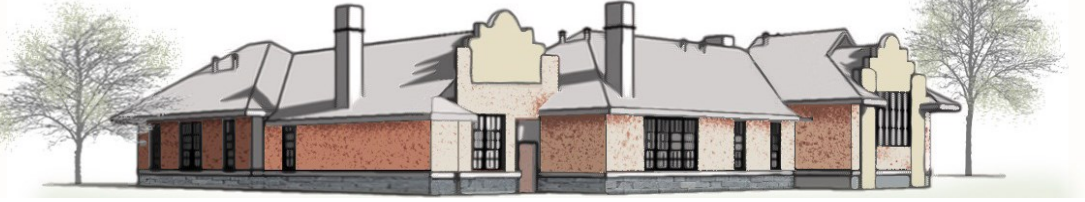


ISSUED
February 2018



HOP TOPICS



EXPERIENCE OF A LIFE TIME

Cliff and The Antarctic Adventure:

To celebrate the start of the New Year by flying around an active volcano at midnight, in bright sunlight is an unforgettable experience.

This was to be my privilege some weeks ago when at the urging of my family, especially my grand daughter Melissa, I was booked on the Qantas flight on Sunday 31/01/2017.

As the oldest and being the second of more than 300 passengers to board the flight, I received royal treatment.

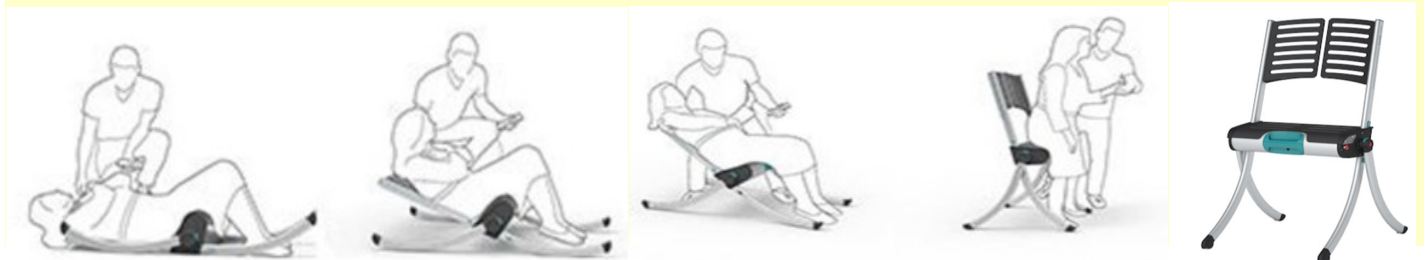
After take off the view of Melbourne was very interesting but we were within a few minutes so far above the clouds that little could be seen of the terrain. Even over Tasmania.

Once we reached the beginnings of the sea ice the view became clearer and of great interest, with such variety of ice formations and further inland, mountains and glaciers.

I am still amazed at the thought of such a huge plane being able to fly non stop for thirteen hours with over 300 passengers and crew with enough fuel to get there and back.

Man has achieved much in such things but when compared with the wonders of creations he has much more to strive for to maintain a peaceful civilisation.

State of the art Chair Donation: Late last year a new state of the art lifting chair was introduced for use at Heath House. The Raizer Chair is one of the latest, technologies designed to assist uninjured residents to their feet following a fall, minimising physical effort by staff and distress to residents. In donating the chair in recognition and appreciation of the good and kind care of his wife Helen by the Team at Heath House, Kent Teese from Havilah on Palmerston said he was pleased the chair would help both residents and nursing staff in the future. On reading about the donation, long time supporter of Havilah and now resident at Melaleuca House Grace Rootes, thought this was a wonderful innovation and made a donation of an additional chair. Then, Judy Lind from Havilah on Palmerston Retirement Village came forward with a further donation of a chair for use at Raglan House and within the Havilah on Palmerston Retirement Community. Thanks to the incredible generosity from within our Havilah community we now have two raizer chairs for use at Harkness and one for Havilah on Palmerston — How good is that!!!



Resident Meeting Thursday 15th March 2018 2.45 pm Room 7 High School Centre



If you're an Australian of a certain age...

Australians are well known for having a certain flair with the vernacular, both delighting and confusing overseas visitors with our slang, colloquialisms and quirky use of metaphors. But where do these expressions come from and how have they stayed with us?

Here are a few wonderful examples. You're sure to know these but you may not know how they came to be!

...With much indebtedness to the Australian National Dictionary Centre at ANU.

furphy

A furphy is a rumour or false report; an unlikely or absurd story. But you probably didn't know that it comes from the name of a firm, J. Furphy & Sons Pty. Ltd., who began operating a foundry at Shepparton, Victoria, in the 1860s (and still do, five generations later!).

The Furphy company website and the Australian National Dictionary Centre tell essentially the same story about the history of the term.

In the days when few houses collected rain water from their roofs, water had to be physically transported in water carts. John Furphy invented and manufactured a water cart that was used widely, including in army camps during the First World War. The name, *Furphy* appeared on the side of these carts.

According to the Furphy website, "the carts were typically placed near the latrine area, the only place in the camp where soldiers were out of the controlling eye of their officers, allowing them the freedom to express their thoughts on the latest news that was, at best, unreliable."

The website says the 'Furphy Water carts' were used extensively in Europe and the Middle East to carry water to the troops during the War.

"The drivers of the carts were notorious sources of information and gossip for the men as they moved from camp to camp. As could be expected, not all their news was reliable and so it was that the word Furphy rapidly became a synonym for suspect information or rumour."

The word, furphy is first officially recorded in print in 1915.

1915 J. Treloar *Anzac Diary* 3 February: Today's 'furphy', for never a day goes by without at least one being created, was about lights being prohibited in camp on account of the possibility of German air-ship raid. Some of the troops do not suffer from lack of imagination.

plonk

Plonk – the noun – refers to wine, usually to cheap or poor quality wine, although many Australians use the term affectionately for any kind of wine. Hence one might describe a very fine wine as 'good plonk'. But where does the term come from?

According to the Australian National Dictionary Centre, like 'furphy', 'plonk' has its origin with Australian soldiers in the First World War. They pronounced the French wine, 'vin blanc' (white wine) as 'van blonk' and further morphed it into plonk. It was first recorded in print in 1919 and it has since spread to 'other Englishes'.

billycart

A billycart is a child's four-wheeled go-cart. It's a shortened form of the Australian term *billy-goat cart* which dates back to the 1860s, according to the Australian National Dictionary Centre. Some of us still bear the scars of billycart races from our childhood.

In earlier times though, the term applied to a small cart, often two-wheeled, that was pulled by a goat. These billycarts were used for such purposes as home deliveries, and they were also used in races. The term was then applied to any homemade go-cart.

AND SOME POINTS TO PONDER:

If you attempt to rob a bank you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.

Do twins ever realize that one of them is unplanned?

What if my dog only brings back my ball because he thinks I like throwing it?

If poison expires, is it more poisonous or is it no longer poisonous?

Which letter is silent in the word "Scent," the S or the C?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty

The word "swims" upside-down is still "swims".

Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

Your future self is watching you right now through memories.

If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

Many animals probably need glasses, but nobody knows it.

If you rip a hole in a net, there are actually fewer holes in it than there were before.

If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)

WORD OF THE MONTH

DOODLESACK - old English word to call the bagpipes.

THAT TREE!

The famous or should we say infamous tree on the corner of Raglan and Inkerman will be coming down. Council have given permission for its removal (with conditions). In the end Council did not require a Planning Permit to be issued however have placed some conditions on its removal in relation to revegetation, which are easy to comply with.

Arrangements are being made for contractors to remove the tree as soon as possible.

Home Maintenance Reporting

Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

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

For after hours and weekends telephone our on call maintenance on 0408645203

NOTICE BOARD



FALLS PREVENTION

Make sure the floor is clear of magazines, newspapers and electrical cords to ensure there is a safe walking environment.



Postage stamps are 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.

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.

ON CALL MAINTANCE after hours and weekend calls.
0408 645 203

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.

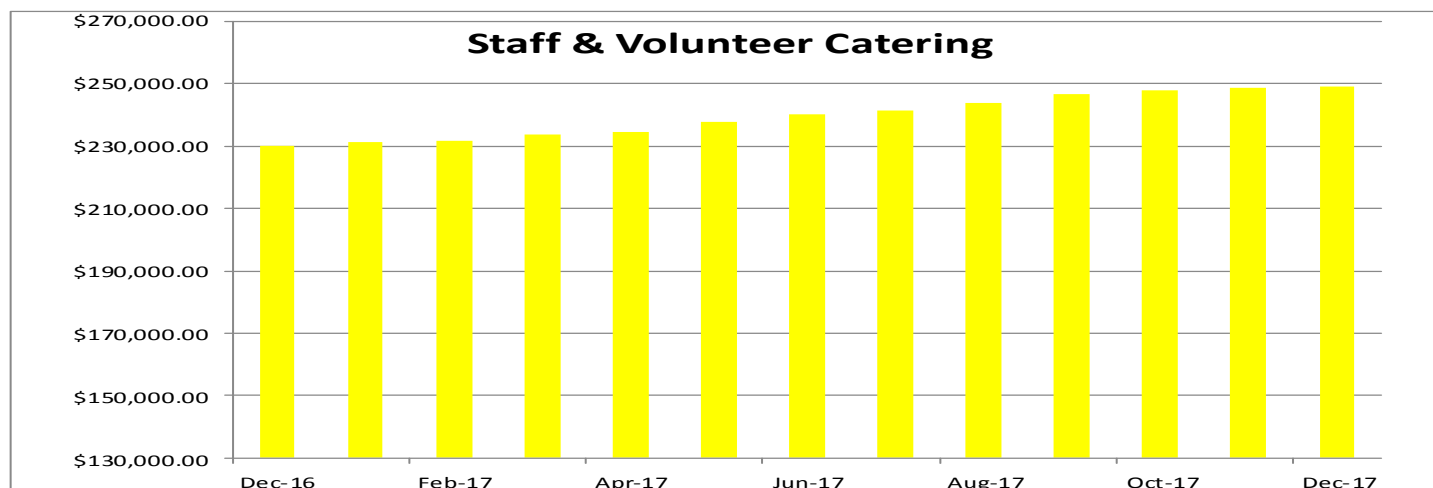
CONTACT: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681 Email: bobosborne8@iprimus.com;

or

Terry Simpson

Mobile: 0419 737 837



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



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



In The Kitchen

Recipe of the Month

Balsamic Roast Tomato and Ricotta Pasta

INGREDIENTS:

- 250G Ripened cherry tomatoes
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 2 cups frozen broad beans
- 200g fresh ricotta or smooth ricotta
- 1/2 cup finely grated parmesan
- 375g fresh lasagne sheets, torn into strips
- 1/3 cup basil pesto
- 1/2 cup basil leaves
- 120g pkt Coles Australian baby rocket



METHOD:

- Preheat oven to 180C, line a baking tray with baking paper. Place the tomatoes on the tray. Drizzle with balsamic glaze and half the oil. Season. Roast for 10-15 mins or until tomatoes begin to collapse.
- Meanwhile, cook the broad beans in a medium saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Peel
- Combine the ricotta and parmesan in a small bowl. Season.
- Cook the pasta in a large saucepan of boiling water for 1-2 minutes or until tender. Drain well. Return to pan, add tomatoes, pesto, broad beans, basil, rocket, remaining oil and half the ricotta mixture. Gently toss to combine. Divide among serving bowls. Top with the remaining ricotta mixture.



THINGS MY MOTHER USED TO SAY

You need to appreciate what you have.

Life isn't fair.

Make it yourself.

If everyone jumped off the bridge, would you?





Residents out enjoying their gardens, they look amazing considering the heat that we have had this summer.



Proof Australia is the most dangerous place on Earth? Our birds are deliberately starting fires

By [Lauren Broomham](#) on January 12, 2018



A scary new study has revealed some native birds are burning their prey alive. How?

The birds have learned to swoop down and pick up burning sticks at the edge of bushfires. They then drop them in dry grass or bushes elsewhere to start new fires and flush out lizards, snakes and other prey they can feed on (and we wonder why overseas tourists are so terrified of travelling here).

One of the Twitter reactions to the news

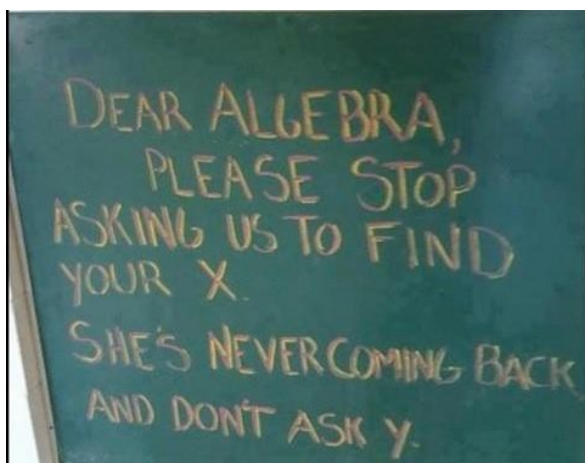
Using reports of fire-starting birds collected between 2011 and 2017 in the Northern Territory, researchers have confirmed at least three birds – the Black Kite (*Milvus migrans*), Whistling Kite (*Haliastur spheurnus*), and

Brown Falcon (*Falco berigora*) – are responsible for spreading fire.

But apparently these “firehawks” are not a new phenomenon.

“We’re not discovering anything,” co-author Mark Bonta told National Geographic. “Most of the data that we’ve worked with is collaborative with Aboriginal peoples... They’ve known this for probably 40,000 years or more.”

I don’t care though – fire-starting birds?! When they rise up to declare themselves our overlords, I’m bowing down immediately.



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

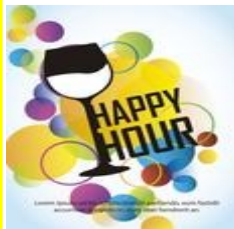
CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 15TH MARCH 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

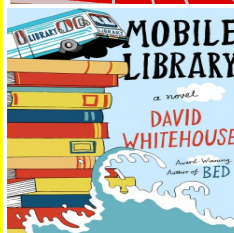


HAPPY HOUR

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

What's On & Events

CHURCH SERVICES Room 7—High School Centre



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



Movie Nights

3rd Tuesday of each month.

Rm 7 starting time of 7.00pm (Supper included)

20th February 2018

20th March 2018

16th April 2018

PROPOSED 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@haviilah.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

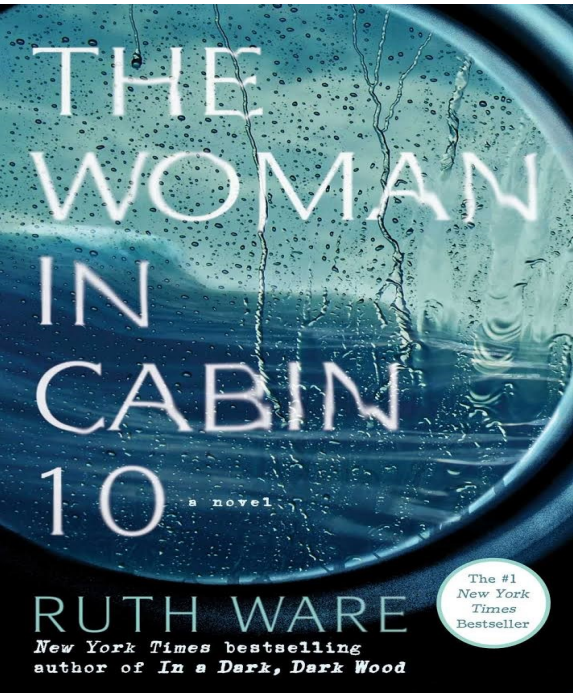
BOOK REVIEW

THE WOMAN IN CABIN 10

By
Ruth Ware



Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. The sky is clear, the waters calm, and the veneered, select guests jovial as the exclusive cruise ship, the Aurora, begins her voyage in the picturesque North Sea. At first, Lo's stay is nothing but pleasant: the cabins are plush, the dinner parties are sparkling, and the guests are elegant. But as the week wears on, frigid winds whip the deck, grey skies fall, and Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong.



Quiz and
Crossword
Solutions from
page 11



Answers to Movie Quiz

1. Paul Newman
2. 1939
3. William Holden

SMILE

A group of engineering professors from a university were invited to fly in a new aeroplane prototype.

When they were seated and ready for take off, the pilot told them the plane had been designed and built by their former students.

All but one jumped up and headed frantically for the exits in a panic.

The pilot asked the ones remaining professor why he wasn't moving.

"I have confidence in my students and we are 100 percent safe, because I know for a fact that the engine on this piece of rubbish will never start."



A rabbit hopped into a corner store one morning and ordered a ham and cheese toastie.

The next morning he came in and ordered an avocado and baked bean toastie.

Every morning over the next two weeks the rabbit hopped into the shop and when the owner asked, "What would you like today Mr rabbit?". He always ordered a different toastie.

One morning he hopped into the shop and when the shop keeper said, "Good morning Mr Rabbit, he replied, "I am not Mr Rabbit, I'm the ghost of Mr Rabbit".

The shopkeeper expressed his sympathy and asked what he had died of.

The rabbit replied, "Mix-a-my-toastie".



A married couple in their early 60's are celebrating their 40th wedding anniversary in a quiet, romantic, restaurant, when suddenly a tiny fairy appeared on their table.

The fairy said: "For being together for such a long time and being loving to each other, I will grant you each a wish.

The husband answered: "Great! I want to travel around the world with my darling wife.

The fairy waved her magic wand, two tickets to cruise on the Queen Mary 2 appeared in his hands.

The wife thought for a moment: Well, this is all very romantic, but an opportunity like this is will never come again. My wish is to have a husband 30 years younger than myself

The husband and fairy were very disappointed, but a wish is a wish.

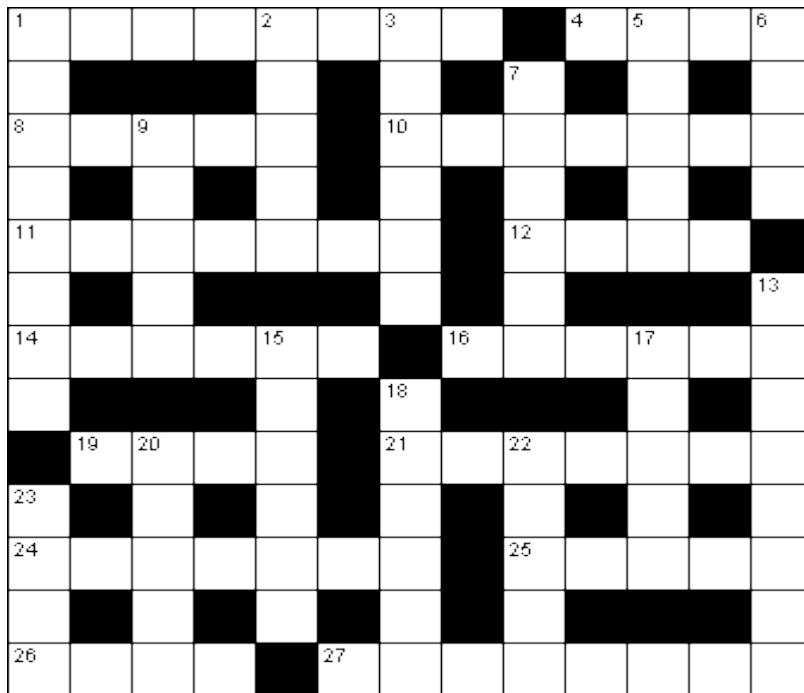
So the dairy waved her magic wand –poof! the wife became 92 years old.

Hope		Coherent		Novice		Small barrel	Performer		Pig pen		Annoy	
Unit of time							Network				British peer	
						Author						
						Number						
Chorus		Young swan							Wild ox			
		Fertile part of a desert							Purloined			
						Wading bird						
						French river				Elaborate song		Level
Fuel	Decorate						No longer new					
	Bird sanctuary											
			Fitting	Browbeat							Attempt	
By way of												
Administer				Fraction		Stand in, in short	Elect					
							Long poem					
								Acquire by effort				
Limb		Bind						Morsel		Ebb		Woven fabric
		Animal hair										
			Crib			Napkin						
						Golf peg			Swindle		Excavate	
Used for cruising or racing												
						Insect						
Foam	Observed						Soda					
						Go back on						

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

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

Mind Games



Across:

1. Consigns (8)
4. Upkeep (4)
8. Majestic (5)
10. Young Swans (7)
11. Svelte (7)
12. Short Letter (4)
14. Musical interval of weight tones (6)
16. Plant fibre (6)
19. Long Narrative poem (4)
21. Kind of nonfictional prose (7)
24. Nonattendance (7)
25. Sound (5)
26. Large woody plant (4)
27. Mental state induced by suggestion (8)

Down:

1. Ridicule (8)
2. Still legally acceptable (5)
3. An extreme attainment (6)
4. Alarm (5)
6. Facilitate (4)
7. Order of business (6)
9. Outstanding (5)
13. Famished (8)
15. Empty (6)
17. Confronted (5)
18. Seldom (6)
20. Ski run (5)
22. Public transport (5)
23. Immense (4)

Word Search - Occupations

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

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

ACCOUNTANT, ARCHITECT, ARTIST, ASTRONAUT,
 AUTHOR, BAKER, BRICKLAYER, BUILDER, BUTCHER,
 CARPENTER, CHEMIST, DENTIST, DOCTOR, DRIVER, ELECTRICIAN,
 FARMER, FIREFIGHTER, GLAZIER, HANDYMAN, JOURNALIST,
 LAWYER, MUSICIAN, NURSE, PHOTOGRAPHER, PILOT,
 PLUMBER, POLITICIAN, SAILOR, SCIENTIST, SOLDIER, TAILOR,

MOVIE QUIZ

1. Who played Eddie Felson in the 1961 movie, The Hustler?
2. In what year was the movie classic Gone With the Wind released?
3. Who was Pike Bishop in the 1969 movie, The Wild Bunch?

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