



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website

THE 2018 ANNUAL CHRISTMAS BARBEQUE

will be held on Friday 14th December
commencing at 5.30 pm.

Please advise your attendance numbers by
Friday 7th December 2018.

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)
or email mail@havilah.org.au



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 11th December.

Phone the Kitchen 54590180; or

Kim in Activities 54590169

or email mail@havilah.org.au for bookings.

Tuesday 6th November 2018

*You are invited to the
Havilah on Palmerston
Afternoon of traditional High Tea and cup day
activities.*

MELBOURNE CUP

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

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

RSVP to Kim phone 54590169

Judging of the best rose exhibited on the day

Retirement Community - Bi Monthly Resident Meeting

Thursday 15th November 2018

2.45 pm in Rm7

Afternoon Tea Provided

HAVILAH ANNUAL GENERAL MEETING

The 23rd Annual General Meeting was held on 11th October with representatives from the community and staff attending the evening. President Craig Bell gave a detailed report highlighting the achievements of Havilah during the past year, planning for the future which included the new development at Raglan Street, the Board's investigations into solar power, the amount of staff employed, making a significant contribution to the Maryborough economy. Craig also expressed his thanks to the volunteers and donors and commented that many of these were part of the Havilah community. He thanked the lifestyle teams for their on going dedication in providing cultural, spiritual and lifestyle programs and to thanked all staff for their valuable contribution.



CEO Barb Duffin, President Craig Bell with Sue Edmondson

Nine staff were awarded service awards Sue Edmondson, Cheryl Griffin, Di Hooper and Di Jackson - 15 years; and Vicki Crutchley, Catherine Dines, Anne Jardine, Joan Limbrick and Janelle Peart - 10years. President Craig thanked and congratulated staff on achieving these service milestones. Di Hooper, Sue Edmondson and Cheryl Griffin were present to receive their 15 year awards and all spoke on the changes they had experienced in their time at Havilah, and of the satisfaction and enjoyment achieved from being a part of the Havilah team. CEO Barb Duffin spoke to the meeting about how Di, Sue and Cheryl had come into the organisation when Havilah had only 51 residents and 3 retirement units, and had actively contributed to the growth and success of Havilah by dedication and commitment. She said that Sue and Di also volunteered much time to Havilah's catering group raising substantial funds each year. In closing Barb gave her heartfelt thanks to each of the staff.



Di Hooper addressing the meeting accepting her Award

COPIES OF THE ANNUAL REPORT WILL BE DISTRIBUTED TO THOSE NOT PRESENT AT THE AGM:

Havilah's Board and Office Bearers for the coming year are Shane Dellavedova (President) Danny Tatchell (Vice President) Brian O'Connor (Treasurer) Craig Bell, Jacqui Durbridge, Randall Edwards, Robyn Jennings and Lenette McKnight.



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

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 reception desk at the High School Centre.

Reception hours are Monday - Friday, 9.00am - 12noon, except public holidays.

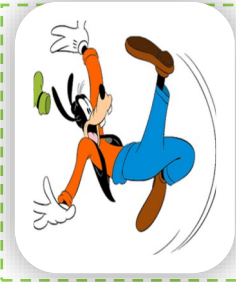


Thank you to all our volunteers from the retirement community.. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.

PHOTO GALLERY

Residents out and about at the local Indian restaurant, and enjoying special morning teas with the Raglan House residents.





FALLS PREVENTION

Ensure the height of your bed or chair is appropriate.
Always use walking aids in the correct manner.



Seven ways to avoid dementia: report identifies risks

17 Apr 2018, midnight [Latest in Health](#)

Professor Kaarin Anstey, lead author of A Rapidly ageing Australia: cognitive ageing and decline trends. Photo: Nick Moir

LACK of exercise, midlife obesity and low educational attainment are three of the top lifestyle factors linked to dementia.

A new research report on ageing and dementia by some of Australia's top dementia scientists found while almost half of dementia instances can be attributed to seven modifiable lifestyle factors, most people are still in the dark when it comes to knowing the risks.

Published by the ARC Centre of Excellence in Population Ageing, in collaboration with Neuroscience Research Australia (NeuRA), the report brings together the most recent research on cognitive ageing, including known risk factors.

Those factors - and the proportion of dementia cases attributed to them - are:

- Physical inactivity (18 per cent)
- Midlife obesity (17 per cent)
- Low educational attainment (15 per cent)
- Midlife hypertension (14 per cent)
- Depression (8 per cent)
- Smoking (4 per cent)
- Diabetes (2 per cent)

More than a third of Australians aged between 70 and 90 will develop mild brain decline - slightly impaired memory, decision making and problem solving. About 30 per cent of that group will go on to develop dementia within 10 years.

As well as highlighting the risk factors, the report - led by CEPAR chief investigator Kaarin Anstey - looked at the rising number of people with dementia and the increasing cost of the disease to families, carers and the economy.

Professor Anstey said the report raised the need for in-depth dementia awareness workshops and community involvement.

"While some detrimental attributing factors to dementia, such as smoking and alcohol consumption, were known, other factors connected to cognitive health were unknown to 95 per cent of the sample population," Professor Anstey said.

The report also highlighted the issue of "financial frailty". CEPAR Director John Piggott said what is clear from the report is that those with cognitive impairment are more susceptible to poor financial decision-making.

"Our retirement income system is very complex and requires a lot of active decisions," Scientia Professor Piggott said.

"We are only beginning to think about how population ageing will affect decision-making ability of older cohorts and what insights psychology and behavioural finance can bring."

Resilience factors

FACTORS that predict resilience to dementia, for men and women, include being younger, higher education, stronger grip and more cognitive activity.

This research, from a single Canadian study looked as part of the CEPAR report, also found having lots of friends and spending lots of time socialising important for both sexes.

For women, being married and living with someone, lower pulse pressure, higher peak expiratory flow, faster walking time, faster turning time and volunteering more all make them more resilient to memory decline.

In men, less depressive symptoms indicated resilience to dementia.

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.



Victorian Electoral Commission

STATE ELECTIONS

**THERE WILL BE A MOBILE POLLING
BOOTH SET UP AT RAGLAN HOUSE
FOR THE CONVENIENCE OF
RESIDENTS**

**Wednesday 14th NOVEMBER
BETWEEN 1.00pm and 4.00pm
Ground Floor—Neill St end.**



Havilah on Palmerston

Melbourne Cup day Tuesday 6th November

Raglan House Rose competition

Prizes for

**Best individual stem*

**Most fragrant*

**Best mixed bouquet*

Open to HOP and local community

*Entries to Raglan House 36 Raglan Street,
Maryborough. To be received by 10.30am Tues 6th*

Nov. Inquiries to Kim ph 54590169

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/>



ENERGY BREAKTHROUGH

22nd - 25th November



**SUNDAY
18th November**

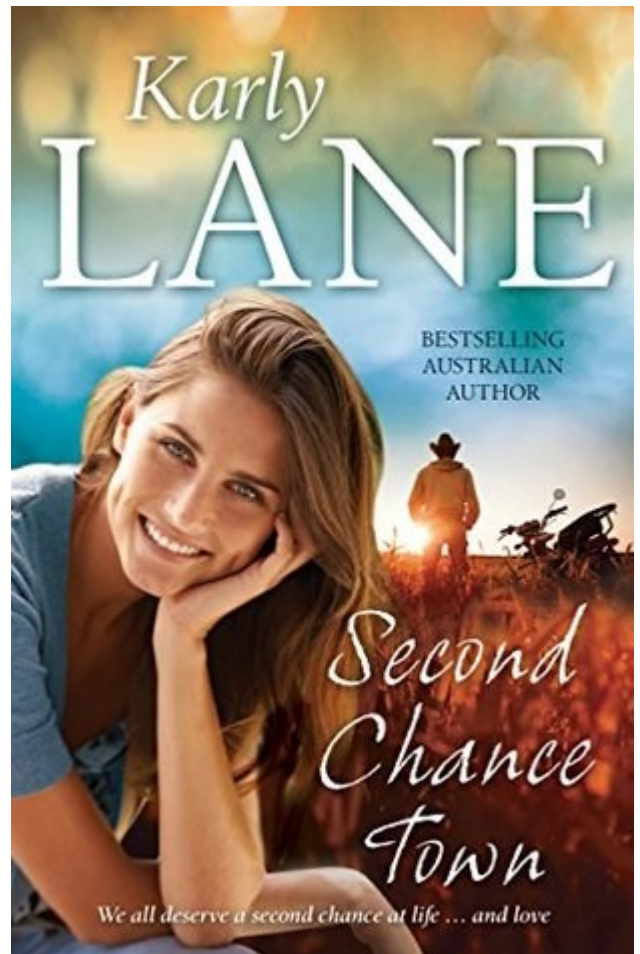
BOOK REVIEW

Single mother Lucy Parker loves the quiet historical charm of her hometown of Bundah. Raising her teenage daughter Belle can be challenging and, in a small town where everyone knows everyone else's business, it's even more daunting than usual.

Newcomer Hugh Thompson is determined to put his chequered history behind him. Excited by the potential he sees in Bundah, he buys a rundown pub with big plans for a fresh start. But not long after Hugh's arrival, a spate of teenage drug overdoses starts to divide the locals and there are whispers they might be connected to the reclusive new publican who has a somewhat dark and mysterious past.

When Belle suddenly starts hanging out with the wrong kids and experimenting with alcohol, Lucy becomes fearful that drugs will be next. The very last thing she needs is for a man like Hugh to come along and disrupt her life. But it seems fate has other ideas . . .

Suspenseful and romantic, *Second Chance Town* is about fulfilling your dreams in life and love.



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 ARTHRITIS



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.



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.

Clock face		Fragrance		Cliff		Beverage	Restless		Crony		Barrel	
Ferocious							In the past				Not any	
						Requiring secret knowledge						
						Pleasant						
Alpaca		Fruit							Ship's record			
		Plentiful							Antenna			
					Scintilla					Singlet		Type of file
					Offspring							
Small snake	Conjuring trick						Symptom of infection					
	Sequence											
			Insane	Safe							Also	
Tree				Injury		Rodent	Registers					
Life form							Redact					
									At the peak			
Insect		Fear							Relieve		Move slightly	Ballot
		Resound										
			Carpet		Draw							
					Prohibit							
Chaparral						Military call						
Motto	Person						Holy person					
						Grade						

Number 24

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

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

LEVEL MEDIUM 428

LEVEL EASY 428

Answer Page 10

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 15th November 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

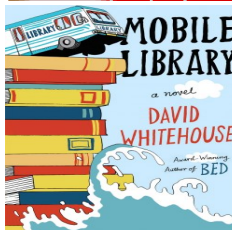


HAPPY HOUR

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



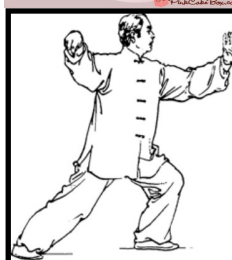
MOBILE LIBRARY EVERY 2ND MONDAY

Next Dates 12th and 26th November
 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

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

NOTE: TUESDAY MOVIE NIGHTS RESTARTING 20TH NOVEMBER

3rd Tuesday of each month Rm 7 starting time of 6.30pm (Supper included)

Tuesday 20th Nov, 18th December, 2018 15th January 2019

Movie Afternoon: 3rd Saturday of the month - 17th November - 1.30pm

♦ MARYBOROUGH MENS SHED

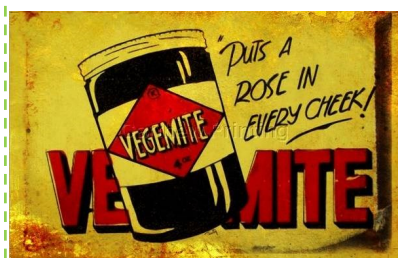
Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

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.



THINGS MY MOTHER USED TO SAY

Answer me when I ask you a question!

Don't ever let me catch you doing that again!

Did you flush?

Did you clean your room?

Go play outside! it's a beautiful day!

RANDOM POINTS TO PONDER:

- If there is a speed of sound and a speed of light, is there a speed of smell?
- Why are dogs noses always wet?
- In some books, why do they have blank pages at the end?
- Did Noah have woodpeckers on the ark? If he did, where did he keep them?
- Can you cry under water?
- What do people in china call their good plates?
- Why does a round pizza come in a square box.
- Do you yawn in your sleep?
- Why is it called a funny bone, when if you hit it, it's not funny at all?
- If a child refuses to sleep during nap time, are they guilty of resisting a rest?
- Can crop circles be square?



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



IN THE KITCHEN

CREAMY SUPER-VEG SPAGHETTI



INGREDIENTS:

- 200g Fresh Ricotta
- 1 Lemon, rind finely grated, juiced
- 250g Dried Spaghetti Pasta
- 110g (2/3cup) Frozen Peas
- 55g (1/3 cup) Pine Nuts
- 1 tbls Olive Oil
- 2 Garlic Cloves, finely chopped
- 250g Zucchini Noodle Or Spaghetti
- 250g Carrot and Pumpkin Noodles
- 125ml (1/2 cup) vegetable stock
- 80ml (1/3) Cream for Cooking
- 2 Green Shallots, Trimmed, sliced

METHOD:

- Place the ricotta and lemon rind in bowl, season and stir until well combined. Set aside.
- Cook the pasta in a large saucepan of boiling water following the packet directions or until al dente, adding the peas in the last 2 minutes of cooking time.
- Meanwhile, toast the pine nuts in a large pan over medium heat, shaking the pan occasionally, for 4 minutes or until evenly browned. Transfer to a bowl. Heat the oil in the frying pan. Add the garlic and cook, stirring often, for 1 minute or until aromatic. Stir in all the vegetable noodles. Add the stock and cream. Simmer for 5 minutes or until the sauce has thickened slightly.
- Drain the pasta mixture and return to the pan. Add the vegetable noodle mixture and half the shallot. Season and toss well to combine. Serve with pine nuts, dollops of ricotta mixture and remaining shallot.

WEIRD and WONDERFUL WORDS

DEIPNOSOPHIST - a person skilled in the art of dining and dinner – table conversation.



Quiz and Crossword Solutions from page 12 &13

Answers to Quiz

1. Stern.
2. 42.
3. London.
4. Venice.
5. Arizona.

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

SMILE TIME



A BIG-SHOT, full-of-himself celebrity had to spend a couple of days in hospital.

He was a royal pain in the proverbial to the nurses because he bossed them around, just like he did his entourage. None of the hospital staff wanted anything to do with him.

The head nurse was the

only one who could stand up to him.

She came into his room and announced: "I have to take your temperature."

After complaining for several minutes, he finally settled down, crossed his arms and opened his mouth.

"No, I'm sorry, for this reading I can't use an oral thermometer," the nurse said.

This started another round of complaining but eventually he rolled over and bared his behind.

After feeling the nurse insert the thermometer, he heard her announce: "I have to get something. Now you stay JUST LIKE THAT until I get back!" She left the door open on her way out. He cursed under his breath as he heard people walking past his door, laughing.

After half an hour, the man's doctor came into the room.

"What's going on here?" asked the doctor.

Angrily, the man answered, "What's the matter, Doc? Haven't you ever seen someone having their temperature taken?"

After a pause, the doctor confessed ... "Not with a carnation."

A man was reading the paper when an ad caught his eye. It loudly announced, "\$500 Porsche! New!" The man thought that it was very unusual to sell a Porsche for \$500, and he thought it might be a joke, but he said to himself, "it's worth a shot."

So he went to the lady's house who was selling the Porsche and she led him into the garage. Sure enough, there was an almost brand new Porsche.

"Wow!" the man said, "Can I take it for a test drive?"

"Sure," answered the lady. Unlike what he expected, the man found that the car ran perfectly.

When he got back to the lady's house, he asked her, "Why are you selling me this great Porsche for only \$500?"

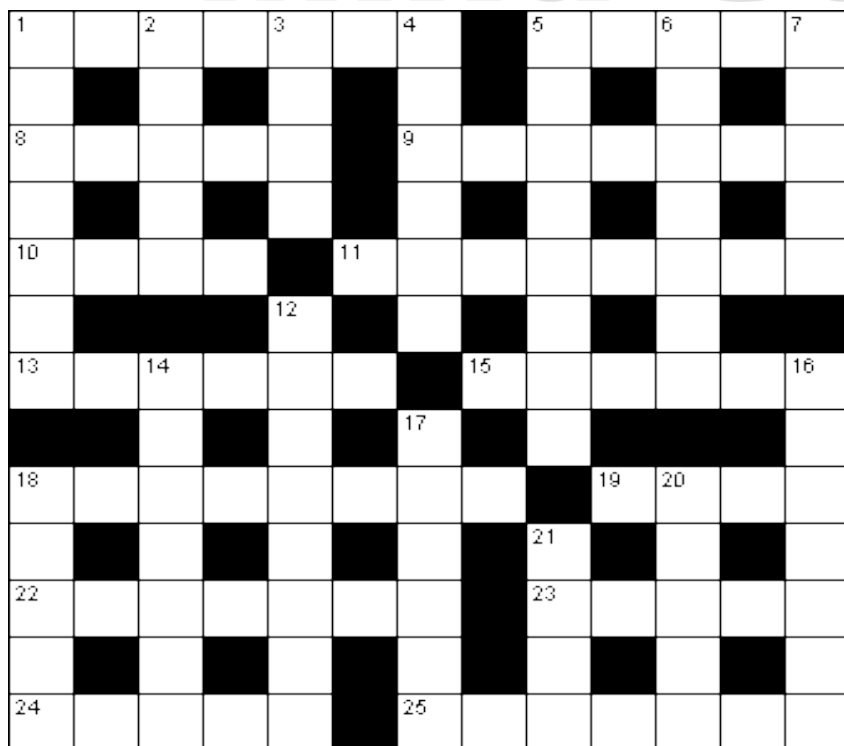
Then the lady replied with a laugh, "My husband just ran off with his secretary, and he told me, 'You can have the house and the furniture, just sell my Porsche and send me the money.'"



"I must say, Mr. Jennings, you have the worst case of Hives I've ever seen."



"Could you turn your snoring down? We're trying to have a party next door."

**Across:**

1. Fate (7)
5. Animal with two feet (5)
8. Musical Instrument (5)
9. Aerial (7)
10. Professional Cook (4)
11. Delight (8)
13. Mass Leaving (6)
15. Transparent Gem (6)
18. Entertainer (8)
19. Cab (4)
22. Planet nearest to the sun (7)
23. Similar (5)
24. Fishing basket (5)
25. Ruminant (7)

Down:

1. Fiasco (7)
2. Meaning (5)
3. Metal element (4)
4. Annually (6)
5. Treachery (8)
6. Flightless bird (7)
7. Curtain (5)
12. On time (8)
14. See (7)
16. Spear with three prongs (7)
17. Attorney (6)
18. Ape (5)
20. Nimble (5)
21. Young whale (5)

Word Search - ON THE WATER

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

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

BARGE, BATTLESHIP, BOAT, CANOE, CARRIER, CATAMARAN, CLIPPER, CORSAIR, CORVETTE, CRUISER, CUTTER, DESTROYER, DINGHY, DORY, FERRY, FRIGATE, GALLEON, GONDOLA, JUNK, KAYAK, LIFEBOAT, LINER, LUGGER, MOTOR BOAT, PACKET, PRIVATEER, PUNT, RAFT, RIGGER, ROWBOAT, SAMPAN, SCHOONER, SCOW, SHIP, SKIFF, SLOOP, SMACK, TANKER, TRAWLER, TUGBOAT, YACHT.

QUIZ

1. What do you call the rear of a ship?
2. How many dots are there on a pair of dices?
3. In which city would you find St Paul's Cathedral?
4. What city would you be flying into if you landed at Marco Polo Airport?
5. In which US state would you find the Grand Canyon?

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

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 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

HARKNESS ST RECEPTION OFFICE HOURS

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

ON CALL MAINTENANCE

after hours and weekend calls.

0408 645 203