



**CENTENNIAL  
LIVING**

**FULFIL YOUR RETIREMENT**

**December 2020**

*Living The Life*  
**NEWSLETTER**

# Welcome

This will be the last newsletter for 2020, as a new decade starts and we certainly hope it's for the better. We look forward to Summer heralding in the heat and plenty of opportunity to enjoy the outdoors with a cold drink in hand, while having a great chat with a neighbour or friend in the village.

Christmas is also around the corner once again and this year we will certainly all appreciate it so much more, after many months of not being able to spend time with many of our loved ones.

Christmas is a time to share good company, share love and appreciation for each other, so we hope you'll enjoy eating and drinking a little too much, laughing a lot and reminding yourself how good life can be with the right attitude and the right company.

All the staff at Centennial Living wish you the very best for the festive season and holiday period and we hope you'll be spoiling those grand children and embracing life to the fullest this Christmas and holiday season.



# On The Cover

Garden competition winner - Keilor Unit 112

The garden competition was instigated to find some great examples of courtyard spaces to create an image gallery of inspiration and ideas for our future residents. The courtyard garden is one area where a very personal stamp can be made, no two are generally the same. Some of us want to garden and tend to plants, while others focus on the low maintenance outdoor living space.

We have chosen the very best 5 courtyards across 3 villages, Burnside, Taylors Hill and Keilor for their take on what constitutes an outdoor space to enjoy.

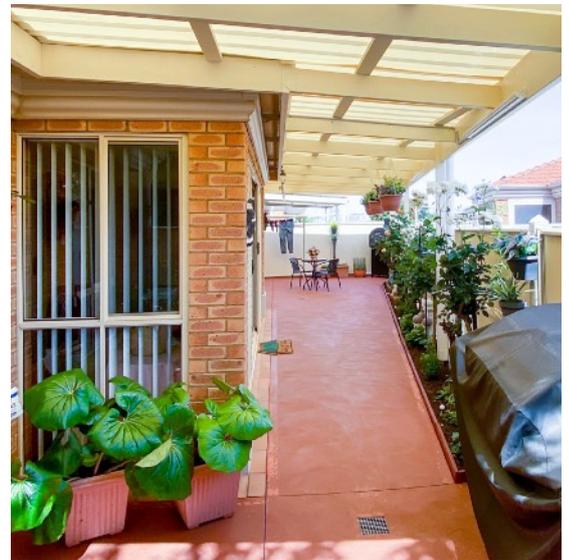


**Above & Right:** George's Unit 112 at Keilor.

Notably the best garden/courtyard of all, for how amazing he has used the difficult slope, tiered garden of the huge boundary and retaining wall.

The entire property front and rear is sealed and structured with pathway, boxed beds and cute pots etc. A waterfall of greenery and colour at the boundary using the existing retaining wall is amazing.





**Top right:** Maggie & Ray’s Unit 46 at Taylors Hill.

**Bottom Left:** Mieka’s unit 127 at Keilor.

They’ve created a 2m plus tall green hedge system, which provides incredible privacy and structure to their enclosed courtyard, well sealed and paved with pergola outdoor room.

Mieka has made great use of succulents both in the front and rear. An awesome low water use garden.

Of course hedges take a while to grow but once they do, they are quite easy to maintain and provide excellent structure for an outdoor room.

Another excellent use of a difficult steep garden space against the boundary/retaining wall, perfect for the use of succulents which creates stunning colour and texture.

**Top left:** Antonima’s unit 160 at Burnside

**Bottom Right:** Emanuel & Doris’s unit 145 at Burnside.

Excellent structure to produce a clean sealed courtyard with slate pavers, river pebbles with large stepping stones. The planted area in the rear courtyard is contained in elevated stone bordered beds that really separate the plants, easy to keep clean and very functional. A very low maintenance outdoor space to collect some winter sun.

Garden beds are bordered and separated with draught tolerant plants designed well to create levels of greenery, a few pots, all new coloured concrete throughout with good drainage, completely sealed. The new pergola looks fantastic and this is a courtyard for shade and shelter outside. Well done.

# *Incredible EDIBLE Christmas Gifts*

*Everyone appreciates a gift made with love, especially  
If it's delicious to enjoy at Christmas!*



## **INFUSED VODKA OR GIN**

### **INGREDIENTS**

6 cups (1.5L) vodka  
6 lemon thyme sprigs  
Pared zest of 1 lime  
2 vanilla beans, split lengthways  
2 cinnamon quills  
4 whole allspice  
Pared zest of 1 orange

### **METHOD**

Divide the vodka among the three 600ml bottles. Place the lemon thyme and lime zest in 1 bottle and seal. Place the vanilla pods in another bottle and seal. Place remaining ingredients in the final bottle and seal. Stand the bottles at room temperature for 4-7 days to infuse, then chill.

From the team at [www.delicious.com.au](http://www.delicious.com.au)

## CHOCOLATE RUM BALLS

### INGREDIENTS

1/4 cup (50g) raisins, chopped  
2 tbs dark rum  
250g plain chocolate biscuits  
1/2 cup (50g) Dutch cocoa powder, sifted,  
plus extra 1/2 cup (50g)  
2 cups (180g) desiccated coconut  
395g can sweetened condensed milk

By Kirsten Jenkins [www.delicious.com.au](http://www.delicious.com.au)

### METHOD

1. Line a large tray with baking paper.
2. Place the raisins and rum in a large bowl and stand for 10 minutes to soften.
3. Meanwhile, place biscuits in a food processor and whiz until finely crushed. Add biscuits, cocoa, coconut and condensed milk to raisin mixture and, with clean hands, combine well.
4. Place extra cocoa on a plate. With lightly greased hands, roll 2 tsp biscuit mixture into balls, then roll in extra cocoa to coat. Place on the prepared tray and chill for 2 hours or until set.





# ***ESSENTIAL CLASSIC***

## ***Christmas Recipes***

### **Indulge & Delight**

**It's nearly here and it's time to think about the menu for Christmas Day. We've rounded up some absolute classics for you to test against your own, or change it up this year.**

**Here are some wonderful Christmas favourites to enjoy creating in the kitchen when it's time to share good company and great Aussie food.**

## Kate's Nanna's Fruit Mince Pies

Makes 24 pies | Prep Time 15mins | Cooking 20mins

### Ingredients

- 2 cups (300g) plain flour
- ¼ tsp baking powder
- 185g unsalted butter, cut in cubes
- ¼ cup (55g) caster sugar
- 2 egg yolks
- 1-2 tbs lemon juice
- 1 egg white, lightly beaten
- Icing sugar, to dust (optional)

### Method

1. Make pastry by sifting flour with baking powder. Rub in the butter until it resembles breadcrumbs, then stir in sugar. Add yolks with enough lemon juice to make a dough, knead lightly, then cover in plastic wrap and chill 30 minutes.
2. Roll out the pastry and using a round cookie cutter cut into rounds to fit 24 patty pans. Spoon fruit mince into each. Lightly knead pastry scraps and use a smaller round or star cookie cutter to make pastry rounds or stars to top the pies.
3. Brush with egg white and bake in 200°C oven for 20 minutes or until golden. Serve warm or cooled, dusted with icing sugar.



## Lemon Rosemary & Anchovy Marinated Lamb

Prep 40 min | Cooking Time 45 min | Serves 6

### The Aussie Christmas pleaser, who doesn't love Lamb?

#### Ingredients

- 1 bunch flat-leaf parsley, leaves picked, plus extra leaves to serve
- 1 bunch rosemary, leaves picked
- 4 garlic cloves
- 1/4 cup (50g) white anchovy fillets (from delis, or ask your fishmonger) or 5 anchovy fillets in oil, drained
- Juice of 1 lemon
- 1 cup (250ml) extra virgin olive oil
- 2kg leg of lamb, boned and butterflied (ask your butcher to do this)

#### Method

1. To make the herb marinade, place the parsley, rosemary, garlic, anchovy, lemon juice and oil in a food processor and whiz until smooth. Rub half

the marinade over the lamb and reserve the remainder for serving. Set lamb aside for at least 30 minutes to marinate and reach room temperature.

2. Meanwhile, heat a barbecue or chargrill pan to high heat. Cook the lamb fat-side down for 8-10 minutes until golden brown, then turn and cook for a further 8-10 minutes until golden brown.

3. Reduce heat to medium-low and cook, covered (use aluminium foil if using a chargrill pan), for 15 minutes for medium or until cooked to your liking. Remove lamb from heat, cover loosely with foil and rest for 10 minutes, then slice against the grain into 2cm-thick slices.

4. Serve with reserved herb marinade and extra parsley leaves.

*A George Colombaris classic Aussie Christmas table dish. [www.delicious.com.au](http://www.delicious.com.au)*



## Double Mint Potato Salad

**Easy, delicious, essential addition to the Christmas table!**

### Ingredients

- 800g small potatoes (a waxy variety such as kipfler, pink eye or nicola)
- 1/2 bunch mint, leaves torn
- 1/4 bunch flat-leaf parsley, leaves torn

### Mint dressing

- 2 tsp dried mint
- 1/2 tsp ground cumin
- 1/2 tsp salt flakes, plus extra, to serve
- Juice of 1/2 lemon
- 200g creme fraiche

### Method

1. For the dressing, combine the dried mint, cumin, salt, lemon juice and creme fraiche. Chill, the longer the better, until ready to serve.

2. Cook the potatoes in a large saucepan of boiling, salted water for 10 minutes or until tender. Drain, then place back into the warm, dry pan to dry and cool for 15 minutes.

3. Cut the potatoes as you like (or leave whole if they're small). When cooled to room temperature, toss gently with the dressing until nicely coated.

4. Scatter on the fresh herbs, finish with a sprinkle of salt and serve.

*A Matt Preston classic Aussie Christmas table dish.  
[www.delicious.com.au](http://www.delicious.com.au)*



## 'EASY' Christmas Pudding with butterscotch sauce

Prep 2hr 45min | Serves 8-10

### Ingredients

1 cup raisins  
 1 cup sultanas  
 1 cup self-raising flour  
 1 cup finely grated butter (about 115g/4oz)  
 1 cup fresh brown breadcrumbs (from around 4 thick slices of bread)  
 1 cup light muscovado sugar  
 1 cup mixed nuts, chopped plus extra to decorate  
 1 tsp ground cinnamon  
 1 tsp ground mixed spice  
 1 cup milk  
 1 large egg  
 butter, for greasing

### For the butterscotch sauce

85g butter  
 100g light muscovado sugar  
 200ml double cream  
 1 tsp vanilla extract

### Method

1. For the pudding, empty the first six cups and the nuts, if using, into a mixing bowl with the spices, then stir in

the milk and egg. Once well combined, tip into a buttered 1.5 litre pudding bowl.

2. Cover with a double layer of buttered foil, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the bowl. Steam, covered with a lid, for 2½ hours. Check the water level during cooking, topping up if necessary. If you are preparing this pudding ahead, remove the foil, let it cool slightly, then wrap in cling film and then fresh foil. If you are serving it immediately, unwrap and invert onto a deep plate.

3. For the sauce, put everything in a pan and bring slowly to the boil, stirring. Allow to bubble away for 2-3 minutes, still stirring, until the

sugar has dissolved and the sauce is pale caramel in colour and slightly thickened. Remove from the heat. Pour the sauce over the pudding and decorate with the whole mixed nuts.

### Recipe tips

The pudding can be made 2-3 weeks in advance and frozen in the bowl - thaw it completely before reheating. It can also be made up to 3 days in advance and refrigerated. Just make sure you bring it to room temperature for an hour or so before reheating.

The sauce can also be made a day ahead and kept in the fridge - simply reheat it in a small pan over a low heat. To reheat the pudding, cover with fresh foil and steam for 1 1/2 hours, or cover with cling film and microwave on High for 7 minutes.

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)



# Resident Editorial

## Sobering thoughts as we arrive at the back end of Covid19 restrictions

For many of us it's been a harrowing six months as we lived in virtual isolation. In one sense we are fortunate to live in a retirement village.

Despite being anchored in our units and unable to visit friends, we regularly spoke with other residents as we went to the nearby shopping centre. Management did their best to keep people occupied, with the updates on Channel 103 and 104, not to mention the very agile Pam doing her exercises on Channel 102. There was also Ken's Isolation Bingo and several raffles, a "best decorated mailbox" competition as well as other fun contests to make life more interesting.

These were complemented by the efforts of those who helped, such as the house to house delivery of Bingo tickets, and speaking of house to house, the work of the office staff delivering mail, plus the kitchen meal deliveries shouldn't be permitted to go unmentioned.

But even with all this happening, there are other aspects of a lockdown that can't be seen, but are real, with unlimited fallout. The frustration and loneliness, especially by those unable to leave their homes, despite being comforted by the occasional visits of relatives, can quite easily transform into depression, and I wonder how many of us had experience of that during the last twenty four weeks. I would venture that you may be surprised at the answer.

And there were also those who made the conscious decision to self-isolate. They would have been happy to do this, and no doubt planned their daily routine. They should be congratulated.

And when liberation arrives, we will all celebrate as many have following other undoubtedly more auspicious landmarks such as the end of World War 2, or Armistice Day, and wend our way to a favourite restaurant. But will it be open? Will you be greeted by a boarded-up building? This will be another victim of the Lockdown, as will many other unfortunate businesses, with the resulting loss of jobs.

So was it really all as bad as we make out? It will be most interesting to see how we live our lives post-lockdown. There will no doubt be a lot of changes, some barely noticed, some obvious, such as the wearing of masks, people working from home, keeping their distances, less boisterous greetings and handshakes, as folk persevere with habits learned during this harrowing time.

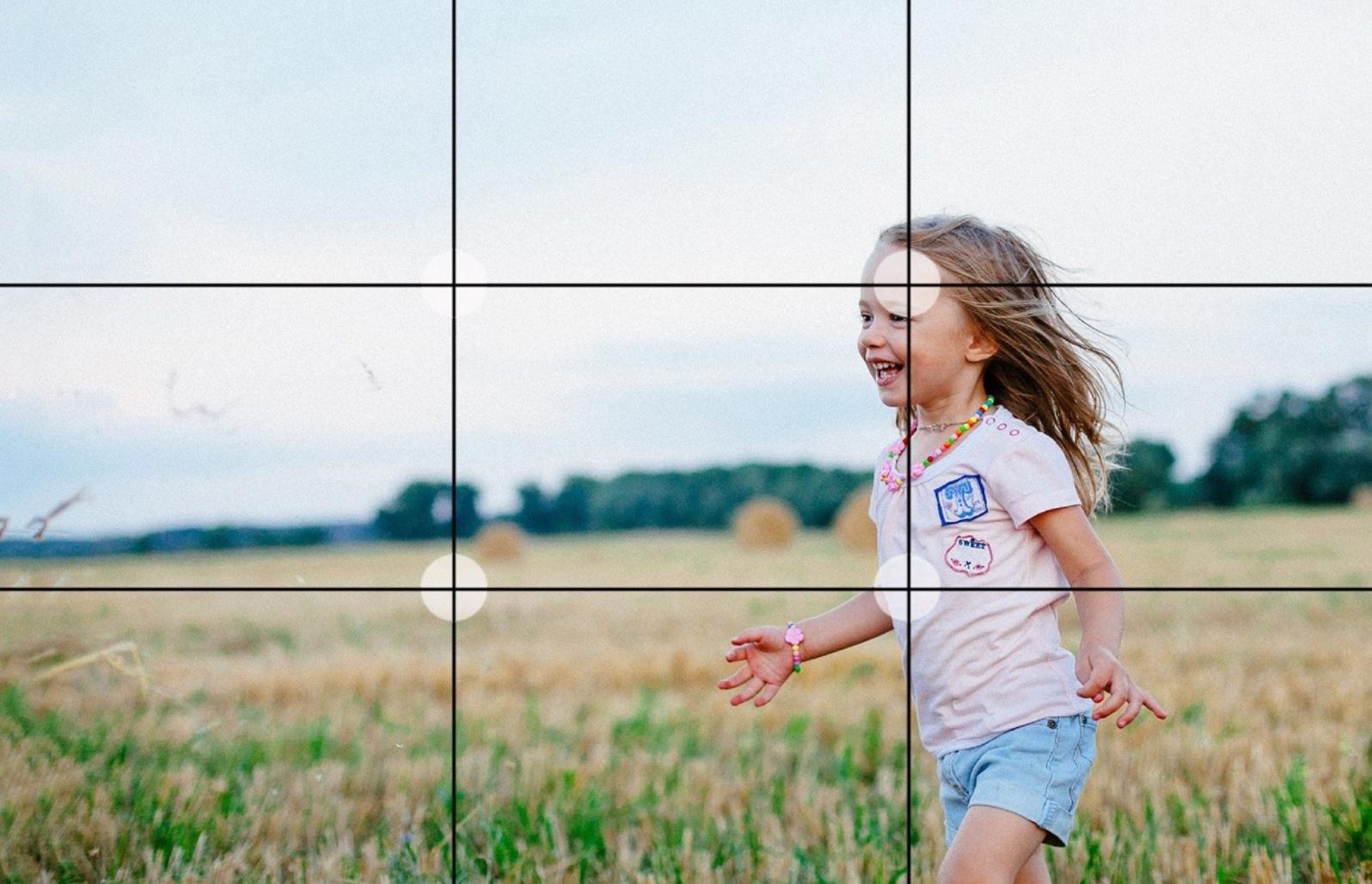
You don't know what you've got until you lose it! That would apply to many people in this village, as we anticipate the return to normal village life and all it offered us. Maybe it will be more appreciated and hopefully that will extend to all those who work so hard to provide us with those good times.

Ron Head  
Burnside Village

## A poem, by Ron Head

### *Covid Lockdown, We're Over It And Moving On!*

We were full of optimism in April when the lockdown was near  
But then we had no idea it would last half a year  
No visitors, no bowls, no pool. Etcetera etcetera etcetera  
And not to mention no bloody bar!  
So what did we do with ourselves in this time of isolation?  
Ken's Isolation Bingo was indeed a great innovation  
You had to be on the ball, no time to slumber  
I got the numbers once but rang the wrong number  
But the village people are resourceful, they really are corkers  
So step up Gino, and the Burnside walkers  
An ever increasing band of residents, who sing the oldies that we know  
Who knows? They could end up on a TV show  
The advent of the mask was a revelation  
Forward went Covid compliance but backwards went communication  
That mask on the face almost to the eyes  
Made it bloody hard for one to recognise  
To make out who it was you didn't have a clue  
Looked like the Lone Ranger, I offered "Kemo Sabe" he said "Same to you"  
Cup day was fast approaching, an Aussie icon like Ned Kelly  
Would the Sweep be cancelled? Graeme and Kay said "Not on your Nelly!"  
They sat for a week selling tickets and we watched as the horses flashed past  
Well done to you, Graeme and Kay, but my horse ran last  
And then there was the letterbox dress up competition  
Which saw many a shopping bag receive a re-condition  
But it wasn't all fun and games for everyone here  
Spare a thought for those with nothing to cheer  
Left by themselves in total isolation



# BETTER SMART PHONE PHOTOGRAPHY

A few simple tips to help you get the most from your phone camera

## 1. Use the gridlines to guide your compositions

One of the easiest and best ways to improve your mobile photos is to turn on the camera's gridlines. This superimposes a series of lines on the screen of your smartphone's camera that are based on the "rule of thirds". According to this well known design rule, if you place points of interest in these intersections and especially along the lines, your photo will be more balanced, level, and allow viewers to interact with it more naturally.

See the image above, a great example to create a really dynamic image. Where there's a nice outdoor scene to incorporate, instead of centering your granddaughter, place her on the grid line at either left or right to create an image that has a very professional look.

### To switch the grid on ...

*iPhone: Go to "Settings," choose "Photos & Camera," and switch "Grid" on.*

*Samsung and Android: Launch the camera app, then go to the gear icon for "Settings," and switch the "grid lines" option to "on."*

## 2. Set your camera's focus, tell it what to focus on.

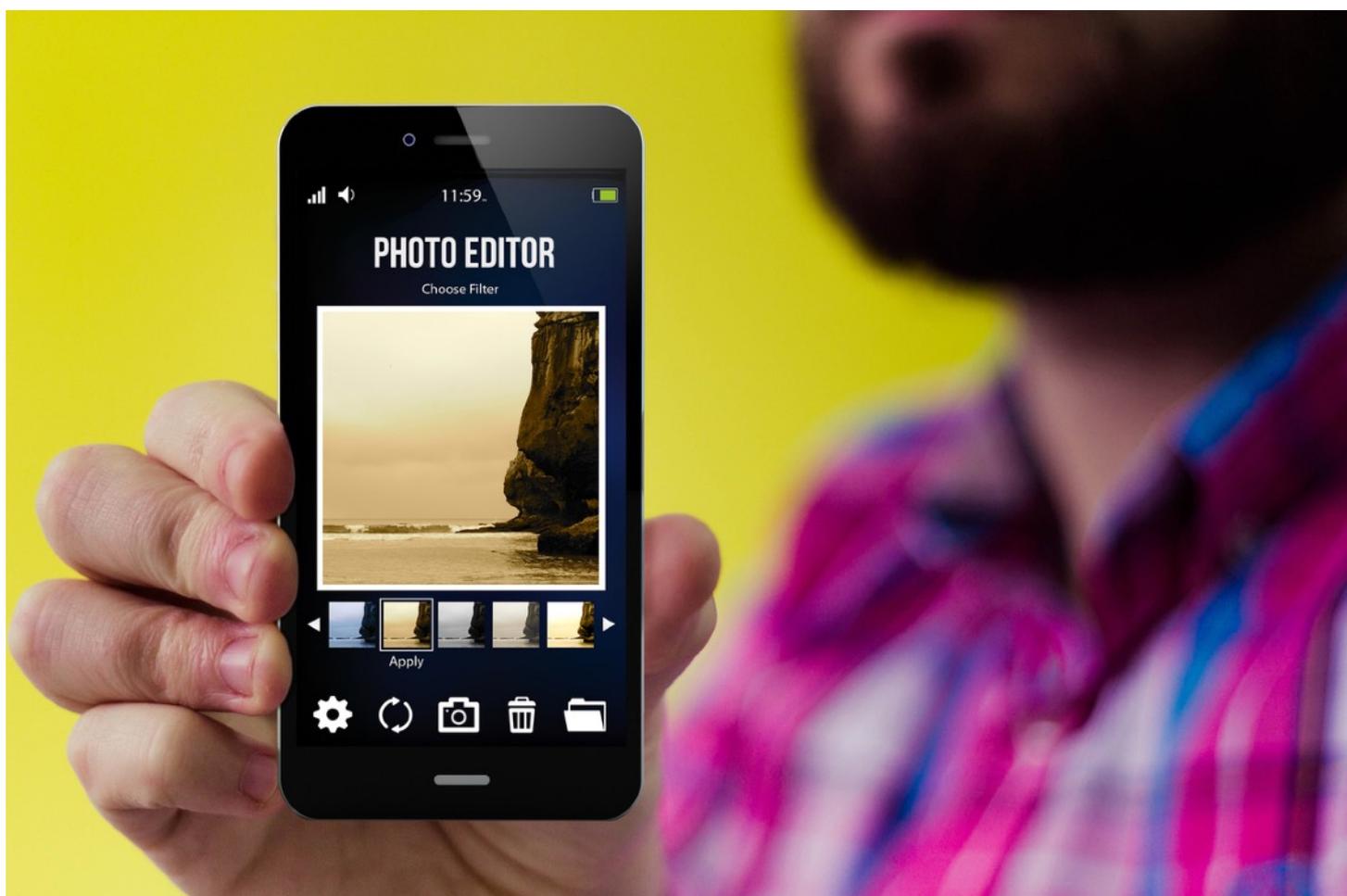
Today's phone cameras automatically focus on the foreground of your frame, but not every picture you take on your phone has an obvious subject. To adjust where you want your camera lens to focus, tap the screen where you want to sharpen the view. Even with group photos the area of focus can be deep and you're best to tap the screen at the middle of the group to achieve the best focus area for that photo.

If you're taking a photo of something in motion, for example, it can be difficult for your camera to follow this subject and refocus as needed. Keep tapping the screen as you follow it to correct your phone camera's focus just before snapping the

picture to ensure the moving subject has as much focus as possible. A square or circular icon should then appear on your camera screen, shifting the focus of your shot to all of the content inside that icon.

## 3. Editing using Filters.

Once you've taken your photo, you can use filters and apps like PHOTO EDITOR to make the subject even more vivid, or to crop it to frame the subject correctly. The brightness, contrast, and saturation of the photo can also be adjusted accordingly — all from your phone. Get familiar with the internal editing software on your phone, or download a great app as they can be highly effective.



### 3. Lighting, where is the light?

Sounds silly, but look at the space or scene where you want to shoot, if it's got strong shadow areas and bright sunshine light areas, it's contrasty, it won't look great. The most even light, shaded outside natural light is by far the best way to capture photos of your family.

Find the shade if it's in the middle of the day and sunny, or a space shaded by tall buildings or walls, even lighting is the best particularly for close ups. When you look at everyone's face, is the light even?

### *Late or early light with low sun*

A favourite of professionals is the late afternoon, when the sun is lower, so you're not ducking around trying to find the shade, you can take your photo of the family with that low sun behind them, or it can be slightly off to the side, but their faces will be evenly lit and you'll have a lovely golden halo or highlights in their hair from the low sun.

See the photo below for this great example. This also adds warm colour to your photo naturally.



## 4. Avoid Zooming in - Just move closer

When you take a photo from a distance, it's tempting to zoom in but it's actually better not to zoom in — doing so can make the photo appear grainy, blurry, or pixelated. Most phone cameras don't have lenses capable of delivering the same quality of image when you've zoomed to 2x or 4x, you lose quality.

Instead, move closer and frame your shot using the default camera lens. That way, you won't compromise quality, and if you need to crop it slightly afterwards,

you're working with a better image.

## 5. Buy a mobile phone tripod

Your phone camera has a timer, so you can also be in that photo at Christmas! Tripods are an excellent way to stabilise your phone and capture a better photo in lower light when everyone is inside, for example in the evening. They can also come with a remote, so you can sit down and just keep shooting! Tripods are excellent stability for video so capture some footage as well and get in the scene!

## To set up the timer...

**iPhone:** Open the camera app and tap the arrow at the top of the screen if you can't already see the options with the little clock. Tap the clock and choose 10 seconds.

**Samsung and Android:** Launch the camera app, then go to the gear icon for "Settings," and look for the clock, tap the clock and choose 10 seconds.

Set everyone up with a position for yourself, tap the screen to set the focus and now click the button to make the photo, you have 10 seconds to get in there.



## 6. Take multiple shots, not one

Be prepared to tap and tap again, get lots of shots, then delete to keep the best one. It's easy to miss the grand children if they're moving around, and if there's more than one person in the photo, someone may blink.

Nothing worse than getting the whole family in a photo for the first time and some people have their eyes closed. Don't miss out, take several!