

Manjimup Home and Community Care Wellness and Respite Community Centre



Crowea, Boronia, Autumn and Golden Oldies Club Activities

HAVE A LOOK INSIDE

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



April 2025
Consumer, Staff &
Volunteers Monthly
Newsletter



Service time

Just a reminder for clients to phone the office for their service times.

The office will only phone you if there has been a change in your service time/day.



Transports out of town.

If you have booked a vehicle and a driver to take you to an appointment in Bunbury or Busselton, you need to let the office know 48 hours prior to the appointment if you no longer need the service, or you will be charged.

Here at Manjimup Home and Community Care we like to instill the principles of the wellness approach in home support within our staff and clients as we believe they can provide a powerful sense of achievement, independence and self satisfaction to the people we're supporting.

We need 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 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

Easter Decorated Biscuits



Ingredients and Materials:

- Coloured icing
- Piping bags (secure with rubber bands)
- Plain oval-shaped biscuits
- Sprinkles (optional)

Decorating:

Decorate the biscuits with various patterns and shapes. Using Easter egg patterns for inspiration.

Royal Icing Recipe:

- 1 1/2 cups (240g) pure icing sugar
- 1 egg
- 1/2 teaspoon lemon juice
- Food colouring

Instruction:

1. Sift the icing sugar through a fine sieve. Lightly beat the egg white in a small bowl with a wooden spoon.
2. Add icing sugar, one heaped tablespoon at a time, beating well after each addition.
3. Once the icing reaches the desired consistency, add lemon juice and food colouring, beat well.

Get decorating and enjoy the festive fun!

See if you find this picture in the Program



R	I	S
N	O	I
N	T	U

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



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



ANZAC's



They call them the Diggers and they came from Australia and from New Zealand came the KIWI'S. They fought together side by side. Sacrificing their lives so others could be free, they fought hard back-to-back and were known as the ANZAC's.

They were ordered to charge down the Turk's naked guns with only fixed bayonets for defense, as they ran, they chanted their mantra again and again.

Those who are left in the morning shall remember them. They fought a tough battle against the Turk's and with their very lives they had to pay, so that we could live our free lives.

The lives we live today.

And there's no greater gift that a man can give, than to give his life so that another may live.

As ANZAC day rolls round again and again just remember **LEST WE FORGET**, and in the morning we **SHALL** remember them.

By Stephen Brown





Bill Clover recently presented Ev Hall from the Warren Palliative Care Service with a new hoist sling, in appreciation of the support provided to Bill and his beloved wife Marie during her illness.

KINDNESS

/'kain(d)nəs/ **noun**

1. Lending someone
your strength
instead of reminding them
of their weakness.

!TheMindsJournal



MEN'S OUTING

- WHEN:** Wednesday 2 April
WHERE: Mystery trip
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport
\$ 8.00 BBQ lunch



Come along and enjoy a day out with mates for a mystery trip.
BBQ lunch at the mystery location.

Bookings are essential prior to 27 March; please contact the office on 9771 6900



MEN'S OUTING

- WHEN:** Wednesday 16 April
WHERE: Policeman's Way Museum
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



Come along with mates and enjoy a nice day out visiting Policeman's Way Museum.

Lunch at your own expense.

Bookings are essential prior to 10 April please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 11 April
WHERE: Hamelin Bay
TIME: Pick up CWA Pemberton 9.00am
Pick up Northcliffe 9.30am
COST: \$20.00 transport



We are heading to Hamlin Bay.

Come along and enjoy a nice day out and enjoy lunch at the Karridale Tavern at your own expense.

Bookings are essential prior to 4 April; please contact the office on 9771 6900



SOCIAL OUTING

WHEN: Wednesday 30 April
WHERE: Busselton
TIME: Pick up starts 9.00am
COST: \$20.00 transport



We are heading to Busselton.

Come along and enjoy a nice day out, lunch at Busselton Senior Citizen at your own expense.

Bookings are essential prior to 23 April; 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 & Respite Community Centre during office hours on **9771 6900**



Len, Ann, Christine,
Emma, Tania &
Sonam made the most
of the sunshine &
went walking around
the Timber Park

The Brekkie Bunch

Come along and enjoy a yummy cooked breakfast as a once off

Where: Two Little Black Birds

When: Wednesday 23 April

Time: Pick up starts 8.30am

Venue: 9.00am



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

Bookings are essential: please phone office on 97716 900.

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.

If you require more information please the phone office on 9771 6900.



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
\$ 3.25 transport
\$12.50 meal
\$ 3.50 per bingo card
\$ 1.00 raffle ticket (optional)
\$ 1.00 afternoon tea



Bingo prizes consist of food & cleaning items.

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 keep their body and mind active & moving.

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 \$12.50

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

1 April— Chicken kiev, chips & salad.
Dessert: Sticky date pudding & custard.

8 April—Cottage pie served with greens.
Dessert: Self saucing pudding & cream.

15 April —Creamy bacon carbonara.
Dessert: Cheesecake.

22 April—**EASTER MONDAY PUBLIC HOLIDAY**

29 April—Sausages, onion, gravy, mash & vegetables.
Dessert: Peaches & rice cream.



THURSDAY MENU

3 April—Marinated chicken, mash & vegetables.
Dessert: Cheesecake.

10 April— Meatloaf served with mash & greens.
Dessert: Peaches & rice cream.

17 April— Roast Pork, served with roasted vegetables & greens.
Dessert: Fruit salad & ice cream.

24 April— Stirfry.
Dessert: Apple pie served with ice cream.



One
good meal
makes
your day
complete



CROWEA & BORONIA CLUB M

	Tues 1	Wed 2
	Over 50's Exercise Group (refer to page 11)	Men's Outing (Refer to page 8) TAI CHI (refer to page 11)
Mon 7	Tues 8	Wed 9
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)
Mon 14	Tues 15	Wed 16
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)	Men's Outing (Refer to page 8) TAI CHI (refer to page 11)
Mon 21	Tues 22	Wed 23
	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11) Lunch Bunch (refer to page 10)
Mon 28	Tue 29	Wed 30
Boronia Club 10.00—2.00pm (refer to page 10)	Over 50's Exercise Group (refer to page 11)	Social Outing (refer to page 9)

MONTHLY ACTIVITIES PROGRAMME

Thurs 3	Fri 4	Sat 4
<p>Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10)</p> <p>Bingo 1.00—3.00pm (refer to page 11)</p>		
Thurs 10	Fri 11	Sat 12
<p>Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10)</p> <p>Bingo 1.00—3.00pm (refer to page 11)</p>	<p>Autumn Club/Golden Oldies Social Outing (refer to page 9)</p>	<p>Bridgetown/ Nannup Day Out</p> <p>Pick up starts 8.00am Drop home approx 4.00pm</p>
Thurs 17	Fri 18	Sat 19
<p>Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10)</p> <p>Bingo 1.00—3.00pm (refer to page 11)</p>		
Thurs 24	Fri 25	Sat 26
<p>Over 50's Exercise Group (refer to page 11) Boronia Club 10.00—3.00pm (refer to page 10)</p> <p>Bingo 1.00—3.00pm (refer to page 11)</p>		<p>Bunbury Day Out</p> <p>Pick up starts 8.00am Drop home approx 4.00pm</p>
		<p>Please phone the office on 9771 6900 to book the Activities</p>

Word Search

DOG BREEDS



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

Labrador

Beagle

Rottweiler

Bulldog

Doberman

Chihuahua

Dachshund

Maltese

Pomeranian

Greyhound

Boxer

Chow Chow

Poodle

Papillon

Sheepdog

Pitbull

Pug

Great Dane

Whippet

FUN RIDDLE

Fun Riddle #30

What grows up while growing down?

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

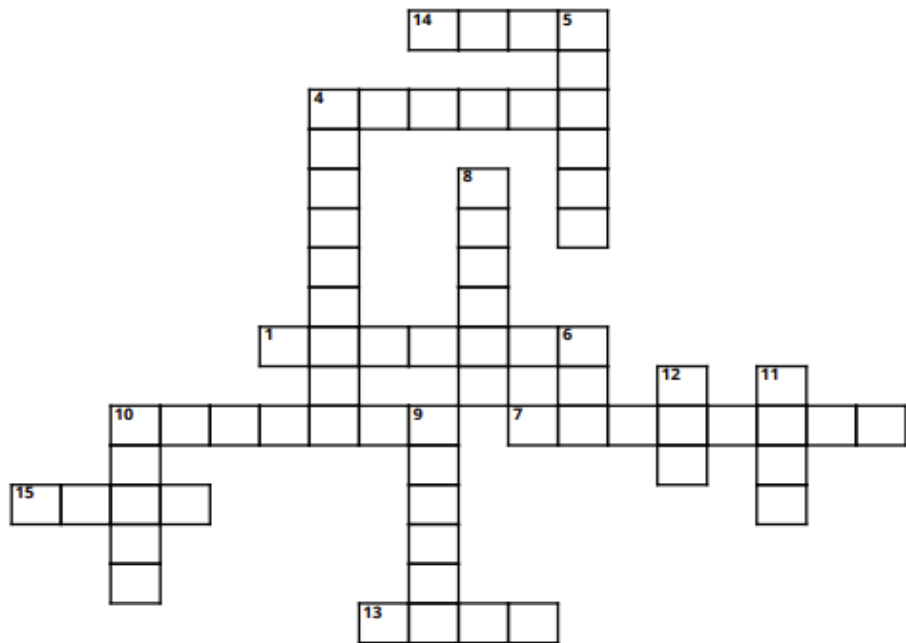
- Cross-out 8 types of chair
- Tick 8 words that rhyme with *shine*
- Circle 5 types of gemstones
- Underline 7 team sports
- Scribble through 6 animals that live in burrows
- Shade 6 things associated with India



Cricket	Curry	Sofa	Vine	A	Nine
Chaise	Badger	Hockey	Elephants	Fine	Diamond
Line	Taj Mahal	Mole	Recliner	Emerald	Football
Sapphire	Rugby	Bollywood	Fox	Mine	Bench
Ferret	Stool	Hindu	Spine	Ruby	Baseball
Rocking	Topaz	Rabbit	Volleyball	Whine	Goose
Wine	Sari	Swivel	Chipmunk	Basketball	Dining

Refer to page 27 for answers

EASTER CROSSWORD - SECULAR



Across

- 1** Female star of the film Easter Parade *7*
- 4** The hens baby *6*
- 7** Make eggs look pretty *8*
- 10** Traditional Easter hats usually tied with ribbons *7*
- 13** A hen makes these *4*
- 14** A baby sheep *4*
- 15** The search for Easter Eggs *4*

Down

- 4** Most popular Easter present *9*
- 5** Used to collect Easter eggs *6*
- 6** Used to color eggs *3*
- 8** Easter is always on this day of the week *6*
- 9** What season is Easter associated with *6*
- 10** Another word for rabbit *5*
- 11** An animal that looks like a rabbit with long ears *4*
- 12** A female rabbit *3*

Short Story: The Magic of Siegfried and Roy



Siegfried and Roy were trailblazing, magicians whose spectacular shows revolutionized Las Vegas entertainment. Rising from humble beginnings in post-war Germany to becoming the highest paid magicians in Las Vegas history, their story is one of innovation, resilience, and a deep love for animals.

Born in 1930's Germany, Siegfried discovered magic as a young boy, performing tricks to bring wonder to the bleak post-war years. Roy, fascinated by animals, had an instinctive ability to connect with them. Their fateful meeting aboard a cruise ship— where Roy added a live cheetah to Siegfried's act— set the duo apart as bold and unique performers.

By the 1960's, they had made their way to Las Vegas, blending masterful illusions with live exotic animals to captivate audiences, in the 1980's, they began headlining their own show at the Mirage Hotel and Casino, featuring breathtaking illusions with white lions and tigers. Their performances became the pinnacle of Las Vegas entertainment.

At their peak, Siegfried and Roy were the highest-paid magicians in Las Vegas history, earning \$57 million annually. Their sold-out shows redefined live entertainment, making the Mirage synonymous with their act and solidifying Las Vegas as a global capital of magic.

Beyond the stage, Siegfried and Roy established a breeding program for rare white tigers and lions, becoming advocates for wildlife conservation. Their Secret Garden at the Mirage remains a testament to their dedication to preserving these magnificent creatures.

In 2003, tragedy struck when Roy was severely injured by a white tiger named Montecore during a live performance. The attack left him partially paralyzed, ending their stage career. Despite this, Roy maintained the tiger acted out of instinct, not malice, and continued caring for their animals alongside Siegfried.

Though they officially retired in 2010, their legacy endures. A bronze statue of Siegfried and Roy with a white tiger outside the Mirage honors their immense contributions to Las Vegas and the world of entertainment.

Siegfried passed away in January 2021, following Roy's death in May 2020, marking the end of an era. Their story lives on—not just in Las Vegas history, but in the hearts of those inspired by their artistry and unshakable bond with animals. Siegfried and Roy remain icons of magic, remembered for their groundbreaking shows, record-breaking success, and lasting impact on wildlife conservation.

Banjo Paterson Short Biography



Andrew Barton 'Banjo' Paterson (1864 - 1941) was a famous Australian bush poet, journalist, war correspondent and soldier.

He was the eldest of seven children and grew up in Binalong, New South Wales. When he was 7 years old the family moved to Illalong in the Yass district (New South Wales). There, near the main route between Sydney and Melbourne, the traffic of bullocks and drovers with their mobs of stock were familiar sights to him.

At picnic races and polo matches, he admired the accomplished horsemen from Murrumbidgee and the Snowy Mountains. Those scenes generated a lifelong enthusiasm for horses and horsemanship that would eventually inspire his famous equestrian ballads. He wrote many ballads and poems about Australian life including *Waltzing Matilda* which was to become Australia's best-known folk song.

As a journalist, he sailed to South Africa as a war correspondent in the Second Boer War in 1899. The quality of his reporting and his graphic accounts of the surrender of Bloemfontein, the capture of Pretoria and the relief of Kimberley attracted the world press. He was invited to be a correspondent for the international news agency, Reuters. He wrote twelve ballads from his war experiences, the best known of which are *Johnny Boer* and *With French to Kimberley*,

After the war Banjo traveled to China and England where he was a guest at Rudyard Kipling's house in Sussex.

Banjo served in the Second World War in England before settling into married life in Australia.

Banjo's more notable poems include *The Man from Snowy River* and *Clancy of the Overflow*.

He died of a heart attack in Sydney on February 5, 1941, aged 76.

Anzac Biscuits

Ingredients

- 1 cup all purpose flour
- 1 cup rolled oats (not instant oats)
- 1 cup brown sugar
- 1 cup desiccated coconut
- 1/2 cup butter
- 2 tspn golden syrup
- 2 tspn water
- 1/2 tspn bicarbonate of soda



Instructions

Mix butter, syrup and water into a saucepan over medium heat until melted; take off heat, add bicarb and stir.

Combine flour, rolled oats, sugar and coconut in a bowl and stir in the above mixture.

Roll into balls and place in baking tray 2 inches apart, flatten with the back of a fork.

Bake for 15 minutes until golden brown.

Set aside to cool slightly and then transfer to a cooling rack.

Peanut Butter Cookies (Gluten Free)

Ingredients

- 1 cup peanut butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 tspn baking soda
- 1 tspn vanilla essence



Instructions

Beat peanut butter and sugar with a mixer until fluffy—should take 2-3 minutes.

Reduce speed and add egg, baking soda and vanilla.

Cover a baking tray with baking paper, place tablespoons of mixture 2 inches apart on the tray, flatten with the back of a fork.

Bake for 12 to 15 minutes until golden brown.

Allow to cook on tray for 10 minutes (or they will crumble).

Word Search



ITALIAN PASTA

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

Spaghetti

Cappelletti

Cavatelli

Fuzili

Maccheroni

Tagliatelle

Farfalle

Vermicelli

Fettuccine

Cannelloni

Rigatoni

Tortellini

Agnolotti

Passatelli

Riccioli

England Quiz



Questions

1. England is one of four nations that make up the United Kingdom. Can you name the other three?
2. What is the national drink of England
3. England's sport of football is called what in America?
4. How many times has London hosted the summer Olympics?
5. What is the London home of Queen Elizabeth called?
6. Which famous leader from England said, "If you're going through hell, keep going."
7. People in London can get from one place to another via an underground public transportation system. It's not called the subway. What is it called?
8. True or False: In Medieval England, people could take animals to court if the animals damaged their property.
9. Big Ben is not the name of London's iconic clock. What is named Big Ben?
10. How long does it take for the London Eye to go one time around?
11. True or False: Using a stamp with the Queen upside down on an envelope is considered an act of treason.
12. What 100 year old nursery rhyme refers to a famous landmark in London that crosses the Thames?
13. What do people in England call an elevator?
14. What famous, fictional wizard lived in England?
15. You can visit the home of Beatrix Potter, a children's author, in the English countryside. What book launched her career in the early 1900's?
16. What famous English band took America by storm in the "British Invasion"?
17. Today, you can cross the road that The Beatles made famous on their album cover. What is the name of the Road?
18. This colourful musician from England is known for his excellent piano playing and songwriting. Who is this "rocket man"?
19. What are the names of the two sons of Princess Diana and Prince Charles?
20. Prince Harry married Meghan Markle. Where is she from?



Types of Flowers

Word Scramble

ACLA SLILEI _____ TASCINANOR _____

SDEISAI _____ NEAAGDRSI _____

HODCSRI _____ ORSSE _____

FUWSNOLESR _____ STPULI _____

PNEEISO _____ HLSAAID _____

RDMGALOI _____ SARTE _____

ZLAAEA _____ BCLKA-YDEE SSNAU _____

TTPBUCURE _____ PYPPO _____

HHMYNUMCATSRE _____ SCRCOU _____

FLDFADIO _____ NARIUEMG _____

IRSI _____ VRNALEDE _____

WPNEIIRLEK _____ RNASGDANOP _____

Key Moments in Australian History Quiz

1. When was Australia officially federated to become a Commonwealth?
A) 1788 B) 1901 C) 1851 D) 1920
2. Which city was Australia's first capital before Canberra?
A) Sydney B) Melbourne C) Brisbane D) Adelaide
3. In which year did women in South Australia gain the right to vote?
A) 1894 B) 1902 C) 1870 D) 1910
4. When was the Harbour Bridge in Sydney officially opened?
A) 1932 B) 1945 C) 1915 D) 1925
5. What was the name of the ship that brought the First Fleet to Australia?
A) HMS Endeavour B) HMS Sirius C) HMS Beagle D) HMS Discovery
6. When did Australia officially adopt decimal currency?
A) 1960 B) 1966 C) 1955 D) 1970
7. Who was Australia's first Prime Minister?
A) Alfred Deakin B) Edmund Barton C) Andrew Fisher D) Henry Parkes
8. What significant event began on 25 April 1915?
A) The Gallipoli Campaign B) Federation of Australia C) Discovery of gold D) World War II involvement
9. When did Aboriginal Australians gain the right to vote in federal elections?
A) 1949 B) 1962 C) 1970 D) 1955
10. In which year was the Port Arthur Massacre in Tasmania?
A) 1993 B) 1996 C) 1985 D) 2000
11. What year did Cyclone Tracy devastate Darwin?
A) 1964 B) 1974 C) 1984 D) 1954
12. Who was the first woman elected to the Australian Parliament?
A) Edith Cowan B) Julia Gillard C) Enid Lyons D) Susan Ryan
13. When was the Snowy Mountains Scheme completed?
A) 1955 B) 1965 C) 1974 D) 1980
14. When did Australia officially become part of the United Nations?
A) 1945 B) 1939 C) 1949 D) 1955

How to Play Sudoku

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 of the 3 x 3 boxes.

HAVE A GO AT SUDUKO!!!

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



Types of Flowers

Word Scramble

ACLA SLILEI __CALA LILIES__

TASCINANOR __CARNATIONS__

SDEISAI __DAISIES__

NEAAGDRSI __GARDENIAS__

HODCSRI __ORCHIDS__

ORSSE __ROSES__

FUWSNOLESR __SUNFLOWERS__

STPULI __TULIPS__

PNEEISO __PEONIES__

HLSAAID __DAHLIAS__

RDMGALOI __MARIGOLD__

SARTE __ASTER__

__BLACK-EYED__

ZLAAEA __AZALEA__

BCLKA-YDEE SSNAU __SUSAN__

TTPBUCURE __BUTTERCUP__

PYPPO __POPPY__

HHMYNUMCATSRE __CHRYSANTHEMUM__

SCRCOU __CROCUS__

FLDFADIO __DAFFODIL__

NARIUEMG __GERANIUM__

IRSI __IRIS__

VRNALEDE __LAVENDER__

WPNEIIRLEK __PERIWINKLE__

RNASGDANOP __SNAPDRAGON__

ANZAC Day Song: Can You Hear Australia's heroes Marching?

Here is a National War Memorial Song and a tribute to the ANZAC spirit of mateship, courage and sacrifice.

The song honours the memory of those who died in the service and defense of Australia in war. It was written by Peter Barnes. He was inspired to write it after his visit to the Adelaide River War Cemetery South of Darwin where he saw the graves of Australians who gave their lives in the service and defense of their country.



Can You Hear Australia's Heroes Marching?

Can you hear Australia's heroes marching?
Can you hear them as they march into eternity?
There will never be a greater love
There just couldn't be a greater sacrifice
There just couldn't be.

Can you hear Australia's heroes marching?
The ones who fought and gave their all

Can you hear Australia's heroes marching?
Can you hear them as they march into eternity?
There will never be a greater love
There just couldn't be a greater sacrifice
There just couldn't be.

Can you hear Australia's heroes marching?
They're marching once again
Across our great land

Can you hear Australia's heroes marching?
Can you hear them as they march into eternity?
There will never be a greater love
There just couldn't be a greater sacrifice
There just couldn't be.



ANZAC DAY

APRIL 25



Answers to England Quiz from page 23

1. Scotland, Wales, Northern Ireland
2. Tea
3. Soccer
4. Three—in 1908, 1948 and 2012
5. Buckingham Palace
6. Winston Churchill
7. The Tube
8. True!
9. The clock's 13 ton bell
10. 30 minutes
11. True!
12. London Bridge is Falling Down
13. A lift
14. Harry Potter
15. The tale of Peter Rabbit
16. The Beatles
17. Abbey Road
18. Elton John
19. William and Harry
20. America

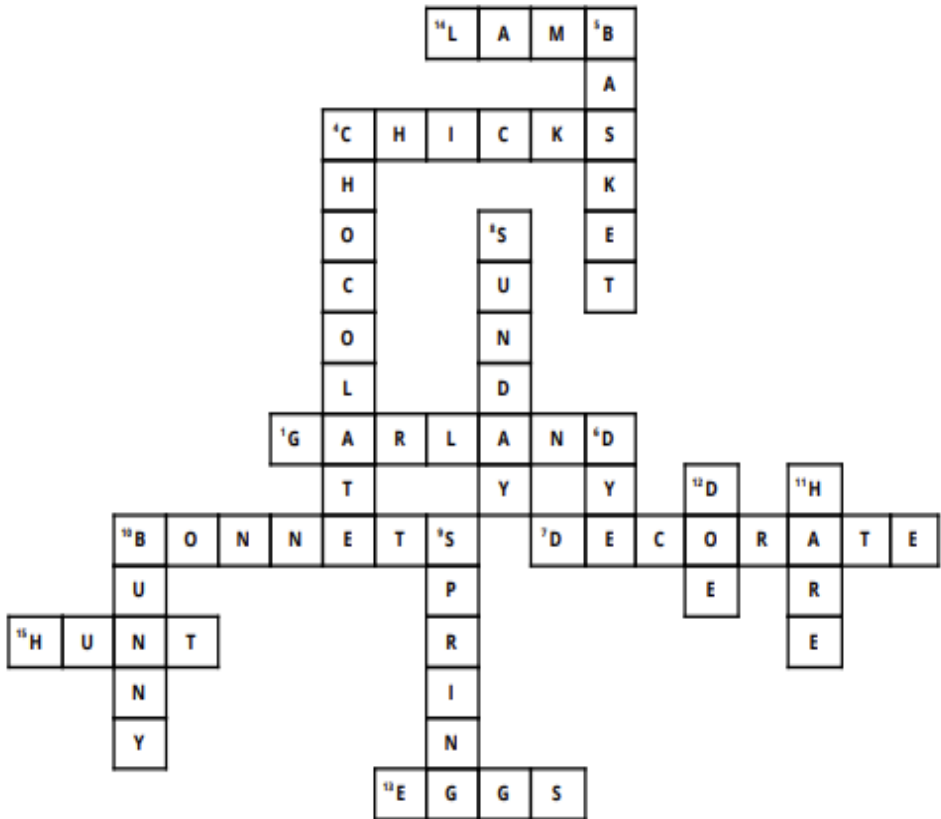
Answers to Key Moments in Australian History Quiz from page 25

1. 1901
2. Melbourne
3. 1894
4. 1932
5. HMS Sirius
6. 1966
7. Edmund Barton
8. The Gallipoli Campaign
9. 1996
10. 1974
11. 1992
12. Edith Cowan
13. 1974
14. 1945

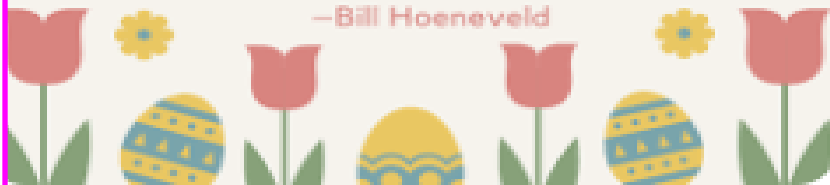
Answers to Sudoku from page 26

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

Answers to Easter Crossword from page 18



"May your Easter be happy,
 May your day be bright,
 May you enjoy the treats,
 And sweet delights.
 But remember the meaning,
 Remember God's gift,
 Remember the resurrection,
 May your soul uplift."
 —Bill Hoeneveld



Hello April



A good day isn't always
P erfect. It challenges you to
R elease your potential and
I nspires you to appreciate the
L ittle, amazing things in life

**And the winner of the \$5.00
scratchie is
Evelyn Rosman**



CONGRATULATIONS!

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

MHCC Office Phone: 9771 6900

Visit us at: 1A Edwards Street, Manjimup

Mail to: PO Box 1, Manjimup, 6258

Email: info@manjimup.wa.gov.au

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