

ISSUED
December
2016

HOP TOPICS



Merry
Christmas



**We wish you all a Merry & Safe Christmas
and a Healthy and Happy New Year**

SPECIAL EVENTS COMMENCING 2017

Friday 13th Jan 10.30 a.m. High Tea Room 7

Tuesday 17th Jan 7 pm Meet and Greet BBQ and Movie under the stars in the Quadrangle.
\$10/head BYO Blanket and Drinks

Sunday 19th Feb Bus Outing to Talbot Farmers Market Please Meet in the Quadrangle at
10a.m.

Please keep an eye out for attendance lists at Reception

RECIPE OF THE MONTH

This month I have 2 recipes for you, both are quick and easy. Just what you need at Christmas time.

HEALTHY FRUIT CAKE

500 gms mixed dried fruit
1 cup apricot nectar
1 teaspoon honey
1 cup mashed cold pumpkin
1 2/3 cups self raising flour
1 teaspoon bicarb soda
1 teaspoon mixed spice



Grease a 14 x 21 cm loaf tin and line with baking paper.

Combine fruit, nectar and honey in a medium pot. Bring to boil, simmer uncovered for 3 minutes. Transfer mixture to large bowl and cool.

Stir in Pumpkin and sifted dry ingredients into fruit mixture; spread into prepared loaf tin.

Cook in a moderate preheated oven (160 degrees C) for about 1 1/4 hours or until cooked. Cover cake with foil and cool in pan. Can be iced if you wish.

CHEESE LOG

80 gms prosciutto
1 tablespoon chopped chives
250 gms cream cheese
150 gms goats cheese
1 lemon, rind finely grated
1 teaspoon chopped thyme leaves
1/2 teaspoon ground black pepper

Crackers to serve



Dry fry prosciutto over med. Heat for 3 mins or until crisp. Cool

Finely chop prosciutto in hand food processor. Transfer to small bowl and stir in chives. Process cheeses, lemon rind, thyme and 1/2 teaspoon ground black pepper together until smooth.

Lay a 30 cm length of plastic wrap on the benchtop. Spread the prosciutto mixture over the centre of the plastic about 7 cm wide and 24 cm long. Spoon cheese in a rough log shape along one long side of the prosciutto mix. Using the plastic, lift and roll the log away from you coating with prosciutto mix. Twist the ends to seal. Chill for at least 1 hour.

Transfer to a platter and serve with crackers.



FALLS PREVENTION

Be active every day. Go for a short walk with a friend.

Consider participating in exercise classes.



CALLING ALL KNITTERS

If knitting jumpers, baby clothes etc is becoming not for you and you want to keep exercising your hands here is opportunity for you.

The Anglican Church has joined with Havilah residents to knit squares to be made into rugs for the needy. These squares will be joined to make a suitable size rug.

Here are two patterns that will be suitable for the rugs. Can you help?

Pattern 1

Start with 1 stitch. Increase 1 every row.

When you get to 70 stitches, decrease by 1 every row until finished.

Pattern 2

Cast on 70 stitches Plain knit

10 X 10 inch square (25.5 cm)

Please give completed squares to Kim

WELL DID YOU KNOW.....

Australia has the world's largest population of wild camels with one hump

The Tasmanian Devil does exist, and it has the jaw strength of a crocodile

Sharks are immune to all known diseases

There are 1500 species of Australian spiders

If you read about our spiders you might not like this. The average person swallows three spiders a year

There are more than 150 million sheep in Australia, and only some 20 million people

IMPORTANT NOTICE

We are updating our mail out details.

Could Residents, family and friends who would like to receive our newsletter please advise Andrew Earl **as soon as possible** of your email address so that the newsletter can be forwarded to you.

Andrew's contact is

andrew.earl@havilah.org.au

FROM THE DESK OF CLETA ROUGHHEAD - DIRECTOR OF SERVICES

May the joy and spirit of Christmas
remain with you throughout the festive season.
Wishing you Peace and happiness.

PODIATRY

Ballarat Podiatry have increased their visits to Raglan and will be available for Podiatry consultations Friday afternoons twice monthly from January 20th.

Ballarat Podiatrist Caitlyn Little will be available for your podiatry needs on the following dates in 2017:

Friday January 20th and 27th
Friday March 3rd and 10th
Friday April 21st and 28th
Friday June 2nd and 9th
Friday July 14th and 21st

Friday August 25th
Friday September 1st
Friday October 6th and 13th
Friday November 17th and 24th
Friday December 15th and 22nd

Contact: Cleta - Director of Services. Ph: 5459 0154

RAGLAN HOUSE ACCREDITATION

Raglan House was assessed by two Aged Care Quality Agency Assessors on 21st and 22nd of November. At the end of two days of in depth assessment we achieved a great result with 44 out of 44 outcomes met.

CHRISTMAS DAY Reminder

Residents, Families and friends are welcome to join us for a 3-course lunch at a cost of \$25.00 per head.

*Bookings are essential, DEFINITE CUT OFF FOR BOOKINGS
WEDNESDAY 21ST DECEMBER.*

Please telephone Reception 5459 0140 or email mail@haviilah.org.au for bookings.

If there are any changes to numbers please let reception know asap, so kitchen can alter the number of servings that will be required

HAVILAH ON PALMERSTON SPEED LIMIT 10KM

There have been reports from residents that they have seen cars and vehicles speeding and driving in an unsafe manner within the HOP development. Residents should immediately report incidents they witness to Police, if possible record the registration number of the offending vehicle.

There have also been reports of residents and the general public travelling at high speed around blind corners and in populated areas of HOP on their Gophers. (Personal Mobility Devices) Havilah urges all residents to act in a safe and thoughtful manner to ensure the health and safety of all.



STU'S NEWS



Stu will hold another
Green waste and General
waste Tip day

**Friday, 13th January
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 required to leave their items on the nature Strip in front of your Units for collection. Stu will collect the items.

Residents are reminded to 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.



BOOKING / ORDERING A MEAL

To ensure your selection is always available, residents should call the Kitchen 5459 0180, between 8 am - 5 p.m. and make a selection from the menu for the required meal service.

This procedure is to ensure there are sufficient portions prepared for each choice to satisfy resident selections.

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

Cleta 5459 0154

Lifestyle 0408 774 715

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

Lifestyle 54617 390

WEEKEND 5461 7394

- ♦ **Residents Meeting & Lifestyle Committee Meeting** will be Thursday 16th February 2017 at 2.45pm, Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

♦ **HAPPY HOUR**

Every Friday night in the Community Centre Function Room commencing at 5.00pm entertainment, finger food & drinks.

♦ **MARYBOROUGH MENS SHED**

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough. New members welcomed and for information contact 0417365642

♦ **MARYBOROUGH BRANCH OF THE CWA.**

Meets at the Maryborough School House in Gillies St. Group meets 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. Contact Shirley on 5461 1657 or Rachel on 0419125459

♦ **STRENGTH EXERCISES AND FALLS PREVENTION**

Every Monday at 2.30 Raglan House Ground floor Note will be replaced by Chairbics while Rhonda is on leave over Christmas

♦ **BINGO**

Every week day 1.30 P.M. Ground Floor Raglan House

♦ **CHAIROBICS**

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

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WORD OF THE MONTH

Bailiwick: An area of interest, activity or authority.



HOP CHURCH SERVICES



Please Note: there are no Church Services on site for January ; and also the Salvation Army will not be here in December.

- ♦ **Uniting Church** - 1st Wednesday of the month at 2.45pm.
Room 7 of the Community Centre
- ♦ **Anglican Church** - 2nd Thursday of the month at 10.30am
Room 7 of the Community Centre
- ♦ **SALVATION ARMY CHURCH** - 4th Wednesday each Month 2.45pm



Please see local newspaper for individual church services for Christmas

SUDOKU

LEVEL
Easy

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

HEALTH AND WELLBEING

DENTAL HEALTH

The mouth is the gateway to the body—it is constantly being bombarded with invaders like bacteria, viruses, parasites and fungi (like thrush). This is why we need to look after our dental and oral health.

Cavities and gum disease are both caused by infections. Cavities in the teeth and gum disease in tissues and bone of the jaw. Even if you are not experiencing pain with these issues you could be affecting your health.

How do we help our oral health.

- ◆ a diet high in vegetables and low in refined sugar and starch is best.
- ◆ If you eat between meals, choose mouth friendly snack foods including sugar free yogurt, raw vegetables, cheese or fruit.
- ◆ Brush at least twice a day, three times is better. (Electric toothbrushes are best but there is nothing wrong with a soft-medium toothbrush)
- ◆ Toothpaste containing fluoride is still the best but your favourite toothpaste is better than none.
- ◆ Floss gently so as not to damage the gum tissue
- ◆ Mouthwash combats bacteria causing cavities and plaque. Use at least once a day.

- ◆ Dental check ups with your friendly Dentist is recommended at least once a year, every 6 months is better.
- ◆ Be aware that dry mouth caused by some illnesses and medications is not only annoying and uncomfortable, but allows bacteria to get to work between brushings. Talk to your Dentist about ways to overcome this problem.

No teeth I hear you say!

Well caring for your mouth if you wear dentures (false teeth) is just as important.

Prevent mouth and gum disease by making sure your dentures fit properly and that they are clean and in good condition.



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.

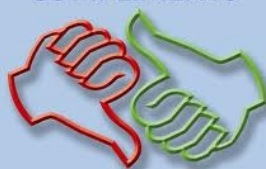
Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Director of Services	Cleta Roughead	cleta.roughead@havilah.org.au
Director of Human Services	Kelsey Hooper	kelsey.hooper@havilah.org.au



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.

COMPLAINTS
COMMENTS
COMPLIMENTS



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

Residents are encouraged to communicate any issues they may have. You can contact 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

Director of Services.Palmerston **Cleta Roughead** 5459 0154
Email cleta.roughead@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: 54617300. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

PALMERSTON ST ADMINISTRATION OFFICE HOURS

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

HARKNESS ST ADMINISTRATION OFFICE HOURS

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

Musical instrument		Racket		Afresh		Curious	Claim		Wane		Charge	
Overseas							Mature				Jump	
						Suitable for farming						
						Unused						
Aquatic birds		Blue-violet							Insect			
		Expel							Parallel of latitude			
					Quick and skillful					Division of quantity		Swarm
					Result							
Expert	Gem						Burst out					
	Naive											
			Twitch	Famous admiral							Novel	
Perform				Spell		Lair	Backbone					
Height							Long poem					
								Part of a list				
Constrictor		Crawl						Fibber		Languish		Unit of power
		Desiccated										
			Single number		Nothing				Ruminant food		Rumpus	
					Sticky substance							
Incorrect						Noisy insect						
Claim back	Become liable to						Inspect accounts					
						Fervid						



WORD SEARCH YAKETY-YAK

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

ACCENT, ADDRESS, ARGUE, BABBLE, BLAB, BLUSTER, CANT, CHAT, CHATTER, COMMENT, COMMUNICATE, CONVERSATION, CONVERSE, DEBATE, DISCLOSE, DISCOURSE, DISCUSS, DISSERTATE, DIVULGE, GABBLE, GOSSIP, GUSH, IMPART, INFLECT, LANGUAGE, LECTURE, LINGO, MODULATE, MOUTH, NARRATE, ORATE, PALAVER, PARLEY, PATOIS, PONTIFICATE, PRATE, PREACH, RAP, SHOUT, SLANG, SPEAK, SPEECH, SPIEL, TALK, TELL,

TRIVEA QUIZ

Drop your answers in to Reception the Winner will be announced in the next HOP Topics

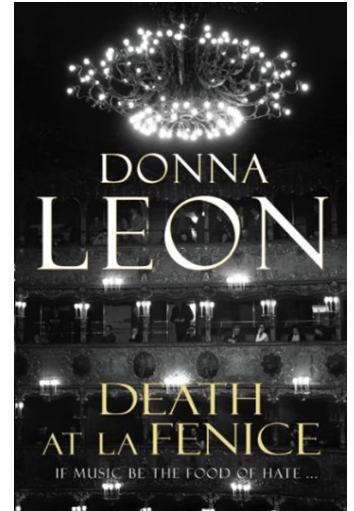
Those attending the recent Havilah Volunteer Night had a lot of fun working these out. You have to work out what the letters mean. For example 26 L in the A is 26 letters in the alphabet. The answers may be phrases in speech, song titles or lines from a song, films, nursery rhymes, sayings anything at all. See how you go without using mobile phones or other electronic devices Good Luck...

	Clues	Answers
1	26 L of the A	26 Letters in the Alphabet
2	7 W of the W	
3	12 S of the Z	
4	18 H on a GC	
5	5 T on a F	
6	90 D in a R A	
7	3 W on a T	
8	1000 M in a M	
9	13 in a B D	
10	6 S on the A F	
11	7 D of the W	
12	64 S on a C B	
13	9 L of a C	
14	8 T on an O	
15	6 B in an O of C	
16	20 Y in a S	
17	A T W in 80 D	
18	2 E and 2 E on Y H	
19	26 F in a Y	
20	21 S in a G	

BOOK REVIEW

DEATH AT LA FENICE

There is little violent crime in Venice, a beautiful floating city that one imagines to be a mysterious and magic place with a long history. But the evil that does occasionally rear its head is the jurisdiction of Guido Brunetti, the suave, urbane vice-commissario of police and a genius at detection. Now all of his admirable abilities must come into play in the deadly affair of Maestro Helmut Wellauer, a world-renowned conductor who died painfully from cyanide poisoning during an intermission at La Fenice. (La Fenice is an opera house in Venice, Italy. It is one of "the most famous and renowned landmarks in the history of Italian theatre", and in the history of opera as a whole.)



But as the investigation unfolds, a chilling picture slowly begins to take shape--a detailed portrait of revenge painted with vivid strokes of hatred and shocking depravity. And the dilemma for Guido Brunetti will not be finding a murder suspect, but rather narrowing the choices down to one. . . .

About the Author

Donna Leon (born September 29, 1942, in Montclair, New Jersey) is an American author of a series of crime novels set in Venice and featuring the fictional hero Commissario Guido Brunetti.

Donna Leon has lived in Venice for over twenty-five years. She has worked as a lecturer in English Literature for the University of Maryland University College - Europe (UMUC-Europe) in Italy, then as a Professor from 1981 to 1999 at the American military base of Vicenza (Italy) and a writer. Her crime novels are all situated in or near Venice. They are written in English and translated into many foreign languages



SMILE TIME

Q: What's red and white and black all over?

A: Santa Claus after he slid down the chimney.

One Christmas, Joe and Peter built a skating rink in the middle of a field. A shepherd leading his flock decided to take a shortcut across the rink. The sheep, however, were afraid of the ice and wouldn't cross it. Desperate, the shepherd began tugging them to the other side.

'Look at that,' remarked Peter to Joe, 'That guy is trying to pull the wool over our ice!'

The judge asked the defendant what he was charged with.

"Doing my Christmas shopping early," was the reply.

"That not illegal!. How early were you shopping?"

"Before the store was open."



A boy with a monkey on his shoulder was walking down the road when he passed a policeman who said, "Now, now young lad, I think you had better take that monkey the zoo." The next day, the boy was walking down the road with the monkey on his shoulder again, when he passed the same policeman. The policeman said, "Hey there, I thought I told you to take that money to the zoo!" The boy answered, "I did! Today I'm taking him to the movies." -



A man was waterskiing when he fell into the river. As the boat circled to pick him up, he noticed a hunter sitting in a duck boat in the reeds. The man put his hands in the air and joked, "Don't shoot!"

The hunter responded, "Don't quack."

