

SHARON RANCIE

Sharon has been working with Arnica for around 18 months. She is a very kind, lovely lady who always puts other people first. She is the youngest of 6 siblings; and she has 6 children of her own to her childhood sweetheart (whom she met at 14, and married at 22). They're still going strong with 7 grandchildren to dote on.

Sharon's birthday is the 16th of December and she will be turning 62 this year - although she doesn't show it! Sharon says what she likes the most about working at Arnica, is being able to work and connect with different people. Sharon is always willing to pitch in and help out, and is a very hard worker; although she is also great fun with a good sense of humour! She also loves cooking and is very inventive with meals. We love having her as a part of our Arnica family!

Some fun facts about Sharon:

Star sign: Sagittarius

Birthstone: Topaz

Favourite movie: Gone With The Wind

Favourite holiday: Hawaii

Favourite colour: Blue

Favourite food: Authentic Italian food, and fish (which she has everyday)

Barracks for: Collingwood (yes!!), she loves watching them and getting involved

Favourite music: Barbara Streisand, and The Beatles

Something people would not know about Sharon:

She was a pretty good tap dancer when she was little!



This month we decided to shout out to the people 'behind the action' at Arnica - some of our amazing staff members Sharon (pictured left) and Eve (right)

EVELEEN HALLY

Eve has only been working with Arnica for 3 months, but she has fit in really well and is already another great asset to the team. Eve was born in Greymouth, on the South Island of New Zealand. She has 1 brother, Dion, who is 10. Eve is turning 29 this year and shares her birthday with our very own Florina, on the 21st of August. Eve has been living in Australia for 5 years; her favourite memory here was going snorkeling in the Great Barrier Reef, which she absolutely loved and says is "beautiful" (after she got over being scared of the sharks).

She is really passionate and enthusiastic about working with people and upcoming projects, and has started up the Turquoise Club at Amethyst Place (a group that meets every fortnight for various activities, like karaoke and discos).

Some fun facts about Eve:

Star sign: Leo

Birthstone: Peridot

Favourite movie: Anything Quentin Tarantino, or classic Disney

Favourite holiday: Bali

Favourite colour: Purple, black, and green

Favourite food: Chocolate, or roast veggies with gravy and cheese sauce

Favourite music: Rock

Something people would not know about Eve:

She likes crystals and her favourite stones are pyrite, turquoise, and amethyst



You can find more information about our headquarters at www.arnicalodge.com

For all feedback and contributions

❖ You can email

rrc.arnica@gmail.com

❖ Or call (03) 9497 2027 and ask for one of the newsletter writers





LIQUID CRYSTAL CARD

With us this month is the power and peace of **Pearl**. Pearl brings the message to trust in your feelings within this cycle, and trust in the cyclical nature of change. Pearl is very strongly associated with the Moon, both in its silvery shimmer and it's highly emotional qualities. These qualities are captured during its formation - Pearl being an irritation of the oyster in its attempt to heal and purify itself. Our emotion can be similar, varying and stumbling upon irritations and lessons of life on Earth. Furthermore, the secretions of the Pearl during its healing can be like our emotions: as we release and learn from the emotion, we heal and purify with Divine Beauty. It is in this that Pearl teaches us how to view our emotions as a way forward for healing and protection. It teaches that if we feel, we will evolve in completion, then the completion will be tested; we will grow higher and stronger, over and over again.

This month is a good time for reconciliation. We are being asked to wear the crest of the Moon upon our brow and let it be cleansed with the rains of forgiveness. It is a great time to stand on the shores of your emotions. Like the tides of the sea, your emotions may deepen but will recede. Step forward into the waves, letting them run their course of purification. With the Moon on our side this month, know that you can rely on unconditional love and embrace it.

Pearl will allow the truth to be seen. It can increase intuition, helping with our perception of the 'now' and guiding our journey on the path of truth. From Pearl we can also learn the spiritual basis of sexuality and sacred union. It is a great stone to enhance emotions at the **Heart Chakra**.

Pearl has entered our transition this month to allow us to balance and trust in our current emotional state and processes.

Affirmation:

I am as pure as my life lessons, the endless sea of stars, and the breath of calm

Key words:

Feminine, purity, Moon, natural cycles, emotion, fertility, balance



Our **featured stone** this month is **Dioptase**: The Healing Heart.

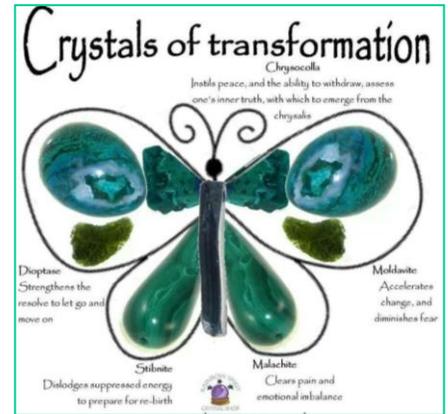
Dioptase forms in emerald/blue-green colour and is found in copper deposits.

With Dioptase featured, reasoning and emotion are in focus this month. Dioptase is a 'heart' stone on many levels, and is best used for healing and emotional distress. It releases emotional patterns stimulating forgiveness, whilst healing emotional wounds.

Love and compassion are awakened by Dioptase. The 'spiritual heart' awakens, and the 'emotional heart' is supported - which strengthens the 'physical heart' and opens our eyes to the Divine.

Working with Dioptase, we can say the following affirmation:

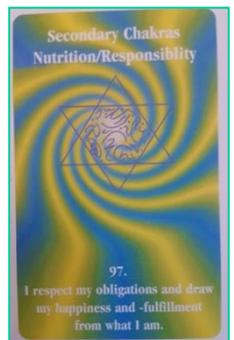
May your heart heal and know the power of love



ARNICA JUMBLE

This month's puzzle was inspired by the Chakra Card that was drawn for us this month. We drew Card 97, relating to nutrition and responsibility.

W H O S B A Y L G Q S Q B M H Y Y P
 A P A C A G O X L U J I A F V T A A
 R D S P R C P U X S E Y E D R I H T
 K Q T E P E R E J C D T L T A L X V
 A G N O N I L A T T O W H S N I H F
 H E X D O P N K L R C C F P U B N D
 C G H H R R O E X Q L X A J T I Q N
 P F I A T F S Y S W G U K R R S O A
 W G L G V U T D D S D U U G I N B T
 I O U I N I C T N X V C U F T O V W
 S T P W A W X C Z J P R M I I P G N
 M P C Q F U L F I L M E N T O S X Y
 L O C E T R A E H F D E T A N E X W
 J H A X L V Y J T I Q C W R M R L U
 J O R D Z F E D T H R O A T U J G H
 F N D V Z Z E A V O F X K M B P Z U
 W B S F S V T R W I D W T N U H J A
 M F X U J E D N R H M B I I T H W H



WORD LIST:

- CARDS | CHAKRA | ENERGY | FULFILMENT | HAPPINESS |
- MEDITATE | NUTRITION | REFLECT | RESPONSIBILITY |
- CROWN | THIRDEYE | HEART | SOLARPLEXUS | SACRAL |
- ROOT | THROAT

This page is dedicated to the outings we have gone on in the past month, thanks to the **PLP funding** allocated by **Merri Health**.

Staff Peter and Grace, Tony, Chris K, Michael, Dawn, Florina, and I attended an outing to **Food Star (All You Can Eat) in Reservoir**. All we had to do was pay \$25.90 at the front counter, and all the food in the world was ours. We ordered jugs of Fanta, Lemonade, and water to share for our large table. We got one plate each and went over to select from the extensive range of food on offer. I thought that Christmas had arrived early for the year seeing all of the food in front of me. The pizza was a favourite food selection among us. By the time we had finished our second helping everyone was feeling very full, but they were not that full - we would not be able to help ourselves to some dessert! We each got some ice cream that you could put some thick chocolate or strawberry topping on. Some people went for the much healthier option of fruit. It was a very nice atmosphere at the restaurant and the night was a success. Thank you to everyone for making this night such a memorable one. | *By Joseph Krelle*



Fish and chips at Whittlesea

In the bongo van, a group of us (and Grace and Paul P) headed for the countryside town of Whittlesea for the afternoon. We enjoyed lunch out the front of a local fish and chip shop. We had different meals, and the food was nice and tasty (souvlaki, minimum fish and chips, potato cakes, and chicken nuggets that were handmade in the store). It was nice to look out the car window on the way to Whittlesea and to have a look at the countryside. It took one hour to get there and one hour to get back to Arnica Lodge. A great afternoon was had by all that attended this PLP outing. We all look forward to going back to Whittlesea in the near future for some very tasty fish and chips. | *By Joseph Krelle*



Fairfield Boathouse

Rita, Eve, Rebecca, Chris K, Maria, Vanessa and I all got in the white Tarago 'bongo' van and headed off to Fairfield Boathouse. We ordered food and drinks and sat down on the verandah of the boathouse and had a social talk with each other. We then had our drinks and little treats we had ordered - banana milkshake, chocolate hedgehog, lemonade, coffee. On the boathouse verandah we admired the wonderful scenery that was in front of us. As we were drinking our drinks and eating our treats we looked down at the tree-lined Fairfield river and could not think of a better way of spending the afternoon. It was the very first time that I had been on an outing to the Fairfield Boathouse and everyone that participated in the outing really seemed to enjoy themselves in such a relaxed and friendly atmosphere. | *By Joseph Krelle*



My Fair Lady

The stage was set as we entered the Regent Theatre on Collins St for My Fair Lady. This being my second time viewing a stage show, my only prior knowledge of the story was the title. I was taken aback by the story of Eliza Dolittle and her journey from 'common, cockney flower girl' to a 'proper, respectful young lady'. I was very adaptive of the view that language is a big part of the perceived separation and our treatment of social class. There were many amazing musical numbers, greatest staging, and the best of all - performance! An added benefit, the show has an excellent effect moving my emotions - a great lesson in healing. If you ever have the opportunity to see a theatre production, I recommend seeing this one - a classic, and thoroughly enjoyed. | *By Daniel Warren*



Fish and chips at Williamstown

Paul R and Paul P took a group of us to Williamstown for lunch. We ate at a local fish and chip shop. It was a very cold and windy day so we sat inside the shop while we ate. We did not end up eating all our food so we brought some back home to share with other Arnica Lodge residents. After lunch we walked across the road to the beach. Paul R took some photos of us near a big boat on the beach. It took around 40 minutes to get back home. A great time was had by everyone that participated in this enjoyable activity. | *By Joseph Krelle*

Hi everyone I hope you are all having a great school holiday break, spending time with your family and friends. The holidays are a great time to catch up on new movies in the cinemas, especially the much awaited movie Despicable Me 3. I have been waiting for this movie for a long time as I am a major fan of the minions, so I hope you enjoy this review. If you have any feedback or movie review suggestions for me please email me at florina_conti@yahoo.com



Movie title: Despicable Me 3 (PG)

Star rating:



Gru and Lucy are back, this time fighting a bad guy by the name of Balthazar Bratt- but they were unsuccessful. Gru gets a visit about his estranged father's estate and finds out he has a twin brother - Dru. When the brothers finally meet, is Dru really what he says he is? What is Dru's one wish? You need to watch the movie to find out more!

My thoughts:

It's a fantastic movie and so funny. It's like a continuation from the last movie but even funnier, and has great music. There were a lot of cute parts as well. I recommend watching Despicable Me 1+2 before you see this one because it will help you understand



THE ONYX REPORT

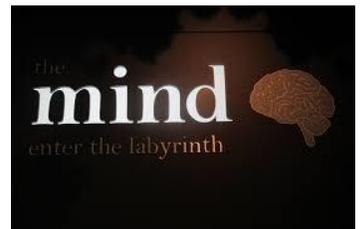
Some of us at Mernda are currently undertaking a **Cert IV in Mental Health** through **Wentworth College**. We're lucky that the classes are held at **Amethyst Place**, and we get to venture 'back to school' with old friends/housemates, and the friendly new friends we've made in class.

A few weeks back the class went on an excursion to the Melbourne Museum, with the instruction to concentrate and pay attention to 2 particular exhibits. The first exhibit was The Mind; a truly amazing albeit confronting exhibit taking us through our visual perception, even dreams and the subconscious. The crux of the exhibition showcased how the Mental Health sector has been view/treated in the past, and where it stands today (i.e. through the Medical Model, Institutionalisation, and the Social Model of support). It is truly amazing how our mind works in regards to the areas of the brain activated when we process and interpret information - what we hear, see, touch, smell, taste.

The second exhibit was useful for our module of Cultural Diversity, and the safety of our Aboriginal and Torres Strait Islander communities. It was another spell-binding exhibit taking us through languages, the creation and use of tools, geographic areas of tribes, and the positive light of the journey ahead despite the difficulties their communities have faced. The exhibition did not focus on the Stolen Generation, instead focusing and paying respect to tradition, community values, and culture. The exhibition was also amazingly up-to-date with today's social environment, and stories from both Elders and the younger generation of people interested in their culture.

I recommend being a tourist for the day and spending time at the Museum. You may need a few days to get through all of the exhibits, but it is definitely well worth the experience. Module complete! *By Daniel Warren*

On a side note, Debra is not only kicking goals by going back to study, but the excursion was the first time in 20+ years that she's been on public transport! In the picture here she's holding her first ever Myki - very different from the paper tickets she used last time!



Page articles written by

Start the conversation! We are always eager to spread awareness and support others. So for your convenience, we've included the organizations that will be highlighted in the coming months. *If you are interested in a particular cause, the direct links to the organizations can be found at: <http://www.health.gov.au/calendar>*

June - Bowel Cancer Awareness Month, National Burns Awareness Month

- **21 June** Red Apple Day
- **9 June** - Pirate Day - Childhood Brain Cancer Awareness <http://theadventurers.com.au/>
- **12-16 June** Infant Mental Health Awareness Week - Nurturing Early Social and Emotional Wellbeing
- **19-25 June** Neglected Cancers' Awareness Week - Garvan Institute of Medical Research, pioneering study of cancer, neurodegenerative and mental diseases, immune disorders, diabetes and obesity, osteoporosis and other skeletal disorders

July

- **3-9 July** Sleep Awareness Week - Alertness, safety, and productivity - Sleep Health Foundation
- **21 July** National Diabetes Week
- **24-30 July** National Pyjama Day - The Pyjama Foundation, supporting children in foster care
- **28 July** National Pain Week - Chronic Pain Australia
- **30 July-6 August** DonateLife Week - Organ and Tissue Authority

August

- **4 August** Jeans for Genes Day – children's medical research institute/childhood disease
- **6-12 August** – Dental Health Week – Australian Dental Association
- **6 -12 August** National EOS Awareness Week – ausEE Inc – awareness for Eosinophilic Gastrointestinal Disorder (EGID) and Eosinophilic oEsophagitis (EoE) **Top 8 Challenge Day 8 August** – can you go a day without your favorite food? AusEE Inc Website for more info
- **7-13 August** Haemochromatosis Awareness Week – Inherited Iron Overload Disorder
- **8 August** – Dying To Know Day – The GroundSwell Project – bringing to life conversations and community actions around death, dying, and bereavement
- **21 – 27 August** Be Medicinewise Week – NPS MedicineWise (digital health and data insights, health professional education, and reliable health information for customers)
- **21 – 27 August** – Natural Fertility Awareness Week – Ovulation Method Research and Reference Centre of Australia

Can you believe we've been running this newsletter for 3 years? So much has changed from our beginning – it all started with a pivotal idea by an Arnica resident and ex-newsletter president Les in June 2014. We have had 2 newsletter anniversary outings (on our first one, we couldn't believe we had stuck by something for a whole year!)

Our committee may look a little different to the one that founded it, but I think it's safe to say our ideals have remained the same. We have had some changes, including: changing committee members; and the expansion of Arnica Community Care to include Amethyst Place and Onyx House. Through all this, one thing has remained a constant: dedication, enjoyment and a safe platform in which to express ourselves. We have received a lot of positive feedback and support over the past 3 years, which we are always humbled and forever grateful for. We can only hope that, by sharing a little bit about ourselves, we can inspire someone somewhere to reach their goals.

Each anniversary issue we like to 'check in' with our committee. So this year, our theme reflects our wonderful committee: 3 years, 3 options; 5 members, 5 questions.

1. Sight: Sunset, sunrise, or full moon?

Dan: sunrise
 Deb: full moon
 Florina: full moon
 Maria: full moon
 Joseph: sunset

2. Taste: Chocolate, vanilla, or caramel?

Dan: vanilla
 Deb: vanilla
 Florina: chocolate
 Maria: chocolate
 Joseph: chocolate

3. Touch: Velvet, silk, cotton?

Dan: silk
 Deb: velvet
 Florina: velvet
 Maria: silk
 Joseph: velvet

4. Sound: Bells, chimes, whistles?

Dan: chimes
 Deb: chimes
 Florina: chimes
 Maria: bells
 Joseph: whistles

5. Smell: Coffee, incense, perfume?

Dan: fruity perfume
 Deb: floral perfume
 Florina: incense
 Maria: coffee
 Joseph: incense



This month I have decided to feature Aussie artists, the first one is Sia. I'll let you in on a secret: I am really fussy and pedantic about my female artists. I don't have many of them in my music collection, and if they're a part of it they have to be exceptional - and 'exceptional' is exactly what Sia is.

Yes, that is her real name. Her full name is Sia Kate Isobelle Furler, and she will be turning 42 on the 18th of December. Sia is a singer-songwriter, record producer, and music video director. She started her career as a singer in the local Adelaide acid-jazz band 'Crisp' in the mid-1990s. She is truly an amazing, gifted artist. She is currently based in L.A. and lives in a \$16M mansion - which speaks volumes for how big she's made it. Sia has written for so-o-o many people, including: Rihanna, Adele, Katy Perry, Christina Aguilera, Britney Spears, Beyonce, and Ne-Yo (just to name a few!)

There are 73 released songs in total that Sia has officially written or co-written for - not including the list of songs Sia herself has released. She also has her name on a heap of movie scores - Lion, Wonder Woman, Zootopia, the latest Star Trek movie, Fifty Shades of Grey, Fifty Shades Darker, and the latest Annie movie (again, just to name a few!)

She has collaborated with other high-profile artists like David Guetta, Flo Rida, Eminem, Travie McCoy, Kanye West, The Weeknd, Kendrick Lamar...the list just keeps going!



I really admire Sia. She has been vocal about having social anxiety (which is why she famously wears that giant wig when she performs). She has also been vocal about her alcoholism, and has been sober for the past 10 years - which is a really great achievement to be admired. Sia has 12 albums in total, of which I have 2- **This Is Acting** (2016) and **1000 Forms Of Fear** (2014).

Fun fact: "This Is Acting" got its name because they are all songs that she wrote for other people, but were rejected - so the songs don't relate to her directly, unlike her other albums.

From the 2014 album, 'Chandelier' is my favourite track and the song that started my love for Sia. From the same album, I also like Big Girls Don't Cry, Elastic Heart, and Fire Meets Gasoline. It's a great collection of songs.

My picks from the 2016 album are: Alive, Move Your Body, and Cheap Thrills; but again, they're all great songs. Sia puts so much meaning into her lyrics - I suppose that's why she is such a successful songwriter for herself and other people. Her music videos are also very memorable and amazing, to say the least. I really recommend both albums to you, please do yourself a big favour and check her music out.



Well what can I say about INXS. They're an Australian rock band, originally formed in 1977 in Sydney as The Farriss Brothers (they only played under that name for a few years). They began their career playing mainly song covers, but occasionally original music, in pubs and bars across Western Australia.



The members of INXS are (L-R) Tim Farriss, Kirk Pengally, Gary-Gary Beers (that's his name), the late Michael Hutchence, Andrew Farriss, and John Farriss. Michael and Andrew were the main songwriters for the group. I'll let you in on a fun fact about John, the drummer for the band - he has chronic arthritis and after every performance is in agony; but he still drums anyway! That's commitment!

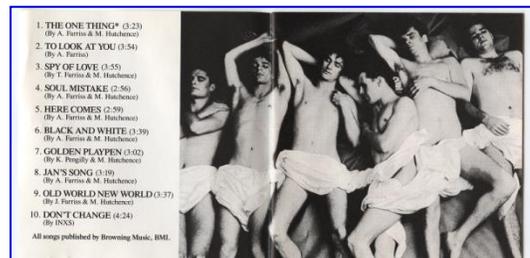
I had all of their albums on Vinyl, but they got destroyed which is another story. I will however share with you a funny story: my ex-husband and I went to see INXS at Festival Hall in the 80s. I was really into them and was up dancing and singing to every song, while my ex was sitting in his chair asleep. How can you sleep at a concert?! He was odd!! That's probably one of the reasons we divorced ha-ha!

So as you may have guessed, I am a huge fan of the band. It was very sad for me when Michael passed back in December 1997. He was a quintessential artist and front-man, beyond his time. He was a great performer and I was very privileged to see him in concert (he was also a spunk, so added bonus!)



I currently have on CD **INXS Platinum Greatest Hits**, dedicated to Michael. It has all of the hits that I love, especially one of their early hits 'Disappear'.

I also have another one of their albums **Original Sin**. It has various artists (including Rob Thomas, and JD Fortune) performing as special guests fronting INXS original songs. Hearing other people's interpretation of INXS songs, I must say it is a really good album. The band is still performing with different artists fronting. I still love INXS and you will too if you do yourself a favour and listen to their albums - you won't regret it!



1. THE ONE THING* (3:23)
(By A. Farriss & M. Hutchence)
 2. TO LOOK AT YOU (3:54)
(By A. Farriss)
 3. SPIRIT OF LOVE (3:55)
(By T. Farriss & M. Hutchence)
 4. SOUL MISTAKE (2:56)
(By A. Farriss & M. Hutchence)
 5. HERE COMES (2:59)
(By A. Farriss & M. Hutchence)
 6. BLACK AND WHITE (3:39)
(By A. Farriss & M. Hutchence)
 7. GOLDEN PLAYPEN (3:02)
(By A. Farriss & M. Hutchence)
 8. JAN'S SONG (3:19)
(By A. Farriss & M. Hutchence)
 9. OLD WORLD NEW WORLD (3:37)
(By J. Farriss & M. Hutchence)
 10. DON'T CHANGE (4:24)
(By INXS)
- All songs published by Browning Music, BML





One of our front-page features this month, Eve, started up a little group called the "Turquoise Club". The aim for the group is to provide a safe space where people can come together, hang out, and network! Their first 'get together' was on Saturday the 1st of July, and it was a really great start to the group. There were nibbles and drinks provided, and a karaoke machine that came with a dance mat! Of course, it wouldn't have been so successful without the enthusiastic energy of those who participated. Thank you to everyone that helped kick-off the Turquoise Club and we hope to see you at the next catch up on **Saturday July 15** ☺ (Groups will be held every fortnight on a Saturday, at Amethyst Place. See their Facebook group "Turquoise Club" to be a part of the fun!)



Dreamtime AFL match Round 10 May 27 2017

Richmond 81 Essendon 66

I attended with my father Robert the Richmond and Essendon Dreamtime match at the MCG. There was a very large crowd in attendance at the match; the official crowd size was ninety thousand 90,000 people. There was a lot of people in the AFL media questioning Age football writer Caroline Wilson's decision to not award Dustin Martin 3 votes for Best On Ground for the night. Wilson came out on Ch 9's Footy Classified Monday night football program and clearly said that in her own opinion that she did not think that Dustin Martin was best on ground for the night, and awarded Trent Cotchin the three votes for the night. I had a different opinion to Wilson as to who was the best player on ground; I think that Dustin Martin was clearly the best player on ground for the night. It was a very close match up until 3 quarter time fifteen minutes into the last quarter. Sunday Footy Show panelist Nathan Brown took it up to Wilson to offer an explanation as to why Martin was not best on field.

By Joseph Krelle



ACKNOWLEDGEMENTS

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- Luke GORDON
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Remember to send in your feedback so we can feature it in the next issue ☺

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