



The Heartbeat

Every morning when I come to work, I am greeted by familiar scenes. Emily is at the computer, catching up on the latest reality TV show and often laughing so hard a smile wedges itself onto my face. Margie is out doing her daily walk, getting in the required number of steps. That number varies day to day...but doesn't it for all of us. Derek is delivering the newspapers, Gaetan is collecting cappuccinos from the café for those not able to face the day without their first caffeine hit and Rita is always seeking me out to see what shoes are on my feet that morning. We share stories about our recent readings, our very own book club of sorts.

It feels good to see the community of ABH coming back to life again after laying dormant for a few months. I've noticed too, much more activity within the facility as extended family and friends return to visit.

As this grows and blossoms, like the flowers in early spring, it brings a warmth and glow to everyone who lives in, works at and visits ABH.

While I write this today, our Bethel residents have received their second COVID vaccination. The whole day seamlessly flowed under the supervision of Rama, our Infection Control Co-ordinator.

And as I leave this evening, it's a different crowd. Fred's on the phone catching up with friends, family are filtering in and out, Mario is on the look-out at reception just in case anyone needs help with the 'system' and Margaret is there to say good night.

Life as we know it at ABH has returned. And it sure feels good to be a part of it.

Leigh



Lorna, June and Nancy enjoying the autumn sunshine

On this day...

April 15, 1912

The Titanic sinks off the Newfoundland coast

April 16, 1889

Film comedian Charlie Chaplin was born in London

April, 1817

Australia's first bank, the Bank of New South Wales (now Westpac), opened in Sydney.

April 25, 1916

On the first anniversary of the Gallipoli landings, Anzac Day was observed around Australia.

May 1, 1707

Great Britain was formed from a union between England and Scotland.





Easter WRAP UP

We had a bumper Easter at ABH, enjoying beautiful weather and no visiting restrictions. Our inaugural Family Show, with petting zoo, a cake competition and dagwood dogs was a big hit. Flower arranging and decorating proved popular. And Easter wouldn't be



Easter without chocolate.

Left: Anna making Easter flower displays.

Top right:

Luke's prize for Best Cake in Show.

Bottom right:

Aidree seeking her chocolate bunny.



ANNA'S QUILT

Anna and her husband Paul lived at ABH for many years before he passed away. He was born with fragile X syndrome and was mentally handicapped. Anna and Paul married in 2001 and were utterly devoted to each other. Paul's passions were trains and Elvis Presley, and he and Anna travelled far and wide on their pensioner concession tickets.

Paul was also known for his trademark sense of style. Most of his ties were collected from op shops and he wore one every day, summer and winter, matched with his favourite cowboy boots and suit. After he passed away, his family made this quilt from his tie collection to honour his beautiful memory.



Top: Rachel and Anna. Bottom: Paul's trademark ties live on



Café UPDATE

Jamie's fabulous weekly specials are proving so popular he's added some to the regular menu. The outdoor area is open again and residents and families alike are enjoying the beautiful autumn sunshine. Come along and check out the specials board next time you're in.



HEN POWER IN ACTION

Resident Carole enjoys hanging out with our hens. This stunning watercolour by Carole's friend Jill Fraser with our erstwhile rooster Brad Pitt really captures the beauty and essence of the therapeutic benefits of our hen keeping program.

New BEGINNINGS

Congratulations to the following staff who've recently started at ABH. Feel free to say hello if you see them!

- Paulo (Paul) Pereira - Maintenance Officer (top right)
- Katalin Czibere - HR Officer (bottom right)

Also congratulations to the following staff who have recently changed roles:

- Sally Alves – Executive Assistant
- Mark Siguenza – Roster Administrator
- Laura Sharpe – Clinical Manager, AH Orr



CONGRATS LIVI!

Many congratulations to our EA Liviana Oprea who married Allan Siao on March 20th at a small private ceremony at Inspire Church on a crazy rainy day. Livi was born in Romania and Allan is a New Zealand-born Samoan. She never in a million years thought she'd come to Australia and marry someone from Samoa!





Say hello to... **LLOYD BIRDSALL**

Do you have any interesting relatives?

I am descended from Edward Goodwin who was a convict on the First Fleet. After 7 years in Australia, he became a free man and property owner and was a magistrate for many years.

Edward's wife, Ann Thomas, came over on the second fleet. She was falsely convicted of stealing a bolt of cloth.

Tell us about your family.

My father worked for the Australian Six (an Australian automobile manufacturer from 1919 to 1925). His first wife died having my sister, and he married my mother and had three more children – I'm in the middle.

I married Deidre in 1949 and we had two boys, Geoffrey, and Ian. And now I have 5 grandchildren and 2 great grandchildren as well. My family often come and visit and take me out, they're very good to me.

Deidre was a Balmain girl. I met her at my sister's 21st. As soon as I saw her, I knew she was the one. Although it took another 2 ½ years to convince her I was the one!

Where have you lived?

We grew up in Abbotsford, but I've lived in Ashfield for 71 years. I moved in here on 19th November last year. I miss my house, but my boys still look after it and it's easier for me living here.

Tell us about your career.

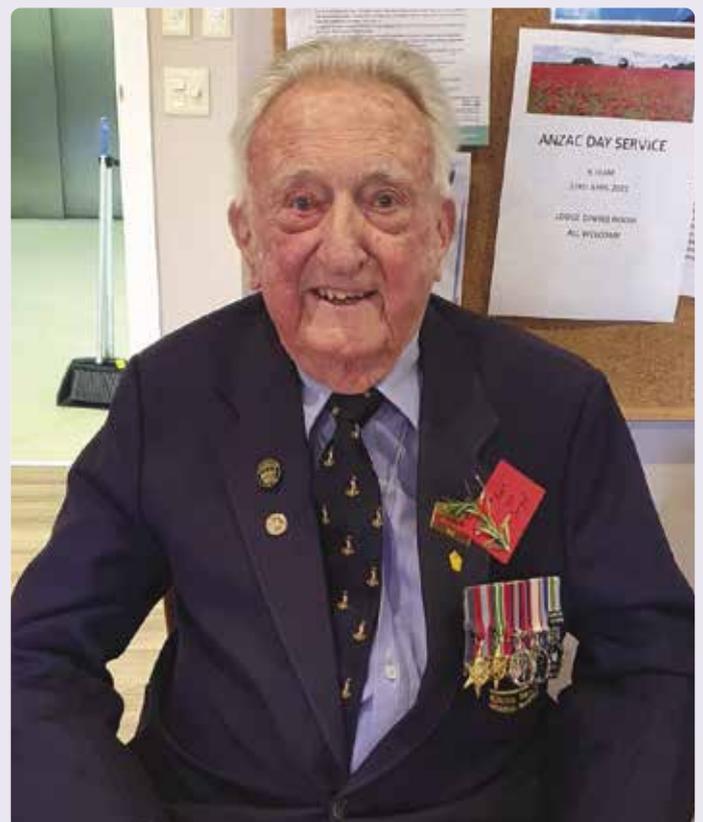
I was an electrician my whole life. I was only 18 months into my apprenticeship when I turned 18 in 1942 and was called up to serve in the military in the Japanese campaign.

They made me a Signaller even though I wasn't fully qualified. Army life had its ups and downs, but I still came away with some pretty good memories.



Above: Lloyd with his great-grandson Harry.

Below: Proud war vet Lloyd.



I finished my apprenticeship when I came home and worked in factories training other people.

What are your best memories?

Growing up with my brother and sisters. We basically spent our childhood in the Parramatta River – canoeing, fishing, and trawling! It was very free, playing in the open paddocks, making our own catapults and cubby houses, and shooting air guns. We spent hours sinking a canoe and then dragging it back up again. The whole area of Ryde is much more built up now and you could never do those sorts of things.

What are you excited about?

I've been asked to speak at this year's Anzac Ceremony which is a great honour.

*Above: With his wife Deidre.
Right: Lloyd giving a reflection at this year's Anzac Day service.*



Lloyd serving as a Signaller in New Guinea during WW2

ANZAC DAY 2021

This year we held a service for residents and families to commemorate Anzac Day.

Anzac Day marks the anniversary of the first bloody battle on the shores of Gallipoli that led to major casualties for Australian and New Zealand forces during World War One. It commemorates all Australians and New Zealanders who served and died in all wars, conflicts, and peacekeeping operations and recognises the contribution and suffering of all those who have served and continue serving.

Chaplain Irene Seville hosted the service which was poignant and reflective. Lloyd Birdsall, a world war II veteran who served for over four years, read a beautiful reflection.





Staff profile

SALOTE TUMATAI, CARE STAFF

Where did you grow up?

My family is from Fiji, where I was born. We migrated to Sydney in 1980 when I was 16. I finished year 12 in Australia.

Tell us about your family

Dad worked as a linen service manager at Canterbury Hospital and Mum was a cook in a nursing home not far from here. I used to go there after school, so I became used to the work in nursing homes from an early age.

My husband Tui and I married in Sydney in 1991. I had a daughter, Mereseini, from a previous marriage. Then Tui and I had two boys, Frank and William. They are 28, 23 and 14 years old – I'm not sure why I thought such big gaps was a good idea! Mereseini is an international rugby 7s player and is going to represent Fiji at the Tokyo Olympics. Frank is a builder.

How long have you worked at ABH?

I started here on September 11th, 1994 after working in a bank for seven years. I first worked in the kitchens and became in charge of managing food deliveries. In 2001 I left for three years to do a catering diploma at Ryde Tafe and work for Qantas Catering. But then I saw an ad for a job in the kitchens here and decided to come back. My shift was from 4pm to 8pm so I did the medication rounds before going to work

*This page,
top: Salote.
Bottom: Salote
with two of her
grandchildren.
Opposite page:
Salote with her
mother and sister.*



in the kitchen, which is when I became interested in care work.

Three phrases to describe you

- Outgoing
- Hard working
- Honest

Ideal holiday destination?

I really want to go home to Fiji and visit my extended family, aunts and uncles. I'm hoping to get back this year and take Mum.





Happy BIRTHDAY!

What is your greatest achievement?

My beautiful children. They have grown up to be responsible and kind people. William, my youngest, loves his Nau (my mum) and is always making jokes with her.

What do you love doing?

I love seeing Mum. She lives about 45 minutes from me, and we don't see each other as often as I'd like. I also love music and dancing – reggae, rock 'n' roll, R&B. I really like Lionel Richie. And singing – I love singing at church.

Biggest learning during the pandemic?

Being forced to slow down and enjoy every second of life instead of constantly rushing here and there was a real blessing.

If you could meet anyone, who would it be?

I'd love to meet my four grandparents. They all passed before I was born.

Life's biggest inspiration?

My dad. I miss him dearly. He had a strong, hardworking ethos and brought us here to make better lives for us all.



April

- April 2 Derek C
- April 3 Giuseppa S
- April 6 Olga B
- April 18 Monica M
- April 20 Jose M
- April 21 Joyce F
- April 24 Christine S
- April 27 Mario F
- April 28 Tania B
- April 28 David E

May

- May 2 Edna L
- May 4 Maude C
- May 4 Robin F
- May 7 Julie W
- May 9 Frances M
- May 9 Edna A
- May 12 Alice S
- May 13 Douglas M
- May 14 Anna T
- May 15 Daniel A
- May 16 Malcolm B
- May 22 John C
- May 22 Cecily H
- May 25 Malcolm A
- May 25 Ante O



HISTORY OF THE POPPY

The red poppy, or corn poppy, was one of the first plants to grow and bloom on battlefields in the Belgian region of Flanders during the Great War. The connection was made most famously by a Canadian medical officer, Lieutenant-Colonel John McCrae, in his poem, 'In Flanders Fields'.

McCrae scribbled the verses in his notebook after conducting the service for a friend who fell at Ypres. In a nearby cemetery, red poppies blew gently in the breeze – a symbol of regeneration and growth in a landscape of blood and destruction.

Legend has it McCrae discarded the poem, but a friend retrieved it. The English magazine Punch published 'In Flanders Fields' on 8 December 1915 and the poppy became the enduring symbol of war remembrance the world over.

Poppies weren't just confined to Flanders. In Gallipoli, the Allies withdrew in January 1916 after eight months of heavy



fighting. By the time they left, whole swathes of the area were covered in poppies. A valley south of Anzac beach was named Poppy Valley.

In Australia every year, the RSL makes and sells paper poppies to wear as a symbol of remembrance and raise funds to support veterans and their families in times of need.

In Flanders Fields

by John McCrae

*In Flanders fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Acknowledgement of country

Ashfield Baptist Homes acknowledges the Wangal People as the Traditional Custodians of the lands on which our company is located and where we conduct our business. We recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

Ashfield Baptist Homes

T: 02 9797 3600 **E:** info@abh.org.au

W: www.abh.org.au

F: www.facebook.com/ashfieldbh

31 Clissold Street, Ashfield NSW 2131

Visitor bookings:

<https://ashfield.zipline.care>