

# evolve

The Magazine  
of RCA Villages

Spring 2018

## 'Neigh'-bours enjoy Cup Tour



MEMBER  
2018

  
PROPERTY  
COUNCIL  
of Australia

Retirement  
Living 

**rca.**  
VILLAGES

## Contents

Community Engagement	2
Martha Cove Village flag	3
Melbourne Cup Tour	4
Hungarian Day	6
Gardening	8
Recipes	9
Travel	10
Around the villages	12
Trevor Dyer	14
Arts	15
Property	16
Pre-loved villas	18
Pets	18
Property market	19
Brain Gym	20
RCA Staff profile	21
Wyndham Grange offer	22

Cover: 1959 Caulfield Cup winning jockey Trevor Dyer meets Amie – daughter of Americain Right: Andrew Philip with Lexus Melbourne Cup Tour Manager, Joe McGrath

### Retirement Communities Australia

(RCA Villages) is a family owned and operated business, with a long established team, who have over 100 years of combined experience in building and managing retirement villages. Our team comprises experienced senior executives who have been integral in the creation of 25 retirement villages and 16 aged care facilities over the past 35 years. RCA Villages is redefining retirement with villages that tick all the boxes. Great locations, excellent value for money, no complex arrangements – just a smooth transition to your future!

For advertising enquiries in Evolve call Julie Campbell on: 9988 6024



Managing Director  
Andrew Philip

## Welcome to the Spring edition of RCA's quarterly magazine.

The Spring Carnival came early at Casey Grange Village this year. Central to Cranbourne's identity is the historic racecourse, which is home to the largest training facility in the Southern Hemisphere and is one of the few race tracks to host a tricode raceday every year featuring gallops, trots and dogs. Surrounded with such pedigree, it was an honour to welcome the Lexus Melbourne Cup Tour to Casey Grange Village recently.

While the iconic Loving Cup and racehorse Amie (daughter of the 2010 Cup winner Americain) were the stars of the show, they were almost upstaged by the residents and guests who got into the fun of the day, resplendent in race-wear. Residents' willingness to fully enter the spirit of the day is a great omen for the culture of this new village. The happiest communities are filled with individuals who don't sit back waiting for others to make their fun - they take responsibility for creating it for themselves. The Cup Tour day was such a wonderful success because of the involvement of so many people - from those who dressed for the occasion, to those who helped set up the room, those who helped behind the bar, those who donated to the local school and those who helped clean up afterwards. Special mention must be made of local trainer Geoff McLeod who brought Amie and ex-jockey and soon-to-be resident of the village, Trevor Dyer, who walked the Cup into the presentation. You can read more about Trevor in this edition of Evolve.



The humour and expertise of the panel, Cup Tour Manager Joe McGrath, Cup Ambassador Keith Hillier, local trainer Tony Noonan and RCA director and sometime country bookmaker Neil Wilson helped shine a light on why the Melbourne Cup is so important to us. And, of course, the day would not have been the same without the musical talents of Cranbourne West Primary School Choir.

On the other side of town, Wyndham Grange Village kicked off its series of multicultural events with Hungarian Day, treating everyone to a snapshot of this ancient and fascinating culture with music, dance, and of course - food. RCA Villages purchased Wyndham Grange Village almost three years ago, and since then, Wyndham Grange has gone from strength to strength, with only 25% of the village left to develop. I really enjoyed speaking to so many of the village's new residents who are finding a new lease on life since moving in.

The remainder of 2018 will be a busy one for all of us at RCA Villages. We are continuing with construction at four villages and look forward to announcing our next village in 2019. The end of the year is coming at us like a steam train - it's hard to believe we have commenced planning Christmas festivities this week! As the old saying goes, "time flies when you're having fun" Till next time, keep having fun!

*Andrew*

# People Power



The Lexus Melbourne Cup Tour presented a wonderful opportunity for Casey Grange Village to reach out to the wider community.

Village residents fundraised for Cranbourne West Primary School to help the school buy a trailer to transport its Human Powered Vehicles (HPV). \$500 was raised by residents on the day, which was matched by RCA Villages.

The school's HPV program involves grade five and six students competing against other schools in organised time challenges.

The main event is the Energy Break Through Challenge held in Maryborough each November. Over three days the students cover 300 km in their HPVs.

HPV Program co-ordinator Brad Campbell said students were selected in term one, then train and attend meetings throughout the year. The team has already competed in an event at Bendigo and will head to Maryborough in November.

Mr Campbell said the school desperately needed a trailer to transport its two HPVs. Currently, one vehicle is towed in the back of Mr Campbell's private trailer and the other in the back of a ute.



"We find they get damaged in the movement," Mr Campbell explained.

"The donation from RCA and Casey Grange Village is going to put us well on the path to getting the trailer we need. Our target is \$3000, so their donation has been a real boost."

Casey Grange Village Manager, Gary Stanley visited the school at the end of term three and presented a cheque for \$1000 to the HPV teams during morning assembly.

Mr Campbell said the school's growing ties with Casey Grange Village were invaluable.



**"It is great for our kids to see that other people value what they are doing and that they are behind their efforts."**

"It is all about getting our kids to realise that community is a lot wider than what they see in day to day life," Mr Campbell explained.

"Interaction between experienced members of the community and young students is important for instilling a sense of respect and care."

Mr Campbell said students in the band and choir enjoyed performing before an older audience.

"People in villages are very receptive and pay attention. They are more in the moment than a lot of adults."

"It is great for our kids to see that other people value what they are doing and that they are behind their efforts."



## From the Editor's Desk

After what seems like the longest winter ever, we are starting to see some sunshine making its way tentatively into our days. For many in Melbourne, spring is not all about sunshine and flowers; springtime is the most popular time for the property market. If you are weighing up the pros and cons of selling your family home to downsize, take a look at on page 19 for some insights. This edition highlights many examples of how our villages are evolving into flourishing communities. So, charge up on some Vitamin D, grab a cuppa and a slice of our delicious carrot and zucchini loaf on the recipe page, and start dreaming of an RCA Villages retirement lifestyle!

*Julie*

# Cup Tour at Casey Grange Village



Casey Grange Village was at its best as the sun shone on a perfect spring day when the Lexus Melbourne Cup Tour visited RCA's newest village in the south east.

The \$200,000 gold cup was escorted into the village clubhouse by 1959 Caulfield Cup winning jockey Trevor Dyer. Residents had the chance to pose for a keepsake photo with Australia's most famous trophy and listen to a panel of racing experts, including Keith Hillier, VRC Melbourne Cup Tour Manager Joe McGrath, Trainer Tony Noonan and Country bookmaker and RCA director Neil Wilson talk about their industry and upcoming Spring Racing Carnival.

Cup Ambassador Keith Hillier, who has enjoyed a long career as a racing writer and broadcaster, said the tour was a rare opportunity for people to view the Melbourne Cup up close.

"It is the most famous trophy in Australia. It is a cultural icon," Mr Hillier said.

Residents and guests also enjoyed an equine themed performance by the Cranbourne West Primary School Ukulele Band and choir.

Casey councillor and Deputy

Mayor, Amanda Stapledon, visited Casey Grange for the first time when she attended the Lexus Melbourne Cup Tour.

"I was very impressed with the village, how it provides beautiful homes for its residents and how ready it was to make welcome the Melbourne Cup," Cr Stapledon said. "To be entertained by the Cranbourne West Primary School students who sang four fabulous songs about horses and entertained all of us completed the day."

Fashions off the field winners mingled with the official panel (below - from left Joe McGrath, Tony Noonan, Keith Hillier and Neil Wilson) when the Melbourne Cup Tour came to visit Casey Grange Village.





Above (from left): RCA director Neil Wilson; Casey councillor and Deputy Mayor Amanda Stapledon; local trainer Geoff McLean; ex-jockey Trevor Dyer with Aime, daughter of American.



RCA managing director Andrew Philip said it was important that retirement villages were integrated with the wider community. "Residents who live in our villages have all kinds of life experience and are ideally placed to make a positive impact on the wider community," Mr Philip said. "Today villages are vibrant communities offering not only affordable housing options for older people, but also great

facilities like bowling greens, pools and club houses. Villages also offer options for social engagement with the flexibility for people to travel." Following the formalities, the Cup Tour ambassadors mingled with the crowd over lunch. The most difficult part of the day was selecting winners for Fashion Off the Field - with so many residents and guests splendid in stylish race wear.

