**FRONT PAGE**

**Building and Construction Update**

Construction of new roads and underground infrastructure for the next stage is now complete and newly appointed builder Sommer & Staff Constructions will take possession of the building site on Monday 23rd June and commence construction of the next stage of 12 – 16 homes.

**Insert: Photo 1A and 1B**

**Available Homes**

Only one pre-loved 2 bedroom balcony home coming onto the market early July. Just over 2 years old with new paint and new bamboo floor covering - $390,000. If you have always wanted to be part of the Elements community, contact us today! This home will sell quickly…

Have you seen us at one of our mobile shopping centre displays? We have now taken deposits for 7 out of the 12 – 16 homes ear-marked for completion in Nov 2014. Remember, a $500 deposit is all that is required to secure your new home in our wonderful community. Come and view our homes and meet some of our 41 interesting and amazing residents.

**Insert: Photo 2**

**Information session – 28th June**

The next information session will be held on Sat 28th June at 10am. Industry experts like Anglicare nurses, the local General Practitioner and Tunstall (which provides monitoring equipment) will help you continue living independently in your home. Ring and book a spot.

**Insert: Photo 3**

**Xmas in July – 19th July**

Our traditional annual Xmas in July luncheon will be held on the 19th July. Refer to the enclosed invitation. Booking essential

**Insert: Photo 4**

**RECENT HAPPENINGS**

**Elements Village Inaugural Progressive Dinner**

Faith thought of it, Joan was invited along for the ride then Margaret and Bev got roped in and in true Elements conviviality, we had our very first village progressive dinner held on Friday May 9th. Faith served entrees of sausage rolls, dips, spring rolls and chicken and vegetable nuggets, dinner guests have to consciously save tummy space for the main course at Margaret’s. Here they dined on pork chow mien, curried sausages and chicken hot pot. The phrase “full as a goog” takes on a whole new dimension but when presented by John and Joan’s dessert spread of apple pie, chocolate liqueur cake, fruit and cheese… well, what can we say? And the last home visitation for the evening was at Max and Bev’s where we finished with coffee, tea and chocolates! Looks like this is definitely going into our village calendar as a permanent fixture ☺

**Insert: Photo 5A, 5B and 5C**

**Meals on Wheels**

On Volunteers Day this year, Elements welcomed the 34 volunteers from Meals on Wheels Springwood/Rochedale branch to a nutritious meal cooked by Chiou See. Acknowledging the contribution that the volunteers make in our community, all residents and staff pitched in and helped cut up, plate up and serve lunch to our guests. Everyone had a yummy meal and a good time despite the light shower…

**Insert: Photo 6A and 6B**

**Focus on the SPIRITUAL Element**

(note to the creative genius: this will become a regular column each month. There are a total of 5 elements that we focus on. They are contained in the creative brief. If you can come up with a symbol that ties all 5 together, that would be amazing. That way, we can have a standard header each month and I can write my stuff underneath it)

**Insert: Photo 7A**

Each month we will focus on one of the 5 elements that enables successful ageing and living. The Spiritual element in our life gives us meaning and purpose and often as we transition away from the second age (the period where parenting, careers and adult responsibilities take precedence) to the third age, we tend to have more time to reflect and seek meaning for who we are.

Often questions that we have been too busy to ask and actions that are too painful to make sense of gradually come to the forefront of our consciousness. In our third age, we have time to pause and ponder and we will try to a peaceful harmony between who we are, how we feel and the journey past, present and future.

At Elements, respecting and recognising the different beliefs and histories we possess, we have created for you a tranquil Zen garden. Garden of Hana at Elements is a special haven where you can reflect, meditate and enjoy the many wonderful senses that nature gives us.

**Insert: Photo 7B**

**RECIPE OF THE MON TH**

**Tea leaves coated crispy skin salmon**

**Ingredients**

About 200g of salmon fillet with skin on for each person

Loose green tea leaves (if in a bag, tear bag). You will need about one tablespoon per fish fillet

Salt and Pepper

Olive Oil

**Sides**

Seasonal vegetables or salad

Baked potatoes or grilled Turkish bread fingers or steamed rice

**Method**

Wash fish, taking care to remove scales and bones

Dry the fillets with paper towels

On a dry chopping board, spread evenly the tea leaves, salt and pepper

Heat a non-stick fry pan and place about a tablespoon of olive oil in the pan

Coat the fish with the tea leaves, salt and pepper

Place fish in the pan with the skin on the bottom

Turn heat down to medium and cook for about 5 minutes. Be sure not to burn the skin

Flip the fish and let the heat sear the top for 1 – 2 minutes.

Remove from pan and serve with your favourite sides

**Insert: Photo 8**