

ISSUE August 2021



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

You can access the Havilah Facebook Page via the website

# HOP TOPICS

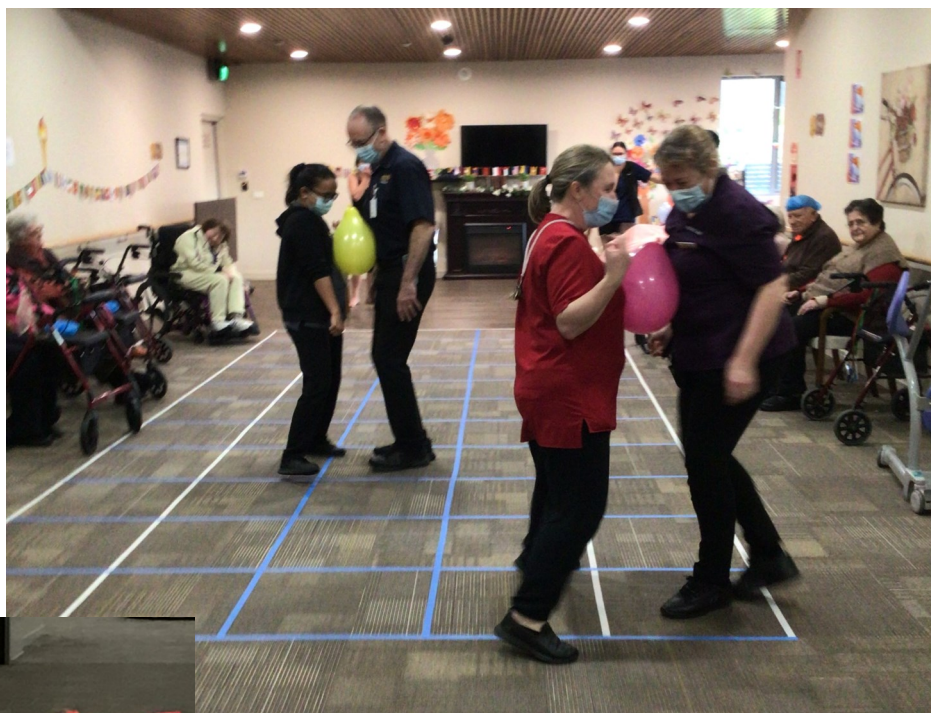


**SPRING IS  
IN THE  
AIR**





The 2021 or we should say 2020 Havilah Olympics was just as good or even better than the real life show held in Japan. Residents and staff were very competitive participating in a variety of events to win the gold medals. All residents consumed a hearty meal full of carbs prior to competing against one another, with plenty of laughs.



## HAVILAH MAJOR RAFFLE

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

Week one: Freddie Branch Week two: G and S Patterson, Week three: Graham Walker, Week four: Judy Lind, Week five: Jan Little, Week six: Brendan Tatchell, Week seven: Robert Jones

**Our goal is to sell all the tickets and we are almost there, we would very much appreciate your support, counting down with 9 tickets to go.**

To purchase a ticket, please contact Raeleen 54617

380 or reception 5461 387

This is an important part of our fundraising program each year with the proceeds used towards capital purchases such as equipment.

**A big Thank you to Raeleen for another year of organising this fundraiser and to all of our supporters who bought and sold**



## WEIRD and WONDERFUL WORDS

**ZORRO - a South American kin of fox**



### **Justice of the Peace**

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

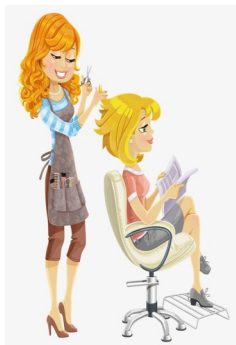
**Terry Simpson**

Mobile: 0419 737 837

During business hours

### HAVILAH HAIRDRESSER

appointment ph: 54617387



**Due to current covid restrictions, Julie will not be on-site until after the lockdown.**

Our onsite hairdresser, Julie, is available to for trims, comb ups, perms and colours.

Contact Reception to make an

### **The salon operates each Thursday**

Hair Cut Men \$20

Hair Cut Ladies \$25

Blow Wave \$25

Shampoo and Set \$25

Perm \$80

Your Colour & blow wave \$60

Colour & blow wave \$80



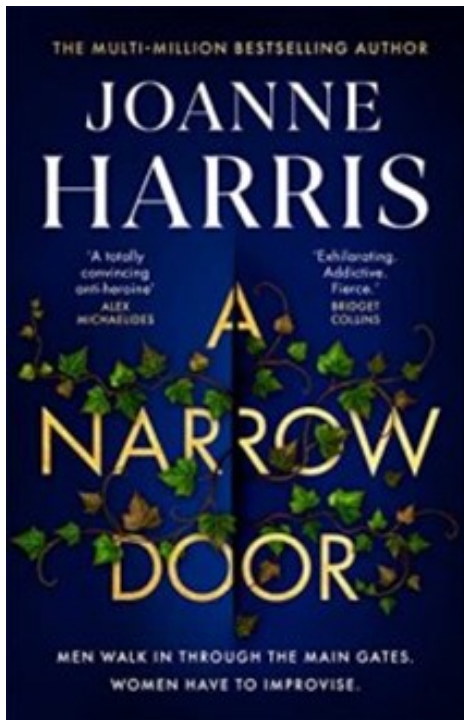
### EFTPOS

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](mailto:andrew.earl@havilah.org.au). Your assistance with this is appreciated.





**Now I'm in charge, the gates are my gates. The rules are my rules.**

It's an incendiary moment for St Oswald's school. For the first time in its history, a headmistress is in power, the gates opening to girls.

Rebecca Buckfast has spilled blood to reach this position. Barely forty, she is just starting to reap the harvest of her ambition. As the

new regime takes on the old guard, the ground shifts. And with it, the remains of a body are discovered.

But Rebecca is here to make her mark. She'll bury the past so deep it will evade even her own memory, just

like she has done before. After all...

**You can't keep a good woman down**

Rebecca Buckfast has arrived at St Oswald's at the start of the term when everything is to change-the school will henceforth not only have a female headmaster, it will be a co-ed school linked with sister school, Mulberry House. Balking at this intrusion and the change of the school motto which now reads 'Progress Through Tradition', Roy and 'La Buckfast' or 'Headmaster' as he resolutely refers to her as, beginning a cat and mouse game of truth, revelation and consequences following the discovery of a possible body in the foundation of the oft interrupted gym block.

A suspicious looking bundle is found by Roy's coterie, the 'Brodie Boys' as they are about to play what they consider to be the greatest prank that the school has ever seen. This, backfires, however, when they run to Roy, who then imparts the discovery to Rebecca.

Is it a body? If so, who is it?

Is it a manifestation of guilt over the resurfacing of old hauntings?



It has certainly been another different year for the AFL, with changes in the draws, clubs hurriedly vacated from states to beat any lockdowns in states, and the uncertainty of where the Grand final will be played this year.

A very close competition between the tipster through the entire season, after 22 rounds Bill D'Alton is holding the 1st place in the tipping circle with a score of 124 points. hot on his heels is Anne Stuart with a total

score of 123 and with only two points behind with a score of 121 points is Terry Simpson, Gary Hutchinson and Dianne Rowe.

Sadly there is always someone holding up the ladder, Marj Beaumont is doing that job with a total of 86 points.

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

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

**DINERS' CLUB:** Diners Club is about to resume, once again this will be subject to covid restrictions. The first night will be at the Bull and Mouth Hotel, 14/09/2021 @ 6.00pm Ring Alison or Georgie to book. ph: 5459 0169 by 10/09/2021

**MIDDAY MEALS:** Take away meals are available 7 days a week, please contact the kitchen on 5459 0180 or reception on 5459 0140 to order



Happy Hour Take away packs are available fortnightly at reception, on 27/08 and 10/09

On the alternate Fridays , virtual morning tea will continue as at present, cupcakes available for collection at Reception on Friday morning's, on (3/09 and 17/09.)



*Alison Steike and Georgie Hall are sharing the Lifestyle position and can be contacted on 5459 0169 or email*



## Aussie scientists in Antarctica banned from brewing beer

There's no doubt being an Antarctic explorer has to be one of the toughest jobs going – and it's about to get tougher.

The Australian Government has just tightened the alcohol rules at its stations – including cutting the amount of beer, wine and spirits that workers can take on their expedition by around half and banning home brewing.

There's a good reason for it – the Australian Antarctic Division has found there is a need to improve health and safety and make life safer for women on the icy continent.

Under the new drug and alcohol policy, which is

based on Government health guidelines, expeditioners will be able to consumer no more than 10 standard drinks a week – or seven cans of beer per week, 1.5 bottles of wine or champagne per week, or one half bottle of spirits per week.

AAD director Kim Ellis said the new policy was in line with practices by other Antarctic nations.

*"This is not prohibition, it just finds a middle ground,"* Mr Ellis told The Australian.

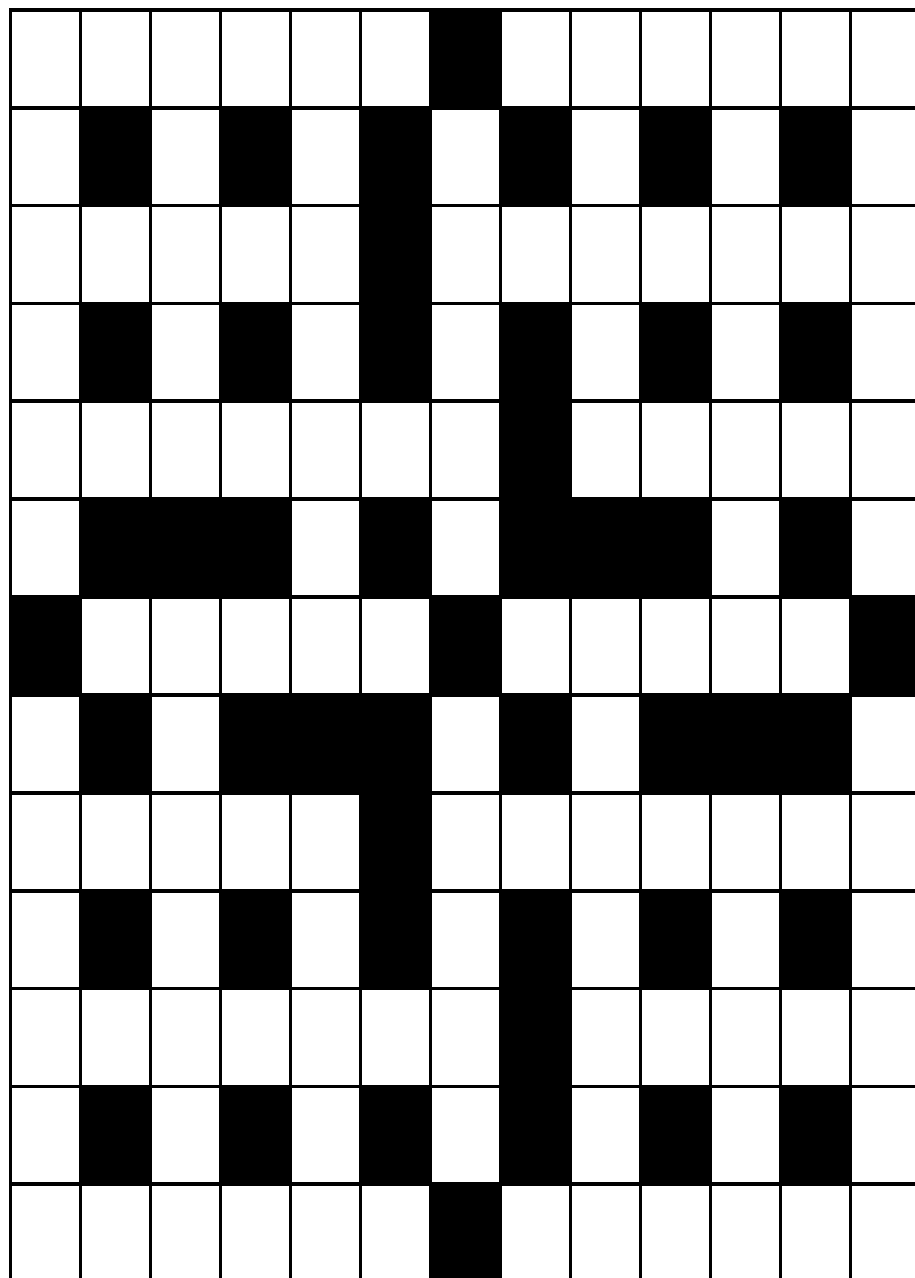
He pointed out: *"If you walk out of the accommodation module because you're blind drunk, into the snow, we may never find you again."*

Mr Ellis said he understood the home brew ban would be hard for those who enjoyed making their own grog.

*"There's a small core of people who love to brew it and it's a craft. There's also a small group of people who just like to drink it and sit at the bar waiting for it,"* he stated.

*"The real problem for us is that we can't control the alcohol content. We can't control the hygiene of it. And we also don't know the volume produced."*

So, what will the crews do without their brew? Find an alternative, with Mr Ellis flagging a shift to the cafés that nearby Italian Antarctic stations have. Looks like Melbourne's coffee culture is going south then.

**5 LETTER WORDS**

AISLE  
 CARGO  
 CRIME  
 ENSUE  
 EQUAL  
 HELLO  
 IGLOO  
 NOISE  
 SCENE  
 STEEL  
 VINYL  
 YOUTH

**6 LETTER WORDS**

ASHORE  
 HARASS  
 LIKELY  
 ORIOLE  
 STEREO  
 TACTIC  
 TENDEM  
 USEFUL

**7 LETTER WORDS**

ABSENCE  
 AMNESTY  
 ELEMENT  
 FAILURE  
 ICEBERG  
 ITALICS  
 OBELISK  
 TEACHER

**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





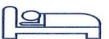





				5		2		
8			9		3			
4	9				7		1	
			5			1		
		7						4
2						5	8	7
	8				9			
		3						
		1		2		3		

Medium 913

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

Easy 913



COVID-19: IDENTIFYING THE SYMPTOMS				
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 COVID-19, visit [www.health.gov.au/covid](https://www.health.gov.au/covid)

## 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.

**The Premier Daniel Andrews has announced that from 1.00pm on Saturday 21/08/2021 the state of Victoria will be in a total lockdown until 11.59pm Thursday 2 September.**

**Retirement Village Specific Guidance** There are no current specific guidelines in relation to Retirement Villages.  
**The key things you need to know in relation to the general community are**

- There are only five reasons to leave home: to get the food and the supplies you need, to exercise for up to two hours (no more than 5km from your home), for care or caregiving, authorised work or education if you can't do it from home, or to get vaccinated at the nearest possible location.
- Face masks will still be mandatory outdoors and indoors (not at home) unless an exception applies – this includes all workplaces.
- To give industry time to adjust, workforce permits will be required to leave the house for authorised work from 11.59pm Monday 23 August.
- Workforce limits apply to the construction industry, however industry will be engaged about safely reducing staff numbers as they secure sites.
- Playgrounds, basketball hoops, skate parks and outdoor exercise equipment will be closed.
- Masks will also not be able to be removed to drink alcoholic beverages.
- Exercise will be limited to

just one other person, plus dependants if they can't be left at home.

People cannot have visitors to the home.

### **Vaccination appointments update**

There are more than 390,000 COVID-19 vaccine appointments available over the next four weeks. All eligible Victorians are being asked to book appointments today.

We strongly suggest that Victorians who have already booked in for their Astra Zeneca vaccine, do not cancel that appointment.

All Victorians are encouraged where possible to book their vaccination appointment by using one of the following methods:

- Call your regular GP to book an appointment
- Call Maryborough District Health Service on 5461 0300 weekdays between 8:30am and 12 noon to check your eligibility and to book your appointment to receive the COVID-19 vaccine at the Community Vaccination Hub in Maryborough. or by visiting [portal.cvms.vic.gov.au](https://portal.cvms.vic.gov.au) or by phoning the Coronavirus hotline on 1800 675 398.

### **Mental Health Support**

During stressful times it is important that you look after yourself. Stress and anxiety can affect you on a physical level as well. Support is always available, even if it's just to vent!

### **Visitor Restrictions at Havilah**

No visitors are permitted into aged care or other residential facility settings, except for end-of-life reasons and other exceptional reasons such as essential care and support that cannot be provided by Havilah staff.

Non-essential contractors are restricted from entry

None of us will be able to have visitors in our homes, are able to go to cafes and restaurants with social distancing, masks are to be worn indoors and outdoors and carried at all times, and unrestricted travel between metropolitan and regional Victorian areas.

#### **You cannot enter the facility if:**

- \* are unwell or have even the mildest symptoms of COVID-19:  
⇒ fever or temperature over 37.5 degrees  
⇒ loss or change in sense of smell or taste, chills or sweats, cough, sore throat, shortness of breath, and/or runny nose

*Note: this does not include those symptoms where caused by an underlying health condition or medication*

- \* are required to quarantine or isolate **\*\*This includes if they have attended an exposure site**  
**\*\*<<https://www.dhhs.vic.gov.au/case-locations-and-outbreaks-covid-19>>**
- \* have arrived in Australia from overseas (other than a travel green zone) in the last 14 days.
- \* **have been at a hotel quarantine site or port of entry in the last 14 days.**
- ◆ Have not had and provided evidence of a current influenza vaccination unless you have a specific exemption.



**CONTACT NUMBERS:**

**FOR PALMERSTON ST SITE**

**Reception 5459 0140**

**MON-FRI 9AM – 4pm**

**Weekends & Public Holidays 10 am - 4pm**

**Raglan House 5459 0150 (24 hr number)**

**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 SITE**

**Reception 5461 7300**

**MON-FRI 9AM-5PM**

**Weekends & Public Holidays 10 am - 4pm**

**Nursing Supervisor 5461 7394 (24 hr number)**

**Director of Care 5461 7383**

**Lifestyle 54617 390**

**CEO-Barb 54617 381**

**THINGS MY MOTHER USED TO SAY**

**I've told you once, I've told you a thousand times,  
the answer is still NO!!**

**"You'll take someone's eye out with that stick."**

**Cheesy chicken tray bake with leek and bacon**

**Ingredients:**

- 2 x 180g tubs Black Swan leek and bacon dip
- 150g bacon rashers, chopped fine
- 4 x chicken breast fillets
- 3/4 cup grated mozzarella
- 2 spring onions
- 120g pkt 4 leaf salad

**Instructions:**

- Preheat oven to 180oC, grease an ovenproof dish, spread half the dip over base of prepared dish.
- Heat a large non stick fry pan over medium-high heat, Add the bacon and cook, stirring, for 2 mins or until browned. Transfer to a plate line with paper towel. Sprinkle half the bacon over the dip in the prepared dish.
- Add chicken to the fry pan, cook for 2 minutes each side or until browned. Season, arrange over bacon mixture in the dish. Spread with remaining dip and sprinkle with the mozzarella. Bake for 25

minutes or until mozzarella is golden brown and chicken is cooked through. Set aside for 5 minutes to rest.

- Sprinkle chicken mixture with the spring onion and remaining bacon. Serve with the salad leaves.



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





## Falls Prevention

**Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.**



**Maintenance Reporting** Residents are requested to report all maintenance issues to Reception Monday to Friday between 10.00am & 4.00pm 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, weekends and public holidays telephone our on call maintenance on 0408 645 203

**NOTE:** This also applies to garden

and grounds issues that need addressing.

For any reported items that have not been addressed in a timely manner or are not addressed to your satisfaction, please contact CEO Barb Duffin telephone 0429617380 or email barb.duffin@havilah.org.au

Barb's mobile number is included in each edition of HOP Topics and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.

### Other concerns:

We are here also if you need to

discuss any concerns with us and if we cannot personally assist you we can help you to get any advice that you need. This could be in relation to obtaining services into your unit, explaining the annual financial statements or fee accounts that we send you, organizing a family party, or other issues that may concern you from time to time.

You can contact CEO Barb Duffin Monday to Friday 54617381 or mobile 0429617380 for 24/7 contact.

Director of Finance Sandra Wilson Monday to Thursday 54617491; Resident Liaison Raeleen Brooker Monday to Friday 54617380.

## Quiz and Crossword Solutions from page 6 & 11



1. Don Bradman
2. Banjo Paterson
3. A bundle of belongings
4. A sheep or sleeping equipment

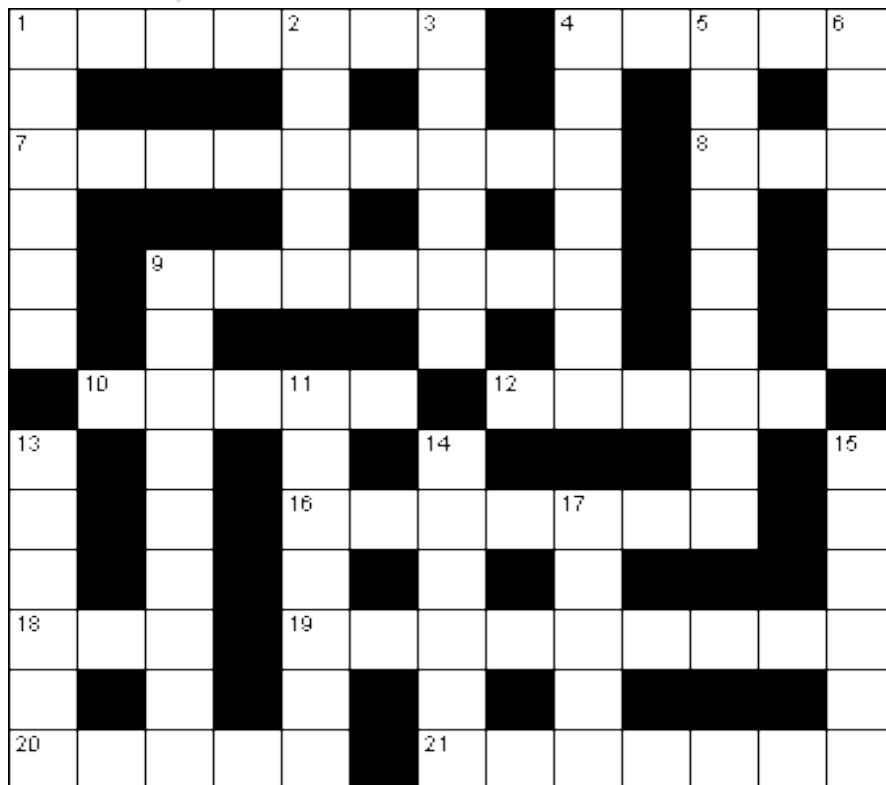
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A	G	N	S	S	S	S	S	S	S	S	S	S	S
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U	I	A	E	R									
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9	5	1	7	2	4	3	6	8
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8	7	2	9	1	3	4	5	6
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3	7	1	6	8	4	2	9	5
4	2	6	3	5	9	8	7	1
2	4	5	9	7	8	1	6	3
8	6	3	4	1	5	7	2	9
9	1	7	2	3	6	5	4	8
1	8	4	7	9	2	3	5	6
7	3	9	5	6	1	4	8	2
6	5	2	8	4	3	9	1	7



# Mind Games



Themed 10

## WORD SEARCH - Bring it On

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

### ACROSS:

1. Fruit (7)
4. Rice and raw fish in seaweed (5)
7. Preserve made from citrus fruits (9)
8. Frozen dessert (3)
9. Unfreeze (7)
10. Aroma (5)
12. Edible bulb (5)
16. Pastry (7)
18. Drink made with juniper berries (3)
19. Wine source (9)
20. Sample (5)
21. Vanilla \_\_\_\_\_ (7)

### DOWN:

1. Edible nut (6)
2. Bran (5)
3. Used to brew beverage (6)
4. Add sugar (7)
5. Sponge cake (5,4)
6. Cooler (6)
9. Servings to boil or steamed dough (9)
11. Baked pasta dish (7)
13. Chewy confection (6)
14. Fatty oil (6)
15. Dairy product (6)
17. Prepare a turkey (5)

### QUIZ

1. Who did Prime Minister John Howard call the 'greatest living Australian' in 2001?
2. The original lyrics of *Waltzing Matilda* were written by which Australian poet?
3. In Australian slang, what is a matilda?
4. A jumbuck is an Australian English term for what?

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

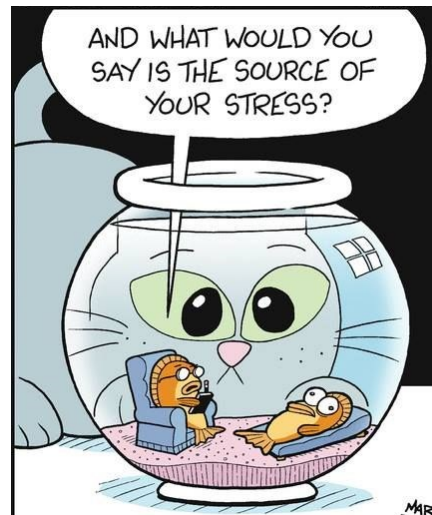
ASSAIL, ATTACK, BATTLE, CHALLENGE, CHAMPION, CLASH, COMBAT, COMPETITION, CONFLICT, CONQUEST, CONTENDER, CONTEST, DEFET, DEFEND, DRAW, ENEMY, FIGHT, GAME, MATCH, OFFENSIVE, OPPOSITION, OUTDO, OUTFLANK, OVERCOME, OVERPOWER, PARRY, PLAYER, PROTECT, REPEL, RESIST, RIVAL, SPORT, STRUGGLE, TRIUMPH, VANQUISH, VICTORY, WARRIOE, WITHSTAND.



# Giggletime

Jane's parents felt a bit uneasy after meeting her boyfriend. He sported some questionable tattoos, swore and just had a hostile air about him. After he left, the mother said, "Dear, he doesn't seem like a very nice person."

"Mom," Jane said, "if he wasn't nice, why would he be doing 500 hours of community service?"



A new man is brought into Prison Cell 102. Already there is a long-time resident who looks 100 years old. The new man looks at the old-timer inquiringly. The old-timer says, "Look at me. I'm old and worn out. You'd never believe that I used to live the life of Riley. I wintered on the Riviera, had a boat, four fine cars, the most beautiful women, and I ate in all the best restaurants of France." The new man asked, "What happened?" "One day Riley reported his credit card is missing."

Jimmy heard a funny noise in the shed, so he called the police.

"Hello", Jimmy said, "I think someone is in my shed stealing stuff".

"Do you have anything valuable in the shed", the dispatcher asked.

"Well, just my tools, a couple of bikes and the lawn mower." Jimmy replied.

"Sorry", The dispatcher said, "we've got no one available at the moment. Someone will be with you in the morning" and hung up.

Five minutes later Jimmy called back. "Hello, I phoned earlier about someone in my shed. No need to worry about it anymore though, I've just shot him".

Within 10 minutes the area was crawling with cops, helicopters, and K-9 dog handlers. After catching the crook, the Sergeant went up to me and said, "Hey, you told us you shot the intruder, but he's alive and well."

"Yeah? And you told me you had no one available."





## 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

### **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 Manager	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au

**FEEDBACK** - We welcome your feedback, **FEED-BACK 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**  
Telephone 54 590150

**HAVILAH ON PALMERSTON RECEPTION HOURS**  
MON-SUN 10.00am – 4.00pm for account payments and enquiries 5459 0140  
(7days a week)

**HARKNESS ST RECEPTION OFFICE HOURS**  
MON-SUN 10.00 —4.00 pm for account payments and enquiries 5461 7300  
(7 days a week)

**ON CALL MAINTENANCE** after hours and weekend calls. **0408 645 203**