



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



Farwell to Stewie

Residents from Raglan House, Retirement Living and co-workers gathered together to farewell our long serving maintenance man, Stuart Argall. Stewie has been a familiar face within our ranks at both campus's. Stewie began working with Havilah in April 2012 and moved to Havilah on Palmerston site when opened, he has become friends with many work colleagues over the years. A presentation was made to him by CEO Barb at a special morning tea that was arranged on 16th August. We all wish Stewie a happy and rewarding retirement.

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

Some Football Facts:

- Unlike rugby and rugby league, Aussie Rules is fair dinkum. It was created in Victoria in 1858.
- Aussie Rules was influenced by many well-known sports such as rugby and soccer, but it may also have been influenced by a traditional Aboriginal game called Marngrook. Marngrook involved kicking a ball made from animal skin and stuffed with feathers and charcoal high into the air.
- The first Aussie Rules game took place over 150 years ago between Scotch College and Melbourne Grammar School.
- Aussie Rules was known as VFL (Victorian Football League) until it became national in 1990. From then on it became known as AFL.
- Alex Jesaulenko, one of the great legends of AFL, was born and bred in Canberra.
- Each AFL team has its own team anthem, sung by fans loudly and proudly at the end of each successful game.
- Women have been playing AFL for many years, too. Records exist of a female football side made up of department store staff in Perth in 1917. In 2006, over 48,000 women played the sport in Australia, making AFL one of the fastest growing sports among Australian women. State teams compete in the AFL National Women's Championships.
- Collingwood is the team that everybody loves to hate.
- In 1982, the South Melbourne Football Club re-located to Sydney and became the Sydney Swans.
- The Brownlow Medal is the most prestigious prize in AFL and is awarded every year to the overall best and fairest player. The medal is named after Geelong Cats administrator, Charles Brownlow, who died in 1924.
- Roy Cazaly (1893-1963) was one of the legends of Aussie Rules and his famous high marks gave rise to the famous phrase, 'Up there, Cazaly!' which became synonymous with Aussie Rules football. 'Up there, Cazaly!' was a battle cry used by Australian forces during World War II, and it was also the name of a song in 1979 released by Mike Brady and the Two Man Band.
- In the 1982 Grand Final between Carlton and Richmond, a 17 year old girl gained instant fame when she streaked across the MCG wearing only a Carlton team scarf. She was fined \$1000.



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:

16th and 30th September, 14th and 28th October



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.



A lovely evening was enjoyed at our local Indian restaurant “Rammy Dessert” by residents from our Retirement community. We were thoroughly spoiled with a magnificent Indian banquet of 12 different dishes. Our diners club group enjoy outings to local eateries bi monthly. A few members are away during the colder months who missed out tonight.



Samaritan's Purse

Display and presentation by
Cheryl Howlett

Wednesday 25th September 3pm –4pm

Raglan House

Neill Street end ground floor.



time to talk

**Time to Talk - 2nd Wednesday each Month
Next Date 11th September 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

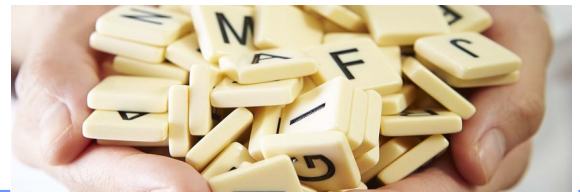
Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND FOR ARTHRITIS



WEIRD and WONDERFUL WORDS

MERRYTHOUGHT - a birds wish bone



FALLS PREVENTION:

Be aware of the impact your medications may have on your balance.

Allow extra time to gain your balance when you stand up.



THINGS MY MOTHER USED TO SAY

Are you hands painted on?

If I want your opinion, I'll ask for it.

If your too full to finish you dinner, you won't want dessert!

I'll treat you like an adult when you start acting like one.



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.



You've been invited to attend the Havilah on Palmerston Men's day luncheon

OUR THEME THIS YEAR IS PLANES, TRAINS & AUTOMOBILES

When : Tuesday 17th September 2019

Where : Room 7 Community Centre or courtyard if weather permitting

Time : 11.45 am for a BBQ lunch

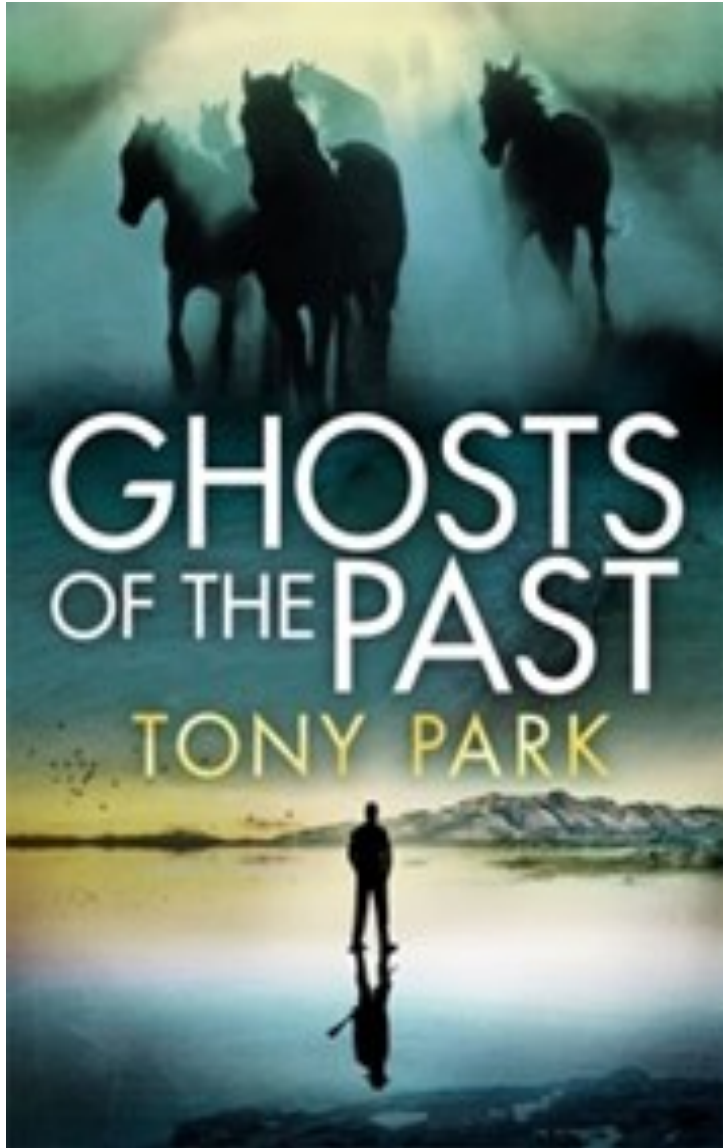
THIS IS A DAY FOR ALL OF OUR BLOKES, NO LADIES INVITED. YOU

WILL BE JOINED BY HAVILAH MAINTENANCE STAFF FOR A BLOKES DAY OUT AND A FEW BEERS WITH LUNCH. WE HOPE TO HAVE A DISPLAY OF CARS FOR YOU TO ADMIRE AND MAYBE A SPIN AROUND THE BLOCK.



If you have aircraft, railways or car related items at home please bring something along to share on the day or see Kim prior to event if it can be used in displays. A photo of your first car or favourite car would be great to share.

R.S.V.P to Kim on 54560169



German South West Africa 1906, Australian horse trader Cyril Blake is executed in cold blood by the Kaiser's soldiers.

Sydney, the present day. Blake's great nephew, recently widowed Nick Eatwell, is approached by South African journalist Susan Vidler who is investigating his ancestor's mysterious demise.

Intrigued and looking for distraction, Nick discovers a long-lost manuscript which tells how Blake stayed in South Africa after serving in the Anglo-Boer War and joined the Nama people in their rebellion against the Germans in South West Africa, modern-day Namibia.

In Munich, historian Anja Berghoff, researching the origin of the wild 'ghost' horses of Namibia, stumbles across intriguing letters from Irish-German spy Claire Martin, with whom Blake had an affair.

As Nick and Anja's paths cross, they find themselves racing through southern Africa, and through time, on the trail of a legend.

But they're not alone. Someone else is chasing these ghosts of the past, looking for clues for a hidden treasure worth killing for.

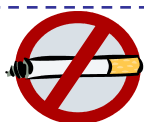
Home Maintenance Reporting

Residents are requested to report all maintenance issues 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

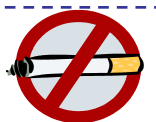


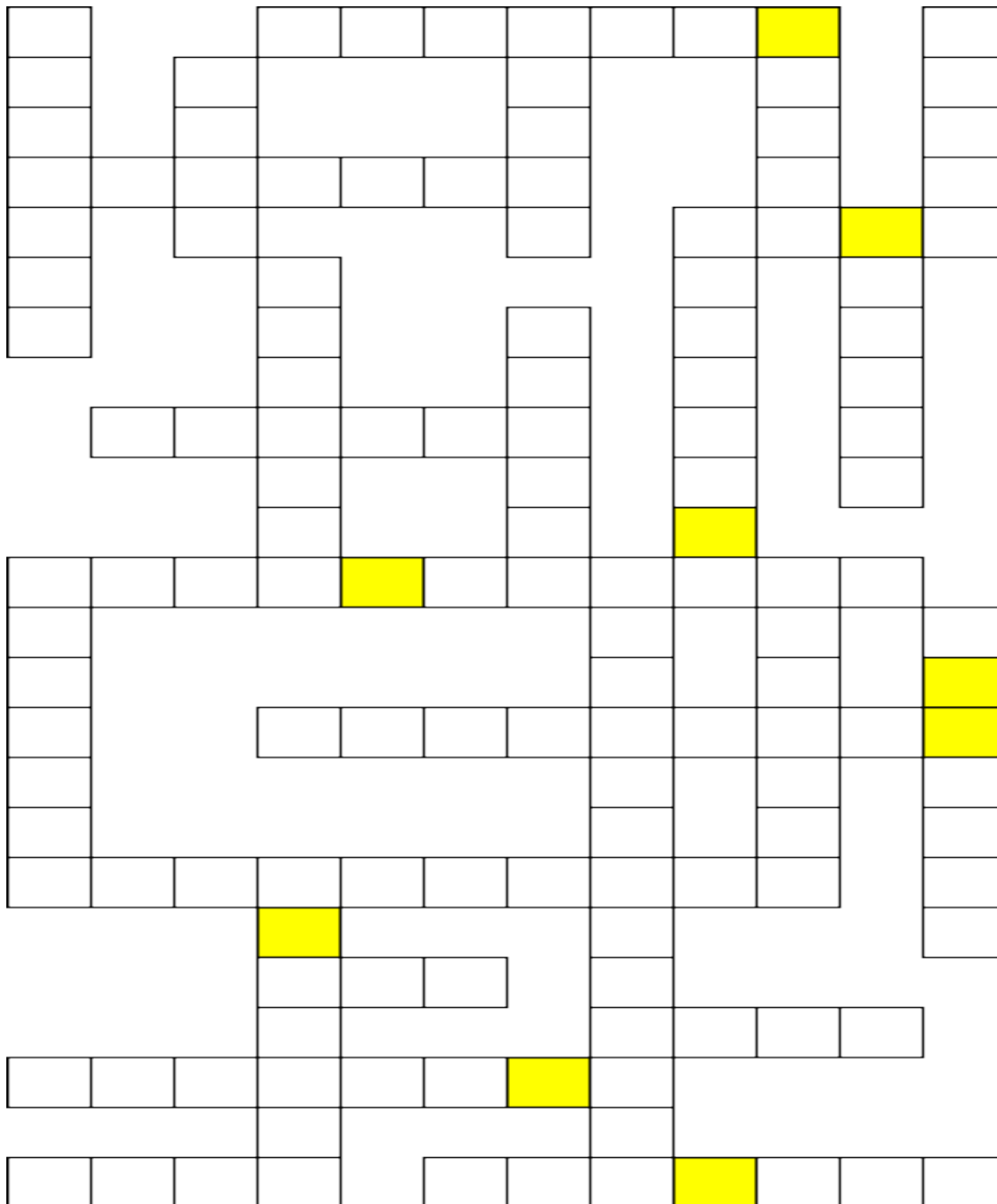
EFTPOS

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**





3 Letter Words:
ALI

4 Letter Words:
BABE
I SPY
IRIS
JAWS

5 Letter words:
EVITA
ROCKY
SIGNS

6 Letter Words:
BEN HUR
PATTON
PSYCHO

7 Letter Words:
AMADEUS
CABERET
CHICAGO
LANTANA
MR DEEDS
PLATOON
TITANIC
VERTIGO
WITNESS

8 Letter Word:
INSOMNIA
SUPERMAN

9 Letter Words:
GLADIATOR

10 Letter Word:
CASABLANCA

11 Letter Words:
THUNDERBALL

13 Letter Words:
BASIC INSTINCT

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

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

Medium 553

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

Easy 553

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

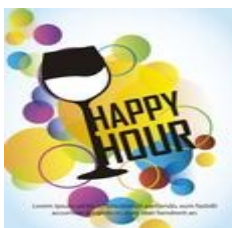
RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

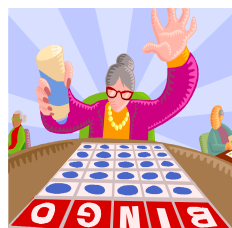
Meeting will be

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

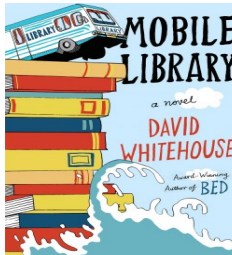


HAPPY HOUR

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



The AFL Footy home and away season games has come to an end, with all teams who have reached the finals stages all trying to be one of two teams to play that big match on the last day of September.

The ladder has shown a very close competition amongst the tipsters this season, with consistency from several tipsters. Finishing in first place was Terry Simpson on 132 points, Anne Stuart and Don Drake had a season with 131 points each, and in third we had on 130 points being Mary Ed-

wards.

The last placing on 83 points, holding up the ladder is Margaret Smith, Margaret has held this position for most of the season taking out the wooden spoon.

From the 23 rounds played there has been 8 tipsters who have picked a full house in the home and away rounds throughout the season.

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



Dementia doesn't discriminate.

Do you?

RSVP:

Wednesday 11th September 2019

RSVP to Kim ph: 5459 0169

Community event, come and join us

When: Friday 13th September 2019

10.30 - 11.30am

Where: Room 1-2 Havilah on Palmerston, community centre

Dementia Action Week

16-22 September 2019

an initiative of  **dementia australia™**

“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.





In The Kitchen: Banana Bread

Ingredients:

- 2 Eggs
- 1 1/4 cups caster sugar
- 1/2 cup vegetable oil
- 1 tsp vanilla
- 2 tbs natural yoghurt
- 3 ripe bananas - mashed
- 1/12 cups walnuts chopped
- 1 tsp bicarbonate soda
- 1/2 tsp cinnamon
- 1/4 tsp salt

Method:

- Preheat oven to 180c (160c fan - forced). Grease and line base of a regular 21cm x 11 cm loaf pan.
- Beat eggs and sugar together with electric beaters on medium - high speed for 10 minutes, or until very thick and pale and the

mixture forms a ribbon when beater is lifted. Reduce speed to low and beat in the oil in a steady stream. Add vanilla and yoghurt and then the bananas and walnuts. Mix Briefly then remove.

- Sift together flour, bi-carb soda, cinnamon and salt together in a large bowl and pour wet mixture onto the dry mixture, folding gently but thoroughly.
- Pour mixture into pan and bake for 1 1/4 hours, or until a skewer comes out clean when tested. Cool in pan for 10 minutes then turn out onto a rack to cool.



Quiz and Crossword Solutions from page 7 & 13

1. Aluminium.
2. Industrial.
3. Western Australia.
4. A Bird.
5. 1955.

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

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



There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist. First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping with delight, the little boy burst into tears. "What's the matter?" the psychiatrist asked. "Don't you want to play with any of the toys?" "Yes," the little boy bawled, "but if I did I'd only break them."

Next, the psychiatrist treated the optimist. Trying to dampen his outlook, the psychiatrist took him to a room piled to the ceiling with horse manure. But instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile, and began gleefully digging out scoop after scoop with his bare hands.

"What are you doing?" the baffled psychiatrist asked.

The little boy replied, "With all this manure, there must be a pony in here somewhere!"

It's the AFL Grand final and a man makes his way to his seat right on the wing. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there.

'No,' says the neighbour. 'The seat is empty.'

'This is incredible', said the man. 'Who in their right mind would have a seat like this for AFL Grand final and not use it?'

The neighbour says 'Well, actually, the seat belongs to

me. I was supposed to come with my wife, but she passed away. This is the first AFL Grand final we haven't been to together since we got married in 1967.' 'Oh I'm sorry to hear that. That's terrible. But couldn't you find someone else, a friend or relative, or even a neighbour to take the seat?'

The man shakes his head 'No, they're all at the funeral.'



"OK, Mrs. Dunn. We'll slide you in there, scan your brain, and see if we can find out why you've been having these spells of claustrophobia."



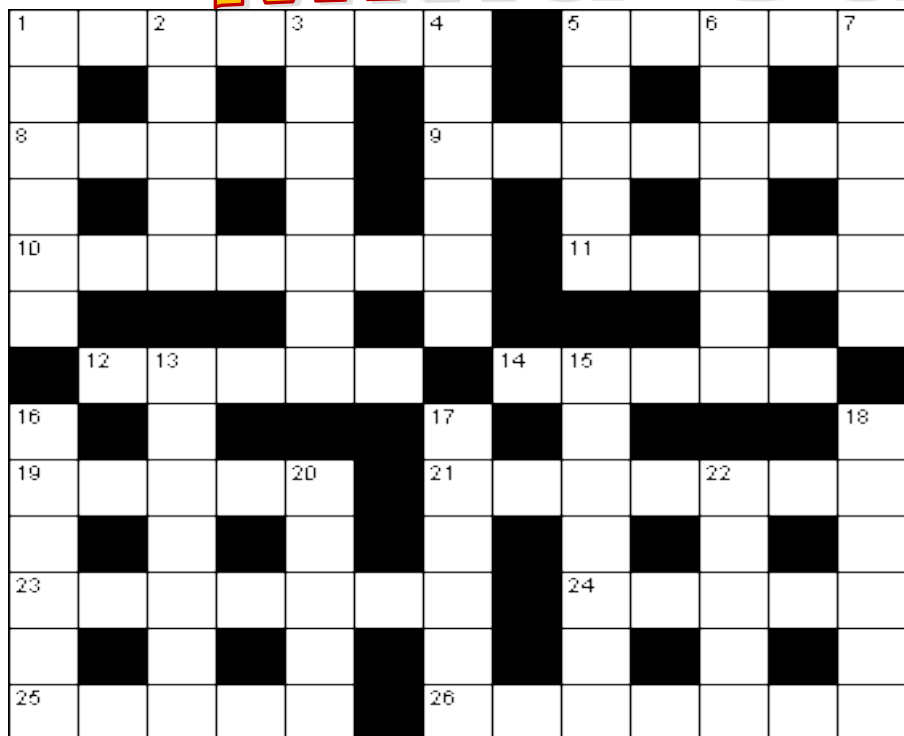
In surgery for a heart attack, a middle-aged woman has a vision of god by her bedside. "Will I die?" she asks. God says, "No, you have 30 years to live. With 30 years to look forward to, she decides to make the best of it. Since she was in the hospital, she got breast implants, liposuction, a tummy tuck, hair transplants and collagen injections to the lips. She looks great! The day she was discharged, she exits

the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees god. "You said I had 30 more years to live," she complains.

"That's true," says God.

"So what happened?" she asks.

God shrugs. "I didn't recognise you."

**Across:**

1. On the way (2,5)
5. Sound (5)
8. Dog-like mammal (5)
9. Free from blame (7)
10. Entrap (7)
11. Music Speed (5)
12. Compare (5)
14. Book of maps (5)
19. General kind of something (5)
21. Unaffected (7)
23. Pasta strips (7)
24. Impromptu (2,3)
25. Part of a church (5)
26. Defraud (7)

Down:

1. Reverberated (6)
2. Rolls of film (5)
3. Oblivious (7)
4. Jubilant (6)
5. Valuable item (5)
6. Quandary (7)
7. Nocturnal wildcat (6)
13. Type of work (7)
15. Percussion instrument (7)
16. Schedule (6)
17. Visitors (6)
18. Comestible (6)
20. Figure out (5)
22. Legally acceptable (5)

WORD SEARCH - EUROPE

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:

AUSTRIA, BELARUS, BELGIUM, BULGARIA, CROATIA, CZECH REPUBLIC, DENMARK, ENGLAND, ESTONIA, FINLAND, FRANCE, GERMANY, GREECE, HUNGARY, ICELAND, IRELAND, ITALY, LATVIA, LIECHTENSTEIN, LITHUANIA, LUXEMBOURG, MACEDONIA, MALTA, NETHERLANDS, NORWAY, POLAND, PORTUGAL, ROMANIA, SCOTLAND, SLOVAKIA, SPAIN, SWEDEN, SWITZERLAND, UKRAINE, WALES.

QUIZ

1. What is made from bauxite?
2. What does the I stand for in CSIRO?
3. Where would you find the Darling Ranges?
4. What is a Drongo?
5. When was the Australian Atomic Energy Commission formed?

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 Kelsey Hooper 54 617383

email: kelsey.hooper@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