



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

You can access the Havilah Facebook Page via the website



## HAVILAH MAJOR

**RAFFLE** Once again it is time for our annual major raffle. This is an important part of our fundraising program each year with the proceeds used towards capital purchases such as equipment.

Tickets are \$100 each and payment can be made over 10 weeks

All prizes are for Goods/Services at Retailer/s of choice

**1<sup>ST</sup> Prize \$10,000**

**2<sup>ND</sup> Prize \$5,000**

**PLUS 10 x \$500 early bird prizes**

Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate.

Only 410 tickets available so the odds are very good.

We would very much appreciate your support.

To purchase a ticket or collect a book to sell, please contact Raeleen 54617 380 or Harkness Reception 5461 7387

**Accreditation:** Re-accreditation assessment at the Harkness site happened over two days on the 12th and 13th of February. This was unannounced and a first for Havilah being a new requirement of government for all re-accreditation assessments from July 2018. The Audit Report indicates that all 44 outcomes were met. Most importantly residents said that they are very happy and satisfied. Staff on duty responded brilliantly, indicating that they know Havilah's policies and practices in place to provide quality and safe services for each resident, can carry out their role well and very importantly that they know the residents they are caring for. Residents, families and staff indicated that they knew where to go to for assistance and that Havilah was responsive to any concerns they raised.

Fair to say this was a very robust process as it should be. In an environment where many facilities are not meeting the accreditation outcomes we were extremely pleased to receive so much positive feedback from the assessors and from our residents and families.

**24 New Residential Aged Care Places for Havilah** The Hon Ken Wyatt AM, MP, Minister for Senior Australians and Aged Care has advised that Havilah's application under the **Aged Care Approvals Round (ACAR) 2018-2019** has been **successful**.

In making the announcement Minister Wyatt said that this year's ACAR was highly competitive with rigorous assessment based on the applicant's ability to deliver care, and management experience and expertise. Demand was strong with only one third of places applied for granted. A new facility adjacent to Heath House will be constructed to accommodate these places. Havilah has 4 years to bring the places into operation. When added to the planned construction of 24 places at Havilah on Palmerston due to commence later this year this will mean a further 48 residential aged care places for Central Goldfields Shire by 2023. With the percentage of population over 70 years of age in Central Goldfields Shire growing at twice the Victorian average this announcement is very important for the local community.

## HAVILAH ON PALMERSTON STAGE 2

We are "not so patiently" waiting for advice from Council so that the next step in the town planning process can commence. Three months have already passed since the Planning Application was lodged in late November. There has been some

information exchange between the Council and Havilah Planners during that time and hopefully we will soon be able to engage with our neighbours and the general community in relation to the project.

**Retirement Community - Bi Monthly Resident Meeting Thursday 21st March 2019, 2.45 pm**  
**Raglan House - Ground Floor - Neill Street end**  
**Afternoon Tea Provided**





During February, residents enjoyed an evening out at the Peach Village Chinese restaurant, a great way to mingle in a relaxed environment. The combined special morning tea, held out in the court yard also had a great attendance of both Raglan House and retirement living residents, the morning was superb with the sun shining.





## PHOTO GALLERY



The crew who recently sailed the seas on the Carnival Legend had a fantastic 4 days, plenty of bars and restaurants to wine and dine in and variety of entertainments to attend. The weather was glorious to sit and relax on the deck. The opulence of the vessel was really something to see and it was certainly a city within itself. The cruise was a great experience for all of those who embarked on this adventure.  
**Carry on Cruising.**





### Embracing Technology: Improving the lives of over 60's:

Technology is increasingly making our lives easier: food delivered to your door at the touch of a button, movies on demand day or night, and of course, never having to read a map when driving is pretty nifty.

But government statistics show that 74 per cent of over 70s are "digitally disengaged" and approximately 34 per cent of Australians aged 50 years and over (about 2.7 million people) had either low digital literacy levels or did not use digital devices or the internet.

However, according to positive ageing advocate, author and director of Global Ageing Network, Marcus Riley, the emerging generation of older people are becoming increasingly *engaged* with technology and has outlined a number of ways that technology can help "successful ageing".

Riley believes that although they might have found it difficult at first, older people are actively using technology, with 85 per cent of people aged 65 years and older using the internet at least once per day.

"The once resistant, older generations are engaging with technology to not only help them maintain their quality of life, but in some instances, even improve it," he said.

"An interesting thing to note is that older generations are even influencing the development of technology as it adapts to meet the demands of our ageing population."

### SHORT FUNNY SAYINGS:

- The road to success is always under construction.
- When you're right, no one remembers. When you are wrong, no one forgets.
- If you can't see the bright side of life, polish the dull side.
- Don't tell me the sky is the limit when there are footprints on the moon.
- I don't suffer insanity, I enjoy every minute of it.
- I get enough exercise pushing my luck.
- God created the world, everything else is made in China.
- Birthdays are good for you, statistics show that people who have the most live the longest.



### 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



### TAI CHI With Master Barry Lacey

**Where:** Room 7 High School Centre

**When:** Monday and Wednesday

**Monday session** 1.30 to 2.30 pm

**Wednesday session** 10.30 to 11.30 am

Come along and try, there is no age limit

**VERY GOOD FOR BALANCE AND FOR ARTHRITIS**

## COMMUNITY BILLBOARD



**Central Goldfields Art Gallery**  
**Neill Street**  
**Thursday to Sunday 10am - 4.00pm**  
**Exhibition of over 20 leading contemporary**  
**quilters from around Australia**  
**On display till 31st March.**

**TALBOT ENGINE RESTORERS GROUP**  
**VINTAGE ENGINE & MACHINERY RALLY**  
 20th Annual Vintage Engine & Machinery Rally  
 Featuring  
**ENGINE DRIVEN MACHINERY**  
 16<sup>th</sup> & 17<sup>th</sup> March, 2019



**Chaff Cutting Demonstrations**

5th Annual Motor de Pyrenees  
**ALL MAKES & MODELS**  
 Hosted by Pyrenees Historic Vehicle Club  
**Motor Spirit Mania**  
 2019 Special Feature  
 'Pre 1948 Vehicles'  
**NATTE YALLOCK RECREATION RESERVE**  
 Display Vehicles from 8am, Public from 9am  
 Cost: \$5 per vehicle  
**CARS— TRUCKS— BIKES— TRACTORS**  
**AUTO VENDORS — PLENTY OF FOOD**  
**& COFFEE — KIDS ENTERTAINMENT**  
**TOP LIVE BAND 'Safety in Numbers'**  
**Sunday 17th March 2019**

**NEXT TALBOT FARMERS MARKET**

<b>DEC 16</b> 2018	<b>MAR 17</b> 2019	<b>JUNE 16</b> 2019	<b>SEP 15</b> 2019
<b>JAN 20</b> 2019	<b>APR 21</b> 2019	<b>JULY 21</b> 2019	<b>OCT 20</b> 2019
<b>FEB 17</b> 2019	<b>MAY 19</b> 2019	<b>AUG 18</b> 2019	<b>NOV 17</b> 2019



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.

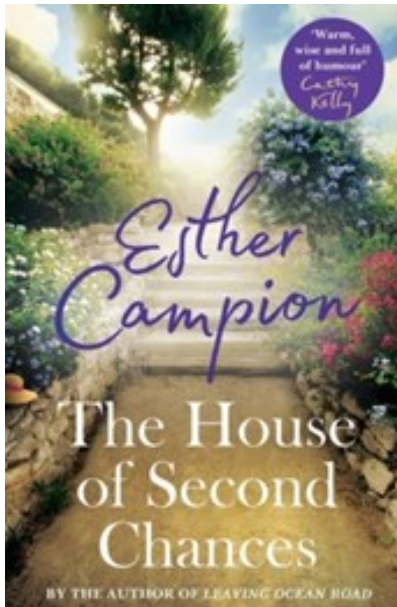
### Emailing HOP TOPICS

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

Your assistance with this is appreciated.



## BOOK REVIEW



You know the old saying – home is where the heart is – and for many of us, the saying rings true. When called upon, we can think of a place that makes us feel warm and safe, one that houses happy memories and allows us to retreat back to the whimsy, warmth and wonder of our childhood.

For Ellen and Aidan, their grandmother's stone cottage in West Cork was always such a place. Long-

neglected, the property is in need of some TLC, and, after returning home from Australia, Ellen is eager to restore the property to its former glory. She enlists the help of her dear friend, Colette Barry, who also happens to be one of Ireland's top interior designers.

Aidan, however, is already begrudging the building work on the house he has actively avoided for almost 20 years now. What Ellen sees as a precious house

brimming with happy memories of their bygone childhood summer retreats, Aidan sees as a painful reminder of what has been lost. To make matters worse, Colette seems to be complicating everything, and Aidan is confused about his feelings towards her. Colette too, has her own personal heartaches to overcome, and it isn't long before the two realise that maybe, just like the old, run down cottage, they too deserve a second chance.

An enchanting novel about starting over, *The House of Second Chances* transports readers from coastal Australia to the rugged emerald beauty of Ireland, as it poignantly explores memories and emotions and the ways in which people, like houses, can be abandoned and restored. Significantly, the stone cottage in West Cork becomes a character of its own, challenging Ellen, Aidan, and Colette to overcome and reflect on their own personal heartaches and fears. Seeing each character transform with the cottage's refurbishment is a magical experience. A beautiful metaphor, and one that is not at all forced or cliché – a testament to Campion's ability to write straight from the heart with a voice so genuine and intimate, it's as if you are listening to an old friend.



The football season is once again just around the corner with the 2019 season kicking off with the first round of matches on 21st March.

If you would like to be part of the competition please contact Lifestyle staff, Kim or Alison.

Prize pool: 1st - \$50.00, 2nd - \$30.0, 3rd - \$20.00 and last place \$10.00.

Weekly prizes are available if you can tip all winners in the round.

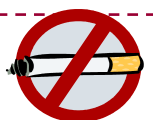


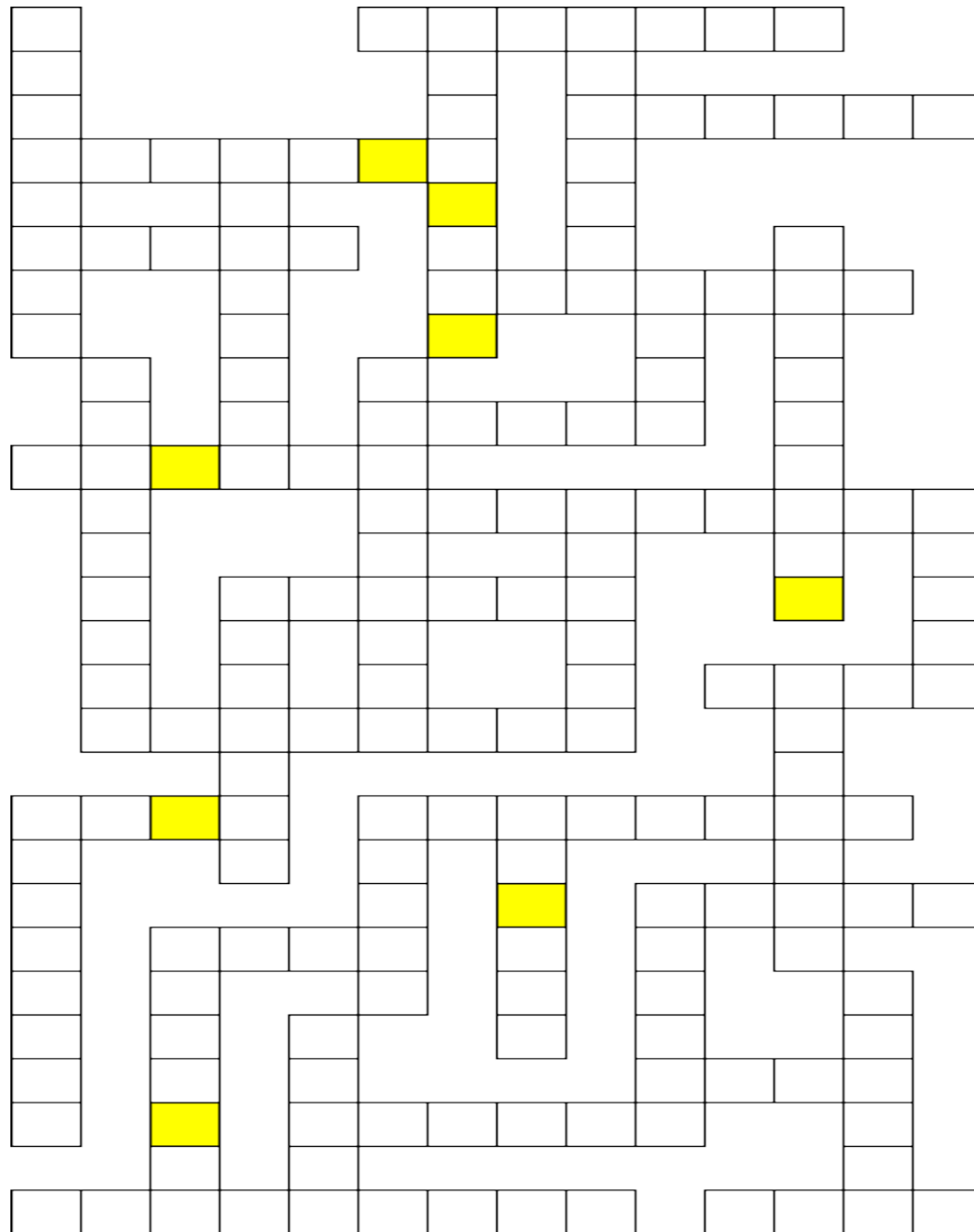
EFTPOS

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



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



**4 Letter Words:**

DOVE  
IBIS  
LION  
SEAL  
TUNA  
WOLF

**5 Letter Words:**

EAGLE  
HYENA  
LLAMA  
MOUSE  
STOAT  
ZEBRA

**6 Letter Words:**

ALPACA  
BABOON  
CONDOR  
DONKEY  
GIBBON  
LIZARD  
MARLIN  
MUSSEL

**7 Letter Words:**

DOLPHIN  
GORILLA  
LOBSTER  
MANATEE  
OCTOPUS  
PANTHER  
SARDINE

**8 Letter Words:**

ANACONDA  
ANTELOPE  
HEDGEHOG  
MARMOSET  
REINDEER  
STARFISH

**9 Letter Words:**

ALLIGATOR  
BARRACUDA  
BLACKBIRD  
CROCODILE  
JELLYFISH

Criss-Cross 04

**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

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

Medium 475

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

Easy 459

## 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**

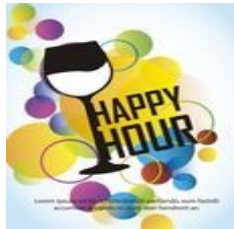
**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 21st March 2019 at 2.45pm,  
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

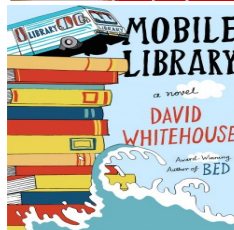


### HAPPY HOUR

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



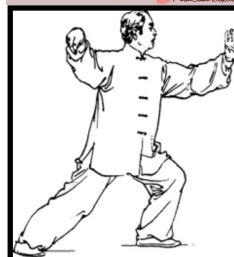
**MOBILE LIBRARY EVERY 2ND MONDAY**  
 4th and 18th March

Raglan House—Ground Floor—Neill Street end



### SPECIAL MORNING TEA—COMING DATES

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



### TAI CHI

Monday session – 1.00 to 2.30 pm

Wednesday session - 10.00 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

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**



## time to talk

**Time to Talk - 2nd Wednesday each Month**

**Next Date 10TH April**

Raglan House—first floor

Great chance for the men to get together and chat about secret men's business

### ♦ 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.



### THINGS MY MOTHER USED TO SAY

Go to your room and think what you have done!  
I can always tell when you are lying!  
How many times do I have tell you!  
I can't believe you did that!

### FALLS PREVENTION

Ensure that you have your feet attended to by a podiatrist.

Maintenance and upkeep of walking aids.

Keep rooms and walking areas clutter free.



- 250g Arnott's Nice biscuits
- 125g butter,
- melted 500g cream cheese, at room temperature
- 397g can sweetened condensed milk
- 2 tablespoons lemon juice
- 2 Coles Australian Free Range Eggs
- 1 1/2 cups frozen mixed berries

- Step 1 Preheat oven to 150C. Grease and line base and 2 long sides of a 20cm x 30cm laming-ton pan with baking paper, allowing the sides to overhang.
- Step 2 Process biscuits in a food processor until finely crushed. Add the butter and process until well combined. Spoon biscuit mixture into prepared pan. Use the base of a flat-bottomed glass to spread and press over the base. Place in fridge for 30 mins to chill.
- Step 3 Meanwhile, process the cream cheese in a food processor until smooth. Add the condensed milk and lemon juice and process until smooth. Add the eggs. Process until well combined.
- Step 4 Sprinkle half the berries over the base. Pour over the cream cheese mixture and smooth the surface. Sprinkle with remaining berries. Bake for 30 mins or until just set. Turn off oven. Cool in oven, with door ajar, for 1 hour. Place in the fridge for 2 hours to chill. Cut into squares to serve

**WAYZGOOSE**— an annual summer party and outing that used to be held by a printing house for its employees.



1.	1995	Nambour
2.	Coffs Harbour	1835
3.	1835	The Reverend John Flynn
4.	Pinchgut	

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



# Giggletime



What is red and smells like blue paint? Red paint.

I went in to a pet shop. I said, "Can I buy a goldfish?" The guy said, "Do you want an aquarium?" I said, "I don't care what star sign it is."

I waited and stayed up all night and tried to figure out where the sun was. Then it dawned on me.

How Long is a Chinese man's name. No, it actually is.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

I couldn't believe that Vic Roads called my dad a thief. but when I got home, all the signs were there.

What did the left eye say to the right eye? Between you and me, something smells.

I intend to live forever. So far, so good.

Everywhere is walking distance if you've got the time.

An old golden retriever starts chasing rabbits and, before long, discovers that he's lost. Wandering about, he notices a panther heading in his direction.

"Oh no. I'm in deep trouble now," thinks the retriever. Noticing some bones on the ground close by, he immediately settles down to chew on them with his back to the approaching cat.

Just as the panther is about to leap, the old retriever exclaims loudly, "Boy, that was one delicious panther. I wonder if there are any more around here?" Hearing this, the young panther halts his attack in mid-stride, a look of terror comes over him and he slinks away into the trees.

"Whew," says the panther. "That was close. That old retriever nearly had me."

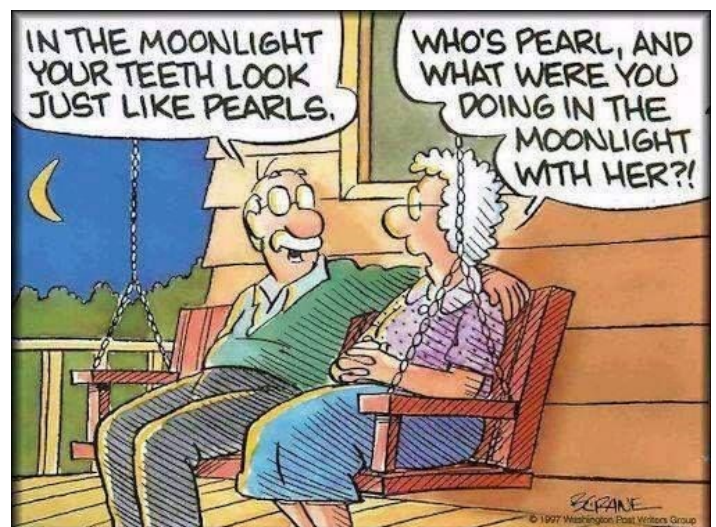
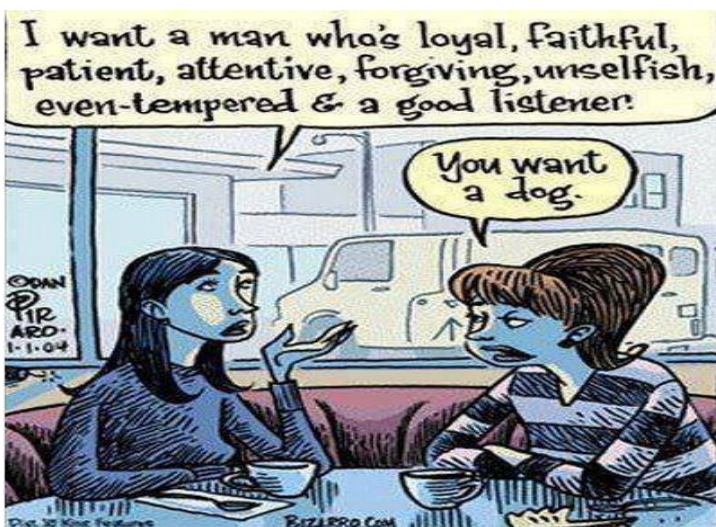
Meanwhile, a squirrel, who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther.

He catches up with the panther and spills the beans. The young panther is furious at being made a fool of and, with the squirrel on his back, sets off after the conniving canine.

Again the old retriever sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?"

But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old retriever says:

"Where's that squirrel? I sent him off an hour ago to bring me another panther."

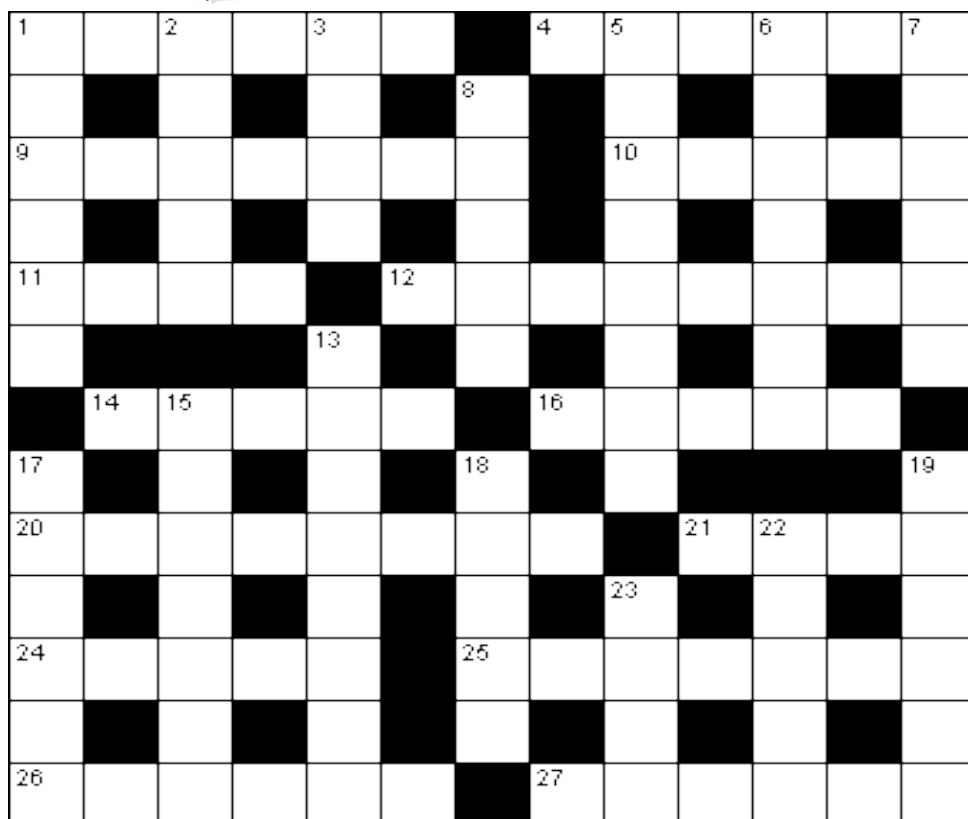


One night, a lady stumbled into the police station with a black eye. She claimed she heard a noise in her back yard and went to investigate. The next thing she knew, she was hit in the eye and knocked out cold.

An officer was sent to her house to investigate, and he returned 1-1/2 hours later with a black eye.

"Did you get hit by the same person?" his captain asked.

"No," he replied. "I stepped on the same rake."



## Across:

1. Ploy (6)
4. Requiring secret knowledge (6)
9. Disapproves (7)
10. Angry (5)
11. Land measure (4)
12. Perplexing (8)
14. Disney cartoon character (5)
16. Mournful poem (5)
20. Scorn (8)
21. Fencing sword (4)
24. Female relative (5)
25. Pills (7)
26. Unmarried (6)
27. Precious stones (6)

## Down:

1. Worldwide (6)
2. US military officer (5)
3. Unit of length (4)
5. Precipitation (8)
6. Astounding (7)
7. Come out of view (6)
8. Ordinary (5)
13. Celestial (8)
15. Lamp (7)
17. Parts of a play (6)
18. Catches sight of (5)
19. Creatures (6)
22. Fragment (5)
23. Woodwind instrument (4)

## Word Search - Emperors

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

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

ALEXANDER, SEVERUS, ANTONIUS PIUS, AUGUSTUS, CALIGULA, CARACALLA, CLAUDIUS, COMMODUS, DOMITIAN, GALBA, HADRIAN, HELIOGABALUS, JULIUS CAESEAR, LUCIUS, MACRINUS, MARCUS AURELIUS, NERO, NERVA, OTHO, PERTINAX, TIBERIUS, TITUS FLAVIUS, TRAJAN, VESPASIAN, VITELLIUS

## QUIZ

1. In which year did the Redex Rally begin?
2. Where would you find the "Big Banana"?
3. When did the Sydney mint begin operations?
4. What was Fort Dennison known as?
5. Where would you find the "Big Pineapple"?
6. Who started the Royal Flying Doctor Service?



## 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 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

### **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**