



WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)

You can access the Havilah Facebook Page via the website



## HAPPY NEW YEAR

***May every day of the New Year glow with good  
cheer and happiness for you and your family  
Happy New Year!***

Retirement Community - Bi Monthly Resident Meeting Thursday 16th January 2020, 2.45 pm  
Raglan House - Ground Floor - Neill Street end  
Afternoon Tea Provided





The Havilah on Palmerston diners group enjoyed a relaxing evening leading up to the Christmas festivities at the Peach Village Chinese restaurant followed by tour of the Christmas lights around the district. If you have not had the experience of enjoying yourself attending the organised outings, please do not hesitate to contact Kim for further events.





A fantastic evening was had by all who attended the annual Family and Friends Christmas BBQ, being entertained by Ian Whitehead (The Party Doctor) with many tunes that everyone could enjoy listening too. The weather was kind to us enabling everyone to enjoy the courtyard atmosphere, staff and volunteers made every effort for the night to be a great success once again.





## BOOK REVIEW

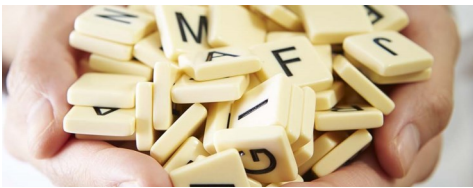


Reacher is on a Greyhound bus, minding his own business, with no particular place to go, and all the time in the world to get there. Then he steps off the bus to help an old man who is obviously just a victim waiting to happen. But you know what they say about good deeds. Now Reacher wants to make it right.

An elderly couple have made a few well-meaning mistakes, and now they owe big money to some very bad people. One brazen move leads to another, and suddenly Reacher finds himself a wanted man in the middle of a brutal turf war between rival Ukrainian and Albanian gangs.

Reacher has to stay one step

ahead of the loan sharks, the thugs, and the assassins. He teams up with a fed-up waitress who knows a little more than she's letting on, and sets out to take down the powerful and make the greedy pay. It's a long shot. The odds are against him. But Reacher believes in a certain kind of justice . . . the kind that comes along once in a blue moon.



### WEIRD and WONDERFUL WORDS

**PANTAGRUELIAN** - enormous



### **Justice of the Peace**

If residents require the assistance of a Justice of the Peace you are welcome to contact

**Terry Simpson**

Mobile: 0419 737 837

During business hours



**EFTPOS**

For the convenience of residents, EFTPOS facilities are located at reception in the High School Centre for payment of Accounts.

### **Emailing HOP TOPICS**

If you provide us with your email address, we can email your Newsletter to you. Please email your details to [andrew.earl@hivilah.org.au](mailto:andrew.earl@hivilah.org.au).

Your assistance with this is appreciated.

## Father Bob Maguire on healthy ageing and the Australian 'Cobberwealth'

I am the classic lapsed Catholic. Weekly trips to mass and Catholic schooling as a kid have given way to indifference, and now the only time I set foot in a church is for weddings and funerals. But perhaps if Father Bob Maguire (simply Father Bob to most Aussies) was my priest growing up, I may have thought twice about leaving the flock, or at least I would have had more of a laugh at mass.

I meet the octogenarian Catholic priest – retired since 2011 – to talk about his insatiable appetite for life as he ages. He is short but looks solid despite his 85 years and he instantly takes to you as if you were an old friend. The only hint to his past as a parish priest are occasional refrains of “oh, God love him”

when you mention someone in conversation, or how he describes society as “the secular” society. Otherwise, the only proselytising Father Bob does, in his effervescent and irrepressible style, is for a message of an ‘everyone-love-everyone’ type philosophy.

The man does still love to give sermon though. His mind is sharp and full of ideas and trying to keep him to the question at hand is difficult, but in the tradition of the best sermons he has a knack of bringing his story back to a fine point.

I want to know what he thinks of recent calls by Treasurer Josh Frydenberg for us to work longer, considering he himself was forced to retire.

“Yes, God love him,” he says of Frydenberg. “It’s confusing. The secular society has not yet worked out itself and now it’s got a group within secular society, the elders.” He says that we would do well to look to the example Indigenous Australians set in regard to their elders.

“They pay their respects to their elders, past, present and *emerging*,”

he says before then diverting to some Martin Luther King Jr quotes. But I’m hooked and I sense a point building.

“Now I’m saying to myself, poor old Bob ... you’ve been to the top of the mountain, because you’re old, and you’ve seen the promised bloody land, you see? Which is when the Australian Commonwealth becomes ... you ready? The Australian ‘Cobberwealth’. You see?”

The Cobberwealth – a term he has coined – is about leaving no person behind. He got the idea from a statue in Melbourne depicting a soldier carrying a wounded comrade across his shoulder, and he feels we’re leaving our elders behind.

“Don’t forget me, cobber!” he booms.

He does that every so often: puts a fine point on an idea with a loud exclamation. Or at times he’ll break into song, shiny eyed and full of devilment. He’s enjoying himself. Since retirement, Father Bob hasn’t stopped. He runs the Father Bob Foundation whose mission is “to provide material, emotional and social support to whomever, whenever and wherever necessary”. He is out giving food four nights a week, gives mass at aged care homes, talks at countless events and has a camel sanctuary which is a place of education and nature for the underprivileged.

I’m tired just thinking about his schedule, I tell him, and I wonder aloud how he keeps his energy and drive to live well as he gets older. “I’ve got another line to write in the poem, you see? It’s a poem. I get out of bed in the morning with the intention of writing another line,” he says.

He has a lifetimes-worth of these small nuggets of wisdom. They often punctuate long stanzas of history, thoughts and jokes. Like the way

he refers to the Catholic religion as the “firm” and Jesus as the “founder”, he certainly lives up to his ‘Larrikin priest’ sobriquet.

“You’ve got to be creative and innovative, otherwise you’ll end up just comatose,” he says. And with that we divert to Rome circa 500 BC for some history and then on to the view of some that he is a communist, which eventually leads to more singing.

“Solidarity forever,” he bellows. It turns out he had a sing-song with the trade unions last week, the reason for which I forgot to ask among all the commotion.

Father Bob is an enthralling character and he is a fine example of the point he is trying to make. Our elders have wisdom and knowledge that we ignore. As I listen to his stories I hang on his every word, waiting for the eventual lesson to come, but in no hurry for it.

Sitting with Father Bob for half an hour has given me a sense of ease about ageing. We finish our conversation as he must get ready: tonight, he is heading off to the ARIA music awards and as I’m packing up my things Father Bob is still going (I don’t think his sermons ever really finish).

He is a poster child for healthy ageing and a healthy outlook on life, I tell him. But he’s having none of it and diverts to telling me about the work of the local homeless shelters he spotted around his hotel here in Sydney.

“If there’s one thing we need today in the Cobberwealth it’s to use logic and reason,” he says.

“Community is based on... are you ready?” He pauses often for dramatic effect. “Care, communication, concern, common sense and compassion.”

The Cobberwealth sounds like a good place to me.

## What's On & Events

### CONTACT NUMBERS:

#### FOR PALMERSTON ST

**Reception 5459 0140**  
**MON-FRI 9AM-12 NOON**  
 (other than public holidays)

**Raglan House 5459 0150**  
**For 24 Hour Contact**

**Nurse Manager 5459 0154**

**Lifestyle 5459 0169**

**Maintenance BH 0417 679 803**

**Maintenance AH 0408 645 203**

**Kitchen 5459 0180**

### CONTACT NUMBERS

#### FOR HARKNESS ST

#### MON-FRI

**9AM-5PM 5461 7300**

**5PM-7 AM 5461 7394**

**WEEKEND 5461 7394**

**LIFESTYLE 54617 390**

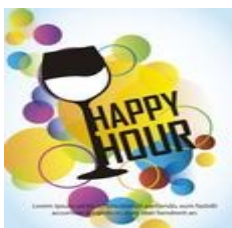
**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 16th January 2020 at 2.45pm,  
 Raglan House –Ground Floor-Neill Street end.  
 (Coffee & Chat immediately after the meeting)

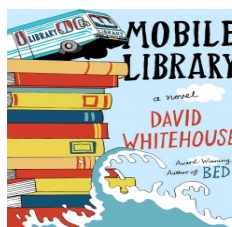


### HAPPY HOUR

Every Friday night in the High School Centre  
 Function Room (Rooms 1 and 2) commencing  
 at 5.00pm  
 entertainment, finger food & drinks.



**BINGO** Monday- Friday 1.30 P.M. Ground  
 Floor Raglan House



### MOBILE LIBRARY:

**JANUARY 13TH 2020, FEBRUARY 10TH AND  
 24TH 2020**

Raglan House—Ground Floor—Neill  
 Street end



### SPECIAL MORNING TEA

2nd Friday of each Month  
 North End Common area Raglan House  
 All Retirement Living and Raglan residents are  
 invited to attend.



### TAI CHI

**Resumes 20th  
 January 2020**

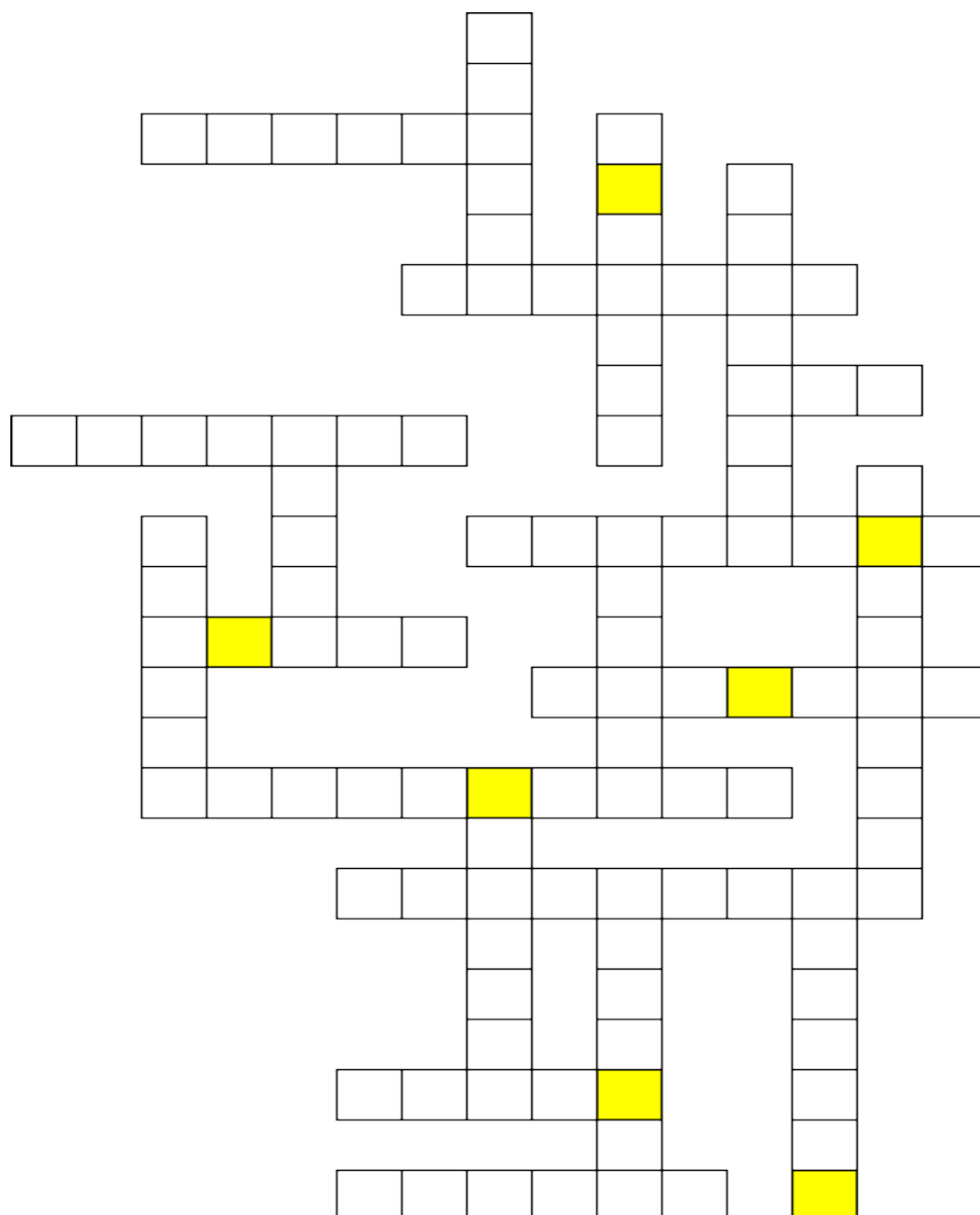


**2nd Wednesday each Month**  
**Next Date 8th January 10.00am**  
 Raglan House—first floor

♦ **STRENGTH EXERCISES AND FALLS PREVENTION**  
 Every Monday at 2.30 Raglan House Ground floor

♦ **CHAIROBICS**  
 2.30 P.M. Tuesday & Fridays Ground Floor Raglan House





**3 Letter Words:**  
USA

**5 Letter words:**  
EGYPT  
ITALY  
SPAIN

**6 Letter Words:**  
AFRICA  
FRANCE  
NORWAY  
RUSSIA  
SWEDEN

**7 Letter Words:**  
AUSTRIA  
BELGIUM  
DENMARK  
FINLAND  
GERMANY  
ICELAND  
ROMANIA

**8 Letter Words:**  
PORTUGAL  
THAILAND

**9 Letter Word:**  
AUSTRALIA  
INDONESIA

**10 Letter Word:**  
NEW ZEALAND

**SUDOKU** Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1-9

2						6	8	4
				1			7	
		8				9		
3				6				
						3		
		4		7	1		2	
						8		
4	6	5						7
9			5					

Medium 590

		8			4	6		
			5	2				3
	6			3		9	4	
4				5				
	3	6						
	8	5		6				
			2	4			6	
		2					7	
		1	8		7			2

Easy 590

## Falls Prevention



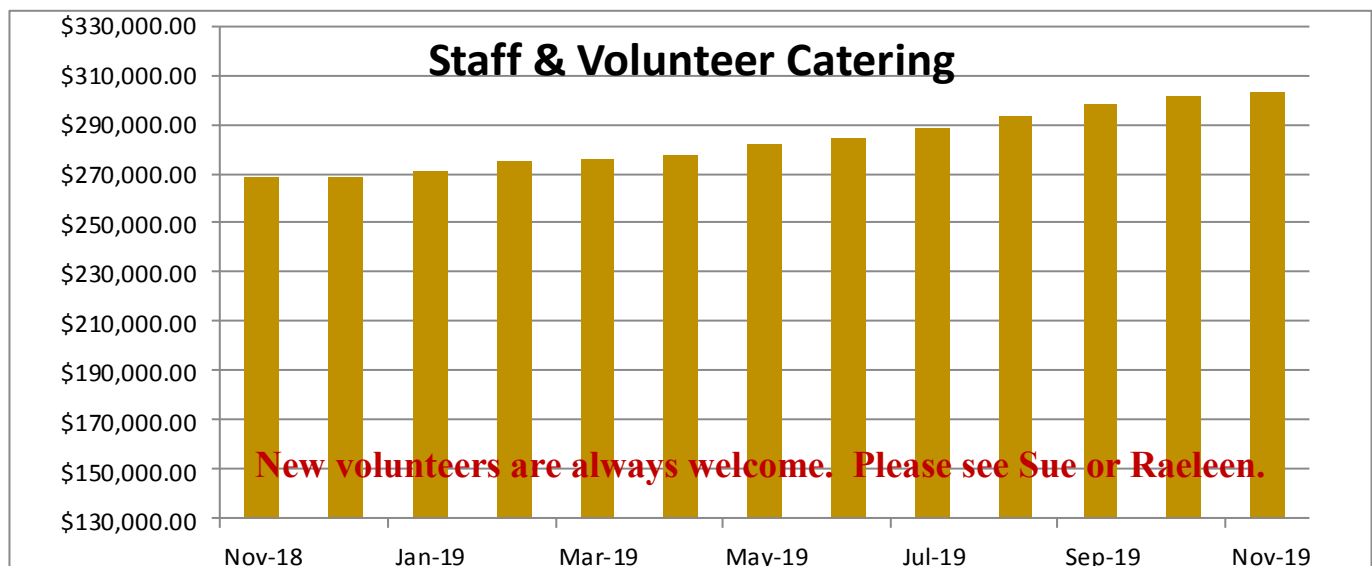
**Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.**



The Central Highlands Library service visit's Raglan House.

Come and talk to Kerry the Librarian who will help you find the book you are after. There is a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit.

The mobile Library is set up in the North end on the ground floor. from 10.15am - 11.15am.



Many years ago Havilah published a recipe book with residents and their family favourites, ranging from soups to casseroles, desserts, cakes and slices etc. This publication proved to be a worth while fund raiser for Havilah.

We are looking to re do another one using some recipes from the original publication and requesting current families who would like to submit their own favourite.

Recipes and pictures can be sent via email to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) or by leaving at main reception desk at Harkness Street during office hours.



Independent Living Unit residents are to be mindful that the designated signed disabled parking area's are to be kept clear at all times.



**Thank you to all our volunteers from the retirement community. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.**



## What's On & Events

UNITING CHURCH - 1st Tuesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

**CHURCH SERVICES Room 7—High School Centre**



### ♦ **MARYBOROUGH MENS SHED**

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

### ♦ **MARYBOROUGH BRANCH CWA.**

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

Contact Shirley on 5461 1657 or Rachel on 0419125459



### **2020 Talbot Market**

#### **Dates:**

**January: 19th**

**February: 17th**

**March: 15th**

**April: 19th**

**May: 17th**

**June: 21st**

**July: 19th**

**August: 16th**

**September: 20th**

**October: 18th**

**November: 15th**

**December: 20th**

### **2020 Talbot Market**

#### **Dates:**

**January: 26th**

**February: 23rd**

**March: 22nd**

**April: 26th**

**May: 24th**

**June: 28th**

**July: 26th**

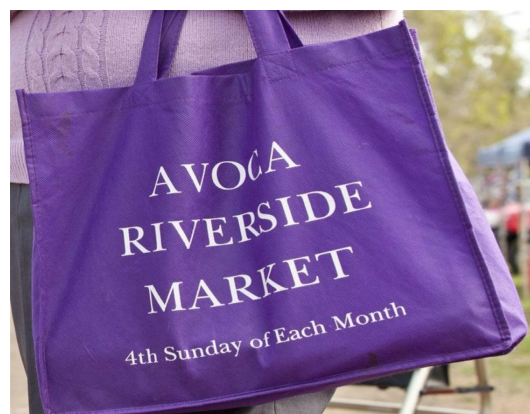
**August: 23rd**

**September: 27th**

**October: 25th**

**November: 22nd**

**December: 27th**



**RAGLAN HOUSE  
GARDENING CLUB  
MEETS EACH TUES-  
DAY  
AT 3 PM**

Interested gardeners from the retirement community who would like to join in this group are very welcome.

Please talk to Kim if you would like to get involved.

Australia Day Celebration and Activities will be held on Sunday 26th January

Patriotic Lunch will be served and tables decorated for the occasion.





The conversations of life

## No snooze and you lose: study shows too little sleep can affect women's bone density

By Lauren Broomham on November 22, 2019

We all know sleep is good for our brains, but did you know it's also essential for our bones, ladies? A new study out of the University of Buffalo in the US has shown that getting five or fewer hours of sleep a night is linked to low bone mineral density and higher chances of osteoporosis.

The researchers looked at over 11,000 post-menopausal American women and how much they slept.

The result? Those who notched up less hours under the covers had significantly lower bone mineral density at four sites – the whole body, hip, neck and spine – compared to women who sleep seven hours a night – the equivalent of one year of ageing. Sleeping over seven hours didn't make any difference however.

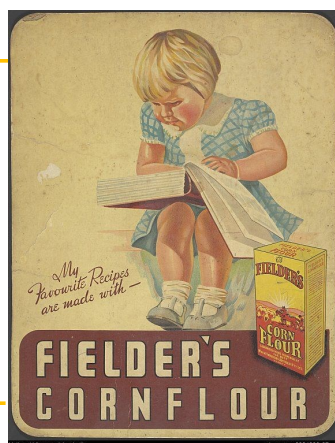
So why would this be the case? The study authors say the body undergoes a range of healthy processes during sleep – including bone remodeling, whether the old tissue is removed and new bone tissues forms.

When you don't get enough sleep, that remodeling can't take place.

Poor sleep is also associated with other health conditions, including obesity, diabetes, hypertension, and cardiovascular disease.

The positive news is that we can take steps to fix our poor sleep habits and add in other healthy behaviours.

*"It's really important to eat healthy, and physical activity is important for bone health," lead author Heather Ochs-Balcom, an associate professor of epidemiology and environmental health, says. "That's the exciting part of this story—most of us have control over when we turn off the lights, when we put the phone down."*



### THINGS MY MOTHER USED TO SAY

Am I talking to a brick wall

Life isn't fair

As long as you live under my roof

Wash you face.

Mind you P's and Q's



### Ingredients

- 2 large cooked chicken breasts shredded or chopped
- 2 large avocados
- 1 cup corn from 1 cooked cob
- 6 oz lean bacon cooked and chopped
- 1/4 cup Chives (or green onion), chopped
- 2 Tbsp Dill chopped, or to taste.

### Lemon Dressing:

- 3 Tbsp lemon juice freshly squeezed
- 3 Tbsp extra virgin olive oil
- 1 tsp sea salt or to taste
- 1/8 tsp black pepper
- 

### Instructions:

- Dice or shred the 2 large cooked chicken breasts and place into a large mixing bowl.
- Peel and pit 2 large avocados, slice into bite-sized pieces and add to the mixing bowl.
- Add 1 cup of cooked corn (freshly cooked corn is best), toss in 1/4 cup chopped green onion, chopped bacon, and 2 the fresh Dill.
- Add dressing ingredients to a small bowl and stir to combine. Drizzle over salad and toss to combine. Serve with slices of hard boiled egg if desired.

### Avocado Chicken Salad



Quiz and Crossword  
Solutions from page 7 & 13

1. The Heart
2. August
3. \$50.00 note
4. NSW and South Aus-  
tralia

P	I	R	A	T	E	S	Z	E	B	R	A
A	E	O	E	O	E	R	O	R	E	D	E
S	O	B	E	R	I	G	N	O	R	E	D
T	U	R	Z	E	D	E	S	T	E	I	N
R	N	E	C	O	P	S	E	T			
A	C	U	T	E							
S	A										
C	U	B	E	S							
R	B	H	M								
A	V	A	R	I	C	E					
P	G	F	R								
E	L	E	C	T							

2	1	7	9	5	3	6	8	4
5	4	9	6	1	8	2	7	3
6	3	8	7	2	4	9	5	1
3	5	2	4	6	9	7	1	8
1	7	6	2	8	5	3	4	9
8	9	4	3	7	1	5	2	6
7	2	3	1	4	6	8	9	5
4	6	5	8	9	2	1	3	7
9	8	1	5	3	7	4	6	2

3	5	8	9	7	4	6	2	1
9	1	4	5	2	6	7	8	3
2	6	7	1	3	8	9	4	5
4	2	9	7	5	1	8	3	6
1	3	6	4	8	2	5	9	7
7	8	5	3	6	9	2	1	4
8	7	3	2	4	5	1	6	9
5	9	2	6	1	3	4	7	8
6	4	1	8	9	7	3	5	2

Medium 590

Easy 590

# Giggletime



On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

"Sir you have got to help!" said the tearful man at the door. "There is a family that I know very well that is in desperate need of money. The Father has been out of a job for over a year, they have five kids at home with barely a bit of food to eat. The worst part is, that they are about to be kicked out of the house and they will be left on the streets without a roof over their heads!" The man concluded with one last heart wrenching sob. "Well," said the man at the door, "that really is a sad story. Why don't you come inside and we'll talk about

it a little more." "So how much money is needed exactly?" asked the man when they were both seated. "Oh it's really terrible", said the man starting up again, "why just for the rent \$3000 is needed by tomorrow otherwise they'll be kicked out onto the streets." "How do you know so much about this situation?" asked the man as he reached for his check book. "Well," said the man breaking down once more "they are my tenants."

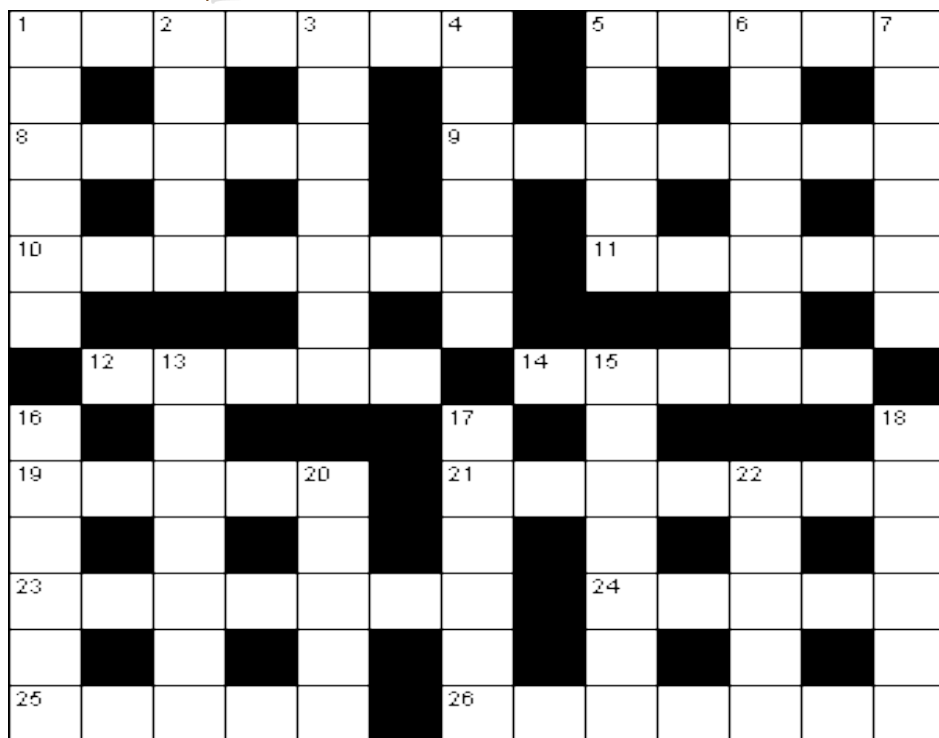


Three engineers and three accountants are traveling by train to a conference. At the station, the three accountants each buy tickets and watch as the three engineers buy only a single ticket. "How are three people going to travel on only one ticket?" asks an accountant. "Watch and you'll see," answers an engineer. All of them board the train. The accountants take their respective seats but all three engineers cram into a restroom and close the door behind them. Shortly after the train has departed, the conductor

comes around collecting tickets. He knocks on the restroom door and says, "Ticket, please." The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on. The accountants saw this and agreed it was a clever idea. So after the conference, the accountants decide to copy the engineers on the return trip and save some money. When they get to the station they buy a single ticket for the return trip. To their astonishment, the engineers don't buy a ticket at all.

"How are you going to travel without a ticket?" says one perplexed accountant. "Watch and you'll see," answers an engineer. When they board the train the three accountants cram into a restroom and the three engineers cram into another one nearby. The train departs. Shortly afterward, one of the engineers leaves his restroom and walks over to the restroom where the accountants are hiding. He knocks on the door and says, "Ticket, please."





## ACROSS:

1. Buccaneers (7)
5. African equine
8. Serious (5)
9. Disregarded (7)
10. Abhorrent (7)
11. Beer Mug (5)
12. Intense (5)
14. Thicket (5)
19. Regular hexahedrons (5)
21. Residence (7)
23. Greed (7)
24. Deportation (5)
25. Choose (5)
26. Journeyman (7)

## DOWN:

1. Rector (6)
2. Kind of puzzle (5)
3. Deluge (7)
4. Grabbed (6)
5. Regions (5)
6. Edges (7)
7. Fervent (6)
13. Vegetable (7)
15. Remnant (7)
16. Abrasion (6)
17. Photographic equipment(6)
18. Aft (6)
20. Change position (5)
22. Ways Out (5)

## WORD SEARCH - Wild Things®

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

**Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards;**

AARDVARK, ALBATROSS, ALLIGATOR, ANACONDA, ANTELOPE, BABOON, BADGER, BANDICOOT, BEAR, BUFFALO, BUZZARD, CENTIPEDE, CHEETAH, COUGAR, CROCODILE, DINGO, EAGLE, ELEPHANT, FALCON, GIRAFFE, GORILLA, HAWK, HIPPOPOTAMUS, HYENA, IGUANA, JAGUAR, KANGAROO, LEOPARD, MONKEY, RATTLESNAKE, RHINOCEROS, SEALION, TAPIR, TARANTULA, VULTURE, WALRUS, WOLF, ZEBRA

## QUIZ

1. A cardiologist specialises in treating which organ of the human body?
2. In Australia the official birthday for all racehorses is the 1st of what month?
3. Which Australian bank note is sometimes referred to a "pineapple"?
4. Sir Donald Bradman played Sheffield Shield cricket for which two state?

## NOTICE BOARD

### **Emergency Procedure**

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency.

Then when safe to do so report the Incident to Havilah

and we can provide assistance if required.

### **USING EMAIL TO TALK TO OUR MANAGEMENT TEAM**

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

### **FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE**

Residents are encouraged to communicate any issues they may have to

**CEO Barb Duffin** 5461 7381 Mobile 0429 617380

email: [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Havilah on Palmerston Deb Matthews**

email: [deb.matthews@havilah.org.au](mailto:deb.matthews@havilah.org.au)

Havilah respects the right of residents to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant the actions taken as a result of the complaint.

We welcome your input as to the things you don't like and the things that you do as this assists us in providing a quality service.

### **GENERAL ENQUIRIES**

For any general enquiries: Residents can contact Havilah 24 hours a day, 7 days a week on Email: [mail@havilah.org.au](mailto:mail@havilah.org.au) or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150**

### **HAVILAH ON PALMERSTON RECEPTION HOURS**

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140  
(Closed Public Holiday)

### **HARKNESS ST RECEPTION OFFICE HOURS**

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300  
(Closed Public Holidays)

**ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203**