

Issue #222
MARCH
2026



The Joseph Banks



EDITOR:
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Aitken

Funny Bone

Hello, Everyone!

MARCH MADNESS

St David's Day Welsh Cooking: *Sunday 1 March*

Labour Day Public Holiday: *Monday 2 March*

Pamper Session: *Wednesday 4 March*

Harrisdale Primary School Visit: *Thursday 5 March*

Global Quiz: *Friday 6 March*

Concert – Jake Dennis: *Friday 6 March*

International Women's Day Discussion: *Sunday 8 March*

Catholic Mass: *Wednesday 11 March*

Big Screen Movie: *Friday 13 March*

St Patrick's Day Irish Cooking: *Tuesday 17 March*

Anglican Church Service: *Wednesday 18 March*

Harrisdale Primary School Visit: *Thursday 19 March*

Concert – Vanessa: *Friday 20 March*

Armchair Travel – Ireland: *Tuesday 24 March*

Consumers & Relatives Meeting: *Wednesday 25 March*

Men's Group: *Friday 27 March*

Ladies' Group: *Wednesday 24 March*

And, of course, all the usual activities including art & craft, cooking, knitting group, board games, bingo, physio, exercise & news, pet therapy, Snoezelen, seated yoga, drumming, floor games, board games, Sing-a-long and quiz time.





HERE are THE WINNERS



of the
FEBRUARY QUIZ

Max S & Judith McL

Well done, Max & Judith!

Quiz # 202: **CHINESE INVENTIONS**

1. Umbrella
2. Porcelain
3. Nail Polish
4. Toilet Paper
5. Abacus
6. Rocket
7. Kite
8. Silk
9. Wheelbarrow
10. Teapot
11. Toothbrush
12. Paper
13. Dominoes
14. Fishing Reel
15. Fork
16. Acupuncture



Good luck with your Lucky Scratchie, Max & Judith.

Be sure to put in your entries this month, everyone!

To our newest
Residents,

**Joe S, Joan N,
Maie N and
Judith M**



It's difficult to post inspirational Tweets when your blood type is B Negative.

Gale



Theresa VW



Who passed away
Wednesday 4 February 2026,
Aged 88 years

Marion R



Who passed away
Saturday 14 February 2026,
Aged 77 years

And



Thomas S



Who passed away
Saturday 28 February 2026,
Aged 84 years

Deepest sympathy to the family and friends of Theresa, Marion and Thomas

There's no map for missing someone.
Some days you walk through it.
Some days you crawl.
And some days, you simply sit with the silence.

Intrepid Quips

It takes as long as it takes. Be kind to yourself.



BINGO IN BORONIA

Bingo is held every Monday and Thursday in the Boronia wing.



JAZZ WESTERN



Happy Valentine's Day, Rosalie & Tom ...

Happy Birthday, Rosalie

Happy Valentine to JB's couple, Rosalie and Tom. It was also Rosalie's birthday.





The Joseph Banks Funny Bone March 2026



On Tuesday 10 February, Pina, Beverley and Lorna cooked Savoury Mince. – always a favourite!



Cooking apple pie with Wilma

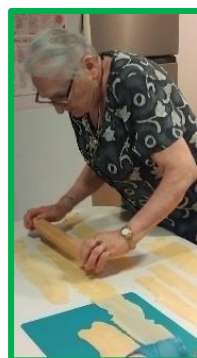


On Sunday, 15 February, Wilma cooked apple pies which were a big hit with everyone



Anna, with her assistant, Beverly,

cooked up her favorite pastries

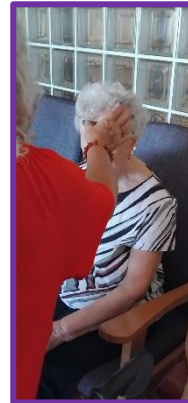




The Joseph Banks Funny Bone March 2026



Ash Wednesday Blessing



For the first time JB had someone come and give a blessing for the Catholic Residents and Staff. A representative from St Emily Catholic Church came along to Joseph Banks on Ash Wednesday, 18 February, to perform the Blessing.



The Art Group gathered again on 18 February to paint a yachting scene.



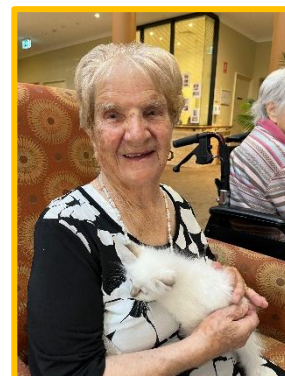
Apparently I snore so loudly that it scares everyone in the car I'm driving





KITTENS

Residents at JB had a surprise visit from some very cute kittens.



It really was a surprise visit, arranged by the weekend lifestyle member. The kittens were a Burmese breed around 8 weeks old – and oh, so cute!



Valentine's Day Raffle Winner



Congratulations to the winners of our Valentine's Raffle! ♥

🎁 Pina A

🎁 Mrs. Still

Well, done to you both, and thank you to everyone who took part!





THE BANKS MORNING TEA

The residents of Joseph Banks
enjoyed a little treat,
A cup of tea or coffee
and delicious food to eat,
Sausage rolls and sandwiches,
biscuits and some cake,
Just the kind of morning tea
that grandma used to make.
A lovely time was had by all.
We'd like to give our thanks
to the ladies who arranged it all,
over at The Banks !



Barbara Walton


Q: Why is the longest human nose only eleven inches long?
A: Because if it were twelve inches, it would be a foot.
(Contribution from a Resident – thank you!)



PAINTING FLOWER POTS

Crafts

On Saturday 21 February, the craft session offered folks the opportunity to paint flower pots.



QUOITS

On Thursday 26 February, Residents joined in a game of traditional quoits.





Farewell Christine

After nine wonderful years of dedicated service, we bid a heartfelt farewell to Christine Spencer, whose kindness, compassion, and gentle spirit have touched the lives of everyone at our facility. Loved by all the Residents and respected by Colleagues, Christine has been a shining example of genuine care and commitment. Her warmth and cheerful presence will be deeply missed, but we wish her every happiness and relaxation as she begins this new chapter in retirement.



**Farewell
and
Good Luck**

Farewell Eleen

Our dear Eleen has left Retirees WA for a well-earned rest.

After four years of diligently running the admin office, providing guidance to all around her, and going over the financials with a fine-toothed comb, she is leaving to spend time with her beloved family.

We would like to thank her for everything she has done, for making the office a much lighter place, and for all the laughs.



Eleen is seen here at far left with Henrietta, who is the CEO of Retirees WA, and at left, with Andrew Kruger, the Chief Financial Officer of Retirees WA.



Best wishes to both Christine and Eleen as they begin this new chapter in their life.





The Joseph Banks *Funny Bone* March 2026



MEN'S GROUP

Keeping busy with sorting nuts and bolts, sorting screws into sizes, sanding ready for painting and then building with Lego.



Get your Ticket for the Easter Raffle





Fun Games



The students came up with some games that are aimed at enhancing gross motor skills. The first game requires the Residents to roll a ball into a hole in the centre of the table. The objective is to get as many into the hole as possible.



The second game is to match the pyramid colours.



My grandfather tried to warn them about the Titanic. He screamed and shouted about the iceberg and how the ship was going to sink, but all they did was throw him out of the theater.



ANTHEA'S FAVOURITE VISITOR

Anthea enjoys the visits from her dog Bruno ... and so do all the staff !



New Medication Trolleys for Each Wing

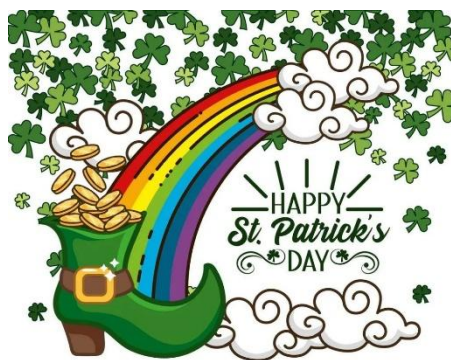
Rather than having everyone's medication in their bedroom drawers, they are now kept in the new medication trolleys which have been installed in each wing.





St David's Day, celebrated on 1 March, is a vibrant expression of Welsh culture, featuring parades, traditional dress, national symbols, food, and festivities across Wales.

St David's Day, or Dydd Gŵyl Dewi Sant in Welsh, commemorates Saint David, the Patron Saint of Wales, who died on 1 March 589 AD. Saint David was a Welsh bishop, theologian, and missionary known for his ascetic lifestyle and for founding numerous monasteries, including the primary monastery at Glyn Rhosyn (now St Davids, Pembrokeshire), which became an important centre for religious learning. He is remembered for his teachings, miracles, and dedication to simplicity and piety, famously living on a diet of leeks and herbs. The day celebrates not only his life and religious legacy but also Welsh identity, language, and culture. Although it is not a public holiday across Wales, it is widely observed with local events, and some councils, like Gwynedd, have designated it a paid holiday for staff.



St Patrick's Day provides an annual opportunity to appreciate the Irish culture and traditions in Australia. Irish music concerts, dancers, exhibitions, theatre performances and religious services are held throughout March each year. St Patrick's Day is celebrated by wearing green, eating green foods, and drinking popular Irish drinks: Guinness, Jameson Irish Whisky or Bailey's Irish Cream.



In the 1830s, approximately 30% of the population of Australia was born in Ireland. About 40,000 convicts were sent to Australia from Ireland as well as free Irish settlers immigrating. This strong Irish connection means that up to 33% of Australians today have some sort of Irish ancestry. and about 10 percent, over two million people, identify themselves as "Irish Australians". It's therefore not a great surprise that Saint Patrick's Day is widely celebrated. In the early 1900s, Saint Patrick's Day parades became common in both urban and rural centres of Australia. These often had a political emphasis, such as rallying support for World War I or for the independence of Ireland, then still under UK control.



But today, this holiday is more of a "fun day" for most. Wearing funny hats and green clothes is part of the revelry. And of course, drinking Guinness, reciting the occasional limerick, and doing an Irish jig are also considered appropriate to the day.





EVENTS IN MARCH THAT CHANGED HISTORY



The Telephone Patent – 7 March 1876

Alexander Graham Bell secured legal control of a device most people barely understood at the time. Within days he proved voices could travel across wires instead of across rooms. The world suddenly had a future where distance did not silence conversation.

The First International Women's Day – 8 March 1911

Women marched in cities across Europe demanding rights that had been denied for generations. The protests mixed celebration with anger and urgency. What started as demonstrations turned into a yearly global reminder that equality was unfinished work.



Gandhi Begins the Salt March – 12 March 1930

Gandhi set out on a 240-mile walk to protest British salt taxes. Thousands joined him along the route. The march turned civil resistance into global news.



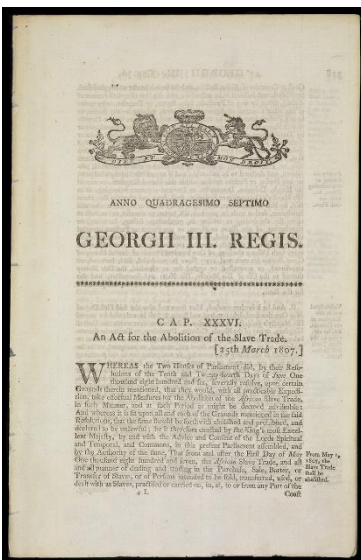
Birth of Albert Einstein – 14 March 1879

Einstein was born in a small German city with no sign he would grow into a scientific giant. His ideas later forced people to rethink how time, space, and energy actually work. He became one of the rare scientists whose name entered everyday culture.



First Spacewalk – 18 March 1965

Alexei Leonov floated outside his spacecraft for 12 minutes. His suit nearly expanded beyond control. The mission proved humans could survive in open space.



Britain Abolishes the Slave Trade – 25 March 1807

Years of relentless activism forced Parliament to act. The vote ended Britain's legal participation in slave trading. It was a moral victory that echoed far beyond its borders.



Alaska Purchase – 30 March 1867

The United States agreed to buy Alaska from Russia. Critics mocked it as a frozen mistake. It later proved one of the richest land deals in history.



End of the Crimean War – 30 March 1856

After years of brutal fighting since 16 October 1853, diplomats signed a treaty that silenced the guns. The war exposed how modern conflict could outpace old systems. Europe walked away changed.



Spanish Flu Identified in the U.S. – March 1918

Doctors recorded the first known American cases of a fast-moving influenza strain. Within months it would circle the globe. It became one of the deadliest pandemics in history. There were an estimated 50 million deaths worldwide.



PREPARING FOR EASTER 2026

Holy Week is the most sacred week in the Christian calendar, inviting believers to reflect on the final days of Jesus' earthly ministry, His suffering, sacrifice, and resurrection. Each day carries a unique spiritual lesson: joy on Palm Sunday, humility on Maundy Thursday, solemnity on Good Friday, patience on Holy Saturday, and hope on Easter Sunday.

Palm Sunday: 29 March 2026 – Commemorates Jesus' triumphant entry into Jerusalem, marked by the waving of palm branches and processions in churches.

Holy Thursday (Maundy Thursday): 2 April 2026 – Observes the Last Supper and emphasizes humility, service, and the institution of the Eucharist.

Good Friday: 3 April 2026 – A solemn day honouring the crucifixion and death of Jesus Christ, often observed with fasting, prayer, and church services.



Holy Saturday (Black Saturday): 4 April 2026 – Traditionally a special non-working day in the Philippines, reflecting a day of waiting and reflection before the resurrection.

Easter Sunday: 5 April 2026 – Celebrates the resurrection of Jesus, symbolizing hope, renewal, and triumph over death.



These jokes were sent in by a Resident. Thank you!!

Q: What goes up and down without moving?

A: Stairs

Q: You answer me, although I never ask you questions. What am I?

A: A telephone

Q: What grows when you feed it but died when you give it water?

A: Fire

Q: What has a foot on each side and one in the middle?

A: A yard stick

Q: What has a 't' on each end of this word and has 't' in the it?

A: A teapot





Happy Birthday!



Celebrating a Birthday in **MARCH** are:



6 March: **Dorothy K**

11 March: **Beryl D**

19 March: **Norma L**

27 March: **Marion B**

29 March: **Cherie L**



... AND REMEMBER ...

Happy Birthday! You're not getting older, you're just becoming a classic edition — slightly more valuable, but harder to insure!

Special Days in MARCH

- | | | | |
|--------|----------------------------|--------|--------------------------|
| 3 Mar | World Hearing Day | 21 Mar | National Harmony Day |
| 5 Mar | National Dress in Blue Day | 21 Mar | World Poetry Day |
| 15 Mar | Mothering Sunday | 22 Mar | World Water Day |
| 17 Mar | St Patrick's Day | 26 Mar | International Purple Day |
| 20 Mar | World Storytelling Day | 29 Mar | Palm Sunday |
| 20 Mar | Autumn Equinox | 29 Mar | Piano Day |

WORD SEARCH

PLENTY OF ROOMS



- | | |
|---------------|--------------|
| ART STUDIO | LIVING ROOM |
| ATRIUM | LOFT |
| ATTIC | LOUNGE |
| BASEMENT | PLAYROOM |
| CELLAR | POWDER ROOM |
| CLOAKROOM | READING ROOM |
| CONSERVATORY | SAUNA |
| DEN | SCHOOL ROOM |
| DRAWING ROOM | SNUG |
| DRESSING ROOM | SOLARIUM |
| FAMILY ROOM | SPARE ROOM |
| FOYER | STORAGE ROOM |
| GUEST ROOM | SUNROOM |
| HOBBY ROOM | UTILITY ROOM |
| INDOOR POOL | WALK IN ROBE |



Love is telling someone to go to hell and worrying about them getting there safely.





The Joseph Banks Funny Bone March 2026



Quiz No 203: WHAT ROOM ARE YOU IN?

Can you name these ROOMS and hand them to Tanya by 25th March to win a prize?



1. P _____



2. K _____



3. D _____ R _____



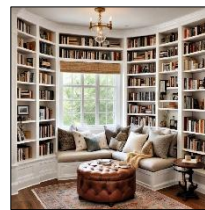
4. B _____



5. E _ S _ _ _ _



6. S _____ or O _____



7. L _____



8. N _____



9. L _____



10. G _____



11. H _ T _ _ _ _



12. S _____ R _____



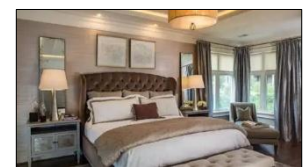
13. M _____ R _____



14. G _____ R _____



15. C _____ R _____



16. B _____

Good Luck!!

Name..... Room number.....



**My husband is on the roof –
only a few inches away from an insurance claim that could completely change my life.**



If 4 out of 5 people SUFFER from diarrhoea... does that mean that one actually enjoys it?

