



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



Christmas in July was a huge success again this year, each year is getting bigger and better for all to enjoy. Many compliments were received from residents attending the festive lunch. The kitchen and lifestyle staff excelled themselves with the delicious meals and decorations to enhance the atmosphere.

Retirement Community - Bi Monthly Resident Meeting Thursday 19th September 2019, 2.45 pm
Raglan House - Ground Floor - Neill Street end
Afternoon Tea Provided



The conversations of life

The real Brexit: Brits divided on how to properly pour tea.

By Tess Green on July 12, 2019

An age-old question – what comes first, the tea or the milk? Readers of *The Times London* have been treated to some exciting drama after contributors got into a heated debate about this important ritual in the paper's Letters to the Editor section.

It began when one reader asked whether a famous female British soccer player poured the milk in first when she mimed drinking tea to celebrate a goal – which inspired this response from another:

"I was always led to believe that the milk first or second question was originally a signal of social standing. Cheap porcelain cracked when hot tea was poured into it, so the milk was poured in first to lower the temperature and avoid such a disaster."

The debate continued for three days, and *The Times* printed several more responses from passionate readers/tea-drinkers.

One argued that "tea stains porcelain, so putting the milk in first mitigates this", while another maintained that tea "must be poured first so as to determine how much milk is necessary."

The whole ordeal might be the most British thing we've ever heard.



Pictured: Queen Elizabeth enjoying a cup of tea, 1960s (we're not sure if it was milk-first).

Why do we wait until a PIG is dead , to CURE it?

Why do we wash BATH TOWELS—aren't we clean when we use them?

Why doesn't GLUE stick to the inside of the bottle?

Why do people who know the least know it the loudest?

Why do psychics have to ask for your name?

When companies ship Styrofoam, what do they pack it in?

What was the best thing before sliced bread?

How come abbreviated is such a long word?

And You Thought You Knew Everything

1. A cat has 32 muscles in each ear.
2. The average chocolate bar has 8 insects legs in it.
3. "I am" is the shortest sentence I the English language.
4. The electric chair was invented by a dentist.
5. A snail can sleep for 3 years.
6. The word racecar and kayak are the same whether they are read let to right or right to l eft.
7. The names of the continents all end with the same letter with which they start.
8. Women blink twice as much as men.
9. Donald Duck comics were banned in Finland because he doesn't wear pants.
10. There are 336 dimples on a regulation golf ball.



**RAGLAN HOUSE RESIDENTS
THRILLED TO RECEIVE MAIL
DIRECT FROM BUCKINGHAM
PALACE VIA ROYAL MAIL**

OMG! the day we have all been waiting for had finally arrived, the Royal Mail found the address for Raglan House in little old Maryborough.

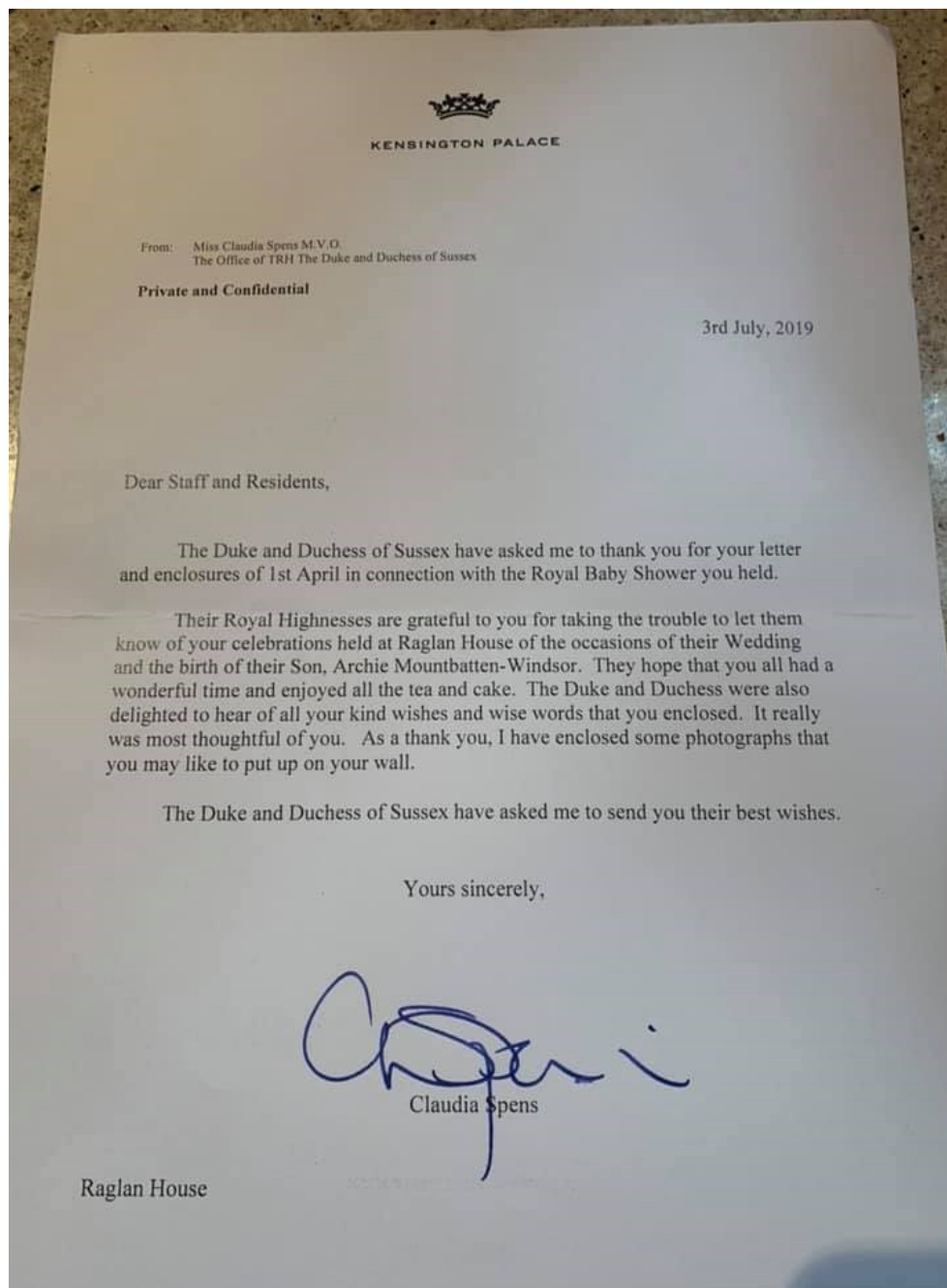
Our response direct from Buckingham Palace to the Raglan House residents photo's that were sent with congratulatory wishes for the arrival of the royal baby "Archie Mountbatten-Windsor.

A wonderful surprise for all.

THEIR ROYAL HIGHNESSES ARE GRATEFUL TO YOU FOR TAKING THE TROUBLE TO LET THEM KNOW OF YOUR CELEBRATIONS HELD AT RAGLAN HOUSE ON THE OCCASION OF THEIR WEDDING AND THE BIRTH OF THEIR SON, ARCHIE MOUNTBATTEN-WINDSOR

AS A THANK YOU, I HAVE ENCLOSED SOME PHOTOGRAPHS THAT YOU MAY LIKE TO PUT UP ON YOUR WALL







time to talk

Time to Talk - 2nd Wednesday each Month
Next Date 14th August 10.00am
 Raglan House—first floor
 Great chance for the men to get together and
 chat about secret men's business

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



WEIRD and WONDERFUL WORDS

WABBIT - Scottish, exhausted or slightly unwell



FALLS PREVENTION

Things to consider:
Be active everyday.
Go for a short walk with a friend.
Participate in exercise classes.

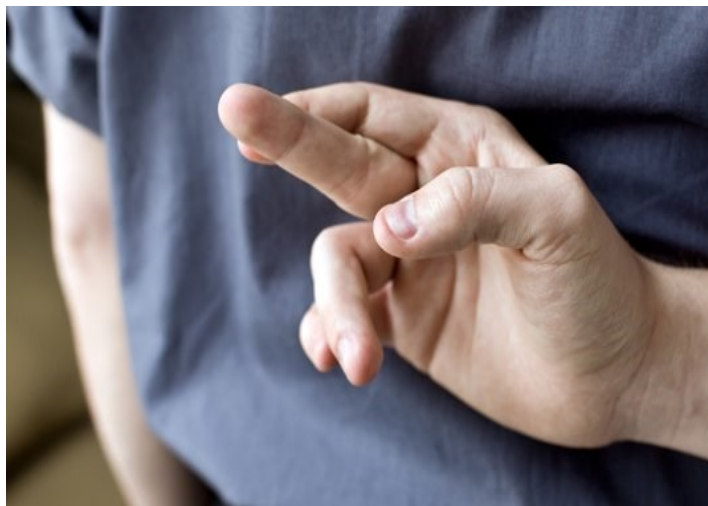


THINGS MY MOTHER USED TO SAY
Are you going out dressed like that?
Close the door, you weren't born in a tent!
Go ask your father.
I can't believe you did that!

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.

Your assistance with this is appreciated.



Older Aussies more trusting, at risk of financial exploitation

Trust. *Noun.* The reliance on the integrity, justice, etc of a person, or on some quality or attribute of a thing; confidence.'

That is the first definition the Macquarie Dictionary has for the word trust. There are another 22 definitions or explanations.

The simplest is number 15 – to believe.

As a quality, to be trustworthy is admirable, to be trusting is perhaps less so. Knowing who to trust or when to trust is often a gut feeling, or something we might expect to learn with age.

But a new study by researchers at Western Sydney University has found that we get more trusting as we get older. Furthermore, as we age, we are less likely to remember and pay attention to negative information and therefore are vulnerable to financial exploitation. Researchers suggest this can be down to motivation changes as we age – older adults are motivated by emotional satisfaction and positive things – or even physical changes in brain activity.

Associate professor of psychology at Western Sydney University Phoebe Bailey joins *Aged Care Insite* to talk more about the study's findings.

MOBILE LIBRARY

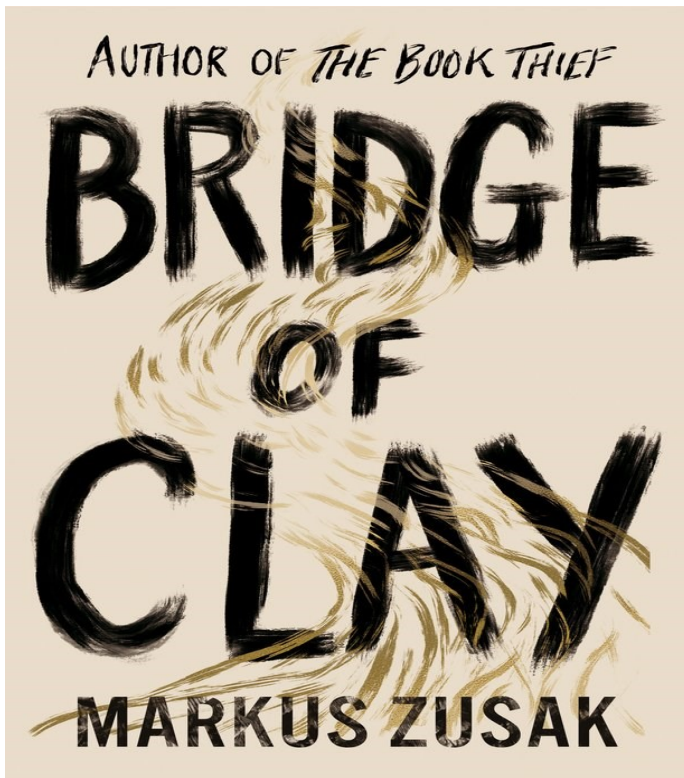
The Central Highlands Library service visit's Raglan House every second Monday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. They have a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit. The mobile Library is set up in the North end on the ground floor. from 10.15am - 11.15am.

Next Visits:

19th August, 2nd, 16th and 30th September



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.



Bridge of Clay is set in a Sydney suburb with sections located in the outback, and it tells the story of the five Dunbar brothers, Mathew, Rory, Henry, Clay and Tommy, a 'family of ramshackle tragedy'. Mathew is telling the story eleven years after the central events. Cryptically, he reveals that in the beginning 'there was a murderer, a mule and Clay.' How could the reader *not* be intrigued?

The murderer turns out to be the boys' father, Michael Dunbar, who has walked out on them following the death of their mother Penny from cancer.

The boys are living on their own with an array of animals and no adult supervision, while Mathew is, at first, the only earner. In their disorder, however, there is some order, and their neighbour Mrs. Chilman keeps an eye out.

Things take a significant turn when their father comes back, seeking help to build a bridge near the farm where he now lives. From that juncture in the narrative Mathew weaves his tale, going back to the details of Penny and Michael Dunbar's story, how they came to Archer Street and the happy life they had there with their sons.

We know that Penny has died, but it is in the telling of her journey to death that Zusak is at his strongest, as Mathew tells it: "She would never see us grow up. Just cry and silently cry. She'd never see my brothers finish high school, and other absurdist milestones; she'd never see us struggling and suffering, the first time we put on a tie. She wouldn't be there to quiz first girlfriends. Had this girl ever heard of Chopin? Did she know of the great Achilles? All these silly things, all laden with beautiful meaning"

It is Clay who decides to go and help his father, and as the novel progresses we understand why. The book is fundamentally about love and loss, and ultimately the ties that bind - but to reveal any more would be to spoil the narrative.

Home Maintenance Reporting

Residents are requested to report all maintenance issue to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

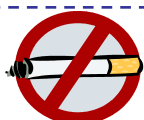
Alternatively residents can email any issues to palmerston@havilah.org.au

For after hours and weekends telephone our on call maintenance on 0408645203



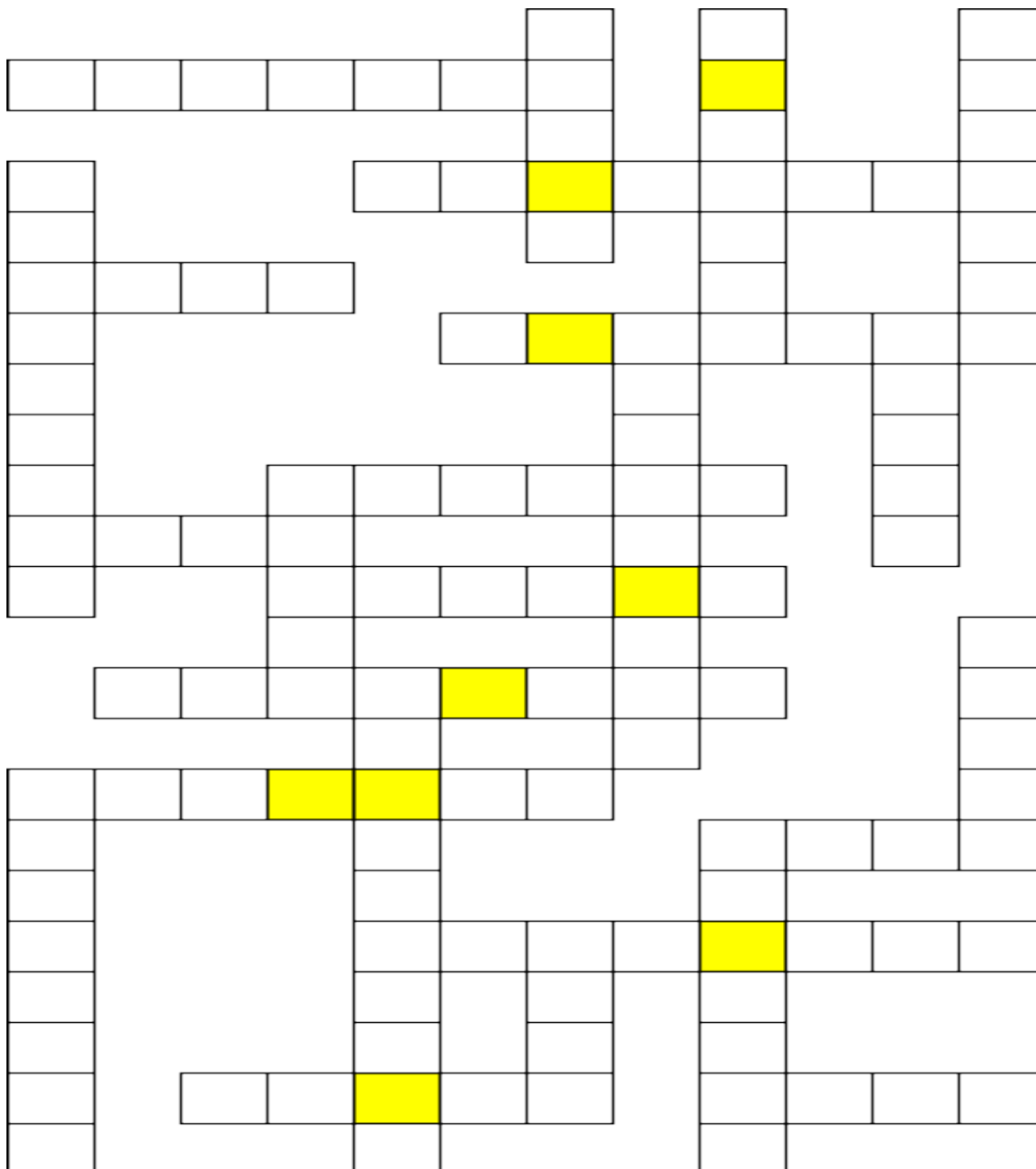
EFTPOS

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



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



**4 Letter Words:**

DOVE
IBIS
LION
SEAL
TUNA

5 Letter words:

EAGLE
HYENA
LLAMA
MOUSE
ZEBRA

6 Letter Words:

ALPACA
LIZARD

7 Letter Words:

DOLPHIN
LOBSTER
MANATEE
OCTOPUS
PANTHER
SARDINE

8 Letter Word:

ANACONDA
ANTELOPW
MARMOSET
STARISH

9 Letter Words:

BARRACUDA
JELLYFISH

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

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

Medium 547

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

Easy 547

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

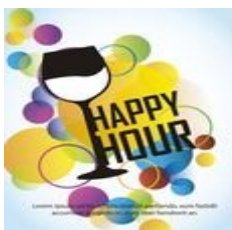
RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

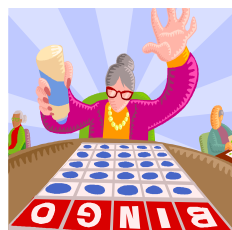
Meeting will be

Thursday 19th September 2019 at 2.45pm,
 Raglan House –Ground Floor-Neill Street end.
 (Coffee & Chat immediately after the meeting)

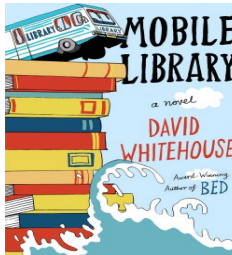


HAPPY HOUR

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:

NEXT DATES:

19th August, 2nd, 16th and 30th September
 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

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



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

♦ 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.



The AFL Footy season is rapidly approaching the crucial time of the season with round 19 being played and teams are trying to cement their final placings.

The ladder is showing a very close competition amongst the tipsters, Anne Stuart and Don Drake are joint leaders with a total of 106 points. Followed by joint second place tipsters being Mary Edwards and Terry Simpson on 105 points and Merv Huggett sitting in third place with 102 points.

The last placing with 70 points, holding up the ladder is Margaret Smith.

From the 19 rounds already played there has been 7 tipsters who have picked a full house in the rounds that have been played.

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.

Winners for the overall competition will be awarded with their winnings and certificate at Happy Hour prior to the AFL grand final.

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





STU ARGALL TO RETIRE AUGUST 16TH

Come along and Farewell Stu at Special Morning Tea on Friday 16th August at 10 a.m. in Rooms 1 and 2, High School Centre.



Havilah on Palmerston Retirement Living Diners Cub outing to the newly located Indian Restaurant Rammy Dessert, all welcome to join in.

When : Thursday 15th August 2019

Location: Rammy Dessert (Old Peach Village Restaurant)

Time : Bus leaving courtyard at 5.45pm or meet us there.

Bus will drop off at units upon returning.

To secure your place please contact Kim on 54590169 by 5pm Tuesday 13th August 2019

We will be enjoying a delicious selection of meals throughout the evening in banquet style dining.

“DOWNTOWN ABBEY” Movie

JOIN US FOR A DEVONSHIRE TEA AT THE MOVIES
BALLARAT GOLD CLASS CINEMA

Wednesday 18th September 2019 at 12.00 arrival for 12.30pm movie.

Devonshire tea will be served at the beginning of the movie.

\$18 per person

Tickets have already been pre purchased to secure seats with 9 seats available, first in best dressed.

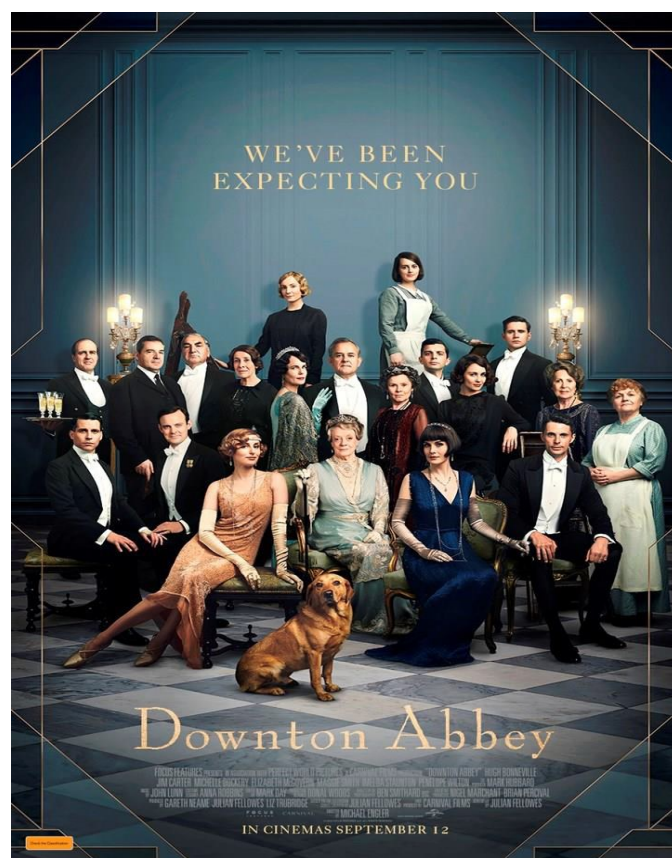
Bus will leave courtyard at 10.30am. Phone Kim on 54590169 to reserve your seat

Set in 1927, a couple of years later than at the end of the TV series, the film will focus on possibly the most exciting thing ever to happen at Downton Abbey - King George V (Simon Jones) and Queen Mary (Geraldine James) are set to visit the home of the Crawley family.

Besides the royal guests, most of the characters from the series will appear in the movie. And while some things have changed - Edith (Laura Carmichael) leads a very modern life without staff, Daisy (Sophie McShera) has a new hairstyle, the Crawley kids are growing up and Thomas (Rob James-Collier) gets a kiss - others haven't.

Violet (Maggie Smith) and Isobel (Penelope Wilton) still snipe at each other, Mary (Michelle Dockery)

still turns to Carson (Jim Carter) in times of need and Mrs Patmore (Lesley Nicol) still complain about all the meals she has to prepare.





Ingredients:

- 8 brushed potatoes washed, thinly sliced.
- 100 thickly sliced ham chopped.
- 2 garlic cloves, thinly sliced.
- 1 brown onion thinly sliced.
- 1 leek, pale section only thinly sliced.
- 1 tabs thyme sprigs.
- 1 cup grated cheddar
- 1/2 cup thickened cream
- 1/3 cup sour cream
- 1/4 cup chicken stock

In The Kitchen:

Ham, Leek and Potato Gratin

Method:

- Preheat oven to 180oc. Grease a 1.5l oven proof dish. Arrange third of the potato in the prepared dish. Top with half the ham, garlic, onion, leek and thyme. Sprinkle with on third of the cheddar. Continue layering with remaining potato, ham, garlic, onion, leek, thyme and cheddar, finishing with the potato and cheddar.
- Combine the cream, sour cream and stock in a jug. Carefully pour the cream mixture over the potato mixture in dish.
- Bake for 1 hour or until the sauce thickens and is golden brown and tender.
- Set the potato gratin aside for 10 minutes to rest before serving.



Quiz and Crossword Solutions from page 7 & 13

1. Western Australia.
2. R.B & C.H Smith
3. 1885.
4. The British Empire Games.

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

T	H	E	M	E	H	A	B	I	T	A	T						
A	A		X														
S	T	R	A	T	U	M											
K		N		E		A											
S	T	E	E	R	A	G	E										
U																	
F	A	T	H	O	M												
U																	
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Giggletime

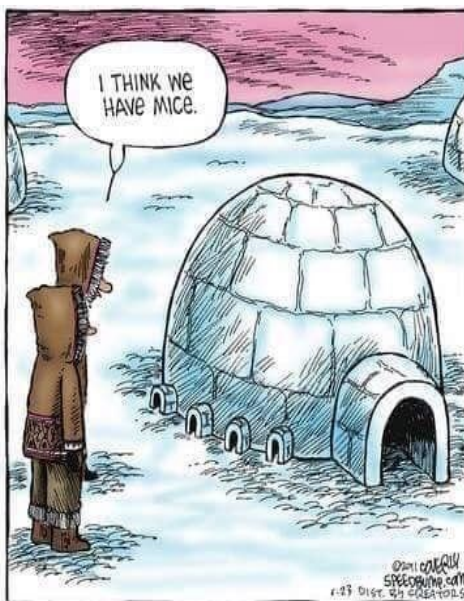


There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink.

I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears,

"This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, & when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."

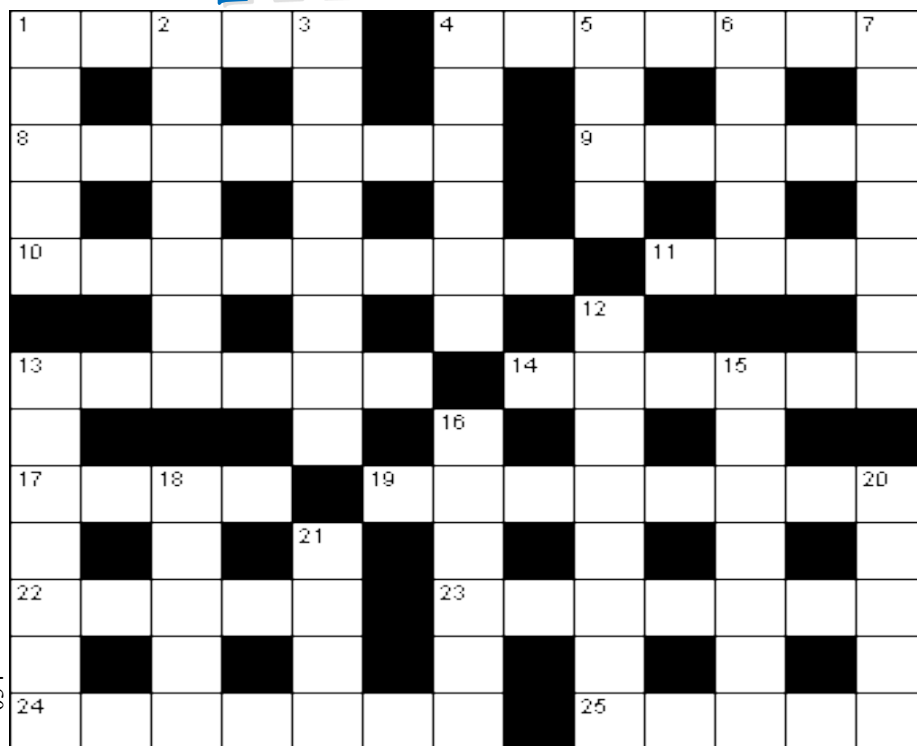
Two lawyers walking through the woods spotted a vicious looking bear. The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on. The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!" "I don't have to," the first lawyer replied. "I only have to outrun you."



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising....

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."



Across:

1. Topic (5)
4. Environment (7)
8. Layer (7)
9. Soda water (5)
10. Cheap passage (8)
11. Sport (4)
13. Six feet deep in water (6)
14. Invalidate (6)
17. Artifice (4)
19. Glorious (8)
22. Torpid (5)
23. Quantities (7)
24. Aged (7)
25. Covers a wide area (5)

Down:

1. Chores (50)
2. Sincere (7)
3. Outside (8)
4. Respectful deference (6)
5. Computer memory unit (4)
6. Latin American dance (5)
7. Diplomatic (7)
12. Famished (8)
13. Surreptitious
15. Brilliant musical passage (7)
16. Bee house (6)
18. Velocity (5)
20. Measured portions of medicine (5)
21. Celestial body (4)

WORD SEARCH - Birds of Prey

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

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

BUZZARD, CARACARA, CONDOR, EAGLE,
 FALCON, HARRIEER, HAWK, JAEGER, KESTREL, KITE,
 LAMMERGEIER, OSPREY, OWL, PERREGRINE FALCON,
 ROADRUNNER, SECRETARY BIRD, SPARROWHAWK,
 VULTURE

QUIZ

1. In which state would you find Pinjarra?
2. Who invented the "Stump Jump" plough?
3. In which year were trams introduced to Melbourne?
4. What were the Commonwealth Games originally called?

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

Director of Care Allison O'Connell 54 617383

email: allison.oconnell@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**