

ISSUED
November 2017



HOP TOPICS



THE 2017 ANNUAL CHRISTMAS BARBEQUE

will be held on Friday 15th December
commencing at 5.30 pm.

Please advise your attendance numbers by
Friday 8th December 2017.

All family and friends are welcome

There are no limits on numbers attending
Please advise Raglan Kitchen on 5459 0180; or
Kim in Activities on 54590169 (Mon—Fri)



CHRISTMAS DAY

*Christmas Day Celebrations at Havilah
are lots of fun, with good food and good
cheer to be had by all.*

*Families and friends are welcome to join
residents for a 2-course lunch at a cost of
\$25.00 per head.*

*Bookings are essential, please RSVP by
Tuesday 12th December.*

*Phone the Kitchen 54590180; or
Kim in Activities 54590169*



Retirement Community Resident Meeting Thursday 16th November 2017 in Rm7 held every
2 months.



MELBOURNE CUP DAY

TUESDAY 7TH NOVEMBER 2017

CUP DAY LUNCHEON

12.00 MIDDAY IN ROOM 1-2

AFTERNOON OF SWEEPS, CUP TRIVIA, CUP QUIZ,
FASHIONS ON THE FIELD AND BEST HEADWEAR.

ALSO HOSTING A HIGH TEA AFTER THE RACE

ILU cost is \$10 per person

Notify Activities team Leader Kim

Cup sweeps extra, names to be placed in the Raglan
house main foyer prior to cup day.

We have \$1, \$2 and \$5 sweeps available

HEALTH AND WELLBEING



84-year-old pilot takes off on 13,000km solo flight around Australia

By [Lauren Broomham](#) on June 9, 2017

Lawrie Hutton, a member of the Broken Hill Aero Club, has set off in his old Cessna 172 to fly solo to the four most extreme points on the Australian mainland – the longest flight he’s ever done, according to the [ABC](#).

Mr Hutton came up with the idea back in 2013 as a way of encouraging older one-time pilots to take up flying again – and inspire those interested in flying to follow their dream.

The trip will take the octogenarian adventurer down to Wilsons Promontory in the south, Cape Byron in the east, Cape York in the north and finally Steep Point in the west, flying in daily four-hour legs so he can land to re-fuel.

So will Mr Hutton be setting a record as our oldest solo flyer?

He says he can’t recall meeting many other pilots his age who have attempted a similar journey.

“There was an old retired guy, a 93-year-old,

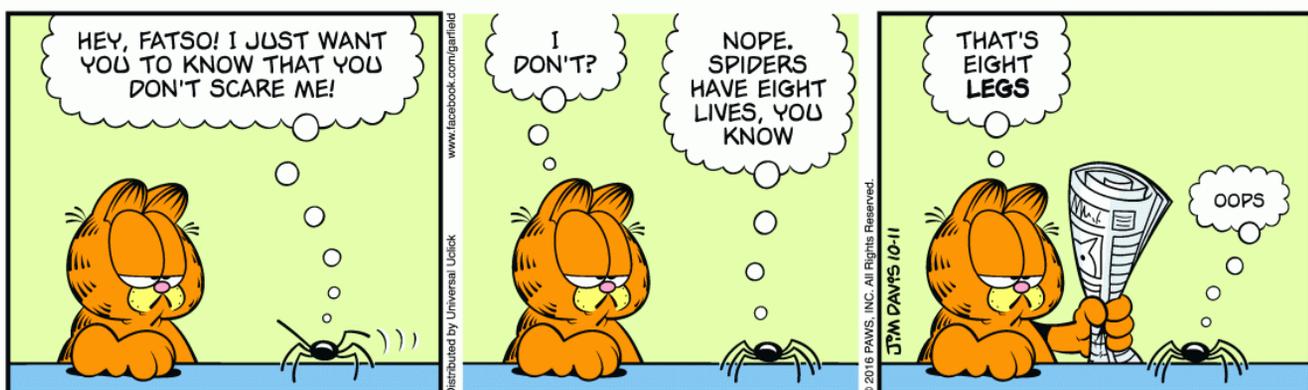
who showed up at Broome on his around-Australia flight in a Brumby light aircraft. That would be quite a feat, I think, for that gentleman.”

His original plan had been to fly with his wife Jean, but she passed away in November last year.

“I’ve had a lot of support and encouragement to this point,” he said. “But, on the trip itself, I don’t have any direct support.”

“But ... I’m happy to fly on my own. You’re never too old – go for it!”

Inspirational words – we wish him well.



NOTICE BOARD



FALLS PREVENTION

Have Blood Pressure checked regularly.
Address any foot problems with a podiatrist.



THINGS MY MOTHER USED TO SAY

You should know better.

Your room looks like a bomb has hit it.

If you're going to eat like an animal then sit outside.

You can stay in your room until your ready to come out and apologise.

STU'S NEWS

REMINDER FOR STU'S GREEN WASTE AND GENERAL WASTE TIP DAY



Wednesday 15th November 2017.

PLEASE DO NOT put rubbish out prior to this date

Residents who wish to leave out items for transport to the Recycling Centre are asked to leave their items on the

nature Strip outside of your Unit for collection. Stu will collect the items.

Please supply Stu with Council Tip coupons to cover the cost of the waste disposal. Residents are reminded that some items such as Tyres, Electrical products, etc incur additional cost for disposal.



PLEASE RESPECT THE NON SMOKING AREAS AT HAVILAH ON PALMERSTON



In The Kitchen

Recipe of the Month

Mini Summer Puddings



Ingredients:

1 cup Caster Sugar

500g Frozen Mixed Berries.

1 Loaf sliced White Bread, crusts removed

Cream to serve.

Mint Sprigs, to serve.

Method:

- Put the sugar and berries into a large saucepan. Place over low heat and cook for 5 minutes, stirring gently, until sugar has dissolved. Place a sieve over a large bowl, and strain the berries, reserving both the juice and berries in separate bowls.
- Tear 6 long, 4cm wide strips of baking paper. Place one into each of six 1-cup capacity moulds or ramekins, so it goes down one side, across the base and up the other side, extending up over the two sides.
- Use a round cookie cutter to cut 6 rounds of bread to fit base of each mould and 6 rounds to fit top. Take rounds close to one edge of bread slice, leaving space to cut some of the side strips. Cut remaining bread into 1.5cm wide strips and long enough to fit moulds from top to bottom.
- Brush base of bread rounds with reserved liquid, and place brushed-side-down into moulds. Brush bread strips with liquid and use to line sides of moulds, standing upright fitting them snugly together. Spoon berries into each bread lined mould and pour a little of the reserved liquid over. Brush remaining bread rounds with liquid and place on top of each mould, pressing lightly. Keep any leftover liquid.
- Cover moulds with plastic wrap and stand on tray. Place a small jar on each pudding to weigh them down. Refrigerate for 8 hours or overnight.
- To serve, use paper to help loosen and turn puddings out onto serving plates. Lightly whisk the cream until slightly thickened and pour over the puddings. Top with a mint sprig.

ON CALL MAINTANCE
after hours and weekend calls.
0408 645 203



The Netherlands is paving its roads – with used loo paper

By [Annie Donaldson](#) on November 2, 2017



No, really it's true. A bike path connecting two towns in the cycling-friendly country has become the first to be paved with recycled toilet paper.

The paper is used to add cellulose (plant fibres) into the open-graded asphalt friction course (OGFC), which is used on most Dutch roads.

This helps to maintain traction on slippery roads and makes the asphalt better at draining water – a necessity in the flood-prone nation.

With the Dutch flushing away an estimated 180,000 tonnes of toilet paper every year, it's a smart solution for a serious head-scratcher.

While used toilet paper is relatively easy to recycle, not many people want to come into contact with items that have touched poop, so it can't be turned into napkins or other paper products.

Another reminder that just because toilet paper grows on trees, there's no reason to waste it.

Picture: Time to stop seeing toilet paper go to waste?



TAI CHI With Master Barry Lacey

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 PEOPLE WITH ARTHRITIS**

HEALTH AND WELLBEING



By all accounts from the picturesque photo's that Terry and Sherry have sent through they had an enjoyable overseas trip through various countries through Europe.



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

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

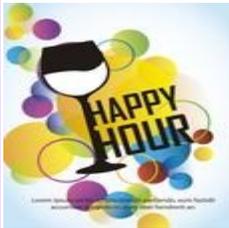
LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be
 Thursday 19th October 2017 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

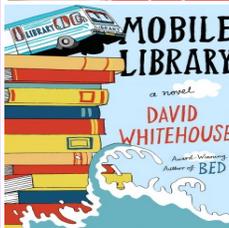


HAPPY HOUR

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



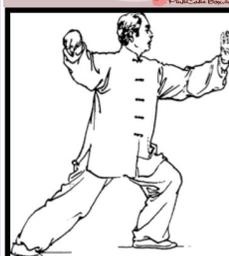
MOBILE LIBRARY— APRIL DATES

Monday 13th & 27th November
 Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 Room 7 High School Centre



TAI CHI

Monday session – 1.30 to 2.30 pm
 Wednesday session - 10.30 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
 House

BOOK REVIEW

OFF THE SHELF

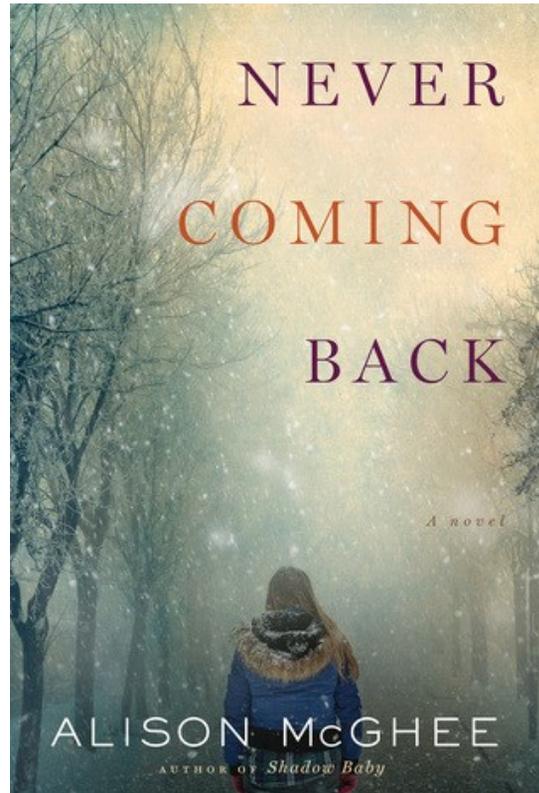
Never Coming Back
Author - Alison McGhee

When Clara Winter left her rural Adirondack Mountain town for college, she never looked back. Her mother, Tamar, a fiercely independent but loving woman who raised Clara on her own, all but pushed her out the door, forcing Clara to build a new life for herself, far from her roots, far from her high school boyfriend, far from the life she has always known.

Now more than a decade has passed, and Clara, a successful writer, has been summoned home. Tamar has become increasingly forgetful and can no longer live on her own. But just as her mother's memory is beginning to slip away, Clara's questions are building. Why was Tamar so insistent that Clara leave home all those years ago? Just what secrets was she hiding? If Clara, too, carries inside her the gene for early-onset Alzheimer's, what does that mean for her

own future?

With great tenderness and humanity, Alison McGhee tells the story of a young woman finding her way in life, determined to know her mother - and by extension herself - before it's too late.



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

Quiz and Cross-word Solutions from page 11



Answers to Anagrams

- 1. JULIUS CAESAR
- 2. CHRISTOHER
- 3. CLEOPATRA
- 4. CLAUDE MONET

SMILE TIME

Q: What can you catch but not throw?

A: A cold..

Q: Mr and Mrs Smith have seven daughters, if each one has a brother, how many children do they have?

A: 8 Children.

Q: What number can you take half and leave nothing?

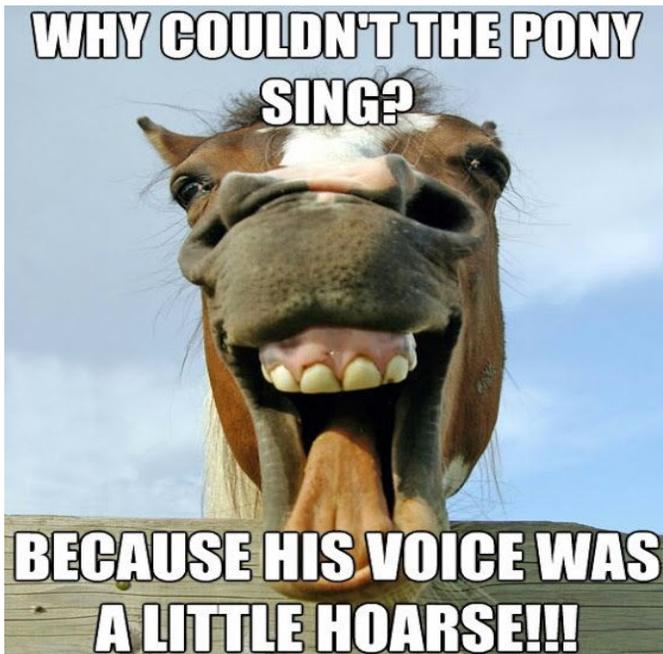
A: The number 8.

Q: A rooster lays on egg on top of the roof, which way does it roll?

A: Roosters don't lay eggs.

Q: What 5 letter word becomes shorter when you add 2 extra letters to it?

A: Short



A man was driving down a country road when he spots a farmer standing in the middle of a huge field of grass.

He pulls the car over to the side of the road and notices the farmer is just standing there, doing nothing, looking at nothing.

The man gets out of the car, walks all the way out to the farmer and asks him: "Ah excuse me mister, but what are you doing?"

The farmer replies: "I'm trying to win a Nobel prize."

"But how?" asks the man, puzzled. "Well, I heard they give the Nobel prize to people who are out standing in their field."

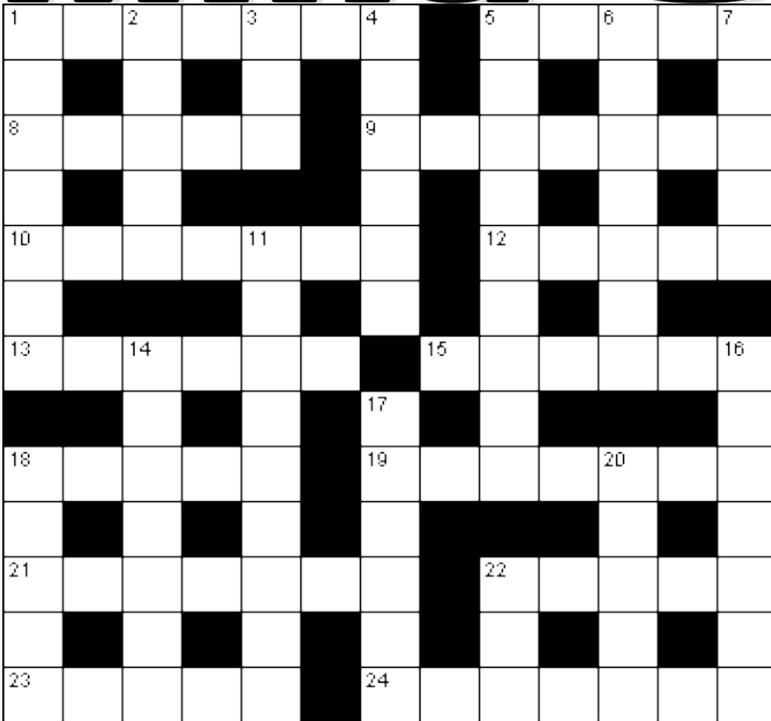
Den Coax		Cowboy show		Wildcat		Writing implement	Mineral Flightless bird		Lout		Poem Amphibian
						Short trip Curved structure					
Part of a golf course		Generator							Charge Farm		
				Part of a ladder Cake topping					Singing voice		Acquire by action or effort
Deciduous tree	Poisonous Conduit						Talk pompously				
			Epoch	Relating to a choir							Female sheep
Sheltered side Monetary system				Misprint		Container	Go in				
								Robe			
Expert		Debate Resound						Tale		Number	Discard
			Piece of sawn wood		Provide Decimal base				Examine carefully		Star
Acclaim						Plush					
Motto	Lodge							Variety show			
						Mean					

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 through 9.

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

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

Mind Games



Across

1. Entrust (7)
5. Small thin biscuit (5)
8. Dissonance (5)
9. Projecting upper floor (7)
10. The sheltered side (7)
12. Unvarnished (5)
13. Scheme (6)
15. Become visible (6)
18. Flowed back (5)
19. Athlete (7)
21. Hinged window blind (7)
22. Slight push (5)
23. Two or more contesting groups (5)
24. Striking (7)

Down

1. Tapers
2. Inexperienced (5)
3. Frozen water (3)
4. Personify (6)
5. Decorative covering (9)
6. Photographic film (7)
7. Synthetic silklike fabric (5)
11. Short accounts of incidents (9)
14. Quashed (7)
16. Private place with peace and quiet (7)
17. Marine mammal (6)
18. Alleviates (5)
20. Emblem (5)
22. Nothing (3)

Word Search - MOVE IT



ANAGRAMS: Famous Names from the Past

1. CASUAL JURIES (6,6) (EMPEROR)
2. PUBLIC SO MUCH SHORTER (11,8) (EXPLORER)
3. PEARL COAT (6,6) (QUEEN)
4. LOCATED MENU (6,5) (PAINTER)

BOUND, CANTER, COMMUTE, CRAWL, CREEP, CRUISE, DRIFT, DRIVE, FLY, GALLOP, GLIDE, HAUL, HIKE, HOP, JUMP, LEAP, MARCH, MEANDER, MOVE, PROWL, RAMBLE, RIDE, ROAM, ROLL, ROVE, RUN, SAIL, SAUNTER, SCRAMBLE, SHUFFLE, SKIP, SLIDE, SLITHER, STROLL, SWIM, TOUR, TRAIPESE, TRAMP, TRANSIT, TRAVEL, TREK, TROT, WADE, WALK, WANDER, WEAWE, WEND, WRIGGLE

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

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

Nurse Manager 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.

HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

HARKNESS ST ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5467 7300