



GLORY TO GOD IN THE HIGHEST HEAVEN,  
AND ON EARTH PEACE TO THOSE ON  
WHOM HIS FAVOUR RESTS.

LUKE 2:14

When we pray for you we ask that God's favour will rest on you and you  
will know the peace of God.

AND THE PEACE OF GOD, WHICH TRANSCENDS ALL  
UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR  
MINDS IN CHRIST JESUS.

Philippians 4:7

With our love, prayers and best wishes for Christmas 2025.

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# Newsletter from Ken & Elizabeth Joyce.

In the second week of January we hosted Louise and Linda who had come to Bellingen once again as tutors at Camp Creative (campcreative.com.au). Several thousand people enrol for a week to follow one of the 85+ courses and concerts on offer. 2026 is the 40th year but we will be on a cruise ship celebrating Lily's 21st birthday.

We have enjoyed a number of concerts and events during the year a couple including Anna and Lailanie, Jacob's fiancée. Both have beautiful voices and Anna often plays the violin.

Ken stopped preaching at Uniting Church but on Thursday mornings we still catch up for morning tea with our friends at the Old Butter Factory. On Sundays we have visited a variety of churches in the district ranging from Macksville to Coffs Harbour.

We continued having Bible study with Phil and Cheryl Lynch and others and recently moved it to meeting on an afternoon. Currently we are studying 1 Corinthians.



CommuniTea Cuppa

On Monday mornings we have a prayer meeting at the local Nursing Home, then *CommuniTea Cuppa* outside the Uniting Church. We set up tables and chairs and serve coffee, tea and Elizabeth's scones to about 20 people who look for company, conversation, scrabble, jigsaw puzzles etc.

We found the Seniors Plus conference at Mount Tambourine in Queensland very encouraging.  
([mtcc.org.au/events/seniors-plus-conference/](http://mtcc.org.au/events/seniors-plus-conference/))

In March Ken discussed ablation surgery with a specialist aiming to prevent the occasional Atrial Fibrillation events and decided against it. He was given a change of medication which seems to be working.

We took a seven day cruise from Sydney in March which was to go to Adelaide and Hobart but at the last minute a storm meant Adelaide was dropped from the trip. We had two lovely days in Hobart and really appreciated the time we had with Jean and Dave Collins one day, and Lesley Wright the next. There was an additional day in Eden in beautiful weather.

Unfortunately Ken caught Covid, probably on the train, and this has left him with Vertigo which limits him in some activities. The vestibular physiologist tells us this is NOT caused by misplaced crystals in the ear canals but by nerve damage from Covid. He has exercises to try to teach his brain to trust his vestibular system.

Elizabeth started ONERO exercises at Toormina physiotherapy. Building muscles builds bones and minimises osteoporosis. Ken joined her a few months later. Now they both spend an hour a week with weight lifting and other exercises. 40kg dead weight lift (so far!) is pretty good for 80 and 86 year-olds and makes us star pupils for the supervising physiotherapists.

In April Chris and Brooke had a wonderful holiday in Vietnam and we spent some weeks in Bribie island with Lily and included some time with Prue, Elizabeth's sister on the Sunshine Coast.

A smashed windscreen mid May cost us \$1,000 — excess charges on insurance.

We considered moving into an Aged Care facility and decided against it. We looked at some apartments and found one we loved. Unfortunately other people loved it more so we still live in our house in Bellingen.

Motivation for moving comes when the work in the garden becomes too heavy or the list of maintenance needs too long. To make things more liveable we have Scott come to do the lawns, Ben Rose does a great job in a couple of hours in the garden. The other jobs take longer but Craig will work his way through the list.

We are now registered with the Aged Care services and, at least for now, have someone come fortnightly for an hour to clean the bathrooms and mop all the timber floors. Our robot vacuum cleaner goes through the whole house most days and empties the collection when done. Hubert does a fine job!



Anna, Prue, Elizabeth and Ken.

A few weeks later our niece Kate Tralaggan celebrated her 40th birthday and we again spent the weekend in Port Macquarie.

In the first week of August Lily and Jenny stayed; Lily stayed again in September. We took her home in October then went to Prue's and took Prue to Toowoomba for the weekend for nephew, Jason Kelly's 60th birthday and a lovely time catching up with our somewhat extended family.



Ken admiring Elizabeth's orchids

The Party of the Year was for Elizabeth's 80th on the 30th and 31st of May. Anna was the main organiser. Over 50 family and friends came from many places to join her in Port Macquarie for the weekend. We started on Saturday morning with coffee and a stroll together along the break wall. Lots of get-together type chat, friends and cousins together.

Lunch was really comfortable in the Westport Club - very helpful staff there. Dinner was at the Blue Whale restaurant that evening followed by coffee at the Tralaggan's home. Some continued at church the next morning before going home.



Ken with grandson Ethan

After several attempts at planning a trip to Adelaide to visit Ken's brother, Michael, we did a road trip. Leaving home on 1 July we went to Tamworth to visit one of Elizabeth's fellow trainees of 62 years ago and stayed the night with niece Beth and Alex. Then to Nyngan, Wilcannia and Broken Hill.

Three nights in Adelaide to see Michael and family then to Mildura. On the way there we were so glad we could call in to see great-niece Claudia and James on their recently purchased vineyard at Barmera.

A couple of nights at Roger and Barbara's in Wagga Wagga then two nights in Canberra. There we saw granddaughter Elisha, Sam and family and very dear friends Ruth, and John and Laurell Brummell; three special people from our time in Canberra in early 1970s.

Then to Bowral for a reunion of the Nowra community health team Elizabeth worked in for a decade. We got home on the 24th July. Our last nights we were at Coolangatta Historic Village, across the road from our previous home of 43 years.

This trip took us over 4,100 km and 56 hours of driving. all by Elizabeth.

We have four children, 14 grandchildren and 11 great-grandchildren so far.

Peter is Deputy Principal at Macksville High School, Virginia is a consultant nurse. They live about 40 minutes south of us.

Christopher does a lot of developmental work for *Australia Wide First Aid* from home, Brooke works with clients of NDIS. They live on Bribie Island, 550 km north of us.

Simeon, Kelly and family live in the inner western suburb of Annandale, Sydney, 550 km south of us. Kelly is an Executive Director at Transport for NSW, where she oversees how the department prevents modern slavery.

Anna and Andrew have a home at Valla Beach, 20 minutes south, and are building on 81Ha at Bowraville, 60 minutes drive south-west. Anna is now setting up her own Occupational Therapy business called *Forever Growing Therapy*.



Zachary, Jacob, Leilanie, Elizabeth, Ken.