

# **Manjimup Home and Community Care**

## **Wellness and Respite**

### **Community Centre**



**Crowea, Boronia, Autumn and Golden Oldies**

## **HAVE A LOOK INSIDE**

- Social Club Outings and Activities
- Boronia Club Activities
- Over 50's Fitness Group
- Men's Outings
- Tai Chi
- Lunch Bunch
- Repair Cafe



**March 2025**  
**Consumer, Staff &**  
**Volunteers Monthly**  
**Newsletter**

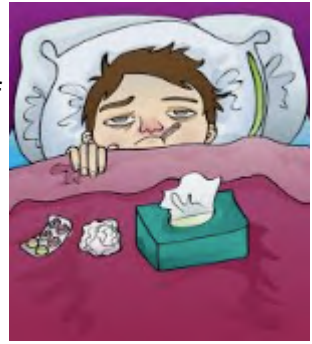


## Consumer unwell

It is important to notify the office promptly if you're feeling unwell.

This helps protect staff and other consumers from spreading illness.

If you require shopping please notify the office as we have a procedure in place.



## Home Garden Maintenance

Due to the warmer weather upon us our home garden maintenance team could be instructed to stop work if its too hot.

If this happens we will do our best to reschedule your service but it may not be possible. Thank you for your understanding, any enquiries please phone the office on 97716 900



We require volunteers for a variety of roles such as transporting clients for appointments to Bunbury & Busselton, local appointments, and meals on wheels delivery. Other volunteering roles are also available such as helping out at our clubs, cooking & other club



activities.

**Please note:** You will be provided with a work vehicle and a paid lunch for transports to Bunbury or Busselton.

For further information please contact the office on 9771 6900

## 3D Butterfly Artwork

### Supplies:

- Canvas or heavy paper
- Paint (various colours)
- Paintbrushes
- Scissors
- Colourful paper (for butterfly shapes)
- Glue or glue sticks



### Instructions:

- Paint the canvas background and let it dry.
- Fold pieces of paper in half and cut out shapes resembling two connected humps to create butterflies in various sizes.
- Glue the butterflies to the canvas, leaving the folded wings facing upwards for a 3D effect.

### Benefits:

- Stimulates creativity
- Boosts mood
- Improves fine motor skills
- Enhances cognitive skills

See if you find this  
picture in the  
Program



V	N	O
G	D	R
E	E	C

How many words can  
you make?  
Each word must  
contain the middle



# Repair Café

**FREE  
EVENT**

**10:00am-12:30pm**

**2nd Monday of the month**

**10th Feb, 10th March & 14th April**



**BRING** ➡ your broken items (clothes, jewellery, toys, household items)

**SAVE** ➡ money

**STAY** ➡ while your item is mended

**ENJOY** ➡ light refreshments (thank you Park Cafe)

**LEARN** ➡ new skills

**PROTECT** ➡ the environment

**CONNECT** ➡ with others

## Venue

**Wellness and Respite Community Centre**

**1A Edwards Street**

**Call Ph: 9771 1653 for more information**



Supported by



## Autumn Poems

### To Autumn

John Keats

Season of mist and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set buddingmore,  
And still mor, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brim'd their clammy cells



### Autumn

Emily Dickinson

The morns are meeker than they  
were,  
The nuts are getting brown;  
The berry's cheek is plumper  
The rose is out of town  
The maple wears a gayer scarf,  
The field a scarlet gown  
Lest I should be old fashioned,  
I'll put a trinket  
on



### Autumn

George Cooper

March gave a party  
The Leaves by hundreds came  
The chestnuts, Oaks and Maples  
And leaves of every name





**National Advance  
Care Planning Week**  
17 – 23 MARCH 2025

## **ADVANCE CARE PLANNING WORKSHOP**

**Wednesday 19 March 2025**

**What is advance care planning and why is it relevant to you?**

It is never too early to think about your end of life health wishes. This FREE workshop and morning tea will help you to make your end of life wishes be known. Making the tough healthcare calls now with advance care planning isn't easy but it eases the burden for your loved ones when the time comes. It ensures your wishes will be known and respected.

This week it's time to sit down and take care of it, for your peace of mind, and for those you care about.

**Event Name: Advance Care Planning Workshop and morning tea**

**Date: 19 March 2025**

**Time: 10am - 12 noon**

**Location: Manjimup Wellness and Respite Centre, 1a Edwards Street**

**Facilitators: Kerry Howell and Evelyn Hall (WACHS)  
Ruth Phillips (Manjimup Family Centre)**

**PLEASE REGISTER BY CALLING RUTH 97711653, OR EMAIL [ruth@mfc.au](mailto:ruth@mfc.au)**





The header features a row of autumn-themed items: several pumpkins and small baskets of leaves. Below these, the word 'AUTUMN' is written in large, stylized letters. Each letter is contained within a different colored, textured block (green, yellow, orange, red, brown, etc.) that resembles a piece of fabric or paper. The letters are in a serif font, with 'A' and 'T' in black and 'U' and 'M' in white. The entire graphic is set against a white background with a thin orange border.

# Word Scramble

ANIRY\_\_\_\_\_

SOSEAN\_\_\_\_\_

GANREO\_\_\_\_\_

EAKDR\_\_\_\_\_

SEEBMTRPE\_\_\_\_\_

SLQEIURR\_\_\_\_\_

OCREBOT\_\_\_\_\_

AHNNICGG\_\_\_\_\_

RLLCOUOF\_\_\_\_\_

QSUASH\_\_\_\_\_

RCAON\_\_\_\_\_

OWLELY\_\_\_\_\_

UTNMAU\_\_\_\_\_

CRNO\_\_\_\_\_

KTYAACSH\_\_\_\_\_

PAELP\_\_\_\_\_

OEBREVMN\_\_\_\_\_

ELALHONNEW\_\_\_\_\_

AEFL\_\_\_\_\_

UNPIPMK\_\_\_\_\_

STHAERV\_\_\_\_\_

INGINHVSATKG\_\_\_\_\_

PERAS\_\_\_\_\_

UCENSHTST\_\_\_\_\_

## MEN'S OUTING

**WHEN:** Wednesday 5 March  
**WHERE:** Mystery trip  
**TIME:** Pick up Manjimup starts at 8.00am  
**COST:** \$20.00 transport



Come along and enjoy a day out with mates for a mystery trip.

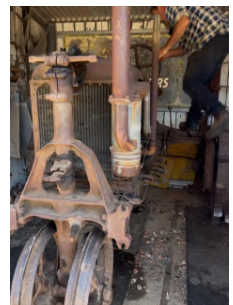
Lunch at mystery location at own expense.

**Bookings are essential prior to 26 February;** please contact the office on 9771 6900



## MEN'S OUTING

**WHEN:** Friday 21 March  
**WHERE:** Narrikkup/Porongurup  
**TIME:** Pick up Manjimup starts at 8.00am  
**COST:** \$20.00 transport  
\$ 8.00 BBQ lunch  
Donation for entry to museum



Come along with mates and enjoy a nice day out visiting back yard museum.

Enjoy a BBQ lunch in Narrikkup.

**Bookings are essential prior to 12 March** please contact the office



## **AUTUMN CLUB & GOLDEN OLDIES OUTING**



**WHEN:** Friday 14 March

**WHERE:** Peaceful Bay

**TIME:** Pick up CWA Pemberton 9.00am  
Pick up Northcliffe 9.30am

**COST:** \$20.00 transport  
\$ 8.00 BBQ lunch

We are heading to Peaceful Bay.

Come along and enjoy a nice day out and a yummy BBQ lunch.

**Bookings are essential prior to 7 March;** please contact the office



## **SOCIAL OUTING**

**WHEN:** Friday 28 March

**WHERE:** Windy Harbour

**TIME:** Pick up starts 9.00am

**COST:** \$20.00 transport



We are heading to Windy Harbour.

Come along and enjoy a nice day out and a yummy BBQ lunch.

**Bookings are essential prior to 21 March;** please contact the office on 9771 6900

## **BORONIA CLUB**

10am - 2pm every Monday  
and 10am—3pm every **Thursday**

The Boronia Club provides a warm, homely environment.

Family carers can enjoy a short break from their caring role, confident in the knowledge that their loved one is enjoying a wonderful time with caring staff and friends.

Or if you are feeling lonely or socially isolated come along and have some fun.

The day consists of morning tea and a nutritious hot meal cooked at the Centre.

We provide a range of meaningful activities or just a space to enjoy company and interaction with others.

**Boronia Club runs on Mondays and Thursdays with a pick up service beginning at 9.15am.**

If you would like more information, please contact the Wellness &



**Christine watering the raised vegetable**

## **The Lunch Bunch**

Let's hit the restaurants/cafes on the 1st Friday of every month.

**Where:** Tall Timbers Sports Bar

**When:** Friday 7 March

**Time:** Pick up starts 11.00am

**Venue:** 11.30am

Come along and enjoy a day off preparing lunch, sit back and enjoy the company of others.



## TAI CHI

**WHEN:** Every Wednesday 10.30am - 11.30am

**COST:** \$10.00

**WHERE:** Wellness and Respite Community Centre

The benefits of Tai Chi for seniors are incredible. A low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement.



## **BINGO**

Come along and have a nice hot meal at the Wellness & Community Respite Centre before playing bingo.

If you are here for bingo but not eating lunch can we please ask for you to sit in the library area or sensory garden until everyone has finished eating.

**Cost :** \$ 7.00 club fee  
\$ 3.50 transport  
\$12.50 meal  
\$ 3.50 per bingo card  
\$ 1.00 raffle ticket (optional)  
\$ 1.00 afternoon tea



## Over 50's Exercise Group

Combine fun, dancing and fitness at the over 50's Exercise Group

**WHEN:** Every Tuesday and Thursday

**WHERE:** Wellness and Respite Community Centre

**TIME:** 9.00am - 10.00am: Followed by morning tea

**COST:** \$4.00



For anyone over the age of 50, all fitness levels are welcome to join in. The exercise program is a private group of seniors that get together to

Join us for a delicious, home made hot lunch at 12.00pm at the Manjimup Wellness & Respite Community Centre.

All meals will be served at 12.00pm.

Cost for CHSP clients \$12.00

Cost for NON –CHSP CLIENTS \$16.50

If you would like to be approved for meals as a CHSP client you will need a referral, followed by a phone call or possibly a face to face assessment from the My Aged Care team.

**Please let us know if you have any food allergies. That way we can make sure we don't include the allergen in our meals.**

Bookings are essential, please phone reception on 9771 6900



## MONDAY MENU

**3 March— LABOUR DAY PUBLIC HOLIDAY**

**10 March—**Chicken schnitzel served with mash & greens.

Dessert: Self saucing pudding & cream.

**17 March —**Corned silverside served with mash & vegetables.

Dessert: Cheesecake.

**24 March—**Fish, chips & salad.

Dessert: Apple crumble & cream.

**31 March—**Sausages, onion, gravy, mash & vegetables.



# THIS MONTH

## THURSDAY MENU

**6 March**—Spaghetti bolognese.

Dessert: Cheesecake.

**13 March**— Curried sausages served with mash.


Dessert: Peaches & rice cream.

**20 March**— Roast Pork, served with roasted vegetables & greens.

Dessert: Fruit salad & ice cream.

**27 March**— Rissoles served with mash & greens.

Dessert: Apple pie served with ice cream.




*You don't have  
to cook fancy or  
complicated  
masterpieces  
- just good food  
from  
fresh ingredients.*



# CROWEA & BORONIA CLUB M

Please phone the office on 9771 6900 to book the Activities		
Mon 3	Tues 4	Wed 5
<b>LABOUR DAY PUBLIC HOLIDAY</b>	Over 50's Exercise Group (refer to page 11)	Men's Outing (Refer to page 8)
Mon 10	Tues 11	Wed 12
Boronia Club 10.00—2.00pm (refer to page 10)  Repair Café (refer to page 4)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)
Mon 17	Tues 18	Wed 19
Boronia Club 10.00—2.00pm (refer to page 10)	Over 50's Exercise Group (refer to page 11)	Men's Outing (Refer to page 8)
Mon 24	Tue 25	Wed 26
Boronia Club 10.00—2.00pm (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)

# MONTHLY ACTIVITIES PROGRAMME

		Sat 1
		<b>Mystery Trip</b> Pick up starts 8.00am Drop home approx 4.00pm
Thurs 6	Fri 7	Sat 8
Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)	<b>Lunch Bunch</b> (refer to page 10)	
Thurs 13	Fri 14	Sat 15
Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)	<b>Autumn Club/Golden  Oldies Social  Outing</b> (refer to page 9)	<b>Dunsborough  Day Out</b> Pick up starts 8.00am Drop home approx 4.00pm
Thurs 20	Fri 21	Sat 22
Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)		
Thurs 27	Friday 28	Sat 29
Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)	<b>Social Outing</b> (refer to page 9) 	<b>Bunbury Day Out</b> Pick up starts 8.00am Drop home approx 4.00pm

## Word Search

### EMPLOYMENT



K J P C L I V A C A N C Y T  
P P R R E P R O M O T I O N  
R S O A O V O C A T I O N V  
O H B W P F S H L C B E D U  
S A A I A P E E Q O N T P M  
P R T R F O R S C Q G A G N  
E I I K U B V E S U W H E Q  
C N O Z R H U E N I R A Y R  
T G N F J M Y S R T O I Z R  
T R A I N E E Y I T I N T E  
N A P P O I N T V N I C A Y  
O E X P E R I E N C E M E L  
E M P L O Y M E N T B S E A  
W O R K L O A D L Q L N S G

Appoint

Probation

Experience

Apprentice

Employment

Prospect

Business

Overtime

Security

Vacancy

Professional

Trainee

Sharing

Workload

Vocation

Promotion

## FUN RIDDLE

*What can you hold in your right hand but never in your left?*

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

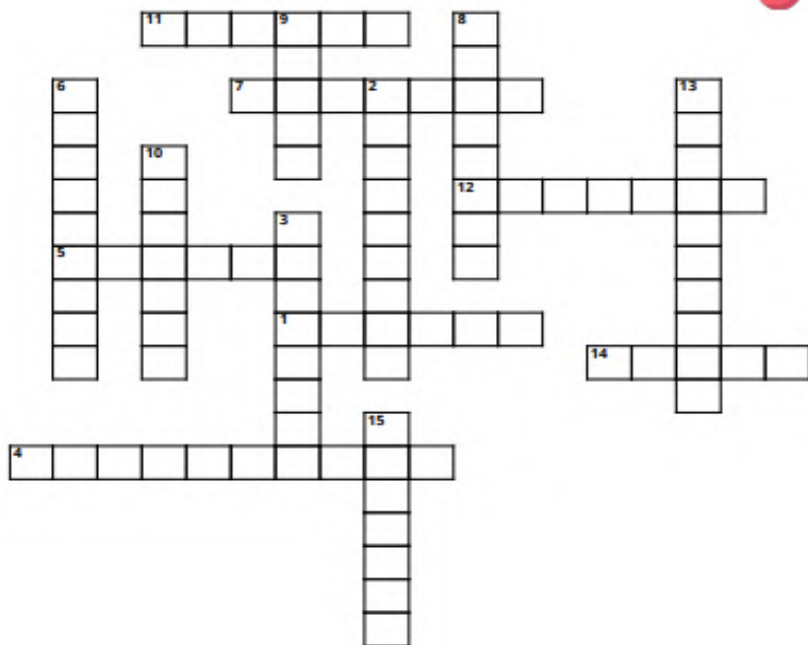
- Cross-out 6 names of whales
- Tick 8 kitchen utensils
- Circle 5 ways to say thank you in different languages
- Underline 7 words that mean happy
- Scribble through 8 islands in the Mediterranean
- Shade 5 spices



Cinnamon	Knife	Crete	Gracias	Blue	Joyful
Your	Orca	Turmeric	Whisk	Merci	Corsica
Danke	Spatula	Left	Humpback	Sardinia	Cyprus
Malta	Cumin	Gray	Grazie	Tongs	Gleeful
Jubilant	Narwhal	Grater	Ecstatic	Paprika	Arigato
Rhodes	Ladle	Exuberant	Baleen	Ibiza	Colander
Rolling Pin	Content	Cloves	Corfu	Elbow	Merry

**Refer to page 27 for answers**

# FRUIT & VEGETABLE CROSSWORD



## Across

- 1** Monkeys like this fruit 6
- 4** A variety of melon 10
- 5** Another name for pawpaw 6
- 7** Green herb used to make Tabouli Tabbouleh 7
- 11** Wine is made from it 6
- 12** Sailors ate this in the 19th century to prevent Scurvy 7
- 14** One of the most popular fruit in the world starting with m 5

## Down

- 2** Another name for spring onions 9
- 3** Another name for chickpeas 8
- 6** Fruit topping on Hawaiian pizza 9
- 8** Bright red root vegetable 8
- 9** A fruit that rhymes with beach 5
- 10** Popular Halloween vegetable 7
- 13** Italian vegetable soup 10
- 15** Vegetable loved by Popeye 7





A decorative header for an autumn-themed word scramble. It features the word "Autumn" in large, stylized letters. Each letter is contained within a different colored block (green, yellow, orange, red, brown, etc.) that resembles a piece of wood or a pumpkin. The blocks are arranged in a slightly overlapping, 3D manner. Above the letters are several pumpkins of various sizes and colors (orange, green, brown). Small autumn leaves are scattered around the base of the blocks and pumpkins. Below the "Autumn" text, the words "Word Scramble" are written in a large, bold, orange font with a black outline.

# Word Scramble

ANIRY RAINY

SOSEAN SEASON

GANREO ORANGE

EAKR RAKE

SEEBMTRPE SEPTEMBER

SLQEIURR SQUIRREL

OCREBOT OCTOBER

AHNNICGG CHANGING

RLLCOUOF COLORFUL

QSUASH SQUASH

RCAON ACORN

OWLELY YELLOW

UTNMAU AUTUMN

CRNO CORN

KTYAACSH HAYSTACK

PAELP APPLE

OEBREVM NOVEMBER

ELALHONNEW HALLOWEEN

AEFL LEAF

UNPIPMK PUMPKIN

STHAERV HARVEST

INGINHVSATKG THANKSGIVING

PERAS PEARS

UCENSHTST CHESTNUTS

**Spot the Difference 10 to find!**



## Famous lemon slice recipe

Prep 2hour 20 min   Cook 5 min

### Ingredients

- 1/2 cup Nestle Sweetened Condensed Milk
- 100g butter
- 200g granita biscuits
- 1 cup desiccated coconut
- 2 tsp finely grated lemon rind

### Lemon icing

- 2 cups pure icing sugar
- 20g butter, softened
- 2 1/2 tbsp lemon juice



### Method

#### Step 1

Grease a 3cm deep, 15.5cm x 245cm slab pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

#### Step 2

Place condensed milk and butter in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth and combined. Remove from heat.

#### Step 3

Using a food processor, process biscuits until fine crumbs. Transfer to a bowl. Add coconut and lemon rind. Stir to combine. Add hot butter mixture. Mix well to combine. Press mixture over the base of prepared pan. Cover. Refrigerate for 1 1/2 hours or until firm.

#### Step 4

Make lemon icing. Sift icing sugar into a bowl. Add butter and lemon

## Word Search

### WORLD WATER DAY



S T A E C I S T E R N C C J  
P R E S E R V O I R U E B R  
R I H Y D R O L O G I S T I  
I B N I O O V T K A S P Z V  
N U F F R U V O D L O U S E  
G T L W I R B R O O K D L R  
Q A O F B L I Z Z A R D E K  
I R O R C G T G E A C L E T  
H Y D R A N T R A M N E T U  
M C O N D E N S A T I O N B  
W A T E R F A L L T I N T A  
S A L I N I T Y L K I O W S  
Z D L Q H L S W A M P O N I  
A M O N S O O N Q L I U N N

Flood

Monsoon

Irrigation

Waterfall

Sleet

Hydrologist

Salinity

Condensation

Infiltration

Tributary

Blizzard

Hydrant

Swamp

Cistern

Reservoir

Puddle

Basin

Brook

Spring

River

## Australian & Mixed Bag Quiz

### Questions

1. The 'nape' is the back of what body part
2. A leap year has how many days
3. What Australian airline is known as the 'Flying Kangaroo'
4. 'Shooting the breeze' is a colloquial term for doing what?
5. Which blood type is the most common in humans
6. Which is wider, Australia or the Moon?
7. If someone is referred to as a 'Mollydooker' what trait does that person exhibit their right hand in school
8. In the English Alphabet, how many letters between L and S
9. The phrase 'Par for the course' comes from which sport
10. Croquet is traditionally played on which surface
11. A device historically used to assist with breathing was called an iron WHAT?
12. What creature of folklore has the head and upper body of a woman and the tail of a fish
13. Someone in an unfamiliar situation is preverbally a 'fish out of WHAT'
14. In which sport is the America's Cup contested
15. What dairy product is commonly associated with smiling photographs
16. In Australian rhyming slang, what food product is sometimes referred to as 'dead horse'
17. What letters are representative of the number 15 in Roman Numerals
18. Robin Hood is said to have lived in WHAT forest
19. Does the word 'vulpine' relate to foxes, rabbits or wolves
20. What are the five senses







# WORD SCRAMBLE

CNAABIBER ESA \_\_\_\_\_

CCARIT CANEO \_\_\_\_\_

AGTRE SVELA KELA \_\_\_\_\_

LGFU FO CXEMIO \_\_\_\_\_

NHODUS RVERI \_\_\_\_\_

DAINNI ONACE \_\_\_\_\_

KKYNTECU VRREI \_\_\_\_\_

KELA BTAHAACAS \_\_\_\_\_

BARDLAOR ASE \_\_\_\_\_

NAZMAO RRVIE \_\_\_\_\_

KHAAEECPES YAB \_\_\_\_\_

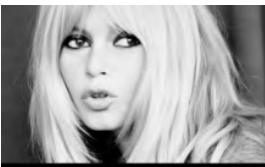
PMANAA NAACL \_\_\_\_\_

NASIT WNECAELR RVIRE \_\_\_\_\_

## Famous Women Quiz

1. Who was the last active Pharaoh in Egypt?
2. Name the fashion designer who founded the label Chanel?
3. Who was the mother of Queen Elizabeth I?
4. Can you name the female British author known for crime fiction?
5. Monaco has two Princess, what are their names?
6. Who was 'Maria' in 'The Sound of Music'?
7. Can you name a famous song by Aretha Franklin?
8. What is the name of Prince William's wife?
9. What element did Marie Curie discover?
10. Who was the first woman to lead a Muslim country?
11. Which African-American woman is a chat show icon in the U.S.A?
12. Which sister wrote 'Jane Eyre' Charlotte, Emily or Anne Bronte?
13. Who sings 'Material Girl'?
14. Which was the first English royal princess to be prosecuted in Crown Court?
15. Which American film star married a European Prince in the 1950s?
16. Which French film star became an influential animal activist?
17. Who wrote 'Middlemarch'?
18. Who played Morticia Addams in the TV series 'The Addams Family'?

by



Eng-  
was  
her



19. Which  
lish queen  
beheaded  
cousin?

## How to Play Suduko

Sudoku is a puzzle involving logic - no arithmetic or guessing is required! The basic idea of completing puzzles is to find cells (the small squares) where you are sure that only one value is a valid placement.

### The Basics

The rules of Sudoku are that you should fill a number in to every cell in the grid, using the numbers 1 to 9. The restriction is that you can only use each number once in each row, each column, and in each

## HAVE A GO AT SUDUKO!!!

					1			
	1	4	3		9			
6				4				9
		8		6	7			
7	9			1			3	6
			5	9		2		
8				3				5
			4		5	7	1	
			9					



# WORD SCRAMBLE

CNAABIBER ESA    CARIBBEAN SEA

CCARIT CANEO    ARTIC OCEAN

AGTRE SVELA KELA    GREAT SLAVE LAKE

LGFU FO CXEMIO    GULF OF MEXICO

NHODUS RVERI    HUDSON RIVER

DAINNI ONACE    INDIAN OCEAN

KKYNTecu VRREI    KENTUCKY RIVER

KELA BTAHAACAS    LAKE ATHABASCA

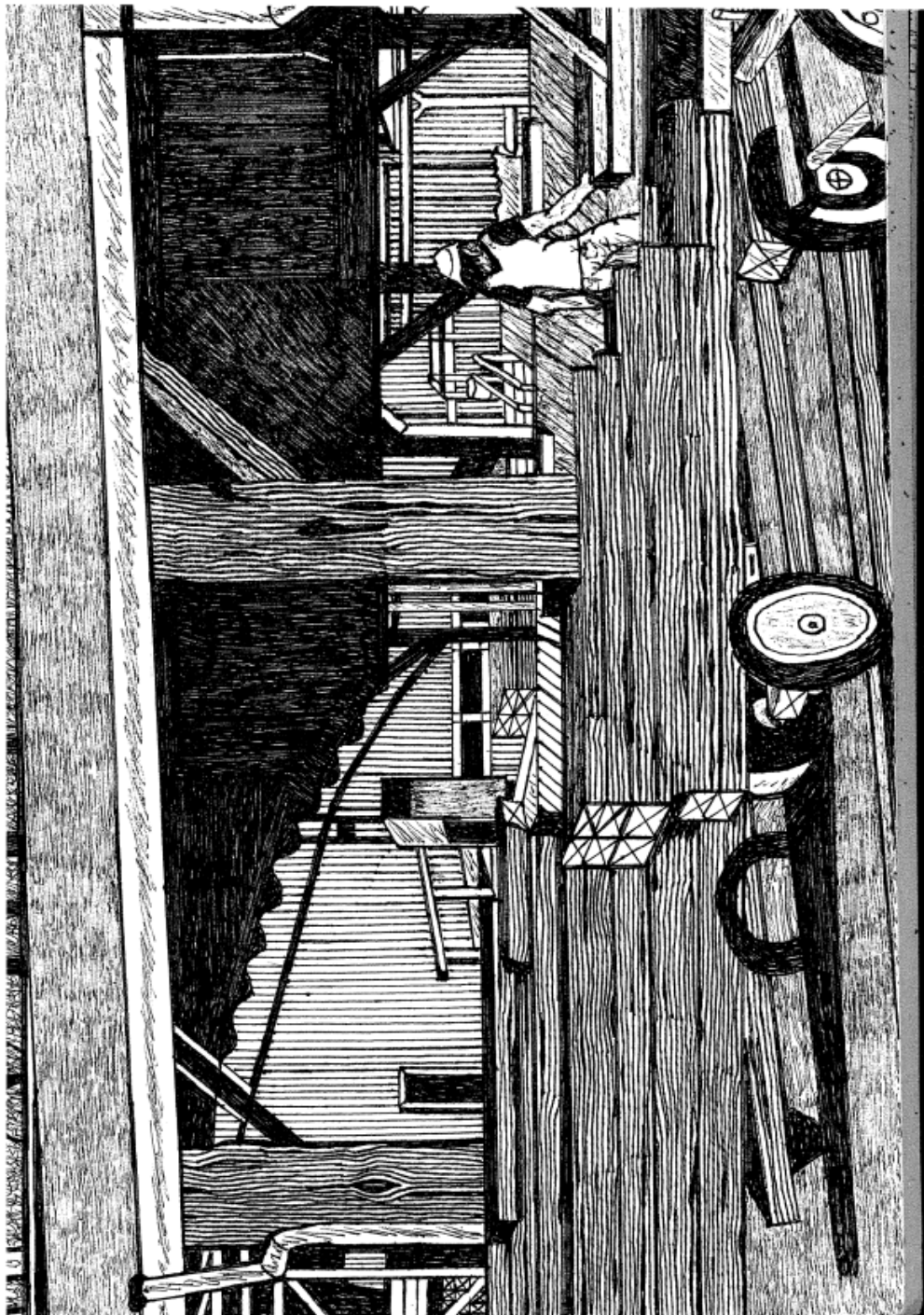
BARDLAOR ASE    LABRADOR SEA

NAZMAO RRVIE    AMAZON RIVER

KHAAEECPES YAB    CHESAPEAKE BAY

PMANAA NAACL    PANAMA CANAL

NASIT WNECAELR RVIRE    SAINT LAWRENCE RIVER







Wouldn't it be so great  
if we could put ourselves  
in the dryer for 10  
minutes and come  
out wrinkle free... and  
three sizes smaller?





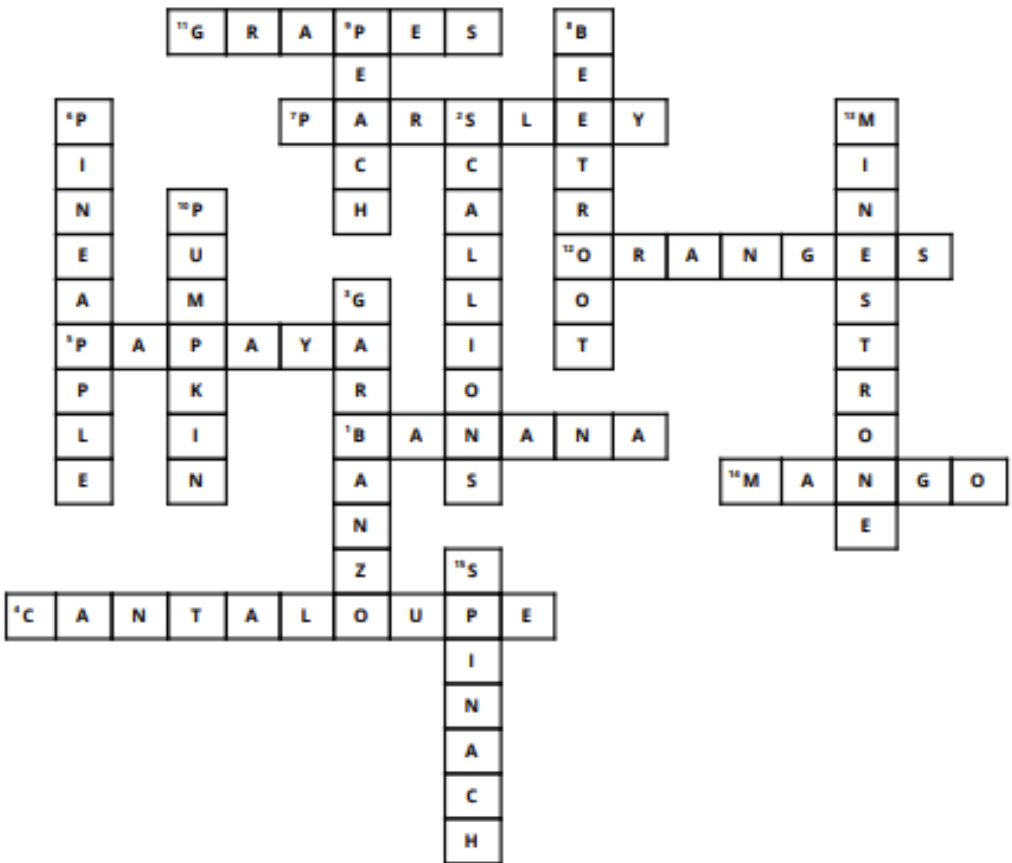
Answers to Australian & Mixed Bag Quiz from page 23

1. Neck 2. 366 3. Qantas (Queensland and Northern Territory Air Services) 4. Talking/Chatting 5. O Positive (Who knows their blood type?) 6. Australia (Australia is actually wider than the Moon. The moon sits at 3400 km in diameter, while Australia's diameter from east to west is almost 4000 km) 7. Left Handed 8. 6 9. Golf 10. Lawn 11. Lung (Nowadays, patients who need help to breathe are given modern ventilators, which don't require a person to be immobilized in a tube) 12. Mermaid 13. Water 14. Sailing 15. Cheese 16. Tomato Sauce 17. XV 18. Sherwood 19. Foxes. Many cultures associate the fox with cunning and shrewdness, and the word vulpine has come to be used to describe something that has a crafty, intelligent, slightly predatory quality. 20. Sight, Hearing, Taste, Smell, Touch

Answers to Sudoku from page 26

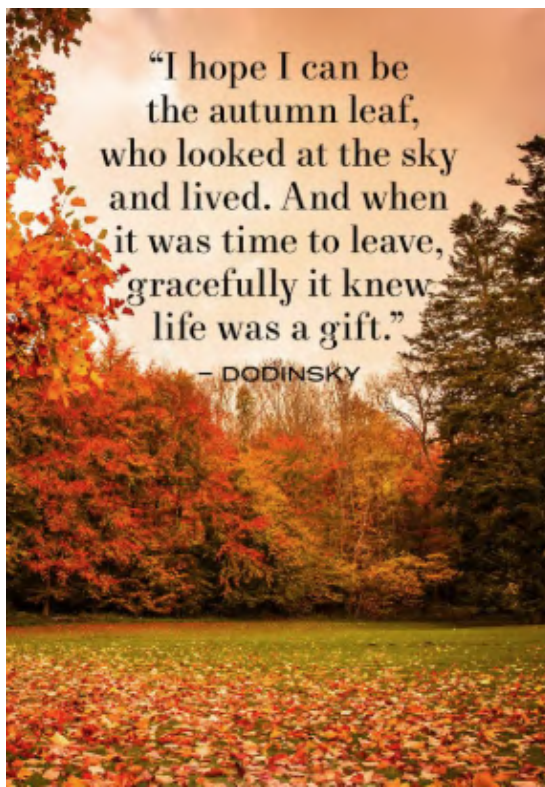
2	7	9	6	5	1	8	4	3
5	1	4	3	8	9	6	7	2
6	8	3	7	4	2	1	5	9
3	5	8	2	6	7	4	9	1
7	9	2	8	1	4	5	3	6
4	6	1	5	9	3	2	8	7
8	4	7	1	3	6	9	2	5
9	3	6	4	2	5	7	1	8
1	2	5	9	7	8	3	6	4

## Answers to Fruit & Vegetable Crossword from page 18



## Answers to Famous Women Quiz from page 25

1. Cleopatra
2. Coco Chanel
3. Ann Boleyn
4. Agatha Christie
5. Princess Caroline and Princess Stephanie
6. Julie Andrews
7. Respect Yourself, I say a little Prayer
8. Kate Middleton
9. Radium
10. Benazir Bhutto
11. Oprah Winfrey
12. Charlotte Bronte
13. Madonna
14. Princess Ann after her Bull Terrier 'Dottie' bit two children in Hyde Park
15. Grace Kelly
16. Brigitte Bardot
17. George Elliot
18. Carolyn Jones
19. Mary I Queen of Scots (by Queen Elizabeth I)
20. Attorney



**And the winner of the \$5.00  
scratchie is  
Rodney Peterson**



**YOUR COMMENTS & FEEDBACK  
ARE ALWAYS WELCOME.**

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