



# JANUARY 2020

## NEWSLETTER

### THIS ISSUE

### A MESSAGE FROM MANAGEMENT

Page	Article
1	A message from Management
2	Birthstones, Flowers and birthday celebrations
3	This and that
4	Activities to watch out for
5	Resident Happy Snaps
6	Humour
7	Word Search
8	January Calendar of Events

### HAPPY NEW YEAR



Management wishes all Residents and their families a very Happy New Year.

We welcome all our new Residents who have joined us since our last Newsletter and hope you are all settling in to The Palms.



## Chinese New Year

### *The origins of New Year Celebrations*

The tradition seems to have emerged from an ancient Chinese fable. The tale tells of a dreaded ocean dwelling beast known as the Nian, a vicious creature with the head of a lion and the body of a bull. Each spring, the Nian would come ashore and wreak havoc on a small Chinese village, destroying homes, and eating livestock. One year, a mysterious old wise man came to the village and told the village he knew of the beast's weaknesses. He said that the Nian was incredibly afraid of loud noises, as well as the colour red. Taking the advice, houses and buildings were painted red and huge fires of crackling bamboo were made. Sure enough, Nian never returned to the village, and the villagers lived on in peace.

# BIRTHDAYS FOR JANUARY

## January Birthstones



*Garnet –  
A Birthstone  
that Heals and  
Regenerates.*

The birthstone for the month of January is the garnet, which means that red is the commonly accepted January birthstone colour. It signifies trust and friendship, which makes it a good gift for a friend. The word garnet comes from the Latin word granatum, which means pomegranate. The crystals of the stone resemble the reddish colour and the seed like form of the pomegranate fruit. When most people think about garnets they think of a stone that is red. However, garnets come in several red shades, greens, black, and some are even colourless. The variety of colours comes from metals including iron, calcium, aluminum, and manganese. There are some varieties that have mineral fibers that will produce an illusion of a star inside the stone. The most highly prized garnets are green and these are extremely rare. Colourless and emerald green garnets are highly valued, and next are pure red garnets.

## January Birth Flower – Carnation



As legend has it, pink carnations were said to have appeared below the Virgin Mary's tears as Jesus carried the cross and as a result, the pink variety symbolizes a mother's love. This connection between the carnation and Mary was immortalized in the 1475 painting "The Madonna with the Carnation" by Leonardo da Vinci. It is housed in Munich, Germany as part of a collection of famous works and is also called the "Munich Madonna." Carnations carried the meanings of love, fascination and distinction. Other meanings attached to carnation colours include passionate love (red), rejection or disdain (yellow), innocence and steadfastness (white) and whimsical and capricious (purple).

As carnations are considered an edible flower, petals are a popular choice for cake decorators and have also been used in the making of the French liquor Chartreuse since the 17th century. They have also been used to decorate ice cubes and to bring flavour to certain types of salads.

**BIRTHDAY CELEBRATIONS  
WILL BE HELD ON THE 8<sup>TH</sup>  
OF JANUARY  
2020**



**HAPPY BIRTHDAY TO THE  
FOLLOWING RESIDENTS**

### Alkira

<b>Rudolf Widomski</b>	<b>2<sup>nd</sup></b>
<b>Phillip Robertson</b>	<b>9<sup>th</sup></b>
<b>Lucy Gault</b>	<b>12<sup>th</sup></b>
<b>Robert Pringle</b>	<b>28<sup>th</sup></b>

### Allambie

<b>Louise Critharis</b>	<b>5<sup>th</sup></b>
<b>Irene Miller</b>	<b>13<sup>th</sup></b>

**HAPPY BIRTHDAY  
FROM ALL OF US  
HERE AT  
THE PALMS!!!**

# THIS & THAT

## WHAT'S ON FOR JANUARY

- **1<sup>st</sup> New Years Day**
- **8<sup>th</sup> Hairdresser  
Birthday Celebrations**
- **15<sup>th</sup> Precious Pats 1:30pm  
Allambie**
- **17<sup>th</sup> Chinese New Year  
Celebrations**
- **26<sup>th</sup> Australia Day**
- **27<sup>th</sup> Australia Day Public Holiday**
- **30<sup>th</sup> Uniting Church Pastoral visit  
10:15am**

## BUS TRIPS

**9.30am – 12.00 noon**

**Tuesdays** for Allambie Wing

**Fridays** for Alkira Wing

## VISITING HOURS

It would be greatly appreciated if visiting hours can be kept from 10am. Prior to 10am can impact on the ability to deliver care to our residents.

### Taking out a Resident

We love to see family and friends coming in to take residents out for various reasons (coffee, shopping, special occasion or just to an appointment).

It is important to inform the RN on duty that you are leaving with the resident in case there is anything you need to be aware of, medication or paperwork you need to take with you. We also ask that you fill in the "Resident Out" section of the Visitors Sign in Book.

**Don't Forget – ALL Visitors must sign in and out each visit.**



*Australia Day, 26 January, is the day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history.*

On Australia Day we celebrate all the things we love about Australia: land, sense of fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people.

Australia Day is about acknowledging and celebrating the contribution that every Australian makes to our contemporary and dynamic nation. From our Aboriginal and Torres Strait Islander people - who have been here for more than 65,000 years - to those who have lived here for generations, to those who have come from all corners of the globe to call our country home.

The marking of 26 January is an important date in Australia's history and has changed over time: starting as a celebration for emancipated convicts and evolving into what is now a celebration of Australia that reflects the nation's diverse people.

Australia Day continues to be hugely popular, with 3 in 4 Australians believing it has a bigger meaning beyond being just a day off.

More than half of all Australians participate in Australia Day attending events organised by State Governments, local councils, community groups or getting together with family and friends. In addition, over 16,000 new Australians become citizens on Australia Day.

# ACTIVITIES TO WATCH OUT FOR

## An Australian Poem for you for Australia Day

### *The Diggers*

by Andrew Barton Paterson

From the book: The Animals Noah Forgot

Bristling Billy the porcupine,  
A person that nobody liked,  
Sinking a shaft on an ant-bed mine,  
Came on a burrowing lizard's line,  
And the lizard was badly spiked.  
“You're a blundering fool,” said the snake's half-brother —  
And that was how one thing led to another.

Weary Willie the wombat king  
Said he was champion excavator;  
But the Bristler said, “You ain't no such thing;  
You couldn't dig up a new pertater!”  
So a match was made on their mining skill —  
Bristling Billy and Weary Will.

Both of the creatures were stout as steel,  
With knife-like claws that could dig for ever.  
The wombat dug with the greater zeal,  
But he hadn't the style or the action clever  
Of Bristling Billy, who looked a winner  
Till he struck some ants, and he stopped for dinner.

Down where the ants had hid their young  
Underground in a secret tunnel,  
Scooping them up with his sticky tongue  
Into his mouth that was like a funnel:  
“Why should I dig for your wagers scanty,”  
Said he, “when I'm feeling so full and ant-y?”

A kangaroo who has lost his cash  
Was wild at this most absurd come-uppance.  
“Now listen, you poor ant-eating trash,  
I'd give you a kick in the ribs for twopence!”  
“Well, when I've finished with this here diet,”  
Said Bristling Billy, “you come and try it.”

Bristling Billy the porcupine,  
A person that nobody likes,  
Wanders away on his lonely line,  
Rattles his fearful spikes.  
Says he, “There's none of you long-haired squibs  
Is game to give me a kick in the ribs.”



# Happy Snaps



# HUMOUR

**Q: What do ghosts serve for desert**

**A: I-scream**

**Q: What do you call a dinosaur with an extensive vocabulary?**

**A: A thesaurus!**

**Q: What do you call a bull that likes taking a nap?**

**A: A bulldozer!**

**Q: Why are fish so smart?**

**A: Because they live in schools!**

**Q: Why are piano lids so hard to open?**

**A: Because the keys are always inside!**

**Q: Why did the opera singer like to go sailing?**

**A: Because she wanted to hit the "high C's"!**

**Q: What do elephants and trees have in common?**

**A: They both have trunks!**

## QUOTE FOR THE NEW YEAR

*And now we welcome the New Year, full of things that have never been.*

**Rainer Maria Rilke**

# Australia Day – January 26th

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

ANA DAY  
 ARTHUR PHILLIP  
 CITIZENSHIP CEREMONIES  
 CONCERTS  
 EVENTS  
 FIRST FLEET  
 GREAT BRITAIN  
 HONOURS LIST  
 INVASION DAY  
 LANDSCAPE  
 NATIONAL DAY  
 OFFICIAL  
 PORT JACKSON  
 SYDNEY COVE

ANNIVERSARY DAY  
 AUSTRALIA DAY  
 CIVIC EVENT  
 CONVICT SHIPS  
 FAMILY  
 FOUNDATION DAY  
 HISTORY  
 INDIGENOUS  
 JANUARY  
 NATION  
 NEW SOUTH WALES  
 ONE SEVEN EIGHT EIGHT  
 REFLECTIONS  
 TWENTY SIX

ANNUALLY  
 CELEBRATED  
 COMMUNITY  
 DIVERSE SOCIETY  
 UNION JACK

