

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



Easter will be celebrated with the traditional lunch on Good Friday, 19th April, please book with the kitchen prior to the day on ph: 5459 0180

Everyone at Havilah wishes you a Happy and Safe Easter.



There will be an ANZAC Day Service led by members of the local R.S.L. on Tuesday 24th April at 11.00am in the Quadrangle (weather permitting) otherwise in Rooms 1 and 2—High School Centre



Retirement Community - Bi Monthly Resident Meeting Thursday 16th May 2019, 2.45 pm  
Raglan House - Ground Floor - Neill Street end  
Afternoon Tea Provided

## HEALTH AND WELL BEING

**Influenza** is a highly infectious virus. It spreads through droplets caused by sneezing or coughing. Symptoms develop rapidly one to three days after contact with an infectious person. Individuals are infectious for three to four days after infection and may transmit the virus one to two days before the onset of symptoms.

Influenza is a particular risk of serious illness and death to people 65 years of age and over and residents in long term health care facilities such as residential aged care homes.

Influenza can be prevented, or the severity of the illness reduced, by immunisation with the current vaccine each year. Vaccine is available free of charge to those 65 years of age or over.

It is recommended that you receive the annual influenza vaccination to minimise the risk of infection to yourself and others. Your GP will be able to organise this for you, and vaccination is also available through local pharmacies.

For families and visitors, It is strongly recommended that you see your doctor immediately if you have three or more of the following symptoms:

Rapid onset of:

- ☐ Fever/chills
- ☐ Cough
- ☐ Stuffy/runny nose
- ☐ Muscle and joint pain
- ☐ Headache
- ☐ Tiredness/exhaustion
- ☐ Sore throat

Symptoms in older people may also include:

- ☐ Loss of appetite
- ☐ Onset or increase of confusion
- ☐ Shortness of breath



### TAI CHI With Master Barry Lacey



**Where:** Room 7 High School Centre  
**When:** Monday and Wednesday

**Monday session** 1.00 to 2.30 pm

**Wednesday session** 10.00 to 11.30 am

**Come along and try, there is no age limit**

**VERY GOOD FOR BALANCE AND FOR ARTHRITIS**



### FALLS PREVENTION

Keep maintenance up on any walking aids.

Have regular eye appointments.

Be aware of the impact your medications may have on your balance.







Lots of laughs and good fun at the St Patricks Day luncheon.



Paddy says to Mary if you were stranded on a desert island who would you like most to be with you?"

"My uncle Mick" replies Paddy.

"What's so special about him?" asks Mary.

"He's got a boat," says Paddy







**INVITATION**  
**MOTHERS DAY LUNCH - SUNDAY 12TH MAY – 12 noon**  
 2 Courses with Drinks.  
 \$15 per head.  
 Devonshire Afternoon Tea  
 At 3.00pm  
 RSVP: Monday 6th May  
 To book please email: [di.jackson@havilah.org.au](mailto:di.jackson@havilah.org.au) or at reception  
 in person or by telephone: 54617387  
 Also  
 For family and guests visiting on Saturday 11th May  
 Special Afternoon Tea - at 3.00 pm

**I'd like to help you out today. Which way did you come in?**

**You never truly understand something until you can explain it to your grandmother.**

**Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.**

**You can't have everything, where would you put it?**

**If your parents never had children, chances are you won't either.**



#### THINGS MY MOTHER USED TO SAY

A little soap never killed anybody  
 I would never had talked to my mother like that.  
 I don't care who started it, you stop it!  
 How do you know if you don't like it if you haven't tasted it?



#### 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

#### 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@havilah.org.au](mailto:andrew.earl@havilah.org.au).*

*Your assistance with this is appreciated.*

**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.**



## MOVIE NIGHT OUTING

JOIN US FOR AN EVENING OUT AT THE NEWLY OPENED MADAM CHI CHI FOR A PRE MOVIE DRINK AND FINGER FOOD, FOLLOWED BY A NIGHT AT THE MOVIES WATCHING THE NEW DISNEY FILM BASED ON ONE OF WALT DISNEY'S FAVOURITE CLASSICS "DUMBO" P.S..... BRING A HANKY

Wednesday 10<sup>th</sup> April at 5.30pm (bus leaving from courtyard)  
movie starts at 6.45pm

Cost is \$30 Per person which includes either glass of wine, beer, soft drink or coffee/tea and finger foods and entry into the cinema

Please phone Kim on 54590169 asap to book  
Numbers required by Monday 8<sup>th</sup> April by 3pm

## "MOORAMONG"

Bus outing with Lunch and afternoon visiting the historic Homestead

Sunday May 5<sup>th</sup> 2019 bus departing courtyard 10am for lunch (at own cost) in Beaufort before arriving at Mooramong.  
Entry fee \$12



Glamorous Hollywood actress Claire Adams & her wealthy Australian husband Scobie McKinnon's history will be well & truly on display at Mooramong homestead with an expo of the family's exceptional collection of Spode, Lalique & glass tableware, together with silverware not previously exhibited. Hollywood comes to the homestead at this 1860s country house revamped for an Australian millionaire and his movie star wife.

Phone Kim on 54590169 to book your seat on the bus. Limited places so please book asap.

The property is on a working farm of 4,000 acres running sheep and producing crops. The estate also incorporates the Mackinnon Nature Reserve which is home to the endangered Eastern Barred Bandicoot and other Australian species including the Wedge-Tailed Eagle and Brolga.

MAR  
17  
2019

JUNE  
16  
2019

SEP  
15  
2019

APR  
21  
2019

JULY  
21  
2019

OCT  
20  
2019

MAY  
19  
2019

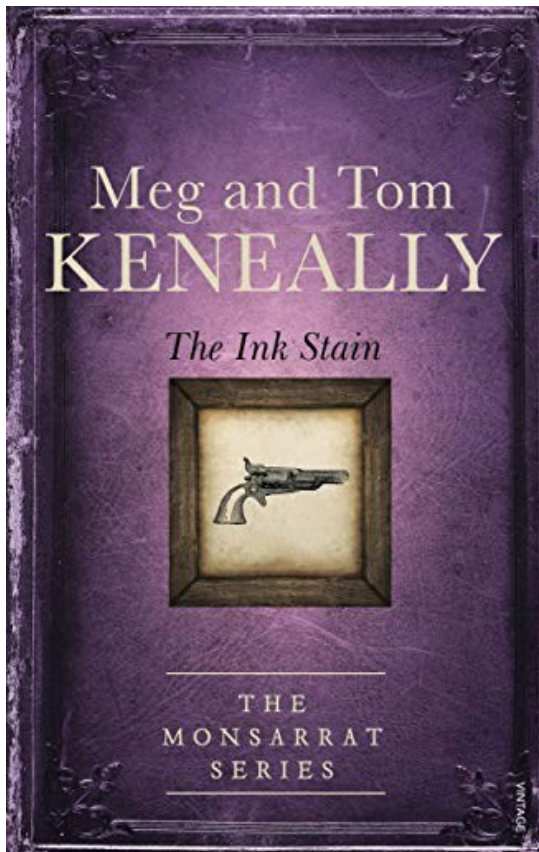
AUG  
18  
2019

NOV  
17  
2019





## BOOK REVIEW



Henry Hallward, editor of the *Sydney Chronicle*, is a thorn in the side of the colonial administration with his agitations for greater rights for convicts and his criticism of the governor. He's been imprisoned several times for criminal libel, and during one detention, he is shot dead.

Monsarrat and Mrs Mulrooney are sent to investigate, but after Monsarrat meets with Colonel Duchamp, Governor Darling's right-hand man, it becomes clear they are on their own in solving this murder.

As the duo meets other characters whose lives have touched that of brave Hallward, they realise the scope of their enquiries must be broad. There is Gerald Mobbs, editor of the *Chronicle's* rival newspaper, the *Colonial Flyer*, which some call a mouthpiece of the administration. There is Duchamp's sister, Henrietta, who seems to want to befriend Mrs Mulrooney, but also to have ulterior motives. There is Albert Bancroft, an *minence grise* who may, or may not, own the house opposite the gaol, from where the murderous shot was fired.

The undaunted pair must sift through these suspects, aware that at any moment Duchamp could ignominiously dismiss them, leaving Hallward's murder unsolved and the freedom of the colony's press in grave jeopardy.

### WEIRD and WONDERFUL WORDS

**TRISKAIDEKAPHOBIA** - extreme superstition about the number thirteen.

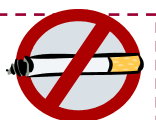


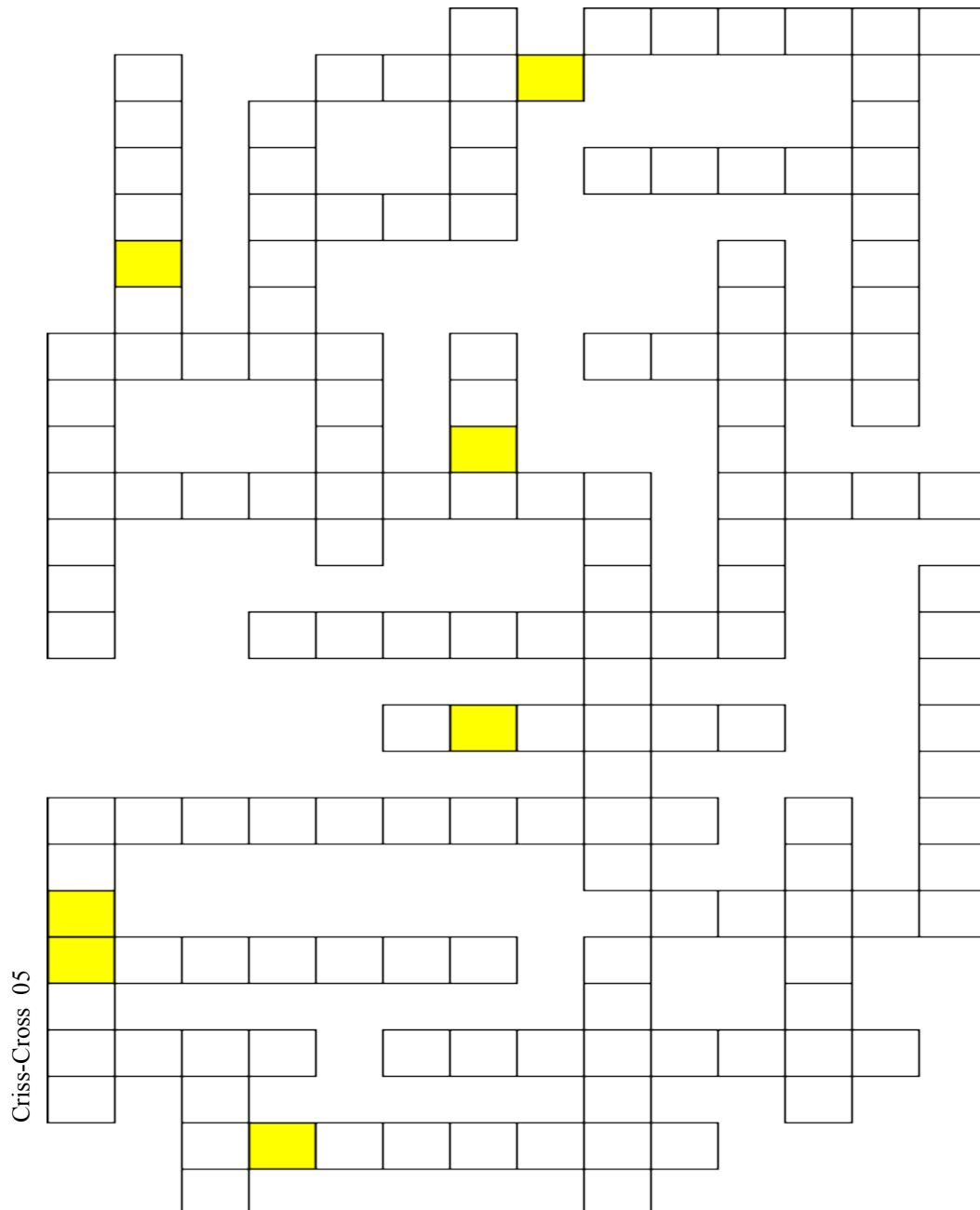
#### EFTPOS

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:**

DRUM  
HARP  
LUTE  
LYRE  
OBOE  
TUBA

**5 Letter Words:**

BANJO  
BUGLE  
CELLO  
FLUTE  
ORGAN  
PIANO

**6 Letter Words:**

CORNET  
GUITAR  
VIOLIN  
ZITHER

**7 Letter words:**

BASSOON  
CYMBALS  
PICCOLO  
TIMPANI  
TRUMPET

**8 Letter Words:**

BAGPIPES  
CLARINET  
TRIANGLE  
TROMBONE

**9 Letter Words:**

ACCORDIAN  
CASTANETS  
SAXAPHONE  
XYLOPHONE

**10 Letter Word:**

CONCERTINA

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

Medium 487

Easy 487

## 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**

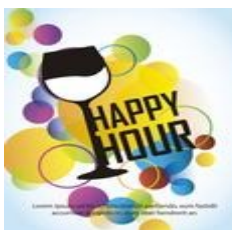
**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



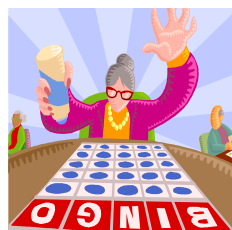
### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 16th May 2019 at 2.45pm,  
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

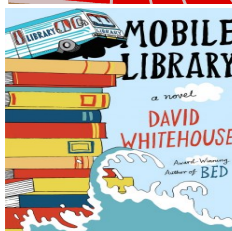


### HAPPY HOUR

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



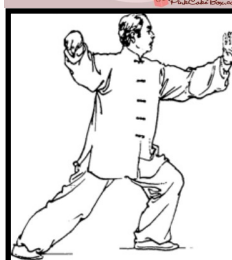
### MOBILE LIBRARY EVERY 2ND MONDAY

15th and 29th April, 6th and 20th May  
 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.

## FOOTY TIPPING



The AFL season has kicked off with 2 rounds already been played. There has been a mixed bag of scores throughout the tipping competition. In first

place leading on 12 points is Eddie Meagher and Val Molina. There are 5 tipsters sitting on 11 points, they are Pam Healey, Sherry Simpson, Merv Huggett, Gary Hutchinson and George Evans. In third place we have Dorothy Moriarty, Don Drake, Wilma Doble, Ruth Haines and John's Tips, all sitting with 10 points. In last position with 6 points is Monica Hutchinson.

**Prize pool: 1st - \$50.00, 2nd - \$30.00 3rd - \$20.00 and last place \$10.00.**

Weekly prizes are also awarded for tipping all the winners in the round.



## In The Kitchen

### Spinach and Ricotta Lasagne

#### Method:

- Preheat oven to 200C/180C fan -forced. Grease a 6cm - deep, 20cmx30cm baking dish. Place spinach in a sieve set over a bowl. Using the back of a spoon, press any excess liquid from spinach.
- Place spinach, ricotta, nutmeg, egg, basil and 1/2 parmesan in a bowl. Season with salt and pepper. Stir to combine.
- Place soup and stock in a large jug. Place lasagne sheets over base of prepared dish. Breaking to fit, if necessary. Spoon on third of the ricotta mixture over lasagne sheets, spreading to cover. Sprinkle with 1/3 cup mozzarella. Drizzle with 1/2 cup pumpkin soup mixture. Repeat layers twice, finishing with lasagne. Drizzle over remaining pumpkin soup mixture. Sprinkle with remaining mozzarella and parmesan.
- Cover dish with greased foil, bake for 30 minutes. Uncover. Bake for a further 20 minutes or until golden and tender. Stand for 10 minutes. Sprinkle with extra basil.

#### Ingredients:

250g Chopped frozen spinach  
800g fresh ricotta, crumbled  
1/2 teaspoon ground nutmeg  
1 Egg, lightly beaten  
1/2 cup chopped basil leaves  
1 cup finely grated parmesan  
535g Creamy pumpkin soup  
1 cup chicken stock  
8 Lasagne sheets  
1 1/3 cups grated mozzarella



### Quiz and Crossword

#### Solutions from page 7 & 13

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

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

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

1. Rose Hill, Sydney
2. The Spirit of Pro-
3. Harry Houdini
4. Kingston S.A.





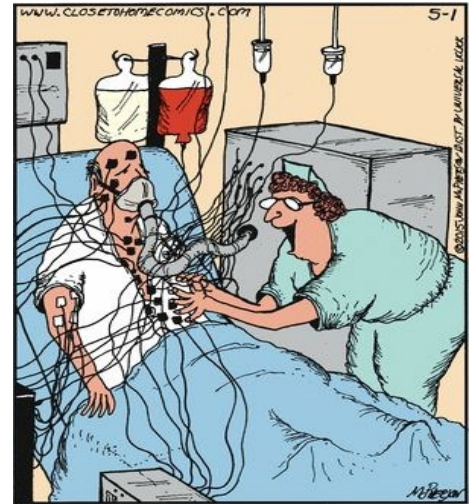
Harry walked over to the minister after Sunday service. "You know, reverend, I am really stuck in a quandary," he said.

"I would like to attend church next week but I just can't miss the big game next Sunday, it's just out of the question."

"Oh Harry, Harry," said the minister.

"You know with modern technology now you can watch it on catch-up TV."

"Great," said Harry. "I didn't realise they were broadcasting your sermons now."



"Sorry to be a nuisance, but I think my phone charger got mixed up in here somehow."



"That should clear the rug."

Four football fans go rock climbing one afternoon—a Collingwood fan, a Geelong fan, and Essendon fan, and a St Kilda fan.

They argued all the way up the mountain about who among them was the most "diehard" supporter.

Reaching the top of the mountain, the Geelong fan said he'd show them how diehard he was and announced, "This is for the Cats!" and promptly threw himself off the mountain as a form of sacrifice.

Not to be outdone by the Geelong fan, the St Kilda fan jumped and said "this is for the Saints!"

And threw himself off the mountain as a form of sacrifice.

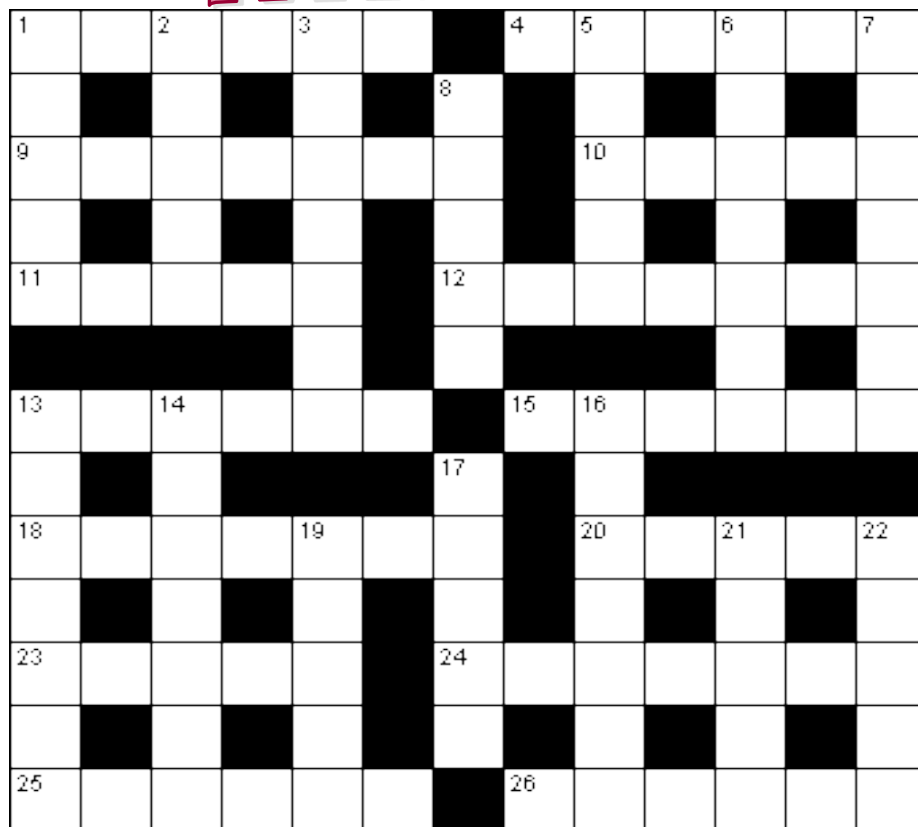
Refusing to be outdone by the Geelong and St Kilda fans, the Collingwood fan rose to his feet and yelled at the top of his lungs, "This is for the Pies!" and pushed the Essendon fan off the mountain.

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent."

A Fiat 500 pulled alongside a Rolls-Royce at a traffic light. "Do you have a car phone?" asked the driver of the Fiat. "Of course I do," replied the haughty deluxe-car driver. "Well, do you have a fax machine?" The driver of the Rolls sighed, "I have that too." "Then do you have a double bed in the trunk?" the Fiat driver wanted to know. Embarrassed, the Rolls driver sped off. That afternoon, he ordered a mechanic to install a double bed in the trunk. A week later the Rolls driver passed the same Fiat 500 parked on the side of the road with the back windows fogged up and steam pouring out. The arrogant driver pulls over, gets out of the Rolls, and bangs on the Fiat's back window until the driver sticks his head out. "I wanted to tell you I have a double bed installed," says the proud Rolls driver. The Fiat driver is unimpressed, "You got me out of the shower to tell me that?!"



"Any plastic ones? She's recovering from cosmetic surgery."



## Across:

1. Tune (6)
4. Shriek (6)
9. Elaborate ceremony (7)
10. Youngster (5)
11. Plaudit (5)
12. Dried grape (7)
13. Comfort (6)
15. Slapstick (6)
18. Lamp (7)
20. Legally acceptable (5)
23. Happening (5)
24. Coach (7)
25. Tallies (6)
26. Tiers (6)

## Down:

1. Tree (5)
2. Licit (5)
3. Extreme (7)
5. Desert plants (5)
6. Building (7)
7. Freedom from vanity or conceit (7)
8. Rear part of the ship (5)
13. Prominent (7)
14. Soft or indulgent (7)
16. Avert (7)
17. Combine (5)
19. Laud (5)
21. Spear (5)
22. Sews (5)

## Word Search - Horsing Around

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

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

APPALOOSA, ARABIAN, BANGTAIL, BAY, BRONCO, CANTER,  
 CHESTNUT, CLYDESDALE, COLT, CROSSBRED, DRAFT  
 HORSE, FILLY, FOAL, GALLOP, GELDING, LIPIZZANER,  
 MARE, MORGAN, MOUNT, MUSTANG, PALOMINO, PINTO,  
 PONY, QUARTER HORSE, RACEHORSE, SADDLEBRED, SAD-  
 DLE HORSE, SHETLAND POINY, SHIRE, SORREL, STALLION,  
 STEED, SUFFOLK, TARPAN, THROUGHbred, TROT.

## QUIZ

1. Where was James Ruse's successful farm?
2. Which royal blue luxury train started running between Sydney and Melbourne in 1937?
3. Who was the first man to make a controlled powered flight in Australia?
4. Where would you find the Big Lobster?



## 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**