

# Hunters Hill Bulletin



September 2011

## News this Month

We have had lots of units being refurbished over the past month but things have got quiet again, which is a pleasant change.

The clock and the mirrors in the ramp have come down and photographs of Gladesville and Balmain have come up which look nice.

"Curtain Up" with Judy Feldman will be starting up for a 4 week trail on Tuesday 20<sup>th</sup> September for 4 weeks the cost is \$10.00 per lesson for a 1 hour class. The cost for the

4 weeks will be \$40.00. The last date for the trial session will be the 11<sup>th</sup> October and then we will continue if it has been fun and beneficial.

Judy Feldman is an actress who runs a drama, breathing, movement class all welcome. Just let me know and I will email her the numbers. At present we have 4 residents who are interested.

We have had some new books donated to the library by: John & Catherine McMonnies

(Betty Byrne's relations) and also by The Allen Davis Trio who came in and entertained us last month.

Catherine Copping, St Josephs College would like to come in and make jewelery with some residents if anyone is interested please let me know and I will make arrangements with her to come in. It will be at no cost and she will bring in the beads.

## Staff News

Debbie Brook joined our team of staff last month. She will be working in housekeeping and in the kitchen.

A cluster of stylized white flowers with green outlines and yellow centers, arranged in a decorative border above the Staff Member of the Month section.

### Staff Member of the Month

This month we recognise Kelli Rutherford in Housekeeping, for her reliability and hard work. Thank you Kelli.



Dawn Newstead - 1st  
Margo Snape - 6th  
Bill Adams - 7th

Pat De Stoop - 10th  
Barry Roseworn - 26th

## Upcoming Events

1st	Thursday	Auburn—Japanese Gardens
8th	Thursday	Homebush/Armory Bus Trip
12th	Monday	Lilly Law Clothes, underwear, sleepwear & Lingerie
15th	Thursday	Collaroy Beach Bus Trip
20th	Tuesday	Gypsy Gifts at 10:00am Curtain Up at 2:00pm (drama & breathing)
22nd	Thursday	The Rocks Bus Trip
27th	Tuesday	Curtain Up at 2:00pm
28th	Wednesday	Bowral—Tulip Festival
29th	Thursday	Wahroonga Bus Trip



## Entertainment

Tuesday Stringybark concert at 2:00pm

**Judy**

All mothers have intuition. The Great ones have Radar.

## Facts

**Australia's Box Jellyfish** has toxins more potent than the venom in Cobra's. It is one of the most dangerous jelly fish in the world.



**You were born** with 300 bones but you only have 206 by the time you reach adulthood.

**Human thigh bones** are stronger than concrete.

## Message from Barbara

### What are the benefits of regular physical activity?

If you are physically active regularly, you tend to;

- Have improved long term health
- Be less likely to have a heart attack
- Feel more energetic
- Manage your weight better
- Have a healthier blood cholesterol level
- Have lower blood pressure
- Have stronger bones and muscles (less osteoporosis)
- Recover better from a heart attack (if this has occurred)
- Feel more confident, happy, relaxed and are able to sleep better



If you have diabetes, regular physical activity will help to control your blood glucose levels.

## Find-a-Word

*Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.*

- |                |                 |
|----------------|-----------------|
| DOCTOR WHO     | NEWHART         |
| DYNASTY        | NIGHT COURT     |
| EQUALIZER      | OUTER LIMITS    |
| FALCON CREST   | PRISONER        |
| FAME           | S.W.A.T.        |
| FANTASY ISLAND | SILVER SPOONS   |
| FISH           | T.J. HOOKER     |
| FLINTSTONES    | TWILIGHT ZONE   |
| FULL HOUSE     | VIRGINIAN       |
| GROWING PAINS  | WEBSTER         |
| HAWAII FIVE-O  | HEE HAW         |
| A-TEAM         | HUNTER          |
| ALF            | JEFFERSONS      |
| AIRWOLF        | KNIGHT RIDER    |
| BARETTA        | MACGYVER        |
| BARNABY JONES  | MAVERICK        |
| BENSON         | MAYBERRY R.F.D. |
| BIG VALLEY     | MISTER ED       |
| BONANZA        | MUNSTERS        |
| CHEERS         | NANNY           |
| COACH          |                 |
| DALLAS         |                 |

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

## Moments in Australian History this Month

- SEPT 1, 1974: **RADIO and TV LICENCES** were abolished in Australia.
- SEPT 2, 2001: **DR CHRISTIAAN BARNARD**, heart surgeon pioneer, died aged 78 after an asthma attack.
- SEPT 3, 1992: **KERRY PACKER** ordered the Channel 9 program *Naughtiest Home Video Show* hosted by Doug Mulray to be taken off the air halfway through the program.
- SEPT 4, 1967: **4AM** current affairs program commenced on ABC radio.
- SEPT 5, 1880: First meeting of the **SALVATION ARMY** in Australia was held in Adelaide at the Botanic Gardens.
- SEPT 6, 1989: A **COMPUTER ERROR** resulted in 41,000 Paris citizens receiving letters charging them with murder, extortion and organised prostitution instead of traffic fines.
- SEPT 7, 1936: Last **TASMANIAN TIGER** died in the Hobart Zoo.
- SEPT 8, 1978: **JOHNNY O'KEEFE** performed his last concert at the Bathurst RSL .
- SEPT 9, 1984: Regular Sunday **VFL Games** commenced in Melbourne.
- SEPT 10, 1906: Australia's first **DRIVING LICENCE** and **CAR NUMBER PLATES** were issued to Dr. W.A. Hargreaves (SA).
- SEPT 11, 1993: **SPORTS TONIGHT** debuted on Network Ten.
- SEPT 12, 1987: **BURKE'S BACKYARD** began on Channel 9 at midday on a Saturday.
- SEPT 14, 2001: **ANSETT AIRLINES** was placed into voluntary administration. It eventually ceased operations permanently on March 4, 2002.
- SEPT 15, 1992: **QANTAS** combined with **AUSTRALIAN AIRLINES**.
- SEPT 16, 1956: **TCN 9** in Sydney became the first commercial television station to broadcast in Australia.
- SEPT 17, 1956: **MANDAWUY YUNUPINGU** born in NT. Aboriginal lead singer with the band Yothu Yindi. Their biggest hit was in 1991 with *Treaty*. He was named Australian of the Year for 1992.
- SEPT 18, 1965: **ST GEORGE** and **SOUTH SYDNEY** played in the rugby league grand final attracting a then record crowd of 78,056 to the SCG.
- SEPT 19, 1972: **THE GRAHAM KENNEDY SHOW** began on Australian television.
- SEPT 20, 1984: Prime Minister **BOB HAWKE** wept before a packed Parliament House news conference. He was replying to allegations concerning his daughter's drug problems.
- SEPT 21, 1897: **ENVELOPE SEAL** was patented by F. W. Leslie.
- SEPT 22, 1993: A UNICEF report claimed that Australia had the highest **TEENAGE SUICIDE** rate in the industrialised world.
- SEPT 23, 1965: **DAME ROMA MITCHELL** became the first woman judge in Australia. She was appointed to the Supreme Court of S.A.
- SEPT 24, 1968: **60 MINUTES** (US version) began on US television.
- SEPT 25, 1882: **PRINCE ALFRED HOSPITAL** opened.
- SEPT 26, 1983: **AUSTRALIA II** won the America's Cup.
- SEPT 27, 2000: **LAUREN BURNS**, daughter of Ronnie Burns, won Australia's first tae kwondo gold medal at the Sydney Olympic Games.
- SEPT 28, 1745: **GOD SAVE THE QUEEN/KING** had its first public performance at the Drury Lane Theatre in London.
- SEPT 29, 1961: **JULIA GILLARD** born in Wales. Prime Minister of Australia. She was appointed PM when Kevin Rudd stood down in June 2010 after losing Party support. She is the first female Australian Prime Minister, the first unmarried and first (since Billy Hughes 1915- 1923) to be born overseas.



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