way it flows, from the first word to the last. A cracking good tale also helps. Rules of Engagement contains all these elements. From the vivid descriptions of the sweltering rainforest, rotting vegetation and spoiled food, to the soldiers desperate to wash the dirt and grime from their bodies.

The main character, Section Leader Snow, comes to life in the story. He's completely relatable to the reader. We sympathise with his plight, and smile at his unique reasoning in trying to escape it.

Rules of Engagement has perfect pacing and balance and is a thoroughly enjoyable read."



RULES OF ENGAGEMENT CONTINUED

'Water on' bellowed Snow and showerheads came alive with gloriously tepid jets of wetness, while Snow carefully timed the duration of the flow to conserve his scant water supply. 'Water off, soap up' was Snow's next command and glittering wet bodies became streaky white figures of lather. 'Water on, rinse off' and days of liquid grime fell through toes onto earth to puddle below beneath duckboards; that was until Snow adhering to his strict time schedule ordered the maintap off. 'Move out' was Snow's final direction and as those that had showered turned to depart there was an interruption to the proceedings. 'I say sar major' voiced a short, stocky infanteer 'I need more water my hair is still full of soap'.

With emphasis this time, Snow again demanded immediate exit but was met with the same insistent voice arguing for more water. As many eyes watched, Snow siddled across the overhead walkway impeded somewhat by his swagger stick to position himself menacingly above the antagonist who displayed no sign of fear. Again the insistence for more water was repeated. Swish, Snow's cane struck bare buttocks in support of his further order to depart and when the only reaction was a startled yelp a second, more determined stroke saw all twelve nude dripping bodies scatter barefooted in the direction of their unit lines seeking immediate safety and where towels, fresh uniforms and underwear awaited them.

As Snow proceeded to call forward the next group to shower many eyes still focused on earlier events. They noted our adversary was now surrounded by several assistants who were helping him dress including the threading of majors badges of rank through epelettes, an infantry company commander no less. Some among the onlookers smirked while others more knowingly recognised a grave situation. For many more hours Snow and his section slaved at their task before dismantling the shower facility in readiness for transportation to their next location. However, before he could leave WO2 Snow was advised of a pending investigation being that of 'assaulting a commissioned officer'.

Before the establishment of a Disciplinary Board Snow had engaged council and when the charge was argued Snow's defence quickly pointed out that in such cases the prosecution must prove the defendant knew or could reasonably be expected to have known that the soldier he struck was a commissioned officer otherwise the matter became, and should be viewed as, a disagreement between two non-commissioned soldiers. Was Snow aware that the bare flesh he struck in the heat of the moment after many strenuous hours of labour was that of an officer? Do the bare buttocks of commissioned officers differ notably in shape, size or colour from those among the non-commissioned ranks? Had fewer onlookers witnessed the event then possibly Snow's defence could have successfully argued for a lenient sentence rather than a reduction in rank or discharge that were the Disciplinary Boards demanded options.

So, after many years of dedicated service we say goodbye to ex WO2 Snow as he renounces the Army to seek a civilian occupation for better or for worse.



SHORT STORY COMPETITION CONTINUED

2ND
PLACE**Judge's report:**

"Memory is a beautifully crafted story. What could have been a sad tale about a healthy body and a stolen mind is poignant, but happy, as family members tell their experiences with a loved one.

I was left with a vivid and enduring image of a small, resolute woman, resplendent in her black velvet hat – and blue dressing gown – dressed for travel, determined to get to her destination. The love comes through clearly in this story. And I shared the authors hope that 'Nina' found her way home to Crystal Brook, singing all the way."

3RD
PLACE**Judge's report:**

"I loved this story about a grandmother, her beloved four-year-old Jacques and their special outing. The little details made me smile, standing on the wrong side of the counter, getting lost in the car. They added up to a genuine feel-good tale about different generations of family sharing a deep, loving bond. I'd love to think Jacques and his Grandmere have many more ice-cream filled days in their future."

The following excerpts are from Barbara's and Pamela's stories, to read the full versions please visit our website.

Memory

by Barbara Dennis (St Ives Carine)

BRRING-BRRING; BRRING-BRRING; BRRING-BRRING.
"Hello?"

"Mrs. Dennis? It's Mrs. Wright here - from Augusta St. I just wondered – is your mother with you, dear?"

"Yes," says my mother, puzzled, "but she's having her afternoon rest."

"Oh. Oh, that's...yes...it's just – I've seen an elderly woman walking past my house in a blue dressing gown – and singing..."

My mother's heart lurches. "Which direction is she going in? ...thank you...thank you!"

She dashes out of the front door and heads towards Augusta St. It is a challenge; in spite of being well into her 80's, my grandmother is 'spry', as she would put it, but my frantic mother finally catches her. What her neighbour hadn't had a chance to tell her was that my grandmother, as well as the blue dressing gown, is wearing a wide-brimmed black velvet hat, and clutching her handbag. Dressed for travel.

"I have to get back to Crystal Brook" says my grandmother.

Grandmere goes to school

by Pamela Newman (St Ives Murdoch)

Even at the tender age of four, young Jacques had acquired not only the ability to read but an advanced state of logic due to an uncluttered mind which was denied by his 'beloved Grandmere'. Exasperation and the usual inability to control her feelings had not yet rendered him unable to use his innate common sense and self-control was something not yet sacrificed to the passion of the moment.

The young salesman had ignored every effort Grandmere had made to attract his attention. The obvious clearing of the throat, deposition of the handbag firmly on the counter, sudden effort to exercise patience accompanied by the inevitable audible sighs, had all achieved futility and thunder and lightning were about to descend.



VILLAGE SPOTLIGHT

St Ives Melville

44 Rome Street, Myaree

The close-knit community at our Melville Village offers a quiet lifestyle set among attractive parklands. With spacious private villas, tranquil Marmion Reserve and Lake next door and beautifully maintained gardens throughout, you'll enjoy a relaxed atmosphere, plus the peace of mind that comes from knowing you're in a secure location surrounded by friendly neighbours.



Brand new Clubhouse now open

St Ives Melville's new solar powered Clubhouse was officially opened in May with residents enjoying an afternoon tea and sausage sizzle. With kitchen and dining facilities, a wide-screen TV for movies or sports, a large outdoor area and plenty of nooks for a cosy reading space, the Clubhouse is a great place for residents to meet up or invite their friends and family to.



Quick stats

📍 140m to park

📍 1km to shops

📍 220m to bus stop

👥 29 residents



St Ives Characters

David Booth

David Booth – St Ives Murdoch

Visiting the dentist in Vietnam isn't easy and so many children miss out on the health and wellbeing benefits a stint in the dentist's chair offers. This is what led David Booth to found the Christian Health Aid Team (CHAT).

After retiring in 2003, he teamed up with a Vietnamese doctor, Dr. Gabby Ly, to establish CHAT, initially visiting Vietnam a couple of times a year to provide dental care to children, then with increased frequency from 2007. Since then, CHAT has grown in size and scope with each tour consisting of dentists, dental therapists, dental assistants, a doctor and interpreters. Using Dr. Ly's local contacts they were able to find suitable places to visit during the ten-day trips, as well as a place to store their equipment in-between visits. Given the amount of supplies they take, this was a very important piece of the puzzle!

Early into the journey, the Vietnamese Health Department established a protocol to ensure safety for all those involved – patients and volunteers – which involved them sending a police officer to accompany the group.

"We used to call the group leader the 'president' until one trip where a Vietnamese police officer misunderstood and thought that made me the President of Australia! I had to correct him very quickly and we changed the title not long after that," David recalls, chuckling.

During the 13 years of trips, CHAT has only been back to the same village once which shows just how big the demand is. After receiving treatment, each child receives a bag that the Scouts and Girl Guides prepare which includes toothbrush, toothpaste, colouring pencils and paper, and a hand-sewn teddy bear. The goodie bag contents are all donated and it's these donations which have helped continue CHAT's work. It was also a learning opportunity for students as they gained invaluable experience in examining and devising a treatment plan which could be completed in one day.

For David, the most special memory is of the faces of the children and parents who received care.

"They were always so grateful that we had come all the way from Australia to help them, their faces would light up which is very rewarding."

David hung up his instruments in November 2017, but he is still heavily involved in the preparation for future trips. More information on CHAT can be found here: www.chatinc.org.au

Deb Laird – St Ives Carine

For most people a visit to the Taj Mahal is a chance to connect with ancient culture – and about a million other tourists at the same time! That's why it was so special when Deb and her fellow travellers were ushered through the gates at 5am – 1 hour before others – on her recent North India and Sri Lanka tour.

Free to wander the grounds at their own pace, and explore areas they may have avoided if the place had been crowded, the group saw the Taj Mahal in a unique way.

"It was an amazing experience. I took as many photos as I could, and yet when speaking with the others in my

group after, we discovered that we hadn't all seen the same things."

After soaking up the culture in Northern India, Deb travelled onward to Sri Lanka where she visited the Pinnawala Elephant Orphanage and the images of the baby elephants are still with her now.



"I adore elephants. The orphanage rescued elephants from poachers and keep them safe, while re-integrating them into the herd. We went and had lunch right by them. It was remarkable to be so close to the animals. The orphanage were also looking after a big bull elephant who had been caught by poachers. He had lost a foot and was blind, but the other elephants were looking after him the whole time. That was amazing."



Deb, front row on the left, with her travelling group

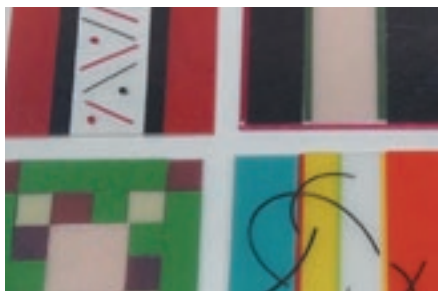
**Know a St Ives character
with a story to tell?**

**Dob them in to
[thrive@stivesretirementliving.
com.au](mailto:thrive@stivesretirementliving.com.au)**

Inside the secret world of glass

Working with glass can be a scary concept until you've been taught the correct technique. There are many different ways of shaping glass so we spoke to professional art glass studio BeachGecko Glass to explore one avenue of this unique world called kiln forming.

BeachGecko Glass is located in Joondalup and is run by Laurie Fossier-Mills. They offer a range of techniques to learn and try, including 'kiln forming' which is a relaxing way of working with glass. Since opening in 2006 BeachGecko Glass have been creating blown glass vases and paperweights, which are available in "Aspects" of Kings Park, as well as at "Found" at Fremantle Arts Centre, and offering various kiln forming workshops.



What is kiln forming?

Kiln forming is the process of shaping glass in a kiln with heat and gravity. As it is heated in the kiln, the glass becomes soft and as the temperature increases, the glass becomes more liquid. The basic idea is to "score" the 3mm thick glass with glass cutters, and create a mosaic design out of various colour combinations of glass. A second layer of clear 3mm glass is placed on top of your design and the piece is fused into one piece.

In a second kiln firing, the piece is then "slumped" into a mold which gives it the shape of a dish or a bowl – perfect for decorating your home and showing off at the same time. The exciting thing about kiln forming is everyone starts with the same choices, but the final product is unique to each person!



Kiln carving

Kiln carving is a simple and easy way to create fused glass patterns in glass. In this workshop there is no glass cutting which can be quite appealing for a first-timer. There's a selection of 6mm thick pre-fired blank glass to choose from, and you then create your own designs using a variety of fibre paper – you'll be using the concept of negative space to create an intricate design which has some exciting results. The 6mm pre-fired blank will be fired over your design and viola!




Our workshops

Workshops are offered throughout the year on all of these techniques. Groups are kept to small numbers to ensure you get the most from your session. The introductory workshops such as the Mini Fuser, the Pendant Project and Kiln Carving, are 2.5 hours in duration. We also offer more advanced workshops which require 2-3 days and usually are a max of 2-4 participants.

Next workshop:

Kiln Carving: 12th August from 10.00am to 12.30pm. \$125 per person.

Find out more:

 @Beachgeckoglass
 <http://beachgeckoglass.com>
 laurie@beachgeckoglass.com



Turn your friends into neighbours!

Refer a friend to St Ives and we'll say thanks by:

- **Sending you packing with a \$2,000 RAC Travel voucher**
- **Putting \$1000 towards your friend's moving costs.**



Chat to your village sales team member for all details.

ST IVES REALTY

Yes, we sell general real estate too!

Did you know our friendly sales team are all licenced real estate agents, able to sell any home or investment property across Perth?

If you, or someone you know has a property to sell, speak to your Village Sales Rep about having a free appraisal and seeing where you stand.





Health Corner

Stay on your feet

Falls are a big issue in WA, and one of the leading reasons older adults are admitted to hospital. With 1 in 3 older Australians falling each year they are common, but do not have to be. Falls are preventable and Injury Matters has some simple tips to help you Stay On Your Feet®.

Falls can be caused by many things, from personal reasons such as medications or poor strength and balance to factors affecting your environment like unsafe steps or footwear. Move your body, improve your health, remove hazards are three steps to keep active and alert and prevent slips, trips and falls.

Move your body.

Staying active helps your physical, mental and social health. It keeps your body and bones strong, improves your balance and flexibility, allows you to react quickly and prevents falls. Try for 30 minutes of activities which improve your strength and balance most days to prevent falls.

Build Your Balance

Balance helps your body stay stable and controlled both when we are moving and standing still. It can be affected by your eyesight, muscles and joints, inner ear, medicines, illnesses and the weather. To maintain and improve your balance try activities which challenge your balance like walking toe to toe in a straight line, Tai Chi or tennis.



Strengthen Your Legs

Keeping your leg muscles strong lets you do things you need every day, like getting up from a chair and climbing the stairs.

Improve your leg strength by doing activities you enjoy like dancing and lawn bowls, group exercise classes like Prime Movers and activities around the house like gardening.



Improve your health

Looking after your health and wellbeing is essential to remain independent and healthy. It is important to be aware of your body and mind. If you notice any changes such as feeling dizzy, pain, drowsy or depressed, speak to your GP.

Check Your Medicines

Many people take more medications as they get older, so it is important to remember that medicines have side effects and these increase the more you take. Taking multiple medications and the long-term use of some medications, such as sleeping pills, increase your risk of falling. Speak to your GP or pharmacist about how you can manage your medications and always avoid expired medicines.

Keep a Healthy Mind

Keeping your brain active is very important at all ages. There are many enjoyable activities that can help you keep your brain active, in and around your home or community. Joining a social club or group is fantastic for mental and social health. You can also try puzzles, a new hobby, reading or playing games you enjoy like chess or cards.

Fuel Your Body

Fuelling your body with nutritious food keeps you healthy and strong. Always drink enough water to stay hydrated, especially in summer and when you are being active. Limit your alcohol intake and if you are drinking alcohol ensure it is with a meal and avoid alcohol while taking medications. Eat healthy, regular meals from all of the food groups and make sure you are getting enough calcium and vitamin D to keep your bones and body strong.

Remove Hazards

As your body gets older changes will occur. Feel confident that you can adapt to those changes and remain independent by making your environment safer.

Make Your Home Safer

Hazards inside and outside of your home increase your risk of fall, especially when combined with factors such as poor vision and unsafe footwear. Remove loose mats, ensure you have enough lighting, clean up spills and keep your walkways and gardens clear to prevent falls.

Check Your Eyesight

As you get older your vision may start to change, or you may experience an eye disease. This can increase your risk of a fall and make daily tasks difficult. Be aware of even minor changes to your vision and have your eyes tested regularly. You can also try turning on more lights or marking the edge of steps to make them easier to see.



Wear Safe Footwear

Your feet support and balance your body each time you take a step. Foot issues, pain and poor footwear can cause you to lose your balance and become unstable, putting you at risk of a fall. Avoid walking in socks and always wear shoes that are flat, fit well and have good grip. If you experience foot pain or problems speak to your GP or podiatrist.



Move your body, improve your health, remove hazards are three simple things to remain healthy, independent and on your feet. For more information to help you prevent slips, trips and falls call 1300 30 35 40 or visit www.stayonyourfeet.com.au.



Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.



Puzzles

Sudoku

Hard Difficulty

*Solution available on our website,
as well as the next edition of Thrive.*

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

AUTUMN ANSWERS

HARD

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

MEDIUM

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

Quiz

How well do you know your flora and fauna?

- Which rare flowering plant was recently discovered in abundance in WA's south west?
- How many different species of coral are there in the world?
- Where could you find the only species of orchid that remains underground for its whole life, and what is its name?
- How old was the longest living animal, the Dynastic Clam, when it died?
- Which country is named after a tree?
- Which animal has no vocal chords?
- Which fast-growing woody plant can grow 88cm in a day?
- The jawbone of which prehistoric giant sea monster was discovered on a beach in England in 2016?
- Which fruits are members of the rose family?
- When did the Tasmanian Tiger go extinct?

1: The Kunzea newbeyi plant. 2: 798 (and three-quarters of it can be found in the Great Barrier Reef!) 3: Western Australia, Western Underground Orchid (Rhizanthella gardneri) 4: 507 years old 5: Brazil 6: Giraffe 7: Bamboo 8: Ichthyosaurus 9: Peaches, pears, apricots, quinces, strawberries and apples 10: 1936

Quiz Answers

What's on in WA?

Disney's Aladdin the Musical

FROM
19 JUL

Crown Theatre

Sing-along as this Broadway hit musical brings the classic Disney film to life through stunning sets, wonderful music and amazing costumes.

Tickets and more info:

<http://aladdinthemusical.com.au>

3 in 1 Market

21-22
JUL

9.30am to 4.30pm

Claremont Showgrounds

Stroll through over 300 stalls at this indoor market – there will be a range of handmade crafts, antiques and collectables and a polka dot vintage market to grab your interest.

More info: www.treasuredcraftcreations.com.au

Last Night at the Proms

27 & 29
JUL

Perth Concert Hall - Fri 8pm & Sun 2pm

Australia's favourite 'Master of Musical Ceremonies' Guy Noble hosts a last-night 'Hurrah' filled with popular classics, patriotic anthems and the Thunderbirds March!

Get your tickets: <http://tickets.waso.com.au/single/EventDetail.aspx?p=10021>

World Travel Expo

29
JUL

10am to 4pm - Pavilion 3,

Perth Convention And Exhibition Centre

This free event is the perfect opportunity to kick off your travel planning for your next North, Central or South American adventure.

More details: www.travelexpo.net.au/travel-expo/perth

National Tree Day

29
JUL

Tree Day is an opportunity for you to do something positive for your community and the environment by reconnecting with nature and planting a few trees.

Details: <https://treeday.planetark.org>

Wearable Art Mandurah Exhibition

3 AUG
TO
9 SEPT

Contemporary Art Spaces Mandurah

View the revolutionary works of art from the Wearable Art Mandurah 2018 up close and personal at this year's exhibition. There will be a range of guest speakers, panel discussions, a workshop and artist talks.

Details: www.wearableartmandurah.com/exhibition

Nannup Flower and Garden Festival

16-19
AUG

10A Warren Road, Nannup

The Nannup Flower and Garden Festival is in its 22nd year will showcase creative ways to use recycled material to create pieces of art for your garden, as well as having plenty of experts on hand to give tips and tricks.

Find out more: www.nannupgardens.org.au

Perth Science Festival

18-19
AUG

Scitech

The Perth Science Festival runs in conjunction with National Science Week and showcases over 50 science, technology, engineering and maths organisations across WA. Get to work with lots of hands-on activities, live shows and more.

Full details: www.scitech.org.au/events/all/2042-perth-science-festival



St Ives Retirement Living 1300 20 20 01

Email thrive@stivesretirementliving.com.au

www.stivesretirementliving.com.au

ALBANY | CARINE | CENTRO | LESMURDIE
MANDURAH | MELVILLE | MURDOCH | NORTHSHORE