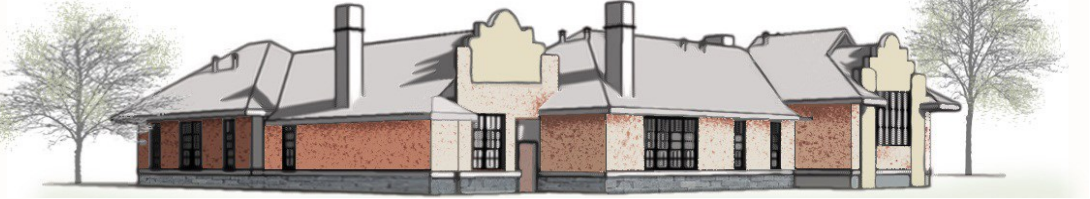


ISSUED
December 2017



HOP TOPICS



Wishing you and your family a very Merry Christmas.

May this joyful season greet you with health and happiness.

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

Friday 15th December at 5.30 pm. ANNUAL CHRISTMAS BARBECUE

All family and friends are welcome

There are no limits on numbers attending

To respond—Please advise Kitchen: 5459 0180 or Kim in Activities 5459 0169 or email by Wednesday 6th December mail@havilah.org.au.

THURSDAY 21ST Christmas Lights Tour

CHRISTMAS DAY AT HAVILAH

3 Course Lunch \$25 per head. Bookings essential. RSVP by Tuesday 12TH December.

JANUARY 1ST – 9.00pm NEWSYEARS EVE DAY FIREWORKS

Top Floor Raglan House - Drinks and Nibbles pre viewing of the Princes Park Fire Works display

Bi Monthly Retirement Community Resident Meeting Thursday 18th January 2018 2.45 pm
in Rm7

HEALTH AND WELLBEING



TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook



Is this the most 'bogan' thing ever? Couple hosts wedding reception at Bunnings

By Lauren Broomham on September 1, 2017



Yes, this really happened. Instead of splashing out on expensive catering, Sydney couple Jordan and Chantelle Wilson opted to treat their guests to a round of snags at their local Bunnings in Belrose.

"I told my wife for months this is all I wanted. I wouldn't say it was planned, she didn't have a choice," the groom told the [Daily Mail](#).

We got there and went straight to the snags. No side salad, just straight to the Bunnings stand."

The groom says his wife didn't need convincing however: "They asked if she wanted onions and she said 'I do'. It was the best. And they say Australians aren't cultured!"

The bride even took advantage of the hardware store's face painter to add a splash of colour on her big day, while Bunnings gifted with the happy couple with a carpet cleaner.



The newlyweds say they now hope other couples will follow their lead. Perhaps not everyone's dream wedding – but we'll wish them a lifetime of \$2 snags.

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



**Spot
Prizes**

**Maryborough
Rotary**

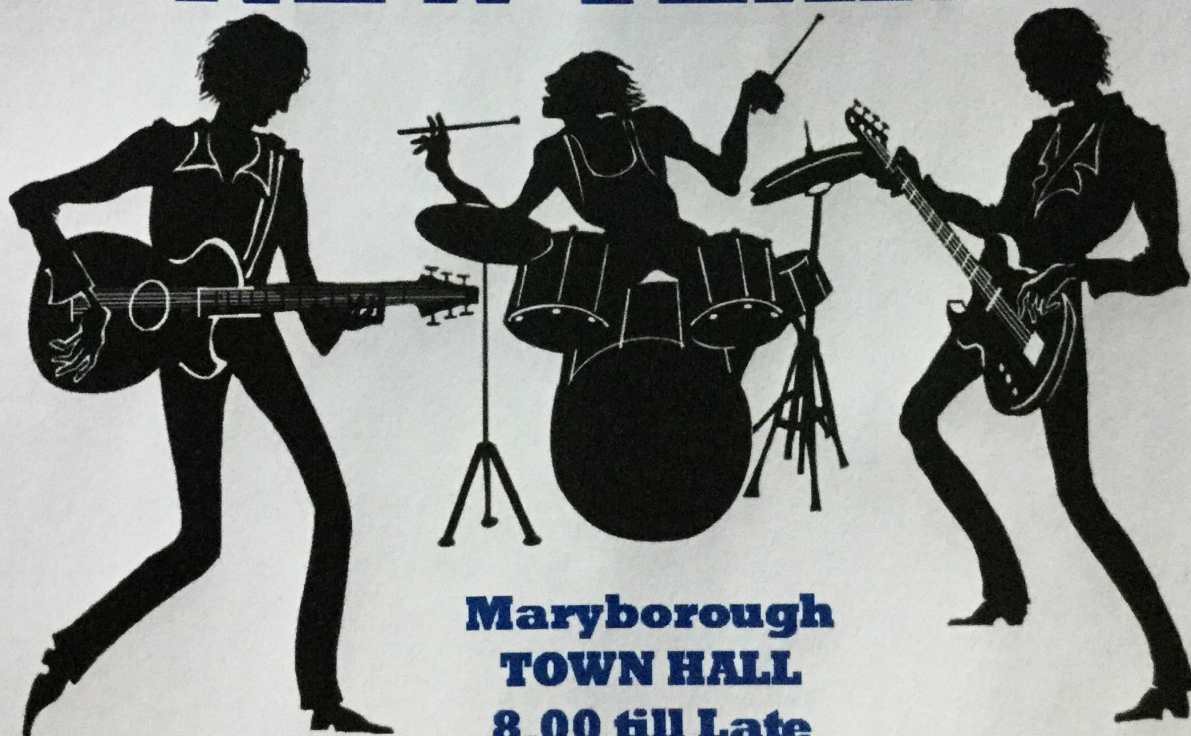


**Lucky
Door**

**INVITES
YOU
TO**

ROCK in the NEW YEAR

**\$15
TICKET**



**Maryborough
TOWN HALL
8.00 till Late**

SUNDAY 31st DECEMBER 2017

**BYO Drinks and nibbles
Tea/Coffee
available**

**"SERIOUSLY
SIXTIES"
BAND**

**BOOKINGS
ESSENTIAL**

**CONTACT:
Meryl: 0409580656
for tickets or to book table**

NOTICE BOARD



FALLS PREVENTION

Be active everyday.
Go for short walks with a friend.
Participate in organised exercise sessions.



"We'll have lots to eat this winter, won't we Mother?"



**Grow your own
Can your own**

THINGS MY MOTHER USED TO SAY

Don't look at me with those eyes.
If you want to act like a child, I'll treat you like one.
Quiet down, I can't hear myself think.
One day you'll thank me.
Because I said so, that's why!



Postage stamps are now available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts.

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



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





In The Kitchen

Recipe of the Month

Dukkah - Crusted Chicken, Crunchy Apple and Iceberg Salad

INGREDIENTS

- 1 cup raw Cashews
- 1 Tablespoon cumin seeds
- 2 teaspoons ground coriander
- 2 tablespoons sesame seeds
- 1 teaspoon salt
- 1/2 cup plain flour
- 2/3 cup Tamar Valley Greek Style Yoghurt
- 4 (150g each) chicken Breast Fillets
- Olive oil cooking spray
- 500g baby potatoes, quartered
- 3/4 cup frozen peas
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh chives
- 1 Iceberg lettuce, cut into wedges
- 1/3 cup fresh mint leaves
- 1 red apple, cored, cut into thin wedges
- 1/2 red onion, thinly sliced

METHOD

- Preheat oven to 230C/210C fan-forced. Line large baking tray with baking paper
- Place cashews in a small food processor, Pulse until finely chopped, Transfer to a large bowl, Add cumin, coriander, sesame seeds and sea salt. Mix well to combine (can use a dukkah mixture).
- Place flour on large plate, Season with salt and pepper, Combine 1/2 the yoghurt and 2 tablespoons water in a bowl, Working with 1 piece at

a time, toss the chicken in flour, shaking off excess. Dip in yoghurt mixture, allowing excess to drain. Transfer to prepared tray. Sprinkle with nut mixture, pressing to secure. Spray liberally with oil.

- Bake for 20 minutes until chicken is golden and cooked through.
- Meanwhile, cook potato in a medium saucepan of boiling water for 10 minutes or until tender, adding peas during the last 2 minutes of cooking time. Drain, rinse under cold water, drain.
- Combine remaining yoghurt, lemon juice and chives in a small jug to make dressing. Season with salt and pepper. Slice chicken. Place potato, peas, chicken, lettuce, mint, apple and onion on serving platter. Drizzle with dressing. Serve.



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

PHOTO GALLERY



Glorious weather was on the agenda for the recent Bus trip to the Historic Nambool Mansion at Elaine. The gardens were presented in an immaculate condition and the meals were superb. A great day had by all. Other trips are in the pipe line for 2018, if interested contact Lifestyle Team leader Kim.



SPRING CARNIVAL FEVER HITS HAVILAH ON PALMERSTON



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

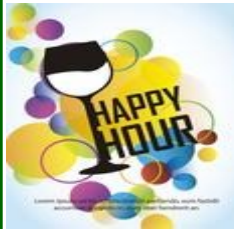
CEO 54617 381
0429617380

RAELEEN 54617 380



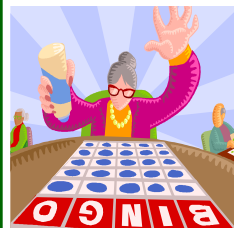
RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 18TH January 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

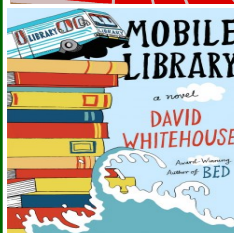


HAPPY HOUR

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— 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

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



The ILU Movie Nights
3rd Tuesday of each month.
Rm 7 starting time of 7.00pm (Supper included)
21st November 20th February 2018
19th December 20th March 2018
16th January 2018 17th April 2018

PROPOSED ILU RESIDENTS OUTINGS FOR 2018

Fortuna Villa - Bendigo - High Tea , last weekend of the month.

Tuki Trout Farm, Smeaton, catch your own fish for lunch, any Saturday or Sunday.

God Class movie session - Ballarat Regent Theatre.

Avoca riverside Market –3rd Sunday of the month.

Please contact Activities team Leader with you expression of interest in any of the proposed outings.

Email: kim.davidson@haviilah.org.au

Phone: 5459 0169

♦ 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.

Contact Shirley on 5461 1657 or Rachel on 0419125459

BOOK REVIEW

OFF THE SHELF

A Long Way From Home

Author - Peter Carey

Australia’s master novelist takes us on the race of a lifetime.

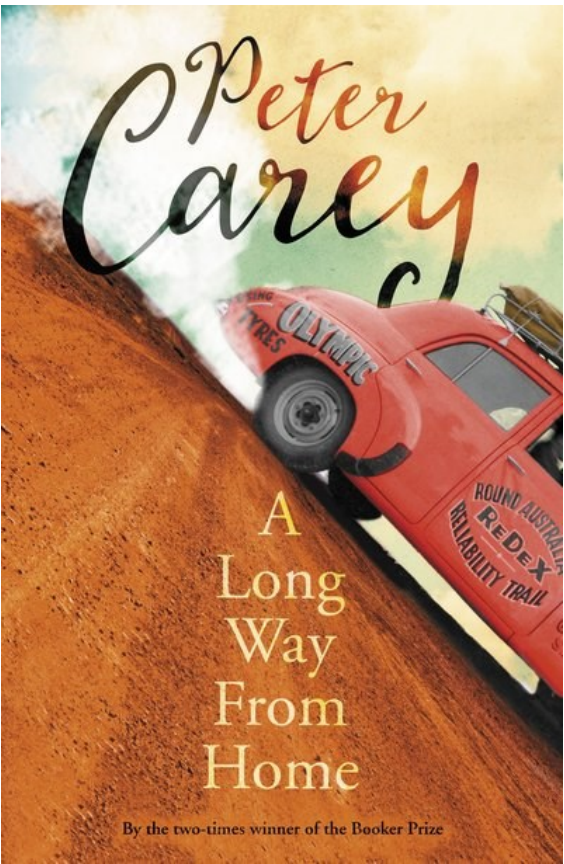
Irene Bobs loves fast driving. Her husband is the best car salesman in western Victoria. Together they enter the Redex Trial, a brutal race around the ancient continent over roads no car will ever quite survive.

With them is their lanky fair-haired navigator, Willie Bachhuber, a quiz show champion and failed schoolteacher whose job it is to call out the turns, the grids, the creek crossings on a map that will finally remove them, without warning, from the lily-white Australia they know so well.

This thrilling, high-speed story starts in one way and then takes you someplace else. It is often funny, the more so as the world gets stranger, and always a page-turner, even as you learn a history these characters never knew themselves. Set in the 1950s amid the consequences of the age of empires, this brilliantly vivid and lively novel reminds us how Europeans took possession of a timeless culture – the

high purpose they invented and the crimes they committed along the way.

Peter Carey has twice won the Booker Prize for his explorations of Australian history. *A Long Way from Home* is his late-style masterpiece.



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

Quiz and Cross-word Solutions from page 11



Answers to Anagrams

- 9. POLE VAULTING
- 8. SNOWBOARDING
- 7. TRACK AND FIELD
- 6. WATER SKIING
- 5. WATER POLO
- 4. ROWING
- 3. CANOEING
- 2. SNOOKER
- 1. SKIING

SMILE

A bloke went to the pet shop and said to the owner: "I'd like to buy a budgie, but I want a really good budgie that talks."

So the owner sold him a lovely blue and yellow budgie and a cage and the man took his new pet home.

Two days later he was back, saying the budgie had not spoken a word.

The shop owner asked: "Is he happy? Jumping up and down on his perch?"

"Perch? He hasn't got a perch," said the chap.

"Got to have a perch," said the shop owner. So the chap duly bought one for \$20.00

Two days later he was back reporting the same problem.

The shop owner asked this time if he had a bell.

"No, doesn't have a bell."

"Oh well, you've got to have a bell," the shop owner said, and sold the man a bell.

Two days later he's back. Same problem.

"Has he got a mirror and ladder?" the shop owner asked.

"No neither of those, \$40.00 later the owner walked out with both items.

Two days later the snap comes back and with much sadness and anger and reports that the bird was dead.

The shop owner inquired if the bird said anything before he died.

"Oh yes, replied the man, " He said, "Doesn't that shop sell bird seed."



An artist had been working on a nude portrait for some time, everyday he would work till late, bringing perfection with every stroke of his paint brush.

As each day passed, he gained a better understanding of the female body and was able to really make his paintings shine.

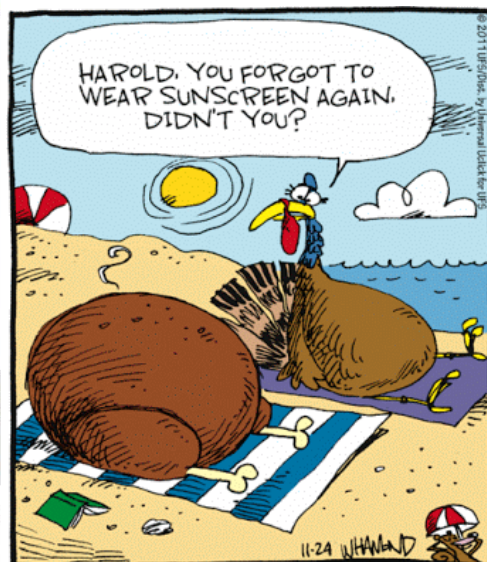
After a month, the artist had become weary from this non-stop effort and decided to take it easy for the day.

The model arrived this day so the artist suggested that they have a talk and a nice glass of wine, they talked for a few hours, getting to know each other better when the artist heard a car pull up outside.

"Quick," said the artist to his model, "It's my wife, take your clothes off."



"All Clear!"

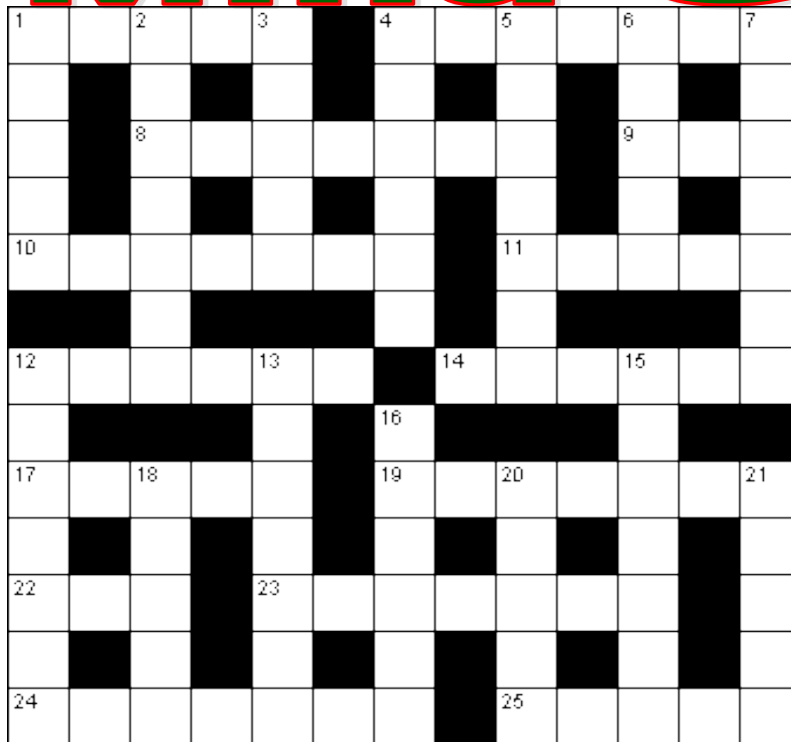


Adventure story		Arm bones		Cubicle		Charge	Comfort		Evergreen tree		Unit of electrical resistance	
Royal residence						Burnish	Liveliness and energy				Certain	
						Rate						
Aromatic herb		Intensify							Distilled from molasses			
		Sailing ship				Part of a church			Ensnare		Display	Those people
						Expect						
Singing couple	Lavender						Beginning					
	Singular											
			Water barrier	Riches							Hit lightly	
Assent												
Relating to the river bank				Revolve		Consumed	Wear away					
							Kind of star					
								Not here				
Pool accessory		Slogan						Jug		Ascent		Dropped
		Sound reflection										
			Written record		The night before						Pasture	
					Golf pin				Possessed			
Plaudit						For a short time						
Final stage	Travel lodge							Display stand				
						Trying experience						

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.

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

Mind Games



Across

1. Gem (5)
4. Shade of yellow tinged with orange (7)
8. Symetrically arranged (7)
9. Pouch (3)
10. Two-wheeled vehicle (7)
11. Publish (5)
12. Patisserie (6)
14. Syntactic category (6)
17. Wanderer (5)
19. Stone Pillar (7)
22. Mesh (3)
23. Floorshow (7)
24. Stayed Clear (7)
25. Groups of cattle (50)

Down

1. Jests (5)
2. Male witch or demon (7)
3. Source of illumination (5)
4. Remuneration (6)
5. Surreptitious (7)
6. Hazards (5)
7. Type of power (7)
12. Very rich vein of precious ore (7)
13. Made smaller (7)
15. Vagrant (7)
16. Prohibit (6)
18. Slogan (5)
20. Planet (5)
21. Praise (5)

Word Search - Murder Mystery

©

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

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

ALIBI, ARREST, CAPTURE, CAUTION, CHARGE, CLUE, CRIME, CRIMINAL, DETECTIVE, EVIDENCE, FORENSIC, INVESTIGATION, MOTIVE, MURDER, MYSTERY, OPPORTUNITY, PERPETRATOR, PLOT, POLICE, PURSUIT, SENTENCE, SOLVE, SUSPECT, WEAPON

ANAGRAMS: Sport

1. IS KING (6)
2. SNORE OK (7)
3. GAIN ONCE (8)
4. OWN RIG (6)
5. WET OR OPAL (5,4)
6. STRANGE KIWI (5,6)
7. RACED FLAT KIND (5,3,5)
8. GRAB WIND SOON (12)
9. PLOT VALUE (4,5)

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.

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