

Hi All,

We can't believe it is already the end of the year. We have had a great year this year implementing new services and providing group outings to those clients who wish to attend.

## Important Information for The Christmas Break

Please find the letter regarding how services will operate over the Christmas period.

## Changes in the office

With the growth of our clients and the services we offer we have restructured our staff in the Office.

We are welcoming Kay who in December will start working part time in both the office and continuing homecare services. As such your first point of call for all homecare enquiries will be Kay or Jo. Emily will be shifting her focus back to the Village.

Emily will still be answering calls and can assist when the other ladies are busy. Sandy is also available should you need to speak with her.



## Upcoming Staff Leave

**Sandy Brown:**

Dec 19 - Jan 02

**Kay Morrow**

Dec 22 - 29 & Jan 12 - 27

**Kim Miller**

Jan 28 - Feb 09

**Emily Dennis**

Dec 31 - Jan 04

**Ross Miller**

Dec 24 - Jan 14

# Kim's Whirlwind trip to the Red Centre

For as long as I can remember (being the super enthusiastic, amateur photographer that I am) I have always dreamt of photographing some of the great iconic landmarks of Australia, The Great Ocean Road and Uluru (Ayers Rock). It has been on my bucket list since, forever. Never did I imagine that I would get to visit and photograph both in one single road trip.

So the day finally came, holidays at last. These feet of mine had been itching to hit the road for quite some time, I swear I must have been a gypsy in a past life. This trip was going to be one, like no other. Every other holiday in the past, has been meticulously planned out to a T....but for this trip, the only plan was "we have no plans". There was going to be no time schedule (unlike my working life haha) and we were going to set up camp at our own leisure.

Day 1. The little green machine was packed up to the max (Griswold style), and we set sail down the Olympic Highway heading for our first destination, THE GREAT OCEAN ROAD Woooo Hoooo!!!! 559km's later, we had reached our first overnight stay, which was Aireys Inlet. We booked into a nice little cabin at a Caravan Park, grabbed ourselves some fresh fish and chips from a local café at Torquay (food choices were limited at Aireys Inlet) and we settled in for a good night's sleep back at the cabin.

Day 2. Back tracking back to Torquay, we grabbed some breakfast in town and went to Bells Beach, where we sat and ate, taking in the breathtaking views of the ocean. Once breakfast was finished, we cruised along The Great Ocean Road, stopping at the various attractions including, Split Point Lighthouse, Gibson Steps, Twelve Apostles, Loch Ard Gorge, London Bridge and the Grotto, with many, many photos taken along the way. We booked a tent site at Discovery Parks Warrnambool. As we were losing light quickly, we were eager to get to Warrnambool to set up our tent.

Day 3. Was by far, the longest stretch of our road trip, which saw us travel 840km in one day from Warrnambool VIC to Port Pirie SA. After falling ill within the first two days of our holiday, it was at this stage of the trip I began to wonder if we had bitten off more than we could chew, and in my head, I was seriously contemplating packing it in and heading for home. With the weather forecast not looking great for our stopover, we decided to book into another cabin for the night. We were all eager to get out of the car and looking forward to a good night's sleep. The rain poured down and before I knew it, I was out like a light!!



## Kim's Whirlwind trip to the Red Centre

Day 4 & 5. Saw us rise and shine early, keen to hit the road. 632km later we had reached our destination for the day COOBER PEDY. Now the plan for the day was, that we were going to set up camp for a couple of nights to allow us time to explore this fine town, but boy did my mind change about camping as soon as we drove into town. It was so dry and I could taste the dust down my throat as soon as we arrived. It was at this moment we decided to book into The Underground Motel. Best decision we made. One word to describe this place "Amazing". The next day was spent exploring the attractions and noodling for some opals, unsuccessfully I might add, so we decided to buy some.

Day 6. Well rested and ready to hit the road again. It was time to say goodbye to Coober Pedy. Travelling another 739km, we had finally arrived at Ayers Rock.

Day 7. Weather forecast for the day was not looking good to climb Ayers Rock, it was expected to reach 37 degrees with relatively strong wind gusts. So we decided to explore it on ground level haha. We spent hours exploring the Cultural Centre, where we watched some elders doing their dot paintings. We also spent a fair bit of time (and money haha) in the art galleries.

Day 8. The weather was just right for our climb today. We had our breakfast and headed off. Standing at the base of Uluru, it becomes apparent just how high it actually stands. 348 metres to be exact. I gave it my best shot but my feet just wouldn't let me get to my ultimate goal, the top. I did however, make it further than my daughter, which I'm pleased to say. My better half Scott, who is petrified of heights, overcome his fear and made it all the way to the summit. So proud of him, at least one of us made it.

Day 9. We took one last drive around Uluru, before starting the long journey home. I really enjoyed my time here and we will definitely be back to explore more of what the Northern Territory has to offer.

We took our time on the way home and we can't wait for our next big adventure.

A picture is worth a thousand words....but the memories are priceless!!





# Group Social Outings for 2019



Due to the success of our group outings in 2018 we are aiming to run one group Social outing a month for 2019.

Some upcoming dates are below so please try and keep these free if you are interested in attending.

Venues are not set in stone at this stage and more information will follow in the new year. The dates we are looking at with the potential venues are as follows:



## Wednesday 23rd January

Visit to Junee Museums

## Wednesday 20th February

John lake Fisheries Centre in Narrandera



## Wednesday 20th March

Glendale Citrus and Hazelnut Orchard

## Wednesday 18th April

Springview Eco Pig Farm

## Wednesday 22nd May

Altina Wildlife Park



If you have any suggestions about places you would like to visit please let us know. We welcome any suggestions.

All trips are planned as a half day outing with morning tea and / or lunch served.

We look forward to creating some great memories this year with our consumers.

# What's on in Wagga



## **A Taste Of Irish Christmas Wagga Wagga**

Thurs 13 December | 8 -10pm | Wagga Wagga RSL Commercial Club

All Tickets \$39

## **Wagga Skyworks**

Mon 31 Dec | 4.30pm - 1159pm | Apex Park Lake Albert | Free

## **Australia Day Celebrations**

Fri 25 Jan | TBA | Civic Theatre Precinct | FREE



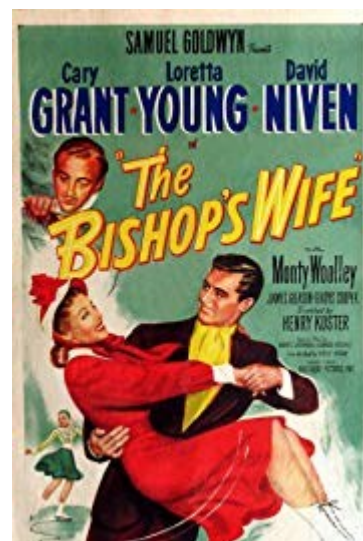
Enjoy a relaxed afternoon tea on Sunday screenings, and lunch on a Wednesday screening, included in the price of a ticket

## **The Bishop's Wife (1947)**

16th & 19th December

An angel in human form enters the life of a bishop in order to help him build a new cathedral and repair his fractured marriage.

Starring Cary Grant, Loretta Young, David Niven |



## Fun Corner

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**Q: How is the alphabet different on Christmas than any other day?**

**A:** On Christmas, it has Noel.

**Q: What's Jack Frost's favourite part of the school day?**

**A:** Snow and tell.

**Q: Why do Dasher and Dancer love coffee?**

**A:** Because they're Santa's star bucks!

**Q: How did the ornament get addicted to Christmas?**

**A:** He was hooked on trees his whole life



## Christmas Crossword



### ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christms

### DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle \_\_\_\_"
10. Christmas tree
11. O. Henry's "The Gift of the \_\_\_\_"
12. What carolers do
15. French Christmas.
16. Snow glider



# Sir Howard Florey

In the 1930s, penicillin was known only as an interesting curiosity. The few scientists who had heard of it knew it as an unusual bacteria-killing substance produced by a microscopic fungus. Nobody had found an effective way to produce penicillin or use it in medical treatments.

In the early 1940s, Howard Florey and his scientific team transformed penicillin into a potent antibiotic. In doing so, they revolutionized medical science, helped the Allies win World War 2, and went on to save countless millions of lives.

Howard Florey, Ernst Chain, and Alexander Fleming shared the 1945 Nobel Prize in Physiology or Medicine: Fleming for penicillin's original discovery in 1928; Florey & Chain for transforming it into the bacteria-killing magic bullet it became.

## **Beginnings**

Howard Walter Florey was born on September 24, 1898 in the city of Adelaide, South Australia. His father, Joseph Florey, was a shoemaker, and his mother Bertha Mary Wadham was a housewife.

He won a number of university scholarships and represented his school in tennis, athletics, gymnastics, and football competitions. His favourite subject was chemistry, but his headmaster told his father there was no demand for chemists in Australia.

In 1916, age 18, Howard Florey began a medical degree at the University of Adelaide; highly disciplined and hard working, he came first in most exams.

He graduated as top student in 1921, and was awarded a Rhodes Scholarship for the University of Oxford.

## **The Discovery of Penicillin**

After three years at Sheffield, in 1935, age 37, Florey returned to Oxford as Chair of Pathology. Also in 1935, a 28-year-old refugee from Nazi Germany, Ernst Chain, began lecturing at Oxford. Chain was a biochemist, and in 1939 Florey recruited him to his lysozyme research project. Lysozyme was a substance discovered in human body fluids and egg whites by Alexander Fleming in 1922. His research identified lysozyme as a microbe killer.

## **From Lysozyme to Penicillin**

Florey asked Chain, the biochemist, to discover the mechanism involved when lysozyme dissolved bacteria. Chain began a literature search and came across Fleming's 1929 paper describing his discovery that *Penicillium* fungus produces a bacteria-killing substance Fleming named penicillin.

Fleming had attempted to produce penicillin on a larger scale, but failed.

Fleming had given a culture of his original *Penicillium* to Oxford's School of Pathology, and it had been kept alive. In 1938, Chain began some exploratory experiments with it. The results were interesting.

Florey, helped by a generous grant from the Rockefeller Foundation, decided to abandon lysozyme and study penicillin. Florey built a penicillin research team and began testing on infected animals.



# Sir Howard Florey

## Penicillin Saves Mice

In May 1940, Florey tested penicillin at a purity level of just 1 percent on mice infected with deadly streptococci. The four mice he treated survived, while four untreated mice died. Florey's team published their results in *The Lancet* in August 1940 with the title: *Penicillin as a chemotherapeutic agent*.

## Penicillin Saves People

In the fall of 1940, the Battle of Britain was raging: Britain was fighting for its existence against Nazi Germany.

Florey's attempts to persuade British drug companies to produce penicillin failed – they were already running flat out on other war work. Florey's response was to work with amazing intensity and vitality, turning his laboratories into a penicillin factory in miniature.

By January 1941, he had produced enough penicillin to begin clinical trials on patients dying of bacterial infections in Oxford's Radcliffe Infirmary. Working with the infirmary's Dr. Charles Fletcher, six patients received restricted doses: one died when the penicillin supply ran out. The others survived.

Florey's team were thrilled. Increasingly, penicillin was looking like the long-dreamed-of magic bullet – a bacteria killer with no toxicity to humans.

## Scaling Up

In June 1941, Florey and Heatley travelled to America to describe their penicillin production process. The U.S. government offered money to any American companies willing to produce penicillin on a large scale. The money was needed because, although Florey's method was suitable for small-scale production, it was not suitable for industrial-scale production.

Meanwhile Florey's own lab-factory continued operating. By 1942, he had enough penicillin for a larger-scale clinical trial on 187 patients at the Radcliffe Infirmary, which was again successful.

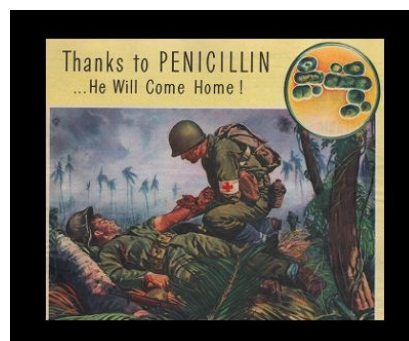
## Penicillin Helps the War Effort

In 1943, Florey travelled to North Africa to carry out penicillin trials on war wounds. By the war's end, penicillin had saved the lives of tens of thousands of allied soldiers.

Florey did not patent penicillin or any aspect of its production, believing it would be unethical.

## Nobel Prizes

Florey, Alexander Fleming, and Ernst Chain were awarded equal shares of the 1945 Nobel Prize in Physiology or Medicine.



An add for penicillin



Howard Florey, aged 46

# Contact Us

ph (02) 6025 1776 fax (02) 6025 5712



## Our other services & locations

### Community Care

**Eleanor Bohr**  
**Amaroo Dementia Day Club**  
Lavington  
ph (02) 6025 1776

**Trish Robinson**  
**Home Care Packages - HCP**  
**Commonwealth Home Support Program - CHSP**  
Lavington & Henty  
ph (02) 69293244

**Henty Meals on Wheels**  
Community Centre Ivor Street  
Henty, NSW, 2658  
ph (02) 6929 3244

**Sandy Brown**  
**Home Care Packages - HCP**  
**Commonwealth Home Support Program - CHSP**  
**DVA**  
Wagga Wagga  
ph (02) 6921 3219

### Independent Living

**Sal Anderson**  
**Hillsborough Retirement Village**  
32 Sydney Road  
Beechworth, VIC, 3747  
ph (02) 6025 1776 fax (02) 6025 5712

**Murray Vale Self Care**  
340 Moore Street  
Lavington, NSW, 2641  
ph (02) 6025 1776 fax (02) 6025 5712

**Myoora Independent Living**  
Allan Street  
Henty, NSW, 2658  
ph (02) 6025 1776

**Park Hall Village**  
Park Hall Village Place  
Wodonga, VIC, 3690  
ph (02) 6025 1776 fax (02) 6025 5712

**Elms Self Care - Retirement Village**  
Balfour Street Culcairn, NSW, 2660  
ph (02) 6025 1776 fax (02) 6025 5712

**Sandy Brown**  
**Gumleigh Gardens Retirement Village**  
23 Albury Street  
Wagga Wagga, NSW, 2650  
ph (02) 6921 3219

**Knightleigh Cottages**  
Cnr John & Nicholas Streets  
The Rock, NSW, 2655  
ph (02) 6921 3219

**WT Wilson Homes**  
Near Cnr North & Operator Streets  
West Wyalong, NSW, 2671  
ph (02) 6921 3219

### Residential Care

**Christine Fulthorpe**  
**Gumleigh Gardens Hostel**  
29 Shaw Street  
Wagga Wagga, NSW, 2650  
ph (02) 6931 0409 fax (02) 6971 9610

**Leonie Mardling**  
**Holbrook Village Hostel**  
45/47-55 Bowler Street  
Holbrook, NSW, 2644  
ph (02) 6036 2817 fax (02) 6036 3618

**Kerralyn Bullock**  
**Jindera Gardens Hostel**  
80 Creek Street  
Jindera, NSW, 2642  
ph (02) 6026 3799 fax (02) 6026 3477

**Judy Osmond**  
**Oolong Hostel**  
97 Sturt Street  
Howlong, NSW, 2643  
ph (02) 6026 6800 fax (02) 6026 5111

**Jaqui Hastings**  
**Murray Vale Shalem Hostel**  
342 Wagga Road  
Lavington, NSW, 2641  
ph (02) 6025 4889 fax (02) 6040 0359

**Leanne Heinjus**  
**Myoora Homestead Hostel**  
Bartsch Ave & Keighran Street  
Henty, NSW, 2658  
ph (02) 6929 3200 fax (02) 6929 3602

**For any general enquiries please contact the regional office:**

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