



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website

*a heartfelt thank you to all of our residents and families
our spirits are lifted by the strength and understanding of the Havilah
community in working together to keep everyone safe*



**There's no way to be a perfect
mother and a
million ways to be a good one.
10th May 2020**

HAVILAH MAJOR RAFFLE

There have been two early bird draws conducted for our Major Raffle Lucky Winners to date are;

Week one: Joan & Wendy Hartley Week two: Sam Griffith

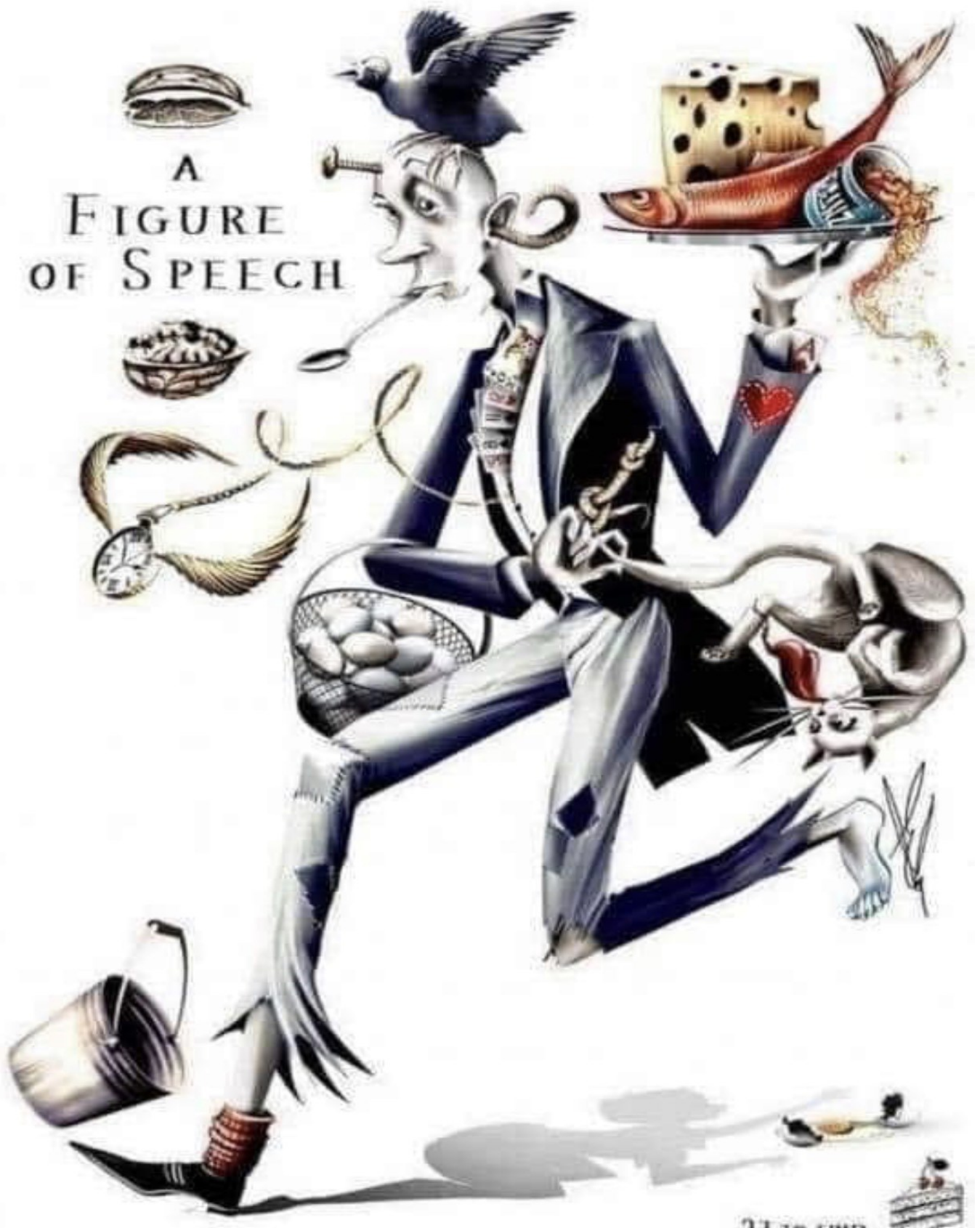
All Tickets have been sold this year. **A big Thank you to Raeleen for another year of organising this fundraiser and to all of our supporters who bought and sold tickets.**



Raglan House kitchen are providing a take away meal service to our Retirement Living Units. If you wish to order, please phone the kitchen on 5459 0180 before 10.00am on the day. Special morning tea and Happy Hour treats will be available each alternate Friday.

**Havilah on Palmerston Reception Hours are MON - FRI 9am - 12noon
(excluding Public Holidays) ph: 5459 0140**

There are 27 figures of speech in the photo. Who can guess one?
I'll start with "cat's got his tongue".



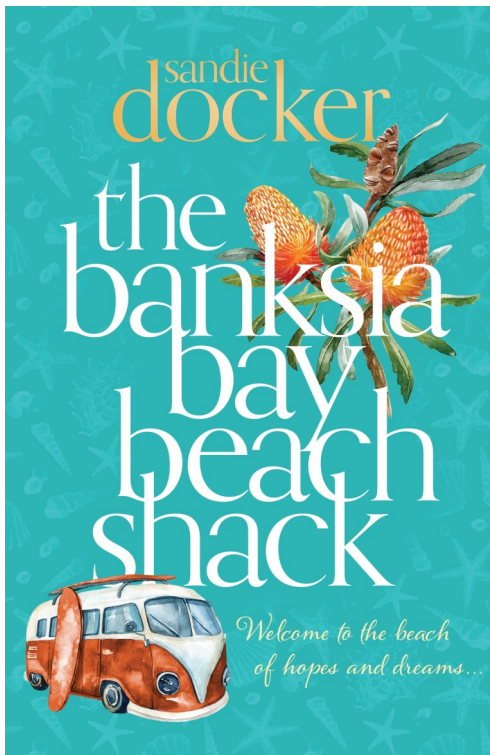


Retirement Living Unit residents who are taking advantage of Raglan House kitchen take a way meal service, waiting with social distancing but still having a chat amongst one another.

Residents at Raglan House had a novel game of ANZAC Bingo with prices suitable for the day.



BOOK REVIEW



Welcome to the Banksia Bay Beach Shack, where first love is found and last chances are taken. Mysteries, secrets, lies. What is hiding, or being hidden, in the small sleepy seaside town of Banksia Bay? After her grandmother, Lillian, passed away, journalist Laura Prescott discovered a series of intriguing mementos left behind. A photograph, a pendant, a postcard. They make Laura question what she knew about her grandmother. She makes the decision to go back to Banksia Bay to learn the truth about Lillian's past. But when she arrives, Laura finds a community where everyone seems to be hiding something.

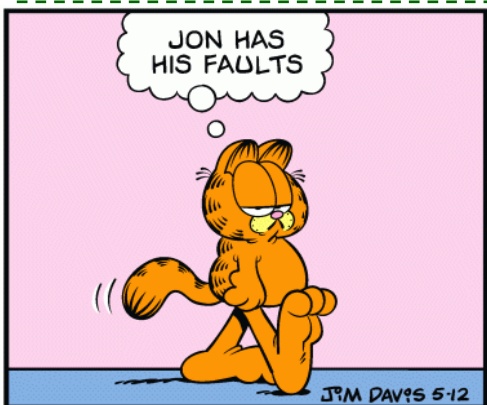
Virginia is the owner of the iconic Beach Shack café. She has kept her past and all its secrets buried for sixty years. As Laura slowly uncovers the tragic fragments of one summer so long ago, Virginia must decide whether to hold on to her secrets or set the truth free. And what is the price of telling the truth?

Interspersed throughout the story of Laura is the story of Young Gigi and Lily. Coming from different worlds, they make unlikely friends, but forge an unbreakable bond – the 'Sisters of Summer'. But in 1961, a chain of events is set off that reaches far into the future. One lie told. One lie to set someone free. One lie that changes the course of so many lives.



WEIRD and WONDERFUL WORDS

BURNSIDES - a moustache in combination with whiskers on the cheeks but no beard on the chin.



Justice of the Peace

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

Terry Simpson

Mobile: 0419 737 837

During business hours



EFTPOS

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

Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.

Residents in Raglan House challenged themselves to Acronyms for the word Corona:

Caring Of Residents Overcomes Nervous Afflictions
 Come On Rise! Overcome Negative Attitudes
 Compassionate Optimism Reflects Our New Appreciation
 Changing Our Rules On New Adventures
 Creating Opportunities Regardless Of Negative Attitudes
 Capable Of Rising Over Nasty Adversaries

Come On, Read Our Nations Abilities
 Complete Our Road On Nice Attitudes
 Care on Relations Over New Aussies
 Come On Relieve Our Nervous Anxieties
 Control Of Rules On New Areas
 Clearly Other Residents Obeying New Activities
 Can Over Regulation Obscure Noxious Adulations
 Cream Of Relief Overcomes Nasty Aches
 Code of Rights Order New Amenities
 Chance Of Risk Overcomes Nervous Anxieties
 Conflicting Orders Ruin Our National Agenda



ANZAC Day was remembered by residents of Havilah on Palmerston with some units displaying memorabilia in their front windows .



ANZAC DAY





Sweet as! The Polly Waffle is finally re-turning – because of coronavirus

Plans to revive the old-school treat were announced last year, but production is now going into overdrive thanks to COVID-19.

The family-owned South Australian chocolate company Robert Menz has scored \$1 million in federal funding to establish a Polly Waffle production line – creating 38 much-needed new jobs.

Originally invented in Melbourne in 1947, the marshmallow-filled, chocolate-coated wafer tube was eventually acquired by Nestlé in 1988, hitting its

peak in the 1990s before it was axed in 2009.

But in 2019, Robert Menz – the same company that brought back the Violet Crumble (a wise decisions) – got its hands on the recipe.

The iconic choccie will now be back on shelves in early 2021 – just in time for me to hopefully have recovered from all the quarantine comfort food.

Calling on knitters and crochet enthusiasts Kim is planning a project for remembrance day this year that requires many poppies. If you feel that you would like to contribute and make some please give Kim a call on 54590169 to have a copy of the patterns dropped off to you. With the colder weather approaching it is nice to have a little project to keep your hands busy. Patterns available for all different skill levels of crochet and knitting.



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

24 hr Maintenance AH 0408 645 203

Kitchen 5459 0180

CONTACT NUMBERS:

FOR HARKNESS ST

MON-FRI

9AM-5PM 5461 7300

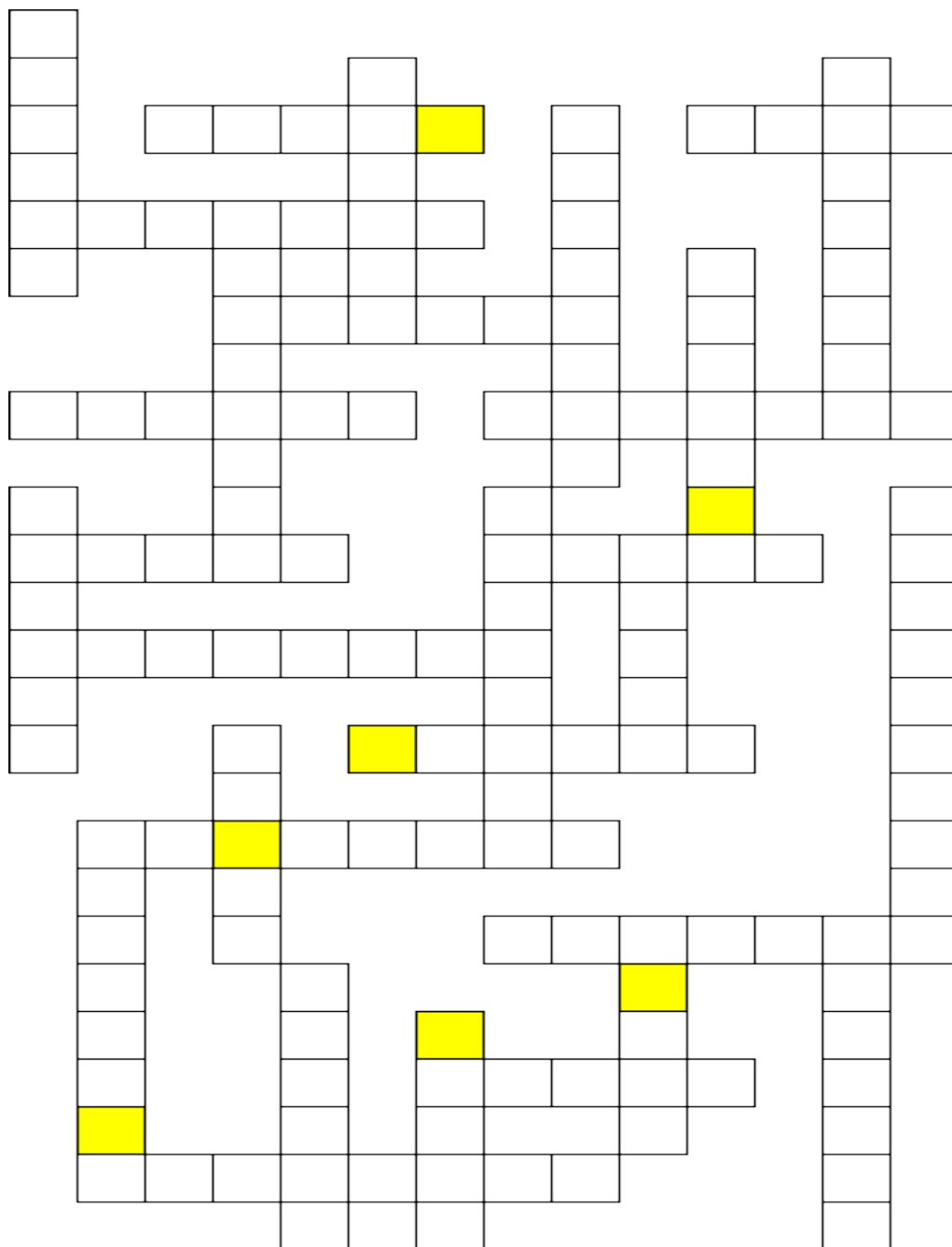
5PM-7 AM 5461 7394

WEEKEND 5461 7394

LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380



Criss-Cross 19

4 Letter Words:

BACH

5 Letter Word:

BIZET

ELGAR

GRIEG

HOLST

LISZT

RAVEL

SOUSA

VERDI

6 Letter Word:

BARTOK

CHOPIN

DELIUS

DVORAK

JOPLIN

MOZART

WAGNER

7 Letter Word:

BELLINI

BERLIOZ

DEBUSSY

ROSSINI

STRAUSS

8 Letter Word:

ALBINONI

BRUCKNER

GERSHWIN

GRANADOS

PAGANINI

SCHUBERT

SCHUMANN

SIBELIUS

10 Letter Word:

STRAVINSKY

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

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

Medium 608

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

Easy 608

Falls Prevention



active everyday, - go for a walk.
Consider participating in exercises classes.
Wear comfortable, firm fitting shoes with a low heel,
laces, buckles or Velcro fasteners.

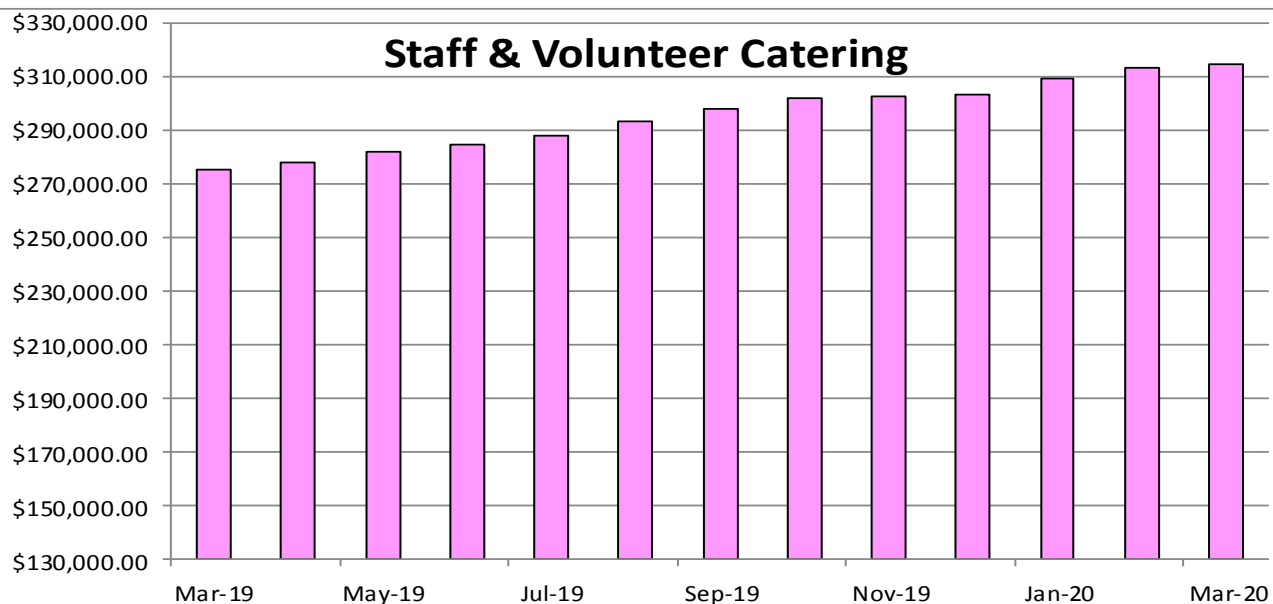


THINGS MY MOTHER USED TO SAY

You need to appreciate what you have.
If you want something done, aske a busy person to do it.
That's the pot calling the kettle black.,



Staff & Volunteer Catering



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

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

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



Please comply with parking signs, therefore only cars displaying Disabled stickers in Disabled Parking zones, No Parking, and No Parking zones.



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. Havilah is looking forward to welcoming back our volunteers once the COVID restrictions have been lifted.



Dad and Dave were patching up the house.

Dave, who was nailing down the weatherboards, would reach into his nail pouch, pull out a nail and either toss it over his shoulder or nail it in.

"What ya doing throwing them nails away," Dad asked.

"Aww, some of these nails have the points at the wrong end," Dave said.

"If I pull a nail out of my pouch and its pointed toward me, I throw it away 'cause its defective and if its pointed towards the house , I nail it in!"

"Aww for gawds sake you stupid man," Dad yelled at Dave.

"The nails pointed towards you aren't defective! They're for the other side of the house!"

A bagpiper was asked by a funeral director to play at the graveside funeral for a homeless man.

The service was to be at a pauper's cemetery out in the country.

On his way, the bagpiper got lost and final arrived an hour later.

The hearse was nowhere in sight and only the diggers and crew were left.

He went to the side of the grave and

saw it was partly filled but played anyway.

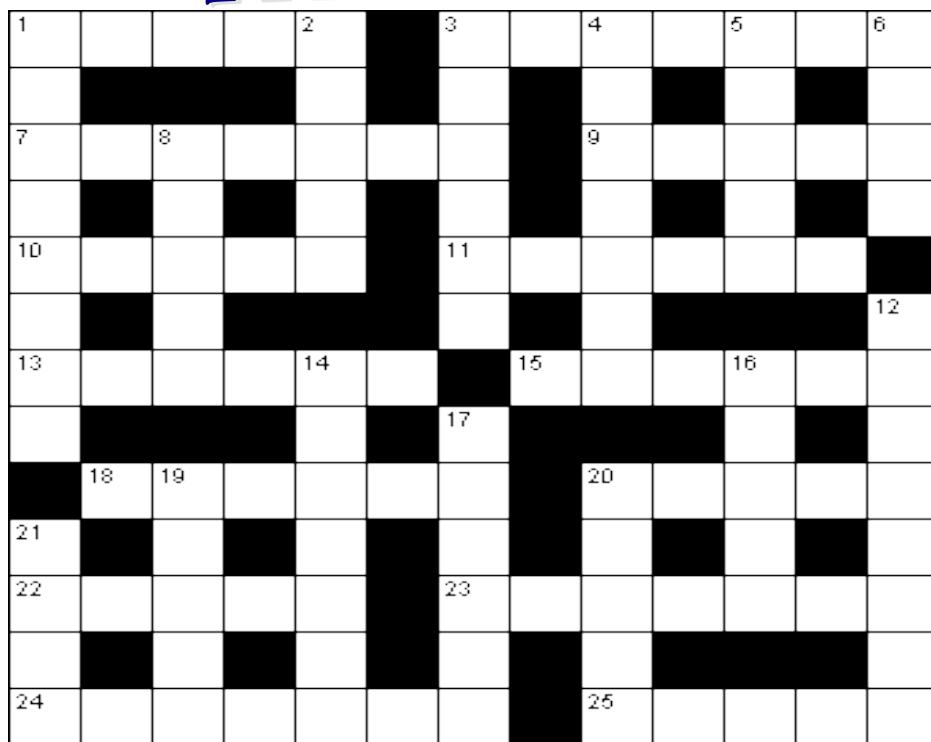
The piper played Amazing Grace , and played it with all his heart and soul, for the man with no family and no friends.

The workers began to weep, the piper began to weep also.

Once finished, he packed up and started to walk to his car.

As he opened the door, one of the workers said, "I've never seen anything like that before, and I've been putting in septic tanks for 20



**ACROSS:**

1. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (70)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss of danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

DOWN:

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent wind storm
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)

WORD SEARCH - Play aRound®

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

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

BALL, BIRDIE, BOGEY, BUNKER, CADDIE, CLUB, CLUB-HOUSE, COURSE, DRIVER, EAGLE, FAIRWAY, FLAG, FORE, GOLF CART, GREEN, HANDICAP, HAZARD, HOLE, HOLE-IN-ONE, IRON, LINKS, PAR, PIN, PITCH, PUTTER, ROUGH, ROUND, SAND TRAP, SCORE, STROKE, SWING, TEE, WEDGE, WOOD.

QUIZ

1. A carpet bag steak consists of beef stuffed with what?
2. Australian Michelle Timms is a retired player of what sport?
3. Renowned for its extremely hot weather, Marble Bar is a small town in which Australian state?
4. A cruciverbalist is someone who creates and solves crosswords. True or False

NOTICE BOARD

Emergency Procedure

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

Then when safe to do so report the Incident to Havilah

and we can provide assistance if required.

USING EMAIL TO TALK TO OUR MANAGEMENT TEAM

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

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

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

Residents are encouraged to communicate any issues they may have to

CEO Barb Duffin 5461 7381 Mobile 0429 617380

email: barb.duffin@havilah.org.au

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.

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**