

# Richo Rag

July to August 2021

*Prepare to be amazed because I have managed to get the Richo Rag out on time! Despite lockdown we have still been keeping ourselves very busy. I hope you all enjoy the recap of what's been going on over the last few months here at Richardson House. Cheers from the Editor*

**The origin of July:** July was originally called Quintilis which is the Roman word for "fifth" as it was the fifth month of the Roman year. It was later changed to July after the death of Julius Caesar as it was his birth month.

Caesar is responsible for the year as we know it having 365 days, as well as for the existence of the leap year every four years. Our contemporary calendar remains almost unchanged from the Caesar system that was instituted more than 2000 years ago.

The Australian native flower for July is the Adenanthos and the birth stone is the Ruby. The most expensive Ruby in the world is the Sunrise Ruby and is valued at \$30.42 million USD.



Barraba put on some beautiful days during July and we were able to get out and enjoy some winter sunshine. Here are Bob and Eric soaking up the sun while enjoying afternoon tea.

**Chocolate Tasting Day:** The ultimate comfort food was enjoyed as we indulged in Malteser slice, Banoffee Pie and choc chip ice-cream, white and milk chocolate choc chip cookies and a variety of chocolates during Bingo.

Did you know?

Chocolate is actually a vegetable as it comes from the cacao bean which grows on the cacao tree.

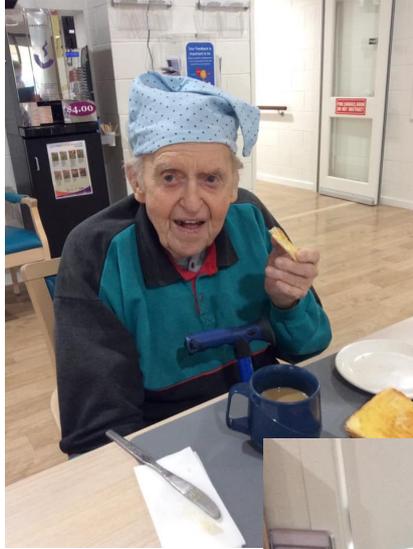
Marie Antoinette not only loved cake, she also loved chocolate and hot chocolate was frequently served at the Palace of Versailles. They not only loved the taste but believed that it was an aphrodisiac.

The first version of "eating chocolate" was invented by two British confectioners at the Fry and Sons shop in 1847. It was a combination of cocoa butter, sugar and chocolate liquor. Milk chocolate was later developed in Switzerland in 1875 and took 8 years to perfect.



# Pyjama Day







A huge thank you to Sue Rigby for the donation of all of these little knitted squares. Esme took up the challenge of crocheting around every one of them with the intention of joining them together to make blankets.



Esme with the finished product and Jaiby's little one enjoying the warmth of her new blanket.



# HAPPY BIRTHDAY



Val 22nd July



Jim 1st August



Enid 14th August



# Crazy Hair Day





We all caught the Olympic spirit and had an Olympic Medley for exercises. There was great individual and team work from everyone and a lot of laughter to go along with it.

## Top 10 performers by total medal count

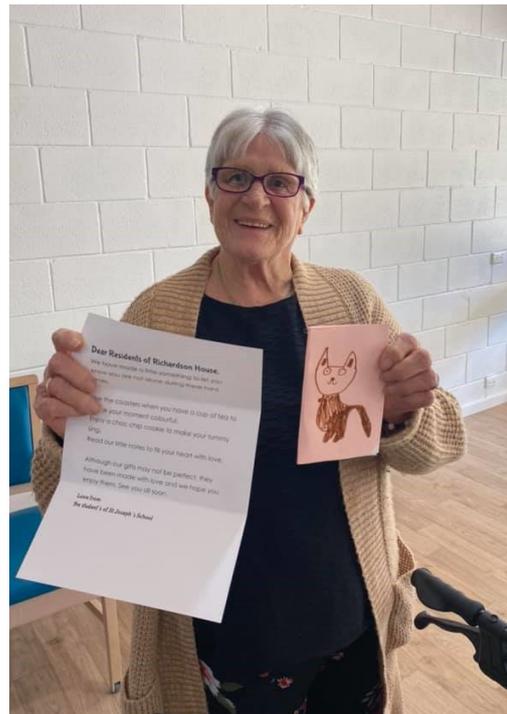
Rank	Country	Gold	Silver	Bronze	Total
1	 US	39	41	33	113
2	 China	38	32	18	88
3	 ROC	20	28	23	71
4	 Great Britain	22	21	22	65
5	 Japan	27	14	17	58
6	 Australia	17	7	22	46
7	 Italy	10	10	20	40
8	 Germany	10	11	16	37
9	 Netherlands	10	12	14	36
10	 France	10	12	11	33

### Surprising Facts about the Olympics

- Gold medals are mostly made of silver. Pure gold medals haven't been provided since the 1912 Olympics. The medals in Tokyo were made from 80,000 tons of recycled electronics.
- The torch relay is not an ancient tradition. It began in the controversial 1936 Berlin Olympics as a propaganda tool for the Nazi Party to showcase their superiority.
- Only two people have ever won medals during the Summer and Winter Olympics, with one Athlete winning Gold in Boxing in 1920 and then a Gold in the team bobsled event in 1932.
- Athletes in ancient Greece competed nude. In fact, the word "gymnasium" comes from the Greek "gymnos" meaning nude. Considering today's cameras and their ability to zoom in, it's probably a good thing that this tradition hasn't continued.
- The youngest Olympian in the modern era is Greek gymnast Dimitrios Loundras, who competed in the 1896 Athens Olympics at the age of 10.

## A Surprise Gift

The children of St Joseph's school in Barraba surprised everyone with some glorious home made cookies, hand made coasters and beautiful cards. They managed to put a huge smile on everyone's face.





Everyone has been eagerly following the progress of Kylie's two Mares as their due dates approached. We are delighted to report that two lovely fillies have entered the world. They Bay named Lavender Leather & Lace and the Chestnut Lavender Tia Maria.

### August

August was originally named "Sextillis" as it was the 6th month in the original ten month Roman calendar. It later moved to the 8th month in 700 BC, and like many other months was renamed in honour of Emperor Augustus. It is said that he chose this month as it was the time of several of his greatest triumphs, including the conquest of Egypt.

The native flower for August is the Correa and the birth stone is Periodot which I had never heard of until now. Upon further investigation the traditional birthstone was the Sardonyx.





## Aged Care Employee Day

On the 7th of August we celebrated Aged Care Employee Day. A big thank you to all our staff from nurses, to cleaners, to cooks and kitchen staff. You all do a fantastic job and we appreciate everything that you do.

## Doggy Daycare

Jo brought her little dog Ruby in for a visit. Ruby had a lovely afternoon meeting the Residents and then took up residence on Helen's bed.

We are happy to announce that Ruby has since given birth to 5 little puppies and mother and babies are doing well.





## Getting Silly for a Good Cause

Every year on the second Friday in August, Australians are encouraged to get silly to support the Red Nose Foundation, which raises funds for research, education and support for families with young babies to help prevent Sudden Infant Death Syndrome (or SIDS).

Red nose day has been going for 30 years and through it's education and awareness raising regarding the risks of SIDS there has been an 85% reduction in infant deaths due to SIDS. That is around 11,357 babies saved.

Everyone joined in on Red Nose Day and got a little silly to show support for this fantastic cause.



## Flowers, flowers, flowers!

Marnie Crowley of Cobbadah Flowers kindly donated some of her flowers to Richardson House and Enid put her arranging skills to work turning the large bunch into delightful arrangements for all the dining tables.



# BANANA SPLIT DAY

We all went bananas in August as we enjoyed Banana Split day and all it's bananery goodness. There was so much yellow going on it's a wonder we all weren't turned yellow by the end of the day!

The origin of the banana split is controversial with two people claiming to be the inventor of the treat, one an optometrist from Pennsylvania named David "Doc" Strickler who is believed to have invented the treat in 1904, and the other a man from Ohio, Ernest "Doc" Hazard who is rumoured to have invented the split in 1907. Apparently most historians tend to lean towards the 1904 founding story.

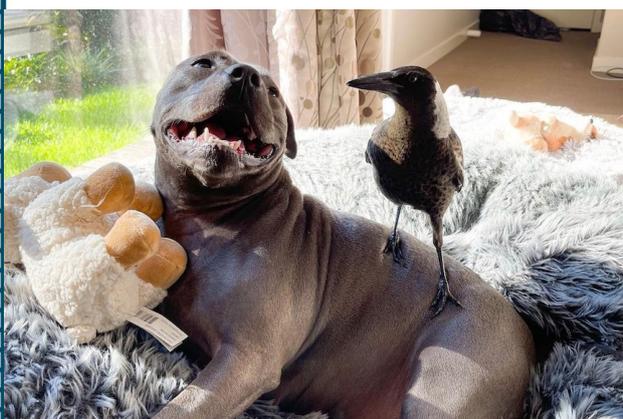
The original banana split was made with three scoops of different flavoured ice-cream, topped with fruits, and served over a banana that was split vertically down the middle. The banana split is traditionally served in an elongated glass dish called a boat.





### A bit quizzical

The beautiful winter days saw us don our hats and head out into the garden. There was no rest for the wicked though, as we were put through our paces with a quiz or two.



### Love is Blind

Did you see the report on the ABC regarding the unusual friendship between Peggy the English Staffy and Molly the Magpie?

When Peggy's owners rescued molly from a dog park near their home

Peggy took over the mothering role and the two have been inseparable ever since. The two have formed a firm friendship playing and sunbaking together. Peggy has recently had a litter of puppies who have also accepted their black and white sibling as one of their own.