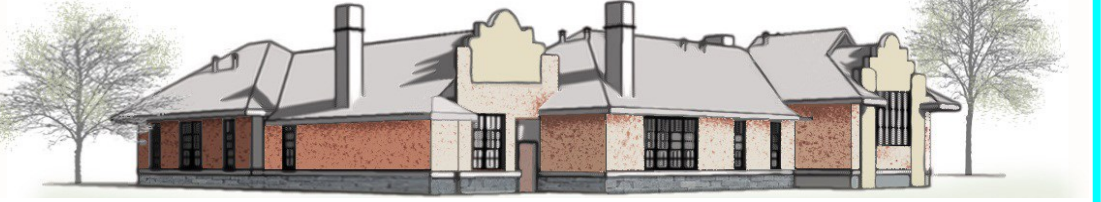


ISSUED
January 2018



HOP TOPICS



***May this New Year brings you a peace filled life,
warmth and togetherness in your family and
much
prosperity!
Happy New Year!***

**Bi Monthly Retirement Community Resident Meeting Thursday 18th January 2018 2.45 pm
in Rm7**



TALKING Lifestyle
DIGITAL | ONLINE | MOBILE
Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM
Follow us on
facebook 

Australian bird of the year 2017

1. Australian magpie
Votes: 19,926



2. Australian white ibis
Votes: 19,083



3. Laughing kookaburra
Votes: 10,953



4. Tawny frogmouth
Votes: 6,869



5. Superb fairywren
Votes: 6,366



6. Rainbow lorikeet
Votes: 6,041



7. Willy wagtail
Votes: 4,789



8. Wedge-tailed eagle
Votes: 4,517



9. Southern cassowary
Votes: 4,168



10. Splendid fairywren
Votes: 4,129



Our 'Trump moment'? Magpie edges out the bin chicken for Australia's Bird

By [Lauren Broomham](#) on December 15, 2017

Update on [this story](#): the black-and-white menace swooped in just before the Guardian and BirdLife Australia poll closed to take out the hotly contested title ahead of the white ibis by 826 votes.

As you can see from the top 10 tally above, both birds were well ahead of their nearest rival, the kookaburra which earned just 10,953 votes.

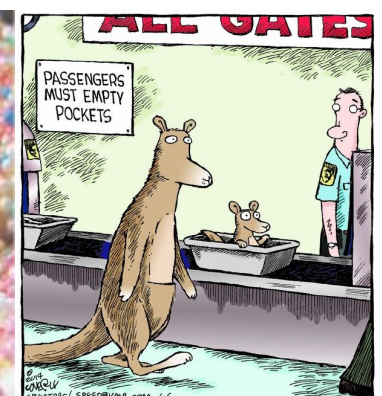
On social media, many users questioned why two birds – one best known as the bane of cyclists, walkers and small children everywhere and the other famous for eating out of rubbish bins – came out on top.

BirdLife Australia's Sean Dooley told the ABC: "They're incredible birds and they have an amazing vocal range," he said.

"Magpies are easily tamed and people have a great connection with them. They love to feed them."

Others weren't convinced however, with some even labelling the win Australia's 'Trump moment'.

I have to agree. Next spring, when you're being swooped by one of these feathered fiends just remember Australia – you voted for this.



You're Not Australian Until ...

You have argued whether Fords are better than Holdens.

You stop greeting people with 'Hello' and go straight into "how yer goin'?"

You kind of know the first verse of the national anthem, but buggered if you know what 'girt' means.

You've tried to hang off a Hills Hoist while pretending you could fly.

You've had to visit the emergency room after hanging off Hills Hoist pretending you could fly.

You don't know what's in a meat pie and you don't care.

You know a dog named Bluey.

You've squeezed Vegemite between Saladas to make Vegemite worms.

You pledge allegiance to Vegemite over Promite.

You believe that the flavour of any meal is improved by adding tomato sauce.

You firmly believe that in the end, everything will be ok, and have told a mate in tough times that 'She'll be right, mate'.

You can't understand why John Farnham never became an international success.

You know that the oath of mateship can never be limited by geographical distance.

Justices of the Peace

There are 2 Justices of the Peace living at Havilah on Palmerston

If residents require their assistance you are welcome to contact them during Business Hours

Contact: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com;

or

Terry Simpson Mobile: 0419 737 837

**Home Maintenance Reporting**

Residents are requested to report all maintenance issues to the HOP Office located in the Community Centre which is open from Monday to Friday between 9.00am & 12 noon for residents to phone on 54590140 or call in.

If residents need to make contact during business hours after 12.00pm you can call Reception at Harkness Street on 5461 7387 with their maintenance concern.

Alternatively residents can email any issues to palmerston@havilah.org.au

Residents are still welcome to call Stuart outside business hours with any urgent maintenance issues 0417 679 803

NOTICE BOARD



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.



THINGS MY MOTHER USED TO SAY

Go find something to do.
If you're bored, you can help me clean.
What would the Queen say.
Never write or type anything you don't want someone else to read.
Money can't buy you happiness, but it sure helps.



Postage stamps are now available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts.

Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.

ON CALL MAINTANCE

after hours and weekend calls.

0408 645 203



**PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON**





In The Kitchen

Recipe of the Month

Raspberry Trifle Ice-cream Cake

Ingredients:

- 2 x 250g packets mini jam rolls.
- 2 tablespoons dry sherry.
- 5 litres vanilla icecream.
- 2 x 85g packets raspberry jelly cystals.
- 1 1/2 cups double thick vanilla custard.
- 1 cup frozen raspberries, lightly crushed.
- 600ml thickened cream.
- 2 sliced peaches, to decorate.
- 125g fresh or frozen raspberries, thawed to decorate.

Method:

- Grease a 22cm round base spring form pan. Line base and side with baking paper, overlapping at joins and extending paper 7cm above edge of pan.
- Cut each jam roll into 6 equal slices. Place 1/2 the slices, in a single layer base of prepared pan, trimming to fill any gaps., drizzle with 1/2 the sherry.
- Place 1.5 litres of icecream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted). Add 1/2 the jelly crystals. Mix well to combine. Spoon mixture over prepared base, spreading to level. Freeze for 2 hours.
- Place 2 litres remaining icecream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted). Stir in custard until well combined. Fold in raspberries. Spoon 1/2 the mixture into the pan, spreading to level. Arrange remaining jam roll slices on top, in a single layer, trimming to fill any gaps. Drizzle with remaining sherry. Top with remaining custard mixture, spreading to level. Freeze for 2 hours.
- Place remaining ice-cream in a bowl. Set aside for 10 minutes to soften (icecream should not be melted). Add remaining jelly crystals. Mix well to combine. Spoon mixture into pan, spreading to level. Cover surface with plastic wrap. Freeze overnight.
- Use an electric mixer, beat cream until just - firm peaks form. Remove ice-cream cake from pan and place on a serving plate. Dollop with whipped cream. Top with peach and raspberries. Serve immediately.

PHOTO GALLERY



A wonderful summers evening was had by all residents family and friends who attended the annual Christmas BBQ. A huge thankyou to all staff and volunteers who assisted on the evening, everyone was very complimentary of the effort that was put into making it an enjoyable event.



PHOTO GALLERY



Christmas day was celebrated by residents with a fine traditional midday meal of meats and vegies and plum pudding. All ILU residents that attended thoroughly enjoyed themselves in the company of Raglan House residents.

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

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

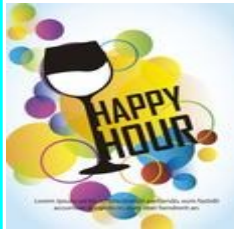
LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be
 Thursday 18TH January 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

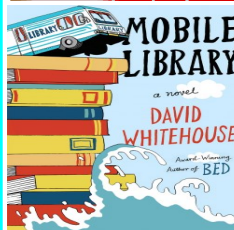


HAPPY HOUR

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 DATES
 Monday 1st & Monday 15th January
 Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA—COMING DATES
 2nd Friday of each Month
 Room 7 High School Centre



TAI CHI

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am
 Room 7 High School Centre

♦ **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
 House

What's On & Events

CHURCH SERVICES Room 7—High School Centre

There will be no church services during the month of January.



The ILU Movie Nights
3rd Tuesday of each month.
Rm 7 starting time of 7.00pm (Supper included)
16th January 2018
20th February 2018
20th March 2018
16th January 2018

PROPOSED ILU RESIDENTS OUTINGS FOR 2018

Fortuna Villa - Bendigo - High Tea , last weekend of the month.
Tuki Trout Farm, Smeaton, catch your own fish for lunch, any Saturday or Sunday.
God Class movie session - Ballarat Regent Theatre.
Avoca riverside Market –3rd Sunday of the month.
Please contact Activities team Leader with you expression of interest in any of the proposed outings.
Email: kim.davidson@havalah.org.au
Phone: 5459 0169

♦ 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

BOOK REVIEW



BOOK REVIEW

MALLEE BOYS

by

CHARLIE ARCHBOLD

Sandy

You know, when you walk into a murky river you could step on anything. I've never understood how easily some people will just leap on in when they can't see a thing. I suppose it's like life; maybe I could do with just stepping in more an looking less.

Red

Sandy's a funny kid. I say kid, but he's not much younger than me. He's fifteen. I'm eighteen. It's only three years but sometimes it seems like thirty. Dad said I burst into the world, born effortlessly on the way to the hospital, which for a first baby was something. I screamed my lungs out and the doc told Mum she was a natural. Sandy though was way too early. Born prem-mie, he had to spend his first few months in hospital. Probably daydreaming in the womb and before he knew it he'd just drifted out.

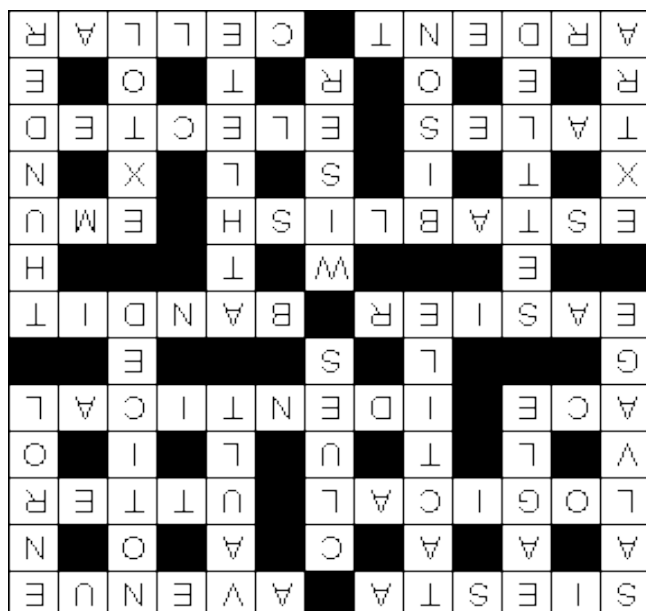
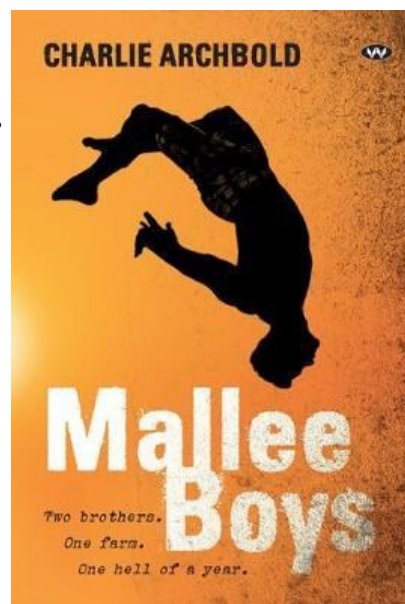
Typical. Sandy causing a lot of drama for everyone.

They had to get the flying doctors out and all sorts.

On a farm in the Mallee, Sandy and Red and their dad are adjusting to life following the death of their mother. Sandy is no natural farm boy, scared of goats and allergic to spring. He keeps his secrets tight. Red loves the farm but is so angry with the world that he may as well be a willy-willy – wild and out of control. Their dad is just trying to keep it together. Three of them, no talking, in a brutal landscape of wind and searing heat. It's going to be a big year.

'Mallee Boys' is a wrenching, real story about grief and survival. It's also about choosing your path, even if it's not easy and might take you away from everything you know. The landscape is tough, but full of beauty for those who look for it.

Plenty of themes in here: loss, responsibility, change, family, truth, communication. Without their mum to guide them, and with their dad drowning in his own loss, two young men have to make their own decisions and live with them.



Quiz and Cross- word Solutions from page 11



Answers to Anagrams

1. BALLINA
2. BALMAIN
3. BENALLA
4. BENDIGO
5. CHIFLEY
6. DINMORE
7. TOORADIN
8. STORMLEA
9. WHAYALLA
10. GLENSIDE

SMILE

Three men are sitting stiffly side by side on a long commercial flight. After they were airborne and the plane had levelled off, the man in the window seat abruptly says, distinctly and confidently, in a loud voice, "Admiral, Royal Navy, retired. Married, two sons, both surgeons."

After a few minutes the man in the aisle seat states through a tight lipped smile, "Admiral, Fleet Air Army, retired. Married, two sons, both Judges."

After some thought, the fellow in the centre seat decides to introduce himself. With a twinkle in his eye he proclaims, "Master Gunnery Sergeant, Royal Navy, retired. Never married, two sons, both Admirals."



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 Daniel. '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.



I tell you what,
it's much more comfortable with a cushion...

A contractor needed to hire a painter for a job he was doing, so he went down to the local Centrelink office to see what they had on their books.

They told him they didn't have any painters on the books but there was a knee surgeon looking for work.

"Nah, that's no good, I need an experienced painter."

"Sorry sir, but that's all we've got," the Centrelink manager says.

The contractor was desperate, so he hired the knee surgeon and they go off to get on with the job.

Two weeks later the contractor returns to Centrelink and asks if he could hire that knee surgeon again.

"Sorry sir, but he managed to find a job as a knee surgeon," the manager says. "But the good news is we do have an experienced painter looking for work today."

"Nah, that's no good, I want the knee surgeon."

"Why?" asks the Centrelink manager.

"Well, when I took the knee surgeon over to do that job two weeks ago, the front door was locked and we had no key.

"I was worried at first, but he was fine. He managed to paint the whole house through the keyhole."

Correct		Mammal		Transmit		Allow	Grievous		Taxi		Consumed	
Lubricant						Rent payer	Rocky hill				Require	
						Gain by effort						
Number		Shooting star							Insect			
		Brink							Force or threat			
					Desiccated				Portable shelter		Finished	
					Spooky							
Stray	Senior						Surmount					
	Connect											
			Acquire	Tolerate							Half a dozen	
Ovum												
Momentary				Steal		Pinch	Meaning					
							Developed					
								Agitate				
Pig pen		Belonging to them										
		Tall story										
			Be seated		Female swan							
					Young man							
Display tripod						Porthole						
Desired	Contender						Cheroot					
						Vegetable						

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

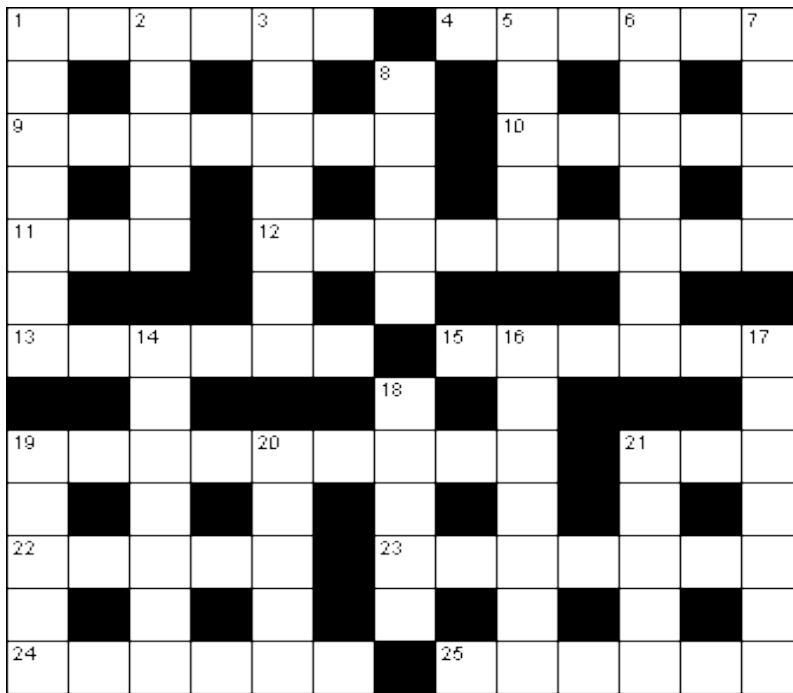
9			6	8				
		1			2	4	6	
				1				
1								
						6	5	
	8		4		5		7	
	2		7					4
4		3				1		
					6	5		

LEVEL MEDIUM 362

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

LEVEL EASY 362

Mind Games



Across

1. Afternoon nap in Spain (6)
4. Wide Street (6)
9. Coherent (7)
10. Speak (5)
11. Playing card (3)
12. Exactly the same (9)
13. Not as strict (6)
15. Armed thief (6)
19. Set up or found (9)
21. Australian flightless bird (3)
22. Stories (5)
23. Chosen by voted (7)
24. Fervid (6)
25. Basement (6)

Down

1. Save from destruction (7)
2. Bird of prey (5)
3. Haptic (7)
5. Strongroom (5)
6. Observed (7)
7. Join up (5)
8. Hints (5)
14. Resolved (7)
16. Sports contestant (7)
17. Booming noise (7)
18. More judicious (5)
19. Additional (5)
20. Large shaggy bovid(5)
21. Exalt (5)

Word Search - Musical Instruments

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

ANAGRAMS: AUSTRALIAN TOWNS

1. ALBINAL (NSW)
2. BIMANAL (NSW)
3. BALNEAL (VIC)
4. BOINGED (VIC)
5. CHIEFLY (ACT)
6. MINORED (QLD)
7. TANDOORI (VIC)
8. MOLERATS (TAS)
9. HALLWAY (SA)
10. SEEDLING

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

ACCORDIAN, BAGPIPES, BANJO, BASSOON, BELL, BUGLE, CASTANETS, CELLO, CLARINET, CLAVIER, CORNET, CYNBALS, DRUM, DULCIMER, EUPHONIUM, FLUEGELHORN, FLUTE, FRENCH HORN, GONG, GUITAR, HARMONICA, HARMONIUM, HARP, HARPSICHORD, KAZOO, KOTO, LUTE, LYRE, MANDOLIN, MARIMBA, OCARINA, ORGAN, PIANO, RECORDER, SITAR, TAMBOURINE, TIMPANI, TROMBONE, TRUMPET, TUBA, VIBES, VIOLA, VIOLIN, WHISTLE, ZITHER.

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 CONVERSE WITH 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

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 5461 7381 Mobile 0429 617380
email: barb.duffin@havilah.org.au

Director of Care Kelsey Hooper 54 617383
email: kelsey.hooper@havilah.org.au

Nurse Manager Havilah on Palmerston Deb Matthews email: 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 or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300