

HAVACHAT Retirement Living Edition



Issue September 2021

Please contact Andrew on 5461 7387 or email andrew.earl@havilah.org.au if you would like your Havachat sent via email



Everyone who attended the recent diner's club outing at the Highland Society had a fantastic evening wining and dining and have a having a great catch up. Even though numbers are limited due to covid restrictions in such venues, it was good see a mix of numbers from both Harkness and Palmerston. A fantastic outing had by all. **Next outing is scheduled for 9th November.**

HAVILAH MAJOR RAFFLE:

The Major raffle was once again great success, this year we sold in excess of 400 tickets. Havilah appreciate the fabulous support that is always given by the Havilah and general community to this major annual fundraiser.

The Major winners for this years draw was Paige Shott who won the \$10,000 and the 2nd draw winner of \$5,000 was The Macks Girls Syndicate.



Weekly Winners:

David Branch, Glen and Sharyn Patterson, Graham Walker, Judith Lind, Jan Little, Brendan Tatchell, Robert Jones, MEC Office Syndicate, Carolines Restaurant and Dave Willis.



Thank you to Raeleen for another year of organising this fundraiser and to all of our supporters who bought and sold tickets.



- Dogs have 18 muscles to move their ears.
- A dog's nose is its fingerprint.
- Dogs sweat through their paws only.
- Small dogs can hear sounds in higher ranges than larger dogs.
- Dogs mark their territory with glands in their paws.
- Dogs do not feel guilty.
- Your dog is as smart as a two year old.



The new Raglan Street development is progressing with both the ground and 1st floor frame work all in place and other services starting to be laid throughout the building, it is a great source of conversation amongst many in the community.



Will the phrase 'pass the salt please' become a saying that only our parents use?

It is a phrase I think most of us have grown up with: "pass the salt please" – now there is a call to ban table salt altogether.

One of the largest dietary studies conducted has concluded that replacing table salt with a reduced-sodium, added-potassium 'salt substitute' significantly reduces the rates of stroke, heart attack and death.

High levels of sodium intake and low levels of potassium intake in humans are widespread, and both are linked to high blood pressure and greater risks of stroke, heart disease and premature death.

Using a salt substitute – where part of the sodium chloride is replaced with potassium chloride – addresses both problems at once. Salt substitutes are known to lower blood pressure but their effects on heart disease, stroke, and death were unclear, until now.

Lead investigator Professor Bruce Neal, of The

George Institute for Global Health in Sydney said that the scale of the benefit seen in the study could prevent millions of early deaths if salt substitutes were widely adopted.

"Almost everyone in the world eats more salt than they should. Switching to a salt substitute is something that everyone could do if salt substitutes were on the supermarket shelves," he said.

"Better still, while salt substitutes are a bit more expensive than regular salt, they're still very low-cost – just a few dollars a year to make the switch."

The results also showed that there were no harmful effects from the salt substitute.



WEIRD and WONDERFUL WORDS

BAWBEE - Scottish, a coin of low value.

HAVILAH HAIRDRESSER



With current covid restrictions, Colleen is able to be onsite to attend your hairdressing requirements.

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

Contact Reception to make an appointment ph: 54617387

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

Due to current covid restrictions, Colleen will not be onsite until after the lockdown.

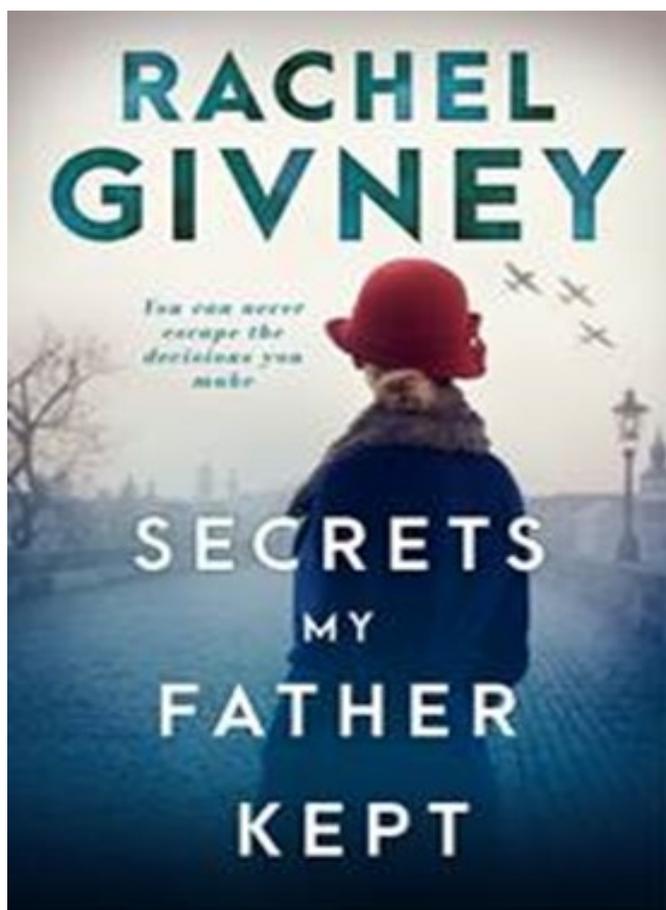


EFTPOS

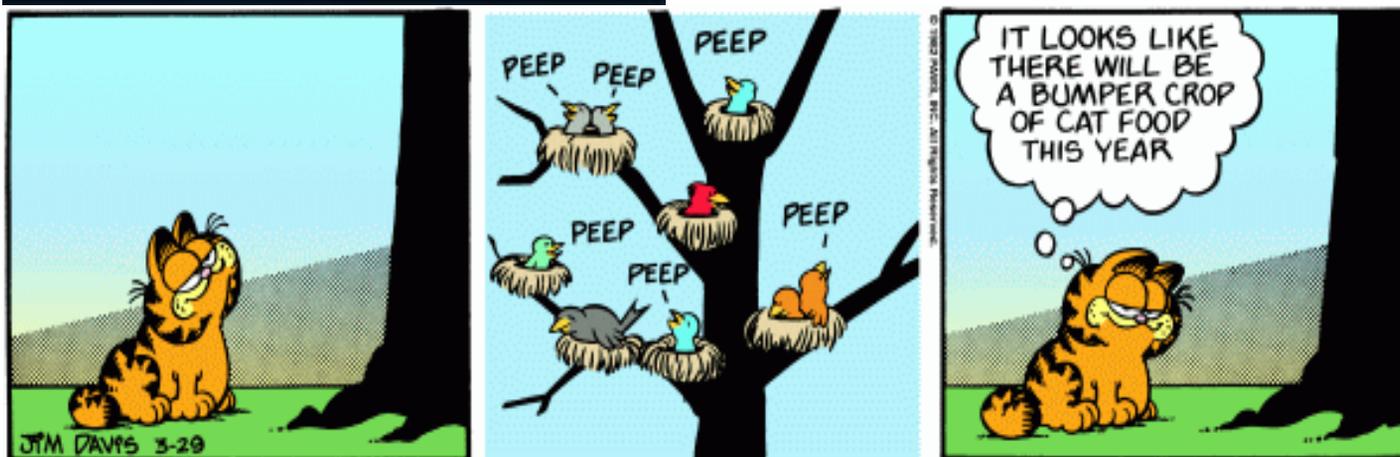
For the convenience of residents, EFTPOS facilities are located at reception or payment of Accounts.

Retirement Living:

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



Secrets My Father Kept is a captivating novel about love, sacrifice, secrets and resilience, as the clock inexorably ticks down to a devastating world war. It's February 1939. As the Führer edges towards an invasion of Poland, total war looms in Europe. However, in Krakow, seventeen-year-old Marie Karska's primary concern is the unexplained disappearance of her mother fifteen years ago, and her father Dominik's unbreakable silence on the matter. Even his wife's name is a secret he guards closely. Dominik, a well-respected and innovative doctor at the local hospital, has devoted his life to caring for his only daughter. Yet a black fear haunts him – over the questionable act he committed to keep Marie safe. And with German troops now marching to the border, he needs to find her a husband. One who will protect her when he no longer can... But Marie has already met the man she wants to marry: her childhood friend Ben. She's determined that his Jewish faith won't stand in the way of their future together. And nor will her father's refusal to explain the past stop her from unpicking his darkest secret.



Another memorable AFL football season has drawn to a close with the home and away games, and finally a decision has been made to play the grand final in Western Australia, the second time in the history of football. Good luck to all the Demons and Bull Dogs supporters. Two Victorian Teams playing the Grand Final in WA, who would have thought that could ever happen. So a very different end to a very different season. Everyone has still en-

joyed selecting their tips each week, the winner for this years competition is Jim Beasy with a score of 127, followed closely by one point in second place is Betty Fleming with a score of 126. The third place winner is Margaret Marshall with a total of 120 points. The wooden spoon winner is Betty Bishop with 85 points.

During the season there were a number of tipsters who selected a full house each rounds. Lesma Tennyson won 2 weeks with Judy Britten, Jim Beasy, Ruth Skinner, Phillip Skinner, Jan Robins, Gwen Nicholson, Rob McNabb and Sylvia Grose all winning one round each.

All winners have been presented with a certificate and their prize during a recent Happy Hour.

Looking forward to our ILU residents to participate.

DINERS' CLUB: Diners Club's next outing, subject to covid restrictions will be held on 9th November at the Maryborough Golf Club @ 6.00pm. Ring Alison or Georgie at Havilah on Palmerston to book. Ph: 5459 0169 by 10/09/2021

MIDDAY MEALS: Take away meals are available 7 days a week, please contact the main kitchen on 5461 7388 or reception on 5461 7387 to order



Happy Hour Take away packs are available fortnightly at reception, on (24/09 and 08/10)

On the alternate Fridays, virtual morning tea will continue as at present, cupcakes available for collection at Reception on Friday morning's. (01/10 and 15/10)

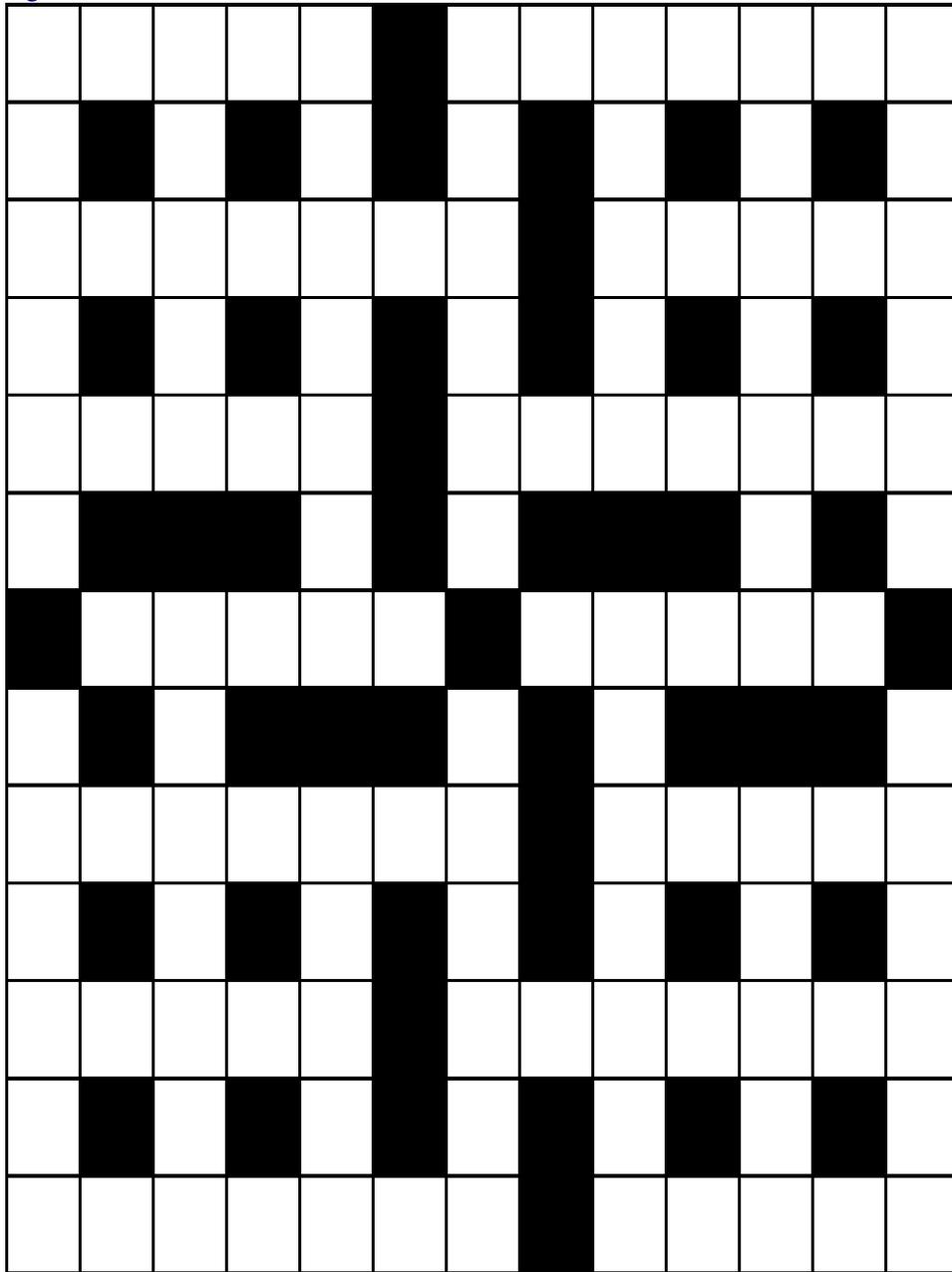


Harkness Leisure and Lifestyle staff can be contacted on 5461 7390 or email mail@haivilah.org.au



Residents recently enjoyed a Subway picnic style luncheon, with plenty of varieties of rolls or wraps to choose from, finished off with freshly baked cookies.





5 LETTER WORDS

- ACUTE
- BAKER
- BANJO
- BOAST
- DITCH
- ENSUE
- GENES
- GUESS
- MAGIC
- ORBIT
- ROOST
- TIGER

6 LETTER WORDS

- ADORED
- COMBAT
- RUSHED
- SOONER
- STITCH
- TIMBER

7 LETTER WORDS

- AVOIDED
- CADENCE
- EXCLUDE
- MAESTRO
- ORDERED
- RADIANT
- RETREAT
- SAMOVAR
- TRTREATED
- VENTURE

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

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

Medium 931

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

Easy 931

SYMPTOMS		COVID-19	COLD	FLU
		Symptoms range from mild to severe	Gradual onset of symptoms	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 measure as restrictions ease.

If you need assistance to download either of these free apps let us know at Reception.

Victoria's Roadmap: Delivering the National Plan

Summary of proposed restriction levels - Regional Victoria

Note 1: The settings below are indicative only and subject to change. All changes to the Chief Health Officer's Directions are based on public health advice (including epidemiological evidence) and legal advice (including as to compatibility with the Charter for Human Rights and Responsibilities) at the relevant time, in light of the specific risks to public health and changes/measures proposed. All directions must be reasonably necessary to protect public health and the Chief Health Officer (or delegate) must act in a way that is compatible with the Charter for Human Rights and Responsibilities.

Note 2: Cleaning, signage, record keeping, and other COVIDSafe requirements for work premises continue to apply for all venues and facilities with onsite operations as per Workplace Directions and Workplace (Additional Industry Obligations) Directions. Density quotients (DQ) apply to all venues and spaces that are accessible to the public.

Note 3: All proposed easings from 80% fully vaccinated (indicatively 5 November) are dependent on the ability for venues and employers to confirm vaccination status of patrons and employees, respectively.

National Plan: Phase A

National Plan: Phase B

National Plan: Phase C

National Plan: Phase D

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Regional Victoria Social gatherings, leaving home and visitors	Stay safe: <ul style="list-style-type: none"> No restrictions on reasons to leave home and distance No curfew Intrastate travel: <ul style="list-style-type: none"> Allowed across area with same restrictions. Movement between MM and RV restricted to specified purposes Allow a resident cross the MM/RV boundary to receive a COVID-19 vaccination if it is in an adjacent LGA to where they reside. Permit fully vaccinated Victorian residents to return from interstate provided they have a negative pre-arrival COVID test 	Stay safe: <ul style="list-style-type: none"> No restrictions on reasons to leave home and distance No curfew Intrastate travel: <ul style="list-style-type: none"> Allowed across area with same restrictions. Movement between MM and RV restricted to specified purposes Allow a resident cross the MM/RV boundary to receive a COVID-19 vaccination if it is in an adjacent LGA to where they reside. 	Stay safe: <ul style="list-style-type: none"> No restrictions on reasons to leave home and distance No curfew Intrastate travel: <ul style="list-style-type: none"> Allowed across area with same restrictions. Movement between MM and RV restricted to specified purposes Allow a resident cross the MM/RV boundary to receive a COVID-19 vaccination if it is in an adjacent LGA to where they reside. 	No change Intrastate travel: <ul style="list-style-type: none"> Allowed Interstate Borders: <ul style="list-style-type: none"> May exempt vaccinated residents from all domestic restrictions (National Plan); International Travel: <ul style="list-style-type: none"> Revised quarantine arrangements for vaccinated International arrivals (returning citizens or permanent residents) to Victoria subject to requirements of the National Plan 	For all settings, align with National Plan to transition Australia's National COVID-19 Response
	Face coverings: <ul style="list-style-type: none"> Required indoors and outdoors 	Face coverings: <ul style="list-style-type: none"> Required indoors and outdoors 	Face coverings: <ul style="list-style-type: none"> Required indoors and outdoors 	Face coverings: <ul style="list-style-type: none"> Required indoors only 	
	Private gatherings: <ul style="list-style-type: none"> Private gatherings not permitted - intimate partner visits and single-person bubble visits are allowed. 	Private gatherings: <ul style="list-style-type: none"> Private gatherings not permitted - intimate partner visits and single-person bubble visits are allowed. 	Private gatherings: <ul style="list-style-type: none"> Private gatherings not permitted - intimate partner visits and single-person bubble visits are allowed. 	Private gatherings: <ul style="list-style-type: none"> Private gatherings permitted for up to 10 people including dependants. 	Private gatherings: <ul style="list-style-type: none"> By 25 Dec, 30 visitors to the home

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Social gatherings, leaving home and visitors (cont)	Public gatherings: <ul style="list-style-type: none"> Up to 10 people outdoors 	Public gatherings: <ul style="list-style-type: none"> Up to 10 people outdoors 	Public gatherings: <ul style="list-style-type: none"> Fully vaccinated up to 20 people outdoors If unknown vaccination: no change from previous 	Public gatherings: <ul style="list-style-type: none"> Fully vaccinated: up to 30 people outdoors Unknown vaccination status: no change from previous Remove mask for alcohol permitted 	For all settings, align with National Plan to transition Australia's National COVID-19 Response
	Work: <ul style="list-style-type: none"> Requirement to work from home if you can DQ4 Capacity limit of 25% applies / cap of 10 (whichever is greater for office settings) 	Work: <ul style="list-style-type: none"> Requirement to work from home if you can DQ4 Capacity limit of 25% applies / cap of 10 (whichever is greater for office settings) 	Work: <ul style="list-style-type: none"> Requirement to work from home if you can DQ4 Capacity limit of 25% applies / cap of 10 (whichever is greater for office settings) 	Work: <ul style="list-style-type: none"> Work from home if you can; OR Go to work if you are fully vaccinated DQ2 for areas non-accessible to public Masks must be worn indoors in workplaces. 	
Education and Childcare	Early childhood education and care: <ul style="list-style-type: none"> Open for regional Victorian children Open to children of MM APAW workers and vulnerable children In-home childminding in the home allowed, must be from RV. x2 weekly PCR testing for employees crossing in-out of metro/regional 	Early childhood education and care: <ul style="list-style-type: none"> Open for all regional Victorian children and metropolitan Melbourne children of APAW workers In-home childminding in the home allowed, must be from RV. x2 weekly PCR testing for employees crossing in-out of metro/regional 	Early childhood education and care: <ul style="list-style-type: none"> Open for all regional Victorian children and metropolitan Melbourne children of APAW workers In-home childminding in the home allowed, must be from RV. 	Early childhood education and care: <ul style="list-style-type: none"> Open 	

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Education and Childcare (cont)	<p>Schools:</p> <ul style="list-style-type: none"> Vulnerable and children of authorised workers to attend All Prep-2 & VCE units 3&4 final years VCAL and IB, with the rest remaining remote learning Students must be from regional Victoria, in addition to those already attending from metro Melbourne x2 weekly PCR testing for school employees crossing in-out of metro/regional <p>On- site learning must have safety measures in place</p>	<p>Schools: The CHO will provide advice on the return to onsite learning for remaining year levels in Regional Victoria by 30 September</p> <ul style="list-style-type: none"> Vulnerable and children of authorised workers to attend All prep to Year 2 & VCE units 3&4, final years VCAL and IB attend All other students, CHO to indicate closer to start of term 4 Students must be from Regional Vic, in addition to those already attending from MM x2 weekly PCR testing for school employees crossing in-out of metro/regional <p>On- site learning must have safety measures in place</p>	<p>Schools: The CHO will provide advice on the return to onsite learning for remaining year levels in Regional Victoria by 30 September</p> <p>On-site learning must have safety measures in place</p>	<p>Schools: On-site learning for all levels with safety measures in place</p>	<p>For all settings, align with National Plan to transition Australia's National COVID-19 Response</p>
	<p>Adult education:</p> <ul style="list-style-type: none"> Closed, remote learning only. Exams enabled to proceed by APAW List. 	<p>Adult education:</p> <ul style="list-style-type: none"> Closed, remote learning only. Exams enabled to proceed by APAW List. 	<p>Adult education:</p> <ul style="list-style-type: none"> Must learn from home, on-site learning for hands-on, skills-based learning. Final exams to proceed enabled by APAW list (those on list prior to 26/10) 	<p>Adult education:</p> <ul style="list-style-type: none"> Learn from home if you can, on-site learning for hands-on, skills-based learning AND, On-site if you are fully vaccinated, DQ4 	
Places of worship	<p>Religion:</p> <ul style="list-style-type: none"> Allowed with up to 20 persons per facility, DQ4 	<p>Religion:</p> <ul style="list-style-type: none"> Allowed with up to 20 persons per facility, DQ4 	<p>Religion:</p> <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	<p>Religion:</p> <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap Unknown vaccination status: 20 cap, DQ4 	

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Funerals	Funerals <ul style="list-style-type: none">Involves no more than 20 people (and those necessary to conduct the funeral), DQ4	Funerals <ul style="list-style-type: none">Involves no more than 20 people (and those necessary to conduct the funeral), DQ4	Funerals <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap (caps not inclusive of those necessary to conduct funeral)Unknown vaccination: no change from previous	Funerals <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 capUnknown vaccination status: 20 people per facility (and those necessary to conduct funeral), DQ4	For all settings, align with National Plan to transition Australia's National COVID-19 Response
Weddings	Weddings <ul style="list-style-type: none">Allowed with up to 10 people (and marrying couple plus those necessary to conduct wedding), DQ4	Weddings <ul style="list-style-type: none">Allowed with up to 10 people (and marrying couple plus those necessary to conduct wedding), DQ4	Weddings <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap (caps not inclusive of marrying couple plus those necessary to conduct wedding)Unknown vaccination: no change from previous	Weddings <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 capUnknown vaccination status: 10 people per wedding(and marrying couple plus those necessary to conduct wedding), DQ4	
Physical recreation & sport (Includes indoor playcentres, indoor skateparks and indoor trampoline centres)	Physical recreation & community sport: <ul style="list-style-type: none">Outdoor personal training with up to 10 people/trainerCommunity sport: outside only, training only. Minimum number required for the sport, no spectatorsCommunity recreation facilities: outdoors only, 20 ppl per facilityCaps do not apply if 50 metres distance can be maintained between groups outdoors (e.g. golf)Indoor physical recreation open (gyms), with 10 persons per facility indoors, 20 per facility outdoors, DQ4	Physical recreation & community sport: <ul style="list-style-type: none">Outdoor personal training with up to 10 people/trainerCommunity sport: outside only, training only. Minimum number required for the sport, no spectatorsCommunity recreation facilities: outdoors only, 20 ppl per facilityCaps do not apply if 50 metres distance can be maintained between groups outdoors (e.g. golf)Indoor physical recreation open (gyms), with 10 persons per facility indoors, 20 per facility outdoors, DQ4	Physical recreation & community sport: <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 capCommunity sport: outdoor only, training only. Minimum number required for the sport, spectators: public gathering limits applyUnknown vaccination: no change from previous	Physical recreation & community sport: <ul style="list-style-type: none">Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 capCommunity sport permitted indoors and outdoors with minimum number required, for spectators public gathering limits apply Outdoor seated physical recreation and community sport: <ul style="list-style-type: none">Fully vaccinated: Lesser of 25% or 5000 per venue Significant venues to be considered for larger crowds	

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Swimming pools, hydrotherapy pools, spas, saunas, steam rooms, springs	Swimming pools, spas, saunas, steam rooms and springs (indoor and outdoor): <ul style="list-style-type: none"> Outdoor pools capped at 50 Indoor pools open, capped at 20 per facility, DQ4 (changing rooms closed). Spas, saunas and steam rooms closed. Hydrotherapy and swimming lessons can occur. 	Swimming pools, spas, saunas, steam rooms and springs (indoor and outdoor): <ul style="list-style-type: none"> Outdoor pools capped at 50 Indoor pools open, capped at 20 per facility, DQ4 (changing rooms closed). Spas, saunas and steam rooms closed. Hydrotherapy and swimming lessons can occur. 	Swimming pools, spas, saunas, steam rooms and springs (indoor and outdoor): <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 150 cap (change rooms closed) Unknown vaccination: no change from previous 	Swimming pools, spas, saunas, steam rooms and springs (indoor and outdoor): <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	For all settings, align with National Plan to transition Australia's National COVID-19 Response
Outdoor playgrounds, outdoor skateparks, outdoor gym equipment	Outdoor playgrounds, outdoor skateparks, outdoor gym equipment: <ul style="list-style-type: none"> Playgrounds, outdoor skateparks, communal gym equipment are open 	Outdoor playgrounds, outdoor skateparks, outdoor gym equipment: <ul style="list-style-type: none"> Playgrounds, outdoor skateparks, communal gym equipment are open 	Outdoor playgrounds, outdoor skateparks, outdoor gym equipment: <ul style="list-style-type: none"> Open 	Outdoor playgrounds, outdoor skateparks, outdoor gym equipment: <ul style="list-style-type: none"> Open 	
Community Facilities	Community Facilities: <ul style="list-style-type: none"> Allowed with up to 20 persons per facility 	Community Facilities: <ul style="list-style-type: none"> Allowed with up to 20 persons per facility 	Community Facilities: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	Community Facilities: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	
Creative Studios	Creative Studios: <ul style="list-style-type: none"> Allowed with up to 20 persons per facility 	Creative Studios: <ul style="list-style-type: none"> Allowed with up to 20 persons per facility 	Creative Studios: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	Creative Studios: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	

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Entertainment and Leisure	Entertainment venues: <ul style="list-style-type: none"> 20 per space indoors (e.g. cinemas) Outdoor seated/non-seated entertainment: cap at 300 people per space or 25% venue capacity, whichever is lesser 	Entertainment venues: <ul style="list-style-type: none"> 20 per space indoors (e.g. cinemas) Outdoor seated/non-seated entertainment: cap at 300 people per space or 25% venue capacity, whichever is lesser 	Entertainment venues: <ul style="list-style-type: none"> Fully vaccinated: Indoors 30 cap per space, outdoors DQ2 and 300 cap per space Unknown vaccination: no change from previous 	Seated indoor and non-seated indoor entertainment venues: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap per space. Outdoor seated entertainment: <ul style="list-style-type: none"> Fully vaccinated: Lesser of 25% or 5000 per venue. Indoor spaces DQ4 and 150 cap. Outdoor non-seated entertainment (for example animal facilities): <ul style="list-style-type: none"> Fully vaccinated: 50% capacity, indoor spaces DQ4 150 cap. <p>Significant venues to be considered for larger crowds</p>	For all settings, align with National Plan to transition Australia's National COVID-19 Response
	Arcades, escape rooms, bingo centres: <ul style="list-style-type: none"> Closed 	Arcades, escape rooms, bingo centres: <ul style="list-style-type: none"> Closed 	Arcades, escape rooms, bingo centres: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	Arcades, escape rooms, bingo centres: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	
	Drive-in cinemas: <ul style="list-style-type: none"> Open (for households, intimate partner and bubble buddy) Must remain in vehicle DQ4 for all communal spaces 	Drive-in cinemas: <ul style="list-style-type: none"> Open (for households, intimate partner and bubble buddy) Must remain in vehicle DQ4 for all communal spaces 	Drive-in cinemas: <ul style="list-style-type: none"> Open, hospitality limits apply 	Drive-in cinemas: <ul style="list-style-type: none"> Open, hospitality limits apply 	
	Amusement parks: <ul style="list-style-type: none"> Outdoor spaces, align with outdoor non-seated, 25% total venue capacity with cap at 300 people per space, whichever is lesser 	Amusement parks: <ul style="list-style-type: none"> Outdoor spaces, align with outdoor non-seated, 25% total venue capacity with cap at 300 people per space, whichever is lesser 	Amusement parks: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 300 cap per space Unknown vaccination: no change from previous 	Amusement parks: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap per space, outdoors DQ2 and 500 cap per space 	
	Casino: <ul style="list-style-type: none"> N/A 	Casino: <ul style="list-style-type: none"> N/A 	Casino: <ul style="list-style-type: none"> N/A 	Casino: <ul style="list-style-type: none"> N/A 	

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Entertainment and Leisure (cont)	Retail betting venue: <ul style="list-style-type: none"> Open – in line with retail settings: <ul style="list-style-type: none"> Open, DQ 1 person per 4sqm COVID Check-In Marshal Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	Retail betting venue: <ul style="list-style-type: none"> Open – in line with retail settings: <ul style="list-style-type: none"> Open, DQ 1 person per 4sqm COVID Check-In Marshal Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	Retail betting venue: <ul style="list-style-type: none"> Open with DQ4 Masks mandatory at all times; cannot be removed for eating/drinking in retail settings <ul style="list-style-type: none"> COVID Check-In Marshal 	Retail betting venue: <ul style="list-style-type: none"> Open with DQ4 	For all settings, align with National Plan to transition Australia's National COVID-19 Response
	Electronic gaming: <ul style="list-style-type: none"> Open – in line with hospitality settings Seated service only; outdoor cap of 20, indoors 10 and density limits 	Electronic gaming: <ul style="list-style-type: none"> Open – in line with hospitality settings Seated service only; outdoor cap of 20, indoors 10 and density limits 	Electronic gaming: <ul style="list-style-type: none"> Remain seated Fully vaccinated: Indoors DQ4 and 30 cap Unknown vaccination: no change from previous 	Electronic gaming: <ul style="list-style-type: none"> Remain seated Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap Caps are not in addition to hospitality limits 	
	Sex on premises, brothels and sexually explicit venues: <ul style="list-style-type: none"> Closed 	Sex on premises, brothels and sexually explicit venues: <ul style="list-style-type: none"> Closed 	Sex on premises, brothels and sexually explicit venues: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap Unknown vaccination: Closed 	Sex on premises, brothels and sexually explicit venues: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap 	
	Karaoke and Nightclubs: <ul style="list-style-type: none"> Closed 	Karaoke and Nightclubs: <ul style="list-style-type: none"> Closed 	Karaoke and Nightclubs: <ul style="list-style-type: none"> In line with food and drink Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: Closed 	Karaoke and Nightclubs: <ul style="list-style-type: none"> In line with food and drink facility limits Seated service only Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	
General retail	All retail: <ul style="list-style-type: none"> Open, DQ 1 person per 4 sqm Masks mandatory at all times; cannot be removed for eating/drinking in retail settings Auction houses: <ul style="list-style-type: none"> Open – in line with retail settings 	All retail: <ul style="list-style-type: none"> Open, DQ 1 person per 4 sqm Masks mandatory at all times; cannot be removed for eating/drinking in retail settings Auction houses: <ul style="list-style-type: none"> Open – in line with retail settings 	All retail: <ul style="list-style-type: none"> Open with DQ4 Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	All retail: <ul style="list-style-type: none"> Open with DQ4 	

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Hairdressing, beauty, personal care	Hairdressing, beauty, personal care: <ul style="list-style-type: none"> All beauty/personal care open with a cap of 10 DQ4 Masks can be removed by patron for duration of service In home services permitted with separate entrance and exit to home and follow the density quotient requirements 	Hairdressing, beauty, personal care: <ul style="list-style-type: none"> All beauty/personal care open with a cap of 10 DQ4 Masks can be removed by patron for duration of service In home services permitted with separate entrance and exit to home and follow the density quotient requirements 	Hairdressing, beauty, personal care: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap Unknown vaccination: no change from previous Masks can be removed by patron for duration of service In home services permitted with separate entrance and exit to home and follow the density quotient requirements 	Hairdressing, beauty, personal care: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap 	For all settings, align with National Plan to transition Australia's National COVID-19 Response
Hospitality	Food and drink facility <ul style="list-style-type: none"> Seated service only Outdoor cap of 30, indoor 10 per venue and DQ4 	Food and drink facility <ul style="list-style-type: none"> Seated service only Outdoor cap of 30, indoor 10 per venue and DQ4 	Food and drink facility <ul style="list-style-type: none"> Seated service only Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	Food and drink facility <ul style="list-style-type: none"> Seated service only Small venues: up to 25 people if fully vaccinated before DQ applies Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	
	Food courts: <ul style="list-style-type: none"> Open for takeaway service only Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	Food courts: <ul style="list-style-type: none"> Open for takeaway service only Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	Food courts: <ul style="list-style-type: none"> Open for takeaway service only Masks mandatory at all times; cannot be removed for eating/drinking in retail settings 	Food courts: <ul style="list-style-type: none"> Takeaway only, mask cannot be removed indoors to consume food or drink 	
	Accommodation: <ul style="list-style-type: none"> Open for household, intimate partner and bubble buddy only 	Accommodation: <ul style="list-style-type: none"> Open for household, intimate partner and bubble buddy only 	Accommodation: <ul style="list-style-type: none"> Open for household, intimate partner and bubble buddy only 	Accommodation: <ul style="list-style-type: none"> Open, in line with private gathering limits 	
Real Estate Services	Real estate: <ul style="list-style-type: none"> Private inspections and auctions only, cap 10 	Real estate: <ul style="list-style-type: none"> Private inspections and auctions only, cap 10 	Real estate: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 30 cap, outdoors DQ2 and 100 cap Unknown vaccination: no change from previous 	Real estate: <ul style="list-style-type: none"> Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Tours and tour transport	Tours (e.g. walking tours, cycling tours): <ul style="list-style-type: none"> Open, capped at 20 Tour transport (e.g. tour buses): <ul style="list-style-type: none"> Open, capped at 10 	Tours (e.g. walking tours, cycling tours): <ul style="list-style-type: none"> Open, capped at 20 Tour transport (e.g. tour buses): <ul style="list-style-type: none"> Open, capped at 10 	Tours (e.g. walking tours, cycling tours): <ul style="list-style-type: none"> Fully vaccinated: capped at 30 Tour transport (e.g. tour buses): <ul style="list-style-type: none"> Fully vaccinated: 30 cap 	Tours (e.g. walking tours, cycling tours): <ul style="list-style-type: none"> Open Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap Tour transport (e.g. tour buses): <ul style="list-style-type: none"> Open Fully vaccinated: Indoors DQ4 and 150 cap, outdoors DQ2 and 500 cap 	For all settings, align with National Plan to transition Australia's National COVID-19 Response

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Care Facilities Visitors	Visitor restrictions: <ul style="list-style-type: none"> • Two visitors at a time up to two per day, except for end of life or life threatening conditions (2 visitors at a time with no total limit per day). • Visits must be for a purpose which includes: <ul style="list-style-type: none"> • To provide care and support for the resident's physical and emotional wellbeing • For residents under 18 years of age • As a nominated person under the Mental Health Act • To provide interpreter or informal language support • To support the resident's care upon discharge • Do not have to be from the same household. • No time limits. • A group may exceed the "two visitors at a time" rule if dependents of a visitor (or patient in hospital) are in the group and care for the dependents cannot be arranged. • Prospective residents permitted if they reside in regional Victoria and the care facility they are visiting is in regional Victoria. • Non-essential contractors (such as hairdressers) are not permitted to enter. 	Visitor restrictions: <ul style="list-style-type: none"> • Two visitors at a time up to two per day, except for end of life or life threatening conditions (2 visitors at a time with no total limit per day). • Visits must be for a purpose which includes: <ul style="list-style-type: none"> • To provide care and support for the resident's physical and emotional wellbeing • For residents under 18 years of age • As a nominated person under the Mental Health Act • To provide interpreter or informal language support • To support the resident's care upon discharge • Do not have to be from the same household. • No time limits. • A group may exceed the "two visitors at a time" rule if dependents of a visitor (or patient in hospital) are in the group and care for the dependents cannot be arranged. • Prospective residents permitted if they reside in regional Victoria and the care facility they are visiting is in regional Victoria. • Non-essential contractors (such as hairdressers) are not permitted to enter. 	Visitor restrictions: <ul style="list-style-type: none"> • Easing of visitor restrictions. 	Visitor restrictions: <ul style="list-style-type: none"> • Easing of visitor restrictions. 	For all settings, align with National Plan to transition Australia's National COVID-19 Response

Category	80% of 16+ with a single dose Indicative date: 26 September 2021 Subject to Public Health consideration of epidemiology at the time	Returning Students to the Classroom Indicative date: 5 October 2021 Subject to Public Health consideration of epidemiology at the time	70% of 16+ fully vaccinated Indicative date: 26 October 2021 Subject to Public Health consideration of epidemiology at the time	80% of 16+ fully vaccinated Indicative date: 5 November 2021 Subject to Public Health consideration of epidemiology at the time	80% of 12+ fully vaccinated Indicative date: Two weeks later Subject to Public Health consideration of epidemiology at the time
Hospital Visitors	Visitor restrictions: <ul style="list-style-type: none"> • Two visitors at a time up to two per day, except for end of life or life-threatening conditions (2 visitors at a time with no total limit per day). • Visits must be for a purpose which includes: <ul style="list-style-type: none"> • As a parent, guardian or carer of a child who is a patient in hospital • To provide support that is necessary for the patient's emotional or physical wellbeing. • As a nominated person under the Mental Health Act • To providing interpreter or informal language support • For leaning to support the resident's care upon discharge • As a carer of a patient with a disability • Accompanying someone to the emergency department or outpatient clinic • As a partner of a pregnant woman or patient in a maternity ward • Do not have to be from the same household. • No time limits. • A group may exceed the "two visitors at a time" rule if dependents of a visitor (or patient in hospital) are in the group and care for the dependents cannot be arranged. • Non-essential contractors (such as hairdressers) are not permitted to enter. 	Visitor restrictions: <ul style="list-style-type: none"> • Two visitors at a time up to two per day, except for end of life or life-threatening conditions (2 visitors at a time with no total limit per day). • Visits must be for a purpose which includes: <ul style="list-style-type: none"> • As a parent, guardian or carer of a child who is a patient in hospital • To provide support that is necessary for the patient's emotional or physical wellbeing. • As a nominated person under the Mental Health Act • To providing interpreter or informal language support • For leaning to support the resident's care upon discharge • As a carer of a patient with a disability • Accompanying someone to the emergency department or outpatient clinic • As a partner of a pregnant woman or patient in a maternity ward • Do not have to be from the same household. • No time limits. • A group may exceed the "two visitors at a time" rule if dependents of a visitor (or patient in hospital) are in the group and care for the dependents cannot be arranged. • Non-essential contractors (such as hairdressers) are not permitted to enter. 	Visitor restrictions: <ul style="list-style-type: none"> • No change 	Visitor restrictions: <ul style="list-style-type: none"> • Easing of visitor restrictions. 	For all settings, align with National Plan to transition Australia's National COVID-19 Response

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

0429617380

RAELEEN 54617 380

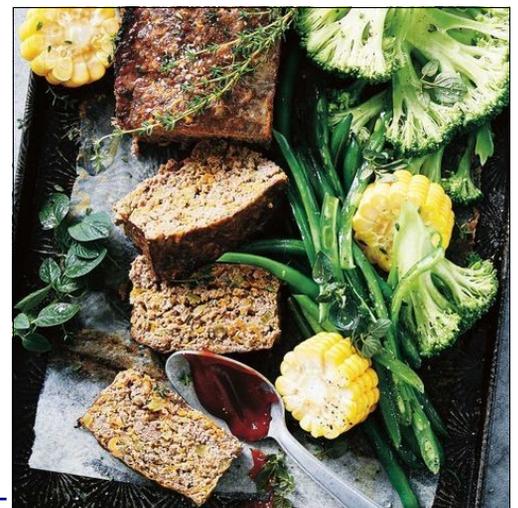
THINGS MY MOTHER USED TO SAY:**Trust you intuition****Mind your P's and Q's****Never compare yourself to others****Everything meatloaf****Ingredients:**

- 500g beef mince
- 1 egg
- 2 tbs tomato sauce, plus 1/3 cup extra
- 1/2 cup mashed potato
- 1/2 carrot, peeled, grated
- 1 celery stalk, finely chopped
- 150g peeled pumpkin, grated
- 300g broccoli, cut into 1cm thick slices
- 2 corn cobs, thickly sliced
- 200g green beans trimmed
- 30g butter
- Fresh sprigs thyme, to serve
- Fresh oregano sprigs, to serve

Instructions:

- Oven to 200C/180C fan forced. Line the base and sides of a 7cm deep, 10x22cm loaf pan with baking paper
- Put mince, egg, sauce, potato, carrot, celery and pumpkin in a large bowl. Season to taste. Mix until well combined. Press the mixture firmly into prepared pan.

- Bake the meatloaf for 45-50 minutes, until golden on top and cooked when tested in the centre with a skewer. Set aside in the pan for 5 minutes to rest.
- While the meatloaf rests, cook the broccoli, corn and beans in boiling water for 3 minutes or until just tender. Drain, then place in a heat proof bowl. Add butter, season to taste and toss to coat well
- Serve the sliced meatloaf with the extra sauce and vegetables. Scatter with thyme and oregano sprigs.



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

Things to consider

- *Is there enough light in my room to see at night?
- *Can I see my way to get to the toilet?



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 & 10



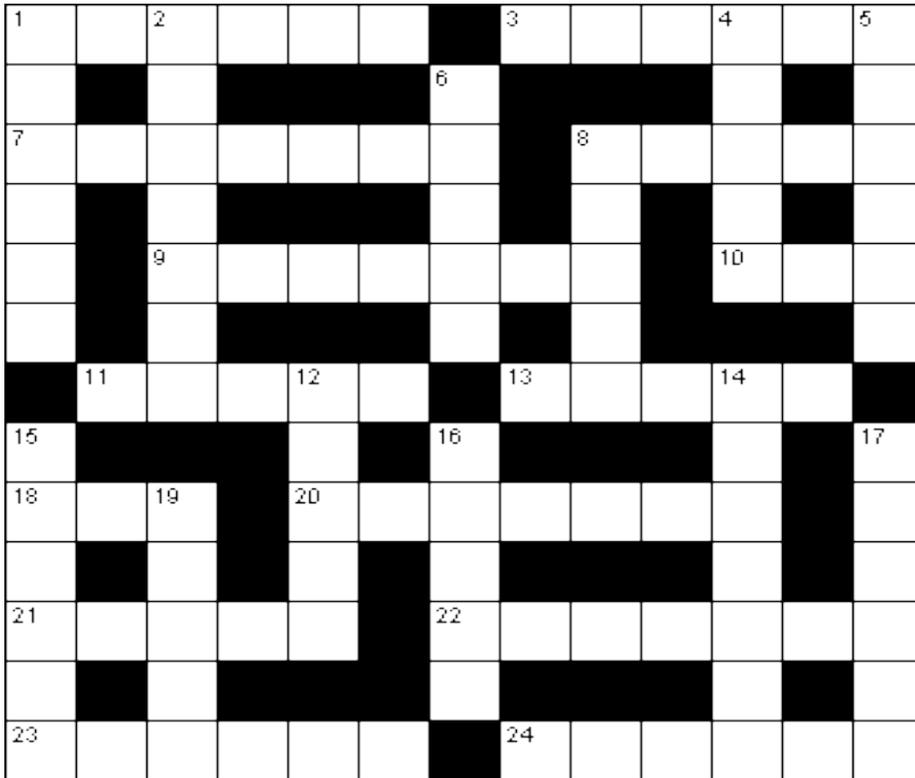
1. Spanish flu
2. Norm
3. Watte
4. 1991

A	M	A	Z	O	N	H	A	R	A	R	E	
I	S	E	R	A	R	L	I	N	G	U		
T	U	R	I	L	A	N	D	A	P			
L	A	T	A	M	I	A	M	I				
M	A	I	N	E	V	S						
O	E	A	T	S	E	A	T	L	E	U	S	A
A	D	L	R	F	L							
N	I	A	G	A	R	A	T	Y	R	O	L	A
O	E	M										
M	A	D	R	I	D	P	L	A	C	I	D	

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

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

Mind Games



Themed 11

ACROSS:

1. Capital of Spain (6)
3. New York Lake, sounds tranquil (6)
7. Falls and Honeymoon resort (7)
8. Austrian Province (5)
9. Washington's largest city (7)
10. Country, initially (3)
11. Augusta is the state capital (5)
13. Florida resort (5)
18. Australian capital, initially 3)
20. Reykjavik is the capital (7)
21. Europe's longest river (5)
22. Australian river (7)
23. South American river (6)
24. Capital of Zimbabwe (6)
- 25.

DOWN:

1. Monarchy on the French Riviera (6)
2. Saltwater lake on the border between Israel and Jordan (4,3)
4. Italian isle (5)
5. Texas city (6)
6. Island country south of Sicily (5)
8. Famous fountain in Rome (5)
12. Currency of Nigeria (5)
14. Fun chai is the capital of this Atlantic island (7)
15. Riga is the capital of this Baltic country (6)
16. Tenerife's volcanic peak (5)
17. Capital of the Czech Republic (6)
19. City in north eastern Oklahoma (5)

WORD SEARCH - Feelings

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

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

AGGRAVATED, ANGRY, ANGST, ANNOYED, ANXIOUS, CHEERFUL, CONCERNED, CONTENTED, DELIGHTED, DESIRE, DESPAIR, DESPERATE, DISAPPOINTED, DISQUIET, ELATED, EXASPERATED, EXCITED, EXHILORATED, FEARFUL, FRIGHTENED, FULFILLED, FURIOUS, FURY, GLAD, HAPPY, HATE, INFURIATED, IRATE, IRRITATED, JOYFUL, LOVE, OUTRAGED, PANIC, PASSIONATE, PLEASURE, PROUD, RAGE, REGRET, SADNESS, SATISFIED, SORROW, UNEASY, WORRY, WRATH.

QUIZ

1. What worldwide pandemic killed more than 12,000 Australians in 1919?
2. What was the name of the overweight man who appeared in the 'Life? Be in it' campaign launched in 1975?
3. What is the national flower of Australia?
4. In what year was Paul Keating elected as Prime Minister?



Giggletime

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb, and stopped just inches from a large plate glass window.

For a few moments everything was silent in the cab, and then the still shaking driver said, "I'm sorry but you scared the daylight out of me."

The frightened passenger apologized to the driver and said he didn't realize a mere tap on the shoulder could frighten him so much.

The driver replied, "No, no, I'm sorry, it's entirely my fault. Today is my first day driving a cab. I've been driving a hearse for the last 25 years."

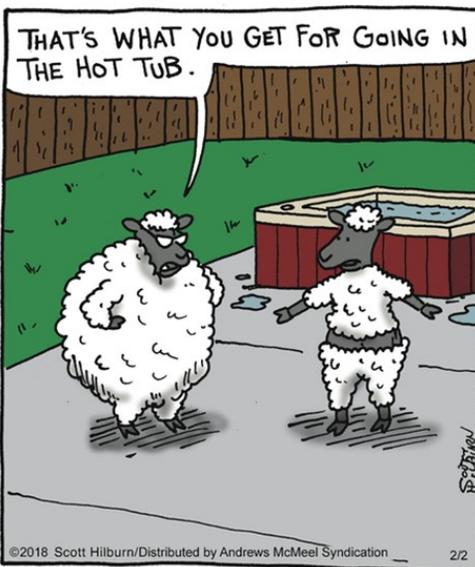
Where do you find a dog with no legs?
Right where you left him!

What's blue and smells like red paint?
Blue paint.

Why can't your hand be 12 inches long?
Because then it would be a foot.

What do Alexander the Great and Winnie the Pooh
have in common?
The same middle name.

Did you hear about the mathematician who's afraid
of negative numbers?
He will stop at nothing to avoid them.



Two inexperienced hunters went hunting in the bush. Before long they got lost.
"Don't worry" said the first hunter.
"I heard that when you're lost you should fire three shots in the air and someone should hear you."
They fired three shots in the air and waited a half-hour.
Nothing.
They tried again with another three shots and nothing happened.
Finally they decided they would try it once more.
"This better work," Said the second hunter nervously.
"These are our last arrows."

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 Manager	Di Jackson	di.jackson@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au
Deputy Director of Care	Allison O'Connell	allison.oconnell@havilah.org.au
Resident Liaison	Raeleen Brooker	raeleen.brooker@havilah.org.au
Lifestyle	Sue Edmondson	sue.edmondson@havilah.org.au
Lifestyle (Palmerston)	Kim Davidson	kim.davidson@havilah.org.au

FEEDBACK Residents and families are encouraged to communicate any issues they may have.

We welcome feedback from residents, families and visitors and provide the 'Comment,

Suggestion, Complaint and Compliment' forms at the main Havilah entrances.

We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes..

Director of Care Kelsey Hooper
54 617383 email:
kelsey.hooper@havilah.org.au

or CEO Barb Duffin 54617381 OR 0429617380
email: barb.duffin@havilah.org.au

GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@havilah.org.au or Telephone: 5461 7387. Leave a message if it is out of office hours and staff will get

back to you as soon as possible.

ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street,
Maryborough Vic 3465

TO CONTACT THE KITCHEN

Main Kitchen **54617388** Internal Dial **388**
Heath Kitchen **54617482** Internal Dial **482**

For 24 hour EMERGENCY CONTACT
telephone 54617 394

ON CALL MAINTENANCE after hours and weekend
calls 0408 645 203

Currently Reception is manned 7 days.