

**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
- Tai Chi
- Men's Outings
- Repair Cafe



**August 2024
Consumer, Staff &
Volunteers Monthly
Newsletter**



OFFICE CLOSURE INFORMATION

The Wellness and Respite Community Centre **will be closed for an hour** every Monday morning **from 10.30am -11.30am** for an office meeting.



On the 3rd Wednesday of the month, the centre will be closed **from 1:30 pm -2:30pm** for our all of staff meeting”.

We apologise for any inconvenience but team meetings are necessary for quality improvement discussions and training needs.

Unscramble the word.
Refer to page 21 for answers.

lrtoalgai

Both males and females have an "armored" body with a muscular, flat tail. The skin on their back is armored with embedded bony plates called osteoderms or scutes. They have four short legs; the front legs have five toes while the back legs have only four toes.



M	N	P
I	A	R
T	T	O

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

COVID—19 REMINDER

Remember if you are having flu like or COVID symptoms please stay at home!

Let the office know if you have a service scheduled.

If you have a worker attend your home please let them know you aren't well on arrival.

Possible symptoms include:

Please use hand sanitizer or wash your hands regularly.

- Sore throat.
- Fever or chills.
- Cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.

MORNING PHONE CALLS

As we have an influx of phone calls from 8.30am, we are asking if you are calling in regard to service times the following day, could please phone after 9.30am.

If you are phoning about service times for the following day, could you please hold off until mid morning.

We appreciate you co operation!



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

In-Person Peer Support



What is In-Person Peer Support?

The In-Person Peer Support (IPPS) program provides an opportunity for carers to share their experience of being an unpaid carer, learn from others, develop self-care skills and create a supportive network in a safe environment.

IPPS groups can provide a sense of empowerment, understanding and reduce feelings of social isolation.



Manjimup

Venue: Manjimup Home & Community Care
1A Edwards Street

Time: 10.00am - 12.00pm | Mondays
(Fortnightly)

Boyup Brook

Venue: Boyup Brook Community Resource Centre
55 Abel Street

Time: 10.00am - 12.00pm | Wednesdays
(Fortnightly)

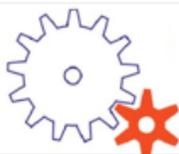
Cost: Free | Tea & coffee provided

Eligibility: Must have completed a Carer Gateway planning session



For more information please contact
IPPS@carerswa.asn.au or 1300 227 377

www.carerswa.asn.au



Repair Café



10:00am-12:30pm

2nd Monday of the month
12th August, 9th Sept, 14th Oct,
11th Nov & 9th Dec



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



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing.

When he got there he was immediately greeted by everyone because they recognized him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said. "No, but you can go to the front desk and they'll tell you".

.....

Burglars in the Shed

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door or go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked, "Is someone in your house?" and George said, "No," and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available.

George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all."

Then hung up. Within 5 minutes 3 squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to George, "I though you said that you'd shot them!"

George said, "I though you said there was nobody available!"

Out of Town Transports

If you require an out of town transport to Bunbury or Busselton please, as soon as you know the date, it is important to phone the Manjimup Home & Community Care office on 9771 6900 to book it in the diary.



At the moment we do not have any volunteers to do out of town transports, so we are asking if family members or friends are able to drive you to appointment.

We do try our best to accommodate transports, but it's not always possible.



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 sanitizer or wash your hands regularly.

MEN'S OUTING

- WHEN:** Wednesday 7 August
WHERE: Boyup Brook/Franklin
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



Come along and enjoy a day out with mates and enjoy your day out in region.

Lunch at own expense at Café Dandelion Franklin.

Bookings are essential prior to 31 July; please contact the office on 9771 6900

MEN'S OUTING

- WHEN:** Wednesday 21 August
WHERE: Mystery Trip
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



Come along and enjoy a day out with mates to unknown destination.

Lunch at your own expense at choice of cafe .

Bookings are essential prior to 14 August; please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 9 August

WHERE: Nannup Flower & Garden Festival

TIME: Pick up CWA Pemberton 8.30am
Pick up Northcliffe 9.00am

COST: \$20.00 transport



We are heading to Nannup for the day Flower & Garden Festival!
Come along and enjoy a nice day out, lunch at Nannup Hotel own expense.

Pack a jacket!

Bookings are essential prior to 2 August; please contact the office on 9771 6900

ROYAL GALA TOURS

When: Monday 5 August

Where: Casino or Ikea

Cost: \$40.00 Casino per person
\$45.00 Ikea per person



Enjoy a day at the Casino or, opt to take a trip to Ikea. Alternatively take the shuttle bus to the train station and travel into Perth to simply met up with friends.

For all bookings & information phone Royal Gala on **1300 233 556**

SOCIAL OUTING

WHEN: Friday 23 August

WHERE: Anniebrook Farm Café & gifts

TIME: Pick up starts 8.30am

COST: \$20.00 transport



Come along and enjoy a day out visiting Anniebrook farm café & gifts.
Lunch at the at own expense at the Anniebrook cafe.

Bookings are essential prior to 16 August; 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 & Respite Community Centre during office hours on **9771 6900**

The Lunch Bunch

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



Where: Chinese Restaurant

When: Friday 2 August

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.

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.



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 \$12.00

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

5 August— Spaghetti Bolognese & garlic bread.
Dessert: Fruit salad & ice cream

12 August— Sausages served with mash & greens.
Dessert: Peaches & rice cream.

19 August— Roast chicken served with roasted vegetables.
Dessert: Apple crumble & custard.

26 August— Rissoles served with mash & vegetables.
Dessert: Jelly & ice cream.



THURSDAY MENU

1 August— Meatloaf served with mash & greens.

Dessert: Sticky date pudding & cream.

8 August — Tuna mornay.

Dessert: Apple pie & custard.

15 August— Roast Pork, served with roasted vegetables & greens.

Dessert: Fruit salad & custard.

22 August— Soup served with bread roll.

Dessert: Cheesecake.

29 August—Quiche served with chips & salad.

Dessert: Peaches & rice cream.



FRIDAY MENU

2 August— Creamy chicken & bacon carbanara.

Dessert: Cheesecake.

9 August—Fish, chips & salad.

Dessert: Custard Danish & ice cream.

16 August— Apricot chicken served with rice.

Dessert: Stewed apple & custard.

23 August— Chicken stirfry & noodles.

Dessert: Peaches & ice cream.

30 August—Cottage pie served with greens.

Dessert: banana & ice cream.



CROWEA & BORONIA CLUB M

<p>Please phone the office on 9771 6900 to book the Activities.</p>		
<p style="text-align: center;">Mon 5</p>	<p style="text-align: center;">Tues 6</p>	<p style="text-align: center;">Wed 7</p>
<p>Boronia Club (refer to page 10) Carers WA (refer to page 4)</p>	<p>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;">Men's Outing (Refer to page 8)</p>
<p style="text-align: center;">Mon 12</p>	<p style="text-align: center;">Tues 13</p>	<p style="text-align: center;">Wed 14</p>
<p>Boronia Club (refer to page 10) Repair Café (refer to page 5)</p>	<p>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 19</p>	<p style="text-align: center;">Tues 20</p>	<p style="text-align: center;">Wed 21</p>
<p>Boronia Club (refer to page 10) Carers WA (refer to page 4)</p>	<p>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;">Men's Outing (Refer to page 8)</p>
<p style="text-align: center;">Mon 26</p>	<p style="text-align: center;">Tue 27</p>	<p style="text-align: center;">Wed 28</p>
<p>Boronia Club (refer to page 10)</p>	<p>Over 50's Exercise Group (refer to page 11) Cooking/Games 2.30pm—6.00pm \$12.00 for meal</p>	<p style="text-align: center;">TAI CHI (refer to page 11)</p>

MONTHLY ACTIVITIES PROGRAMME

<p>Thurs 1</p> <p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Fri 2</p> <p>Boronia Club (refer to page 10)</p> <p>The Lunch Bunch (refer to page 10)</p> <p>Royal Gala tours (refer to page 9)</p>	<p>Sat 3</p> <p>Pemberton Tramway</p> <p>Pick up starts 8.00am</p> <p>Drop home approx 4.00pm</p>
<p>Thurs 8</p> <p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Fri 9</p> <p>Boronia Club (refer to page 10)</p> <p>Pembi/ N'Cliffe Social Outing (refer to page 9)</p>	<p>Sat 10</p>
<p>Thurs 15</p> <p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Fri 16</p> <p>Boronia Club (refer to page 10)</p>	<p>Sat 17</p> <p>Busselton Day Out</p> <p>Pick up starts 8.00am</p> <p>Drop home approx 4.00pm</p>
<p>Thurs 22</p> <p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Fri 23</p> <p>Boronia Club (refer to page 10)</p> <p>Social Outing (refer to page 9)</p>	<p>Sat 24</p>
<p>Thurs 29</p> <p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Fri 30</p> <p>Boronia Club (refer to page 10)</p>	<p>Sat 31</p> <p>Bunbury Day Out</p> <p>Pick up starts 8.00am</p> <p>Drop home approx 4.00pm</p>

Dasher the Puppy

International Dog Day 26th August

When two-year-old Dante walked out of his family's property on the outskirts of Mildura, Australia in 2012, only his seven-month-old Golden Retriever puppy Dasher noticed.



The child wandered deep into bushland followed by faithful Dasher by his side. His mother raised the alarm at 8.30pm. More than 100 police, firefighters, neighbours and volunteers were involved in the desperate search for the missing pair through scrub in thunderstorms.

It was not until the next morning than a discarded nappy on the side of a dirt track 2km from home, with foot and paw prints around it, set search parties on the trail.

Dante and Dasher were found around 4km (2.5miles) from home. The boy was grubby and dehydrated but otherwise in good condition. Police said it was lucky Dante had his dog to keep him warm overnight after the thunderstorm they endured.





Picnic Check List

Word Scramble

SCTONNDEMI _____ NSTUSELI _____

ASKNPIN _____ BTNKEAL _____

RHTAS GBA _____ DKNRSI _____

UGB YRPSA _____ WKIERC AETBKS _____

DSSCNAWEHI _____ AAMREC _____

ATEWR _____ ROOUOTD GSMEA _____

INEC TANLOOIC _____ RESFH TFIRU _____

CIE SPCKA _____ NSEUNERSC _____

PTAOOT PISHC _____ PPRAE SPTALE _____

ROESHTM _____ SCIU _____

ROHWT WPLILO _____ EHESEC & SCRRAKEC _____

ROEOLC _____ OLTBET ORENEP _____

Word Ladder

Seed - Tree

Instructions: In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

Answers	Hint
SEED	Apple pip
_____	Be mindful of
_____	Upper part of body
_____	High temperature
_____	Butcher's product
_____	Come face to face with
_____	Pedicure targets
_____	Be anxious
_____	Without cost
TREE	Birch or Beech

Refer to page 23 for answers

Fun Riddle

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

Boronia club Activities





Picnic Check List

Word Scramble

SCTONNDEMI _CONDIMENTS_____ NSTUSELI _UTENSILS_____

ASKNPIN _NAPKINS_____ BTNKEAL _BLANKETS_____

RHTAS GBA _TRASH BAG_____ DKNRSI _DRINKS_____

UGB YRPSA _BUG SPRAY_____ WKIERC AETBKS _WICKER BASKET_

DSSCNAWEHI _SANDWICHES_____ AAMREC _CAMERA_____

ATEWR _WATER_____ ROOUOTD GSMEA _OUTDOOR GAMES

INEC TANLOOIC _NICE LOCATION_____ RESFH TFIRU _FRESH FRUIT_____

CIE SPCKA _ICE PACKS_____ NSEUNERSC _SUNSCREEN_____

PTAOOT PISHC _POTATO CHIPS_____ PPRAE SPTALE _PAPER PLATES_____

ROESHTM _THERMOS_____ SCIUIM _MUSIC_____

ROHWT WPLILO _THROW PILLOW_____ EHESEC & SCRRAKEC **CHEESE & CRACKERS**

ROEOLC _COOLER_____ OLTBET ORENEP _BOTTLE OPENER_

Low-cal chicken & mushroom one-pot

Prep 15m Cook 40 min Serves 6

Ingredients

- 2 tsp olive oil
- 1kg chicken thigh, trimmed, halved
- 300g button mushrooms
- 2 large celery sticks, finely chopped
- 4 shallots, peeled, finely chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato paste
- 125ml (1/2 cup) white wine
- 400g can diced tomatoes
- 185ml (3/4 cup) salt reduced chicken style liquid stock
- 1 tbsp fresh thyme leaves, plus extra, to serve
- 1/4 cup fresh continental parsley leaves
- Steamed wholemeal couscous, to serve
- Steamed green beans, to serve



Method

Step 1

Heat half the oi in a large frying pan over medium heat. Cook the chicken, in 2 batches, for 5 minutes or until golden then transfer to a plate.

Step 2

Heat remaining oil in the pan. Add the mushrooms. Cook for 5 minutes or until golden. Add celery, shallot and garlic. Cook, stirring occasionally, for 3-5 minutes or until soft.

Step 3

Stir in the tomato paste and cook for 2 minutes. Add the wine and cook, scraping base of pan with a wooden spoon, for 2 minutes or until reduced by half. Add the tomato, stock and thyme. Bring to the boil. Return the chicken to the pan and simmer for 15 minutes or until sauce thickens slightly. Season. Stir in parsley. Serve with couscous and beans, sprinkled with extra thyme.

taste.com.au/recipes/low-cal-chicken-mushroom-one-pot

Word Ladder

Answers

How did you do? Answers provided below.

Answers	Hint
SEED	Apple pip
HEED	Be mindful of
HEAD	Upper part of body
HEAT	High temperature
MEAT	Butcher's product
MEET	Come face to face with
FEET	Pedicure targets
FRET	Be anxious
FREE	Without cost
TREE	Birch or Beech

Word Search



AUSTRALIAN NATIVE TREES

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

Bunya Pine

Eucalyptus

Fingerlime

Waratah

Gumtree

Grevillea

Sheoak

Paperbark

Lemon Myrtle

Banksia

Bottlebrush

Grass Tree

Lilly Pilly

Golden Wattle

Acacia

Mulga

OPTICAL ILLUSION TEST

How to see a Magic Eye Picture

- Hold the center of the printed image right up to your nose. It should be blurry.
- Focus as though you are looking through the image into the distance.
- Very slowly move the image away from your face until the 2 squares above the image turn into 3 squares. If you see 4 squares, move the image further away from you face until you see 3. If you see 1 or 2 squares, start again.
- When you clearly see 3 squares, hold the page still and the hidden image will magically appear.
- Once you perceive the hidden image and depth, you can look around the entire 3D image. The longer you look, the clearer the illusion becomes. The further away you hold the page, the deeper it becomes.



Answers to Split words—Friendship

Genuine, Forever, Together, Respect, Generous, Listen, Sincere, Faithful, Lasting, Lifelong, Support, Memories

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!!!

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

THE SPIRIT OF THE LAND

By Stephen Brown

From the great southern shores to
the far northern reaches I go.

To those pristine blue waters, to
those great sandy beaches that I
know and then I travel inland until I
meet the desert sands.



Where I connect with the universe; makes me feel like primitive man
and then I drift along the Fitzroy as it meanders towards the sea.

I feel the spirit of this great land move about within me.

Up north of Derby where the native Gubbage tree grows the land is
inhabited by the kangaroo, dingo and the crow.

Then down through South Australia where the wombat and the koala
bear reside and you can catch a feed of fish on an incoming tide.

Then, deep down south I go to where the giant karri and the marri
trees grow to where the Blackwood and the Warren river flow.

As I stand before the Warren where it runs to greet the sea I feel the
spirit of this great land, moves about within me.

We're leaders in scientific and medical research and we give millions
of dollars to poorer places.

Our land is inhabited by many different cultures and many, many,
different races although sometime we're deemed a nation of failures.

I'm still proud to be called an Aussie and proud to live in this land;
this place they call Australia.

As I stand before the waters of the mighty southern seas I feel the
spirit of this great land Australia move about within me.

Vegetables to grow in Winter

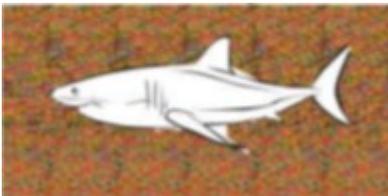
The winter vegetable plot should be producing a good range of cold season crops including:

- Cabbage and cauliflower
- Broccoli and broccolini
- Brussels sprouts
- Kale
- Winter lettuce (pick and come again' varieties)
- Silverbeet
- Chives
- Dill
- Parsley
- Rosemary
- Thyme
- Mint



If you want some reading material with winter months, feel free to loan a book.

There is a variety of books to choose from the Wellness Centre Library.

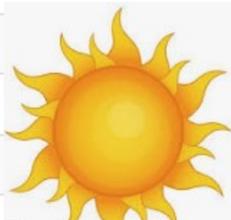


Answer to hidden picture from page 25

Pot Luck Quiz

Question

1. What side sun rises from?
2. How many bones are in the human body
3. What galaxy do we live in?
4. What are the five senses?



5. Which famous wall is visible from space?
6. What is the capital of china?

7. What is the largest desert in the world?
8. How many colors are in the rainbow?



9. Which planet is largest in solar system?
10. Largest mammal in ocean

11. What is the highest mountain peak?

12. Which animal is known as the ship of the desert?

13. What is a baby frog known as?

14. After Chinese, what is the most spoken native language?

15. What bird lives in Antarctica and cannot fly?

16. What a female elephant called?

17. Most common species of bird in the world

18. Largest organ in human body

19. Longest bone in the human body

20. Where is White House is located?

21. Where does Santa Claus lives?

22. What is the national sport of Canada?



Answers to Pot Luck Quiz from page 16

1. East
2. 206
3. Milky Way
4. sight, hearing, smell, taste, touch
5. the Great Wall of China
6. Beijing
7. Antarctica
8. 7—red, orange, yellow, green, blue, indigo and violet (ROYGBIV)
9. Jupiter
10. Whale
11. Mt. Everest
12. Camel
13. Tadpole
14. Spanish
15. Penguin
16. A cow
17. Chicken
18. Skin
19. femur
20. Washington D.C
21. The North Pole
22. Ice Hockey (winter) & Lacrosse (summer)

Answers to Sudoku from page 26

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

Answer to riddle from page 19: A goose

Romeo

I met Romeo for the first time when I was eleven old and he was three years old. My father had returned from a dog food auction with him. We already had his sister, who was two years old and who had become my family's most successful race mare.



The reasons why he ended up at a dog food auction were lengthy and heart breaking. Romeo was a foal from a famous mare. He was bought by greedy and ignorant people who trained him using an electric whip. One day he jumped the track rail with a cart and driver attached. The cart was smashed and the driver injured. The owners gave him to the dog food auction.

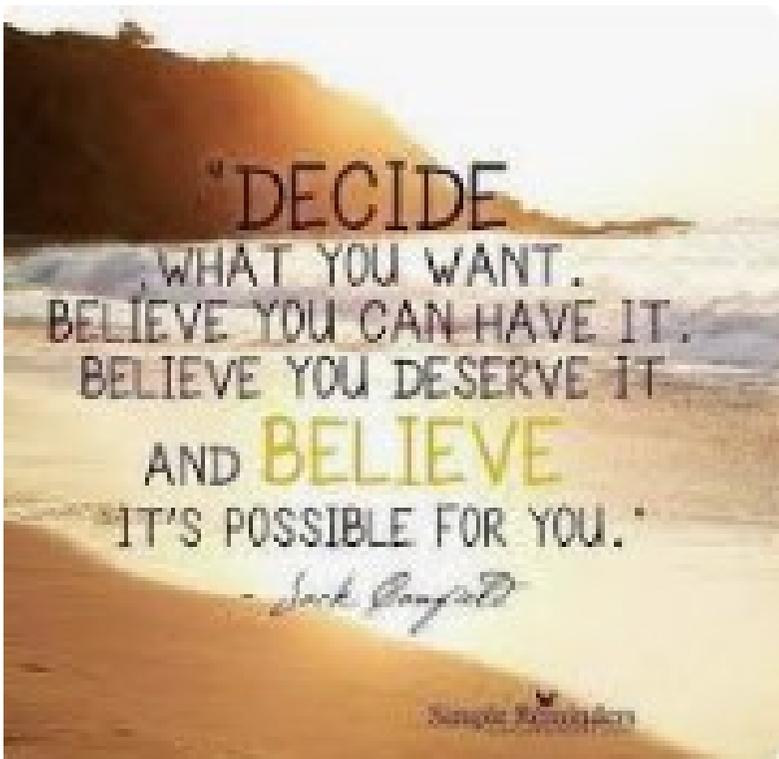
My father knew he had a wonderful nature and took pity on him. I rode him a lot as I grew up and he was the fastest horse I had ever ridden. A friend of mine who had show-jumped in England said he was without a doubt an amazing jumper.

I watched him jump a four-foot paddock fence from a stand-still once, just to get to the other side where his companion horse was, instead of going through the gate! Just like a kangaroo he cleared the fence.

Romeo loved our grounds and enjoyed our company. Sometimes he came to the windows of the house to get our attention and we would go out with a wheat-bix for him. He was a friendly horse and socialised with the rest of the horses.

He thought our front lawn was a great place to camp. We trusted only him in our vegetable patch - he would eat the grass, never our vegetables. As he grew older he preferred calmer friends so he took to hanging out with the donkeys.

When I remember my childhood, I think of Romeo. What a magnificent horse and wonderful companion he was. He was my best friend and I will remember him forever.



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

Dorothy East

CONGRATULATIONS!



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

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