

*Welcome all Wellness Warriors to  
the last edition of your  
newsletter for 2021.*

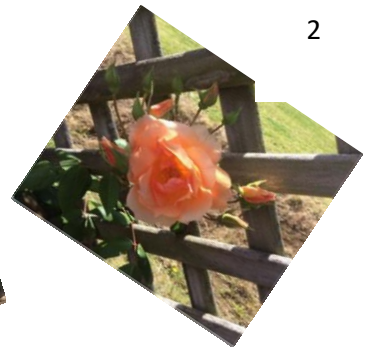


The wellness team would like to wish all our members the Seasons Greetings as 2021 draws to a close and add every good wish for a happy and prosperous 2022, may it bring peace and joy to us all.

2021 was a difficult year and as the lock down was not lifted sufficiently for classes to resume until the middle of the final term, after much deliberation and discussion it was decided that rather than risk further disruption this year we would aim to reopen when the new school year commences in January 2022. A dispatch will be forwarded to all members in mid January which, providing no further restrictions occur, will contain all the information you will need to plan for your return to class on the week commencing 31<sup>st</sup> of January.

We were fortunate in being awarded two grants to run workshops in the New Year, the first by the NSW Government Seniors Week grant and the second by our local IMB Community grant scheme. The Seniors Week workshop will be held during Seniors Week in term one and the IMB Community grants workshop in term three. The topics will be announced closer to those dates.





In September Lily wrote me "Spring is in the air," and it prompted me to share a photo with her, of a lily I have had in my garden for over ten years. This year it bloomed for only the second time, it looked magnificent and being in lockdown, I had not one visitor to see it, so I shared it with not only our OWN Lily, but also with the rest of our volunteers. They all loved it so I asked them to send me photos of what was happening in their gardens and the result is the lovely photos you see attached with this article. Seeing all these blooms, doing what they do every Spring, and feeling the love that goes into all of our gardens, gardens that have brought us so much joy in this, what seems to be, a never-ending lockdown, I decided to share their photos with you.



As Summer has now arrived, I'm looking back at the parts of our Spring, that Covid19 made us miss. On one hand we have missed being socially connected, on the other we have learned so much about resilience. Like the trees and plants in our gardens, we have grown stronger, more resilient and steadfast during this year and with this resilience we never knew we had, we can all look forward to putting 2021 behind us and seeing what the bright and fresh New Year, 2022 will bring.



In September Bathurst was hit by a severe tornado that wreaked much havoc. Shortly afterwards another small tornado, in the form of one of our OWN volunteers, Emer Cooper, also visited Bathurst to help in another emergency.

I'll let Emer tell you about it in her own words.

#### A Call to "Arms" – the Covid-19 jab !

Watching the ABC TV news on Friday 27<sup>th</sup> August, the Western NSW Local Health District (LHD) made a public request for any retired doctors or nurses, to consider coming to help the Vaccination roll-out in Western NSW. Still being a Registered Nurse, I thought to myself – 'I can do that'. On the Monday I emailed the District through their website. On Tuesday I got a reply to my email and on Wednesday the Human Resources (HR) department rang to ask would I like an application package emailed. Being a 'senior' now – this didn't take long;- I returned my application on Thursday. On Friday I had a phone call to ask, could I be in Bathurst for Orientation on Monday 6<sup>th</sup> September at 7AM! "No problem" I said and everything else was taken care of by the LHD.

I applied for my Travel Permit to leave Greater Sydney and drove out to Bathurst on Sunday. The Blue Mountains were looking as beautiful as ever. After driving through Lithgow, dark clouds descended and by the time I was on the outskirts of Bathurst, the temperature gauge on the car showed a snowflake with the temp reading 3C! Arriving in Bathurst the sun reappeared and I was warmly welcomed to the District by a nurse who performed all my swabs and showed me around the Staff Health accommodation. It has manned security 24 hours/day plus an on-site mobile police unit. They patrol the visiting staff – SES volunteers, Fire Officers, health staff visitors, and "close contact Covid positive" persons who must quarantine for 14 days. It is a large complex with 3 separate buildings which can safely accommodate all categories of visitors.

The Bathurst Memorial Entertainment Centre was set up as a Covid-19 mass pop-up vaccination hub, for 'walk-in' immunization for everyone over 12 years. It was run by the Defence Force Services with support from the Western NSW LHD.

"Well", - I'm thinking to myself on Day 1 – "I wished I joined the Defence Forces"!

The military precision of the 'set-up' was amazing. It ran like 'clockwork' and when 'orders' were given to DF personnel, - they literally obey, instantly. No 'just finishing my cuppa'... it's off to the next job/station!

Managers from Western Health LHD were also amazing and so competent in working alongside the Defence Forces. They demonstrated understanding and had the ability to support us who were new to the area, with warmth and still provide appropriate clinical support. It was an amazing experience for me.

On Day 1 we vaccinated over 600 people. On Day 2, we gave over 500 jabs and the next two days we gave 400+ jabs. This clinic ran for 6 days including the Saturday.

I drove home on Thursday evening, feeling very humbled.

Meeting the community out in Bathurst left me feeling very humbled indeed. Folks queued each day from 5-6AM with flasks of tea/coffee, food, and chairs. They continually thanked us for "all we were doing" to help their community.

We are very lucky and blessed, to be living where we are, with access to such good medical care. Emer ended that report saying, "I hope to do it again for dose two."

Later, on the 2<sup>nd</sup> of October, Emer continued the rest of her story.

Back from Western NSW after another week in Bathurst town vaccinating. We jabbed over two thousand this week, assisting Australian Defence Force personnel with this Roll-out. ADF will now set up a drive-through vaccination hub in Mount Panorama to try & capture any remaining folks.

On my way out on Sunday 26<sup>th</sup> September, a Highway Patrol officer followed me from Medlow Bath to Victoria Pass... I knew he was following me of course! With my number plate registered in Wollongong, - I was a person of interest / curiosity. I had 'the works' – breath testing, licence check, Travel pass viewed and a few questions on my travel plans. Once I explained, he thanked me for my contribution to the community! The gratitude of people is very humbling.

We'd a huge storm. - The lights flickered twice. I had a teenager sitting down rolling up her sleeve at the time. There was a very loud clap of thunder. I said to her Mum - "Oh don't worry I can give the jab by Braille"... Her mum laughed. Her poor daughter looked askance! Fortunately, we didn't lose power; but got heavy rain with thunder & lightning.

I drove home in the sunshine later that afternoon! On my way, about 85kms east of town where the tornado hit, I saw, what I first thought was 'suds', - thinking that some truck had lost a load of washing powder & the rain had stirred it up!! Then I thought 'it's snow'!! - It was, in fact, where hailstones had gathered along the roadside for almost 1km and it was still lying through several paddocks. Amazing really.

On departure, my compulsory Covid 19 swab was negative, - very good news of course.

Well done Emer, we are so proud of you and thank you for sharing your story and the photo below.

Emer finished her report with a number of pictures which are printed later in this newsletter. The one illustrated below she found very interesting and looked for more information on it.

### "Mrs. Trails House and Garden."



The name intrigued me, so I did some research and found it was built in 1845 by Reverend Sharp and left to the National Trust by its last resident, Ms. Ida Trail in 1976.

It is described on the web page as being a delightful heritage house museum," that was left a collection of art, furniture, ceramics and horse racing memorabilia, much of which had been bequeathed to Ms Trail by previous antecedents, some of whom were the early settlers of the Bathurst District.

Once I am mobile again and able to travel, I'm certainly off to visit re visit Bathurst.



The beautiful Bathurst Memorial Entertainment Centre where the Covid-19 mass pop-up vaccination hub was set up.



I'd go to Bathurst just to see a building that had wrought iron railings that would stop a herd of elephants. Ed.

I did some research on Bathurst myself and found this lovely old building. Bathurst Courthouse which is one of the finest examples of colonial architecture outside Sydney. This magnificent building was built in 1880 and is a source of pride to the Bathurst community due to its elegant structure, design and colourful history. During its establishment it was rumoured that there was a mix up between plans intended for the Bathurst building and those intended for a more substantial courthouse in colonial India. This myth is reinforced by the fact that the Supreme Court of India in New Delhi today is a replica of the Bathurst Courthouse. Another local myth around the story that the plans for the courthouse in Bathurst, Africa and Bathurst, Australia were mixed up is the wrought iron railings enclosing the courthouse were reputed to be able to stop a herd of stampeding elephants!

*For Our Book Lovers·*

### ***Before You Knew My Name* by Jacqueline Bublitz.**

When she arrived in New York on her 18th birthday carrying nothing but \$600 cash and a stolen camera, Alice was looking for a fresh start. Now, just one month later, she is the city's latest Jane Doe, an unidentified murder victim. Ruby Jones is also trying to start over; she travelled halfway around the world only to find herself lonelier than ever. Until she finds Alice Lee's body by the Hudson River. From this first, devastating encounter, the two women form an unbreakable bond. Alice is sure that Ruby is the key to solving the mystery of her life - and death. And Ruby - struggling to forget what she saw that morning - finds herself unable to let Alice go. Not until she is given the ending she deserves.

***Before You Knew My Name* doesn't ask whodunnit. Instead, this novel asks: Who was she? And what did she leave behind? The answers might surprise you.**

I fell head over heels in love with this heartbreaking, beautiful and hugely important novel. Jacqueline Bublitz's prose is luminous and the up-all-night, just-one-more-page plot is brilliantly clever and original. Everyone should read this book.' **Rosie Walsh, author of *The Man Who Didn't Call***

***I certainly had trouble putting this Book down. Ed.***



A new version of “Heads, shoulders, knees and toes, has now become,  
“Wallet, glasses, mask and phone!”

Be careful where you shop online. We ordered a german shepherd and now this guy lives with us.



*Just when I discovered  
the meaning of life,  
they changed it.  
George Calin*



Our Wellness Team would like to wish both our future new and all our older members all the best for a happy Festive Season and a Healthy, Peaceful and Prosperous New Year and looking forward to seeing you when classes resume in January 2022.

Lily, Anne, Dell, Lynne, Sharyn, Emer and Barbara

