

The Happy

WHISPERER

Newsletter. Issue 3

March 2020

FROM SARAH COLLIER

As CEO I would like to thank residents, families, staff and volunteers for their support over the past 20 years.

As you possibly are aware, I am standing down as CEO on Friday the 27th March and will remain on as Project Coordinator assisting the Board gain much needed funds for the challenging times ahead.

The exciting part of all this is that the Board has selected Meredith Grant our Clinical Care Coordinator to become our new CEO. I wish her well in the exciting times ahead.

Residents Activity Meeting Tuesday 3rd March at 1.15pm. Barfold Cosy Retreat
All welcome to attend!

CONGRATULATIONS GARRY!

Congratulations Garry Birrell on winning two trophies at the Daylesford Motorfest on 16th February 2020 in the Motorcycle categories. The Motorfest included many types of cars and motorbikes on display.

This was Garry's first time entering and to Garry's delight and great shock he won 'Best Original Bike' for his 1928 101 red Indian bike and 'Best Military Rare Bike' for his 1944 shark-painted bike which is also an Indian.

Indian bikes and parts of are more expensive than Harley Davidsons.

Garry said it was perfect weather for the event and there were approximately 1300 people from all over Australia who attended.



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.

Podiatrist visits Tuesday 3rd, 10th & 17th March 2020.



We welcome new residents Mr Kevin Hartigan, Mrs Beverley Wilson,
Mrs Jean Coote and Mrs Judy Cagney.

Hope you are settling in well.

Sunday Evening Church Service 6pm

March 1st: Marj & Ray Williams with music by Marj Williams

March 8th: John van Groningen with music by Jeanne van Groningen

March 15th: Evelyn & Ron Sims with music by John Boyd

March 22nd: Sonia & Ray Keane with music by Elizabeth Harvey

SPECIAL EVENTS

Thurs 5th: Drive in Bus (weather permitting) 2pm.

Fri 6th: RSL Lunch Limited seats. Weather permitting Bus Leaving 11.30am

Mon 9th: Labour Day Public Holiday.

Tues 10th: Our Lady of Rosary Primary School children orientation. 2pm.

Thurs 12th: Mens BBQ Langley 11.45am.

Early St Patricks Day Celebrations with Terry McCormick. Sidonia 2pm.

Fri 13th: Good Start Kinder children Barfold 10.30am.

Visit to Motor museum (Limited seats) Bus leaving 1.30pm.

Tues 17th: Our Lady of Rosary Primary School children visit. Barfold 2pm.

Thurs 19st: Whole facility BBQ served in each wing 12pm.

Tom Martin musician Sidonia 2pm.

Fri 20th: RSL Lunch Limited seats. Weather permitting Bus Leaving 11.30am.

Sat 21st: International "Harmony Day" celebrating "Everyone belonging".

Tues 24th: Our Lady of Rosary Primary School children visit. Barfold 2pm.

Thurs 26th: Farewell afternoon tea for Sarah Sidonia 2pm.

Fri 27th: Drive in Bus (weather permitting) 2pm.

CONGRATULATIONS NEIL POMROY

By Betty Young (Cobaw)

Twice daily from my window I see a most dedicated, loving husband going to and fro from Woodend to assist his dear wife with her meals as well as assisting others in Lauriston wing who may like attention also. I have often said to my visitors "that man passing by needs a medal or award for dedication" – but then their love for one another continues on being that they live apart and I know Neil does this walk twice daily simply for that reason. The purpose of this contribution in The Whisperer is to CONGRATULATE you on Macedon Ranges Shires Australia day Achievement Award. You deserve it. You have a wonderful community spirit as well as caring for one so dear to you. I am sure RM Begg staff and residents all have the same thoughts as I have expressed. You are doing a marvellous, loving duty.



IN THE NEWS: SINGING STUDY

New research from the USA shows that group-singing sessions could hold the key to helping ease the symptoms of Parkinson's Disease. Researchers at Iowa State University found that a one-hour group singing session helped reduce heart rate, blood pressure and levels of the stress hormone, Cortisol, in people with Parkinson's- and significantly reduced the neurological symptoms (such as finger tapping and gait) which don't always respond to medication.



Blessed are those who
Snuggle and hug, spoil and pamper,
Boast and Brag.....
For they shall be called
GRANDMOTHERS!

THE TWILIGHTERS

By Bev Coutts (Pastoria)

We once more had our friends to entertain us on 13th February, they were all set with songs and stories. We started off with readings, by one of the ladies, "We even washed our feet!" and "My youth" then to the songs.

The Rover, the Overlander, Road to Gundagai, Dog on the Tucker Box, and many more favourites.

There was a discussion on Pavarotti and friends, who made millions. Then we went back to Our Don Bradman and Tie Me Kangaroo Down!

Then a poem, "When your pants begin to go!" A very entertaining time was had by all. They were thanked for their visit and hope they will come again.

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.

JILLY BEANS

By Molly McCormick (Cobaw)

This was a new group and we all decided they were very good and that we would like to have them again. They said they had enjoyed themselves and would like to come again!! So all is well!

This was 2 women and a man and they sang all songs that we knew, some we had not heard for a long time. "Country Roads", "I can see clearly now", "Bright Bright Day", "Boogie" and "Dozy Do", "Leaving on a jet plane", "Banks of the Oh Hi Ow".

They gave out a collection of noise makers.

so got lots of noise in return!!

Sang, "A kind of Hush", "I'm a Believer", "My Blue Suede shoes", "She's got a ticket to ride", "Hum, Hum, Hum!!" Everyone there was pleased when they said they would love to come back again, that they had really enjoyed themselves..

Tim Collins thanked them for a most enjoyable afternoon and staff for the chocolates.



PLAYGROUP'S FIRST VISIT FOR 2020

By Betty Young (Cobaw)

The same group of residents as 2019 namely Max, John, Ted and Betty went down to Langley to greet the young mothers and their little ones as they arrived for the new experience of meeting people with wheelchairs and walkers. Two new little faces had such curious looks on their faces but soon relaxed and were playing blocks with Ted and John. The little girls soon found pleasure playing girly games with Max and Betty. The six-month-old baby's response to 'oldies' was to smile, smile, smile! That does warm we old folks' hearts. Whilst the children are being occupied the young mothers love to talk to us about what country life was like when we were young mothers and fathers. Some of the topics discussed were pre-electricity days (John McManus enjoyed that subject as he was at the forefront at the S.E.C when this area was joined to the grid), refrigeration, ironing, washing et. were all discussed. These young mothers had only admiration for the hard-working men and women in the "olden days"!

Jo is encouraging this young group to keep coming. It is up to us here at RM Begg to make sure some of us are available for such a worthwhile venture of young and old getting together.

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.**



Residents

14th: Barbara Young

14th: Norman Snow

16th: Brian Millington

22nd: Laurie Fielding

27th: Joan Hindle

Staff

6th: Leslea Johnson

8th: Julie Cook

15th: Ailene Hossack

19th: Sarah VanSchie

RM BEGG AUXILIARY

By Betty McClure (Auxiliary)

More information about our great RM Begg Auxiliary volunteers and helpers.

As many of you know, we have a shop that operates in Cobaw dining room every week-day from 12.15-1.15pm with such a wonderful selection of goodies to buy, but we have not, in the past, listed our delightfully helpful ladies names on what day they are in attendance to serve you. So I'll bring you up to date with shop girl's names and days, as well as Trolley Dollie's Wings and days for this year 2020.

All of us look forward to seeing you, having a chat and if we do not have what you want, Jean and Veronica will do their very best to obtain it the next shopping day. The list may change if someone can't make their rostered day, but most of the time you can get the same person, same day, same time because they are so reliable and enjoy this activity with all residents so much, that they seldom miss. We look forward to your company at the Cobaw shop weekdays or on our visit to your wing on the day listed.

RMB Shop- Open 12.15-1.15 Weekdays in Cobaw

Mondays- Jan or Lyn/Marg

Tuesdays- Jean or heather

Wednesdays- Dot or Betty

Thursdays – Rheita or Helen

Fridays- Jean or Lois

RMB Trolley- Visiting 12.45-1.45

Monday – **Sidonia** – Susan or Lyn

Tuesday – **Barfold** – Alison or Rhonda/

Deidre

Wed- **Pastoria**- Rheita or Dawn/Barbara

Friday – **Cobaw**- Ruth/Maureen or

Rosemary/Ian



SOPHIE'S SAYINGS

By Kay Ford (Pastoria)

Katie dropped into the Bendigo Pottery for a look around. Sophia was mesmerised watching them 'potting'.

Sophia and her mum were talking about who can pick her up from kinder

Mum: "Pa can't because he has no car -seat, Nan can't because she can't drive. Her legs don't work".

Sophia: "But Nan could hold the mop and I steer".

Mum: "Who will press the accelerator?"

Sophia: "I can just press the 'fast rabbit' on her chain".

Hi Ho - COME TO THE FAIR ON 4th APRIL

RMB Auxiliary Coming Events

Market downtown on 14th March

Easter Fair right here at RMB on

4th April – more bargains

BIGGER THAN EVER!

Donations of cakes, produce and jams etc most welcome.

AND SO ARE YOU.

THE LETTER 'R'

By Betty Young (Cobaw)

The letter 'R' is the 18th letter of the alphabet BUT it is a very important one as it stands for many things.

RAY M BEGG

RON the RAIN READER REPORTS his READINGS to his RAIN RECORDER secretary RELIGIOUSLY and she says RAY M BEGG had 447.50 mls in 2019. Average RAINFALL for Kyneton is 666 mls. RON'S READING ROUTINE time is 9am each day. Everything we eat and drink depends on RAIN. Never RUMBLE about RAIN. It REVIVES and RESTORES, REPLENSISHES and REFILLS RESERVOIRS. It has put out all fires – some major – and will allow for REGROWTH. (Below) Ron' s rain gauge!



RM Begg Auxiliary Shop Trolley

With the new year there has been a change to the Auxiliary mobile shop trolley roster.

Trolley will visit residents in their rooms between 12.45 – 1.45pm.

Monday: Sidonia-Susan or Lyn.

Tuesday: Barfold-Alison, Rhonda or Deidre

Wed: Pastoria-Rheita, Barbara or Dawn

Friday: Cobaw-Maureen & Ruth or Rosemary & Ian

Shop in Barfold/Cobaw activities area is open 5 days a week

Monday – Friday from 12.15 – 1.15pm.

ON THIS DAY.....MARCH

1st – Colour television officially began in Australia in 1975.

3rd – The town of Pamerston, N.T is renamed Darwin in 1911.

8th – First Australian postage stamp went on sale in 1828. In 1893 the The first Australian phone box was installed at the Sydney GPO.

15th – The first Test cricket match between England & Australia took place at the MCG in 1877. Australia won by 45 runs.

11th – Explorer Matthew Flinders was born in 1774.

18th – Entrepreneur/Adventurer Dick Smith was born in 1944.

19th – The Sydney Harbour Bridge was opened on this day in 1932.

23rd – Betty Cuthbert breaks her own world record by running 440 yards in 53.3 seconds in 1963.

25th – Tireless women's welfare worker Caroline Chisholm died in 1877.

27th – Boxer Johnny Famechon was born in 1945.

28th – Aboriginal politician Neville Bonner was born in 1922.

29th – Singer/entertainer Rolf Harris was born on this day in 1930.

31st – The first Australian Grand Prix was held at Cowes, Phillip Island Vic in 1928.

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

Through the Looking Glass

Find and circle all of the Through the Looking Glass words that are hidden in the grid.
The remaining letters spell a quote by Humpty Dumpty from the book.

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

ALICE
BEETLE
BOAT
BROOCH
CARPENTER
CHESS
DAISIES
DINAH
ELEPHANT
FAWN
FROG
GARDEN

GNAT
GOAT
GOLDEN CROWN
GUARD
HAIGHA
HATTA
HILL
HUMPTY DUMPTY
JABBERWOCKY
KITTY
LION
LOOKING GLASS

OYSTERS
PAWNS
POETRY
RATTLE
RED KING
RED KNIGHT
RED QUEEN
ROSE
SHAWL
SNOWDROP
SOLDIERS
SQUARES

TIGER-LILY
TRAIN
TWEEDLEDEE
TWEEDLEDUM
UMBRELLA
UNICORN
VIOLET
WALRUS
WHITE KING
WHITE KNIGHT
WHITE QUEEN



I'M STILL HERE

*My looks are nothing special,
My face reveals my age,
My body shows some wear and tear,
And my energy's not the same.*

*Too often my memory fails me,
And I lose things all the time.
One minute I know what I plan to do,
And the next it may just slip my mind.*

*I try hard to avoid my mirror.
There are things I would rather not see,
And even those times when I just catch a glimpse,
I can no longer recognize me.*

*The things I used to do with ease
Can now cause aches and pains,
And the quality of the things I do
Will never be quite the same.*

*I always compare my older self
To those younger versions of me,
And I know I'm wasting too much time
Missing who I used to be.*

*But the thing that really makes me sad
Is despite what people see,
Underneath my tattered, worn out shell,
I'm still the same old me.*

*My heart can still feel endless love,
And at times it still can ache.
My heart can fill with so much joy,
And then it can suddenly break.*

*My soul can still feel sympathy
And longs for forgiveness and peace,
And there are times its light shines boldly through,
And times when it longs for release.*

*It's true, maybe now that I'm older,
Feeling lonely may be status quo,
But it also has made me more willing
To forgive and let past conflicts go.*

*So maybe to some I look ugly and old,
A person who barely exists.
I'm still quite aware of the beauty inside,
And my value should not be dismissed.*

*So although not as strong and no beauty, it's true,
I'm still here and want so much to live,
And I know that there's no one in this world quite like me,
And no one who has more to give.*

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

WHAT HAPPENED IN MARCH?

10 historical events that happened in March
When did Spanish flu start? What happened to the 'Lindbergh baby'? And why did Mary I order Thomas Cranmer's execution? Here, Dominic Sandbrook explores ten historical events that took place in March...

1 March 1932: The 'Lindbergh baby' vanishes
On the evening of 1 March 1932, the pioneering aviator Charles Lindbergh was at home in New Jersey with his wife, Anne, and 20-month-old son, Charles Jr. At 7.30pm, a nanny laid the toddler down to sleep in his crib. About two hours later, Charles heard a noise he thought sounded like a crate smashing, but thought nothing of it. Then at 10pm, the nanny, frantic with worry, reported that the baby had disappeared. In his bedroom, Charles found a handwritten, misspelled note: "Dear Sir! Have \$50000 ready \$25000 in \$20 bills \$15000 in \$10 bills and \$10000 in \$5 bills ... We warn you for making anything public or for notify the Police. The child is in gut care."

So began one of the most lurid cases in American criminal history. Amid massive publicity, crowds swiftly swarmed to the Lindbergh estate, destroying any chance of finding footprints. Amateur detectives, military men and even Chicago mobsters offered their assistance. More ransom notes arrived.

In early April, Lindbergh delivered \$50,000 to the kidnapper via an intermediary. But there was no baby.

Then, on 12 May, a truck driver found a child's body in woods near Lindbergh's home. It was little Charles.

Two years later, the police arrested a German-born carpenter, Bruno Richard Hauptmann, who had a record of robbery and whose garage contained notes from the ransom money. Protesting his innocence, he went to the electric chair.

But many observers were convinced that he must have had help. And for the novelist Agatha Christie, the case inspired one of her greatest books, *Murder on the Orient Express*.

2 March 537: Belisarius saves Rome from the Goths

In the first days of AD 537, the people of Rome waited nervously for attack. Once the capital of the world's greatest empire, now a miserable, ruined shadow, the ancient city had long since yielded its role to Constantinople. In the fifth century it had fallen to the Goths, but at the end of 536 it was retaken by Constantinople's greatest general, Belisarius. But since Belisarius had only a few thousand men, he knew he faced a struggle to keep it. At last, on the second day of March, the enemy revealed themselves. From seven great camps overlooking the city's main gates, the Goths began their siege of Rome. Equipped with vast siege engines, their armies were 10 times bigger than Belisarius's little band. But even as the city began to starve, Belisarius refused to panic. His secretary, Procopius, even recorded that the general laughed on seeing the Goths' great siege towers. He knew that reinforcements were on their way: all he had to do was wait.

When peace talks broke down, Belisarius took the initiative, sending his general John to seize the towns in the Goths' rear. Some 374 days after the siege had begun, word reached the Goths that Rimini had fallen, leaving John barely a day's march from their capital, Ravenna.

As smoke rose from the Goths' camps, Belisarius knew that his gamble had paid off. He waited until half the retreating Gothic forces were across the Milvian Bridge, and then ordered his troops out of the city. They killed thousands of Goths, and many more were drowned. Belisarius had won. For the time being at least, Rome remained Roman.

4 March 1918: 'Spanish' flu strikes and kills 100 million

When Private Albert Gitchell awoke on Monday 4 March 1918, he felt awful. A company cook at Fort Riley, Kansas, Gitchell was supposed to be serving breakfast to hundreds of young American recruits, who were waiting to be shipped off to the battlefields of France. But

when the doctors had a look at him, they realised that, with a temperature of more than 103, Gitchell was in no state to work in the mess. A few hours later, another man, Corporal Lee Drake, appeared at the infirmary with similar symptoms. Then another, Sergeant Adolph Hurby. Still the men kept coming: there were 107 by lunchtime and more than 500 by the end of the week. By the end of the month, no fewer than 1,127 men at Fort Riley had come down with flu – and 46 of them had died. In the next few months, as American soldiers flooded into Europe, they brought the deadly influenza with them. With vast armies surging across an exhausted continent, the conditions were perfect for a pandemic. This was one of history's deadliest disasters. Across the world, some 500 million people had been struck down by flu by the end of 1920, perhaps 100 million of them fatally.

Many governments banned public gatherings or buried the victims in mass graves. Reporting restrictions in the combatant nations meant that the disease's progress in neutral Spain drew disproportionate attention: hence its nickname, Spanish flu. Only one populated part of the world reported no cases at all: the island of Marajo, at the mouth of the Amazon.

5 March 1946: Churchill warns of an 'iron curtain' falling across Europe

In the spring of 1946, Winston Churchill arrived in Fulton, Missouri. The little Midwestern town seemed an unlikely destination for the man who, until the previous summer, had been leading the world's largest empire. But Churchill, rejected by the British electorate, was in the doldrums. When President Harry Truman invited him to give a lecture at a little college in his home state, Churchill saw it as a chance to revive his American reputation.

Churchill and Truman travelled to Fulton by train and on the way the president read a draft of the former prime minister's talk. It was, he declared, excellent. But when Churchill stood up on 5 March, in the packed gymnasium at Westminster College, few could have expected that his words would resound in history.

A shadow, he explained, had fallen "upon the scenes so lately lighted by the Allied victory" – thanks entirely to Stalin's Soviet Union. "From Stettin in the Baltic to Trieste in the Adriatic," he declared, "an iron curtain has descended across the continent." That made Anglo-American co-operation all the more important. Theirs, Churchill added, was a "special relationship".

Churchill was not the first man to use the words 'iron curtain', but he was unquestionably the most famous. After that day in Fulton, there was no doubt that the alliance between Stalin's Soviet Union and the two great western powers was over – and that the Cold War had begun.

11 March 222 AD: Even in the lurid parade of Roman emperors, Elagabalus stands out. Born into the imperial Severan dynasty in c203 AD, he found himself catapulted to supreme power in his early teens and soon began to court controversy.

To the horror of the Roman elite, their teenage emperor – whose real name was Marcus Aurelius Antoninus – had signed up to the cult of the Syrian sun god Elagabalus, after whom he now named himself. Once emperor, he renamed his god Deus Sol Invictus – God the Undefeated Sun – and installed him at the head of the Roman pantheon. Then he declared himself high priest, had himself publicly circumcised and made the city's bigwigs watch while he danced around the Sun's new altar. In the meantime, Elagabalus's sexual conduct was raising eyebrows across the city. In total he married and divorced five women, but his chief relationships seem to have been with his chariot-driver, a male slave called Hierocles, and an athlete from Asia Minor called Zoticus. According to gossip, the emperor "set aside a room in the palace and there committed his indecencies, always standing nude at the door of the room, as the harlots do... while in a soft and melting voice he solicited the passers-by". If any doctor could give him female genitalia, he said, he would give him a fortune. Eventually, the Praetorian Guard, sick of their

emperor's excesses, switched their allegiance to his cousin Severus Alexander and turned on Elagabalus.

As the historian Cassius Dio recorded, there was no mercy for either Elagabalus or his mother: "Their heads were cut off and their bodies, after being stripped naked, were first dragged all over the city, and then the mother's body was cast aside somewhere or other while his was thrown into the river."

21 March 1556: Thomas Cranmer burns at the stake

By the early 1550s, Thomas Cranmer had a good claim to be one of the most influential men in English history.

As archbishop of Canterbury, he had laid the foundations for the new Church of England, attacking monasticism and the doctrine of the Mass, compiling the Book of Common Prayer and establishing the king, not the pope, as head of the church. But when the Catholic Mary succeeded her brother, young Edward VI in 1553, Cranmer was in trouble. Arrested that autumn, he publicly recanted in an attempt to save his skin. But it was no good. Even though he had abjured all his Protestant views, Mary wanted him to burn.

On 21 March 1556, the day scheduled for his execution, Cranmer was ordered to make a final recantation at the University Church in Oxford. He wrote out his text and submitted it to the authorities. But then, once in the pulpit, he did something quite extraordinary. Unexpectedly abandoning his text, Cranmer withdrew all that he had "written for fear of death, and to save my life".

"And forasmuch as my hand offended in writing contrary to my heart," he added, "therefore my hand shall first be punished: for if I may come to the fire, it shall be first burned. And as for the pope, I refuse him, as Christ's enemy and Antichrist, with all his false doctrine."

By now the place was in uproar. Guards dragged Cranmer from the pulpit to the spot at St Giles where other martyrs had been burned. And there, "apparently insensible of pain", this exceptionally courageous man met his end,

plunging his right hand into the flames first, as he had promised. His last words were a cry almost of exaltation: "I see the heavens open, and Jesus standing at the right hand of God."

24 March 1944: The Great Escape arouses Hitler's fury

It was half past 10 when the first Allied prisoner crawled out of the tunnel into the snow, just short of the line of trees around the German prisoner of war camp Stalag Luft III, in Lower Silesia. After months of preparation, the Great Escape was on.

Immortalised in the much-loved 1963 film – a fixture in Britain's Christmas television schedules – this staggeringly audacious escape attempt was the brainchild of Squadron Leader Roger Bushell, whose Spitfire had been shot down over Calais.

"The only reason that God allowed us this extra ration of life," Bushell famously told his fellow prisoners in the spring of 1943, "is so we can make life hell for the Hun. In North Compound we are concentrating our efforts on completing and escaping through one master tunnel. No private-enterprise tunnels allowed. Three bloody deep, bloody long tunnels will be dug – Tom, Dick and Harry. One will succeed!" Bushell was right about that. Although the Germans were on the lookout for escape attempts, they never dreamed that the prisoners would dig three tunnels at once. For the rest of the year, work went on, the prisoners disposing of the sand by shaking it from makeshift pouches hidden in their trousers. The 'Tom' tunnel was discovered in September, and 'Dick's' planned exit became covered by a camp expansion, but by the following March, 'Harry' was ready. As night fell on the 24th, the men chosen for the escape attempt assembled in Hut 104.

By the time the Germans realised the prisoners were getting out, 76 men had crawled to freedom. The snow was so deep that they were forced to use main roads rather than forest paths, as they had planned, and all but three were soon recaptured. Hitler wanted them all shot; in the end, 50 were executed.

Among them, sadly, was Roger Bushell.

26 March 1830: The Book of Mormon debuts with a whimper

If you visit the little town of Palmyra in Wayne County, New York, you will see a neat brick building decked with plaques and flags. This was once the printing press and bookshop of a man called Egbert B Grandin, who also published the local newspaper.

In the summer of 1829, Grandin announced that he was preparing a major new publication – a sacred text containing hitherto unknown biblical prophecies, as well as the history of the first people to live in the Americas, who had apparently fled from the Tower of Babel. The text, it turned out, had been engraved on gold plates and buried in a New York hillside, before being revealed to a local preacher, Joseph Smith, by an angel called Moroni.

Grandin himself thought this was a tall story and had originally turned it down. But when another printer agreed to take on the job, Grandin changed his mind. Smith gave him \$3,000 in security – worth perhaps \$73,000 today – and Grandin agreed to produce 5,000 copies.

Today, with an estimated 15 million Mormons worldwide, original copies of the Book of Mormon change hands for well over \$50,000. But when the book first went on sale on 26 March 1830, sales were disappointing. Many local citizens thought it was blasphemous; another Palmyra paper even called it “the greatest piece of superstition that has come to our knowledge”.

Local farmer Martin Harris had mortgaged his property to pay for Smith’s security. Harris lost everything, yet he never lost his faith in the Book of Mormon. It was “no fake,” he said on his deathbed. “I know what I know. I have seen what I have seen and I have heard what I have heard. I have seen the gold plates from which the Book of Mormon is written.”

30 March 1282: Sicilians revolt against their French oppressors

As the people of Sicily celebrated Easter in 1282, the mood was tense. For more than a

decade, the island had been ruled by the French magnate Charles of Anjou, whose heavy taxes and Gallic hangers-on were much resented by the locals. After years of growing unrest, passions were running high; all that was needed was a spark.

It was on Easter Monday, just before the evening Vespers service at the Church of the Holy Spirit, Palermo, that the moment came. As crowds gathered outside the church for the annual festival, a group of swaggering, tipsy French officials, with a man called Drouet particularly prominent, made overtures to some young Sicilian women. In the ensuing melee, one outraged husband plunged his knife into Drouet – and all hell broke loose.

“To the sound of the bells,” wrote the great historian Steven Runciman, “messengers ran through the city calling on the men of Palermo to rise against the oppressor. At once the streets were filled with angry armed men, crying ‘Death to the French’... They poured into the inns frequented by the French and the houses where they dwelt, sparing neither man, woman nor child.” Whenever they found a suspected Frenchmen, the mob demanded that he pronounce the local word *ciciri*, which outsiders invariably found difficult. Anyone who failed the test was killed.

By the next morning, 2,000 people lay dead. The War of the Sicilian Vespers had begun; it would last for another 20 years.

31 March 1889: France’s iconic tower opens
The Eiffel Tower had a troubled birth. Conceived by engineers Maurice Koechlin and Emile Nouguier as the centerpiece of the 1889 Paris Universal Exposition, it was built by the celebrated bridge-maker Gustave Eiffel, who claimed it would celebrate “not only the art of the modern engineer, but also the century of Industry and Science in which we are living, and for which the way was prepared by the great scientific movement of the 18th century and by the Revolution of 1789”.

Most of the French intellectual establishment hated the idea. It would be “useless and monstrous”, a “hateful column of bolted sheet met-

al”, claimed a petition signed by some 300 writers and artists. But Eiffel was having none of it, even comparing his new structure to the pyramids of Egypt. “My tower will be the tallest edifice ever erected by man,” he wrote. “Will it not also be grandiose in its way? And why would something admirable in Egypt become hideous and ridiculous in Paris?” In fact, when the tower was finally opened to the government and press on 31 March 1889, it was not quite finished.

Crucially, the lifts were not yet working, so the visiting party had to trudge up the stairs on

foot. Most gave up and remained on the lower levels; only a handful made it to the top, where Eiffel hoisted a gigantic French flag, greeted by fireworks and a 21-gun salute.

The tower was an instant hit: illuminated every night by gas lamps, it dominated not just the Exposition, but Paris itself. When the public were finally allowed in, the lifts were still not working. Yet in the first week alone, almost 30,000 people climbed to the top – a sign of how completely it had caught the world’s imagination.

By Mark McGregor (Staff)



"The only time I live life in the fast lane is when I have eight items or less."



“The handle on your recliner does not qualify as an exercise machine.”



The Little Boy And The Old Man

Said the little boy, sometimes I drop my spoon.

Said the little old man, I do that too.

The little boy whispered, I wet my pants.

I do too, laughed the old man.

Said the little boy, I often cry.

The old man nodded. So do I.

But worst of all, said the boy,
it seems grown-ups don't pay attention to me.

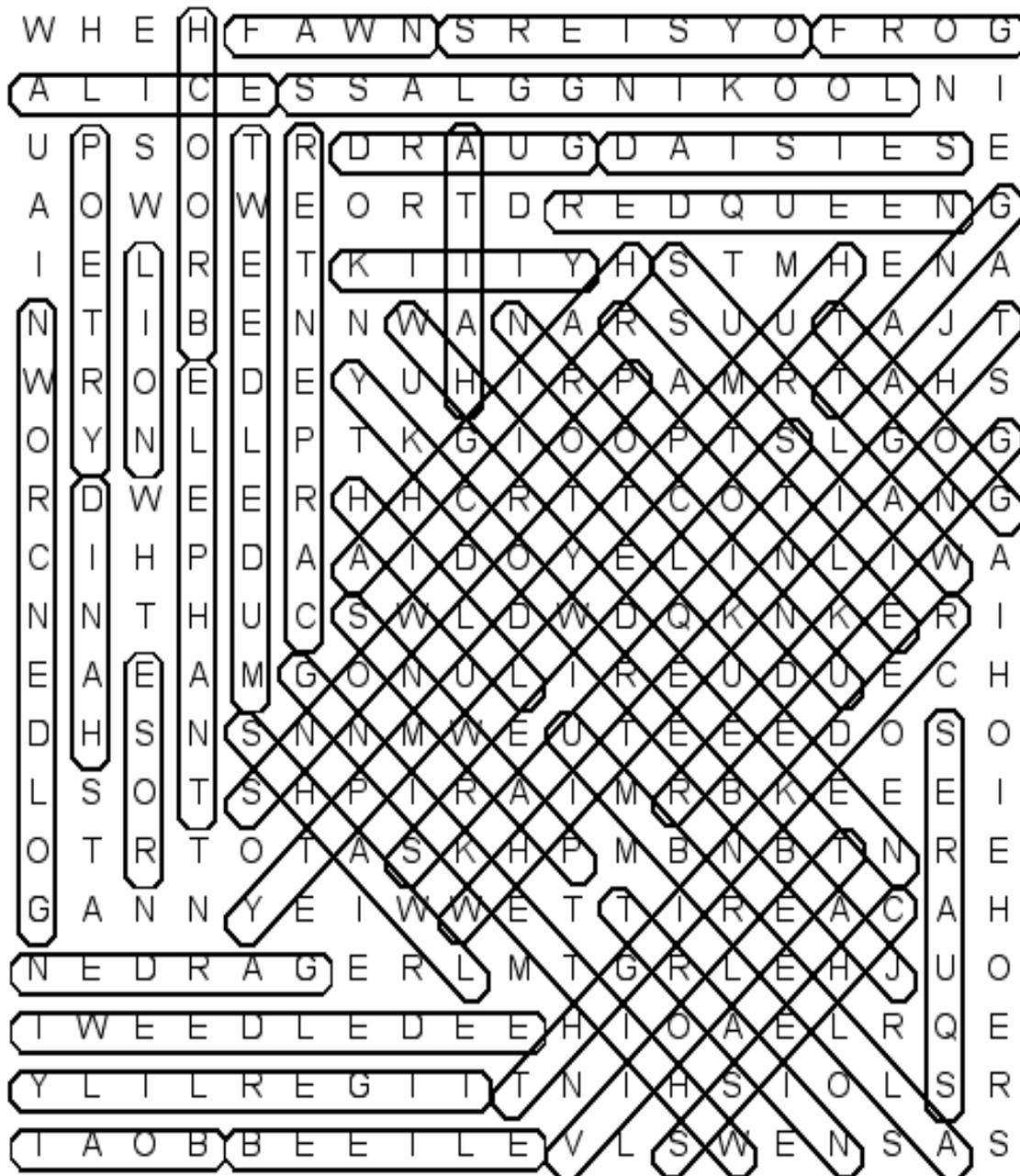
And he felt the warmth of a wrinkled old hand.

I know what you mean, said the little old man.

© Shel Silverstein

Through the Looking Glass

This is the solution to the puzzle located ON PAGE 9

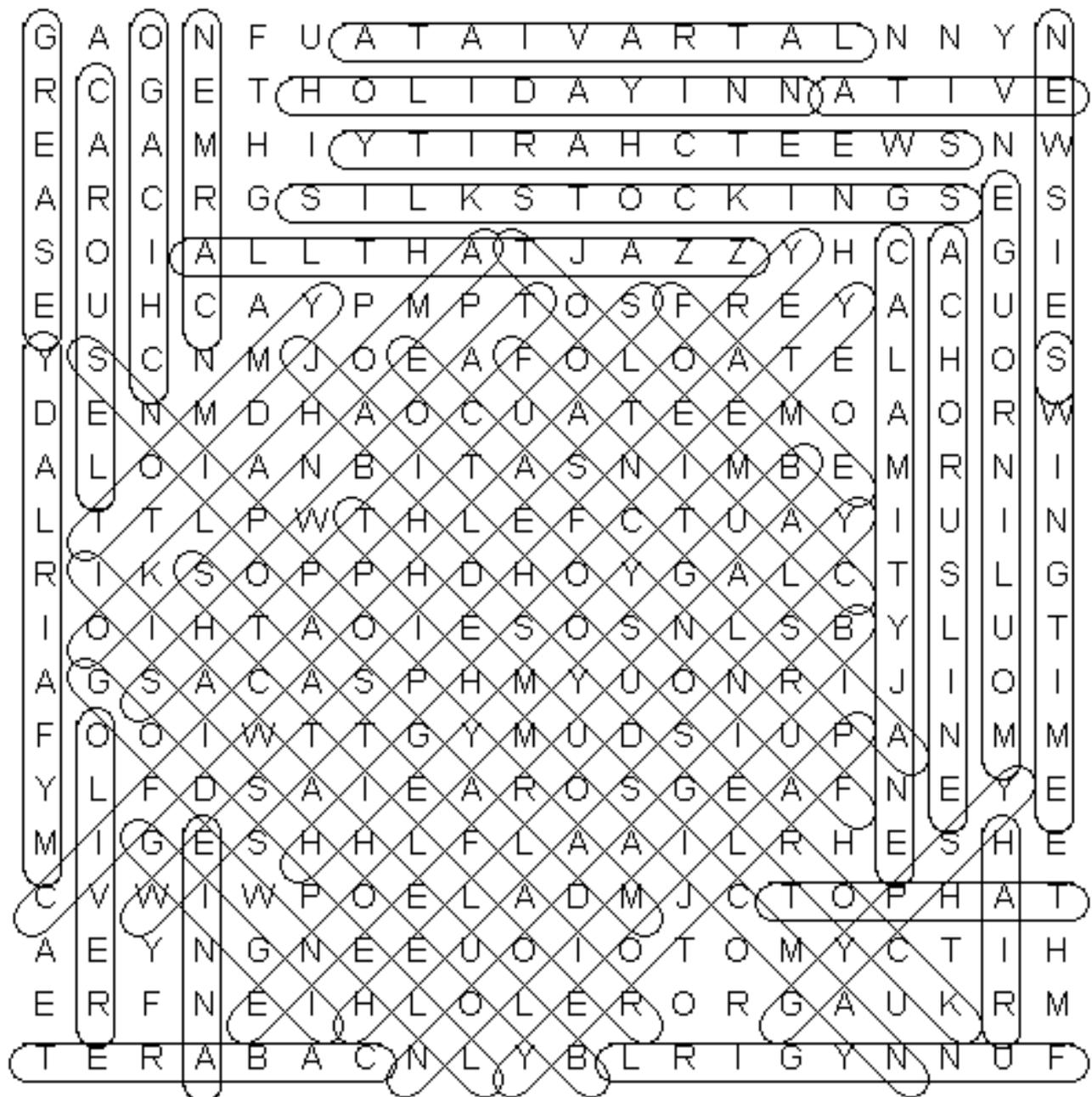


- | | | | |
|-----------|---------------|------------|--------------|
| ALICE | GNAT | OYSTERS | TIGER-LILY |
| BEETLE | GOAT | PAWNS | TRAIN |
| BOAT | GOLDEN CROWN | POETRY | TWEEDELEE |
| BROOCH | GUARD | RATTLE | TWEELEDUM |
| CARPENTER | HAIGHA | RED KING | UMBRELLA |
| CHESS | HATTA | RED KNIGHT | UNICORN |
| DAISIES | HILL | RED QUEEN | VIOLET |
| DINAH | HUMPTY DUMPTY | ROSE | WALRUS |
| ELEPHANT | JABBERWOCKY | SHAWL | WHITE KING |
| FAWN | KITTY | SNOWDROP | WHITE KNIGHT |
| FROG | LION | SOLDIERS | WHITE QUEEN |
| GARDEN | LOOKING GLASS | SQUARES | |

Hidden sentence: WHEN I USE A WORD, IT MEANS JUST WHAT I CHOOSE IT TO MEAN - NEITHER MORE NOR LESS.

Movies: Musicals

This is the solution to the puzzle located ON PAGE 11



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

MUTTS

BEES ARE
ESSENTIAL TO
OUR ECOSYSTEM.



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BUT MANY ARE
DISAPPEARING DUE
IN PART TO HARMFUL
PESTICIDES.

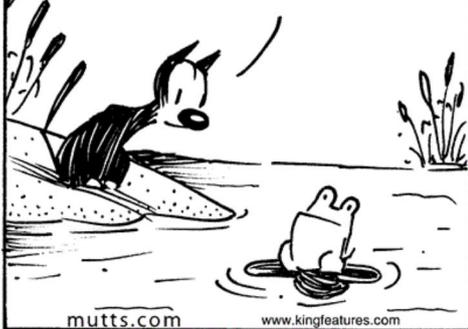


LET THEM BEE!



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DID YOU EVER HEAR
THE ONE ABOUT...



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THE PRINCESS WHO
KISSED A FROG AND
TURNED HIM INTO A
PRINCE.



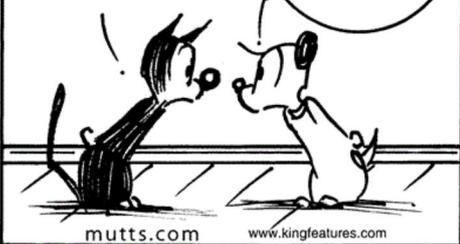
HOW DID THE FROG
BREAK THAT
CURSE?



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LET'S BE
ZOMBIES
FOR
HALLOWEEN!

I
CAN'T
DO
THAT!



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PLAY
DEAD.



OOOOH

YOU'RE
GOOD.



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BIP, DO YOU HAVE ANY
IDEAS FOR TODAY'S
COMIC?

NOT
REALLY



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BUT YOU KNOW WHAT
COULD BE FUNNY-
WE ALL RUN AWAY
FAST BEFORE THE
LAST PANEL
COMES!



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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!



“You can come down now, Everett. The children have grown up and left.”



A woman who is 3 months pregnant falls into a deep coma. 6 months later she awakes and asks the Doctor about her baby.

Doctor: You had twins. A boy and a girl, they are both fine. Luckily your brother named them for you.

Woman: Oh no, not my brother! He's an

Idiot! What did he name the girl?

Doctor: Denise.

Woman: Well it isn't so bad, and what did he call the boy?

Doctor: Denephew

A man and woman had been married for more than 60 years. They had shared everything.

They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box.

When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'



Lauriston Planner

Mar-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9.30 Exercises (Barfold) 11.00 Music Program 2.00 Bingo (Barfold) 4.00 Individual programs	3 9.30 Exercises (Barfold) 11.00 Music Program 2.00 Bingo (Barfold) 4.00 Individual programs	4 9.30 Exercises (Barfold) 11.00 Lauriston program 1.30 Bowls (B) 3.30 Anglican Church (B)	5 9.30 Exercises (Barfold) 10.30 Knitting Group (B) 11.00 Music DVD (S) 2.00 Drive in Bus	6 9.30 Exercises (Barfold) 11.00 Games (L) 2.15 Bonus Bingo 9B)
9 LABOUR DAY PUBLIC HOLIDAY	10 9.30 Exercises (Barfold) 11.00 Music Program 1.30 Bingo (Barfold) 4.00 Individual programs	11 9.30 Exercises (Barfold) 9.30 catholic service (B) 11.00 1:1 Programs 1.30 Bowls (B) 4.00 Individual programs	12 9.30 Exercises (Barfold) 10.30 Knitting Group (B) 11.00 Music DVD (L) 11.45 Men's BBQ (L) 2.00 Terry McCormick Entertaining (S)	13 9.30 Exercises (Barfold) 10.30 Goodstart children visiting (Barfold) 11.00 Music Program (L) 2.00 BOCCE (Barfold)
16 9.30 Exercises (Barfold) 11.00 Sing a long (B&C) 2.00 Mixed Bag (L) 4.00 Individual programs	17 9.30 Exercises (Barfold) 11.00 Music Program 1.30 Bingo (Barfold) 4.00 Individual programs	18 9.30 Exercises (Barfold) 11.00 Lauriston program 1.30 Bowls (B) 3.30 Anglican Church (B) 4.00 Individual programs	19 9.30 Exercises (Barfold) 10.30 Knitting Group (B) 11.00 Music DVD (L) 12.00 Whole facility BBQ 2.00 Tom Martin (S)	20 9.30 Exercises (Barfold) 11.00 Games (L) 2.15 Bonus Bingo (B)
23 9.30 Exercises (Barfold) 11.00 Sing a long (B&C) 2.00 Mixed Bag (L) 3.30 Uniting Church (P) 4.00 Individual programs	24 9.30 Exercises (Barfold) 11.00 Music Program 1.30 Bingo (Barfold) 4.00 Individual programs	25 9.30 Exercises (Barfold) 9.30 catholic service (B) 11.00 Lauriston program 1.30 Bowls (B) 4.00 Individual programs	26 9.30 Exercises (Barfold) 10.30 Knitting Group (B) 2.00 Mixed Bag (Lauriston) 4.00 Individual programs	27 9.30 Exercises (Barfold) 11.00 Music Program (L) 2.00 BOBs (Barfold)
30 9.30 Exercises (Barfold) 11.00 Sing a long (B&C) 2.00 Mixed Bag (L) 4.00 Individual programs	31 9.30 Exercises (Barfold) 11.00 Music Program 1.30 Bingo (Barfold) 4.00 Individual programs			

*1:1 Activities Daily

B & C-BARFOLD & COBAW

L & L-LAURISTON & LANGLEY

Lifestyle Planner

Mar-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9.30 Exercises (Barfold) 10.30 Monika's Program (S) 11.00 Sing a long (Barfold)</p> <p>1.30 Mind Games (Barfold) 2.00 Play Group Visiting (L) 2.00 Mixed Bag (Langley)</p> <p>4.00 Individual Programs</p>	<p>3</p> <p>9.30 Stand Up exercises (C) 9.30 Exercises (Barfold) 10.45 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 1.15 Activity Meeting (B)</p> <p>2.00 Bingo (Barfold)</p> <p>4.00 Individual Programs</p>	<p>4</p> <p>9.30 Exercises (Barfold) 10.45 Choir Practice (B) 11.00 Lauriston Program</p> <p>1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 3.30 Tai Chi (Barfold) 3.30 Anglican Church Service (Barfold)</p>	<p>5</p> <p>9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.30 Knitting Group (B) 10.30 Painting Group (S) 11.00 Music DVD (Sidonia)</p> <p>2.00 Drive in the Bus (weather permitting)</p> <p>2.00 Old Times with Old Friends(Sidonia) 4.00 Newsletter Meeting (c)</p>	<p>6</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.30 Monika's Program (S) 11.00 Games in Langley 11.30 RSL Lunch Outing (Limited Numbers/Weather Permitting)</p> <p>2.00 Simon's iPad program (S) 2.15 Bonus Bingo (B) 4.00 Individual Programs</p>
<p>9</p> <p>Labour Day Public Holiday</p>	<p>10</p> <p>9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.45 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 11.00 1:1 music sessions 1.30 Bingo (Barfold) 2.00 Orientation - OLR students 2.00 The Ladies Chatroom (Cobaw) 4.00 Individual Programs</p>	<p>11</p> <p>9.30 Exercises (Barfold) 9.30 Catholic service (B) 10.45 Choir practice (B)</p> <p>11.00 Lauriston Program 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 3.30 Tai Chi (Barfold)</p> <p>4.00 Individual Programs</p>	<p>12</p> <p>9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.30 Knitting Group (B) 10.30 Painting Group (S) 11.00 Music DVD (Lauriston) 11.45 Men's BBQ (L) 2.00 Early St.Patrick's Day Celebrations with Terry Mc Drinks & Nibbles (Sidonia)</p> 	<p>13</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.30 Monika's Program (S) 10.30 Goodstart Kinder children (Barfold) 11.00 Music Program (L) 1.30 Visit to Motor Museum (Limited seats) 2.00 BOCCE (Barfold) 2.00 Simon's iPad program (S) 4.00 Individual Programs</p>
<p>16</p> <p>9.30 Exercises (Barfold) 10.30 Monika's Program (S) 11.00 Sing a long (Barfold) 1.30 Mind Games (Barfold) 2.00 Mixed Bag (Langley)</p> <p>3.00 Heather's High Tea (Group 2)</p> <p>4.00 Individual Programs</p>	<p>17</p> <p>9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.45 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 1.30 Bingo (Barfold) 2.00 OLR Students - Bring something to share (B)</p> <p>4.00 Individual Programs</p>	<p>18</p> <p>9.30 Exercises (Barfold) 10.45 Choir practice (B)</p> <p>11.00 Lauriston Program 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 3.30 Tai Chi (Barfold) 3.30 Anglican Church Service (Barfold)</p> <p>4.00 Individual Programs</p>	<p>19</p> <p>9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.30 Painting Group (S) 10.30 Knitting Group (B) 11.00 Music DVD (Lauriston) 12.00 Whole Facility BBQ (Lunch served in wings)</p> <p>2.00 Tom Martin (Sidonia)</p> <p>4.00 Newsletter Meeting (c)</p>	<p>20</p> <p>9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.30 Monika's Program (S) 11.00 Games in Langley 11.30 RSL Lunch Outing (Limited Numbers/Weather Permitting)</p> <p>2.00 Simon's iPad program (S) 2.15 Bonus Bingo (B) 4.00 Individual Programs</p>

Lifestyle Planner

Mar-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
9.30 Exercises (Barfold) 10.30 Monika's Program (S) 11.00 Sing a long (Barfold) 1.30 Mind Games (Barfold) 2.00 Mixed Bag (Langley) 3.30 Uniting Church Service Service (Pastoria) 4.00 Individual Programs	9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.45 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 1.30 DVD in Sidonia 1.30 Bingo (Barfold) 2.00 OLR Students- Music & Bingo 4.00 Individual Programs	9.30 Exercises (Barfold) 9.30 Catholic service (B) 10.45 Choir practice (B) 11.00 Lauriston Program 1.30 Cooking with Leni (L) 1.30 Bowls (Barfold) 3.30 Tai Chi (Barfold) 4.00 Individual Programs	9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.30 Painting Group (S) 10.30 Knitting Group (B) 11.00 Music DVD (Sidonia) <i>Good Luck!!</i> 2.00 Farewell Party for Sarah - Afternoon Tea in Sidonia 2.00 Mixed bag (Langley)	9.30 Exercises (Barfold) 10.30 Myra's Magazine Trolley 10.30 Monika's Program (S) 11.00 Music Program (L) 2.00 Drive in the bus (weather permitted) 2.00 BOCCE or BOBs in Barfold 4.00 Individual Programs
30	31			
9.30 Exercises (Barfold) 10.30 Monika's Program (S) 11.00 Sing a long (Barfold) 1.30 Mind Games (Barfold) 2.00 Mixed Bag (Langley) 4.00 Individual Programs	9.30 Exercises (Barfold) 9.30 Stand Up exercises (C) 10.45 Painting with Jo (S) 10.45 Meditation (Cobaw) 11.00 Music in Lauriston 1.30 Bingo (Barfold) 2.00 The Chat Room Ladie's Group (Cobaw) 4.00 Individual Programs			

CHURCH SERVICE EVERY SUNDAY AT 6PM IN BARFOLD COSY RETREAT

**Harmony Day - Saturday 21st March
celebrating 'Everyone Belonging'**

*1:1 Activities Daily

B&C = BARFOLD & COBAW

S&P = SIDONIA & PASTORIA

L & L-LAURISTON & LANGLEY

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
Contenance 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

