



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website

TENNIS COURT SITE DEVELOPMENT Over the past twelve months the Board has continued their work towards establishment of retirement living and residential aged care on the former tennis court site at Havilah on Palmerston and are excited to be at the stage of submitting the proposal to Central Goldfields Shire for Planning Approval. We were grateful for the opportunity to meet with CGS Administrators and executive staff in mid September to present the proposal.

Neighbouring properties including residents of the retirement village will be first to have information packs distributed to them in relation to the proposal, and this is planned to happen on submission of the Planning Application. This will be followed by a visual presentation to personally inform the Havilah community and staff. Residents will be separately notified of the date and time for this presentation. Construction will commence with the Aged Care Facility, scheduled for October 2019.







Spring has most definitely sprung at Havilah on Palmerston with the hatching of these gorgeous little ducklings that Mother Duck has been sitting on in our courtyard hidden amongst the agapanthus. What a delight and joy they will bring to our residents as she is nesting the ducklings in front of various residents lounge windows for a birds eye view

Retirement Community - Bi Monthly Resident Meeting
Thursday 15th November 2018
2.45 pm in Rm7
Afternoon Tea Provided

# **Emailing HOP TOPICS**

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

Your assistance with this is appreciated.

Page 2 October 2018

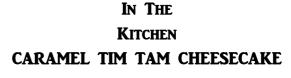


# **Ingredients:**

- 450g pkt chocolate chip cookie dough.
- 2 x 250g pkts cream cheese, chopped, at room temperature.
- 375ml thickened cream.
- 2 x 200g pkt Tim Tam original.
- 380g can Top'n'fill caramel.
- 150g pretzels, plus extra, to serve.
- 300g white choc melts, just melted.
- 50g Crunchie bar, cut into pieces.
- Salted caramel sprinkles, to serve.
- Caramel popcorn, to serve.
- Salted caramel sauce, to serve.

# **Method:**

Pre-heat oven to 180c/160c fan forced.



Grease a 5cm deep, 19x29cm cake pan and line with baking paper, allowing the long side to overhang.

- Press the cookie dough evenly into the pan and bake for 10 minutes or until golden brown. Set aside to cool.
- Meanwhile, use electric beaters to beat the cream cheese in a large bowl until smooth.
- Layer 18 Tim Tams over the baked cookie dough. Spread the cream cheese mixture evenly over the Tim Tams. Top with the caramel and spread to completely cover the cream cheese mixture. Place the pretzels in a single layer over the caramel.
- Spoon the melted white chocolate over the pretzels and use a palette knife to smooth the surface. Cut the remaining 4 Tim Tams in to pieces. Top the slice with the Tim Tam pieces, extra pretzels, Crunchie bar pieces, salted caramel sprinkles and caramel popcorn. Place in the fridge to chill for 2 hours or until firm. Cut into 15 pieces. Transfer to a serving platter and drizzle with the salted caramel sauce. Store in fridge until required.



# THINGS MY MOTHER USED TO SAY

When I was a little girl...
You'll understand when you're older
Don't you have anything better to do?
I can always tell when your lying.
If I catch you doing that one more time, I'll..

# **EFTPOS**

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



Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday.

Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.



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.

# **PHOTO GALLERY**





It was all about secret Men's business at the Men's day luncheon at Havilah on Palmerston. Residents from Raglan House, Retirement Community and our own Havilah maintenance team all attended our lunch with a military theme. Guests were asked to bring something to share and all items were looked at with great interest, along with the display of items loaned from John Davidson. Great to see all of our blokes enjoying each other's company and enjoying a lovely bbq lunch cooked by volunteer John. There were sure to have been many tales told short and tall of current times and days of old

Page 4 October 2018



# **FALLS PREVENTION**

Have medications reviewed on a regular basis. Have an eye test with the optometrist at least once a year.





Where: Room 7 High School Centre When: Monday and Wednesday

Monday session 1.30 to 2.30 pm

Wednesday session 10.30 to 11.30 am

Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND FOR ARTHRITIS



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

NOTE: This also applies to garden and grounds issues that need addressing. If you report these or any other items as a maintenance request and you are not satisfied with the response to your request please contact CEO Barb Duffin either by telephone or email. The various numbers are included each month in this Newsletter. Barb's mobile number is included and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.



For residents wishing to connect to the NBN please speak to us first. Many people are having issues when changing over. So that the Havilah community can change over stress free, for you and for us, Havilah will provide you with advice and assistance FREE OF CHARGE. We will also arrange any telephone modifications that may be required when moving over to NBN.

**TO AVOID ANY PROBLEMS** please contact Havilah to arrange an appointment prior to commencing the process or putting any new agreements in place.

**Solar Power** The Board received a report in March in relation recent electricity tendering carried out due to the expiration of the current contracts. The report showed that increases of up to \$70K per annum could be expected compared to Havilah's current contracts. The Board immediately began researching energy saving initiatives including installation of solar power to both residential care facilities. There is still some work to be done and we would expect to make a decision early next year. Payback period for Solar is estimated to be around 5 years.

Solar Power and the Retirement Community
There have been enquiries made by residents with regard to installation of solar to retirement units. Residents are able to have this work carried out at their own cost once written approval is given. For residents wishing to do this a request should be made in writing including details of the proposal. It is unlikely that the Board would agree to schemes that are not paid up front which remain a charge over the property as this would then commit either Havilah or a future resident to pick up any unpaid costs. Please contact the CEO if you would like to discuss this further.



Wonderful displays of
Knitting and crochet
Ouilts

Admission: \$5.00 Trading table

Embroidery Handmade lace Smocking etc



## WHEN:

Thursday 18th Oct to Saturday 20th October.











WHERE: CHURCH OF CHRIST HALL Cnr of Inkerman and Clarendon streets, Maryborough.

# STARTS TUESDAY 13TH NOVEMBER AT 5.30PM FINAL PLAYED TUESDAY DECEMBER 11TH

BAREFOOT BOWLS HARITY CHALLENGE

IS BACK

**AT THE** 

**MARYBOROUGH GOLF CLUB** 

\$300 PRIZE MONEY TO THE

CHARITY OF CHOICE FOR THE

WINNING TEAM

ENTER YOUR TEAM (of 4)NOW \$5.00pp (per week) ENTRY INCLUDES SAUSAGE SIZZLE

FOR MORE DETAILS & TO ENTER YOUR TEAM PHONE THE CLUB ON 54604900

Presented by Maryborough Rotary

# MARYBOROUGH OAKS DAY LUNCH, FASHION AND FUN

Theme: IN THE PINK

Oaks and Blokes Day Thursday, November 8th, 2018

Arrival from 11.30 am for 12 noon start Lunch at 1 pm, finish 4.30 pm The Maryborough Highland Society Cost - \$30.00 includes lunch, complimentary drink

Buy Tickets at Highland Society Office 0354611480

Fundraiser to support of the MEC Literacy Program.
Early Literacy Program –The Joy of Reading
Racing Season Flower Arrangements
Hats, fascinators and race day ensembles
Enjoy fun-filled competitions, a major raffle, sweeps

Phone Alison 0418642314 & Esther 0407952572 Oaks Day Luncheon - a great Maryborough Tradition Buy Tickets at Highland Society Office 0354611480

https://rotarymaryboroughvic.org/





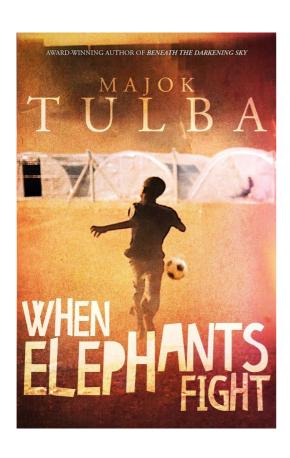


CENTRAL GOLDFIELDS



Page 6 October 2018

# **BOOK REVIEW**



When Elephants Fight is a novel that really packs a punch. Majok Tulba has previously written about the realities of the Sudanese civil war in his 2012 novel, Beneath the Darkening Sky, and this second book expands our knowledge of the almost unbelievable hardships that exist in that country even today. Brutal, horrifying, and yet occasionally lyrical and hopeful, this book details the overnight changes that occur when soldiers on both sides of the war attack villagers—raping, killing and kidnapping, apparently at random. Readers live the experience, fleeing into the jungle with the young protagonist, Juba, and the other children, as they try to stay out of the hands of soldiers, surviving on foraged fruit and scarce water. When they finally stumble into a refugee camp and are reunited with Juba's mother and the other villagers who have survived, we breathe again. The boy commences work as a volunteer medical orderly in the camp clinic, but the respite is short-lived as soldiers from either side strike again. The book ends on an upbeat note with a budding romance; however, my abiding memory is of the suffering of the innocent people caught up in this bloody-minded conflict. Like last year's A Naga Odyssey, the humanity of this story overcomes the grim events depicted, and it should appeal to any reader who relates to accounts of hardship and achievement.



# **CARNIVAL LEGEND CRUISE**

4 Night cruise on the Carnival Legend cruise ship embarking from Station Pier Port Melbourne on Wednesday 27<sup>th</sup> Feb 2018 to Tasmania (one day exploring the beautiful city of Hobart) and disembarking Sunday 3<sup>rd</sup> March back at Melbourne. The Cruise is going ahead and cabins are selling out fast so please go down to see Sophie at Maryborough Travel & Cruise who will help with all of your travel requirements. We have 13 people who have already booked. Bon Voyage!!

# **MOBILE LIBRARY**



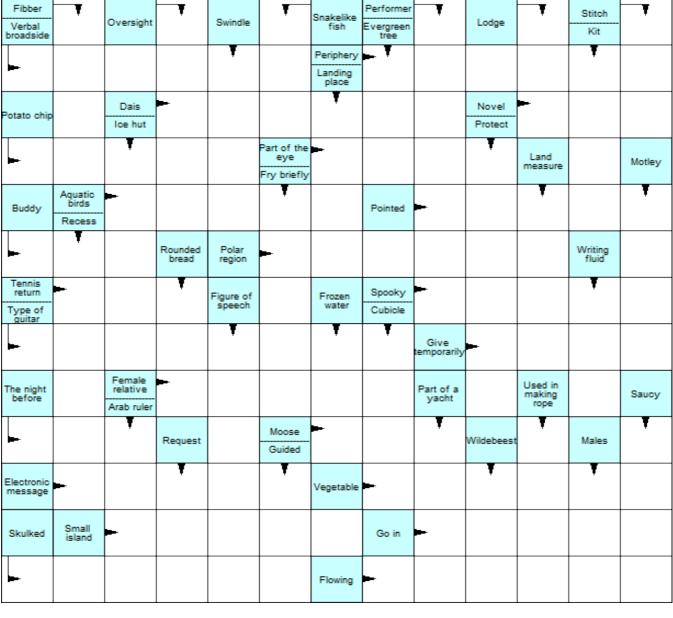
The Central Highlands
Library service visit's Raglan House every second
Monday in the month.
Come and talk to Kerry
the Librarian who will
help you find the book

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.









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

**LEVEL MEDIUM 415** 

LEVEL EASY 415

Answer Page 10

Page 8 September 2018

# **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 **Meetina** will be

Thursday 20th September 2018 at 2.45pm, Room 7 in the High School Centre (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 MOBILE LIBRARY EVERY 2ND MONDAY

Next Dates 8th and 22nd Octber 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

# CHAIROBICS

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

**COMMUNITY OWNED** 

**QUALITY LIFESTYLE** 

ON CALL MAINTENANCE

after hours and weekend calls.

0408 645 203

# What's On & Events

# **CHURCH SERVICES Room 7—High School Centre**

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





## **MOVIES**

3rd Tuesday of each month.

Rm 7 staring time of 6.30pm (Supper included)

There will be no Movie nights during the cooler months, keep watching this space for dates when resumes.

Movie Afternoon: 3rd Saturday of the month - 20th October - 1.30pm

# MARYBOROUGH MENS SHED

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

# MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

# **RANDOM POINTS TO PONDER:**

- How far east can you go before you're heading west?
- Do dentists go to other dentists or do they do it themselves?
- If pro and con are opposites, wouldn't the opposite to progress be congress?
- Are eyebrows considered facial hair?
- Is there a time limit on fortune cookie predictions?
- Since bread is square, why is sandwich meat round.
- Do they have the word "dictionary" in the dictionary?
- Why is it on a phone or calculator, the number 5 has a little dot on it?
- If money doesn't grow on trees then why do banks have branches?
- Do prison vehicles have emergency exits?



# PLEASE RESPECT THE NON SMOKING AREAS AT HAVILAH ON PALMERSTON



# WARMER WEATHER BRINGS OUT SNAKES.

We are coming into warmer weather and with the nice sunny days come sightings of snakes. There have already been sightings near our Harkness Street site around Burns Street where the snakes come across from the bushland opposite and the main drain adjacent to the property.

If you sight a snake in the grounds please remain calm stay away from it but keep watching it if you can and use your phone to call maintenance or staff member so they can call maintenance. It is important if you are able to keep an eye on the snake so as you can tell maintenance staff where it is. Obviously at times this won't be possible particularly if the snake is moving quickly. At all times your own safety is paramount, do not approach or attempt to catch the snake. Our Maintenance Team have completed snake handler training. And will be able to assist you.

**Justices of the Peace** There are 2 Justices of the Peace living at Havilah on Palmerston If residents require their assistance you are welcome to contact them during Business Hours

**CONTACT:** Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681 Email: bobosborne8@iprimus.com; or

**Terry Simpson**Mobile: 0419 737 837



# **WEIRD and WONDERFUL WORDS**

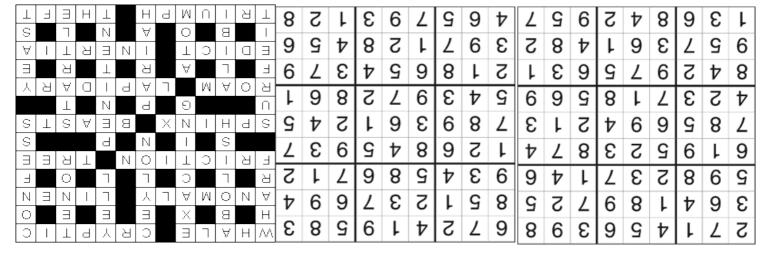
CRYPTOZOOLOGY - the search for and study of animals whose existence is unproven, such as the Loch Ness

# **Answers to Quiz**

Quiz and Crossword Solutions from page 12

2. Kabel.3. Indonesia.4. Banjo Patterson and 6. 1979.

I. Venus. Dame Mary Gil-



# **SMILE TIME**



A man and his wife were on the door. The man opens the door to a drunken stranger, standing in the rain, who asks for a push. 'Not a chance,' says the husband, 'it's 3am!' He slams the door and returns to bed.

'Who was it?' askes his

Some drunk guy asking for a push,' he answers. 'Did you awoken at 3am by pounding help him? She asks. 'No, I didn't, it is 3am and pouring!' 'Well you have a short memory,'says the wife. 'Remember three months ago when we broke down and those two guys helped us?'

> The man agrees, and goes out into the rain. He calls out into the dark, 'Hey mate, do you still need a push?'

'Yes," comes the reply.

'Where are you? 'asks the husband.

'Over here on the swing!' replies the drunk.

A stranger went into a small country store, there was a notice on the door warning, "Danger! Beware of dog!. Inside, he saw a harmless old sheep dog asleep on the floor next to the counter.

"Is that the dog we're to beware of?"

"Yes, that's him, " replied the shop keeper "That certainly doesn't look like a dangerous dog. Why did you put up that sign?" asked the customer "Because before I posted that sign, people kept tripping over him," was the reply.







'Okay, the motorized rocking chair could use an emergency off switch.'

Dad and Dave are in the big smoke and, not being used to the traffic, Dad gets knocked

over while crossing a busy road.

Dave phones the ambulance on his mobile.

"Get an ambulance here quick, he's bleeding from his nose and ears and I think both his legs are broken." "What is your location sir?"

"We're outside 28 Eucalyptus St," Dave says.

"How do you spell that sir?" asks the operator.

She can hear nothing but heavy breathing.

After a minute she asks again, "Are you there sir?"

She hears more heavy breathing and another minute later she says again, "Sir, can

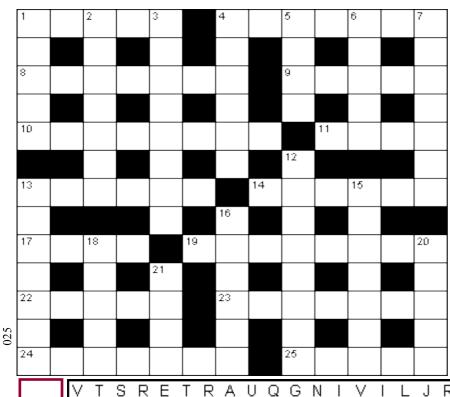
you hear me?"

Dave eventually comes on the line.

Yep, sorry about that ...

I couldn't spell eucalyptus, so I just dragged him round to 3 Oak St."

# Mind Games



### Across:

- 1. Marine Mammal (5)
- 4. Type of crossword (7)
- 8. Deviation from the rule (7)
- 9. Fabric (5)
- 10. Rubbing or clash (8)
- 11. Woody Plant (4)
- 13. Egyptian statue (6)
- 14. Creatures (6)
- 17. Wander (4)
- 19. Expert on precious stones (8)
- 22. Decree (5)
- 23. Inactivity (7)
- 24. Victory (7)
- 25. Larceny (5)

# Down:

- 1. Dock
- 2. Get rid of (7)
- 3. Fastidious (8)
- 4. Former name of Sri Lanka (6)
- 5. Shout (4)
- 6. Male singing voice (5)
- 7. Admit to (7)
- 12. Feeling remorse (8)
- 13. Glut (70
- 15. Take aback (7)
- 16. Social Outcast (60
- 18. Excuse (5)
- 20. Helps to raise dough (5)
- 21. Molecule (4)

# **QUIZ**

- 1. What is the only planet that rotates clockwise?
- 2. What is the capital of Afghanistan?
- 3. Which country has the most volcanoes?
- 4. Whose portraits do you find on a \$10.00 note?
- 5. Which Australian city is called the City of lights?
- 6. In what year was the Sydney Opera House opened?

HOME SWEET HOME

Search

### S A M D N M B N S В 0 S В R 0 0 Τ DWTA В LTGKE Τ Ε R 0 Ν Ν LVGACAOF LCAO JGAD Т E A M VLCEALHL IEGN HOUS Ε M Ε LEHSRD Τ R Y0 оассоммора LE С Е D С E W D D S Τ В Η IMREHLHLOE DAETSEMOHEHTHEYRI AOBESUOHXRELIARTWV

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

ABODE, ACCOMMODATION, BILLET, BOARDING HOUSE, BUGALOW, CABIN, CARAVAN, CHALET, CONDOMINI-UM, COTTAGE, DOMICILE, DORMITORY, DUPLEX, DWELLING, FLAT, HABITATION, HERNITAGE, HOME, HOMESTEAD, HOTEL, HOUSE, HOUSEBOAT, IGLOO, LIVING QUARTERS, LODGE, MAISONETTE, MANSION, MOBILE HOME, MOTEL, PENTHOUSE, RESIDENTCE, SHACK, SHELTER, TENT, TRAILER, VILLA, WIGWAM

Answers : Page 10

Page 14 October 2018

# **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

Acting Nurse Manager Lynne Brown lynne.brown@havilah.org.au

Director of Care Kelsey Hooper kelsey.hooper@havilah.org.au

# COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **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

Acting Nurse Manager Havilah on Palmerston Lynne Brown

email: lynne.brown@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: <a href="mail@havilah.org.au">mail@havilah.org.au</a> 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—I 2.00 pm for account payments and enquiries 5459 0140

# HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300