

The Happy WHISPERER

Newsletter.Issue1

January 2019

WISHING YOU A
HAPPY *new* **YEAR**
FILLED WITH LOVE & HAPPINESS

Ring out the old, ring in the new.

Ring, happy bells, across the snow. The year is going, let him go.

Ring out the false, ring in the true.

Alfred, Lord Tennyson. (1809 -- 1892)

We would like to sincerely thank all the local schools & other groups that visited RM Begg during the month of December to brighten our days with carols and Christmas celebrations!

It is very much appreciated by residents and staff and we are so lucky to be included in such a wonderful local community!

We wish everyone a Happy and Healthy 2019!

RM Begg Kyneton Aged Care Inc. 27-35 Epping Street, Kyneton, VIC 3444.

E. admin@raymbegg.org.au. Ph. 03 5422 2417.

Opening Hours: Monday to Friday: 9am to 5pm.



Thinking of You

Our love and thoughts are

with the

Healey, McKenzie & Strawhorn

families and friends

with the recent

passing of Olive, Norma & Ian.

They will be sadly missed by us

all at RMB.



Podiatrist visits Tuesday 8th, 15th & 23rd January

Welcome!

We welcome new resident Mrs Margaret Purcell. Hope you are settling in well. We also welcome new staff member Jessica Gill. We hope you enjoy working with the great team at RMB!

Sunday Evening Church Service 6pm

6th: Evelyn Sims with music by Elizabeth Harvey

13th Viv & Tim Penney with music by Marj Williams

20th: Heather Demack with music by Jeanne VanGroningan

SPECIAL EVENTS

Tues 1st: HAPPY NEW YEAR!

Wed 2nd : "What is that?" Memorabilia & discussion Barfold 2pm.

Thurs 3rd: Reminiscence Famous people from Kyneton Barfold 1.30pm.

Wed 9th: Photo presentation by Jo Boardroom 10.45am.

Thurs 10th : Mens BBQ Langley 11.30am.

Thurs 17th : Whole facility BBQ served in each wing 12pm.

Fri 18th: RSL Lunch Limited seats Bus leaving 11.30am (weather permitting).

Fri 25th: Australia Day Event Entertainment "Sugar & Spice" Sidonia 2pm.

Mon 28th: Australia Day Public Holiday.

Thurs 31st: Bus Drive 1.30pm (weather permitting).

CHRISTMAS PARTY

By Mollymac (Cobaw)

The party was held in Sidonia on 6th December.

We were entertained by Isabel and Rory, who sang all the usual Christmas carols. There were a couple of very Aussie ones as well as New Zealand ones.

We were then entertained by the staff encouraging the residents to dance. This went down very well and the wheelchair brigade had a good old time as well. When the Duo had done their bit we had afternoon tea, delicious cakes that went down very well, no watching the diet at a Christmas party!

We also had soft drinks, tea and coffee and some nibbles during the performance to keep us going. Bev Coutts thanked the Duo for a good afternoons entertainment and wished them a good Christmas.

Many thanks to all the staff who helped and the Auxiliary who provided the wonderful entertainment. I would guess we had about a 90 per cent attendance.



SHOP TILL YOU DROP

By Wilma Johnson - Cobaw

On the 29th November 2018 one resident in a wheelchair, three residents with their "walkers" and one with a stick and three carers (including KEN ROSE who drove the coach) travelled to Chemist Warehouse, Gisborne to enable us take advantage of their reduced prices. Two or three residents also took advantage of the proximity of other favourite shops to buy some Christmas gifts or items that are not available in Kyneton. On the way down we stopped outside the new Coles store in Woodend and general opinion of the building, car parking and landscaping was extremely favourable. The building is adjacent to Woodend Railway Station making the rural aspect of the station unrecognizable from the way we remember it.

Again the outskirts of Gisborne are quite different from the way some of us could remember after a lapse of some years.

After we had completed our shopping there was time for a cup of coffee before we headed back to Kyneton through the countryside still pleasantly green after spring rain.

On the outskirts of Kyneton though we were in for another surprise after KEN drove past the Kyneton Hospital to drop volunteer Monika outside her home.

The new housing development seemed to stretch for miles. We had no idea it was there. Somehow it seemed to double the size of the little town so familiar to us.

Once again Amanda with volunteers Monica and Ken had provided us with another entertaining and interesting day.



FUNNY THINGS CHILDREN DO OR SAY.

By Mollmac-Cobaw (Cobaw)

We are sure that many of our residents have stories to tell, Wilma has led off with her story so we would like others to follow suit. Ask the Staff or any of the Carer's to let us know that you have a story and we will come along and write it down for you. I am sure there are many Grannies and Great Grannies that have good stories to tell, probably Grandad's and Great Grandad's too. All will be appreciated to keep our "Whisperer" interesting.

Royal Commission into Aged Care Quality and Safety in Australia

R M Begg Kyneton Aged Care is fully supportive of the Royal Commission into Aged Care Quality and Safety in Australia, announced by the Prime Minister in September.

We all want a safe, high quality and high performing aged care system. While the vast majority of Australia's aged care services and their dedicated staff deliver good quality care, there have been examples of unacceptable failures that must be prevented from happening in the future.

To this end, the Royal Commission aims to:

1. Examine issues and examples of what is not working - where the aged care system has failed, and;
2. Explore what needs to change to in order to meet the changing needs and expectations of the growing numbers of older Australians.

Along with all aged care providers across the country R M Begg is currently responding to a request from the Royal Commission for information.

The first Hearing of the Royal Commission is being held on 18 January, and the Commission is aiming to deliver an interim report in October 2019 and a final report in April 2020. However, in reality, the timing is up to the Commissioners to determine.

Caring for older Australians is an issue of national importance and is too important not to get right.

While this Royal Commission process may be challenging in many ways in the shorter term, we trust it will be in everyone's interests moving forward.

For further information, or if you have any concerns about the Royal Commission process, please contact Sarah Collier or Meredith Grant.

You can also find out more and follow the progress of the Royal Commission via its website at agedcare.royalcommission.gov.au



BLOW FOR HISTORY

Found in magazine & submitted by Mollymac (Cobaw)

Here's an addition to the long list of everyday household objects that in a few years you'll be lucky to see anywhere but a museum exhibit.

John from Pakenham was minding his four year old grandson Angus, when he asked his wife if she could pass him a hankie. The little boy piped up" Poppy, what's a hankie?"



LENI MAY'S TRAVELS

By Mollymac & Wilma Johnson (Cobaw)

Leni gave us a "show and tell" of her travels in Europe, the UK, Iceland and the Shetland Islands. Incredibly it took her only 17 hours to fly from Perth W.A. to London.

She and her husband also stayed in a house in Aix-en-Provence, France. Her slides gave us a clear picture of all the places she visited as she told us what they did at each specific place. For instance the houses in REYJAVIC, Iceland are painted in bright colours to counteract the gloom of the long, dark, bleak winters. They looked very jolly, particularly as there are no trees in the vicinity.

Leni visited the Shetland Knitters and attended a class for how to knit Shetland lace. We are waiting for her first piece to be finished and then we will all want to do it!

Thank you Leni for a very interesting show and tell, we all enjoyed it.



Residents

2nd: Molly McCormick

12th: Netta Haw

23rd: Tina McLean

23rd: Jan Stryker

25th: Ernie Barker

26th: Doreen Robbins

27th: Jack Slee

31st: Eric Willis

Staff

2nd: Carol Dunbar

8th: Jan Strawhorn

10th: Tanya Holdsworth-Salter

10th: Kaye Pope

12th: Judith Waas

15th: Emma Tadd

15th: Dale Xiriha

26th: Dawn Mercuri

ON THIS DAY.....JANUARY

1st – 1901 Australia becomes a Commonwealth under British rule.

3rd – Australian actor Mel Gibson is born in 1956.

3rd – Margaret Thatcher became the longest serving British Prime Minister of the 20th century in 1988.

6th American actor Paul Newman is born in 1925.

12th – 1976 Famous crime novelist Agatha Christie died aged 85.

15th – The first episode of the Australian TV series “The Sullivans” is broadcast in 1976.

19th – 1957 Channel 9 in Melbourne starts television transmission with Sir Dallas Brookes opening the TV station.

20th – John F Kennedy sworn in as US President in 1961. He was the youngest ever elected President at age 43.

22nd – Australian actor Heath Ledger died in 2008 aged 28.

24th – Sir Winston Churchill former British PM died in 1965 aged 90.

26th – 1788 Captain Arthur Phillip unfurled the British flag at Sydney Cove Proclaiming British Sovereignty.

26th – After nearly 100 years of British rule India became an Independent Republic in 1950.

28th – The American space shuttle, Challenger, exploded killing all seven astronauts on board in 1986.

How many of these do you remember???

New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual — Mark Twain

One resolution I have made, and try always to keep, is this: To rise above the little things — John Burroughs

Good resolutions are simply checks that men draw on a bank where they have no account — Oscar Wilde

Through the eyes of a child 1928-1940- Part Nine of Max's Story

By Max Barton (Pastoria)

We had an Essex 6 car; we thought it was great but a nuisance if the carburettor got wet from going through water. One would suddenly stop. Then someone put a piece of rubber tubing in the petrol tank that caused such problems, would block up the strainer to the tank. Two stops in 9 miles to clean it, pump petrol out of tank and fill again. In the end the petrol tank had to be cut to get rid of the rubber.

Despite the bad times my childhood days are full of happy memories. We did get to the city every 2 years to stay with our grandmother and aunts. They took us to pantomimes et so we were luckier than many. The life was a great preparation for the future. We learnt to do without and not be bitter. We questioned ourselves often when about to buy things, ask ourselves do we need it. So even though today has its pressures and expectations are higher, especially for material things. Our parents knew what pressures were. Wondering when to sell their wheat, at 10 pence a bushel of wheat it would go to 1 shilling a bushel. My parents walked out of the Mallee in 1941-42. Heartbreaking as it was for so many. I will never forget the clearing sale, nobody had money to buy, but put in a bid here and there to help things along. Everyone had big hearts. Compassion and help was always given when needed.



TOM MARTIN'S CONCERT

By Mollymac—Cobaw

Tom was his usual happy self and had an

audience of approximately 30, some left and others arrived so I lost count!

Tom played a great collection of songs from both World wars and had a good chorus going. We also had many requests and it was a very pleasant hour. Our grateful thanks to Tom for visiting us and entertaining us.



VISIT FROM SACRED HEART CHOIR

By Mollymac (Cobaw)

On 5th December we had a visit from the Sacred Heart College choir, approximately 30 students who entertained us with singing, piano playing and flutes. First we had one student who played the piano, 'Comfort and Joy' then we had carols by the choir. 'Joy to the World', 'Away in a Manger' and various others. Then another piano solo by a French student, who is here for 10 months played 'Gloria in Excelsis', a very professional performance. We had a few more carols then two girls, playing flutes, gave us 'Merry Gentleman' and 'Comfort and Joy', a polished performance. More carols were sung then as a farewell carol 'We wish you a Merry Christmas'. Many thanks to the school and all those involved for a lovely concert.

Christmas Raffle: Congratulations to our Christmas raffle winners!

1st Prize: David Sprigg

2nd Prize: Richard Goodman

3rd Prize: Sandy Smith

Thank you to everyone that supported our raffle we raised \$894.25!!



The Oxford Word of the Year 2018 is... *toxic*.

The adjective *toxic* is defined as 'poisonous' and first appeared in English in the mid-seventeenth century from the medieval Latin *toxicus*, meaning 'poisoned' or 'imbued with poison'.

But the word's deadly history doesn't start there. The medieval Latin term was in turn borrowed from the Latin *toxicum*, meaning 'poison', which has its origins in the Greek *toxikon pharmakon* – lethal poison used by the ancient Greeks for smearing on the points of their arrows. Interestingly, it is not *pharmakon*, the word for poison, that made the leap into Latin here, but *toxikon*, which comes from the Greek word for 'bow', *toxon*.

Why was toxic chosen as Word of the Year?

The Oxford Word of the Year is a word or expression that is judged to reflect the ethos, mood, or preoccupations of the passing year, and have lasting potential as a term of cultural significance.

In 2018, toxic added many strings to its poisoned bow becoming an intoxicating descriptor for the year's most talked about topics. It is the sheer scope of its application, as found by our research, that made toxic the stand-out choice for the Word of the Year title.

Our data shows that, along with a 45% rise in the number of times it has been looked up on oxforddictionaries.com, over the last year the word toxic has been used in an array of contexts, both in its literal and more metaphorical senses.

Drawn from our corpus, the top 10 toxic collocates for the year – that is, words habitually used alongside toxic – are indicative

of this.

Top 10 'toxic' collocates in 2018 by absolute frequency.

1. Chemical
2. Masculinity
3. Substance
4. Gas
5. Environment
6. Relationship
7. Culture
8. Waste
9. Algae
10. Air

Sourced from the Oxford corpus

Beyond the more usual substance warnings, this year toxic chemical has had particular significance as the nerve agent poisoning of a former Russian intelligence officer and his daughter in Britain sent shockwaves around the globe. Ongoing international attention to the case, including rising concern over who has access to the world's toxic chemical stockpiles, ensured that 'chemical' topped the list of words most frequently seen alongside toxic in 2018.

Similarly literal and deadly are toxic substance, toxic gas, and toxic waste, with the latter especially becoming a focal point as the US seeks to combat the spread of toxic waste in the wake of hurricanes and people speak out against businesses burning toxic waste, notably in India.

This burning of toxic waste, resulting in the release of toxic gases, has been identified as one of a number of causes of toxic air. Air pollution has rapidly become a prime public

Continued on page 10

Movies: Musicals

Find and circle all of the Movie Musicals that are hidden in the grid.
The remaining letters spell the title of an additional Movie Musical.

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

A CHORUS LINE
ALL THAT JAZZ
ANNIE
BLUE HAWAII
BRIGADOON
BUGSY MALONE
CABARET
CALAMITY JANE
CAMELOT
CARMEN
CAROUSEL

CHICAGO
EVITA
FAME
FANTASIA
FUNNY FACE
FUNNY GIRL
GIGI
GODSPELL
GREASE
GYPSY
HAIR

HELLO, DOLLY!
HIGH SOCIETY
HOLIDAY INN
JAILHOUSE ROCK
LA TRAVIATA
MARY POPPINS
MOULIN ROUGE
MY FAIR LADY
NEWSIES
OKLAHOMA!
OLIVER!

PAL JOEY
SHOW BOAT
SILK STOCKINGS
SOUTH PACIFIC
STATE FAIR
SWEET CHARITY
SWING TIME
THE MUSIC MAN
TOMMY
TOP HAT
WEST SIDE STORY

health concern, and global attention reached a high in October 2018 when the World Health Organization published its report into the quality of air breathed by children worldwide. The report described this pollution as toxic air, plainly and potently signifying its poisonous nature, and with the aid of international media coverage, served to consolidate the association of toxicity and poor air quality in our lexicon.

Such pollutants are not only dangerous to our health, but to the health of our environment, and one of the many environmental issues discussed this year has been the toxic algaedisastr in Florida, US. Thanks to a central role in the state's Senate mid-terms race, toxic algaegarned so much commentary that 'algae' featured as the ninth-most frequently seen toxiccollocate for 2018.

The term toxic environment itself, however, has been more frequently used in reference to harmful workplace environments and the toll this takes on the workforce's mental health. From overly demanding workloads to outright sexual harassment, many companies have been exposed as crucibles for such toxic cul-

ture this year, which has seen mass walkouts at Google, the fashion mogul Philip Green disgraced, and the Speaker of the House of Commons accused of misusing his official powers to cover up allegations of bullying in Westminster.

Toxic relationships are not exclusive to the workplace, however, and whether its partners, parents, or even politicians, this year has seen so much discussion of 'poisonous' relationships across our society that 'relationship' is the sixth most-seen toxic topic for 2018. One reoccurring element in such discussions has been toxic masculinity.

Our corpus data shows that, after 'chemical', 'masculinity' is the most-used word in conjunction with toxic this year. With the #MeToo movement putting a cross-industry spotlight on toxic masculinity, and watershed political events like the Brett Kavanaugh Senate judiciary committee hearing sparking international debate, the term toxic masculinity has well and truly taken root in the public consciousness and got people talking in 2018.

oxforddictionaries.com



Its All about Attitude

Weather

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.

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

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNPOUR
DRIZZLE
DROUGHT
FAHRENHEIT

FLOOD
FLURRIES
FOG
FORECAST
FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE

ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
SNOW
SQUALL

STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY

THE HISTORY OF NEW YEARS RESOLUTIONS

The custom of making New Year's resolutions has been around for thousands of years, but it hasn't always looked the way it does today.

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year's Eve or New Year's Day. Also known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the new year. Now popular within evangelical Protestant churches, especially African-American denominations and congregations, watch night services held on New Year's Eve are often spent praying and making resolutions for the coming year. Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

WHO MADE JANUARY 1 THE FIRST OF THE YEAR?

Throughout antiquity, civilizations around the world developed increasingly sophisticated calendars, typically pinning the first day of the year to an agricultural or astronomical event. In Egypt, for instance, the year began with the annual flooding of the Nile, which coincided with the rising of the star Sirius. The first day of the Chinese New Year, meanwhile, occurred with the second new moon after the winter solstice.

In ancient Rome, the original calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome, in the eighth century B.C.

Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. Julius Caesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern Gregorian calendar that most countries around the world use today. As part of his reform,

Caesar established January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

In medieval Europe, Christian leaders replaced January 1 as the first of the year with days carrying more religious significance, such as December 25 (the anniversary of Jesus' birth) and March 25 (the Feast of the Annunciation). Pope Gregory XIII reestablished January 1 as New Year's Day in 1582.

CHINESE NEW YEAR

One of the oldest traditions still celebrated today is Chinese New Year, which is believed to have originated over 3,000 years ago during the Shang Dynasty. The holiday began as a way of celebrating the new beginnings of the spring planting season, but it later became entangled with myth and legend. According to one popular tale, there was once a bloodthirsty creature called Nian—now the Chinese word for “year”—that preyed on villages every New Year. In order to frighten the hungry beast, the villagers took to decorating their homes with red trimmings, burning bamboo and making loud noises. The ruse worked, and the bright colors and lights associated with scaring off Nian eventually became integrated into the celebration.

Festivities traditionally last 15 days and tend to center on the home and the family. People clean their houses to rid them of bad luck, and some repay old debts as a way of settling the previous year's affairs. In order to encourage an auspicious start to the year they also decorate their doors with paper scrolls and gather with relatives for a feast. Following the invention of gunpowder in the 10th century, the Chinese were also the first to ring in the New Year with fireworks. Since Chinese New Year is still based on a lunar calendar that dates back to the second millennium BC, the holiday typically falls in late January or early February on the second new moon after the winter solstice. Each year is associated with one of 12 zodiacal animals: the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

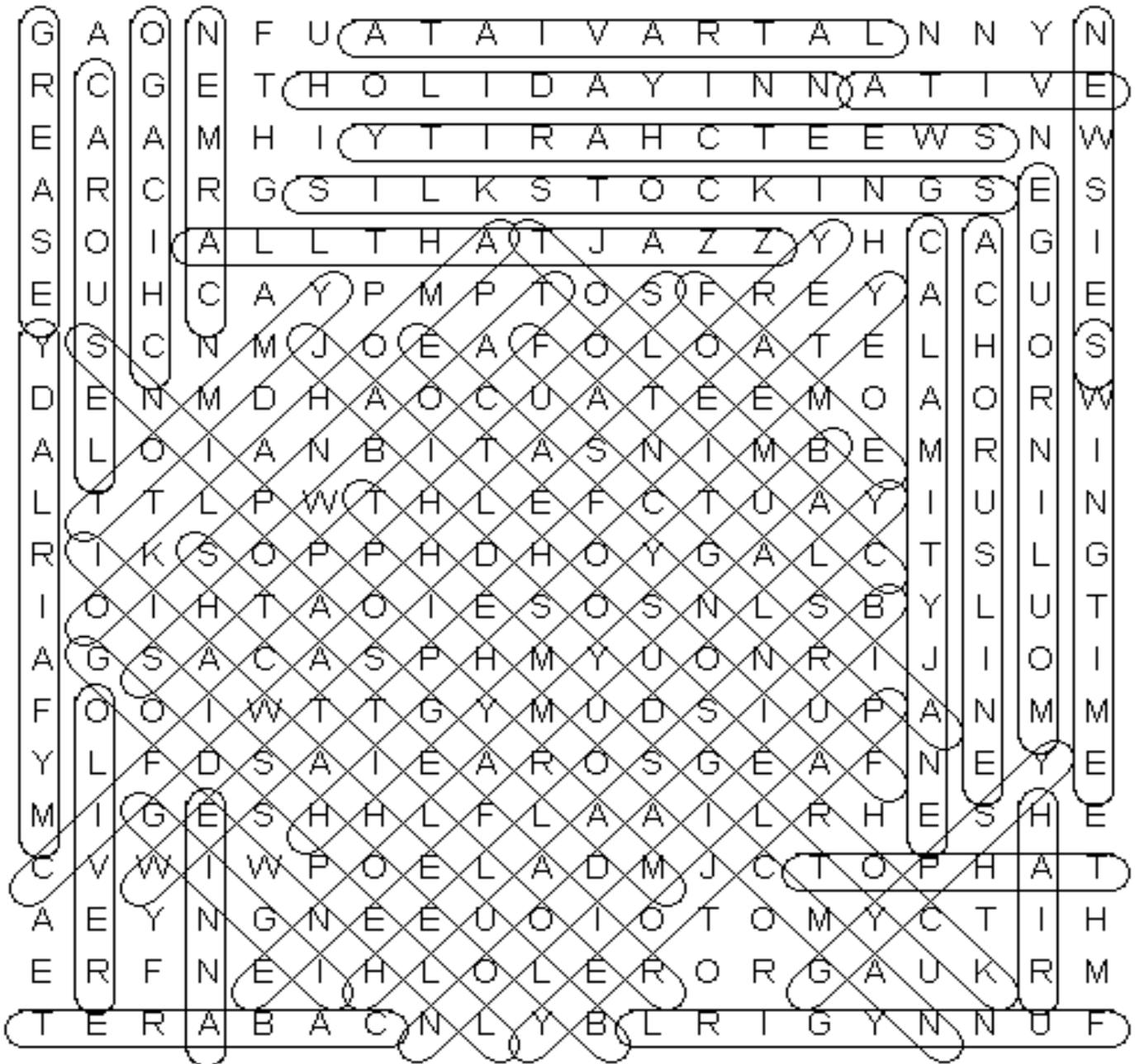
NOWRUZ

While it is still celebrated in Iran and other parts of the Middle East and Asia, the roots of Nowruz (or “New Day”) reach far back into antiquity. Often called the “Persian New Year,” this 13-day spring festival falls on or around the vernal equinox in March and is believed to have originated in modern day Iran as part of the Zoroastrian religion. Official records of Nowruz did not appear until the 2nd century, but most historians believe its celebration dates back at least as far as the 6th century B.C. and the rule of the Achaemenid Empire. Unlike many other ancient Persian festivals, Nowruz persisted as an important holiday even after Iran's conquest by Alexander the Great in 333 BC and the rise of Islamic rule in the 7th century A.D. Ancient observances of Nowruz focused on the rebirth that accompanied the return of spring. Monarchs would use the holiday to host lavish banquets, dispense gifts and hold audiences with their subjects. Other traditions included feasts, exchanging presents with family members and neighbors, lighting bonfires, dyeing eggs and sprinkling water to symbolize creation. One unique ritual that arose around the 10th century involved electing a “Nowruzian Ruler”: a commoner who would pretend to be king for several days before being “dethroned” near the end of the festival. Nowruz has evolved considerably over time, but many of its ancient traditions—particularly the use of bonfires and colored eggs—remain a part of the modern holiday, which is observed by an estimated 300 million people each year.

New Year's is just a holiday created by calendar companies who don't want you reusing last year's calendar. FACT!

MOVIE MUSICALS

ANSWERS



A CHORUS LINE
 ALL THAT JAZZ
 ANNIE
 BLUE HAWAII
 BRIGADOON
 BUGSY MALONE
 CABARET
 CALAMITY JANE
 CAMELOT
 CARMEN
 CAROUSEL

CHICAGO
 EVITA
 FAME
 FANTASIA
 FUNNY FACE
 FUNNY GIRL
 GIGI
 GODSPELL
 GREASE
 GYPSY
 HAIR

HELLO, DOLLY!
 HIGH SOCIETY
 HOLIDAY INN
 JAILHOUSE ROCK
 LA TRAVIATA
 MARY POPPINS
 MOULIN ROUGE
 MY FAIR LADY
 NEWSIES
 OKLAHOMA!
 OLIVER!

PAL JOEY
 SHOW BOAT
 SILK STOCKINGS
 SOUTH PACIFIC
 STATE FAIR
 SWEET CHARITY
 SWING TIME
 THE MUSIC MAN
 TOMMY
 TOP HAT
 WEST SIDE STORY

The hidden movie is: A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

Residents Contributions

We are very excited to have a group of residents that have decided to submit articles of interest for
The Happy Whisperer.

We hope you enjoy their contributions and we would like to thank them for their outstanding efforts in putting their articles together to share with us all!

Help Needed...

The Auxiliary needs help on Market Days (second Saturday of each month) to transport trestle's, gazebo's and goods for sale. e.g. books, crafts & hanging equipment from Bolton Hall in Epping Street to Duck, Duck Goose & Larder site at the corner of Ebdon & Piper Streets from 8am and returning again at 12.30 – 1pm.

Anyone who could help with transport and physical help please contact our President, Rhonda on 0429 418 018.



CHRISTMAS

By Alistair McCormick (Cobaw)

Whatever we say about Christmas we are sure to upset some groups and individuals. If we praise it some non-Christians might call for a fat-wa. If we decry it we will upset the religious believers. If we treat it without bias on one will be happy. It appears that whatever we do or say we

are sure to cause disagreements. It would appear that the season of peace and goodwill to all is more likely to be a season of war and disagreement among all.

Never mind.....Happy Christmas to all.

When to celebrate it could be another problem. For me this is best answered by a young voice quoting

“It’s the day before the races at Tangmalangmaloo’.

Magazine Request

Volunteer Myra Barnett is in charge of the reinstated Magazine Trolley, news that will be popular with Residents we feel sure. Donations of magazines that would be of particular interest to Men: golfing, cars, racing, agricultural, current affairs, would be appreciated.

Flowers

Fresh flowers are lovely for residents but please be aware that flowers with strong fragrances can trigger allergies in residents and staff and will have to be removed from rooms if this happens.

RM Begg Auxiliary Shop Trolley

Auxiliary members will be bringing the mobile shop trolley to residents in their rooms between 12.45 – 1.45pm.

Monday: Pastoria-Betty C, Susan or Lyn

Tuesday: Cobaw-Yvonne or Rhonda

Wed: Sidonia-Rheita or Diane

Friday: Barfold-Maureen & Barbara or Rosemary & Ian

Shop in Barfold/Cobaw activities area is open

5 days a week, Monday – Friday from 12.30 – 1.30pm.

Lauriston Planner

Jan-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>New Year's Day</p> <p>Public Holiday</p>	<p>2</p> <p>9.30 Exercises (Barfold)</p> <p>3.15 Lauriston program</p>	<p>3</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music DVD (Sidonia)</p> <p>3.15 Lauriston program</p>	<p>4</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Music Program</p> <p>3.15 Lauriston program</p>
<p>7</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Sing a long (B)</p> <p>2.00 Mixed Bag (L)</p> <p>3.15 Lauriston program</p>	<p>8</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music Program</p> <p>1.30 Bingo (B)</p> <p>3.15 Lauriston program</p>	<p>9</p> <p>9.30 Exercises (Barfold)</p> <p>9.30 Catholic church (B)</p> <p>11.00 Lauriston Program</p> <p>3.15 Lauriston program</p>	<p>10</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music DVD (Sidonia)</p> <p>3.15 Lauriston program</p>	<p>11</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Music Program</p> <p>3.15 Lauriston program</p>
<p>14</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Sing a long (B)</p> <p>2.00 Mixed Bag (L)</p> <p>3.15 Lauriston program</p>	<p>15</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music Program</p> <p>1.30 Bingo (B)</p> <p>3.15 Lauriston program</p>	<p>16</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Program</p> <p>3.15 Lauriston program</p>	<p>17</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music DVD (Sidonia)</p> <p>3.15 Lauriston program</p>	<p>18</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Music Program</p> <p>3.15 Lauriston program</p>
<p>21</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Sing a long (B)</p> <p>2.00 Mixed Bag (L)</p> <p>3.15 Lauriston program</p>	<p>22</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music Program</p> <p>1.30 Bingo (B)</p> <p>3.15 Lauriston program</p>	<p>23</p> <p>9.30 Exercises (Barfold)</p> <p>9.30 Catholic church (B)</p> <p>11.00 Lauriston Program</p> <p>3.15 Lauriston program</p>	<p>24</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music DVD (Sidonia)</p> <p>3.15 Lauriston program</p>	<p>25</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Music Program</p> <p>2.00 Australia Day Event "Sugar & Spice" (Sidonia)</p>
<p>28</p> <p>Public Holiday</p> <p>Australia Day</p>	<p>29</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music Program</p> <p>1.30 Bingo (B)</p> <p>3.15 Lauriston program</p>	<p>30</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Lauriston Program</p> <p>3.15 Lauriston program</p>	<p>31</p> <p>9.30 Exercises (Barfold)</p> <p>11.00 Music DVD (Sidonia)</p> <p>3.15 Lauriston program</p>	<p><i>Please Note</i></p> <p>Lauriston Program may include - massage, walking, sensory session exercises, games, art, music/sing a long,</p>

*1:1 Activities Daily

B & C-BARFOLD & COBAW

L & L-LAURISTON & LANGLEY

Lifestyle Planner

Jan-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>New Year's Day</p> <p>Public Holiday</p> 	<p>2</p> <p>9.30 Exercises (Barfold) 11.00 Hangman/Mind Games (Pastoria) 11.00 Lauriston Program 11.00 Individual Programs (L) 2.00 What is that??? Memorabilia & discussion in Barfold 2.00 Movie & ice-cream in Sidonia 3.30 Lauriston Program</p>	<p>3</p> <p>9.30 Exercises (Barfold) 10.30 Painting Group (L) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) 1.30 DVD in Sidonia 1.30 Reminiscence - Famous People from Kyneton (Barfold) 2.00 Mixed Bag (Langley) 3.30 Lauriston Program</p>	<p>4</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 11.00 Music in Lauriston 1.30 New Year Bingo (B) 2.00 DVD in Sidonia 3.30 Lauriston Program</p>
<p>7</p> <p>9.30 Exercises (Barfold) 11.00 Sing a long in Barfold 1.30 Mind Games (P) 2.00 Mixed Bag (Lauriston) 3.30 Lauriston Program</p>	<p>8</p> <p>9.30 Exercises (Barfold) 10.30 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 11.00 1:1 music sessions 1.30 Bingo (Barfold) 1.30 DVD in Sidonia 2.00 The Chat Room (Cobaw) in Cobaw 3.30 Lauriston Program</p>	<p>9</p> <p>9.30 Catholic service (B) 9.30 Exercises (Barfold) 10.45 Photo Presentation By Jo (Boardroom) 11.00 Lauriston Program 11.00 Individual Programs (L) 3.30 Tai Chi with Lorna resumes in Sidonia 3.30 Lauriston Program</p>	<p>10</p> <p>9.30 Exercises (Barfold) 10.30 Painting Group (L) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) 11.30 Men's BBQ (Langley) 2.00 BOBs (Barfold) 2.00 DVD in Sidonia 3.30 Lauriston Program</p>	<p>11</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 1.30 DVD in Sidonia 2.00 BOCCE (Barfold) 3.30 Lauriston Program</p>
<p>14</p> <p>9.30 Exercises (Barfold) 11.00 Sing a long in Barfold 1.30 Mind Games (P) 2.00 Mixed Bag (Lauriston) 3.30 Lauriston Program</p>	<p>15</p> <p>9.30 Exercises (Barfold) 10.30 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 11.00 1:1 music sessions 1.30 Bingo (Barfold) 1.30 DVD in Sidonia 3.30 Lauriston Program</p>	<p>16</p> <p>9.30 Exercises (Barfold) 11.00 Quiz Challenge (P) 11.00 Lauriston Program 11.00 Individual Programs (L) 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 3.30 Tai Chi with Lorna in Sidonia 3.30 Lauriston Program</p>	<p>17</p> <p>9.30 Exercises (Barfold) 10.30 Painting Group (L) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) 12.00 Whole Facility BBQ 2.00 Old Times with Old Friends in Sidonia (S) 2.00 Mixed Bag (Langley) 3.30 Lauriston Program</p>	<p>18</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.45 Meditation (Cobaw) 11.00 Lauriston Program 11.30 RSL Lunch Outing (Limited Seats & if weather permits) 2.00 DVD in Sidonia 3.30 Lauriston Program</p>

Lifestyle Planner

Jan-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
9.30 Exercises (Barfold) 11.00 Sing a long in Barfold 2.00 Mixed Bag Program in Lauriston (L) 1.30 Mind Games (P) 2.00 Mixed Bag (Lauriston) 3.30 Uniting Church (Pastoria)	9.30 Exercises (Barfold) 10.30 Painting Group (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 11.00 1:1 Music sessions 11.00 Lauriston program 1.30 Bingo (Barfold) 1.30 DVD in Sidonia 2.00 The Chat Room (Cobaw) in Cobaw 3.30 Lauriston Program	9.30 Catholic service (B) 9.30 Exercises (Barfold) 11.00 Hangman (Barfold) 11.00 Lauriston program 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 2.00 Simon's iPad Program (Sidonia) 3.30 Tai Chi with Lorna in Sidonia 3.30 Lauriston Program	9.30 Exercises (Barfold) 10.30 Painting Group (S) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) 2.00 BOBs (Barfold) 2.00 Mixed Bag (Langley) 3.30 Lauriston Program	9.30 Exercises (Barfold) 10.30 Myra's Magazines 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 2.00 Australia Day Event Drinks & Nibbles, Entertainment by Sugar & Spice (S) 
28	29	30	31	
Australia Day Public Holiday 	9.30 Exercises (Barfold) 10.30 Painting Group (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 11.00 1:1 Music sessions 1.30 Bingo (Barfold) 1.30 DVD in Sidonia 3.30 Lauriston Program	9.30 Exercises (Barfold) 11.00 Hookey (Barfold) 11.00 Lauriston program 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 2.00 Simon's iPad Program (Sidonia) 3.30 Tai Chi with Lorna in Sidonia 3.30 Lauriston Program	9.30 Exercises (Barfold) 10.30 Painting Group (S) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) 1.30 Drive in Bus (if weather permits) 2.00 BOCCE (Barfold) 3.30 Lauriston Program	

ECUMENICAL CHURCH SERVICE EVERY SUNDAY AT 6PM IN BARFOLD COSY RETREAT

RM Begg Services

Laundry
Meals
Cleaning
Personal Care
Pastoral Care
Hairdressing
Happy Whisperer Newsletter

Visiting Allied Health Professionals

Counselling, Activities (in house and External)
Visiting Psychologist
Diabetes Educator
Social Worker
Speech Pathologist
Clinical Care
Continence Management
Wound Management
Palliative Care
Podiatry
Physiotherapist
Dietician
Specialists
Accredited Pharmacist
Consulting GP's
Aged Persons Mental Health Team
Dental Van

Support provided by

Palliative Care Team
District Nursing Service

