



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

You can access the Havilah Facebook Page via the website



Volunteer Week was held on the 18th –24th of May. In appreciation to these generous people who support Havilah, each were given vouchers to enjoy Coffee and Cake at Parkview Bakery. The theme this year was to wave your appreciation for Volunteers.

Our retirement community is a large part of our volunteer base. Residents, staff and the volunteers are looking forward to when covid restrictions are eased and all can return to their volunteering - we are missing you all.



## HAVILAH MAJOR RAFFLE

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

Week one: Joan & Wendy Hartley. Week two: Sam Griffiths. Week three: Macks Girls Syndicate. Week four: Alan & Colin Nicholson. Week five: Peter Matthews. Week six: Linda Murray, Week seven: Donna Marchant. Week 8 Troy Driscoll

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.**



A take away meal service to our Retirement Residents is currently available through our kitchens. If you wish to order, please phone the kitchen on 5459 0180 before 10.00am on the day or the day before. Special morning tea and Happy Hour treats are available each alternate Friday.

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

## MENTAL HEALTH WELLNESS TIPS FOR ISOLATING DURING COVID19

**By Kellie Strawbridge, Campbell Page, Helping Hands program**

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that varies and includes time for work as well as self-care.
2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colours. It is amazing how our dress can impacts our mood.
3. Get out at least once a day, for at least 30 minutes. If you are concerned of contact, try first thing of a morning, or later in the evening and try less travelled paths. If you are high risk or living with someone who is high risk, open the windows and blast the fan. It is amazing how much fresh air can do for the spirits.
4. Find some time to move each day, again daily for at least 30 minutes. If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party by yourself.
5. Reach out to others, you guessed it, at least for 30 minutes once a day. Try to do phone calls, facetime, skype, txt message and or email to connect with other people to seek and provide support.
6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat and avoiding food. Drink plenty of water, eat some good and nutritious foods and challenge yourself to learn to cook something new.
7. Develop a self-care toolkit. This can look different for everyone. A lot of self-care strategies involve a sensory component (six senses: touch, taste, sight, hearing, smell and movement). Some ideas: snuggle a soft blanket or stuffed animal, a mug of chocolate, photos of a vacation, comforting music, lavender or eucalyptus oil, a journal or an inspiration book.
8. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blow-ups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.
9. Everyone find their own retreat space. It is important that people think through their own space for work, for devotion and for relaxation. It is good to know that even when we are living close to each other that we all have our own special place to go.
10. Lower expectations and practice radical self-acceptance. We are doing too many things at the moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call "radical self-acceptance": accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this – there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.
11. Limit the media conversation. One can find tons of information of COVID19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed and alarmist. Find a trusted source and set yourself a time limit for how much information you consume.
12. Notice the good in the world, the helpers. There are a lot of scary, negative and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information. How can you encourage someone else? You too can be a helper, for helping others gives us a sense of self-worth when things seem out of control.
13. Find something you can control and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organise your bookshelf, purge your closet, and clean out your pantry. It helps to anchor and ground us when the bigger things are chaotic.
14. Find a long term project to dive into. Now is the time to learn how to play the keyboard, to put together a huge jigsaw puzzle, paint a picture, crochet a blanket, and solve puzzles. Find something that will keep you busy, distracted and engaged to take breaks from what is happening in the outside world.
15. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting,, colouring, sculpting with dough, chair exercises, especially left-right movements can be effective at self-soothing and maintaining self-regulation in moments of distress.
16. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, colouring, music, singing, playing) and give it your all. See how relieved you can feel.
17. Find lightness and humour in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with somethings funny each day, we all need a little comedic relief in our day, every day.
18. Reach out for help- you have a team: friends, family, neighbours, the congregation are all there for you. There is help and support out there, any time of the day. Although we are physically distance and life in isolation is unfamiliar, we can always connect by phone or email.

19. "Chunk" your isolation, take it moment by moment. We have no road map for this. We don't know what this will look like in 1 day, 1 week, or a month from now. "Chunking" is focusing on whatever bite sized piece of a challenge that feels manageable to you right now. Whether it be 5 minutes a day, or a week at a time – find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself wonder about it. Take each chunk one at a time and move through stress in pieces.

20. Remind yourselves daily that this is temporary. It seems in the midst of this isolation that it will never end. It can be scary to think of the road stretching ahead of us. Please take the time to remind yourself that although this is difficult, and will go on for an undetermined amount of time, it is a season of life and it WILL pass.

**COVID INITIATIVES FOR HAVILAH'S RETIREMENT LIVING COMMUNITY** As with our residential care community the retirement community have been staying at home and keeping safe. They have not been having their usual outings or gatherings for Sunday lunch, Happy Hour or special morning tea. Many of our retirement community volunteer at Havilah and they have not been able to do this either. At the beginning of restrictions on gatherings we offered take-away meals and many have taken this up which has been incredibly popular with many take-away meals being served out of the Palmerston kitchen. Residents are at least getting out, "while socially distancing" to pick up their meals

#### FOR OUR RESIDENTIAL CARE COMMUNITY

As you will all know lifestyle activities have continued during the COVID-19 period although with smaller groups and confined to specific units. Restrictions ease in relation to gatherings we want to be able to offer some special functions around "virtual outings". So for example this may be setting up an Italian Restaurant for Pizzas, some of the residents favourite haunts for afternoon tea or even a

**AND FOR OUR STAFF** The only thing that is constant at the moment is change. Guidelines for prevention and management of COVID-19 in Residential Aged Care Facilities and in the community generally are changing every day. Our staffs' continuing commitment to keep themselves and therefore fellow staff and residents safe is vitally important. We commend them for the way they have conducted themselves outside of working hours. We want our staff to know we really appreciate the efforts they are making inside and outside of working hours. Kerri McInnes has taken on the task of organising the surprise treats all staff are receiving at the moment. This might be small bags of lollies or chocolates left on our desk, special morning tea and lucky draws. There is a lot of added things happening at present whether it is the increased monitoring of residents and staff, recording and monitor-

We will return to feeling free, safe, busy and connected in the days ahead. We will all be able to celebrate together when this season has passed.

21. Find the lesson. This whole crisis can seem sad and senseless, but what are some of the positive outcomes you can see already? What potential positive outcomes can you help create for yourself, and someone else? What can each of us learn here, in big and small ways, from this crisis? What needs to change about ourselves, our homes, our communities, our nation, our world? How can you be a part of bringing that change about?

These 21 points are helpful in encouraging us to live LIFE intentionally through this unfamiliar season. We don't have to put life on hold, we can explore new ways of doing LIFE that brings satisfaction and wellbeing.

and have a chat while they wait. Great work by the kitchen in managing the uplift in demand during this period. We have also been having "virtual" happy hour and "virtual" special morning tea. Residents come across to reception and pick up their Happy Hour or Special Morning Tea packs. We are loving that our retirement community have got into the "virtual" age that we are all forced to endure at the moment.

Last Friday evening we had a Pizza night. Craig Lovett and his team at the Supreme Bar and Bistro provided the pizzas at an excellent discount price and delivery girls Barb and Raeleen delivered 45 pizzas to both retirement communities. More "virtual events are planned".

virtual visit to Kentucky Chicken. Staff are currently thinking about how these types of functions can be planned and staged within each facility keeping in mind the 4 square metre rule will still apply. We think it is important that these occasions can be seen as an outing and residents feel they are going out for a special occasion rather than just for instance normal lunch where pizza is on the menu.

ing of visitors increased communication to families and residents and many many other things that are evolving each week on top of the normal working day.

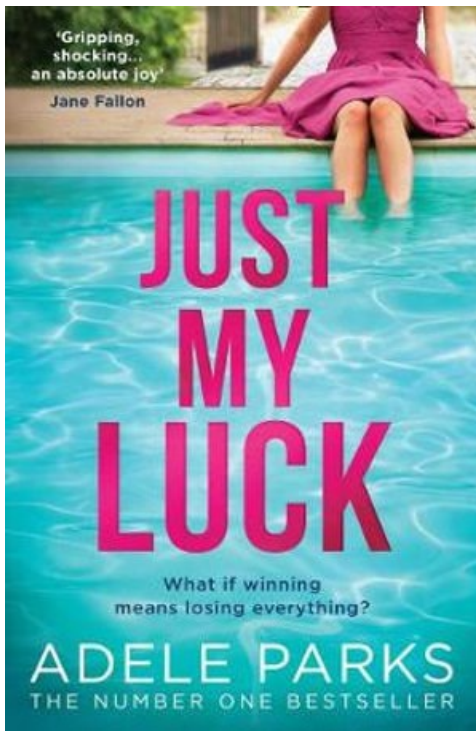
Staff cannot come to work if even slightly unwell. They are responsible for answering the screening questions accurately and recording their temperature each day prior to commencing their shift. If they have any of the listed symptoms, however minor they must not come to or stay at work and must get tested.

Staff waiting the results of testing cannot return to work until testing has excluded the infection or until advised they can return by the department.

This puts added pressure on staff leave to cover the abnormal absences. Havilah supports staff in these situations to ensure they do not come to work if unwell.



## BOOK REVIEW



**What if winning means losing everything?**

**'A gripping story of greed, lies and dark family secrets' Lisa Jewell**

**Jewell**

**'Addictive, provocative and thoroughly relatable – a brilliantly crafted reminder to be careful what you wish for' TM Logan**

**Logan**

It's the stuff dreams are made of – a lottery win so big, it changes everything.

For fifteen years, Lexi and Jake have played the same six numbers with their friends, the Pearsons and the Heathcotes. Over dinner parties,

fish & chip suppers and summer barbecues, they've discussed the important stuff – the kids, marriages, jobs and houses – and they've laughed off their disappointment when they failed to win anything more than a tenner.

But then, one Saturday night, the unthinkable happens. There's a rift in the group. Someone doesn't tell the truth. And soon after, six numbers come up which change everything forever.

Lexi and Jake have a ticket worth £18 million. And their friends are determined to claim a share of it.



### WEIRD and WONDERFUL WORDS

**OBNUBILATE - to darken, dim, or obscure something.**



### **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



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

Your assistance with this is appreciated.



**Isaac Merritt Singer's solid sturdy invention will never die.**

Made of steel with a treadle pedal, signature ornate black stand and beautifully crafted wooden drawers, Singer sewing machines were made to be repaired, not replaced.

A century later, they continue to be repurposed and re-born as end tables, liquor cabinets, planters, stools, shelves, chairs, stove tops, even.

And, now, tiny tractors.

Tiny tractors that weigh a ton, that is, and are not to be toyed with.

"For a man cave, this would be the 'bomb'" said John Norris of Clinton, as he shows off a miniature green John Deere and a red Farmall tractor he recently created.

They're made with the main body of the sewing machine, including its spinning wheel, bobbin parts and needle plate. Norris added various items he's collected over the years or finds at thrift shops — small wheels, spatula for a tractor seat, propane stove and conveyor belt parts.

"It's all metal, no plastic," he said.

Vintage Singer sewing machines in various states of undress sit on the counter top in Norris' tinker and tool kingdom, formerly known as his garage.

"This is a 1913 machine. This one is 1903," he said, pointing to a metal label that reveals the machine number and the year of production. "I take them completely apart. What's amazing is all the parts still move. They still work."

After welding or bolting pieces together, Norris, who describes himself as a "retired painter, now picker/artist," sands, primes and paints the parts into familiar farm machinery colours. He orders company decals online.

Norris admits it's not an original idea. Sewing machine tractors can be found for sale online and there are videos on how to make them.

He's dreaming up other uses, maybe turning a miniature tractor into a lamp with a swivel arm. Maybe not.

"I just did it for fun," Norris said. "I really didn't make them to sell." But he's gotten offers anyway, and requests to make more, especially from John Deere fans. "Man, they're really obsessed," he commented.

Norris also didn't make them to be functional. They may look like toy tractors to some or brightly painted miniature sewing machines ready to make miniature clothes to others.

"No, they don't work," Norris said, laughing. "It's folk art."

They also weigh a lot. He dropped one once and it dented his counter.

Norris also turned a pipe wrench into a drag car. He calls it Pipe Dreams.

"Winter," Norris said, explaining his motivation. "I was bored."





The capital works programme at Havilah on Palmerston is progressing at a steady pace, the new under cover parking for gophers and storage shed are due for the floors to be concreted and doors to be installed. The extension to the Raglan House dining room has made a huge difference with the interior space. With only paving and joinery remaining we are almost there. Furnishings are currently on order. The new areas should be ready for use very shortly. A Grant under the Aged Care Rural Regional and Remote Grants Scheme allowed for these works to be carried out along with Solar installation at Raglan House which have provided electricity cost savings in excess of \$17,000 this

financial year to May.

At Harkness, Heath House kitchen works will be completed by the end of June. Improved refrigeration, cooking facilities (combi oven) storage and benches will be in place as a result of these works. Thank you to our own maintenance team, our regular plumbing and electrical contractors and Max Brown for their assistance in completing these works and the catering staff for

their patience while the works were being carried out.

The Board last meeting approved setting up of a Café "HAV-A-CCINO" in Grevillea House complete with Cappuccino Machine which will be installed in the Grevillea Kitchenette. New joinery and under bench oven will be included in the works. The Board has also approved the installation of a Cappuccino machine at Palmerston. The final location which needs to be accessible for both Raglan House and Retirement Living functions is still under consideration. These works are in recognition of that resident outings cannot be scheduled at present.



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

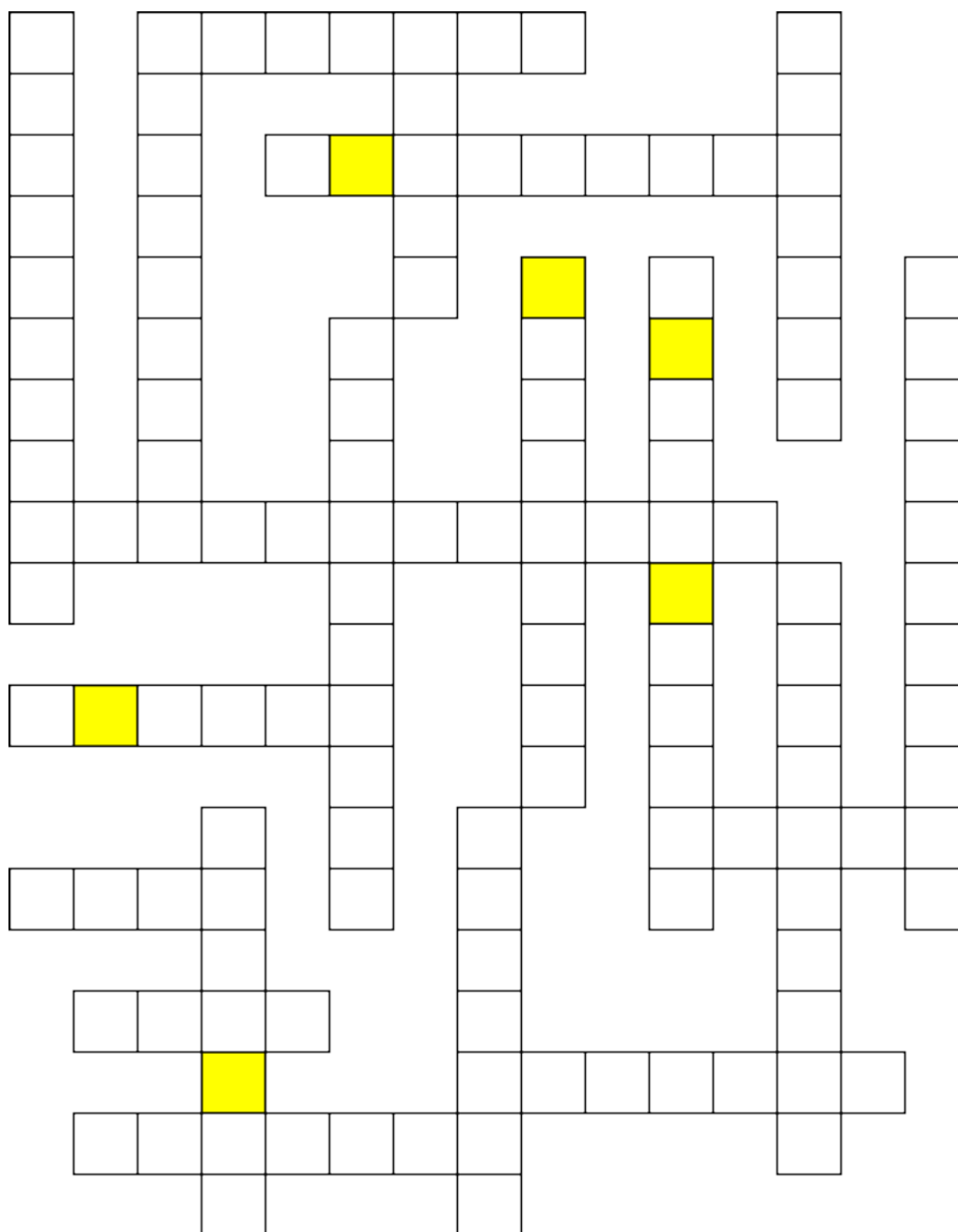
LIFESTYLE 54617 390

CEO 54617 381

0429617380

RAELEEN 54617 380



**4 Letter Words:**

BABE

JAWS

**5 Letter Word:**

ALIEN

EVITA

**6 Letter Word:**

GHANDI

**7 Letter Word:**

DIE HARD

MIRACLE

MONSTER

NETWORK

TITANIC

TWISTED

**9 Letter Word:**

DAREDEVIL

SPRTACUS

SPIDERMAN

**10 Letter Word:**

CASABLANCA

SEABISCUIT

UNFORGIVEN

**11 Letter Words:**

MYSTIC RIVER

PRETTY WOMAN

**12 Letter Word:**

COLD MOUNTAIN

**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

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











Medium 605

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

Easy 605

## COVID-19: IDENTIFYING THE SYMPTOMS

Coronavirus  
(COVID-19)

SYMPTOMS		COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms
Fever		Common	Rare	Common
Cough		Common	Common	Common
Sore Throat		Sometimes	Common	Common
Shortness of Breath		Sometimes	No	No
Fatigue		Sometimes	Sometimes	Common
Aches & Pains		Sometimes	No	Common
Headaches		Sometimes	Common	Common
Runny or Stuffy Nose		Sometimes	Common	Sometimes
Diarrhea		Rare	No	Sometimes, especially for children
Sneezing		No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

HELP  
STOP  
THE  
SPREAD  
AND STAY HEALTHY

TOGETHER WE CAN HELP STOP  
THE SPREAD AND STAY HEALTHY.

For more information about



## Coronavirus Australia app

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. You can check your symptoms and get notified when urgent information and updates are published.

You can use the Australian Government Coronavirus app to:

- stay up to date with the official information and advice
- important health advice to help stop the spread and stay healthy
- get a quick snapshot of the current official status within Australia
- check your symptoms if you are concerned about yourself or someone else
- find relevant contact information
- access updated information from the Australian Government
- receive push notifications of urgent information and updates



## Get the app



## COVIDSafe app

To help keep you safe and ease restrictions the COVIDSafe app is available to download onto your mobile phones now. This will be a great app to have once restrictions are eased and we all start getting about more. If we have been in contact with someone that tests positive, who also has the app installed, we will be able to be advised and act quickly. It will only work if most people download the app so a great safety measurer as restrictions ease.

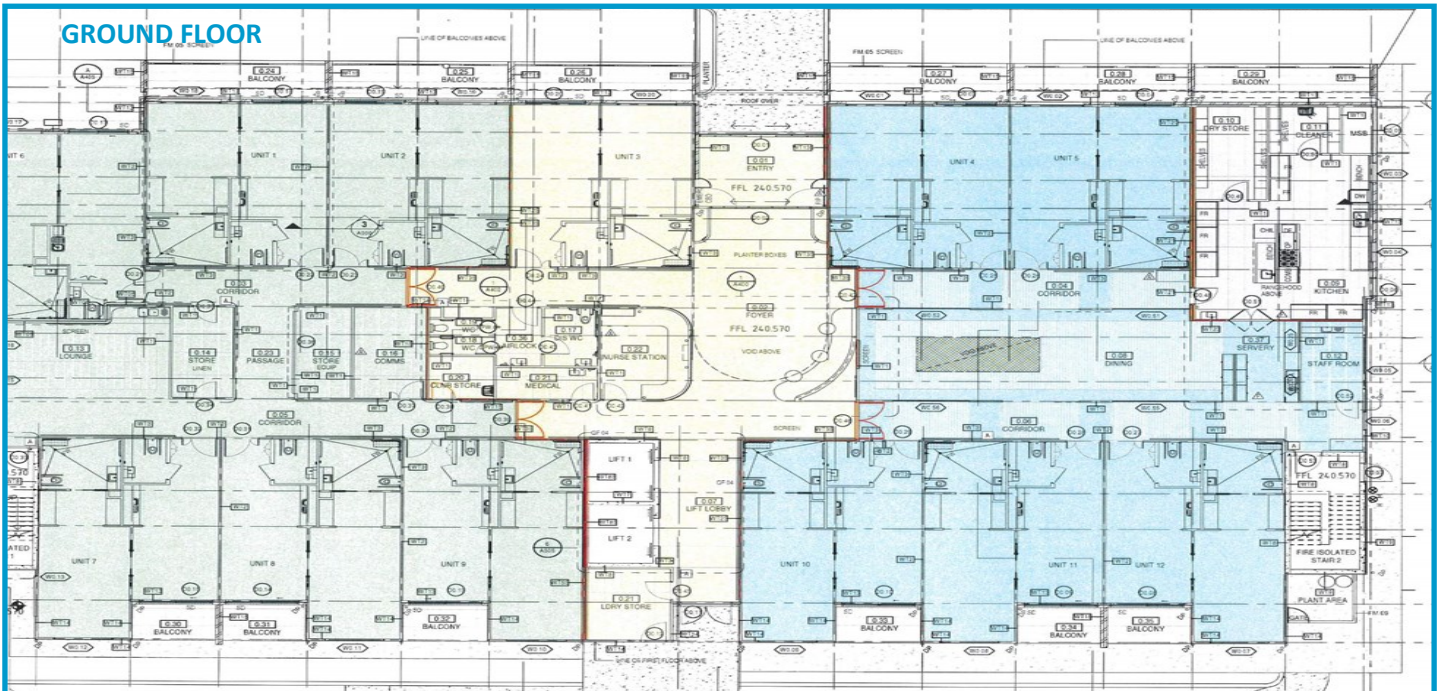


## HAVILAH ON PALMERSTON—STAGE 2

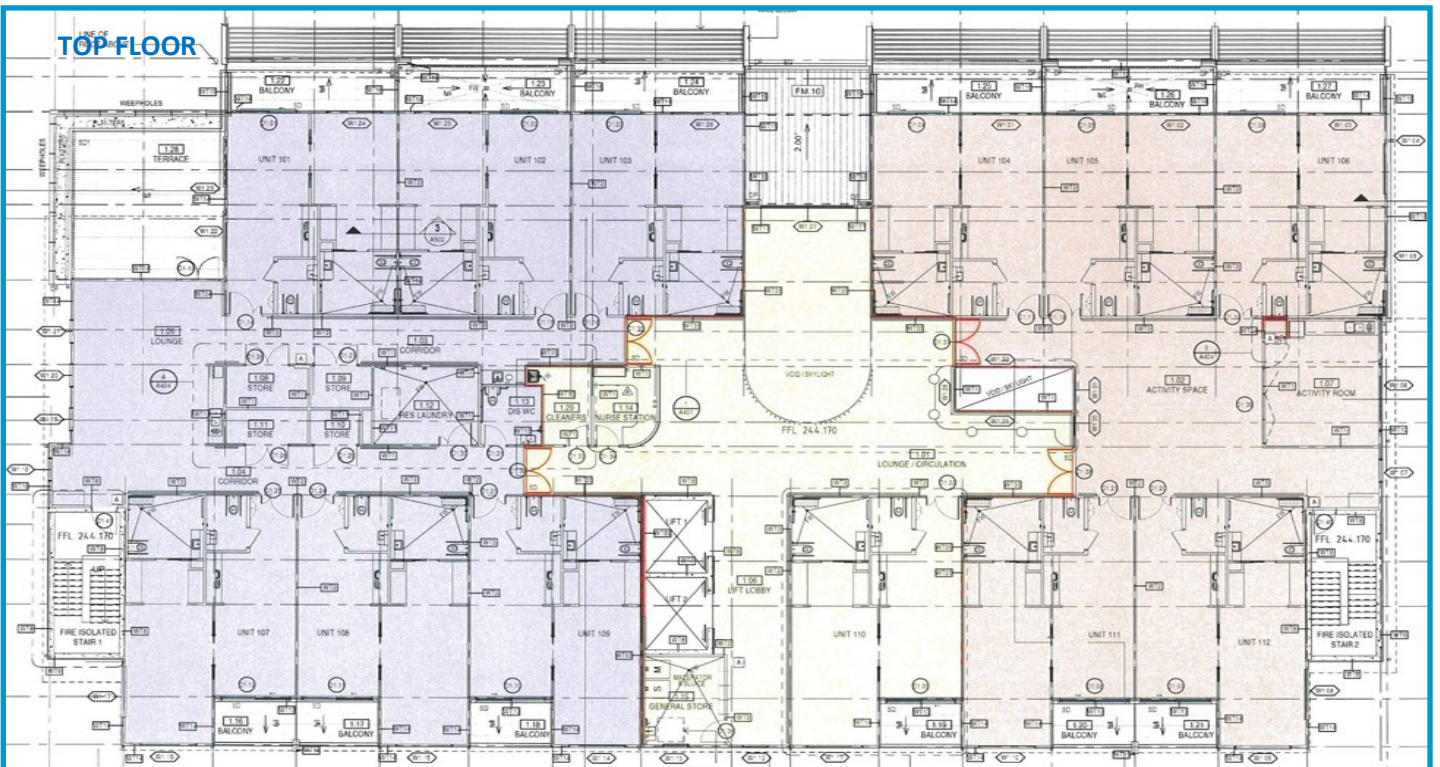
Plans are ready for tendering for Stage 1 of the staged development of Stage 2 at Havilah on Palmerston. This is a 24 Unit Residential Aged Care Facility on the corner of Raglan and Neill Streets. Plans are based on the current building the main differences being each unit has its own balcony and there is an top storey external outdoor area, the dining room and kitchen are contained within the building and all offices and storage are in the central core of the building. Bedrooms facing into the courtyard have smaller balconies and larger bedrooms so more internal space for couples. See Plans below. Havilah has 24 provisional places allocated in relation to this development which were scheduled to open in June 2021. This will be extended to June 2022 due to delays in obtaining planning permission. We are there now though so hopefully full speed ahead.



### GROUND FLOOR



### TOP FLOOR

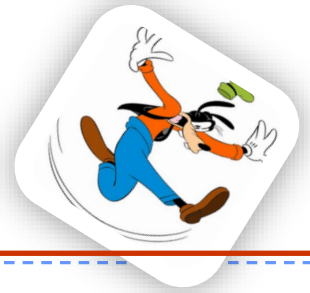




### Falls Prevention



Be aware of the impact your medications may have on your balance.  
Allow extra time to gain your balance when you stand up.



### THINGS MY MOTHER USED TO SAY

It's always good to have good friends  
This will hurt me more than it does you  
You'll thank me for it someday  
Don't burn the candle at both ends

### APPLE AND HAZLENUT LOAF

#### Ingredients:

- 1 <sup>1/4</sup> cups self raising flour
- 1/2 cup hazelnut meal
- 1/2 cup dark brown sugar
- 1 teaspoon ground cinnamon
- 70g butter, chilled, chopped
- 1 egg, lightly beaten
- 1/4 cup milk
- 2 small royal gala apples, unpeeled, cored, halved
- 1 tablespoon dry roasted hazelnuts, roughly chopped
- Extra 10g butter, melted
- Extra 1 teaspoon dark brown sugar



#### Instructions:

- Preheat oven to 180C/160C fan-forced. Grease a 9cm deep, 9cm x 19cm loaf pan. Line base and sides with baking paper, extending paper 3cm above edge of pan at long ends.
- Combine flour, hazelnut meal, sugar and cinnamon in a bowl.

Rub in chilled butter until mixture resembles breadcrumbs. Make a well. Stir in egg and milk until just combined.

- Thinly slice 1 apple (will need 15 slices). Grate remainder, Stir grated apple and chopped hazelnuts into cake batter. Spoon into pan. Level top with a spatula. Arrange sliced apple, skin side down, pushing slightly into the batter.
- Drizzle melted butter over apple slices. Sprinkle with extra sugar, Bake for 50 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 5 minutes. Turn, top-side up, on to a wire rack to cool. Serve loaf warm or cold.



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 worthwhile 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](mailto: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 re-



Jack and Caitlyn from Peach Village approached us in May with an offer to provide a Chinese meals for all residents at Harkness Street. Jack and Caitlyn had been thinking of all the residents who could not go out and enjoy a meal with their family and friends, and many do go to their restaurant on a regular basis. One resident who formerly dined at Peach Village every Friday night was quite down in the dumps about it so we arranged to order in for him. This prompted Jack and Caitlyn's offer to everyone. When discussing what we

should have on the menu Jack was able to name all the favourites of our residents. Staff were included also. How good is that and how lucky are we to have such incredible generosity in our community. Staff and residents enjoyed and appreciated the wonderful array of food that was provided.

A "virtual outing" at Peach Village is planned over the next few weeks so keep an eye out for this one.

### VISITING HAVILAH'S RESIDENTIAL CARE FACILITIES

There are current Visitor Restrictions in place due to the Coronavirus.

Visiting times are currently between 9am and 5.00 pm Mon – Sun, Currently we are requesting that visitors continue with the reduced time of visits up to 30 minutes. Visits are limited to a maximum of two immediate social supports (family members, close friends) or professional service or advocacy time, each day. Visits can be two people at the one visit or one person for two separate visits. Visiting times and numbers of visitors are able to be relaxed in special circumstances such during palliative care or to provide care and support for residents with dementia if this has been the previous practice.

Visitors must visit with the one resident (or one couple) only within their room or within the external grounds of the facility. As a normal practice you cannot visit with any other residents. Special visiting needs can be accommodated where a person is the main social contact for more than one resident. Social distancing is important and needs to be maintained to a range of 1.5 metres (5 foot).

#### Rules on visitors: The Directions from the Victorian Chief Health Officer

In effect the rules are:

Visit must be for the purposes of "providing care or support" and a maximum two people per day over a maximum two visits in Victoria.

Exception if it is for end-of-life care –more visitors allowed.

#### Also, you cannot visit if you:

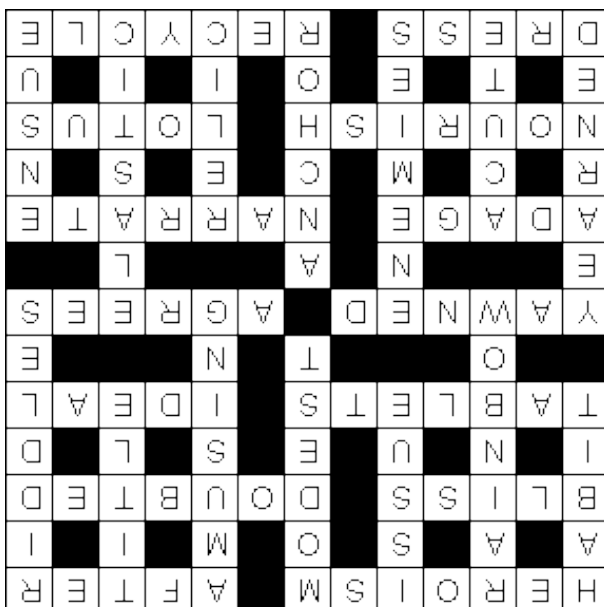
Have returned from overseas within last 14 days.

Have been in contact with a confirmed COVID-19 case within last 14 days.

Have fever or symptoms of a respiratory illness.

Under 16 (special circumstances permitted in the case of residents in palliative care).

### Quiz and Crossword Solutions from page 7 & 13



1. March  
2. Geelong  
3. Puckapunyal  
4. John Laws

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

Medium 605

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

Easy 605





A young boy is pulling his wagon up a hill when one of the back wheels falls off and rolls down the hill. The young boy says, "I'll be damned." A local pastor heard him and said, "You should not say that. Next time your wheel falls off say, 'Praise the Lord.'" So the next day the young boy is pulling his wagon

up the hill and the wheel falls off and rolls down the hill. The young boy says, "Praise the Lord." The wheel stops rolling, turns around, rolls back up the hill and puts itself back on the wagon. The young boy being very surprised by this exclaims, "I'll be damned!"

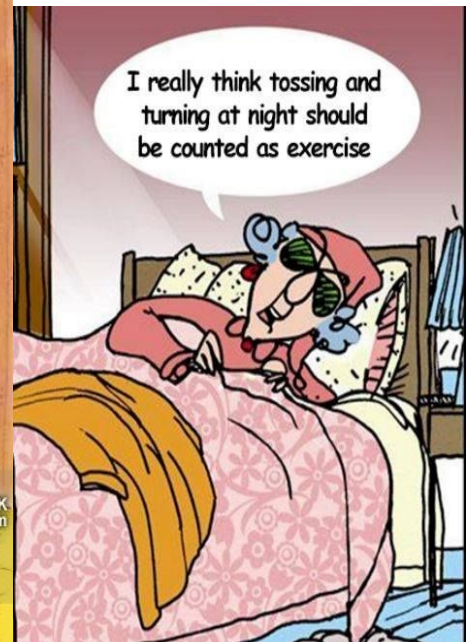
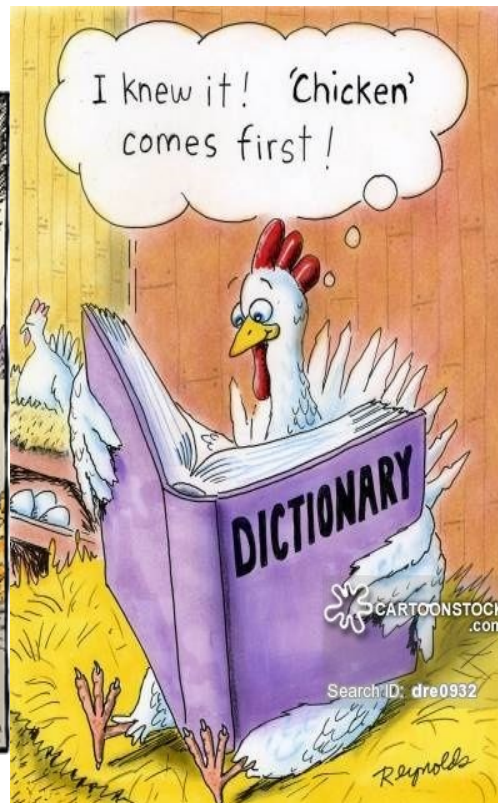
After 35 years of marriage, a husband and wife came for counselling.

When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the years they had been married. On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured. Finally, after allowing this for a sufficient length of time,

the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, 'this is what your wife needs at least 3 times a week. Can you see to it?'

'Well,' he said, 'I can drop her off here on Mondays and Wednesdays, but on Fridays, I go fishing.'



A man walks into a bar and sits down. He asks the bartender, "Can I have a cigarette?" The bartender replies, "Sure, the cigarette machine is over there." So he walks over to the machine and as he is about to order a cigarette, the machine suddenly says, "Oi, you bloody idiot." The man says with surprise in his voice, "That's

not very nice." He returns to his bar stool without a cigarette and asks the bartender for some peanuts. The bartender passes the man a bowl of peanuts and the man hears one of the peanuts speak, "Ooh, I like your hair." The man says to the bartender, "Hey, what's going on here? Your cigarette machine is insulting me and

this peanut is coming on to me. Why's this?" The bartender replies, "Oh, that's because the machine is out of order and the peanuts are complementary."

**ACROSS:**

1. Gallantry (7)
5. Subsequently (5)
8. Extreme happiness (5)
9. Considered unlikely (7)
10. Pills (7)
11. Paragon (5)
12. Gaped (6)
14. Concurs (6)
17. Proverb (5)
19. Recite (7)
22. Feed (7)
23. Water Lily (5)
24. Frock (5)
25. Use again after processing (7)

**DOWN:**

1. Established custom (5)
2. Arc of refracted light (7)
3. Publish (5)
4. Humble (6)
5. Risible (7)
6. Heading (7)
7. Conundrums (7)
12. Hankered (7)
13. Foes (7)
15. Flexible (7)
16. Fix firmly (6)
18. Angle less than 90 degrees (5)
20. Something that has survived the past (5)
21. Follow (5)

## WORD SEARCH - That's Showbiz

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

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

ACTION, ACTOR, AUDIENCE, AUDITION, BACKSTAGE, BOX OFFICE, CABARET, CAMERA, CAST, COMEDY, COSTUME, CURTAIN CALL, DIRECTOR, DRAMA, ENCORE, ENTERTAINMENT, ESTRA, FILM, FOOTLIGHTS, GREASEPAINT, HOLLYWOOD, LIGHTING, LINES, LOCATION, MOVIE, MUSICAL, PERFORMANCE, PLAY, PRODUCER, PROMOTER, PROP, RADIO, REVIEW, ROLE, SCENE, SCORE, SCRIPT, SPOTLIGHT, STAGE, STAND IN, STAR, STUNT

## QUIZ

1. Which month is the Labour Day holiday in Victoria?
2. Gary Ablett Jnr won his first Brownlow medal with which AFL team?
3. Which Australian Army base is located near Seymour?
4. Which radio presenter was referred to as "The Golden Tonsils?"

## 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](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**