

30 September 2020

## Important Dates

### Sunday , 4 October

Daylight saving commences for the Summer, please remember to turn all your clocks **one hour forward** at midnight the day before (Saturday, 3 October).



As you know last weekend some restrictions in Victoria's COVID-19 were eased, please refer to the Housekeeping section on the right to see how some of the changes affect us all.

### Monday, 19 October

Next expected earliest change to Victoria's road map.

Access free Wi-Fi on ground floor. Please see staff for the password.



## Housekeeping Notices

### *As Melbourne moves to the second step towards reopening-*

- Curfew lifted,
- 5 km travel restriction remains,
- Fitted face masks, **covering nose** and **mouth**, compulsory. A scarf, bandana or face shield is **NO** longer acceptable,
- More than one person allowed to go shopping, (only essential retail open),
- Dentists and most health services re-open, (the 5km limit does **not** apply to these services),
- Pet grooming open (NO hairdressers though!!)
- Exercise and outdoor social activity with members of your household or up to **five** people (including you, and a maximum of **two other** households) as long as you **do not** travel more than 5 km. This **must be** in a public outdoor space, and **does not** apply to people's backyards or outdoor spaces connected to a home,
- Visitation for residents in aged care settings extend to only one visitor, once per day, for a maximum of **two** hours.

*(Please find attached to this week's newsletter an article concerning COVID-19 supplied by our own resident Doctor of Microbiology).*

The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.

[www.hestercanterbury.com.au](http://www.hestercanterbury.com.au)

## ***“Spoonville” comes to 3126.....***

Have you heard of the villages of wooden spoon people popping up all over Melbourne?

Another Spoonville community is popping up at all BASScare sites soon and we would like you to add “your spoon family member” to the village.....



Simply dress, paint, accessorize or jazz up your wooden spoon to its most splendidest best, put your name on the back and then give to Alexia to be included in our unique village.

This is a fun way to re-cycle your old wooden spoons and give much pleasure to others. (Family and friends are most welcome to join in).

Please let Alexia know if you need a spoon or two (any spare wooden spoon donations also welcome).

In approximately 2 weeks the BASScare Board of Directors will judge and award prizes for 1. Best Spoon, 2. Most Original Spoon and 3. Best Spoonville Village.

Help from you all is needed to get our village up, so stir up those creative juices (boom, boom) and let's get Hester Spoonville on the map.

### ***Answers to last week's quiz on flowers...***

- 1 - Roses** - and the top selling colour is red.
- 2 - Tulips** - In the 1600's a single bulb sold for more than \$2000 (US).
- 3 - Daisy** - The daisy was named “day's eye” because the bright, sunny yellow centre resembled the sun. Over time “day's eye” became “daisy”.
- 4 - Crocus** - Crocus are part of the Iris family.
- 5 - Orchids** - Some orchids do not need to be planted in soil.
- 6 - Poppy** - The wicked witch poisoned poppies to put Dorothy and her friends to sleep so they wouldn't reach the Emerald City.
- 7 - Pierre Magnol** - A botanist from the 1600's.
- 8 - 400 to 500 different species** - there are blue, yellow and white varieties.
- 9 - Bluebell Flower** - the juices from the flower are being used in tests to combat HIV.
- 10 - Bird of Paradise** - This plant is a native to South Africa.

**Week Three of the Spring Menu starts on Monday 5 October.**  
**Please place any orders by lunchtime the Thursday before.**  
**Bon Appetit!**



**Hester**  
Canterbury

Please forward any contributions for future newsletters to Alexia for inclusion.

Email: [hester@basscare.org.au](mailto:hester@basscare.org.au)