Residents Meeting
Tuesday 4th April at 1.15pm.
Resident Activity Meeting will follow.

Sleep in Sunday
Don’t forget to set clocks back one hour at 2 a.m. Sunday.
Sunday Church Service 6pm
2nd: Noel Harvey with music by Elizabeth Harvey
9th: Leigh & Sarah Thorne with music by Betty Jenner
16th: John Dettmann & Ray Keane with music by Colin Pope
23rd: Ken Simpson with music by Betty Jenner
30th: Bob & Marion Evans with music by Marion Evans

Special Events

Fri 7th: Documentary DVD Sidonia 2pm.
Mon 10th: Heather’s High Tea Sidonia 3pm.
Thurs 13th: The Twilighters Concert Barfold 2pm.
Fri 14th: Good Friday Public Holiday – no activities.
Mon 17th: Easter Monday Public Holiday – no activities.
Thurs 20th: Whole Facility BBQ 12pm. Tom Martin Musician Barfold 2pm.
Fri 21st: RSL Lunch (Lauriston & Langley Group) Bus leaving 11.45am. DVD in Sidonia 2pm.
Mon 24th: RSL Anzac Service Barfold 2pm followed by afternoon tea in Sidonia.
Tues 25th: Anzac Day Public Holiday – no activities.
Thurs 27th: Mens BBQ Langley 11.30am.
Fri 28th: RSL Lunch Barfold/Cobaw/Pastoria/Sidonia Group.
COME TOGETHER

Autumn Feast
WITH WINES FROM MACEDON RANGES
MELBOURNE FOOD & WINE FESTIVAL

Thursday 6th April, 2017
6.45 PM - 10.30 PM

The Atrium, Sacred Heart College
94 High Street, Kyneton

All proceeds going to RM Begg Kyneton Aged Care
our local community owned, not-for-profit facility

A great cause to benefit many people in our small country town

Award-winning chefs Damian Sandercock of Piper St. Food Co and Tim Austin
of La Bonta will be your chefs creating a multi-course shared feast served with
hand selected wines of the Macedon Ranges by Scott Banks from Banks Fine Wine

music, entertainment, prizes & auction

Tickets only available online $98 PER PERSON

Event enquiries please call: 5422 3553
Gluten Free event, Nut Allergy friendly, Vegetarian & Vegan friendly
Wheelchair Accessible
Welcome…
We welcome new residents Mary Neale and Val Myroniuk.
We hope you are settling in well.
We also welcome new staff members Peta Weston and Vanessa Gibbs.
We hope you both enjoy working with the great team at RMB!

We would appreciate donations of DVD’s for our regular movie days – Action, Romance, Comedy or Music. Thank you!

Our love and thoughts are with the Cafari & Noake families and friends with the recent passing of Frank and Doug. They will be sadly missed by us all at RMB.

Thinking of you…
Easter Saturday
15th April
9am – 1pm

Duck Duck Goose & Larder Grounds
Piper Street, Kyneton
Large Variety of Stalls & Raffle
Residents
3rd: Viv Buckley
6th: David Francis
16th: Jack Aldred
16th: Alistair McCormick
17th: Margaret Ellis
20th: Diana Lane
27th: Pedro Aquisto
27th: Dot Benson

Staff
3rd: Jody Lonergan
4th: Maddy Hynes
11th: Alex Fearn
21st: Jaclyn Stephenson
25th: Courtney Chettle
25th: Kristen Sciberras
26th: Sandra Kennedy
26th: Carla Tognolini

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  Barfold Heather or Lyn
Tuesday  Pastoria  Lorraine or Rhonda
Wednesday  Cobaw  Rheita or Diane
Thursday  Langley  Yvonne or Betty
Friday  Sidonia Maureen & Barbara or Meg
Shop in Barfold/Cobaw activities area is open
5 days a week Monday – Friday from 12.30 – 1.30pm.
**ON THIS DAY........APRIL**

1st – Australia’s first parking meters were used in Hobart, Tas, in 1955.

5th – Race horse Phar Lap died on this day 1932, in California USA.

6th – S.J Goble & I.E McIntyre leave Point Cook, Vic, aboard a sea plane and successfully complete the first round Australia flight in 1924.

8th – Fiona Coote became Australia’s youngest heart transplant recipient in 1984. She was 14 years old.

8th – Australia’s first bank, The Bank of New South Wales, opened for business in Sydney in 1817.

11th – On this day in 1914, G.J Coles opened his first “Nothing over a shilling” store in Collingwood, Vic. Coles Myer is now Australia’s largest retailer.

18th – Sir Hubert Opperman, world record holder & cycling champion, died in 1996 aged 91 years.

19th – Advance Australia Fair is officially declared our National Anthem in 1984. The words & music were written by P. McCormick.

21st – The first Rotary Club in Australia opened in Melbourne in 1921.

25th – ANZAC soldiers landed at Gallipoli in Turkey in 1915, 2000 soldiers were killed.

26th – Banjo Patterson published “The Man from Snowy River” in 1890.

30th - Australia’s first overseas telephone service began in 1930.

**How many of these do you remember??**

**WORD OF THE MONTH**

Fridging - noun: the act of stealing from an outdoor refrigerator.

**THE STORY BEHIND THE WORD OF THE MONTH**

In 2010 a number of newspaper reports from Western Australia and Queensland made reference to certain criminal activities described as fridging. The activity involves stealing items from outdoor refrigerators, and the word derives from fridge, an abbreviation of refrigerator. The first evidence for fridging is found in a Perth newspaper: A new trend of criminal activity called fridging, stealing alcohol and other goods from the rear of a home, has increased in The Vines area. (Advocate, 27 January 2010) Several months later numerous incidents of fridging were reported in the media as having taken place in the northern Queensland town of Blackwater: ‘The incidents of “fridging” in Blackwater are on the rise and police are warning home owners to be vigilant.’ (Blackwater Herald, 29 June 2010) In subsequent months, press reports suggested that fridging had spread to neighbouring towns such as Ayr and Home Hill. The common theme of fridging incidents, as reported in newspapers, is the ease of access to refrigerators kept outside the home, on decks and patios, and in backyard sheds and garages. In hotter parts of Australia it is a common practice to keep a second fridge for cold drinks (such as beer) in outdoor areas, and this is undoubtedly why fridging is an activity
largely confined to Queensland and the Northern Territory. Many reports mentioned the prevalence of children and young people committing these crimes, with the main incentive being easy access to alcohol, especially for those who couldn’t buy it legally: It’s called fridging—teens entering backyards across the Gladstone region and stealing alcohol from patio fridges. Tannum Sands resident Jenny Cross is getting fed up, after being victim of fridging three times. ‘It happened ... twice before Christmas and last Tuesday night.’ Each time the teens cleaned the alcohol out of their fridge. (Gladstone Observer, 20 January 2011) In the Northern Territory News, one policeman suggested a simple precaution to keep people safe from fridging: ‘It is recommended that you do not store tempting items in unsecure outdoor fridges’, Sen-Sgt Jorgensen said. ‘Unfortunately this just encourages recalcitrants to treat the neighbourhood as their supermarket.’ (20 March 2014) This same report also informed readers about the solution to the problem ultimately resorted to by Katrina Fong Lim, Darwin’s Lord Mayor. She was fridged three times in 2012 and ‘eventually unplugged the appliance for good’. Fridging is being considered for inclusion in the second edition of the Australian National Dictionary. 

**Australian National Dictionary.**

**INTERVIEW WITH THE EASTER BUNNY**
This month’s special is our interview with the Easter Bunny:

**Sparkle Cotton Tail (SCT):** Thanks for talking to us.

**Easter Bunny (EB):** No problem. Do you mind if I eat while we talk? (takes out a packet of small green pellets) I’ve been in a rush recently.

**SCT: Go right ahead. We’ve some questions here.**

**EB:** Ready when you are.

**SCT:** "Is there just one Easter Bunny? Moreover, has the same Easter Bunny been the Easter Bunny for the last couple of millennia?"

**EB:** The fact of the matter is that there are quite a few Easter Bunnies, and we’ve never made a secret about that. Unlike the Santa Claus operation, which works under the improbable assumption that one guy delivers all those presents...

**SCT:** Are you saying that Santa is a sham?

**EB:** I didn’t say that. I never said that. What I am saying is that *we* don’t work under the same sort of constraints. I mean, think about it. One bunny delivering baskets to several hundred million homes across the planet? The friction from the atmosphere alone would turn the poor guy into a bunny briquette. There'd be hideous charcoal smudges all over the baskets. "Easter Bunny" is a job description, not a proper name.

**SCT:** So why are you THE Easter Bunny?

**EB:** Because I’m boss. You’re not an Easter Bunny until I say you are.

**SCT:** How does one become an Easter Bunny?

**EB:** Well, it’s not just hopping down the bunny trail, I’ll tell you. First, for reasons
already explained, you have to be a bunny. After that, we have a psychological evaluation and a battery of physical tests you have to pass. We can't afford to have an Easter Bunny cramp up at the beginning of his run. But there are several occupational hazards of being the Easter Bunny. Large dogs are always a problem, of course: one moment you're delivering a basket of goodies, the next, a Rottweiler named Pinochet is on you like a meat-filled sock. Nervous homeowners with guns wing a couple of bunnies a year, as do edgy cops and private security guards. We don't even bother trying to deliver to the children of militia members anymore; first they'll plug you for being on their land, then they'll make you into jerky and a pair of gloves. But you know what our number one problem is?

SCT: What?

EB: Sliding glass doors. Sometimes we'll just forget they're there. Man, that's embarrassing.

HOW THE EASTER BUNNY WAS BOUGHT BACK TO LIFE

A man was blissfully driving along the highway, when he saw the Easter Bunny hopping across the middle of the road. He swerved to avoid hitting the Bunny, but unfortunately the rabbit jumped in front of his car and was hit. The basket of eggs went flying all over the place.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the Bunny carrying the basket. Much to his dismay, the colorful Bunny was dead. The driver felt guilty and began to cry. A woman driving down the same highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained, "I accidentally hit the Easter Bunny and killed it. There may not be an Easter because of me. What should I do?"

The woman told the man not to worry. She knew exactly what to do. She went to her car trunk, and pulled out a spray can. She walked over to the limp, dead Bunny, and sprayed the entire contents of the can onto the little furry animal.

Miraculously the Easter Bunny came to back life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved and hopped on down the road another 50 yards, turned, waved, hopped another 50 yards and waved again!

The man was astonished. He said to the woman: "What in heaven's name is in your spray can? What was it that you sprayed on the Easter Bunny?"

The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."
1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1950's song.

BLUEBERRY HILL
BO DIDDLEY
BYE BYE LOVE
CRAZY ARMS
DJANGO
DONNA
EVERYDAY
FEVER
HEARTBREAK HOTEL
HONKY TONK
HOUND DOG
JAILHOUSE ROCK
KANSAS CITY
LA BAMBA
LONELY TEARDROPS
LONG TALL SALLY
MACK THE KNIFE
MANNISH BOY
MAYBELLENE
MISTY
MONA LISA
MOVE IT
MYSTERY TRAIN
NIGHT TRAIN
ONLY YOU
PEGGY SUE
RAVE ON
RED HOT
RIPI TUP
RUMBLE
SEARCHIN\'
SHOUT
SIXTEEN TONS
SPEEDO
SUZIE Q
TAKE FIVE
TEQUILA
TUTTI FRUTTI
YAKETY YAK
YOU SEND ME
Cat

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

AGILE  KITTENS  PURR
CLAWS   LITTER BOX  SCRATCH
CROUCH  MEOW      SLEEP
FOOD    MILK       STEALTHY
FURRY   PAWS       TAIL
HAIRBALL POUNCE    WHISKERS
HISS
1950's Songs

This is the puzzle solution from page 10.

BLUERRY BERRY HILL  HOUND DOG  MONA LISA  SEARCHIN'
BO DIDDLEY  JAILHOUSE ROCK  MOVE IT  SHOUT
BYE BYE LOVE  KANSAS CITY  MYSTERY TRAIN  SIXTEEN TONS
CRAZY ARMS  LA BANRA  NIGHT TRAIN  SPEEDO
DJANGO  LONELY TEARDROPS  ONLY YOU  SUZIE Q
DONNA  LONG TALL SALLY  PEGGY SUE  TAKE FIVE
EVERYDAY  MACK THE KNIFE  RAVE ON  TEQUILA
FEVER  MANNISH BOY  RED HOT  TUTTI FRUTTI
HEARTBREAK HOTEL  MAYBELLENE  RIP IT UP  YAKETY YAK
HONKY TONK  MISTY  RUMBLE  YOU SEND ME

The hidden sentence is: I'LL NEVER GET OUT OF THIS WORLD ALIVE
This is the puzzle solution from page 11.

AGILE  CLAWS  CROUCH  FOOD  FURRY  HAIRBALL  HISS
KITTENS  LITTER BOX  MEOW  MILK  PAWS  POUNCE
PURR  SCRATCH  SLEEP  STEALTHY  TAIL  WHISKERS
Successful Grant Application!

We were very excited to be notified of our success in a recent grant application. We are thrilled to announce that we have been able to purchase our long awaited “Hover Jack & Hover Matt” & a Arjo Miranti Bath Transfer Machine. Both of these items of equipment will enhance the lives of our frailer residents providing comfortable & safe transfers for both the residents and staff.

We are extremely grateful to the Perpetual Trustees 2016 IMPACT Philanthropy Application Program and the following trusts for their generosity.

Ethel Herman Charitable Trust: $14,000
Isobel Hill Brown Charitable Trust: $3,000
Irene Reid Trust: $18,700

A total of $37,000!

A big Thank you also to Elizabeth Harvey our “Grant Seeker” who does a wonderful job in completing and submitting our applications!

Combining our Appeals & Fundraising total’s that takes us to over $1 million!

Thank you to everyone that has contributed any amount, big or small, since we started in 2012! We are very proud of our beautiful new facility and could not have done it without the support of our wonderful community!

Of course we will still continue to be grateful for any donations that will help reduce our $4 million debt.

If you would like to make a donation please complete the form below and return to our CEO Sarah Collier, RM Begg Kyneton Aged Care Inc

YES I want to make a gift of $....................... to RM Begg Kyneton Aged Care. Please find my cheque/cash enclosed.

Name............................................................................................................................
Address..........................................................................................................................
Phone..............................................................................................................................
Email...............................................................................................................................
Help Needed…

The Auxiliary needs help on Market Days (second Saturday of each month) to transport trestle’s, Gazebos 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 Ebden & Piper Streets from 8am and returning again at 12.30 – 1pm. Anyone who could help with transport and physical help please contact our President Lorraine on 5422 3264.

RM Begg Kyneton
Aged Care
Auxiliary News

Have you seen the new display cabinet in the Café area? The Auxiliary has a great display of craft items for sale. Items are priced. Goods are available from office on weekdays. Weekends, please phone numbers displayed in cabinet. Thank you for your support!

Private Dining Room Bookings

Private Dining Room is required to be booked in advance through Admin staff at reception by 10am for same day lunch. We are unable to cater for additional meals and setting up of the Private Dining Room at short notice.

Thank you for your cooperation.
**SUGGESTIONS**

The suggestions slip can be used to give suggestions about anything at all!

We still have our Comments/Complaints form that you can use if you want to.

We thought that the suggestion slip would be convenient attached to the newsletter and you could jot down any ideas that you may have. Please fill out this form & drop it in to one of the suggestion boxes. There is one in the Coffee Shop near Reception & one in each wing TV/ lounge room.

Email Program

Amanda our Activities Coordinator has started an email program for residents with family members that live interstate or overseas.

This will enable regular email communication. If you are interested please see Amanda or send your contact details to activites@raymbegg.org.au
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<td>3.30 Lauriston Program</td>
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<td>11.00 Music Program</td>
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<td>10.30 Knitting group (B&amp;C)</td>
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<td>10.30 Knitting group (B&amp;C)</td>
<td>11.00 Sing a long (Barfold) morning program</td>
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<td>EASTER MONDAY</td>
<td>11.00 Music Program</td>
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<td>GOOD FRIDAY</td>
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<td>2.00 Tom Martin (B)</td>
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<td>ANZAC DAY</td>
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<td>10.30 Knitting group (B&amp;C)</td>
<td>11.00 Music Program</td>
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<td>3.30 Lauriston Program</td>
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*1:1 Activities Daily

B & C-BARFOLD & COBAW

L & L-LAURISTON & LANGLEY
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<th>MONDAY</th>
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<td>9.20 Church Service (Barfold)</td>
<td>9.30 Exercises (Barfold)</td>
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<td>9.30 Exercises (Barfold)</td>
<td>10.30 Painting with Val (L)</td>
<td>11.00 Sing along with Mary (B&amp;C)</td>
<td>10.30-Busy Fingers(B&amp;C)</td>
<td>10.30-Busy Fingers(B&amp;C)</td>
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<td>11.00 Sing a long with Jo (Barfold)</td>
<td>10.45 Meditation (Pastoria)</td>
<td>11.00 Lauriston Program</td>
<td>10.30 Talking Point (P)</td>
<td>10.45 Meditation (Pastoria)</td>
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<tr>
<td>10.45 Choir Practice (B)</td>
<td>11.00 Music in Lauriston</td>
<td>11.00 Painting Group (L)</td>
<td>11.00 Easter Craft (L)</td>
<td>11.00 Lauriston Program</td>
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<tr>
<td>1.15 Residents Meeting (B)</td>
<td>2.00 Bowls (Barfold)</td>
<td>1.00 Volunteer visiting</td>
<td>2.00 Volunteer visiting</td>
<td>11.00 Lauriston Program</td>
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<tr>
<td>2.00 Bingo (Barfold)</td>
<td>2.00 1:1 music sessions</td>
<td>2.00 Bingo (Sidonia)</td>
<td>2.00 BOCCE (Barfold)</td>
<td>2.00 The Twilighter's Concert (Barfold)</td>
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<td>11.00 Sing along with Robyn (Barfold)</td>
<td>10.45 Meditation (Pastoria)</td>
<td>11.00 Lauriston Program</td>
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<td>11.45 RSL Lunch outing</td>
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<td>11.00 Music in Lauriston</td>
<td>1.00 Mobile Library</td>
<td>12.00 Whole Facility BBQ</td>
<td>1.00 Volunteer visiting</td>
<td>(Langley &amp; Lauriston Group today)</td>
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<td>2.00 Bingo (Sidonia)</td>
<td>1.30 Cooking with Leni (L)</td>
<td>2.00 Tom Martin (B)</td>
<td>2.00 Reminiscence (Barfold)</td>
<td>2.00 DVD in Sidonia</td>
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<td>2.00 Volunteer visiting</td>
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<td>10.30 Talking Point (S)</td>
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<td>2.00 Anzac Service by RSL Members (Barfold)</td>
<td>11.00 Lauriston Program</td>
<td>11.30 Men's BBQ (Langley)</td>
<td>11.45 RSL Lunch outing (Barfold/Cobaw/Sidonia Pastoria Group today)</td>
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<tr>
<td>Followed by Afternoon Tea (Sidonia)</td>
<td>1.30 Cooking with Leni (L)</td>
<td>1.00 Volunteer visiting</td>
<td>2.00 BOCCE (Barfold)</td>
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<td>2.00 1:1 music sessions</td>
<td>3.30 Lauriston Program</td>
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*1:1 Activities Daily

B&C = BARFOLD & COBAW
S&P = SIDONIA & PASTORIA
L & L = LAURISTON & LANGLEY

CHURCH SERVICE EVERY SUNDAY AT 6PM IN BARFOLD / COBAW ACTIVITY AREA
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