

ISSUE October 2019



HOP TOPICS



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



What a glorious day for our Men's day luncheon at Havilah on Palmerston with the theme this year "Planes, Trains and Automobiles" The weather was perfect for our car show with a great range of vehicles old to new for our residents and guests to admire.

The owners only too willing to show off their pride and joy. A lovely bbq lunch and time spent looking at the memorabilia throughout the room. A big thank you to all those who helped contribute to our event. Everyone said they had a marvellous day and thoroughly enjoyed themselves.

**Retirement Community - Bi Monthly Resident Meeting Thursday 21st November 2019, 2.45 pm
Raglan House - Ground Floor - Neill Street end
Afternoon Tea Provided**



On September 12th, Havilah on Palmerston hosted the regular special morning tea in conjunction with Dementia Awareness month. We sent out an invitation to people from the community to attend to have a chat about how Dementia has affected them or someone close to them. The morning was a huge success.



**Dementia doesn't
discriminate.**

Do you?

Dementia Action Week

16-22 September 2019

an initiative of  **dementia
australia**

SOLAR INSTALLATION Very exciting with the Harkness project commencing last week. It is expected to take some 6—7 weeks to complete the installation of more than 700 panels. We were concerned that residents may be affected by the noise but all have taken it in their stride and are excited to see the panels going up and also about the projected savings of almost \$100k over both of our sites. The Town Planning issues with regard to installation at Havilah on Palmerston were interesting to say the least. The site from Inkerman Street to Havelock Street (so more or less in line with the boundary of the High School Centre is listed on the Victorian Heritage Register. So not just the former school building but also the land up to Inkerman Street. As such it is within its own Heritage Overlay within the Central Goldfields Planning Scheme. Permission is required for works under this Heritage Overlay through Heritage Victoria with no permit required from Central Goldfields Shire for this part of the land. Heritage Victoria have recommended that we obtain a blanket permit for future works of solar installation where the land falls under their jurisdiction so that separate approvals would not be required should a resident wish to install solar panels to their unit. For the balance of the land, so for all of

the units on the Neill Street end of the development a Planning Permit is required under the Council Planning Scheme if the panels are visible from the street. For Raglan House the bulk of installation was under Heritage Victoria approval with a very small portion on the end of the building requiring a planning permit from Council.

TENNIS COURT SITE This development remains held up in Planning. Currently there are some amendments being made to the drawings as we work with the Heritage Advisor to address any issues raised. We are hoping to be in a position shortly to meet with the objector and to subsequently have our planning application considered by Council.

EXTENSION TO THE DINING ROOM; EXTERNAL STORAGE & GOPHER PARKING The Planning Permit for the external storage arrived last week. The permits for both of these works were applied for on the same day so we are hoping that the second permit is "in the mail". Both of these works are outside the area requiring approval from Heritage Victoria so only one set of applications made and just the Council to deal with.

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, 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.

For other things you might like to discuss

It is not our practice to intrude into the lives and personal space of those living within the retirement community. Therefore you won't find us knocking on your door asking to inspect your unit. We rely on you to let us know when maintenance and replacements are required. This may be a squeaky door, paint touch up, flickering light, rust on a verandah post. Please do not hesitate to let us know whatever the issue. Keep our 24/7 Maintenance Number handy and know that it is ok to call this number as needed.

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.

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.



time to talk

Time to Talk - 2nd Wednesday each Month
Next Date 9th October 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

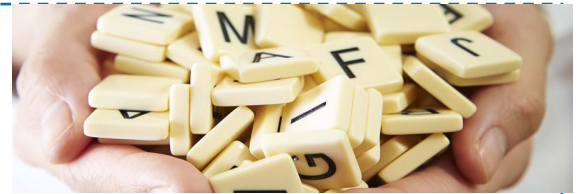
Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND FOR ARTHRITIS



WEIRD and WONDERFUL WORDS

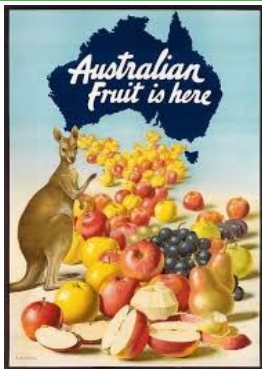
SCRIPPAGE - one's baggage and personal belongings.



Falls Prevention



Be active everyday, - go for a walk with a friend.
 Consider participating in exercises classes.
 Wear comfortable, firm fitting shoes with a low heel, laces,
 buckles or Velcro fasteners.



THINGS MY MOTHER USED TO SAY

Beds are not made for jumping on.
 Don't pick you nose in public.
 I don't know is NOT an answer.
 I don't have to explain myself, I said NO.



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@havalah.org.au.

Your assistance with this is appreciated.



An enchanting novel of 2018, this is an irresistible, deeply moving and romantic story of a young girl, daughter of an abusive father, who has to learn the hard way that she can break the patterns of the past, live on her own terms and find her own strength.

After her family suffers a tragedy when she is nine years old, Alice Hart is forced to leave her idyllic seaside home. She is taken in by her estranged grandmother, June, a flower farmer who raises Alice on the language of Australian native flowers, a way to say the things that are too hard to speak. But Alice also learns that there are secrets within secrets about her past. Under the watchful eye of June and The Flowers, women who run the farm, Alice grows up. But an unexpected betrayal sends her reeling, and she flees to the dramatically beautiful central Australian desert. Alice thinks she has found solace, until she falls in love with Dylan, a charismatic and ultimately dangerous man.

The Lost Flowers of Alice Hart is a story about stories: those we inherit, those we select to define us, and those we decide to hide. It is a novel about the secrets we keep and how they haunt us, and the stories we tell ourselves in order to survive. Spanning twenty years, set between the lush sugar cane fields by the sea, a native Australian flower farm, and a celestial crater in the central desert, Alice must go on a journey to discover that the most powerful story she will ever possess is her own.

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:

14th and 28th October and 11th and 25th November



Justice of the Peace

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

Terry Simpson

Mobile: 0419 737 837



EFTPOS

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



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





The conversations of life

Australian laws you will never believe

Lauren Broomham on September 13, 2019

There are some odd laws out there but there are some even 'odder' ones I bet you didn't know exist. For instance, did you know that if you ride up to your local pub on a horse the pub owner is obliged by law to stable, water and feed your horse while you go in for pint.

Some laws make sense at the time they are enacted but as society changes they might not fit with the current times. Below are eight of some of the weirdest Australian laws that still exist today.

1. When in drought don't try to make man-made rain clouds

Apparently Victoria doesn't want people taking the weather into their own hands. Under the Rain Making Control Act of 1967 it's against the law to make rain clouds.

2. Gold Coast bikinis must not exceed more than six square inches of material

If you want to show a little more flesh than what is allowed on Brighton Beach, try going to the Gold Coast.

3. Only qualified electricians can change a light bulb in Victoria.

Electricians could make a nice little side income if everyone followed this law in Victoria.

4. Stay away from a house frequented by thieves. It could get you in trouble with police in Victoria.

As the old saying goes you are judged by the com-

pany you keep. According to the Vagrancy Act of 1966, the penalty for being near or inside a house used by thieves is one year imprisonment.

5. When there is no urinal nearby you are allowed to urinate on the rear left tyre of your vehicle

6. Fortune telling is against the law

You'd better think twice the next time you want to go and get your palm read. Under Sect 13 of the Vagrancy Act 1966, any person who pretends or professes to tell fortunes using palmistry or any other kind of witchcraft to discover the location of lost or stolen goods may be found guilty of an offence.

7. Don't wear hot pink pants after 12pm on Sundays

Just in case you wanted to time warp back to the seventies forget it. According to Victorian law you can wear hot pink pants Monday to Saturday, but not Sundays.

8. It's against the law to touch electric wires that cause death

According to this law it's ok to get a bit singed by electric wires just make sure they don't electrocute you to death. Otherwise you could get fined \$200.

Only in Australia.



Preliminary Notice:

With Christmas just around the corner (the year has flown by), the traditional family and friends BBQ will be held on Friday 13th December at Havilah on Palmerston. Further details in next edition re bookings

Christmas day celebrations will include a 2 course meal of the traditional trimmings at a cost of \$25.00 per person, family and friends are welcome to enjoy the atmosphere on the day. Further details to come re bookings



CHINA
EGPYT
INDIA
ITALY
MALTA
SPAIN

BRAZIL
FRANCE
NORWAY
POLAND
RUSSIA
SWEDEN

BOLIVIA
DENMARK
ENGLAND
FINALND
GERMANY
HUNGARY
ROMANIA

ARGENTINA
SINGAPORE

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

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

Medium 571

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

Easy 571

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

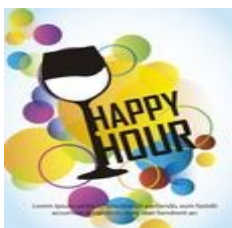
CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

Meeting will be
 Thursday 21st November 2019 at 2.45pm,
 Raglan House –Ground Floor-Neill Street end.
 (Coffee & Chat immediately after the meeting)

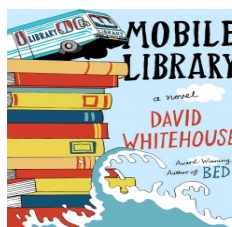


HAPPY HOUR

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: 14TH AND 28TH OCTOBER,
 11TH AND 25TH NOVEMBER**

Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA

2nd Friday of each Month
 North End Common area Raglan House
 All Retirement Living 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



Men's Group

2nd Wednesday each Month
Next Date 9th October 10.00am
 Raglan House—first floor

♦ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

♦ CHAIROBICS

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House
 House

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



♦ 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



Come along and join us on a bus outing to the Avoca Riverside Market

Sunday 27th October 2019

Meet the bus in the courtyard at 9.30am

Lunch at The Avoca Hotel before returning home. Lunch at own cost.

Please RSVP names to Kim to secure your seat by calling 54590169 9-5pm mon-fri by Friday 25th October 2019

**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**





**Havilah on Palmerston
RETIREMENT LIVING DINERS' CLUB
outing to Railway café & Tracks Bar
all welcome to join in.**

When : Thursday 17th October 2019

Location: Tracks Bar and café (Railway Station)

*Time : Bus leaving courtyard at 5.45pm or meet us
there. Bus will drop off at units upon returning.*

*To secure your place please contact Kim on 54590169
by 5pm Tuesday 15th October 2019*

*We will be ordering from the usual dinner menu.
Meals and drinks at own expense.*

Tuesday 5th November 2019
You are invited to the Havilah on Palmerston.
Afternoon traditional High Tea and cup day Activities.



Free sweeps on the day, fashions on the field, best headwear, quiz & photo booth fun

1.30pm champagne on arrival with High tea beginning at 2.15pm

RSPV to Kim, phone 5459 0169

Entries for the best rose exhibition to be received by 9.30am Tuesday 5th Nov
Judging on the day



In The Kitchen: Chicken Caesar Salad with a Twist

INGREDIENTS:

1 tablespoon olive oil
 350g chicken breast fillet
 1/2 loaf Pane Di Casa, halved, cut into 1cm slices
 Olive Oil spray

2 rashers bacon, coarsely chopped
 1 cos lettuce, outer leaves removed
 1 avocado, stoned, peeled, sliced
 2 tomatoes sliced
 1/3 cup shredded cheese
 1/3 cup caesar salad dressing

METHOD: Heat an oiled pan over medium-low heat. Cook Chicken for 5 minutes each side or until cooked through. Thinly slice. Spray the bread with oil spray. Cook in the pan for 1-2 minutes or until toasted. Meanwhile cook the bacon in a small frying pan over high heat, stirring, for 4 minutes or until browned. Place on a plate lined with paper towel to drain. Arrange lettuce, bread, chicken, avocado



Quiz and Crossword Solutions from page 7 & 13

1. 1911
2. Billy Hughes
3. The British Empire Games

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

Medium 571

Easy 571



There was this preacher who was an avid golfer. Every chance he could get, he could be found on the golf course swinging away. It was an obsession. One Sunday was a picture perfect day for golfing. The sun was out, no clouds in the sky, and the temperature was just right. The preacher was in a quandary as to what to do, and shortly, the urge to play golf overcame him. He called an assistant to tell him that he was sick and could not do church, packed the car up, and drove three hours to a golf course where no one would recognize him. Happily, he began to play the course. An angel up above was watching the preacher and was quite perturbed.

He went to God and said, "Look at the preacher. He should be punished for what he is doing." God nodded in agreement. The preacher teed up on the first hole. He swung at the ball, and it sailed effortlessly through the air and landed right in the cup three hundred and fifty yards away. A picture perfect hole-in-one. He was amazed and excited. The angel was a little shocked. He turned to God and said, "Begging Your pardon, but I thought you were going to punish him." God smiled. "Think about it -- who can he tell"



A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me

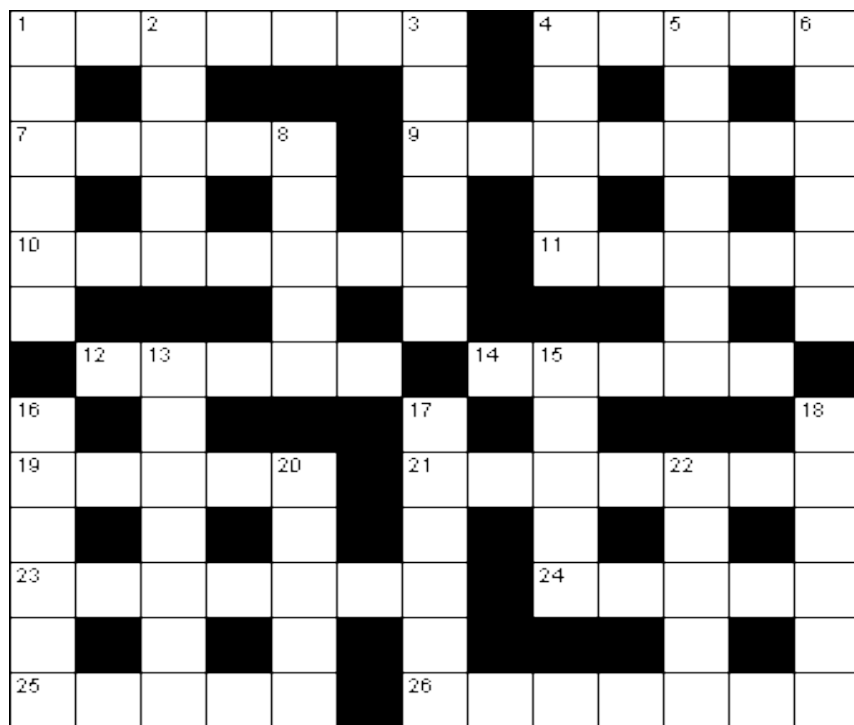
when you're cooking! Never! Turn them! Hurry up! Are you CRAZY?

Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

A guy goes into a restaurant wearing a shirt open at the collar and is met by a bouncer who tells him he must wear a necktie to gain admission. So the guy goes out to his car and he looks around for a necktie and discovers that he just doesn't have one.

He sees a set of jumper cables in his trunk. In desperation he ties these around his neck, manages to fashion a fairly acceptable looking knot and lets the ends dangle free. He goes back to the restaurant and the bouncer carefully looks him over for a few minutes and then says, "Well, OK, I guess you can come in - just don't start anything."



Across:

1. Mode (7)
4. Pole tossed in the highlands (5)
7. Relating to the moon (5)
9. Diplomatic (7)
10. Aromatic herb (7)
11. Cove (5)
12. Main artery (5)
14. Sturdy (5)
19. Relinquish (5)
21. Burrowing rodent (7)
23. Four-sided parallelogram (7)
24. Stories (5)
25. Abated (5)
26. Despised (7)

Down:

1. Bird of prey (6)
2. Meaning (5)
3. Country (6)
4. Desert plants (5)
5. Perplexed (7)
6. Connect (6)
8. Respond (5)
13. Forbidding (7)
15. Let in (5)
16. Veer (6)
17. Dissertation (6)
18. Rubbed out (6)
19. Flowed back (5)
20. 22. Claw (5)

WORD SEARCH - Inventors

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

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

ARCHIMEDES, BELL, BENDIX, BENZ, BUNSEN, BURROUGHS, CARTWRIGHT, COLT CROMPTON, DAIMLER, DE SEVERSKY, DIESEL, DUNLOP, EDISON, FORD, FRANKLIN, FULTON, JEFFERSON, LEONARDO DA VINCI, MARCONI, MORSE, NOBEL, PULLMAN, SINGER, STEPHENSON, TULL, WATT, WESTINGHOUSE.

QUIZ

1. In which year did Douglas Mawson lead Australia's expedition to the Antarctic?
2. Who was the first Prime Minister to broadcast on radio?
3. What were the Commonwealth Games originally called?

NOTICE BOARD

Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency.

Then when safe to do so report the Incident to Havilah

and we can provide assistance if required.

USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have to

CEO Barb Duffin 5461 7381 Mobile 0429 617380

email: barb.duffin@havilah.org.au

Director of Care 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