

27 October 2021

Important Dates

Friday, 26 October 6:00pm

As Victoria reaches 80% vaccination rate on the above date and time there will be further easing of some restrictions.

Please see the Housekeeping notices for further details.

Tuesday, 2 November

Melbourne Cup Day Public Holiday. Being a public holiday there will be no staff on duty that day, so if you have ordered a meal from the kitchen

please do not forget to collect it from the Hester Canterbury fridge after 4:30 pm that day.



Val has agreed to run the Melbourne Cup Sweep and each horse drawn will cost \$5.00

Good luck to all.



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



Housekeeping Notices

Changes to COVID Restrictions 26 October 2021

- Masks are no longer compulsory outdoors (but **highly recommended** - especially for the most vulnerable - **and that includes us!**)
- Masks **must be worn** in all our public areas.
- Retail shops, gyms and hairdressers will be open with no caps.
- Cleaners and other non essential service providers will be able to come on site while **still** complying to the "QR" or signing in system.

Composting

Scientists estimate the time for styro foam to break down in the earth is around 500 years and so way beyond that.

Putting styro foam, big twigs, sweet papers in our compost bin means it will be a **very long** time before the compost can be used (not to mention Dr. F having to repeatedly empty the bin to remove such objects).

Please **only** put food scraps in the composting bin. Your cooperation is appreciated.



One of our residents has lost a swipe card (perhaps in the basement), if you happen to find it please hand it in to Alexia.

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

www.hestercanterbury.com.au

Things that brighten our day.....

Thanks to the efforts of our resident Joan, the Boroondara Council have installed a park bench approximately half way up Croydon Road.

The walk to Union Road can now be broken up with a little respite, thank you Joan for all your time and hard work getting this achieved for the use and enjoyment of all.



Our vegetable garden continues to give great produce and pleasure. Using scissors please help yourself to the broccoli and snow peas. Aside from actually pulling one up, how does one know when it is to harvest carrots?

The Origins of Halloween...



The origins date back to the ancient Celtic festival of Samhain (pronounced "sow"-in").

The Celts, who lived 2,000 years ago celebrated their new year on November 1.

This day marked the end of the summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred.

On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

Why are Pumpkins associated with Halloween?

The original idea of the jack-o'-lantern was to scare away evil spirits. The Irish would set the carved pumpkins or turnips by their doors and windows in the hope that they would protect them.

Over time, the practice of carving spooky faces on a pumpkin evolved into other forms of pumpkin carving.



Week Four of the Spring Menu starts on Monday November 1.

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