

# Manjimup Home and Community Care Wellness and Respite



## 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
- Tai Chi
- Men's Outings
- Carers Support Group
- Repair Cafe



March 2024  
Consumer, Staff and  
Volunteer Monthly  
Newsletter



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



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

For further information please contact the office on 9771 6900.

### DURING THE SUMMER MONTHS

On very hot days, support workers would be appreciative if you could close curtains or blinds **or** have air conditioners running to keep your house cool. Our support workers will be more comfortable and able to work more efficiently.



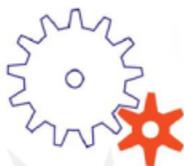
**It is important to drink as much water and other fluids as possible each day to keep yourself hydrated.**

See if you find this picture in the Program



A	R	E
M	A	L
E	V	I

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

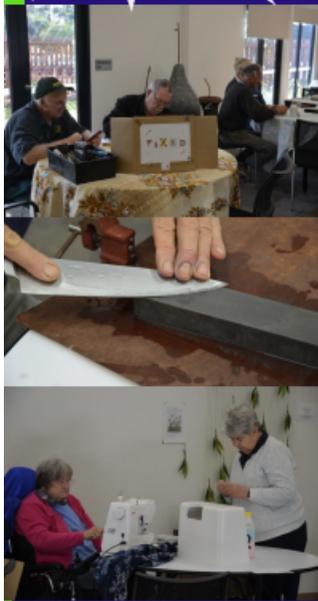


# Repair Café

**FREE  
EVENT**

10.00am-12.30pm

2nd Monday of the month  
12th February, 11th March,  
13 May & 10th June



**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



## AUDIT Results

Manjimup Home and Community Care (MHCC) would like to share the good news that the recent Aged Care and National Disability Insurance Scheme (NDIS) audits held consecutively in January 2024, both resulted in very good outcomes.

All Aged Care registered providers are audited every 3 years to ensure compliance with the Aged Care Standards. All NDIS registered providers are audited every 18 months to ensure compliance with the Disability Standards.

The Aged Care and Disability auditors were impressed with our robust procedures and governance and especially with the skilled and dedicated employees.

Well done to all staff and thank you to the consumers and participants that were interviewed by the auditors, for your compliments, valuable suggestions to improve services, and feedback.





# ACTIVE LIVING EXPO 2024

Hosted by Manjimup Home and Community Care



**Gain information on services and groups that can support you in living a healthy, happy and active lifestyle.**

## Exhibitors include:

- Community Services - Act Belong Commit
- Carers WA
- GP Down South
- Enable WA
- Advocacy WA and more!

## Refreshments available

## Free transport service provided:

- Northcliffe at 9.00am
- Pemberton at 8.30am
- Quinninup at 9.30am
- Walpole at 8.00am
- Manjimup home pickup available from 9.00am

**For transport bookings please phone Manjimup Home and Community Care on 9771 6900, by 12 April 2024.**

**Date:** Friday 19 April 2024

**Time:** 10 am - 2 pm

**Venue:** Wellness and Respite Community Centre  
1A Edwards Street, Manjimup



## Easter Raffle

Manjimup Home and Community Care are holding an Easter raffle and a guess the number of easter eggs in a jar competition at the Wellness and Respite Community Centre.

If you would like to buy a ticket or have a guess it will be held from Thursday 21 - 28 March 2024.

They will be at the reception desk.



## The Easter Bunny

Once I saw the Easter Bunny  
Come hop, hop, hop.  
So I cried, "Dear Bunny,  
Will you stop, stop, stop?"

I ran to the window  
To say, "how do you do?"  
But he shook his fluffy tail,  
And said, "Happy Easter to You."



## VOLUNTEERS EXTRAORDINAIRE!

This month Manjimup Home and Community Care held an afternoon tea to farewell **Omah Waller** after volunteering for an AMAZING 29 years! Omah started with delivering Meals on Wheels, then went on to regularly transport consumers to Bunbury/Busselton. Omah the kettle is always boiling if you want to come in to the Centre for a cuppa. Thank you for everything Omah, you will be greatly missed.



Many thanks to **Jon Brown** who has volunteered for Manjimup Home and Community Care for over 11 years. Jon has retired from Bunbury and Busselton transports but you will still see Jon's cheery self on the outings.

## Foliage and Floral Wreaths

### Object:

- Provide a sense of accomplishment.
- Opportunity to reminisce and observe special days



### Materials:

- A large quantity of common ivy, pine, rosemary or other suitable green foliage at hand.
- Several wire coat hangers. Use a sharp cutting tool to frame.
- Fresh flowers with long stems.
- Wide colourful ribbons.

### Instructions:

- Wrap foliage around wire circle, holding it in place with pipe cleaners.
- Continue until you have a tick and substantial wreath.
- Insert fresh flowers on the wreath.
- You may choose to attach a bow made from colourful ribbon to complete the wreath.

Wreaths can be hung on doors with a piece of string.

## COVID - 19 REMINDER

Remember if you are having flu like symptoms please stay at home! Let the office know if you have a service.

Please use hand sanitiser or wash your hands regularly.

### MEN'S OUTING

- WHEN:** Wednesday 6 March  
**WHERE:** Busselton  
**TIME:** Pick up Manjimup starts at 8am  
**COST:** \$20.00 transport



Come along and enjoy a day out with mates to Busselton.

Enjoy a nice day out in Busselton, lunch at own expense.

**Bookings are essential prior to 28 February;** please contact the office on 9771 6900.

### MEN'S OUTING

- WHEN:** Wednesday 20 March  
**WHERE:** Mumballup  
**TIME:** Pick up Manjimup starts at 8am  
**COST:** \$20.00 transport



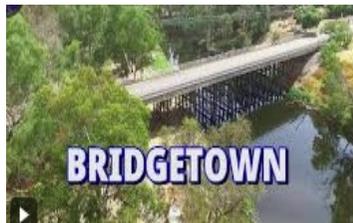
Come along and enjoy a day out with mates to Mumballup.

Lunch at your own expense at The Mumby Pub.

**Bookings are essential prior to 13 March;** please contact the office on 9771 6900.

## AUTUMN CLUB and GOLDEN OLDIES OUTING

- WHEN:** Friday 8 March  
**WHERE:** Bridgetown  
**TIME:** Pick up CWA Pemberton 9am  
Pick up Northcliffe 9.30am  
**COST:** \$20.00 transport



We are heading to Bridgetown!

Come along and enjoy a nice day out, lunch at chosen café at own expense.

**Bookings are essential prior to 1 March;** please contact the office on 9771 6900.



## SOCIAL OUTING

- WHEN:** Friday 22 March  
**WHERE:** Margaret River  
**TIME:** Pick up starts 8.30am  
**COST:** \$20.00 transport



Come along and enjoy an outing to Margaret River.

Lunch at choice of café at own expense.

**Bookings are essential prior to 15 March;** please contact the office on 9771 6900.

## BORONIA CLUB

10am - 2pm every Monday and Friday

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.

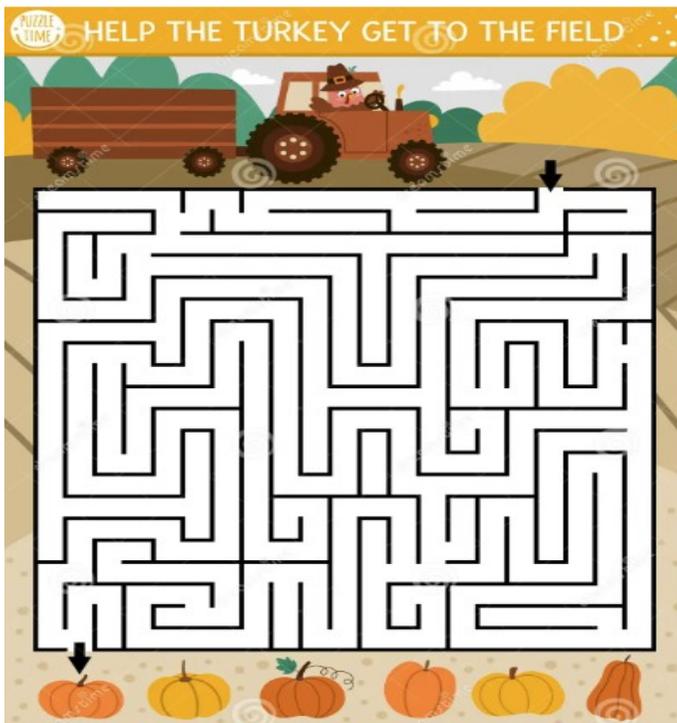
If you are feeling lonely or socially isolated come along and have some fun.

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 Fridays with a pick up service beginning at 9.15am.**

If you would like more information, please contact the Wellness and Respite Community Centre during office hours on **9771 6900**.



## 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.

## **KEEP ACTIVE**

Doing any physical activity is better than doing none. If you are not currently physically active, start with some activity and gradually increase the amount you do. Remember the more activity you do each week the better.



Move more, sit less, every day!

## 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:** 9am - 10am: 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 and moving.

Join us for a delicious, home made hot lunch at 12pm at the Manjimup Wellness and Respite Community Centre.

All meals will be served at 12pm.

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.

GOOD FOOD

GOOD MOOD

## MONDAY MENU

**4 March -** Roast chicken served with roasted vegetables.  
Dessert: Apple crumble and cream

**11 March -** Bangers and mash  
Dessert: Custard Danish and ice cream

**18 March -** Cottage Pie served with greens  
Dessert: Self saucing pudding with cream

**25 March -** Marinated chicken legs served with vegetables  
Dessert: Ice cream on a stick



## THURSDAY MENU

- 7 March -** Vegetable lasagne served with salad.  
Dessert: Apple crumble and ice cream
- 14 March-** Chicken paella.  
Dessert: Ice cream on a stick
- 21 March -** Roast Pork, served with roasted vegetables and greens.  
Dessert: Fruit salad & custard
- 28 March -** Curried sausages served with mash.  
Dessert: Cheesecake



## FRIDAY MENU

- 1 March -** Spaghetti Bolognese  
Dessert: Fruit salad & ice cream
- 8 March -** Fish, chips and salad  
Dessert: Fruit & rice cream
- 15 March -** Chicken stirfry and noodles  
Dessert: Sticky date pudding and custard
- 22 March -** Zucchini slice, chips and salad  
Dessert: Apple crumble and cream
- 29 March -** Corned silverside served with vegetables  
Dessert: Cheese cake



# CROWEA & BORONIA CLUB M

<p>Please phone the office on <b>9771 6900</b> to book the activities.</p>		
<p style="text-align: center;">Mon 4</p>	<p style="text-align: center;">Tues 5</p>	<p style="text-align: center;">Wed 6</p>
<p style="text-align: center;">Boronia Club (refer to page 10)</p>	<p style="text-align: center;">Over 50's Exercise Group (refer to page 11)</p>	<p style="text-align: center;">Men's Outing (Refer to page 8)</p> <p style="text-align: center;">TAI CHI (refer to page 11)</p>
<p style="text-align: center;">Mon 11</p>	<p style="text-align: center;">Tues 12</p>	<p style="text-align: center;">Wed 13</p>
<p style="text-align: center;">Boronia Club (refer to page 10)</p> <p style="text-align: center;">Repair Café (refer to page 3)</p>	<p style="text-align: center;">Over 50's Exercise Group (refer to page 11)</p>	<p style="text-align: center;">TAI CHI (refer to page 11)</p>
<p style="text-align: center;">Mon 18</p>	<p style="text-align: center;">Tues 19</p>	<p style="text-align: center;">Wed 20</p>
<p style="text-align: center;">Boronia Club (refer to page 10)</p>	<p style="text-align: center;">Over 50's Exercise Group (refer to page 11)</p> <p style="text-align: center;"><b>Movie Afternoon 2pm - 4pm</b></p>	<p style="text-align: center;">Men's Outing (Refer to page 8)</p> <p style="text-align: center;">TAI CHI (refer to page 11)</p>
<p style="text-align: center;">Mon 25</p>	<p style="text-align: center;">Tue 26</p>	<p style="text-align: center;">Wed 27</p>
<p style="text-align: center;">Boronia Club (refer to page 10)</p>	<p style="text-align: center;">Over 50's Exercise Group (refer to page 11)</p>	<p style="text-align: center;">TAI CHI (refer to page 11)</p>

# MONTHLY ACTIVITIES PROGRAMME

	Fri 1	Sat 2
	Boronia Club (refer to page 10)	Busselton Day Out Pick up starts 8am Drop home approx 4pm
Thurs 7	Fri 8	Sat 9
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm - 1pm If you require lunch remember to order Bingo 1pm - 3pm	Boronia Club (refer to page 10) Pembi/ N'Cliffe Social Outing (refer to page 9)	
Thurs 14	Fri 15	Sat 16
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm - 1pm If you require lunch remember to order Bingo 1pm - 3pm	Boronia Club (refer to page 10)	Bunbury Day Out Pick up starts 8am Drop home approx 4pm
Thurs 21	Fri 22	Sat 23
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm - 1pm If you require lunch remember to order Bingo 1pm - 3pm	Boronia Club (refer to page 10) Manjimup Social Outing (refer to page 9)	
Thurs 28	Fri 29	Sat 30
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm - 1pm If you require lunch remember to order Bingo 1pm - 3pm		



Carers WA

# Connect Up!

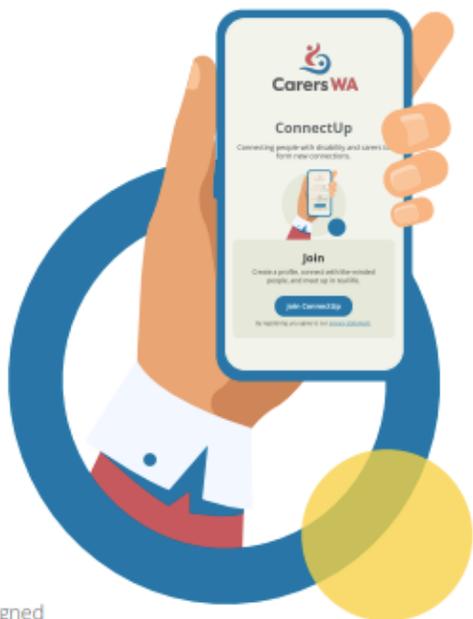
**New social connection platform for carers and people with disability.**

Carers WA have teamed up with Curtin University Research team, Health Redesigned and Eduka Web Design to develop an online social connection platform called '**Connect Up!**'

**Connect Up!** enables people to connect, meet and engage in the community.

If you are a carer or person with disability wanting to form social connections with peers and increase opportunities for physical exercise, sport, and recreation, then the **ConnectUp!** platform may be for you!

Become a free member and get started by accessing the link [connectup.carerswa.asn.au/](http://connectup.carerswa.asn.au/) or scanning the QR code, and following the registration steps on the platform.



[www.carerswa.asn.au](http://www.carerswa.asn.au)

## Summer Safety Tips for Seniors

Summer is quickly approaching and it brings unique challenges and dangers to seniors. From extreme heat to sun overexposure and dehydration, it's important to be aware of summer dangers so you can make the most of the season!

### 1. TALK TO YOUR DOCTOR

Talk to your doctor about the approaching heat and how your medications may be affected. Some medications are affected by higher temperatures and need to be stored in cool places. If these medications become affected they can become less effective and a preventable medical condition can become aggravated.

### 2. BE AWARE OF THE TEMPERATURE

Studies have shown that even a small increase in temperature can impact seniors with a chronic medical condition.

### 3. STAY CONNECTED

If you are planning on spending the day outdoors gardening, let a family member or friend know so they stop by and check on you in case of an emergency. The heat can isolate seniors and regular contact can help ensure their safety.

### 4. DRESS APPROPRIATELY

Wear light coloured and loose-fitting clothing to help you stay cool and be comfortable. Consider sun protection if you are going to spend time outdoors. Don't forget sunscreen, sunglasses and hat.

### 5. KNOW THE SIGNS OF HEAT STROKE

Abnormally high body temperatures are common in the summer and result in a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be fatal. Get medical attention immediately if you experience these symptoms: **Fainting, not sweating, heavy breathing, rapid pulse, headache, nausea and vomiting, dry, flushed skin, confusion and agitation.**

### 6. STAY HYDRATED

Seniors are more likely to become dehydrated because as we age, we lose our ability to conserve water. Some medications also increase the risk of dehydration.

**Drink extra water to stay hydrated.**

## Big Cats of the World Trivia

A group of tigers is called a 'streak' while a group of lions is called a 'pride'.

---

In one stride a cheetah can cover 23 plus feet (7+ metres).

---

At full running speed tigers reach up to 60 kilometres (37 miles) per hour.

---

'Big Cat' is an informal term to describe wild felines. It includes the panther genus, tigers, lions, jaguars, leopards and snow leopards.

---

The largest population of tigers in the world is in the USA. Yes, there are more captive tigers in the United States than there are wild tigers in the world!

---

In England, elephants have been trained to film tigers with tusk-cam cameras. They were also trained to position log and rock cameras (to be operated by remote control). Filming tigers has never been so safe and easy!

---

The price of admission to a zoo in 18th century England was a dog or a cat, which were fed to the lions.

---

Snow leopards are considered among the most beautiful creatures in the world. Poaching tigers is prohibited but it is difficult to keep them from harm as their favourite prey is livestock (sheep and goats).

---

Even though the lion is the King of the Jungle, lions don't live in the jungle, they live in grasslands and plains.

---

The biggest of the big cats is a tiger. *Panthera tigris* is a magnificent striped feline that can reach 11 feet (3.3 meters) and top the scales at 670 pounds (306 kg).

# Water Quiz

## # Question

1. World's largest lake
2. Contaminated water
3. Small water droplets collected on a cold surface
4. Land bordered by water on three sides
5. Another name for drinking water
6. Water beneath the Earth's surface
7. The word 'water' in Italian
8. One of the elements that makes up water
9. Longest African river
10. Water holding formations in the sky
11. When snow melts as it falls it is called...
12. Metric unit of mass
13. A small lake
14. Stripes of color in the sky after rain on a sunny day
15. Cloud of water vapour that restricts visibility
16. Added to drinking water to preserve teeth
17. When farmers water fields with river water it is called...
18. The largest river in the world
19. House made of frozen water
20. Area surrounded by vegetation in the desert
21. A marsh area birds use as a habitat
22. Large frozen and floating rock separated from a glacier

# Greek Trivia Quiz

## Question

- 1 Which Greek tycoon married Jacqueline Kennedy?
- 2 Name the magnificent temple on the Acropolis of Athens
- 3 What is the main ingredient of Moussaka?
- 4 Can you name a Greek philosopher?
- 5 What is Spinach pie called in Greek?
- 6 What is the name of the most famous Greek cheese?
- 7 Name the anise-flavoured aperitif from Greece
- 8 Name the popular Greek food consisting of small pieces of meat grilled on a skewer
- 9 Dolmades is a dish of spiced rice wrapped in which leaves?
- 10 Do you know the first three letters of the Greek alphabet?
- 11 Name the capital of Greece
- 12 Can you name one sea surrounding Greece?
- 13 Can you name one country that borders with Greece?
- 14 What are the colors of the Greek flag?
- 15 What does it mean when people say "It's all Greek to me"?
- 16 What is the main religion in Greece?
- 17 What is the most popular sport in Greece?
- 18 What was the Greek currency before the adoption of the Euro?
- 19 What is the largest island in Greece?
- 20 The Parthenon was built in honor of which wise and well-known Greek goddess?

Refer to page 30 for answers

# Word Search



## RHYMING WORD SEARCH

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

Freezing

Sunrise

Whale

High Tea

Season

Wheezing

Your Eyes

For Sale

Society

Treason

Laugh

Flower

Sniff

Funny

Royal

Giraffe

Power

Whiff

Sunny

Boil

## Potato, onion and mushroom cake

25m prep 35m cook 2 servings

### Ingredients

- 1 tbsp olive oil
- 1 small brown onion, halved, thinly sliced
- 60g cup mushrooms, sliced
- 2 garlic cloves, crushed
- 1 tsp chopped fresh thyme leaves
- 1 (200g) large desiree potato, peeled
- 6 eggs, lightly beaten
- 1/2 cup frozen peas
- Salad leaves, to serve



### Step 1

Heat half the oil in an 18cm (base) non-stick frying pan over medium-high heat. Add onion and mushroom. Cook, stirring, for 4 minutes until softened. Add garlic and thyme. Cook for 1 minute or until fragrant. Transfer mixture to a bowl. Wash and dry pan.

### Step 2

Using a vegetable peeler, peel potato into thin ribbons. Heat remaining oil in pan over medium-high heat. Arrange half the potato in pan.

### Step 3

Add eggs and peas to onion mixture. Season with salt and pepper. Stir to combine. Add egg mixture to pan. Reduce heat to low. Top with remaining potato, pushing slightly into egg mixture. Cook for 15 minutes or until just set.

### Step 4

Slide cake onto a plate. Cover plate with pan. Flip plate and pan over. Cook underside of cake for 15 minutes or until golden and potato tender. Cut into wedges. Serve with salad.

## NASA Astronauts: Undersea Heroes

Where on Earth can future astronauts be trained for the demands of space travel? Twenty years ago, NASA chose to dive into what is arguably our planet's most challenging environment: the sea.

Since 2001, NASA has used the world's only underwater laboratory as an astronaut education base. In a story worthy of Jules Verne, "aquanauts-in-training" at the space agency's undersea habitat have learned skills for future space flights while helping to study and reverse the critical loss of coral reefs around the planet.

NASA Extreme Environment Mission Operations (NEEMO) built Aquarius, the world's only human habitat on the ocean floor. It is just over 5 km off of Key Largo, Florida, some twenty metres below the surface. Its very practical depth might disappoint Jules Verne's imagination, but the value of many NEEMO missions goes far beyond science fiction. While learning the skills of working in space, the temporary aquanauts help to save coral reef.

World Water Day is held on March 22<sup>nd</sup> each year to raise awareness of the world's need for clean water. According to statistics, 1 in 9 people worldwide do not have access to fresh water. Coral reefs are the Earth's original water-filtration system—and they are quickly disappearing. NASA stepped up with advanced technology and specialist personnel to join other international organizations in taking action.

Future astronauts are also highly-experienced scientists from many fields. In 2019, two of them became the first NASA coral reef farmers. They learned a great deal about the stressors of working in a weightless environment by leaving the Aquarius habitat to construct floating coral tree nurseries near the undersea station. Similar to a reforestation process, several types of coral were started including some species that were already considered to be endangered. In 2022, it was reported that at least 11 species of coral are thriving in 7 nurseries near the Florida coast.

On World Water Day, we salute the space agency NASA for their vision of combining space skills with undersea science for the good of the planet.

NASA has also asked the public to help them to map existing coral reefs through the "NeMO-net" video game, available in App stores.

## Match Songs with Artists: 1970s

Match the songs with the artists that performed them

Question	Answer (Scrambled)
1 Brown Sugar	Stevie Wonder
2 Walk on the Wild Side	Billy Joel
3 Dancing Queen	The Beatles
4 What's going on?	Dolly Parton
5 Jolene	Michael Jackson
6 YMCA	Lou Reed
7 Let it Be	Village People
8 I Shot the Sherriff	Deep Purple
9 Bohemian Rhapsody	Bob Marley
10 Imagine	John Lennon
11 Stairway to Heaven	Rolling Stones
12 Superstition	Queen
13 American Pie	Pink Floyd
14 Rocket Man	Marvin Gaye
15 Dream On	Elton John
16 Don't Stop 'Til You Get Enough	Aerosmith
17 Piano Man	Led Zeppelin
18 Go Your Own Way	Don McLean
19 Smoke on the Water	Fleetwood Mac
20 Another Brick in the Wall	Abba

# Word Search

## INTERNATIONAL WOMEN'S DAY



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

Feminism  
Advocate  
Reform  
Positive  
Gender

Influence  
Suffrage  
Liberation  
Social  
Valued

Activist  
Equality  
Support  
Rights  
Reflect

Brave  
Celebrate  
Society  
Courage  
Action

## 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!!!

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

See Answers on page 30

## Epictetus - A Remarkable Philosopher

Who Is Epictetus? From Slave To World's Most Sought After Philosopher

Epictetus was born nearly 2,000 years ago in Hierapolis - present-day Turkey. He was a slave in a wealthy household; his owner was the secretary of Rome's Emperor Nero. Epictetus was lame; it is thought his leg may have been deliberately broken by his master.

Early in his life Epictetus developed a passion for philosophy and, with the permission of his owner, he studied Stoic philosophy. Stoicism teaches the development of self-control and fortitude as a means of overcoming destructive emotions.

As his education progressed, he began to be respected and admired by all who knew him. After the death of Emperor Nero, Epictetus obtained his freedom and started teaching philosophy in Rome. Later, when Roman Emperor Domitian expelled all philosophers from the city, he went to Nicopolis, Greece, and founded a philosophical school.

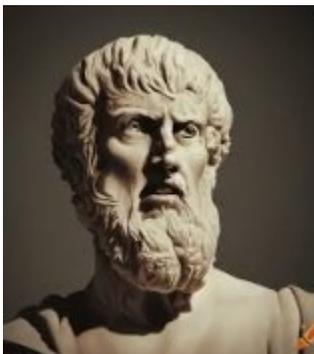
Epictetus was well-liked and respected in his new home and many eminent figures sought his companionship and enjoyed consulting with him. His most famous pupil, Arrian, wrote a book based on the notes he took at Epictetus' lectures. His notes led to the continuing influence and contemporary relevance his lessons still have today, despite having been written nearly two millennia ago.

Epictetus taught that the foundation of all philosophy is self-knowledge. He emphasized the importance of distinguishing between what we can and can not control; advocating the detachment of desires, and the acceptance of fate. In doing so, we have the power to master our emotions that so often seem to control us.

He lived a life of simplicity, with very few possessions. He never got married but in his old age he adopted a friend's child who otherwise would have been left homeless.

He died sometime around 135 A.D. After his death, an admirer bought his oil lamp for 3,000 drachmas - a great sum in those days - proof that he was admired and valued in the community.

Epictetus influenced many people throughout history; from Roman Emperor Marcus Aurelius and Shakespeare to contemporary politicians/writers like Dr. Martin Luther King Junior, V.S. Naipaul, Tom Wolfe, James Joyce and many more.



## Marble Sun Catchers

Beautiful sun catchers made with marbles! Mine has been hanging in the Georgia sun for over a year and the glue has not melted.

### Materials

- Clear Gel Glue
- Small plastic plates
- Colored flat marbles (available from discount variety stores)
- Fishing line or thread
- Needle

### Instructions

- Apply a generous layer of clear gel glue to the bottom of the plate.
- Carefully arrange the colored marbles onto the glue-covered plate. Make sure the plate is filled and all marbles are touching.
- Allow to dry - this could take a couple of days depending on the weather.
- Once dry, carefully remove the sun catcher from the plate.
- Use a needle to create a hole for hanging, then thread fishing line or thread through it.
- Hang sun-catchers in windows and enjoy the beautiful display!



## FUN RIDDLE

### Fun Riddle #28

*What goes up but never comes down?*

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- Cross-out 7 fruit pollinated by bees
- Tick 7 ancient civilizations
- Circle 7 types of government
- Underline 7 kitchen utensils
- Scribble through 6 things associated with Canada
- Shade 7 names of herbs



Ladle	Mangos	Basil	Incas	Maple Leaf	Democracy
Republic	Cilantro	Aztecs	Hockey	Plums	Tongs
Oregano	Moose	Monarchy	Apples	Spatula	Parsley
Peaches	Whisk	Marjoram	Toronto	Roman	Communist
Rosemary	Persian	Grater	Socialism	Cherries	Snow
Peeler	Age	Grapes	Dictatorship	Mayan	Totalitarian
Quebec	Confederacy	Masher	Egyptian	Sage	Figs

**Answers to Water quiz from page 19**

1. Caspian
2. Polluted
3. Condensation
4. Peninsula
5. Potable
6. Groundwater
7. Acqua
8. Hydrogen
9. Nile
10. Clouds
11. Sleet
12. Gram
13. Pond
14. Rainbow
15. Fog
16. Fluoride
17. Irrigation
18. Amazon
19. Igloo
20. Oasis
21. Wetlands
22. Iceberg

**Answers to Greek quiz from page 20**

1. Aristotle Onassis
2. The Parthenon
3. Eggplant / Aubergine
4. Socrates, Plato, Aristotle & others
5. Spanakopita
6. Feta
7. Ouzo
8. Souvlaki
9. Vine or cabbage
10. Alpha, Beta, Gamma
11. Atherns
12. Ionian, Aegean / Mediterranean
13. Bulgaria, Albania or Turkey
14. Blue and white
15. It means they don't understand
16. Christian Orthodox
17. Association football (soccer)
18. Drachma
19. Crete
20. Athena

**Answers to Sudoku from page 26**

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

## Answers to Match Songs with Artists: 1970's

Question	Answer
1 Brown Sugar	Rolling Stones
2 Walk on the Wild Side	Lou Reed
3 Dancing Queen	Abba
4 What's going on?	Marvin Gaye
5 Jolene	Dolly Parton
6 YMCA	Village People
7 Let it Be	The Beatles
8 I Shot the Sherriff	Bob Marley
9 Bohemian Rhapsody	Queen
10 Imagine	John Lennon
11 Stairway to Heaven	Led Zeppelin
12 Superstition	Stevie Wonder
13 American Pie	Don McLean
14 Rocket Man	Elton John
15 Dream On	Aerosmith
16 Don't Stop 'Til You Get Enough	Michael Jackson
17 Piano Man	Billy Joel
18 Go Your Own Way	Fleetwood Mac
19 Smoke on the Water	Deep Purple
20 Another Brick in the Wall	Pink Floyd



**And the winner of the \$5.00  
scratchie is  
Sue Edmonds**

**CONGRATULATIONS!**



**YOUR COMMENTS AND 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](mailto:info@manjimup.wa.gov.au)**

**<https://www.facebook.com/wellnessandrespitecommunitycentre/>**