

7 October 2020

## Important Dates

### Monday, 12 October

Calling all the “residents” for “Hester Spoonville” to gather together.

Please bring your “resident” to the office by the above date.

Alexia has spare spoons if you need one.



### Sunday, 19 October

The state government is expected to announce the next step for metropolitan Melbourne concerning the easing of restrictions (on the proviso trigger points are being met and public health advice allows).

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



## Housekeeping Notices

As some of you will be all too painfully aware it is grass pollen season and this means a seasonal increase in asthma and hay fever.

More than ever before, this year it is important to manage these conditions because they can produce symptoms that are similar to COVID-19, symptoms such as runny nose, cough or shortness of breath.

While good management can help prevent these, it is critical to get tested for coronavirus if these are different to your usual symptoms.

Some helpful websites include-

[www.asthma.org.au](http://www.asthma.org.au)

[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

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

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)



For your well being and for all at Hester Canterbury, **before** and **after** reading the communal newspapers please use the hand sanitizer available.

Small but important actions like these help to keep the Hester Canterbury community safe, your diligence concerning such tasks is much appreciated by all.

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

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

## *This week in October...*

### **6 October 1927**

The first “talkie” opened in New York.

“The Jazz Singer” starring Al Johnson was the first full length feature film using spoken language.



### **7 October 1985**

Palestinian terrorists seized the Italian passenger ship the “Achille Lauro” threatening to blow it up if Israel did not free 50 Palestinian prisoners.

### **9 October 1970**

Cambodia declares itself the Khmer\* Republic following The abolishment of the monarchy by the legislature.

(\* Khmer was an ancient kingdom that reached its peak of power in the 11<sup>th</sup> century).



### **11 October 1521**

King Henry the 8<sup>th</sup> was given the title “Defender of the Faith” by Pope Leo the 10<sup>th</sup> following the publication of the king’s book against Martin Luther.

It wasn’t much longer before things really started to “unravel” in a BIG way....

### **13 October 1958**

Paddington Bear makes his debut in Michael Bond’s Illustrated book “A Bear Called Paddington”.

The success of the book was followed by 20 more books and a successful franchise.



**Week Four of the Spring Menu starts on Monday 12 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)