



<b>Sunday</b>	<b>12</b>		
<b>Monday</b>	<b>13</b>		
<b>Tuesday</b>	<b>14</b>	<b>1.00pm</b>	• <b>St Ives (returning 2.30pm)</b>
<b>Wednesday</b>	<b>15</b>		
<b>Thursday</b>	<b>16</b>		
<b>Friday</b>	<b>17</b>		
<b>Saturday</b>	<b>18</b>		

## THIS WEEK'S NEW MENU

Please book at Reception for lunch before 11am & dinner before 4pm

		<b>LUNCH—12 pm</b>	<b>DINNER—6 pm</b>
<b>Sun</b>	<b>12</b>	Roast Beef with Yorkshire Puddings	Toasted Sandwiches
<b>Mon</b>	<b>13</b>	German Sausage with Mustard & Waldorf Salad (Book for Wednesday's dinner by 2pm today)	Chicken Agrodolce with Creamy Polenta
<b>Tues</b>	<b>14</b>	Spanish Paella	Crispy Skinned Barramundi with Melted Leeks & Smashed Potatoes
<b>Wed</b>	<b>15</b>	Yum Cha with Prawn Toast	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
<b>Thurs</b>	<b>16</b>	Chicken & Pesto Pasta	Roast Pork Shoulder with Dark Ale & Braised Cabbage
<b>Fri</b>	<b>17</b>	Quiche Florentine	Battered Flathead or Grilled Barramundi & Chips
<b>Sat</b>	<b>18</b>	Ham & Avocado Melts on Turkish Bread	Pizza Night - Supreme, Ham & Pineapple or Vegetarian

# COMMUNITY COMMUNICATIONS

## VILLAGE UPDATE

**Mask wearing in common areas of buildings and also in outdoor areas, unless doing strenuous exercising, is mandatory. Many residents are still not wearing masks while walking around the Village.**

**Remember to wear your mask, practice good hand hygiene and social distance 1.5 metres apart.**

**Current rules for people in Greater Sydney means they can only travel within their local government area or within 5 kms from their home in any direction.**

If you have any Covid symptoms, get tested and please get vaccinated. Given the speed of the spread of the Delta Variant and the concern and action taken by the Government, I urge residents who have not yet received their vaccination, **TO RECONSIDER THAT DECISION GIVEN THE VULNERABILITY TO OTHERS. NO ONE IS SAFE UNTIL WE ARE ALL SAFE.**

Please help to keep our Village safe. Restrictions will ease when NSW reaches 70% double vaccinations.

**NSW Health has announced that freedoms will only be available to people who are fully vaccinated or have a medical exemption.**

### Life Support Equipment Registration

Please register any life support equipment in your unit or apartment with your energy provider. Registration ensures that your electricity supply is not disconnected and that you are advised of any disruptions to supply. Please contact your provider for more information.

### Beware of Scams

The ACCC has seen a number of 'parcel post' scams, where the scammer poses as Australia Post, FedEx, another delivery company or shopping platforms such as Amazon, eBay or Bunnings.

These scams generally come in the form of an unsolicited communication in the form of an email, recorded message by phone or SMS. It will state that there was either a parcel that was attempted for delivery, or there was some information missing [that needs to be provided] before delivery can be made effectively.

You can report scams to the ACCC's SCAMwatch or Stay Smart Online — and to your bank, if you've lost money to the scam.

You can also report a suspicious email or text message that appears to be from Australia Post to [scams@auspost.com.au](mailto:scams@auspost.com.au).

Geoffrey Wolf,  
General Manager

# COMMUNITY COMMUNICATIONS

## What projects have you been doing during lockdown?

Barbara Stork has been busy knitting again and has finished this lovely patchwork rug. A colour print is on display on the noticeboard.

We would love to see more craft or art pieces by our talented and creative residents. Keep up the good work.

If you don't want your photo in the Newsletter, just send a photo of your craft or art project.

Send your photos to Liz via email:

[reception@thecostwolds.com.au](mailto:reception@thecostwolds.com.au)



## **BE TICK AWARE**



Sydney's tick season typically extends from September to March each year, with unusually wet or warm weather often proceeding outbreaks. Ticks like moist, humid bushy areas and the eggs are found amongst leaf matter or mulch.

Preventative measures:-

- Wear protective clothing and a wide brimmed hat.  
Ticks are more easily detected on light coloured clothing.
- Before going outdoors spray clothes and hats with insect repellent.
- Check yourself and animals after being outdoors.
- Make sure pets are also protected.

## **REMINDER TO ALL RESIDENTS**

### **PLEASE DO NOT FEED THE COCKATOOS AND BRUSH TURKEYS!**

Cockatoos aggressively attack wood on trees, decks, outdoor furniture and window sills. Brush turkeys make a mess in our garden.

