

The Village Grapevine

SOME TIPS TO GET THROUGH CHRISTMAS

We have compiled some top tips to ensure you get the most out of the festive season and make it through relatively unscathed...

Plan Ahead

Too many people spend weeks worrying about getting the shopping done – it's far easier to do it when you first start thinking about it. Start stocking up with the supplies as soon as possible – try getting a few items over the remaining weeks leading up to Christmas along with your regular shopping. As for presents, a great tip is to have an emergency supply, just a few small gifts to save you from embarrassment in the event of someone arriving unexpectedly with a pressie for you.

Don't Over-Inflate Your Expectations

Don't expect to create the 'perfect' Christmas as it's near likely to fall short of your expectations. The most important thing is for you and your family to have fun. That does not mean landing yourself in debt for the next 12 months by buying expensive gifts – just spending a bit of time together can be the best present. Remember, if something does not go quite to plan, it really is not the end of the world.

Don't Try and Do Everything

If you are responsible for cooking and hosting the

Christmas Day activities, then don't take it all upon yourself. Why not ask other family members to bring different parts of the meal, such as snacks, salads or desserts – don't be afraid to ask for help. You could even rope in the kids to help out. Make sure you have some time for YOU, even if it's just allowing yourself to watch one special TV show that you really want to see.

Everything in Moderation

Christmas seems to be all about excess – but there is not much enjoyment in feeling the size of a padded Santa suit or as stuffed as the festive turkey! The best advice is moderation – apply it to everything you eat and drink. Drink moderate amounts of alcohol and try to alternate soft drinks or water with alcoholic ones. As for food, have a bit of what you fancy but try not to stuff your face if you can help it!

Rehydrate

If you have overdone it on the alcohol, then it is important to get yourself back on an even keel. Even if you have been good, taking our advice consuming non-alcoholic drinks in between – the chances are you could still be feeling pretty rough. Don't just sit there feeling ill – get up and drink plenty of water and diluted fruit juice to help your liver recover and eventually eradicate the

hangover.

Get Active the Morning After

As soon as you are feeling remotely human, and your chances of throwing up have lessened, then think about doing some exercise. A brisk walk, light jog or swim will help work off those extra roast potatoes and all those second helpings you may have had. Getting active will also help you feel normal again, dispel any festive cabin fever and help repair some of the damage you have done to yourself.

Sleep

Sleeping is the time when our bodies recover from the excesses of life. Drinking and eating too much can severely affect our sleep patterns, as can the frequent late nights that are a regular occurrence during the festive period. Over Christmas and New Year, many people are sleep-starved leaving them not fit for much after a few late nights, let alone being the life and soul of the party. Therefore, make sure you get some quality sleep – even if it is just a few hours.

A final word...

Christmas should be fun but if you find that previous years have not been enjoyable then consider doing something about it – try something different. One way would just be to get away from it all and remove the majority of

the hassle from the whole festive experience. Although – we all know how stressful preparing for a

May all of our residents have a very

Happy Christmas.

Enjoy the festivities.

From,
Brad, Gary, Annie &
Dale

Office Hours :

10am to 4pm

Monday to Friday

DATES TO REMEMBER:

- ◆ RESIDENT'S CHRISTMAS MORNING TEA (In house) Monday 2nd December
- ◆ ANNIE O'S CHRISTMAS HAPPY HOUR / SINGALONG Friday 14TH DECEMBER at 5pm
- ◆ CARDS Wednesdays at 2pm and Sundays at 7pm
- ◆ BINGO 8th December 2 pm In Rec room
- ◆ VILLAGE XMAS DINNER INTERNATIONAL HOTEL SATURDAY 5th December
- ◆ ANNIE O - ON HOLIDAYS 2ND - 16TH JANUARY 2019



GARDEN CLUB NEWS...

Many thanks to those that put their names down to be a part of the Garden Club. To the newbies, pop down to the garden anytime you like - maybe just to water, or pick the veggies. Alan & John will be happy to see your faces.

Don't forget about the produce for purchase in the CC kitchen and in the big freezer in cleaning room. The funds are used to buy seedlings for the next crop.



THE CHRISTMAS SEASON IS HERE...



The Christmas decorations are looking amazing around the village.

We have pushed the decoration competition out to the 20th December for judging. Happy decorating.



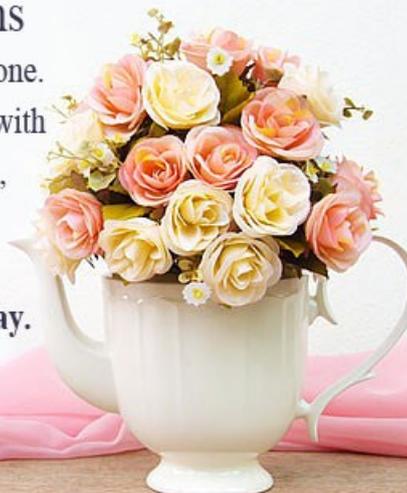
**CHRISTMAS
DINNER**

**This Saturday
Night
(7th Dec)**

**International
Hotel**

EVA SCORES A CENTURY

Congratulations
on this amazing milestone.
May this day be filled with
sunshine and smiles,
laughter and love.
Have a very
Happy 100th Birthday.



CURRENT UNIT FOR SALE

UNIT 41

With very tasteful décor, this unit is priced at \$195,000 and features 2 bedrooms with built in robes, built in kitchen with gas cooktop, two way tiled bathroom, newly carpeted living area, laundry with built in cupboards, paved and landscaped gardens. Directly opposite your own carport and BBQ area. Is it time you gave up doing maintenance?

A lifestyle to enjoy. Call Annie on 0409550645



Recipe
of the
Month

CHRISTMAS PUDDING ...



Melted butter, to grease
375g dried mixed fruit
75g glace cherries, quartered
75g dried figs, chopped
75g dried pears, chopped
75g dried cranberries
75g pitted dried dates, chopped
2 tablespoons finely grated orange rind
1 cup (250ml) orange juice
1/3 cup (80ml) brandy
1 cup (150g) plain flour
1 cup (150g) self-raising flour
1 teaspoon bicarbonate of soda
1 teaspoon ground cinnamon
1 teaspoon mixed spice
1 teaspoon ground nutmeg
250g Unsalted butter, melted, cooled
1 cup (220g) firmly packed brown sugar
3 eggs, lightly whisked
Custard, ice-cream, or brandy butter, to serve



METHOD

Step 1

Brush an 8 cup (2 litre) pudding basin with melted butter to grease. Line the base with rounds of baking paper.

Step 2

Combine the dried fruit, cherries, figs, pears, cranberries, dates, orange rind and juice in a medium saucepan over medium heat. Cook, stirring, for 10 minutes, or until fruits soften. Remove from heat and set aside for 30 minutes to cool. Add the brandy and stir to combine.

Step 3

Sift combined flours, bicarbonate of soda, cinnamon, mixed spice and nutmeg into a large bowl. Add fruit mixture, butter, brown sugar and eggs and stir until well combined. Gently spoon mixture into prepared pudding steamer, smooth top, and secure the lid.

Step 4

Place pudding basin into a large saucepan. Pour in enough boiling water to combine halfway up the side of the pan. Place over medium heat and bring to the boil. Cook, covered, topping up with extra boiling water if necessary, for 5 hours 30 minutes or until a skewer inserted into the centre of the pudding comes out clean.

Step 5

Remove steamer from saucepan, and set aside for 10 minutes before turning onto a serving plate. Serve immediately with custard, ice-cream or brandy butter, if desired.

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*Life's only just
begun...*



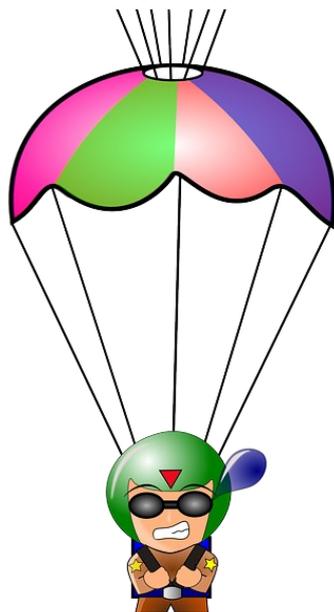
MAILING LIST

Want to receive our monthly newsletter every month?

Packed full of stories, local history, recipes, information and much more.

To receive a copy, send your name and residential address to Annie either by SMS to 0409 550 645 or by emailing annie.oxford@salvg.com.au

DON'T BE OFFENDED...



An airplane was about to crash. There were 4 passengers on board, but only 3 parachutes.

The 1st passenger said, "I am Steph Curry, the best NBA basketball player. The Warriors and my millions of fans need me, and I can't afford to die." So he took the 1st pack and left the plane.

The 2nd passenger, Donald Trump, said, "I am the US President, and I am the smartest President in American history, so my people don't want me to die." He took the 2nd pack and jumped out of the plane.

The 3rd passenger, The Pope, said to the 4th passenger, a 10 year old school boy, "My son, I am old and don't have many years left, you have more years ahead so I will sacrifice my life and let you have the last parachute."

The little boy said, "That's okay Your Holiness, there's a parachute left for you. America's smartest President took my schoolbag."



**CHRISTMAS
WORD SEARCH**



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| BELLS | RUDOLPH | ELVES | JOY |
| CANDLES | SANTA | FROSTY | MERRY |
| CANDY CANE | SEASON | GIFT | MISTLETOE |
| CARDS | SLEIGH | GIVING | NOEL |
| CELEBRATE | STOCKING | GREETINGS | NORTH POLE |
| CHIMNEY | TREE | HOLIDAY | REINDEER |
| CHRISTMAS | WREATH | JOLLY | |

