

ISSUED  
May 2017



# HOP TOPICS



## INVITATION

**MOTHERS DAY LUNCH - SUNDAY 14TH MAY**

**2 Courses with Chocolates and Drinks.**

**\$15 per head.**

**On Saturday 13th May**

**you are welcome to join us for  
Roast Lunch and  
Special Afternoon Tea**

**For Catering Purposes RSVP  
Thu 11th May  
To Raglan House Kitchen  
Phone: 54590180**



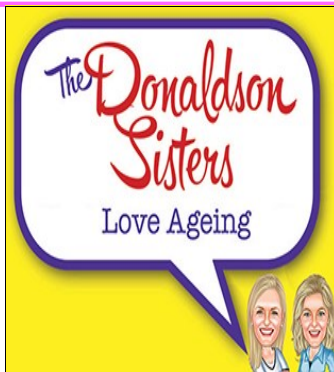




**Mad Hatter's Tea Party**  
**Good Friday morning.**  
 A wonderful time was had by all at the Mad Hatters themed tea party held on Good Friday. Prizes were awarded for the best decorated hat with Jean Hill being one of the winners. Everyone enjoyed the whimsical morning and wonder and laughter.







# The conversations of life

## *Earnestly speaking*

Thoughts from Lauren Broomham

From the Donaldson Sisters  
Newsletter Editions  
5th May and 13th April



### Tony Abbott slams 40:40:20 gender workforce target – for being “anti-men”

The former Prime Minister told 2GB radio presenter Ray Hadley this week that gender quotas suggested by the Australian Human Rights Commission are “politically correct rubbish” – and the Sex Discrimination Commissioner, Kate Jenkins, to “pull your head in”.

“We absolutely have to give women a fair go but some of this stuff sounds like it’s just anti-men,” he said.

The AHRC had recommended Government agencies aim for a hiring rate of at least 40 per cent women, 40 per cent men and the other 20 per cent left “flexible”.

Women dominate graduate numbers

Ms Jenkins has since released a statement saying the quotas were not meant to be mandatory.

But really, why shouldn’t they be? 60 per cent of our university graduates are now women. Is it wrong to say that we should have an equal number of men and women in our government departments?

Mr Abbott – who was Minister for Women while he was PM until 2015 – did acknowledge the challenge the Liberal Party is facing in getting women into parliament.

“If we want to do the right thing by women we need to get more conservative women in parliament,” he said.

We rest our case

Picture: Tony Abbott with his three daughters. Credit: Mamamia



### Bob Hawke is now a beer

The 87-year-old ex-PM has announced the launch of Hawke's Brewing Co., with the first product Hawke's Lager making its debut at a number of pubs around Sydney this week.

The company was founded by Australians Nathan Lennon and David Gibson, while they were working as advertising creative directors in New York.

“Dave and I were chatting about who, given the chance, we’d most like to have a beer with. We both said Bob Hawke,” Mr Lennon told Hospitality Magazine.

Rather than sit on the idea, the two decided to make it a reality and approached Mr Hawke to be the face of the brand.

The former PM is well-known for his love of a ‘cold one’, famously breaking a world record for downing a yard of beer while a student at Oxford University in the 1950’s.

It’s all in the name of a good cause too. They’ve formed a partnership with the not-for-profit Landcare Australia (which Bob helped establish while PM) to donate a percentage of the beers’ sales – including all of Mr Hawke’s profits – to rural projects around the country.

We’ll say cheers to that!



## NOTICE BOARD



BUS TRIP  
SUNDAY 11th JUNE  
CLUNES FARMERS MARKET  
BUS DEPARTING FROM THE  
COURTYARD AT 9.00am

Contact Life Style Co-ordinator Kim to book  
your seat.

### Football Tipping:

This season the prize money of \$10.00 is awarded to the tipster with 9 winners on a weekly basis and at the end of year the prize pool of \$50.00, \$30.00, \$20.00 respectively for first, second and third.



The 2017 AFL Draw is available in the Reception area. Each week place your tips in the box provided at Reception. Please include your Name and the Round Number with your selections. Tips must be in the day before the first game of the round. Stu's tips will be allocated for participants who fail to submit their tips.

Please Contact Kim on 5459 0169 for further details.

**LEADERS AFTER ROUND 7.** Betty Higgins (45) , Doug Rowe (41) and equal 3rd being Wilma Doble and Don Drake (40)

## ON CALL MAINTANCE FOR AFTER HOURS

As there are more than one maintenance employees at Havilah now, there is a roster for after hours and weekend calls.

### FALLS PREVENTION

#### Avoid wearing loose clothing.

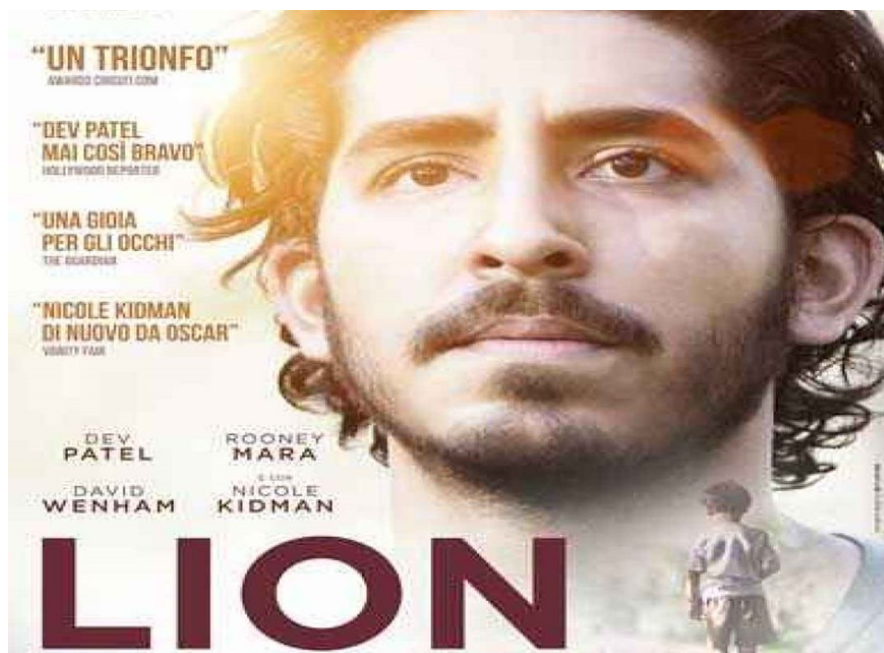
If you want to feel comfortable, consider that baggy clothes can sometimes make you more likely to fall. Opt for better-fitting and properly hemmed clothing that doesn't bunch up or drag on the ground.





## NOTICE BOARD

### Movie Nights Room 7 High School Centre



**Wednesday 17th May -  
screening at 7.00pm**

#### **“LION”**

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometres from home. He survives many challenges before being adopted by a couple in Australia, 25 years later, he sets out to find his lost family.  
Popcorn and supper provided.

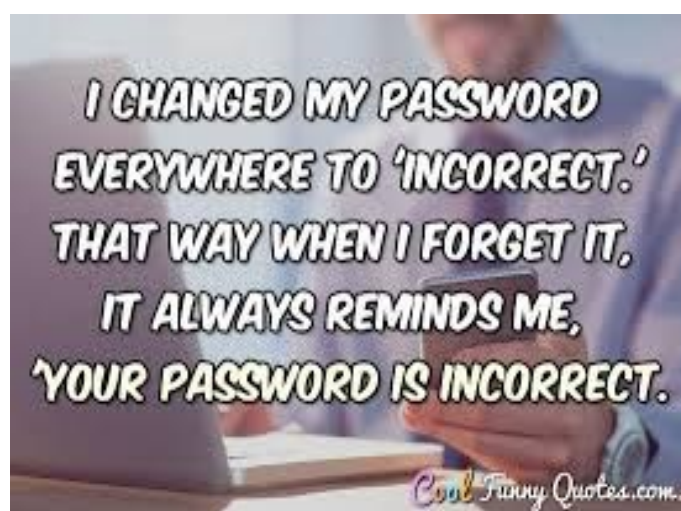
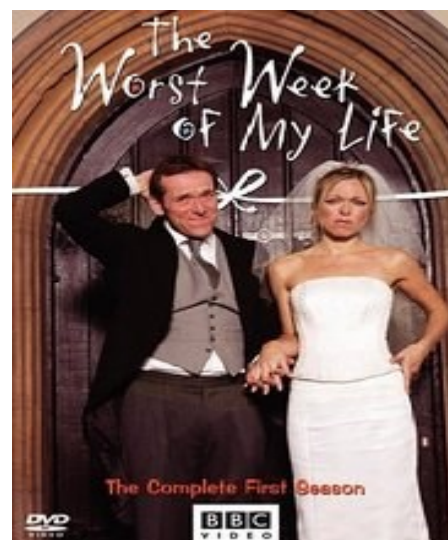
**Wednesday 31st May**

**Comedy Night screening, at 7.00 pm**

#### **“The Worst Day of My Life.”**

With only one week to go before the marriage of Howard and Mel, it all quickly escalates to the week from hell. The series follows the bumbling Howard as he lurches from one embarrassing catastrophe to another in the week leading up to his wedding.

Come and enjoy popcorn and chocolate top icecreams and evening of laughter.



## RECIPE OF THE MONTH

### Baked Prawn & Cabbage Risotto

**Don't be put off by the Risotto, this is easy and simple**

1 tablespoon olive oil  
 1 large onion chopped  
 200 gm Arborio rice  
 3 cups chicken stock  
 280 gm cabbage thickly sliced  
 440 gm uncooked prawns (frozen is OK)  
 160 gm Philly cooking cream (really just use the whole lot)  
 40 gm grated parmesan cheese  
 Heat oven to 180 degrees C  
 Heat oil in large ovenproof casserole pan.  
 Soften onion over med heat for about 5 minutes.  
 Pour rice in and cook 2 minutes stirring.  
 Pour in stock bring to boil, then add cabbage.  
 Cover and bake in oven for 20 minutes.  
 Remove pan from oven and stir the rice. Place prawns on top of rice – replace lid and bake further 5 minutes.  
 Remove pan from oven and stir in cooking cream, ½ parmesan and pepper to taste.  
 Serve into 4 bowls and top with remaining parmesan.  
 Tastes good but looks a bit bland.



## THINGS MY MOTHER USED TO SAY

Someday you'll regret fighting with you sister and brother.

You can't always get what you want.

Wait until you have to pay the bills.

The sun doesn't rise and fall on your desires.

Don't speak to me like that.

A locked door only keeps an honest man out.



### **MEALS FOR FAMILY MEMBERS AND GUESTS.**

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour free of charge.

Please advise the relevant kitchen prior to 10.00am by phoning the :  
 Raglan Kitchen on ph: 5459 0180

It would be appreciated when booking meals or Happy Hour for more than 5 people, please notify the kitchen the day before.

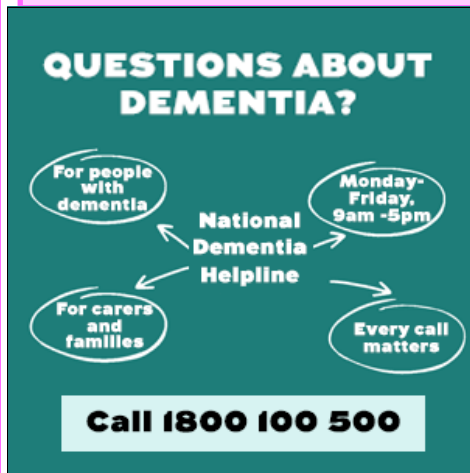


**PLEASE RESPECT THE NON SMOKING AREAS  
 AT HAVILAH ON PALMERSTON**





## HEALTH AND WELLBEING



### Below are some fun facts on Brain Health.

There are around 100 billion neurons in the average human brain. Most of these connect to between 1,000 and 10,000 neighbouring neurons #fightdementia

The average adult human brain weighs around 1.4 kg, the weight of a small Chihuahua #fightdementia

Information travels as fast as 120 metres per second in the brain. That's equivalent to 432 kilometres per hour #fightdementia

Physical exercise promotes growth and survival of cells in the brain and is associated with less shrinkage with ageing #fightdementia

People who participate in more social activities, have, on average, a lower risk of developing dementia #fightdementia

Important nutrients for the brain are best obtained through enjoying a healthy, varied diet. #fightdementia

One clinical trial found that regular walking led to an increase in the size of the hippocampus #fightdementia

Physical activity promotes healthy blood vessels, improving blood flow to the brain to help it function well #fightdementia

Lots of mental activity is linked to less shrinkage of the part of the brain critical for memory #fightdementia

If we reduced risk factors by 25 per cent, there would be 3 million fewer people in the world with dementia #fightdementia

Higher adherence to the Mediterranean diet is associated with a lower risk of dementia #fightdementia

In a recent Australian trial with people over 50, a 6-month program of physical activity saw improved memory and thinking #fightdementia

If you would like a fun and interactive way of looking after your brain health, go to your app store and download BrainyApp on your smartphone or tablet. Visit [brainyapp.com.au](http://brainyapp.com.au) for more information.



1. Exercise regularly at least 30 minutes of physical activity on most days.
2. Challenge your brain with activities that involve new learning, problem solving or complex thinking, on most days.
3. Eat fruit and vegetables every day
4. Eat fish or seafood each week
5. Limit the amount of fat you eat (such as take away, deep fried foods,, pies, pastries and cakes) to once or twice per week.
6. Drink no more than two standard drinks per day
7. Get involved in social activities with friends, family and/or colleagues on most days
8. Have your blood pressure, cholesterol, blood sugar (glucose) and weight checked at least each 12 months
9. Don't smoke

## 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 June 2017 at 2.45pm, Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

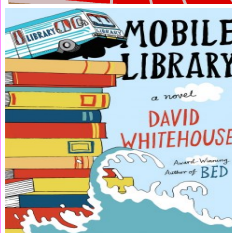


### HAPPY HOUR

Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm entertainment, finger food & drinks.



**BINGO** Every week day 1.30 P.M. Ground Floor Raglan House



### MOBILE LIBRARY— APRIL DATES

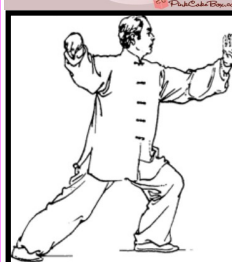
Monday 22nd May and Monday 12th June

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 Wednesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Wednesday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

#### ♦ 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

#### HAVILAH MAJOR RAFFLE

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

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

**Goods/Services Retailer/s of choice**

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

**Goods/Services Retailer/s of choice**

**PLUS 10 x \$500 early bird prizes**  
**Goods/Services at Retailer/s of choice.**

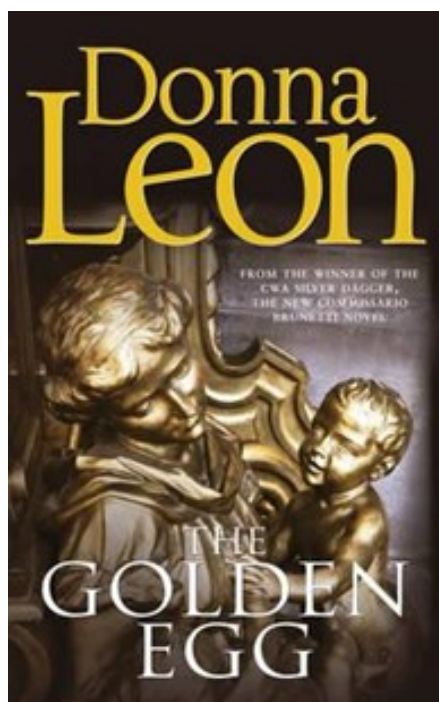
**ONLY 400 TICKETS TO BE SOLD**

Tickets are \$100 each and payment can be made over 10 weeks if desired. Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate. Only 400 tickets sold so the odds are very good.  
We very much appreciate your support.

Please contact Raeleen 54617 380 or Reception 5461 7387



## BOOK REVIEW



### THE GOLDEN EGG BY DONNA LEON

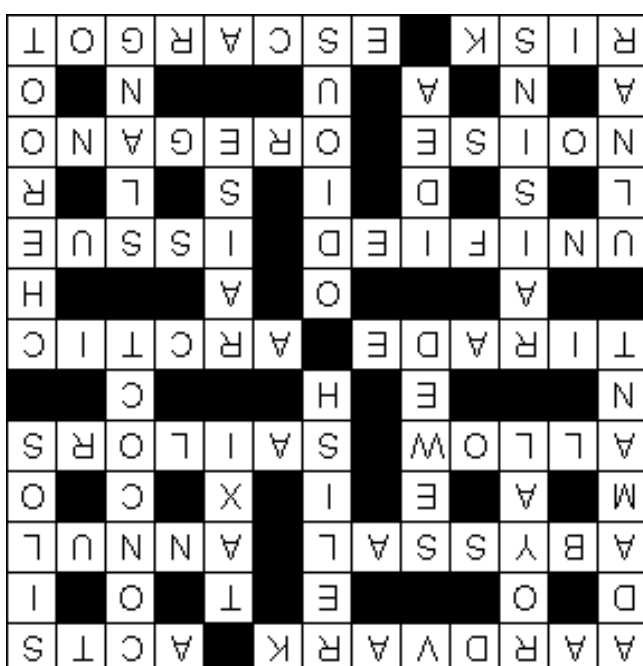
As you probably have guessed I rather like this Author. This one is not my favourite but still a good read.

Commissario Guido Brunetti looks into the suspicious death of Davide Cavanella, the deaf and mentally disabled man who worked for his neighborhood dry cleaner. It strikes Brunetti as sad, as well as sinister, that he's unable to find any public record of Davide, that his mother can't produce her son's birth or baptismal certificates, school documents or any other verification of his life. In the eyes of the state, Davide never existed. "It daunted Brunetti, the pathos of it."

Brunetti is haunted by the silent world Davide inhabited

As Leon wryly points out in this unusually reflective detective story, the same system that couldn't keep track of Davide has somehow managed to overlook evidence that the mayor's son is complicit in a bribery scheme.

"Why do we tolerate this," Brunetti's secretary asks when presented with this latest flagrant example of corruption, "and not go after them with clubs?" That's something Brunetti often wonders. And he sadly concludes that short of emigration or suicide, there aren't many options for people whose political system is so dysfunctional.



### Quiz and Crossword Solutions from page 11

#### Answers to Anagrams

1. CUSTARD
2. PORRIDGE
3. SPAGHETTI
4. PRAWN
5. PEACH
6. APRICOT





## SMILE TIME



A woman was talking on the phone with her son, who had started training in the Navy. He was explaining how the sailors were learning to scuba dive. They used the buddy system, designed to ensure safety and occasionally dived into shark infested water.

"What do you do when you see a shark" Mum asked, The son replied : "Swim faster than my buddy."

A man knocked on the door and asked the woman who answered for a small donation towards the local swimming pool. The woman went away and returned and gave him a glass of water.



Get More Funny Stuff @ funnyanddumb.net



A young stockbroker decided to take a day off and visit some of his professors in his old school. When he made his way into the entrance he notices a dog was attacking a small child. He quickly grabbed the dog and throttled it with his two hands. The next day the local newspaper reported the story with the headline, "Valiant student saves boy from ferocious dog."

The stockbroker called the editor and strongly suggested that a correction be issued and that the paper tell the readers he was actually a successful Wall Street broker and not a student. The next day the newspaper issued a correction and the headline read, "Pompous stockbroker kills school mascot."

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

Impartial		Thighbone		Carried by horse		Possesses	Reading		Pig pen		Small number	
Photo equipment							Nothing				Jump	
						Stinging plant						
						Skin condition						
Chicanery		Fine art							Conifer			
		Separate							Diminutive			
					Snip					Distribute: — out		Finished
					Boredom							
Beverage	Primp						Musical time					
	Likewise or also											
			Family	Contradict							Overact	
Irritate				Pub		Touch lightly	Svelte					
Mentality							Redact					
								Rip				
Novel		Water nymph										
		Droop										
			Deserved or owed		Tender							
					Relieve from							
Jockey						Treeless plain						
Be present	Shocking						Heathen					
						Atone						

**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

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

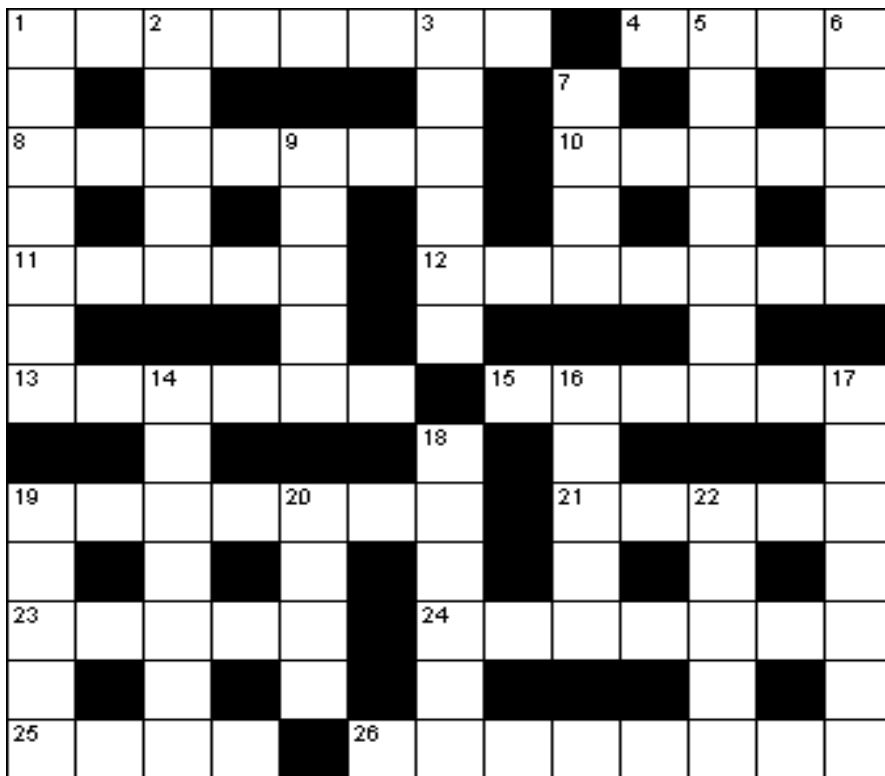
LEVEL MEDIUM

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

LEVEL EASY



# Mind Games



## Across

1. Anteater (8)
4. Parts of a play (4)
8. Unfathomable (7)
10. Declare Invalid (5)
11. Permit (5)
12. Mariner (7)
13. Denunciation (6)
15. Polar Region (6)
19. Amalgamated (7)
21. Publish (5)
23. Din (5)
24. Aromatic Herb (7)
25. Hazard (4)
26. Edible Snail (8)

## Down

1. Intransigent (7)
2. Majestic (5)
3. Gusto (6)
5. Devise or invent (7)
6. Storage towers (5)
7. Cab (4)
9. Darned (5)
14. Dried Grapes (7)
16. Salary increase (5)
17. Cigar (7)
18. Detestable (6)
19. Relating to an arm bone (5)
20. Notion (4)
22. Vernacular (5)

## Word Search—Laugh or Cry

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

## ANAGRAMS: Food and Drink

1. CAR DUST (7)
2. ORDER PIG (8)
3. PAST EIGHT (9)
4. CRACKPOT INLAW (5,8)
5. CHEAP (5)
6. A TROPIC (7)

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

BAWL, BEAM, BLUBBER, BRAY, CACHINNATE, CHORTLE, CRY, GIGGLE, GRIN, GUFFAW, HOWL, LAUGH, ROAR, SCREAM, SCREECH, SHRIEK, SIMPER, SMILE, SMIRK, SNICKER, SNIFFLE, SNIVEL, SNORT, SNUFFLE, SOB, TITTER, WAIL, WEEP, WHIMPER, YAWL..

Answers : Page 10

**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	<a href="mailto:barb.duffin@havilah.org.au">barb.duffin@havilah.org.au</a>
Food Services Manger	Di Jackson	<a href="mailto:di.jackson@havilah.org.au">di.jackson@havilah.org.au</a>
Nurse Manager	Deb Matthews	<a href="mailto:deb.matthews@havilah.org.au">deb.matthews@havilah.org.au</a>
Director of Care	Kelsey Hooper	<a href="mailto:kelsey.hooper@havilah.org.au">kelsey.hooper@havilah.org.au</a>

**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](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 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.

**HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS**  
MON-FRI 9.00 am—12.00 pm for account payments and enquiries

**HARKNESS ST ADMINISTRATION OFFICE HOURS**  
MON-FRI 9.00 am—4.00 pm for account payments and enquiries